

Bethel Family Center

Bethel Family Center is a community based program that provides linkage to services and resources for Bethel families.

To learn more about the Bethel Family Center, contact the Family Resource Coordinator, Caitlin Melott at **(253) 683-6862** or email cmelott@bethelsd.org.

Outreach Services

Basic Food, Medicaid and other services are available through the Department of Social & Health Services. For more information, or assistance, please contact the Bethel Family Center.

Emergency hygiene products, diapers & school supplies are available on a limited basis.



Free Veteran Services

The American Legion

Veterans can get assistance with claims, appeals, or disability coverage; In addition to other services.

Contact Frank Sterling
(253) 303-2980 or email
Sterlfr@aol.com.

Consejo Substance Abuse Services

Consejo Counseling provides youth assessments, referral and out-patient treatment services across Pierce County for students and families in the Bethel School District.

Other services include community outreach, crisis intervention, screening, urine analysis, mental health evaluation, recommendations and outpatient services.

Please call us at **(253) 414-7461** for information or to schedule an appointment. If we can not assist you, we will find an agency that will.

Funds made available through Tacoma-Pierce County Health Department, Family Support Partnership

Bethel Family Center



(253) 683-6850
(253) 846-3915 fax

**18020 B Street E.
Spanaway, WA 98387**

Located in Building P
on the campus of
Challenger High School

Follow us on Facebook, or visit us online for a list of our community partners and services.

 [@bethelcommunityservices](https://www.facebook.com/bethelcommunityservices)

www.bethelservices.org

The Bethel Family Center is administered by Bethel Community Services, a 501(c)(3) organization

Family Support Services

MultiCare WIC

Spanaway Clinic

WIC is a supplemental nutritional program for women, infants and children. It provides milk, cereal, eggs, peanut butter, fruits and vegetables, infant formulas and other nutritional foods. The WIC program also provides nutrition education, breastfeeding support, health assessments and referrals.

To learn more, call:
(253) 846-8234 or (800) 322-2588

Center for Strong Families

Financial coaching and employment services

FREE financial and employment services tailored to your individual needs.

To schedule your appointment call:

Lynn Willis **(253) 719-3609**
lynn@soundoutreach.org

215 166th St S, Spanaway, WA 98387
Located off Pacific Ave. and 165th S
Portable 5 (entry off 165th Street S)

Greater Lakes Mental Health

Child & Family Therapy

Referrals for services at the Bethel Family Center can be made by calling the Greater Lakes Mental Health Access Center at **(253) 581-7020**. Families need to provide their Medicaid information when calling.

PARENTING PROGRAMS

Promoting First Relationships (PFR)

PFR is a 10-14 week home visiting program for parents and their young children, age 0-5. Children's first relationships are the foundation for growth in social, emotional, behavioral, language and cognitive development.

Common areas PFR can support parents:

- Building a healthy, positive and lasting relationship with your infant or toddler.
- Understanding how to support your infant or toddler's social and emotional health.
- Understanding your child's difficult behaviors by identifying the feelings and needs behind them.
- Discussing parental strategies for coping with difficult times.

Parenting the "Love and Logic Way"

Participants attend 1½ hr. classes in a 5-week series in the evenings.

- Childcare is provided on a limited basis
- Classes are offered at no cost to families.
- A light meal is also provided.



Positive Parenting Program (Triple P)

Available for families with children 2-12 years old.

Home-Based Triple P Services:

- Strengthen relationships in your family
- Encourage positive behaviors
- Teach your child new skills & behaviors
- Handle disruptive or challenging behaviors with greater confidence
- Take care of yourself as a parent

Triple P Group Services:

Register to reserve your spot and get **Free** childcare! Join us at our next 8-week Triple P Positive Parenting Group to meet other families and learn practical strategies that will help you.

**Snacks and refreshments provided*

Triple P is now also available online! Call the center for details.

Wear It Out

*Free gently used clothing for
Infants—Children—Adults*

Open Saturdays from 10am-3pm

215 166th St S, Spanaway, WA 98387
Located off Pacific Ave. and 165th S
Portables 1 & 2 (entry off 165th Street S)

For more information, contact:
Ruth Holt **(253) 686-0252**.

Donations accepted on Saturdays and on the 1st and 3rd Thursdays of the month from 10 a.m.-1 p.m.