

Mt. Baker Planned Parenthood complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Mt. Baker Planned Parenthood does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

- Mt. Baker Planned Parenthood provides free aids and services to people with disabilities to communicate effectively with us such as qualified sign language interpreters and written information in other formats (larger print, audio, accessible electronic formats, or other formats).
- Mt. Baker Planned Parenthood provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages

If you need these services, then please contact our Civil Rights Coordinator.

If you believe that Mt. Baker Planned Parenthood has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, then you can file a grievance with:

Civil Rights Coordinator  
 1509 Cornwall Avenue  
 Bellingham, WA 98225  
 1-877-714-1149, 1-800-833-6388 (TDD)  
 360-715-8416 (fax)  
 CivilRightsCoordinator@mbpp.org

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, then the Civil Rights Coordinator is available to help you. You also can file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
 200 Independence Avenue SW  
 Room 509F, HHH Building, Washington, DC 20201  
 1- 800-868-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

#### Spanish

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-714-1149 (TTY: 1-800-833-6388).

#### Chinese

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-714-1149 (TTY：1-800-833-6388)。

#### Vietnamese

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-877-714-1149 (TTY: 1-800-833-6388).

#### Korean

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-877-714-1149 (TTY: 1-800-833-6388)번으로 전화해 주십시오.

<b>Russian</b>	ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-877-714-1149 (телетайп: 1-800-833-6388).
<b>Tagalog</b>	PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-877-714-1149 (TTY: 1-800-833-6388).
<b>Ukrainian</b>	УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-877-714-1149 (телетайп: 1-800-833-6388).
<b>Mon-Khmer, Cambodian</b>	ប្រយ័ត្ន៖ បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតថ្លៃ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-877-714-1149 877-714-1149 (TTY: 1-800-833-6388)។
<b>Japanese</b>	注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-877-714-1149（TTY:1-800-833-6388）まで、お電話にてご連絡ください。
<b>Amharic</b>	ማስታወሻ: የሚናገሩት ቋንቋ ኣማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያግዝዎት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 1-877-714-1149 (መስማት ለተሳናቸው: 1-800-833-6388)።
<b>Cushite</b>	XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-877-714-1149 (TTY: 1-800-833-6388).
<b>Arabic</b>	ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-877-714-1149 (رقم هاتف الصم والبكم: 1-800-833-6388).
<b>Panjabi</b>	ਧਿਆਨ ਿਦਓ: ਜੇ ਤੁਸ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤ ਭਾਸ਼ਾ ਿਵੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 1-xxx-xxx-xxxx (TTY: 1-xxx-xxx-xxxx) 'ਤੇ ਕਾਲ ਕਰੋ।
<b>German</b>	ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-877-714-1149 (TTY: 1-800-833-6388).
<b>Laotian</b>	ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໃດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-877-714-1149 (TTY: 1-800-833-6388).