

Major Update 11/8/2010 - Minor Update 11/23/2011

CRISIS

For emergency dial 911, or from cell phone 112

[Adult Abuse Hotline](tel:1-866-363-4276): 1-866-363-4276

[Chelan County Emergency/Disaster Management](tel:509-663-9911) 509-663-9911

[Child Abuse Hotline](tel:1-866-363-4276): 1-866-363-4276

[Crisis Hotline](tel:1-800-852-2923): 1-800-852-2923

[Domestic & Sexual Violence Crisis Center of Chelan & Douglas Counties](tel:509-888-HELP) 509-888-HELP (4357)

[Douglas County Emergency/Disaster Management](tel:509-884-0941) 509-884-0941

[Victim Witness Program](#):

- [Chelan County](tel:509-667-6206) 509-667-6206

- Douglas County 509-745-8535

CASE MANAGEMENT

[Aging and Adult Care of Central Washington](tel:509-886-0700) (Senior Case Management): 509-886-0700 or 1-800-572-4459

[Catholic Child & Family Services](tel:509-662-6761) (Foster Kids and Youth Case Management): 509-662-6761

[Chelan-Douglas Community Action Council](tel:509-662-6156) (Homeless Case Management): 509-662-6156

Chelan-Douglas Developmental Services (General Case Management): 509-662-2000

[DSHS](tel:1-877-501-2233) 1-877-501-2233

- 805 S Mission St, Wenatchee, WA 98801

[DSHS Division of Developmental Disabilities](tel:509-667-6164): 509-667-6164

[DSHS Division of Vocational Rehabilitation](tel:509-662-0439) 509-662-0439 or 1-877-688-1007

[ESD \(homeless youth in school\)](#)

- ESD 171: 509-665-2531

- Statewide 360-725-6050

[Offenders Employment Resources](#):

- [DSHS Department of Vocational Rehab](tel:509-662-0439) 509-662-0439 or 1-877-688-1007 Voice/TTY

- [SkillSource](tel:509-663-3091) 509-663-3091 or 1-800-999-8694

- [Wenatchee Valley College Worksource](tel:509-682-6890) 509-682-6890

- Wenatchee WorkSource Affiliate 509-665-6605

[Red Cross Apple Valley](tel:509-663-3907) 509-663-3907 or 1-800-218-0493

[Tenant Based Rental Assistance \(CDCAC\)](tel:509-662-6156) 509-662-6156

[Transitional Housing, Operating & Rent assistance \(CDCAC\)](tel:509-662-6156) 509-662-6156

CHILD CARE OR RESPITE CARE

ARCH Resource Center for Respite & Crisis Care 1-800-473-1727

[Catholic Family & Child Services](tel:509-662-6761) 509-662-6761

[Chelan County Juvenile Family/Youth Services](tel:509-667-6350) 509-667-6350

Child Care Resource & Referral ([CFCS](tel:509-662-6761)) 509-662-6761 or 1-800-261-1094

Child Respite Care ([CFCS](tel:509-662-6761)) 509-662-6761 or 1-800-261-1094

[Childrens Home Society of Washington](tel:509-663-0034) 509-663-0034 (child care)

[Mental Health & Family Support Services Resource Center](tel:509-663-0034) 509-663-0034

[EPIC Head Start](#)

- Bridgeport Developmental Center 509-686-5555

- East Wenatchee Developmental Center 509-884-2435

[First Steps \(Columbia Valley Community Health\)](tel:509-682-2120) 509-682-2120

[Greater Wenatchee Parent Child Preschool](tel:509-662-9453) 509-662-9453

[Pediatric Therapy Center](#) 509-663-6001

CLOTHING, FURNITURE & HOUSEWARES

[Adventist Community Center](#) 509-663-6926

Goodwill Industries 509-663-7636

Habitat Purple Door Store 509-667-1638

Philadelphia House 509-663-3533

[St Vincent De Paul](#) - Chelan 509-682-3655

[Salvation Army](#)

- Family Services 509-662-8864

- Store 509-662-5103

[Wenatchee Hospitality House Ministries](#) 509-662-6156

[Wenatchee Women's Resource Center](#) 509-662-0121

DOCUMENT REPLACEMENT, SCH. SUPPLIES, QUALITY OF LIFE

[Chelan-Douglas Community Action Council](#) 509-662-6156

Latinos Unidos (Immigration Assistance): 509-667-8829

EDUCATION SERVICES: School Districts, Special Education

[Cashmere School District](#) 509-782-4747

[Eastmont School District](#) 509-884-7169

[Enitat School District](#)

- Elementary School Staff 509-784-1314

- Middle & High School Staff 509-784-1911

- Administrative Staff 509-784-1800

[ESD 171 - North Central ESD](#) 509-665-2610

[Grand Coulee Dam School District](#) 509-633-2143

[Lake Chelan School District](#) 509-682-3515

[Mansfield School District](#) 509-683-1012

[Waterville School District](#)

- Elementary School 509-745-8585

- Middle/High School 509-745-8583

[Wenatchee School District](#) 509-663-8161

[Tutor Hunt](#)

EDUCATION: Head Start

Chelan-Douglas Child Services 509-663-5179

[EPIC Headstart/ECEAP](#)

- [Bridgeport Developmental Center](#) 509-686-5555

- [East Wenatchee Developmental Center](#) 509-884-2435

EDUCATION: Colleges, Trade and Technical Schools

[Academy of Hair Design](#) 509-662-6452

[Blades on Broadway Institute of Hair Design](#) 509-662-9082

[Central Washington University – Wenatchee](#) 509-665-2600

Computer Training Center 509-663-3272

Computer Tutor 509-669-0499

[Elements University – Cosmetology & Spa Arts](#) 509-667-9020

North Central Region EMS & Training Center 509-664-4032

Community Resources for Chelan-Douglas Counties, Washington - Compiled by 4People.org

North Central Technical Skills Center 509-662-8827
[School of Therapeutic Touch & Bodywork](#) 509-663-8990

[Wenatchee Valley College](#) 509-682-6800

[Workers Retraining Program \(WVC\)](#)

- Omak 509-422-7812

- Wenatchee 509-662-6613 or 509-662-6614

[WSU Extension](#)

- Chelan County 509-667-6540

- Douglas County 509-745-8531

- [Okanogan County](#) 509-422-7245

EDUCATION: Literacy

[ESL Tutoring Services](#) 509-682-6966

[Literacy Council of Chelan and Douglas Counties](#) 509-682-6966

EDUCATION & SUPPORT FOR PARENTS

Chelan-Douglas Developmental Services 509-662-2000

[Chelan-Douglas Parent to Parent](#) 509-668-0245

Chelan-Douglas Together for Drug Free Youth (parenting classes) 509-662-7201

[Columbia Basin Health Association](#) 509-488-5256

[First Steps \(Columbia Valley Community Health\)](#) 509-682-2120

[Greater Wenatchee Parent Child Preschool](#) 509-662-9453

[Pediatric Therapy Center](#) (neurodevelopmental clinic) 509-663-6001

[Wenatchee Valley College](#) 509-682-6800

EMPLOYMENT

Adult Employment Administration 509-662-2000

[Columbia Basin Job Corps](#) (ages 16 – 24) 509-762-5581

[Employment services for farm workers](#) 509-665-3727

[Express Personnel Services](#) 509-662-5187

[Goodwill Industries](#) 1-877-735-7238

[Intermountain Americorps](#) (contact CDCAC) 509-662-6156

Job Corps (ages 16 – 24) 509-765-0330

[Labor Ready](#) 509-662-1404

[Offenders Employment Resources:](#)

- [DSHS Department of Vocational Rehab](#) 509-662-0439 or 1-877-688-1007 Voice/TTY

- [SkillSource](#) 509-663-3091 or 1-800-999-8694

- [Wenatchee Valley College Worksource](#) 509-682-6890

- Wenatchee WorkSource Affiliate 509-665-6605

[Skillsource](#) (PIC) 509-663-3091 or 1-800-999-8694

[Unemployment Services](#)

- New or reopen claims 1-800-362-4636

- Spanish 1-800-360-2271

[Wenatchee Valley College WorkSource](#) 509-682-6890

[Worksource - Wenatchee](#) 509-665-6605

[Workers Retraining Program \(WVC\)](#)

- Omak 509-422-7812

- Wenatchee 509-662-6613 or 509-662-6614

Community Resources for Chelan-Douglas Counties, Washington - Compiled by 4People.org

FINANCIAL ASSISTANCE

Asset Building: Contact Linda Limbeck at Chelan-Douglas Community Action Council 509-662-6156
Chelan-Douglas Division of Child Support 509-667-6100
Consumer Credit Counseling Services 509-662-0936
DSHS 1-877-501-2233
- 805 S Mission St, Wenatchee, WA 98801
Foreclosure Assistance: Consumer Credit Counseling Service of Yakima Valley 1-800-273-6897
SSI (through Social Security) 1-800-772-1213

FOOD ASSISTANCE

Search for Food Banks at Northwest Harvest
Bridgeport Community Food Bank 509-686-3371
Care & Share – Grand Coulee 509-633-2742
Cashmere Ministerial Association Food Bank 509-782-4262
Chelan Food Bank 509-682-9063
Chelan-Douglas Community Action Council (contact for food bank info) 509-662-6156
Community Cupboard/Mend – Leavenworth 509-548-6727
Domestic & Sexual Violence Crisis Center of Chelan-Douglas Counties 509-663-7446
Food Stamps: DSHS 1-877-501-2233
- 805 S Mission St, Wenatchee, WA 98801
Lake Chelan Food Bank 509-682-9063
Mansfield Food Bank 509-683-1123
Mobile Meals of Wenatchee (home delivered for ill, disabled, senior) 509-665-6254
Rock Island Food Bank 509-264-1742
St James Episcopal/Brewster Food Bank 509-689-9402
Waterville Food Bank 509-784-1003
Serve Wenatchee Valley 509-663-4673
Wenatchee Hospitality House Ministries 509-662-6156
Wenatchee Food Bank 509-663-4980
Wenatchee Salvation Army 509-662-8864
Wenatchee Women's Resource Center 509-662-0121
WIC - Women, Infants, Children
- Brewster 509-659-3316
- Chelan-Douglas Health District - East Wenatchee 509-886-6437
- Columbia Valley Community Health – Chelan 509-682-2120
- Columbia Valley Community Health - Wenatchee 509-664-3771

HEALTH INSURANCE

Community Choice (access to health care & SHIBA) 1-888-452-0731
DSHS 1-877-501-2233
- 805 S Mission St, Wenatchee, WA 98801
Medicare (seniors & disabled) 1-800-633-4227 or TTY 1-877-486-2048
Washington Apple Health for Kids 1-877-543-7669
Washington Basic Health Plan (health insurance for low-income WA residents) 1-800-660-9840
Washington Prescription Drug Program 206-521-2027
Washington State Insurance Commissioner 1-800-562-6900

HEALTH SERVICES: Medical, Dental

[Breast, Cervical and Colon Health Program \(BCCHP\)](http://Breast, Cervical and Colon Health Program (BCCHP)) 1-888-551-3994

Community Resources for Chelan-Douglas Counties, Washington - Compiled by 4People.org

[Center on Human Development & Disabilities \(CHDD\)](#) University of Washington, Seattle 206-685-1242

[Chelan Douglas Health District](#) 509-886-6400 or 1-800-336-5306

[Central Washington Hospital](#) 509-662-1511

[Columbia Basin Health Association](#) 509-488-5256

[Columbia Valley Community Health](#)

- Chelan 509-662-6000

- Wenatchee 509-682-6000

[Columbia Valley Community Health Dental](#)

- Chelan 509-682-6000

- Wenatchee 509-662-3860

[Lake Chelan Community Hospital](#)

- Wenatchee 509-664-5300

- Chelan 509-682-6111

[Seattle Children's Hospital & Regional Medical Center](#) 206-987-2000

[Upper Valley Free Clinic \(MEND\)](#) 509-548-5815

[VA Clinic – Wenatchee](#) 509-434-7615

HEALTH SERVICES: Behavioral, Mental Health

[Behavioral Health Clinic](#) 509-662-7105 or 1-800-852-2923

[Chelan-Douglas Regional Support Network](#) 509-662-7105 or 1-800-852-2923

[Columbia Valley Community Health](#)

- Adults (Wenatchee) 509-662-7195 or 1-888-424-6124

- All (Chelan) 509-682-6000

- Children (Wenatchee) 509-662-4296

- Crisis 509-662-7105 or 1-800-852-2923

[Lake Chelan Community Hospital Behavioral Outpatient Services](#)

- Chelan 509-682-6111

- Wenatchee 509-664-5300

[Mental health Ombudsman](#) 509-665-3319 or 1-800-495-5178

[NAMI](#) 509-663-8282

North Central Associates 509-662-4296

HEALTH CARE: Pregnancy

[1st CHOICE - Pregnancy Care Center](#) 509-662-0652 or 1-800-395-4357

[Family Planning of Chelan Douglas Counties](#) 509-662-2013

HEALTH CARE: Alcohol and Drug Treatment

[Addiction Recovery Center at Lake Chelan Community Hospital](#) 509-682-6108 or 509-682-2948

[Alcoholics Anonymous](#) 509-663-4567

Alpha Beta IV 509-667-8000

Barrier & Associates 509-884-1020

Canyon View Group Home 509-886-6283

Lake Chelan Community Hospital - Addiction Recovery Center 509-682-4300

[Lake Chelan Community Hospital - Counseling](#) 509-682-3300 or 1-800-233-0045

Pinnacle Pathways – Alcohol & Drug Assessment Center 509-662-5115

[Promise club](#) 509-664-3223

[Quality Resources](#) 509-664-4013

[The Center for Alcohol & Drug Treatment](#) 509-662-9673

HEALTH CARE: Cancer

[American Cancer Society](#) 1-800-227-2345

[Breast, Cervical and Colon Health Program \(BCCHP\)](#) 1-888-551-3994

[Cancer Care of North Central Washington](#) 509-663-6964

[Wellness place – North Central Washington Rural Health Foundation](#) 509-888-9933

HEALTH CARE: Eye Care

[Lilac Blind Foundation Information](#)

Lions low-vision clinic 1-888-331-7007

[Samara’s Foundation for the Blind and Visually Impaired](#) 509-886-1055

[Washington State Blind Services](#) 1-800-552-7103

[Washington Talking Book & Braille Library](#) 1-800-542-0866

HOME CARE SERVICES OR MEDICAL EQUIPMENT

[Find an adult home near you](#)

[Addus Health Care](#) 509-665-9521

[Aging & Adult Care of Central Washington](#) 509-886-0700

[Beneficial In Home Care](#) 509-663-7900 or 1-877- 884-2776

[Byram Health Care](#) (medical equipment) 1-877-902-9726

[Central Washington Hospital Home Care Services](#) 509-665-6049

[Cleaning for a Reason"> \(free for women undergoing cancer treatment\) 1-877-337-3348](#)

[Columbia River Home Care](#) 509-667-2742

[Colonial Vista Services](#) 509-665-6049

Evergreen Home Care 1-800-821-0384

[Faithsteps Housecleaning](#) 509-884-7614

[Healthy Options Home Health & Chore Services](#) 509-663-9585

[Home Care Referral Registry](#) 1-866-580-HCQA (4272)

[In Home Care of Central Washington](#) 1-800-640-6907

[Integrated Health Professionals](#) 1-800-365-4429

Knights of Columbus hospital equipment lending program 509-662-6761 Ext 4399

[Lake Chelan Community Hospital Home Health Care](#) 509-682-6114

Volunteer Chore Services (Catholic Family & Child Services) 509-662-0349

HOUSING

Foreclosure Assistance: [Consumer Credit Counseling Service of Yakima Valley](#) 1-800-273-6897

[Habitat for Humanity – Lake Chelan](#) 509-682-7088

[Habitat For Humanity - Wenatchee](#) 509-663-1889

Housing Assistance: [Chelan Douglas Community action council](#) 509-662-6156

[Housing Authority of Chelan County](#) 509-663-7421

[Serve Wenatchee Valley](#) (help with rent) 509-663-4673

[Upper Valley MEND – Community Share Trust](#) (Leavenworth) 509-548-0408

Wenatchee Housing Authority 509-682-0185

HOUSING: Emergency/Homeless

Bruce Hotel Emergency Housing (families): 509-662-2485 or 509-662-0121

Foreclosure Assistance: [Consumer Credit Counseling Service of Yakima Valley](#) 1-800-273-6897

[Haven of Hope Women's Shelter](#) 509-664-6866

[Hospitality House Men's Shelter](#) 509-663-4289

[Women's Resource Center](#) – Emergency Housing 509-662-0121

HOUSING: Homelessness Prevention

[Coalition for the Homeless](#)

[End Homelessness](#)

HOUSING: Supportive

[Mission Vista \(developmentally disabled\)](#) 509-663-1069

HOUSING: Transitional

Bruce Hotel Transitional Housing: 509-662-2485

[Oxford Houses of Washington](#) (Chapter 16) 509-886-9284

- Eastmont Oxford (Men's), 634 North Grover Pl, East Wenatchee, WA 98802

- Saddle Rock Oxford (Men's) 509-662-6780

- Viewpoint Oxford (Women's) 509-884-4171

- Wenatchee Oxford (Men's) 509-470-7075

[Women's Resource Center](#) 509-662-0121

HOUSING: Seniors

[A Senior Placement Solution](#) 509-669-5388 or 1-866-865-6667

Bayshore Court 509-682-0328

Blossom Creek 509-662-3500

[Blossom Valley Assisted Living](#) 509-667-0990

Cascadian Apartments 509-663-7911

Cashmere Manor 509-782-2158

Cherry Lane Country Home for Seniors 509-884-5718

Christopher House Residential Care 509-662-1688

[Colonial Vista](#) (apts & assisted living) 509-663-3337

[Columbia Heights Retirement & Assisted Living](#) 509-662-8646

Columbia View Terrace Adult Family Home 509-886-2582 or 509-886-5971

Cottage at Highgate House 509-664-6831

Emerson Manor Senior Subsidized Housing 509-663-1455

[Entiat Valley Senior Home](#) 509-784-2247

Epledalen Retirement & Assisted Living 509-782-7600

Garden Terrace and Garden Terrace West 509-663-2154

Garten Haus Apartments 509-548-7913

Hearthstone Cottage 509-884-3938

Highgate House Assisted Living 509-665-6695

Lake Chelan Community Apartments 509-682-5820

[Mountain Meadows Assisted Living](#) 509-548-4076

[Riverwest Retirement Community](#) 509-662-2797

Summerwood Alzheimer's Special Care Center 509-764-1900

[Wenatchee Assisted Living](#) 509-884-9555

Wenatchee House Apartments 509-663-7714

HOUSING: Subsidized

[Find Subsidized Housing by County](#)

Bayshore Court (Senior, Disabled) 509-682-0328

Cascadian Apartments (Senior) 509-663-7911

Cashmere Manor (Senior) 509-782-2158

Community Resources for Chelan-Douglas Counties, Washington - Compiled by 4People.org

Emerson Manor Apartments (Senior) 509-663-7911
Entiat Gardens 509-784-1444
Garden Terrace (Senior) 509-663-2154
Garden Terrace West (Senior) 509-663-2154
Garten Haus Apartments (Senior) 509-548-7913
Lake Chelan Community Apts (Senior) (509)682-5820
Maple Street Apartments 509-662-2615
Wenatchee House (Senior, Disabled) 509-663-7714

INFORMATION, SUPPORT OR ADVOCACY

[211 - United Way of Chelan and Douglas Counties](#) 509-662-8261
Answers for Special Kids (ASK) Resource line (statewide-info about providers/programs) 1-800-322-2588
[ARC of Washington State](#) 1-888-754-8798
[Center for Children with Special Needs](#)
[Chelan-Douglas Division of Child Support](#) 509-667-6100
Child and Family Advocacy Center 509-665-0164
[Deaf & HH Center](#) 1-800-214-3323
[Domestic & Sexual Violence Crisis Center of Chelan Douglas](#) 509-663-7446
[DSHS Division of Developmental Disabilities](#) 509-667-6164
[DSHS Division of Vocational Rehabilitation](#) 509-662-0439 or 1-877-688-1007
[Eastern Washington Center for the Deaf and Hard of Hearing](#) 1-800-214-3323
[Good Grief Center of North Central Washington](#) 509-662-6069
[Learning Disabilities Association of Washington](#) 425-882-0820
[Parent 123](#) (formerly Washington Parent Power)
Relatives as Parents 509-886-0700 Ext 234
[Washington State Division of Child Support](#) 509-886-6800 or 1-800-535-1113
[Washington P.A.V.E.](#) (support/help with schools) 1-800-572-7368

LEGAL SERVICES

[Chelan-Douglas Volunteer Attorney Services](#) 509-663-2778
[Columbia Legal Services](#) 509-662-9681 or 1-800-572-9615
Family Law Facilitator:
- [Chelan County](#) 509-667-6380
- Douglas County 509-662-6156
Latinos Unidos (Immigration Assistance): 509-667-8829
[Northwest Justice Project](#) 509-664-5101 or 1-888-201-1021

RECREATION

[City of Chelan Parks & Recreation](#) 509-682-8023
[City of Wenatchee Parks & Recreation](#) 509-664-3392
[Special Olympics](#) 1-800-752-7559
[Wenatchee Valley Youth Soccer Association](#)
[Wenatchee Valley YMCA](#) 509-662-2109
Wenatchee YWCA 509-662-3531

RE-ENTRY OFFENDER RESOURCES

[Online](#) (Excel spreadsheet)
[Printable](#) (PDF file)

SENIOR SERVICES

AARP Senior Employment Program 509-665-3704
[Aging & Adult Care of Central Washington](#) 1-800-572-4459
Chelan Senior Center 509-682-2712
[DSHS Home & Community Services](#) 509-886-6135 or 1-800-670-8874
[DSHS Wenatchee Community Service Office](#) 509-667-6000 or 1-800-272-8881
Home Meals – Okanogan Transportation & Nutrition 1-800-635-4391
[Mobile Meals of Wenatchee](#) 509-665-6254
Retired Senior Volunteer Program (RSVP) 509-662-3461
Senior Community Service Employment Program 509-663-3091
Senior meals - Lake Chelan Community Hospital 509-682-6107
[Serve Wenatchee valley](#) 509-663-4673
Waterville Senior Center 509-745-8701
Wenatchee Adult Respite Day Care Center 509-662-3654
[Wenatchee Home & Community Services](#) 509-886-6135 or 1-800-670-8874
[Wenatchee Valley Senior Activity Center](#) 509-662-7036

SUPPORT GROUPS

[Alanon](#)
- Wenatchee 662-3220
- Leavenworth 548-7939
- Cashmere 663-1580
- Chelan 682-5563
[Alateen](#)
- Leavenworth 548-7939
[Alcoholics Anonymous](#)
- Wenatchee 663-4567
- Chelan 682-2830
- Leavenworth 548-4522
- Manson 682-1000
- Cashmere 663-1580
- Plain 548-0436
- Peshastin 548-0436
Allergy Support Group 668-0223 or 886-8300 Option 3
Alzheimers Support Group 782-0927
Alzheimer’s Telephone Support Group 1-800-848-7097
[Autism Support Group](#) 630-2370
AWAKE 884-8125
Bariatric Weight Loss Support Group 679-7917
Bereaved Parents 662-6069
Better Breathers 663-6004
Bi-Polar and Depression 664-3223
Blind 886-3863
Brain Tumor 662-6069
Bridge Builders
- Wenatchee 662-1561
- Chelan 682-2524

Community Resources for Chelan-Douglas Counties, Washington - Compiled by 4People.org

Cancer

- Chelan 682-8718

- Wenatchee 662-6069

Caregiver 662-6069

Celebration Road to Recovery 663-6025

Children with Sensory Integration Issues 667-1301

Children & Drugs 662-9673

Chronic Conditions 663-8711 Ext 3684

Chronic Pain 662-6069

Compassionate Friends (child loss) 665-9987

Deployed Forces Families 662-6069

Diabetes 664-3524 or 884-7666 or 782-2775

Domestic Violence Survivor 663-7446

[Parent Education about Children & Drugs](#) 662-9673

[FACT \(Autism\)](#) 667-1301

Families Facing Illness 662-6069

Family Caregiver 886-0700

Family To Family (Mental Illness/families) 884-3677

Fetal Alcohol Syndrome 662-9452

Food Allergy & Anaphylaxis Support Group 509-421-2615

Friends/Families of Suicide Victims 662-6069

Friends/Families of Violent Crime Victims 662-6069

Grandparents Raising Grandchildren 886-0700 or 663-0034

[Greater Wenatchee Mended Hearts, Chapter 91](#) 679-8181

Grief care (Adults + Children) 662-6069

Hepatitis C 662-6069

Homecoming (sexual addiction) 663-6025

Interstitial Cystitis 663-6755

La Leche 664-0566

LifeRing Secular Recovery 668-1269

Look Good/Feel Better 662-6069

Mothers of Preschoolers (MOPS)

- East Wenatchee 884-7670

- Leavenworth 548-2226

- Wenatchee 886-8430

Teen MOPS 662-1502

Multiple Sclerosis 884-4952

Narcotics Anonymous 877-664-0398

Non Offending Parent of Sexual Assault 663-7446

Ostomy 662-6069

[Overeaters Anonymous](#)

- Chelan 682-2763

- Leavenworth 663-1580

- Wenatchee 662-3681

Padre a Padre (special needs kids) 663-0034

Parent Coalition for Developmental Disabilities 886-6318

Parent Support Group (Alcohol/drugs) 662-3536

[Parent-to-Parent \(special needs kids\)](#) 667-1301

Parents of child with Sensory Integration Challenges 662-7428

Community Resources for Chelan-Douglas Counties, Washington - Compiled by 4People.org

[Parents of Multiples Club](#) 782-3252 or 885-8700

Parkinson's 667-0844

Peer To Peer (Mental Illness/Individuals) 662-0738

[People First](#) (Developmental Disabilities) 886-6318

Peripheral Neuropathy (nerve disorder) 662-6069

[PFLAG \(Lesbians & Gays\)](#) 662-6605

Polio 884-2176

Post Traumatic Stress Disorder (PTSD)

- 421-1075

- 664-3662

PROUD (child disabilities) 682-5018

Severe Allergy & Anaphylaxis Support Group 421-2615

Sexual Assault Survivor 663-7446

Strengthening Families 663-7446

Stroke 665-5850 Ext-5983

Troops Support 667-2416

Valley Homeschool Educators 884-1237

Vision Impossible 884-1021

Visions for Tomorrow's Children (Families of children w/ mental disorders) 886-3677

Vitality Now (Women's Health) 548-1287

Wenatchee [Fathers Network](#) (special needs child) 663-0034

Wives of Sex Addicts 662-9476

Widowed 662-6069

Women Surviving Cancer 662-6069

TECHNOLOGY PROGRAMS, ACCESS, LITERACY & VITAL CONTENT

[Chelan Douglas Community Action Council](#) 509-662-6156

Chelan Douglas Health District CCN 509-886-6425

[Community Technology & Voice Mail \(CDCAC\)](#) 509-662-6156

Computer Reuse Program - [North Central Community Network](#) 509-888-1583

[North Central Regional Library](#) 509-663-1117

[Literacy Council of Chelan and Douglas Counties](#) 509-682-6966

See Education: Colleges, Trade and Technical Schools for more about technology programs and literacy

TRANSPORTATION

[Link Transit](#) 509-662-1155

[Linkplus](#) 509-662-3569

[People for People](#) 509-248-6793 or 1-800-233-1624

[Trancare](#) 509-667-2727 or 1-800-352-8726

UTILITIES, TELEPHONE & CELL PHONE

[Assurance Wireless](#) (free for low income) 1-888-898-4888

[AT&T Wireless Lifeline Service](#) 1-800-377-9450

[Chelan Public Utility District](#) 509-663-8002

[Chelan Douglas Community Action Council](#) 509-662-6156

[Safelink Wireless](#) (free for low income) 1-800-723-3546

[Serve Wenatchee Valley](#) 509-663-4673

[Washington Telephone Access Program](#) 1-800-562-6150

VETERAN SERVICES

American Legion Veterans Service Office 509-662-0563

[VA Clinic – Wenatchee](#) 509-434-7615

Veteran's Assistance Program – Chelan 509-667-6216

VFW Hall 509-884-3617

[Washington State Dept of Veteran's Affairs](#)

- [Veterans affairs Benefits](#) 1-800-562-2308

- Veteran's transportation 509-434-7019

YOUTH GROUPS & SERVICES

[4-H Chelan-Douglas Counties](#) 509-667-6540

Adventure Club: 509-662-2109

[After School Program - Wenatchee Valley Parks & Recreation](#) 509-664-3392

Anger Management for Teenagers - Diversified Behavior Management Services 509-662-0686

[Boy Scouts – Grand Columbia Council](#) 509-662-5501 or 1-800-662-55

[Camp Fire USA - North Central Washington Council](#) 509-663-1609 or 1-800-548-8884

Chelan-Douglas Juvenile Family/Youth Services 509-667-6350

[Childrens Home Society](#) 509-663-0034

[Eastmont YMCA Aquatic Center](#) 509-662-2109

[Girl Scouts - Eastern Washington Northern Idaho](#) 1-800-827-9478

[Lake Wenatchee YMCA Camp](#) 509-662-2109

[Mustard Seed Neighborhood Center](#) 509-663-3919

Pioneer Club: 509-662-3681

Relatives as Parents 509-886-0700 Ext 234

[Runaway Crisis Hotline](#) 1-800-RUNAWAY

[Solomon's Porch](#) 509-662-1712

[Tutor Hunt](#)

[Wenatchee Valley Youth Soccer Association](#)

[Wenatchee Valley YMCA](#) 509-662-2109

OTHER

[National & Washington State Hotlines & Websites](#)

[Trancare - Interpretive Relay Services](#) 1-800-833-6384

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