

# FOOD/MEALS

## Where to get little to no cost foods?

### Names:

- Dollar store
- Food banks
- Grocery Outlet
- Rod's House
- The Space
- Gas stations
- Mini Marts
- Bakery's

**Location and Hours Vary**



## What are low-cost foods/ snacks?

- |                 |                    |                |                 |
|-----------------|--------------------|----------------|-----------------|
| • Canned food   | • Chips            | • Cookies      | • Bread         |
| • Powdered milk | • Noodles          | • Granola Bars | • Gram Crackers |
| • Teas          | • Water            | • Goldfish     | • Fruit snacks  |
| • Oats          | • Pop tarts        | • Applesauce   | • Trail mix     |
| • Cereal        | • Kool-Aid packets | • Rice cakes   | • Hot coco      |

## Be aware of the weather!

- Get Hot/ Cold Lunch Bags
- Coolers
- Sealed containers

**Buy as Needed!**

# RECIPIES

Cut out as needed!

## Chickpea Smash

- ½ can chickpea (drained)
- 1 tbsp olive oil or 1 mayo packet
- Salt/Pepper
- 1 tsp lemon juice (optional)

Mash with a spoon and eat with crackers or in a wrap

## Cold Bean Salad

- ½ can beans
- 2-3 tbsp salsa
- 2 tbsp canned corn (optional)
- Salt and pepper

## No- Cook Overnight Oats

- ½ cup instant oats
- 1/2- 2/3 cups water or milk
- 1 tbsp peanut butter or raisins

## Canned Chicken Wrap

- ½ can chicken
- 1-2 mayo packets
- Hot sauce
- 1 tortilla

## Avocado & Crackers

- 1 avocado
- Salt and Pepper (optional)
- Crackers or tortilla chips

## Ramen Upgrade

- 1 pack ramen
- ½ cup canned veggies
- 1 boiled egg
- Cheese
- Hot sauce

## One Pot Rice & Beans

- 1 cup cooked instant rice (1/2 cup dry)
- ½ can beans
- 2-3 tbsp salsa
- Your choice seasoning

## Campfire Chili

- 1 can chili
- ¼ diced tomatoes
- Cheese

# RECIPIES

Cut out as needed!

## Grilled Cheese

- 2 slices of bread
- 1-2 slices of cheese
- 1 butter packet/ stick

## Sausages & Potatoes

- 1-2 sausages
- 1 medium potato (cubed small)
- 1 tbsp oil or butter
- Salt and Pepper

## Pancakes (Just add water mix)

- ½- 1cup pancake mix
- Add water until the batter is thick
- Cook until golden brown

## Campfire Quesadilla

- 1 tortilla
- ½ cup shredded cheese
- ¼ cup canned beans

## Rice and Soup

- 1 cup cooked rice
- ½- 1 cup can soup poured over the top

## Lentil Soup

- ½ cup dry lentils
- 1 bouillon cube
- 2 cups water
- ½ carrot or ¼ onion

## Potato Hash

- 1-2 potatoes
- 1 tbsp oil
- ¼ onion
- Salt

## Spam Sandwiches

- 2 slices of bread
- 1-2 slices Spam
- Mustard packet (optional)

# RECIPIES

Cut out as needed!

## Egg Salad

- 2 store-bought boiled eggs
- 1-2 mayo packets
- Salt & Pepper
- Bread or tortilla

## Hummus Wrap

- 2-3 tbsp hummus
- 1 tortilla
- $\frac{1}{4}$  cucumber or a handful of lettuce

## Salmon wrap

- 1 small can of salmon
- 1-2 mayo packets
- 1 tortilla

## Instant Mashed Potato Bowl

- $\frac{1}{2}$  cup instant potatoes
- $\frac{1}{2}$  -  $\frac{2}{3}$  cup hot water
- $\frac{1}{4}$  -  $\frac{1}{2}$  can chicken
- 1 gravy packet

## Bean & Rice Burrito

- 1 tortilla
- $\frac{1}{2}$  cup cooked rice (or  $\frac{1}{2}$  cup instant rice prepared)
- $\frac{1}{2}$  cup canned beans
- 2 tbsp salsa or hot sauce
- Shredded cheese

## Veggie Soup

- 1 cup water
- 1 bouillon cube
- $\frac{1}{2}$  cup canned mixed vegetables
- $\frac{1}{4}$  cup instant rice or small pasta

## Canned Stew Over Bread

- 1 can beef or veggie stew
- 1-2 slices of bread

## Tuna Pasta

- 1 cup cooked pasta
- $\frac{1}{2}$  can tuna
- 1 tbsp mayo or oil
- Salt & Pepper
- Optional: squeeze of lemon

# CLOTHES

## Where would you go to wash clothes?



### Locations:

- Rod's House
- The Space
- Laundry Mats
- Most Schools (for those enrolled)
- Most Shelters

**Location and Hours Vary**

## Where can you get Clothes?

- Rods House
- Connections
- Salvation Army
- Thrift Stores
- The Space
- Barth Clinic
- One More Time Around
- Union Gospel Mission
- Love INC
- YWCA

**Check the 'Resource' tab for days/times**

## How do you keep your clothes safe?

- Keeping your things close by
- Keeping it with friends/ family
- Keeping it in your car or in backpacks

# SHELTERS

Places people sometimes go when shelters aren't available

## Locations:

- Friends/ Family
- Vehicles
- Public areas/Well-lit areas



## Shelters and safe places

- Camp Hope
- Union Gospel Mission
- Noah's Ark
- YWCA (+18 Domestic Violence Support)
- Hope Center
- Oxford House
- YNHS Connections
- Village of Hope- Homeless Encampment
- NW Community Action Center- Rehousing Program
- RDH- Connections Transition House

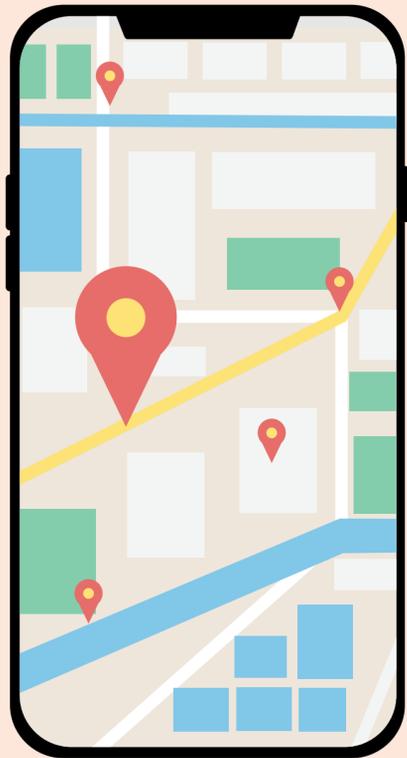
**Check the 'Resource' tab for days/hours**

## Things to keep in mind

- Keep your phone charged
- Be aware of the weather
- Stay aware of your surroundings

# TRANSPORTATION

## Transportation available to you



### Resources:

- Bus
  - Ages 18+: \$1
  - Ages 6-18: Free
- Bike
- Walking
- Skateboard
- Car

**Stay aware. Stay safe**

## How to keep your bike or car safe?

- Lock your vehicle
- Get a bike lock
- Park in public areas

## If you're staying in your car, how do you make it safe for you?

- Cover your windows
- Well-lit areas
- Keep your phone charged
- Keep essentials on hand

# SAFETY

## How do you keep yourself safe if you're staying outside?

### Things to keep in mind:

- Carry Protection
- Reflectors
- Bright clothes at night
- Try not to be alone

**Stay aware. Stay safe**



## Where can you hang out throughout the day?

- Parks
- Rod's House (for an hour)
- Library (Please be respectful)
- Public areas
- Madison House Youth Center
- Friends/ Family's
- The Space
- RDH- Connections Transitional Housing

**Check the 'Resource' tab for days/hours**

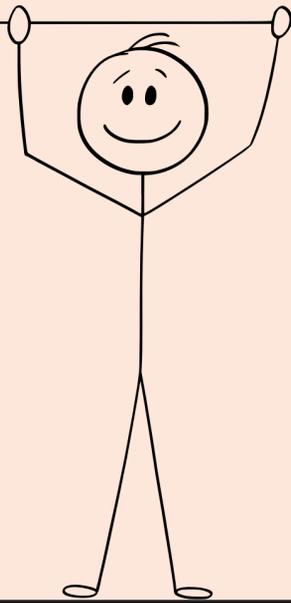
## How do you keep your sleeping area dry/insulated?

- Using a tent if available
- Sleeping bags
- Tarp
- Blankets
- Extra clothes
- Ponchos
- Cardboard

# SAFETY

How do you protect yourself from insects?

**SAFETY FIRST**



## Resources:

- Bug spray
- Mosquito net
- Clean your sleeping area
- Tuck clothes in when sleeping
- Be mindful of sleeping areas or hang out spots

**Stay aware. Stay safe**

## Keeping yourself away from unwanted attention

- Not staring at others
- Having a friend with you/ Not being alone
- Public areas
- Nurtural expressions
- Keep phone charged
- Be aware of body language
- Carry Protection

**If you still feel unsafe call someone**

## In case of Emergency's

- Move to a brighter or more populated area
- Let at least one person know where you are
- Stay aware of exits
- Keep your essentials close
- Trust your instincts – if something feels wrong, Leave

# HYGIENE & CLEANLINESS

## Where can you get hygiene products?

### Resources:

- Rod's House
- The Space
- Churches
- Salvation Army
- Camp Hope
- Noah's Ark
- Love Inc



## Places to Shower

- Rod's House (check times for your age group)
- YMCA/ Planet Fitness (With membership) Young people can get a free summer pass. Will have to show your school ID
- Connections
- The Space
- Most Shelters

## Bathroom access

- Public bathrooms (may have to buy something to use the bathroom)
- Most parks
- Rod's House (check times for your age groups)
- The Space

# PHONE/WIFI

## Free phone calls



### Resources:

- Library
- The Space
- Rod's House
- Connections
- OIC
- Schools (for those enrolled)

## Where to access free WIFI

- Library's
- Coffee shops
- Fast Food places
- Local Stores
- The Space

**You may have to purchase something to use their WIFI**

## Where can you get free phones

- Phone booths (outside DSHS & most stores)
- Lifeline Program

# RESOURCES

## Addiction and Mental Health Support

Name of Organization	Services Provided	Age group(s)	Contact	Hours
Barth Clinic	<ul style="list-style-type: none"> <li>• Intensive outpatient programs</li> <li>• Continuing care</li> <li>• Relapse prevention</li> <li>• Alcohol/ Drug info schools</li> <li>• Hygiene and clothes closet</li> </ul>	All Ages	(509) 457-5653 611 W A St, Yakima WA	Mon- Thurs: 7:30am- 6:30pm Friday: 7:30am- 5pm Saturday: 7:30am- 1pm Sunday: 11am- 4pm
Merit Resource Services	<ul style="list-style-type: none"> <li>• Assessments</li> <li>• Outpatient treatment</li> <li>• Relapse Prevention</li> <li>• Youth/Adolescent Treatment</li> <li>• Family Services</li> </ul>	All Ages	(509)469-9366 315 N 2 <sup>nd</sup> St, Yakima WA	Mon- Fri: 8am-6pm
Sundown M Ranch	<ul style="list-style-type: none"> <li>• Detox/ Withdrawal Management</li> <li>• Inpatient treatment</li> <li>• Youth/Adolescent Inpatient</li> <li>• Family Programs</li> <li>• Aftercare and relapse prevention</li> </ul>	All Ages	(800) 326-7444 2280 SR 821, Selah, WA	
Triumph Treatment Services	<ul style="list-style-type: none"> <li>• Residential and outpatient</li> <li>• Withdrawal Management</li> <li>• Pregnant and Parenting Women Program</li> <li>• Transitional and supportive housing</li> <li>• Family support</li> </ul>	18+	(509) 248-1800 120 S 3 <sup>rd</sup> St, Yakima, WA	Mon- Thurs: 8am-6pm Friday: 8am- 5pm
Ideal option	<ul style="list-style-type: none"> <li>• Outpatient</li> <li>• Opioid Support</li> <li>• Relapse Prevention</li> </ul>	Call for ages	(877)522- 1275 602 N 39 <sup>th</sup> Ave, Yakima, WA	Mon- Thurs: 7am-6pm
Comprehensive Healthcare	<ul style="list-style-type: none"> <li>• Counseling and Crisis Services</li> <li>• Substance Use treatment</li> <li>• Youth and Family Services</li> <li>• Inpatient and Residential Program</li> </ul>	All Ages	(509) 575-4084 402 S 4th Ave, Yakima, WA 98902	Mon- Fri: 8am- 5pm
Yakama Nation Comprehensive Community Alcoholism	<ul style="list-style-type: none"> <li>• Outpatient and comprehensive</li> <li>• Alcohol, Drug, and Opioid Rehab</li> <li>• Relapse Prevention</li> </ul>	18+	(509) 865-5121 511 S Elm St, Toppenish, WA	Mon- Fri: 8am- 5pm
Merit Resources (Sunnyside)	<ul style="list-style-type: none"> <li>• Assessments</li> <li>• Outpatient treatment</li> <li>• Relapse Prevention</li> <li>• Youth/Adolescent Treatment</li> <li>• Family Services</li> </ul>	All Ages	(509) 837-7700 702 Franklin Ave, Sunnyside, WA	Mon- Fri: 8am-6pm

# RESOURCES

## Food Banks

Name of Organization	Services Provided	Location	Contact
Yakima Rotary Food Bank	Food distribution Fridays: 8am- 12pm	703 Central Ave, Yakima WA 98901	(509) 853-8918
Yakima Union Gospel Mission	Provides free meals daily to adults in need	1300 N 1 <sup>st</sup> St, Yakima WA 98901	(509) 248- 4510
Salvation Army Food Bank	Food Distribution Mon & Thurs: 2pm- 4pm	9 S 6 <sup>th</sup> Ave Yakima, WA 98902	(509) 453-3139
Salvation Army Food Bank (Grandview)	Food Distribution Tues & Thurs: 10am- 2pm	118 Main St, Granger, WA 98930	(509) 882-2584
St. Michael's Pantry	Food Distribution Fridays: 10am- 12pm	5 S Naches Ave, Yakima, WA 98901	(509) 453-4881
St. Vincent Center	Food Distribution Tues & Fri: 8am - 11am	2629 Main St, Union Gap, WA 98903	(509) 457-5111
Seventh Day Adventist Church Food Bank	Food Distribution Tuesdays: 9:30am- 11:30am	507 N 35 <sup>th</sup> Ave Yakima, WA 98902	(509) 452- 2041
Seventh Day Adventist Church (Grandview)	Food Distribution Wednesdays: 9am-11am	110 N Elm St, Grandview, WA 98930	(509) 882-1314
SOC- Yakima Food Pantry	Food Distribution Thursdays: 10am- 12pm	221 E Martin Luther King Jr. Blvd, Yakima, WA 98901	(509) 225-9310
SOC- Wapato Food Pantry	Food Distribution Tues & Fri: 9:30am- 11:30am	117 S Ivy St Wapato WA 98951	(509) 225-9310
SOC- Sunnyside Food Pantry	Food Distribution Fridays: 8am- 10:30am	529 S 9 <sup>th</sup> St, Sunnyside, WA 98944	(509) 225-9310

# RESOURCES

## Food Banks

O.I.C of WA Food bank	Food distribution Tuesdays: 8am- 10am	1419 Hathaway St, Yakima, WA 98901	(509) 864-1173
O.I.C Henry Beauchamp Community Center	Food Distribution Monday: 2pm- 3pm	1211 S 7 <sup>th</sup> St, Yakima, WA 98901	(509) 575-6114
Noah's Ark Food Distribution	Breakfast 8am-9am Lunch 12pm-1pm Dinner 5pm	117 E 2 <sup>nd</sup> St, Wapato, WA 98951	(509) 877-6337
Toppenish Community Chest Food	Food Distribution Mon & Thurs: 9:30am- 11:30am	4 N B St, Toppenish, WA 98948	(509) 865-5311
Granger Food Bank	Food Distribution Monday 3:30pm- 5pm	118 Main St, Granger, WA 98932	(509) 930-0800
Yakama Nation Commodity	Food Distribution Mon- Fri: 8am- 11:30am	802 E 1 <sup>st</sup> Ave, Toppenish, WA 98948	(509) 865-5121
Highland Food Bank	Food Distribution Saturday 8am- 10am	414 Maple St, Tieton, WA 98947	(509) 901-7800
Selah Naches Food Bank	Food Distribution Mon & Fri: 9am-11am Wednesday: 5pm-7pm	810 N Park Dr, Selah, WA 98942	(509) 698-2336
The Pantry Community Food Bank- Moxee	Food Distribution Every third Thursday of the month 3pm- 6pm	7203 Mieras Road, Yakima, WA 98901	(509) 452-6138

# RESOURCES

## Healthcare

Name of Organization	Services Provided	Age group(s)	Contact	Hours
Yakima Neighborhood Health Services	<ul style="list-style-type: none"> <li>• Medical Services</li> <li>• Dental Services</li> <li>• Behavioral Health Services</li> <li>• Pharmacy</li> <li>• Medical Nutrition Therapy</li> <li>• Woman, Infant, Children's Support Services</li> </ul>	All Ages	(509) 454-4143 12 South Eighth Street	Mon - Fri: 7:30am-6:30pm Saturday: 8 am--1pm
Terrace Heights Adult & Senior Medical Care	<ul style="list-style-type: none"> <li>• Medical Services</li> <li>• Dental Services</li> <li>• Behavioral Health Services</li> <li>• Pharmacy</li> <li>• Medical Nutrition Therapy</li> </ul>	18+	(509) 853-2400 2501 Business Lane Yakima, WA 98901	Mon thru Fri: 8:00am-6:30pm
Insurance Enrollment Center for Washington Health Plan Finder	<ul style="list-style-type: none"> <li>• Insurance Plan Enrollment</li> <li>• Health Coverage for Childcare Workers</li> </ul>	All Ages	(509) 853-2377 610 East Yakima Avenue	Mon thru Fri: 8:30am-5:30pm
Neighborhood Connections/ Resource Center	<ul style="list-style-type: none"> <li>• Transitional Housing</li> <li>• Respite Care</li> <li>• Case Management</li> <li>• Outreach Services</li> <li>• Resource Center Basic Needs Assistance</li> </ul>	13+	(509) 249-6232 102 South Naches Avenue Yakima, WA 98901	Mon - Fri: 9:00am-5:00pm
Neighborhood Connections – Healthcare for the Homeless	<ul style="list-style-type: none"> <li>• Medical Services</li> <li>• Behavioral Health Services</li> </ul>		(509) 834-2098 102 South Naches Ave Yakima, WA 98901	Mon thru Fri: 7:30am-6:00pm
Chuck Austin Place	<p>For veterans and their immediate family.</p> <ul style="list-style-type: none"> <li>• Medical Services</li> <li>• Dental Services</li> <li>• Behavioral Health Services</li> </ul>		(509) 853-2395 1630 South 16th Ave, Suite 10 Yakima, WA 98902	Mon - Thurs: 8:00am-6:30pm
Henry Beauchamp Community Center	Family practice medicine, behavioral health and help with insurance and basic needs.	All Ages	(509) 853-2372 1211 South Seventh Street Yakima, WA 98901	Mon - Friday: 7:30am-6:00pm
Neighborhood Health Sunnyside	<ul style="list-style-type: none"> <li>• Medical/ Dental</li> <li>• Behavioral Health Services</li> <li>• Vision Center</li> <li>• WIC and Maternity Support</li> <li>• Transitional Housing</li> <li>• Case Management &amp; Outreach Services</li> <li>• Resource Center and Basic Needs Assistance</li> </ul>	All Ages	(509) 837-8200 617 Scoon Road Sunnyside, WA 98944	Mon. thru Fri: 8:00am-6:30pm Saturday: 8am-1pm

# RESOURCES

## Healthcare

Name of Organization	Services Provided	Age group(s)	Contact	Hours
Lower Valley Mobile Medical Unit - Sunnyside	<ul style="list-style-type: none"> <li>Immunizations, minor injuries, help with basic needs, insurance</li> </ul>	All Ages	(509) 454-4143 Mobile Unit	Periodic
Neighborhood Health Granger	<ul style="list-style-type: none"> <li>Medical Services</li> <li>Dental Services</li> <li>Help with insurance, basic needs at Resource Center 112 Main St.</li> </ul>	All Ages	(509) 317-2182 111 & 112 Main Street Granger, WA 98932	M-F: 8:00am-6:30pm
Lower Valley Mobile Medical Unit - Granger	<ul style="list-style-type: none"> <li>Medical Services</li> </ul>	All Ages	509-454-4143 Mobile Unit	Periodic
Love INC- Personal Hygiene	<ul style="list-style-type: none"> <li>Personal Hygiene</li> </ul>		(509) 453-2942 226 S 1 <sup>st</sup> , Yakima, WA	Mon- Thurs: 10am- 3pm
Yakima Indian Health Services	<ul style="list-style-type: none"> <li>Family Practice</li> <li>Dental</li> <li>Pharmacy</li> <li>Optometry</li> <li>Ancillary Services</li> <li>Patient Services</li> </ul>	All Ages	(509) 865-2102	Mon- Wed: 8am- 6:30pm Thursday 12:30- 6:30 Friday: 8am- 6:30pm
Life Choices	<ul style="list-style-type: none"> <li>Pregnancy testing and support</li> <li>STI Testing</li> <li>Parenting classes and education</li> <li>Support for men</li> <li>Mental Health Counseling</li> </ul>		509-248-2273 305 S. 11th Ave. Suite 1, Yakima, WA 98902	Monday - Friday 10am-5pm  Walk-ins Welcome
11th Avenue Family Medicine Clinic	<ul style="list-style-type: none"> <li>Family medicine for kids and adults.</li> <li>Prenatal and postpartum care</li> <li>On-site pharmacy services and mail-delivery prescription services</li> </ul>	All Ages	509-902-8585 314 S 11th Ave, STE A, Yakima, WA 98902	Mon- Fri: 7:30AM – 6:00PM
Behavioral Health Services	<ul style="list-style-type: none"> <li>Substance Use Disorder Treatment</li> <li>Wraparound with Intensive Services (WISe)</li> </ul>	All Ages	509-575-8457 307 S 12th Ave, Ste 4B Yakima, WA 98902	Mon- Fri: 8am – 5pm
Behavioral Health Services – Mead	<ul style="list-style-type: none"> <li>Wraparound with Intensive Services (WISe)</li> <li>Psychiatric Services</li> </ul>		509-453-1344 918 E Mead Ave, Yakima, Washington, 98903	Mon- Fri: 8am – 5pm

# RESOURCES

## Healthcare

Name of Organization	Services Provided	Age group(s)	Contact	Hours
Children's Village	<ul style="list-style-type: none"> <li>Pediatric medical and dental care</li> <li>Mental health counseling and therapy for children with special health care needs</li> <li>On-site nutritional guidance</li> <li>Outside specialist enlistment to reduce travel for treatment</li> </ul>		509-574-3238 3801 Kern Rd, Yakima, Washington, 98902	Mon- Fri: 8am – 5pm
Community Dental Care	<ul style="list-style-type: none"> <li>Pharmacy</li> <li>Dental</li> </ul>	All Ages	509-837-7178 1721 E Lincoln Ave, Sunnyside, Washington, 98944	Mon- Fri: 8am – 5pm
Grandview Medical-Dental Clinic	<ul style="list-style-type: none"> <li>Medical and dental care for kids and adults</li> <li>General dentistry for adults and dental care for kids</li> <li>Mental health counseling and therapy</li> <li>Nutrition guidance to help you reach your health goals</li> </ul>	All Ages	509-882-3444 1000 Wallace Way, Grandview, WA 98930	Mon- Fri: 7:30AM – 7:00PM
Granger Family Medicine Clinic	<ul style="list-style-type: none"> <li>Family medicine for kids and adults</li> <li>Testing for bacterial/viral infection and pregnancy</li> <li>Sports physicals</li> </ul>	All Ages	509-865-6450 115 Sunnyside Ave, Ste A, Granger, Washington, 98932	Mon- Fri: 7:30AM – 5:00PM
Lincoln Avenue Medical-Dental Center	<ul style="list-style-type: none"> <li>OB/GYN, prenatal, and postpartum care</li> <li>Pediatric care</li> <li>Dental care for kids</li> <li>On-site WIC help and nutritional guidance</li> </ul>	All Ages	509-575-1234 115 2205 W Lincoln Ave, Yakima, Washington, 98902	Mon- Fri: 7:30AM – 7:00PM
Mid-Valley Family Medicine	<ul style="list-style-type: none"> <li>Doctor care for kids and adults</li> <li>Prenatal and postpartum care</li> <li>Immunizations for kids and adults</li> <li>Sports physicals</li> </ul>	All Ages	509-877-4111 620 W First St, Wapato, Washington, 98951	Mon- Fri: 7:30AM – 5:30PM
Mountainview Women's Health Center	<ul style="list-style-type: none"> <li>Gynecology (GYN)</li> <li>Obstetrics (OB)</li> <li>Prenatal Postpartum Care</li> </ul>		509-882-4700 240 Division St, Grandview, Washington, 98930	Mon- Fri: 7:45 AM – 5:00 PM
Northwest Community Action Center	<ul style="list-style-type: none"> <li>Youth and adult educational programs</li> <li>Weatherization and energy assistance programs</li> <li>Emergency furnace repairs and other home-repair help</li> <li>Housing support services, including rehousing and homeless prevention assistance.</li> </ul>	All Ages	(509) 865-7630 706 Rentschler Ln, Toppenish, WA 98948	Mon- Fri: 8 AM – 5 PM

# RESOURCES

## Healthcare

Name of Organization	Services Provided	Age group(s)	Contact	Hours
Safe Haven	<ul style="list-style-type: none"> <li>• Recreation</li> <li>• Adult Services</li> <li>• Senior Services</li> <li>• 21st Century Community Learning Centers</li> <li>• Citizenship Classes</li> <li>• English as a Second Language</li> <li>• Parents as Teachers</li> </ul>	All Ages	509-865-1804 101 Lincoln Avenue, Toppenish, Washington, 98948	Mon- Fri: 8am – 5pm
Sunnyside Immediate Care	<ul style="list-style-type: none"> <li>• Urgent medical attention for sudden onset of symptoms</li> <li>• Testing for bacterial/viral infection and pregnancy</li> <li>• X-ray imaging services</li> <li>• Sports physicals</li> <li>• Mail-delivery prescription services</li> </ul>	All Ages	509-839-3000 2680 Yakima Valley Hwy, Ste B, Sunnyside, Washington, 98944	Mon- Fri: 8:45 AM – 8:00 PM Sat: 8:45 AM – 5:00 PM

## Immigration Services

Name of Organization	Services Provided	Age group(s)	Contact	Hours
La Casa Hogar	<ul style="list-style-type: none"> <li>• Adult Education</li> <li>• Citizenship Education</li> <li>• Early Childhood Learning.</li> </ul>	+18	(509) 457-5058 106 S 6 <sup>th</sup> St, Yakima, WA	Monday – Friday 9:00am – 4:30pm
Northwest Justice Project Yakima Office	Provides free legal assistance to address fundamental human needs such as housing, family safety, income security, health care, education, and more		(509) 574-4234 311 N 4th St, Yakima, WA 98901	Mon- Fri: 9am- 12pm, 1pm- 5pm
Northwest Immigrant Rights Project, Granger Office		+18	(509) 854-2100 121 Sunnyside Ave, Granger, WA 98932	Mon- Fri: 8:30am- 4:30pm
U.S Citizenship & Immigration Services		+18	(800) 375-5283 415 N 3 <sup>rd</sup> St, Yakima, WA	Call to make an appointment

# RESOURCES

Name of Organization	Services Provided	Age group(s)	Contact	Hours
Stephens & Granados	Immigration Attorney		(509) 895-7811 307 N 3 <sup>rd</sup> ST, Yakima, WA	

## LGBTQ+ Resources

Name of Organization	Services Provided	Age group(s)	Contact	Hours
Yakima Pride	<ul style="list-style-type: none"> <li>• Adult Education</li> <li>• Citizenship Education</li> <li>• Early Childhood Learning.</li> </ul>	+18	(509) 457-5058 106 S 6 <sup>th</sup> St, Yakima, WA	Monday – Friday 9:00am – 4:30pm
The Space	Provides free legal assistance to address fundamental human needs such as housing, family safety, income security, health care, education, and more		(509) 574-4234 311 N 4th St, Yakima, WA 98901	Mon- Fri: 9am- 12pm, 1pm- 5pm
Transgender Rights Washington		+18	(509) 854-2100 121 Sunnyside Ave, Granger, WA 98932	Mon- Fri: 8:30am- 4:30pm
Ingersoll Gender Center		+18	(800) 375-5283 415 N 3 <sup>rd</sup> St, Yakima, WA	Call to make an appointment

# RESOURCES

## Shelters

Name of Organization	Services Provided	Age group(s)	Contact	Hours
Hope Center	<ul style="list-style-type: none"> <li>Housing support</li> <li>Mental health care</li> <li>Educational resources</li> <li>and more</li> </ul>	13-24	Main Office: (509) 895-2265 Email: hope.center@rodshouse.org	Apply at RodsHouse.org Located: 1011 E Chestnut Ave, Yakima, WA 98901
Young Adult Emergency Home	<ul style="list-style-type: none"> <li>Housing support</li> <li>Mental health care</li> <li>Educational resources</li> <li>and more</li> </ul>	18-24	(509) 515-2122 610 McClain Dr, Sunnyside, WA 98944	Apply at RodsHouse.org
Camp Hope	Low Barrier Emergency Homeless Shelter	+18	(509) 424-1228 2300E Birch St, Yakima, WA 98901	
House Of Hope	Temporary Shelter for residents of WA	+18	(206) 915- 2073	
Northwest Community Action Center	Temporary Shelter	+18	(509) 865-7630 706 Rentschler Lane, Toppenish, WA 98948	Mon- Fri: 8am-5pm
Noah's Ark Shelter	Overnight Shelter	+18	(509) 877-6337 117 E 2 <sup>nd</sup> St, Wapato, WA 98951	Open 7 days a week: 8am-10pm
Triumph Treatment Services	Temporary Shelter	+18		Mon- Fri: 8am- 5pm
Union Gospel Mission	Men's Shelter Program, Family Shelter and Emergency Services	+18	(509) 248-4510 1300 N 1 <sup>st</sup> St Yakima, WA 98901	
Village of Hope	Homeless Encampment	+18	709 S Division St, Toppenish, WA 98948	
YWCA- Yakima	<ul style="list-style-type: none"> <li>Crisis &amp; Mobile Advocacy</li> <li>Legal Advocacy</li> <li>Family &amp; Children's Advocacy</li> <li>24-Hour Emergency Shelter</li> <li>Transitional Housing</li> </ul>	+18	(509) 248-7796 818 W Yakima Ave Yakima, WA 98901	Mon- Fri: 8am- 5pm

# RESOURCES

## Additional Resources

Name of Organization	Services Provided	Age group(s)	Contact	Hours
NAMI Yakima	Mental health org that provides support, education, and advocacy for persons affected by mental illness	+13	(509)453-8229 107 S 6th St, Yakima, WA 98901	
Love INC of Yakima	<ul style="list-style-type: none"> <li>• Clothing</li> <li>• Baby Boutique</li> <li>• Cozy Linen Closet</li> <li>• Kitchen Cupboard</li> <li>• Furniture Warehouse</li> <li>• Cleaning and Hygiene pantry</li> </ul>	+18	(509)453-2942 226 S 1st St, Yakima, WA 98901	Monday- Thursday: 10am-3pm
OIC of Washington	<ul style="list-style-type: none"> <li>• Education and career</li> <li>• Energy assistance</li> <li>• Housing counseling</li> <li>• Weatherization</li> <li>• Sports and Recreation</li> </ul>	Ages Vary depending on program	(509) 248-6751 815 Fruitvale Blvd, Yakima, WA 98902	Monday- Friday: 8am-5pm
Madison House Youth Center	<ul style="list-style-type: none"> <li>• After-school tutoring</li> <li>• Music &amp; fine arts classes</li> <li>• Computer training</li> <li>• Basic financial literacy</li> <li>• Athletic activities</li> <li>• College scholarship guidance</li> <li>• Nightly meals</li> <li>• Summer camps/ Field trips</li> </ul>		(509) 457-3370 302 S 4th St, Yakima, WA 98901	Monday- Saturday: 10am-6pm
One More Time Around	<ul style="list-style-type: none"> <li>• Clothes and shoes</li> <li>• Baby equipment</li> <li>• Books/ Toys</li> <li>• Community pantry</li> </ul>		(509) 457-3370 302 S 4th St, Yakima, WA 98901	Monday- Saturday: 10am-6pm
People for People	<ul style="list-style-type: none"> <li>• Employment and Training Programs</li> <li>• Youth Services</li> <li>• Transportation Services</li> <li>• Meals on Wheels</li> <li>• Community Diversion Program</li> </ul>	<ul style="list-style-type: none"> <li>• Low-income adults</li> <li>• At-risk youth</li> <li>• Seniors</li> <li>• People with disabilities</li> <li>• Rural residents</li> <li>• Individuals involved in the justice system</li> </ul>	(509) 248-6726 304 W Lincoln Ave, Yakima, WA 98902	Monday- Friday: 8am-5pm
Team Child	<ul style="list-style-type: none"> <li>• Education</li> <li>• Housing</li> <li>• Healthcare &amp; Mental Health Access</li> <li>• Juvenile Justice</li> <li>• Re- Entry Support</li> <li>• Facing school discipline or exclusion</li> </ul>	12-24	(509) 573-4993 32 N 3rd St, Yakima, WA 98901	Monday- Friday: 9am-5pm

# RESOURCES

## Additional Resources

Name of Organization	Services Provided	Age group(s)	Contact	Hours
Catholic Charities	<ul style="list-style-type: none"> <li>• Early Learning &amp; Family Support</li> <li>• Behavioral Health</li> <li>• Housing and Homelessness Services</li> <li>• Basic needs and community support</li> <li>• Foster care support services</li> </ul>		(509) 965-7100 5301 Tieton Dr, Yakima, WA 98908	Monday- Thursday: 8am-6pm Friday 8am- 5pm
Rods House	<ul style="list-style-type: none"> <li>• Daily meals, Hygiene, clothing, Shower, Laundry</li> <li>• Behavioral Health</li> <li>• Case Management Support</li> <li>• Emergency Shelters (Hope Center and Young Adult Emergency Home)</li> <li>• Housing Support</li> </ul>	13-24	(509) 895-2665 204 S Naches Ave, Yakima, WA 98901	Mon, Tues, Wed, Fri: 9:30pm-12:30pm (For those 18-24). 1pm-4:30pm (For those 13-17) Thursday: 10am-12pm (for those 18-24). 12:30pm-3pm (For those 13-17)
Worksource (Employment)	<ul style="list-style-type: none"> <li>• Job Assistance</li> <li>• Workshop Career Prep</li> <li>• Computer/ Resource Lab</li> <li>• Youth and Young Adult Services</li> </ul>		(509) 574-0105 1205 Ahtanum Ridge Dr, Union Gap, WA 98903	Monday- Thursday: 8:30am- 5pm Friday 8:30am- 4pm
Entrust Community	<ul style="list-style-type: none"> <li>• Supports individuals with disabilities</li> <li>• High School Transition</li> <li>• Individual Supported Employment</li> <li>• Community Access</li> <li>• Housing support</li> <li>• Digital Inclusion &amp; Assistive Learning</li> </ul>		(509) 453-4756 213 S 11th Ave, Yakima, WA 98902	Monday- Friday: 8:00am-4:30pm