

CAP SENIOR SERVICES

- In-home care 425-3430 x 252
- Meals-on-Wheels 425-3430 x 259
- Ombudsman 425-3430 x 204
- RUOK? (are you ok?) 425-3430 x 252
- Senior lunches 425-3430 x 259
- SHIBA (State Health Benefit Advisor)
425-3430 x 304
- Transportation 425-3430 x 236

Senior Community Meals Sites

Reservation: 425-3430 x 259

Monday

Longview-St. Stephens Episcopal Church
1428 22nd Ave

Kalama-United Methodist Church
111 N. 2nd

Tuesday

Rosburg Community Hall, Altoona Rd
Ryderwood Community Center 303 Morse

Wednesday

Castle Rock Senior Center, 2nd & A Street
Lexington-Seventh Day Adventist Church
77 Solomon Rd

Thursday

Cathlamet Congregational Church
3rd & Maple
Rosburg Community Hall, Altoona Rd
Kelso First Baptist Church, 214 Fourth

Friday

Woodland-St. Phillips Catholic Church
703 3rd
Longview-St. Stephens Episcopal Church
1428 22nd Ave

FOOD SOURCES

FREE MEALS

Community House 425-8679 1107 Broadway
Daily: Breakfast 7:00 am Dinner 6:00 pm

Salvation Army 423-3990 1639 10th
Lunches Mon-Fri 11:45-12:30

USDA Government Commodities

CAP Help Warehouse 425-3430 x 283
3rd Tuesday of each month from 10:00 am—4:00 pm

ST VINCENT DePAUL 577-0662 1222 Baltimore
3rd Tue each month from 5:00-6:00

Castle Rock Community Senior Center 274-7502
222 Second St. 3rd Thursday each month 10:00 am—1:00 pm

Kalama Helping Hands 673-2814
191 Cloverdale—2nd Tue each month 11:00 am—200 pm

Cathlamet Wahkiakum Helping Hands 501-6360
River Rat Tap 90 Broadway Cathlamet
2nd Tues each month 10:00—3pm

Woodland Community Center 225-9998
736 Davidson—2nd Thursday each month 1:00—3:00 pm

Lexington New Song Worship Center 430-3578
161 Aaron Dr—2nd Tues each month 2:00—4:00 pm

Basic Food Program Food Stamps 425-3430 x 282
1526 Commerce Ave—Room 107
Forms & Assistance to apply for basic food program

WIC Program 423-7740 1717 Olympia Way Suite 206

05/21/2010



1526 Commerce Ave
Longview, WA 98632
(360) 425-3430 | 800 383-2101
www.LowerColumbiaCAP.org

Community Resources

FOOD BANKS

LONGVIEW & KELSO

FISH 636-1100 Mon-Fri 9:00 am—12:00 pm

SALVATION ARMY 423-3990 1639 10th
Mon-Wed-Fri 1:00 pm—3:00 pm/once a month four
(4) times a year **Lunches** Mon-Fri 11:30-12:30

ST. VINCENT DePAUL 577-0662 1222 Baltimore
Mon-Wed-Fri 8:30 am—11:30am (ID for everyone in
household w/current utility bill)
Evening: 1st & 3rd Tue from 5:00-600 (Bring proof of
Employment)

NORTHGATE CITY CHURCH 577-0620
1209 Minor Rd., Kelso Thurs., 10:00 am—1:00 pm

CASTLE ROCK

Eagles Hall 274-8887
224 Huntington Ave S.— Thur., 1:00-2:00 pm

KALAMA HELPING HANDS

673-2814 191 Cloverdale—Tue 11:00 am-4:00 pm
Thurs 11:00 am—2:00 pm (Clothing available)

CATHLAMET WAHKIAKUM HELPING HANDS

501-6360 River Rat Tap 90 Broadway Cathlamet
Tues 10:00 am—3:00 pm Home delivery service

WOODLAND COMMUNITY

CENTER 225-9998 736 Davidson
Mon 9am-6pm Tues & Thurs 9am-5pm

SHELTER

American Red Cross Disaster Services 1 800 448-3543

Community House 425-8679 — 1107 Broadway

Domestic Violence-Emergency Support Shelter
425-1176 or 636-8471 **Hotline** 1 800 562-6025

HOUSING

Habitat for Humanities 425-6177 1347 14th Ave

DAPC/PPW 425-9210 621 Grade St. Kelso—outpatient
425-9660 — 600 Broadway (Women's' Services)

Kelso Housing Authority (HUD) 423-3490
1415 South 10th Ave

Longview Housing Authority (HUD) 423-0140
1207 Commerce Ave

Low-income rentals & Self-Help Housing 425-3430
1526 Commerce Ave

Homeless Veterans—Cowlitz County 577-6757
208 Vine Street Kelso

CLOTHING SOURCES

The Storehouse 423-0190 — 2441 42nd Ave
Thursday 11:00 am—2:00 pm (New Life Fellowship)

7th Day Adventist 423-6730 — 840 11th Ave
Tuesday 10:30 am—2:30 pm

God's Closet 425-8679 — 1107 Broadway Ave
Tue/Wed/Thurs 9:30 am—11:30 am & 12:30 pm—2:00 pm

Northgate City Church 577-0620 — 1209 Minor Rd Kelso
Thursday 10:00 am—1:00 pm

FISH 636-1100 Monday—Friday Call between 1:00—4:00 pm
• Work clothes and boots

WOODLAND COMMUNITY CENTER 225-9998 736 Davidson
Tue/Wed/Thurs 11:00 am—5:00 pm

UTILITIES

Lower Columbia CAP — 1526 Commerce Ave
• Energy 425-3430 x 231
• Weatherization 425-3430 x 229

Washington Telephone Assistance Program
1 888 700-8880

LEGAL SERVICES & ADVICE

Cowlitz-Wahkiakum Legal Aid Program 425-3430 x 206
1526 Commerce Ave

Columbia Legal Services 1 800 260-6260

C.L.E.A.R. (non-criminal and non-traffic issues)
1 888 201-1014 Mon-Fri 9:15 am—12:30 pm
1 888 201-1014 Tue 3:30 pm—6:15 pm

C.L.E.A.R. (non-criminal and non-traffic issues)
Age 60+ 1 888 387-7111 (same hours noted as above)

OTHER COMMUNITY SERVICES

Basic Food Nutrition Program "Cowlitz On the Move"
414-5586
• Nutrition counseling for people receiving food stamps

Catholic Community Volunteer Services
577-2200 — 676 26th Ave
• Serving handicapped, disabled and seniors with yard work,
transportation, housework and more.

DSHS Food Stamp/cash help information
501-2400 — 711 Vine Street Kelso
• Customer Call Center 1 877 980-9180 (EBT)
• Quest Card Information 1 888 328-9271

Social Security Office 1 800 772-1213
• Local office 414-0436 — 1145 14th Ave

YMCA 423-4770 — 766 15th Ave
• Showers available (picture I.D. required)
• Day passes and scholarships available

Parents' Place 414-9212 — 928 23rd Ave

HEALTH CARE

Mental Health /Suicide Crisis Hotline
425-6064

AID Hotline 577-0272

HIV/AIDS Service 414-5599 (contact Lou Ann Fields)

Basic Health Plan of Washington 1 800 826-2444
• Health insurance for low-income

HEALTH CARE continued

Birthright 423-2900 **Emergency 1 800 550-4900**
676 26th Ave Mon & Wed 9:30 am—12:00 pm
• Free pregnancy testing, clothing & diapers

Caring Pregnancy Center 636-3333 — 1010 Fir Street
• Maternity and baby clothing, classes

Center for Behavioral Solutions 414-2280

CHIP 1 877 543-7669 Low cost health insurance for kids

Community Health Education Center 442-2841 or 442-2840
• Health and safety information

Cowlitz County Health Dept. 414-5599 — 1952 9th Ave

Family Health Center
• Medical 636-3892 — 1057 12th Ave
• Dental 414-1300 or 414-1254

Free Medical Clinic 414-2852 or 431-3005 (Urgent Care Only)
1405 Delaware Wed: 5:30-9:00 pm Adults only (18 and
older) who have no medical insurance or medical coupons

FISH 636-1100 Mon—Fri 1:00—4:00 pm
• Prescriptions, dental, some medical

Lower Columbia Mental Health Center 423-0203

Needymeds.com (email only)
• Medication for qualifying individuals; may take 2-3 weeks)

Physicians Who Accept Medical Coupons 1 800 562-3022

Progress Center 425-9810 — 1600 3rd Ave

Vision Services (Glasses) Lions Club
Contact Bill Hallanger 425-3700 at Rodman Realty

ALCOHOL & DRUG

Crisis Line 1 206 722-3700
24 Hour Help Line 1 800 562-1240

Alcoholics Anonymous and Al-Anon 423-2520

Narcotics Anonymous 360 703-0120