



Parenting Matters

Parenting Matters wants you to know how to reach the many community resources available to you if you have questions or concerns about your child.

If you have questions about Parenting Matters, First Teacher or about this list please contact us toll free 1-866-943-KIDS (5437),

by e-mail at resource@firstteacher.org or (360) 681-2250.

Links to some of these agencies may be found at

www.firstteacher.org/links.htm

All numbers are area code 360 unless indicated otherwise, Clallam County "CC"




All Emergencies Call 911

(Medical/Fire/Police/Sheriff)

- Child Protective Services 456-2240
- Crisis Line 452-4500
- Domestic Violence Crisis Line 452-4357
- Forks Police 374-5311
- Port Angeles Fire Department 417-4655
- PA Angeles Police 452-4545
- Poison Center 1-800-222-1222
- Sequim Fire Department 683-4242
- Sequim Police 683-7227





• Health & Human Services Information Line 211

Pregnancy Testing/Counseling

- Carenet Pregnancy Center 452-3309
or 681-8725
- Family Planning of CC 452-2954
- The Caring Place (Forks) 374-5010



Parenting Assistance

(Child care problems and questions)

- First Step Family Support Center 457-8355
- First Teacher 582-3428
- Healthy Families of CC 452-2381
- La Leche League 683-8073
- New Family Services, Olympic Medical Center 417-7652
- Parent Line (Lutheran Community Services Northwest) 452-5437
or 1-800-300-1247
- Parenting Matters Foundation 681-2250
- Sunshine & Rainbows Child Development Center 374-9340



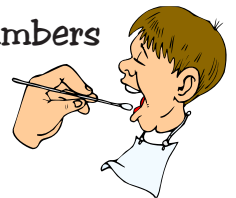
Developmental Concerns

Every child develops at a different pace. Call if you have questions or concerns about your child.

- Birth to 3, Sequim and PA 460-9189
- Cape Flattery School District 963-2329
- Crescent School District 928-3311
- Quillayute Valley School District, Forks 374-6262
- Port Angeles School District 565-1872
- Sequim - First Teacher 582-3428
- Sequim School District Special Services 582-3433
- Concerned Citizens (Sunshine & Rainbows) 374-9340, 452-2396

Non-Emergency Health Numbers

- CC Health & Human Services (CCHHS) 417-2274
- CCHHS Forks 374-3121
- Dungeness Valley Clinic 582-0218
- Family Planning of CC 452-2954
- Forks Community Hospital 374-6271
- HIV/AIDS Hotline 1-800-272-2437
- Immunization Information 417-2274, 374-3121
- Jamestown Family Dental Clinic 681-3400
- Lower Elwha Health Clinic 452-6252
- Olympic Medical Center 417-7000
- PAARC Clinic 457-4431
- Stop Smoking Hotline 1-800-QUIT-NOW
- Sudden Infant Death (SIDS) 1-800-533-0376
- WIC (and through each tribe) 417-2275, 374-3121
- Within Reach (Healthy Mothers, Healthy Babies) 1-800-322-2588



Mental Health Services

(Depression, suicidal, counseling referral)

- Crisis Line 452-4500, 374-2273
- CC Health & Human Services 417-2274
- Peninsula Community Mental Health, PA 457-0431
Sequim, 681-0585
- Quileute Mental Health 374-4109
- Suicide Prevention 1-800-422-2552
- West End Outreach 374-6177, 374-5011





Local School Districts & Elementary Schools

- **Cape Flattery School District**
capeflattery.wednet.edu 963-2329
- Clallam Bay Elementary 963-2324
- Neah Bay Elementary 645-2382
- **Crescent School District**
crescent.wednet.edu 928-3311
- **Port Angeles School District**
portangelesschools.org 457-8575
 - Dry Creek 457-5050
 - Franklin 457-9111
 - Hamilton 452-6818
 - Jefferson 457-4231
 - Roosevelt 452-8973
- Infant Toddler Program 452-1007
- School Psychologist 565-1872
- **Quillayute Valley School District**
forks.wednet.edu 374-6262
- Forks Elementary School 374-6262
- **Sequim School District**
sequimschools.wednet.edu 582-3260
- **First Teacher** 582-3428
 - Greywolf 582-3300
 - Helen Haller 582-3200
 - School Psychologist 582-3404
 - Sequim Developmental Preschool 582-3431
 - Special Services 582-3433

Head Start/ECEAP Programs

- Forks ECEAP 374-6262 x7
- Lower Elwha 452-8471 x157
- Makah 645-2336
- Port Angeles 452-8496
- Quileute 374-2103
- Sequim 582-3706

List of Clallam County Preschools
www.firstteacher.org/preschools.htm



North Olympic Library

www.nols.org



- **Clallam Bay** 16990 Highway 112 963-2414
- **Forks** 171 S Forks Ave 374-6402
- **Port Angeles** 2210 Peabody St 417-8502
- **Sequim** 630 N Sequim Ave 683-1161

Substance Use & Abuse; Eating Disorders

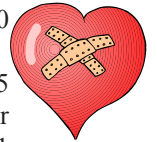
- Alcohol & Drug Use 24-Hour Helpline 1-800-562-1240
- Alcoholics Anonymous 452-4212
- Al Anon 457-8566
- Catholic Community Counseling Services 457-1985
- Healthy Families Recovery Center 452-2381
- Jamestown S'Klallam Tribe Chemical Dependency 681-6767
- Klallam Counseling 452-4432
- Lower Elwha Tribe Alcohol/Drug Program 452-8471
- Makah Tribe Chemical Dependency 645-2461
- Narcotics Anonymous 477-9367
- Oak Street Center 417-9456
- Quileute Chemical Dependency 374-2557
- Safe Harbor 681-7494
- West End Outreach 374-6177



Relationship Violence

(Date rape, sexual violence and/or assault; domestic violence; child abuse)

- Children's Protective Services 565-2240
- Domestic Violence Crisis Line 452-4357 or 1-800-562-6025
- Forks Abuse Program Crisis Line 374-2273 or 374-6411
- Healthy Families of CC 452-2381 or 1-800-833-6388 (TDD)
- Quileute Domestic Violence 374-4340
- Safe Home Sexual Assault, 8 a.m.-5 p.m. 452-4357
- Main Office 452-3811



Family Assistance Programs

(Rent, utilities, food, clothing, supplies, emergency transportation, prescriptions)



- American Red Cross 457-7933
- Clallam County Pro Bono Legal Aid 417-0818
- Community Action Council 452-4726
- Forks Food & Clothing Bank 374-2565
- Olympic Community Action Program (OLYCAP) 452-4726
- Port Angeles Food Bank 452-8568
- Saint Vincent de Paul 457-5804 or 683-2112
- Salvation Army & Soup Kitchen 452-7679
- Sequim Community Aid 681-3731
- Sequim Food Bank 683-1205

Emergency Shelter

- Family Shelter Services 452-7224
- Forks Abuse Program 374-6411
- 24 Hour Crisis Line 374-2273
- Rose House 452-3811
- Safe Home /Sexual Assault 452-4357
- Serenity House 452-7221



Other Helpful Resources

- Boys & Girls Club of Sequim 683-8095
- CARE Partnership 457-0499
- CC Literacy Council
www.clallamcountyliteracycouncil.com 457-3011
- Prevention Works! A Community Coalition of Clallam County
www.preventionworkscc.org 417-2366
- CC Voter Registration 417-2221
- Division Developmental Disabilities (DDD) 452-3327
- Jamestown S'Klallam Tribe 683-1109
- Lower Elwha Tribe 452-8471
- Makah Tribe 645-2201
- Mount Angeles Boys & Girls Club 417-2831
- Paratransit 1-800-756-5438
- PA Parks & Recreation 417-4550
- Peninsula College 452-9277
- Quileute Tribe 374-6163
- Transit 452-1315
- YMCA 452-9244