

Family Resource Centers connect you with resources that help your family thrive.

Bethel
(253) 800-6850

Lakewood
(253) 531-3462

Eastside
(253) 649-1012

Orting
(360) 893-8500

Franklin Pierce
(253) 298-3073

Sumner-Bonney Lake
(253) 891-6153

Hilltop
(253) 593-6641

White River
(360) 829-5883

Key Peninsula
(253) 857-7401

Learn more at
tpchd.org/familyhelp.

Need help paying for prescriptions?

Visit tpchd.org/find-healthcare-help for
many helpful resources.

Project Access helps uninsured people get the care they need.

Visit pcprojectaccess.org or call
(253) 572-7265.

Quitting tobacco is one of the best things you can do for your health.

Call the Washington State Quitline at
(800) QUIT-NOW. Services available in
English, Spanish and TTY.

Visit tpchd.org/quittobacco for many helpful
resources.

Medical, behavioral health & dental care options



3629 S. D St., Tacoma, WA 98418-6813
(253) 649-1500 • tpchd.org
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Medical, behavioral health and dental care options for people in Pierce County.

Tacoma

Community Health Care Eastside-Tanbara

1708 E. 44th St.
Tacoma, 98404
Medical & Behavioral Health—(253) 471-4553
Dental—(253) 572-7002
On-site pharmacy

Community Health Care Hilltop

1202 Martin Luther King Jr. Way
Tacoma, 98405
Medical & Behavioral Health—(253) 441-4742
Dental—(253) 441-4743
Prompt Care (walk-in only)—(253) 442-8690
Ryan White HIV program—(253) 442-8670
On-site pharmacy

Neighborhood Urgent Care Clinic (free)

1323 S. Yakima Ave.
Tacoma, 98405
Medical—(253) 627-6353
Mondays & Thursdays, 5–8 p.m.

Sea Mar 19th Street Behavioral Health

2121 S. 19th St.
Tacoma, 98405
Behavioral Health—(253) 396-1634

Sea Mar Cedar Dental

3712 S. Cedar St.
Tacoma, 98409
Dental—(253) 682-2860

Sea Mar Cushman

1112 S. Cushman Ave.
Tacoma, 98405
Medical & Behavioral Health—(253) 593-2144
Dental—(253) 280-9770
On-site pharmacy

Lakewood

Community Health Care Lakewood

10510 Gravelly Lake Dr.
Lakewood, 98444
Medical & Behavioral Health—(253) 589-7030
Dental—(253) 589-7188
On-site pharmacy

Sea Mar Lakewood Family Practice & Pediatrics

7424 Bridgeport Way W.
Lakewood, 98499
Family Practice—(253) 240-2110
Pediatrics—(253) 581-2111
Behavioral Health—(253) 246-6820
Dental—(253) 581-2112
On-site pharmacy

Spanaway

Community Health Care Spanaway

134 188th St. S.
Spanaway, 98387
Medical & Behavioral Health—(253) 847-2304
Dental—(253) 210-5270
On-site pharmacy

Sea Mar Spanaway

225 176th St. S.
Spanaway, 98387
Medical—(253) 240-2130

Parkland

Community Health Care Parkland

11225 Pacific Ave.
Tacoma, 98444
Medical & Behavioral Health—(253) 536-2020
On-site pharmacy

Puyallup

Community Health Care Puyallup

201 W. Main
Puyallup, 98371
Medical & Behavioral Health—(253) 268-1170
Dental—(253) 268-1184
On-site pharmacy

Sea Mar Puyallup Medical & Dental

10217 125th St. Ct. E.
Puyallup, 98374
Medical—(253) 864-4550
Dental—(253) 864-4760

Sea Mar Puyallup Behavioral Health

12812 101st Ave. Ct. E.
Puyallup, 98373
Behavioral Health—(253) 864-4770

Key Peninsula

Community Health Care Lakebay

Opens June 2026
15610 89th St. Ct. NW
Lakebay, 98349
Medical—(253) 884-9221
On-site pharmacy

Sea Mar Gig Harbor Behavioral Health

3208 50th St. Ct. NW, Bldg. C
Gig Harbor, 98335
Behavioral Health—(253) 280-9888

Tillicum

Sea Mar Tillicum

14916 Washington Ave. SW
Lakewood, 98498
Medical—(253) 280-9890

Help signing up for free or low-cost medical and dental insurance

Community Health Care—(253) 722-2154

Sea Mar—(855) 289-4503