Disclaimer

If you are experiencing a life threatening emergency please call 911

If you or anyone you know is looking for a resource in this resource guide and cannot find it please call 3-1-1.

If you or any other agency you know would like to be included in our future resource guide please feel free to contact us at The REACH Center by calling or emailing us at.
www.reachtacoma.org
253-573-6590

The resources gathered in the Tacoma City resource guide were compiled by the staff at the The REACH Center of Tacoma. The REACH Center assumes no responsibility regarding the services provided by the organizations featured in this resource guide. Inclusion does not imply endorsement nor recommendation.
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Hotline Resources
Hotline Resources

National Suicide Prevention Lifeline ........................................ 1-800-273-8255
National Suicide Network .............................................................. 1-800-396-5180
24 hr Youth Crisis Line ................................................................ 1-866-427-4747
National Teen Emergency Hotline ............................................. 1-800-448-3000
National Youth Crisis Line ........................................................... 1-800-999-9999
National Crisis Helpline ......................................................... 1-800-233-4357
Gay and Lesbian National Hotline ............................................. 1-888-843-4564
National Sexual Assault Network-Rape Abuse ......................... 1-800-656-4673
Pierce County Rape Relief .......................................................... 253-474-7273
Sexual Assault Center of Pierce County .................................... 253-474-7273
National Hotline for Gay, Lesbian, Bi-Sexual, and Transgender Youth ............................................... 1-800-347-8336
Suicide Text Line ........................................................................ 714-714
Drug and Alcohol Dependency Hope Line ............................... 1-800-622-2255
Housing Resources
Housing and Shelter Resources

Associated Ministries: Coordinated Entry

253-383-3056

Services:
- Referrals to housing programs or independent housing and assistance. Referrals in securing benefits by appointment only.

Community Youth Services

415 S. 13th St.
253-256-3087

Services:
- Young adult shelter (Ages 18-24), Drop-in resource center with

Rescue Mission

425 S. Tacoma Way
253-383-4493

Services:
- Overnight shelter for ages 18 and over - Showers, Clean clothing, Locker rental, and Personal hygiene items.
Housing and Shelter Resources

Adams St. Family Campus

2909 S. Adams St.
253-383-4493

Services:
- Emergency shelter for single women and families with children, in apartment style housing.
- Meals, showers, and additional resources are provided in a welcoming atmosphere.

Salvation Army Family Lodge

521 S. 6th Ave.
253-627-3962

Services:
- Family emergency shelter.
Pierce County Family Renewal Shelter

6832 Pacific Ave
253-475-9010

Services:
- Offers a wide variety of services to those who are abused through domestic violence.

Family Housing Network (CCS)

7050 S G St.
253-471-5340

Services:
- Shelter: The intensive program offers services to a maximum of 5 families at any one time. Families utilize our Day Center facilities for showers, laundry, telephones, cooking, relaxing, and case management. In the evenings, a network of 27 local churches and schools provide dinner, sleeping accommodations, and breakfast, rotating between host sites each week.
Housing and Shelter Resources

The REACH Center

714 S. 27th St. Tacoma, WA
253-573-6590

Services:
- Housing 4 Success Program: 18-24 year old independent housing, housing navigation, and case management. (Must be referred through Coordinated Entry)

Shared Housing Services

909 A S 11th St.
253-272-1532

Services:
- Host Home Program for youth and young adults 16-24.
- Supportive Transitional Housing.
- Individual Case Management.
Metropolitan Development Council (MDC)

721 Fawecett Ave.
253-383-3921

Services:
-MDC owns and manages 375 units of housing in four service models for low-income and homeless families and individuals.

New Phoebe House

712 Martin Luther King Jr. Way
253-383-7710

Services:
-We provide transitional housing, services, and support to Pierce County mothers and children impacted by substance abuse, primarily methamphetamine.
Utility Assistance Resources

Families Unlimited Network

2610 Sunset Dr. W.
253-460-3134

Services:
- Utility Assistance for anyone who resides in the 98466 & 98467.
- Services are not based or limited on income.

Metropolitan Development Council

721 Fawecett Ave.
253-383-3921

Services:
- The Energy Assistance Program provides a one-time per program-year grant to assist eligible low-income households with heating costs. To apply, you must live within the city of Tacoma and meet the income guidelines. Payment is made directly to the heating vendor and the amount paid will be based on your last 12 months’ heating costs.
- Call the appointment line at 253-572-5557 for an appointment Monday-Friday 9 am-2 pm.
City of Tacoma Utility Assistance

253-502-8608

Services:
- If you need help paying your utilities, call for further details.
Call 2 Haul

(253) 502-2100

Services:

- Residential customers are eligible to use our Call-2-Haul program at no additional cost, twice per year to dispose of unusable household items that are not part of customer's regular curbside pick up.
Food Resources
Food Bank Resources

Jackson St. FISH Food Bank

7410 S. 12th St.
253-383-3164

Service Hours:
- Last Wednesday of the month 5:00pm - 7:00pm

Southeast Tacoma FISH Food Bank

1704 E. 85th St.
253-531-4530

Service Hours:

Northwest Monday & Tacoma Friday, 11:00am - 4:00pm FISH, Wednesday Food Bank, 11:00am - 6:00pm

2710 N. Madison St.
253-756-4974

Service Hours:
- Wednesday, 12:00pm - 4:00pm; Saturday, 11:30am - 3:00pm

Browns Point FISH Food Bank

5339 Browns Point Blvd. NE
253-826-4654

Service Hours:
- Wednesday, 12:00pm - 4:00pm; Saturday, 11:30am - 3:00pm
Holy Cross Food Bank

5510 N. 44th St.
253-759-3368

Service Hours:

BOUNTY FOOD BANK

5634 Park Ave.
253-475-7098

Service Hours:
- Monday 9:30am - 11:30am
Food Bank Resources Cont.

Eloises Cooking Pot Food Bank

2610 Sunset Dr. W.
253-460-3134

Service Hours:
- Tuesday 12:00pm - 3:00pm; Thursday 3:30pm - 5:00pm;
- Saturday 10:00AM-12:00PM

Salvation Army

1521 6th Ave
253-627-3962

Service Hours:
- Call for most updated hours.

Bikers Against Statewide Hunger Food Bank

103 140th St. S.
253-536-6480

Service Hours:
- Call for most updated hours.
Bethlehem Lutheran Church  (FISH Mobile Food Bank)

101 E 38th St, Tacoma
253-474-0525

Service Hours:
- Mondays 1:00pm - 3:00pm

Giaudrone Middle School  (FISH Mobile Food Bank)

4902 S. Alaska St.

Services Hours:
- Mondays 4:30pm - 6:30 pm

STAR Center  (FISH Mobile Food Bank)

3873 S. 66th St

Service Hours:
- Tuesdays 1:00pm - 3:00pm
Hot Meal Site Resources

African American Evening Meal Site

1323 S. Yakima St
253-502-2723

Service Hours:
- Dinner served Thursdays at 4:00 pm (call in advanced)

My Sisters Pantry
423 Martin Luther King Jr., Way
253-627-1186

Service Hours:
- First & third Monday: 5:00 - 7:00pm
- Fourth Saturday: 10:00am - 1:00pm
- Free for low-income and homeless

Hospitality Kitchen

1323 S. Yakima
253-502-2695

Service Hours:
- Monday through Saturday, Breakfast: 8:30am - 9:30am;
- Lunch: 11:30am -12:30 pm,
- Free for low-income and homeless
Nativity House

2304 S. Jefferson
253-272-5266

Service Hours:
- Wednesday through Sunday: 11:00am - 4:00pm - Free for low-income and homeless

My Sister's Pantry

423 Martin Luther King Jr., Way
253-627-1186

Service Hours:
- First and third Monday: 5:00 - 7:00pm & Fourth Saturday:
  10:00am - 1:00pm

Tacoma Rescue Mission

425 S. Tacoma Way
253-383-4493

Service Hours:
- Dinner served at 5:00pm
- Free for low-income and homeless
Government Food Assistance Resources

For all of the below resources make sure you bring a photo ID and proof of residency

SNAP Benefits

1-877-501-2233

Pierce South (DSHS)

1301 E. 72nd St.
1-877-501-2233

Services:
- Temporary Assistance for Needy Families (TANF).

Pierce North (DSHS)

3873 S. 66th St.
1-877-501-2233

Services:
- Temporary Assistance for Needy Families (TANF).
For all of the below resources make sure you bring a photo ID and proof of residency

Mary Bridge WIC Nutrition Services

316 N L St.
253-403-1349

Services:
-WIC provides nutritious foods, plus other benefits, free of charge to eligible families. Services offered at our nine WIC sites in Pierce County include nutritional and breastfeeding support, including tips on keeping you and your family healthy. We will also provide referrals to medical and dental providers, along with a variety of other community resources.
Health Resources
Comprehensive Life Resources

1201 S. Proctor Tacoma WA
253-369-5800

Services:
- Individual, group, and family therapy.
- Psychiatric assessment and medication management.
- Family advocates/peer support.

Sea-Mar Adult Residential Treatment

1415 Center St. Tacoma WA
253-280-9860

Services:
- Intensive inpatient drug and alcohol rehabilitation.
- Groups and individual substance use counseling.

Tacoma Domestic Violence Project

718 Court E. Tacoma WA
253-798-4166

Services:
- Mental health program - Works with friends & family - Court support
- Safety planning - DV education - Protection order help
Mental Health Resources Cont.

Pierce County AIDS Foundation
625 Commerce St. Tacoma WA
253-383-2565
Services:
- Case management - Transportation and Housing assistance - Food Bank - Help navigating insurance - Prevention Services

Catholic Community Services
5410 N. 44th St. Tacoma WA
253-759-9544 or 1-800-566-9053
Services:
- Family Assessment and Stabilization Team.
- Youth Peer Bridges to help with transition support.

Pierce County Alliance
510 Tacoma Ave S. Tacoma WA
253-572-4750
Services:
- Home visits - Foster care support for basic needs of youth.
- Independent youth housing 18-21 year old - Family unification.
- Transitional living
Greater Lakes Mental Health

1415 E. 72nd St. Tacoma WA
253-620-5800

Services:
- Full range mental health services
- Intensive outpatient services
- Classes and groups
- Medication assessment
- Outreach services
- School-based services
- Mental health assessment

Hope Sparks Family Services

6424 North 9th Street Tacoma WA
253-565-4484

Services:
- Eating Recovery
- Relatives raising children.
Consejo Counseling and Referral Services

5915 Orchard St. W. Tacoma WA
253-414-7461

Services:
- Co-Occurring disorder treatment - Case management - Home visits
- Family intervention services - Outpatient substance use disorder treatment & recovery services to high-risk youth.
- Encourages family involvement throughout treatment & provide support services for the families of affected youth.
General Health Resources

Molina Healthcare

1-800-869-7175
Services:

Sea-Mar Community Health

1516 S. 11th St.
253-682-2180
Services:

STATEWIDE HEALTH INSURANCE BENEFITS ADVISOR

1-800-562-6900
Services:
- Assist individuals with any health care need.
General Health Resources Cont.

Neighborhood Clinic

1323 S. Yakima
253-627-6353

Services:
- Provides free urgent medical care for individuals who cannot

Community Health Care

Hilltop Family Medical Clinic
1202 Martin Luther King Jr. Way
253-441-4743

Service Hours:
- Monday - Friday, 8:00am - 5:00pm (closed 12:00pm - 1:00pm)
- Sliding scale fee for uninsured and insured patients.