## RESOURCES FOR HEALTH AND BENEFITS

### WASHINGTON

**Washington State PTSD Program**  
http://www.dva.wa.gov/ptsd_counseling.html  
360-725-2226 or 1-800-562-2308

**VA Health Care System**  
Ask for the Women’s Health Clinic at each VA Medical Center

**VA Puget Sound HCS American Lake Division (Tacoma, WA)**  
9600 Veterans Dr, Tacoma, WA 98493  
Phone: 253-582-8440

**VA Puget Sound Health Care System (Seattle, WA)**  
1660 South Columbian Way, Seattle, WA 98108  
206-762-1010 or 800-329-8387  
To schedule an appointment Extension 71234

**Jonathan M. Wainwright Memorial VA Medical Center**  
77 Wainwright Drive, Walla Walla, WA 99362  
509-525-5200 or 888-687-8863

**Portland VA Medical Center - Vancouver Campus (Vancouver, WA)**  
3710 SW U.S. Veterans Hospital Rd., Portland, Oregon 97239  
503-220-8262 or 800-949-1004

**Spokane VA Medical Center (Spokane, WA)**  
4815 N. Assembly St. Spokane, WA 99205  
509-434-7000 or 800-325-7940

**Women Veterans Program Manager**  
Assist women in understanding their benefits and coordinate care

Seattle VAMC Jan Buchanan, MSW, MC  
Jan.buchanan@va.gov 206-764-2441

Spokane VAMC Julie Liss, RN, BSN  
Julie.liss@va.gov 509-434-7608

Walla Walla VAMC Joan Leid, RN  
Joan.leid@va.gov 509-525-5200 ext 22413

### CONNECT WITH OTHER WOMEN VETS

If you would like to become part of our Washington women veterans network, please provide your contact information, including email, to the following coordinator:

Liza S. Narciso  
Washington State Women Veterans Coordinator  
Washington State Department of Veterans Affairs  
1102 Quince St. SE  
PO Box 41150  
Olympia, WA 98504  
lisan@dva.wa.gov 360-725-2157/360-584-3247

**Non-profit organizations that serve and/or advocate for veterans:**

- **American Legion**: [www.legion.org](http://www.legion.org)  [www.walegion.org](http://www.walegion.org)
- **AMVETS**: [www.amvets.org](http://www.amvets.org)  [www.amvetswa.org](http://www.amvetswa.org)
- **Disabled American Veterans**: [www.dav.org](http://www.dav.org)
- **Paralyzed Veterans of America**: [www.pva.org](http://www.pva.org)  [www.npava.org](http://www.npava.org)
- **Military Order of the Purple Heart**: [www.purpleheart.org](http://www.purpleheart.org)
- **Veterans of Foreign Wars**: [www.vfw.org](http://www.vfw.org)  [www.vfwofwa.org](http://www.vfwofwa.org)

**Other organizations that will assist you locate other resources:**

- **American Veterans for Equal Rights**: [www.aver.us](http://www.aver.us)
- **Women in Military Service for America**: [www.wimsa.org](http://www.wimsa.org)  [www.womensmemorial.org](http://www.womensmemorial.org)
- **Women Organizing Women**: [www.vetwow.com](http://www.vetwow.com)
- **Legal Voice**: [www.nwwlg.org](http://www.nwwlg.org)  
206-682-9552
- **WA State Coalition Against Domestic Violence**: [www.wscadv.org](http://www.wscadv.org)  
1-800-562-6025 (Immediate Assistance)  
206-389-2515 (Seattle)  
360-586-1022 (Olympia)

### VET CENTERS

Small community-based organizations managed by the VA and dedicated to providing military sexual trauma and PTSD counseling as well as family counseling for eligible veterans

- **3800 Byron Ave Suite 124, Bellingham, WA 98229**  
360-733-9226 Fax: 360-733-9117
- **3311 Wetmore Avenue, Everett, WA 98201**  
425-252-9701 Fax: 425-252-9728
- **2030 - 9th Ave. Suite 210, Seattle, WA 98121**  
206-553-2706 Fax: 206-553-0380
- **100 No. Mullan Rd., Suite 102, Spokane, WA 99206**  
509-444-8387 Fax: 509-444-8388
- **4916 Center St. Suite E, Tacoma, WA 98409**  
253-566-7038 Fax: 253-565-4981
- **2119 West Lincoln Avenue, Yakima, WA 98902**  
509-457-2736 Fax: 509-457-1822

### NATIONAL RESOURCES

**U.S. Department of Veterans Affairs**  
[www.va.gov](http://www.va.gov)

**National Center for Post-Traumatic Stress Disorder**  
[www.ncptsd.va.gov](http://www.ncptsd.va.gov)

**Transition Assistance for Disabled Soldiers and Veterans**  
[www.vetsuccess.gov](http://www.vetsuccess.gov)

**For Women (women’s health)**  
[www.4women.gov](http://www.4women.gov)

**PTSD Claims Guide**  
[www.vva.org/Benefits/ptsd.htm](http://www.vva.org/Benefits/ptsd.htm)

**Women Veterans Health Care**  
[www.publichealth.va.gov/womenshealth/](http://www.publichealth.va.gov/womenshealth/)

**Dept of Veterans Affairs Center for Women Veterans**  
[www1.va.gov/womenvet](http://www1.va.gov/womenvet)

### RESOURCES FOR HEALTH AND BENEFITS

**National Suicide Prevention Hotline**  
1-800-273-TALK (8255)

**Veterans of Foreign Wars**  
[www.vfw.org](http://www.vfw.org)  [www.vfwofwa.org](http://www.vfwofwa.org)

**Women in Military Service for America**  
[www.wimsa.org](http://www.wimsa.org)  [www.womensmemorial.org](http://www.womensmemorial.org)

**Women Organizing Women**  
[www.vetwow.com](http://www.vetwow.com)

**Legal Voice**  
[www.nwwlg.org](http://www.nwwlg.org)  
206-682-9552

**WA State Coalition Against Domestic Violence**  
[www.wscadv.org](http://www.wscadv.org)  
1-800-562-6025 (Immediate Assistance)  
206-389-2515 (Seattle)  
360-586-1022 (Olympia)
You’ve learned new skills and faced challenges that have broadened your experiences. Consider these resources to assist in the transition.

**Washington Department of Veterans Affairs**
Veterans transitioning from active duty can contact the WDVA Transition & Employment Section for state-wide employment information.

**Business & Professional Women (BPW)**
Women Joining Forces – Closing Ranks, Opening Doors www.bpwsusa.org/www.bpwfoundation.org
The BPW Career Center identifies women and veteran-friendly workplaces and jobs
http://careers.bpwusa.org

**Job Centers (Located Throughout Washington)**

**Washington Education System**
Check with the Veterans Representative – available at almost every learning institution

**Veterans Business Registry**
The Washington Department of Veterans Affairs provides a Registry of Veteran/Service member Owned Businesses.

**Service Corps of Retired Executives – SCORE**
Score Volunteers assist veterans with starting their firms, business readiness plans, emergency loan applications and business recovery
www.score.org/veteran.html

**Washington State Office of Minority and Women Owned Business Enterprises**
Assists Minorities and Women Owned firms in Washington State
www.omwbe.wa.gov/

**Veteran Women Program**
Assists Women Veterans in preparing for and obtaining employment
www.partnersincareers.org/news.html

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**OTHER RESOURCES**
Check these websites for more information
www.dol.gov/elaws/evets.htm
www.recruiutmilitary.com
www.helmets2hardhats.org
www.vetbiz.com
http://www.jobs2teach.doded.mil
www.military.com/Careers/Home
www.quintcareers.com/former-military/html
www.vetjobs.com
www.usajobs.com
www.hirevetsfirst.gov
www.dva.jobsearch.org

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**WASHINGTON FAMILY ASSISTANCE CENTERS**
Your one-stop information and referral service, working with all branches of the military services in Washington. Referrals to any of the following Centers can be made by calling
Camp Murray - (800) 364-7492
Centralia - (360) 628-7195
Kent - (253) 945-1869
Longview - (360) 577-2023
Moses Lake - (509) 766-2551
Pasco - (509) 546-4384
Port Orchard - (360) 895-1859
Olympia - (360) 704-6707
Seattle - (206) 473-2896
Tacoma - (253) 363-6419
Spokane - (509) 532-2775

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You can find us on Facebook and Twitter!
http://twitter.com/WAWomenVeterans

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**Washington Women’s History Consortium**
Is collecting stories of Women from all eras and encourage Women Veterans to contribute stories and materials. For information contact Shanna Stevenson, at 360-586-0171 or sstevenson@wshs.wa.gov. www.washingtonwomenshistory.org