

**TJ MAHONEY & ASSOCIATES**

Ka Hale Ho`āla Hou No Nā Wāhine

*The Home of Reawakening for Women*

# Community Resource Listing

**A`ohe pau ka `ike i ka hālau ho`okāhi.**

*All knowledge is not taught in one school.*

One learns from many sources. (Mary Kawena Pukui #203)

## Special Services Phone Numbers

211 Public, health & community services (free call)

411 Directory assistance (cost varies)

911 Emergency services (free call)

1-800-Quit-Now Tobacco Quitline

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## How to...

### Access Community Resources

On the following pages, you'll find dozens of resources, most of them are non-profit organizations. They are there to help you. Our service system is large and can be complicated for individuals trying to find the program that fits their needs.

We have done our best to provide current and accurate information in this section. Please do not be discouraged if resources have moved or changed names. Call 211 or refer to your yellow pages for up-to-date information.

We've compiled a few helpful tips to increase your chances of getting assistance!

Good luck on your journey to empowerment!

- *Organize your vital documents*, keep them handy and easily accessible
  - Most programs require documents that prove your name, address, income status, and other important information
  - Be sure to call ahead and find out, first what documents you need to bring.
- *Find out the programs eligibility requirements*
  - Call ahead
- *Use good telephone and in-person etiquette*
  - Greet the person, introduce yourself, state your request, take notes, ask questions, seek clarification, and thank them when done
  - Dress appropriately when visiting in person
- *Maintain communication*
  - Follow through with your appointments
  - Inform the service provider if your circumstances or contact information changed
- *Be professional; Stay Calm*
  - If you feel like you have been mistreated or you are not getting appropriate help, stay calm, and ask to speak with their supervisor, even if they are a non-profit, customer service is important

You'll see internet websites listed on the following pages. Here are places that you can access the internet:

**Hawaii State Libraries** (free; 1 hour a day limit; you must sign up for a library card, if you don't have one) 211  
www.auw.211.org

**Internet Cafés** (a place to access the Internet. Costs range from \$3.00 to \$7.00 per hour) See Yellow Pages under "Internet Cafes"

**KMART** (free) See White Pages under "KMART"

**O`ahu Work Links** (free for job searching only) 211 or 843-0733 Kalihi

*Good Luck, stay positive, be patient, share what you've learned with others... and only take what you need, so we can continue to help each other move forward!*

<b>Identification (ID)</b>	
Hawaii Vital Records (\$10.00 cash only) (birth, death, marriage, and divorce certificates)	586-4533 <a href="http://www.hawaii.gov/health/vital-records">www.hawaii.gov/health/vital-records</a>
Foreign Country Vital Records – Go to your country’s Consulate in Hawaii (cost varies)	211 <a href="http://www.hawaii.gov/dbedt/oia/voia-consulates-in-hawaii">www.hawaii.gov/dbedt/oia/voia-consulates-in-hawaii</a>
U.S. Mainland Vital Records (other than Hawaii) - Go to the Government Website of the state where the event occurred.	See your case manager or social worker for help
Social Security Card (Free)	1-800-772-1213 / <a href="http://www.ssa.gov">www.ssa.gov</a>
Hawaii State I.D. (\$15.00 cash only)	587-3111 <a href="http://www.stateid.hawaii.gov">www.stateid.hawaii.gov</a>
<b>24/7 Crisis Hotlines</b> If you or someone else is in danger, call 911	
Access Line (mental health and suicide crisis line)	832-3100/1-800-753-6879
Child Welfare/Protective Services	832-5300/1-800-494-3991
Domestic Violence Shelter and Crisis Hotline (CFS) (safety planning, crisis intervention, emergency shelter)	Town/Leeward 841-0822 Windward 526-2200
Pu`uhonua (Domestic Violence) Crisis Counseling Line (PACT)	585-7944
Sexual Abuse Treatment Center	524-7273
<b>Food, Shelter, Clothing</b>	
Food Banks near you	211/ <a href="http://www.auw211.org">www.auw211.org</a>
Homeless Shelters near you	211/ <a href="http://www.auw211.org">www.auw211.org</a>
Clothing Thrift Shops (such as Goodwill, Savers)	See Yellow Pages under “Thrift Shops”
Dress for Success (for women going to job interviews)	538-7061 ext. 603
<b>Transportation</b>	
<b>Public Transportation (O`ahu)</b>	
TheBus	848-5555/ <a href="http://www.thebus.org">www.thebus.org</a>
The Handi-Van (persons with disabilities who are unable to use the City's bus service)	456-5555
<b>TheBus Pass Assistance</b> (call to find out if you are eligible)	
Access to Recovery (helps to purchase)	692-7506
HCAP (helps to purchase)	521-4531
Network Enterprises (for homeless veterans)	521-7774
<b>Directions to Places</b>	
TheBus and Driving Directions (local/nationwide)	<a href="http://www.thebus.org">www.thebus.org</a> <a href="http://www.google.com/transit">www.google.com/transit</a>
<b>Where to Purchase TheBus Passes</b>	
TheBus Pass Office (811 Middle St), Foodland, Times, Star Market, 7-Eleven, Satellite City Halls, UH Mānoa (Campus Center), Hawai`i Pacific University (Book Store), Chit Chat Store	
<b>Taxi Service</b>	
The Cab	422-2222 or check your yellow pages under “Taxicabs”

## Housing/Rentals/Homeownership

Tenants Rights, Laws, and Protections: Review lease agreements carefully. Hawaii has a Landlord-Tenant Code. You can review the code at your local public library for free or purchase one from the Department of Commerce and Consumer Affairs. More information can be found by calling 586-2634 or at [www.hawaii.gov/dcca/areas/ocp/landlord\\_tenant](http://www.hawaii.gov/dcca/areas/ocp/landlord_tenant)

<b>Housing and Urban Development (HUD)</b> (resources for homeless, renters, and homeowners)	522-8175 <a href="http://www.hud.gov/local">www.hud.gov/local</a>
<b><u>Housing, Rentals*</u></b>	
Daily Listings, read your <i>local newspaper</i> or visit the <i>Craigslist</i> listing on-line	<a href="http://www.honolulu.craigslist.org/oah/apa">www.honolulu.craigslist.org/oah/apa</a>
Rentals Illustrated (free copies can be picked up at major supermarkets on the island, except for Foodland)	<a href="http://www.rentalsillustrated.com">www.rentalsillustrated.com</a>
Weekly Affordable Rental Listing (pick up a free copy at Legal Aid 924 Bethel St.)	536-4302 <a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a>
<b><u>Housing, Transitional</u></b>	
Clean and Sober Houses near you	211
Fernhurst YWCA (for women)	941-2231 ext 100
Gregory House (those living with HIV/AIDS)	592-9022
Oxford Houses (male and female recovery houses)	957-0324
State & Federal Public Housing – Application Services 1. Priority for housing varies. 2. Some felony charges may prohibit you from living in public housing, but, not all charges. 3. Call for current guidelines.	832-5960
Temporary Shelter near you	211
The Piikoi Recovery House for Women	861-1112 (Rochelle)
Women In Need (supportive housing for women)	259-5068
<b><u>Homeownership</u></b>	
Hawaii Community Lending & Assets (become and remain homeowners, financial literacy, down payment assistance)	587-7886
Home Ownership Assistance Program (HOAP) Call Center (for Native Hawaiians)	1-866-512-4627 (Toll-free)
Hawaii Homeownership Center (credit reduction, home-ownership counseling, purchase, and maintenance)	523-9500
Hawaii Habitat for Humanity (helps you build a house)	538-7676
Self-Help Housing Corporation of Hawaii (build your own house)	842-7111
*See “Rental Assistance (Financial)” on pg. 3 for resources to help with finances for renting.	

**Rental Assistance (Financial)**

Access to Recovery (ATR; rental assistance for those dealing with substance abuse)	692-7506
Catholic Charities Hawaii	521-HELP (4357) <a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
<i>City and County of Honolulu Section 8 Program (not accepting applications as of May 2009)</i>	768-7096
Gregory House (for homeless)	592-9022 <a href="http://www.gregoryhouse.org">www.gregoryhouse.org</a>
<i>State's Section 8 (rental subsidy) Programs (not accepting applications as of May 2009);</i>	832-6040
The Giving Tree (rental assistance, money management, furniture, clothing, food, household goods, kitchenware)	524-9397 <a href="http://www.givingtreehawaii.com">www.givingtreehawaii.com</a>
The Salvation Army – Family Services (assists people with financial needs including rent/mortgage assistance and many other resources)	591-5605 <a href="http://www.salvationarmyhawaii.org">www.salvationarmyhawaii.org</a>

**Furniture and Utilities**

Churches near you (may be able to help)	211
Community Clearinghouse (you must be referred by a participating non-profit agency)	211 or ask your case manager or social worker.
LIHEAP (assistance with utility bills), a program of HCAP	521-4531
The Giving Tree (also offers financial assistance, clothing, food, household goods, and kitchenware)	524-9397 <a href="http://www.givingtreehawaii.com">www.givingtreehawaii.com</a>

## Financial Assistance\*/Money Management/Taxes

### Financial Assistance

Access to Recovery (ATR; financial assistance for those dealing with substance abuse)	692-7506 <a href="http://www.hawaii.gov/health/substance-abuse/ATR">www.hawaii.gov/health/substance-abuse/ATR</a>
ALU LIKE, Inc. – Kulia Like Department (emergency funds, IDA savings match program for Native Hawaiians)	535-6720
Catholic Charities (rental subsidies, referrals, etc.)	521-HELP (4357) <a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
The Salvation Army – Family Services (assists people with financial needs including rent/mortgage assistance, food and holiday assistance, clothing voucher, and first month rent for homeless only. Makes referrals to other programs as necessary. Offers classes on money management and nutrition)	591-5605
Ways to Work Program (loans from \$500 to \$4,000 for car, housing deposits, home repair, child care, and other loans with money management training provided)	237-2643

### Money Management/How to Build Credit

Consumer Credit Counseling	532-3225
Credit Reports (1 free each year)	<a href="http://www.annualcreditreport.com">www.annualcreditreport.com</a>
Hale Ipu Kukui Alaka`i (money management services for those that are receiving SSA and SSI benefits and are unable to manage their money)	599-5001 <a href="http://www.haleipu.com">www.haleipu.com</a>
The Salvation Army – Family Services (assists people with financial needs including rent/mortgage assistance, food and holiday assistance, clothing vouchers. First month's rent for homeless individuals. Makes referrals to other programs as necessary. Offers classes on money management and nutrition)	591-5605
The Giving Tree (offers money management classes and furniture, clothing, food, household goods, kitchenware)	524-9397 <a href="http://www.givingtreehawaii.com">www.givingtreehawaii.com</a>

### Taxes

Free Tax Assistance	211 <a href="http://www.hawaiiitaxhelp.com">www.hawaiiitaxhelp.com</a>
Tax Information through the Legal Aid Society of Hawaii	536-4302

\*See pgs. 2 and 3 for resources to help w/ housing, homeownership, rentals, & rental assistance.

## Employment and Education

### **Reading Classes**

Hawaii Literacy, Inc. - Adult Literacy (one to one tutoring)	537-6706
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### **High School Equivalency Programs & Tests**

C-BASE programs near you	211/www.auw211.org
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GED programs near you	211/www.auw211.org
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### **Adult Continuing Education**

Community School for Adults near You (English, Math, Arts, Culture, etc.)	211 or visit their website: <a href="http://adulthood.k12.hi.us/index.html">http://adulthood.k12.hi.us/index.html</a>
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### **Job Search & Career Development**

Alu Like, Inc. Employment and Training Program (career development and vocational training for Native Hawaiians)	535-6700 <a href="http://www.alulike.org">www.alulike.org</a>
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Career Kokua (DLIR Government Website – resources that have to do with career assessments, job placement, education and training opportunities, etc.)	<a href="http://www.careerkokua.org">www.careerkokua.org</a>
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Community Assistance Center (assists offenders, ex-offenders, and adults at risk for criminal behavior, Counselors provide personal, family and vocational counseling, job placement assistance, housing assistance, and advocacy within the criminal justice system to those in need)	537-2917 <a href="http://www.cachawaii.org">www.cachawaii.org</a>
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Department of Vocational Rehabilitation (DVR) assists individuals with a disability gain employment and economic self-sufficiency	586-5167
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Goodwill Industries – Job Connections	946-WORK (9675) <a href="http://www.higoodwill.org">www.higoodwill.org</a>
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HCAP Job Readiness Program	521-4531 <a href="http://www.hcapweb.org">www.hcapweb.org</a>
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Lanakila Pacific (workforce resources, training, and practical work experience)	531-0555 <a href="http://www.lanakilahawaii.org">www.lanakilahawaii.org</a>
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Network Enterprises – Employment Division	521-7774 <a href="http://www.networkenterprises.org">www.networkenterprises.org</a>
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O`ahu Worklinks – One Stop Job Searching Support	Kalihi 843-0733
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PACT Economic Development Center	842-7093 <a href="http://www.pacthawaii.org">www.pacthawaii.org</a>
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Worknet, Inc. (job search, career development, assists in obtaining hygiene products, , basic needs, housing, support groups and one to one case management support)	941-7771
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## Employment and Education (cont.)

### **Temporary Employment Services**

Altres Staffing	591-4940/1-888-4-Altres
Express Employment	525-5225
Olsten	523-3313

### **Internet Job Sites**

America's Job Bank	<a href="http://www.ajb.dni.us">www.ajb.dni.us</a>
Craigslist	<a href="http://honolulu.craigslist.org/oah">honolulu.craigslist.org/oah</a>
Direct Employers.com	<a href="http://www.directemployers.com">www.directemployers.com</a>
Flip Dog	<a href="http://www.flipdog.com">www.flipdog.com</a>
HEALTHeCAREERS	<a href="http://www.healthcareers.com">www.healthcareers.com</a>
Hawaii State Government Jobs	<a href="http://www.ehawaii.gov">www.ehawaii.gov</a> (click on employment)
Hire Net Hawaii	<a href="http://www.hirenethawaii.com">www.hirenethawaii.com</a>
Honolulu Advertiser	<a href="http://www.careerbuilder.com">www.careerbuilder.com</a>
HotJobs.com	<a href="http://www.hotjobs.com">www.hotjobs.com</a>
Jobscience	<a href="http://www.jobscience.com">www.jobscience.com</a>
O*NET	<a href="http://online.onetcenter.org">online.onetcenter.org</a>
SnagAJob.com	<a href="http://www.snagajob.com">www.snagajob.com</a>
Star Bulletin	<a href="http://www.monster.com">www.monster.com</a>
TechJobsHawaii.org	<a href="http://www.techjobshawaii.org">www.techjobshawaii.org</a>
U.S. Department of Labor	<a href="http://www.dol.gov">www.dol.gov</a>

### **Vocational, Technical, and Trade**

Hawaii Carpenters Union (Local 745)	847-5761 <a href="http://www.local745.com">www.local745.com</a>
Hawaii Institute of Hair Design	533-6596 <a href="http://www.hihdhawaii.net">www.hihdhawaii.net</a>
Hawaii Laborers Training Program (Local 368)	455-7979 <a href="http://www.hiltp.org">www.hiltp.org</a>
Hawaii Plumbers-Fitters Union (Local 675)	536-5454
Hawaii Technology Institute (office or medical technology, and pharmacy technician)	527-2700 <a href="http://www.hti.edu">www.hti.edu</a>
Honolulu Nail Academy	944-1121 <a href="http://www.honolulunailacademy.com">www.honolulunailacademy.com</a>
Med-Assist School of Hawaii	524-3363 <a href="http://www.mash.edu">www.mash.edu</a>
New York Technical Institute of Hawaii (Automotive, A/C, Refrigeration)	841-5827
Olelo Community Television (media production classes)	834-0007 <a href="http://www.olelo.org">www.olelo.org</a>
Professional Driving Academy (CDL, heavy equipment Operator, etc.)	239-1371 <a href="http://www.prodrivingacademy.com">www.prodrivingacademy.com</a>
Travel Institute of the Pacific	591-2708/ <a href="http://www.tiphawaii.com">www.tiphawaii.com</a>

## **Employment and Education (cont.)**

### **Colleges and Universities**

Honolulu Community College Admissions Office (specialties include trade and technical education)	845-9129 <a href="http://www.honolulu.hawaii.edu">www.honolulu.hawaii.edu</a>
Kapiolani Community College Admissions Office (specialties include nursing and culinary arts)	734-9555 <a href="http://www.kapiolani.hawaii.edu">www.kapiolani.hawaii.edu</a>
Leeward Community College Admissions Office (specialties include CSAC and culinary arts)	455-0642 <a href="http://www.leeward.hawaii.edu">www.leeward.hawaii.edu</a>
University of Hawaii – Manoa	956-8975 <a href="http://www.manoa.hawaii.edu">www.manoa.hawaii.edu</a>
University of Hawaii - West Oahu	454-4700 <a href="http://www.uhwo.hawaii.edu">www.uhwo.hawaii.edu</a>
Windward Community College Admissions Office (specialties include media and landscaping)	235-7400 <a href="http://www.windward.hawaii.edu">www.windward.hawaii.edu</a>

### **Financial Resources**

For help applying for financial aid and scholarships, visit the school counselor at your school of choice. All or some of the resources in the Job Search & Career Development section may be able to help.

FAFSA (free application for Federal Student Aid)	800-433-3245 <a href="http://www.fafsa.ed.gov">www.fafsa.ed.gov</a>
Hawaii Community Foundation- Scholarship Department	566-5570 <a href="http://www.hawaiicommunityfoundation.org">www.hawaiicommunityfoundation.org</a>
Ke Alii Pauahi Foundation (scholarships for Native Hawaiians)	534-3966 <a href="http://www.pauahi.org">www.pauahi.org</a>

### **Starting your Own Business**

Pacific Gateway Center (pathways to economic self sufficiency)	845-3918 <a href="http://www.pacificgatewaycenter.org">www.pacificgatewaycenter.org</a>
Hawaii Business Action Center (a one-stop-shop for entrepreneurs, assists with business forms, licenses, and permits, tax resources)	586-2545 <a href="http://www.hawaii.gov/dcca/areas/bac">www.hawaii.gov/dcca/areas/bac</a>
PACT Business Development Program	842-7093 <a href="http://www.pacthawaii.org">www.pacthawaii.org</a>
Women’s Business Center	526-1001
OHA Business Loans (a lending program for Native Hawaiian entrepreneurs, includes business classes)	594-1888

## Healthy Mind

To pay for mental health services, check your medical plan, whether it is your private insurance, MedQuest, Medicaid, and/or Medicare. Each plan should have its own listing of mental health providers.

Access Line (counseling services and access to counselors) therapists, shelters, case managers within the State Children and Adult Mental Health Division)	832-3100
Counseling & Spiritual Care Center of Hawaii (psychotherapy for individuals, couples, and families; bereavement, aging, financial crisis, domestic abuse, adolescent adjustments, etc.)	545-2740 <a href="http://www.cscch.org">www.cscch.org</a>
Hawaii Counseling and Education Center (counseling, education, and training)	254-6484 <a href="http://www.hcechawaii.com">www.hcechawaii.com</a>
Hawaii Play Therapy Association	<a href="http://www.hawaiiplaytherapy.net">www.hawaiiplaytherapy.net</a>
Mental Health America of Hawaii (works to transform mental illness into mental wellness by promoting mental health, reducing the stigma of mental illness, and improving the care and treatment of children, adults, and elders with mental illnesses)	521-1846 <a href="http://www.mentalhealth-hi.org">www.mentalhealth-hi.org</a>
Men's Health Only	<a href="http://www.menshealthonly.com">www.menshealthonly.com</a>
National Alliance on Mental Illness or NAMI has a WOW Women On Wellness support group)	591-1297 <a href="http://www.namihawaii.org">www.namihawaii.org</a>
Psychology Today (find a therapist that's right for you, includes different natural health remedies such as aromatherapy, acupuncture, massage, etc.)	<a href="http://www.therapists.psychologytoday.com/rms/prof_search.php">www.therapists.psychologytoday.com/rms/prof_search.php</a>
Sounding Joy Music Therapy (therapeutic uses of music to address behavioral, social, psychological, communicative, sensory-motor, and/or cognitive functioning)	593-2620 <a href="http://www.soundingjoymt.org">www.soundingjoymt.org</a>
The Institute For Family Enrichment (TIFFE offers consultation, educational programs and therapeutic services.)	596-8433 <a href="http://www.tiffe.org">www.tiffe.org</a>
United Self Help (they have a "warm line" or someone to talk to when you need support, they also facilitate support groups with different topics, and have information about mental health issues that they can educate share with organizations and families about)	931-6444/1-866-866-HELP (4357) <a href="http://www.unitedselfhelp.org">www.unitedselfhelp.org</a>
Women's Health Only	<a href="http://www.womenshealthonly.com">www.womenshealthonly.com</a>

## Healthy Body

If you have private insurance or MedQuest, Medicaid, or Medicare, check your plan for its listing of providers. If you do not have medical insurance, you can contact the community health clinics in your area (call 211 for a listing), the Aloha Medical Mission Clinic, and Med Quest.

### **General Medical and/or Dental Care**

Aloha Medical Mission Clinic (Free services for the un-insured: General Medicine, Physicals, OBGYN, Dermatology, Dental Services, and more)	841-4489 <a href="http://www.alohamedicalmission.org/">www.alohamedicalmission.org/</a>
Chiropractors Association (Hawaii State)	926-8883 <a href="http://www.hawaiihiro.com">www.hawaiihiro.com</a>
Community Health Centers	211 <a href="http://www.hawaiiipca.net">www.hawaiiipca.net</a>
Dental at Kalihi Palama Health Center (provides medical and dental services)	845-0686 <a href="http://www.kphc.org/dental">www.kphc.org/dental</a>
Hospitals	211 or 911 if emergency
Ke Ola Mamo (access to healthcare for Native Hawaiians)	845-3388 <a href="http://www.keolamamo.org">www.keolamamo.org</a>
Life Foundation (for STD, HIV, AIDS awareness, testing, counseling)	521-2437 <a href="http://www.lifefoundation.org">www.lifefoundation.org</a>
MedQuest- O`ahu Applications Unit - For applications, call 211 and they will mail it to you - if you don't have medical insurance and have an emergency, go to the nearest emergency room and request for them to sign you up for MedQuest	587-3521

### **Physical Health & Nutrition**

Curves for Women (fitness training)	Honolulu 525-5688
Hawaii Tobacco Quitline	1-800-QUIT-NOW
Ke Ola Mamo Native Hawaiian Health Care Systems (for Native Hawaiians, nutrition and exercise)	845-3388 <a href="http://www.keolamamo.org">www.keolamamo.org</a>
Public Gyms & Parks	211

### **Camping Permits**

Satellite City Hall (to get camping and picnic permits)	211
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### **Sports Teams**

Basketball Teams	See nearest gym, 211
Canoe Paddling Clubs	<a href="http://www.y2kanu.com/links.htm">www.y2kanu.com/links.htm</a>
Soccer Teams	<a href="http://www.islandsoccer.com">www.islandsoccer.com</a>
Softball Teams	<a href="http://www.softballinhawaii.com">www.softballinhawaii.com</a>
Volleyball Teams	<a href="http://www.aloharegion.com">www.aloharegion.com</a>

### **Hikes & Trails**

Na Ala Hele: Trail and Access Program	587-0062 <a href="http://www.hawaiitrails.org">www.hawaiitrails.org</a>
The Hawaiian Trail and Mountain Club	<a href="http://www.htmclub.org">www.htmclub.org</a>

## Healthy Spirit

Counseling & Spiritual Care Center of Hawaii (therapy for individuals, couples, and families dealing with bereavement, aging, financial crisis, domestic abuse, adolescent adjustments, etc.)	545-2740 <a href="http://www.cscch.org">www.cscch.org</a>
Grief Support Services (ways to cope, hospice, support groups on line)	<a href="http://www.griefsupportservices.org">www.griefsupportservices.org</a>
Hawaii Center for Attitudinal Healing (support for individuals or families experiencing serious illness, loss and other highly stressful situations, as well as those interested in improving quality of life for themselves and their community)	554-7489 <a href="http://www.attitudinalhealinghawaii.org">www.attitudinalhealinghawaii.org</a>
Hawaii Forgiveness Project (support groups)	<a href="http://www.hawaiiforgivenessproject.org">www.hawaiiforgivenessproject.org</a>
Hospice Hawaii (bereavement support and end of life care)	924-9255
Kids Hurt, Too (for grieving children)	545-5683
Na Lei Aloha (hosts their Memorial Day “Lantern Floating Ceremony” in honor of ancestors and to bridge cultures and religions in Hawaii.)	942-1848 <a href="http://www.naleialoha.com">www.naleialoha.com</a>
Psychology Today (find help that’s right for you, also, includes different natural health remedies such as aromatherapy, acupuncture, massage, etc.)	<a href="http://www.therapists.psychologytoday.com">www.therapists.psychologytoday.com</a>
Religious Services	See Yellow Pages under “Churches”

Some other practices or persons that can help:

- Lomi Lomi practitioners
- Yoga classes
- Meditation
- Connect with Nature
- Chaplains (assists those in those that may not have access to religious services, such as: hospices, hospitals, and prisons)

## Legal Services

Child Support Enforcement Agency (visitation, establish paternity, child support)	692-8265 <a href="http://www.hawaii.gov/ag/csea">www.hawaii.gov/ag/csea</a>
Domestic Violence Legal Helpline (referral to shelters, legal options, counseling, advice, etc.)	531-3771
Family Court (O`ahu First Circuit) Information	539-4200
Lawyer Referral & Information Service	537-9140
Legal Aid Society of Hawaii Hotline (State's largest public-interest legal service provider, dedicated to helping Hawaii's low-income population with their legal needs)	536-4302
Volunteer Legal Services of Hawaii (legal clinics, pro bono referrals, pre se support, child advocacy, outreach, and legal education)	528-7046

## Conflict Resolution

The Mediation Center of the Pacific (Two or more people meeting to work out a solution to their problem with the help of a trained, neutral person (a "mediator") in a private, confidential setting. Can help with family, business, neighbors, school, etc.)	521-6767 <a href="http://www.mediatehawaii.org">www.mediatehawaii.org</a>
Epic `Ohana Conferencing (family mediation for children in child welfare/protective services)	838-7752 <a href="http://www.epicohana.com">www.epicohana.com</a>
Landlord-Tenant Code Hotline (understand your rights as a tenant a.k.a. renter)	586-2634 <a href="http://www.hawaii.gov/dcca/areas/ocp/landlord_tenant">www.hawaii.gov/dcca/areas/ocp/landlord_tenant</a>

## **Substance and Alcohol Recovery\***

\*A comprehensive listing of Statewide Substance Abuse and Recovery resources can be requested from the Coalition for a Drug Free Hawaii at 545-3228 or viewed/downloaded from their website at [www.drugfreehawaii.org](http://www.drugfreehawaii.org)

AA – Alcoholics Anonymous (meeting schedule, events, and the big book)	946-1438 <a href="http://www.oahucentraloffice.com">www.oahucentraloffice.com</a>
Hina Mauka (rehabilitation services for children, family, adults)	1-888-HINA MAUKA <a href="http://www.hinamauka.org">www.hinamauka.org</a>
NA - Narcotics Anonymous (meeting schedule, events, etc.)	734-4357 <a href="http://www.na-hawaii.org">www.na-hawaii.org</a>
The Salvation Army – Addiction Treatment Services (ATS)	595-6371
Substance Abuse Treatment Centers (inpatient and outpatient services)	211
<b>Programs for Incarcerated Persons</b>	
ALU LIKE Offender/Ex Offender Program (for Native Hawaiians)	535-6700
BEST program (for individuals preparing to return to the Maui community after incarceration)	249-2990
Community Alliance on Prisons (advocacy, education, and legislation) <a href="http://www.lifeofthelandHawaii.org/Community_Alliance_on_Prisons.html">www.lifeofthelandHawaii.org/Community Alliance on Prisons.html</a>	
Community Assistance Center (assists offenders, ex-offenders, and crime-prone adults. Counselors provide personal, family and vocational counseling, job placement assistance, housing assistance, and advocacy within the criminal justice system to those in need.)	537-2917 <a href="http://www.cachawaii.org">www.cachawaii.org</a>
New Hope - Prison Ministries (religious services, video visits, support groups, community outreach, holiday gatherings)	842-4242
Worknet (also assists with hygienes, basic needs, housing, support groups and case management)	941-7771
Hepatitis Prison and Outreach Ministries	845-9944
SKIP program (mentoring program for children with incarcerated parents)	843-2502

## Family Resources, Support, and Counseling

If your child(ren) are involved with child welfare/protective services, make sure to work within the guidelines of your court orders.

### **Elders**

Senior Abuse Line	832-5115
Senior Hotline	768-7700

### **Family Support**

Access Line (support and case management access)	832-3100
Communities In Schools (culturally based, `Ohana Management system assistance)	671-4900
Counseling & Spiritual Care Center of Hawaii (therapy for individuals, couples, and families dealing with bereavement, aging, financial crisis, domestic abuse, adolescent adjustments, etc.)	545-2740 www.cscch.org
Hawaii Counseling and Education Center (counseling, education, and training)	254-6484 www.hcechawaii.com
Family Peace Center (PACT agency; support groups for offenders and survivor adults and children of Domestic Violence situations)	832-0855 www.pacthawaii.org
Hawaii Play Therapy Association	www.hawaiiplaytherapy.net
Sounding Joy Music Therapy (therapeutic uses of music to address behavioral, social, psychological, communicative, sensory-motor, and/or cognitive functioning)	593-2620 www.soundingjoymt.org
The Institute for Family Enrichment (TIFFE offers consultation, educational programs and therapeutic services.)	596-8433/www.tiffe.org
The Mediation Center of the Pacific (professional mediators that help to mediate between any two or more parties)	521-6767 www.mediatehawaii.org

### **Parents** (a brochure with parent resources is in the back of your kit)

Adult Friends for Youth (parenting classes for parents with children from pregnancy to 18 yrs old, specializes in working with teen issues)	833-8775 www.afyhawaii.com
Hawaii Coalition for Dads (promoting involved, nurturing, responsible fatherhood)	841-2245
Nurturing Fathers Program (TIFFE); 13 week group based program	596-8433
Samaritan Counseling Center (individual, couple, and family counseling)	545-2740
The Parent Line (Statewide referral to resources for parents, with children from pregnancy to 18 years old)	526-1222 www.theparentline.org

## **Family Resources, Support, and Counseling (cont.)**

If your child(ren) are involved with child welfare/protective services, make sure to work within the guidelines of your court orders.

### **Pregnancy, Infant Support**

Mary Jane Program (offers pregnant women, their partners, and their families a variety of services to assist with an unplanned pregnancy)	261-9776
The Salvation Army Treatment Center – Women’s Way	732-2802 ext. 201
WIC (Women, Infant, Children) Program for milk, cheese, cereals for mother and baby	586-4768

### **Child Care**

Alu Like, Inc. Native Hawaiian Child Care Assistance Program	535-1300
Child Care Connections – State (financial assistance for child care, preschool, etc.)	356-5555
PATCH (helps to find child care, preschool, daycare, etc.)	839-1888

### **School-Age Children**

School Supplies	Call 211 or ask your social worker
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### **Teens**

Boys & Girls Club near you (positive after school community involvement and activities for youth)	949-4203 www.bgch.com
Hale Kipa Community Outreach & Advocacy Program (teen care, shelter, pregnancy home, and intervention for teens, 10-21 years old)	589-1829 www.halekipa.org
Teen Line (a confidential person to talk to when a teen is confused, frustrated, or worried about themselves or friends and wants to learn anything dealing with adolescent issues)	521-TEEN www.teenlinehawaii.org

### **Financial Assistance\***

\*For Financial Assistance see “Rental Assistance (Financial)” on pg. 3 and “Financial Assistance/Money Management/Taxes” on pg. 4

## **Children with Special Circumstances and Needs**

If your child(ren) are involved with child welfare/protective services, make sure to work within the guidelines of your court orders.

### **Children with Special Circumstances**

Epic `Ohana Conferencing (family mediation for children in child welfare/protective services)	838-7752
Foster Family Warm Line (support and assistance for foster families and foster children)	545-1130
Kids Hurt, Too (for grieving children)	735-2989
New Hope - Prison Ministries (religious services, video visits, support groups, community outreach, holiday gatherings)	842-4242
Queen Lili`uokalani – (social services and support for Hawaiian orphaned children; at least 1 parent deceased)	847-1302
SKIP program (mentoring program for children with incarcerated parents)	843-2502

### **Children with Disabilities (Special Needs)**

Children with special needs includes those with emotional, behavioral or physical disabilities (such as Bi-Polar, ADHD, Deaf, Blind, those dealing with trauma, etc.). There are a variety of options and resources available to help your child, depending on their needs. For more ideas, see “Healthy Mind” on pg. 8 and “Family Support” on pg. 13

Assistive Technology Resource Center (knowledge and purchase of assistive technology for those with special needs)	532-7110 <a href="http://www.atrc.org">www.atrc.org</a>
Family Guidance Centers (access through your child’s I.E.P/Special Education plan at their public school or if you have MedQuest, you can also qualify for support)	Honolulu 733-9393
Hawaii Families As Allies (family support and resources)	487-8785 <a href="http://www.hfaa.net">www.hfaa.net</a>
Learning Disabilities Association of Hawaii (parent support, education, and resources)	536-9684 <a href="http://www.ldahawaii.org">www.ldahawaii.org</a>
SPIN (Special Parent Information Network)	586-8126 <a href="http://www.spinhawaii.org">www.spinhawaii.org</a>

## Museums & Hawaii's History

Most local museums have free or reduced Kamaaina Specials. Call ahead of time to check when those days are.

Museums & Hawaii's History	Kamaaina Specials	Contact
Arizona Memorial	Free all the time	422-0561 <a href="http://www.nps.gov/usar">www.nps.gov/usar</a>
Bishop Museum	Free on some Sundays; \$8.95 adult/\$7.95 child	847-3511 <a href="http://www.bishopmuseum.org">www.bishopmuseum.org</a>
Hawaii Plantation Village (lifestyles of plantation workers)	\$7.00 adult/\$5.00 child	677-0110 <a href="http://www.hawaiiplantationvillage.org">www.hawaiiplantationvillage.org</a>
Hawaii State Art Museum	Free Admission (Tues-Sat)	586-0305 <a href="http://www.state.hi.us/sfca">www.state.hi.us/sfca</a>
Hawaiian Railway Society	\$10.00 adult/\$7.00 child	681-5461 <a href="http://www.hawaiianrailway.com">www.hawaiianrailway.com</a>
Honolulu Academy of Arts	Free on 1 <sup>st</sup> Wednesday & 3 <sup>rd</sup> Sunday of the month	532-8700 <a href="http://www.honoluluacademy.org">www.honoluluacademy.org</a>
Iolani Palace	Free on 1 <sup>st</sup> Sunday of the month (usually)	538-1471 <a href="http://www.iolanipalace.org">www.iolanipalace.org</a>
Japanese Cultural Center Gallery	\$3.00 per person	945-7633 <a href="http://www.jcch.com">www.jcch.com</a>
Manoa Heritage Center	\$7.00 adult/Free for students and children	988-1287 <a href="http://www.manoaheritagecenter.org">www.manoaheritagecenter.org</a>
The Contemporary Art Museum	Free on 3 <sup>rd</sup> Thursday of month	526-1322 <a href="http://www.tcmhi.org">www.tcmhi.org</a>
Waimea Valley	\$6.00 adults/\$3.00 for Seniors and Children	638-7766 <a href="http://www.waimeavalley.net">www.waimeavalley.net</a>

## Cultural Groups

There are many cultural groups and festivities in Hawaii, here are just a few to start with:

Hawaii United Okinawan Association	676-5400 <a href="http://www.huoa.org">www.huoa.org</a>
The Hawaii Korean Chamber of Commerce	<a href="http://www.hkccweb.org">www.hkccweb.org</a>
The Filipino Community Center	<a href="http://www.filcom.org">www.filcom.org</a>
Hawaii Foundation for Chinese Culture and Arts	<a href="http://www.hfcca.org">www.hfcca.org</a>
Hawaii Island Portuguese Center of Commerce	<a href="http://www.hipcc.org">www.hipcc.org</a>
The Hawaii Samoa Flag Day	<a href="http://www.samoahawaiiiflagday.org">www.samoahawaiiiflagday.org</a>
Vietnamese American Chamber of Commerce	545-1889/ <a href="http://www.vacch.org">www.vacch.org</a>

## Theatres, Dancing, and Acting

<b>Theatres</b>	
Kumu Kahua Theatre	536-4441 <a href="http://www.kumukahua.org">www.kumukahua.org</a>
Manoa Valley Theatre	988-6131 <a href="http://www.manoavalleytheatre.com">www.manoavalleytheatre.com</a>
<b>Dancing &amp; Acting</b>	
Dance Studios (ballet, hip-hop, etc.)	<a href="http://www.bizwiki.com/dance-studio/hi/honolulu">www.bizwiki.com/dance-studio/hi/honolulu</a>
Hula Halau (local, national, and worldwide listing)	<a href="http://www.mele.com/resources/hula.html">www.mele.com/resources/hula.html</a>
Academy of Film and Television	596-2218 <a href="http://www.americanfilmactor.com">www.americanfilmactor.com</a>

## Volunteer Opportunities and the Environment\*

Kai Makana (takes an active role in educating and mobilizing the public to better understand and preserve marine life and the ocean environment)	282-8012 <a href="http://www.kaimakana.org">www.kaimakana.org</a>
Kanu Hawaii (an island-style movement for sustainable, resilient, and compassionate communities)	782.8248 <a href="http://www.kanuhawaii.org">www.kanuhawaii.org</a>
KAUPA (Kalihi Stream Clean-Up)	853-2218
Paepae O Heeia (help maintain and restore fishponds)	236-6178
Sierra Club (for those that have environmental concerns and would like to get involved in community initiatives)	538-6616 <a href="http://hawaii.sierraclub.org">hawaii.sierraclub.org</a>
Recycling Services (City & County of Honolulu)	768-3200 <a href="http://www.opala.org">www.opala.org</a>
The Nature Conservancy/Malama Hawaii (conservation organization working around the world to protect ecologically important lands and waters for nature and people)	537-4508
Volunteer Hawaii (matches volunteers to opportunities)	211 <a href="http://www.volunteerhawaii.org">www.volunteerhawaii.org</a>
Volunteer Resource Center of Hawaii (provides classes in volunteer leadership, partnerships, etc.)	236-2900 <a href="http://www.vrchawaii.org">www.vrchawaii.org</a>

\*For hiking and camping resources, see “Healthy Body” on pg. 9.

## Sports, Concerts & Shows

TicketMaster (family, arts, sports and music events at Blaisdell Center & Concert Hall and the Waikiki Shell)	591-2291 <a href="http://www.ticketmaster.com">www.ticketmaster.com</a>
University of Hawaii games (volleyball, football, softball, etc.)	956-4482 <a href="http://www.hawaiiathletics.com">www.hawaiiathletics.com</a>

## Multi-Service Agencies – Non Profit

These agencies offer many services for people in different ages and stages of life. They may have programs for newborns, teens, adults, families, and our elderly population. You are encouraged to learn about them and their services to see what is available.

<p><b>ALU LIKE, Inc.</b> Has a comprehensive range of services and activities to fill identified needs in the Native Hawaiian community, including community economic development, business assistance, employment preparation, training, library services, educational and childcare services for families with young children.</p>	<p>535-6700 <a href="http://www.alulike.org">www.alulike.org</a></p>
<p><b>Catholic Charities</b> Helps people of all faiths and cultures, especially those with the greatest need.</p>	<p>521-HELP <a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a></p>
<p><b>Child and Family Services (CFS)</b> Helps strengthen families and foster the healthy development of children, through 44 programs on four islands.</p>	<p>681-3500 <a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a></p>
<p><b>Honolulu Community Action Program (HCAP)</b> Provides Opportunities and Inspiration to enable low income families and communities to achieve self reliance.</p>	<p>521-4531 <a href="http://www.hcapweb.org">www.hcapweb.org</a></p>
<p><b>Parents and Children Together (PACT)</b> Helps thousands of individuals and families each year, in the areas of early childhood education, child abuse and neglect prevention and treatment, domestic violence prevention and treatment, youth activities, community and economic development, and mental health support.</p>	<p>947-3285 <a href="http://www.pacthawaii.org">www.pacthawaii.org</a></p>
<p><b>Parents in Development (PID)</b> Meets today's environmental, social, and educational challenges through application of Hawaii's timeless values and traditional practices.</p>	<p>595-2752 <a href="http://www.pidfoundation.org">www.pidfoundation.org</a></p>
<p><b>The Institute for Family Enrichment (TIFFE)</b> Offers the children and families of the State of Hawaii consultation, educational programs and therapeutic services.</p>	<p>596-8433 <a href="http://www.tiffe.org">www.tiffe.org</a></p>