



Northwest Baby & Child's Resource Directory



CHILDCARE

Child Care Referral Line: www.childcare.org
 Bellevue 425-865-9350
 Kent 253-852-3080
 King County 206-329-1011
 Kitsap County 360-698-3900
 Pierce County 253-591-2025

Department of Human Resources, Seattle:
 Financial aid, moms needing childcare 206-386-1050

Washington State Childcare Resource & Referral Network: 1-800-446-1114

EMERGENCIES

Fire/Police/Medical Aid: 911
Access Center (emergency) 206-328-5774
Amara Parenting/Adoption Services (formerly Medina Children's Services) 206-260-1700
Bethany Christian Services: Providing homes for infants/children, counseling for pregnant women, adoption and services for families 206-367-4604
Crisis Line: 24 hour phone help for emotional problems
 King 206-461-3222
 Kitsap 360-479-3033
 Pierce 253-798-4333 or 1-800-576-7764
 Snohomish 425-258-4357 or 1-800-584-3578
 Thurston 360-586-2800 or 1-800-627-2211

Childhaven's Crisis Nursery: Free 24 hour childcare for children under six, crisis line for parents 206-328-KIDS
DAWN: Confidential domestic violence shelter, collect calls welcome.
 Shelter 206-622-1881
 24-hour crisis & referral line 425-656-7867

Domestic Violence Hotline: Support, referral
 1-800-562-6025
 Bremerton (ALIVE) 360-479-1980
 Everett 425-25-ABUSE
 Pacific County 1-800-435-7276
 Seattle (New Beginnings) 206-522-9472

Family Reconciliation Services/Runaway Hotline
 1-800-486-9612

First Place: School/social services to families in crisis 206-323-6715
Friendly Kitchen 425-255-6106
Helping Hands 425-687-8365
Helpline: Emergency financial assistance in West Seattle 206-932-4357
Kitsap Emergency Housing 360-377-0053
Missing Children Clearinghouse 1-800-543-5678
New Beginnings 24-hour Crisis Line: Resources/support for those experiencing or concerned about domestic violence 206-522-9472
Northwest Harvest 1-800-722-6924
Operational Emergency Center 206-772-9232
Pierce County Crisis Line 253-396-5180
Poison Control 1-800-222-1222
Poison Information Center 1-800-222-1222
 Seattle 1-800-222-1222
 Thurston 1-800-222-1222

Rape Response (24-hour):
 King 1-800-825-7273
 Kitsap 360-479-8500
 Pierce 1-800-756-7273
 Thurston 360-754-6300

Salvation Army Food Bank 425-255-5969
St. Vincent DePaul: Aiding families with bills, food, gifts 425-226-9426
United Way Help Line 1-800-572-HELP
YWCA Women's Support Shelter:

HEALTH

After Hours Nurse Line at Valley Hospital 425-656-INFO
Alcoholics Anonymous 206-587-2838
Al-Anon Information Service 206-625-0000
Alcohol/Drug 24-hour Help Line 1-800-562-1240
Angelorum Pregnancy Services 206-363-3669
Bradley Method Natural Childbirth 1-800-4A-BIRTH

Childbirth Education:
 Pierce/So. King County (Franciscan) 253-944-7957
 King County 253-835-8100 ext.1257957
 Tacoma (Bates) 253-596-1760

Children With Special Health Care Needs: Helps families find resources/funding 206-296-4610
County Public Health Dept. Clinics: Well-child care, immunizations, family health care
 King 206-296-4755
 Snohomish 425-339-5200
 Pierce 253-789-6500
 Kitsap 360-337-5235
 Thurston 360-786-5581

Franciscan Health Line 1-888-825-3227
Great Starts (formerly CEAS) 206-789-0883
Healthy Mothers, Healthy Babies 1-800-322-2588
King County Academy of Family Physicians 425-289-0054

La Leche League
 King County 24-hour line 206-522-1336
 Tacoma 24-hour line 253-565-3710
 Skagit County 24-hour line 360-466-1027
 Kitsap County/West Sound 24-hour line 1-877-413-3456
 Snohomish County 24-hour line 425-303-0311

National Children's Cancer Society: Financial assistance/support to children w/cancer and their families 1-800-5-FAMILY

Northwest Hospital: Medical info., physician referrals 206-633-4636
PALS (Pacific Association for Labor Support): Doula referrals
 Seattle/PALS office 206-325-1419
 Tacoma (Bates) 253-596-1760

Pediatric Interim Care Center 253-852-5253
Physician Referral Service: Pierce County 253-572-3666
Planned Parenthood, Inc.:
 Everett 425-339-3389
 Kent 253-854-2343
 Seattle/King County 206-328-7700

Pregnancy Aid: 24-hour service for pregnancy/baby needs
 Des Moines 206-878-3770
 Tacoma 253-383-4100

Pregnant and Addicted: Therapeutic Health Services 206-323-0930
Pregnancy Counseling: For women facing unplanned pregnancy 1-800-228-3150
New Hope Child and Family Agency www.redcross.org
 Seattle 206-323-2345

Seattle/King Co. Dept. Public Health: Maternity education, visiting nurses, parent/baby groups, immunizations, mother-infant food programs
 Auburn 206-296-8400
 Bellevue 206-296-4920
 Downtown Seattle 206-296-4755
 Renton 206-296-4700

Stuttering Foundation of America: Free info./Resource packet 1-800-992-9392

Swedish Hospital Health Care Referral Services 206-386-6066

UW Family Medical Center: Roosevelt 206-598-4055

MENTAL HEALTH

Community House Mental Health Agency 206-322-2387
Community Psychiatric Clinic 206-545-2345
Seattle Children's Home: Mental health care facility for children/young adults 206-298-9651
Therapeutic Health Services 206-726-4100
Valley Cities Counseling & Consultation 253-876-3422

PARENTING

Adoptive Friends & Families of Greater Seattle www.affgs.org
 206-903-9664
 1-800-733-4604

Bethany Christian Services 1-800-733-4604
Catholic Community Services
 Seattle 206-323-6336
 Snohomish 425-257-2111

Child Protective Services, DSHS:
 Report child/adult abuse 1-866-ENDHARM
 Kitsap 360-475-3688
 Snokey Point DCFS 360-651-6950
Childhaven 206-624-6477
Children's Home Society of Washington www.chs-wa.org
 Auburn 253-854-0700
 Kent 253-850-2582
 Seattle 206-695-3200

Children's Hospital Family Resource Center: Information on health, safety, parenting. Classes/events for parents & children. 206-987-2201

Children's Resource Line: Answers to child-raising questions, physician referral 7 a.m.-11 p.m. 206-987-2500

Community Youth Services 360-943-0780
Community Information at Valley 425-656-INFO
Compassionate Friends: Self-help organization offering friendship & understanding to bereaved parents 206-241-1139
Cystic Fibrosis Foundation 1-800-647-7774
Divorce Lifeline 206-624-2959
Early Infancy Class: Seattle/King County Public Health 206-296-4700
Family Services of King County: Counseling/education 206-826-3050
Family Support Centers:
 North Seattle Family Center 206-364-7930
 Rainier Beach Family Center 206-723-1301
 Key Peninsula Family Resource Center 253-884-5433
 Hilltop Family Support Center 253-571-4933
 Green River Child Development Center 253-939-7400

The Healing Center: Grief support for adults & children 206-261-6855
Jewish Family Services 206-461-3240
Listening Mothers™: www.family-services.org
 Unique support for mothers & babies
 Eastside 425-450-0332

March of Dimes: Prenatal & birth defects info. 206-624-1373
Medina Children's Services 206-260-1700
Mothers of Multiples: Irene Pike (general info.) 425-222-5180
MultiCare: Classes & info. 1-800-TG-BIRTH
New Hope of WA: Pregnancy counseling, medical/financial assistance, foster care/adoption 1-800-228-3150
NW Hospital Childbirth Info. Hotline: Childbirth/newborn care 206-364-BABY

PARENTING

Parenting Classes:
 Bates Technical College 253-680-7500
 Edmonds Community College 425-640-1665
 Green River Community College 253-833-9111
 Highline Community College 206-870-3789
 North Seattle Community College 206-527-3783
 Pierce College 253-964-6691
 Seattle Central Community College 206-587-6900
 Shoreline Community College 206-546-4593
 South Seattle Community College 206-764-5339
 Tacoma Community College 253-566-5000
 Seattle/King County Health Dept. 206-296-4755
 Kitsap Community Resources 360-373-1898

Parents Anonymous: Help for parents who don't want to abuse their children
 Family Help Line 1-800-932-HOPE
 Seattle 206-233-0139

P.S. Parent Support: Support for those experiencing stillbirth or miscarriage 206-782-0054
Program for Early Parent Support (PEPS) 206-547-8570
Renton Families That Work/Even Start: Helps parents with basic reading, writing, math, English skills 425-204-2243
SIDS Foundation of WA 206-548-9290 or 1-800-533-0376
World Assoc. for Children & Parents: International/domestic adoption 206-575-4550
YWCA Pathways for Women 425-774-9843

A favorite resource for parents

Since 1946 **Baby Diaper Service** has been a favorite community resource for Western Washington families. **Baby Diaper Service** prides itself on its reputation for fine, customer-oriented, service and resources, including the monthly newspaper, *Northwest Baby & Child*, celebrating its 25th year. And **Baby Diaper Service** regularly makes charitable gifts to organizations dedicated to helping families.

Through many avenues, **Baby Diaper Service** offers information, support, and encouragement to parents who are expecting, parents of newborns, parents of toddlers, and on up to parents of children well into their school years. You'll join a supportive family when you sign up for **Baby Diaper Service**.

Call toll-free 1-800-562-BABY.

Delivering the finest diaper service anywhere—

And serving our customers and the community as a whole by implementing these improvements:



- **A new and improved line of cloth diapering accessories**—making cloth diapering simple and convenient!
- **A full-color catalog of accessories.**
- **Expanded service in King, Pierce, Snohomish, Thurston, Kitsap, Skagit, and Whatcom counties.**
- **More diaper sizes than ever!** BDS carries eight sizes from preemies to toddler (from five to 50 pounds), and training pants.
- **Baby Shower Registry.** Pre-register for diaper service and receive a packet of referral services.
- **Reduction in bleach use.** BDS uses only two cups of bleach for every 250 pounds of diapers and uses only citric acid to balance the pH in the diapers—supporting our environment and protecting babies' delicate skin.

Just \$16.95 each week—includes up to 75 diapers, weekly delivery and pick-up!

Call **Baby Diaper Service** to set up service, or inquire about giving the gift of diaper service: **1-800-562-BABY**, or **206-634-BABY**, or visit the **Baby Diaper Service** website at www.SeattleDiaper.com.

