

### **Olympic Area Agency on Aging | Offers many programs to support aging**

Call 800-801-0050 or 360-385-2552 or Email [info.o3aJ@dshs.wa.gov](mailto:info.o3aJ@dshs.wa.gov) for an "Information and Assistance Specialist"

Port Townsend Office, 2500 W. Sims Way, Suite 203, Port Townsend 98368

Parking is available in the back of the building with entrance onto the 2nd level

### **Immediate Support**

- National Suicide Prevention Line 24/7 - Call or Text 988
- Discovery Behavioral Health for Crisis or Appointment - 360.385.0321

### **Social Connection Phone Lines | Matches participants and volunteers for a weekly phone or video call to boost social connections and create new friendships**

Program of Front Porch

Participate: Call 877.797.7299 or Email [socialcall@frontporch.net](mailto:socialcall@frontporch.net) or Sign-Up: [covia.org/programs/social-call/participants/](https://covia.org/programs/social-call/participants/)

Volunteer: [covia.org/programs/social-call/volunteers/](https://covia.org/programs/social-call/volunteers/)

### **Live Group Conversations | Phone or Video Conversations and Classes**

- Well Connected: Free online or phone conversation groups on diverse subjects like poetry, travel, knitting, games, languages, LGBTQIA+, etc. Call 877.797.7299 or browse the catalog and sign up: [covia.org/programs/well-connected/participate/](https://covia.org/programs/well-connected/participate/)
- GetSetUp: Some insurances cover the cost of these online group classes; check website: [getsetup.io](https://getsetup.io)

### **Skillmation | Matches mentors to build bridges between those with expertise and those with enthusiasm to learn**

Visit: [jefferson.skillmation.org](https://jefferson.skillmation.org) or Email [info@skillmation.com](mailto:info@skillmation.com)

## **Libraries | Public libraries provide technical assistance using any device and offer advice for low-cost broadband**

- Port Townsend Library: [ptpubliclibrary.org/library/page/digital-equity-navigator](http://ptpubliclibrary.org/library/page/digital-equity-navigator); call 360.301.5815 or email [jpena@jclibrary.info](mailto:jpena@jclibrary.info)
- Jefferson County Library Tech Tuesdays: [jclibrary.info/programs-events/](http://jclibrary.info/programs-events/)
- Library Bookmobile, Brinnon, Cape George, Coyle, Gardiner, Paradise Bay, Port Ludlow, Quilcene: [jclibrary.info/use-the-library/location-hours/](http://jclibrary.info/use-the-library/location-hours/)

## **Home Sharing | Find compatible roommates**

Visit [silvernest.com](http://silvernest.com) (recommended by the Olympic Area Agency on Aging)

## **Dementia Caregiver Support | The Alzheimer's Association support groups meet monthly in Port Hadlock and Port Townsend**

Visit: [alz.org/alzwa/helping\\_you/support\\_groups](http://alz.org/alzwa/helping_you/support_groups); or call 360.774-3260 (Nancy)