Jefferson County Youth Yellow Pages

2010-2011

A Resource Guide for Youth, Young Adults and Families
A Resource Guide for Youth, Young Adults and Families

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2009/2010 Jefferson County Youth Yellow Pages

Helen Pilling, Editor.......................................................................Jefferson County Public Health
Karen Obermeyer, Assistant Editor...............................................Jefferson County Public Health

Cover Art Acknowledgements

ink drawing
Helen Pilling © 2010

For information on where to get FREE CONDOMS see page 28
The Printer

Of all inventions, of all discoveries in science and art, of all the great results in the wonderful progress of mechanical energy and skill, the Printer is the only product of civilization necessary to the existence of free men.

Without him tyrants and humbugs in all countries would have their way. He is a friend of intelligence and thought, a friend of liberty, or freedom, of law, indeed, the friend of every man who is a friend of order.

~Charles Dickens, Circa 1850

We are proud to have participated in the open and honest sharing of information in this wonderful resource, the Youth Yellow Pages.

-Dan Huntingford, Owner SOS Printing
Emergency Numbers
Confidential emergency referrals are available for teens with problems such as alcohol and drug abuse, physical, emotional or sexual abuse, depression, emergency shelter needs, pregnancy, pregnancy prevention questions, and sexuality issues. Trained operators evaluate needs, then refer callers to local agencies, services, or information sources.
REMEMBER—YOU ARE NOT ALONE!

ALL "1-800", “1-877”, AND "1-888" NUMBERS ARE TOLL FREE

Crisis Hotlines
Police, Fire, and Medical Emergencies .................................................................911
Jefferson County Crisis Line ................................................................. 360-385-0321 or 1-800-659-0321
24-hour assistance, crisis and suicide intervention and other emergencies; referrals
Child Protective Services ............................................................................. 379-4330 or 1-800-562-5624
Report physical, emotional, sexual abuse or neglect.
Domestic Violence/Sexual Assault 24-hour Crisis Line .........................360-385-5291
Emergency shelter and help for victims of dating, family, or sexual violence.
Emergency Contraception, Jefferson County Public Health ..............360-385-9400
Emergency Contraception ................................................................. 1-800-NOT-2-LAT
The National Crisis hotline ................................................................. 1-800-273-TALK(8255)
Peninsulas’ 2-1-1 ................................................................................... 211 or 1-866-736-9634
Information and referrals to health and human services for everyone.
Poison Center ...................................................................................... 1-800-732-6985
Teenline ............................................................................................... 1-800-562-1240
24-hour crisis line for teens; may answer as Alcohol/Drug Help Line—ask for Teenline
National Youth Crisis Hotline ........................................................... 1-800-442-HOPE (4673)
Trevor Helpline ....................................................................................... 1-800-850-8078
24-hour crisis line for gay/lesbian/bisexual/transgender youth
Washington State Domestic Violence Hotline .................................. 1-800-562-6025
Washington State Tobacco Quit Line .............................................. 1-800-QUIT-NOW or 1-800-784-8669
Community Information and referrals ..............................................211
Employment support, medical care, mental health shelter, utility bill help, volunteer opportunities, food resources
Washington State Telecommunications Relay Service
Telebraille ............................................................................................ 1-800-833-6385
TDD (ASCII & Baudot) ....................................................................... 1-800-833-6388
Voice ........................................................................................................ 1-800-833-6384

Tobacco
Tobacco use is the #1 cause of premature death in the US. 440,000 deaths per year are attributed to tobacco use. Nearly 1 in 5 deaths are related to smoking; more than alcohol, car accidents, suicide, AIDS, homicide and illegal drugs COMBINED!
Tobacco contains nicotine, a very addictive drug! Smoking as few as 1-2 cigarettes per day for a week can lead to a life time of tobacco use. Save money, enjoy health, avoid yellow teeth and smelling clothes- Don’t smoke!
Interested in quitting tobacco? Double your chances of quitting by calling the Free WA state Quit Line. 1-800-Quit Now.

Local Resources
Jefferson County Tobacco Prevention & Control Program .............. 360-985-9417
Tobacco Hot Links (c)
American Legacy Foundation ............................................................ www.americanlegacy.org
American Cancer Society ................................................................. www.cancer.org
American Heart Association ........................................................... www.americanheart.org

2010/2011 Jefferson County Youth Yellow Pages
Alcohol and Other Drugs

Look at the OVERDOSE PREVENTION section for more information.

Alcohol affects your brain. Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses, and even blackouts.

Alcohol affects your body. Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases, including cancer.

Alcohol affects your self-control. Alcohol depresses your central nervous system, lowers your inhibitions, and impairs your judgment. Drinking can lead to risky behaviors, such as driving when you shouldn’t, or having unprotected sex.

Alcohol can kill you. Drinking large amounts of alcohol at one time or very rapidly can cause alcohol poisoning, which can lead to coma or even death. Driving and drinking also can be deadly. In 2003, 31 percent of drivers age 15 to 20 who died in traffic accidents had been drinking alcohol. Alcohol and other central nervous system depressants (such as pain killers) can be a deadly combination as well.

Alcohol can hurt you—even if you’re not the one drinking. If you’re around people who are drinking, you have an increased risk of being seriously injured, involved in car crashes, or affected by violence. At the very least, you may have to deal with people who are sick, out of control, or unable to take care of themselves.

Student Assistance Programs (Prevention, Intervention and Treatment Referrals)

<table>
<thead>
<tr>
<th>Program</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Port Townsend School District</td>
<td>360-379-4501</td>
</tr>
<tr>
<td>Chimacum School District</td>
<td>360-732-4481</td>
</tr>
<tr>
<td>Quilcene School District</td>
<td>360-765-3363</td>
</tr>
</tbody>
</table>

Support and Information

<table>
<thead>
<tr>
<th>Program</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol Abuse and Crisis Intervention</td>
<td>1-800-234-0246</td>
</tr>
<tr>
<td>Alcohol &amp; Drug Abuse Helpline and Treatment</td>
<td>1-800-234-0420</td>
</tr>
<tr>
<td>Alcohol/Drug Helpline</td>
<td>1-800-562-1240</td>
</tr>
<tr>
<td>M-F 8am – 10pm; Confidential, statewide treatment referral service</td>
<td></td>
</tr>
<tr>
<td>Alcohol Hotline Support &amp; Information</td>
<td>1-800-331-2900</td>
</tr>
<tr>
<td>Alano Club</td>
<td>360-385-7098</td>
</tr>
<tr>
<td>Daily 12 step meetings, friendship</td>
<td></td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>360-385-0266</td>
</tr>
<tr>
<td>Recovering alcoholics meet regularly to help each other stay clean and learn to live without alcohol. Meetings offer support for adults and teens</td>
<td></td>
</tr>
<tr>
<td>Al-Anon/Al-a-teen</td>
<td>360-385-1870 or 1-800-352-9996</td>
</tr>
<tr>
<td>Support groups for teens and affected others who have alcoholic or addicted family members</td>
<td></td>
</tr>
<tr>
<td>Covenant House Hotline</td>
<td>1-800-999-9999</td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td>360-385-0266</td>
</tr>
<tr>
<td>Recovering addicts meet regularly to help each other stay clean and learn to live without drugs, including alcohol. Groups offer support for adults and teens</td>
<td></td>
</tr>
<tr>
<td>National Drug Information Treatment and Referral Hotline</td>
<td>1-800-662-HELP (4357)</td>
</tr>
<tr>
<td>National Cocaine Hotline</td>
<td>1-800-COCAIN (262-2463)</td>
</tr>
<tr>
<td>National Youth Crisis Hotline</td>
<td>1-800-442-HOPE (4673)</td>
</tr>
<tr>
<td>TEENLINE Alcohol and drug 24-hour Helpline</td>
<td>1-877-345-8336</td>
</tr>
<tr>
<td>Confidential, statewide</td>
<td></td>
</tr>
</tbody>
</table>

Alcohol, Marijuana & Other Drug Hot Links

<table>
<thead>
<tr>
<th>Program</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>WA State Teen Line</td>
<td><a href="http://www.theteenline.org">www.theteenline.org</a></td>
</tr>
<tr>
<td>Washington State Alcohol/Drug Clearinghouse</td>
<td><a href="http://www.adhl.org/clearinghouse">www.adhl.org/clearinghouse</a></td>
</tr>
</tbody>
</table>
Al-Anon and Al-a-teen .......................................................................................... www.al-anon.org
Partnership for a Drug-Free America ................................................................ www.drugfreeamerica.org
National Institute on Drug Abuse ..................................................................... www.nida.nih.gov/infofax/infofaxindex.html

Community-based Organizations
Healthy Youth Coalition (may answer as Community Network) ............ 360-379-4495
Grassroots organization committed to promoting youth assets and reducing youth substance abuse and other negative behaviors. http://jeffersoncountycommunitynetwork.org/

Prevention Information & Education: Alcohol, Tobacco & Other Drugs
Jefferson County Substance Abuse Prevention Program ...................... 360-379-4476
Free literature and lending library materials, technical assistance
Alcohol/Drug 24-hour Helpline ...................................................................... 1-800-562-1240
Confidential, statewide treatment referral service
Washington State Alcohol/Drug Clearinghouse ...................................... 1-800-662-9111
Tues-Fri 10am-3pm

Local Certified Counseling and Treatment Programs
Gray Wolf Ranch ............................................................................................. 360-385-5505
Recovery House for youth and adult males
Jamestown S’Klallam (ask for: Counseling Center), Sequim ............. 360-683-1109
Treatment focus is Native American
Safe Harbor Recovery Center & Beacon of Hope ......................... 360-385-3866
Cascade Point Recovery/ Olympic Addiction Medicine Services .... 360-698-7267

Hot Links
Chicago Recovery Alliance ............................................................................. www.anypositivechange.org
DanceSafe ..................................................................................................... dancesafe.org
Drug Policy Alliance .................................................................................... www.lindesmith.org
Harm Reduction Coalition .......................................................................... www.harmreduction.org
Overdose Prevention .................................................................................. www.overdoseprevention.com

Overdose Prevention

LIFE SAVING ALERT
Starting June 10, 2010 Under Washington's new “911 Good Samaritan” law, if you think someone’s overdosing, and you seek medical help for the victim, Neither of you will be charged for possessing or using drugs. CALL 911!!!
For more information visit www.StopOverdose.org

IF SOMEONE OVERDOSES DON’T ASSUME THEY’LL COME ROUND
1. Don’t panic, put them in the recovery position (image on next page)
2. Dial 911 and ask for an ambulance
3. Stay with them until the ambulance arrives
4. If you don’t THEY MAY DIE
5. Watch out for signs of an overdose:
   o Deep snoring
   o Unable to wake up
   o Turning blue
   o Not breathing

Watch out for overdose risks:
• Mixing drugs or Mixing drugs and alcohol
• Using heroin and methadone when tolerance is low - particularly after a detox or break in use Injecting heroin and other tranquillizing drugs
Stay with people who may have taken too many drugs but are not yet showing signs of overdose. If they are sleeping lay them on their side in the recovery position and keep checking them. Many people have died several hours after taking an overdose.

The recovery position

IF SOMEONE IS UNCONSCIOUS AND BREATHING PUT THEM IN THE RECOVERY POSITION

1. Open their airway by tilting the head back and lifting the chin
2. Straighten the legs
3. Place the arm nearest to you at right angles to their body
4. Pull the arm furthest from you across their chest and place the back of their hand against the cheek nearest to you
5. Get hold of the far leg, just above the knee, and pull it up, keeping the foot flat on the ground
6. Keep their hand pressed against the cheek and pull on the upper leg to roll them towards you, and onto their side
7. Tilt the head back to make sure they can breathe easily
8. Make sure that both the hip and the knee of the upper leg are bent at right angles
9. Dial 911 and ask for an ambulance Stay with them until the ambulance arrives

Hot Links
Chicago Recovery Alliance ............................................................. www.anypositivechange.org
DanceSafe ....................................................................................... dancesafe.org
Drug Policy Alliance ........................................................................ www.lindesmith.org
Harm Reduction Coalition .................................................................. www.harmreduction.org
Overdose Prevention........................................................................... www.overdoseprevention.org

Probation & Parole

Community Corrections Office (Hadlock) ........................................... 360-379-5032
   Adult probation and parole
District Court Probation ........................................................................ 360-385-9135
Juvenile Probation.................................................................................. 360-385-9190
   Offender services, juvenile justice issues. Staff trained to work with youth and parents in crisis, in trouble or in need.

Law Enforcement

Emergencies ......................................................................................... 911
Non-emergencies:
   PT Police Dept ................................................................. 344-3050
   Jefferson County Sheriff .......................................................... 385-3831
Crimestoppers .................................................................................... 1-800-274-6313
   To report information on a crime or a wanted person (1-800-CRIME-13)
Jefferson County Sheriff, Business Office ........................................... 360-385-3831
   Crime Prevention Unit; Search & Rescue ........................................ www.jeffersonsheriff.org
Port Townsend Police, Business Office ................................................ 360-385-2322
Fire & Safety
Red Cross, Jefferson County ............................................................... 360-385-2737
Bicycle Helmet Safety Program, Bremerton ........................................ 360-479-5631
   To purchase helmets at low cost
Child Car Seat Inspections (Sheriff’s office) ....................................... 360-385-3831
Fire & Life Safety Programs, Brinnon ................................................ 360-796-4450
Fire Departments .............................................................................. Check your phone book

Gun Safety
Gun Safety Classes
Jefferson County Sheriff Office .......................................................... 360-385-3831
National Rifle Association Gun Safety Courses .................................... 360-385-3652
   Classes emphasize handgun safety and responsibility
Washington Fish & Wildlife Hunter Education .................................... 360-385-1313
   Classes emphasize gun safety and responsibility, hunter education, and conservation
   http://wdfw.wa.gov/hunting/huntered/index.html

Juvenile Court Services
Juvenile Court Services has jurisdiction over juveniles who violate criminal laws and who
are in need of protection and/or advocacy as a result of abuse, neglect, or abandonment. This is
accomplished through probation, court, detention, adoption (Superior Court), and support services.
To facilitate the operation of these responsibilities the agency is organized into units of operation
supportive of the overall agency Mission Statement.
Juvenile Court Services ................................................................. 360-385-9190
   Third Floor, County Courthouse, at Jefferson & Cass streets in Port Townsend.
   Staff are trained in working with youth in crisis, in trouble, or in need.

Legal Assistance
Columbia Legal Services ..................................................................... 1-800-542-0794
   nonprofit law firm that protects & defends the legal & human rights of low-income people with
critical legal needs who have no other legal assistance available to them
Domestic Violence/Sexual Assault Program of Jefferson County ........ 360-385-5291
   24-hour crisis line, emergency shelter & help for victims of dating, family or sexual
   violence; information, counseling, advocacy & support for teens & family members
Juvenile & Family Services ................................................................ 360-385-9190
   Staff trained to work with youth and in crisis, in trouble or in need
Northwest Justice Project .................................................................... 1-888-201-1014
   Free legal aid for those with low income. Office hours M-F 9:30am-12 pm Tues 3:30- 6:15
Jefferson County Public Defender ...................................................... 360-385-5613

Conflict Resolution
Conflict Resolution: Information, Referrals and Support
Your school Guidance counselor ......................................................... contact the front desk at your school
Peninsula Dispute Resolution Center .................................................. 1-800-452-8024
   Non-profit Mediation to resolve conflict to improve the quality of relationships. Sliding scale
   www.pdrc.org
Mandala Center ................................................................................. 360-344-3435
Mediation training, conflict resolution, prevention, intervention, education

**Third Ear Project** ............................................................................................................. 360-385-5929
Communication education, Translation for pairs and groups (similar to mediation)

**Port Townsend Police Department** .................................................................................. 360-385-2322

**Jefferson County Sheriff's Office** ...................................................................................... 360-385-3831

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**Dating Violence, Domestic Violence & Relationship Abuse**

<table>
<thead>
<tr>
<th>PARENTAL CONSENT IS NOT NEEDED TO ACCESS SERVICES</th>
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- No one has to live with abuse. For many people, dating is one of the most rewarding experiences of their lives. But for some, dates end in disaster when they are sexually assaulted by their date.
- The best defense against date rape is to trust your instincts. If you get a funny feeling about a person or situation, get to a safe place as soon as possible.
- When dating someone new, it's best to go out in a group the first few times. Paying half the cost of the date will prevent the idea that you "owe something." Dating is not a business deal. The use of drugs or alcohol may impair your ability to protect yourself.

**Warning signs:** You are in an abusive relationship if your date/spouse/boyfriend:

- Acts jealous when you talk to others, even friends
- Pressures you to use drugs or alcohol
- Does not listen to what you want to do
- Controls your body in small ways, by holding you too tight or pulling you around by the hand, and ignoring you when you pull away
- Becomes angry easily or violent for any reason.

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**Quick Response**

**Emergency or Crime** ................................................................................................ 911

**Children & Family Services** ...................................................................................... 360-379-4330 or 1-800-562-5624
Tell the operator you are in Jefferson County. Report physical, emotional, sexual abuse or neglect.

**Covenant House Hotline** .......................................................................................... 1-800-999-9999

**Domestic Violence Hotline** ..................................................................................... 1-800-829-1122 or 1-800-992-2600

**Domestic Violence/Sexual Assault 24-hr Crisis Line** ........................................ 360-385-5291 or 1-800-562-6025
Emergency shelter and help for victims of dating, family, or sexual violence; information, counseling, advocacy and support for teens and family members.

**Jefferson County Crisis Line** ................................................................................... 360-385-0321 or 1-800-244-0321
24-hour assistance, crisis and suicide intervention and other emergencies; referrals.

**National Teen Dating Abuse Helpline** (English & Español) .................................. 1.866.331.9474
thesafespace.org TTY (Teen) ....................................................................................... 1.866.331.8453

**National Center for Victims of Crime** ..................................................................... 1-800-FYI-CALL (211-7996)

**National Domestic Violence Hotline** ...................................................................... 1-800-TRY-SAFE (7233)

**National Organization for Victim Assistance** ...................................................... 1-800-TRY-NOVA (879-6682)

**National Youth Crisis Hotline** .................................................................................. 1-800-442-HOPE (4673)

**Washington State Domestic Violence Hotline** .................................................... 1-800-562-6025
24-hour information and referral hotline for victims of domestic violence

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**Rape, Sexual Assault & Sexual Abuse**

Rape can happen to anyone no matter age, race or sex and it is never the victim’s fault!

Sexual assault is an act of violence and power. Rapists use sex as a means to control, vent anger and humiliate their victims. One out of three adult women are victims of rape. Even if a sexual assault victim shows no serious physical injury; Adult and child sexual abuses are serious
crimes with traumatic effects. Rape victims may be any age. Everyone from young children to elderly women face the risk of rape. More than half of all reported rapes involve victims under 18.

Victims of sexual assault have the right to have an advocate accompany them through medical, police, prosecutor and court proceedings/interviews. (RCW. 70.125.060)

If you are a victim of a violent crime, you have the right to apply for financial, medical and mental health benefits through the Washington Crime Victims Compensation Program.

Children & Family Services.................................360-379-4330 or 1-888-801-6627
Tell operator that you are in Jefferson County. Investigates reports of abuse; provides family reconciliation services; provides information about abuse and neglect, referrals to counseling.

Covenant House Hotline ......................................1-800-999-9999

Domestic Violence/Sexual Assault 24-hour Crisis Line.360-385-5291 or 1-800-562-602
Information, counseling, advocacy and support groups for teens and family members.

Confidential information and services.

Emergency Contraception ......................................360-385-9400
Emergency contraception can help prevent pregnancy if taken within 3 days after unprotected sex. Confidential information and services at Jefferson County Public Health Monday - Friday, 9:00 a.m. to 4:30 p.m.; 615 Sheridan Port Townsend, next to QFC

Emergency Contraception Hotline ............................1-888-NOT-2-LAT
Voice system tells caller of locations to access emergency contraception pills

National Sexual Abuse Hotline ...............................1-800-799-SAFE (7233)

National Youth Crisis Hotline .................................1-800-442-HOPE (4673)

Quilcene – Jefferson County Public Health Clinic ........360-385-9400
Wednesdays 10am-2pm Confidential emergency contraception, birth control; testing and counseling for sexually transmitted diseases, pregnancy, and other services.

RAINN...............................................................1.800.656.HOPE (4673)
Teen Web Counseling: http://apps.rainn.org/ohl-bridge/
Sexual Assault Hotline (24 hours).............................1-800-223-5001
Rape, Abuse & Incest National Network (24hr)..............1-800-656-4673

**Emergency Contraception (EC)**

**JUST HAD SEX?**
**WORRIED ABOUT PREGNANCY?**
**YOU HAVE 3-5 DAYS TO ACT BUT THE SOONER THE BETTER!**

Emergency contraceptive pills can help prevent pregnancy if taken within three - five days after unprotected sex. Contact your health care provider, the local health department, the Emergency Contraception Hotline or check with your local pharmacist.

<table>
<thead>
<tr>
<th>CONFIDENTIAL INFORMATION AND SERVICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>PARENTAL CONSENT IS NOT NEEDED TO ACCESS</td>
</tr>
<tr>
<td>EMERGENCY CONTRACEPTION</td>
</tr>
</tbody>
</table>

Jefferson County Public Health.............................360-385-9400
Monday - Friday, 9:00 a.m. to 4:30 p.m.; 615 Sheridan, Port Townsend, next to QFC.
Confidential information and services available

Quilcene Jefferson County Public Health Clinic .......360-385-9400
Wednesdays 10-2 p.m., Confidential emergency contraception, birth control; testing and counseling for sexually transmitted diseases, pregnancy and other services.

School Based Health Clinics (Port Townsend & Chimacum)........360-385-9400

Emergency Contraception Hotline............................1-888-NOT-2-LAT(E)
Statewide referral information ..............................www.NOT-2-LATE.com

**Birth Control**

<table>
<thead>
<tr>
<th>CONFIDENTIAL INFORMATION AND SERVICES ARE AVAILABLE</th>
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<tbody>
<tr>
<td>PARENTAL CONSENT IS NOT NEEDED TO ACCESS BIRTH CONTROL METHODS</td>
</tr>
</tbody>
</table>

- There are a variety of free or low cost birth control resources available.
Effective use of condoms and birth control significantly reduces your chances of becoming pregnant or infected with a sexual transmitted Infection (STI); for further information on STIs see page 27

Talk with your healthcare provider about how to use condoms affectively to find the birth control option that is best for you.

For free condom info see page 28

**Emergency Contraception (JCPH)** .......................................................... **360-385-9400**

Emergency contraception can help prevent pregnancy if taken within 3 days after unprotected sex

**Jamestown S'Klallam Tribe** .............................................................................. **360-582-2880**

Family planning, prenatal services, women’s health care.

**Jefferson County Public Health** ................................................................. **360-385-9400**

Monday - Friday, 9:00 a.m. to 4:30 p.m., 615 Sheridan, Port Townsend, next to QFC

Confidential information and services. Emergency contraception, family planning, birth control, abortion referrals, adoption resources, health care, vasectomy information and referral.

**Planned Parenthood** .................................................................................. **1-800-230-7526**

Family planning, birth control, abortions (in the first three months of pregnancy).

**Quilcene - Jefferson County Public Health** ............................................. **360-385-9400**

Wednesday 10:00am -2:00 p.m., Confidential emergency contraception, birth control; testing and counseling for sexually transmitted diseases, pregnancy, vasectomy information and referral.

**School Based Health Clinics (Port Townsend & Chimacum)** ............... **360-385-9400**

**South County Medical Clinic, Quilcene** ................................................. **360-765-3111**

Family practice, children and adults

**TAKE CHARGE**

Free Birth Control for Women and Men who live in Washington State

Available at your Jefferson County Public Health

**YOU CAN GET:**

- **FREE Birth Control** - Options include birth control pills (oral contraceptives), IUD (intrauterine device), Diaphragm, Cervical Cover, Depo Provera (3 month shot), Implanon (3 year implant), Emergency Contraception Pills (Plan B), Vaginal Ring, Contraceptive Patch, or over-the-counter methods like condoms, spermicidal gel, foam, cream, film, sponge, etc.

- **FREE Male and Female Condoms** (NEVER use them together) - to protect you and your partner from pregnancy and Sexually Transmitted Infections (STI), including HIV/AIDS.

- **FREE Vasectomy or Tubal Ligation** for permanent sterilization.

- **FREE Birth Control Knowledge.** Get answers to all of your questions.

**REALITY CHECK: THE ONLY 100% EFFECTIVE WAY TO PREVENT PREGNANCY and STI’s is ABSTINENCE (not having sex).**
Pregnancy

First Steps .................................................................................. call collect, 360-379-4300
Medical coverage for pregnant women
School Based Health Clinics (Port Townsend & Chimacum) .................. 360-385-9400
South County Medical Clinic, Quilcene ........................................... 360-765-3111
Family practice, children and adults
Jamestown S’Klallam Tribe, Sequim .................................................. 360-683-1109
Family planning, prenatal services, women’s health care
Planned Parenthood .................................................................. 1-800-230-7526
Family planning, birth control, abortions (in the first three months of pregnancy)
Vasectomy Information and Referral .............................................. 360-385-9400
Adoption
Children & Family Services, DSHS ............................................. 360-379-4330
Other resources are listed in the phone book yellow pages under Adoption.
Childbirth Education
Jefferson County Public Health ..................................................... 360-385-9400
615 Sheridan, Port Townsend, next to QFC; childbirth education classes teach basic
preparation for labor and delivery; call for class times
Post-Partum Depression (“Baby Blues”)
Jefferson County Public Health ...................................................... 360-385-9400
Monday - Friday, 9:00 a.m. to 4:30 p.m. ........................................ http://www.ppmdsupport.com

Parenting

Classes, Groups and Resources
Breastfeeding Tea ..................................................................... 360-385-9400
Wednesday, 1:30-3:00, Jefferson County Public Health 615 Sheridan, next to QFC.
Open to women who have, are, or intend to breast-feed
Headstart/ECEAP ........................................................................ 360-385-0525
Pre-school for children in low-income families
Jefferson County Public Health ..................................................... 360-385-9400
Parenting support, classes, and referrals for infants, children and teens.

PARENTAL CONSENT IS NOT NEEDED TO ACCESS
BIRTH CONTROL METHODS OR PREGNANCY TESTING.

2010/2011 Jefferson County Youth Yellow Pages
Jefferson Mental Health .......................................................... 360-385-0321 or 1-800-659-0321
Parenting classes

Parenting with love and Logic through Grant St. Elementary School .......... 360-379-4535

Port Townsend Library .............................................................. 360-385-3181
Parent/caregiver resource collection available through CLAN system

Post-Partum Depression ("Baby Blues")
Jefferson County Public Health .................................................. 360-385-9400
Monday - Friday, 9:00 a.m. to 4:30 p.m.
http://www.ppmdsupport.com/

Child Care Referrals
Parent Line ................................................................................. 1-800-300-1247
Information on licensed childcare options in Jefferson County

Social and Health Services .......................................................... 360-379-4300
Assistance and services to help income-eligible teen parents stay in school

Child Support & Financial Assistance
Social and Health Services .......................................................... 360-379-4300
Financial and medical assistance for income-eligible pregnant and parenting teens
Office of Support Enforcement, Olympia ....................................... 1-800-345-9964
Have your case number handy

PT Babies Yahoo Group is to provide a supportive environment for caregivers as they raise/take care of young children (ages in utero to age 5). http://www.jeffcocommunitynetwork.org/ptbabes

School-Based Parenting Support
Check with your school counselor
Grants provide a variety of parenting support for families with school-age children.
Services are usually free of charge.

Parenting with love and Logic through Grant St. Elementary School .......... 360-379-4535

Disabilities & Special Needs

Learning Disabilities
CHADD, Children & Adults with Attention Deficit Disorder .................. 360-779-5362
Information and help, Meets 2nd Tues of the month in Kitsap County

Learning Disabilities Association of Washington ............................... 425-882-0820

Referrals and Support
ARC Bremerton ........................................................................... 360-377-3473
Sibling support group, recreation, classes and other help

BRIDGES ...................................................................................... 1-888-377-8174
Advocacy and support for parents of school-age children with mental health issues

Child Care Resource & Referral Service ......................................... 360-379-4300
Teen and young adult support

Children with Special Health Care Needs ........................................ 360-385-9400
For children birth to 17 years and their families. Family resource coordination, assessing child and family needs, developmental screening, assistance identifying financial and support services.

Community Access .................................................................... 360-379-1315
Supports people with developmental disabilities promoting access to community
Concerned citizens............................................................................................................. 360-379-1315
Provides support services to people with disabilities; employment, respite, personal care for independent living, screening and program development services for children birth to three
DSHS-Division of Developmental Disabilities, Jefferson County ..................... 360-379-4300
Vocational rehabilitation, case management
Easter Seals Society Washington State ................................................................. 1-800-678-5708
Referrals for people with disabilities
Developmental Disabilities, Jefferson County ..................................................... 360-385-9410
Contracts & oversees adult day programs services & birth-to-three services
http://jcchoices.org/
NW Kiwanis Camp ......................................................................................... 360-732-7222
For Children and Adults with medical and developmental disabilities
Parent Line (child care) .................................................................................. 1-800-300-1247
Information on licensed childcare options in Jefferson County
P.A.V.E., Partners for Action Voices to Empowerment ......................... 1-800-5-PARENT
http://www.washingtonpave.org
Empowers parents and students to become more effective advocates in education
Skookum Educational Services ................................................................. 360-385-4980
A nonprofit creating opportunities for people with disabilities by providing inclusive employment.

Schools
Special Services screen, assess and serve children with delays in areas of cognitive skills, social and emotional skills, fine and gross motor skills, speech and language skills, and hearing and vision development. Call the following if you have questions or suspect developmental delays in your child:

- Brinnon Schools .............................................................................................. 360-796-4646
- Chimacum Schools .......................................................................................... 360-732-4285
- Port Townsend Schools .................................................................................... 360-379-4503
- Quilcene Schools............................................................................................... 360-765-3363

Child Care
Parent Line ............................................................................................................. 1-800-300-1247
Resource and referral information on licensed child care options in Jefferson County
Day Care Complaint Line .................................................................................. 1-800-732-5207

Health Services

Quick Response
Emergencies .............................................................................................................. 911
Red Cross, Olympic Peninsula Chapter ............................................................... 360-385-2737
Emergency Contraception .................................................................................. 360-385-9400
Emergency contraception can help prevent pregnancy if taken within 3 days after unprotected sex. Jefferson County Public Health, Monday - Friday, 9:00 a.m. to 4:30 p.m.; 615 Sheridan Port Townsend, next to QFC.
Quilcene Jefferson County Public Health Clinic ............................................. 360-765-3014
Wednesdays 10-2 p.m. Confidential emergency contraception, birth control; testing and counseling for sexually transmitted diseases, pregnancy, vasectomy information and referral, and other services.
Emergancy Contraception Hotline ................................................................. 1-888-NOT-2-LAT
Statewide information on where to get emergency contraception
Information on Medical Coverage Eligibility for Low Income .............. 1-800-562-3022
Apple Health for Kids ......................................................................................... 1-877-543-7669
Free or Low-cost Health Insurance for Washington's Kids www.AppleHealthForKids.wa.gov
Jefferson Healthcare (Hospital) ................................................................. 360-385-2200 or 1-800-244-8917
Clinics & Medical Referrals
Social and Health Services .............................................................. 360-379-4300
Financial information, medical cards, food stamps
Jefferson County Public Health ......................................................... 360-385-9400
Monday - Friday, 9:00 a.m. to 4:30 p.m.; 615 Sheridan, Port Townsend, next to QFC.
Confidential information and services available. Family planning, emergency contraception,
birth control, immunizations, maternity support, communicable disease information, HIV/AIDS
and STD testing and counseling, vasectomy information and referral.
Quilcene - Jefferson County Public Health Clinic ............................. 360-765-3014
Wednesdays 10-2 p.m.. Confidential emergency contraception, birth control; testing and
counseling for sexually transmitted diseases, pregnancy, vasectomy information and referral,
and other services.
Jefferson County M.A.S.H. & Healthcare Access .............................. 360-385-4268
Tuesdays, 7:00 pm-8:30 pm. Medical assessment, care & referrals. American Legion Hall
School Based Health Clinics (Port Townsend & Chimacum)............... 360-385-9400
South County Medical Clinic, Quilcene ......................................... 360-765-3111
Family practice, children and adults

Dental Services
Healthcare Access ........................................................................... 360-385-2571 or 1-800-464-2571
Prescriptions, referrals, limited financial assistance
Easter Seals Society Washington State .............................................. 1-800-678-5708
Referrals for people with disabilities

Immunizations
Jefferson County Public Health .......................................................... 360-385-9400
Clinic times: Tuesday & Thursday afternoons

Nutrition
Social and Health Services .............................................................. 360-379-4300
       Food stamps, financial information, medical cards
Jefferson County Public Health .......................................................... 360-385-9400
Mon & Wed 9:00 to 4:30 Tues & Thurs 9 - 12.; 615 Sheridan, Port Townsend, next to QFC
Women, Infants and Children (WIC) Food/Nutrition Programs, breast feeding information and
support, health information
Olympic Community Action Program .............................................. 360-385-2571 or 1-800-464-2571

Financial, Medical & Other Assistance

Apple Health for Kids ................................................................. 1-877-543-7669
       Free or Low-cost Health Insurance for Washington's Kids www.AppleHealthForKids.wa.gov
Washington Basic Health ................................................................. 1-800-826-2444
       Medical coverage for low & middle income children and families
Social and Health Services .............................................................. 360-379-4300
       Financial information, medical cards, food stamps, Healthy Options medical insurance
Olympic Community Action Program (OlyCAP) ............... 360-385-2571 or 1-800-464-2571
       Provides referrals for emergency assistance: shelter, food, dental, rental, utilities,
             transportation, prescriptions and other community resources
Family Health Hotline ................................................................. 1-800-322-2588
       Information for women who are pregnant, breast-feeding, or have children under 9.
Social Security Administration ......................................................... 1-800-772-1213
       Survivors benefits for minors
WIC: Women, Infant, Children ....................................................... 360-385-9400
       Food and nutrition program for families who are low to moderate income
Food & Clothing

Food Banks
General Information……………………………………..360-531-0275 or 1-800-464-2571

Locations, Office Hours and Phone Numbers:
Port Townsend Food Bank, 731 W. Park Ave; M-F 9-4; ......................... 360-385-9007
Tri-Area Community Center 10 West Valley Road, Chimacum; M-F 9-4; .. 360-732-4822
Quilcene Community Center 294952 Hwy. 101 Quilcene; M-F 8-4; .......... 360-765-4366
Brinnon Booster Club, 151 Corey Lane; M-F 9-4; .................................. 360-796-4444
Coyle Community Center Hazel Point Rd.; M-F 9-4; .......................... 360-765-4366

Other Resources
† Pregnancy & Family Resource Services……………………………………360-390-4467
1440 Irondale Rd. Port Hadlock: Pregnancy testing, Crisis pregnancy support,
Free Maternity & children’s clothing, children’s furniture & supplies

Emergency Food.......................................................................................360-385-2571
† Better Living Center................................................................................360-385-4057
Tuesday & Thursday, 10:00 a.m. - 3:00 p.m., 1505 Franklin, Port Townsend. Clothing,
bedding, appliances, house wares, miscellaneous

Sunday Soup Kitchen at the Boiler Room................................................360-379-8247
Sunday, 3:00 - 4:30, 711 Water St, Port Townsend

Habitat for Humanity...............................................................................360-379-2827
Housing Authority of Jefferson County .....................................................360-379-2565
Housing programs for people 18 and older; family self-sufficiency, temporary rental-based
assistance, Housing Opportunities for People Living With AIDS, housing counseling

Olympic Community Action Program ...............................................360-385-2571 or 1-800-464-2571
Runaway, Homeless & Street Youth

If you don’t personally know someone living on the streets, it’s easy to pretend youth homelessness isn’t a problem. It is a problem, and it affects millions of normal kids every day. It’s time to wake up and pay attention.

Resources
Covenant House Hotline ........................................................................... 1-800-999-9999
Family Reconciliation Services ................................................................. 360-379-4330, or 1-800-562-5624
Outreach and counseling for teens 13-18 with severe parent and teen conflict
Juvenile & Family Services ........................................................................... 360-385-9190
At-risk youth, children in need of services, guardian ad litem, general juvenile justice issues.
  Staff trained to work with youth and parents in crisis, in trouble or in need.
National Hotline for missing and Exploited Children ................................ 1-800-843-5678
National Runaway Switchboard ................................................................. 1-800-621-4000
National Youth Crisis Hotline ................................................................. 1-800-HIT-HOME (448-4663)
National Youth Crisis Hotline ................................................................. 1-800-442-HOPE (4673)
Missing Children Network ......................................................................... 1-800-235-3535
Orion Center .............................................................................................. 206-622-5555
  Drop in center for homeless youth; provides free meals, activities, health care access, referrals to emergency shelters; 10th & Virginia, downtown Seattle
Parent Abduction Hotline ......................................................................... 1-800-292-9688
Runaway Hotline (Confidential) ................................................................. 1-800-231-6946

Employment

Food Worker Classes
Jefferson County Public Health ................................................................. Tri Area Community Center (Classroom)
  615 Sheridan, Port Townsend ................................................................. 10 West Valley Road, Chimacum
  Tuesdays 10am to 11am .......................................................................... 4th Thursday of each month 3pm to 4pm
Guidance Counseling and Career Centers
Chimacum School District ......................................................................... 360-732-4090 ext. 264
Port Townsend School District ................................................................. 360-379-4523
Quilcene School District ............................................................................ 360-765-3363
Peninsula College, Port Townsend Branch .............................................. 360-385-4605
  Port Angeles Main Campus .................................................................... 360-452-9277 or 1-877-452-9277
WSU Community Learning Center, Jefferson County ............................ 360-379-5610 ext. 212
Training and Placement Agencies
AmeriCorps .................................................................................................. 1-800-942-2677
  Youth ages 18 - 26 who have either a GED or High School diploma may apply for one year to earn money toward college by working to improve your community organizations.
Pathways to success .................................................................................. 360-337-4744
Boiler Room Jobs Program ....................................................................... 360-379-8247
  Employment for youth 16 to 21
Work Source .................................................................................................. 360-379-5036
  Assists youth in finding job opportunities
Job Corps ...................................................................................................... 1-800-733-Jobs
  Job listing and testing for youth 16 and older who have dropped out of school or want another start. Participants live in a residential setting and work towards educational or vocational goals.
Pathways to Success Youth Services ......................................................... 360-379-5042
  Services for individuals age 14 – 24 through the Workforce Investment Act. Job training and referrals; job search and guidance; career development and support for transportation, clothing, tools, etc. and more.
Olympic College Career and Job Center, Bremerton .................................. 360-475-7480
Olympic Community Action Program (OlyCAP) .......... 360-385-2571 or 1-800-464-2571
  Community Jobs, Welfare to Work, TANF
Peninsula College, Port Townsend Branch.......................... 360-385-4605
Port Angeles Main Campus ...........................................360-452-9277 or 1-877-452-9277
Skookum ........................................................................... 360-385-4980
  A nonprofit creating opportunities for people with disabilities by providing inclusive employment.
Washington Conservation Corps (AmeriCorps) .............. 1-888-353-4483
  Provides educational award and living stipend .............. www.wa.gov/esd/wsc
Washington Service Corps (AmeriCorps) ....................... 360-407-6000
  Provides educational award and living stipend .......... www.ecy.wa.gov/programs/sea/wcc

Education & Schools

Brinnon School District
  Administration & School District Office ... ...................... 360-796-4646
Chimacum School District
  Administration & School District Office .................. 360-385-3922 ext 5
  Chimacum Creek Primary School (P-2) ............. 360-344-3270 ext 4
  Chimacum Elementary School (3-5) ......... 360-732-4471 ext 3
  Chimacum Middle School (6-8) ......................... 360-732-4219 ext 2
  Chimacum High School (9-12) ..................... 360-732-4481 ext 1
  Special Services .................................................. 360-732-4285 ext 6 ext 2
  Teen Resource Center .................................. 360-732-4481 ext 6 ext 6
  Transportation ..................................................... 360-732-4040 ext 6 ext 1
Quilcene School District
  Administration & School District Office .......... 360-765-3363
Port Townsend School District
  Administration & School District Office ........... 360-379-4501
  Grant Street Elementary (K - 3) ............. 360-379-4535
  Blue Heron (4 - 8) ...................................... 360-379-4540
  Port Townsend High School (9 - 12) ....... 360-379-4520
  Special Services .............................................. 360-379-4503
Chimacum School District
  PI (π) ................................................................. 360-732-4685 ext 6 ext 3
  K-12 program with parent/guardian component; can leave message after hours
Port Townsend School District
  Mar Vista (9 - 12) ........................................ 360-379-4500 ext. 4516
  ICE: Individually Contracted Education .............. 360-379-4251
  OPEPO (1 - 6) ........................................... Karmen/Lisa 360-379-4276/5
  ORCA (K - 6) .............................................. 360-379-4966
  Swan School (K-6) ....................................... 360-385-7340
  Jefferson County School ......................... 360-385-0622
Home School
  Peninsula Home School Exchange ....................... 360-385-3830

Scholarships
  Check with your school guidance counselor or local library.

Other Sources of Education
Peninsula College, Port Townsend Branch ..................... 360-385-4605
Port Angeles Main Campus ................................... 360-452-9277 or 1-877-452-9277
  General Education Diploma assistance at no charge; college classes to help complete high school graduation requirements; Vocational studies available as well.
SISIUTL Center for Learning .................................................. 360-379-1223
English as a Second Language (ESL) ............................. 360-385-4605
  Offered locally through Peninsula College
Olympic College, Bremerton ................................... 360-476-6050 or 1-800-259-6718
Running Start ................................... Information available through school guidance counselors.
  Earn college credit while attending high school
WSU Community Learning Center ...................................... 360-379-5610 ext. 200
Tutoring

Boiler Room .......................................................... 360-379-8247
Chimacum School District ........................................ 360-385-3922 ext 1 ext 5
Jefferson County Literacy Council ................................. 360-385-2715

Literacy and tutor referral services

Port Townsend School District National Honor Society Tutoring .......... 360-379-4500
The Homework Spot .................................................. 385-6544

Free tutoring on any subject Tue and Thurs 2:30 – 4:30 Jefferson County Library

Mentoring

Building Futures ......................................................... 360-385-5811
Mentoring Program ................................................... www bf jeffymca org
Boiler Room .................................................................. 360-379-8247

More than just a coffee house. All ages welcome. 711 Water St., Port Townsend

Chimacum High School Mentoring Programs .................... 360-732-4481 ext. 1 ext. 5
Ask for a counselor. Links students to local vocational or business experiences.

High School students mentor middle & elementary students

Girl Scouts of Western Washington ................................ 1-800-767-6828

Jefferson County Literacy Council ................................ 360-379-4716

Literacy and tutor referral services

Port Townsend School District Mentorship Program .......... 360-379-4500 ext. 0166

Links juniors with business or vocational opportunities

Washington State University, Jefferson County .................. 360-379-5610 ext. 200

Computer and internet technology

Library Services

Jefferson County Library .............................................. 360-385-6544
www jclibrary info com

Port Townsend Library ................................................ 360-385-3181
www cityofpt us library/

Washington Talking Book & Braille Library ..................... 1-800-542-0866

For blind, visually impaired, deaf, physically handicapped and learning disabled

Volunteer & Service Learning

The benefits of children and teens working together to help others include:
1) Learning and practicing citizenship and understanding the value of helping others
2) Developing planning and organizational skills, work ethics and skills, leadership skills
3) Engaging in specific and real life application of educational goals
4) Learning team work and cooperation
5) Developing negotiation skills
6) Experiencing higher self esteem
7) Increased connection to the community

Programs

Red Cross, Jefferson County ........................................ 360-385-2737

Opportunities include disaster action team training. Must have driver’s license
Boiler Room ................................................................. 360-379-8247
Centrum ........................................................................ 360-385-3102 or 1-800-733-3608
Community Oriented Policing Advisory Board (COPAB) ................................................. 360-385-3000
Fire Departments .......... see the Fire Dept. in the white pages of your phone book
Jefferson County Library, Port Townsend ................................................................. 360-385-6544
Jefferson County Recreation ................................................................. 360-385-2221
Jefferson County Historical Society ................................................................. 360-385-1003
Kinetic Sculpture Race, Port Townsend ................................................................. 360-385-3741
Marine Science Center, Port Townsend ................................................................. 360-385-5582
Olympic Music Festival, Quilcene ................................................................. 360-732-4153
Port Townsend Library ........................................................................ 360-385-3181
Sound Experience & the schooner Adventuress ......................................................... 360-379-0438
Wooden Boat Foundation Port Townsend ................................................................. 360-385-3628
WSU Jefferson County Youth Development Program ........................................ 360-379-5610

Service Learning
Key Club, Port Townsend High School ................................................................. 360-379-4520
Tutoring and community service projects sponsored by Port Townsend Kiwanis Club; enrollment open to high school age students
Builder's Club, Blue Heron Middle School ................................................................. 360-379-4540
Community service projects sponsored by the Port Townsend Kiwanis Club; enrollment open to middle school age students

Recreation, Leisure & Sports Programs
NOTE: $ indicates fees may be charged.

Arts & Crafts
$ Centrum Arts & Creative Education .................................................. 360-385-3102 or 1-800-733-3608
$ Jefferson County Library ........................................................................ 360-385-6544
$ Jefferson County Recreation ................................................................. 360-385-2221
$ Port Townsend Library ........................................................................ 360-385-3181
$ Quimper Arts ........................................................................ 360-385-6417
$ Jefferson County Family YMCA ................................................................. 360-385-5811
Film 2880 ........................................................................ 360-379-0198
Art Walk Port Townsend ........................................................................ 1st Saturday of every month, Port Townsend

Biking
$PT Cycler ........................................................................ 360-385-6470
$The Broken Spoke ........................................................................ 360-379-1295
The ReCycler ........................................................................ 360-643-1755

Birding
Port Townsend Marine Science Center ................................................................. 360-385-5582

Boating
$ Coast Guard Auxiliary ........................................................................ 360-437-0351
Boating safety classes http://a1300401.uscggaux.info/links.html
Community Boat Building (Sat. Oct-June) ................................................................. 360-379-9220
$ Kayak Center at PT Outdoors ........................................................................ 360-379-3608
Sea Scouts ........................................................................ 360-301-2371 or 360-379-6960
$ Sound Experience/Adventuress, the Schooner ......................................................... 360-379-0438
$ Wooden Boat Foundation & Maritime Center ......................................................... 360-385-3628
....... Ext. 2 then (ext. 103 Messing about Sea Camps; ext. 109 School Programs; ext. 123 Boat Educator)

Camping / Hiking / Wilderness
$ Dosewallips State Park, Brinnon ........................................................................ 360-796-4415
$ Fort Flagler State Park, Nordland ........................................................................ 360-385-1259 or 360-385-3701
$ Fort Worden State Park, Port Townsend ........................................................................ 360-344-4400
$ Jefferson County Parks ........................................................................ 360-385-9129
Camping & recreational opportunities in Jefferson County
$ Marine Science Center ........................................................................ 360-385-5582
$ Old Fort Townsend State Park ........................................................................ 360-385-3595
$ Quilcene Ranger Station, Quilcene................................................................. 360-765-2200
Wild Olympic Salmon ....................................................................................... 360-379-8051
$ Jefferson County Family YMCA................................................................. 360-385-5811

Computers
Jefferson County Library .................................................................................. 360-385-6544
  Computer classes offered
$ Peninsula College, Port Townsend Branch .................................................. 360-385-4605
$ Peninsula College, Port Angeles Main Campus ............................................ 360-452-9277
  or 1-877-452-9277
Port Townsend Library ...................................................................................... 360-385-3181
$ WSU Community Learning Center ............................................................... 360-379-5610
  Scholarships available

Dance

$ Ling-hui Dance ............................................................................................. 360-774-2373
$ The O’Meara Dance Studio .......................................................................... 360-379-4951
Madrona Mind Body Institute (13-17yrs FREE; under 12 needs approval) 360-344-4475

Fitness
$ Ai Ki Do .......................................................................................................... 360-385-1457
$ Evergreen Fitness ......................................................................................... 360-385-3036
$ Olympic Raft & Kayak .................................................................................. 360-452-1443
$ Olympic Tae Kwon Do .................................................................................. 360-385-7662
$ Port Townsend Athletic Club ........................................................................ 360-385-6560
$ PT Cyclery .................................................................................................... 360-385-6470
$ Sport Townsend ............................................................................................ 360-379-9711
$ Tae Kwon Do (Olympic Tae Kwon Do) ........................................................ 360-385-7662
$ Tai Chi Chuan (Gilman's Studio) ................................................................ 360-385-5027
$ 24 Hour Gym ................................................................................................ 360-385-3674
$ TWISTERS Gymnastics ................................................................................ 360-379-3632
  Ultimate Frisbee (fall and winter 2pm; spring and summer 4pm) Blue Herron Field

Golf
$ Chevy Chase Golf Club .................................................................................. 360-385-0704
$ Port Ludlow Golf Course .............................................................................. 360-437-0272
$ Port Townsend Golf Club .............................................................................. 360-385-4547

Hangouts and Recreation
Boiler Room ..................................................................................................... 360-379-8247
  More than just a coffee house. All ages welcome. 711 Water, Port Townsend.
Skateboard Park .............................................................................................. 385-4366
Quilcene Community Center ........................................................................ 360-765-4366
  Casual drop-in, computer room
Chimacum Teen Center ................................................................................... 360-379-8840
  81 Chimacum Rd., Port Hadlock, pool, foosball, ping-pong, basketball, & more
Brinnon Community Center ............................................................................ 360-765-0120

Libraries
Jefferson County Library .................................................................................... 360-385-6544
  Educational programs, opportunities & individualized learning for all ages.
Port Townsend Library ..................................................................................... 360-385-3181
  Educational programs, opportunities & individualized learning for all ages.

Movie Theaters
$ The Rose Theater .......................................................................................... 360-385-1089
$ The Uptown Theater ...................................................................................... 360-385-3883
$ Wheel in Motor Movie ................................................................................... 360-385-0859

Music
$ Choir & Piano ~ Leslie Lewis ........................................................................ 360-379-0223
$ Guitar, Drums, Piano, Bass ~ Steve ............................................................... 360-385-0882
**Preschool Story Time**

- Port Townsend Library ............................................. 360-385-3181
- Jefferson County Library ........................................ 360-385-6544

**Summer Camps**

- Boy Scots Mt. Olympus District .................................. 360-379-8045
- $ Centrum ........................................................................ 360-385-3102
- $ Chimacum Creek Farms – Horsemanship ....................... 360-732-4331
- Girl Scouts of Western Washington .............................. 1-800-767-6828
- $ History Camp for Boys .............................................. 360-385-1003
- $ History Camp for Girls .............................................. 360-385-1003
- $ Jefferson County Recreation Division ....................... 360-385-2221

*Northwest Soccer Camp boys & girls 6-17; Skyhawk Baseball, Basketball & Mini-hawk & Soccer Camps boys & girls 6-14; Salvation Army Camp boys & girls 8-16, (camp for low income youth, 20 openings first come, first serve); Summer Swim Bus Camp boys & girls 7-12.*

- $ Jefferson County 4-H .............................................. 360-379-5610
- $ Kale Forest Farm Camp ............................................. 360-643-1926
- $ Marine Science Center ............................................. 360-385-5582

*Overnight & day camps*

- $ Messing about Sea Camps (Wooden boat foundation) ... 360-385-3628 ext. 2 ext. 103
- Quilcene 4-H ............................................................. 360-379-5610 ext. 207

*Quilcene after-school & summer day camp programs.*

- $ Kayak Center PT Outdoors ....................................... 360-379-3608
- $ Sound Experience & the schooner Adventuress ......... 360-379-0438

*Youth Sails and Day Sails*

- $ Swan School Day Camp .......................................... 360-385-7340
- $ The Chameleon Theater .......................................... 360-379-1068
- $ TWISTERS Gymnastics ........................................... 360-379-3632
- $ West Camp for Girls .............................................. westcamp4girls@gmail.com

**Stage & Theater**

- $ Brinnon Community Theater .................................... 360-796-4666
- $ Key City Players ..................................................... 360-385-7396
- $ Port Townsend Children’s Theatre & School for Young Actors 360-379-1068
- $ The Chameleon Theater .......................................... 360-379-1068

**Swimming**

- $ City of Port Townsend Swimming Pool ..................... 360-385-POOL

*at Mountain View School Swim teams, lessons, training, open swim.*

**Tennis**

- $ Jefferson County Family YMCA .............................. 360-385-7396
- $ Jefferson County Parks & Rec. (Adult and Youth Lessons) 360-385-2221

**Writing**

- Port Townsend Library ............................................. 360-385-3181
- Jefferson County Library ........................................ 360-385-6544
- $ Centrum Art & Crafts Education .............................. 360-385-3102 or 1-800-733-3608

**Youth Development**

- 4-H Youth Development ........................................... 360-379-5610 ext. 207
- Building Futures ..................................................... 360-385-5811

*Mentoring Program ................................................. www.bf.jeffymca.org*

**Cadet Program**

- County Sheriff ...................................................... 360-385-3831
- Port Townsend Police ............................................. 360-385-2322
- $ Jefferson County Family YMCA .............................. 360-385-5811

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**2010/2011 Jefferson County Youth Yellow Pages**
The three main types of eating disorders are anorexia nervosa, bulimia nervosa, and binge-eating disorder.

- **Anorexia nervosa** is a very serious eating disorder. It may lead to death as a consequence of starvation or other medical conditions caused by lack of food. The limit for anorexia is for adults usually put at a BMI (Body Mass Index) of less than 17.5 in combination with other symptoms. Between a half and one percent of young people suffer from anorexia.

- **Bulimia nervosa** is a common eating disorder. It is most common among young women, where 1-2% are affected. It is characterized by a craving for food, where you rapidly wolf down much more food than your body needs. People with bulimia sometimes cannot stop themselves from eating more and more. More or less successful methods are then used by the individual to prevent an increase in weight e.g.:
  - producing vomiting after compulsive eating
  - self-purging with laxatives or enemas

Eating Disorders

**With self-purging:**
- producing vomiting after compulsive eating
- self-purging with laxatives or enemas

**Without self-purging:**
- starving or fasting after compulsive eating or
- excessive physical exercise
- The term **Binge Eating Disorder** (BED) is used for those who go through recurring episodes of compulsive overeating. They eat far too much, but don't get rid of the extra
calories in the same way as those with bulimia. They typically eat large quantities of food quickly even when they are not physically hungry. Feelings of shame and guilt are common. BED usually leads to overweight. About one fifth of those who seek medical help for overweight have typical symptoms. Even those with overweight who don’t have typical symptoms are often helped by similar treatment.

Many people have eating disorders which don't exactly fit the traditional classification of anorexia, bulimia and binge eating.

Local Resources
Jefferson Mental Health .......................................................... 360-385-0321 or 1-800-659-0321
  Low-income individuals and families are given priority for services; referrals provided.
Lutheran community Services..................................................... 1-800-378-5771
TOPS (Take Off Pounds Sensibly) ................................................ 1-800-932-8677
  Call to locate a convenient meeting.
Children’s Hospital and Regional Medical Center……………………………… 1-866-987-2000
National Assn. of Anorexia & Assn.Disorders (ANAD) Long Distance…… 847-831-3438
National Mental Health Association.............................................. 1-800-969-6642
Eating Disorders Hot Links (%)
  The National Association of Anorexia Nervosa and Associated Disorders www.anad.org
  The National Eating Disorders Association http://www.nationaleatingdisorders.org/
  Eating Disorders Awareness and Prevention, Inc. (EDAP): www.edap.org
  Anorexia Nervosa and Related Eating Disorders, Inc. (ANRED): www.anred.org

Suicide Prevention & Intervention Counseling

The teenage suicide rate has risen to crisis proportions over the past 20 years. Between 1957 and 1975, the rate of suicide among 15 to 24 year olds tripled; among Native American adolescents, the suicide rate increased 1000% (TEENAGERS IN CRISIS, l983). It is estimated that 5,000 to 6,000 teenagers kill themselves each year, and at least ten times that many attempt to do so. Because many suicide attempts go unreported or are reported as accidents, the estimated number may be as high as 500,000 per year. While females attempt suicide more often than males, at a rate of 4:1, males "succeed" more often, at the same rate (SUICIDE AMONG SCHOOL AGE YOUTH, l984).

Quick Responses & Hotlines
Emergency .................................................................................. 911
Boys Town Suicide & Crisis Line ........................................................................ 1-800-448-3000
Covenant House Hotline ........................................................................ 1-800-999-9999
Jefferson Mental Health Crisis Line........................................... 360-385-0321 or 1-800-659-0321
  24-hour assistance, crisis and suicide intervention and other emergencies; referrals
National Helpline Network.............................................................. 1-800-Suicide (784-2433)
National Youth Crisis Hotline...................................................... 1-800-442-HOPE (4673)
School Based Health Clinics (Port Townsend & Chimacum)............. 360-385-9400
Suicide & depression Hotline.......................................................... 1-800-999-9999
Trevor Helpline................................................................................. 1-800-850-8078
  24 hour toll-free hotline for gay, lesbian, bisexual, transgender and questioning youth; staffed by trained counselors; offers a chance to talk and find local resources.
 www.thetrevorproject.com
Depression

WHEN YOU'RE DEPRESSED...

- You feel sad or cry a lot and it doesn't go away.
- You feel guilty for no real reason; you feel like you're no good; you've lost your confidence.
- Life seems meaningless or like nothing good is ever going to happen again.
- You have a negative attitude a lot of the time, or it seems like you have no feelings.
- You don't feel like doing a lot of the things you used to like-- like music, sports, being with friends, going out-- and you want to be left alone most of the time.
- It's hard to make up your mind. You forget lots of things, and it's hard to concentrate.
- You get irritated often. Little things make you lose your temper; you overreact.
- Your sleep pattern changes; you start sleeping a lot more or you have trouble falling asleep at night. Or you wake up really early most mornings and can't get back to sleep.
- Your eating habits change; you've lost your appetite or you eat a lot more.
- You feel restless and tired most of the time.
- You think about death, or feel like you're dying, or have thoughts about committing suicide.

Quick Response

Emergency or Crime ................................................................. 911
Children & Family Services .................................................. 360-379-4330 or 1-800-562-5624
Tell the operator you are in Jefferson County. Report physical, emotional, sexual abuse or neglect.
Depression & Bipolar Hotline Support Alliance ................................ 1-800-826-3632
Jefferson County Crisis Line ................................................... 360-385-0321 or 1-800-659-0321
24-hour assistance, crisis and suicide intervention and other emergencies; referrals

Support and Information

BRIDGES ..................................................................................... 1-888-377-8174
Advocacy and support for parents of school-age children with mental health issues

General Counseling & Referrals

Teen Support groups ............................................................... ask your school counselor
Jefferson Mental Health ....................................................... 360-385-0321 or 1-800-659-0321
Jumping Mouse Children’s Center ........................................... 360-379-5109
Juvenile & Family Services ................................................... 360-385-9190
Staff trained to work with youth and parents in crisis, in trouble or in need.
School Based Health Clinics (Port Townsend & Chimacum) ................................ 360-385-9400
Peer Harassment & Bullying

Bullying is never OK. It can take the form of emotional, verbal and physical abuse. It can occur in any context in which humans interact with each other, including; School, church, workplace, home neighborhoods, etc. If you are being bullied or see someone who is being bullied - there is help. Tell a professional, a school counselor, a teacher, healthcare provider. Continue to seek help until the bullying stops!

**Teenline**
1-800-562-1240
24-hour crisis line for teens; may answer as Alcohol/Drug Help Line—ask for Teenline

**Resources:** Go to *Education and Schools* section pg. 19.

Child Abuse

Child abuse is more than bruises and broken bones. While physical abuse might be the most visible sign, other types of abuse, such as emotional abuse or child neglect, also leave deep, long lasting scars. Some signs of child abuse are subtler than others. However, by learning common types of abuse and what you can do, you can make a huge difference in a child’s life. The earlier abused children get help, the greater chance they have to heal from their abuse and not perpetuate the cycle. Learn the signs and symptoms of child abuse and help break the cycle, finding out where to get help for the children and their caregivers.

**Myths and facts about child abuse and neglect**

**MYTH #1:** It's only abuse if it's violent.
**Fact:** Physical abuse is just one type of child abuse. Neglect and emotional abuse can be just as damaging, and since they are more subtle, others are less likely to intervene.

**MYTH #2:** Only bad people abuse their children.
**Fact:** While it's easy to say that only "bad people" abuse their children, it's not always so black and white. Not all abusers are intentionally harming their children. Many have been victims of abuse themselves, and don’t know any other way to parent. Others may be struggling with mental health issues or a substance abuse problem.

**MYTH #3:** Child abuse doesn't happen in “good” families.
**Fact:** Child abuse doesn't only happen in poor families or bad neighborhoods. It crosses all racial, economic, and cultural lines. Sometimes, families who seem to have it all from the outside are hiding a different story behind closed doors.

**MYTH #4:** Most child abusers are strangers.
**Fact:** While abuse by strangers does happen, most abusers are family members or others close to the family

**MYTH #5:** Abused children always grow up to be abusers.
**Fact:** It is true that abused children are more likely to repeat the cycle as adults, unconsciously repeating what they experienced as children. On the other hand, many adult survivors of child abuse have a strong motivation to protect their children against what they went through and become excellent parents.

**National Child Abuse Hotline**
1-800.252.2873

**Children & Family Services**
360-379-4330 or 1-800.562.5624

**Domestic Violence/Sexual Assault 24-hr Crisis Line**
360-385-5291 or 1-800-562-6025

Information, counseling, advocacy and support groups for teens and family members.
Confidential information and services.

**Jefferson County community network**
360-385-0321 or 1-800.659.0321

**National Child Abuse Hotline**
1-800-799-SAFE (7233) or 1-800-4-CHILD (24453)

**National Youth Crisis Hotline**
1-800-442-HOPE (4673)

**Rape, Abuse & Incest National Network (24hr)**
1-800-656-4673

Sexual Orientation

The term sexual orientation refers to the gender (that is, male or female) to which a person is attracted. There are several types of sexual orientation that are commonly described:

- **Heterosexual.** People who are heterosexual are romantically and physically attracted to members of
Homosexual. People who are homosexual are romantically and physically attracted to people of the same sex: Females who are attracted to other females are lesbian; males who are attracted to other males are often known as gay. (The term gay is sometimes also used to describe homosexual individuals of either gender.)

Bisexual. People who are bisexual are romantically and physically attracted to members of both sexes.

Gay/Lesbian/Bisexual/Transgender/Questioning/Queer Resources

Gay and Lesbian National Hotline (GLBT) ......................................................... 1-888-843-4564
Gay City Health, Seattle ..................................................................................... 206-860-6969

HIV prevention by and for gay and bisexual men
Lambert House, Seattle ....................................................................................... 206-322-2515

Activity center for queer & questioning youth; www.lamberthouse.org

Peer Listening Line ................................................................. 1-800-399-PEER (7337)

Peer listening line for gay, lesbian, bisexual, transgender and questioning youth
Safe Schools Coalition of WA (answers as Sexual Assault Hotline) …1-877-SAFE-SAFE
Stonewall Youth, Olympia .............................................................................. 360-705-2738

Outreach projects in Lewis, Mason and Grays Harbor counties
Trevor Helpline ........................................................................... 1-800-850-8078

24 hour toll-free hotline for gay, lesbian, bisexual, transgender and questioning youth; staffed by trained counselors; offers a chance to talk and find local resources.

Sexual Minorities Hot Links (©)

Gay and Lesbian National Hotline ............................................................ www.glnh.org
Out Proud ..................................................................................................... www.outproud.org
Parents and Friends of Lesbians and Gays .................................................. www.pflag.org
Stonewall Youth—Olympia ................................................................. www.stonewallyouth.org

Sexually Transmitted Infections (STIs)

Did you know HPV is the most common sexually transmitted virus. It has been estimated that 75% or more of sexually active Americans will contract HPV sometime in their lives. This means that anyone who has ever had sexual relations has a high chance of being exposed to this virus, but only a small number of women infected with HPV develop cell changes that need to be treated. Did you also know that there now is a vaccine to protect against some forms of HPV, human papillomavirus? Gardasil is a vaccine that helps protect young women from cervical cancer and both young men and women from genital warts and other forms of HPV; and is currently available at the Jefferson County Public Health.

Get tested! Don’t wait for symptoms to appear because many STIs don’t have obvious symptoms. If you are having sex STI tests should be part of your regular check-up. But if you have any concerns at all that you may have been exposed to an STI, see your doctor or a local public health clinic right away and ask to be tested.

Get treated! Untreated STIs can cause serious problems for the person infected. If they aren’t treated, they can also be spread to another person, and a pregnant woman can pass the disease to her fetus. It is also common for people to have more than one STI at the same time. People with an STI are at much greater risk for getting HIV, and people with HIV who get another STI can get much sicker than someone without HIV.

Be smart! If you have an STI, immediately tell your current and recent partners and don’t have sex with anyone until you have been treated. This can be hard to do and your health care provider can help you. Never try to cure an STI yourself with douches, enemas, creams or other over-the-counter treatments.

Getting an STI happens to millions of people so you don’t have to feel bad about yourself.
Get tested, get treated and learn how to prevent it from happening again.
For more information visit www.jeffersoncountypublichealth.org

- FREE CONDOMS are available in **Port Townsend** at:
  - Jefferson County Public Health .......................... 615 Sheridan (next to QFC)
  - The Boiler Room .................................................. 711 Water St.
  - Domestic Violence/Sexual Assault Office ....... Uptown (call 360-385-5291)
  - The Food Co-op ...................................................... 414 Kearney Street

- FREE CONDOMS are available in **Quilcene** at:
  - Quilcene- Jefferson County Public Health Clinic Wed. 10am-2pm 360-385-9400
  - South County Medical Clinic, Quilcene .......................... 360-765-3111

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<th>Disease</th>
<th>2006 Cases*</th>
<th>2007 Cases*</th>
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<td>25,106</td>
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</table>

*Cases diagnosed in the calendar year and reported as of March 2008

**Quilcene- Jefferson County Public Health Clinic**: 360-385-9400

Wednesdays 10am-2pm, Confidential emergency contraception, birth control; testing and counseling for sexually transmitted diseases, pregnancy, and other services

**Healthcare Access**: 360-385-2571 or 1-800-464-2571

Prescriptions, referrals, limited financial assistance

**Jefferson County Public Health**: 360-385-9400

Monday - Friday, 9:00 a.m. to 4:30 p.m. 615 Sheridan, Port Townsend, next to QFC. Confidential information and services. Testing and counseling for sexually transmitted diseases, pregnancy and HIV/AIDS, emergency contraception, birth control and other services.

**School Based Health Clinics (Port Townsend & Chimacum)**: 360-385-9400

**South County Medical Clinic, Quilcene**: 360-765-3111

Family practice, children and adults

**Planned Parenthood Facts of Life**: 1-888-307-9275

Monday-Thursday, from 3-6pm for confidential sex information At all other times, the **Facts of Life Line**, a recorded library of sexuality information, is available 24/7.

**Sexual Health Hot links**

American Social Health Association: www.iwannaknow.org

E Health 4 Teens: www.eh4t.org
HIV/AIDS

CONFIDENTIAL INFORMATION AND SERVICES ARE AVAILABLE. PARENTAL CONSENT IS NOT NEEDED TO GET AN HIV TEST OR TO RECEIVE CONDOMS AND OTHER BARRIERS.

YOU WON’T GET THE HIV VIRUS BY
- Living with someone with AIDS
- Going to school with someone with AIDS
- Exchanging clothes with someone with AIDS
  - Look at the top of the previous page for information on where to get FREE CONDOMS!
- Sharing food, combs or makeup
- Kissing or holding hands
- Insect bites

If you think you might be infected, consult your parents, legal guardians, doctor or clinic right away. Information, counseling, testing and support services are available and confidential.

HIV/AIDS Services

Jefferson AIDS Services ........................................... www.grooveinc.net/jas/about.htm
Jefferson County Public Health ................................................................. 360-385-9400
Monday - Friday, 9:00 a.m. to 4:30 p.m., 615 Sheridan, Port Townsend, next to QFC.
HIV/AIDS prevention information, counseling, testing, case management services & treatment referral. Anonymous services available.

Peninsula Syringe Exchange
- No names asked—All services confidential

Port Townsend/Jefferson County Syringe Exchange Location
Mondays & Wednesdays 1pm-3pm
Or call to arrange a time
Jefferson County Public Health 615 Sheridan .................................................. 360-385-9400

Port Angeles/Clallam County Syringe Exchange
Call for times & location: 360-417-2412

Resources

National AIDS Hotline .......................................................... 1-800-342-AIDS (2437)
AIDS Hotline in Spanish .......................................................... 1-800-344-SIDA (7432)
Jefferson County Public Health .......................................................... 360-385-9400
Monday - Friday, 9:00 a.m. - 4:30 p.m.; 615 Sheridan, Port Townsend, next to QFC
HIV/AIDS prevention and intervention information, counseling and testing, client services. Anonymous services available.

Center for Disease Control National Prevention Info. Network ......... 1-800-458-5231
BABES Network .......................................................... 1-888-292-1912
Support for women living with AIDS

Lifelong AIDS Alliance .......................................................... 1-206-328-8979
Formerly Northwest AIDS Foundation & Chicken Soup Brigade

National Sexually Transmitted Disease Hotline................................. 1-800-227-8922
Sexually Transmitted Disease & AIDS/HIV information Hotline........ 1-800-332-2437
Washington State AIDS Hotline .......................................................... 1-800-272-2437

Hepatitis

What is Hepatitis?
Hepatitis is a serious liver disease. Hepatitis can be caused by viruses that infect the liver. There are several types of hepatitis viruses. Hepatitis A, B, & C are the most common types.
Hepatitis A is caused by exposure to contaminated food or feces.
Hepatitis B is caused by exposure to blood & body fluids of a person who already has the virus.
Hepatitis C is caused through passing the hepatitis C virus through blood or other body fluids.

Resources
Jefferson County Public Health ................................................................. 360-385-9400
Monday - Friday, 9:00 a.m. to 4:30 p.m., 615 Sheridan, Port Townsend, next to QFC.
Confidential information and services. Hepatitis A, B, & C screening for people at risk, Hepatitis A and B immunizations.

Other risk factors for Hepatitis A virus include:
- International travel: the majority of reported travel-related cases were associated with travel to Mexico and Central or South America
- Men who have sex with men
- Daycare attendees and workers and those in contact with them
- Injection drug use
- Eating raw shellfish from contaminated waters
- Sporadic food outbreaks
- Receipt of blood from person with acute hepatitis

Emergency Preparedness
Quick Response
Emergencies ................................................................. 911
Red Cross, Jefferson County ................................................................. 360-385-2737

Resources
Neighborhood preparedness(EmergencyPrepared@earthlink.net) .... (360)379-2449
Federal Emergency Management Agency ......................................... 1-800-462-9029
Register for disaster assistance; www.FEMA.Gov

Emergency Preparedness Hot Links (footer)
Jefferson County Emergency Management ........................................ www.jeffcoeoc.org
GetEmergencyPrepared .................................................. www.getemergencyprepared.com
Center for Workplace & Community Safety Training www.safetycenter.org/index.htm
Earthquake Hazards Program .................................................. www.earthquake.usgs.gov

Want to quit? Call 1-800-QUIT-NOW
QUITLINE.com
Quick Reference Phone Numbers

Emergency .......................................................................................................................................................... 911

Health & Safety Resources

Basic Health Insurance for Low Income .................................. 1-800-562-3022 or 360-385-9400
Children & Family Services .......................................................... 360-379-4330
DSHS (Department of Social & Health Services)................................. 360-379-4300
Domestic Violence/Sexual Assault Program .................................... 360-385-5291
Emergency Contraception Hotline .............................................. 1-888-NOT-2-LAT/1-888-668-2528
Emergency Contraception .............................................................. 360-385-9400
Family Reconciliation Services ....................................................... 360-379-4330
Better Living Center ...................................................................... 360-385-4057
Jefferson County Public Health ..................................................... 360-385-9400

Birth control, developmental disabilities, emergency contraception, family planning, HIV counseling & testing, immunizations, maternal child health, syringe exchange, STD testing & treatment, substance abuse prevention, tobacco prevention & control, WIC.

Jefferson County Sheriff ............................................................... 360-385-3831
Jefferson General Hospital ............................................................. 360-385-2200
Jefferson Mental Health ................................................................. 360-385-0321
Juvenile & Family Services ........................................................... 360-385-9190
Olympic Community Action Program ........................................... 360-385-2571

Community Jobs/Welfare to Work/TANF, emergency shelter, energy assistance, emergency food, food banks, Headstart/EACAP, health/dental care access, housing

Quilcene - Jefferson County Public Health ................................. 360-385-9400
Safe Harbor Recovery ..................................................................... 360-385-3866
School Based Health Clinics (Port Townsend & Chimacum) ............ 360-385-9400
South County Medical Clinic, Quilcene ........................................ 360-765-3111
Turning Point Recovery ................................................................. 360-385-4855
Washington State Tobacco Quitline ............................................. 1-800-QUIT-NOW or 1-800-784-8669

Other Resources

Boiler Room .................................................................................. 360-379-8247
Centrum ..................................................................................... 1-800-733-3608 or 360-385-3102
Jefferson County Library ............................................................... 360-385-6544
Jefferson County Recreation .......................................................... 360-385-2221
Port Townsend Library ................................................................. 360-385-3181
Quilcene Community Center ....................................................... 360-765-3321
Swimming Pool ........................................................................... 360-385-POOL
WSU-Jefferson County ................................................................. 360-379-5610

Schools & Colleges

Brinnon Schools & District/Administration Office ......................... 360-796-4646
Chimacum School District/Administration Office ......................... 360-385-3922
Chimacum Creek Primary School (K-2) ........................................ 360-344-3270
Chimacum Elementary School (3-5) ............................................. 360-732-4471
Chimacum Middle School (6-8) .................................................... 360-732-4219
Chimacum High School (9-12) ...................................................... 360-732-4481
Olympic College, Bremerton ....................................................... 360-476-7480
Quilcene School District Office ..................................................... 360-765-3363
Peninsula College, Port Angeles .................................................. 360-452-9277 or 1-877-452-9277
Peninsula College, Port Townsend ............................................... 360-385-4605
Port Townsend School District/Administration Office ................ 360-379-4502
Grant Street Elementary (K - 3), Port Townsend ......................... 360-379-4535
Blue Heron (4 - 8), Port Townsend ................................................ 360-379-4540
Port Townsend High School (9 - 12), Port Townsend .................... 360-379-4520

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Student Based Health Center

What Services are offered at the Clinics?

Primary Care
- Illness Assessments
- Injury care
- Sports Physicals
- Reproductive Health Care
- STD testing (male and female)
- Immunizations

Mental Health
- Relationship counseling
- Depression
- Anxiety
- Stress
- Grief

Who uses the clinics?
Port Townsend & Chimacum High School Students

Where is the Chimacum clinic located?
In the commons

Where is the PT clinic located?
In the Gale Stuart building

How are appointments scheduled?
- Calling the health dept at 360.385.9400
- Dropping an appt request slip into the confidential box (in the hallway across from the library @ CHS and in the Gale Stuart building outside the clinic @ PTHS)
- Walk-ins are also welcome

Students may provide their own Consent for:
- Reproductive Health Services at any age
- STD testing, age 14 and over
- Counseling, age 13 and over

All other services require consent from a parent or legal guardian

Meet our Staff

2010/2011 Jefferson County Youth Yellow Pages