Region 3 & Region 4				
You & Your Family	Business & Workers	Health Care	Child Care, K-12, & Higher	
			Education	
Franklin Pierce Youth First	PIERCE CO Ready Business Continuity	UNTY 7 Ways to manage your stress	Centro Latino	
Coalition Introduces new Prevention Rental Assistance program is operated by Share & Care House. Intended to provide rental assistance to help households maintain existing housing. Must be at/below 50% AMI and must live in Pierce County, outside the borders of the City of Tacoma. English and Spanish available. Phone: (253) 841-8886 ext. 800 Email: covid- ra@shareandcarehouse.org	Planning Suite Created by the Federal Emergency Management Agency's Ready campaign, businesses can utilize this solution to maintain normal operations and provide resilience during a disruption. Website: https://www.ready.gov/business- continuity-planning-suite	during the COVID-19 outbreak – Tacoma-Pierce County Health Department Article: https://www.tpchd.org/Home/Co mponents/Blog/Blog/21444/333 ?backlist=%2f Pierce County Crisis Line 24 hours a day, 7 days a week Phone: (800) 576-7764 Text line: 741741 (fees waived) Other mental health resources: Call 211	1208 S 10 th St, Tacoma, WA 98405 Centro Latino will be providing a print format of the supplemental packages that Tacoma Public Schools Districts has made available for all Pre-K to 12th grade students. These are not meant to be educational resources or a substitute for classroom instruction but will help students practice their skills and learn independently during the closure. Email: bbaca@clatino.org or yaguilar@clatino.org Phone: (509) 961-7840 or (509) 792- 4539	
Emergency Food Network All Pierce County school districts have announced <i>free breakfast and</i> <i>lunch programs</i> for students during the school district closure for children in need ages 0-18 Information by district: https://www.k12academics.com/na tional-directories/school- district/Washington/Pierce	 Emergency Small Business Relief Loan Program – Pierce County Economic Development 950 Pacific Ave. Suite 720, Tacoma, WA 98402 Pierce County small businesses who have experienced significant economic injury as a direct result of the pandemic may apply for this loan program if they meet the criteria: Be a business physically located in unincorporated Pierce County Have 10 or fewer employees (including owner) Be in operations for one or more years Demonstrate at least a 25% reduction in revenues attributable to the pandemic Phone: (253) 798-6150 Email: PCSBRLoan@piercecountywa.gov Apply online: https://www.cognitoforms.com/Pierc eCounty2/PierceCountyCOVID19Sm allBusinessReliefLoanProgramAppli cation 	Temporary Care Centers for COVID-19 – as of March 27 To care for people of all income levels in Pierce County, agencies responding to COVID-19 will set up temporary care centers. Assessment and recovery centers are effective and essential to slow the spread of disease and save lives. The sites are for people who have tested positive or are awaiting test results and don't need hospital care or have a safe place to stay. Staying at the center is voluntary. People will only be there if they can't stay at home and choose to stay at the center. These temporary care centers provide local care without adding to the mounting pressure on the hospital system. Website: https://www.tpchd.org/home/sho wdocument?id=6568 https://www.tpchd.org/healthy- people/diseases/covid-19- temporary-care-centers Phone: (855) 722-5379 Email: pccallcenter1@tpchd.org Locations: 1. Central Pierce County 2. West Pierce County 3. East Pierce County	Tacoma Community College WiFi 6501 S 19 th St, Tacoma, WA 98466 Starting April 7 th , Parking Lot C will have WiFi available if you need to access WiFi from your car. Email: <u>support@tacomacc.edu</u>	
COVID-19 Information by and for People with Disabilities	COVID-19 Business Info Series – Tacoma-Pierce County Chamber	SeaMar Community Health Center	Tacoma Public Schools – School Resources	

8-page booklet about the coronavirus is written in plain language. Focusing on "need to know" information. Suggestions welcomed. Email: info@gmsavt.org Booklet: English https://selfadvocacyinfo.org/wp- content/uploads/2020/03/Plain- Language-Information-on- Coronavirus-accessiblepdf Booklet: Spanish https://selfadvocacyinfo.org/wp- content/uploads/2020/03/Spanish- Plain-Language-Information-on- Coronavirus.pdf	950 Pacific Ave. Suite 300, Tacoma, WA 98402 In-depth discussions of issues for businesses that have arisen due to the COVID-19 outbreak. Website: https://www.tacomachamber.org/web inar-past-episodes.html Phone: (253) 627-2175 Email: info@tacomachamber.org	2121 S. 19th Street, Tacoma, WA 98405 Phone: (253) 396-1634 WIC/Nutrition Education – Tacoma 1516 S 11th St, Tacoma, WA 98405 Phone: (253) 280-9851 Maternity Support Services Puyallup Clinic 10217 125th St, Ct E Ste 300 (253) 280-9836 Tacoma Clinic 1516 S 11th St, Tacoma, WA (253) 280-9851	Family resource packets by grade level Website: <u>https://www.tacomaschools.org</u> <u>/ci/optional/pages/es.aspx</u>
Centro Latino 1208 S 10 th St, Tacoma, WA 98405 Providing essential resources for our community in need via phone lines and at our location while following the social distance requirements. Website: https://www.clatino.org/ 1.Emergency Financial Assistance 2.Food Bank Location 3. Census Email: bbaca@clatino.org or yaguilar@clatino.org Phone: (509) 961-7840 or (509) 792-4539	SharedWork Program – Statewide The SharedWork program was created by the state legislature in 1983 to prevent layoffs. The program provides businesses flexibility to retain employees at reduced hours rather than completely laying them off. Any employer can temporarily reduce employees' hours 10 to 50 percent and qualified workers receive partial unemployment benefits to replace a portion of their lost wages. Website: www.SharedWorkWA.com Phone: 800-752-2500 Email: sharedworkplansect@esd.wa.gov	HIV/STD Clinic – Tacoma- Pierce County Health The HIV/STD clinic will temporarily operate twice a week bcause of the COVID-19 response. Unable to offer evening clininc hours or routine screening services at this time. Hours: Tuesdays & Thursdays 10am-12:00pm Phone: (253) 798-3805	Child Care Aware of Washington's Family Center 1001 Pacific Avenue, Suite 400, Tacoma, WA 98402 Connects families to local, licensed child care Family Center is operational 1-800-446-1114
Tacoma Public Utilities3628 South 35th Street, Tacoma,WA 98409Established an EmergencyAssistance Program to helpcustomers during the state ofemergency declared by the City ofTacoma in response to COVID-19.The program provides a utilitycredit of up to \$250 for eligiblesingle-family households, usabletoward TPU billsWebsite:https://www.mytpu.org/emergencyassistance/Apply online:https://mytpu.formstack.com/forms/emergencyassistancePhone: (253) 502-8600	City of Tacoma COVID-19 Stabilization Loan Program Due to the negative economic impact COVID-19 and mandatory shutdowns are having on small businesses, the City of Tacoma will be offering small loans that require no repayment for a year. Loan payments will be deferred for 12 months after loan closing. This means that if your business is approved for a loan and we close in April 2020, you will not have to make any monthly payments until April 2021. During that time, interest will accrue on the loan. Apply Online: https://makeittacoma.com/business- employer-resources-for-covid-19- response-2-2/financial-support/covid- 19-stabilization-loan-pre-application/ Email: covid18loan@cityoftacoma.org	Neighborhood Clinic Open Mondays and Thursdays at 5:00pm Changes posted online and facebook English and Spanish services available Phone: (253) 627-6353 Email: info@neighborhoodclinictacoma .org Website: https://neighborhoodclinictacom a.org/	Autism & COVID-19 Article A go-to guide for autism coronavirus support provided on UW Autism Center Website Website: https://depts.washington.edu/u wautism/resources/covid-19/ Article: https://autisticandunapologetic. com/2020/03/20/autism-covid- 19-how-to-support-autistic- people-during-the-coronavirus- pandemic/
The Salvation Army – Centralia	LEWIS COU Unemployment Benefits - Statewide	Dentist Link	Autism & COVID-19 Article

303 N Gold Street, Centralia, WA 98531 Phone: (360) 736-4339 Website: http://centralia.salvationarmy.org	Washington State Employment Security Department Website: <u>esd.wa.gov</u> Instructions: <u>esd.wa.gov/unemployment</u> Extra protections in place for those who have lost work due to COVID- 19: <u>esd.wa.gov/newsroom/covid-19</u> Apply Online: <u>http://secure.esd.wa.gov/home</u> Apply by phone: 8am-4pm 800-318-6022	If you need assistance finding urgent dental care, our DentistLink referral team can help. We have a current list of dental providers in your area providing this care. Please call or text us to get connected to urgent dental care near you. Call/Text: 844-888-5465 Website: <u>DentistLink.org</u> Flyer: https://freeclinics.org/wp- content/uploads/Urgent-Dental- Care-DentistLink-1.pdf	A go-to guide for autism coronavirus support provided on UW Autism Center Website Website: https://depts.washington.edu/u wautism/resources/covid-19/ Article: https://autisticandunapologetic. com/2020/03/20/autism-covid- 19-how-to-support-autistic- people-during-the-coronavirus- pandemic/
Autistic People of Color Fund The Autistic People of Color Fund will provide direct financial support to autistic people of color through individual microgrants of amounts between \$100 to \$500. Website: https://autismandrace.com/autistic- people-of-color-fund/ Application: https://docs.google.com/forms/d/e/ 1FAIpQLSfiw9C5piX4KsthCSnV 6Lsdir7Oe00Vjgj7qcba7Yw- dJVPcg/viewform Email: communityfund@autismandrace.c om	Workers Compensation - Statewide State-run insurance program that provides benefits for people who suffer job-related injuries or illnesses. Operated by the Washington State Department of Labor & Industries. Apply online: https://lni.wa.gov/claims/for- medical-providers/filing- claims/filefast-report-of-accident Apply by phone: 877-561-3453	Arbor Health – Mossyrock Clinic 745 Williams St., Mossyrock, WA 98564 Phone: (360) 983-8990 Website: http://myarborhealth.org/	Burke Museum from Home Visit the Burke Museum from home with activities and resources for all ages. Website: https://www.burkemuseum.org/ burke-from- home?fbclid=IwAR0Zpco1O7 CoZILCKqOiMpaVpVIXCNj6 nu7PoZtw2iR8H38ooLxfDZEy LhI Sign-up: https://signup.e2ma.net/signup/ 1917944/1804199/
Housing Resource Center 621 S Diamond Street, Centralia, WA 98531 Phone: (360) 736-5140 Monday-Thursday: 9am-4pm Fridays: 11am-4pm	Small Business Administration - StatewideProviding low-interest loans of up to \$2 million to help with operation expenses.Website: https://disasterloan.sba.gov/ela/Infor mation/EIDLLoans https://disasterloan.sba.gov/ela/	Arbor Health – Randle Clinic 108 Kindle Road, Randle, WA 98377 Phone: (360) 497-3333 Website: http://myarborhealth.org/	OSPI School Closures FAQ https://www.k12.wa.us/sites/def ault/files/public/communication s/SchoolClosuresQandA.pdf
Chehalis Food Bank Greater 750 SW 21 st Street, Chehalis, WA 98532 Phone: (360) 748-1226 Website: http://greaterchehalisfoodbank.org	Employment Security Department's Paid Family and Medical Leave Program - Statewide Can provide paid leave benefits for WA workers who need to take time off from work due to a serious health condition or to care for a family member with a serious health condition. Website: https://esd.wa.gov/newsroom/covid- 19	Arbor Health – Morton Hospital 521 Adams Ave., Morton, WA 98356 Phone: (360) 496-5112 Website: https://myarborhealth.org/	Science for Kids Science Kids is the online home of science & technology for children around the world. Website: <u>https://www.sciencekids.co.nz/i</u> <u>ndex.html</u>
Lewis County Food Bank Coalition 750 SW 21 st Street, Chehalis, WA 98532 Phone: (360) 330-1519 Email: <u>lcfbc@ymail.com</u>	Employment Security Department Rapid Response - Statewide If COVID-19 disrupts a WA business and causes a mass layoff/closure, ESD and its local workforce development board partners can respond with services and funding to help impacted workers get connected	Valley Health Center – Centralia 2428 W Reynolds Ave., Centralia, WA 98531 Located on the campus of Cascade Mental Health Care	Coronavirus and Forbearance Info for Students, Borrowers, and Parents – Your payments will automatically stop from March 13, 2020, through Sept. 30, 2020.

	to unemployment benefits and re- employment services. Website: <u>https://www.esd.wa.gov/newsroom/l</u> <u>ayoff-assistance</u>		To provide relief to student loan borrowers during the COVID-19 national emergency, federal student loan borrowers are automatically being placed in an administrative forbearance, which allows you to temporarily stop making your monthly loan payment. This suspension of payments will last until Sept. 30, 2020, but you can still make payments if you choose. Website: https://studentaid.gov/announce ments-events/coronavirus Phone: 1-800-433-3243 TTY for deaf or hearing- impaired: 1-800-730-8913
	THURSTON C	COUNTY	
Food Meal Programs – Various Locations East Olympia Elementary: 8700 Rich Rd SE, Olympia Tumwater High School: 700 Israel Rd SW, Tumwater Michael T. Simmons Elementary: 1205 South 2 nd Ave SW, Tumwater Littlerock Elementary: 12710 Littlerock Rd SW, Olympia Monday-Friday 11am-1pm Ages 0-18	Unemployment Benefits - Statewide Washington State Employment Security Department Website: <u>esd.wa.gov</u> Instructions: <u>esd.wa.gov/unemployment</u> Extra protections in place for those who have lost work due to COVID- 19: <u>esd.wa.gov/newsroom/covid-19</u> Apply Online: <u>http://secure.esd.wa.gov/home</u> Apply by phone: 8am-4pm 800-318-6022	Dentist Link If you need assistance finding urgent dental care, our DentistLink referral team can help. We have a current list of dental providers in your area providing this care. Please call or text us to get connected to urgent dental care near you. Call/Text: 844-888-5465 Website: DentistLink.org Flyer: https://freeclinics.org/wp- content/uploads/Urgent-Dental- Care-DentistLink-1.pdf	Olympia Boys & Girls Club Jefferson Middle School 2200 Conger Ave. NW, Olympia, 98502 Monday-Friday 8:30am-5pm Fee: \$70 per week Scholarships available Capacity: 45 school-aged youth Phone: (360) 956-0755 https://bgctc.org/olympia
Grab-and-Go Meals Olympia School District Lunch and breakfast for the next day are packed in a paper bag. Weekdays from 1 lam to 1pm at all elementary schools in the Olympia School District. Catholic Community Services Phone: (360) 637-8563 Email: CCSSouthwestInfo@ccsww.org	Workers Compensation - Statewide State-run insurance program that provides benefits for people who suffer job-related injuries or illnesses. Operated by the Washington State Department of Labor & Industries. Apply online: https://lni.wa.gov/claims/for- medical-providers/filing- claims/filefast-report-of-accident Apply by phone: 877-561-3453 Small Business Administration - Statewide Providing low-interest loans of up to \$2 million to help with operation expenses. Website: https://disasterloan.sba.gov/ela/Infor mation/EIDLLoans https://disasterloan.sba.gov/ela/	Providence Community Care Center 225 State Ave., Olympia, WA 98501 Phone: (360) 515-5646 Website: https://washington.providence.or g/locations- directory/p/providence- community-care- center#llaid=9133 Sea Mar – Lacey Medical Clinic 669 Woodland Square Loop SE, Lacey, WA 98503 Phone: (360) 359-4840 Monday-Friday: 8am-5pm	For full details/registration, call Andrew Murrow (360) 918-0400 School districts: Tumwater Peter G. Schmidt Tumwater Hill North Thurston Chambers Prairie Olympia View Olympia School District Garfield Roosevelt McKenny Child Care Aware of Washington's Family Center 1001 Pacific Avenue, Suite 400, Tacoma, WA 98402 Connects families to local, licensed child care Family Center is operational 1-800-446-1114
Autistic People of Color Fund	Employment Security Department's Paid Family and	Sea Mar – Olympia Medical Clinic	Autism & COVID-19 Article

The Autistic People of Color Fund will provide direct financial support to autistic people of color through individual microgrants of amounts between \$100 to \$500. Website: <u>https://autismandrace.com/autistic- people-of-color-fund/</u> Application: <u>https://docs.google.com/forms/d/e/</u> <u>IFAIpQLSfiw9C5piX4KsthCSnV</u> <u>6Lsdir7Oe00Vjgj7qcba7Yw- dJVPcg/viewform</u> Email: <u>communityfund@autismandrace.c</u> om	Medical Leave Program - Statewide Can provide paid leave benefits for WA workers who need to take time off from work due to a serious health condition or to care for a family member with a serious health condition. Website: https://esd.wa.gov/newsroom/covid- 19	3030 Limited Lane NW, Olympia, WA 98502 Phone: (360) 491-1399 Monday-Friday: 8am-5pm	A go-to guide for autism coronavirus support provided on UW Autism Center Website Website: https://depts.washington.edu/u wautism/resources/covid-19/ Article: https://autisticandunapologetic. com/2020/03/20/autism-covid- 19-how-to-support-autistic- people-during-the-coronavirus- pandemic/
Community Action Countil/Sidewalk Single adults and HEN clients 225 State Ave NE, Olympia, WA 98501 Phone: (360) 438-1100 (360) 515- 5587 Family Support Center Families with children 3545 7 th Ave SW, Olympia, WA 98502 Phone: (360) 754-9297 ext. 200 Monday-Friday: 9am-4pm Community Youth Services Up to 24 years of age 711 State Ave NE, Olympia, WA 98506	Employment Security Department Rapid Response - Statewide If COVID-19 disrupts a WA business and causes a mass layoff/closure, ESD and its local workforce development board partners can respond with services and funding to help impacted workers get connected to unemployment benefits and re- employment services. Website: <u>https://www.esd.wa.gov/newsroom/l</u> ayoff-assistance	Sea Mar – Tumwater Behavioral Health Clinic 6334 Littlerock Rd. SW., Tumwater, WA 98512 Phone: (360) 704-7590 Monday-Friday: 8am-5pm	Burke Museum from Home Visit the Burke Museum from home with activities and resources for all ages. Website: https://www.burkemuseum.org/ burke-from- home?fbclid=IwAR0Zpco107 CoZILCKqOiMpaVpVIXCNj6 nu7PoZtw2iR8H38ooLxfDZEy LhI Sign-up: https://signup.e2ma.net/signup/ 1917944/1804199/
Phone: (360) 943-0780 or 1-888- 698-1816 Monday-Wednesday: 9am-4pm & 6pm-8:30pm Thursdays: 9am-12:30pm & 4:30pm-8:30pm			
	MASON CO	UNTY	
Catholic Community Services –	Unemployment Benefits -	Dentist Link	Autism & COVID-19 Article
Supportive Services for Veterans 3545 7 th Ave SW, Olympia, WA 98502 Phone: (360) 350-0046 Website: <u>https://ccsww.org/get- help/specialized-</u> <u>services/supportive-services-for-</u> <u>veteran-families-ssvf/</u>	Statewide Washington State Employment Security Department Website: esd.wa.gov Instructions: esd.wa.gov/unemployment Extra protections in place for those who have lost work due to COVID- 19: esd.wa.gov/newsroom/covid-19 Apply Online: <u>http://secure.esd.wa.gov/home</u> Apply by phone: 8am-4pm 800-318-6022	If you need assistance finding urgent dental care, our DentistLink referral team can help. We have a current list of dental providers in your area providing this care. Please call or text us to get connected to urgent dental care near you. Call/Text: 844-888-5465 Website: <u>DentistLink.org</u> Flyer: <u>https://freeclinics.org/wp- content/uploads/Urgent-Dental- Care-DentistLink-1.pdf</u>	A go-to guide for autism coronavirus support provided on UW Autism Center Website Website: https://depts.washington.edu/u wautism/resources/covid-19/ Article: https://autisticandunapologetic. com/2020/03/20/autism-covid- 19-how-to-support-autistic- people-during-the-coronavirus- pandemic/
Autistic People of Color Fund The Autistic People of Color Fund will provide direct financial	Workers Compensation - Statewide State-run insurance program that	Mason Clinic 1701 North 13 th Street, Shelton, WA 98584	Burke Museum from Home Visit the Burke Museum from home with activities and
support to autistic people of color through individual microgrants of amounts between \$100 to \$500.	provides benefits for people who suffer job-related injuries or illnesses. Operated by the	Phone: (360) 426-2653 Toll-free: (800) 824-8885	resources for all ages. Website: https://www.burkemuseum.org/

Website:	Washington State Department of	Website:	burke-from-
https://autismandrace.com/autistic-	Labor & Industries.	https://www.masongeneral.com/	home?fbclid=IwAR0Zpco1O7
people-of-color-fund/	Apply online:	?utm_source=GMBSocialClimb	CoZILCKqOiMpaVpVIXCNj6
Application:	https://lni.wa.gov/claims/for-	&utm_medium=MGHSheltonFa	nu7PoZtw2iR8H38ooLxfDZEy
https://docs.google.com/forms/d/e/	medical-providers/filing-	milyMedicineandOrthopedics	LhI
1FAIpQLSfiw9C5piX4KsthCSnV		minymedicineandOrthopedics	
	claims/filefast-report-of-accident		Sign-up:
6Lsdir7Oe00Vjgj7qcba7Yw-	Apply by phone:		https://signup.e2ma.net/signup/
dJVPcg/viewform	877-561-3453		<u>1917944/1804199/</u>
Email:			
communityfund@autismandrace.c			
om			
Crossroads Housing	Small Business Administration -	Health Care Center	OSPI School Closures FAQ
71 Sargison Loop, Shelton, WA	Statewide	107 N. 8 th Street, Shelton, WA	https://www.k12.wa.us/sites/def
98584			
	Providing low-interest loans of up to	98584	ault/files/public/communication
Phone: (360) 427-6919	\$2 million to help with operation	Sunday-Friday: 8am-6pm	s/SchoolClosuresQandA.pdf
Monday-Friday: 9am-4pm	expenses.	Saturday: 10am-2pm	
	Website:	Website:	
	https://disasterloan.sba.gov/ela/Infor	https://www.healthcarecentershe	
	mation/EIDLLoans	lton.com/	
	https://disasterloan.sba.gov/ela/		
	https://disasterioan.soa.gov/era/		
	Employee to the		
Community Action Council of	Employment Security	Belfair Medical Clinic –	Science for Kids
Lewis/Mason/Thurston – HEN	Department's Paid Family and	Peninsula Community Health	Science Kids is the online home
Clients Only	Medical Leave Program -	Services	of science & technology for
807 W. Railroad Ave, Shelton,	Statewide	31 NE State Route 300, Suite	children around the world.
WA 98584	Can provide paid leave benefits for	200, Belfair, WA 98528	Website:
Phone: (360) 426-9726 ext. 3111	WA workers who need to take time	Phone: (360) 377-3775	https://www.sciencekids.co.nz/i
	off from work due to a serious health		ndex.html
	condition or to care for a family		<u>index.intim</u>
	member with a serious health		
	condition.		
	Website:		
	https://esd.wa.gov/newsroom/covid-		
	19		
North Mason Food Bank	Employment Security Department	Sea Mar – Olympia Medical	Coronavirus and
22471 NE State Route 3, Belfair,	Rapid Response - Statewide	Clinic	Forbearance Info for
WA 98528	If COVID-19 disrupts a WA business	3030 Limited Lane NW,	Students, Borrowers, and
	-	-	
Facebook site:	and causes a mass layoff/closure,	Olympia, WA 98502	Parents – Your payments will
https://www.facebook.com/North-	ESD and its local workforce	Phone: (360) 491-1399	automatically stop from
Mason-Food-Bank-	development board partners can	Monday-Friday: 8am-5pm	March 13, 2020, through
473993209386305/	respond with services and funding to		Sept. 30, 2020.
	help impacted workers get connected		To provide relief to student
	to unemployment benefits and re-		loan borrowers during the
	employment services.		COVID-19 national emergency,
	Website:		federal student loan borrowers
	https://www.esd.wa.gov/newsroom/l		are automatically being placed
	ayoff-assistance		in an administrative
			forbearance, which allows you
			to temporarily stop making
			your monthly loan payment.
			This suspension of payments
			will last until Sept. 30, 2020,
			but you can still make
			payments if you choose.
			Website:
			https://studentaid.gov/announce
			ments-events/coronavirus
			Phone: 1-800-433-3243
			TTY for deaf or hearing-
			impaired: 1-800-730-8913