

Health Services

Program	Location(s)	Population Served	Program Description	Contact Information	How to Enroll	Cost to Participants
Care Net Pregnancy and Family	1209 Sixth Ave. Tacoma, WA 98405	Women who are pregnant or parenting, have had an abortion, or think they might be pregnant.	Provides free pregnancy tests, pregnancy counseling, post-abortion counseling and referrals. Also provides maternity and baby supplies including clothes, diapers, layettes, and food. Free STD testing on the first Thursday of every month.	(253) 383-2988	Call or stop by the center.	Free.
Community Health Care Clinics	Sound View Clinic 3418 East McKinley Avenue Tacoma, Washington 98404 Eastside Clinic 1720 East 44th Tacoma, Washington 98404 Downtown Clinic 1102 South I Street Tacoma, Washington 98405 SeaMar Clinic 1112 South Cushman Tacoma, Washington 98405 Homeless Health Care Services	All ages.	All of the contract clinics provide comprehensive primary health care services and participate in several health plans. Clinic Staff can help with information and applications for some types of health coverage. Clinics are located throughout Tacoma and Pierce County.	Sound View Clinic (253) 404-0737 Eastside Clinic (253) 471-4554 Downtown Clinic (253) 597-3813 SeaMar Clinic (253) 593-2144 Homeless Health Care Services (253) 627-5445, ext.102	Call the clinic of your choice for an appointment.	Services are available on a sliding fee scale based on income. No one will be refused service due to inability to pay.
Health Information and Resources Manual (School Nurses')	Available in each school's health room	Tacoma School District students and their families.	This resource is provided by the Tacoma-Pierce County Health Department.	Contact your school's nurse.	n/a	Free.
Low-Cost Dental Care Resource Referrals-TPCHD	Tacoma-Pierce County Health Department 3629 South D Street Tacoma, WA 98418	Pierce County Residents.	Referrals to low-cost dental care in Tacoma and Pierce County.	Call (253) 798-4709 or visit website: www.tpchd.org/dental	Call to get referral information or visit the website.	Free referrals; dental care does cost, though.

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Mary Bridge Information and Referral Resource Line	Mary Bridge Children's Hospital and Health Center 311 South L Tacoma, WA 98405	Anyone with a concern about a child's health.	Medical information line regarding children's health issues.	1-800-552-1770	Call if needed.	Free.
Planned Parenthood	813 MLK Jr. Way Tacoma, WA 98405	Men and women concerned about their sexual health.	Medical professionals help clients make confidential, healthy decisions. Offers a variety of medical services: birth control, pregnancy-option counseling, pregnancy/STD testing, midlife services, pap smears, vasectomies, etc.	(253)779-3900 for location listed, or 1-800-230-PLAN Or visit www.ppww.org for details.	Call either contact number to make an appointment.	Free services to those who qualify for the Take Charge program (see website or call), discounted services for low-income.
Teen Health Clinic at Pacific Lutheran University Wellness Clinic	Pacific Lutheran University Wellness Clinic South 121 st and Pacific Avenue Tacoma Washington, 98445 (Bus Number 46)	Teens, age 14-19.	A health clinic that provides: physical exams, immunizations, acute sick care, counseling for depression and other personal concerns, pregnancy tests, birth control, emergency contraception, STD treatment. The clinic is open from 3:00-6:00 pm on Tuesdays.	(253) 535-7354	Call to make an appointment or to ask questions. Drop in patients are taken if space is available.	Low or no cost.
Teen Health Clinic at Community Health Care's Eastside Clinic	Eastside Clinic 1720 E. 44 th St. Tacoma, WA 98404	Teens, age 14-19.	A health clinic that provides: physical exams, immunizations, acute sick care, counseling for depression and other personal concerns, pregnancy tests, birth control, emergency contraception, STD treatment. The clinic is open from 4:30 -8:00 pm on Thursday evenings.	(253) 471-4553	Call to make an appointment or to ask questions. Drop in patients are taken if space is available.	No fee (If insured, cost is covered by insurance. If not insured, cost is waived).
Trinity Health Clinic-Trinity Presbyterian Church	Trinity Presbyterian Church 1615 6th Ave Tacoma, WA 98405	All ages.	A health clinic that provides physical exams, immunizations, and acute sick care. The clinic is open on Tuesdays from 5 to 7 pm.	(253) 272-8819	Walk-in Clinic.	Free.