

FREE RESOURCES for You and Baby

More information and resources are available on our website, www.BabiesInNeed.org

211 info *Free, Live, Confidential!* The easiest way to connect with nonprofit and public services. Need help with paying energy bills, housing or rent assistance, employment, food, health care?

- **Dial** **211** toll free to speak with a resource specialist.
- **Visit** www.211info.org to search thousands of services.
- **Text** **your zip code** to 898211 for quick resources.
- **Email** help@211info.org for guidance and information.

HOUSING

Council for the Homeless www.councilforthehomeless.org

Clark County resources for help with shelter, food, clothing, transportation, health care, employment and more.

Housing Hotline M-F 9-5 Sat. & Sun. 11-2 360-695-9677

SafeChoice Domestic Violence Shelter 360-695-0501 24 hour hotline: 1-800-695-0167

Open House Ministries Shelter for women with children and parents with children. Has a waiting list.
www.sheltered.org 900 W 12th Street, Vancouver 98660 360-737-0300

DIAPERS, CAR SEATS, FOOD & CLOTHING

Babies in Need. *Diapers* by appointment only 406-439-6694. Leave name & number for a call back. *Newborn Layettes & Car Seats* through hospital Birth Centers. Contact birth center social worker.

Battle Ground Adventist Community Services. Tuesday 1:00-5:30 Thursday 10-4.
11117 NE 189th St, Suite 100, Battle Ground, WA. 360-687-3459. *Food. Diapers. Clothing.*

Clark Safe Kids Car Seat Help. Schedule an appointment: www.clarksafekids.com 564-208-4272.

FISH – Friends In Service to Humanity Mon. – Fri., 10-noon & 12:30-2:45 1st & 3rd Sats. 10-noon
906 Harney St., Vancouver, 98660. 360-695-4903. www.fishvancouver.org info@fishvancouver.org.
Emergency nutritionally balanced *food and clothing*, free, to anyone declaring their need. Baby food, too.

FISH of Orchards M-W-Th-F 10 to 12 am and 12:30 to 2:30 Tues. 10:30-12 am and 12:30-2:30
6012 NE 110th Ave. Vancouver 98662. 360-256-2440.

Happy Babies of Southwest WA Facebook group of local mothers who trade, buy, sell, and often give away baby clothes, diapers, bottles, and gear. To help struggling families in Clark County Washington meet the basic needs of infants 0-2. Facebook.com search: Happy Babies of Southwest Washington.

MEDICAL AND HEALTH CARE

Free Clinic of SW Washington www.freeclinics.org 360-450-3044. 4100 Plomondon Street, Vanc., WA 98661

- **Services:** Medical, children's immunizations, sports physicals, screenings, medication help. By appointment only for dental and vision care. Please call ahead to check hours.
- **Urgent Care Clinics:** M-W-F mornings at 8:30. Tu-Th evenings at 5:30. Walk-in only, no appointments.

PeaceHealth Southwest Medical Center Family Birth Center 360-608-4136
Breastfeeding Support: Thursdays 9:30-11 am

Legacy Salmon Creek Medical Center 2211 NE 139th St., Vanc. Main switchboard: 360-487-5498.
New parents & babies 0-6 mos. Thursdays, 12 noon -1:30. 4th floor conference room No registration necessary.
Women's Health: call 360-487-5440 for appointment.

ABCD: Access to Baby and Child Dentistry for families on Medicaid for preventive dental care from birth to 5 years. www.clark.wa.gov/public-health/abcd-program 564-397-8000

Dentists for insured, uninsured or state insured families. Arcora Foundation 844-888-5465.

Community in Motion Transportation for families on Medicaid, for medical and dental appointments. www.hsc-wa.org/ 360-694-6577

BABY ITEMS & FURNISHINGS

A Caring Closet Equipment. 7500 NE 16th Ave, Suite 1C, Vancouver 98665. 360.258.0039
BirthRight 214 East 17th Street, Vancouver, 98663. 360-694.8156
Denim & Frills Children's consignment store. 628 NE 81st Street, Suite A, Vanc. 98661. 360.571.9014
Interfaith Treasure House 91 C Street, Washougal, 98671. 360-834.4181
Kidz Cloz 604 East Main Street, Battle Ground, 98604. 360.687.6997
Life Options Network (Appt. only) 500 SE Everett St., Camas, 98607. 971.236.1279
Life Options Network (Appt. only) 1517 North Fourth Ave., Kelso, 98626. 360.524.2480

PARENTING HELP AND EDUCATION

Baby Blues Connection Help for mothers and fathers with depression, anxiety and stress related to becoming new parents. Free.

- 24-hour information/message line serving Vancouver and Portland. 1-800-557-8375 toll free.
- www.babybluesconnection.org and info@babybluesconnection.org
- Facilitated peer-to-peer support groups for moms and dads: You are NOT ALONE!

EOCF Educational Opportunities for Children and Families

- Quality Preschool and Childcare – free to eligible families. Birth to 5 years, full and part time. Home-based or center-based. *Many locations.* 360-567-2720, www.eocfwa.org 2219 NE 138th Ave, Bldg 100
- Prenatal services, child development screenings and referrals for children with possible developmental delays. Birth to 3 years. 360-896-9912, ext. 463.

Helpful Internet Sites Information on health, development, infant care and first aid. Computers available at public libraries for your use.

- www.FamilyDoctor.org – American Academy of Family Physicians
- www.MayoClinic.com/health/infant-development/PR00061
- www.aap.org – American Academy of Pediatrics

Libraries Nine branches in Clark County.

Hours, locations, classes and group information at www.fvrl.org or 360-906-5000.

- Check with your library for Storytimes and events.
- Computers are available for your use, and also help for using them.

FINANCIAL & LEGAL HELP

Financial Assistance For Single Mothers. www.FinancialAssistanceForSingleMothers.com
This site helps financially struggling single mothers find grants and government assistance programs.

CLEAR Free legal help in certain non-criminal matters for low-income people in WA state.
Toll free 1-888-201-1014 Weekdays 9:15 am to 12:15 pm Seniors: toll free 1-888-387-7111

READ WITH YOUR CHILD!

When you hold your baby close and look at a book together, your baby will hear your voice as you tell the story. If the baby isn't enjoying it right then, stop and try later. Choose baby-friendly books with bright pictures, books made of cloth or "board books" with sturdy cardboard pages that are easy to hold. Keep books at hand for baby to play with just like toys. Make reading a part of your daily care routine with your children. It is soothing and fun for babies and toddlers. Allow for repetition, over and over again, with both stories and songs. Children learn language from repeating things over and over again. Your community libraries are great resources for books and story hours!