

RESOURCE LIST

EMERGENCY SHELTERS/TRANSITIONAL HOUSING, CHELAN-DOUGLAS COUNTY

BRUCE TRANSITIONAL HOUSE 509-662-2485 206 Palouse St., Wenatchee For families, & couples, DV

GRACE HOUSE 291 2nd St., East Wenatchee 509-888-2227 For women & children

GOSPEL HOUSE 810 S. Wenatchee Ave, Wenatchee 509-664-6775

HOSPITALITY HOUSE 1450 S. Wenatchee Ave., Wenatchee 509-663-4289 For men

SAGE 701 N. Chelan Ave., Wenatchee 509-663-7446 For women & children, DV

YWCA-EMOGENE'S EMERGENCY SHELTER 212 1st St., Wenatchee 509-662-3531 For women & children For families & individuals

HAVEN OF HOPE 202 S. Franklin St., Wenatchee 509-664-6866 For Women & Children, No Boys After Age 13

FOOD BANKS-CHELAN-DOUGLAS COUNTY

CASHMERE EMERGENCY FOOD BANK Cashmere Methodist Church / (509) 669-2399 300 S. Division St., Cashmere 2nd & 4th Wednesdays 3:30pm-5:30pm

COMMUNITY CUPBOARD 219 –14th St., Leavenworth/ (509) 548-6727 Monday-Saturday 11am-5pm

ENTIAT VALLEY FOOD BANK 2084 Entiat Way, Entiat / (509) 888-3999 Every other Saturday 9am-11:30am w/ meal Every other Thursday 5-6:30pm

LAKE CHELAN FOOD BANK 417 South Bradley St., Chelan Tuesday & Saturday 8:30am-10am

LIGHTHOUSE CHRISTIAN MINISTRIES 410 S Columbia St., Wenatchee (509) 888-4864

MANSFIELD FOOD BANK 26 S. Main St., Mansfield Every other Friday 11am-12pm

ROCK ISLAND FOOD BANK 5 N Garden Ave., Rock Island Tuesdays 9-11am

PLAIN PANTRY 12447 Chapel Dr., Plain, WA / (509) 888-1110 Thursdays: 1-7pm 2nd & 4th Saturdays: 9am-1pm

SAINT VINCENT DE PAUL 600 St. Joseph Pl., Wenatchee Saturdays 8-11am

SALVATION ARMY *Limited to 1 box/month* 1205 S. Columbia St., Wenatchee / (509) 662-8864 Monday-Friday 1-3pm

SERVE WENATCHEE VALLEY call for appt to self shop food, 10 Orondo ST., Wenatchee / (509) 663-4673

WATERVILLE FOOD BANK 413 S. Central, Waterville / (509) 745-8237 1st & 3rd Thursdays 2:30-4pm

WENATCHEE FOOD BANK First United Methodist Church 941 Washington St Wenatchee Thursdays 9–11am

COMMUNITY CUPBOARD-UPPER VALLEY MEND 219 14th St., Leavenworth, WA 98826/ 509-548-6727 Monday – Saturday, 11:00 am - 5:00 pm

11:30 AM - 12 PM

LIGHTHOUSE CHRISTIAN MINISTRIES 526

S. Wenatchee Ave., Wenatchee/ (509)

888-4864 M-Sat. Meals: 8:30am, 11:30am, 5pm

Sun.: 11:00am

HOT MEALS/DAY CENTERS

COMMUNITY SUPPER Cashmere Methodist Church / (509) 669-2399 300 S. Division St., Cashmere Thurs. 5-7pm, open to all

SALVATION ARMY COMMUNITY CENTER

1205 S. Columbia St., Wenatchee / (509)

662-8864 Monday-Friday 1-3pm

ENTIAT VALLEY COMMUNITY CENTER

2084 Entiat Way, Entiat / (509) 888-3999

Wednesdays 11:30 AM - 12 PM Fridays

HOSPITALITY HOUSE 1450 S.

Wenatchee Ave., Wenatchee

509-663-4289 Meals served:

7am, 12pm, 6pm

PUBLIC ASSISTANCE RESOURCE

HUBS CHELAN VALLEY HOPE 417 S Bradley Street, Chelan/ (509)-888-2114 Mon. & Wed. 9am-3pm

COMMUNITY ACTION COUNCIL 620 Lewis Street, Wenatchee/ (509) 662-6156 M-Thurs. 8am-5pm Fri: 8am-4pm

OIC OF WASHINGTON 270 9th St NE #240,

East Wenatchee/(509) 665-3715 M-F: 8am-5pm

SERVE WENATCHEE VALLEY 212 S. Mission St., Wenatchee / (509) 663-4673 Mon.-Thurs: 9am-4:30pm, Fri: 9am-12pm

UPPER VALLEY MEND 219 14th St., Leavenworth/ (509)-548-6727 M-F: 9am-4pm

DSHS-*GOVT OFFICE*
805 S. Mission St. /
1-877-501-2233 M-F: 8am-5pm

DOMESTIC VIOLENCE HELP CENTERS & HOTLINES

SAGE 701 N. Chelan Ave., Wenatchee/ 509-663-7446 M-Fri: 8:30am-5pm

WOMEN'S RESOURCE CENTER 202 Palouse St, Wenatchee/(509) 662-0121 M-Thurs: 9am-4pm

YWCA 212 First St, Wenatchee/ (509) 662-3531 M-Fri: 11am-1pm

NATIONAL DOMESTIC VIOLENCE HOTLINE
1-800-799-7233 or 800-787-3224 (TTY) 24 hours

THE NATIONAL DOMESTIC VIOLENCE HOTLINE DEAF SERVICES
1-855-812-1001(videophone) or 800-787-3224 (TTY), 24hrs Live Chat every day 7am – 2am.

LIFELINE Call 800-273-8255 (24/7/365) Text 273TALK to 839863 (8am-11pm PST daily)

ALCOHOL & DRUG HELPLINE Call 800-923-4357 (24/7/365) Text RecoveryNow to 839863 (8am-11pm PST daily)

MILITARY HELPLINE Call 888-457-4838 (24/7/365) Text MIL1 to 839863 (8am-11pm PST daily)

SENIOR LONELINESS LINE Call 503-200-1633
We support seniors in our community who are feeling lonely and having difficulty connecting.

YOUTHLINE Call 877-968-8491 Text teen2teen to 839863 Chat at www.oregonyouthline.org

NATIONAL HOTLINES SUICIDE

FREE CLINICS- CHELAN & DOUGLAS COUNTY

LIGHTHOUSE CLINIC 410 South Columbia Street, Wenatchee, WA 98801

(509)
888-7796

Tuesday 5 pm – 8 pm and Friday 9 am –
12 pm

MEDICAL

Providing diagnosis and treatment of urgent minor injuries and acute uncomplicated illnesses such as

➤ Skin rash ➤ Infection
(ear/urinary tract, etc.) ➤ Simple
sutures Assistance in medication
management

Recommendations for follow up
care

Referral to insurance application
specialists

**Fee \$10 per
visit**

DENTAL

Providing diagnostic evaluation for urgent care and restorative dental
treatment

Urgent
care

Dental extractions
for

➤ tooth pain ➤ abscessed teeth
➤ loose, cracked, or broken teeth

Fee \$20 per extraction

Restorative
treatment

- Basic fillings
 - Patient MUST be screened before filling appointment is scheduled
 - Come in when doors open on any clinic day for

filling screening

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**Fee \$45 per
filling**

ELIGIBILITY

Low income/working poor or unemployed, and
under-insured.

Must be age 18 or
older.

We cannot help with needs associated
with:

Emergencies (Call
911)

Narcotics or other controlled
substances

Management of complex medical
conditions

Healthy patient
exams

General
physicals

STI
testing

ENTIAT REGIONAL HEALTH CLINIC

2084 Entiat Way, Entiat, WA. 98822

509-888-39
99

By Appointment, Walk-ins
welcomed

2nd & 4th Thursday of each month,

5pm-7pm

SERVICES

INCLUDE:

Preventive health
care

➤ Routine & sports physical exams
➤ Urgent care ➤ Flu Shots &
vaccinations ➤ Diabetes testing and
education Acute illness and injury
care

Medication assistance -
Prescriptions

➤ (No narcotics on site or prescribed)
Referrals to medical specialists, labs and
x-rays

Outreach and Education on Health and Chronic
Disease

EVCSFB's Entiat Regional Health Clinic will be offering other healthcare services for
adults and children. Those services are as follows:

Free Dental Clinic for Adults 18 and
over

Hearing and Vision Services and
Screening

Free or low-cost medication assistance (no
narcotics)

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Women's Health
Services

Health
Screening

Diabetes – Alzheimer – CPR/1st Aid - Fitness
Classes

UPPER VALLEY MEND CLINIC Cascade Medical Center, 817
Commercial St., Leavenworth, WA. 98826

509-548-04
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Mondays, except for federal holidays,
6:30pm-8pm

Provides free medical care and dental consultation at the Cascade Medical Center in
Leavenworth