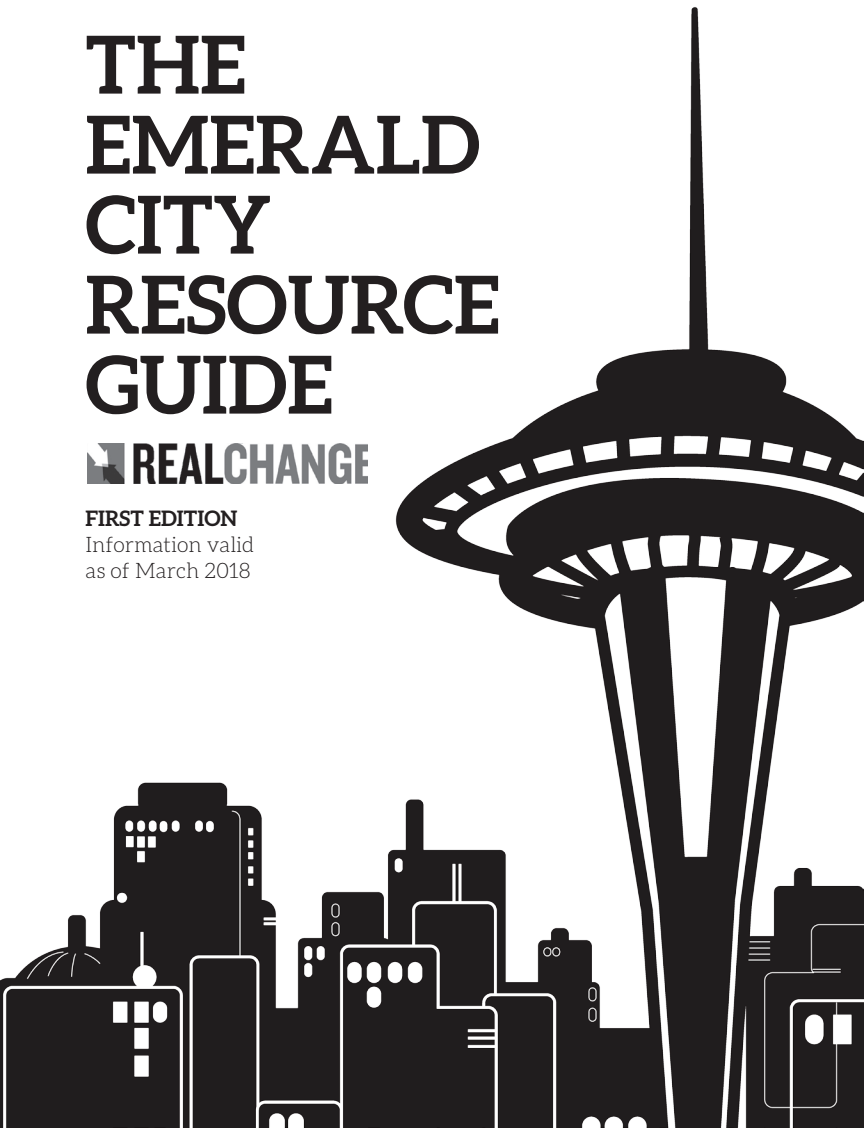


THE EMERALD CITY RESOURCE GUIDE



FIRST EDITION

Information valid
as of March 2018



EMERGENCY AND CRISIS LINES

Child Protective Services	(866) 363-4276
Crisis Clinic 24-Hour Crisis Line	(866) 427-4747
Domestic Violence Hotline	(800) 562-6025
King County Sexual Assault Resource Center	(888) 998-6423
National Suicide Prevention Hotline	(800) 273-8255
Planned Parenthood	(800) 769-0045
UW 24-Hour Community Care Line	(206) 744-2500
Veterans Affairs Crisis Line	(800) 273-8255 then press 1
Washington Poison Center Information Line	(800) 222-1222
Washington Recovery Helpline	(866) 789-1511

IDENTIFICATION SERVICES

Department of Social and Health Services 1 (877) 501-2233

Mon. - Fri., 8 a.m. - 5 p.m.

If you are receiving public assistance, you may be eligible for an ID card at the cost of production. Ask your DSHS caseworker to fill out form 16-029 "Request for Identicard." Check in by 3 p.m. for same-day service.

2106 Second Ave. Central Seattle

1700 E. Cherry St. Central Seattle

9600 College Way N. North Seattle

3600 S. Graham St. South Seattle



The easiest way to find health & human services



SEARCH or CHAT
211KingCounty.org



CALL
211

We connect you with shelter and food, help with move-in costs and eviction prevention, legal assistance and much more.

Free & Confidential

*In strategic
partnership with:*



United Way of King County



La manera más fácil de buscar servicios humanos y de salud



BUSCA EN LÍNEA **LLÁMANOS**
211KingCounty.org **211**



Lo conectamos con refugio y comida, ayuda con los costos de rentar una vivienda nueva y prevención de desalojo, asistencia legal y mucho más.

Gratis y Confidencial

En asociación
estratégica con:

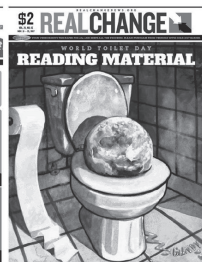


United Way of King County



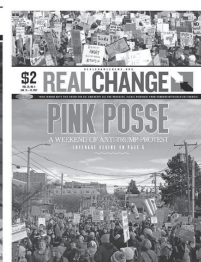
REAL CHANGE HOLIDAY FUND DRIVE
\$2 **CHANGE**
SPEAKING OUT!
 Real Change Spreads Awareness About What Gay Men Are Saying

NEW VENDOR'S REMINDER: Real Change is looking for vendors who can help us raise money for the HOLIDAY FUND DRIVE. Real Change vendors receive a badge and a real change for the week. For 100% CLOTHING CASHBACK. Cash returned to vendors for the Real Change Holiday Fund Drive. Cash returned to vendors for 100% CLOTHING CASHBACK.



REAL CHANGE WORLD TOILET DAY
\$2 **CHANGE**
READING MATERIAL
 Bathroom Occupied: Activists and activists in Seattle's downtown district and beyond. 1 p. 1
CELEBRATED FORTY: Local artist from Seattle shows working women at cultural center. 1 p. 1
LAUNCHING FISHING: Seattle's new fishing and fishing-related events in downtown. 1 p. 1

REAL CHANGE HOLIDAY FUND DRIVE
\$2 **CHANGE**



REAL CHANGE PINK POSSE
\$2 **CHANGE**
A WEEDS OF A DIFFERENT KIND
 A WEEDS OF A DIFFERENT KIND
 A WEEDS OF A DIFFERENT KIND

REAL CHANGE PINK POSSE
\$2 **CHANGE**



BECOME A REAL CHANGE VENDOR

- Be your own boss.
- Set your own hours.
- Make money today.

New vendor orientation
 Tue., Fri., 10 a.m.

(206) 441-3247

96 S. Main St. Seattle



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ACKNOWLEDGMENTS

The Emerald City Resource Guide is a publication of Real Change and a comprehensive, up-to-date list of services for people experiencing homelessness and poverty.

This booklet serves people who may not otherwise have access to a computer or social-service agency and allows individuals to be independent in their search for services that fit their specific needs.

Funding for the Emerald City Resource Guide is made possible by the support of many organizations, agencies and foundations. Real Change would especially like to thank the city of Seattle and the Crisis Clinic for their support and partnership.

The guide is distributed at no charge to service organizations, hospitals, government agencies and community-minded businesses.

Listings in the Emerald City Resource Guide are selected based on the demand for their service and their accessibility to people experiencing poverty and homelessness. Listings are organizations or agencies that are structured specifically to work with people in need. Because of limited space, the services provided under each listing are not all-inclusive.

HYGIENE SERVICES

Seattle Parks and Recreation Public Showers and Restrooms

Central Seattle

330 19th Ave. E
Mon. – Fri.,
2 – 7 p.m.

South Seattle

4501 Delridge
Way SW
Mon. – Thur.,
1 – 7 p.m.,
Fri.,
1 – 6 p.m.

South Seattle

4600 38th
Ave. S
Mon., Wed.,
Fri., 8 – 10 a.m.;
Tue., Thurs.,
6:30 – 8:30 p.m.

North Seattle

7201 E Green
Lake Dr. N
Mon. – Fri.,
10 a.m.–8 p.m.;
Sat.,
9 a.m. – 4:30

ENCAMPMENTS

Typically, encampments move every three months. These locations are up to date as of time of printing. Call to confirm location. Call for eligibility, application and fees. Some require referral from an outreach team.

Central Seattle

- Nickelsville Union Tiny House Village, Church of the Good Shepherd, 1419 22nd Ave. (206) 601-0999
- Nickelsville Northlake, 3814 Fourth Ave. NE . . . (206) 390-9292
- SHARE/WHEEL Tent City 3, 700 22nd Ave. Cherry Hill Baptist Church. (206) 399-0412
- SHARE/WHEEL Tent City 5, 1601 15th Ave. W (206) 356-4484

South Seattle

- Nickelsville Othello Village, 7544 MLK Jr. Way S. (425) 615-0800
- Nickelsville Georgetown Tiny House Village, 1000 S Myrtle St. (206) 399-0733
- Camp Second Chance, 9701 Myers Way S (206) 578-6551

Shoreline

- Camp United We Stand, Dunstan's Episcopal Church, 722 N 145th St. (425) 616-8853

TIPS FOR USING THIS GUIDE

- If possible, call in advance to confirm hours, location and documents required.
- If you are looking for clothing, mail, storage and hygiene services, look in the Day Center category as well.
- Many services require a photo ID and proof of address. Proof of address could be a bill, mail, rent receipt, etc. and may be able to be waived for homeless persons; call service to verify. For assistance obtaining a low-cost photo ID, visit the DSHS.
- If you have specific identities, such as a person of color, Native person, immigrant or refugee, LGBTQIA, and/or survivor, be sure to read those categories for a variety of services to meet your needs.
- Those ages 50 or older should read the Senior Services section.
- Youth services are not in this guide. Youth should look for the “Where to Turn for Teens” guide provided by Teen Link.
- Work with your caseworker for help accessing these services.
- More resource guides are offered for free at Real Change as well as at many shelters, day centers, churches, libraries and food banks.

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eliminating racism
empowering women

ywca

Seattle | King | Snohomish

**YWCA IS ON A MISSION
TO IMPROVE LIVES, INCREASE EQUITY,
AND TRANSFORM OUR COMMUNITY.**

YWCA offers programs for stable housing, economic opportunity, health, safety, and more, and serves over 15,000 women, men, and families each year.

To learn more about YWCA's services and mission, visit our website or one of our locations in Seattle, King, and Snohomish Counties.



YWCAWORKS.ORG

CLOTHING ASSISTANCE

Dress for Success (206) 461-4472
1118 Fifth Ave. Central Seattle
Tue. – Thurs., 10 a.m. – 4 p.m.
Professional attire serving women. **Website** seattle.dressforsuccess.org

Jubilee Women's Center (206) 324-1244
620 18th Ave. E. Central Seattle
Tue. – Thurs., 9 a.m. – 6 p.m.; Mon., Fri., 9 a.m. – 5 p.m.
Offers up to two bags of clothing every 3 months. Serves low-income or homeless women. Call or visit in person to make an appointment. No fees.
Website. jwcenter.org/our-programs/boutique

Queen Anne Helpline (206) 282-1540
311 W. McGraw St. Central Seattle
Call: 9 a.m. – 4 p.m.
Appointments: Mon., Tue., Thurs., 10:30 a.m. – 3 p.m.
Adult clothing for those in Seattle or anyone who is homeless.
May receive once every 30 days. . Call for an appointment. Documents required: photo ID. No fees.
Website. queenannehelpline.org

St. Francis House (206) 621-0945
169 12th Ave. Central Seattle
Mon. – Fri., 10 a.m. – 2 p.m.
Clothing serving anyone. May receive assistance once every 30 days. Visit in person. No fees.
Website. stfrancishouseseseattle.org

St. Vincent de Paul of Seattle (206) 767-6449
Call Help-line for Chapters

Helpline: Mon. – Fri., 8 a.m. – 3 p.m.

Furniture, beds, clothing and other household items serving King County residents. Call the helpline. Intake specialists send requests to the appropriate chapter. No fees.

Website. svdpseattle.org

DAY CENTERS

Angeline's Center (206) 436-8650

2030 Third Ave. YWCA Opportunity Place Central Seattle

Daily 8 a.m. – 8 p.m.; Meals: Daily 8:10 – 11:30 a.m., 12:30 and 3 p.m.

Operates a drop-in center with breakfast and lunch. Offers information and referral to other services. Serves anyone who identifies as female, 18 and older. Visit in person. No fees.

Website. ywcaworks.org/programs/angelines-day-center

Aurora Commons (206) 299-2278

8914 Aurora Ave. N. North Seattle

Mon. – Wed., 10 a.m. – 1 p.m.; Women Only: Wed., 5 – 9 p.m.;

Thurs., 10 a.m. – 1 p.m.; Men's Night: Mon., 6 – 9 p.m.

Operates a day center and bridges to resources. Offers programs for women who are commercially sexually exploited. Serves everyone. Call for more information and visit in person. No fees.

Website. auroracommons.org/

Bread of Life Mission (206) 682-3579

97 S. Main St Central Seattle

Mon.-Fri., 9:30 a.m. – 3 p.m.

Drop-in center serving homeless adults. Light refreshments and lunch are provided. Visit in person. No fees.

Website. breadoflifemission.org/emergency-services

Bridge Care Center (206) 789-0220

5710 22nd Ave. NW Bldg B. North Seattle
Tue., Thurs., First and Third Sat., 10 a.m. – 2 p.m.

Drop-in center, clothing bank, computer center, community
room and case management serving everyone. Visit in person.
No fees.

Website. bridgecarecenter.org

Congregations for the Homeless (206) 605-9337

515B 116th Ave. NE Lincoln Center Suite 174 Bellevue
Day Center: Sun.-Thurs., 8 a.m. – 3 p.m.; Breakfast: Sun. –
Thurs., 8:30 – 9:30 a.m.; Lunch: Sun. – Thurs., noon – 1 p.m.

Day services, breakfast and lunch and case management for
homeless men 18 and older. Visit in person. No fees.

Website. cfhomeless.org/day-center/

Elizabeth Gregory Home (206) 729-0262

University Lutheran Church, 1604 NE 50th St. ... North Seattle
Mon. – Fri., 9 a.m. – 5 p.m.; Breakfast: 9 a.m.; Lunch: 12:30 p.m.

Daily drop-in center with optional case management services
for anyone 18 and older who identifies as female. Visit in per-
son. Call to request interpreter services. No fees.

Website. eghseattle.org/programs/

Mary's Place (206) 621-8474

1830 Ninth Ave. Central Seattle
Mon. – Fri., 7 a.m. – 5 p.m.; Breakfast: 7:30 – 8:30 a.m.;
Lunch: 12:30 – 1:15 p.m.

Day shelter connecting clients to services for anyone indentify-
ing as female, with or without children. Visit in person. No fees.

Website. marysplaceseatle.org/how-we-help/day-center/

New Bethlehem Project (425) 679-0350

11920 NE 80th St, Suite #100 Kirkland
Sun. – Fri., 2 – 8 p.m.

Day center with hygiene services and dinner for families with children under 18. Call or visit in person.

Website nbpshelter.org/need-help-now/

Seattle Catholic Worker **Visit in person**

5623 Rainier Ave. S. South Seattle

Wed. – Fri., 9 a.m. – noon

Drop-in center that provides a hot meal. Serves everyone. No fees.

Website . . hillmancitycollaboratory.org/spaces/drop-in-center/

Seattle's Union Gospel Mission **English: (206) 622-5177**

..... **Spanish: (206) 622-5177 x 473**

318 Second Ave. Extension S. Central Seattle

Mon. – Fri., 2 – 5:30 p.m.; Mail: Mon. – Fri., 10 a.m. – 5 p.m.;

Spanish phone hours: Mon. – Fri., 3:30 – 8:30 p.m.

Drop-in community room with mail and hygiene services for homeless adults. Visit in person. Spanish speaking clients: call during Spanish phone line hours. No fees.

Website ugm.org/what-we-do/welcome-and-embrace

Solanus Casey Center **(206) 223-0907**

St. James Cathedral, 804 Ninth Ave. Central Seattle

Drop-in only: Mon. – Thurs., 1 – 4 p.m.

Hospitality, advocacy, telephone use and resource referral information for people who are unemployed and/or homeless. No fees.

Website ccsww.org/get-help/shelter-homeless-services/

Sophia Way **(425) 463-6285**

3032 Bellevue Way NE St. Luke's Lutheran Church ... Bellevue

Daily, 8 a.m. – 3 p.m.; Lunch: Daily, 11:30 a.m.

Daytime drop-in center for homeless or low-income women and women with children. Visit or call for information. No fees.

Website sophiaway.org/we-care/

Women's Referral Center (206) 441-3210

Angeline's Center, 2030 Third Ave. Central Seattle

Office: Daily, 8 a.m. – 4 p.m.; Meal: Daily, 6 – 7 p.m.;

Drop-In Services: Daily, 6 – 9 p.m.

Nightly drop-in services and a hot meal for women 18 and older.

No children. Visit in person. No fees.

Website ccswww.org/get-help/shelter-homeless-services/

DENTAL AND VISION SERVICES

HealthPoint

Dental care serving children and adults. Call for an appointment or visit drop-in clinic. Accepts most insurance plans, Medicare and Apple Health (Medicaid). Sliding scale fees.

Website healthpointchc.org

Tukwila (206) 839-3600

13030 Military Rd S., Suite 210; Mon. – Fri., 7:45 a.m. – 5:30

p.m.; Sat., 7:45 a.m. – 12:15 p.m.; Drop-in hours: Mon., 7:45 a.m. –

noon.; Closed: Mon. – Fri., 12:30 – 1:15 p.m.

Des Moines (206) 870-3600

26401 Pacific Hwy S., Suite 201; Mon. – Fri., 7:30 a.m. – 5:30 p.m.;

Sat., 8:30 a.m. – 12:30 p.m.; Drop-in hours: Wed., 7:30 a.m. – 5:30

p.m.; Closed: Mon. – Fri., 12:30 – 1:30 p.m.

International Community Health Services

Dental and vision care serving everyone. Enhanced language support for Asian/Pacific Islanders. Call for appointment.

Accepts major private insurance, Apple Health (Medicaid) and Medicare. Sliding scale fees. No one turned away for general services for inability to pay.

Website ichs.com/

Dental: Shoreline (206) 533-2600

16549 Aurora Ave. N; Mon. – Sat., 7:30 a.m. – 6 p.m.

Dental: South Seattle (206) 788-35023815 S. Othello St; Mon., Tue., Thurs. – Sat., 7:30 a.m. – 6 p.m.;
Wed., 8:30 a.m. – 7 p.m.**Dental: Central Seattle (206) 788-3757****Vision: Central Seattle (206) 788-3505**

720 8th Ave. S, Mon.-Sat., 7:30 a.m. – 6 p.m.

King County Public Health

General dental care services. North and South Seattle serves children 1-18, low-income pregnant women and low-income adults if Medicaid eligible. Central Seattle serves people who are homeless, 13 and older. Call for an appointment. Tiered flat fee for the uninsured. Accepts Apple Health (Medicaid).

Website . . . kingcounty.gov/depts/health/locations/dental.aspx**North Seattle (206) 205-8580**

12359 Lake City Way NE, Mon. – Fri., 8 a.m. – 5 p.m.

South Seattle (206) 535-2497

4400 37th Ave. S., Mon. – Fri., 8:30 a.m. – 5:30 p.m.

Central Seattle (206) 477-8300

2124 Fourth Ave., Mon. – Fri., 8 a.m. – 5 p.m.

Millionair Club Charity (206) 728-5627 x 6

2515 Western Ave. Central Seattle

Call: Mon. – Fri., 6 a.m. – 2 p.m.; Apts: Thurs. 9 a.m. – noon

Weekly eye clinic. Can receive a pair of glasses once per year.

Serves those without vision insurance who are at or below 200 percent of the Federal Poverty Level. Call for appointment.

Limited drop-in appointments on Thursday. Program runs from September through June. Documents required: ID. No fees.

Website millionairclub.org/how-we-help**Neighborcare Health**

General dentistry serving everyone. Call to make an appoint-

ment or visit during drop-in hours. Sliding scale fees. Patients seen regardless of ability to pay. Apple Health (Medicaid), most Medicare Advantage plans and private insurance accepted.

Website neighborcare.org/clinics/dental

North Seattle (206) 296-4990

10521 Meridian Ave N. Suite A; Mon., Tue., Thurs., Fri., 7:15 a.m. – 6 p.m.; Wed., 9 a.m. – 6:30 p.m.; Sat., 8 a.m. – 1 p.m.

North Seattle (206) 548-2964

1629 N. 45th St.; Mon. – Fri., 8 a.m. – 5 p.m.; Sat., 8 a.m. – 4:30 p.m.; Drop-In: Mon. – Fri., 8 a.m. – 3:30 p.m.; Closed: 12 – 1 p.m. daily

Central Seattle (206) 461-7801

2101 E. Yesler Way second floor; Mon. – Fri., 7:15 a.m. – 6 p.m.; Drop-In: Mon. – Fri., 7:15 a.m. – 4:30 p.m.

South Seattle (206) 461-6981

9245 Rainier Ave. S; Mon. – Fri., 7 a.m. – 5 p.m.

South Seattle (206) 548-5850

1200 12th Ave. S; Suite 401, Mon. – Fri., 7 a.m. – 6 p.m.

South Seattle (206) 461-6966

6020 35th Ave. SW; Mon. – Fri., 7 a.m. – 5:30 p.m.;

Sat., 9 a.m. – 2 p.m.; Drop-In: Mon. – Fri., 6:45 a.m. – 4 p.m.; Sat., 8:45 a.m. – 12:30 p.m.; Closed: 11:45 a.m. – 12:30 p.m. daily

South Seattle (206) 461-6943

6200 13th Ave. S; Mon. – Fri., 7:15 a.m. – 6 p.m.; Drop-In: Mon. – Fri., 7:15 a.m. – 4:30 p.m.

Sea Mar Community Health Centers

Primary dental care and emergency dental care serving everyone. Call for appointment or visit in person. Sliding scale fees. Accepts Apple Health (Medicaid) and private insurance.

Website seamar.org/services-dental.html

Burien (206) 631-7316

18010 Eighth Ave. S., Suite 416, Mon. – Fri., 8 a.m. – 5 p.m.

Des Moines (206) 212-4520

2781 S. 242nd St.; Mon. – Sat., 8 a.m. – 5 p.m.

South Seattle (206) 762-3263

8915 14th Ave. S; Mon. – Sat., 8 a.m. – 5 p.m.

South Seattle (206) 965-1005

9650 15th Ave. SW Suite 100; Mon. – Sat., 8 a.m. – 5 p.m.

Seattle's Union Gospel Mission (206) 621-7695

318 Second Ave. Extension S. Central Seattle

Mon. – Fri., 9 a.m. – 3 p.m.

Dental services serving adults 18 and older with income at or below 200 percent of the Federal Poverty Level. Call for an appointment. Documents required: Photo ID, food stamp award letter or documentation of income for the last two months. Fees are \$10 per visit, debit or credit only. Call for more information.

Website ugm.org/what-we-do/provide-and-serve/

DRUG AND ALCOHOL SERVICES

ADD Health Counseling Services & Seattle Treatment Services

Intensive outpatient treatment, outpatient, Alcohol and Drug Information School and DUI assessments. Agency provides DBHR-certified service(s). Serves anyone with an alcohol or drug problem. Call for information about the application process and fees.

Websites seattletreatmentservices.org

..... addhealthcounselingservices.org

Central Seattle (206) 525-0094

1404 E. Yesler Way Suite 202C

Phone Hours: 24 hours; Seattle appointment times vary; Walk-in appointments: Tue., Thurs., 9 a.m. – 9 p.m.

South Seattle (206) 525-0094

5237 Ranier Ave. S; Hours vary; Voicemail is available

Asian Counseling and Referral Service (206) 695-7506

3639 MLK Jr. Way S. South Seattle
Mon. – Fri., 8 a.m. – 6 p.m.; Service hours vary by program.

Outpatient, intensive outpatient and integrated mental health and substance use disorder services for adults 18 and older and youth 13-21. Agency provides DBHR-certified services. Call for registration. Sliding scale fees. Accepts Apple Health (Medicaid) and private insurance.

Website acrs.org/services/recovery-services/

Cascade Behavioral Hospital (877) 552-2970

12844 Military Rd. S. Tukwila
Phone and Hospital: 24 hours;

Detoxification, partial hospitalization, inpatient and intensive outpatient treatment. Agency provides DBHR-certified service(s). Serves adults 18 years or older. Call for assessment. Fees vary. Accepts Medicare, Kaiser Permanente, TRICARE, United Healthcare Military & Veterans, Private insurance.

Website cascadebh.com

Catholic Community Services CREW Program (206) 956-9570

1902 2nd Ave Suite 208 Central Seattle
Mon. – Fri., 9 a.m. – 5 p.m.

Outpatient services, referral to inpatient or residential treatment for adults 18 and older. Agency provides DBHR-certified service(s). Call to set up an appointment. Accepts Apple Health (Medicaid).

Website ccsww.org/get-help/addiction-recovery-services/

Community Psychiatric Clinic (206) 461-3614

After hours crisis line. (206)-461-3222

Outpatient treatment, intensive outpatient treatment, DUI evaluations and integrated mental health and substance use services for adults 18 and older. Offers Suboxone, Narcan and Vivitrol. Provides referrals to inpatient treatment. Agency provides

DBHR-certified service(s). Call for eligibility and fee information and for an appointment. Accepts Apple Health (Medicaid), Medicare, private pay and private insurance. Sliding scale fees.

Website cpcwa.org/substance-use-disorders.html

North Seattle (206) 461-4544

10700 Meridian Ave. N., Suite G-11; Mon. – Tue., 8 a.m. – 7 p.m.;
Wed. – Thurs. 8 a.m. – 6 p.m.; Fri., 8 a.m. – 5 p.m.

North Seattle (206) 461-3614

11000 Lake City Way NE; Mon. – Fri., 8 a.m. – 5 p.m.

Central Seattle (206) 461-3649

2329 Fourth Ave.; Mon. – Fri., 8 a.m. – 5 p.m.

North Seattle (206) 461-3707

4120 Stone Way N; Mon. – Fri., 8 a.m. – 5 p.m.

DESC

Integrated outpatient and intensive outpatient services serving adults with chronic substance use issues as well as those with co-occurring mental disorders. Agency provides DBHR-certified service(s). No fees.

Website desc.org/what-we-do/health-services/

Central Seattle (206) 464-6454

216 James St.; Mon. – Fri., 9 a.m. – 5 p.m.;

Screening: Mon., Wed., 1 p.m. – 2:30 p.m., Fri., 9 a.m. – 10:30 a.m.

Central Seattle (206) 441-3043

222 Wall St Suite 100; Mon. – Fri., 9 a.m. – 5 p.m.;

Screening: Tue., Thurs., 9 – 10:30 a.m.

Evergreen Treatment Services (206) 223-3644

1700 Airport Way S. South Seattle

Dispensing hours: Mon. – Sat., 5:30 a.m. – 1 p.m.

Outpatient medication assisted treatment, detoxification services and psychiatric services for adults 18 or older and youth 16-18 with parental consent. Agency provides DBHR-certified service(s). Does not accept clients with co-occurring alcohol use

disorder. Call to speak with intake staff. Methadone program is \$17.75 per day. Accepts Apple Health (Medicaid) and private pay.

Website evergreentx.org/medication-assisted-treatment/

Harborview Medical Center (206) 744-9600

401 Broadway, First Floor Central Seattle
Mon. – Fri., 8 a.m. – 5 p.m.

DUI evaluations, outpatient, intensive outpatient, treatment for co-occurring substance use disorder and mental health disorders and opiate replacement therapy serving everyone including patients with co-morbid medical issues. Can write prescriptions for Suboxone therapy. Agency provides DBHR-certified service(s). Call for more information or an appointment. Initial assessment is free. Sliding scale fees. Accepts Apple Health (Medicaid), Medicare and other eligible commercial or managed care plans.

Website uwmedicine.org/locations/

International Community Health Services

Substance abuse services, including Suboxone treatment, serving adults. Call to schedule an assessment. Provides DBHR-certified services. Accepts Apple Health (Medicaid), most private insurance and has sliding scale fees for the uninsured.

Website ichs.org

South Seattle (206) 788-3500

3815 Othello St.; Mon., Wed., 7:30 a.m. – 7 p.m.; Tue., Thurs., Fri., 7:30 a.m. – 6 p.m.; Sat., 8 a.m. – 5:30 p.m.

Central Seattle (206) 788-3700

720 Eighth Ave. S; Mon., Tue., Fri., 7:30 a.m. – 6 p.m.; Wed., Thurs., 7:30 a.m. – 7 p.m.; Sat., 8:30 a.m. – 5 p.m.

Shoreline (206) 533-2600

16549 Aurora Ave. N; Mon., Wed., 7:30 a.m. – 6 p.m.; Tue., Thurs. – Sat., 8:30 a.m. – 5 p.m.

Jewish Family Service (206) 461-3240

1601 16th Ave Central Seattle

Office: Mon. – Fri., 9 a.m. – 5 p.m.

Assessment, intervention, referral and counseling serving everyone. Call for information. Sliding scale fee. Accepts some insurance. Does not accept Apple Health (Medicaid).

Website. jfsseattle.org/services/emergency-services/

King County Public Health (206) 477-8300

2124 Fourth Ave.; Mon., – Fri., 8 a.m. – 5 p.m.

Offers comprehensive medical treatment, including a Suboxone program. Call to schedule an appointment. Accepts Medicare, Apple Health (Medicaid) and has a tiered flat fee for the uninsured. No one is denied service due to inability to pay.

Website. kingcounty.gov

King County Needle Exchange

Needle exchange, clean injection supplies, overdose prevention training and harm reduction services for everyone. Medical clinic provides Naloxone distribution, social workers, case management and counseling services as well as abscess treatment, HIV/hepatitis testing and counseling, Hepatitis A & B vaccinations, treatment for colds and upper respiratory infections and TB screening. Visit in person. No fees.

Website kingcounty.gov

Medical Clinic: Central Seattle. (206) 263-2000

2124 Fourth Ave.; Mon. – Fri., 1 p.m. – 5 p.m.; Sat., 2 – 4 p.m.

Central Seattle (206) 732-0311

1621 S. Jackson St. Suite 201; Thurs., 1 – 5 p.m.

Central Seattle (206) 263-2000

1161 11th Ave. Robert Clewis Ctr. 2; Mon. – Sat., 6:30 – 8:30 p.m.

North Seattle. (206) 330-5777

University Way NE & NE 43rd St (alley behind the Post Office)
Sun., Fri., 1 – 5 p.m.; Mon. – Thurs., 5 – 7 p.m.;

All female staff on Tues.

Matt Talbot Center (206) 256-9865

2313 Third Ave. Central Seattle

Intake: Mon. – Fri., 8:30 a.m. – 2:30 p.m.

Year-long intensive outpatient drug and alcohol recovery and relapse prevention program serving adults 18 and older.

Agency provides DBHR-certified service(s). Sobriety is required throughout entire program. Call or visit in person. No fees.

Website mtcenter.org

Narcotics Anonymous (206) 790-8888

Support Line: 24 hours; Support group meeting times vary

Location Varies

Support groups and a 24-hour helpline for anyone who has a desire to stop using drugs. Call for support and for information on meeting times and sites. No fees.

Website seattlena.org

Navos (206) 248-8226

1210 SW 136th St. Burien

Office: Mon. – Fri., 9 a.m. – 5 p.m.; Drop-In: Mon. – Fri., 9 a.m. – 2 p.m.

Intensive outpatient treatment, outpatient treatment and mental health treatment. Agency provides DBHR-certified service(s). Serves those seeking treatment for chemical dependency and co-occurring disorders. Will not serve patients who need detoxification or who require inpatient care. Call for intake. Sliding scale fees. Apple Health (Medicaid) is accepted.

Website navos.org

New Traditions (206) 762-7207

9045 16th Ave. SW South Seattle

Office: Mon. – Fri., 8 a.m. – 5 p.m.; Service hours vary

Comprehensive outpatient services serving women 18 and older. Agency provides DBHR-certified service(s). Call for an appointment. No fees if client meets criteria for Apple Health (Medicaid). Sliding fee and private pay for non-Medicaid clients.
Website. **new-traditions.org**

Oxford Houses

Seattle Outreach Worker **(206) 280-7926**
 16203 Fifth Ave. NE North Seattle
 Peer-run clean and sober housing. Residents are expected to participate in a recovery program. No co-ed housing. Limited housing for single adults with children. May take ex-offenders, excluding arsonists and sex-offenders. Not able to accept people on methadone treatment. May accept women fleeing domestic violence. Apply directly to the house. Those who need additional help can call an outreach worker. Fees average \$275 to \$450 per month.
Website. **wa.oxfordhouse.us**

Pioneer Human Services Dutch Shisler Sobering Center **(206) 477-6363**

1930 Boren Ave Central Seattle
 24 hours

Supervised facility for individuals to “sleep off” the effects of alcohol and other drugs. Referrals to detoxification, chemical dependency treatment and other social services are available. Agency provides DBHR-certified service(s). Call the King County Emergency Service Patrol at 911 or visit in person. No fees.

Website. **pioneerhumanservices.org**

Pioneer Human Services **(206) 470-3856**

901 Rainier Ave. S. Central Seattle
 Mon. – Fri., 8 a.m. – 5 p.m.; Service hours vary

Outpatient treatment, intensive outpatient treatment and DUI evaluations. Agency provides DBHR-certified service(s). Call for appointment information. Sliding scale fees. Will accept Apple

Health (Medicaid), Disability Lifeline and private pay. Free or low-cost treatment available to qualifying clients.

Website pioneerhumanservices.org

Praisealujah (206) 251-8971

17800 Des Moines Memorial Dr. Suite G. Burien

Office Hours: Sun., 1 – 6 p.m.; Mon. – Fri., 9 a.m. – 9 p.m.; Sat., noon – 6 p.m.

Six- to 12-month, faith-based treatment program serving everyone, except convicted sex offenders. Call for more information.

Voicemail is available. No fees.

Website praisealujah.org

Recovery Café (206) 374-8731

2022 Boren Ave. Central Seattle

First Visit: Tue. – Sat., noon – 5 p.m.; Latte Hour: Daily, 2:30 p.m.; Meals: Tue. – Sat., 12:30 – 3:00 p.m., 5:15 – 6:00 p.m.

Members receive meals, recovery classes, peer support and referrals. Serves everyone. Members must be drug and alcohol free for 24 hours, contribute to running the Cafe and attend a support group. Visit to sign up for a New Member Introduction.

Website recoverycafe.org

Salvation Army

Women (206) 587-0503 x 26

Men (206) 587-0503 x 28

1000 Fourth Ave. S. Central Seattle

Intake: Mon., Wed., Thurs., 7:30 a.m. – noon

Christian-based inpatient drug and alcohol treatment program serving adults. Does not accept sex offenders. Clients must be able to pass an alcohol and drug screening test. Does not take individuals on SSI, SSDI or ABD or anyone who is on Medication Assisted Treatment. Visit in person during intake hours. No fees.

Website seattlearc.salvationarmy.org

Seadrunar
Detoxification (206) 245-1086
Substance Abuse Treatment (206) 767-0244
 10344 14th Ave. S. South Seattle
 Mon. – Fri., 8 a.m. – 5 p.m.; Intake coordinator available 24
 hours by phone
 Structured residential treatment services and detoxification ser-
 vices serving adults. Agency provides DBHR-certified service(s).
 Call for application and fee information. Accepts private pay
 and Apple Health (Medicaid).
Website seadrunar.org

Sea Mar Community Health Centers

Intensive inpatient and outpatient. Agency provides DBHR-cer-
 tified services. Inpatient serves adults 18 and older; outpatient
 serves adults and youth 12 and older. Call for more information.
 Inpatient accepts Apple Health (Medicaid); outpatient accepts
 Apple Health (Medicaid), private insurance and private pay.
Website seamar.org
Inpatient: Central Seattle (206) 219-5980
 113 23rd Ave. S.; Mon. – Fri., 8 a.m. – 5 p.m.
Outpatient: South Seattle (206) 766-6976
 10001 17th Pl S. Lower Level; Mon. – Fri., 8 a.m. – 5 p.m.

Seattle's Union Gospel Mission.....

Men: One year residential Christian recovery program. Not a
 state-certified chemical dependency program. Serves homeless
 men 18 and older. Call or visit site. Spanish-speaking clients: Call
 during Spanish phone line hours. No fees.
 Women: Long-term residential rehabilitation program, outpa-
 tient treatment and intensive outpatient treatment. Agency
 provides DBHR-certified service(s). Serves women 18 and older.
 Call for screening. No fees.

Website ugm.org

Men: Central Seattle (206) 622-5177 x 458

Spanish (206) 622-5177 x 473

318 Second Ave. Extension S

Intake: Mon.– Fri., 6:30 – 7:30 a.m.; Mon., Tue., Thurs., 10 – 11 a.m.;

24-hour English Hotline; Spanish Hotline: Mon. – Fri., 3:30 – 8:30 p.m.

Women: South Seattle (206) 628-2008

3802 S. Othello St

Shelter Screening: Mon. – Fri., 8:30 – 9 a.m.; Office: 8 a.m. – 9 p.m.

Sound (206) 302-2300

1600 E. Olive St. Central Seattle

Mon. – Fri., 8 a.m. – 6 p.m.; Service hours vary

Assessments, outpatient and a co-occurring disorders program serving adults 18 and older and youth 13-18. Agency provides DBHR-certified service(s). Call for information. Accepts Apple Health (Medicaid) and most commercial health plans. Sliding scale fees for private pay.

Website sound.health

Swedish Medical Center

Detoxification with Suboxone, inpatient, medication assisted treatment and a specialty program for pregnant women.

Provides DBHR-certified services. Serves adults 18 and older or pregnant women 16 and older. Call for information and to apply.

Accepts Apple Health (Medicaid) and most private insurance.

Website swedish.org

Medication Assisted Treatment (206) 386-6111

1401 Madison St. Suite 100 Central Seattle

Pregnancy Program (206) 781-6209

Detoxification and inpatient (206) 781-6048

5300 Tallman Ave NW North Seattle

Therapeutic Health Services

Outpatient, intensive outpatient and opiate substitution treatment serving adults. Call for screening and appointment. Sliding scale fees. Accepts private insurance, private pay and Apple Health (Medicaid).

Website ths-wa.org

Central Seattle (206) 323-0930

1116 Summit Ave.; Mon. – Thurs., 7 a.m. – 5:30 p.m., Fri., 7 a.m. – 4:30 p.m.; Dispensary: Mon.– Fri., 6 – 11:30 a.m.; Sat., 7 – 11:30 a.m.

Central Seattle (206) 323-0934

1305 Seneca St.; Mon. – Thurs., 7 a.m. – 5:30 p.m., Fri., 7 a.m. – 4:30 p.m.; Dispensary: Mon. – Fri., 6 – 11:30 a.m.; Sat., 7 – 11:30 a.m.

Shoreline (206) 546-9766

16715 Aurora Ave. N., Suite 102

Mon. – Fri., 7 a.m. – 4:30 p.m.; Dispensary: Mon. – Fri., 6 a.m. – noon

South Seattle (206) 322-7676

1901 MLK Jr.Way S; Mon. – Fri., 9 a.m. – 6 p.m.; no opiate substitution

South Seattle (206) 723-1980

5802 Rainier Ave. S; Mon. – Fri., 8 a.m. – 4:30 p.m.; no opiate substitution

Traugott Terrace (206) 267-3023

2317 Third Ave. Central Seattle

Pre-Application Packets: Tue. – Thurs., 4 – 5 p.m.

Structured clean and sober affordable permanent and transitional housing. Transitional housing is for men only; permanent housing is for men and women. Serves single low-income men and women 18 and older who are actively engaged in a recovery program. Call or visit website for all eligibility information. Application forms available on-site and online. Fees are 30 percent of income.

Website traugottterrace.org/id3.html

Valley Cities Counseling & Consultation (253) 833-7444

DUI assessments, outpatient and intensive outpatient programs for people with co-occurring substance use and mental health disorders. Agency provides DBHR-certified service(s). Must be Medicaid eligible or high risk population. First call to determine eligibility, then visit in person at assessment locations. Required documents: Photo ID, Apple Health card, Court and/or DUI documentation if applicable. Accepts Apple Health (Medicaid).

Website valleycities.org/new-clients/

North Seattle

10521 Meridian Ave. N; Mon. – Fri., 8:30 a.m. – 5 p.m.; Assessments: Tue., 8:30 a.m.

North Seattle

12736 33rd Ave. NE; Mon. – Fri., 8:30 a.m. – 5 p.m.

North Seattle

13555 Aurora Ave. NE; Mon. – Fri., 8:30 a.m. – 5 p.m.

Des Moines

26401 Pacific Hwy S., Suite 201; Mon. – Fri., 8:30 a.m. – 5 p.m.; Assessments: Tue: 8:30 a.m.

EMPLOYMENT AND TRAINING SERVICES

Asian Counseling and Referral Service (206) 695-7590

3639 MLK Jr. Way S. South Seattle
Mon. – Fri., 8 a.m. – 6 p.m.; Job-seeker orientation: Tues., 3 p.m.; Service hours vary by program

Comprehensive job placement and retention services serving low-income job seekers 18 and older. Must be legal to work in the United States. Call for more information. No fees.

Website acrs.org/services/employment-and-training-services/

CARES of Washington (206) 938-1253

1833 N. 105th St., Suite 201 North Seattle

Mon. – Fri., 9 a.m. – 5 p.m.

Career coaching, financial planning, benefits counseling and asset development services serving people 18 and older who are legally eligible to work in the U.S. Serves people with disabilities and people with barriers to employment. Call, apply online or apply in person. No fees.

Website caresofwa.org

Church of Jesus Christ of Latter Day Saints (206) 533-8154

17935 Aurora Ave. N. Shoreline

Training services: Mon. – Sat., 9 a.m. – 4:30 p.m.

Job skills training and placement for people 18 and older who are unable to find or keep employment. Must be eligible to work in the United States. No fees.

Website lds.org/locations

DSHS Division of Vocational Rehabilitation

Medical evaluation, vocational assessment, counseling and guidance and job preparation. Includes support, job match and placement, follow up and post employment services. Serves those who have a physical or mental impairment. Call for an appointment. No fees.

Website dshs.wa.gov/

South Seattle (206) 273-7100

1200 12th Ave. S., Suite 730; Mon. – Fri., 8 a.m. – 5 p.m.

North Seattle (206) 440-2230

12063 15th Ave. NE; Mon. – Fri., 8 a.m. – 5 p.m.

FareStart (206) 267-6218

700 Virginia St Central Seattle

Orientation: Tue., 9:30 a.m.; Training Program: Mon. – Fri., 8 a.m. – 8 p.m.

Sixteen weeks of culinary arts job training, followed by six months of support services for adults 18 and older who are

healthy enough to work in food service and legally authorized to work in the U.S. No fees.

Website farestart.org/adult-culinary-program

Goodwill

Support services, work readiness classes and vocational training in retail, customer service and warehouse logistics. Call for more information. No fees.

Website seattlegoodwill.org/job-training-and-education

Central Seattle (206) 860-5791

700 Dearborn Pl. S; Mon. – Fri., 8:30 a.m. – 5 p.m.

Shoreline (206) 631-8457

14500 15th Ave. NE; Mon. – Fri., 9 a.m. – 5 p.m.

Burien (206) 957-1026

1031 SW 128th St.; Mon. – Thurs., 9 a.m. – 5 p.m.

Millionair Club Charity (206) 728-5627

2515 Western Ave Central Seattle

Apply: Tue., 8 – 10 a.m.;

Sign up for work: Mon. – Sat., 6 a.m. – 8 a.m.

Places clients into temporary day labor jobs. Offers bus passes, showers, bathrooms and laundry facilities. Documents required: valid state or governmentally issued photo ID and a Social Security card. Background check is done. First-time clients apply in person. No fees.

Website millionairclub.org/need-work

Neighborhood House Education programs, bilingual assistance with job applications, job searches and interviews for immigrants, refugees and low-income people. Offers ESL and citizenship classes. No fees.

Website nhwa.org/index.php

South Seattle (206) 461-4568

4410 29th Ave. S; Mon. – Fri., 9 a.m. – 5 p.m.

South Seattle (206) 588-4900

6400 Sylvan Way SW; Mon. – Fri., 9 a.m. – 5 p.m.

Real Change (206) 441-3247

96 S. Main St. Central Seattle

Orientation: Tue., Fri., 10 a.m. – noon

Provides an immediate source of income selling Real Change newspapers. Serves homeless or low-income adults 18 or older. No ID required. Must attend vendor orientation. No fee to become a vendor. Vendors receive first 10 papers free, then papers are purchased for \$.60 each and sold for \$2.

Website main.realchangenews.org/about/work/vendor/

Seattle Conservation Corps (206) 684-0190

7727 63rd Ave. NE, Suite 201 Central Seattle

Mon. – Fri., 7 a.m. – 4 p.m.

Structured program that provides job skills and wages for homeless adults 18 and older. Must be willing to do manual labor and have the ability to lift 50 pounds on a regular basis. Must be clean and sober. No fees.

Website seattle.gov/parks

WorkSource

Employment and training services including job search assistance, hiring events, resource referrals, counseling and more. Call s locations for information on eligibility, application and fees.

Website worksourceskc.org

Central Seattle (206) 436-8600

2024 3rd Ave., YWCA second floor

North Seattle (206) 440-2500

9600 College Way N., North Seattle Community College OCE & E Bldg

South Seattle (206) 934-5304

6000 16th Ave. SW, South Seattle College

South Seattle (206) 721-6000
2531 Rainier Ave. S

YWCA

Career Center (206) 336-7000
Manufacturing (206) 336-6979
BankWork\$ (206) 436-8674
CareerWork\$ Medical (206) 503-0365

Employment and training opportunities for adults 18 and older.

Career Center: job seekers can access employment and training services. Visit in person. Manufacturing: helps women enter the manufacturing field. Call for more information and location. BankWork\$: provides job training and job placement assistance in the banking industry. Call for a pre-screening interview.

CareerWork\$ Medical: prepares job seekers for entry level positions in the health care industry. No fees.

Website ywcaworks.org/economic-advancement

BankWork\$ Central Seattle
2024 3rd Ave.; Mon. – Fri., 8:30 a.m. – 5:30 p.m.

Career Center South Seattle
9720 Eighth Ave. SW; Mon. – Thurs., 9 a.m. – 5:30 p.m.; Fri.,
9 a.m. – 4:30 p.m.

FAMILY AND MATERNITY SERVICES

In Washington, all low-income pregnant women are qualified to receive pregnancy-related health care regardless of whether they choose prenatal care or pregnancy termination.

3W Medical for Women (206) 588-0311
4528 Eighth Ave. NE, Unit 1A North Seattle
Mon., Wed., Thurs., 10 a.m. – 5 p.m.; Fri., appointment only.
Sexual health services, pregnancy services and social service

referrals to local community partners for women. Call for an appointment. Appointments not required. Most services are free.

Website 3wmedical.org

Catholic Community Services (206) 707-1501

Counseling, case management, education, emergency assistance and material support for women and families with children birth to 5. Does not provide medical referrals. Call for phone intake. Interpreter services available by appointment only. No fees.

Website ccsww.org/get-help/child-youth-family-services/

South Seattle

St. Edwards Parish, 4250 S. Mead St.; Mon. – Fri., 9 a.m. – 5 p.m.; voicemail is available

Bellevue

700 108th Ave. NE Suite 211; Mon. – Fri., 9 a.m. – 5 p.m.; voicemail is available

Cedar River Clinics (800) 572-4223

509 Olive Way, Suite 1454 Central Seattle

Phone intake: Mon. – Fri., 8 a.m. – 5 p.m.; Sat., 9 a.m. – 2 p.m.

Abortion services, birth control, STD services, HIV services, hormone therapy, reproductive health services, well women care and pregnancy options counseling. Call to schedule an appointment. Documents required: photo ID. Sliding scale fees. Most insurance plans accepted, including Apple Health (Medicaid).

Website cedarriverclinics.org/seattle/

Children's Home Society of Washington (206) 364-7930

2611 NE 125th St., Suite 145 North Seattle

Mon., noon – 5 p.m.; Tue. – Thurs., 9 a.m. – 5 p.m.; Fri., 9 a.m. – 3 p.m.

Parenting classes and support groups, WIC, preventative health services and maternity support services serving low-income, pregnant women who receive state medical assistance. Interpreters available with advance notice. Call for appointment.

Accepts Apple Health (Medicaid).

Website childrenshomesociety.org/northking/

City of Seattle (206) 386-1050

700 Fifth Ave., Suite 5600. Central Seattle
Mon. – Fri., 8 a.m. – 5 p.m.

Financial assistance for families in need of child care for low-income families with children under 13.

Website seattle.gov/education/for-parents/

Community Psychiatric Clinic (206) 366-3015

10700 Meridian Ave. N., Suite G-11 North Seattle
Mon. – Tue., 8 a.m. – 7 p.m.; Wed. – Thurs., 8 a.m. – 6 p.m.; Fri.,
8 a.m. – 5 p.m.; Service hours may vary

Screening, intake, assessment and treatment for all child, parent and family mental health services. Apple Health (Medicaid) and private pay accepted.

Website cpcwa.org/child--family.html

Country Doctor Community Health Centers

Comprehensive health services as well as prenatal and pregnancy care for pregnant women who receive state medical assistance. Country Doctor site offers WIC. Accepts Apple Health (Medicaid).

Website countrydoctor.org

Carolyn Downs: Central Seattle (206) 299-1900

2101 E. Yesler Way Suite 150; Mon., Tue., Thurs., Fri., 9 a.m. – 5 p.m.; Wed., 9 a.m. – 8:30 p.m.; Sat., 9 a.m. – noon. No WIC

Country Doctor: Central Seattle (206) 299-1629

500 19th Ave. E; Mon., Tue., Fri., 9 a.m. – 5 p.m.;

Wed., Thurs., 9 a.m. – 8:30 p.m.

Offers WIC

FamilyWorks (206) 263-9438

1501 N. 45th St. North Seattle

WIC appointments: available on Thurs.

Nutrition program, food assistance and referrals for pregnant women and new mothers who are at or below 185 percent of the Federal Poverty Level. Call for an appointment. No fees.

Website familyworksseattle.org/family-center/wic

First Place (206) 629-6288

172 20th Ave. Central Seattle

Mon. – Fri., 8:30 a.m. – 4:30 p.m.

School: Mon. – Fri., 8:15 a.m. – 3:30 p.m.

Education and wraparound services to families. Offers early learning, kindergarten and first grade educational programs.

Serves children 3 through 6, from families that are in crisis impacting family stability. Call for enrollment forms. No fees.

Website firstplaceschool.org/early-learning/

HealthPoint (206) 242-0885

Health services and WIC nutrition programs. Serves pregnant and parenting women children. Accepts Apple Health (Medicaid). People without health insurance may qualify for sliding scale fees. No fees for WIC.

Website healthpointchc.org

Tukwila (206) 439-3289

Highline Medical, 13030 Military Rd. S; Mon. – Wed., 8 a.m. – 8 p.m.; Thurs., Fri., 8 a.m. – 5 p.m.;

Sat., 10 a.m. – 3 p.m.

Des Moines (206) 870-3590

WIC (206) 870-3588

26401 Pacific Hwy S., Suite 101; Mon. – Wed., 8 a.m. – 8 p.m.;

Thurs., Fri., 8 a.m. – 5 p.m.; Sat. 10 a.m. – 3 p.m.

International Community Health Services

Pregnancy services, WIC, child health services and STD testing and treatment serving pregnant women and new mothers. Staff

is multilingual. Sliding scale fees. Accepts Apple Health (Medicaid), Medicare and private insurance.

Website ichs.com

WIC Only: Shoreline (206) 533-2687

16549 Aurora Ave. N; Clinic: Wed., 9 a.m. – 5:30 p.m.; 1st and 3rd Fri., 9 a.m. – 5:30 p.m.

South Seattle (206) 788-3500

3815 S. Othello St.; WIC Services: Mon. – Fri., 9 a.m. – 5:30 p.m. All other services: Mon., Wed., 7:30 a.m. – 7 p.m.; Tue., Thurs., Fri., 7:30 a.m. – 6 p.m.; Sat., 8 a.m. – 5:30 p.m.

Central Seattle (206) 788-3700

WIC (206) 788-3701

720 Eighth Ave. S; WIC Services: Mon., Wed., Thurs., 9 a.m. – 1 p.m., 1:45 p.m. – 6 p.m.; Tue., Fri., 9 a.m. – 1 p.m., 1:45 p.m. – 5:30 p.m.; All other services: Mon., Tue., Fri., 7:30 a.m. – 6 p.m.; Wed., Thurs., 7:30 a.m. – 7 p.m.; Sat., 8:30 a.m. – 5 p.m.

Jewish Family Service (206) 461-3240

Housing Hotline (206) 861-8796

1601 16th Ave. Central Seattle
Housing Hotline: 24 hours

Move-in assistance serving recently homeless family who are pregnant or parenting in King County and have been accepted into permanent housing. One adult must have a source of income. No fees.

Website jfsseattle.org

King County Public Health

Maternal and family health programs, such as pregnancy services, primary care, WIC, information and guidance from nurses, as well as Mom's Plus case management for those seeking substance abuse treatment.

Website . kingcounty.gov/depts/health/child-teen-health.aspx

Central Seattle (206) 477-8330

2124 Fourth Ave.; Mon. – Fri., 8 a.m. – 5 p.m.

Offers: Moms Plus, Nursing, WIC, Maternity Services and Health Clinic

North Seattle (206) 263-9440

10521 Meridian Ave. N; Mon., Wed., Fri., 8 a.m. – 5 p.m.; Tue., Thurs., 8 a.m. – 6:30 p.m.; Offers: nursing, WIC and maternity services

South Seattle (206) 296-4650

4400 37th Ave. S; Mon. – Thurs., 8:30 a.m. – 6 p.m.; Fri., 8 a.m. – 5 p.m.; Offers: nursing, WIC and maternity services

South Seattle (206) 477-0000

9934 Eighth Ave. SW; Mon. – Thurs., 8:30 a.m. – 6:30 p.m.; Fri., 8:30 a.m. – 5:30 p.m.; Offers: WIC and maternity services

Mary's Place (206) 621-8474

Day center serving women and children. No fees.

Website marysplaceseattle.org

Day Center Central Seattle

1830 Ninth Ave.; Day Center: 7 a.m. – 3:30 p.m.

Day Center for Families South Seattle

10821 Eighth Ave. SW; Mon. – Fri., 12 – 5 p.m.

Day Center for Families North Seattle

1155 N, 130th St.; Mon. – Fri., 12 – 5 p.m.

Navos (206) 248-8226

Family and child intensive therapy services, outpatient therapy, case management, infant mental health services, information and referral and counseling. Serves all King County residents. Sliding scale fees. Will accept Apple Health (Medicaid), Medicare and private insurance.

Website navos.org

Burien

1210 SW 136th St; Office: Mon. – Fri., 8 a.m. – 5 p.m.; Service hours vary

South Seattle

2600 SW Holden St.; Office: Mon. – Fri., 8 a.m. – 5 p.m.; Service hours vary

Neighborhood Health Pregnancy and midwifery services serving pregnant women. Offers WIC food assistance. Sliding scale fees and accepts Medicare, Apple Health (Medicaid) and most health insurance plans.

Website neighborcare.org/programs/midwifery

North Seattle (206) 296-4990

10521 Meridian Ave N., Suite A; Mon., Fri., 8 a.m. – 5 p.m.; Tue., Thurs., 8 a.m. – 7 p.m.; Wed., 9 a.m. – 5 p.m.; Sat., 8 a.m. – 1 p.m.

North Seattle (206) 417-0326

12721 30th Ave NE, Suite 101; Mon., Tue., Thurs., 8 a.m. – 7:30 p.m.; Wed., 9 a.m. – 6 p.m.; Fri., 8 a.m. – 5 p.m.

North Seattle (206) 633-3350

1629 N. 45th St.; Mon., Tue., 8 a.m. – 7 p.m.; Wed., 9 a.m. – 5:30 p.m.; Thurs., Fri., 8 a.m. – 5:30 p.m.; Sat., 9 a.m. – 3 p.m.

South Seattle (206) 461-6957

4400 37th Ave. S; Mon., Thurs., 7:45 a.m. – 7:30 p.m.; Tue., 7:45 a.m. – 6 p.m.; Wed., 9 a.m. – 6 p.m.; Fri., 7:30 a.m. – 5 p.m.; Sat., 8 a.m. – 4 p.m. Offers WIC

South Seattle (206) 461-6950

WIC (206) 461-6949

6020 35th Ave SW; Mon., Wed., Thurs., 7:30 a.m. – 7:30 p.m.; Tue., Fri., 7:30 a.m. – 5:30 p.m.; Sat., 10 a.m. – 1:30 p.m.; First and Third Wed., opens at 9:30 a.m. Offers WIC

South Seattle (206) 722-8444

9245 Rainier Ave. S; Mon. – Thurs., 7:30 a.m. – 7:30 p.m.; Fri., 7:30 a.m. – 5:30 p.m.; Sat., 10 a.m. – 1:30 p.m.; First and Third Wed., opens at 9:30 a.m.

North Helpline **Office:** (206) 367-3477

Baby cupboard providing supplies to families with children

under 2, but will provide food staples for children 2-5. Serves residents of ZIP codes 98115, 98125, 98133, 98155, 98177, 98011 and 98028 as well as anyone experiencing homelessness. Food pantry clients may visit either location of the baby cupboard once per week. Visit in person. Documents required: photo ID and proof of address. No fees.

Website northhelpline.org/takes-village/

North Seattle

12736 33rd Ave. NE; First Sat. of the month: 10 a.m. – 1 p.m.

North Seattle

13000 Linden Ave. N.; First Sat. of the month: 10 a.m. – 2 p.m.

Northwest Harvest (206) 625-0755

711 Cherry St. Central Seattle

Thurs., 9 a.m. – 5 p.m.

Baby cupboard serving families with children 5 and younger.

Clients may visit once per day. Visit in person. Documents required: if baby is not present at food pantry, birth certificate or Apple Health card. No fees.

Website northwestharvest.org/cherry-street-food-bank

Odessa Brown (206) 987-7210

WIC (206) 987-7235

2101 E. Yesler Way, Suite 100. Central Seattle

Dental: Mon. – Fri., 8 a.m. – 5:30 p.m.; Sat., 9 a.m. – noon

Medical: Mon. – Fri., 8 a.m. – 5 p.m.; Sat., 9 a.m. – noon

Mental Health: Mon. – Fri., 8 a.m. – 5:30 p.m.

Outpatient pediatric medical, dental, WIC and mental health services serving infants, children and adolescents. Call to make an appointment. Parent or guardian must accompany child.

Accepts Apple Health (Medicaid) or other third party payment.

Website seattlechildrens.org/contact/odessa-brown/

Pregnancy Aid of South King County (206) 878-3770

730 S. 225th St. Des Moines
Mon., Wed.-Fri., 10 a.m. – 1 p.m.

Pregnancy-related counseling for pregnant women, new mothers, caretakers and children birth-5. Spanish available on Fridays. Call or visit. Documents required: Photo ID. No fees.

Website desmoinespa.wixsite.com/dmpa

Sea Mar Community Health Centers

Dental services and WIC. Serves pregnant women, new mothers and children, birth through 17. Offers sliding scale fees.

Accepts Apple Health (Medicaid) and private insurance.

Website seamar.org/

WIC: Burien (206) 812-9173

14434 Ambaum Blvd. SW, Suite 5; Mon., Tue., Thurs., Fri., 8 a.m. – 5 p.m.; Wed., 8 a.m. – 7 p.m. except the first Wed.

Dental: Burien (206) 631-7316

18010 Eighth Ave. S., Suite 416; Mon. – Fri., 8 a.m. – 5 p.m.

Dental: Des Moines (206) 212-4520

2781 S. 242nd St.; Mon. – Sat., 8 a.m. – 5 p.m.

WIC: South Seattle (206) 762-0876

8915 14th Ave. S.; Mon. – Wed., Fri., 8 a.m. – 5 p.m.;
Thurs., 8 a.m. – 7 p.m.

Dental: South Seattle (206) 965-1005

9650 15th Ave. SW, Suite 100; Mon. – Sat., 8 a.m. – 5 p.m.

University of Washington Medical Center (206) 598-4070

1959 NE Pacific St., Pacific Tower, Room SW-350

North Seattle

Mon. – Fri., 8 a.m. – 5 p.m.

Full-service obstetrical services for pregnant women. Fees vary according to services. Accepts Apple Health (Medicaid), private insurance and numerous managed care plans. Will not refuse services pending obtaining insurance coverage for the patient.

Website uwmedicine.org/locations/

YMCA (206) 382-5340
2100 24th Ave. S., Suite 260 South Seattle
Mon. – Thurs., 9 a.m. – 7 p.m.; Fri., 9 a.m. – 5 p.m.
Outpatient mental health treatment for children, youth
and young adults 3-25 and their families. Agency provides
DBHR-certified service(s). Accepts Apple Health (Medicaid),
private insurance and private pay. Sliding scale fees.
Website seattleyymca.org

FINANCIAL ASSISTANCE

Ballard Food Bank (206) 789-7800
5130 Leary Ave NW North Seattle
Mon., Thurs., 2 – 7 p.m.; Tue., Wed., 11 a.m. – 4 p.m.
Emergency financial assistance for rent, utilities and move-in as-
sistance available once per year. Serves those living in ZIP code
98107, 98109, 98117, 98119, 98177 or 98199. Visit in person for
application. Documents Required for Rent Assistance: photo ID,
rental agreement or lease, eviction notice, proof of address. Doc-
uments Required for Deposit Assistance: photo ID and rental
agreement or lease. Documents Required for Utility Assistance:
photo ID and shut-off notice. No fees.
Website ballardfoodbank.org/resources-referrals-1/

Byrd Barr Place (206) 812-4940
722 18th Ave. Central Seattle
Mon. – Fri., 8:30 a.m. – 5 p.m.
Eviction prevention assistance once per program year serving
Seattle residents with income at or below 125 percent of the
Federal Poverty Level. Call for application instructions. No fees.
Website byrdbarrplace.org

- City of Bellevue** (425) 452-5285
450 110th Ave. NE Bellevue
Mon. – Fri., 8 a.m. – 5 p.m.
Utility assistance for water, wastewater and drainage. Serves ages 62 and older, or individuals with a disability. Must be at or below 50 percent of Area Median Income. Call or visit website. No fees.
Website bellevuewa.gov
- City of Des Moines** (206) 870-6513
21630 11th Ave. S., Suite A. Des Moines
Mon. – Fri., 8 a.m. – 4:30 p.m.
25 percent garbage collection discount. Serves residents age 62 and older, or residents who have a permanent, documented disability. Income must be at or below 50 percent of the Area Median Income. Call or visit website. No fees.
Website desmoineswa.gov
- City of Seattle Health Insurance Advisors** (206) 684-0500
810 Third Ave., Suite 425. Central Seattle
Mon. – Fri., 8 a.m. – 3 p.m. Appointments available on Wed.
Counseling and information on health insurance. Serves people who receive or have issues with (including going onto) Medicare. No age restrictions. Call for an appointment. No fees.
Website seattle.gov/humanservices/services-and-programs
- City of Seattle Utility Discount Program** (206) 684-0268
810 Third Ave., Suite 440 Central Seattle
Mon. – Fri., 8:30 a.m. – 4:30 p.m.
Rate discount for Seattle City Light and Seattle Public Utilities. Serves all Seattle City Light and Seattle Public Utilities customers at or below 70 percent State Median Income. Call, visit in person, or visit website for application. No fees.
Website seattle.gov/humanservices/services-and-programs

HEN Emergency Assistance (206) 328-5755

Call for location; Mon. – Fri., 9 a.m. – 4 p.m.

Eviction prevention, move-in assistance, utility assistance, emergency food bags and food vouchers, as well as motel vouchers for homeless families. Serves adults without minor children who are unable to work due to a physical or mental incapacity. Call for more eligibility information, locations and to apply. No fees.

Website henkingcounty.org

Hopelink (206) 440-7300

17837 Aurora Ave. N. Shoreline

Mon. – Fri., 8:30 a.m. – 5 p.m.

Financial assistance for eviction prevention, move-in costs, prescriptions and utilities. One time per 12 months. Serves those at or below 200 percent of the Federal Poverty Level. Serves Lake Forest Park and Shoreline residents only. Call for appointment and Required Documents. No fees.

Website hopelink.org/

LIHEAP and PSE HELP

Financial assistance for energy bills. Call or visit website for eligibility requirements and to schedule an appointment. No drop in services. No fees.

Central Seattle (206) 486-6828

722 18th Ave.

Website byrdbarrplace.org

Shoreline (425) 658-2592

17837 Aurora Ave. N.

Website hopelink.org/energy

South King County (253) 517-2263

203 SW 153rd St.

Website mschelps.org/gethelp/energy

Neighborhood House (206) 356-1028

4431 MLK Jr.Way S., South Seattle
Call Mon., 9 a.m. – 12 p.m.

Housing case management and financial assistance for renters living within Seattle city limits at or below 30 percent Area Median Income and at risk for homelessness. Call for more information and an appointment. No fees.

Website nhwa.org

North Helpline (206) 365-8043

12736 33rd Ave. NE North Seattle
Tue. – Thurs., 10 a.m. – noon

Assistance for rent, move-in costs and utilities for residents of ZIP codes 98125, 98133, 98155 and 98177. Call or visit in person. Documents required: photo ID, proof of address, eviction notice for rent assistance, lease for move-in assistance and shut-off notice for utility assistance. No fees.

Website northhelpline.org/

Queen Anne Helpline (206) 282-1540

311 W. McGraw St Central Seattle
Call: Mon. – Fri., 9 a.m. – 4 p.m.; Appointments: Mon., Tue., Thurs., 10:30 a.m. – 2:30 p.m.

Financial assistance for rent and utility bills for those living within ZIP codes 98109, 98119 and 98199 only that are low-income and/or have proof of hardship. May receive help up to two times within a 12-month period. Call for an appointment. Documents required: photo ID. No fees.

Website queenannehelpline.org/

Salvation Army

Emergency assistance with rent and utilities. Call for eligibility, application and fee information.

Website salvationarmynw.org

North Seattle (206) 783-1226

9501 Greenwood Ave. N., Community Outreach Ministries

Mon. – Thurs., 8 a.m. – noon, 1 – 4 p.m.

Central Seattle (206) 447-9944

1101 Pike St.; Mon., 8:15 a.m. – noon, 1 – 3 p.m.;

Tue. – Fri., 8:15 a.m. – noon, 1 – 4 p.m.

South Seattle (206) 767-3150

9050 16th Ave. SW; Mon., 8:30 a.m. until all apts. are filled

Bellevue (425) 452-7300

911 164th Ave. NE

Shoreline Community Care (206) 496-3116

Berean Bible Church, 2345 N. 185th St. Shoreline

Schedule appointment: voicemail only; Interviews: Tue., Thurs.,
9:30 a.m. – 12:30 p.m.

Financial assistance for rent, utilities and other essential needs.

May receive assistance once every 12 months. Serves permanent residents of the city of Shoreline. Appointments only.

Leave a message stating: first and last name, address, contact phone number and best time to call. Documents required: photo ID, monthly budget, utility bill for utility assistance or name and address of landlord rent help. No fees.

Website shorelinecommunitycare.org

St. Vincent de Paul of Seattle (206) 767-6449

Helpline: Mon. – Fri., 8 a.m. – 3 p.m. Location varies

Financial assistance for King County residents. Type of assistance available depends on neighborhood chapter. Call to be referred to appropriate chapter. No fees.

Website svdpseattle.org

University Churches (206) 524-7885

4515 16th Ave. NE, University Cong. United Church North Seattle

Tue., Thurs., Fri., 10:30 a.m. – 12:15 p.m.

Rent, move-in and utility assistance. Documents required:

current photo ID, lease and landlord information for housing assistance, utility bill for utility assistance. Call for eligibility and application information. No fees.

Website. uchurchesemergencyfund.org

West Seattle Helpline (206) 932-4357

6516 35th Ave. SW, Suite 204. South Seattle

Mon. – Fri., 9 a.m. – 5 p.m.; Voicemail available

Financial assistance for utilities and rent for those in ZIP codes 98106, 98116, 98126, 98136 and 98146. Does not serve residents of Burien. Bills must be past due at time of application. Call for eligibility and appointment. If denied Documents required: ID, verification of address, verification of income. No fees.

Website. wshelpline.org

YWCA (206) 209-5677

The Willows, 3800 S. Myrtle St. South Seattle

Voicemail only

Case management and financial assistance. Serves low-income adult renters in Seattle at risk of homelessness. Leave a message with name, phone number and ZIP code. Documents required: photo ID, Social Security cards, current verifiable income, three-day pay or vacate notice or utility shut-off notice. No fees.

Website. ywcaworks.org

FOOD ASSISTANCE

Ballard Food Bank (206) 789-7800

5130 Leary Ave. NW North Seattle

Mon., Thurs., 2 p.m. – 7 p.m.; Tue., Wed., 11 a.m. – 4 p.m.

Food pantry, commodities and home delivery for residents in 98107, 98109, 98117, 98119 and 98199. Numbers distributed 2.5 hours before opening time. Visit in person or call for delivery

requirements. Application form required. Documents required: photo ID and proof of address or residency in area. No fees.

Website ballardfoodbank.org/food-bank-1/

Bethany Community Church (206) 524-9000

1147 N. 81st St. North Seattle

Food Pantry: Mon., 6 – 7 p.m.; Community meals: Every second and last Mon. of the month, 6 – 8 p.m.

Offers a food pantry and hot meals. Serves everyone. Visit in person. No fees.

Website churchbcc.org/missions/local-outreach

Blessed Sacrament Church (206) 930-6005

5050 Eighth Ave. NE North Seattle

Sun. meal: noon – 2 p.m.; Food pantry: Fri., 10:30 a.m. – noon.

Weekly meal, food pantry and food delivery for any resident of the nearby area or people who are homeless. Visit in person or call for delivery requirements. Documents required for food bank only: ID and proof of address. No fees.

Website blessed-sacrament.org/

Bread of Life Mission (206) 682-3579

97 S. Main St. Central Seattle

Lunch: Mon. – Fri., 12:15 p.m.; Dinner: Mon. – Sat., 7:15 p.m.

Snacks and hot meals. Wheelchair accessible. Serves everyone. Visit in person. No fees.

Website breadoflifemission.org

Byrd Barr Place (206) 812-4970

722 18th Ave. Central Seattle

Numbers: 8 a.m. on food pantry days; Food Pantry:

Tue., 11 a.m. – 4 p.m.; Wed., noon – 4 p.m.;

Thurs., 9 a.m. – 1 p.m.; Home Delivery: Thurs., 10 a.m. – 3 p.m.

Food pantry and commodities serving residents of Seattle and

people who are homeless. Commodities and home delivery available only to residents of ZIP codes 98102, 98112 and 98122. May visit once per week. Visit in person. Numbers are needed to reserve a space in line. Call for information about home delivery. Documents required: photo ID and proof of current address. No fees.

Website byrdbarrplace.org

Catholic Community Services(425) 213-1963

11061 NE Second St. Bellevue

Mon., 9 a.m. – 4 p.m.; Wed., 1 – 4:30 p.m.; Fri., 9 a.m. – 1 p.m.

Emergency food bags for anyone. Call for intake hours, then visit in person. No fees.

Website ccsww.org

Church By the Side of the Road(206) 243-5024

3455 S. 148th St. Tukwila

Tue., noon – 1 p.m.

Hot lunch for anyone. Visit in person. No fees.

Website cbsr.org

Community Lunch on Capitol Hill(206) 972-2524

Serves hot lunch and dinner. Serves everyone. Visit in person.

No fees.

Website communitylunch.org

Lunch: Central Seattle

1710 11th Ave.; Tue., Fri., noon – 1 p.m.

Dinner: Central Seattle

500 Broadway E; Wed., Thurs., 5-6 p.m.

Des Moines Area Food Bank(206) 878-2660

22225 Ninth Ave. S., United Methodist Church Des Moines

Mon., Wed., Fri., 9 – 11:45 a.m.; Third Tue., 6 – 8 p.m.

Food pantry and commodities. May visit food pantry once per month. Serves those in ZIP codes: 98032, 98148, 98166, 98188,

98198. Visit in person. Documents required: current proof of address, photo ID for adults, ID for minor family members. No fees.

Website.....myfoodbank.org/

El Centro de la Raza (206) 957-4634 or (206) 973-4401

2524 16th Ave. S. South Seattle

Wed., 3:30 p.m. – 6:30 p.m.; Thurs., 9 a.m. – noon,

1:30 p.m. – 4 p.m.; Fri., 2 p.m. – 4 p.m.; Government Commodities: Fri., 10 a.m. – noon

Operates a food pantry. Serves everyone. Government Commodities available to residents of ZIP codes 98144 and 98108 only. May visit once per week. Visit in person. No fees.

Website.....elcentrodelaraza.org

Emerald City Community Seventh Day Adventist Church ... (206) 322-0717

801 25th Ave. Central Seattle

Sat., 7 – 9 a.m.

Serves breakfast. Focuses on Central Seattle area residents. Visit in person. No fees.

Website.....eccsda.org/article/2/about

FamilyWorks (206) 694-6727

Offers a food bank. Wallingford location serves ZIP codes 98103, 98107, 98115 and 98133 (Seattle only). Commodities are available to ZIP codes 98103 or 98107 only. Greenwood location serves 98103, 98115, 98107, 98133, 98117 and 98177. Visit in person.

May visit once per week. Documents Required: photo ID and current proof of address. No fees.

Website.....familyworksseattle.org/

North Seattle

1501 N. 45th St.; Food Bank: Tue., noon – 2 p.m.; Thurs., 3 – 6

p.m.; Fri., 11 a.m. – 1 p.m.; Commodities only: Third Sat., 10 a.m. – noon.

North Seattle

9501 Greenwood Ave N; General Public: Wed., noon – 2 p.m.;

Seniors: 11 a.m. – 2 p.m.

First Covenant Church (206) 322-7411

400 E. Pike St. Central Seattle

Sat., 9 a.m. – 10 a.m.

Serves breakfast. Serves everyone. Visit in person. No fees.

Website. firstcovenantseattle.org/outreach/

First United Methodist Church of Seattle (206) 622-7278

Fellowship Hall, 180 Denny Way Central Seattle

Breakfast: Sun., 7:45 – 8:45 a.m.

Community breakfast served at tables serving everyone. Visit in person. No fees.

Website. firstchurchseattle.org/shared-breakfast/

Food Not Bombs. (425) 243-4069

Hot meals and a market with free produce and deli foods serving everyone. Visit in person. No fees.

Website. foodnotbombs.net/washington.html

Dinner: Central Seattle

Occidental Ave S. and S. Main St.; Nov – Mar:

Sun., 4 – 4:30 p.m.; Apr – Oct: Sun., 5 – 5:30 p.m.

Market: Central Seattle

309 Pontius Ave N.; Sun., 1:30 p.m.

Highline Area Food Bank. (206) 433-9900

18300 Fourth Ave. S. Manhattan Community Ctr. . . Des Moines

Tue., noon – 2:30 p.m.; Thurs., 10 a.m. – 12:30 p.m.;

Second Tue. : 5:30 – 7 p.m.

Food pantry that clients may visit once per week. Serves residents of the Highline area. Visit in person or call for information about service area. Documents required: photo ID, proof of

current address and verification of family size. No fees.

Website highlineareafoodbank.org/need-help/

Hopelink Shoreline (206) 440-7300

17837 Aurora Ave. N. Shoreline

Mon., 1 – 4 p.m.; Wed., 1 – 7:30 p.m.; Tue., Thurs., 10 a.m. – 2 p.m.

Food pantry, commodities and deliveries to homebound clients for those homeless or low-income in zip codes 98133, 98155 and 98177 (north of 145th only). May visit twice per month. Call for information. No fees.

Website hopelink.org/location/

Immanuel Community Services (206) 622-1930

1215 Thomas St. Central Seattle

Food Pantry: Mon., 11 a.m. – 1 p.m.; Community Lunch: Last

Sun. each month: Sept – May, noon.; Jun – Aug: 11 a.m.

Meals and a food pantry serving everyone. Visit in person. No fees.

Website icsseattle.org/our-programs/

Jewish Family Service (206) 461-3240

1601 16th Ave. Central Seattle

Wed., Fri., 10 a.m. – noon.; Thurs., 2 – 4 p.m.

Operates a food pantry and limited home delivery. May visit once per month. Serves those who are homeless or living in zip codes 98101, 98102, 98102, 98104, 98112, 98121 and 98122 as well as all Jewish people. Visit in person. Call to inquire about home delivery or evening and Kosher food bank services. Documents Required: ID with current address. No fees.

Website jfsseattle.org/services/emergency-services/

King County 2-1-1 211

Mon. – Fri., 8 a.m. – 6 p.m.

Pre-screening for Basic Food applications (also known as Food Stamps) serving households at or below 200 percent of the Fed-

eral Poverty Level. Call 2-1-1 for more information. No fees.

Website kingcounty.gov/depts/health.aspx

Lifelong (206) 957-1686

Mon. – Fri., 8:30 a.m. – 5 p.m. South King County

Delivers meals to those living in South King County and coming home from a hospital, nursing home or other inpatient facility.

No income requirements. Call for more information and to verify service area. No fees.

Website lifelong.org/csb-welcome-home/

Mary's Place (206) 621-8474

1830 Ninth Ave. Central Seattle

Breakfast: Sat., 9 a.m.; Lunch: Sat., noon

Provides breakfast and lunch to women. Visit in person. No fees.

Website marysplaceseattle.org/how-we-help/

Millionair Club Charity (206) 728-5627

2515 Western Ave. Central Seattle

Breakfast: Mon. – Fri., 6:15 – 7 a.m.; Lunch: Mon. – Fri., noon – 1:30 p.m.

Breakfast and lunch. Visit in person. No fees.

Website millionairclub.org/how-we-help

North Helpline (206) 367-3477

Food pantry, including commodities for those living in ZIP codes 98115, 98125, 98133, 98155, 98177, 98011 and 98028 and anyone experiencing homelessness. May visit once per week. Homeless clients can receive one no cook bag per day. Visit in person. Documents Required: photo ID and proof of address. No fees.

Website northhelpline.org/get-help/food-bank/

North Seattle

12736 33rd Ave. NE

Wed., 10 a.m. – 1 p.m.; Thurs., 4:30 – 6:30 p.m.; Sat., 11 a.m. – 1

p.m.; Seniors/Disabled: Sat., 10 – 11 a.m.

North Seattle

13000 Linden Ave. N; Sat., 10 a.m. – 2 p.m.

Northwest Harvest (206) 625-0755

711 Cherry St. Central Seattle

Mon., Wed., 9 a.m. – 5:30 p.m.; Fri., 9 a.m. – 5 p.m.

Food bank with groceries and sack lunches. May come once per day. Serves everyone. Visit in person. No fees.

Website. northwestharvest.org

Paradise of Praise (206) 768-2745

1316 SW Holden St. South Seattle

Tue., 10 a.m. – noon

Operates a food pantry. Serves everyone. Visit in person. No fees.

Website. paradiseofpraise.org

Phinney Neighborhood Association (206) 783-2244

Serves hot meals. Visit in person. No fees.

Website. phinneycenter.org

North Seattle

525 N. 85th St.; Dinner: Mon., 4 – 6 p.m.

North Seattle

5515 Phinney Ave. N; Dinner: Tue: 4 – 6 p.m.;

Lunch: Wed., 11 a.m. – 1 p.m.

Phinney Ridge Lutheran Church (206) 784-7964

7500 Greenwood Ave N. North Seattle

Phone Intake: Mon., 1 – 3 p.m.; Drop-In: Tue., 2 – 3 p.m.;

Wed., 7 – 8 p.m.

Food pantry. Can be assisted once every two weeks. Call for a customized box or drop by. Documents Required: photo ID and proof of address. No fees.

Website. prlc.org/we-serve/food-bank/

- Pike Market Food Bank** (206) 626-6462
1531 Western Ave. Central Seattle
Tue., Thurs., 10 a.m. – 1 p.m., Wed., 4 p.m. – 6 p.m.
Food bank with limited delivery service, call for more information. Serves ZIP codes 98101, 98104, 98121 and anyone who is homeless. Visit in person. No fees.
Website pmfb.org
- Praisealujah** (206) 251-8971
17800 Des Moines Memorial Dr., Suite G Burien
Mon., 9:30 – 11:30 a.m.
Food bags serving everyone. Visit in person. No fees.
Website praisealujah.org
- Providence Regina House** (206) 763-9204
8201 10th Ave. S. South Seattle
Food Pantry: Thurs., 12:30 – 2 p.m.; Sat., 9 a.m. – noon; Baby Cupboard: First Saturday Each Month, 9 a.m. – noon
Food pantry. May visit every week. Serves those who are homeless or in ZIP codes 98108, 98148, 98168 and 98188. Documents Required: ID and proof of current address. No fees.
Website washington.providence.org/supportive-housing/
- Queen Anne Food Bank** (206) 216-4102
232 Warren Ave. N., Suite B. Central Seattle
Food Pantry: Thurs., 2 – 4 p.m.; Meals: Mon. – Thurs., 8:30 – 11:30 a.m.; Fri., 9 – 11 a.m.
Meals, sack lunches and a food pantry for those in ZIP codes 98101, 98109, 98119, 98121. Meal program serves everyone. Visit in person. Food pantry documents required: picture ID and proof of address. No fees.
Website qafb.org

Queen Anne Helpline (206) 282-1540

311 W. McGraw St. Central Seattle

Call: 9 a.m. – 4 p.m.; Apts: Mon., Tue., Thurs., 10:30 a.m. – 2:30 p.m.

Food bags that may be received once every 30 days. Call for an appointment. Documents Required: photo ID. No fees.

Website queenannehelpline.org/services/**Rainier Valley Food Bank (206) 723-4105**

4205 Rainier Ave. S. South Seattle

Food Pantry: Wed., Sat., 9:30 a.m. – 2 p.m.; No-Cook Bags: Tue.– Sat., 9:30 a.m. – 2 p.m.

Food pantry, non-cook to-go bags and home delivery services serving everyone. Call for delivery information. Documents Required: photo ID. No fees.

Website rvfb.org**ROOTS (206) 632-1635**University Temple UM Church, 1415 NE 43rd St. . North Seattle
Fri., 5:30 – 7 p.m.

Hot meals serving everyone. Visit in person. No fees.

Website rootsinfo.org/services/friday-feast/**Salvation Army**

North Seattle: no-cook food bags. Serves homeless clients. Visit in person. Documents Required: photo ID. No fees.

Website seattletemple.salvationarmy.org

Des Moines: food box once every 30 days. Serves residents of the Federal Way School District and of Des Moines south of 216th St. Call for documents required and eligibility information, then visit in person. No fees.

Website federalway.salvationarmy.org

Central Seattle: food pantry. Serves ZIP codes 98101, 98102, 98104, 98108, 98109, 98112, 98118, 98119, 98121, 98122, 98134, 98144 and 98199 as well as those who are homeless in the area.

Documents required: photo ID for adults, Apple Health (Medicaid) cards or birth certificates for children under age 18 and proof of address. No fees.

Website salvationarmynw.org

South Seattle: food pantry. Serves low-income residents of White Center as well as people who are homeless. Visit in person. Documents Required: proof of income, verification of family size, proof of address and photo ID. No fees.

Website seattlewhitecenter.salvationarmy.org

Food Bags: North Seattle (206) 783-1226

9501 Greenwood Ave. N., Community Outreach Ministries
Mon. – Thurs., 9 a.m. – noon; 1– 4 p.m.

Food Bags: Des Moines (253) 946-7933

26419 16th Ave. S; Mon., Tue., Thurs., 9:30 a.m. – noon., 1 – 3 p.m.; Fri., 9:30 a.m. – noon

Food Pantry: Central Seattle (206) 447-9944

1101 Pike St.; Tue., Wed., Fri., 9– 11:30 a.m., 1 – 3 p.m.; Thurs., 1 – 5:45 p.m.

Food Pantry: South Seattle (206) 767-3150 x 458

9050 16th Ave. SW; Mon. – Fri., 1 – 2 p.m.

Seattle's Outdoor Meal (206) 922-2015

Sixth Ave. and Columbia St. Central Seattle
Mon. – Thurs., 8:30 a.m., 1 p.m., 8 p.m.; Fri., 8:30 a.m., 1 p.m., 6:30 p.m.; Sat., Sun., hours vary each weekend

Hot meals outdoors. Weekend hours vary, call for hours. No fees.

Website oslserves.org/outdoor-meal-site/

Seattle's Union Gospel Mission (206) 622-5177

Spanish (206) 622-5177 x 473

318 Second Ave. Ext. S. Central Seattle
Meals: Daily: 7:30 – 9:30 a.m., 11:30 a.m. – 12:30 p.m., 5:30 – 6:30 p.m.; No lunch Sun.; Spanish Phone Hours: Mon. – Fri., 3:30 – 8:30 p.m.

Meal serving everyone. Visit in person. No fees.

Website ugm.org

Solid Ground (206) 694-6746

9026 Fourth Ave. S South Seattle

March – Nov: Tue., Fri., 9 a.m. – 2 p.m.; Sat., 10 a.m. – 2 p.m.

Seasonal work trade program. Volunteer for two hours and receive a free bag of vegetables. Visit in person. No fees.

Website solid-ground.org/get-help

St. Andrew's Episcopal Church (206) 523-7476

111 NE 80th St. North Seattle

Last Sun. each month, 2 p.m.

Meals serving anyone. Wheelchair accessible. Visit in person.

No fees.

Website saintandrewsseattle.org/jubilee-supper/

St. James Cathedral Kitchen (206) 264-2091

St. James Cathedral Hall, 907 Columbia St. Central Seattle

Line-Up: Mon. – Fri., starts at 3 p.m.; Meal: Mon. – Fri., 4:15 p.m.

Meals serving everyone. Visit in person. No fees.

Website stjames-cathedral.org/outreach/kitchen.aspx

St. Luke's Episcopal Church (206) 784-3119

5710 22nd Ave. NW North Seattle

Sept-May: Mon. – Fri., 8 – 10 a.m.; June-Aug., Mon. – Fri., 7 – 9 a.m.

Light breakfast and food bags serving everyone. Sobriety is required. Visit in person. No fees.

Website stlukesseattle.org/serve/meals-ministry/

St. Mary's Food Pantry (206) 324-7100 x 18

Home Delivery (206) 324-7100 x 23

611 20th Ave. S. Central Seattle

Mon., Wed., Fri., 10 a.m. – 1 p.m.

Food pantry that also has baby supplies. Call for home delivery information if home-bound. Commodities for residents of east half of 98144. May be served once per week. Visit in person. Documents Required: photo ID or current proof of address. Documents No fees.

Website thefbsm.org/about/programs/

St. Thomas Catholic Church (206) 242-5501

4415 S. 140th St. Tukwila

Wed., 1:30 – 2:30 p.m.

Food pantry serving homeless clients and low-income neighbors. Call for service boundaries. Visit in person. Wheelchair access is limited. Documents required: two pieces of current address verification. No fees.

Website thomas-oll.org

St. Vincent de Paul of Seattle (206) 767-9975 x 1127

Helpline (206) 767-6449

5972 Fourth Ave. S. South Seattle

Mon., 2 p.m. – 4 p.m.; Tue., Thurs., 11 a.m. – 2 p.m.; Fri.,
homeless clients only 10 a.m. – 1 p.m.;

Helpline: Mon. – Fri., 8 a.m. – 3 p.m.

Food pantry, no-cook food bags, case management and mail service. Commodities available to residents of ZIP codes 98106, 98108, 98134, 98146 and 98168 with valid ID. No restrictions for food and other services. Homeless individuals may receive a no-cook bag daily; other clients may visit the food pantry once per week. Visit in person. No fees.

Website svdpseattle.org

Transform Burien (206) 839-6620

14501 Fourth Ave. SW Burien

Hot Meal: Wed., noon – 2 p.m.; Fri., 5 – 7 p.m.; Sun., 3 – 5 p.m.;

Groceries: Sun., 3 – 5 p.m.

Hot meals and groceries. Visit in person. Documents Required for groceries: photo ID. No fees.

Website . . . transformoutreach.org/clothes-food-bank-laundry/

Trinity United Methodist Church Visit in person

Trinity United Methodist, 6512 23rd Ave. NW . . . North Seattle
Sat., 9 a.m. – 12:30 p.m.; Lunch: 11:30 a.m.

Light breakfast and a full lunch serving everyone.

Visit in person. No fees.

Website tumseattle.org/soupkitchen

Tukwila Pantry (206) 431-8293

Riverton Park United Methodist, 3118 S. 140th St. Tukwila
Food Pantry: Tue., Thurs., Sat., 12:30 – 2:30 p.m.;
Meal: Tue., 5:30 – 6:30 p.m.

Operates a food pantry and hot meal program for residents of
Tukwila, SeaTac, Burien and Boulevard Park. Documents Re-
quired for food pantry: Washington state ID for each adult and
proof of address. No fees.

Website tukwilapantry.org/services.html

University District Food Bank (206) 523-7060

5017 Roosevelt Way NE North Seattle
Mon., 9 a.m. – 3 p.m.; Tue., Thurs., 2 – 8 p.m.; Fri., 11 a.m. – 4 p.m.

Food pantry, baby cupboard and home delivery. Visit once a
week. Serves residents in ZIP codes 98102, 98103, 98105, 98112,
98115 and 98125 as well as anyone who is homeless. Visit in
person. Call for home delivery. Documents Required: photo ID
and proof of address. No fees.

Website udistrictfoodbank.org/services/

West Seattle Food Bank (206) 932-9023

3419 SW Morgan St. South Seattle
General public: Wed., noon – 7 p.m.; Thurs., 9 a.m. – 2 p.m.; Fri.,

10 a.m. – 2 p.m.; Seniors 55 and older: Tue: 9 a.m. – 1 p.m.

Operates a food pantry, baby cupboard and home delivery. May visit food pantry once per week. Serves those that are homeless or ZIP codes 98106, 98116, 98126 and 98136. Visit in person. Arrive early to get a number. Documents Required: photo ID and proof of address (unless homeless). No fees.

Website westseattlefoodbank.org

White Center Food Bank (206) 762-2848

10829 Eighth Ave. SW South Seattle

Mon., Wed., Fri., third Sat., 11 a.m. – 1 p.m.; second and fourth

Wed., 6 – 8 p.m.; Seniors 60 and older: Thurs., 11 a.m. – 1 p.m.

Food pantry, food bags, baby supplies and food delivery. Food bags for everyone, pantry serves ZIP code 98146, as well as parts of 98106, 98126, 98136 and 98168. Call to confirm geographic eligibility. Visit in person. Homebound clients can call. Documents Required: photo ID and proof of address. No fees.

Website whitecenterfoodbank.org/service-hours/

Woodland Park Presbyterian Church (206) 782-3776

225 N. 70th St. North Seattle

Mon., noon – 12:30 p.m.

Meals serving everyone. Not wheelchair accessible. No fees.

Website wppcseattle.org

YWCA of Seattle (206) 375-1496

2820 E. Cherry St. Central Seattle

General Public: Wed., 2 – 3 p.m.; YWCA Clients: Wed., 1 – 2 p.m.

Operates a food pantry. Serves residents of the central area of Seattle. Visit in person. No fees.

Website ywcaworks.org/programs/central-area-food-bank

Chief Seattle Club (206) 292-6214

410 Second Ave. Extension S. Central Seattle

Drop-in services: daily, 7 a.m. – 2 p.m.; Breakfast: daily, 8 – 9:30

a.m.; Lunch: noon – 1 p.m.; Hygiene Services: daily: 7 – 10 a.m.

Drop-in center with clothing, meals, hygiene items, benefits assistance, assessment/referral to alcohol treatment, housing assistance and case management for low-income and homeless American Indians and Alaska Natives 18 and older. Must apply for membership and provide proof of tribal affiliation. Members visit in person. No fees; Apple Health (Medicaid) accepted for chemical dependency assessment.

Website chiefseattleclub.org/what-we-offer/

Mother Nation (206) 722-2321

4250 S. Mead St. South Seattle

Mon. – Fri., 9 a.m. – 5 p.m.; Workshop hours vary

Services include emergency transportation for victims of domestic violence, safety planning, public benefit application assistance, housing referrals, referrals to employment, advocacy with Indian Child Welfare, Domestic Violence Court and Tribal Courts. Serves Native women. Call for an appointment and more information. Documents Required: tribal ID or other documentation of native descent. Free, low-cost, or sliding scale.

Website mothernation.org/services/

Neighborhood Legal Clinics (206) 292-6214 x 1286

410 Second Ave. Ext. S., Chief Seattle Club. Central Seattle

Clinic: first Tue., 1 – 3 p.m.; third Tue: 6 – 8 p.m.; Office: Mon. – Fri., 7 a.m. – 4:30 p.m.

Operates a legal clinic. Call for an appointment. Serves low-income or homeless self-identifying American Indians and Alaska Natives that live in King County or have a case filed in King County. Call ahead for screening. No fees.

Website kcba.org/For-the-Public/Free-Legal-Assistance/

Northwest Justice Project **206-707-0920**

401 Second Ave. S., Suite 407 Central Seattle
Mon. – Fri., 10 a.m. – 5 p.m.

Legal services in tribal, federal or state court matters serving low-income clients who identify as Native American and who live in King County or have a case in King County courts. Call for eligibility screening; leave message with name and contact information. No fees.

Website nwjustice.org/community-outreach-materials

Seattle Indian Center **(206) 329-8700**

1265 S. Main St., Suite 105 Central Seattle
Day center: 10 a.m. – 5 p.m.; Breakfast: Mon. – Fri., 9:30– 11 a.m.; Lunch: Mon. – Fri., 12 noon – 1 p.m.; Food bank: Tue., Thurs., 1:30 – 3:30 p.m.; Men's hostel intake: 7 – 10 p.m.

Multi-service center with advocacy and support services, shelter, a day center with shower and laundry facilities, a food pantry and meal program, a mailing address, employment search services and GED preparation. Food pantry for ZIP codes 98104, 98122 and 98144. Men's Hostel: must be alcohol and drug free and able to pay \$15 nightly for men 18 and older; intake in person. Primarily serves American Indians, Alaska Natives and Hawaiian Natives. Documents Required for day center, food pantry and hostel: photo ID.

Website seattleindian.org/community-services/

Seattle Indian Health Board **(206) 324-9360**

611 12th Ave. S. Central Seattle
General clinic: Mon. – Fri., 8:30 a.m. – 6 p.m.; Sat., 9 a.m. – 2 p.m.

Medical, dental, mental health, chemical dependency, outpatient services and community education services. Offers maternal and infant health services as well as the WIC program. Provides emergency assistance and safety planning for victims

of domestic violence. Offers programs and care for veterans. Primarily serves American Indian and Alaska Native people. Call for an appointment. Primary medical care: walk-in clinic available. Offers discounted fees. Accepts Medicare, Apple Health (Medicaid) and most insurance.

Website sihb.org

Thunderbird Treatment Center (206) 722-7152

Assessment (206) 324-9360

9236 Renton Ave S. South Seattle

Intake by Phone: Mon. – Fri., 9 a.m. – 6 p.m.

Residential intensive inpatient substance use disorder treatment program. Native American clients can self-refer. Cross-addictions are treated. Agency provides DBHR-certified service(s). Focuses on Native American adults but will serve anyone. Must be assessed. Program costs \$3,600. No sliding scale. Accepts Apple Health (Medicaid).

Website sihb.org/ttc/

United Indians of All Tribes Foundation

Lunch to adults 55 and older. Provides employment services for residents of King County that are 18 or older. Call for more information. No fees.

Website unitedindians.org

Employment Services: North Seattle (206) 829-2246

..... or (206) 829-2247

Daybreak Star Center, 5011 Bernie Whitebear Way

Center: Mon. – Fri., 9 a.m. – 5 p.m.;

Lunch: North Seattle (206) 228-1410

Labateyah Youth Home, 9010 13th Ave. NW

Tue. – Fri., 11:30 a.m. – 1 p.m.

FOR PEOPLE OF COLOR

Arab American Community Coalition (206) 634-9001

Hotline: 24 Hours

24-hour hotline staffed by Arabic speakers to deal with harassment, civil rights advocacy, personal safety concerns and attacks and immigration issues. Serves everyone. Call. No fees.

Website seattle.dalilusa.com/clients/aacc/

Asian Counseling and Referral Services

Offers mental health and substance abuse treatment. Offers case management services to elderly and disabled adults. Operates a food pantry, a meal program, employment services, ESL classes, citizenship classes and a legal clinic. Agency provides DBHR-certified service(s). Focuses on individuals from Asian and Pacific American communities. Call for more information, then visit in person. Documents required for food pantry: photo ID and proof of address. No fees for food pantry; call for additional programs.

Website acrs.org/services/

Main Office: South Seattle (206) 695-7500

3639 MLK Jr. Way S.

Mon. – Fri., 8 a.m. – 6 p.m.; hours vary by program

Food Pantry: Central Seattle (206) 292-5714

919 S. King St.

Food pantry: Wed., Fri., 11:30 a.m. – 1 p.m.; Tickets: 9 a.m.

CAIR (206) 367-4081

815 First Ave., Suite 204. Central Seattle

Mon. – Fri., 9 a.m. – 5 p.m.

Advocates on behalf of those who have experienced religious discrimination, defamation, or hate crimes. Serves practicing Muslims. Call for more information. No fees.

Website cairseattle.org

Chinese Information and Service Center (206) 624-5633

611 S. Lane St. Central Seattle
Office: Mon. – Fri., 8:30 a.m. – 5 p.m.; Legal Clinic: Tue., 5:30 – 7:30 p.m.; service hours vary

Multi-service family support center includes naturalization assistance, ESL classes, case management to older adults and people with disabilities and family counseling. Hosts a free legal clinic. Primarily serves limited-English-speaking Chinese and other Asian households. Visit in person. Call for fee information.

Website. cisc-seattle.org/programs/family-support/

Consejo Counseling and Referral Services (206) 461-4880**Domestic Violence Program (206) 461-4880 x 165**

Mental health and substance use disorder treatment. Provides co-occurring disorder treatment. Agency provides DBHR-certified service(s). Primarily serves the Spanish-speaking Latino population. Call for intake. Fees vary by service. Sliding scale often available. Accepts Apple Health (Medicaid).

Website. consejonew.consejocounseling.org/services-2-2/

North Seattle

2611 NE 125th St., Suite 145; Mon. – Fri., 8 a.m. -- 5 p.m.;
Service hours vary

South Seattle

3808 S. Angeline St.; Mon. – Fri., 8 a.m. – 5 p.m.;
Service hours vary

El Centro de la Raza (206) 957-4643

2524 16th Ave. S. South Seattle
Lunch: Tue. – Fri., 11 a.m. – 1 p.m.; Maternity services: Mon. – Fri., 1:30 – 5:30 p.m.

Multi-service center offers ESL classes and a legal clinic. Also operates a congregate meal for older adults, a food pantry, a bilingual child care/preschool program and maternity services. Meal program: serves Latino adults 60 and older; visit in person; no fees. Maternity

services: case management serves low-income Latina women who are pregnant or have children 1 and younger; call for an appointment; no fees. Call for information on additional programs.

Website. elcentrodelaraza.org/what-we-do/

Filipino Community of Seattle (206) 722-9372

5740 MLK Jr. Way S. South Seattle

Tue., Thurs., 10 a.m. – 1 p.m.

Offers a congregate ethnic meal program. Focuses on older adults in the Filipino community. Visit in person. \$3 for lunch.

Website. filcommsea.org

International Drop-In Ctr. (206) 587-3735

7301 Beacon Ave. S. South Seattle

Office: Mon. – Fri., 9 a.m. – 5 p.m.; Food bags: Fri., 1 – 2 p.m.;

Meals: Wed., Fri., 11 a.m.

Helps seniors apply for benefits, job training, affordable housing and interpretation. Provides assistance with immigration and food bags. Serves Asian older adults 55 and older and people with disabilities. Call for more information. No fees for most services; hot meals are \$2 suggested donation.

Website. idicseniorcenter.org

Kawabe Memorial House (206) 322-4550

221 18th Ave. S. Central Seattle

Meals: Mon. – Fri., 11:30 a.m.

Offers meals and affordable housing. Serves a Japanese and American style lunch. Serves adults, 60 and older. Call for a reservation two days in advance. \$4 suggested donation. Call for information on affordable rental units.

Website. kawabehouse.org

MAPS and the Muslim Community Resource Center

Core services include emergency assistance referral, a legal clin-

ic, counseling, refugee assimilation, elder services and Islamic funeral services. Serves the Muslims of Puget Sound. Call or visit website for more information.

Website mapsredmond.org and mcrctestle.org

MAPS: Redmond (425) 861-9555

7550 NE 67th Ct.; Mon. – Fri., 9 a.m. – 5 p.m.

MCRC: Redmond

16225 NE 87th St.; Mon. – Thurs., 10 a.m. – 4 p.m.

Mothers for Police Accountability (206) 329-2033

Hotline: 24 Hours

24-hour phone line to report police violence and get support.

Serves everyone. Call. No fees.

Website mothersforpoliceaccountability.org

National Asian Pacific Center on Aging (206) 322-5272

1511 Third Ave., Suite 914 Central Seattle

Mon. – Fri., 9 a.m. – 5 p.m.

Offers employment training. Serves low income Asian and Pacific Islander residents, 55 and older. Call to make an appointment. No fees.

Website napca.org/programs/scsep/

Neighborhood Legal Clinics (206) 695-7639

3639 MLK Jr. Way S. South Seattle

Clinic: Wed., 5:45 – 7:45 p.m., Office: Mon. – Fri., 9 a.m. – 5 p.m.

Operates a legal clinic. Serves Asian and Pacific Islander clients who have a case filed in King County. Call the appointment line and leave a message. No fees.

Website kcba.org/For-the-Public/Free-Legal-Assistance/

Sea Mar Community Health Centers (206) 764-4700

8915 14th Ave. S. South Seattle

Mon. – Fri., 8 a.m. – 5 p.m.

Information and advocacy for social, medical and transportation services. Serves Spanish-speaking older adults. No fees.

Website . . . seamar.org/static_pages/community_information.php

Seattle Chinatown International District Preservation and Development Authority (206) 624-8929

Bush Asia Center, 409 Maynard Ave. S., Suite 200 . . . Central Seattle

Lunch: Mon. - Fri., 11 a.m. - 12:30 p.m.; doors open: 10 a.m.

Congregate Asian meals, wellness exercises, health education, social and recreational activities and referral to other services.

Serves individuals 60 and older. Visit in person. Suggested donation of \$2.50. \$5 charge for those under age 60.

Website scidpda.org/what-we-do/legacyhouse/

Seattle's Union Gospel Mission (206) 622-5177x 473

318 Second Ave. Ext. S. Central Seattle

Phone: Mon. - Fri., 3:30 - 8:30 p.m.; In-person intake: Mon. -

Fri., 3:30 - 7:45 p.m.

Operates an overnight shelter. Serves Spanish-speaking homeless men 18 and older. No intoxicated clients accepted. Returning clients: arrive before 7:45 p.m. Documents Required: ID. No fees.

Website ugm.org/what-we-do/welcome-and-embrace/

Urban Impact (206) 722-2052 x 218

7728 Rainier Ave. S. South Seattle

Hours Vary; Make Appointment

Offers counseling from a Christian world view. Focuses on

African American families. Intake in person or over the phone.

Sliding scale fees. Accepts private insurance.

Website urbanimpactseattle.org/uirac

Urban League of Metropolitan Seattle (206) 461-3792 x 3025

105 14th Ave. Central Seattle

Mon. - Fri., 9 a.m. - 5 p.m.

Housing counseling services, employment services and re-entry workshops. Serves African-Americans. Call for information..

Website.....urbanleague.org

HEALTH SERVICES

Apply for Apple Health (Medicaid) online at wahealthplanfinder.org or call the Customer Support Center at 1-855-923-4633. Most of the medical services listed below have staff that will assist with applications in-person. Call a locaiton to find out more information. To apply you will need documentation of your household monthly income, household Social Security numbers and dates of birth and your immigration information (if applicable).

Country Doctor Community Health Centers

Comprehensive health services and an after-hours clinic. Serves everyone. Call for an appointment; but walk-in only for Swedish. Sliding scale fees. Accepts Medicare, Apple Health (Medicaid) and insurance. No one will be turned away due to inability to pay.

Website.....countrydoctor.org

Central Seattle (206) 299-1900

2101 E. Yesler Way, Suite 150; Mon., Tue., Thurs., Fri., 9 a.m. – 5 p.m.; Wed., 9 a.m. – 8:30 p.m.; Sat., 9 a.m. – noon

Central Seattle (206) 299-1600

500 19th Ave. E; Mon., Tue., Fri., 9 a.m. – 5 p.m.;

Wed., Thurs., 9 a.m. – 8:30 p.m.

After Hours Clinic **Central Seattle**

Swedish Cherry Hill, 550 16th Ave.; Mon. – Fri., 6 – 10 p.m.; Sat., Sun., noon – 10 p.m.

Harborview Medical Center (206) 744-5200

800 Jefferson St.Central Seattle

Intake: daily, 8 a.m. – 4:30 p.m.

Short-term respite beds serving homeless adults who are too sick to be in a regular shelter and are leaving any hospital, clinic or emergency department. Social worker or health care provider must contact intake. Accepts Apple Health (Medicaid) and Medicare. Assesses for charity care.

Website uwmedicine.org/locations/

HealthPoint

Primary medical care and mental health counseling serving everyone. Call for an appointment. Accepts Apple Health (Medicaid). Sliding scale fees.

Website healthpointchc.org

Tukwila (206) 439-3289

Highline Medical, 13030 Military Rd. S; Mon. – Wed., 8 a.m. – 8 p.m.; Thurs., Fri., 8 a.m. – 5 p.m.; Sat., 10 a.m. – 3 p.m.

Des Moines (206) 870-3590

26401 Pacific Hwy S., Suite 101; Mon. – Wed., 8 a.m. – 8 p.m.; Thurs., Fri., 8 a.m. – 5 p.m.; Sat., 10 a.m. – 3 p.m.

Hepatitis Education Project (206) 732-0311

1621 S. Jackson St., Suite 201 Central Seattle
Mon. – Fri., 9 a.m. – 5 p.m.

Offers Hepatitis C testing and Hepatitis A & B vaccinations.
Serves everyone. Call for an appointment. No fees.

Website hepeducation.org

International Community Health Services

Offers primary care, behavioral health and suboxone treatment. Staff is multi-lingual. Serves everyone. Call for an appointment. Same day appointments. Accepts major private insurances, Apple Health (Medicaid) and Medicare. Sliding scale fees. No one is turned away due to inability to pay.

Website ichs.com

Shoreline (206) 533-2600

16549 Aurora Ave N; Mon., Wed., 7:30 a.m. – 6 p.m.;
Tue., Thurs., Fri., 8:30 a.m. – 5 p.m.

South Seattle (206) 788-3500

3815 S. Othello St.; Mon., Wed., 7:30 a.m. – 7 p.m.; Tue., Thurs.,
Fri., 7:30 a.m. – 6 p.m.; Sat., 8 a.m. – 5:30 p.m.

Central Seattle (206) 788-3700

720 Eighth Ave. S; Mon., Tue., Fri., 7:30 a.m. – 6 p.m.; Wed.,
Thurs., 7:30 a.m. – 7 p.m.; Sat., 8:30 a.m. – 5 p.m.

King County Public Health Centers

Adult medical care. Call for appointment. Accepts Medicare,
Apple Health (Medicaid) and has a tiered flat fee for those who
are uninsured. No one is denied service due to inability to pay.

Website kingcounty.gov/healthservices

Central Seattle (206) 477-8300

2124 Fourth Ave.; Mon. – Fri., 8 a.m. – 5 p.m.

Bellevue (206) 477-8000

14350 SE Eastgate Way; Mon. – Fri., 8 a.m. – 5 p.m.

Burien (206) 257-6870

1210 SW 136th St.; Mon. – Fri., 8:30 a.m. – 5 p.m.

King County Public Health STD Clinic (206) 744-3590

908 Jefferson St. 11th Floor. Central Seattle
Clinic: Mon., Thurs., Fri., 7:30 a.m. – 6 p.m.;

Tue., 9:30 a.m. – 6 p.m.; Wed., 7:30 a.m. – 7:30 p.m.

Offers diagnosis and treatment of sexually transmitted diseases,
including HIV. Serves everyone. Staff are sensitive to the needs of
LGBTQI. Call or visit site. Sliding scale fees, but no person will be
denied. Medicare, Apple Health (Medicaid) and insurance accepted.

Website uwmedicine.org/locations/

Neighborcare Health

Offers primary medical care, social work services and behav-
ioral health services. Serves everyone. Call for appointment.

Sliding scale fees. Accepts Medicare, Apple Health (Medicaid) and most health insurance plans.

Website **neighborcare.org**

North Seattle **(206) 296-4990**

10521 Meridian Ave. N., Suite A; Mon., Fri., 8 a.m. – 5 p.m.; Wed., 9 a.m. – 5 p.m.; Tue., Thurs., 8 a.m. – 7 p.m.; Sat., 8 a.m. – 1 p.m.

North Seattle **(206) 633-3350**

1629 N. 45th St.; Mon., Tue., 8 a.m. – 7 p.m.; Wed., 9 a.m. – 5:30 p.m.; Thurs., Fri., 8 a.m. – 5:30 p.m.; Sat., 9 a.m. – 3 p.m.

North Seattle **(206) 417-0326**

12721 30th Ave. NE, Suite 101; Mon., Tue., Thurs. 8 a.m. – 7:30 p.m.; Wed., 9 a.m. – 6 p.m.; Fri., 8 a.m. – 5 p.m.

North Seattle **(206) 548-7600**

13555 Aurora Ave. N.; Wed., 10 a.m. – 5 p.m.; Fri., 10 a.m. – 4 p.m.

Central Seattle **206-728-4143**

1930 Post Alley; Mon., Tue., Thurs., 8 a.m. – 5 p.m.; Wed., 9:30 a.m. – 6 p.m.; Fri., 8 a.m. – 4 p.m.

South Seattle **(206) 461-6950**

6020 35th Ave. SW; Mon., Wed., Thurs., 7:30 a.m. – 7:30 p.m.; Tue., Fri., 7:20 a.m. – 5:30 p.m.; Sat., 10 a.m. – 1:30 p.m.

South Seattle **(206) 461-6957**

4400 37th Ave. S.; Mon., Thurs., 7:45 a.m. – 7:30 p.m.; Tue., 7:45 a.m. – 6 p.m.; Wed., 9 a.m. – 6 p.m.; Fri., 7:45 a.m. – 5 p.m.; Sat., 8 a.m. – 4 p.m.

South Seattle **(206) 722-8444**

9245 Rainier Ave. S; Mon.-Thurs., 7:30 a.m. – 7:30 p.m.; Fri., 7:30 a.m. – 5:30 p.m.; Sat., 10 a.m. – 1:30 p.m.

Neighborcare Health Homeless Medical Clinic **(206) 782-5939**

Nyer Urness House, 1753 NW 56th St., Suite 200 . North Seattle
Mon. – Fri., 9 a.m. – 4:30 p.m.

Health care services and mental health counseling serving homeless adults 18 and older. Offers social work services. Call or drop-in. Sliding scale fees. Accepts Apple Health (Medicaid) and

most health insurance plans.

Website..... neighborcare.org

North Helpline..... (206) 417-0326

12736 33rd Ave. NE North Seattle

Sat., 10 a.m. – 12:30 p.m.

Drop-in clinic offers basic health care for acute illnesses and injuries. Serves low-income households without health insurance.

Visit in person. For information, call. No fees.

Website..... sites.google.com/site/rotacareps/

Pioneer Square Medical Clinic (206) 744-1500

206 Third Ave. S. Central Seattle

Mon., Tue., Thurs., Fri., 7 a.m. – 5 p.m.; Wed., 8 a.m. – 5 p.m.

Offers comprehensive outpatient health and mental health services. Social workers are available. Serves adults 18 and older who are low-income, homeless and without health insurance living in downtown Seattle and Pioneer Square. Visit in person; returning clients can call. Apple Health (Medicaid), Medicare and other insurance accepted. Homeless people do not have to pay.

Website..... uwmedicine.org/locations/pioneer-square

Puget Sound Christian Clinic..... (206) 363-4105 x 230

Medical care services for low-income and underinsured individuals. Cannot provide urgent care. Call for an appointment or walk-in at Aurora location. Free or \$10 donation suggestion. Does not bill patients or insurance.

Website..... pschristianclinic.org/medicalclinic

North Seattle

2152 N. 122nd St.; Wed., 5 – 9 p.m.; Fri., 9 a.m. – 1 p.m.

North Seattle

8914 Aurora Ave N., The Aurora Commons; First and third Wed., 10 a.m. – 1 p.m.

Sea Mar Community Health Centers

Offers diagnosis, treatment and health management. Serves everyone. Call for appointment or visit in person. Sliding scale fees. Medicare and Apple Health (Medicaid) accepted.

Website seamar.org

Burien (206) 812-6140

14434 Ambaum Blvd. SW, Suite 5; Mon. – Sat., 8 a.m. – 5 p.m.

Des Moines (206) 212-4500

2781 S. 242nd St.; Mon. – Fri., 8 a.m. – 5 p.m.

South Seattle (206) 762-0298

8720 14th Ave. S.; Mon. – Sat., 8 a.m. – 5 p.m.

South Seattle (206) 965-1000

9650 15th Ave. SW, Suite 100; Mon. – Fri., 8 a.m. – 5 p.m.

Seattle's Union Gospel Mission (206) 432-8370

318 Second Ave. Extension S. Central Seattle

Intake: Mon. – Fri., 9 a.m. – 3 p.m.

Respite beds for homeless men who need bed rest to recover from surgery or other illness. Referral from doctor or hospital social worker required. No fees.

Website ugm.org/what-we-do/provide-and-serve/

St. Vincent de Paul of Seattle (206) 767-9975

5972 Fourth Ave. S. South Seattle

Drop-in: Tue., Thurs., 11 a.m. – 2 p.m.;

Call: Mon. – Fri., 8 a.m. – 4 p.m.

Nurse available to check blood pressure and pulse as well as weight measurement. Serves everyone. Visit or call. No fees.

Website svdpseattle.org/our-services/health-assessments/

Third Avenue Center Primary Care Clinic (206) 521-1231

2028 Third Ave. Central Seattle

Mon., – Fri., 8 a.m. – 4 p.m.

Primary care clinic and mental health services for homeless or

low-income people without health insurance or a primary care provider. Visit in person; established clients may call. Arrive at 8:15 a.m. for morning appointments and 1 p.m. for afternoon appointments. Accepts Medicare, Apple Health (Medicaid) and private insurance. Homeless people do not have to pay.

Website uwmedicine.org/locations/third-avenue-center

HIV/AIDS SERVICES

Cedar River Clinics (206) 957-0990

509 Olive Way, Suite 1454 Central Seattle

Intake: Mon. – Fri., 8 a.m. – 5 p.m.; Sat., 9 a.m. – 2 p.m.

HIV testing and counseling serving everyone. Call for an appointment. Sliding scale fees. Accepts Apple Health (Medicaid) and most insurance plans.

Website cedarriverclinics.org

Center for MultiCultural Health (206) 461-6910

1120 E. Terrace St., Suite 200 Central Seattle

Mon. – Fri., 9 a.m. – 5 p.m.

HIV counseling as well as testing for Africans and African Americans. Further restrictions apply. Call for information. No fees.

Website multi-culturalhealth.org

Entre Hermanos (206) 322-7700

1105 23rd Ave. Central Seattle

Office: Mon. – Fri., 10 a.m. – 6 p.m.; HIV testing: 1 – 4:30 p.m.

Offers HIV/AIDS prevention education, testing, support groups and case management. Offered in Spanish and English. Serves Latino men who have sex with men and anyone who is HIV positive. Call. No fees.

Website entrehermanos.org/hiv-prevention/

Gay City (206) 860-6969

HIV/STI testing, assistance obtaining PrEP serving gay and bisexual men, trans individuals, gender non-conforming and non-binary people, 14 and older. Services in English and Spanish. Call or visit website to make an appointment. Drop-in testing only at Out of the Closet. No fees.

Website gaycity.org/wellness/

Out of the Closet: Central Seattle

1016 E. Pike St.; Mon. – Fri., 11 a.m. – 7 p.m.; Sat., noon – 5 p.m.

Main Office: Central Seattle

517 E. Pike St.; Mon. – Fri., 3 – 8 p.m.; Sat., 12:30 – 5 p.m.

Harborview Medical Center Madison Clinic (206) 744-5100**Care coordinator (206) 744-5155**

325 Ninth Ave., 2nd Floor, West Clinic Central Seattle
Mon. – Fri., 8 a.m. – 4:30 p.m.

Medical care and social services, including PrEP. Serves those needing an HIV/AIDS expert. Call for an appointment. Accepts most private insurance, Medicare and Apple Health (Medicaid). No one will be turned away due to inability to pay.

Website uwmedicine.org/locations/madison-harborview

King County Public Health

One on One: Initial testing, health exams, referrals and partner notification for people who are newly HIV positive. Call for an appointment. Services available regardless of ability to pay.

Clinic: HIV testing and Partner notification serving everyone.

Visit in person. Sliding scale fees. Medicare, Apple Health (Medicaid) and private insurance accepted.

Website kingcounty.gov/depts/health/

One on One: Central Seattle

English (206) 263-2410

Spanish (206) 744-4395

401 Fifth Ave., Suite 1250; Mon. – Fri., 9 a.m. – 5 p.m.

Clinic: Central Seattle (206) 744-3590

908 Jefferson St., 11th Floor; Clinic: Mon., Thurs., Fri., 7:30 a.m. – 6 p.m.; Tue., 9:30 a.m. – 6 p.m.; Wed., 7:30 a.m. – 7:30 p.m.

Lifelong (206) 957-1600

Insurance assistance (206) 323-2834

Housing assistance (206) 957-1717

1016 E. Pike St., 3rd Floor Central Seattle
Mon. – Fri., 8:30 a.m. – 5 p.m.

Advocacy, case management, housing assistance, food assistance, insurance and financial assistance and health resources for homeless, low- or moderate-income Washington residents living with HIV/AIDS. Call for more information and applications. No fees.

Website lifelong.org/get-help/

Neighborhood House (206) 257-6891

1210 SW 136th St. Burien
Mon. – Fri., 9 a.m. – 5 p.m.

HIV and Hepatitis C testing, HIV counseling and referrals to mental health and substance use disorder treatment for African, African-American and Latino adults. Call for eligibility and appointment information. No fees.

Website nhwa.org/lookinside/

People of Color Against AIDS Network (206) 322-7061

4437 Rainier Ave. S. South Seattle
Mon. – Fri., 9 a.m. – 5:30 p.m.

Information, advocacy, therapy and emotional support serving African-American and Latino clients. Call or visit website. No fees.

Website pocaan.org

Samaritan Center of Puget Sound (206) 527-2266

564 NE Ravenna Blvd. North Seattle
Main office: Mon. – Thurs., 8 a.m. – 7 p.m.; Fri., 8 a.m. – 5 p.m.

Practical support such as transportation, meal preparation and child care for people with AIDS. Call for information. No fees.

Website samaritanps.org/node/390

Seattle Counseling Service (206) 323-1768

1216 Pine St., Suite 300 Central Seattle

Office: Mon. – Thurs., 8 a.m. – 8 p.m.; Fri., 8 a.m. – 5 p.m.

Short-term crisis intervention counseling and ongoing therapy. Serves those with HIV/AIDS and significant others. Call or complete application online. Sliding scale fees. Insurance and Apple Health (Medicaid) accepted in some cases.

Website seattlecounseling.org/mental-health-counseling/

University of Washington (206) 598-8750

4245 Roosevelt Way NE North Seattle

PrEP Clinic: Mon., 1 – 5 p.m.; Wed., 8 a.m. – 12 p.m.;

Appointments: Mon., Wed., Fri., 8:30 a.m. – 5 p.m.

Offers comprehensive health care and prescriptions, case management and outreach services. Will prescribe PrEP. Services are multicultural. Serves those diagnosed or at high risk for HIV infection. Call for an appointment. Private insurance, Medicare and Apple Health (Medicaid) accepted.

Website . . uwmedicine.org/locations/virology-uwmc-roosevelt

HOUSING SERVICES

Access to many housing services in Seattle have been funneled into 211 and Coordinated Entry for All. These are great starting points if you are seeking housing.

Aloha Inn (206) 283-6070

1911 Aurora Ave. N. North Seattle

Applications: Wed., 10 a.m. – noon., Thurs., 5 – 7 p.m.

Operates structured transitional housing. Serves adults, single or couples. Accepts both co-ed and same-sex couples. Must be working or have an income, but cannot exceed \$1,200 gross monthly. Sobriety required on the premises. No sex offenders. Call for application location. Documents Required: valid, legal picture ID. Rent is \$5 to \$25 per week.

Website ccsww.org/get-help/shelter-homeless-services/aloha-inn/

Attain Housing (425) 5760-9531

Appointment 211

125 State St. S. Kirkland

Call 211: Mon. – Fri., 8 a.m. – 6 p.m.

Housing and supportive services for homeless families or families at risk of becoming homeless in King County. Call 211 for screening.

Website attainhousing.org

Bellwether Housing (206) 623-0506

1651 Bellevue Ave. Central Seattle

Mon. – Fri., 8 a.m. – 5 p.m.

Permanent rental housing. Manages subsidized low-income housing units that are available through a waiting list. A

Pre-Application is required for waiting list. Call for more information and to request a Pre-Application.

Website bellwetherhousing.org/wait-lists

Catholic Housing Services (206) 323-6336

100 23rd Ave. S. Central Seattle

Transitional housing, permanent housing and supportive services for low-income individuals, families, seniors and persons with special physical and mental needs. Call for more information.

Accepts Comprehensive Reusable Tenant Screening Reports.

Website ccsww.org

- Compass Housing Alliance** (206) 474-1000
 77 S. Washington St. Central Seattle
 Mon. – Fri., 9 a.m. – 4 p.m.
 Transitional and permanent housing for low-income individuals and families. Programs include specialty housing and supportive services for seniors, veterans and other populations.
Website compasshousingalliance.org
- Conquest Center** (206) 246-5263
 4617 S. 144th St. Tukwila
 Mon. – Fri., 8 a.m. – 5 p.m.
 Operates a sobriety house where clients participate in Christian-based therapy and counseling. Serves single adults who are in recovery from drug/alcohol abuse. Call and leave message. Cannot accept sex offenders or those with a history of violent crimes. \$250 admission fee if able to pay; \$500 monthly fee.
Website facebook.com/pg/conquestcenter/
- Coordinated Entry for All** 211
 Call: Mon. – Fri., 8 a.m. – 6 p.m.
 A large referral service in King County that connects clients to housing services. Serves all people experiencing homelessness in King County. Kirkland location serves families with children under 18. Call 211 for more information, all locations and to schedule an appointment. Limited walk-in hours are available at specific locations.
Website kingcounty.gov
- Central Seattle** (206) 328-5900
 Catholic Community Services, 100 23rd Ave. S
 Walk-in hours: Thurs., 9 a.m. – noon
- North Seattle** (206) 753-4890
 Solid Ground, 9600 College Way N
- Bellevue** (206) 328-5900
 Catholic Community Services, 11061 NE 2nd St.

Walk-in hours: Tue., 9 a.m. – noon

Kirkland (425) 679-0350

New Bethlehem Day Center, 11920 NE 80th St.

Walk-in hours: Wed., 2 – 8 p.m.

DESC 211

Residents in each of the housing sites have access to supportive services 24/7. All housing referrals to DESC are centralized through King County's Coordinated Entry for All (CEA) system. Call 211 for a screening and CEA application.

Website desc.org

Elizabeth Gregory Home **Apply in person**

University Lutheran Church, 1604 NE 50th St. ... North Seattle
Mon. – Fri., 9 a.m. – 4:30 p.m.

Transitional housing and case management for sober single women 18 and older who are homeless or very low-income. Anyone who identifies as female is welcome. Accepts domestic violence survivors. Cannot accept those with an arson conviction fewer than 10 years old. Visit day center in person to apply. Openings are limited. Fees are 30 percent of monthly income. No income is required to apply.

Website eghseattle.org/programs/

Housing Search Northwest (704) 334-8722

Mon. – Fri., 6 a.m. – 5 p.m.

Multilingual website with searchable listings of available low- and market-rate housing. Serves everyone. Visit website or call.

Website housingsearchnw.org

Jubilee Women's Center (206) 324-1244

620 18th Ave. E. Central Seattle

Tue. – Thurs., 9 a.m. – 6 p.m., Mon., Fri., 9 a.m. – 5 p.m.

Structured short- and long-term community housing for single, female-identifying adults without children in care. Limited

wheelchair access. Call, visit in person, or visit website for application. Residents pay 30 percent of monthly income or \$50/month.

Website jwcenter.org/our-programs/housing/

King County Housing Authority

Rental housing and rental assistance. Provides Section 8 vouchers, subsidized housing and affordable housing.

Website kcha.org/housing/

Main Office: Tukwila (206) 574-1100

600 Andover Park W

Section 8 Office: Tukwila (206) 214-1300

700 Andover Park W

Low Income Housing Institute (LIHI) (206) 443-9935

Office: 2407 First Ave. Central Seattle

All housing applications for LIHI properties are handled by the staff at the individual properties. Waiting list units are all rentals where rent is 30 percent of your household's monthly income. For wait listed properties, fill out pre-application form. For wait listed properties the maximum income for a single person is around \$19,000. View website to see properties.

Website lihi.org/find-housing/

Mary McClinton Home (206) 256-9865

Office: 2313 Third Ave. Central Seattle

Mon. – Fri., 8 a.m. – 3 p.m.

Transitional housing for homeless women in recovery from drugs and alcohol. Call for more information on eligibility, application and fees.

Website mtcenter.org/mary-mcclinton-home/

Mercy Housing (206) 838-5700

Affordable housing for families, seniors and people with special needs. Each Mercy Housing property has its own leasing office

and its own application process. Call the property directly for apartment availability, rent, requirements and how to apply.

Website..... mercyhousing.org/how-to-apply

Pioneer Human Services..... (206) 624-0082 x 104
1108 E. Spruce St.....Central Seattle
Mon. – Fri., 8 a.m. – 4 p.m.

Offers affordable drug- and alcohol-free transitional housing as well as permanent housing. Offers a resource center with referrals and case management. Serves individuals who have been recently incarcerated or in a treatment program for substance use disorder. Cannot accept those with a history of arson. Download application from specific property on website. Submit application to specified address on application. Fees vary depending on facility and unit size.

Website..... pioneerhumanservices.org/housing

Plymouth Housing.....(206) 374-9409
2113 Third Ave.....Central Seattle

Offers affordable non-subsidized housing. View website for available properties, eligibility requirements and the application. Contact information for specific properties found online. Have your application ready at tour along with a \$35 screening fee for each adult household member. Accepts comprehensive, reusable tenant screening report in lieu of the standard screening fee.

Website..... plymouthhousing.org/

Seattle Housing Authority..... (206) 239-1737
190 Queen Anne Ave. N..... Central Seattle
Mon. – Fri., 8 a.m. – 5 p.m.

Conventional public housing. Long waiting lists exist for all programs; no emergency housing. Preference given to applicants who are homeless and/or who have income at or below 30 percent of Area Median Income, but will consider those at or be-

low 80 percent. Visit in person or visit the website to obtain an application. Once on a waiting list, check in monthly to confirm need for housing. No fees for application.

Website seattlehousing.org/housing/sha-housing

Solid Ground **211**

Transitional housing, affordable permanent housing and on-site support services for formerly homeless families and individuals. Contact 211 for screening eligibility.

Website solid-ground.org/our-impact/

St. Stephen Housing Association **(253) 638-9798**

13055 SE 192nd St. Renton
Mon. – Fri., 9 a.m. – 4 p.m.

Temporary housing and social workers serving low-income homeless families with at least one child under 18. Call for application and fee information.

Website ststephenhousing.org

United States Mission **(206) 781-9113**

931 N. 104th St. North Seattle
Mon. – Sat., 9 a.m. – 9 p.m.

Structured transitional housing program with paid job training and support services serving homeless men 18 and older. No drugs or alcohol. Cannot serve sex offenders. Call for screening and current information on openings. Document Required: photo ID. No fees.

Website usmission.org/locations/seattle-wa/

William Booth Center **(206) 621-0145**

811 Maynard Ave. S. Central Seattle
Phone hours: daily, 8 a.m. – 5 p.m.

Drug- and alcohol-free housing with case management for homeless men 18 and older. Performs background checks. Refer-

ral from a partner organization required. Partners include King County Veterans' Program, VA Medical Centers, FareStart and others. Fee of 30 percent of adjusted gross income.

Website northwest.salvationarmy.org

HYGIENE SERVICES

Compass Housing Alliance (206) 474-1000

Client Services Office, 77 S. Washington St. Central Seattle
Showers: Mon. – Fri., 7 a.m. – 2 p.m.; Toilets: Mon. – Fri., 7 a.m. –
2:30 p.m.; Laundry: Mon. – Fri., 7 a.m. – 12:45 p.m.

Offers toilets, showers, laundry service and nurse care. Serves
homeless adults, 18 and older only. Visit in person. No fees.

Website compasshousingalliance.org/what-we-do-top/

Immanuel Community Services (206) 622-1930

1215 Thomas St. Central Seattle
Center: Mon. – Fri., 8 a.m. – 2 p.m.; Laundry: Mon. – Fri., 8 –
11:30 a.m.; Showers: Mon. – Fri., 8 a.m. – 1:30 p.m.

Offers laundry and shower facilities. Serves adults of all gen-
ders. No children. Clients may use services daily. Sign up in
person at site. No fees.

Website icsseattle.org/our-programs/hygiene-center/

LIHI Urban Rest Stop

Restrooms, showers, laundry facilities and limited haircuts for
adults and youth of all genders. Showers are ADA compliant.
No intoxication allowed. Visit in person; but call for laundry ap-
pointment and call Central Seattle for haircut schedule. No fees.

Website urbanreststop.org

North Seattle (206) 327-0744

University Temple UM Church, 1415 NE 43rd St.

Tue. – Thurs., 9 a.m. – noon, 1 – 6 p.m.; Fri., 9 a.m. – noon,

1– 5:30 p.m.; last laundry: Tue. – Fri., 2 p.m.; last shower: Tue. – Thurs., 5:30 p.m.; Fri., 5 p.m.

Central Seattle (206) 332-0110

1924 Ninth Ave.; Oct 1 – May 31: Mon. – Fri., 5:30 a.m. – 9:30 p.m.; Sat., Sun., 8 a.m. – 3 p.m.; last laundry: 6 p.m.; last shower: Mon. – Fri., 6 p.m.; Sat., Sun., 1:30 p.m.; Jun 1 – Sep 30: same hours, except Sat., Sun., 8 a.m. – 5 p.m.; last summer shower: Sat., Sun., 3 p.m.

North Seattle (206) 258-3626

2014 NW 57th St.; Mon. – Fri., 6:30 – 10:30 a.m., 11:30 a.m. – 2:30 p.m.; last laundry: Mon. – Fri., noon; last shower: Mon. – Fri., 12:30 p.m.

Seattle's Union Gospel Mission (206) 622-5177

Spanish (206) 622-5177 x 473

318 Second Ave., Extension S. Central Seattle
Mon. – Fri., 2 – 4 p.m.; Spanish Phone: Mon. – Fri., 3:30 – 8:30 p.m.

Showers and bathrooms serving homeless men. No intoxicated clients accepted. Visit site. Documents Required: photo ID. No fees.

Website ugm.org

Transform Burien (206) 839-6620

Mobile shower truck as well as laundry facilities. Serves everyone. Visit in person. No fees.

Website transformoutreach.org

Showers: Burien

14501 4th Ave SW; Wed., 11 a.m. – 2 p.m.

Laundry: Burien

Coin-Op Laundromat, 15006 Ambaum Blvd. SW;
Fri., 10 a.m. – noon

Women's Wellness Center (206) 256-0665

1900 Second Ave. Central Seattle
Mon. – Fri., 7 a.m. – 10:45 a.m.; Nurse: Mon., 7 a.m. – 10:45 a.m.

Showers, laundry facilities and toiletries. Nurse visits once a

week. Serves adult women. Visit in person. No fees.

Website.....ccswww.org/get-help/

IMMIGRANT AND REFUGEE SERVICES

Asian Counseling and Referral Service (206) 695-7578

3639 MLK Jr. Way S. South Seattle

Mon. – Fri., 8 a.m. – 6 p.m.; service hours vary

Offers bilingual naturalization classes, one-on-one case-management and assistance with naturalization forms. King County residents.

Call or visit in person. Low-income residents or those receiving public assistance are eligible for some free services and classes.

Website.....acrs.org/services/

Casa Latina (206) 956-0779

Employment Services..... (206) 686-2554

ESL (206) 686-2618

317 17th Ave. S. Central Seattle

Orientation: first and third Tue., 7 a.m. – 4 p.m.

Offers English as a Second Language (ESL) classes, day labor dispatching, domestic workers training, social support and bilingual Spanish-English wage-claim advocacy. Serves low-income Latino immigrants. Visit in person. Documents Required: official photo ID. Membership: \$25/year.

Website.....casa-latina.org/get-involved/

Catholic Immigration Legal Services..... 206-328-5714

..... or (206) 328-6314

100 23rd Ave. S. Central Seattle

Mon. – Fri., 8 a.m. – 6 p.m.

Immigration legal services, including citizenship assistance, green cards, DACA and family-based petitions serving low-income refugees, asylees and immigrants in Washington. Call for

initial screening. Will not deny services due to inability to pay.

Website ccsww.org/get-help/specialized-services/

Center for MultiCultural Health (206) 461-6910

1120 E. Terrace St., Suite 200 Central Seattle
Mon. – Fri., 9 a.m. – 5 p.m.

Assistance accessing basic and emergency resources, naturalization, ESL instruction, public benefits and health insurance. Offers free HIV screening to eligible people of color. Home visits are available. Serves immigrant and refugee families. Call for more information. No fees.

Website multi-culturalhealth.org

East African Community Services (206) 721-1119

7050 32nd Ave. S. South Seattle
Citizenship education: Mon., Fri., 10 a.m. – 11 a.m.

Case management and assistance for refugees and their families. Offers interpretation services, ESL talk time, after-school programs, older adult services and citizenship education. No fees.

Website eastafricanscs.org

El Centro de la Raza (206) 957-4646

2524 16th Ave. S. South Seattle
Office: Mon. – Fri., 8:30 a.m. – 5:30 p.m.; ESL classes: Tue., Thurs., 5 – 7:30 p.m.

ESL classes. Focuses on the Latino community. No fees.

Website . . elcentrodelaraza.org/english-classesclases-de-ingles/

Filipino Community of Seattle (206) 722-9372

5740 MLK Jr. Way S. South Seattle
Mon. – Fri., 9 a.m. – 5 p.m.; Food pantry: Tue., Thurs., noon – 2 p.m.

Programs for survivors, a food bank and senior health and nutrition programs. Citizenship classes and referral for immigration law issues. Serves low-income refugees and immigrants

living in King County.

Website filcommsea.org

Helping Link (206) 568-5160

1032 S. Jackson St., Suite C Central Seattle
Tue., Thurs., 6 – 8 p.m.

Preparation for citizenship test and interview while strengthening English skills. Serves the Vietnamese community. Call to confirm hours. Register in person. No fees.

Website helpinglink.org/services/

Horn of Africa Services (206) 760-0550

4714 Rainier Ave. S., Suite 105 South Seattle
Mon. – Fri., 9:30 a.m. – 5 p.m.; Legal clinic: second Fri., 2 – 5 p.m.

Offers citizenship classes, housing assistance, job search assistance, benefits assistance, a monthly legal clinic and more. Primarily serves refugees and immigrants from East African countries. Call main office or visit in person to complete an application. No fees.

Website hoas.org/social-services/

International Rescue Committee (206) 623-2105

1200 S. 192nd St., Suite 101 SeaTac
Mon. – Thurs., 9 a.m. – 5 p.m.; Fri., appointment only

Helps immigrants with routine immigration matters, such as applying for green cards, employment authorization and citizenship. General immigration assistance is for all King County immigrants. Offers resettlement services, family reunification assistance, social service access and employment services for refugees who are assigned through the State Department. Immigration assistance: \$10-100 depending on complexity. Some clients may qualify for free services.

Website rescue.org/united-states/seattle-wa

La Esperanza Health Counseling Services (206) 306-2690

15405 First Ave. S., Suite 2 Burien

Mon. – Fri., 10 a.m. – 5 p.m.

Alcohol & drug information school, DUI assessments, outpatient substance use disorder treatment services and intensive outpatient treatment. Agency provides DBHR-certified service(s). Program is bilingual and focuses on Latino and immigrant communities. Call for more information or an appointment. Accepts private insurance and private pay. Sliding scale fees.

Website laesperanzahcs.org/programs__services

Lutheran Community Services Northwest (206) 694-5700

115 NE 100th St., Suite 200 North Seattle

Mon. – Thurs., 8:30 a.m. – 5 p.m.; Fri., 8:30 a.m. – 3 p.m.

General counseling services and case management services, asylum assistance, immigration assistance and legal assistance for immigrants and refugees. No interpreter services. Call for appointment. Fees vary based on service. Sometimes very low-cost or free.

Website lcsnw.org/services.html

Muslim Housing Services (206) 723-1712

6727 Rainier Ave. S South Seattle

Mon. – Fri., 10 a.m. – 6 p.m.

Case management, homelessness prevention, transitional housing and rental assistance. Serves refugees and second migration immigrants from East Africa, Eastern Europe, the Middle East and other parts of Africa. Staff speaks multiple languages. Call for eligibility, application and fee information.

Website muslim-housing.org

Neighborhood House

Offers assistance to individuals seeking U.S. citizenship including citizenship and ESL classes. Serves low-income individuals who are legal permanent U.S. residents. Call for information. No fees.

Website nhwa.org/lookinside/

South Seattle (206) 461-4568

4410 29th Ave. S; Mon. – Fri., 9 a.m. – 5 p.m.

South Seattle (206) 461-4554

6400 Sylvan Way SW; Mon. – Fri., 9 a.m. – 5 p.m.

South Seattle (206) 760-9330

7054 32nd Ave. S; Mon. – Fri., 9 a.m. – 5 p.m.

South Seattle (206) 461-4554

9800 Eighth Ave. SW, Suite 100; Mon. – Fri., 9 a.m. – 5 p.m.

Central Seattle (206) 461-4522

820 Yesler Way; Mon. – Fri., 9 a.m. – 5 p.m.

Northwest Immigrant Rights Project (206) 587-4009

615 Second Ave., Suite 400 Central Seattle

Mon. – Fri., 9 a.m. – noon, 1 – 4 p.m.

Assists with applications for political asylum, petitions under the Violence Against Women Act, DACA applications and other immigration applications. Offers representation in immigration court to those facing deportation/removal. Serves low-income immigrants, asylum seekers or refugees. Call for information, screening and appointment. Cannot assist clients already represented by an attorney for this issue. Fees vary depending on services, many are free.

Website nwirp.org/get-help/

Refugee Federation Service Center (206) 501-4131

10025 16th Ave. SW South Seattle

Mon. – Fri., 8:30 a.m. – 5 p.m.

Employment and training services, citizenship application and advocacy, assistance with immigration paperwork, ESL classes, information and referral, family counseling and translation services, serving low-income refugees and immigrants making 80 percent of the State Median Income or below. No fees.

Website rfsc.org

Refugee Women's Alliance (206) 721-0243

Domestic Abuse Services (206) 721-3846

4008 MLK Jr. Way S. South Seattle

Mon. – Fri., 9 a.m. – 5 p.m.

Public benefits assistance, domestic violence and sexual assault victims services, human trafficking victim support services, citizenship assistance, ESL classes, employment training and services, mental health counseling, a legal clinic and more serving refugees and immigrants. Call for specific program eligibility and for application information. No fees.

Website rewa.org**Seattle Public Library** (206) 684-0849

1000 Fourth Ave. Central Seattle

Mon. – Thurs., 10 a.m. – 8 p.m.; Fri., Sat., 10 a.m. – 6 p.m.; Sun., noon – 6 p.m.

ESL classes and support services for any English language learners, as well as any immigrants preparing for U.S. citizenship.

Visit in person or call for information about locations. No fees.

Website . . . spl.org/using-the-library/attend-events-and-classes**Somali Community Services of Seattle** (206) 760-1181

8810 Renton Ave. S. South Seattle

Mon. – Fri., 9 a.m. – 4 p.m.

Housing referral, lunch for older adults, peer counseling, job search assistance, ESL classes, computer classes, Somali language classes and parenting education classes. Case managers can assist with the immigration process. Primarily serves refugees and immigrants.

Call or visit in person. Most services by appointment only. No fees.

Website somcss.net/about-us.html**Southeast Youth & Family Services** (206) 721-5542

3722 S. Hudson St. South Seattle

Mon. – Fri., 9 a.m. – 5 p.m.; evening appointments available

Individual and family counseling, employment assistance, case

management, advocacy, information and referral and crisis intervention. Agency provides DBHR-certified service(s). Serves African and Asian immigrant and refugee individuals and families in King County. Call for appointment. No fees for most services.

Website sefyfs.org/services/

Southwest Youth & Family Services (206) 937-7680

4555 Delridge Way SW South Seattle
Mon. – Thurs., 9 a.m. – 7 p.m.; Fri., 9 a.m. – 3 p.m.

Advocacy regarding immigration and cultural transition, medical services, housing, legal and education. Offers mental health counseling for children, teens and families. Primarily serves Cambodian, Latino, Somali and Iraqi or Arab-speaking immigrants or refugees. Counseling has sliding scale fees and will accept Apple Health (Medicaid) or some private insurance.

Website swyfs.org/what-we-do/family-center/

St. James Cathedral (206) 382-4511

Pastoral Outreach Center, 907 Columbia St. Central Seattle
Mon. – Fri., 9 a.m. – 9 p.m.; Voicemail available

English language instruction, comprehensive naturalization assistance, DACA assistance, citizenship preparation classes and access to community resources, serving low-income refugees and immigrants. Call for an appointment. No fees.

Website stjames-cathedral.org/immigrant/

Ukrainian Community Center of Washington (425) 430-8229

13470 MLK Jr. Way S. South Seattle
Mon. – Fri., 9 a.m. – 5 p.m.

Immigration assistance with green cards and naturalization. Provides mental health counseling and social services, a senior hot meal program, interpretation, advocacy and assistance with forms. Serves Eastern European refugee and immigrant communities. Call to make an appointment. No fees.

Website uccwa.us

LEGAL SERVICES

Catholic Community Services (206) 324-6890

100 23rd Ave. S., Randolph Carter Family Center ... Central Seattle
Mon. – Fri., 9 a.m. – 5 p.m.

Legal services to prevent evictions for those at or below 200 percent of the Federal Poverty Level. Serves only residents of King County with housing issues in King County, primarily single-parent households, older adults and people with disabilities. Call for appointment.

Website ccsww.org/get-help/specialized-services/

King County 2-1-1 211

Mon. – Fri., 8 a.m. – 6 p.m.

Designated screening and entry point in to agencies providing civil legal assistance in King County. Call for more information. No fees.

Website crisisclinic.org/

King County Department of Public Defense (206) 477-8899

24 hours

Over-the-phone legal information and advice for those with criminal, CPS or APS issues. Serves low-income. Call. No fees.

Website kingcounty.gov/courts/public-defense.aspx

Neighborhood Legal Clinics (206) 267-7070

Call: Tue., – Thurs., 9 a.m. – noon; Appointments are made seven days in advance only, location varies

Coordinates legal clinics across King County. No income restrictions. Serves King County residents or those who have a case filed in King County. Clients must call for an appointment. Bring any pertinent documents to the appointment. No Fees.

Website kcba.org/For-the-Public/Free-Legal-Assistance/

Northwest Justice Project 211

401 Second Ave. S. Suite 407 Central Seattle
 Mon. – Fri., 8 a.m. – 6 p.m.

Legal advice and representation specializing in housing, family, health, public benefits, consumer and education law. Serves low-income people at or below 200 percent of the Federal Poverty Level. Cannot assist clients already represented by an attorney for this issue. Call 2-1-1 for screening or a referral. No fees.

Website. washingtonlawhelp.org

Public Law Library of King County Visit in person

516 Third Ave. W621, King County Courthouse. . Central Seattle
 Help Center: Mon., Tue., Fri., 9 a.m. – noon.

Walk-in clinic: Wed., 11:30 a.m. – 1:30 p.m.

Legal help center supports finding and completing court forms and providing information about court rules and procedures.

Offers a legal clinic with consultations and referrals. Cannot represent patrons in court. Serves everyone. Visit in person. No fees.

Website. pllkc.org/wp/

Seattle Community Law Center (206) 686-7252

1404 E. Yesler Way, Suite 203 Central Seattle
 Mon. – Fri., 8 a.m. – 6 p.m.; Social Security overpayment clinic:
 Tue., 1 p.m.

Representation, advocacy and assistance applying for, receiving, or appealing decisions on Social Security benefits, serving low-income and homeless individuals with disabilities. Operates a free Social Security Overpayment Clinic. Call for screening, appointment and fee information.

Website. seattlecommlaw.org/projects/

Seattle Office for Civil Rights (206) 233-7100

810 Third Ave., Central Building, Suite 750 Central Seattle

Mon. – Fri., 8 a.m. – 5 p.m.

Investigates and resolves complaints regarding discrimination in employment, housing, public places and contracting. The discriminatory act must have been committed within the Seattle city limits and have occurred within the last 180 days (non-housing) or 365 days (housing). Call or visit in person. No fees.

Website seattle.gov/civilrights

Solid Ground **Benefits: 206 694-6742**

Tenant Hotline: **(206) 694-6767**

1501 N. 45th St. North Seattle

Benefits assistance: Mon. – Fri., 8 a.m. – 6 p.m.; Tenant services:

Mon., Thurs., 10:30 a.m. – 1:30 p.m.; Wed., 1:30 – 4:30 p.m.

Legal services to help clients obtain and retain public benefits.

Provides information and referral for tenants facing eviction or struggling with other rental issues. Serves low-income residents of King County. No restrictions for advice and referrals. No fees.

Website solid-ground.org/get-help

Tenants Union of Washington State **(206) 723-0500**

Hotline: Mon. – Thurs., 10 a.m. – 12:30 p.m., 1:30 – 4 p.m.;

Fri., 10 a.m. – 12:30 p.m.

Phone hotline and drop-in service for for Washington residents with information on landlord-tenant laws or strategies to prevent housing loss. Clients should have all documentation they have about their rental when calling. Call hotline or visit in person.

Website tenantsunion.org

North Seattle

12736 33rd Ave. NE Suite 100

Drop-in clinic: Thurs., 4 p– 6 p.m. South Seattle

5425 Rainier Ave. S. Suite B

Drop-in clinic: Mon., Tue., 1:30 – 4 p.m.

Unemployment Law Project **(206) 441-9178**

1904 Third Ave Suite 604Central Seattle
Mon. – Fri., 9 a.m. – 5 p.m.

Legal counseling and representation at administrative hearings for persons denied unemployment benefits. Telephone information and legal advice. Serves anyone who has opened a claim or is eligible to open a Washington state unemployment claim. Call for intake interview. No fees for information or advice with an attorney. Charges \$200 if representation is successful.

Website.....unemploymentlawproject.org

LGBTQIA SERVICES

Cedar River Clinics (206) 957-0990

509 Olive Way, Suite 1454. Central Seattle
Intake: Mon. – Fri., 8 a.m. – 5 p.m.; Sat., 9 a.m. – 2 p.m.

Offers health care such as cancer screenings, STD testing and treatment, HIV Testing and birth control. Offers transgender services such as hormone therapy, surgical referrals for gender reassignment, breast and cosmetic surgeries, post-surgical follow up and ID documentation. Serves clients identifying as LGBTQ. Call for more information or to make an appointment. Sliding scale fees. Accepts Apple Health (Medicaid) and most insurance plans.

Website.....cedarriverclinics.org

Entre Hermanos (206) 322-7700

1105 23rd Ave.Central Seattle
Mon. – Fri., 10 a.m. – 5 p.m.

Free HIV testing, case management and support groups as well as citizenship information and legal clinics, serving Latino LGBTQ individuals. Call or visit website for more information. No fees.

Website.....entrehermanos.org

Neighborhood Legal Clinics (206) 235-7235

1216 Pine St., Suite 300

Call for appointment: Tue., noon – 3 p.m.; Appointments are made seven days in advance only; Clinic: Third Thurs., 7 – 9 p.m.

Hosts a legal clinic specifically designed to address the needs of lesbian, gay, bisexual and transgender individuals and couples.

Serves King County residents or those who have a case filed in King County. Call the appointment line. No fees.

Website kcba.org/For-the-Public/Free-Legal-Assistance/

The Northwest Network (206) 568-7777

Mon. – Fri. 9 a.m. – 5 p.m.

Advocacy-based counseling over the phone or in person. Serves LGBTQ people of all ages who are being, or who have been, emotionally or physically abused by an intimate partner. No fees.

Website nwnetwork.org

Seattle Area Support Groups & Community Center . (206) 322-2437

115 15th Ave. E., Suite 201 Central Seattle

Sun. – Fri., 9 a.m. – 9 p.m.; Sat., 9 a.m. – 1:30 p.m., 5 – 9 p.m.

Facilitates a variety of discussion and skill-building groups. Group and discussion focus varies but may include HIV/AIDS, substance abuse and recovery, or other LGBTQ relevant issues. Serves individuals who are LGBTQ identified or friendly. Call or visit the website for a current calendar and additional information about each group. Preregistration is required for some groups. No fees.

Website sasgc.org/

Seattle Counseling Service (206) 323-1768

1216 Pine St., Suite 300 Central Seattle

Office: Mon. – Thurs., 8 a.m. – 8 p.m.; Fri., 8 a.m. – 5 p.m.

Substance use treatment and therapeutic counseling, including counseling for mental health illnesses, primarily serving LGBTQ people. Agency provides DBHR-certified service(s). Call for

information or apply online. Sliding scale fees. Accepts Apple Health (Medicaid) and most insurance plans.

Website. seattlecounseling.org

MAIL SERVICES

Ballard Food Bank. **(206) 789-7800**

5130 Leary Ave. NW North Seattle

Mon., Thurs., 2 – 7 p.m.; Tue., Wed., 11 a.m. – 4 p.m.

Mail pick-up address serving everyone. Visit in person. Documents Required for mail collection: valid ID. No fees.

Website. ballardfoodbank.org

Bread of Life Mission **(206) 682-3579**

97 S. Main St. Central Seattle

Mon. – Fri., 9:30 a.m. – 3 p.m. Initial registration: arrive by 2:45 p.m.

Permanent mailing address and storage space serving everyone.

Visit in person. Documents Required: photo ID. Mail Service: no fees.

Storage: \$20 month, with a refundable \$15 deposit for the key.

Website. breadoflifemission.org

Compass Housing Alliance. **(206) 474-1600**

77 S. Washington St., Client Services Office. Central Seattle

Mon. – Fri., 9 a.m. – 4 p.m.

Local address for receipt of mail, information and referral for other basic needs, serving everyone. Visit in person. No fees.

Website. compasshousingalliance.org

St. Vincent de Paul of Seattle. **(206) 767-9975 x 1127**

5972 Fourth Ave. S. South Seattle

Call: Mon. – Fri., 8 a.m. – 4 p.m.;

Drop-in: Tue., Thurs., 11 a.m. – 2 p.m.

Food pantry will collect mail. Clients must first register with the

food pantry. Mail can only be held for up to 10 business days. Serves homeless clients without a mailing address. Call for information or register in person during food pantry hours. No fees.

Website. svdpseattle.org

MENTAL HEALTH SERVICES

Asian Counseling and Referral Service (206) 695-7511

3639 MLK Jr. Way S. South Seattle

Mon. – Fri., 8 a.m. – 6 p.m. Service hours vary by program.

Comprehensive individual and family mental health treatment.

Services are offered in multiple languages. Serves King County residents. Sliding scale fees. Accepts Apple Health (Medicaid) and some private insurance plans.

Website. acrs.org

Community Psychiatric Clinic 206-545-2354

Substance Use **(206) 461-3614**

11000 Lake City Way NE North Seattle

Mon. – Fri., 8:30 a.m. – 5 p.m.; Service hours vary, call for info.

Specialized structured housing programs, outpatient mental health and intensive outpatient substance use disorder treatment.

Agency provides DBHR-certified service(s). Housing programs serve homeless individuals with mental illnesses; other programs serve adults 18 and older. Call for eligibility and application information. Fees vary by program. Accepts Apple Health (Medicaid), Medicare, private pay and private insurance. Sliding scale fees.

Website. cpcwa.org

DESC Crisis Respite Program (206) 464-1570 x 3057

517 Third Ave. Central Seattle

Mon. – Fri., 7:30 a.m. – 4 p.m.

Temporary shelter, behavioral health stabilization and case

management, serving homeless adults in King County with severe mental illnesses. Clients must have a referral from one of the following: Harborview Medical Center's Psychiatric Emergency Services and Psychiatric Inpatient Units, Seattle and King County's Mental Health Courts, King County psychiatric emergency rooms and inpatient units, or another approved psychiatric mental health provider. No fees.

Website desc.org/what-we-do/crisis-response/

DESC SAGE (206) 464-6454

Intake: Mon., – Fri., 11 a.m. – noon

Mental health case management, psychiatric treatment, medication monitoring, limited therapy and protective payeeships, serving King County adult residents who have a mental illness and are or were homeless. Clients must also be Medicaid recipients or meet the non-Medicaid criteria. Call intake number and request the SAGE intake specialist. Primarily funded by Apple Health (Medicaid). Some clients may qualify for non-Medicaid funding.

Website desc.org

Central Seattle

216 James St.; Mon. – Fri., 9 a.m. – 5 p.m.

Central Seattle

222 Wall St. Suite 100; Mon. – Fri., 9 a.m. – 5 p.m.

Harborview Medical Center (206) 744-9600

401 Broadway, First Floor Central Seattle

Mon. – Fri., 8 a.m. – 5 p.m.

Crisis intervention and mental health services, including chemical dependency treatment for anyone with co-occurring disorders. Contact for more information. Initial screening and assessment is free; sliding scale fees for other services. Accepted insurance includes Apple Health (Medicaid); Medicare and other eligible commercial or managed care plans. Accepts private pay.

Website uwmedicine.org/locations/

- IKRON Corporation** (425) 242-1713
3805 108th Ave. NE Suite 204 Bellevue
Mon. – Fri., 8 a.m. – 5 p.m.; Sat., by appointment only.
Outpatient counseling services for mental health and substance use disorder needs. Agency provides DBHR-certified services(s). Serves everyone. Call for information. Accepts Apple Health (Medicaid) and Medicare. Sliding scale fees. Call for information.
Website seattle.ikron.org/
- Matumaini Counseling & Community Center** (206) 708-1704
3714 S. Ferdinand St. South Seattle
Mon. – Fri., 10 a.m. – 6 p.m.
Provides array of therapy approaches including family, couples and individual counseling to everyone. Call for information. Accepts Apple Health (Medicaid) and offers sliding scale fees.
Website matumainicounseling.org
- Navos** (206) 248-8226
1210 SW 136th St. Burien
Mon. – Fri., 9 a.m. – 5 p.m.; Same day service: 9 a.m. – 2 p.m.
Direct case mgmt., comprehensive mental health treatment and supportive services for serious and persistently mentally ill adults. DBHR-certified services. Sliding scale fees. Apple Health is accepted.
Website navos.org
- Pioneer Human Services** (206) 470-3856
901 Rainier Ave. S. Central Seattle
Mon. – Fri., 8 a.m. – 5 p.m.; Service hours vary
Mental health assessments, mental health counseling, psychiatric evaluations and medication monitoring. Agency provides DBHR-certified service(s). Serves adults 18 and older. Call for an appointment. Accepts Apple Health (Medicaid) for Mental Health Services. Sliding fee scale available.
Website pioneerhumanservices.org/treatment/

Sea Mar Community Health Centers

Outpatient behavioral health clinics provides counseling as well as bilingual domestic violence survivor and chemical dependency support groups. Agency provides DBHR-certified service(s). Serves everyone. Call or visit in person to make an appointment. Sliding scale fees. Accepts Apple Health (Medicaid).

Website seamar.org

South Seattle (206) 766-6976

10001 17th Pl. S. Lower Level

Mental Health: Mon. – Fri., 8 a.m. – 5 p.m.;

Support groups: Mon., 5 – 7 p.m.; Tue., Thurs., 5 – 8 p.m.

Des Moines (206) 212-4500

2781 S. 242nd St.; Mon. – Fri., 8 a.m. – 5 p.m.

Therapeutic Health Services

Mental health services, case management, group counseling for Serves mentally ill clients as well as those with co-occurring disorders. Call intake for an appointment. Sliding scale fees. Private pay, Apple Health (Medicaid) and private insurance.

Website ths-wa.org

Central Seattle (206) 323-0930

1116 Summit Ave.; Mon. – Thurs., 7 a.m. – 5:30 p.m.;

Fri., 7 a.m. – 4:30 p.m.

Central Seattle (206) 323-0934

1305 Seneca St.; Mon. – Thurs., 7 a.m. – 5:30 p.m.;

Fri., 7 a.m. – 4:30 p.m.

Shoreline (206) 546-9766

16715 Aurora Ave. N., Suite 102; Mon. – Fri., 7 a.m. – 4:30 p.m.

South Seattle (206) 322-7676

1901 MLK Jr. Way S; Mon. – Thurs., 9 a.m. – 6 p.m.;

Fri., 9 a.m. – 5 p.m.

South Seattle (206) 723-1980

5802 Rainier Ave. S; Mon. – Fri., 8 a.m. – 4:30 p.m.

Valley Cities (253) 833-7444

Mental health services, primary health care and pharmacy services for anyone. Agency provides DBHR-certified service(s). Call for intake. For drop-in intakes, call the Access number first for eligibility and what to bring. Sliding scale fees. Apple Health (Medicaid), Medicare and private insurance accepted. Those on Medicare must also be receiving Apple Health (Medicaid).

Website valleycities.org

Des Moines

26401 Pacific Hwy S. Suite 201; Mon. – Wed., 8 a.m. – 6 p.m.;

Thurs. – Fri., 8 a.m. – 5 p.m.;

Drop-in: Mon. – Fri., 8:30 a.m. – 2:30 p.m.

North Seattle

12736 33rd Ave. NE; Mon. – Fri., 8:30 a.m. – 5 p.m.

North Seattle

13555 Aurora Ave. NE; Mon. – Fri., 8:30 a.m. – 5 p.m.

North Seattle

10521 Meridian Ave N; Mon. – Fri., 8:30 a.m. – 5 p.m.;

Drop-in: Mon. – Fri., 8:30 a.m. – 2:30 p.m.

South Seattle

8444 Rainier Ave. S; Mon. – Fri., 8:30 a.m. – 5 p.m.;

Drop-in: Mon. – Fri., 8:30 a.m. – 2:30 p.m.

RE-ENTRY ASSISTANCE

Columbia Legal Services (206) 287-8625

516 Third Ave., King County Courthouse, Suite 621. Central Seattle Mon. – Fri., 9 a.m. – 5 p.m.; Clinic: second Mon. and fourth Tue. of the month: 2:30 – 4:30 p.m.

Attorneys assist people struggling with fees, fines and restitution, being denied housing or employment because of their criminal background. Cannot assist with vacating/sealing/expunging criminal records. There are no time restrictions for age

of criminal history. Annual gross income should be at or below 225 percent of the Federal Poverty Level. Call for an appointment and clinic location. No fees.

Website columbialegal.org

Interaction Transition (206) 324-3932

1265 S. Main St., Suite 305-B Central Seattle

Mon. – Fri., 9 a.m. – 4:30 p.m.

Helps ex-offenders find employment in areas such as warehouse, manufacturing, recycling and auto-work. Serves those recently released from jail or prison or those with barriers to employment related to their criminal record. Call for more information or visit in person. No fees.

Website interactiontransition.org/services/

Pioneer Human Services CORP Program (206) 772-6900

11900 Beacon Ave. S. South Seattle

Mon. – Fri., 8 a.m. – 5 p.m.; Service hours vary

Residential substance abuse treatment for adults 18 and older who are involved in the criminal justice system and have a mental health and substance use disorder. King County clients can only be referred by Drug Diversion Court or via a regional Mental Health Court. Native Americans may be referred via their tribes. Private pay clients can self-refer. Accepts Apple Health (Medicaid) and private pay.

Website pioneerhumanservices.org

Pioneer Human Services Job Training (206) 768-7333

7000 Highland Park Way SW South Seattle

Mon. – Fri., 7:30 a.m. – 4 p.m.

Job training experience in manufacturing and food service following graduation from job readiness program for individuals who have at least one criminal conviction. Requires a referral by a probation officer, corrections officer, case manager or other

referral source. Call for more information. No fees.

Website pioneerhumanservices.org/job-skills

Sound (206) 302-2200

1600 E. Olive St. Central Seattle

Mon. – Fri., 8:30 a.m. – 5 p.m.

Co-occurring disorder integrated case management, therapy, sex offender treatment, chemical dependency treatment, vocational training, payee services, coordination with courts and probation, medication management, referrals to medical services and assistance identifying housing. Serves mentally ill men and woman who have a history of incarceration or interactions with the legal system. Accepts referrals by self or by professionals. Call to make a referral. Call for payment details.

Website sound.health

YWCA of Seattle (206) 436-8629

2024 Third Ave. Central Seattle

Mon. – Fri., 8:30 a.m. – 5 p.m.

Provides ex-offenders with employment re-entry services and targeted job training including construction, environmental, culinary, manufacturing and others. Serves those with criminal justice system involvement in the past 12 months or low-income King County residents with a criminal history, but without an active warrant, who are a recipient of SNAP (basic food) benefits and eligible to work in United States. Call for more information. No fees.

Website ywcaworks.org

SENIOR SERVICES

Des Moines Senior Activity Center (206) 878-1642

Shuttle (206) 727-6262

2045 S. 216th St. Des Moines

Office: Mon. – Fri., 9 a.m. – 4 p.m.; Hot meals: Mon. – Thurs., noon; Call for other program hours vary

Wide range of services such as lunch, Meals on Wheels, blood pressure checks and transportation. Provides health insurance assistance. A social worker is available by appointment. Most serve adults 50 and older, call for details. Special lunch on Thursdays for adults who speak Spanish. Local senior shuttle provides transportation for errands and for the senior center. Call three days in advance to reserve a seat. Most services are free, call for details.

Website desmoineswa.gov/217/Senior-Services

Hunger Intervention Program (206) 538-6567

Lake City Community Center, 12531 28th Ave. NE . . . North Seattle
Mon., Wed., noon – 1 p.m.

Lunch and activities. Call or visit website for menu and activity calendar. Focuses on North Seattle residents 60 and older. Visit in person. Suggested donation is \$3 for seniors 60 and older and \$6 for anyone under 60.

Website hungerintervention.org/programs/

Lazarus Center (206) 623-7219

416 Second Ave. Extension S. Central Seattle
Daily: day center, 7 a.m. – 6:30 p.m.; breakfast, 8 – 8:45 a.m.;
lunch: 12:30 – 2:20 p.m.

Operates a drop-in center with laundry, shower, telephone, mailing address service, clothing and daily lunch. Serves homeless and marginally housed adults who are 50 and older. Visit in person. Documents Required: Valid state ID. No fees.

Website ccsww.org/get-help/shelter-homeless-services/

Neighborhood Legal Clinics (206) 448-5720

2208 Second Ave. Central Seattle
Call for appointment: Mon. – Thurs., 9:30 a.m. – 3:30 p.m.; Clinic:
first and third Fri., 1– 3 p.m.

Provides an appointment to discuss issues of living wills/advance directives, powers-of-attorney, wills, estate planning, Apple Health (Medicaid), etc. Can request an interpreter. Serves King County residents or those who have a case filed in King County. Call to schedule an appointment. No fees.

Website kcba.org/For-the-Public/Free-Legal-Assistance/

Pike Market Senior Center (206) 728-2773 x 107

85 Pike Street Central Seattle

Mon. – Fri., 8:20 a.m. and noon; Sun., Sat., 8:20 and 11:30 a.m.

Hot breakfasts and lunches as well as social worker and referrals. Serves adults 55 and older. Call or visit in person. Documents Required: Photo ID. No fees.

Website pikemarketseniorcenter.org/programs/

SHAG (844) 592-7424

Apartment homes with in-home care serving income qualified seniors. Age and income restrictions vary by community. View website for information eligibility, application and fees.

Website housing4seniors.com/communities

South Park Senior Center (206) 767-2544

8201 10th Ave. S. South Seattle

Dinner: Mon., Wed., Fri., 5:30 p.m.; Lunch: Tue., 11:30 a.m.

Congregate hot meals. Friday meals are Asian. Serves adults 50 and older. Call or visit in person. \$3 donation requested.

Website spseniors.org

St. Martin de Porres (206) 323-6341

Intake: 416 Second Ave. Ext. S. Central Seattle

Shelter: 1561 Alaskan Way S. Central Seattle

Screening: nightly: 6:30 p.m.; shelter services: nightly: 6:30 p.m. – 7:30 a.m.

Emergency shelter with indefinite lengths of stay serving men

50 and older. Not wheelchair accessible. Apply in person at the Lazarus Center for shelter screening and transportation. Documents Required: photo ID. No fees.

Website. ccsww.org/get-help/shelter-homeless-services/

SHELTERS

Bread of Life Mission (206) 682-3579 x 100

97 S. Main St. Central Seattle

Overnight bed sign-up: daily: 5:30 – 6:15 p.m., 8:00 – 8:15 p.m.

Shelter with meals and no maximum length of stay for homeless men, 18 and older. Accepts offenders and sex offenders. Documents Required: valid photo ID. \$5 per night.

Website. breadoflifemission.org

Catholic Housing Services Women's Referral Ctr . . . (206) 441-3210

2030 Third Ave., Angeline's Center Central Seattle

Office: daily: 8 a.m. – 4 p.m.; screening and referral (in-person only): nightly: 6 – 9 p.m.

Sightly emergency shelter screening and referral for women, 18 and older. No children. Visit in person. Priority given to clients who arrive by 8 p.m. No fees.

Website. ccsww.org/

Compass Housing Alliance Blaine Center (206) 474-1000

Shelter (206) 474-1660

Intake: 77 S. Washington St., Client Services Central Seattle

Intake: Mon. – Fri., 9 a.m. – 4 p.m.; shelter: daily, 6:30 p.m. – 7 a.m.

Overnight shelter with no limit to length, evening meal, breakfast, showers, limited storage, case management and referral services.

Serves single men, 18 and older. Visit Compass Client Services Office in person for intake. Most intake is done through case manager referrals; self-referral space is very limited. \$21 weekly.

Website compasshousingalliance.org

Community Emergency Family Shelter Intake Line (206) 245-1026

24 hours

Intake for emergency night shelter for pregnant women and families.

Congregations for the Homeless (425) 614-6506

Bellevue

Year Round Intake: Call; Winter Shelter In-person intake: 7 p.m. nightly

Rotating year round shelter and a rotating winter shelter. Call for locations. Provides meals. Serves men 18 and older. No fees.

Website cfhomeless.org/winter-shelter/

DESC (206) 464-1570 x 3033

517 Third Ave. Central Seattle

Contact: 24 hours; intake: daily: 8 a.m. – 4:45 p.m.; shelter: nightly: 4:45 p.m. – 7 a.m.

Overnight emergency shelters. The main shelter offers on-site medical care, mental health counseling and substance use disorder treatment. Serves women 18 and older, men 60 and older and anyone 18 and older who is vulnerable due to mental illness, developmental disability, substance use disorder and/or medical condition. Visit in person to register. Only professional referrals accepted after 5 p.m. Documents Required: documentation of disability or vulnerability may be required. No fees.

Website desc.org

Eastside Winter Shelter for Families (206) 441-3210

17222 NE 8th St., St. Peter's United Methodist Church. Bellevue
8:30 p.m. nightly; Recommended arrival at 8 p.m.

Emergency winter shelters for single women and families,

including families with male heads of household. Operates until May 2018. Rotates between churches, call for current location. Meals are provided. No fees.

Website ccswww.org

Hospitality House **(206) 242-1860**

1419 SW 150th St. Burien

Screening: Mon. – Thurs., 1 – 7 p.m.; Shelter: Mon. – Thurs., 24 hours; Fri. – Sun., overnight only.

Dormitory-style shelter with stays up to three months, serving single, homeless women 18 and older. Can accept clients if at least six months since domestic violence situation was active. Cannot serve clients who have severe mental illness, current substance abuse problems, have violent criminal convictions, or are at least 6-months pregnant. Does not accept pets. Call for screening interview. Referral not required. No fees.

Website hospitalityhousesouthking.org/shelter-criteria/

King County Administration Building **(206) 263-9089**

420 and 500 Fourth Ave. Central Seattle

Intake: 7 p.m.; nightly, 7 p.m. – 6 a.m.

Shelter beds serving men, 18 and older. Serves trans* clients identifying as male; notify staff of accommodations needed. Serves men fleeing DV, but location is not confidential. Service animals and pets are allowed. Visit in person. Intake for both locations at the King County Administration Building at 4th & Jefferson. Line forms in front of the garage door. No fees.

Website resourcetalk.crisisclinic.org

Operation Nightwatch **(206) 329-2099**

302 14th Ave. S. Central Seattle

In-person intake: 9 p.m. – 12 a.m. nightly

Late-night referrals and transportation to downtown Seattle shelters. Wheelchair accessible. Serves single men and women, 18 and

older. Men must either first obtain a referral ticket from one of the shelters listed, or provide an Operation Nightwatch ticket from the previous night. Women can visit site without a referral ticket. Referral tickets and admission to the Operation Nightwatch Dispatch center do not guarantee placement into a shelter. No fees.

Website: . seattlenightwatch.org/get-help/nightwatch-shelter/
Men's Tickets: DESC (206) 464-1570

517 Third Ave. Central Seattle
Men's Tickets: Bread of Life Mission (206) 682-3579
 97 S. Main St. Central Seattle

Salvation Army (206) 447-9944

1101 Pike St. Central Seattle
 Phone Screening: Tue. – Fri., 10 a.m. – noon, 1 – 3 p.m.; shelter:
 6 p.m. – 10 a.m.

Enhanced dormitory-style emergency shelter and case management for single homeless women, 18 and older. Facility is clean and sober. Performs background checks. Serves any client who self-identifies as female. Call to inquire about space availability and to do a phone screening. Program fees are \$5 per day. Inability to pay does not negate entry.

Website salvationarmynw.org/

Seattle's Union Gospel Mission Men's Shelter (206) 622-5177

318 Second Ave. Extension S. Central Seattle
 Phone inquiries and tickets: daily: 9:30 – 11:30 a.m., 12:30 – 5:30 p.m., 10 p.m. – 6 a.m.; in-person intake with tickets: 8 p.m. nightly
 Operates an emergency shelter. Serves homeless men 18 and older. Accepts offenders. Chapel service attendance is required for some services. Call to check space availability and to reserve a ticket for the night. Clients without a ticket should line up for unclaimed mats beginning at 7:15 p.m. Documents Required: ID. No fees.

Website.....ugm.org

Seattle Union Gospel Mission Women's Shelters . . . (206) 628-2008

3802 S. Othello St South Seattle

Intake: Mon. – Fri., 8:30 – 9 a.m.

Structured shelter serving single women and women with children who are in recovery from drugs or alcohol or who have experienced domestic violence but are not actively being pursued. Transgender clients served on a case-by-case basis. Cannot serve sex offenders. Wheelchair accessible. Performs background checks Cannot accept women who are currently on a Methadone program. Call for telephone screening. Call daily to check and maintain spot on wait-list. Payment plan can be arranged.

Website..... ugm.org/what-we-do/welcome-and-embrace/

SHARE/WHEEL..... **Apply in person**

1902 Second Ave. Central Seattle

Mon., Thurs., 1 p.m.; Tue., Wed., Fri., Sat., 6 p.m.

Self-managed overnight shelter. Intake is usually available in Spanish as well as English. Screenings for night-of only. Serves adults experiencing homelessness, 18 and older. Apply in person. No fees.

Website.....sharewheel.org/need-shelter

Sophia Way..... (425) 463-6285

3032 Bellevue Way NE St. Luke's Lutheran Church . . . Bellevue

Intake: Mon. – Fri., 9 a.m. – 5 p.m.; shelter: daily, 7 p.m. – 8 a.m.

Overnight shelter and case management with stays up to six months. Clients should not expect to get shelter immediately. Facility is wheelchair accessible. Serves adult homeless women, including trans* clients identifying consistently as female. Call for intake. Background check required. Documents Required: documentation for service animals. No fees.

Website..... sophiaway.org/shelter-tonight/

Sophia Way Winter Shelter (425) 463-6285

Holy Cross Lutheran Church, 4315 129th Pl. SE Bellevue
Daily, 8:30 p.m. – 7:30 a.m.

Operates an Emergency Winter Shelter for women until May 15th,
2018. Dinner and breakfast are served. Visit in person. No fees.

Website sophiaway.org

WHEEL (206) 956-0334

Trinity Episcopal Parish, 609 Eighth Ave. Central Seattle
Shelter: daily, 8 p.m. – 6:30 a.m.

Shelter serving homeless women, 18 and older. Service animals
allowed, no pets. Visit in person. No fees.

Website sharewheel.org/Home/wheel

YWCA Angeline's Center (206) 436-8650

Enhanced Shelter (206) 436-8656

Winter Shelter (206) 770-0156

2030 Third Ave. YWCA Opportunity Place. Central Seattle
Daily: 8 a.m. – 6 p.m.; orientation: Tue., 1:30 p.m.

Winter shelter and an enhanced shelter. Serves homeless
adult women. Serves anyone who identifies as female. Service
animals accepted. Visit winter shelter in person; no fees. For
enhanced shelter attend 20-minute orientation and apply; per-
forms background checks; fee of 30 percent of income.

Website ywcaworks.org/programs/angelines-day-center

STORAGE SERVICES

SHARE/WHEEL (206) 623-0390

963 Mercer St. Central Seattle
Mon. – Fri., 6:30 – 8:30 a.m.; Sat., Sun., Federal holidays, 7 – 9 a.m.

Day and long-term storage, in exchange for labor hours in stor-
age facility. Attendance of one meeting is required per month.

Labor required is about two hours per month. Best chance to find an opening are Fridays and Sundays. Serves anyone who is homeless and can provide labor. Visit in person to apply. No fees.

Website. sharewheel.org/share-lockers

SURVIVOR SUPPORT SERVICES

ADD Health Counseling Services & Seattle Treatment Services ... (206) 525-0094

5237 Ranier Ave. S. South Seattle

Hours vary; voicemail is available

Offers counseling, advocacy, trainings, information and referrals. Serves those in need of domestic violence services. Call for more information. Sliding scale fees.

Website. addhealthcounselingservices.org/services

Catherine Booth House (206) 324-4943

Helpline: 24 hours. Confidential Location

Domestic violence emergency shelter at a confidential location.

Operates a 24-hour crisis line. Provides advocacy for housing, legal and financial needs of domestic violence victims. Serves abused women or men, with or without children, who are fleeing intimate partner violence. Does not serve households that include more than one adult. Accepts service animals. Call for phone screening. No fees.

Website. salvationarmydomesticviolenceprograms.org

DAWN (425) 656-7867

221 W. Gower St. Kent

Shelter and Helpline: 24 hours

Offers a wide array of services such as a 24-hour helpline, advocacy and support groups. Offers confidential supportive emergency shelter. Serves women, with or without children, who are survivors of domestic violence. Call for more information about

eligibility, applications and fees.

Website dawnrising.org

Escape to Peace (425) 449-8917

11100 Main St. Suite 101. Central Seattle

By Appointment: Mon. – Fri., 11 a.m. – 7 p.m.

Offers self-regulation therapy. Serves anyone who has had trauma in their lives. Call or visit in person to make an appointment.

Documents Required: prefer picture ID or student ID. No fees.

Website escapetopeace.org/trauma-therapy/

Harborview Medical Center

Medical care, psychosocial evaluations and counseling for child sexual assault victims or adult victims of rape. After hours or within 120 hours of an assault, call or visit Harborview Emergency Room and ask for a social worker. If during business hours, call the Center for Sexual Assault for an appointment. Call for more fee information. Accepts Apple Health (Medicaid), victims compensation, private insurance and Medicare. Low-income patients may be eligible for free services.

Website uwmedicine.org/locations/

Emergency Medical Services (206) 744-3074

325 Ninth Ave. Central Seattle; 24 hours.

Center for Sexual Assault and Traumatic Stress .(206) 744-1600

401 Broadway Suite 2075 Central Seattle

Mon. – Fri., 8:30 a.m. – 5 p.m.

Jewish Family Service (206) 861-3159

1601 16th Ave. Central Seattle

Office: Mon. – Fri., 9 a.m. – 5 p.m.; program hours vary

Counseling, classes and advocacy, for victims of domestic violence, particularly within the Jewish community. Call to apply. No fees.

Website jfsseattle.org/services/project-dvora/

LifeWire (425) 746-1940

Helpline: 24 hours Confidential Location

Array of services such as confidential emergency shelter, 24-hour helpline, housing stability, advocacy and support groups, for survivors of domestic violence of any gender, with or without children. Call helpline for more information.

Website lifewire.org**Neighborhood Legal Clinics** (206) 783-2848

Confidential Location

Screening: Wed., 1 – 3 p.m.; clinic: Wed., 6:45 – 9 p.m.

Legal clinic serving domestic violence victims with family law issues only. For King County residents or those who have a case filed in King County. Call for eligibility screening. No fees.

Website kcba.org/For-the-Public/Free-Legal-Assistance/**New Beginnings** (206) 783-4520**Helpline** (206) 522-9472

Confidential Location

Helpline: 24 hours; office: Mon. – Fri., 9 a.m. – 5 p.m.

Confidential shelter, helpline, legal advocacy, counseling, support groups and safety planning services offered, serving survivors with or without children, who are abused by partners in intimate relationships. Some services are female only, while others serve males and females. Call helpline for information and intake. No fees.

Website newbegin.org**Northwest Family Life** (206) 363-9601

12360 Lake City Way NE North Seattle

Mon. – Fri., 9 a.m. – 5 p.m.; support group hours vary

Offers advocacy based counseling, safety planning, education on domestic violence and referrals to legal, housing, employment and spiritual resources. Weekly support groups. Serves women and children who are experiencing or have experienced

abuse. Call for appointment. No fees.

Website northwestfamilylife.org/suvivor-services/

Northwest Justice Project **Referral Required**

401 Second Ave. S. Suite 407 Central Seattle

Office: Mon. – Fri., 9 a.m. – 5 p.m.

Legal advice and representation in family law issues for Seattle residents with income of no more than 200 percent of the Federal Poverty Level who have been referred by a DV advocate.

If the client does not already have an advocate contact New Beginnings at (206) 522-9472 for a potential referral.

Website nwjustice.org

Real Escape from the Sex Trade **(206) 451-7378**

4215 Rainier Ave. S., Suite B South Seattle

Helpline: 24 hours

Emergency shelter that provides referrals, crisis intervention, case management and advocacy, for women, 18 and older, who may be victims of sex trafficking. Accepts trans clients on a case-by-case basis. Call helpline for intake. No fees.

Website iwantrest.com/services/

Salvation Army **(206) 442-8398**

Helpline **(206) 324-4943**

1101 Pike St. Central Seattle

Mon., 8:15 a.m. – noon, 1 – 3 p.m.;

Tue. – Fri., 8:15 a.m. – noon, 1 – 4 p.m.

Limited basic needs and financial assistance. Language interpretation available. Serves adults, with or without children, within Seattle city limits who are fleeing a DV situation. Must be able to show that current need is directly linked to DV situation.

Income must be at or below 30 percent Area Median Income.

Call the DV Crisis Line after hours. No fees.

Website salvationarmydomesticviolenceprograms.org

Shepherd's Counseling Services (206) 323-7131

2601 Broadway E. Central Seattle

Mon. – Fri., 9 a.m. – 6 p.m.;

Individual and group therapy and support groups, for adult survivors of childhood sexual abuse. Cannot serve sex offenders. Call for free initial consultation and evaluation. Sliding scale fees.

Website ... shepherdstherapy.org/index.php/find-help/find-help/**YWCA of Seattle** (206) 568-7845

Office: 2820 E. Cherry St. Office: Central Seattle

Meetings: Confidential Location

Mon. – Fri., 9 a.m. – 5 p.m.; Leave Voicemail

Advocacy-based counseling, safety planning, support groups and other resources. Serves women who have experienced domestic violence. Call and leave a message. No fees.

Website ywcaworks.org/programs/

TRANSPORTATION ASSISTANCE

Hopelink (800) 923-7433

Non-emergency medical transportation in King County for services covered by Medicaid. Rides offered 8 a.m. to 5 p.m. Can also offer an Orca card, gas card and parking or other reimbursements. Call at least two days in advance. Before calling, have your Provider One Number, name of medical provider, appointment date and time, reason for the appointment, and the name, address and phone number of medical facility. No fees.

Website hopelink.org/need-help**King County Metro Transit Regional Reduced Fare Permit (RRFP)****General** (206) 553-3000**TTY** (206) 684-2029

201 S. Jackson St. King Street Center Bldg Central Seattle

Mon. – Fri., 6 a.m. – 8 p.m.

Issues Regional Reduced Fair Permits (RRFPs). Serves those 65 and older or those 18-64 with disabilities that qualify. No income restrictions. Call for eligibility and application information. Documents Required: Seniors: proof of age.; People with disabilities: Proof-of-disability application form. RRFP costs \$3 to issue. Rides on Metro buses are \$1 during all hours. \$36 for a metro monthly pass.

Website..... metro.kingcounty.gov/tops/accessible/

ORCA Lift..... (206) 553-3000

Offers a reduced-fare program for adults between 19 and 64 whose household income is at or below 200 percent of the Federal Poverty Level. Citizenship is not required. Valid for King County Metro, Sound Transit, Seattle street cars and King County water Taxis. Call for enrollment locations and documents required.

Website..... kingcounty.gov

Solid Ground Downtown Circulator Bus..... (206) 753-4801

Mon. – Fri., first bus departs stop No. 1, 7 a.m.; last bus departs stop No. 1, 4 p.m.

Shuttle rides for low-income people and those who access health and human services in the downtown Seattle area. seven stops.

Arrives approximately every 30 minutes. Stop No. 1, Ninth and Alder; stop No. 2, Fourth and Yesler (adverse weather stop is First and Yesler); stop No. 3, First and Marion; stop No. 4, First and Pine; stop No. 5, First and Bell; stop No. 6, Ninth and Virginia; stop No. 7, Boren and Seneca. Serves everyone. Visit in person. No fees.

Website..... solid-ground.org/get-help/transportation/

VETERAN SERVICES

Boots to Shoes Foundation..... (425) 284-1453

3006 Northup Way Suite 301..... Bellevue

Mon. – Fri., 7:30 a.m. – 3:30 p.m.

Pairs trained volunteers from the business and professional communities with veterans to assist their career transition to civilian jobs. Serves post 9/11 veterans who are seeking assistance with job search and career transition. Complete an online application. Veterans and mentors meet twice per month, in person, phone, email and Skype. No fees.

Website..... bootstoshoes.org/veterans/

Catholic Community Services Michael's Place 206-726-5688

1307 E. Spring St. Central Seattle
Mon. – Fri., 9 a.m. – 5 p.m.

Transitional housing for homeless adult male veterans who have a mental health diagnosis or are in recovery and eligible for transitional housing through the Veterans Administration Puget Sound Health Care System (VA Hospital). Application is done via the VA system or King County Veterans organizations. Residents must pay 25 percent of their gross income.

Website... ccswww.org/get-help/housing/transitional-housing

Compass Housing Alliance.....(206) 474-1000

Veterans Center Renton (206) 474-1910

Pioneer Square Men's Program (206) 474-1840

Shoreline Veterans Program..... (206) 474-1880

Office: 77 S. Washington St.Central Seattle

Multiple programs that provide permanent housing, transitional housing, case management and supportive services. Serves low-income veterans, including couples and families. Call for more information.

Website.....compasshousingalliance.org

Community Psychiatric Clinic(206) 545-2344

11000 Lake City Way NE..... North Seattle
Mon. – Fri., 8 – 5 p.m.

Rapid-rehousing to exit homelessness, move-in assistance and

case managers. Serves single adult veterans with a discharge other than dishonorable who are experiencing homelessness. Call for a screening. No fees.

Website. cpcwa.org/veterans

Disabled American Veterans (206) 764-2564

Mon. – Fri., 7 a.m. – 2 p.m.; closed last Fri. of the month

Transportation to medical services at the Veterans Administration Hospital. Appointments are required one week in advance. Veterans can bring an escort or service dog with a doctor's note. Serves veterans with disabilities. Not wheelchair accessible. No fees.

Website. dav.org/veterans/i-need-a-ride/

El Centro de la Raza (206) 957-4634

Veterans Specialist (206) 769-0153

2524 16th Ave. S. South Seattle

Office: Mon. – Fri., 8:30 a.m. – 5:30 p.m.

Information and referrals to assist veterans with food, housing, filing claims, appealing a VA decision, PTSD and crisis management, military sexual trauma and employment assistance. Serves Veterans, especially women veterans and veterans of color. Serves veterans of all discharge types. Call or visit site. No fees.

Website. elcentrodelaraza.org/what-we-do/

King County Veterans Program (206) 477-8282

2106 Second Ave. First Floor Central Seattle

Mon. – Fri., 8:30 a.m. – noon, 1 p.m. – 4:30 p.m.; intake: Mon., Wed., Thurs., 8:30 – 11:15 a.m.; Tue., 1 – 3 p.m.

Services focus on financial assistance, case management, employment, mental health counseling and incarcerated veterans. Serves veterans, service members and their legal dependents living in King County. Veterans must have served on active duty with an honorable or general discharge. National Guard and Reservist must have completed a 6- or 8-year obligation

with an honorable or general discharge. For financial services, must be under 50 percent Area Median Income. New clients and clients who have not been seen for at least six months must visit site for intake. Documents Required: certificate of discharge or documentation of current activation (such as DD214 or statement of service), pay stubs for last 30 days (if applicable) and any documentation of current benefits including food stamps, SSI/SSDI or VA Disability. No fees.

Website . . . kingcounty.gov/depts/community-human-services/

Pioneer Human Services (206) 624-0082 x 104

Office: 108 E. Spruce St. Central Seattle
Mon. – Fri., 8 a.m. – 4 p.m.

Transitional housing and case management services. In addition to counseling and treatment, offers vocational programs and employment services. Participants can stay up to two years. Serves male veterans struggling with substance use disorder and/or mental illness. Must have honorable or general discharge from the military. Call to find out about available units; ask about the Mark Cooper House. Can get referral from the Veteran's Administration. Call for fee information.

Website pioneerhumanservices.org/housing/

Seattle Public Library

Drop-in support services for veteran families experiencing homelessness or who are very low-income. Services include rapid housing, counseling, access to medical care, financial assistance and legal assistance.

Website spl.org

North Seattle (206) 686-4089

5614 22nd Ave. NW

10 a.m. – noon, every second and fourth Tue.

Central Seattle (206) 386-4636

1000 Fourth Ave., Level 5

Noon – 3 p.m., every third Thurs.

Seattle Vet Center (206) 658-4225

735 E. Marginal Way S., Room 1102 South Seattle

Mon. – Fri., 8 a.m. – 4:30 p.m.; Flexible hours by appointment

Offers benefit counseling, job service referrals and bereavement counseling. Offers mental health intake assessments for veterans who experienced sexual trauma in the military. Offers short-term trainings on living/coping skills as well as long-term multiple-focus trainings. Will refer to other agencies. Serves veterans and sometimes veterans' families. Call or visit site. If available, bring medical discharge and separation (DD214) papers. No fees.

Website vetcenter.va.gov/Vet_Center_Services.asp

Valley Cities Counseling (253) 833-7444

Veteran resources and mental health counseling, including military related PTSD and military sexual trauma. Veterans do not have to be Valley Cities clients to access Veterans Services. Serves veterans, including Active, Reserves, National Guard and their families.

Website valleycities.org

North Seattle

10521 Meridian Ave. N; Mon. – Fri., 8:30 a.m. – 5 p.m.

South Seattle

8444 Rainier Ave. S; Mon. – Fri., 8:30 a.m. – 5 p.m.

Des Moines

26401 Pacific Hwy S., Suite 201; Mon. – Fri., 8:30 a.m. – 5 p.m.

Veterans Affairs Puget Sound

Inpatient, outpatient and emergency services, including evaluation, assessment and treatment for substance abuse, for veterans enrolled in the VA Puget Sound Health Care System. Apply for VA health care by visiting or calling any VA health care facility or veterans' benefits office. If income guidelines are met, no fees.

Website pugetsound.va.gov/locations/

Primary Care Only: North Seattle (206) 384-4382

12360 Lake City Way NE Suite 200; Mon. – Fri., 8 a.m. – 4:30 p.m.

South Seattle (206) 762-1010

1660 S. Columbian Way; Hospital: 24 hours;

Social work: Mon. – Fri., 8 a.m. – 4:30 p.m.

William Booth Center (206) 287-0100

811 Maynard Ave. S. Central Seattle

Daily: 8 a.m. – 7 p.m.

Structured sober transitional housing for male veterans, 18 and older. Maximum stay of one year. Performs background checks. Entry done through a process established by the VA. Fees are determined on a case-by-case basis.

Website northwest.salvationarmy.org**YWCA of Seattle (206) 436-8617**

2024 Third Ave. Central Seattle

Mon. – Fri., 8:30 a.m. – 5 p.m.

Employment and training services for veterans, regardless of discharge status. Call for more information or visit in person. Documents Required: DD214 or proof of veteran status, valid photo I.D. and Social Security Card. No fees.

Website ywcaworks.org/programs/

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