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Program	Phone No.
Birth to Six Program	253-344-0052
Child Care Aware of Washington	800-446-1114
Child Care Check	866-482-4325
ChildReach of Pierce County	253-344-0052
Children of the River Child Advocacy Center (PTOI)	253-382-6194
Children's Health Insurance Program (CHIP)	877-267-2323
Community Domestic Violence Advocacy Program (PTOI)	253-680-5499
Community Family Services Program (PTOI)	253-573-7919
Early Achievers	866-922-7629
Early Support for Infants and Toddlers (ESIT)	360-725-3500
Grandview Early Learning Center	253-382-6371
Grandview Early Learning Center	253-680-5515
Help Me Grow Washington	800-322-2588
Home Visiting Programs	800-322-2588
Human Rights Campaign	800-777-4723
Lice Clinics of America	253-544-3337
Low-Income Home Energy Assistance Program (LIHEAP)	800-562-0336
Nourish Pierce County	253-383-3164
Pierce County Library System	253-548-3300
PTOI Childcare Assistance (PTCAP)	253-573-7903
PTOI Children's Activities Program	253-573-7829
PTOI Crisis Assistance Program (CAP)	253-573-7989
PTOI Emergency Housing Repair Program	253-573-7972
PTOI Higher Education	253-573-7917
PTOI Natural Disaster Assistance Program	253-680-5671
PTOI Preschool Program (PTCAP)	253-573-7903
PTOI Set Aside Housing Programs	253-680-5694
PTOI Workforce Development Program-Employment	253-382-6033
PTOI Wrap Around Program	253-573-7924
Puyallup Tribe Language Program	253-382-6170
Puyallup Tribe of Indians Heritage Division	253-680-5687
Re-Entry Program (PTOI)	253-573-7842
Supplemental Nutrition Assistance Program (SNAP)	877-501-2233
Sustainability Program	253-382-6209
Temporary Assistance for Needy Families (TANF)	877-501-2233
The Trevor Project	866-488-7386
Tribal Employment Rights Office (TERO)	253-680-5742
Women, Infants, and Children (WIC)	800-841-1410
Working Connections Child Care (WCCC)	844-626-8687

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CHILDCARE PROGRAMS

Grandview Early Learning Center (GELC)

Services: This federally funded Child Care Development Fund (CCDF)child care assistance grant assists families searching for daycare opportunities who reside in our service area of:

- Pierce County
- Federal Way, Washington
- King County (Puyallup Tribal Members Only)
- Thurston County (Puyallup Tribal Members Only)

Cost of Program: There is a maximum allowed payment per month paid directly to the Provider. Should the Provider charge over that amount, the remaining due would be the responsibility of the family.

Family Eligibility Requirements: The child must be a member of any federally recognized tribe, and have current immunization records. Family must provide documentation of residence, employment, attending school/training or in protective services.

Provider Eligibility Requirements: Licensed centers must provide copy of daycare license. Non-licensed providers must care for the child in the child's home and complete all the required trainings listed on line. Relative providers can care for the child in their home or the child's home, and must have a copy of driver's license and proof of insurance. All providers (less Licensed) must pass a comprehensive background check prior to approval of employment.

For additional program information, please email: GELC.Subsidy@PuyallupTribe-nsn.gov
Phone: 253-382-6371

Grandview Early Learning Center (GELC)

Services: To provide quality and culturally appropriate early childhood care for the Native children residing in our community, and to provide a safe and nurturing environment for their physical, social, and intellectual growth in a Tribally Operated Center. Service area is Pierce County and Federal Way, Washington for all federally recognized tribal members and Thurston and King Counties for Puyallup Tribal Members.

Family Eligibility Requirements: The child must be a member of any federally recognized tribe, and have current immunization records. Family must provide documentation of residence, employment, attending school/training or in protective services and reside in our service area.

Cost of Services: There is no cost to the families who meet the eligibility requirements above.

For additional program information, please email: GELC.Enrollment@PuyallupTribe-nsn.gov
Phone: 253-680-5515

CHILDREN'S HEALTH INSURANCE

Children's Health Insurance Program (CHIP)

Services: The Children's Health Insurance Program (CHIP) aims to provide health coverage to low-income, uninsured children in families whose income is too high to qualify for Medicaid, but too low to afford private insurance. It's a joint federal and state program that offers a safety net for children's healthcare. In Washington State, CHIP is part of the Apple Health for Kids program, offering doctor visits and hospital care, immunizations, dental, vision and mental health services.

Eligibility/Requirements: Children must be under 19 years of age, within the family income guidelines and a Washington state resident.

For complete program information, please: CLICK HERE

Phone: 877-267-2323

CULTURAL RESOURCES

Puyallup Tribe of Indians Heritage Division

Events and Activities:

Annual Puyallup Tribal Labor Day Powwow-Labor Day Weekend

- Dance & drum Competition Prize
- Puyallup Tribal Royalty Contest
- Native American Vendors
- Native American Food Booths

Canoe Journey-July through August

The Canoe Journey began as a way to help heal our youth, families and communities. The Puyallup Canoe Family follows the traditional protocols of the canoe way of life and the traditional teachings of our ancestors.

Youth Canoe Journey is an opportunity for elders to impart their knowledge, for adults to guide and support, and for our youth to step confidently into roles of leadership. This will assist in ensuring that the culture is continued on through future generations.

Nature Walks

The Puyallup Tribe offers various opportunities to connect with nature, including the Puyallup Loop Trail in downtown Puyallup, a Native Plant Walk, and their involvement in the spuyaləpabš Trail, a regional train connecting Puyallup, Fife and Tacoma. The tribe also has a history deeply rooted in the land, with their traditional villages and fishing practices connected to the Puyallup River and Puget Sound.

For additional information on events, please email: CulturalCenter@PuyallupTribe-nsn.gov

Phone: 253-680-5687

Puyallup Tribe Language Program

Services: The Puyallup Tribal Language Program is revitalizing the Twulshootseed language in the Puyallup Tribal community through Twulshootseed virtues: Be kind, be helpful, be sharing. Their goal is to produce Lushootseed speakers who use the language every day in these areas: conversational speech, language use in the home, language transmission to children and public speaking. The language begins to come alive as we change our English for Twulshootseed in day to day speech.

For additional program information, please email: Language@PuyallupTribe-nsn.gov
For language classes and educational materials, please: CLICK HERE.
Phone: 253-382-6170

Puyallup Tribal Sustainability Program

Food sovereignty Hub Advisory Team

This Sustainability program is in development of a food sovereignty hub in order to grow food for membership, provide cultural and self-sufficiency teachings, connect community, and promote land stewardship. To ensure that this is an inclusive, informed, and well-rounded program, we will be forming a volunteer based advisory team to help with project decision making with participants having experience and a passion for Indigenous food systems, Traditional medicines, Traditional ecological knowledge, Agroecology, Farming, hunting, fishing, Native plants, Horticulture, Food processing, Environmental stewardship, Food policy, Farm business and Environmental education.

PTOI Sustainability Committee

Headed by the Sustainability Manager, the program works together to identify measures for the tribe to address waste, recycling, climate change, and energy efficiency.

To be eligible to participate, you must fit one of the criteria: Puyallup Tribal member, Puyallup Tribe employee of any entity, Chief Leschi staff, faculty, or students, Other native Americans in our community and Must be 16+.

If you're interested in joining, please email: Sustainability@PuyallupTribe-nsn.gov.
Phone: 253-382-6209

DEVELOPMENTAL RESOURCES

Birth to Six Program – Puyallup Tribe

Services: To provide culturally relevant family resource coordination and early intervention/prevention services for families with children age's birth to five years of age who are enrolled members of a federally recognized tribe. Services are family friendly and provided in natural environment settings. The program is primarily a direct services program that screens and identifies children in all areas of development, makes referrals to the appropriate service provider, follows-up on all findings, offers speech therapy, funding for therapeutic adaptive equipment or technology, and assists families to access other early intervention services not available at Grandview Early Learning Center.
For additional program information, please email: Zenia.Melendez@PuyallupTribe-nsn.gov
Phone: 253-344-0052

Child Reach Program of Pierce County

Services: A unique program between Pierce County and the Puyallup Tribe, ChildReach is a developmental screening program for tribal children to provide screenings in language, large/small motor skills, concepts, and behavior development, to screen for developmental delays and ensure children are developing at an age-appropriate rate. Developmental screenings help identify any potential delays early, allowing for timely intervention.
Eligibility/Requirements: Tribal children in Pierce County, WA, from birth to 6 years old, ChildReach staff provide the developmental screenings at Tribal locations including Grandview Early Learning Center (Tribal Childcare) and Chief Leschi Schools-Early Learning Programs
For additional program information, please email: Zenia.Melendez@PuyallupTribe-nsn.gov
Phone: 253-344-0052

Children and Youth w/Special Health Care Needs (Washington State Dept of Health)

Children and Youth with Special Health Care Needs (CYSHCN) are children and youth with diverse needs. They may have or be at increased risk for chronic physical, developmental, behavioral, or emotional conditions. Their complex needs mean many areas of their life may be impacted. The chronic physical, behavioral, or emotional conditions may include:

- ADHD (Attention-deficit hyperactivity disorder)
- Asthma
- Autism spectrum disorder
- Cerebral palsy
- Hearing differences
- Blindness
- Type 1 diabetes
- Down syndrome
- Heart disease

- Children in foster and kinship care

We partner with local CYSHCN Coordinators to advocate for families. The coordinators help connect families to the resources and care services they need and support the development of systems of care for CYSHCN in their local communities

For additional program information, please email: DOH-PIO@doh.wa.gov
Phone: 1-800-525-0127
Website: CLICK HERE

Early Support for Infants and Toddlers (ESIT)

Services: An early intervention service that is designed to enable children birth to 3 years old with developmental delays or disabilities to be active and successful during the early childhood years and in the future in a variety of settings. Services may include speech, occupational, and physical therapy, feeding and nutrition support, vision and hearing services and family education and counseling.

To schedule an evaluation: CLICK HERE.
For additional program information, please email: ESIT@dcyf.wa.gov
Phone: 360-725-3500

Mary Bridge Children's Developmental Behavioral Pediatrics

Our Developmental Behavioral Pediatrics team of experts include board-certified doctors, advanced registered nurse practitioners, registered nurses, social workers and a nurse navigator. We work with children from birth through 18 years of age with suspected intellectual disabilities developmental delays and suspected autism spectrum disorder.

All new patients of Developmental Behavioral Pediatrics will have a diagnostic evaluation only, which typically involves 1 to 4 visits. You will receive instructions on how to access special education resources, referrals for appropriate therapy services, as well as discussion of expectations and prognosis pertinent to your child's diagnosis. Genetic testing or a referral for genetic consultation may be ordered when appropriate

For complete program information: CLICK HERE
To make an Appointment, please phone:253-403-4437

Start Strong

Services: Strong Start is an easy, centralized way to keep track of developmental screening records. Parents, guardians, and health care providers can use it to enter the results of screenings that have already been completed, wherever they took place so your child won't miss screenings and will avoid duplicate screenings. Families will have an online record that can be used to find out if their child is eligible for certain programs.

For Step-by-Step Registration: CLICK HERE.
For additional program information, please email: UnivDevScrn@doh.wa.gov
For complete program information, please visit: www.strongstartwa.org

UW Autism Center-Tacoma

The UW Autism Center began in 2000 at the UW Seattle campus. We opened our doors at the UW Tacoma campus in 2004 with support and advocacy from multiple sources including state Senator Marily Rasmussen and the Autism society of Washington. Our goals were to increase community capacity to serve people with autism and their families by providing diagnostic and intervention services and offering professional training. We aimed to reduce the waiting period for families seeking clinical services in the south Puget Sound regions, and support community resources and connections.
For complete program information: CLICK HERE
Phone: 253-692-4711

EMPLOYMENT OPPORTUNITIES

Tribal Employment Rights Office (TERO)

Services: Tribal Employment Rights Office (TERO) protects tribal sovereignty by supporting tribal member self-sufficiency through enforcing Indian preference requirements in employment, training, and contracting opportunities.
Pre-Apprenticeship Program: Palmer Pathways Pre-Apprenticeship is a program that serves young adults between the ages of 18-26 who are disconnected from higher education or gainful employment and have an interest in pursuing a career in the trades who is a resident of Pierce County, a person of color, and can obtain required certifications, including OSHA 30.
Eligibility/Requirements: Applicant must be an enrolled member of a Federally Recognized Tribe or the spouse to enrolled Puyallup Tribal Member.
To complete an application for the program: CLICK HERE
For additional program information, please email: TERO @ PuyallupTribe-nsn.gov
Phone: 253-680-5742

FINANCIAL ASSISTANCE-Household

Low-Income Home Energy Assistance Program (LIHEAP)

Services: Low-Income Home Energy Assistance Program (LIHEAP) is a federally funded program that helps low-income households with financial assistance towards utility bills, repair or replace an unsafe or inoperative heating or cooling unit or making your home more energy efficient through Commerce's Weatherization Program.
For complete program information: CLICK HERE
To apply for services: CLICK HERE
Phone: 800-562-0336

Temporary Assistance for Needy Families (TANF)

Services: Temporary Assistance for Needy Families (TANF) is a federal program providing cash assistance to eligible families with low incomes. Washington State Department of Social and Health Services (DSHS) administers the program, which includes the WorkFirst program, to help participants find and keep jobs, as well as provide job skills training.
Eligibility/Requirements: Families must include a pregnant individual or minor child, have family resources less than $6,000, and may be required to participate in the WorkFirst Program.
For complete program information: CLICK HERE.
Phone: 877-501-2233

FINANCIAL ASSISTANCE-Childcare

Working Connections Child Care (WCCC)

Services: Working Connections Child Care (WCCC) helps eligible families pay for child care. When a family qualifies for child care subsidy benefits and chooses an eligible provider, the state pays a portion of the cost of child care. Parents may be responsible for a copayment to heir provider each month.
Eligibility/Requirements: The child must reside in Washington
Approved activities include:

- Employment or self-employed in legal, income-generating, taxable activities
- Education activities: High school and equivalency programs, attending college, technical or tribal college full time and seeing degree, or attending part time for a vocational degree
- Activities approved under the parents WorkFirst or BFET plan

Income Eligibility

- The family's income must be at or below 60% of the State Median Income (SMI)

For complete program information: CLICK HERE.
Phone: 844-626-8687

FINDING CHILD CARE

Child Care Aware of Washington

Services: Washington's online child care search site. This site allows access to Licensed child care centers, Early Achievers Child Care centers, and Friends, Family, and Neighbors (FFN) child care. By going on the website, it will direct you on area child care options that are convenient to the family's schedule and needs.
For complete program information: CLICK HERE
Phone: 800-446-1114

Child Care Check

Services: Child Care Check is a data collection tool to help in the search for quality child care. The data is collected by the Department of Children, Youth, and Families (DCYF) from area child care

providers, an includes vital information about child care providers. With this program you can search how long the provider has been licensed, how many children they have in their care, their current license standing, hours of operation, any valid complaints that were issued, etc.
For complete program information: CLICK HERE
Phone: 866-482-4325

Early Achievers

Services: Early Achievers is Washington State's Quality Recognition and Improvement System (QRIS). It was developed to help early learning and school-aged programs support each child's learning and development. Early Achievers is designed to ensure children have high-quality early learning experiences to develop skills they need to be successful in school and life, and gives families confidence in their child care choice. This program supports early learning professionals with resources like professional development, coaching, mental health consultation, and financial supports.
For complete program information: CLICK HERE
Phone: 866-922-7629

FOOD PROGRAMS

Nourish Pierce County

Services: The mission of Nourish is to provide nutritious food and support services to people in need with compassion, dignity and respect. Each food bank is set up like a grocery store, lined with pasta and fresh produce. The staff and volunteers show respect for a client's privacy by not asking too many invasive questions. And people experience compassion by knowing that no one will be turned away hungry. Nourish also helps clients move to a more stable future by providing information on housing, medical support, government subsidies, and community resources. Residents of Pierce County can visit one of the many Nourish food banks and walk away with food to feed their families and an opportunity for a better life.
For complete program information: CLICK HERE
Phone: 253-383-3164

Supplemental Nutrition Assistance Program (SNAP)

Services: Formally the *Food Stamp Program*, the Supplemental Nutrition Assistance Program (SNAP), is a federal program providing food-purchasing assistance for low-income individuals and families. SNAP benefits are issued on an Electronic Benefits Transfer (EBT) card, allowing recipients to purchase food at authorized retailers.
Eligibility/Requirements: To be eligible for SNAP, individuals and households must meet certain income and resource limits, and may need to meet other requirements specific to their state.
For complete program information: CLICK HERE
Phone: 877-501-2233

Women, Infants, and Children (WIC)

Services: The Women, Infants, and Children (WIC) Nutrition Program is for pregnant women, new breast and chest feeding parents, infants, and children under age 5.
WIC helps improve the health of parents and children through nutritional education and services regarding screenings, referrals, social services, and lactation consultants.
Eligibility/Requirements:
Eligibility depends on household size and income. Other members who may qualify for WIC are dads, grandparents, and other caregivers of children under 5 years old, foster children under age five and foster teens who are pregnant, and household members on Medicaid, Temporary Assistance for Needy Families (TANF), or Basic Food.
For complete program information: CLICK HERE
Phone: 800-841-1410

LICE SERVICES

Lice Clinics of America

Services: Lice Clinics of America end the nightmare of lice by dehydrating lice and their eggs in one easy treatment. Their FDA-cleared technology is recommended by the American Academy of Pediatrics. The treatment is completely pesticide free and even kills Super Lice. Call to book an appointment at one of their centers serving Silverdale, Tacoma, Lakewood and surrounding areas in Washington.
For complete program information: CLICK HERE
Phone: 253-544-3337

LITERACY PROGRAMS

Pierce County Library System

Services: Pierce County Library staff are available to answer questions in-person, by email and by phone during library open hours. They can assist with help in developing basic technology skills, provide an overview of any library database and online learning resources such as accessing library collections including their e-book collection, and can share search strategies and show how to research a topic using the library collection both in print and online. They can also connect you with community resources and information to get the answers you need.
For additional program information: CLICK HERE
Phone: 253-548-3300

MENTAL HEALTH SERVICES

Answers Counseling

Answers Counseling's licensed mental health providers are here to support your emotional wellness. Our registered nurses, registered dieticians, and community health workers can help you navigate medical visits. If you have Medicaid/Apple Health or SNAP/EBT Card, Answers Counseling can assist you during your pregnancy and as a parent.
For complete program information: CLICK HERE
Phone: 253-851-1801

Bicoff Smit Counseling
Ansebe Bicoff-Smit, LMHC

My approach to therapy is collaborative, client-led and attachment/relationally focused/. This means that I offer a warm and supportive space where you can explore patterns in your lief and relationships that may be the cause of increased anxiety and stress in your life. My hope is that therapy will help you better identify your strengths as well as challenge negative thought patterns or communication cycles. During sessions we may talk through past experiences to better understand how these experiences are impacting your life and decision making currently. Having a more authentic relationship with yourself and others can increase happiness and joy in your life.
For complete program information: https://www.bicoffsmitcounseling.com/
Email: bicoffsmitcounseling@mail.com
Phone: 360-320-6689

Catholic Community Services Family Behavioral Health

Catholic Community Services of Western Washington (CCSWW) is the largest local private provider of assistance to individuals and families struggling with poverty and the most vulnerable in our communities. CCS and AHA together annually serve tens of thousands of people through more than 190 programs.
For complete program information: CLICK HERE
Phone: 253-260-7897

Comprehensive Life Resources

COMPREHENSIVE Life Resources provides whole health services that help Pierce County adults and youth recover from mental distress. We are an incubator for practice innovation and advocate for policies and health care reforms that improve the behavioral health system for the community and individuals we serve. We invest in and partner with youth and adults (our clients) on their path to health and well-being.
For complete program information: CLICK HERE
Phone: 253-396-5800

Connections Counseling Services NW

Here at Connections, we treat the symptoms of trauma that negatively impact your life and give you the tools to help you achieve the healthy future you deserve to have. Our services cover quality therapy for children and adults such as Trauma Counseling, Reunification Counseling, Adoption Support, Individual Counseling, School Based Services, Grief and Loss, Infertility Counseling, Play Therapy, Divorce Counseling, and Attachment and Post-Traumatic Play Therapy.
For complete program information: CLICK HERE
Phone: 253-754-6382

Consejo Counseling and Referral Service

Serving Communities Across Western Washington with Culturally Sensitive Care for All. At Consejo, we understand that mental health is vital to overall well-being. Our program offers a holistic approach to behavior health, providing comprehensive services for indivuals and families across all age groups. Our dedicated clinical teams are experts in behavior health, tailoring their approach to meet your unique needs. We focus on empowering you with effective strategies and support, guiding you towards personal growth and a healthier, more fulfilling life. From initial assessments to ongoing care, we are with you every step of the way, ensuring a positive impact on your journey to mental wellness.
For complete program information: CLICK HERE

Counseling Well Being

Child therapy can be a vital resource for helping your child move through difficult issues that may present in family interactions or at school. Work with children requires care, compassion, patience and the ability to understand the child's language and means of interacting.
Virtual counseling assists both child and parent in learning how to express and interpret feelings so that there can be secure and safe attachment between child and parent. This enables your child to have improved behavior and flourish in life and relationships
For complete program information: CLICK HERE
Phone: 206-242-8211

Good Medicine Counseling

At Good Medicine Counseling we help you recover, rebuild, and thrive! Feeling stuck in a never-ending cycle of pain and frustration? You've tried medication, exercises, and online tips, buy your body still isn't responding. Working with a BIPOC therapist can help you take a personalized approach that truly supports your needs. At Good Medicine Counseling we believe healing is more than a service—it's a sacred process rooted in connection, culture, and care.
For a Free 20-Minute Consultation: CLICK HERE
Phone:253-234-5787

Greater Lakes Mental Healthcare-Lakewood

At Greater Lakes Mental Healthcare, we provide a wide variety of services in Pierce County, offering:

- Mental health services for adults and children in Pierce County
- Substance Use Disorder treatment for adults
- Court and Criminal justice programs
- Outreach and support programs for individuals experiencing homelessness
- Integrated medical care, including a full-service pharmacy

For complete program information: CLICK HERE
Phone: 253-581-7020

Hope Sparks Family Services

Children's Developmental Services provides early intervention for children from birth to three years old. A developmental assessment is used to evaluate each child's individual strengths and needs to determine eligibility for services.
Infant and Early Childhood Mental Health: Social emotional support that promotes positive and nurturing early relationships with primary caregivers for children from birth to six years old.
Family Support Services offers home-visiting and community-based programs that promote safe, stable, nurturing relationships and environments for children and their families.
Pediatric Healthcare Integration provides collaborative care for children and their families. Both medical and behavioral healthcare are provided in primary care or other clinical settings.
Relatives Raising Children keeps families together by providing resources and support to caregivers in Pierce County who are raising children not theirs by birth.
HopesCloset: HopesSparks strengthens families by inspiring courage and confidence to make a lasting change. HopesCloset is our answer to meeting the basic needs of the families we serve.
For complete program information: CLICK HERE
Phone: 253-565-4484

Integrated Therapy Services

Integrated Therapy Services is dedicated to serving our community by supporting individuals, couples, and families through their lifelong journey of emotional growth and personal development. Our highly trained providers come together from specialized practice areas to provide the highest quality mental health services in a warm and inviting environment. Based in the most advanced research and best practices, we deliver innovative treatment and personalized counselling with compassion and care.
For complete program information: CLICK HERE
Phone: 253-460-7248

Kids Mental Health Pierce County

Kids' Mental Health-Pierce County (KMHPC) is a coalition of people and agencies in Pierce County that are joining together to address the growing behavioral crisis among school age children and youth. KMHPC is dedicated to developing a coordinated, responsive behavioral health system that serves the needs of children, youth, and families at the right time, in the best place, with the best outcomes for them. KMHPC coordinates with initiatives focused on young children to create a continuum of behavioral health services starting at birth.
For complete program information: CLICK HERE

Kitsap Mental Health

Our mental health and substance use treatment programs are carefully tailored to the unique needs of each person we serve and are designed with recovery in mind. We know from experience that mental illnesses and substance use disorders are treatable and that it's possible to return to a full, vibrant life.
For complete program information: CLICK HERE
Phone: 1-888-816-0488

Kwawatchee Counseling Center (KCC)-Puyallup Tribal Health Authority

The team at Kwawachee Counseling Center is dedicated to supporting our community in healing and recovery. Recovery is a continual process, and is best supported by our loved ones and trained professionals. For those suffering in areas of mental health or substance abuse, KCC hopes to provide the space for hope and healing.
For complete program information: CLICK HERE
Phone: 253-593-0232

LoveBuilt Lives

Unique and Undefined. In all the world there is no one like you. You are one of a kind-there has never been anyone like you before, and there never will be again. Yet, somewhere along the way, you've felt stuck, uninspired, and yearning for something more. You crave a life filled with passion, purpose, and creativity, but you're unsure where to start. That's where LoveBuilt Life comes in. Through immersive classes, transformative coaching, and a vibrant community, we craft a personalized experience designed to reignite your excitement and unlock your full potential. Whether you're looking to rediscover your creativity, step into your power, or design a life that truly reflects who you are, we're here to guide you every step of the way. It's time to build the life you've always dreamed of-one rooted in joy, authenticity, and endless possibility. Let's begin.
For complete program information: CLICK HERE

MultiCare Behavioral Health-Puyallup

325 E Pioneer, Puyallup, WA 98372
Same-day assessments

- Mental health assessments
  Prescheduled and Same-day access available for adults and children
  Monday – Friday: 8:30 am to 3pm
- Substance use disorder assessments
  Same-day access available
  Monday – Thursday, 8am to noon
  Friday, 8am to 10:30am

For complete program information: CLICK HERE
Phone: 253-697-8400

Northwest Relationships

Individual, relationships, and Family Therapy for PNW People. Explore in-person or virtual therapy sessions for deeper connections with loved ones, colleagues, and, most importantly, yourself. We understand that there is not a one-size fits all approach to doing therapy work. Each client has their own unique experiences, perspectives, strengths, ideas, values, and growth areas that they bring with them to counseling. This is why we set out to hire a diverse staff-real people from different cultures, races, sexual and gender orientations, and military and religious backgrounds, to help meet your needs. We are confident you will find a good fit for you in our practice.
For complete program information: CLICK HERE
Phone: 253-292-1216

Pierce County Early Childhood Network

Our network aims to uplift Pierce County families with young children by identifying and bridging resource gaps, fostering connection, disrupting inequities, and removing barriers.
For complete program information: CLICK HERE

Pierce County Family Resource Center

Get the help and resources you need at our 10 resource centers. Each center has unique services to help to achieve your family's goals, such as Apple Health and Health insurance, basic food, free diapers and wipes, positive parenting program, Eloise's Cooking Pot food pantry, legal help, WIC and more. Our centers work to meet the needs of the community around it.
For complete program information: CLICK HERE

SeaMar Community Health Centers

SeaMar Community Health Centers is a community-based organization committed to providing quality, comprehensive health, human, housing, educational and cultural services to diverse communities, specializing in service to Latinos in Washington state. SeaMar proudly serves all persons without regard to race, ethnicity, immigration status, gender, or sexual orientation, and regardless of ability to pay for services. SeaMar's network of services includes more than 90 medical, dental, and behavioral health clinics and a wide variety of nutritional, social, and education services.

For complete program information: CLICK HERE

THRIVE COUNSELING

Here at Thrive Counseling Center, we understand that life can feel extremely challenging. Dealing with stressors from work, relationships, parenting, finances, physical and mental health, and unexpected bumps in the road can seem overwhelming, especially since no one gave us an instruction manual for navigating life and its many difficulties. Services offered are:

- LGBTQIA+ Counseling Services
- Child and Teen Counseling
- Supporting Neurodiversity: Kids and Teens
- Individual Counseling
- Family Counseling and Parenting Support
- Online Counseling

For complete program information: CLICK HERE Phone: 206-567-7267

WASHINGTON STATE HEALTH CARE AUTHORITY (HCA)

Infant-Early Childhood Mental Health Services (IECMH)

Infant-Early Childhood Mental Health (IECMH), sometimes referred to as social and emotional health, is the developing capacity of the child from birth to 5 years of age to form close and secure adult and peer relationships, experience, manage and express a full range of emotions, and explore the environmental and learn—all in the context of family, community, and culture. This services helps providers, billers, and partners delivery IECMH services to children enrolled in Apple Health (Medicaid).

For complete program information: CLICK HERE

Anne Gugger, LMFT

Research shows that the most important aspect of therapy is what the client brings to it in the form of resources and motivation for change. The second most important element is the therapeutic relationship itself. We are relational beings. We all experience pain at times, but we do not have to face it alone. I believe that we all possess the resources and potential for healing and growth. Therapy involves creating conditions that allow that potential to emerge. Those conditions include developing a genuine and accepting relationship in which it is safe to explore your experience.

For complete program information: CLICK HERE
Phone: 253-227-2120

Tammy Tangen, LMHC

I believe that every person deserves the highest quality of treatment and a place to feel understood and accepted. With over 16 years of clinical experience, I specialize in treating anxiety, trauma/PTSD, eating disorders and behavioral concerns in children. I am committed to providing a warm, compassionate space where clients can safely explore their challenges, using a collaborative approach that honors the values and preferences of each client and their family. Through evidence-based treatments, I help individuals and families build practical skills and effective strategies to navigate life's challenges.

For complete program information: CLICK HERE
Phone: 253-201-4189

Jullianne Wilson, LMHC

As a Licensed Mental Health Therapist training in marriage and family therapy, I am dedicated to helping individuals and couples navigate their challenges with a direct and solution-focused approach. I prioritize validation and understanding, creating a safe space for clients to explore their thoughts and emotions. My practice is built on empowering clients to develop practical strategies that lead to meaningful change and person growth. I look forward to working with you.

For complete program information: CLICK HERE
Phone: 509-461-8391 Available Online Only

PARENT DEVELOPMENT

Help Me Grow Washington

Services: Help Me Grow is a free service that connects parents and caregivers to resources in their community in understanding your child's development, food assistance resources, free or low-cost health insurance, or pregnancy and parenting resources. Depending on where you live, local and statewide hotlines are ready to support families and providers.
For complete program information: CLICK HERE
Phone: 800-322-2588

Home Visiting Programs

Services: A home visiting program, also known as an early childhood home visiting program, is a voluntary service that provides support, education, and resources to pregnant women and families with young children. These programs offer regular home visits from trained professionals like nurses, early childhood educators, or social workers to improve the well-being of families and their children.
Eligibility/Requirements: Pregnant women, first-time parents and families with children under 5 years of age. This program typically serves low-income families, and prioritizes teen mothers, families with histories of domestic violence and substance abuse and children with developmental delays.
For complete program information: CLICK HERE
Phone: 800-322-2588

PRESCHOOL EDUCATION

Early Childhood Education and Assistance Programs (ECEAP)

Services: The Early Childhood Education and Assistance Program (ECEAP) funded by Washington State for children 3 - 4 years old and can include part day, full day and working day classes, which combine child care and ECEAP. Early ECEAP serves children 0 - 3 years old and offers working day classes. Parents must meet work or training requirements.
Eligibility/Requirements: Most children are eligible for ECEAP based on their age and family income. ECEAP slots can be filled by children above the income requirement who have multiple support and developmental needs, including environmental factors such as homelessness, family violence, chemical dependency, foster care, or incarcerated parents.
For complete eligibility requirements: CLICK HERE
For additional information on this program, please email: ECEAP@dcyf.wa.gov

Head Start Programs

Services: Head Start is funded by the federal government for children ages 3 and 4 and, in some locations, pregnant women and children birth to age 3. Head Start program includes free early learning child care or preschool to support child's development and learning. In some locations, Head Start may also offer home-based services.

Early Head Start is for pregnant women and children birth to age three. It promotes healthy prenatal outcomes, enhances the development of infants and toddlers, and promotes healthy family functioning. Children are served in their homes or in centers.

Eligibility/Requirements: Most children are eligible for ECEAP based on their age and family income. ECEAP slots can be filled by children above the income requirement who have multiple support and developmental needs, including environmental factors such as homelessness, family violence, chemical dependency, foster care, or incarcerated parents.

For complete eligibility requirements: CLICK HERE

For additional information on Head Start, please email: dcyf.hsco@dcyf.wa.gov

TRIBAL SUPPORT SERVICES

Children of the River Child Advocacy Center (CRCAC)

Services: Victim advocates at the CRCAC are professionals trained to support victims of crime and help to reduce the trauma to victims and their families, while honoring the cultural values and traditions of the Puyallup Tribe. The program provides education, advocacy and a multi-disciplinary response to decrease re-traumatization of children and elders who are victims of crime. The community stands together to eliminate all forms of abuse.
Eligibility/Requirements: Victim of A Crime—physical and/or sexual abuse, severe physical/emotional neglect, and /or drug endangerment, Witness to a crime. Crime committed against any child on the reservation, Crime committed against a child tribal member on or off the reservation, Involved with Law Enforcement or Child Protection Services (CPS).
For additional information, please email: ChildAdvocacyCenter@PuyallupTribe-nsn.gov
Phone: 253-382-6194

Community Domestic Violence Advocacy Program (CDVAP)

Services: The Puyallup Tribe of Indians Community Domestic Violence Advocacy Group (CDVAO) works to end violence and abuse that impact both tribal and surrounding communities and embrace traditional values promoting honor and respect toward all people. CDVAP is committed to working collaboratively with community members and advocacy groups for survivor-led social change to minimize and eliminate inequities and barriers to community safety and healing.
Eligibility/Requirements: The program serves anyone in need of assistance in ending the violence in their lives.
For additional program information, please email: CDVAP@PuyallupTribe-nsn.gov
Phone: 253-680-5499

Community Family Services Program (CFS)

Services: Our culturally based Puyallup Tribal CFS Program empowers individuals that are faced with unmet needs as they are looking for recovery and to re-enter back into tribal communities afterwards. Our mission is to guide, uplift and inspire all individuals, so that they may begin their healing process through self-efficacy. These services include Assessments, Referrals, Individualized Treatment Planning, Crisis Intervention, and assistance to secure funding for treatment costs.
Eligibility/Requirements: Members of any Federally recognized tribe or community member.
For additional program information, please email: CommunityFamilyServices@PuyallupTribe-nsn.gov
Phone: 253-573-7919

TRIBAL SUPPORT SERVICES-continued

Re-Entry Program

Services: Our culturally based Puyallup Tribal Re-Entry Program empowers individuals that are faced with unmet needs as they are looking for recovery and to re-enter back into tribal communities afterwards. We guide, uplift and inspire all individuals, so that they may begin their healing process through self-efficacy. We believe that through early intervention and healthy community support, the individual will have a much higher chance of success, and as a community we can all reduce recidivism as we work towards building a stronger person, family and community.
Eligibility/Requirements: Members of any Federally recognized tribe or Community Members.
For additional program information, please email: ReEntryServices@PuyallupTribe-nsn.gov
Phone: 253-573-7842

YOUTH SUPPORT SERVICES

Human Rights Campaign

Resources: The goal at the Human Rights Campaign is to ensure that every LGBTQ+ person is free to live their life openly, with their equal rights ensured. This goal requires continuous education, support and inspiration. In the spirit of that continual growth, information and advise on a range of topics including resources from the Human Rights Campaign Foundation is linked below.
For complete program information, please: CLICK HERE
Phone: 800-777-4723

The Trevor Project

Resources: Crisis counselors are trained to answer calls, chats, or texts from LGBTQ+ young people who reach out on our free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ+ identity, depression, and suicide.
For complete program information, please: CLICK HERE
Phone: 866-488-7386

PUYALLUP TRIBAL MEMBER RESOURCES

PUYALLUP TRIBAL FINANCIAL SUPPORT

Children's Activities Program

Services: The PTOI Children's Activities Program aids Tribal members with monetary assistance for entry into a sports team or tournament, assistance with purchasing equipment, participating in an extracurricular activity such as swimming, dance, gymnastics, music lessons, martial arts,
drama, sports instruction, instrument payments, and reimbursement of driver's education course.
Eligibility/Requirements: Funding cannot exceed $1,000 per year. Applicant must be an enrolled member of the Puyallup Tribe of Indians.
For complete program information: CLICK HERE
Phone: 253-573-7829

Childcare Assistance Program (PTCAP)

Services: The PTCAP provides childcare assistance to enrolled Puyallup Tribal Members with children 12 years old and under, or 16 years of age with documented disability, who meet the application requirements.
Eligibility/Requirements: All providers must complete the applicable application, provide proof of license (if applicable), complete the background process and supply all necessary paperwork.
INELIGIBLE PROVIDERS

1. Montessori Schools (unless Montessori School also provides childcare services); and
2. Summer Day Camps (Non-licensed daycare facilities) unless day camps are also considered childcare facilities for older children.

For additional program information, please email: Valerie.Scott@PuyallupTribe-nsn.gov
Phone: 253-573-7903

Crisis Assistance Program (CAP)

Services: The PTOI Crisis Assistance Program provides monetary assistance for rent, mortgage, or power/utility bills to Puyallup Tribal families in crisis. The CAP staff will assist upon approval and/or coordinate with other programs to ensure comprehensive case management for the success of the families and the program. Assistance can be provided for utility bills, presto logs, wood pellets, rental assistance, or mortgage assistance not to exceed $4,000 during the fiscal year of October 1 through September 30.
Eligibility/Requirements: Applicant must be and enrolled member of the Puyallup Tribe of Indians 18 and older assisting one tribal member per household and/or address per fiscal year, and must be in crisis situation and provide verification of crisis.
To complete an application for services: CLICK HERE
For additional program information please email: CAP@PuyallupTribe-nsn.gov
Phone: 253-573-7989

PUYALLUP TRIBAL FINANCIAL SUPPORT-continued

Emergency Housing Repair Program

Services: The PTOI Emergency Housing Repair Program increases the services provided for emergency repairs. In addition, when safety and security is an issue on the exterior parameter of an (elder) applicant's unit, assistance will be granted to alleviate such hazards.
Eligibility/Requirements: Applicant must be enrolled member of the Puyallup Tribe of Indians, applying for repairs to applicant's primary residence, applies to one tribal member per household, and resides in Pierce, King or Thurston Counties. Emergency Housing Repair Assistance funds are limited and will be prioritized on a case-by-case basis.
For complete program policies and application: CLICK HERE
For additional program information, please email: EmergencyHousing@PuyallupTribe-nsn.gov
Phone: 253-573-7972

Higher Education Program

Services: The PTOI Higher Education Program provides Tribal members with tuition, mandatory fees, on-campus room and board, books and supplies, student living assistance (when not living on campus while attending an accredited college, university or vocational college), funding for recertification courses and continuing education classes and College gift to graduates.
Eligibility/Requirements: All students must be an enrolled member of the Puyallup Tribe of Indians.
For Higher Education Application: CLICK HERE
For complete program information: CLICK HERE
Phone: 253-573-7917

Set Aside Housing Programs

Services: The Puyallup Tribal Set Aside Housing Program serves the Puyallup Tribal community by promoting a higher standard of living conditions by providing members assistance in obtaining and maintaining quality and affordable housing as well as programs to promote home ownership and offer relief from related hardships.
Attached are the programs opportunities and the requirements for approval:

- Levee Road Community Homes Waitlist Application: CLICK HERE
- Mortgage Assistance Policies and Procedures: CLICK HERE
- Rental Assistance Policies and Procedures: CLICK HERE
- Down-Payment Assistance Policy: CLICK HERE
- Down-Payment Assistance Application: CLICK HERE
- Foreclosure Prevention Grant Policy: CLICK HERE
- Home Improvement Assistance Grant: CLICK HERE

For additional program information, please email: Lorelei.Evans@PuyallupTribe-nsn.gov
Phone: 253-680-5694

PUYALLUP TRIBAL FINANCIAL SUPPORT-continued

Natural Disaster Assistance Program

Services: The PTOI Natural Disaster Assistance Program provides monetary assistance and/or shelter support to Tribal members when a natural disaster occurs such as floods, severe wind or snow storms, hurricanes, mud slides, tsunamis, earthquakes, tornados and fire.
Eligibility/Requirements: Applicant must be a Puyallup Tribal member 18 years and older, must be the primary residence of the applicant with verification, apply for assistance within 2 weeks of disaster and residence must be deemed unlivable for no less than 48 hours.
Ineligible Assistance: Any structural damage caused by fire accident (rental units) is the responsibility of the landlord.
For complete program information: CLICK HERE
Phone: 253-680-5671

Preschool Assistance Program (PTCAP)

Services: PTOI Preschool Child Care Assistance Program aids Puyallup Tribal members and non-Puyallup Tribal member parents (with Tribal member children) with monetary assistance to attend an accredited or licensed preschool which provides a learning environment that centers on intellectual, physical, social and emotional development.
Eligibility/Requirements: Applicant must be an enrolled member of the Puyallup Tribe of Indians, If the parent is not an enrolled member of the Puyallup Tribe, they must provide documentation indicating primary custody of Puyallup Tribal member child and sign W9, Child must be a Puyallup Tribal member between ages 3 – 5, Preschool must be an accredited or licensed facility, Preschool must provide acceptance letter, invoice and W-9.
For additional program information, please email: Valerie.Scott@PuyallupTribe-nsn.gov
Phone: 253-573-7903

PUYALLUP TRIBAL SUPPORT SERVICES

Workforce Development Program (WFD)

Services: PTOI Workforce Development staff will coordinate with tribal members in identifying potential employers and assist in all aspects of meeting qualifications for any future full-time job opportunities and aid in overcoming employment barriers. The Workforce Development staff is available to make sure applicants are completely prepared to enter the workforce confident and well-informed. Employment Programs (Pre-employment drug testing required):

240-hour program: This program provides 240 hours of full-time/part-time employment to the Puyallup tribal members with placements with tribal departments in need of additional staff.

Clean Our Rez Program: An affiliate program that offers 240 hours of work via WFD, which also affords the possibility of a one-year employment admission that provides full-time employment to adult tribal members who are willing to work outdoors.

Cemetery Maintenance: An affiliate program that offers 240 hours of work via WFD, which also affords the possibility of a one-year employment admission that provides full-time employment to tribal members who are willing to continue their job duties in maintenance of the cemetery, assisting with funeral burial preparations and continued learning use of the heavy equipment.

Eligibility/Requirements: Must be a Puyallup tribal Member 18+ years of age.

For additional program information, please email: Heidi.Bostrom@PuyallupTribe-nsn.gov
Phone: 253-382-6033

Wrap Around Program

Services: The Puyallup Tribal Wrap Around Program empowers individuals to become healthy and stable through culturally sensitive collaboration with family and community members. The Program vision is to honor individuals and families through love and respect by providing accessible resources in a safe and trusting environment that returns community members to the traditional ways of helping each other to develop and achieve their goals. The Wrap Around staff assist in locating and obtaining a wide array of resources including housing, crisis assistance, employment, education, transportation, child care, managing of the home, accessing food, assisting with legal issues and cultural teachings.

Eligibility/Requirements: You must be and enrolled member of the Puyallup Tribe of Indians, parent or guardian of an enrolled child of the Puyallup tribe of Indians or individual married to an enrolled member of the Puyallup Tribe of Indians. You must live in Pierce, Thurston or King Counties.

For additional program information, please email: Heidi.Bostrom@PuyallupTribe-nsn.goc
Phone: 253-573-7924