

Cowlitz County Community Resources

Call 211 at any time for current community resources

Cowlitz WIC Program: Family Health Center

1717 Olympia Way
Longview, WA 98632
360-225-3953

Second Site at:
2151 Lewis River Road
Woodland, WA 98674
Phone: (360) 225-3953

Services provided: WIC Supplemental nutrition services for pregnant and breastfeeding women and their children to age 5 who meet income and nutrition risk guidelines: Nutrition Assessment, Nutrition Education, Breastfeeding Support, Food Vouchers. Fees: No fee. Referral procedure: Call clinic for appointment.

Community Services Office - Department of Social & Health Services (DSHS)

711 Vine St.
Kelso, WA
501-2400 or 1-877-501-2233

Services available to families and individuals, including cash, medical, food, child care and social services. The CSO administers state and federal public welfare programs. These include medical programs for aged, blind and disabled individuals, children and pregnant women. We also administer medical programs that assist Medicare recipients with their co-pays and deductibles and with drug and alcohol treatment. There are other medical assistance programs available so we encourage anyone to apply who may be in need of medical assistance. We offer the Basic Food (SNAP) program. Cash programs include assistance for low-income families or pregnant women and for incapacitated adults. We offer the Working Connections Child Care (WCCC) program to help with child care expenses. Please call us for information on our services. Please call the toll-free number above to apply for WCCC. Applications for all programs can be made online at www.washingtonconnection.org.

Emergency Support Shelter for Domestic Violence

360-425-1176
Available 24 hours a day

FISH of Cowlitz County

1526 Commerce St.
Longview, WA 98632
360-636-1100

Assists people with many temporary emergency needs including food. FISH works with 18 local churches to distribute food each weekday to people who cannot afford food. Open Monday to Friday, 9am – noon.

HELP Warehouse - Lower Columbia Community Action Council (CAP)

1526 Commerce Ave
Longview, WA 98632
360-425-3430
1-800-383-2101

Services provided: HELP Warehouse collects and distributes food to local food banks and provides USDA commodities to income eligible people. Occasionally, HELP Warehouse also has special items such as produce and fish. The Warehouse often has clothing and household items available, and provides information and referral for other services available to persons in need. CAP provides comprehensive social services to people in need including: Energy and Housing Services, Meals on Wheels, Employment and Training, CAP Transportation, Home Care Equipment Bank, Senior Services, Career & Family Development Program, Volunteer Center/RSVP, and Asset Building Services.

Fees: There is no charge to low-income families.

Home Delivered Meals (Meals On Wheels) – CAP

1526 Commerce Ave
Longview, WA 98632
360-425-3430, ext 259

Services provided: To provide a hot or frozen meal to a homebound client who is at least 60 years of age and meets the criteria for vulnerability. Special dietary needs can be met most of the time. Fees: Donation of \$2.50 per meal is suggested. Referral procedure: Authorization is made through Senior Information and Assistance at (360) 577-4929 or 1-800-682-2406, then referred to CAP Nutrition Program for start of meal delivery.

Senior Community Lunches - Lower Columbia Community Action Program (CAP)

1526 Commerce Ave
Longview, WA 98632
360-425-3430

Services provided: Provides hot lunches to seniors 60 years of age and older in a community meal setting. There are eight (8) different sites in Cowlitz and Wahkiakum Counties. The goal is to provide fellowship and information as well as serving a nutritional meal. Fees: Suggested donation of \$2.50 per meal. Referral procedure: Call the CAP office at (360) 425-3430 ext. 259 for reservations the day before the meal. Additional information: Lunch is served at noon daily, Monday through Friday.

North Gate Food Bank

1209 Minor Rd.
Kelso, WA 98626
360-577-0620

Provides food, clothing and some household items every Thursday from 10am to 1pm, to individuals and families in the Longview and Kelso areas. No income guidelines, and may attend every week.

Castle Rock Lions Food Bank

224 Huntington Ave
Castle Rock, WA 98611
360-274-8175

Services provided: Provides food boxes every Thursday from 1:00 – 2:00PM. Fees: None. Referral procedure: Walk-in. Additional information: Eligibility: Resident of Cowlitz County and in need of food.

Kalama Helping Hand

191 Cloverdale Rd.
Kalama, WA 98625
Phone: 360-673-2814

Services provided: Food boxes including some household items, clothing, etc. Open Tuesday and Thursday 11:00 a.m. to 2:00 p.m. Additional information: If you need help and get the recording or call after hours, call (360) 673-4476 or (360) 673-4717.

Woodland Community Service Center

736 Davidson Ave
Woodland, WA 98674
360-225-9998

Services provided: Food distribution on Tuesdays from 12 – 5PM. Provides warehouse shopping once per week for clothes, shoes, dishes, toys, bedding, furniture, books and other general household items on Tuesday or Thursday from 11AM – 4:45PM. FEES: None. Referral procedure: Photo ID for anyone 18 years and older. Any kind of ID for those 17 and younger (with the exception of a social security card) and a current proof of address (within 2 months)

Evergreen AIDS Foundation

1338 Commerce Ave, Suite 212
Longview, WA 98632
1-800-249-2437

Services provided: Building on its essential core of case management and client advocacy, Evergreen AIDS Foundation provides emergency financial assistance, and food assistance, for persons with HIV disease and their families. Fees: None
Hours: Monday – Friday by appointment

Changing the Gray

1-844-263-6851

Offer Food, Clothing, Shelter, Structure, and Give hope to those who need it most!
Mission Statement: At Changing the Gray Outreach, we aim to rebuild hope where it's been damaged or lost. We work with those in need, those who are underprivileged and those who are underserved to rebuild and restructure. Our focus lies on community efforts, including shelter, food aid, community awareness, and educational opportunities.

Family Health Hotline - Within Reach

1-800-322-2588

One phone call helps you understand and apply for a variety of food and health resources (for example, WIC, Medicaid, food stamps). Also offers prenatal, family health, family planning and parenting resources.

Lower Columbia School Gardens

Northlake Elementary School

2210 Olympia Way

Longview, WA 98632

360-501-8700

Services provided: Plant sale May 7, 2016, 9am-1pm. Produce sales, Wednesdays, June 22 to August 31, 10am-1pm; September Wednesdays 2:30-4pm. Children who participate with School Gardens may take home food they have helped to grow.

Love Overwhelming

Housing and Resource Center

304 Cowlitz Way

Kelso, WA 98626

360-749-8056

Satellite Office

1526 Commerce Ave.,

Longview, WA 98632

Services provided: Housing & Resource Center is the starting point to help you access: Housing programs, Homelessness prevention assistance, Emergency shelter (including people fleeing domestic violence), Community resource navigation (drug/alcohol treatment, DSHS programs, medical services, mental health services, etc.). To get started, schedule an assessment. Assessments are scheduled and completed on weekdays, excluding Holidays, between the hours of 8am – 4pm.

Alert: Updated information on COVID-19 [Learn More](#)

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DSHS to provide disaster cash assistance for some Washingtonians beginning April 17

Release Date: Apr 17 2020

DSHS Office of Communications

Norah West

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(360) 902-7833

OLYMPIA – Beginning Friday, April 17, some Washington residents can apply through the Department of Social and Health Services for emergency cash assistance to help meet their immediate needs. As a result of Governor Inslee’s emergency declaration in the face of the COVID-19 pandemic, the federal government has approved implementing the Disaster Cash Assistance Program, or DCAP, in Washington state.

The Governor’s declaration of a statewide emergency and subsequent proclamation on March 18 enables DSHS to offer DCAP benefits to people who are not eligible for other cash assistance programs. The assistance is available to all Washington families and people without children who meet the income and resource limits of the program. DSHS estimates more than 175,000 households may be eligible for this assistance.

“Having access to this emergency aid is critically important to helping people meet their immediate, basic needs, like shelter costs, utilities, clothing, minor medical care, household supplies and transportation costs for work,” explained Babs Roberts, director of DSHS’ Community Services Division. “We’re pleased Governor Inslee made these funds available so that we can extend the benefits to Washingtonians who are most in need during this unprecedented time.”

This cash assistance is available to Washington residents regardless of citizenship status, and does not require applicants to provide a Social Security number. Eligible households will receive their DCAP benefits for one month in a 12-month period during an emergency. The benefit amount depends on household size, income and need, ranging from a maximum of \$363 for a single person to a maximum of \$1,121 for a household of eight or more people. Once approved, people will receive their DCAP benefits on an existing Electronic Benefit Transfer, or EBT, card or a new EBT card will be sent via U.S. Mail.

People can apply for DCAP online at WashingtonConnection.org and then call the Customer Service Contact Center at 877-501-2233 to complete the required interview. People can also call 877-501-2233 to complete the entire application process over the phone. Due to much higher than normal call volumes, people are asked to call before 11 a.m. and to keep in mind that the busiest call times are 11 a.m. to 2 p.m.

For the latest COVID-19 benefits-related information, check the DSHS website, Facebook and Twitter accounts.

This news release is also available in Spanish.

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