EMERGENCY AND CRISIS LINES

Child Protective Services ......................... (866) 363-4276
Crisis Clinic 24-Hour Crisis Line ..................... (866) 427-4747
Domestic Violence Hotline ........................ (800) 799-7233
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 Identocard.” 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
King County 2-1-1
Get Connected. Get Answers.
Crisis Connections · United Way

The easiest way to find health & human services

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

search call 2-1-1 email chat
211KingCounty.org

Free & Confidential

In strategic partnership with:

United Way
United Way of King County
La manera más fácil de buscar servicios humanos y de salud

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.
The City of Seattle Human Services Department Supports

- 37 homeless services organizations
- 150 programs that provide homeless prevention, emergency and housing services
- Partnerships with King County, All Home and United Way of King County to create a strong homelessness response system

Connect with us here:
seattle.gov/humanservices
humaninterests.seattle.gov
facebook.com/SeattleHumanServices/
twitter.com/SeattleHSD
Find the Resources that Help

The City of Seattle Human Services Department is a proud sponsor of Real Change’s Emerald City Resource Guide. The guide connects you with programs and services to help while you are looking for stable housing.

We support organizations like Real Change that are led by people with lived experience. They have positive impact for real people experiencing homelessness in our community. You will find many of those organizations within these pages.
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

REALCHANGE
facebook twitter @realchangefirst
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.

HYGIENE SERVICES

Seattle Parks and Recreation Public Showers and Restrooms

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Operating Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Seattle</td>
<td>330 19th Ave. E</td>
<td>Mon. – Fri., 2 - 7 p.m.</td>
</tr>
<tr>
<td>South Seattle</td>
<td>4501 Delridge Way SW</td>
<td>Mon. – Thur., 1 – 7 p.m., Fri., 1 – 6 p.m.</td>
</tr>
<tr>
<td>South Seattle</td>
<td>4600 38th Ave. S</td>
<td>Mon., Wed., Fri., 8 – 10 a.m.; Tue., Thurs., 6:30 – 8:30 p.m.</td>
</tr>
<tr>
<td>North Seattle</td>
<td>7201 E Green Lake Dr. N</td>
<td>Mon. – Fri., 10 a.m.–8 p.m.; Sat., 9 a.m. - 4:30</td>
</tr>
</tbody>
</table>
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 many shelters, day centers, churches, libraries and food banks.
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YWCA IS ON A MISSION
to create change with services
that meet basic needs and
empower advocates like you.

Connect with YWCA to learn more:

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belltown</td>
<td>206.436.8660</td>
</tr>
<tr>
<td>Central District</td>
<td>206.568.7845</td>
</tr>
<tr>
<td>Downtown</td>
<td>206.461.4888</td>
</tr>
<tr>
<td>Rainier Valley</td>
<td>206.209.5677</td>
</tr>
<tr>
<td>Renton</td>
<td>425.264.1400</td>
</tr>
<tr>
<td>White Center</td>
<td>206.336.7000</td>
</tr>
</tbody>
</table>

eliminating racism
empowering women

YWCA
Seattle | King | Snohomish

YWCAWORKS.ORG
**CLOTHING ASSISTANCE**

**Bread of Life Mission** .................................................. (206) 682-3579
97 S. Main St. .................................................. Central Seattle
Women’s Clothing distribution on Tuesday, pick up ticket between 9:30-noon, distribution at 1pm; Men’s Clothing distribution on Fridays, pick up ticket between 9:30-noon, distribution at 1pm.
Website .......................................................... breadoflifemission.org

**Dress for Success** .................................................. (206) 461-4472
1118 Fifth Ave. .................................................. Central Seattle
Mon – Thurs., 10 a.m. – 4 p.m. appointment hours
Professional attire serving women and men. Must have referral from case manager and schedule an appointment.
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.
Boutique Hours Tues 10:00 - 12:30
Offers up to two bags of clothing every 3 months. Serves low-income or homeless women. Call 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.
Client Hours: Mon., Tue., Thurs., 10:00 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. – 2:30 p.m.
Clothing serving anyone. May receive assistance once every 30
days. Visit in person. No fees.
Website ................................................................. stfrancishouseseattle.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

West Seattle Helpline Clothline ............................... (206) 932-4357
4401 42Ave SW .................................................. South Seattle
Tues, Thur, Sat 11:30-1pm
Free all ages clothing bank. No zip code requirements. Clients
can shop once every 3 months for entire household. Preference
is call to make an appointment. Walk-ins allowed if necessary.
Website ................................................................. wshelpline.org

**DAY CENTERS**

Angeline’s Center .................................................. (206) 436-8650
2030 Third Ave. YWCA Opportunity Place ........ Central Seattle
Open daily 8 a.m. – 8 p.m.;
Meals: 8 -9 a.m.; 11:30 a.m. - 1 and 6 p.m.
Operates a day center with meals daily. 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/

Bethlehem Day Center ...............................(425) 679-0350
11920 NE 80th St, Suite #100 .......................Kirkland
Sun. – Sat., 2 – 8 p.m.
Services include: Showers, Laundry, Snacks and Dinner, Kids Corner and Playground, Internet, Case Management. Requirement to access services: one minor child (under the age of 18) as part of the family unit—drop ins welcome.
Website ............................................nbpshelter.org/need-help-now/

Bread of Life Mission .................................(206) 682-3579
97 S. Main St .................................................Central Seattle
Mon.-Fri., 8:30 a.m. – 4:30 p.m.
Day 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 ...................(425) 289-4044
515 116th Ave. NE Suite 150 .......................Bellevue
Day Center: Sun.-Thurs., 8 a.m. – 3 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. – 4:30 p.m.;
Breakfast: 9 a.m.; Lunch: noon.
Day center with optional case management services for anyone
18 and older who identifies as female. Visit in person. 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 center connecting clients to services for anyone identifying
as female, with or without children. Visit in person. No fees.
Website: marysplacesseattle.org/how-we-help/day-center/

Peter's Place Day Center: (206) 474-1630
Program open 9 a.m. - 5 p.m. Mon-Fri.
Hygiene and laundry services available between 9am and noon.
Serves homeless adults, 18 and older only. Provides a space for
community and housing navigation.
Website: compasshousingalliance.org

Seattle's Union Gospel Mission: English: (206) 622-5177
Spanish: (206) 622-5177 x 473
318 Second Ave. Extension South. ... 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. Showers available M-F 2-4pm. Visit in person.
Spanish speaking clients: call during Spanish phone line hours.
No fees.
Pet clinic, second and fourth Sat., 1 p.m.
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.
Provides administrative and financial help for people who have
had their WA State IDs stolen, lost or confiscated. 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/

**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. – 12:00 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: Mon. - Fri., 7:30 a.m. - 5:30 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.

**Dental: Shoreline**                      (206) 533-2600
16549 Aurora Ave. N
Mon. – Sat., 7:30 a.m. – 6 p.m.

**Dental: South Seattle**                  (206) 788-3502
3815 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.

**Website**                                 ichts.com/

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). If uninsured, call for more information.

**North Public Health**                    (206) 205-8580
12359 Lake City Way NE
Mon. – Fri., 8 a.m. – 5 p.m.

**Columbia Public Health**                 (206) 535-2497
4400 37th Ave. S.
Mon. – Fri., 8 a.m. – 5 p.m.

**Downtown Public Health**                 (206) 477-8300
2124 Fourth Ave.
Mon. – Fri., 8 a.m. – 5 p.m.
Website… kingcounty.gov/depts/health/locations/dental.aspx

**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 appointment or visit during drop-in hours (90 min before close). Sliding scale fees. Patients seen regardless of ability to pay. Apple Health (Medicaid), most Medicare Advantage plans and private insurance accepted.

**Meridean** ..................................................... *(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., 7:45 a.m. – 12:45 p.m.

**45th Street** ..................................................... *(206) 548-2964*
1629 N. 45th St.
Mon. – Fri., 7 a.m. – 5:30 p.m.; Closed 11:45 - 12:30 p.m.
Sat., 8 a.m. – 4:30 p.m.; Closed noon -12:30 p.m.

**Central District** ................................................. *(206) 461-7801*
2101 E. Yesler Way second floor
Mon. – Fri., 7:15 a.m. – 6 p.m.

**Rainier Beach** ................................................. *(206) 461-6981*
9245 Rainier Ave. S
Mon. – Fri., 6:45 a.m. – 5:30 p.m.; Closed from 8 - 9:30 am on the first and third Wednesday of the month.
Pacific Tower .......................... (206) 548-5850
1200 12th Ave. S; Suite 401
Mon. – Fri., 7 a.m. – 6 p.m.

High Point .......................... (206) 461-6966
6020 35th Ave. SW
Mon. – Fri., 7 a.m. – 5:30 p.m.; Sat., 9 a.m. – 1 p.m.;
Closed: 11:45 a.m. – 12:30 p.m. daily; Walk-in appointments available Mon. - Fri. 6:45 a.m. - 4 p.m. Sat. 8:45 a.m. - 12:30 p.m.

Georgetown .......................... (206) 461-6943
6200 13th Ave. S
Mon. – Fri., 7:15 a.m. – 6 p.m.

Website .......................... neighborcare.org/clinics/dental

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.

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. – Fri., 8 a.m. – 5 p.m.; Sat., Pediatrics 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.

Website .......................... seamar.org/services-dental.html

Seattle’s Union Gospel Mission .......................... (206) 621-7695
205 Third Ave.
Mon. – Fri., 10 a.m. – 2 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 $20 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.

**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 Rainer Ave. S; Hours vary; Voicemail is available  
Websites .............. seattletreatmentservices.org  
........................ addhealthcounselingservices.org

**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 Second 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, SUDS .......................... (206) 461-3614
After hours crisis line .......................... (206)-461-3222
Substance Use Disorder Services; 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.
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
EMERALD CITY RESOURCE GUIDE

4120 Stone Way N; Mon. – Fri., 8 a.m. – 5 p.m.
Website ............... cpcwa.org/substance-use-disorders.html

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
SODO dispensing hours: Mon. – Sat., 5:30 a.m. – 1 p.m.
South King County dispensing hours: Mon - Sat 6 – 11 a.m.
Outpatient medication assisted treatment for adults with opioid use disorder. Agency provides DBHR-certified service(s). Call for information. 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.

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.

Website .......................................................... ichs.org

Jewish Family Service ............................................. (206) 461-3240
1601 16th Ave. .............................................Central Seattle Office: Mon. – Fri., 9 a.m. – 5 p.m.
Counseling program focused on recovery and healing for people with mental health challenges, physical or social stressors, addiction and past or current trauma. Through individual and/or group therapy, counselors help to address mental health symptoms, build skills around managing emotions and develop pathways toward resilience. Assistance is for members of the Jewish community as well as people in the general community impacted by trauma, poverty and disability.

Website .......................................................... jfsseattle.org/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.
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.
Website ..................................................... kingcounty.gov

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 ..................................................... ccsww.org/get-help/
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

**Praise alujah** ........................................... (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 p.m., 5:15 – 6 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-certified 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.

**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.

**Website** ............................................. seamar.org

**Seattle's Union Gospel Mission**

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

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

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.

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.

Long-term residential rehabilitation program, outpatient treatment and intensive outpatient treatment. Provides DBHR-certified service(s). Serves women 18 and older. Call for screening. No fees.

**Website** ............................................... ugm.org
Seattle Union Gospel Women’s Recovery Program ... (206) 628-2008
3802 S. Othello St .............................. South Seattle
Intake: Mon. – Fri., 8:30 – 9 a.m.
Recovery Program with 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 screen-
ing. Call daily to check and maintain spot on wait-list.
Website .................. ugm.org/what-we-do/welcome-and-embrace/

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 assist-
ed 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.
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).

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.

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. – Fri., 9 a.m. – 6 p.m.; Youth and Family only

Bellevue ............................................................... (425) 747-7892
1412 140th Pl. NE; Mon. – Wed., 7 a.m. - 5:30 p.m., Thurs/Fri 7 a.m. – 4:30 p.m.

Traugott Terrace ...........................................................(206) 267-3023
2317 Third Ave. ...................................................... Central Seattle
Structured clean and sober affordable permanent and transitional housing. Serves single low-income men and women 18 and older who are actively engaged in a recovery program. Transitional housing is for men only. Call or visit website for all eligibility information including wait list openings. Application forms available on-site and online. Fees are 30 percent of income.

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).

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.

Central Seattle
1537 Western Ave. Mon. – Fri., 8:30 a.m. – 5 p.m.;
Assessments: Tue., 8:30 a.m.

Website ............................ valleycities.org/new-clients/

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., 8 a.m. – 4 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.

**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.

**Website** ........................................ dshs.wa.gov/

**FareStart** ........................................ (206) 267-6218
700 Virginia St ..................................... Central Seattle
Orientation: Tue., 9:30 a.m.
Sixteen weeks of culinary arts job training, followed by six months of support services for adults 18 and older. The program provides assistance with housing, transportation, wrap around case management services, job placement and more. No fees.
Goodwill
Support services, work readiness classes and vocational training in retail, customer service and warehouse logistics. Call for more information. No fees.
Central Seattle .......................... (206) 860-5791
700 Dearborn Pl. S; Mon. – Fri., 8:30 a.m. – 5 p.m.
Website .......................... seattlegoodwill.org/job-training-and-education

Millionaire Club Charity .......................... (206) 728-5627
2515 Western Ave .......................... Central Seattle
Orientation: Mon at 8am for work opportunities
Showers, laundry, breakfast daily 6:am - 10:30 for anyone; lunch noon; Computer lab for worksource support.
Places clients into temporary day labor and full time hired jobs.
Offers bus tickets for work assignments. 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.
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.
Website .......................... nhwa.org/index.php

Real Change .......................... (206) 441-3247
96 S. Main St. .......................... Central Seattle
Orientation: Tue., Fri., 10 a.m
Provides an immediate source of income selling Real Change newspapers. Serves homeless or low-income adults 18 or older. No ID required. Must attend 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.
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
Rainier  (206) 721-6000
2531 Rainier Ave. S
Website  worksourceskc.org
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.

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.

Website ............................... ywcaworks.org/economic-advancement

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 -Fri., 10 a.m. – 5 p.m.

Sexual health services, pregnancy services and social service referrals to local community partners for women. STD testing. Call for an appointment. Appointments not required. Documents required: Photo ID. Most services are free.

Website ................................................. 3wmedical.org
Catholic Community Services Pregnancy & Parenting Support (PrePS) .................................................. (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.
South Seattle
St. Edwards Parish, 4250 S. Mead St.;
Mon. – Fri., 9 a.m. – 5 p.m.; voicemail is available
Website ............ ccsww.org/get-help/child-youth-family-services/

Cedar River Clinics ............................................ (800) 572-4223
509 Olive Way, Suite 1454 .................. Central Seattle
Phone intake: Mon. – Fri., 8 a.m. – 5 p.m.; Sat., 8 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., 10 – 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
Website......................... seattle.gov/education/for-parents/

Community Psychiatric Clinic Child/Family Assessment Svc ................. (206) 366-3015
After hours crisis line .............................. (206)-461-3222
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 Community Services ...........(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., Offers WIC

FamilyWorks WIC ................................. (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., 9 a.m. – 3:30 p.m.
Education and wraparound services to families. Offers early learning, programs. Serves children 3 through 5, 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.
Many locations, see website for detailed information.
Website ................................. healthpointchc.org

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.
Many locations, see website for detailed information.
WIC Only: Shoreline .............................. (206) 533-2687
16549 Aurora Ave. N; Clinic: Wed., 9 a.m. – 5:30 p.m.;
first and third Fri., 9 a.m. – 5:30 p.m.
Website ....................................................... ichs.com

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.

**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. – 5:30 p.m.; Fri., 8:30 a.m. – 5:30 p.m.; Offers: WIC and maternity services


**Mary’s Place** ...................................................... (206) 621-8474
24 Hour Intake .................................................. (206) 245-1026
Day center and shelter serving homeless families with children. No fees.

**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.

**Website** .............................................................. [marysplacesseattle.org](http://marysplacesseattle.org)

**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.

**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

**Website** ........................................... [navos.org](http://navos.org)

**Neighborcare 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. Many locations, see website for information.

**Website** ...................... [neighborcare.org/programs/midwifery](http://neighborcare.org/programs/midwifery)

**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.

**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.

**Website** ......................... [northhelpline.org/takes-village/](http://northhelpline.org/takes-village/)

**Northwest Harvest** .......................... **(206) 625-0755**
711 Cherry St. ................................. Central Seattle
Thurs., 9 a.m. – 4 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, no appointment or referral needed. 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.
Many locations, see website for information.
Website: ....................................... seamar.org/
University of Washington Medical Center ........................(206) 598-4070
1959 NE Pacific St., Pacific Tower, Room SW-350 .... North Seattle
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 ........................................ seattleymca.org

FINANCIAL ASSISTANCE

Age Friendly Seattle ........................................ (206) 962-8467
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) Medi-
care. No age restrictions. Call for an appointment. No fees.
Website ........................................ seattle.gov/humanservices/services-and-programs

Attain Housing Financial Assistance .......................... (425) 597-9531
125 State St. S ............................................ Kirkland
Call Mon. - Fri., 9 a.m. – 5 p.m.
Rental assistance for singles and families who are homeless or at
risk. No fees.
Website ........................................ attainhousing.org
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
assistance available once per year. Serves those living in ZIP
code 98107, 98109, 98117, 98119, 98177 or 98199. Visit in per-
som for application. Documents Required for Rent Assistance:
photo ID, rental agreement or lease, eviction notice, proof of
address. Documents 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.
Food Bank: Tues ,11 - 4; Wed,noon - 4, Thur 9 a.m.-1 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

Catholic Community Services Emergency Assistance
South King County ............................. (253) 850-2523
East King County .......................... (425) 213-1963 x2
Eviction prevention, shut-off prevention, and move-in assis-
tance. Motel vouchers are available on a very limited basis for
families with children under the age of 18. Call number listed
for your area to listen to when intake hours are. No fees.
Website ..................................................... ccsww.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 permanent 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, Pet and Food assistance and Comcast TV cable 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 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

**Housing and Essential Needs (HEN)**  .......... (206) 328-5755
Provides rent assistance, utility and transportation assistance, as well as hygiene and cleaning products. Serves adults without minor children who are unable to work due to a physical or mental incapacity. Program services are subject to funding availability and may be discontinued or reduced at any time. Call for more eligibility information and locations. No fees.

**Website** .......................... henkingcounty.org
Hopelink
8990 154th Ave NE .................. Redmond (425) 869-6000
17837 Aurora Ave. N. .............. Shoreline (206) 440-7300
Mon. – Fri., 8:30 a.m. – 5 p.m.
Financial assistance available to address client’s direct stability needs. Serves those at or below 200 percent of the Federal Poverty Level. Serves identified area residents only, call for specifics. Call for appointment and Required Documents. No fees.
Website ..................................... hopelink.org/

Jewish Family Service .............. (206) 461-3240
Housing Hotline ....................... (206) 861-8796
1601 16th Ave. ......................... Central Seattle Housing Hotline: 24 hours
Case management and financial assistance for individuals and families who are moving into housing or are housed and need assistance to stay house. Some utility assistance as well. No fees.
Website ..................................... jfsseattle.org

LIHEAP and PSE HELP
Financial assistance for energy bills. Call or visit website for eligibility requirements and to schedule an appointment. One time per Energy Season. 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. – noon
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., Wed 8 a.m. – 4 p.m. Thurs., Fri., 8 a.m. – 4 p.m.;
Sat 8 a.m. – 1 p.m.
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 a.m. – 3 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. Additional services with clothing bank, food bank, bus tickets and resources. Call for an appointment and more details. Documents required: photo ID. No fees.
Website ............................................................... queenannehelpline.org/

**Salvation Army**
Emergency assistance with rent and utilities. Call or check web-
site for eligibility, application and fee information. No walk ins.
Website..............................................salvationarmynw.org

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.
Serves zip codes: 98103, 98105, 98115, 98125
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
Message center available 24 hours
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. Documents required: ID, verification of address, verification of income, and past due bill. 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., 6 – 8 p.m.
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.
Website: breadoflifemission.org

Byrd Barr Place ................................. (206) 812-4970
722 18th Ave. ................................. Central Seattle
Food Pantry: Tue., 11 a.m. – 4 p.m.; Wed., noon – 4 p.m.; Thurs., 9 a.m. – 1 p.m.; Home Delivery: Call to arrange
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. Call for information about home delivery. Documents required: proof of current address. No fees.
Website: byrdbarrplace.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.
Lunch: Central Seattle
1710 11th Ave.; Tue., Fri., noon – 1 p.m.
Dinner: Central Seattle
500 Broadway E; Wed., Thurs., 5-6 p.m.
Website ...................................................... communitylunch.org

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. Verify addresses served on website. 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 Com-
modities available to residents of ZIP codes 98144 and 98108,
and 98118 only. May visit once per week. Benefits navigator
available on site limited hours each 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.

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: Tues 4:30-6:30; Wed., 11 a.m. – 2 p.m.; Seniors: 11 a.m. – 2 p.m.
Website ........................................ familyworksseattle.org/

First Covenant Church ......................................................... (206) 322-7411
400 E. Pike St. ........................................ Central Seattle
Sat., 9 a.m. – 10 a.m.
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 seated at tables. All welcome. Visit
in person. No fees.
Website .................. firstchurchseattle.org/shared-breakfast/

Highline Area Food Bank .......................... (206) 433-9900
18300 Fourth Ave. S. Manhattan Community Ctr. ....... Burien
Tue., noon. – 2:30 p.m.; Thurs., 10 a.m. – 12:30 p.m.;
Second Tue evening hours: 5:30 – 7 p.m.
Food pantry that clients may visit once per week. Serves resi-
dents of the Highline area. Visit in person or call for information
about service area. Documents required: photo ID, proof of
residence and verification of family size. No fees.
Website .................. highlineareafoodbank.org/need-help/

Hopelink .......................... (206) 440-7300
17837 Aurora Ave. N. ......................... Shoreline
Office Mon - Fri 8:30-5:30 Call for Food Bank hours
Grocery style Food Bank model. Grocery quantity dependent
on household size. Two Food Bank visits per month, Emergency
food bags available two times per week. Serves those at or below
185 percent of the Federal Poverty Level. Serves Lake Forest
Park and Shoreline residents only. Call for appointment. 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., noon.
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
Open Wed.& Fri., 10 a.m. – noon.; Thurs., 2 – 4 p.m.
Operates a food bank and limited home delivery. May visit once per month. Serves those who are homeless or living in zip codes 98101, 98102, 98104, 98112, 98118, 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 Crisis Connections** .......................... 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 Federal 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/

**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 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.

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

**Northwest Harvest**..............................................(206) 625-0755
711 Cherry St. ..................................................Central Seattle
Mon., Wed., Fri., 9 a.m. – 4:30 p.m. Thur 9:00 - 4:00 families with children 5 years old and under
Food bank with groceries and sack lunches. May come once per day. Serves everyone. Visit in person. No fees.
Website........................................northwestharvest.org

**Phinney Neighborhood Association**..............(206) 783-2244
Serves hot meals. Visit in person. No fees.
Website..................................................phinnecycenter.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

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, 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.
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 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.
**Home delivery services serving most of 98118, 98122, 98144, 98178. Call for delivery information. Documents Required:**
photo ID. No fees.
Website ..................................................... rvfb.org

**Salvation Army**
Many locations for food bags. See website for specific details on location, time and requirements.
Food Pantry: Central Seattle ..................... (206) 447-9944
Food Pantry: South Seattle ....................... (206) 767-3150 x 458
**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

**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, 11:30 a.m., 5:30 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](http://ugm.org)

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**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](http://solid-ground.org/get-help)

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**St. Andrew’s Episcopal Church** ................... (206) 523-7476
111 NE 80th St. ................................. North Seattle
Last Sun. each month, 2 p.m.

**Website** ........................................... [saintandrewsseattle.org/jubilee-supper/](http://saintandrewsseattle.org/jubilee-supper/)

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**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](http://stjames-cathedral.org/outreach/kitchen.aspx)

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**St. Luke’s Episcopal Church** ...................... (206) 784-3119
5710 22nd Ave. NW ............................... North Seattle
Sept-May: Mon. – Fri., 7am - 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/](http://stlukesseattle.org/serve/meals-ministry/)

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**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. No fees. 
Website ........................................ thefbsm.org/about/programs/

St. Vincent de Paul of Seattle .......................... (206) 767-6449
5972 Fourth Ave. S. ............................. South Seattle 
Tues, Thur, Sat 11:00 - 2:00 everyone 
Fri 11 a.m. – 12 p.m.; homeless clients only
Food pantry. Commodities available to residents of ZIP codes 98108, 98118, 98134, 98168 and 98188 with valid ID. No restrictions for food and other services. See food bank Intake staff for details on availability. 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: Thur., 5:30 – 6:30 p.m.
Operates a food pantry and hot meal program for residents of Tukwila, SeaTac, Burien and Boulevard Park. 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., 12 -4; Wed., Fri 10 a.m. – 2 p.m.;
Evening second and fourth Wed., 4 – 7 p.m.;
Seniors 60 and older: Thurs., 10a.m. – 2 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., 10 a.m. – 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

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**FOR NATIVE PEOPLES**

**Chief Seattle Club** .......................... (206) 292-2621
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. – 4:30 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 document-
tation of native descent. Free, 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-in-
come 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/
neighborhood-legal-clinics

Northwest Justice Project .......................... 206-464-1519
401 Second Ave. S., Suite 407 ..................... Central Seattle
Mon. – Fri., 9 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: Mon. - Fri., 10 a.m. – 4:30 p.m.;
Breakfast: Mon. – Fri., 9:30– 10 a.m.; Lunch: Mon. – Fri., noon – 1 p.m.; Food bank: Tue., Thurs., 1 – 3 p.m.;
Men’s hostel intake: Mon. - Thurs. 11 a.m. – 4 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 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: Tues., 10 a.m. – 6 p.m.; Mon./Wed./Thurs./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
9236 Renton Ave S. ................................. South Seattle
Intake by Phone: Mon. – Fri., 8 a.m. – 5 p.m.
Residential intensive inpatient chemical dependency treatment
center. Native American clients can self-refer. Provides culturally appropriate treatment through a 45 day intensive program and six month long-term care program for Native clients. 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** ............... (206) 829-2247

Employment Services: North Seattle .............. (206) 829-2246
Daybreak Star Center, 5011 Bernie Whitebear Way
Center: Mon. – Fri., 9 a.m. – 5 p.m.;
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

**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/arabicdirectory/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: Photo ID required. 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* .......................................................... cairwa.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

**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

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

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**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/

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**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

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**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. – 1 p.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 $3 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 clinic, 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 mcrcseattle.org

MAPS: Redmond ............................................ (425) 861-9555
7550 NE 67th Ct.; Mon. – Fri., 9 a.m. – 5 p.m.

MCRC: Redmond ........................................... (888) 404-6272
16225 NE 87th St. Suite A4; 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., 8:30 a.m. – 5 p.m.
Offers employment training. Serves low income Asian and
Pacific Islander residents, 55 and older. Call to apply/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.
Latino Senior Information and Assistance Program: senior hous-
ing, social security, state benefits. Information and advocacy
for social, medical and transportation services. Serves Span-
ish-speaking older adults. No fees.
Website ......seamar.org/static_pages/community_information.php
Website ........................................ (Spanish): seamar.org/es

Seattle Chinatown International District Preservation and Devel-
opment Authority ............................... (206) 624-8929
Bush Asia Center, 409 Maynard Ave. S., Suite P2 Central Seattle
Lunch: Mon. –Fri., 11 a.m. – 12:30 p.m.;
doors open: 10 a.m. - 2 p.m. Office: Mon. - Fri., 9 a.m. - 1 p.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 dona-
tion of $2.50. $5 charge for those under age 60.
Website ..................... scidpda.org/what-we-do/legacyhouse/

Seattle's Union Gospel Mission .................. (206) 622-5177 x 473
318 Second Ave. Ext. S. ...................... Central Seattle
In-person intake: Mon. – Fri., 7 a.m. - 10 a.m.; 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: Mon. - Fri., 9 a.m. - 6 p.m.
Website .................. urbanimpactseattle.org/uirac

Urban League of Metropolitan Seattle ....... (206) 461-3792 x 3025
105 14th Ave. Suite 200 .......................... Central Seattle
Mon. – Fri., 9 a.m. – 5 p.m.
Housing counseling services, employment services and re-entry workshops. Serves African-Americans (non-exclusively). 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 location to find out more information. To apply you will need documentation of
your household monthly income, household Social Security numbers, 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.

**Carolyn Downs Clinic** .................................................. (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

**Country Doctor** .................................................. (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.

**Website** .................................................. countrydoctor.org

**Harborview Medical Respite** ................................. (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 ev-
Hepatitis Education Project .............................................. (206) 732-0311
1621 S. Jackson St., Suite 201................................. Central Seattle
Mon. – Fri., 9 a.m. – 5 p.m.
Offers Hepatitis B & C testing and Hepatitis A & B vaccinations.
Serves everyone. Call for an appointment. No fees. Free Syringe Access & Naloxone Program; Tue/Thur 1pm - 5pm;
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

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.
Multiple locations throughout King County
Website .................................................. kingcounty.gov/healthservices

King County Public Health STD Clinic .................. (206) 744-3590
908 Jefferson St. 11th Floor................................. Central Seattle
Walk In 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. No appointment needed. Call for wait times. Sliding scale fees, but no person will be denied. Medicare, Apple Health (Medicaid) and insurance accepted.

Website .................................................. kingcounty.gov/std
uwmedicine.org/locations/

Lake City Rotary Free Clinic ................. Fax (206) 417-9660
McDermott Place 12736 33rd Ave. NE .......... North Seattle
Sat., 10 a.m. – 1 p.m.
Drop-in clinic offers basic health care for those who have no access to other services. Serves low-income households without health insurance. Visit in person. No fees.

**Neighborcare Health**

Offers primary medical care, social work services and behavioral health services. Serves everyone. Call for appointment. Sliding scale fees. Accepts Medicare, Apple Health (Medicaid) and most health insurance plans.

Multiple locations throughout King County

Website .................................................. neighborcare.org

**Neighborcare Health Ballard Homeless 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. Services free. 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 in-
juries. 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 x230
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.

**North Seattle** ................................................. 2152 N. 122nd St.
Mon 4pm - 8pm Wed., 5 – 9 p.m.; Fri., 9 a.m. – 1 p.m.

**North Seattle** ......................................... 8914 Aurora Ave N., The Aurora Commons
Wed., 11 a.m. – 2 p.m. Walk in only; foot and wound care

**Website** ................................................. pschristianclinic.org/medicalclinic

**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
Third Avenue Primary Care Clinic  .......... (206) 521-1231
2028 Third Ave.  .......... Central Seattle
Mon – Fri., 8:05 a.m. – 4 p.m.; Wed 8:30 - 4:00 pm
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. 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 ap-
pointment. 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.

Out of the Closet: Central Seattle
1016 E. Pike St.; Mon. – Fri., 11 a.m. – 7 p.m.; Sat., noon – 5 p.m. (last client seen 45 minutes before closing

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

Website..........................gaycity.org/wellness/

**Harborview Medical Center Madison Clinic** .......................... (206) 744-5100
**Care coordinator** .......................... (206) 744-5155
325 Ninth Ave., Second 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**

**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.

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/

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 com-
plete 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. – noon;
Appointments: Mon., Wed., Fri., 8:30 a.m. – 5 p.m.
Offers comprehensive health care and prescriptions, case man-
age ment 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 are being managed by
211 and Coordinated Entry for All.

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. Apply through the website then call the individual buildings that match your needs criteria.
Website ............ bellwetherhousing.org/find-an-apartment

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 or look at options on the website. 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 supportive, low-income and affordable 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.
**Renton** .................................................. (425) 679-0350
YWCA, 1010 S. 2nd St. ............................................(425) 264-1400

**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**
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 vouch-
ers, subsidized housing and affordable housing.
Main Office: Tukwila .......................... (206) 574-1100
600 Andover Park W
Section 8 Office: Tukwila .......................... (206) 214-1300
700 Andover Park W
Website ................................ kcha.org/housing/search

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.
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. Must be participating in recovery services
through Matt Talbot Center. Call for more information on eligi-
MERCY HOUSING

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

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

Plymouth Housing ........................ (206) 374-9409
2113 Third Ave. ............................. Central Seattle
For supportive low-income units call 211 for assessment and referral. Limited affordable non-subsidized units. View website for available properties, eligibility requirements and the application. Accepts comprehensive, reusable tenant screening report in lieu of the standard screening fee.

Website ................................ plymouthhousing.org/

SEATTLE HOUSING AUTHORITY

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 below 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. – 2 p.m.
Temporary housing and social workers serving low-income homeless families with at least one child under 18. Call 211 for referral.
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 24 hours
Low barrier transitional housing with case management for homeless men 18 and older. Performs background checks. Referral from a partner organization required. Partners are King County Veterans’ Program, FareStart and Salvation Army off-site shelter.
Website ........................................ northwest.salvationarmy.org

HYGIENE SERVICES

Compass Housing Alliance ................................. (206) 474-1680
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. Closed holidays.
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 genders. 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
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.

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 appointment and call Central Seattle for haircut schedule. No fees. Website ......................................................... urbanreststop.org

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
14501 4th Ave SW;
Coin-Op Laundromat, 15006 Ambaum Blvd. SW; Fri., 10 a.m. – noon; volunteers cover the cost of the laundry cycle.
UGM Mobile shower truck; Wed., 11 a.m. – 2 p.m. Serves everyone. Visit in person. No fees. Website ......................................................... transformoutreach.org
Women’s Wellness Center ........................ (206) 256-0665
1900 Second Ave. ............................. Central Seattle
Mon. – Fri., 7 a.m. – 10:45 a.m.;
Showers, laundry facilities and toiletries. Nurse visits once a
Website ................................................ ccsww.org/get-help/

IMMIGRANT AND REFUGEE SERVICES

Asian Counseling and Referral Service ..................... (206) 695-7600
3639 MLK Jr. Way S. ............................. South Seattle
Mon. - Fri., 8 a.m. - 6 p.m.; service hours may vary
Food Bank ............................................. 206-292-5714
919 S King St. ................................. Central Seattle
Wed., 10:30 a.m. - 1 p.m. and Fri., 11 a.m. - 1 p.m.
Offers multilingual naturalization classes with citizenship exam-
ination prep, behavioral health & wellness services, one-on-one
case-management, social and wellness support for seniors, child
and youth development, employment services with skills train-
ing and job placement services, and recovery assistance. Call or
visit in person. Low-income residents or those receiving public
assistance may be 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., If you are look-
ing for cleaning work, come the 1st Tuesday of the month.
Offers free English classes, day labor dispatching, housecleaning
dispatch, community support and help reclaiming stolen wages.
Serves the Latino immigrant community. Visit in person. Docu-
ments Required: official photo ID. Membership for job dispatch:
$25/year.

**Website** ........................................... casa-latina.org/get-involved/participar-en-los-programas

**Casa Latina** ........................................... (206) 956-0779

**Servicios de empleo** .............................. (206) 686-2554

**Clases de inglés** .................................... (206) 686-2618

317 17th Ave. S. ........................................ Central Seattle

Orientación: primer y tercer martes del mes, a partir de las 7 a.m. hasta las 4 p.m., si buscas trabajo de limpieza, ven el primer martes del mes

Ofrece clases de inglés, despacho de trabajos para jornaleros, despacho de trabajos de limpieza, apoyo comunitario, ayudar de reclamar salario robado. Sirve la comunidad inmigrante latino. Visita en persona. Documentos requeridos: identificación oficial con foto (de su país de origen está bien) Membresía para despachos de trabajo: $25/año

**Catholic Immigration Legal Services** .......... (206) 328-5714

....................................................... (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/refugee-immigration-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 health resources, naturalization, ESL instruction, public benefits and health insur-
ance. 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 – 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 ........................................... eastafricanacs.org

El Centro de la Raza ................................. (206) 957-4634
2524 16th Ave. S. ................................. South Seattle
Office: Mon. – Thurs., 8:30 a.m. – 5:30 p.m., Fri. 8:30 a.m. - 5 p.m.; ESL classes: Tue., Thurs., 5 – 7:30 p.m.
Food bank: Weds. 3:30-6:30 p.m., Thurs. 9 a.m. - noon, 1:30 - 4 p.m., Fri. 4 p.m.
Photo ID required. Offers bilingual legal clinics, ESL classes, life skills & job readiness education, child & youth programs, crisis advocacy and homeless prevention. Focuses on the Latino community. No fees.
Website ........................................... elcentrodelaraza.org/

Filipino Community of Seattle ....................... (206) 722-9372
5740 MLK Jr. Way S. ............................ South Seattle
Mon. – Fri., 10 a.m. – 4 p.m.
Filipino Lunch Program: Mon., Tues., Thurs. 10 a.m. - 1 p.m., Lunch Program: Weds. Fri. 10 a.m. - 12 p.m.
Programs for survivors, daily lunch programs and senior health and nutrition programs. 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
Mon. - Thurs. 1 - 9 p.m., Fri. 1 - 6 p.m.
Offers Citizenship Classes, ESL classes. Computer and iPad
training classes and information and referrals. Serves the Viet-
namese community. Call to confirm hours. Register in person.
No fees.
Website .......................... helpinglink.org/services/

Horn of Africa Services .......................... (206) 760-0550
5303 Rainier Ave. S., Suite D ........................ 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 as-
sistance, 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. by appointment only
Helps immigrants with routine immigration matters, such as
applying for green cards, employment authorization and citi-
zenship. 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. ................................. Burien
Mon. – Thurs. 10 a.m. – 6 p.m.
Alcohol & drug information school, DUI alcohol and drug assessments, outpatient substance use disorder treatment services, intensive outpatient treatment, Level 1 and 2 Anger Management classes, Domestic violence assessment and treatment, MRT treatment and Parenting Classes. Agency provides DBHR-certified service(s). Programs are bilingual and focus on Latino and immigrant communities. Call for more information or to schedule appointment. Accepts private insurance and private pay. Sliding scale fees.

Website .......................... laesperanzahcs.org/programs__services

Muslim Housing Services .......................... (206) 723-1712
6727 Rainier Ave. S...........................South Seattle
Mon., Tues., Thurs., 10 a.m. – 6 p.m., Weds. 10 a.m. - 5 p.m., Fri. 10 a.m. - 1:15 p.m.; 2:30 - 6 p.m.
Case management, homelessness prevention, transitional housing and rental assistance. Also offer, food distribution, ESL for Arabic-speaking clients, furniture and household donations, school supplies, diaper distribution and youth soccer program. Serves refugees and second migration immigrants from East Africa 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. Provides bilingual case-management, free HIV education, as well as counseling, testing and referrals, early childhood education programs and general employment and adult education services. Serves low-income community members, public housing residents, immigrants and refugees. Call for information. No fees.

South Seattle .......................... (206) 461-4568
EMERALD CITY RESOURCE GUIDE

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.
**South Seattle** ................................................................. (206) 760-9330
7058 32nd Ave. S, Suite 201; Mon. – Fri., 9 a.m. – 5 p.m.
**South Seattle** ................................................................. (206) 461-4554
9800 Eighth Ave. SW; Mon. – Fri., 9 a.m. – 5 p.m.
**Central Seattle** ............................................................... (206) 461-4522
820 Yesler Way; Mon. – Fri., 9 a.m. – 5 p.m.
**Website** ................................................................. nhwa.org/lookinside/

**Northwest Immigrant Rights Project** ........................................ (206) 587-4009
615 Second Ave., Suite 400. ......................... Downtown Seattle
Mon. – Fri., 9:30 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 to schedule an appointment. NWIRP cannot
assist clients who are already represented by an attorney. 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., 8:30 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, 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) 386-4636
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 learn-
ers, 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. – 5 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 as-
sist with the immigration process. Primarily serves refugees and
immigrants. Call or visit in person. Most services by appoint-
ment 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 inter-
vention. Agency provides DBHR-certified service(s). Serves Afri-
can and Asian immigrant and refugee individuals and families in
King County. Call for appointment. No fees for most services.

Website ........................................ seyfs.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, medi-
cal services, housing, legal and education. Offers mental health
counseling for children, teens and families. Primarily serves
Cambodian, Latino, Somali and Iraqi or Arab-speaking immi-
grants 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. by appointment only
Immigration assistance with green cards, naturalization, and
citizenship classes. Provides individual and family counseling,
case management and advocacy. Social services include domes-
tic violence screenings, assessments and intervention, parenting education, assistance accessing state and federal benefits and assistance with Native Countries documents. Seniors have access to a daily lunch program, nutrition education, enhanced fitness and counseling services. Serves Eastern European refugee and immigrant communities. Some services are offered free of charge to low-income families.

Website .......................................................... uccwa.us

**LEGAL SERVICES**

**Catholic Community Services Tenant Law Ctr** ................................ (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. Does not accept walk-ins.

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

**King County 2-1-1 Crisis Connections** ........................................ 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 ........................................................ crisisconnections.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 restric-
tions. 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
Walk-in clinic: Wed.; 11:15 a.m. – 1:30 p.m.
Debt collection help: Tues 1 p.m. – 3 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.
Representation, advocacy and assistance applying for, receiving, or appealing decisions on Social Security benefits, serving low-income and homeless individuals with disabilities. Help with Social Security overpayments and terminations. Call for screening, appointment and fee information.

**Website** .................................................................seattlecommlaw.org/projects/

**Seattle Office for Civil Rights** ............................... (206) 684-4500
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** ................................. DSHS Benefits Help: 206 694-6742
Tenant Info Hotline: ............................... (206) 694-6767
1501 N. 45th St. .................................................. North Seattle
DSHS/state benefits assistance: 24 hours line; 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.
12736 33rd Ave. NE Suite 100 ......................... North Seattle
Drop-in clinic: Thurs., 4:30 p.m.– 6:30 p.m.
5425 Rainier Ave. S. Suite B ........................ South Seattle
Drop-in clinic: Thurs., 1:30 p.m. – 4:00 p.m.
Phone hotline and drop-in service 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

Unemployment Law Project ................................. (206) 441-9178
1904 Third Ave Suite 604 ......................... Central Seattle
Mon. – Fri., 9 a.m. – 5 p.m.
Legal counseling and representation at administrative hearings
for persons denied unemployment benefits. Telephone informa-
tion 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
Phone 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, abortion and birth control. Offers trans-
gender services such as hormone therapy, surgical referrals for
gender reassignment, breast and cosmetic surgeries, post-surgi-
cal follow up and ID documentation. Serves clients identifying
as LGBTQ. Call for more information or to make an appoint-
ment. 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

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 another person. No fees.
Website .................................. nwnetwork.org

Q-Law LGBTQ Legal Clinic
1216 Pine St., Suite 300
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. See the website for details. No fees.
Website .................................. kcba.org/For-the-Public/Free-Legal-Assistance/

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 .................................. sasgcc.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. Docu-
ments 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. – 3:30 p.m.
Permanent mailing address and storage space serving everyone.
Visit in person. Documents Required: photo ID.
Mail Service: no fees.
Website............................................................. breadoflifemission.org

Compass Housing Alliance................................. (206) 474-1600 x1
77 S. Washington St., Client Services Office........ Central Seattle
Mon. – Fri., 9 a.m. – 4 p.m.
To receive mail use the address above. To pick up mail must
have photo ID. Visit in person. No fees.
Website............................................................. compasshousingalliance.org
St. Vincent de Paul Seattle/King County. (206) 767-9975 x 1127
5972 Fourth Ave. S. South Seattle
Drop-in: Tue., Thurs. Fri, Sat, 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 one month. 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., 9 a.m. – 5 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) 461-3614
After hours crisis line. (206)-461-3222
11000 Lake City Way NE North Seattle
Mon. – Fri., 8:30 a.m. – 5 p.m.
Specialized structured housing programs, outpatient mental
health and intensive outpatient substance use disorder treat-
ment. Housing programs serve homeless individuals with men-
tal 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.
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, medi-
cation monitoring, limited therapy and protective payeeships,
serving King County adult residents who have a mental illness
and are 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.
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.
Website ............................................ desc.org

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/](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 private pay. Sliding scale fees. Call for information.

**Website**.............................. [seattle.ikron.org/](seattle.ikron.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](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/](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).

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.
Website ............................................................ seamar.org

Therapeutic Health Services
Mental health services, case management, group counseling to serve 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.

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.
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. - Youth and Family only
Bellevue ............................................................... (425) 747-7892
1412 140th Pl NE; Mon - Wed, 7 a.m – 5:30 p.m,
Thurs/Fri 7a.m. – 4:30 p.m.
Website ............................................................... ths-wa.org
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. Those on Medicare must also be receiving Apple Health (Medicaid).

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.

Central Seattle
1537 Western Ave. Mon. – Fri., 8:30 a.m. – 5 p.m.; Assessments: Tue., 8:30 a.m.

Website ............................................................. valleycities.org

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. 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., 8 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](http://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](http://sound.health)

**YWCA of Seattle** .................................................... **(206) 461-4888**
1118 Fifth Ave. .................................................. Central Seattle
Mon. – Fri., 9 a.m. – 4 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-come 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](http://ywcaworks.org)

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**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 information and times for other available programs and services.

Wide range of services including lunch, Meals on Wheels, blood pressure checks, Tai Chi, enhanced fitness, yoga, watercolor and transportation. Provides health insurance assistance. Social workers are available by appointment. Serves adults 50 and older special lunch on Thursdays for adults who speak Spanish. Local senior shuttle provides transportation for errands and for the senior center, must 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., Fri. 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 $4 for seniors 60 and older and $6 for anyone under 60.
Website: hungerintervention.org/programs/

Lazarus Center .......................... (206) 623-7219
2329 Rainier Avenue South .................... Central Seattle
Open: 7 a.m. – 6:30 p.m. daily; breakfast, 8 – 8:45 a.m.; lunch: 12:30 – 2:20 p.m.; dinner for overnight shelter guests
Provides a warm, safe community atmosphere for homeless and marginally housed men and women age 50 and older. The center offers clothing, restrooms, shower facilities, laundry facilities, activities, drug and alcohol counseling, housing case management and counseling from VA outreach workers. Visit in person. Documents Required: Valid state ID. No fees.
Website: ccsww.org/get-help/shelter-homeless-services/lazarus-center
Neighborhood Legal Clinics ........................ (206) 267-7070
Central District .................................. 113 23rd Ave S
Capitol Hill ....................................... 500 19th Ave E
Downtown Seattle ....................... 516 3rd Ave, Room W621
Phinney Ridge (Greenwood) ............ 7500 Greenwood Ave N
Lake City ........................................ 12525 28th Ave NE
Rainer Valley ................................. 3815 S Othello St, Suite 105
Southwest Seattle ......................... 2801 SW Thistle St
West Seattle ................................. 4217 SW Oregon St;
Tues. 7 - 9 p.m. (closed third Tuesday)

Call for times and to schedule an appointment. Appointments are only scheduled 7 days in advance. Provide legal consultation, free limited legal advice and referrals for a wide range of civil legal issues including, but not limited to, living wills/advance directives, powers-of-attorney, wills, estate planning, Apple Health (Medicaid), etc. Accommodations for disability and interpreters are provided free of cost. Serves King County residents or those who have a case filed in King County.

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

Pike Market Senior Center ...................... (206) 728-2773
85 Pike St. ........................................ Central Seattle
Open Mon. - Fri. 8 a.m. - 4 p.m. and Sat. - Sun. 8 a.m. - 1 p.m.;
Meals served Mon. – Fri., 8:20 a.m. and 12 p.m.; Sun., Sat., 8:20 a.m. and 11:30 a.m.
Breakfasts and hot lunches served daily. Social worker referrals available Monday - Friday. Serves adults 55 and older. Call or visit in person. Documents Required: Photo ID. No fees.
Website ......................................... pikemarketseniorcenter.org

Senior Housing Assistance Group (SHAG) ........ (844) 592-7424
Mon. - Fri. 8 a.m. – 4:30 p.m.
28+ apartment communities with in-home care serving income
qualified seniors. Age and income restrictions vary by community. Visit website, call or stop by for more information, eligibility requirements, application and fees. Website .housing4seniors.com/communities

South Park Senior Center .......................... (206) 767-2544
8201 10th Ave. S. Suite #4 .................. South Seattle
Dinner: Mon., Wed., Fri., 5:30 - 6:30 p.m.; Lunch: Tue.,
11:30 a.m. - 12:30 p.m.
Serves adults 50 and older. $3 donation requested.
See their programing on the website including, Yoga Classes, Line Dancing, Karaoke, Fitness Classes, Ceramics Classes, Book Club, and Game Nights. Also check out their calendar for ongoing clinics and informational sessions for dental care, senior nutrition, flu shots and much more.
Website ........................................ spseniors.org

St. Martin de Porres ................................. (206) 323-6341
Intake/Screening: 2329 Rainier Avenue South ... Central Seattle
Shelter: 1561 Alaskan Way S. .................. Central Seattle
Screening and intake begin nightly at 6 p.m., with the last shuttle departing to the shelter at 7:00pm. Shelter services are provided nightly from 6:30 p.m.- 7:30 a.m. with transportation provided back to the Lazarus Center in the morning. The shelter is open 365 days a year and provides 24-hour care for the ill or injured.
Provides a safe and dignified night shelter for homeless men age 50 and older. Offers hot meals, clothing, restroom and shower facilities, laundry room, chapel, housing case management, drug and alcohol counseling and AA Meetings. Not wheelchair accessible. Documents Required: photo ID. No fees.
Website ........ ccsww.org/get-help/shelter-homeless-services/st-martin-de-porres-shelter/
**SHELTERS**

**Blaine Center Shelter** .......................... (206) 474-1660  
Referral: 77 S. Washington St., Mon.–Fri. 9 a.m.–4 p.m.  
24-hour shelter that provides dinner, breakfast, showers, laundry, limited storage, housing navigation and referral services. Serves single men 18 years and older. Visit Compass Client Services office in person for referral; self referral space is very limited. $21/weekly charge  
Website ........................................ compasshousingalliance.org

**Bread of Life Mission** .......................... (206) 682-3579  
97 S. Main St. ................................. Central Seattle  
Overnight bed sign-up: daily: 5:30 – 6:15 p.m., 8 – 8:15 p.m.  
Office: 8:30 a.m. - 4:30 p.m.  
Shelter with meals and no maximum length of stay for homeless men, 18 and older. Accepts offenders and sex offenders. 1 bus pass per week free of charge. Documents Required: valid photo ID. $5 per night.  
Website ........................................ breadoflifemission.org

**Catholic Community Services Women’s Referral Ctr** .......................... (206) 441-3210  
2030 Third Ave. .......................... Central Seattle  
Screening and referral (in-person only): nightly: 6 – 9 p.m.  
Nightly 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/

**Congregations for the Homeless** .......................... 425-289-4044  
515 116th Ave. NE Suite 174 (Bellevue)  
Overnight services will be from 7:30 p.m. to 7:30 a.m.  
Men are allowed on site beginning at 7 p.m.  
Winter shelter (starting in November). Provides meals.
Serves men 18 and older. No fees.

**Website** .................................. [cfhomeless.org/winter-shelter/](http://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: 24/7

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](http://desc.org)

**Eastside Shelter for Families** ................................. (206) 441-3210

Emergency shelter for single women and families, including families with male heads of household. Operates year round. Rotates between churches on the Eastside. Call for current location. Meals provided. No fees.

**Website** .................................................. [ccswww.org](http://ccswww.org)

**Hospitality House** ............................................. (206) 242-1860

1419 SW 150th St. ........................................ Burien

Phone 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 Family Emergency Community Shelter Intake Line**

(206) 245-1026
24 hours Intake for emergency night shelter for pregnant women and families with a minor child living outside or in a car.

**King County Homeless Shelter Program**

(206) 263-9089
420 and 500 Fourth Ave. . . . . . . . . . . . . . . . . . . . Central Seattle
Intake: Call 211 for referral
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 . . . . . . . resource talk.crisisclinic.org

**Operation Nightwatch**

(206) 329-2099
302 14th Ave. S . . . . . . . . . . . . . . . . . . . . . . . . Central Seattle
In-person intake: 7 p.m. – 12 a.m. nightly; DESC Tickets 7:30am
Mon. – Fri.; Bread of Life Tickets 4:30 p.m. daily
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.
**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
Website . seattlenightwatch.org/get-help/nightwatch-shelter/

Salvation Army .................................. (206) 447-9944
1101 Pike St. ..................................... Central Seattle
Call 211 for referral
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

SHARE/WHEEL ................................ Apply in person
1902 Second Ave. ................................ Central Seattle
In-person screening: Mon., Thurs., 1 p.m.;
Tue., Wed., Fri., Sat., 6 p.m.
Shelter serving homeless men and women, 18 and older. Service animals allowed, no pets. No fees.
Website ............................................. sharewheel.org/need-shelter

St. Martin de Porres Shelter . . . . (206) 323-6341
Intake: 2329 Rainier Ave 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/

Sophia Way ........................................ (425) 463-6285
3032 Bellevue Way NE St. Luke’s Lutheran Church ... Bellevue
Intake for 6 month shelter: Mon. – Fri., 9 a.m. – 5 p.m.
Call for information regarding rotating shelter.
6 month shelter, daily rotating shelter and day center. 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/

YWCA Angeline’s Center .................. (206) 436-8650
Enhanced Shelter ......................... (206) 436-8656
2030 Third Ave. YWCA Opportunity Place ...... Central Seattle
Daily: 8 a.m. – 8 p.m.;
Intake for Enhanced Shelter is daily, Mon. – Fri. before 3 pm.
Serves homeless adult women. Serves anyone who identifies as female. Service animals accepted. Attend 20-minute orientation and apply; performs background checks. 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

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**Bread of Life Mission**

(206) 682-3579

97 S. Main St. Central Seattle

Mon. – Fri., 8:30 a.m. – 4:30 p.m.

Storage space serving everyone. Visit in person. $20 & $35 depending on size per month, with a refundable $15 deposit for the key.

**Website**

breadoflifemission.org

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**SURVIVOR SUPPORT SERVICES**

**ADD Health Counseling Services**

(206) 525-0094

& Seattle Treatment Services

5237 Rainer 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

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**DAWN**

(425) 656-7867

221 W. Gowe 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, mental health support, support groups and children’s advocacy. Serves adults, with or without children, who are survivors of domestic violence. Call for more informa-
tion 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.
**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.
**Website** ....................................................... uwmedicine.org/locations/

**Jewish Family Service** .......................................... (206) 861-3159
**Project DVORA**
1601 16th Ave. ............................................... Central Seattle
Office: Mon. – Fri., 9 a.m. – 5 p.m.; program hours vary
Community-based advocacy program to support survivors of domestic violence. Services include one-on-one sessions focused on building safety planning, autonomy and self-determina-
tion; assistance and education in navigating legal, housing and mental health systems; client-centered flexible financial assistance to help remove barriers to safety and resilience-building support groups.

**Website** ......................... [jfsseattle.org/services/project-dvora/](http://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, counseling, 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](http://lifewire.org)

**KC Bar Association DV Family Law Clinic** ................................. (206) 783-2848
Confidential Location
Phone Screening: Wed., 1 – 3 p.m.; clinic: Wed evenings
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/](http://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-identifying only, while others serve everyone. Call helpline for information and intake. No fees.

**Website** ................................. [newbegin.org](http://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, employ-
ment 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/survivor-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 Fed-
eral 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
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.
Confidential domestic violence services focused on DV edu-
cation, safety planning, and referrals. Serves adults, with or without children, within King County who are fleeing a DV situation. Language interpretation available. Limited basic needs and financial assistance. For financial assistance, Income eligibility and other criteria apply. Please call and ask to speak with the DV Advocate on duty for a brief eligibility screening. No fees.

**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** ........................................ shepherdsttherapy.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**
Call between 8 a.m. – 5 p.m. to schedule medical transportation
Non-emergency medical transportation in King & Snohomish County for services covered by Medicaid. Rides offered 24 hours/day. 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.
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 Transportation Services
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/
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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 ... ccsww.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
After hours crisis line ........................................ (206)-461-3222
11000 Lake City Way NE ................................. North Seattle
Mon. – Fri., 8:30 – 5 p.m. No walk in hours for SSVF
SSVF (spell that out) Rapid-rehousing to exit homelessness,
move-in assistance and case management. Serves single adult
veterans and veteran families with a discharge other than
dishonorable who are experiencing homelessness. Call for a
screening. No fees.
Website .............................................................. cpcwa.org/veterans
Website .............................................................. www.ssvfcpc.org

Disabled American Veterans Network office .......... (206) 764-2564
Mon. – Fri., 7 a.m. – 1 p.m.; closed on Federal Holidays
Transportation to medical services at the Veterans Administra-
tion 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. Located at the VA Medical Center
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,
filling claims, appealing a VA decision, PTSD and crisis man-
agement, military sexual trauma and employment assistance.
Services 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. - 4:30 p.m.;
Walk In’s Mon/Wed/Thur 8:30 - 11:30; Tues 1:00 - 3:00pm
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, current service members, National Guard members, Reserve Members and dependents of these military personnel may be eligible for services. Clients are subject to program requirements, length of service standards and income guidelines. 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

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 Vet Center .................. (206) 658-4225
735 E. Marginal Way S., Room 1102 .................. South Seattle
Mon. – Fri., 7 a.m. – 6:30 p.m.; Sat. 9 a.m. - 5 p.m.
Flexible hours by appointment
Offers benefit counseling, job service referrals and bereavement counseling. Offers mental health intake assessments for veterans who experienced PTSD, and/or 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.

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.

Central Seattle
1537 Western Ave. Mon. – Fri., 8:30 a.m. – 5 p.m.; Assessments: Tue., 8:30 a.m.
Website ......................................... valleycities.org

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.

Primary Care Only: Lake City ...................(206) 384-4382
12360 Lake City Way NE Suite 200;  
Mon. – Fri., 8 a.m. – 4:30 p.m.

**South Seattle Hospital** ................................. (206) 762-1010  
1660 S. Columbian Way  
Social work: Mon. – Fri., 8 a.m. – 4:30 p.m.  
Website ................................. pugetsound.va.gov/locations/

**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 varies by program. 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/
Sponsorship for the Real Change Emerald City Resource Guide provided by:

To become a sponsor, call Real Change at 206.441.3247 x 201