## Organizations that offer the Chronic Disease Self-Management Program (CDSMP)

Information provided is to the best of our knowledge as of 10/29/09; personnel and course offerings may change

Organization	Location	Contact	Phone
		person	
Olympic Area	Aberdeen and	Barbie	360-379-5064
Agency on	Olympic	Rasmussen	866-720-4863
Aging	Peninsula		
		Jessie Stopsen	
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Northwest	Bellingham and	Shelly Zylstra	(360) 676-6749
Regional Council	Whatcom		(800) 585-6749
	County		
Family Health	Okanogan	Leilani	509-422-7602 (Leilani)
Centers		Goudeau	
			(509) 422-5700
		Laura	
		Hernandez	
Choice Regional	Olympia	No current	(360)493-4550
Health Network		contact info	(200) 201 212
		available	(800) 981-2123
Thurston County	Thurston	Chris Hawkins	360-867-2513
Public Health &	County	Cinis Hawkins	200 007 2313
Social Services		Jamilia Sherls	
		Lesley Wigen	
Washington State	Statewide	Jeanne Harmon	(253) 395-6758
Department of	(coordination		
Health	only, no		
	CDSMP		
	workshops		
Washington State	offered) Statewide,	Hilari	(360) 725-2556
Department of	workshops	Hauptman	(300) 123-2330
Social and	offered mainly	Traupunan	
Health Services	in the Olympia		
	area		
Harborview	Seattle	Pam DeKeyser	(206) 731-2263
Medical Center			

Group Health Cooperative of Puget Sound	Puget Sound Area	Karen Volpe	(206)326-2309
Seattle & King County Reach Coalition	Seattle and King County	Center for Multicultural Health	(206)461-6910 ext 218
		Eudora Carter	(206)788-3672
		International Community Health Services	(206)788- 3660
		Max Chan	
Senior Services	King County	Andrea Meewes Sanchez, MSW	206-268-6736
Winning Turtle Workshops	Seattle area	Sally Myricks	goodmedicine4u@msn.com
Multicare Health Services	Tacoma and environs	Bridget Kelly	(253)680-6003
Pierce County Aging and Longterm Care	Pierce County	Barb Myers	(253) 798-3807
Good Samaritan Community Healthcare	Puyallup	Jodi Gustavson	Jodi.gustavson@goodsamhealth.org
Community Health Association of Spokane	Spokane	Irene Ewing	(509)444-8888
Shoalwater Bay Indian Tribe Wellness Center	Tokelane	Candace Gruginski	(360) 267-8146

Columbia United	Vancouver	Sharon Brooks	(360)449-8932
Providers		Cheryl Bailey- Horner	
		Susan Ybarrondo	
Yakima Valley	Yakima and	Bertha Bustos	(509)865-5600
Farm Workers Clinic	environs		To register for a workshop:
		Maria Benavides	(509)575-8457 ext 2917
			Or 1-866-942-7466
Yakima Valley Memorial Hospital	Yakima and environs	Lilly Gonzalez	(509)388-7636

## Organizations that offer Tomando Control de su Salud

Choice Regional Health Network	Olympia	(no current contact info available)	(360)493-4550 (800) 981-2123
Choice Regional Health Network	Richland	(no current contact info available)	
Community Health Center LaClinica	Richland	Ramona Castro  Maria Mendez	(509) 547-2204 ext 304
Columbia Valley Community Health	Wenatchee	Ginny O'Kelly  Maria Guzman	(509)662-6000
Yakima Valley Farm Workers Clinic	Yakima and environs	Maria Benavides	(509)575-3302  To register for a workshop:
			(509)575-8457 ext 2917 Or 1-866-942-7466
Yakima Memorial Hospital	Yakima and environs	Lilly Gonzalez	(509)388-7636