



SOBER SIDE UP

GRAYS HARBOR RECOVERY POCKET GUIDE

FOOD • SHELTER • DETOX • MENTAL HEALTH • MEETINGS • BASIC NEEDS

*Cracked
Not Broken.
Sober Side Up.*



LOCAL RESOURCES.
REAL HOPE.

WHERE DO
I START?
WE CAN HELP.



YOU ARE
NOT ALONE.

SOBER SIDE UP

Grays Harbor Recovery Pocket Guide

Food • Shelter • Detox • Mental Health • Meetings • Basic Needs
A quick local guide for finding the next right step. Updated June 2026.

Emergency	911
Mental Health Crisis	Call or text 988
Columbia Wellness Crisis	800-803-8833
Columbia Wellness Grays Harbor	360-612-0012
HarborCrest Detox / Treatment	877-346-8253
NA 24-Hour Helpline	360-589-8620
Sober Side Up	Sundays 5:00 PM sobersideup.org

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1. QUICK "WHERE DO I START?" PAGE

I need help right now.

Call **911** if you are in immediate danger.

Call/text **988** for mental health crisis.

Call **800-803-8833** for Columbia Wellness Mobile Crisis.

I need detox or treatment.

Call **HarborCrest: 877-346-8253**

Or **Columbia Wellness: 360-612-0012**

I need food today.

Try:

- Union Gospel Mission meals, 405 E Heron, Aberdeen
- Salvation Army pantry, 120 W Wishkah, Aberdeen
- East County Food Bank, 106 W Main, Elma
- Northwest Life Center Food Bank, 215 N 3rd St, Elma
- Malone Food Bank, 20 Paradise Rd, Malone
- South Beach Christian Outreach, 617 S Forrest, Westport
- Coastal Harvest food-bank list

I need shelter.

Try:

- Union Gospel Mission Men's Shelter: **360-533-1064**
- Friendship House Women & Children: **360-533-2221**
- Family Promise families: **360-986-3948**
- CCAP Coordinated Entry: **360-533-5100**
- Domestic Violence Center: **360-538-0733 / 800-818-2194**

I need benefits.

Call **DSHS Aberdeen: 877-501-2233**

I need housing or utility help.

Call **CCAP: 360-533-5100**

I need legal help.

Call **Grays Harbor Legal Self-Help Center: 360-249-8174**

I need domestic violence or sexual assault support.

Domestic Violence Center: 360-538-0733 or 800-818-2194

Beyond Survival 24/7 Sexual Assault Crisis Line: 888-626-2640

I need meetings.

Sober Side Up: Sundays at 5:00 PM, Elma Library

AA District 21: Check current local AA schedule

NA Helpline: 360-589-8620

Celebrate Recovery: Mondays 6:00 PM, Harbor City Church

2. HELP RIGHT NOW

If You Are in Immediate Danger

Call 911

Use **911** for immediate danger, overdose, violence, medical emergencies, fire, or life-threatening situations.

If You Are in Mental Health Crisis

Call or text 988

You can call **988** if you feel like you may hurt yourself, hurt someone else, are overwhelmed, or need immediate emotional support.

Local Mobile Crisis

Columbia Wellness Mobile Crisis

Grays Harbor, Cowlitz, and Wahkiakum Counties

988 or **800-803-8833**

Grays Harbor services: **360-612-0012**

24/7 crisis support for all ages. No appointment needed.

3. DETOX / SUBSTANCE USE TREATMENT

HarborCrest Behavioral Health

1006 North H Street, 2nd Floor

Aberdeen, WA 98520

Main / Intake: 877-346-8253

Admissions: 360-537-6258

Weekends / after-hours: 360-533-8500

Assessment line: 360-537-6256

Email: harborcrestintake@ghcares.org

Services include detox, withdrawal management, stabilization, substance use assessments, outpatient treatment, intensive outpatient treatment, and medication support.

Assessment hours: Monday–Friday, 7:00 AM–4:30 PM

Call 24/7 for questions or after-hours support.

Columbia Wellness

2700 Simpson Ave, Floor 1

Aberdeen, WA 98520

Phone: 360-612-0012

Crisis: 988 or 800-803-8833

Services include mental health, substance use disorder treatment, outpatient support, intensive outpatient, peer support, medication services, and crisis connection.

Hours: Monday–Friday, 8:00 AM–5:00 PM

Grays Harbor Comprehensive Treatment Center

516 E 1st Street

Aberdeen, WA 98520

Phone: 360-350-4010

Opioid-use-disorder treatment for adults. Medication-assisted treatment may include methadone and buprenorphine.

Business hours:

Monday–Friday, 5:30 AM–2:00 PM

Saturday, 6:00 AM–9:00 AM

Dose hours:

Monday–Friday, 5:30 AM–11:00 AM

Walk-in availability:

Monday–Friday, 6:00 AM–9:00 AM

Quinault Wellness Center

511 W Heron Street

Aberdeen, WA 98520

Phone: 564-544-1950

Fax: 564-544-1928

Services include substance use treatment, mental health, behavioral health, medical, dental, medication-assisted treatment, peer support, and outpatient support.

Hours: Monday–Friday, 6:00 AM–3:00 PM

Walk-ins: Monday–Friday, 6:00 AM–10:00 AM

Saturday dosing: Established patients only.

Sea Mar Community Health Center — Aberdeen

1813 Sumner Ave

Aberdeen, WA 98520

Phone: 360-538-1461

Services include substance use treatment, mental health, case management, outpatient support, and intensive outpatient support.

Hours: Monday–Friday, 8:00 AM–5:00 PM

Walk-ins: Monday–Friday during business hours

Late groups: 4:00–7:00 PM

Summit Pacific Medical Center — Elma

600 E Main Street

Elma, WA 98541

Phone: 360-346-2222

Services include outpatient substance use and mental health support. MAT clinic walk-in hours are listed Monday–Friday.

Hours: Monday–Friday, 8:00 AM–5:00 PM

MAT walk-in hours: Monday–Friday, 8:00 AM–3:30 PM

4. MENTAL HEALTH / COUNSELING

Behavioral Health Resources — Elma

575 E Main Street, Suite C

Elma, WA 98541

Phone: 360-482-5358

Services include mental health, intensive outpatient, outpatient, peer support, and medication management.

Hours: Monday–Friday, 8:00 AM–5:00 PM

Walk-in intake: Monday–Friday, 8:00 AM–3:30 PM

Behavioral Health Resources — Hoquiam

205 8th Street

Hoquiam, WA 98550

Phone: 360-532-8629

Services include mental health, intensive outpatient, outpatient, peer support, wraparound services, FACT, and medication management.

Hours: Monday–Friday, 8:00 AM–5:00 PM

Walk-in intake: Monday–Friday, 8:00 AM–3:30 PM

Catholic Community Services — Adult Behavioral Health

403 W State Street

Aberdeen, WA 98520

Phone: 360-612-3839

Adult outpatient mental health, peer support, and foundational community support.

Hours: Monday–Friday, 9:00 AM–5:00 PM

Catholic Community Services — Family Behavioral Health

224 E Wishkah Street

Aberdeen, WA 98520

Phone: 360-532-9050

Youth and family mental health services, including WISE.

Office hours: Monday–Friday, 9:00 AM–5:00 PM

Eugenia Behavioral Health Center

405 N Park Street

Aberdeen, WA 98520

Phone: 360-660-1011

Substance use and mental health services, outpatient, intensive outpatient, peer support, and walk-in availability.

Hours: Monday–Friday, 9:00 AM–5:30 PM

Walk-ins: Monday–Friday, 9:00 AM–5:00 PM

Willapa Behavioral Health and Wellness — Montesano

338 Pioneer Ave W

Montesano, WA 98563

Phone: 360-942-2303

Services include substance use disorder treatment, mental health therapy, WISE, Families First, peer support, and domestic violence intervention treatment.

Hours: Monday–Friday, 8:00 AM–5:00 PM

Walk-ins: Monday–Friday, 9:00–10:00 AM

NAMI Washington Coast

VFW Building

158 N Summit Rd

McCleary, WA 98557

Phone: 770-756-6042

Email: namiwashingtoncoast@gmail.com

Peer support and advocacy for people living with mental health challenges.

Meets: 1st Thursdays, 6:30–8:00 PM

5. FOOD BANKS & FREE MEALS

Countywide Food Bank List

Coastal Harvest keeps a Grays Harbor food-bank list. Coastal Harvest does not hand out food directly from its warehouse; it distributes through partner agencies.

Use Coastal Harvest as the master list, but call before going because food-bank hours can change.

Aberdeen

Aberdeen Baptist Church Food Bank

2733 Aberdeen Ave

Aberdeen, WA 98520

Phone: 360-533-1572

Hours: 1st and 3rd Saturday, 11:00 AM

Aberdeen Food Bank

2120 Commerce Street

Aberdeen, WA 98520

Off Wooding, across from Home Depot

Phone not listed — call location before going

Hours: Tuesday, 2:00–5:00 PM

Union Gospel Mission Meals

405 E Heron Street

Aberdeen, WA 98520

Free meals and dayroom. Men, women, and families are welcome.

Monday–Friday:

Breakfast 7:00 AM

Lunch 12:00 PM

Dinner 7:00 PM

Dayroom 7:00 AM–7:00 PM

Saturday:

Brunch 10:30 AM

Dinner 5:00 PM

Dayroom 10:30 AM–5:00 PM

Sunday:

Breakfast 7:30 AM

Dinner 4:00 PM

Salvation Army Food Pantry

120 W Wishkah Street

Aberdeen, WA 98520

Phone: 360-533-1062

Hours: Tuesday and Thursday

10:00–11:30 AM and 1:00–3:00 PM

Harbor Landing Food Pantry — Grays Harbor College

Grays Harbor College, 500 Building

1620 Edward P. Smith Drive

Aberdeen, WA 98520

Main GHC phone: 360-532-9020

Email: ghclife@ghc.edu

For GHC students. Offers pantry staples, produce, and dairy.

Access: Call or email first; hours can vary during college breaks.

Coastal Harvest-listed hours: Tuesday, 10:00 AM–2:00 PM

Central Park / Aberdeen Area

Foursquare Church — The Lord's Pantry

4800 Central Park Drive

Aberdeen, WA 98520

Phone: 360-538-0111

Hours: 2nd and 4th Thursday, 10:00 AM–12:00 PM

Elma / East County

East County Food Bank

106 W Main Street

Elma, WA 98541

Phone: 360-470-6181

Hours: Monday, 10:30 AM–4:00 PM

Open to anyone in need. No strict restrictions listed.

Northwest Life Center Food Bank

215 N 3rd Street

Elma, WA 98541

Phone not listed — call location before going

Hours: 1st and 3rd Thursday at noon

Malone

Malone Food Bank

20 Paradise Road

Malone, WA 98559

Phone: 360-482-2329

Hours: 2nd and 4th Thursday, 3:00–5:00 PM

McCleary

McCleary Food Bank

100 3rd South Street

McCleary, WA 98557

Phone not listed — call location before going

Hours: 2nd and 4th Monday, 8:30–11:00 AM

Montesano

Montesano Food Bank

213 W Spruce Street

Montesano, WA 98563

Phone: 360-249-5374

Hours: First four Fridays of the month, 1:00–3:00 PM

Hoquiam

Hoquiam Food & Clothing Bank

720 K Street

Hoquiam, WA 98550

Phone: 360-533-4909

Hours: Monday and Friday, 12:00–2:00 PM

Seventh-day Adventist Church Food Bank

3101 Cherry Street

Hoquiam, WA 98550

Phone: 360-537-9133

Hours: 2nd and 4th Thursday, 10:00 AM–2:00 PM

Humptulips

Humptulips Food Bank

32 Mcaffee Road

Humptulips, WA 98552

Phone: 360-987-2361

Hours: 3rd Wednesday, 12:00–3:00 PM

Copalis / North Beach

Copalis Church Community Food Bank

3137 State Route 109

Copalis Beach, WA 98535

Phone: 360-289-2233

Hours: Wednesday, 1:30–5:30 PM

Ocean Shores

Ocean Shores Food Bank

846 Anchor Ave NW

Ocean Shores, WA 98569

Phone: 360-289-2171

Hours: 1st and 3rd Thursday, 10:00 AM–5:00 PM

Pacific Beach / Taholah / Quinault Area

Pacific Beach Mobile Food Bank

4576 WA-109, Fire Station

Pacific Beach, WA 98571

Phone: 360-532-6315

Hours: 3rd Tuesday, 9:00–11:00 AM

Taholah Mobile Food Bank

409 Cummex Street, Senior Center

Taholah, WA 98587

Phone: 360-532-6315

Hours: 3rd Tuesday, 12:00–2:00 PM

Quinault Food Bank

31 Burn Road

Neilton, WA 98566

Phone not listed — call location before going

Hours: 1st and 3rd Tuesday, 1:00–4:00 PM

Westport / South Beach

South Beach Food Bank

314 N Broadway

Westport, WA 98595

Phone not listed — call location before going

Hours: 2nd and 4th Thursday, 9:00–11:00 AM

South Beach Christian Outreach

617 S Forrest Street

Westport, WA 98595

Phone: 360-268-1455

Hours: Every Tuesday

Food bank: 12:00–2:00 PM

Hot meal: 11:00 AM–2:00 PM

Also offers clothing and some household items.

6. SHELTER & HOUSING

CCAP / Coordinated Entry

Coastal Community Action Program

101 E Market Street

Aberdeen, WA 98520

Phone: 360-533-5100

Main housing and rental-assistance screening point for people who are homeless, at risk of homelessness, or seeking rental assistance through coordinated entry.

Union Gospel Mission Men's Shelter

405 E Heron Street

Aberdeen, WA 98520

After-hours / shelter phone: 360-533-1064

Men's shelter beds. Check in at front desk. After hours, call **360-533-1064**.

Friendship House — Women & Children

513 N G Street

Aberdeen, WA 98520

Phone: 360-533-2221

Women and children's shelter operated by Union Gospel Mission. Some age restrictions may apply for male children.

Also offers showers and hygiene services for women and accompanied children.

Community showers: Monday–Friday, 10:00 AM–2:20 PM

Family Promise of Grays Harbor

111 E 4th Street

Aberdeen, WA 98520

General: 360-986-3944

Family shelter/services: 360-986-3948

General email: familypromisegraysharbor@gmail.com

Family services email: fscfamilypromisegh@gmail.com

Family shelter and stabilization support.

Housing Authority of Grays Harbor County

602 E 1st Street

Aberdeen, WA 98520

Main: 360-532-0570

Section 8 / vouchers: 360-538-9839

Applications / waitlist: 360-538-9841

Affordable housing, vouchers, applications, waitlists, and housing program support.

7. BASIC NEEDS / UTILITIES / SHOWERS / CLOTHING

CCAP LIHEAP / Energy Assistance

101 E Market Street

Aberdeen, WA 98520

Phone: 360-533-5100

Hours: Monday–Friday, 8:00 AM–12:00 PM and 1:00–5:00 PM

How to access: Call to make an appointment.

Fees: None.

Helps income-eligible households with heating and utility costs.

CCAP HEN — Housing and Essential Needs

101 E Market Street

Aberdeen, WA 98520

Phone: 360-533-5100

Hours: Monday–Friday, 8:00 AM–12:00 PM and 1:00–5:00 PM

How to access: Appointment required.

May help qualifying DSHS-approved adults with rent, move-in costs, utilities, hygiene supplies, laundry/cleaning supplies, transportation, housing search, bus fare, and gas cards.

Grays Harbor PUD Customer Assistance

2720 Sumner Ave

Aberdeen, WA 98520

Phone: 360-532-4220

Toll-free: 800-562-7726

Customer assistance programs may include senior/disabled discount and Project Help. Call for eligibility.

Union Gospel Mission Clothing / Showers / Free Store

405 E Heron Street

Aberdeen, WA 98520

Men's showers, clothing, hygiene items, and household items. Call before going to confirm current times.

Friendship House Women & Children Showers

513 N G Street

Aberdeen, WA 98520

Phone: 360-533-2221

Showers: Monday–Friday, 10:00 AM–2:20 PM

For women and accompanied children.

8. MEDICAL / DENTAL / PUBLIC HEALTH

Grays Harbor County Public Health

2109 Sumner Avenue

Aberdeen, WA 98520

Phone: 360-532-8631

Email: health@graysharbor.us

Public health services and community resource referrals.

Quinault Wellness Center

511 W Heron Street

Aberdeen, WA 98520

Phone: 564-544-1950

Substance use treatment, mental health, behavioral health, medical, dental, and MAT.

Sea Mar Community Health Center — Aberdeen

1813 Sumner Ave

Aberdeen, WA 98520

Phone: 360-538-1461

Behavioral health and substance use services are listed for this location. Sea Mar also provides medical, dental, pharmacy, nutrition, maternity support, WIC, and other services in Grays Harbor County.

9. BENEFITS / DSHS / GOVERNMENT HELP

DSHS Aberdeen Community Services Office

415 W Wishkah Street, Suite A1

Aberdeen, WA 98520

Primary phone: 877-501-2233

TTY: 800-833-6384

Helps with food, cash, medical assistance, benefit interviews, eligibility reviews, mid-certification reviews, WorkFirst/social services, EBT cards, document submission, and general benefit questions.

Service hours: Monday–Friday, 8:00 AM–5:00 PM

Office and phone interview services: 8:00 AM–2:00 PM

Customers checked in by 2:00 PM are served that day.

EBT pickup: 9:00 AM–4:00 PM.

10. LEGAL / COURT / REENTRY HELP

Grays Harbor Legal Self-Help Center

204 S Main Street

Montesano, WA 98563

Phone: 360-249-8174

Free limited legal assistance for people without attorneys.

Can help with:

- Protection orders
- Family law

- Guardianships
- Restoration of rights
- Vacating records
- Civil litigation
- LFO interest
- Joel's Law

Walk-ins welcome.

Office hours:

Monday: 8:00 AM–12:00 PM

Tuesday–Friday: 8:00 AM–12:00 PM and 1:00–4:00 PM

11. DOMESTIC VIOLENCE / SEXUAL ASSAULT / SAFETY

Domestic Violence Center of Grays Harbor

2306 Sumner Avenue

Hoquiam, WA 98550

Phone: 360-538-0733

Toll-free: 800-818-2194

Domestic violence advocacy and shelter support. If you are in immediate danger, call **911**.

Beyond Survival

120 W 1st Street

Aberdeen, WA 98520

Office: 360-533-9751

24/7 Sexual Assault Crisis Line: 888-626-2640

Email: director@ghbeyondsurvival.com

Community sexual assault program. Advocacy, support, education, crisis support, and referrals.

Office hours: Monday–Thursday, 9:00 AM–5:00 PM

National Domestic Violence Hotline

Call: 800-799-SAFE

Text: START to 88788

24/7 confidential support.

12. TRANSPORTATION

Grays Harbor Transit

Main phone: 360-532-2770

Email: info@ghtransit.com

Operations address: 705 30th Street, Hoquiam, WA 98550

Fixed routes and HarborFlex services are listed as fare-free in 2026.

Routes include Aberdeen, Hoquiam, Cosmopolis, East County/Olympia, Oakville/Centralia, Quinault, Ocean Shores/North Beach, Westport, and more.

Call or check the current schedule before traveling.

HarborFlex

Phone: 360-532-2770

Toll-free: 800-562-9730

HarborFlex includes Dial-A-Ride and paratransit services. No app required; people can call.

General public Dial-A-Ride areas include:

Elma, Montesano, Westport, Ocean Shores, and Tokeland.

Paratransit: Door-to-door shared ride service for people with disabilities that prevent them from using regular bus service. Application and certification required.

13. RECOVERY MEETINGS & SUPPORT

Sober Side Up

Sober Side Up Recovery Meeting

Day/Time: Sundays at 5:00 PM

Location: Elma Library

Contact: Mickey Rayment

Email: sobersideup1@gmail.com

Website: sobersideup.org

Sober Side Up is a peer-led recovery support meeting built around the Seven Standards of Recovery: Foundation, Windshield, Spark, Blueprint, Greenhouse, Phoenix, and Network.

Not just "don't use" — rebuild your life Sober Side Up.

Alcoholics Anonymous — AA District 21

AA District 21 covers Grays Harbor and Pacific Counties.

Use the AA District 21 schedule for current meetings.

Common listed AA locations include:

- Aberdeen Alano Club, 823 W Heron Street, Aberdeen
 - North Beach Alano Club, 873 Point Brown Ave NW, Ocean Shores
 - St. Paul's Catholic Church, 833 WA-105, Westport
 - Faith Lutheran Church, 1296 Monte Elma Road, East County
 - Amazing Grace Lutheran Church, 111 E 4th Street, Aberdeen
-

Narcotics Anonymous — Grays Harbor Area

NA Helpline: 360-589-8620

Website: ghpcna.org

NA has a printable Grays Harbor Area meeting list. Check the newest list because meeting times can change.

Common listed NA locations include:

- Aberdeen Alano Club, 823 W Heron Street, Aberdeen
- St. Andrew's Episcopal Church, 400 E 1st Street, Aberdeen
- Hoquiam Timberland Library, 420 7th Street, Hoquiam
- VFW Hall, 158 N Summit Road, McCleary
- Amazing Grace Church, 111 E 4th Street, Aberdeen

- Copalis Community Church, 3140 WA-109, Copalis
 - Quinault Tribal Housing Authority Building, 209 Spruce Street, Taholah
 - Chapel by the Sea, 4612 SR 109, Moclips
-

Celebrate Recovery

Harbor City Church

1700 Cherry Street

Aberdeen, WA 98520

Phone: 360-532-3355

Meets: Mondays at 6:00 PM

Cost: Free

Large group, share groups, and youth/kids programming.

Al-Anon / Alateen

Support for families and friends affected by someone else's drinking.

Public meeting line: 1-888-4AL-ANON

Use the current meeting finder for local meeting times.

14. SOBER SIDE UP

Sober Side Up

Cracked Not Broken. Sober Side Up.

The Seven Standards of Recovery:

1. **Foundation** — Physical Safety & Stability
2. **Windshield** — Mental & Emotional Clarity
3. **Spark** — Motivation, Willingness & Readiness
4. **Blueprint** — Habits & Structure
5. **Greenhouse** — Environment, People & Places
6. **Phoenix** — Purpose, Identity & Meaning
7. **Network** — Connection, Accountability & Support

Recovery is not just about stopping.

It is about rebuilding.

Meeting: Sundays at 5:00 PM

Location: Elma Library

Contact: Mickey Rayment

Email: sobersideup1@gmail.com

Website: sobersideup.org

Local recovery. Local resources. Real hope.

Scan for updates and meeting info.
sobersideup.org

