THE EMERALD CITY RESOURCE GUIDE

THIRD EDITION
Information valid as of July 2019

This guide is free and not meant for resale.
EMERGENCY AND CRISIS LINES
24/7 HELPLINES

Arab American Community Coalition ........... (206) 634-9001
Child Protective Services ...................... (866) 363-4276
Crisis Connections 24-Hour Crisis Line ........ (866) 427-4747
Domestic Violence Hotline ..................... (800) 799-7233
King County Sexual Assault Resource Center (888) 998-6423
National Problem Gambling Helpline .......... (800) 522-4700
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
Washington Poison Center Information Line (800) 222-1222
Washington Recovery Helpline ................. (866) 789-1511

IDENTIFICATION SERVICES

The Department of Social and Health Services locations, listed below, can support you in obtaining an identification card. For more assistance around green card or immigration identification, please see the section of Immigrant and Refugee Services.

Department of Social and Health Services ........ (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.
Central Seattle, 2106 Second Ave. .......... 98101
Central District, 1700 E Cherry St. .......... 98122
North Seattle College, 9600 College Way N. .. 98103
South Seattle, 3600 S Graham St. .......... 98118
eliminating racism
empowering women
ywca
Seattle | King | Snohomish

In 1894, our founding sisters created a new kind of organization to support local women in need.

For 125 years, our YWCA has proudly served strong, brilliant women who are determined to succeed no matter what stands in their way.

ALL IN FOR WASHINGTON WOMEN

YWCAWORKS.ORG/YW125
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

facebook twitter @realchangenews
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. Services listed are updated as of the date published on the cover.

This booklet serves people who may not otherwise have access to a computer, phone, 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. To learn more about supporting agencies, or to join as a sponsor, please see the back cover.

A special thank you to the volunteers who helped make this resource possible: Erin Eckerman, Anne Jaworski, Anne Ward-Ryan, Tori Nakamatsu-Figaroa, Cedric Ith, Daniel Kramer, Chris Burnside, Pamela Bradburn, and Haley Estrada.

To support Real Change as a volunteer, please contact volunteer@realchangenews.org or 206-441-3247 x 212.

PUBLIC SHOWERS AND RESTROOMS

Seattle Parks and Recreation public showers and restrooms

<table>
<thead>
<tr>
<th>Central Seattle</th>
<th>South Seattle</th>
<th>Green Lake</th>
<th>Rainier</th>
</tr>
</thead>
<tbody>
<tr>
<td>330 19th Ave. E; Mon. - Fri, 2 – 7 p.m.</td>
<td>4501 Delridge Way SW; Mon. - Thur., 1 – 7 p.m.; Fri., 1 – 6 p.m.</td>
<td>7201 E Green Lake Dr. N; Mon. – Fri., 10 a.m.– 8 p.m.; Sat., 9 a.m. – 4:30 p.m.</td>
<td>4600 38th Ave. S; Mon., Wed., Fri., 8 – 10 a.m.; Tue., Thurs., 6:30 – 8:30 a.m.</td>
</tr>
</tbody>
</table>
ENCAMPMENTS

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

**Camp Second Chance** ........................................ (206) 578-6551
9701 Myers Way S Seattle 98108

**Camp United We Stand** ........................................ (425) 616-8853
Shoreline Free Methodist Church, 510 NE 175th St., Shoreline, WA 98155

**Nickelsville Georgetown Tiny House Village** ..............(206) 399-0733
1000 S Myrtle St., Seattle 98108

**Nickelsville Northlake** ........................................ (206) 390-9292
3814 Fourth Ave. NE, Seattle 98105

**Nickelsville Othello Village** ................................. (425) 615-0800
7544 MLK Jr. Way S, Seattle 98118

**Nickelsville Tiny House Village at 22nd and Union** (206) 601-0999
1419 22nd Ave., Seattle 98122

**SHARE/WHEEL, Tent City 3** .............................. (206) 399-0412
University Congregational United Church of Christ, 4515 16th Ave. NE, Seattle 98105. Address valid through August 2019, call for next location.

**SHARE/WHEEL, Tent City 4** .............................. (206) 618-3901
High Point, exit 20 on I-90 East Bound, Issaquah, WA 98027
**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, see Identification Services in this Resource Guide.

■ If you have specific identities, such as a person of color, Native person, immigrant or refugee, LGBTQIA+, and/or survivor, be sure to consult those categories for a variety of culturally-specific services to meet your needs.

■ Those ages 50 or older should consult 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. Some services for families with children under the age of 18 appear in the section “Family and Parental Services.”

■ 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.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMERGENCY AND CRISIS LINES</td>
<td>2</td>
</tr>
<tr>
<td>24/7 HELPLINES</td>
<td>2</td>
</tr>
<tr>
<td>IDENTIFICATION SERVICES</td>
<td>2</td>
</tr>
<tr>
<td>ACKNOWLEDGMENTS</td>
<td>5</td>
</tr>
<tr>
<td>PUBLIC SHOWERS AND RESTROOMS</td>
<td>5</td>
</tr>
<tr>
<td>ENCAMPMENTS</td>
<td>6</td>
</tr>
<tr>
<td>TIPS FOR USING THIS GUIDE</td>
<td>6</td>
</tr>
<tr>
<td>CLOTHING ASSISTANCE</td>
<td>10</td>
</tr>
<tr>
<td>DAY CENTERS</td>
<td>12</td>
</tr>
<tr>
<td>DENTAL AND VISION SERVICES</td>
<td>15</td>
</tr>
<tr>
<td>EMPLOYMENT AND TRAINING SERVICES</td>
<td>19</td>
</tr>
<tr>
<td>FAMILY AND PARENTAL SERVICES</td>
<td>25</td>
</tr>
<tr>
<td>FOOD ASSISTANCE</td>
<td>32</td>
</tr>
<tr>
<td>FOR NATIVE AND INDIGENOUS PEOPLES</td>
<td>45</td>
</tr>
<tr>
<td>FOR PEOPLE OF COLOR</td>
<td>49</td>
</tr>
<tr>
<td>HIV/AIDS SERVICES</td>
<td>80</td>
</tr>
<tr>
<td>HOUSING SERVICES</td>
<td>84</td>
</tr>
<tr>
<td>HYGIENE SERVICES</td>
<td>92</td>
</tr>
<tr>
<td>IMMIGRANT AND REFUGEE SERVICES</td>
<td>96</td>
</tr>
<tr>
<td>LEGAL SERVICES</td>
<td>104</td>
</tr>
<tr>
<td>LGBTQIA+ SERVICES</td>
<td>109</td>
</tr>
<tr>
<td>MAIL SERVICES</td>
<td>112</td>
</tr>
<tr>
<td>PROBLEM GAMBLING SERVICES</td>
<td>113</td>
</tr>
<tr>
<td>RE-ENTRY ASSISTANCE</td>
<td>114</td>
</tr>
<tr>
<td>SENIOR SERVICES</td>
<td>116</td>
</tr>
<tr>
<td>SHELTERS</td>
<td>121</td>
</tr>
<tr>
<td>STORAGE SERVICES</td>
<td>129</td>
</tr>
<tr>
<td>SURVIVOR SUPPORT SERVICES</td>
<td>130</td>
</tr>
<tr>
<td>TRANSPORTATION ASSISTANCE</td>
<td>136</td>
</tr>
<tr>
<td>VETERAN SERVICES</td>
<td>139</td>
</tr>
<tr>
<td>NOTES</td>
<td>145</td>
</tr>
</tbody>
</table>
Leaders Wanted

➢ Do you have experience with poverty and homelessness?
➢ Do you believe your voice matters?
➢ Would you like to join a community of homeless and low-income activists?

Real Change is having an impact on the issues that matter to you.

GET INVOLVED

Contact: organizer@realchangenews.org
CLOTHING ASSISTANCE

Bread of Life Mission .............................. (206) 682-3579
97 S Main St., Seattle .............................. 98104
Clothing assistance: Tue., 1 p.m. for women (pick up ticket between 9:30 a.m. – noon), Fri., 1 p.m. for men (pick up ticket between 9:30 a.m. – noon)
*Services may be limited due to religious affiliation.
Website ............................................. breadoflifemission.org

Chief Seattle Club ............................... (206) 292-6214
410 Second Ave. Extension S, Seattle ............ 98104
Drop-in services: daily, 7 a.m. – 2 p.m.; hygiene services daily, 7 a.m. – 10 a.m.
Drop-in center with clothing. Must apply for membership and provide proof of tribal affiliation. Members visit in person. No fees.
Website ............................................ chiefseattleclub.org

Church By the Side of the Road ...................... (206) 243-5024
3455 S 148th St., Tukwila, WA ................... 98168
Clothing pantry: Tue., 1 – 1:30 p.m. Visit in person. No fees.
Website ............................................. cbsr.org

Dress for Success .................................. (206) 461-4472
1118 Fifth Ave., Seattle ............................ 98101
Mon. – Thurs., 10 a.m. – 4 p.m.
Professional attire serving women. 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, Seattle ............................ 98122
Clothing Boutique Hours: Tue., 10 a.m. – 12:30 p.m.
Offers low-income and homeless, female-identifying adults the opportunity to fill up two bags of clothing from the Boutique every 3 months with no ID required. Call to make an appointment. No fees.
Website....................................................... jwcenter.org

MAPS .......................................................... (425) 861-9555
17550 NE 67th Ct., Redmond .......................... 98052
Mon. – Fri., 9 a.m. – 5 p.m.
Offers clothing closet. Serves Muslims of Puget Sound. Call or visit website for more information.
Website....................................................... mapsredmond.org

St. Francis House ............................................. 206) 621-0945
169 12th Ave. .............................................. 98122
Mon. – Fri., 10 a.m. – 2 p.m.
Free clothing, household items and furniture for men, women and children. May receive assistance once every 30 days. Visit in person.
Website....................................................... stfrancishouseseattle.org

Transform Burien, Laundromat .......................... (206) 839-6620
15006 Ambaum Blvd. SW, Burien, WA ............... 98166
Fri., 9:30 a.m. – 11 a.m.
Volunteers cover the cost of the laundry cycle for two loads.
Website....................................................... transformoutreach.org

West Seattle Helpline Clothline ....................... (206) 932-4357
4401 42nd Ave. SW, West Seattle ..................... 98116
Tues., Thurs., Sat., 11:30 a.m. – 1 p.m.
Free all-ages clothing bank. No zip code requirements. Clients can shop once every 3 months for entire household. Please call ahead if possible. Walk-ins allowed if necessary.
Website....................................................... wshelpline.org
**Angeline’s Center** ........................................... *(206) 436-8650*
2030 Third Ave., Seattle ........................................ 98121
Daily, 8 a.m. – 8 p.m.; Intake for Enhanced Shelter: Mon. – Fri.,
before 3 p.m.
Serves homeless adult women. Service animals accepted. 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*
During day center hours .......... *(206) 745-2089* for the office
8914 Aurora Ave. N, Seattle .................................... 98103
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. No fees.
Website ................................ auroracommons.org

**Bethlehem Day Center** ........................................... *(425) 679-0350*
11920 NE 80th St., Suite #100, Kirkland, WA ............. 98033
Mon. – Sat., 2 – 8 p.m.; Sun. 7 a.m. – 8 p.m.
Services include: showers, laundry, snacks and dinner, kids cor-
ner and playground, internet, case management. Requirement
to access services: one minor 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, Seattle ............................................ 98104
Day shelter: Mon.– Fri., 9:30 a.m. – 3 p.m. open to all.
Day center serving homeless adults and providing clothing
distribution. Snacks and hot meals. Permanent mailing address and storage space serving everyone. $20 and $35 for storage lockers depending on size per month, key deposit required. Photo ID required for mail services.
*Services may be limited due to religious affiliation.
Website ............................................ breadoflifemission.org

Bridge Care Center ................................ (206) 789-0220
5710 22nd Ave. NW, Bldg B, Seattle ..................... 98107
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

Compass Housing Alliance Day Center ...................... (206) 474-1630
210 Alaskan Way S, Pioneer Square, Seattle ............... 98104
Day center: Mon. – Fri., 9 a.m. – 4 p.m.; hygiene: 7 a.m. – 3:30 p.m.
Hygiene, laundry services and nurse care. Serves homeless adults, 18 and older. Provides a space for community and housing navigation.
Website ............................................ compasshousingalliance.org

Congregations for the Homeless ............................ (425) 289-4044
515 116th Ave. NE, Suite 150, Bellevue, WA ............. 98004
Day center: Sun.– Thurs., 8 a.m. – 3 p.m.
Provides meals. 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., Seattle ... 98105
Mon. – Fri., 9 a.m. – 4:30 p.m., Sun., 9 a.m. – 3:30 p.m.; breakfast: 9 a.m.; lunch: noon
Day center and case management for anyone 18 and older who identifies as female. Call to request interpreter services. No fees. Website .................................................. eghseattle.org

King County Homeless Shelter Program . . . . Call 211 for referral
Day Center: 420 Fourth Ave., Seattle ......................... 98104
211 phone hours: Mon. – Fri., 8 a.m. – 6 p.m.; day center: 7 a.m. – 7 p.m.;
Day Center with hygiene and laundry services. No fees. No appointment required. No Photo ID required.
Website ................ crisisconnections.org/get-help/resources/housing-homeless

Mary’s Place . . . . (206) 621-8474; 24-Hour Intake (206) 245-1026
1830 Ninth Ave., Seattle ................................. 98101
Day center: 7 a.m. – 3:30 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

Seattle Indian Center . . . . . . . . . . . . . . . . . . . (206) 329-8700
1265 S Main St., Suite 105, Seattle .......................... 98144
Day center: Mon. – Fri., 10 a.m. – 4:30 p.m.; breakfast: Mon. – Fri., 9 – 10 a.m.; lunch: Mon. – Fri., noon – 1 p.m.; food bank: Tue., Thurs., 1 – 3 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.
Website ............... http://seattleindian.org/community-services

Seattle’s Union Gospel Mission, Second Ave
Day Center: English ...........................................(206) 622-5177
Spanish .................................................... (206) 622-5177 x 473
318 Second Ave. S, Seattle .............................. 98104
Day center: Mon. – Fri., 2 – 4 p.m.; meals daily: 7:30 a.m., 11:30 a.m., 5:30 p.m.; no lunch Sun.
Drop-in community room with mail and hygiene services for homeless adults. Visit in person. No fees. ID required.
*Services may be limited due to religious affiliation.
Website........... ugm.org/what-we-do/welcome-and-embrace

Sophia Way ............................................. (425) 463-6285
3032 Bellevue Way NE, Behind St. Luke’s Lutheran Church, Bellevue, WA .............................. 98004
Day center: daily, 8 a.m. – 3 p.m.; lunch: daily, 11:30 a.m.
Facility is wheelchair accessible. Daytime drop-in center for homeless or low-income women and women with children. No fees.
Website........................................ sophiaway.org

DENTAL AND VISION SERVICES

HealthPoint
Dental care for children and adults. Call for an appointment or visit drop-in clinic. Accepts most insurance plans, Apple Health (Medicaid). Sliding scale fees. Please bring photo ID and insurance card.

Des Moines ............................................. (206) 870-3600
26401 Pacific Hwy S, Suite 201, Des Moines, WA ......... 98198
Mon. – Fri., 7:15 a.m. – 5:30 p.m.

Tukwila ....................................................... (206) 839-3600
13030 Military Rd S, Suite 210, Tukwila, WA ............. 98168
Mon. – Fri., 7:45 a.m. – 5:30 p.m.; Sat., 7:45 a.m. – noon; drop-in hours: Mon., 7:45 a.m. – noon.; closed: Mon. – Fri., 12:30 -1:15 p.m.
Website ........................................... healthpointchc.org

International Community Health Services
Offers dental, vision and primary health care including but not limited to behavioral health and recovery, STD testing and
treatment, and family and maternity services. Suboxone treatment available to adults who call to schedule an assessment. Provides DBHR-certified services. Staff is multilingual. No one is turned away due to inability to pay. Accepts major private insurances, Apple Health (Medicaid), and Medicare. Sliding scale fees are available. Call for appointment, same-day appointments available.

Seattle Dental ........................................ (206) 788-3757
720 Eighth Ave. S, Seattle ................................. 98104
Mon.–Sat., 7:30 a.m. – 6 p.m.

Seattle Vision ........................................ (206) 788-3505
720 Eighth Ave. S, Seattle ................................. 98104
Mon. – Fri., 8 a.m. – 5 p.m.

Shoreline Dental ........................................ (206) 533-2660
16549 Aurora Ave. N, Shoreline, WA .................. 98133
Mon. -Sat., 7:30 a.m. – 6 p.m.

Shoreline Medical Center ................................. (206) 533-2600
16549 Aurora Ave. N, Shoreline, WA .................. 98133
Medical center: Mon., Wed., 7:30 a.m. – 6 p.m.; Tue., Thurs. – Sat., 8:30 a.m. – 5 p.m.; confidential services for ages 14-26: Wed., 2 p.m. – 6 p.m.

Othello St. Dental ........................................ (206) 788-3502;
3815 S Othello St., Seattle ................................. 98118
Mon., Tue., Thurs. – Sat., 7:30 a.m. – 6 p.m.; Wed., 8:30 a.m. – 7 p.m.

Othello St. Medical Clinic ................................. (206) 788-3500
3815 S Othello St., Seattle ................................. 98118
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.

Website ..................................................... ichs.com

King County Public Health
General dental care for children and adults. Accepts Apple Health (Medicaid). For service with no insurance, private insurance, or if you are not a U.S. citizen, you must qualify based on
proof of low or no income. Photo ID required for some services. Call to schedule an appointment.

**Columbia City Center for Health** .................................. (206) 296-4650
4400 37th Ave. S, Seattle ........................................... 98118
Dental: Mon. – Fri., 8 a.m. – 5 p.m.; WIC: Mon. – Fri., 8:30 a.m. – 5:30 p.m.

**King County Downtown Public Health Center** ........ (206) 477-8300
2124 4th Ave., Seattle .............................................. 98121
Mon. -Fri., 8 a.m. – 5 p.m.

**King County North Public Health** ......................... (206) 205-8580
12359 Lake City Way NE, Seattle ................................. 98125
Mon. – Fri., 8 a.m. – 5 p.m.
Website ........................................ kingcounty.gov/depts/health/locations/columbia.aspx

**Millionair Club Charity** ........................................... (206) 728-5627
2515 Western Ave., Seattle ........................................... 98121
Call or walk in: Mon. – Fri., 6 a.m. – 2 p.m.; Apts: Thurs., 9 a.m. – noon
Weekly eye clinic. One pair of glasses offered yearly. Serves those without vision insurance, below 200 percent of the Federal Poverty Level. Call for appointment. Limited drop-in appointments on Thursday. Program runs from September through June. ID required. No fees.
Website ........................................ millionairclub.org/job-seekers

**Neighborcare Health** ............................................ (206) 548-5710
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.
Many locations. Please call or visit the website to find a clinic near you.
Website ........................................ neighborcare.org/clinics/dental
Odessa Brown

Scheduling ........................................... (206) 987-7210
WIC ..................................................... (206) 987-7235
2101 E Yesler Way, Suite 100, Seattle ................ 98122
Dental: Mon. – Fri., 8 a.m. – 5:30 p.m.; Sat., 9 a.m. – noon
Outpatient pediatric medical, dental, WIC and mental health services for 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

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

Seattle Dental Clinic ........................................ (206) 762-3263
8915 14th Ave. S, Seattle .......................... 98108
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, Seattle ............ 98106
Mon. – Sat., 8 a.m. -5 p.m.

Burien ................................................................ (206) 812-6140
14434 Ambaum Blvd. SW, Burien, WA .......... 98166
Mon. – Fri., 8 a.m. – 5 p.m.

Des Moines .................................................. (206) 212-4520
2781 S 242nd St., Des Moines, WA ................. 98198
Mon. – Sat., 8 a.m. – 5 p.m.
Website ................. seamar.org/services-dental.html

Seattle Indian Health Board .................................. (206) 324-9360
611 12th Ave. S, Seattle ............................... 98144
General clinic: Tues., 10 a.m. – 6 p.m.; Mon., Wed. - Fri., 8:30 a.m. – 6 p.m.; Sat., 9 a.m. – 2 p.m.
Medical, dental and more services. Primarily serves American Indian and Alaska Native people. Call for appointment. Walk-in
clinic available. Offers discounted fees. Accepts Medicare, Apple Health (Medicaid) and most insurance. Sliding scale fees for qualifying native American or Alaskan with correct documentation.

Website...............sihb.org

Seattle’s Union Gospel Mission, Third Ave .......... (206) 621-7695
Day Center
English: (206) 622-5177; Spanish: (206) 622-5177 x 473
Substance Abuse Treatment for Men...

English: (206) 622-5177 x 458; Spanish: (206) 622-5177 x 473
205 Third Ave, Seattle......................... 98104
Mon. – Fri., 10 a.m. – 2 p.m.
Dental services for adults 18 and older with income at or below 200 percent of the Federal Poverty Level. Call for an appointment. Documents required: Photo ID. Fees are $20 per visit, debit or credit only. Call for more information.
*Services may be limited due to religious affiliation.
Website...........ugm.org/what-we-do/provide-and-serve

Third Avenue Primary Care Clinic ............... (206) 521-1231
2028 Third Ave, Seattle......................... 98121
Mon., Tue., Thur., Fri., 8:05 a.m. – 4 p.m.; Wed., 8:30 a.m. – 3:30 p.m. (closed daily noon – 1 p.m. for lunch)
Dental care without health insurance or a primary-care provider. Visit in person; established clients may call. Accepts Medicare, Apple Health (Medicaid) and private insurance. Financial counseling is available.
Website...............uwmedicine.org/locations/third-avenue-center

EMPLOYMENT AND TRAINING SERVICES

Asian Counseling and Referral Service
Main office................................. (206) 695-7600
Employment and Training Services.......................... (206) 695-7590
3639 MLK Jr. Way S, Seattle ........................... 98144
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

CARES of Washington ................................. (206) 938-1253
1833 N 105th St., Suite 201, Seattle ................... 98133
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

Casa Latina .................................................. (206) 956-0779
Employment Services/Servicios de Empleo .... (206) 686-2554
ESL/Clases de Inglés: ................................. (206) 686-2618
317 17th Ave. S Central Seattle ......................... 98144
Orientation: first and third Tue., 7 a.m. – 4 p.m., If you are looking
for cleaning work, come the first Tues. of the month.
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
Offers free English classes, day labor dispatching, houseclean-
ing dispatch, community support and help reclaiming stolen
wages. Serves the Latinx immigrant community. Visit in person.
Documents Required: official photo ID. Membership for job
dispatch: $25/year. / 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.

Website ........................................ casalatina.org/get-involved

Church of Jesus Christ of Latter Day Saints ........ (206) 533-8154
17935 Aurora Ave. N, Shoreline, WA ...................... 98133
Mon., Wed. – Sat., 8 a.m. – 4 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.
*Services may be limited due to religious affiliation.
Website ........................................ lds.org/locations

DSHS Division of Vocational Rehabilitation
Medial 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.

North Seattle ................................................ (206) 440-2230
12063 15th Ave. NE, Seattle ................................ 98125
Mon. – Fri., 8 a.m. – 5 p.m.

South Seattle ................................................ (206) 273-7100
1200 12th Ave. S., Suite 730, Seattle ...................... 98144
Mon. – Fri., 8 a.m. – 5 p.m.
Website ........................................ dshs.wa.gov

FareStart .................................................... (206) 267-6218
700 Virginia St., Seattle .................................. 98101
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.
Website .................................. farestart.org/adult-culinary-program
Goodwill ............................................................... (206) 860-5791
700 Dearborn Pl. S, Seattle ...................................... 98144
Mon. – Fri., 8:30 a.m. – 5 p.m.
Support services, work readiness classes and vocational training in retail, customer service and warehouse logistics. No fees.
Website .................................... seattlegoodwill.org/job-training-and-education

Millionair Club Charity .................................................. (206) 728-5627
2515 Western Ave. Seattle ........................................... 98121
Call or walk in: Mon. – Fri., 6 a.m. – 2 p.m.; Intake: Mon., 8 a.m. for work opportunities
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/job-seekers

Neighborhood House
Offers assistance to individuals seeking U.S. citizenship including citizenship and ESL classes. Provides bilingual case management, referrals and general employment and adult education services. Call for information. No fees.

Rainier Vista Location .................................................. (206) 461-4568
4410 29th Ave. S, Seattle ........................................... 98108
Mon. – Fri., 9 a.m. – 5 p.m.

New Holly Location .................................................. (206) 760-9330
7058 32nd Ave. S, Suite 201, Seattle .......................... 98118
Mon. – Fri., 9 a.m. – 5 p.m.

White Center Location .................................................. (206) 461-4554
9800 Eighth Ave. SW, Seattle ................................. 98106
Mon. – Fri., 9 a.m. – 5 p.m.

High Point Location .................................................. (206) 588-4900
6400 Sylvan Way SW, Seattle ................................. 98126
**Yesler Terrace Location**                          (206) 461-4522
820 Yesler Way Suite 100, Seattle.                      98104
Mon. – Fri., 9 a.m. – 5 p.m.

**Website** ........................................ nhwa.org/index.php

**Pioneer Human Services Job Training**                (206) 768-7333
7000 Highland Park Way SW, Seattle.                   .98106
Mon. – Fri., 8 a.m. – 4 p.m.

Road Map to Success is a job-readiness training program that helps develop skills to find and maintain employment. 5-days per week, 91-hour total course over three weeks. Referrals accepted by a probation officer, corrections officer, case manager, therapist, other referral source or can self-refer. Call for more information. No fees.

**Website** ........................................ pioneerhumanservices.org/job-skills

**Real Change**                                       (206) 441-3247
96 S Main St., Seattle.                                98104
Orientation: Tue., Fri. at 10 a.m

Provides an immediate source of income selling Real Change newspapers. Serves 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, Seattle.                98115
Mon. – Fri., 8:30 a.m. – 3:30 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. ID and Social Security Card required for employment.
United Indians of All Tribes Foundation .................. (206) 829-2245
Employment Services ........................................... (206) 829-2246
Daybreak Star Center, 5011 Bernie Whitebear Way (in Discovery Park) ........................., Seattle 98139
Mon. – Fri., 9 a.m. – 5 p.m.
Provides employment services for residents of King County who are 18 or older. Call for more information. No fees. Website .............................................. unitedindians.org

Workforce Education Tuition Assistance at Shoreline Community College .... (206) 546-5882
16101 Greenwood Ave. N, Room 5101, Shoreline, WA ...... 98133
Prepare for a career in automotive, health, manufacturing, business, music, graphic design and more. Tuition assistance available to low-income, unemployed, under-employed and low-wage workers. Low-cost basic education for adults, high school completion and English language learning available. Support services for registered students include tutoring, counseling, career advising, food pantry, gym/showers and more. Call and visit website to learn more. ID and documentation required. Website ........................................... shoreline.edu/workforce

WorkSource
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. Central Seattle ......................................................... (206) 436-8600
2024 Third Ave., (YWCA second floor) Seattle .............. 98121
Mon. – Fri., 8:30 a.m. – 5 p.m.
North Seattle ...................................................... (206) 440-2500
9600 College Way N, North Seattle Community College OCE &
E Bldg
Mon. – Fri., 8 a.m. – 5 p.m.

**Rainier** .......................................................... **(206) 721-6000**
2531 Rainier Ave. S
Mon. – Wed., 8 a.m. – 5 p.m., Thurs., 9 a.m. – 5 p.m., Fri., 8 a.m. – 5 p.m.

**South Seattle** .................................................. **(206) 934-5304**
6000 16th Ave. SW, South Seattle College
Mon. – Thur., 8 a.m. – 4:30 p.m., Fri., 8 a.m. – 1 p.m.

**Website** .......................................................... **http://worksourceskc.org**

**YWCA**

**Career Center** .................................................. **(206) 336-7000**
**Manufacturing** .................................................. **(206) 336-6979**
**BankWork$** .................................................... **(206) 436-8674**
**CareerWork$ Medical** ........................................ **(206) 503-0366**


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

---

**FAMILY AND PARENTAL SERVICES**

In Washington, all low-income pregnant women are qualified to receive pregnancy-related health care regardless of whether they choose prenatal care or abortion. Some services that offer family planning or parental support may limit information and access to birth control or abortion information. These agencies that we are aware of will be noted.
Catholic Community Services, Pregnancy & Parenting Support (PrePS) ................................. (206) 445-5669
St. Edwards Parish, 4250 S Mead St., Seattle......98118
Mon. – Fri., 9 a.m. – 5 p.m.
Call and leave a voicemail after hours. Counseling, case manage-
ment, 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 by
appointment. No fees.
*Services may be limited due to religious affiliation.
Website ...... ccsww.org/get-help/child-youth-family-services

Cedar River Clinics ............................................ (800) 572-4223
509 Olive Way, Suite 1454, Seattle ..................... 98101
Intake: Mon. – Fri., 8 a.m. – 5 p.m.; Sat., 8 a.m. – 2 p.m.
Offers health care such as cancer screenings, STD testing and
treatment, HIV testing, vasectomy, abortion and birth control.
Offers transgender services such as hormone therapy, surgical
referrals for gender reassignment, breast and cosmetic surgeries,
post-surgical follow-up and ID documentation. Serves clients
identifying as LGBTQ. Call for more information or to make an
appointment. Sliding scale fees. Accepts Apple Health (Medic-
aid) and most insurance plans. Documents required: photo ID.
Website ........................................ cedarriverclinics.org/seattle

Children’s Home Society of Washington .......... (206) 364-7930
2611 NE 125th St., Suite 145, Seattle ................. 98125
Mon., 10 – 5 p.m.; Tue. – Thurs., 9 a.m. – 5 p.m.; Fri., 9 a.m. – 3 p.m.
Closed noon – 12:45 p.m. for lunch.
Resources for families in need such as support groups, WIC, pre-
ventative health services and maternity support services serv-
ing low-income, pregnant women who receive state medical
assistance, occasional parenting classes. Interpreters available
with advance notice. Call for appointment.
Website .......................... childrenshomesociety.org/northking

City of Seattle .......................... (206) 386-1050
700 Fifth Ave., Suite 5600, Seattle ......................... 98104
Mon. – Fri., 8 a.m. – 5 p.m.
Financial assistance for families in need of child care for low-income families with children under 13. Call for further information about requirements.
Website .......................... seattle.gov/education/for-parents

Community Psychiatric Clinic Child/
Family Assessment Svc .......................... (206) 366-3015
After-hours crisis line .......................... (206)-461-3222 x10700
10700 Meridian Ave. N, Suite G-11, Seattle ............... 98133
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.htm

Country Doctor Community Health Centers
Health services and an after-hours clinic. Serves everyone. Call for an appointment. Sliding scale fees. Accepts Medicare, Apple Health (Medicaid) and insurance. No one will be turned away due to inability to pay. Prenatal and pregnancy care for pregnant women who receive state medical assistance. Offers WIC.
*Services may be limited due to religious affiliation.
19th Ave. E. ....................................... (206) 299-1600
500 19th Ave. E, Seattle ............................... 98112
Mon., Tue., Fri., 9 a.m. – 5 p.m.; Wed., Thurs., 9 a.m. – 8:30 p.m.; Maternal Care: Wed., Thurs., 9 a.m. – 8:30 p.m.
Carolyn Downs .................................. (206) 299-1900
2101 E Yesler Way, Suite 150, Seattle ..................... 98122
El Centro de la Raza

Veterans Specialist

2524 16th Ave. S, Seattle. 98144

Mon. – Thurs., 8:30 a.m. – 5:30 p.m.

Benefits navigator available on-site limited hours each week.
Child & youth programs offered. Maternity services and case management serves low-income women who are pregnant or have children 1 and younger; call for an appointment; no fees. Photo ID required.

Website: elcentrodelaraza.org

FamilyWorks Resource Center

FamilyWorks WIC

1501 N 45th St., Seattle 98103

Mon., 9:30 a.m. – noon; Tues. - Thurs., 9:30 a.m. to 5 p.m.; Fri., 9:30 a.m. – 3 p.m.; WIC appointments: available on Thurs.

Resource Center Programs and Services are free. Kids Basics: clothing, books, diapers, toys. Drop-in play group for 0-5, parents or caregivers. Navigation services, hygiene supplies, computer and telephone services. 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

172 20th Ave., Seattle 98122

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

**Columbia City Center for Health** .................. (206) 296-4650

4400 37th Ave. S, Seattle ............................... 98118
Mon. - Thurs., 8:30 a.m. - 6 p.m., Fri., 8 a.m. - 5 p.m.; Dental: Mon. – Fri., 8 a.m. – 5 p.m.

**King County Downtown Public Health Center** .. (206) 477-8300

2124 Fourth Ave., Seattle ............................... 98121
Mon. – Fri., 8 a.m. – 5 p.m.

General dental care for low-income children and adults. WIC services for low-income pregnant women and adults, including maternity support services, pregnancy services, information and guidance from nurses, nursing services, and Mom’s Plus case management for those seeking substance abuse treatment. Accepts Apple Health (Medicaid). For service with no insurance, private insurance, or if you are not a U.S. citizen, you must qualify for services based on proof of low or no income. Photo ID required for WIC services. Photo ID for dental services preferred, but not required. Call to schedule an appointment before visiting.

**White Center** ............................................ (206) 477-0000

9934 Eighth Ave. SW, Seattle ............................. 98106
Mon. – Thurs., 8:30 a.m. – 6:30 p.m.; Fri., 8:30 a.m. – 5:30 p.m. (Appointments are encouraged.)

**Offers:** WIC and maternity services. Medicaid navigation support.

**Meridian Ave.** ............................................. (206) 263-9440

10521 Meridian Ave. N, Seattle ............................. 98133
Mon., Wed., Fri., 8 a.m. – 5 p.m.; Tue., Thurs., 8 a.m. – 6:30 p.m.;
10:15 a.m. every first Thurs. of the month

**Offers:** Nursing, Mom’s Plus case management,WIC and maternity services.
Columbia City Center for Health .................................. (206) 296-4650
4400 37th Ave. S., Seattle ........................................ 98118
Mon. - Thurs. 8:30 a.m. - 6 p.m., Fri., 8 a.m. - 5 p.m.; Dental: Mon. – Fri., 8 a.m. – 5 p.m.
Offers: Child health, medical clinic, dental clinic, maternity support, nurse-family partnership, WIC and more.

Central Seattle ........................................ Maternal Care: (206) 477-8238
2124 Fourth Ave., Seattle ........................................ 98121
Maternal Care: Mon. – Fri., 8 a.m. – 5 p.m. (Office closes at 5 p.m.)
Offers: Kids Plus, Nursing, WIC, maternity services and health clinic.
Website kingcounty.gov/depts/health/locations/downtown.aspx

Mary’s Place, Day Center for Families
Day center and shelter serving homeless families with children.
No fees.
130th St Location ................................................. (206) 621-8474
24 Hour Intake .................................................... (206) 245-1027
1155 N 130th St, Seattle ......................................... 98133
Mon. – Fri., noon – 5 p.m.

Eighth Ave. SW Location ........................................ (206) 621-8474
24 hour intake ..................................................... (206) 245-1026
10821 Eighth Ave. SW, Seattle ............................... 98146
Mon. – Fri., noon – 5 p.m.
Website marysplaceseattle.org/how-we-help/day-center

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 ............................................................... 206-257-6870
1210 SW 136th St., Burien, WA .............................. 98166
Office: Mon. – Fri., 8 a.m. – 5 p.m.
Service hours vary. Call for information.

**South Seattle**
2600 SW Holden St., Seattle ............................. 98126
Office: Mon. – Fri., 8 a.m. – 5 p.m.
Website ........................................ navos.org

**North Helpline**
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.

**33rd Ave. NE** ........................................... (206) 367-3477
12736 33rd Ave. NE, Seattle .......................... 98125
First Sat. of the month: 10 a.m. – 1 p.m.

**Linden Ave. N** ........................................... 206) 367-3478
13000 Linden Ave. N, Seattle ......................... 98133
First Sat. of the month: 10 a.m. - 2 p.m.
Website ........................................ northhelpline.org/takes-village

**Northwest Harvest** ................................. (206) 625-0755
711 Cherry St., Seattle ................................. 98104
Thurs., 9 a.m. – 4 p.m.
Baby cupboard serving families with children 5 and younger. Clients may visit once per day. No fees.
Website ........................................ northwestharvest.org/cherry-street-food-bank

**Therapeutic Health Services, Rainier Ave. S** ...... (206) 723-1980
5802 Rainier Ave. S., Seattle ......................... 98118
Mon. – Fri., 8 a.m. – 4:30 p.m.
Methadone, Youth and Family only. 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.

Website ................................................................. ths-wa.org

FOOD ASSISTANCE

Asian Counseling and Referral Services ........... (206) 695-7600
3639 MLK Jr. Way S, Seattle .............................. 98144
Mon. -Fri., 8 a.m. – 6 p.m.; hours vary by program. Operates a food pantry and meal program. Focuses on individuals from Asian and Pacific American communities. Call for more information, then visit in person. No fees for food pantry; call for additional programs.

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

Ballard Food Bank ........................................ (206) 789-7800
5130 Leary Ave., Seattle ................................. 98107
Mon., Thurs., 2 – 7 p.m.; Tue., Wed., 11 a.m. – 4 p.m.; Thurs., 2 – 7 p.m. Serves those living in zip code 98107, 98109, 98117, 98119, 98177 or 98199. No fees. Food pantry, commodities and home delivery. 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.

Website ................................................................. ballardfoodbank.org/resources-referrals-1

Ballard Sunday Dinner
Ballard First Lutheran Church, 2006 NW 65th St., Seattle 98107
Sun. 5 – 6 p.m.; Sunday night hot dinners, free and open to all.

Bethany Community Church .......................... (206) 524-9000
1147 N 81st St., Seattle ................................. 98103
Food Pantry: Mon., 6 -7 p.m.; community meals: every second and last Mon., 6 – 7 p.m.
Website: churchbcc.org/greenlake/serve/local-outreach

Blessed Sacrament Church ............................... (206) 930-6005
5050 Eighth Ave. NE, Seattle ............................ 98105
Sun. meal: noon -2 p.m.; Food pantry: Fri., 10:30 a.m. – noon.
Weekly meal and food pantry for residents of the nearby area or people who are homeless. Food delivery for nearby residents. Visit in person or call for delivery requirements. Documents required for food bank only: ID and proof of address to become regular food bank user. No fees.
Website: blessed-sacrament.org

Bread of Life Mission ................................. (206) 682-3579
97 S Main St., Seattle ................................. 98104
Lunch: Mon. – Fri., 12:15 p.m.; dinner: Mon. – Sat., 7:15 p.m.
Snacks and hot meals provided. Wheelchair accessible. Visit in person. No fees.
*Services may have religious affiliation.
Website: breadoflifemission.org

Byrd Barr Place
Front desk ............................... (206) 812-4940
Energy assistance ................................. 206-486-6828
722 18th Ave. Seattle ................................. 98122
Mon. – Fri., 9 a.m. – 5 p.m.; food bank: Tues., 11 a.m. – 4 p.m.; Wed., noon – 4 p.m., Thurs. 9 a.m. – 1 p.m.
Food pantry and commodities. Commodities and home delivery available only to residents of zip codes 98102, 98112 and 98122. May visit once per week. Call for information about home delivery. Documents required: proof of current address.
Website ........................................ byrbarrplace.org

**Community Lunch and Dinner on Capitol Hill** ............................................ (206) 972-2524

500 Broadway E, Seattle ................................................................. 98102

Dinner: Wed., Thurs., 5 – 6 p.m.; Lunch: Tue., Fri., noon – 1 p.m.

Serves hot meals open to all. Visit in person. No fees.

Website ........................................ communitylunch.org

**Des Moines Area Food Bank** ......................................................... (206) 878-2660

22225 Ninth Ave. S, United Methodist Church, Des Moines, WA 98198

Mon., Wed., Fri., 9 a.m. – 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

**Edible Hope Kitchen** ................................................................. (206) 784-3119

5710 22nd Ave. NW (lower level of St. Luke’s Church) Seattle . . .

98107

Mon. – Fri. 7 a.m.– 10 a.m.

Weekday morning free hot breakfast.

**El Centro de la Raza** ................................................................. (206) 957-4634

2524 16th Ave. S, Seattle ................................................................. 98144

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

lunch: Tue. – Fri., 11 a.m. – 1 p.m.; food bank: Weds. 3:30 p.m.–

6:30 p.m., Thurs., 9 a.m. – noon, 1:30 – 4 p.m., Fri., 4 p.m.

Operates a food pantry. Serves everyone. Benefits navigator available on site limited hours each week. Meal program: serves adults 60 and older; visit in person; no fees. Photo ID required.

Website ....................................................... elcentrodelaraza.org
Emerald City Community
Seventh Day Adventist Church ......................... (206) 322-0717
801 25th Ave ........................................... 98122
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
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. Photo ID and current proof of address required. No fees.
Greenwood Ave. N ........................................ 206) 694-6727
9501 Greenwood Ave. N ............................... 98103
General Public: Tues., 4:30 – 6:30 p.m.; Wed., 11 a.m. – 2 p.m.;
seniors: 11 a.m. – 2 p.m.
FamilyWorks, N. 45th St. ............................... (206) 694-6727
1501 N. 45th St ........................................... 98103
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.
Website ........................................ familyworkssseattle.org

Filipino Community of Seattle ....................... (206) 722-9372
5740 MLK Jr. Way S, Seattle ............................ 98118
Mon. – Fri., 10 a.m. – 4 p.m.; Filipino lunch program: Mon., Tues.,
Thurs. 10 a.m. – 1 p.m.; lunch program: Wed., Fri. 10 a.m. - noon
Offers a congregate ethnic meal program. Focuses on older adults in the Filipino community. Visit in person. $3 for lunch.
Website ........................................ filcommsea.org

First Covenant Church ................................. (206) 322-7411
First United Methodist Church of Seattle .......................... (206) 622-7278
Fellowship Hall, 180 Denny Way ................................. 98109
Breakfast: Sun., 7:45 – 9 a.m.; Mon. – Wed., 10 a.m. – 4:30 p.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 98148
Tues., noon -2:30 p.m.; Thurs., 10 a.m. – 12:30 p.m.; Second Tues. evening hours.: 5:30 – 7 p.m.
Food pantry that clients may visit once per week. Serves residents of the Highline area. Visit in person or call for information about service area. Documents required: photo ID, proof of residence and verification of family size. No fees.
Website .......................... highlineareafoodbank.org/need-help

Hunger Intervention Program ................................. (206) 538-6567
Serves hot meals to senior citizens aged 60 years of age and older, and snacks to those 18 years old and younger, but no one is turned away. No ID required. Call or visit website for menu and activity calendar. Suggested donation is $4 for seniors 60 years+, and $6 for all others.
Website .......................... hungerintervention.org

Lake City Community Center
12531 28th Ave NE, Seattle ................................. 98125
Hot meals: Mon., Wed., Fri., noon – 1 p.m.

Northgate Community Center
10510 5th Ave NE, Seattle ................................. 98125
Hot meals daily: noon – 1 p.m.;

**Lake City Library**
12501 28th Ave NE, Seattle ........................................ 98125
Snacks for those under 18 years old:
Mon. – Thurs., 5:30 – 6:30 p.m.

**IDIC Filipino Senior and Family Services** ............ (206) 587-3735
7301 Beacon Ave. S, Seattle ........................................ 98108
Office: Mon. -Fri., 9 a.m. – 5 p.m.; food bank: Fri., 1 – 2 p.m.; hot
meals: Wed., Fri., 11 a.m. – 1 p.m.
Nutritious hot meals at a $3 suggested donation price and a food
bank. No required fees. Call for more information.
Website ................................................................. idicseniorcenter.org

**Immanuel Community Services** ............................ (206) 622-1930
1215 Thomas St., Seattle ............................................ 98109
Food pantry: Mon., 11 a.m. – 1 p.m.; community lunch: last Sun.
of every month at noon; hygiene 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.
Provides a food bank, community lunch, and a hygiene center
with laundry and shower services. Services available to all
adults. No children.
Website ................................................................. icssseattle.org

**Jewish Family Service** ........................................... (206) 461-3240
**Housing Hotline** .............................................. (206) 861-8796
1601 16th Ave., Seattle ............................................ 98122
Mon. – Fri., 9 a.m. – 5 p.m.; housing hotline: 24 hours; food bank:
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

Kawabe Memorial House ................................. (206) 322-4550
221 18th Ave., Seattle ........................................... 98144
Lunch served: Mon. – Fri., 11:30 a.m.
Offers Japanese and American style lunch services to everyone. Make a reservation two days in advance by calling or coming into the office. Suggested donation of $4 for seniors 60 years and older, and $10 for all others. No ID required for lunch services.
Website .......................... kawabehouse.org

Legacy House, Adult Day Services .......................... (206) 624-8929
Bush Asia Center, 409 Maynard Ave. S, Suite P2, Seattle. 98104
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.
Visit in person. Suggested donation of $2.50 for other over 60 years. $5 charge for those under age 60. Daily congregate meal program that includes nutritious, Asian-style lunches including fresh fruits and vegetables, transportation coordination, and RN oversight/coverage.
Website .......................... scidpda.org/what-we-do/legacyhouse

Lifelong .................................................. (206) 957-1600
1016 E Pike St., 3rd Floor, Seattle ........................................... 98122
Mon. – Fri., 8:30 a.m. – 5 p.m.
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

Muslim Housing Services ................................. (206) 723-1712
6727 Rainier Ave. S, Seattle ............................. 98118
Mon., Tues., 10 a.m. – 6 p.m., Wed., Thurs. 10 a.m. – 5 p.m., Fri. 10 a.m. – 1:15 p.m. and 2:30 – 6 p.m.

Offers 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

North Helpline
Food pantry, including commodities. 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.

Lake City .............................................. (206) 367-3477
12736 33rd Ave. NE, Seattle .......................... 98125
Food bank distribution: Wed., 10 a.m. – 1 p.m.; Thurs., 4:30 – 6:30 p.m.; Sat. 10 – 11 a.m. (senior and disable clients) 11 a.m. – 1 p.m. (all clients).

Lake City Food Bank and emergency service center for residents who reside in 98125, 98133, 98177, 98155, 98115, 98011 and 98028.

Bitter Lake. ............................................. (206) 367-3477
13000 Linden Ave. N, Seattle .......................... 98133
Sat., 10 a.m. – 2 p.m.
Website ................................................. northhelpline.org/get-help/food-bank

Phinney Neighborhood Association
Serves hot meals. Visit in person. No fees.

Greenwood Senior Center ................................ (206) 297.0875
525 N. 85th St., Seattle ................................. 98103
Mon. – Fri. 8:30 a.m. – 4:30 p.m. Lunch served at noon
on weekdays.

**Phinney Ave.** ................................................. *(206) 783-2244*
5515 Phinney Ave. N, Seattle .......................... 98103
Dinner: Tue: 4 – 6 p.m.; lunch: Wed., 11 a.m. – 1 p.m.
Website .................................................. phinneycenter.org

**Phinney Ridge Lutheran Church** ....................... Call *(206) 784-7964*
7500 Greenwood Ave N, Seattle ........................ 98103
Mon. 1 - 3 p.m.
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. ID required. No fees.
Website .................................................. prlc.org/we-serve/food-bank

**Pike Market Food Bank** ...................................... *(206) 626-6462*
1531 Western Ave.
(Level P5 of Pike Place Market garage), Seattle........... 98101
Tue., Thurs., 10 a.m. – 1 p.m., Wed., 4 – 6 p.m.
Food bank with limited delivery service, call for more information. Serves zip codes 98101, 98104, 98121 and anyone who is homeless.
Website .................................................. pmfb.org

**Pike Market Senior Center** ............................... *(206) 728-2773*
85 Pike St., Seattle.......................................... 98101
Open: Mon. – Fri. 8 a.m. – 4 p.m.; Sat. – Sun. 8 a.m. – 1 p.m.; meals served: Mon. – Fri., 8:20 a.m. and noon.; Sun., Sat., 8:20 a.m. and 11:30 a.m.
Breakfasts and hot lunches served daily. Social worker referrals available Mon. – Fri. Serves adults 55 and older. Call or visit in person. Documents required: Photo ID. No fees.
Website ..................................................... pikemarketseniorcenter.org
Providence Regina House ........................................ (206) 763-9204
8201 10th Ave. S, Seattle ..................................... 98108
Food pantry: Thurs., 12:30 – 2 p.m.; Sat., 9 a.m. – noon; baby cupboard: first Sat., 9 a.m. – noon
May visit every week. Serves those who are homeless or in zip codes 98108, 98148, 98168 and 98188. ID required. No fees.
Website .............................................. washington.providence.org/supportive-housing

Queen Anne Food Bank ........................................ (206) 216-4102
232 Warren Ave. N, Suite B, Seattle ........................ 98109
Food pantry: Thurs., 2 – 4 p.m.; meals: Mon. – Thurs., 8:30 – 11:30 a.m., Fri., 9 – 11 a.m.
Website ............................................. qafb.org

Rainier Valley Food Bank ...................................... (206) 723-4105
4205 Rainier Ave. S, Seattle .................................. 98118
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, Central Seattle Food Pantry ........... (206) 447-9944
1101 Pike St. Seattle ........................................... 98101
Call/visit website for additional program locations.
Closed Mon.; Tues., 9 – 11:30 a.m. and 1 – 3 p.m.; Wed., 9 – 11:30 a.m. and 1 – 3 p.m.; Thurs., 1 – 5:45 p.m.; Fri., 9 – 11:30 a.m. Closed Sat. and Sun.
Many locations for food bags. See website for specific details on
location, time and requirements. No fees.
*Services may have religious affiliation.
Website.................................. salvationarmynw.org

**Seattle Indian Center** ......................... **(206) 329-8700**
1265 S Main St., Suite 105, Seattle ...................... 98144
Day center: Mon. – Fri., 10 a.m. – 4:30 p.m.; breakfast: Mon. – Fri., 9
– 10 a.m.; lunch: Mon. – Fri., noon – 1 p.m.; food bank: Tue., Thurs.,
1 – 3 p.m
Meals available. Food pantry for zip codes 98104, 98122 and
98144. Photo ID requested.
Website.................................. seattleindian.org/community-services

**Seattle’s Outdoor Meal** .......................... **(206) 922-2015**
Sixth Ave. and Columbia St., Seattle (Gated enclosure under-
neath overpass in the parking lot.) ....................... 98104
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, Second Ave**
**Day Center: English** ............................... **(206) 622-5177**
**Spanish** ........................................ **(206) 622-5177 x 473**
318 Second Ave. Extension S, Seattle .................... 98104
Day center: Mon. – Fri., 2 – 4 p.m.; Spanish phone hours: Mon. –
Fri., 3:30 – 8:30 p.m.; meals: daily: 7:30 a.m., 11:30 a.m., 5:30 p.m.,
No lunch Sun.
Meal serving everyone. Visit in person. No fees. No intoxicated
clients accepted. ID required.
*Services may be limited due to religious affiliation.
Website............. ugm.org/what-we-do/welcome-and-embrace

**South Park Senior Center** ....................... **(206) 767-2544**
8201 10th Ave. S. Suite #4, Seattle. .......................... 98108
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 website for programs, ongoing clinics, senior nutrition, flu shots and more.
Website ........................................ spseniors.org

St. Andrew’s Episcopal Church ............................... (206) 523-7476
111 NE 80th St., Seattle ................................. 98115
Last Sun. each month, 2 p.m.
No fees.
Website ........................................ saintandrewsseattle.org/jubilee-supper

St. Mary’s
Food Pantry ............................................. (206) 324-7100 x 18
Home Delivery ........................................... (206) 324-7100 x 23
611 20th Ave. S, Seattle ................................. 98144
Mon., Wed., Fri., 10 a.m. – 1 p.m.
Food pantry that also has baby supplies. Call for home delivery information if homebound. 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, Fourth Ave. S. ............ (206) 767-9975 x 1127
5972 Fourth Ave. S, Seattle ............................. 98108
Open to all: Tues., Thur., Sat., 11 a.m. – 2 p.m.; Homeless clients only: Fri., 11 a.m. – 2 p.m.
Food bank. 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, WA. ...................... 98166
Hot meal: Wed., noon – 2 p.m.; showers: Wed. 10 am – 1 pm; Fri., noon – 2 p.m.; Sun., 3 – 5 p.m.; groceries: Sun., 3 – 5 p.m.
Hot meals and groceries. Photo ID required for groceries. No fees. King County Mobile Health visits two times per month.
Website ....................................................... transformoutreach.org

Tukwila Pantry ................................................. (206) 431-8293
Riverton Park United Methodist, 3118 S 140th St., Tukwila, WA. 98168
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. First-time registrants and clients returning for their first visit of the new year must bring confirmation of address. ID required.
Website ....................................................... tukwilapantry.org

University District Food Bank .......................... (206) 523-7060
5017 Roosevelt Way NE ................................. 98105
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., Seattle ............................ 98126
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: Tues., 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. 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, Seattle ...................... 98146
Mon., noon – 4 p.m.; Wed., Fri 10 a.m. – 2 p.m.; second and fourth Wed., 4 – 7 p.m.; seniors 60 and older: Thurs., 10 a.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. Homebound clients can call. ID and proof or address required. No fees.
**Website**..........................whitecenterfoodbank.org/service-hours

**Woodland Park Presbyterian Church** ............. (206) 782-3776
225 N 70th St., Seattle .............................. 98103
Mon., 10 a.m. – 12:30 p.m. Meals served on Mondays only at noon. Not wheelchair accessible. No fees.
**Website**......................................wppcseattle.org

**YWCA Food Bank** ............................. (206) 375-1496
2820 E Cherry St., Seattle.............................. 98122
General public: Wed., 9 a.m. – 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
FOR NATIVE AND INDIGENOUS PEOPLES

Chief Seattle Club ........................................ (206) 292-6214
410 Second Ave. Extension S, Seattle .................. 98104
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

Cowlitz Tribal Health ........................................ (206) 721-5170
15455 65th Ave. S, Tukwila, WA ....................... 98188
Mental health, chemical dependency and case management
programs for eligible Native children and families, providing
high quality, culturally-informed behavioral health services to
the King County, Pierce County, Thurston County and other
regional Indian communities. Call for more information.
Website .................................................. cowlitz.org

Mother Nation .................................................. (206) 722-2321
4250 S Mead St., Seattle ................................. 98118
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 families. Call for an appointment and more
information. Documents required: tribal ID or other documenta-
tion of native descent. Free.
Website ............................................ mothernation.org/services

Northwest Justice Project ........................................... (206) 464-1519
401 Second Ave. S, Suite 407 ........................................ 98104
Mon. – Fri., 9 a.m. – 5 p.m. Appointment required.
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 at 1-888-201-1014 from 9:15 a.m. – 12:15 p.m., Mon. – Fri. No fees.
Website ........ nwjustice.org/community-outreach-materials

Seattle Indian Center ........................................... (206) 329-8700
1265 S. Main St., Suite 105, Seattle .......................... 98144
Day center: Mon. – Fri., 10 a.m. – 4:30 p.m.; breakfast: Mon. – Fri., 9 a.m. – 10 a.m.; lunch: Mon. – Fri., noon - 1 p.m.; food bank: Tue., Thurs., 1 – 3 p.m.; men’s hostel intake: every day, 7 – 10 p.m. first come, first served.
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. Documents required for food pantry and hostel: photo ID.
Website ................ seattleindian.org/community-services

Seattle Indian Center, Project Beacon
24/7 Hotline .............................................. 1-833-SIC-SAFE (742-7233)
24/7 text line .................................................. (206) 747-3234
1265 S Main St., Suite 105, Seattle .......................... 98144
24/7 hotline and texting service. Program intake, Mon. – Fri. 10 a.m. – 4:30 p.m.
Supporting people to exit sex trafficking and unsafe situations, including connecting to resources for jobs and housing.

**Website** ................. [seattleindian.org/community-services](http://seattleindian.org/community-services)

**Seattle Indian Health Board** ............................ (206) 324-9360
611 12th Ave. S, Seattle .................................. 98144
General clinic: Tues., 10 a.m. – 6 p.m.; Mon., Wed. – 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. Sliding scale fees for qualifying native American or Alaskan with correct documentation.

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

**Thunderbird Treatment Center** ................................. (206) 722-7152
9236 Renton Ave. S. ........................................... 98118
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/services-and-programs/thunderbird-treatment-center](http://sihb.org/services-and-programs/thunderbird-treatment-center)
United Indians of All Tribes Foundation. (206) 829-2245
Employment services. (206) 829-2246
Daybreak Star Center, 5011 Bernie Whitebear Way
(in Discovery Park). 98139
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
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, food pantry. (206) 292-5714
919 S. King St., Seattle 98104
Wed., Fri., 11:30 a.m. – 1 p.m.; tickets: 9 a.m.
Offers take-away meals. No fees for food pantry; call for additional programs.
Website. acrs.org/services

Asian Counseling and Referral Services, main office. (206) 695-7600
3639 MLK Jr. Way S, Seattle 98144
Mon. – Fri., 8 a.m. – 6 p.m.; hours vary by program.
Offers mental health and substance abuse treatment, case management services to elderly and disabled adults, food pantry, 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.

**Website** .......................................................... [acrs.org/services](acrs.org/services)

**Asian Pacific American Legal Clinic** .......................... (206) 695-7639
3639 MLK Jr. Way S, Seattle ........................................ 98144
Wed., 5:45 – 7:45 p.m.
Counseling and referral services for Asian and Pacific American legal concerns. Please call for an appointment.

**Website** .......................................................... [kcba.org/For-the-Public/Free-Legal-Assistance/Neighborhood-Legal-Clinics](kcba.org/For-the-Public/Free-Legal-Assistance/Neighborhood-Legal-Clinics)

**CAIR** ................................................................. (206) 367-4081
1511 Third Ave., Suite 701, Seattle .................. 98101
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 and those perceived as Muslims. Call for more information. No fees.

**Website** .......................................................... [cairwa.org](cairwa.org)

**Casa Latina** ....................................................... (206) 956-0779
**Employment Services/Servicios de Empleo** ........... (206) 686-2554
**ESL/Clases de Inglés** ........................................... (206) 686-2618
317 17th Ave. S, Seattle ........................................... 98144
Orientation: first and third Tue., 7 a.m. – 4 p.m., if you are looking for cleaning work, come the first Tue. of the month

**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

Offers free English classes, day labor dispatching, housecleaning dispatch, community support and help reclaiming stolen wages.


Chinese Information and Service Center ........... (206) 624-5633
611 S Lane St., Seattle ................................... 98104
Office: Mon. – Fri., 8:30 a.m. – 5 p.m.; legal clinic by appointment only

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 immigrant Chinese and other Asian households. Visit in person. Call for fee information.

Consejo Counseling and Referral Services ........ (206) 461-4880
North Seattle domestic violence program ....... (206) 461-4880 x 165
South Seattle domestic violence program ....... (206) 461-4880 x 166


North Seattle
2611 NE 125th St., Suite 145, Seattle ...................... 98125
Mon. – Fri., 8 a.m. – 5 p.m.; service hours vary

South Seattle
Entre Hermanos .................................(206) 322-7700
1621 S Jackson, Seattle ........................... 98144
Office: Mon. – Fri., 10 a.m. – 6 p.m.; HIV testing: Mon. – Fri. 10 a.m. – 6 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

Filipino Community of Seattle ..................(206) 722-9372
5740 MLK Jr. Way S, Seattle ..................... 98118
Mon. – Fri., 10 a.m. – 4 p.m.; Filipino lunch program: Mon., Tues., Thurs., 10 a.m. – 1 p.m.; lunch program: Wed., Fri. 10 a.m. – noon
Offers a congregate ethnic meal program. Focuses on older adults in the Filipino community. Visit in person. $3 for lunch.
Website .............................................filcommsea.org

Legacy House Adult Day Services ............(206) 624-8929
Bush Asia Center, 409 Maynard Ave. S, Suite P2, Seattle. 98104
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.
Serves individuals 60 and older. Visit in person. Suggested donation of $2.50. $5 charge for those under age 60. Fitness, social and recreational group activities, daily Congregate Meal Program that includes nutritious, Asian-style lunches including fresh fruits and vegetables, transportation coordination, and RN oversight/coverage. Rehabilitative, occupational, and physical therapy available. Personal care services and respite for caregivers. Clients can easily access partnering service provid-
ers located in the same plaza as Legacy House, including a public library featuring multi-lingual materials, health clinic, mental health care, ESL classes, citizenship classes and the neighborhood community center.

Website:  ichs.com/ichs-locations/ichs-legacy-house

MAPS (Muslim Association of Puget Sound) ......... (425) 861-9555
17550 NE 67th Ct., Redmond, WA ......................... 98052
Mon. – Fri., 9 a.m. – 5 p.m.
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

Muslim Community Resource Center ............ (888) 404-6272
16225 NE 87th St. Suite A4, Seattle ...................... 98052
Mon. – Thurs., 10 a.m. – 4 p.m.

Website:  mcrcseattle.org

Mothers for Police Accountability .............. (206) 329-2033
Hotline: 24 Hours. In Person: By Appointment
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, Seattle ..................... 98101
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 House, 136th St.  
1210 SW 136th St., Burien, WA.  
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 Latinx adults. Call for eligibility and appointment information. No fees.  
Website: nhwa.org/lookinside

People of Color Against AIDS Network (POCAAN).  
4437 Rainier Ave. S, Seattle  
Mon. – Fri., 9 a.m. – 5:30 p.m.  
Information, advocacy, therapy and emotional support serving African-American and Latinx clients. Call or visit website. No fees.  
Website: pocaan.org

Somali Community Services of Seattle.  
8810 Renton Ave. S, 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 assist with the immigration process. Primarily serves refugees and immigrants. Call or visit in person. No Fees. Need to have state ID, Passport, Green Card or other identification.  
Website: somcss.net

Urban Impact  
7728 Rainier Ave. S, Seattle  
Hours vary; make appointment: Mon. – Fri., 9 a.m. – 6 p.m.  
*Services may be limited due to religious affiliation.

**Website**.......................... [urbanimpactseattle.org/uirac](http://urbanimpactseattle.org/uirac)

**Urban League of Metropolitan Seattle** ...... (206) 461-3792 x 3025
105 14th Ave. Suite 200, Seattle......................... 98122
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](http://urbanleague.org)

---

**HEALTH, MENTAL HEALTH AND DRUG AND ALCOHOL 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). Some religiously affiliated services may have limited or no information on abortion or birth control. We have indicated these services with a note. If you are struggling with addiction, chemical dependency, or alcohol dependency, call the Washington Recovery Helpline now for 24/7 support.

1 (866) 789-1511; or (206) 461-3219

**Asian Counseling and Referral Service**

**Main office**................................. (206) 695-7600

**Employment & Training Services**.............. (206) 695-7590
3639 MLK Jr. Way S, Seattle......................... 98144
Mon. – Fri., 8 a.m. – 6 p.m.; job-seeker orientation: Tues., 3 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 service(s). Sliding
scale fees. Accepts Apple Health (Medicaid) and private insur-
ance. Call or visit in person. Low-income residents or those re-
ceiving public assistance may be eligible for some free services
and classes.
Website .................................................. acrs.org

Cascade Behavioral Hospital . . . . (206) 745-4473 or (888) 989-6916
12844 Military Rd. S, Tukwila, WA ..................... 98168
Phone and hospital hours: 24 hours
Detoxification, partial hospitalization, inpatient and intensive
outpatient treatment for adults. Agency provides DBHR-certif-
fied service(s). 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, Seattle ..................... 98101
Mon. – Fri., 9 a.m. – 5 p.m.
Outpatient services, referral to inpatient or residential treat-
ment 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

Chief Seattle Club . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . (206) 292-6214
410 Second Ave. Extension S, Seattle ..................... 98104
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.
Assessment/referral to alcohol treatment, case management
and more services 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

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. Sliding scale fees.

Central Seattle (206) 461-3649
2329 Fourth Ave., Seattle 98121
Mon. – Fri., 8 a.m. – 5 p.m.

Lake City Way NE (206) 461-3614
11000 Lake City Way NE, Seattle 98125
Mon. – Fri., 8 a.m. – 5 p.m.

Meridian Ave. N (206)-461-4544
10700 Meridian Ave. N, Suite G-11, Seattle 98133
Mon., Tue., 8 a.m. – 7 p.m.; Wed., Thurs., 8 a.m. – 6 p.m.; Fri., 8 a.m. – 5 p.m.

Stone Way (206) 461-3707
4120 Stone Way N. 98103
Mon. – Fri., 8 a.m. – 5 p.m.

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

Consejo Counseling and Referral Services
Mental health and substance use disorder treatment. Provides co-occurring disorder treatment. Agency provides DBHR-cer-
tified service(s). Primarily serves Spanish-speaking Latinx clients. Call for intake. Fees vary by service. Sliding scale often available. Accepts Apple Health (Medicaid). More locations and services available, please visit website or call for additional information.

**Lake City** ........................................ (206) 461-4880
Domestic Violence Program ........................ (206) 461-4880 x 165
2611 NE 125th St., Suite 145, Seattle ...................... 98125
Mon. – Fri., 8 a.m. – 5 p.m.; Service hours vary

**Columbia City** ..................................................
(206) 461-4880; Domestic Violence Program: (206) 461-4880 x 166
3808 S Angeline St., Seattle .............................. 98118
Mon. – Fri., 8 a.m. – 5 p.m.; Service hours vary.
Website .... consejonew.consejocounseling.org/services-2-2

**Country Doctor Community Health Centers**
Comprehensive health services and an after-hours clinic. Serves everyone. Call for an appointment. Sliding scale fees. Accepts Medicare, Apple Health (Medicaid) and insurance. No one will be turned away due to inability to pay. Comprehensive health services as well as prenatal and pregnancy care for pregnant women who receive state medical assistance. Offers WIC. Accepts Apple Health (Medicaid).
*Services may be limited due to religious affiliation.

**Swedish Cherry Hill** ........................................ (206) 320-5556
550 16th Ave., Seattle ........................................... 98122
Mon. – Fri., 6 – 10 p.m.; Sat., Sun., noon – 10 p.m.

**Country Doctor** ................................................. 206) 299-1600
500 19th Ave. E, Seattle ........................................... 98112
Mon., Tue., Fri., 9 a.m. – 5 p.m.; Wed., Thurs., 9 a.m. – 8:30 p.m.;
maternal care: Wed., Thurs., 9 a.m. – 8:30 p.m.
Website ............................................. countrydoctor.org
Crisis Connections, Warm Line Peer to Peer Mental Health Support Lines .......... (877) 500-9276 (WARM)
Mon. – Sat., 5 – 9 p.m., Sun., 12:30 – 9 p.m.
Supports people who have emotional and mental challenges. Calls are answered by volunteers who have experienced similar issues. If you are in an emergency, please call 911. If you are considering suicide, please call the 24-hour Crisis Line at 1 (866) 427-4747.
Website ...................... crisisconnections.org/wa-warm-line

DESC
Integrated outpatient and intensive outpatient services serving adults with chronic substance use issues as well as those with co-occurring mental disorders. Mental health case management, psychiatric treatment, medication monitoring, limited therapy and protective payeeships, serving King County adult residents who have a mental illness and are 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. No fees. Agency provides DBHR-certified service(s).

James St. .......................................................... (206) 464-6454
216 James St., Seattle ........................................ 98104
Mon. – Fri., 9 a.m. – 5 p.m.; screening: Mon., Wed., 1 – 2:30 p.m., Fri., 9 – 10:30 a.m.; intake: Mon. – Fri., 9 am. walk-ins

Wall St. .......................................................... (206) 441-3043
222 Wall St., Suite 100, Seattle .......................... 98104
Mon. – Fri., 9 a.m. – 5 p.m.; screening: Tue., Thurs., 9 – 10:30 a.m.; intake: Mon. – Fri., 9 am walk ins
Website ......................... desc.org/what-we-do/health-services

DESC Crisis Respite Program ............... (206) 464-1570 x 3057
517 Third Ave., Seattle ................................. 98104
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](http://desc.org/what-we-do/crisis-response)

**Escape to Peace.** ........................................... (425) 496-3161
11100 Main St., Suite 101, Seattle .................. 98004
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](http://escapetopeace.org/trauma-therapy)

**Evergreen Treatment Services** .......................... (206) 223-3644
1700 Airport Way S, Seattle .......................... 98134
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 opioid use disorder. DBHR-certified service(s). Accepts Apple Health (Medicaid) and private pay.

**Website** .......... [evergreentx.org/medication-assisted-treatment](http://evergreentx.org/medication-assisted-treatment)

**Harborview, Office Based Opioid Treatment** ........ 206-744-2332
Harborview Medical Center 325 Ninth Ave., Seattle ........................ 98104
Call for hours and appointments.
Potential patients can expect a phone intake (30 – 45 minutes) to be complete and appointment to be made (for in person evaluation/ location will be determined during call).
Harborview Medical Center ................................ (206) 744-9600
325 Ninth Ave., Seattle ..................................... 98104
Mon. – Fri., 8 a.m. – 5 p.m.
DUI evaluations, outpatient, intensive outpatient, treatment for
co-occurring substance use disorder and mental health disor-
ders and opiate replacement therapy serving everyone includ-
ing patients with co-morbid medical issues. Can write prescrip-
tions 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. Accepts private pay.

Emergency Medical Services ............................. (206) 744-3074
24 hours a day
Medical care including services for burn care, critical care
medicine, emergency medicine, trauma psychiatry, trauma care,
pediatric trauma care and more. Call for more fee information.
Accepts Apple Health (Medicaid), victims compensation, private
insurance and Medicare. Low-income patients may be eligible
for free services.
Website ....................................................... uwmedicine.org/locations

Harborview Medical Respite ................................ (206) 744-5200
800 Jefferson St., Seattle ................................. 98104
24 hours per day
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 provid-
er must contact intake.
Website..... uwmedicine.org/provider-resource/refer-patient/
medical-respite

HealthPoint .................................................... (206) 242-0885
Many locations, see website for detailed information.
Primary medical care, mental health counseling, and WIC nutrition programs serving everyone. Call for an appointment. Accepts Apple Health (Medicaid). Sliding scale fees. No fees for WIC. See website or call for detailed information.

Website .............................................. healthpointchc.org

Hepatitis Education Project ......................... (206) 732-0311
1621 S Jackson St., Suite 201, Seattle................. 98144
Mon. – Fri., 9 a.m. – 5 p.m.; Free syringe access and Naloxone program; Buprenorphine clinic: Tue. and Thurs., 1 – 5 p.m.
Needle exchange, clean injection supplies, overdose prevention training and harm reduction services for everyone. Provides Naloxone distribution, case management and counseling services as well as hepatitis B & C testing, hepatitis A & B vaccinations. Visit in person. No fees.
Serves everyone. Call for an appointment. Free syringe access, Naloxone program and low-barrier Buprenorphine program; Tue. and Thurs. 1 – 5 p.m. Apple Health (Medicaid) accepted, but not required (out-of-pocket otherwise).

Website .............................................. hepeducation.org

IKRON Corporation ............................... (425) 242-1713
3805 108th Ave NE #204, Bellevue, WA ............... 98004
Mon. – Fri., 8:30 a.m. – 5 p.m.; Sat., by appointment only.
Outpatient counseling services for mental health and substance use disorder needs. Agency provides DBHR-certified service(s).
Serves everyone. Call for more information. Accepts Apple Health (Medicaid) and private pay. Sliding scale fees available.

Website .............................................. seattle.ikron.org

International Community Health Services
Services may vary by location. Please call for more information, or to schedule an appointment. Same-day appointments available. Offers dental, vision and primary healthcare including but
not limited to behavioral health and recovery, STD testing and treatment, and family and maternity services. Suboxone treatment available to adults who call to schedule an assessment. Provides DBHR-certified services. Staff is multilingual. No one is turned away due to inability to pay. Accepts major private insurances, Apple Health (Medicaid) and Medicare. If you don’t have insurance, sliding scale fees are available.

**Eighth Ave. Dental** ........................................... (206) 788-3757  
**Eighth Ave. Vision** ........................................... (206) 788-3505  
**Eighth Ave. Medical Clinic** .................................... (206) 788-3700  
720 Eighth Ave. S, Seattle ........................................... 98104  
Dental: Mon. – Sat., 7:30 a.m. – 6 p.m.; vision: Mon. – Fri., 8 a.m. – 5 p.m.; medical clinic: 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 Dental** ........................................... (206) 533-2660  
**Shoreline Medical Center** .................................... (206) 533-2600  
16549 Aurora Ave. N, Shoreline .................................... 98133  
Dental: Mon. – Sat., 7:30 a.m. – 6 p.m.; medical center: Mon., Wed., 7:30 a.m. – 6 p.m.; Tue., Thurs. – Sat., 8:30 a.m. – 5 p.m.; confidential services for ages 14 – 26, every Wed. from 2 – 6 p.m.

**Othello St. Dental** ........................................... (206) 788-3502  
**Othello St. Medical Clinic** .................................... (206) 788-3500  
3815 S. Othello St., Seattle ........................................... 98118  
Dental: Mon., Tue., Thurs. – Sat., 7:30 a.m. – 6 p.m.; Wed., 8:30 a.m. – 7 p.m.; medical center: 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.

**Website** ........................................................... ichs.com

**Jewish Family Service** ........................................... (206) 461-3240  
**Housing Hotline** ............................................. (206) 861-8796  
1601 16th Ave, Seattle ........................................... 98122  
Mon. – Fri., 9 a.m. – 5 p.m.; housing hotline: 24 hours; food bank: Wed., Fri., 10 a.m. – noon., Thurs., 2 – 4 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. 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. Documents required: ID with current address. No fees.

**Website** ........................................... jfsseattle.org/services

**King County Public Health Centers** ............................... (206) 296-4600

Check website for hours and locations.

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 of Seattle and King County, Medical Center and Needle Exchange**

**General Inquiry** ........................................ (206) 477-8300

**Medical Center** ........................................ (206) 477-8222

**Maternal Care** ........................................ (206) 477-8238

2124 Fourth Ave. .............................................. 98121

Medical center: Mon. – Fri., 8 a.m. – 3:45 p.m.; needle exchange: Mon. – Fri., 1 – 5 p.m.; Sat., 2 – 4 p.m.; maternal care: 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. Medical clinic provides Naloxone distribution, social workers, case management and counseling services as well as abscess treatment, HIV/hepatitis testing and counseling, Hepatitis A and B vaccinations, treatment for colds and upper respiratory infections and TB screening. Visit in person. No fees. Maternal and family health programs, such as pregnancy services, primary care,
WIC, information and guidance from nurses. Kids Plus, nursing, WIC, maternity services and health clinic.  
Website .............................................. kingcounty.gov/depts/health

**King County Needle Exchange .................. (206) 477-8239**  
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.  

**Capitol Hill ........................................... (206) 263-2000**  
1161 11th Ave. Robert Clewis Ctr. 2, Seattle .............. 98121  
Mon. – Sat., 6:30 – 8:30 p.m.  

**Downtown Seattle .......................... (206) 263-2000**  
Robert Clewis Center, 2124 Fourth Ave., Seattle  
Mon. – Fri., 1 – 5 p.m., Sat., 2 – 4 p.m.  

**North Seattle .......................... (206) 330-5777**  
University Way NE & NE 43rd St. (alley behind the post office), Seattle ...................................................... 98105  
Sun., Fri., 1 – 5 p.m.; Mon. – Thurs., 5 – 7 p.m.  
Website .............................................. http://kingcounty.gov

**King County Public Health STD Clinic ............. (206) 744-3590**  
908 Jefferson St. 11th Floor, Seattle ..................... 98104  
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. Health exams, referrals and partner notification for people who are newly HIV positive. Call for an appointment. Sliding scale fees,
but no person will be denied. Medicare, Apple Health (Medicaid) and insurance accepted.

Website ....................................................... kingounty.gov/std

La Esperanza Health Counseling Services
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 Latinx and immigrant communities. Call for more information or to schedule appointment. Accepts private insurance and private pay. Sliding scale fees.

Burien ............................................................ (206) 306-2690
15405 First Ave. S, Burien, WA ......................... 98148
Mon. – Thurs. 10 a.m. – 6 p.m.

Lynnwood ....................................................... (425) 248-4534
20815 67th Ave. W, Ste. 201 Lynnwood, WA ......... 98036
Mon. – Thurs. 10 a.m. – 6 p.m.

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

Lake City Rotary Free Clinic ............................ (206) 414-6984
McDermott Place 12736 33rd Ave. NE, Seattle ...... 98125
Sat., 10 a.m. – 1 p.m.

Drop-in clinic offers basic health care for adults who have no access to medical care. Labs and imaging at no charge. Assistance with cost of medicines. Visit in person. No fees. No ID or income information required.

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

Matt Talbot Center ........................................... (206) 256-9865
2313 Third Ave., Seattle ................................... 98121
Intake: Mon. – Fri., 8:30 a.m. – 2:30 p.m.
Year-long intensive outpatient drug and alcohol recovery and relapse prevention program serving adults 18 and older. Agency provides DBHR-certified service(s). Sobriety is required throughout entire program. Call or visit in person. No fees. 

**Website** ........................................... mtcenter.org

**Narcotics Anonymous** .................................................. (206) 790-8888
Location varies. Call for support and information on meeting times and sites.  
24-hour phone line for support.  
Support groups and a 24-hour helpline for anyone who has a desire to stop using drugs. No fees. 

**Website** ........................................... seattlena.org

**National Suicide Prevention Hotline** .................. (800) 273-8255
24 hours a day, 7 days a week  
Free and confidential support for people in distress, prevention and crisis resources for people in distress or their loved ones, and best practices for professionals. 

**Website** ........................................... suicidepreventionlifeline.org

**Navos, Burien** .................................................. (206) 248-8226
1210 SW 136th St., Burien, WA ......................... 98166  
Office: Mon. – Fri., 9 a.m. – 5 p.m.; drop-in intake adults: Mon. – Fri., 9 a.m. – 2 p.m.  
Intensive 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. Apple Health (Medicaid) is required. Serves all King County residents. 

**Website** ........................................... navos.org

**Neighborcare Health** ........................................... (206) 548-5710
Many locations, see website for information and hours. Offers primary medical care, social work services and behavioral health services serving everyone. Offers WIC food assistance. Call for appointment. Sliding scale fees. Accepts Medicare, Apple Health (Medicaid) and most health insurance plans.

**Neighborcare Health Ballard Homeless Clinic** (206) 782-5939
Nyer Urness House, 1753 NW 56th St., Suite 200, Seattle. 98107
Mon., Tues., Thurs., Fri.: 9 a.m. – 4:30 p.m. Wed.: 10 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](http://neighborcare.org)

**New Traditions** (206) 762-7207
9045 16th Ave. SW, Seattle 98106
Mon. – Fri., 8 a.m. – 5 p.m.; call for service hours

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** [http://new-traditions.org](http://new-traditions.org)

**Odessa Brown Scheduling** (206) 987-7210
**WIC** (206) 987-7235
2101 E Yesler Way, Suite 100, Seattle 98122
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 (under the age of 18). 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

Peer Seattle ......................... (206) 322-2437
1520 Bellevue Ave, STE 100 ......................... 98122
Open 9 a.m. – 9 p.m. every day of the year.
Peer-driven support and services for LGBTQIA people and their allies addressing issues of mental health, chemical and behavioral addiction, and chronic illness. Peer recovery coaching for up to 26 weeks. State opioid response group for people with substance dependency to find support. Job development group to support people re-entering the workforce and seeking jobs.
Website .............................. peerseattle.org

Pioneer Human Services CORP Program .......... (206) 772-6900
11900 Beacon Ave. S, Seattle ......................... 98178
Residential co-occurring treatment program; call for hours
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, Rainier Ave. S .......... (206) 470-3856
901 Rainier Ave. S, Seattle ......................... 98144
Mon. – Fri., 8 a.m. – 5 p.m.; service hours vary
Outpatient treatment, intensive outpatient treatment and DUI evaluations. Mental health assessments, mental health counseling, psychiatric evaluations and medication monitoring. Serves adults 18 and older. 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

Pioneer Square Medical Clinic .......................... (206) 744-1500
206 Third Ave. S, Seattle ................................. 98104
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 ........................ wmedicine.org/locations/pioneer-square

Planned Parenthood ................................. (800) 769-0045
Information and healthcare for reprocutive and sexual health and more. Call to make an appointment or with questions.

Central District Health Center
2001 E Madison St, Seattle .............................. 98122
Mon., Wed., Fri., 8:30 a.m. – 4:30 p.m.; Tues., Thurs., Sat. 8 a.m. – 4 p.m.

First Hill Health Center
1229 Madison St. Suite 1040, Seattle .................. 98104
Tues., Wed., 8 a.m. – 4 p.m.; Thurs., 7:30 a.m. – 3:30 p.m.; Fri., 8 a.m. – 4 p.m.

Northgate
1200 N Northgate Way, Seattle ........................ 98133
Tues. 11 a.m. – 7 p.m.; Wed. 10:30 a.m. – 6:30 p.m.; Thurs. – Sat. 8:30 a.m. – 4:30 p.m.

University District Health Center
5020 Roosevelt Way NE, Seattle ........................ 98105
Mon. 10 a.m. – 6 p.m.; Tues., Wed. and Fri. 9 a.m. – 5 p.m.; Thurs. 11 a.m. – 7 p.m.

White Center & West Seattle
9942 Eighth Ave SW, Seattle ................................. 98106
Mon., Wed., Fri., 8:30 a.m. – 4:30 p.m.; Tues., Thurs., 11 a.m. – 7 p.m.

**Praisealujah** ............................................ (206) 251-8971
17800 Des Moines Memorial Dr., Suite G, Burien, WA .... 98148
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. Does not serve convicted sex offenders. Call for more information. No fees.

*Services may be limited due to religious affiliation.

**Website** .................................................. praisealujah.org

**Puget Sound Christian Clinic, English** ........ (206) 363-4105 x230
**Español** .................................................. (206) 363-4105 ext. 233

Medical care services for low-income and underinsured individuals — foot and wound care. Cannot provide urgent care. Walk-ins only. Free or $10 donation suggestion. Does not bill patients or insurance.

*Services may be limited due to religious affiliation.

**Greenlake:** 8914 Aurora Ave N, The Aurora Commons, Seattle. ........ 98103
Wed., 11 a.m. – 2 p.m.

**Haller Lake:** 2152 N 122nd St ................................. 98133
Mon., 4 – 8 p.m., Wed., 5 – 9 p.m.; Fri., 9 a.m. – 1 p.m.

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

**Recovery Café.** ............................................. (206) 374-8731
2022 Boren Ave. Seattle ........................................ 98121
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 café and attend a support group. Visit to sign up for a New Member Introduction.
Website........................................recoverycafe.org

Rota Care Puget Sound .............................(206) 367-3477
North Helpline 12707 30th Ave., Seattle..............98125
Sat., 10 a.m. – 1 p.m.
Drop-in clinic offers basic health care for acute illnesses and injuries. Serves people without insurance or access to medical care. Visit in person. For information, call. No fees.
Website........................................sites.google.com/site/rotacareps

Salvation Army, Fourth Ave. S
Women...............................................(206) 587-0503 x 26
Men.....................................................(206) 587-0503 x 28
1000 Fourth Ave. S Seattle.............................98134
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.
*Services may be limited due to religious affiliation.
Website........................................seattlearc.salvationarmy.org

Seadrunar
Detoxification...........................................(206) 245-1086
Substance abuse treatment............................(206) 767-0244
10344 14th Ave. S, Seattle...........................98168
Mon. – Fri., 8 a.m. – 5 p.m.; Intake coordinator available 24 hours by phone
Structured residential treatment services and detoxification services 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 ............... (206) 762-3263
Call or visit website for specific locations. Offers diagnosis, treatment and health management. Inpatient serves adults 18 and older; outpatient serves adults and youth 12 and older. 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. Inpatient accepts Apple Health (Medicaid); outpatient accepts Apple Health (Medicaid), private insurance and private pay.

Outpatient .................................................. (206) 766-6976
10001 17th Pl. S, Seattle .............................. 98168
Mon. – Fri., 8 a.m. – 5 p.m.; support groups: Mon., 5 – 7 p.m.; Tue., Thurs., 5 – 8 p.m.

Inpatient ...................................................... (206) 219-5980
113 23rd Ave. S, Seattle .............................. 98144
Mon. – Fri., 8 a.m. – 5 p.m.

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

Seattle Counseling Service .............................. (206) 323-1768
1216 Pine St., Suite 300, Seattle ....................... 98101
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 their significant others. Substance use treatment and therapeutic counseling, including counseling for mental health illnesses, primarily serving LGBTQ people. Couples counseling and transition counseling available. 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
Seattle Indian Health Board .......................... (206) 324-9360
611 12th Ave. S, Seattle .................................. 98144
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. Sliding scale fees for qualifying native American or Alaskan with correct documentation.
Website ............................................................ sihb.org

Seattle’s Union Gospel Mission, Hope Place .......... (206) 628-2008
3802 S Othello St., Seattle ................................ 98118
Shelter screening: Mon. - Fri., 8:30 – 9 a.m.; office: 8 a.m. – 9 p.m.
Long-term residential rehabilitation program and outpatient treatment. Provides DBHR-certified service(s). Serves women 18 and older. Call for screening. No fees. Transgender clients served on a case-by-case basis. Does not serve sex offenders or women who are currently on a methadone program. Wheelchair accessible. Performs background checks. Call for telephone screening. *Services may be limited due to religious affiliation.
Website ............................................................ ugm.org/what-we-do/welcome-and-embrace

Seattle Treatment Services/
ADD Health Counseling ...................................... (206) 525-0094
1404 E Yesler Way, Suite 202 CND ...................... 98122
Hours vary; call to schedule appointment.
Intensive outpatient treatment, outpatient Alcohol and Drug Information School and DUI assessments. Offers counseling, advo-
cacy, trainings, information and referrals. Serves those in need of domestic violence services and anyone with an alcohol or drug problem. Sliding scale fees. ID required to access services. *Service may be limited due to religious affiliation.

Website ............................................. seattletreatmentservices.org

Shepherd’s Counseling Services .................................(206) 323-7131
2601 Broadway E, Seattle................................. 98102
Mon. – Fri., 9 a.m. – 6 p.m.
Individual and group therapy and support groups, for adult survivors of childhood sexual abuse. Cannot serve sex offenders. Call for free initial consultation and evaluation. Sliding scale fees.
Website ........................................... shepherdstherapy.org

Sound ....................................................................(206) 302-2300
1600 E Olive St, Seattle................................. 98122
Mon. – Fri., 8 a.m. – 5 p.m.; service hours vary
Assessments, outpatient and a co-occurring disorders program serving adults 18 and older and youth 13-18. Co-occurring disorder integrated case management, therapy, sex offender treatment, addiction 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 women who have a history of incarceration or interactions with the legal system. Accepts referrals by self or by professionals. 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

Southeast Youth & Family Services ............................... (206) 721-5542
3722 S Hudson St, Seattle................................. 98118
Mon. – Fri., 9 a.m. – 5 p.m.; evening appointments available
Individual and family counseling, employment assistance, case
management, advocacy, information and referral and crisis
intervention. Agency provides DBHR-certified service(s). Serves
African and Asian immigrant and refugee individuals and
families in King County. Call for appointment. No fees for most
services. Medicaid eligibility for some services.

Website ............................................ seyfs.org

Southwest Youth & Family Services ......................... (206) 937-7680
4555 Delridge Way SW, Seattle ........................... 98106
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

Swedish Medical Center
Offers diagnosis, treatment, health management and emergency
medical services. Social workers available. Staff is multi-lingual.
Serves everyone. Locations open 24 hours daily.

Ballard ............................................. (206) 782-2700
5300 Tallman Ave. NW, Seattle ......................... 98107
Inpatient Care available at Ballard location Mon. - Fri., 9 a.m. – 5
p.m.: Beneficial for people who are experiencing an acute mental
illness and require intensive 24-hour care to stabilize their con-
dition. Addiction Recovery program evaluates and treats people
with chemical dependencies.

Cherry Hill ............................................ (206) 320-2000
500 17th Ave, Seattle ........................................ 98122

First Hill ............................................. (206) 386-6000
Swedish Medical Center – Addiction Recovery

Chemical & Substance Abuse Dependency Treatment for Pregnant Women

(206) 781-6209

5301 Tallman Ave. NW, Seattle
Mon. – Fri., 9 a.m. – 5 p.m.

Evaluation and treatment for people with chemical dependencies. Special program for pregnant women with chemical dependency and focuses on their particular needs.

Website: swedish.org

Therapeutic Health Services

Mental health services, case management, group counseling to serve mentally ill clients as well as those with co-occurring disorders. Methadone, Suboxine, Alcohol and Drug Services. Mental health services, case management, group counseling. Call intake for an appointment. Sliding scale fees. Private pay, Apple Health (Medicaid) and private insurance. Outpatient, intensive outpatient and opiate substitution treatment serving adults.

Bellevue

(425) 747-7892

1412 140th Pl. NE, Bellevue, WA
Mon. – Thurs., 7 a.m. – 5:30 p.m.; Fri., 7 a.m. – 4:30 p.m.

Rainier Ave. S.

(206) 723-1980

5802 Rainier Ave. S, Seattle
Mon. – Fri., 8 a.m. – 4:30 p.m.

Shoreline

(206) 546-9766

16715 Aurora Ave. N, Suite 102, Shoreline, WA
Front Office: Mon. – Fri., 7 a.m. – 4:30 p.m. Dispensary hours: early dosing: Mon. – Sat., 6 a.m. – 6:30 a.m.; regular dosing: Mon. – Sat., 6:30 a.m. – 12:15 p.m.

Summit Ave

(206) 323-0930

1116 Summit Ave., Seattle
Front office: Mon. – Thur., 7 a.m. – 5:30 p.m.; Fri., 7 a.m. – 4:30 p.m.
Early dosing: Mon. – Fri., 6 a.m. – 6:30 a.m., Sat., 7 a.m. – 7:30 a.m.; regular dosing: Mon. – Fri. 6:30 a.m. – 11:30 a.m., Sat. 10:15 – 11:30 a.m.

**Youth & Family Services** .......................... (206) 322-7676
1901 MLK Jr. Way S, Seattle ............................. 98144
Mon. – Thur., 9 a.m. – 6 p.m.; Fri., 9 a.m. – 5 p.m.
Youth and Family only. 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. Accepts private insurance, private pay and Apple Health (Medicaid).

**Website** .................................................. ths-wa.org

**Third Avenue Primary Care Clinic** ................. (206) 521-1231
2028 Third Ave., Seattle ................................. 98121
Mon., Tue. – Thurs., Fri., 8:05 a.m. – 4 p.m.; Wed., 8:30 a.m. – 3:30 p.m. (every day closed noon – 1 p.m. for lunch)
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. Financial counseling is available. For psychiatry must have primary care physician referral (within Harborview). Does not take Tri-Care. Dental but no vision services.

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

**Thunderbird Treatment Center** ....................... (206) 722-7152
9236 Renton Ave. S, Seattle ............................. 98118
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/services-and-programs/thunderbird-treatment-center](sihb.org/services-and-programs/thunderbird-treatment-center)

**Valley Cities Counseling & Consultation**........... (253) 833-7444

Phone line available 24/7

Many locations and services vary. Please call to confirm. 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). 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.

**Des Moines**........................................ (253) 833-7447

26401 Pacific Hwy S, Suite 201, Des Moines, WA ......... 98198

Mon. – Wed., 8 a.m. – 6 p.m.; Thurs. - Fri., 8 a.m. – 5 p.m.; Assessments: Tue., 8:30 a.m.

**Lake City at North Helpline**.......................... (253) 833-7445

12736 33rd Ave. NE, Seattle ............................ 98125

Mon. – Fri., 8:30 a.m. – 5 p.m.; assessments: Tue., 8:30 a.m.

**Meridian Center for Health**............................. (253) 833-7444

10521 Meridian Ave. N, Seattle ............................ 98133

Mon. – Fri., 8 a.m. – 5 p.m., Sat., by special arrangement; assessments, Mon. – Fri., 8:30 a.m. – 2 p.m. (Substance use disorder assessments on Tues. before 2 p.m.)

**Pike Place**.............................................. (253) 833-7448
1537 Western Ave., Seattle ................................. 98101
Mon. – Fri., 8:30 a.m. – 5 p.m.; assessments: Tue., 8:30 a.m.

St. Vincent de Paul - Aurora ...................................(253) 833-7446
13555 Aurora Ave. NE, Seattle ............................. 98133
Mon. - Fri., 8:30 a.m. – 5 p.m.

Rainier Beach .................................................... (253) 833-7444
8444 Rainier Ave. S, Seattle ................................. 98118
Website ......................................................... valleycities.org/new-clients

Washington Recovery Helpline . 1 (866) 789-1511; or (206) 461-3219
24 hours a day, 7 days a week
24-hour help for substance abuse, problem gambling, and mental health.
Website ........................................................ warecoveryhelpline.org

YMCA ............................................................... (206) 382-5340
2100 24th Ave. S, Suite 260 ................................. 98144
Mon. – 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. ID is needed. Will help youth and young adults find housing, enroll in school, find a job.
Website .............................................................. seattleymca.org

HIV/AIDS SERVICES

Cedar River Clinics .............................................. (800) 572-4223
509 Olive Way, Suite 1454, Seattle ........................ 98101
Intake: Mon. – Fri., 8 a.m. – 5 p.m., Sat., 8 a.m. – 2 p.m.
Offers health care such as cancer screenings, STD testing and treatment, HIV Testing, vasectomy, abortion and birth control.
Offers transgender services such as hormone therapy, surgical referrals for gender reassignment, breast and cosmetic surgeries, post-surgical follow up and ID documentation. Serves clients identifying as LGBTQ. Call for more information or to make an appointment. Sliding scale fees. Accepts Apple Health (Medicaid) and most insurance plans. Documents required: photo ID.

**Website** ............................................. cedarriverclinics.org/seattle

**Entre Hermanos** .............................. (206) 322-7700
1621 S Jackson, Seattle .......................... 98144
Office: Mon. – Fri., 10 a.m. – 6 p.m.; HIV testing: Mon. – Fri., 10 a.m. – 6 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**
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. No fees.

**Main Office** ............................. (206) 860-6970
517 E Pike St., Seattle .......................... 98122
Mon. – Fri., 3 - 8 p.m.; Sat., 12:30 – 5 p.m.

**Out of the Closet** ............................. (206) 860-6969
1016 E Pike St., Seattle .......................... 98122
Mon. – Fri., 11 a.m. – 7 p.m.; Sat., noon – 5 p.m. (last client seen 45 minutes before closing)
**Website** ................................. gaycity.org/wellness

**Harborview Medical Center Madison Clinic** ............................. (206) 744-5100
**Care coordinator** ............................. (206) 744-5155
325 Ninth Ave., Second Floor, West Clinic, Seattle. 98104
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 STD Clinic. (206) 744-3590
908 Jefferson St. 11th Floor, Seattle. 98104
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. Health
exams, referrals and partner notification for people who are
newly HIV positive. Call for an appointment. Sliding scale fees,
but no person will be denied. Medicare, Apple Health (Medicaid)
and insurance accepted.
Website........................ kingounty.gov/std

Lifelong. (206) 957-1600
1016 E Pike St., 3rd Floor, Seattle 98122
Mon. – Fri., 8:30 a.m. – 5 p.m.
Advocacy, case management, housing assistance, food assis-
tance, insurance and financial assistance and health resources
for homeless, low- or moderate-income Washington residents
living with HIV/AIDS. Call for more information and applica-
tions. 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

Peer Seattle................................. (206) 322-2437
Peer-driven support and services for LGBTQIA people and their allies addressing issues of mental health, chemical and behavioral addiction, and chronic illness. Peer recovery coaching for up to 26 weeks. State Opioid Response Group for people with substance dependency to find support. Job Development group to support people re-entering the workforce and seeking jobs.

**Website** .................................. peerseattle.org

**People of Color Against AIDS Network (POCAAN).** (206) 322-7061
4437 Rainier Ave. S, Seattle .......................... 98144
Mon. – Fri., 9 a.m. – 5:30 p.m.
Information, advocacy, therapy and emotional support serving African-American and Latinx clients. Call or visit website. No fees.

**Website** .................................. pocaan.org

**Seattle Counseling Service** ........................ (206) 323-1768
1216 Pine St., Suite 300, Seattle .......................... 98101
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 their significant others. Substance use treatment and therapeutic counseling, including counseling for mental health illnesses, primarily serving LGBTQ people. Couples counseling and transition counseling available. 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

**University of Washington, Virology Clinic** .... (206) 598-8750
4245 Roosevelt Way NE, Seattle .......................... 98105
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 management and outreach services. Will prescribe PrEP. Services are multicultural. Serves those diagnosed or at high risk for HIV infection. Call for an appointment. Private insurance, Medicare and Apple Health (Medicaid) accepted.
Website . uwmedicine.org/locations/virology-uwmc-roosevelt

HOUSING SERVICES

Access to many housing services in Seattle are managed by 211 and Coordinated Entry for All.

Aloha Inn . ........................................ (206) 283-6070
1911 Aurora Ave. N, Seattle ........................................ 98109
Apply 10 a.m. – noon, Mondays or 4:30 p.m. – 6:30 p.m. Wed. (except holidays) at the Recovery Cafe 2022 Boren Ave. Seattle WA 98121 (intersection of Fairview and Denny).
No applications accepted at the Aloha Inn location. On Mondays the office is closed but staff is there: knock on the door and inform them you are applying for Aloha Inn. On Wednesdays the door will be open. Photo ID required. 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 to verify application location. Documents Required: valid, legal picture ID. Rent is on a sliding scale based on income, and residents are required to begin saving money for transition to permanent housing.
Website . . . . . . . . . . ccsww.org/get-help/shelter-homeless-services/aloha-inn

Attain Housing . ........................................ (425) 576-9531
To apply for transitional housing ............................... Call 211
125 State St. S., Kirkland, WA ................................. 98033
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. Two programs: Emergency rent assistance (for families and individuals), and Transitional housing (for families with children). Call 211 for screening.
Website ........................................... attainhousing.org

Bellwether Housing ............................................ (206) 623-0506
1651 Bellevue Ave., Seattle ................................. 98122
Mon. – Fri., 8 a.m. – 5 p.m.
Permanent affordable 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., Seattle ................................. 98144
Daily: 7:30 a.m. – 6 p.m. Doors open
Thurs. 9 a.m.– noon for Coordinated Entry for All
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

Community Psychiatric Clinic, SUDS,
Lake City Way NE ............................................ (206) 461-3614
11000 Lake City Way NE, Seattle ................................. 98125
Mon. – Fri., 8 a.m. – 5 p.m.; no walk-in hours for Supportive Ser-
vice for Veteran Families (SSVF)
Housing programs serve homeless individuals with mental illnesses; other programs serve adults 18 and older. SSVF 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. Agency provides DBHR-certified service(s). Call for eligibility and fee information and for an appointment. Accepts Apple Health (Medicaid), Medicare, private pay and private insurance. Sliding scale fees. Website cpcwa.org/substance-use-disorders.html

Compass Housing Alliance Veterans Center (206) 474-1880
1301 N 200th St., Shoreline, WA 98133
8 a.m. to 5 p.m.
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

Conquest Center (206) 246-5263
4617 S 144th St., Tukwila, WA 98168
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. *Services may be limited due to religious affiliation. Website facebook.com/pg/conquestcenter

Coordinated Entry for All 211
Call: Mon. – Fri., 8 a.m. – 6 p.m.; walk-in hours: Tue., 9 a.m. – noon
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. Call 211 for more information, all locations and to schedule an appointment. Limited walk-in hours are available at specific locations.

**Bellevue** .................................................. **206) 328-5900**  
Catholic Community Services, 11061 NE Second St. .... 98004

**Central Seattle** ........................................... **(206) 328-5900**  
Catholic Community Services, 100 23rd Ave., Seattle ... 98144  
Call: Mon. – Fri., 8 a.m. – 6 p.m.; walk-in hours: Thurs., 9 a.m. – noon

**Kirkland** .................................................... **(425) 679-0350**  
New Bethlehem Day Center, 11920 NE 80th St., Kirkland, WA . . 98033  
Call: Mon. – Fri., 8 a.m. – 6 p.m.

**North Seattle** ........................................... **(206) 753-4890**  
Solid Ground, 9600 College Way N, Seattle .............. 98103  
Call: Mon. – Fri., 8 a.m. – 6 p.m.

**Renton** ..................................................... **(425) 679-0350; (425) 264-1400**  
YWCA, 1010 S 2nd St., Renton, WA ....................... 98057  
Call: Mon. – Fri., 8 a.m. – 6 p.m.; walk-in hours: Wed., 2 – 8 p.m.

**Website** ...................................................... kingcounty.gov

**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** .................................. **(206) 729-0262**  
University Lutheran Church, 1604 NE 50th St, Seattle ... 98105  
Mon. – Fri., 9 a.m. – 4:30 p.m., Sun., 9 a.m. – 3:30 p.m., breakfast: 9 a.m.; lunch: noon  
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. Day center includes breakfast, lunch, food to take with you. Showers, lockers, computer access, mail program. Job programs, clothing, networking. UPSM (University District Street Medicine.) 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

**Housing and Essential Needs (HEN)** ............................ (206) 328-5755

123 Ave S. Yesler 23. .......................................... 98144
Mon – Fri., 7:30 a.m. – 6 p.m.

This is a referral program through DSHS and has coordinated entry sites at different locations in each county. 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 to determine if specific documents are required. No fees.

**Website** ........................................... henkingcounty.org

**Housing Search Northwest**

Multilingual website with searchable listings of available low- and market-rate housing. Serves everyone seeking King County housing. No physical office or phone number.

**Website** ........................................... socialserve.com/tenant/WA/index.html?ch=KCHA

**Jubilee Women’s Center** ................................. (206) 324-1244

620 18th Ave. E, Seattle ....................................... 98122
Tue. – Thurs., 9 a.m. – 6 p.m., Mon., Fri., 9 a.m. – 5 p.m.; clothing boutique hours: Tue., 10 a.m. – 12:30 p.m.

Offers short- and long-term community housing for single, fe-
male-identifying adults without children in care. For application, call, visit in-person or visit website. Residents pay 30 percent of monthly income or $50/month in rent. Photo ID and background check required for housing. Limited wheelchair access.

**Website** .................................................. jwcenter.org

**Kawabe Memorial House** ................................. (206) 322-4550
221 18th Ave., Seattle ........................................ 98144
Lunch served: Mon. – Fri. at 11:30 a.m.
Call for information about affordable rental units. Roughly an 18-month waiting period for housing. No ID required for lunch services. Photo ID and financial documentation required for housing.

**Website** .................................................. kawabehouse.org

**King County Housing Authority, Main Office** ...... (206) 574-1100
600 Andover Park W, Tukwila, WA .......................... 98188
Mon. - Fri., 8 a.m. – 4:30 p.m.

**King County Housing Authority, Section 8 Office** .. (206) 214-1300
700 Andover Park W, Tukwila, WA .......................... 98188
Call ahead to make an appointment. Rental housing and rental assistance. Provides subsidized housing and affordable housing.

**Website** .................................................. kcha.org

**Low Income Housing Institute (LIHI)** .................. (206) 443-9935
2407 First Ave., Seattle. ...................................... 98121
Call for hours.
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
Mercy Housing .......................................................... (206) 838-5700
See website .......................................................... 98118
No walk ins. 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/northwest

Muslim Housing Services ................................. (206) 723-1712
6727 Rainier Ave. S, Seattle ......................................... 98118
Mon., Tues., 10 a.m. – 6 p.m., Wed., Thurs., 10 a.m. – 5 p.m., Fri. 10
a.m. – 1:15 p.m. and 2:30 – 6 p.m.
Case management, homelessness prevention, transitional
housing and rental assistance. Also offers 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 infor-
mation.
Website .............................. muslim-housing.org

New Beginnings ...................................................... (206) 783-4520
Helpline ...................................................... (206) 522-9472
P.O. Box 75125, Seattle .............................................. 98175
Helpline: 24 hours; office: Mon. – Fri., 9 a.m. – 5 p.m.
Confidential housing, 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
Oxford Houses  ............ Seattle Outreach Worker: (206) 280-7926
No walk-in services; call or email; call any time before 9 p.m.
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. May accept women fleeing domestic violence. Apply directly to the house. Those who need additional help can call an outreach worker. Fees average $375 to $650 per month. Visit www.oxfordvacancies.com to find all vacancies in real time.
Website ........................................... wa.oxfordhouse.us

Plymouth Housing  ................................. (206) 374-9409
2113 Third Ave., Seattle .............................. 98121
Call for hours.
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 screening fee.
Website ......................................... plymouthhousing.org

Seattle Housing Authority  ....................... (206) 239-1737
190 Queen Anne Ave. N, Seattle ...................... 98109
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
St. Stephen Housing Association ............................. (253) 638-9798
13055 SE 192nd St., Renton, WA............................... 98058
Mon. – Fri., 9 a.m. – 2 p.m. Coordinated entry by referral.
Temporary housing and social workers serving low-income homeless families with at least one child under 18. Call 211 for referral. ID required with a grace period.
Website ....................................................... ststephenhousing.org

United States Mission ............................................ (206) 781-9113
931 N 104th St., Seattle ........................................ 98133
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

Urban League of Metropolitan Seattle .................... (206) 461-3792 x 3025
105 14th Ave. Suite 200, Seattle ............................... 98122
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

HYGIENE SERVICES

Chief Seattle Club ..................................................... (206) 292-6214
410 Second Ave. Extension S, Seattle ......................... 98104
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

Compass Housing Alliance Day Center .................... (206) 474-1630
210 Alaskan Way S, Seattle .............................. 98104
Day center: Mon. – Fri., 9 a.m. – 4 p.m.; hygiene: 7 a.m. – 3:30 p.m.
Hygiene and laundry services. Offers toilets, showers, self-service laundry and nurse care. Serves homeless adults, 18 and older. Provides a space for community and housing navigation. Haircuts located in hygiene department. Also offers assistance with move-in costs.

Website ...................... compasshousingalliance.org

Immanuel Community Services ......................... (206) 622-1930
1215 Thomas St., Seattle ................................. 98109
Food pantry: Mon., 11 a.m. – 1 p.m.; community lunch: last Sun. of every month at noon; hygiene 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.
Provides a food bank, community lunch and hygiene center with laundry and shower services. Services available to all adults. No children. No fees and no ID requirements of any kind. Sign-up in person on-site. Recovery Program Shelter available for up to one year for up to 15 men going through recovery, offered in partnership with the Matt Talbot Center.

Website ............................................ icssseattle.org

LIHI Urban Rest Stop
Restrooms, showers, laundry facilities and limited haircuts for
adults and youth of all genders. Showers are ADA compliant. No intoxication allowed. The University District URS has four private shower rooms, two washers and dryers and a restroom. Patrons receive free toiletries including toothbrushes, toothpaste, disposable razors, shaving cream, shampoo and soap. Visit in person. Laundry is first come, first serve. Sign up at 8:45 a.m. in person or call at 9 a.m. No fees.

**Ballard**  ...........................................  206) 258-3626
2014-B NW 57th St., Seattle  ........................... .98107
Mon. – Fri., 6:30 – 10:30 a.m., 11:30 a.m. – 2:30 p.m.; last laundry: noon; last shower: 12:30 p.m.

**U. District**  ...........................................  206) 327-0744
University Temple UM Church, 1415 NE 43rd St., Seattle . 98105
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.

**Downtown**  .........................................  206) 332-0110
1924 Ninth Ave., Seattle  ................................. 98101
Mon. – Fri. 5:30 a.m. – 9:30 p.m. (Closed Fri. 11 a.m. – 2 p.m.); Sat.-Sun.: 8 a.m. – 5 p.m. (Oct. 1 - May 31 closes 3 p.m.); Last Laundry 6 p.m., sign up for shower by 6 p.m.

**Seattle Indian Center**  ................................ 206) 329-8700
1265 S Main St., Suite 105, Seattle  ........................ 98144
day center: Mon. – Fri., 10 a.m. – 4:30 p.m.; breakfast: Mon. – Fri., 9 – 10 a.m.; lunch: Mon. – Fri., noon – 1 p.m.; food bank: Tue., Thurs., 1 – 3 p.m.; men’s hostel intake: seven days a week, 7 – 10 p.m. first come, first served.

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. Documents required for food pantry and hostel: photo ID.

**Website** ................. [seattleindian.org/community-services/](http://seattleindian.org/community-services/)

**Seattle Parks and Recreation Public Showers and Restrooms**

Please see the page 5 for a list of Public Showers and Restrooms.

**Seattle’s Union Gospel Mission, Day Center**

**English** .......................... (206) 622-5177

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

318 Second Ave. Extension S, Seattle ............... 98104

Day center: Mon. – Fri., 2 – 4 p.m.; mail: Mon. – Fri., 10 a.m. – 5 p.m.; Spanish phone hours: Mon. – Fri., 3:30 – 8:30 p.m.;


*Services may be limited due to religious affiliation.

**Website** .......... [ugm.org/what-we-do/welcome-and-embrace](http://ugm.org/what-we-do/welcome-and-embrace)

**Transform Burien, Laundromat** .......................... (206) 839-6620

15006 Ambaum Blvd. SW, Burien, WA .................. 98166

Fri., 9:30 – 11 a.m.

Volunteers cover the cost of the laundry cycle for two loads.

**Mobile Shower Truck** .......................... (206) 839-6620

14501 Fourth Ave SW, Burien

Wed., 9 a.m. – 1 p.m.

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

**Women’s Wellness Center** .......................... (206) 256-0665

1900 Second Ave, Seattle .......................... 98101

Mon. – Sun., 7 – 10:45 a.m.

Showers, laundry facilities and toiletries. Nurse visits once a
Website ............................................ ccswww.org/get-help

**IMMIGRANT AND REFUGEE SERVICES**

Arab American Community Coalition .................. (206) 634-9001
24 Hour hotline
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 Service
Main office ........................................... (206) 695-7600
Employment & Training Services ....................... (206) 695-7590
3639 MLK Jr. Way S, Seattle .......................... 98144
Mon. – Fri., 8 a.m. – 6 p.m.; job-seeker orientation: Tues., 3 p.m.; service hours vary by program.
Offers multilingual naturalization classes with citizenship examination prep, one-on-one case-management, social and wellness support for seniors, child and youth development, employment services with skills training 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

Casa Latina .......................................... (206) 956-0779
Employment Services/Servicios de Empleo ....... (206) 686-2554
ESL/Clases de Inglé ................................ (206) 686-2618
317 17th Ave. S, Seattle ............................ 98144
Orientation: first and third Tue., 7 a.m. – 4 p.m., If you are looking for cleaning work, come the first Tue. of the month / 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
Website...........................................casa-latina.org/get-involved

Catholic Immigration Legal Services. 206) 328-5714; (206) 328-6314
100 23rd Ave. S, Seattle ......................... 98144
Mon. – Fri., 9 a.m. – 5 p.m. office hours to call
Immigration legal services, including citizenship assistance, green cards, DACA and family-based petitions serving low-income refugees, asylees and immigrants in Washington. Call for initial screening. Will not deny services due to inability to pay.
Website...........................................ccsww.org/get-help/specialized-services

Center for MultiCultural Health ....................... 206) 461-6910
1120 E. Terrace St., Suite 200, Seattle .......... 98122
Mon. – Fri., 9 a.m. – 5 p.m.
Assistance accessing basic and emergency health resources, naturalization, ESL instruction, public benefits and health insurance. Offers free HIV screening to eligible people of color. Home visits are available. Serves immigrant and refugee families. Call for more information. No fees.
Website.................................................cschc.org

Chinese Information and Service Center ........... (206) 624-5633
611 S Lane St., Seattle.......................... 98104
Mon. – Fri., 8:30 a.m. – 5 p.m.; legal clinic by appointment
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 immigrant Chinese and other Asian households. Visit in person. Call for fee information.
Website: cisc-seattle.org/programs/family-support

East African Community Services (206) 721-1119
7050 32nd Ave. S, Seattle 98118
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: eastafricancs.org

El Centro de la Raza (206) 957-4634
Veterans Specialist (206) 957-4625
2524 16th Ave. S, Seattle 98144
Office: Mon. – Thurs., 8:30 a.m. – 5:30 p.m., Fri. 8:30 a.m. – 5 p.m.;
government commodities: Fri., 10 a.m. – noon; lunch: Tue. – Fri.,
11 a.m. – 1 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.
Multi-service center offers ESL classes, a bilingual legal clinic, life skills & job readiness education, child & youth programs, crisis advocacy and homeless prevention. Also operates a congregate meal for older adults, a food pantry, a bilingual child care/preschool program and maternity services. No fees. Call for information on additional programs. Photo ID required.
Website: elcentrodelaraza.org
Filipino Community of Seattle .......................... 206) 722-9372
5740 MLK Jr. Way S, Seattle ............................. 98118
Mon. – Fri., 10 a.m. – 4 p.m.; Filipino lunch program: Mon., Tues.,
Thurs., 10 a.m. – 1 p.m.; lunch program: Wed., Fri. 10 a.m. – noon
Offers a congregate ethnic meal program. Focuses on older
adults in the Filipino community. Visit in person. $3 for lunch.
Website ..................................................... filcommsea.org

Helping Link ............................................. 206) 568-5160
1032 S. Jackson St., Suite C, Seattle ..................... 98104
Mon. – Thurs. 1 – 9 p.m., Fri. 1 – 6 p.m.
Offers citizenship classes, ESL classes. Computer and iPad train-
ing classes and information and referrals. Serves the Vietnam-
ese 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, Seattle .................... 98118
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/index.html

IDIC Filipino Senior & Family Services ............. (206) 587-3735
7301 Beacon Ave. S, Seattle .............................. 98108
Office: Mon. – Fri., 9 a.m. – 5 p.m.; food bank: Fri., 1 p.m. – 2 p.m.;
hot meals: Wed., Fri., 11 a.m. – 1 p.m.
Helps seniors 50 years of age and older apply for benefits,
job training, affordable housing, and interpretation. Provides
assistance with immigration, offers activities such as games
and fitness opportunities, nutritious hot meals at a $3 suggested donation price, and a food bank. Also serves adults with disabilities. No required fees. Suggested that you show photo ID or other proof of King County residence, but not required for services. Call for more information.

Website .......................................................... idicseniorcenter.org

International Rescue Committee ......................... (206) 623-2105
1200 S. 192nd St., Suite 101, SeaTac .................... 98148
Mon. – Thurs., 9 a.m. – 5 p.m.; Fri. by appt.
Serves everyone with routine immigration matters such as applying for green cards, employment authorization, and citizenship. Offers resettlement services, family reunification assistance, social service access, and employment services to immigrants, refugees, and asylees. Provides direct services to victims of human trafficking and other crimes with no ID required. Eligibility and document requirements for all other services vary, please call for more information about the specific service you are seeking.

Website .......................................................... rescue.org/seattle

MAPS (Muslim Association of Puget Sound) .......... (425) 861-9555
17550 NE 67th Ct., Redmond, WA ....................... 98052
Mon. – Fri., 9 a.m. – 5 p.m.
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.

Muslim Community Resource Center .................. (888) 404-6272
16225 NE 87th St. Suite A4, Redmond .................. 98052
Mon. – Thurs., 10 a.m. – 4 p.m.
Website .......................................................... mapsredmond.org

Muslim Housing Services ................................. (206) 723-1712
6727 Rainier Ave. S, Seattle. .......................... 98118
Mon., Tues., 10 a.m. – 6 p.m., Wed., Thurs., 10 a.m. – 5 p.m., Fri., 10 a.m. – 1:15 p.m. and 2:30 – 6 p.m.

Case management, homelessness prevention, transitional housing and rental assistance. Also offers 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.

New Holly ..................................... (206) 760-9330
7058 32nd Ave. S, Suite 201 .......................... 98118
Mon. – Fri., 9 a.m. – 5 p.m.

White Center ..................................... (206) 461-4554
9800 Eighth Ave. SW, Seattle. ......................... 98106
Mon. – Fri., 9 a.m. – 5 p.m.

Yesler Way ..................................... (206) 461-4522
820 Yesler Way Suite 100, Seattle. ..................... 98104
Mon. – Fri., 9 a.m. – 5 p.m.

Website .................................. nhwa.org/lookinside

Northwest Immigrant Rights Project ................. (206) 587-4009
615 Second Ave., Suite 400, Seattle .................. 98104
Mon. – Fri., 9 a.m. – noon, 1 – 4 p.m.
Assists with applications for political asylum, petitions under the Violence Against Women Act, DACA applications and other immigration applications. Offers representation in immigration court to those facing deportation/removal. Serves low-income immigrants, asylum seekers or refugees. Call for information, screening and 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, Seattle ............................ 98146
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, Seattle ............................ 98108
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

**Somali Community Services of Seattle** ............... (206) 760-1181
8810 Renton Ave. S, Seattle ............................. 98118
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. No Fees. Need to have state
ID, Passport, green card or other identification.
Website .................................................. somcss.net

The Seattle Public Library ........................ (206) 386-4636
1000 Fourth Ave, Seattle ............................... 98104
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.
ID is required to use computers without a library card.
Website .................................................. spl.org

Ukrainian Community Center of Washington  .... (425) 430-8229
13470 MLK Jr. Way S, Seattle ........................... 98178
Mon. – Fri., 9 a.m. – 5 p.m. by appt.
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 refu-
gee and immigrant communities. Some services are offered free
of charge to low-income families.
Website .................................................. uccwa.us
LEGAL SERVICES

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 Pacific American Legal Clinic ............... (206) 695-7639
3639 MLK Jr. Way S, Seattle ......................... 98144
Wed., 5:45 – 7:45 p.m.
Counseling and referral services for Asian and Pacific American legal concerns. Please call for an appointment.

Benefits Law Center... .................................... (206) 686-7252
1404 E Yesler Way, Suite 203, Seattle ............... 98122
Mon. – Fri., 9 a.m. – 5 p.m.
Legal support specializing in aiding people with disabilities to obtain and maintain Social Security benefits, with a focus on people experiencing poverty and homelessness. Services include support applying for SSI and SSDI, appealing denials of SSI and SSDI, appealing over-payment notices, establishing over-payment repayment plans, appealing termination notices, continuing disability reviews, Social Security eligibility and warrants. Services offered in all languages. Website: benefitslawcenter.org

Catholic Community Services, Tenant Law Center . (206) 324-6890
100 23rd Ave. S, Randolph Carter Family Center, Seattle . 98144
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** .................. [ccww.org/get-help/specialized-services](http://ccww.org/get-help/specialized-services)

**El Centro de la Raza** ............................................ (206) 957-4634
**Veterans Specialist** ........................................... (206) 957-4625

2524 16th Ave. S, Seattle. ................................. 98144
Office: Mon. – Thurs., 8:30 a.m. – 5:30 p.m., Fri. 8:30 a.m. – 5 p.m.;
government commodities: Fri., 10 a.m. – noon; lunch: Tue. – Fri.,
11 a.m. – 1 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.
Bi-lingual legal clinic available. Call for more information.
**Website** .................................. [elcentrodelaraza.org](http://elcentrodelaraza.org)

**Housing Justice Project** ................................. (206) 267-7090

516 5th Ave Suite W-314, Seattle ........................ 98104
Mon. – Fri., 8 – 10:30 a.m.
Volunteer-based legal services for low-income tenants facing
eviction in King County.
**Website** ....... [kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project](http://kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project)

**KC Bar Association DV Family Law Clinic** ............ (206) 783-2848

Confidential Location
Phone screening: Wed., 1 – 3 p.m.; post-screening appointments:
Wed., 6:30 p.m. or 7:30 p.m., same day as screening
Legal clinic serving survivors of intimate partner violence with
family issues only. Services provided for King County residents
or those who have a case filed in King County. Call on Wednes-
days for 10-15 minute eligibility screening process, followed by
a same-day appointment with an attorney at 6:30 p.m. or 7:30
p.m. No fees. No photo ID or documentation required.
Website: \url{kcba.org/For-the-Public/Free-Legal-Assistance/Neighborhood-Legal-Clinics}

**King County Department of Public Defense**

**Office**: \(\text{(206) 296-7662}\)

**24/7 on-call attorney**: \(\text{(206) 477-8899}\)

710 Second Ave., Suite 200, Seattle \(\text{98104}\)

Office hours: Mon. – Fri. 8:30 a.m. – 4:30 p.m.; on-call attorney: 24 hours, 7 days a week

Legal representation for people who are found to be income-eligible and are charged with a crime in King County. Financial interview required, with no appointment necessary. Representation is also provided to youth, those involved in a dependency proceeding, people facing civil commitment, and others in need of legal advocacy who cannot afford an attorney. Does not accept cases from Seattle Municipal Court. The 24/7 on-call attorney service is available to anyone in custody in King County or under investigation who is seeking the advice of an attorney.

**Website**: \url{kingcounty.gov/depts/public-defense.aspx}

**Neighborhood Legal Clinics**: \(\text{(206) 267-7070}\)

Location varies. Call for more information and to make an appointment.

Call: Tue. – Thurs., 9 a.m. – noon; appointments are made seven days in advance only; walk-in clinic: 11:30 a.m. – 1:30 p.m. at King County Superior Courthouse Law Library; run on lottery system

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

**Website**: \url{kcba.org/For-the-Public/Free-Legal-Assistance}

**Northwest Immigrant Rights Project**: \(\text{(206) 587-4009}\)

615 Second Ave., Suite 400, Seattle \(\text{98104}\)
Mon. – Fri., 9 a.m. – noon, 1 – 4 p.m.
Assists with applications for political asylum, petitions under the Violence Against Women Act, DACA applications and other immigration applications. Offers representation in immigration court to those facing deportation/removal. Serves low-income immigrants, asylum seekers or refugees. Call for information, screening and 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

Northwest Justice Project
Referral from New Beginnings ...................... (206) 522-9472
401 Second Ave. S, Suite 407, Seattle ............... 98104
Office: Mon. – Fri., 9 a.m. – 5 p.m.
Legal advice and representation in family law issues for Seattle residents with income of no more than 200 percent of the Federal Poverty Level who have been referred by a DV advocate. If the client does not already have an advocate contact New Beginnings at (206) 522-9472 for a potential referral.
Website ........................................ nwjustice.org

Greenwood Senior Center ............................ (206) 297.0875
525 N 85th St., Seattle ............................... 98103
Mon. – Fri., 8:30 a.m. – 4:30 p.m.
Lunch served at noon on weekdays.
Legal services available second Wed. of each month, beginning at 1:30 pm. Free 30 minute consultation.
Website ........................................ phinneycenter.org

Public Law Library of King County .................. (206)477-1305
516 Third Ave. W621, King County Courthouse, Seattle . 98104
Walk-in clinic: Wed., 11:15 a.m. – 1:30 p.m.; debt collection help: Tues. 1 – 3 p.m.
Regular business hours: Mon. – Fri., 8 a.m. – 4:30 p.m.

Website........................................ pllkc.org/wp

Q-Law LGBTQ Legal Clinic ............................................. (206) 483-2725
Appointment line .............................................. (206)-267-7070
1216 Pine St., Suite 300, Seattle ......................... 98101
Clinic held first and third Thurs. of the month, 7 p.m. – 8:30 p.m.; to make an appointment call Tues. – Thurs., 9 a.m. – noon
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 Office for Civil Rights ................................. (206) 684-4500
810 Third Ave., Central Building, Suite 750, Seattle ...... 98104
Mon. – Fri., 8 a.m. – 5 p.m.
Investigates and resolves complaints regarding discrimination in employment, housing, public places and contracting. Legal services are not offered. Call or visit in person. No fees. 

Website ................................................. seattle.gov/civilrights

Solid Ground, N 45th St.
DSHS benefits help ............................................. (206) 694-6742
Tenant info hotline ............................................. (206) 694-6767
1501 N 45th St., Seattle ....................................... 98103
DSHS/state benefits assistance: 24 hours line; tenant services: Mon., Thurs., 10:30 a.m. – 1:30 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. With 211 referral access to
Website ........................................ solid-ground.org/get-help

Tenants Union of Washington State ....................... (206) 723-0500
5425 Rainier Ave. S, Suite B, Seattle ......................... 98118
Hotline: Mon. – Thurs., 10 a.m. – 12:30 p.m., 1:30 – 4 p.m., Fri., 10 a.m. – 12:30 p.m.; Sat. 11 a.m. – 3 p.m.
Drop-in clinic: Mon., Tues., 1:30 – 4 p.m.
Hotline and drop-in service for Washington residents with information on landlord-tenant laws or strategies to prevent housing loss.
Website ........................................ tenantsunion.org

Ukrainian Community Center of Washington .......... (425) 430-8229
13470 MLK Jr. Way S, Seattle ............................. 98178
Mon. – Fri., 9 a.m. – 5 p.m. by appt.
Immigration assistance with green cards, naturalization, and citizenship classes. Serves Eastern European refugee and immigrant communities. Some services are offered free of charge to low-income families.
Website ................................................. uccwa.us

Unemployment Law Project ................................. (206) 441-9178
1904 Third Ave Suite 604, Seattle .......................... 98101
Mon. – Fri., 9 a.m. – 5 p.m.
Legal counseling and representation at administrative hearings for persons denied unemployment benefits. Telephone information and legal advice. Serves anyone who has opened a claim or is eligible to open a Washington state unemployment claim. Call for intake interview. No fees for information or advice with an attorney. Charges $200 if representation is successful.
Website ............................................... unemploymentlawproject.org
Cedar River Clinics ...........................................(800) 572-4223
509 Olive Way, Suite 1454, Seattle .........................98101
Intake: Mon. – Fri., 8 a.m. – 5 p.m., Sat., 8 a.m. – 2 p.m.
Offers health care such as cancer screenings, STD testing and
treatment, HIV Testing, vasectomy, abortion and birth control.
Offers transgender services such as hormone therapy, surgical
referrals for gender reassignment, breast and cosmetic surgeries,
post-surgical follow up and ID documentation. Serves clients
identifying as LGBTQ. Sliding scale fees. Accepts Apple Health
(Medicaid) and most insurance plans.
Website .............................................cedarriverclinics.org/seattle

Entre Hermanos ............................................(206) 322-7700
1621 S Jackson, Seattle .......................................98144
Office: Mon. – Fri., 10 a.m. – 6 p.m.; HIV testing: Mon. – Fri., 10 a.m.
– 6 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

Ingersoll Gender Center ......................................(206) 849-7859
911 E Pike St., #221, Seattle ....................................98122
Mon. – Thur., noon – 6 p.m. or by appt. (appointments encouraged)
Services for transgender and gender nonconforming people that
provides mutual support through peer led support groups, advoca-
cy in navigating resources, community organizing, assistance
with legal name changes, and education.
Website .............................................ingersollgendercenter.org
Peer Seattle .................................................. (206) 322-2437
1520 Bellevue Ave, STE 100, Seattle ..................... 98122
Open 9 a.m. – 9 p.m. every day of the year.
Peer-driven support and services for LGBTQIA people and their allies addressing issues of mental health, chemical, and behavioral addiction, and chronic illness. Peer recovery coaching for up to 26 weeks. State Opioid Response Group for people with substance dependency to find support. Job development group to support people re-entering the workforce and seeking jobs.
Website ........................................... peerseattle.org

Q-Law LGBTQ Legal Clinic ................................ (206) 483-2725
Appointment line ............................................. (206) 267-7070
1216 Pine St., Suite 300, Seattle ........................... 98101
Clinic held first and third Thurs. of the month, 7 – 8:30 p.m. To make an appointment call Tue. – Thurs., 9 a.m. – noon
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 Counseling Service ................................. (206) 323-1768
1216 Pine St., Suite 300, Seattle ......................... 98101
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 their significant others. Primarily serving LGBTQ people. Couples counseling and transition counseling available. 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
The Northwest Network of Bi, Trans, Lesbian and Gay Survivors of Abuse. .......................... (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

MAIL SERVICES

Ballard Food Bank. ........................................... (206) 789-7800
5130 Leary Ave. NW, Seattle ............................... 98107
Mon., Thurs., 2 – 7 p.m.; Tue., Wed., 11 a.m. – 4 p.m.;
Thurs. 2 – 7 p.m.
Serves those living in zip code 98107, 98109, 98117, 98119, 98177 or 98199. No fees. Mail pick-up address serving everyone. Documents Required for mail collection: valid ID.
Website ....................................... ballardfoodbank.org/resources-referrals-1

Bread of Life Mission ............................... (206) 682-3579
97 S Main St., Seattle ....................................... 98104
Day shelter: Mon. – Fri., 9:30 a.m. – 3 p.m., open to all.
Mail services: Mon. – Fri., 9:30 a.m. – 3 p.m., valid photo ID re-
quired.
Permanent mailing address and storage space serving everyone.
$20 & $35 for storage lockers depending on size per month, key deposit required. Documents required for mail services: photo ID. Wheelchair accessible. Visit in person. No fees.
*Services may be limited due to religious affiliation.
Website ........................................ breadoflifemission.org

Compass Housing Alliance, Client Services Office .......................... 206-474-1000
77 S Washington St., Seattle ............................... 98104
Mon. Fri., 9 a.m. - 4 p.m.
Offers free mail and banking services.
Website .......................... www.compasshousingalliance.org

St. Vincent de Paul, Fourth Ave. S .......................... (206) 767-9975 x 1127
5972 Fourth Ave. S, Seattle ................................. 98108
Drop-in: Tues, Thur, Sat., 11 a.m. – 2 p.m. everyone; Fri., 11 a.m. – 2 p.m. homeless clients only
Food bank will collect mail. Clients must first register with the food bank. Mail can only be held for up to one month.
Website .......................... svdapseattle.org

PROBLEM GAMBLING SERVICES

Evergreen Council on Problem Gambling ........................ (800) 547-6133
1821 4th Avenue E, Olympia, WA .......................... 98506
Programs and services are available for Problem Gamblers, family members, friends, and even employers to address the harm that may result from a gambling problem. Outpatient and residential programs available.
Website .......................... evergreencpg.org

Gamblers Anonymous .......................................... (855) 222-5542
Call the hotline for information on meeting locations and times.
Hotline and support group meetings to address problem gambling.
Website .......................... gamblersanonymous.org/ga

National Problem Gambling Helpline .......................... (800) 522-4700
24/7 hotline
Call the 24 hour hotline to be connected to local resources for those seeking help for a gambling problem. Peer support network is available online at the website.
Website .......................... ncpgambling.org
Washington Recovery Helpline . . . 1-866-789-1511; (206) 461-3219
24 hours a day, 7 days a week phone line.
24-hour help for substance abuse, problem gambling, and mental health.
Website ..................................... warecoveryhelpline.org

RE-ENTRY ASSISTANCE

Columbia Legal Services ...........................(206) 287-8625
516 Third Ave., King County Courthouse, Suite 621, Seattle ........ 98104
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, Seattle ....................... 98144
Mon. – Fri., 9 a.m. – 4:30 p.m.
Assists formerly incarcerated individuals in the re-entry process and finding employment in areas such as warehouse, manufacturing, recycling, and auto-work. Serves individuals recently released from jail or prison who are facing barriers in gaining employment due to their criminal record. Must be 18 years of age and able to legally work in the U.S. No fees. Organization does not require ID, but employers likely will. Call or visit in person for more information.
Website ..................................... interactiontransition.org
Pioneer Human Services CORP Program. .......... (206) 772-6900
11900 Beacon Ave. S, Seattle. ....................... 98178
Residential co-occurring treatment program; Call for hours
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, Seattle ............... 98106
Mon. – Fri., 8 a.m. – 4 p.m.
Road Map to Success is a job-readiness training program that
helps develop skills to find and maintain employment. Five-days
per week, 91-hour total course over three weeks. Referrals ac-
cepted by a probation officer, corrections officer, case manager,
therapist, other referral source or can self-refer. Call for more
information. No fees.
Website. ................................. pioneerhumanservices.org/job-skills

Real Change ....... .................................................. (206) 441-3247
96 S Main St, Seattle. ................................. 98104
Orientation: Tue. and Fri., 10 a.m.
Low-barrier jobs for all. No background check or ID required.
Provides an immediate source of income selling Real Change
newspapers. 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

Sound .......................................................... (206) 302-2300
1600 E Olive St., Seattle ............................. 98122
Mon. – Fri., 8 a.m. – 5 p.m.; service hours vary
Assessments, outpatient and a co-occurring disorders program serving adults 18 and older and youth 13-18. Co-occurring disorder integrated case management, therapy, sex offender treatment, addiction 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 women who have a history of incarceration or interactions with the legal system. Accepts referrals by self or by professionals. 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](http://sound.health)

**YWCA**

(206) 461-4888

1118 Fifth Ave 98101

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-income King County residents with a criminal history, but without an active warrant, who are a recipient of SNAP (basic food) benefits and eligible to work in United States. Call for more information. No fees.

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

**SENIOR SERVICES**

Community Living Connections 1 (844) 348-5464

Mon. – Fri., 8 a.m. – 6 p.m.

Older adults, adults with disabilities, caregivers, family members and professionals can call to get objective, confidential information about community resources and service options.
Support in other languages also available. Servicios ofrecidos en espanol.
Website: communitylivingconnections.org

Des Moines/Normandy Park
Senior Activity Center
(206) 878-1642; 2045 S 216th St., Des Moines, WA 98198
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 and watercolor.
Provides health insurance assistance. Social workers are available by appointment. Serves adults 50 and older special lunch on Thursdays for adults who speak Spanish. Most services are free, call for details, 206-870-6584
Website: desmoineswa.gov/217/Senior-Services

Full Life Care
(206) 528 - 5315
To enroll in available programs, call.
No drop in hours, appointments made after admittance by phone.
Health, wellness, and care programs for adults (18+) with chronic health concerns, developmental disabilities, and elders. There are many funding aid options to enroll in Full Life adult day health programs. Funding sources include DSHS programs, Veterans Administration, private insurance, private pay and sliding scale ($0 – $65/day). Required documents depend on program.
Website: fulllifecare.org

Hunger Intervention Program
(206) 538-6567
Serves hot meals to senior citizens aged 60 years of age and older, and snacks to those 18 years old and younger, but no one is turned away. Offers activities such as yoga, recreational games, and arts and crafts. No ID required. Call or visit website for
menu and activity calendar. Suggested donation is $4 for seniors 60 years of age and older and $6 for all others.

**Lake City Community Center**

12531 28th Ave NE, Seattle ........................................... 98125
Mon., Wed., Fri., noon – 1 p.m.

**Northgate Community Center**

10510 5th Ave NE, Seattle ........................................... 98125
Daily, noon – 1 p.m.

[Website]................................. hungerintervention.org

**IDIC Filipino Senior & Family Services** ........................... *(206) 587-3735*

7301 Beacon Ave S, Seattle ................................. 98108
Office: Mon. – Fri., 9 a.m. – 5 p.m.; food bank: Fri., 1 –2 p.m.; hot meals: Wed., Fri., 11:00 a.m. – 1:00 p.m.

*Helps seniors 50 years of age and older apply for benefits, job training, affordable housing, and interpretation. Provides assistance with immigration, offers activities such as games and fitness opportunities, nutritious hot meals at a $3 suggested donation price, and a food bank. Also serves adults with disabilities. No required fees. Suggested that you show photo ID or other proof of King County residence, but not required for services. Call for more information.*

[Website]................................. idicseniorcenter.org

**Kawabe Memorial House** ........................... *(206) 322-4550*

221 18th Ave., Seattle ........................................... 98144
Lunch served: Mon. – Fri. at 11:30 a.m.

*Offers Japanese and American style lunch services to everyone, and affordable housing to those 62 years of age and older. For lunch services, you must make a reservation two days in advance by calling or coming into the office. Suggested donation of $4 for seniors 60 years and older, and $10 for all others. Call for information about affordable rental units. Roughly an 18 month waiting period for housing. No ID required for lunch services. Photo ID and financial documentation required for housing.*
Website .............................................. kawabehouse.org

Lazarus Center ........................................ (206) 623-7219
2329 Rainier Ave., Seattle................................. 98144
Open daily, 7a.m. – 6:30 p.m.; 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 .............................................. ccswwrg.org/get-help/shelter-homeless-services/
lazarus-center

Legacy House, Assisted Living Services .......... (206) 292-5184
803 S Lane St., Seattle .................................. 98104
Call for information and to schedule a visit.
Supportive senior living for predominantly multi-Asian clien-
tele, with services in many languages.
Website .............................................. scidpda.org/legacyhouse

National Asian Pacific Center on Aging .......... (206) 322-5272
1511 Third Ave., Suite 914, Seattle ....................... 98101
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

Phinney Neighborhood Association
Greenwood Senior Center ............................... (206) 297-0875
525 N 85th St. .............................................. 98103
Mon. – Fri. 8:30 a.m. – 4:30 p.m.; lunch served at noon on week-
days; legal services available second Wed. of each month, begin-
ning at 1:30 p.m. Free 30-minute consultation; financial services
second Wed. of each month, beginning at 1:30 p.m. Free 30
minutes.

The Greenwood Senior Center is an inclusive community that
provides social, physical, and educational activities focused
around the needs of older adults. Lunch served weekdays, and
financial and legal assistance offered.

Website .............................................. phinneycenter.org

Pike Market Senior Center .......................... (206) 728-2773
85 Pike St, Seattle ...................................... 98101
Mon. – Fri., 8 a.m. – 4 p.m., Sat. – Sun. 8 a.m. – 1 p.m.; meals served
Mon. – Fri., 8:20 a.m. and noon.; Sat., Sun., 8:20 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
3642 33rd Ave S, Seattle .................. 98144
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 commu-
nity. Visit website, call or stop by for more information, eligibili-
ty requirements, application and fees.

Website .............................................. housing4seniors.com/communities

Somali Community Services of Seattle ...........(206) 760-1181
8810 Renton Ave. S, Seattle .................. 98118
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-
sists with the immigration process. Primarily serves refugees and immigrants. Call or visit in person. No fees. Need to have state ID, Passport, green card or other identification.

Website ........................................ somcss.net

South Park Senior Center .......................... (206) 767-2544
8201 10th Ave. S, Suite #4, Seattle ......................... 98108
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 website for programs including Line Dancing, Karaoke, Fitness Classes, Ceramics Classes, Book Club, and Games and Cards. Check calendar for ongoing clinics and informational sessions for dental care, senior nutrition, flu shots and more.
Website ........................................ spseniors.org

St. Martin de Porres ................................. (206) 323-6341
Intake/screening: 2329 Rainier Ave. S ....................... 98144
Shelter: 1561 Alaskan Way S, Seattle ....................... 98134
Screening and intake nightly at 6 p.m.; Shelter: nightly from 6:30 p.m. – 7:30 a.m.
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

Angeline’s Day Center ........................................ (206) 436-8650
Enhanced Shelter .................................................. (206) 436-8656

2030 Third Ave., Seattle ........................................ 98121
Daily 8 a.m. – 8 p.m.; intake for enhanced shelter: Mon. – Fri.
before 3 pm.
Serves homeless adult women. Service animals accepted. Attend
20-minute orientation and apply; performs background checks.
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

Blaine Center Shelter .................................................. (206) 474-1600
Go to Compass Housing Alliance for Referral: 77 S. Washington
St. Seattle ............................................................... 98104
Referrals: Mon. – Fri. 9 a.m. – 4 p.m.
24-hour shelter that provides dinner, breakfast, showers, laun-
dry, 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., Seattle ............................................. 98104
Day Shelter: Mon. – Fri., 9:30 a.m. – 3 p.m., open to all.
Bed sign-up 5:30 – 6:15 p.m. and 8 – 8:15 p.m., fee and valid photo
ID required. Doors close at 8:15 p.m.
Shelter with meals and no maximum length of stay for home-
less 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. Day center serving homeless adults and providing clothing distribution. Light refreshments and lunch are provided. Snacks and hot meals. Permanent mailing address and storage space serving everyone. $20 and $35 for storage lockers depending on size per month, key deposit required. Documents required for mail services: photo ID. Wheelchair accessible. Visit in person. No fees.

*Services may be limited due to religious affiliation.

Website........................................ breadoflifemission.org

Catholic Community Services

Women’s Referral Center ............................. (206) 441-3210
2030 Third Ave, Seattle ............................... 98121
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/get-help/shelter-homeless-services/noel-house-programs/

Congregations for the Homeless .......................... (425) 289-4044
515 116th Ave. NE, Suite 150, Bellevue, WA ............... 98004
Winter overnight services 7:30 p.m. – 7:30 a.m.; men allowed on site beginning at 7 p.m.; day center: Sun. – Thurs., 8 a.m. – 3 p.m.

Website.................................................. cfhomeless.org/day-center

DESC Shelter ...........................................(206) 464-1570 x 3033
517 Third Ave., Seattle.............. 98104
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

---

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

Call for location.

24 hours a day

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**: ccsww.org

---

**Harborview Medical Respite** .......................... (206) 744-5200

800 Jefferson St., Seattle ............................... 98104

24 hours per day

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.

**Website**: uwmedicine.org/provider-resource/refer-patient/medical-respite

---

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

1419 SW 150th St., Burien, WA .......................... 98166

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 Shelter
Community Intake Line ......................... (206) 245-1026
Shelter locations vary.
24 hours a day, 7 days per week
Offers 24-hour intakes for emergency shelter for pregnant women and anyone with a minor child living outside or in a car. Call intake line to be put on a daily waiting list for a callback from a King County Shelter. ID and documentation requirements vary.

King County Homeless Shelter Program ...... Call 211 for referral
Call 211 for referral to nearest shelter or complete an intake at the King County Administration Building, 500 Fourth Ave., Seattle;
Day center: 420 Fourth Ave., Seattle ..................... 98104
211 Phone Hours: Mon. – Fri., 8 a.m. – 6 p.m.;
day center: 7 a.m. - 7 p.m.; specific shelter hours vary.
Shelter beds serving men-identifying individuals, with one shelter serving women-identifying individuals. Must be 18 or older. Service animals and pets allowed. Notify staff of any accommodations needed. Serves those fleeing domestic violence, but location is not confidential. Call 211 for a referral to your nearest shelter, or complete an intake. No fees. No appointment required. No Photo ID required.
Website............ crisismconnections.org/get-help/resources/housing-homeless

Lazarus Center................................. (206) 623-7219
2329 Rainier Ave., Seattle ......................... 98144
7a.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

LifeWire .................................................. (425) 746-1940
Confidential location. Helpline: 24 hours
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

New Beginnings .................. (206) 783-4520; Helpline: (206) 522-9472
PO Box 75125 ................................. 98175
Helpline: 24 hours; office: Mon. – Fri., 9 a.m. – 5 p.m.
Confidential housing, 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

Operation Nightwatch .................. (206) 329-2099
302 14th Ave. S., Seattle .................. 98144
In-person intake: 7 p.m. – 12 a.m. nightly
Late-night referrals and transportation to downtown Seattle shelters. Wheelchair accessible. Serves single men and women,
18 and older. Men must either first obtain a referral ticket from one of the shelters listed, or provide an Operation Nightwatch ticket from the previous night. Women can visit site without a referral ticket. Referral tickets and admission to the Operation Nightwatch Dispatch center do not guarantee placement into a shelter. No fees.

**DESC Men’s tickets** .................................. (206) 464-1570
517 Third Ave., Seattle ................................ 98104
Tickets: 7:30 a.m. daily

**Bread of Life Mission, men’s tickets** ............... (206) 682-3579
97 S. Main St., Seattle ................................... 98104
Tickets: 4:30 p.m. daily

**Website** . . . *seattlenightwatch.org/get-help/nightwatch-shelter*

**Real Escape from the Sex Trade** .................. 206) 451-7378
4215 Rainier Ave. S, Suite B, Seattle ................ 98118
Helpline: 24 hours; women only Mon. and Wed. 2 – 8 p.m.; all genders, Tues. and Thurs., 2 – 8 p.m.; closed Fri. – Sun. dinner is served at 6 p.m. Mon. – Thurs.

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, Pike St.** ............ (206) 447-9944; Call 211 for referral
1101 Pike St., Seattle ..................................... 98101
Mon., 8:15 a.m. – noon, 1-3 p.m.; Tue. – Fri.,
8:15 a.m. – noon, 1-4 p.m.

**Website** ........................................... *salvationarmynw.org*

**Seattle Indian Center** .............................. (206) 329-8700
1265 S Main St., Suite 105, Seattle .................... 98144
Day center: Mon. – Fri., 10 a.m. – 4:30 p.m.; breakfast: Mon. – Fri., 9
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. Documents required for food pantry and hostel: photo ID.

Website..........................seattleindian.org/community-services

Seattle’s Union Gospel Mission Men’s Shelter .......... (206) 622-5177
318 Second Ave. Extension S, Seattle .................. 98104
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.
*Services may be limited due to religious affiliation.

Website.......................................................... ugm.org

SHARE/WHEEL, Second Ave ....................... (206) 448-7889
1902 Second Ave., Seattle .......................... 98101
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. Being clean and sober is required. No ID required. Case managers available.

Website....................................................sharewheel.org/need-shelter

Sophia Way ............................................ (425) 463-6285
11061 NE Second St. Suite 223 Bellevue, WA .......... 98004
Intake for 6 month shelter: Mon. – Fri., 9 a.m. – 5 p.m (depending on availability, not currently open).
Six 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.
Website............................................. sophiaway.org

St . Martin de Porres ................................. (206) 323-6341
Intake/screening: 2329 Rainier Ave. S, Seattle.......... 98144
Shelter: 1561 Alaskan Way S...........98134
Screening and intake nightly at 6 p.m.; Shelter: nightly from 6:30 p.m.– 7:30 a.m.
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. Provides 24-hour care for the ill or injured. Serves men age 50 and older. Not wheelchair accessible. ID required. No fees.
Website........ ccsww.org/get-help/shelter-homeless-services

STORAGE SERVICES

Bread of Life Mission ................................. (206) 682-3579
97 S Main St., Seattle ............................... 98104
Day shelter: Mon. – Fri., 9:30 a.m. – 3 p.m., open to all.
Office: 9:30 a.m. – 3 p.m..
Permanent mailing address and storage space serving everyone. $20 and $35 for storage lockers depending on size per month, key deposit required. Documents required for mail services: photo ID. Wheelchair accessible. Visit in person. No fees.
*Services may be limited due to religious affiliation.
Website............................................. breadoflifemission.org
SHARE/WHEEL, Lockers .......................... (206) 623-0390
510 Minor Ave. N, Seattle .......................... 98109
Mon. -Fri., 6:30 a.m. – 8:30 a.m.; Sat., Sun., federal holidays, 7 – 9 a.m.
Day and long-term storage lockers, in exchange for labor hours in storage facility. Attendance of one meeting per month is required. 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. No ID required.
Website .......................... sharewheel.org/share-lockers

SURVIVOR SUPPORT SERVICES

DAWN .......................................................... (425) 656-7867
221 W Gowe St., Kent, WA .......................... 98032
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 information about eligibility, applications and fees.
Website .......................... dawnrising.org-

Domestic Violence Hotline .......................... (800) 799-7233
24 hours a day, 7 days a week
Hotline to talk confidentially with someone if you are experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of your relationship.

Harborview Medical Center
Center for Sexual Assault and Traumatic Stress .......................... (206) 744-1600
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. Counseling available for any traumatic stress that causes fear or sense of threat. Call for more free information. Accepts Apple Health (Medicaid), victims compensation, private insurance, and Medicare. Low-income patients may be eligible for free services. Website: uwmedicine.org/locations/sexual-assault-and-traumatic-stress-center-harborview

Jewish Family Service: (206) 461-3240
Housing hotline: (206) 861-8796
1601 16th Ave., Seattle 98122
Mon. – Fri., 9 a.m. – 5 p.m.; housing hotline: 24 hours; food bank: Wed. and Fri., 10 a.m. – noon., Thurs., 2 – 4 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. Community-based advocacy program to support survivors of domestic violence. 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. Documents required: ID with current address. No fees. Website: jfsseattle.org/services

KC Bar Association DV Family Law Clinic: (206) 783-2848
Confidential Location
Phone screening: Wed., 1 – 3 p.m.; post-screening appointments:
Wed., 6:30 or 7:30 p.m., same day as screening
Legal clinic serving survivors of intimate partner violence with family issues only. Services provided for King County residents or those who have a case filed in King County. Call on Wed. for 10-15 minute eligibility screening process, followed by a same-day appointment with an attorney at 6:30 p.m. or 7:30 p.m. No fees. No photo ID or documentation required.
Website ........ kcba.org/For-the-Public/Free-Legal-Assistance/Neighborhood-Legal-Clinics

King County Sexual Assault Resource Center ........ (888) 998-6423
200 Mill Avenue South, Suite 10, Tukwila, WA ........... 98057
Help and resource line: 24 hours a day, 7 days a week; main office, Mon. – Fri., 9 a.m. – 5 p.m.
KCSARC is a victim-advocacy organization that provides critical support, tools, and direct services to children, teens, women and men who are victims of sexual assault. KCSARC works with clients of all ages and from all backgrounds.
Website ...................................................... kcsarc.org

La Esperanza Health Counseling Services
Mon. – Thurs., 10 a.m. – 6 p.m.
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.
Burien ............................................................. (206) 306-2690
15405 First Ave. S, Burien, WA ......................... 98148
Lynnwood .................................................. (425) 248-4534
20815 67th Ave W, Ste. 201, Lynnwood, WA .......... 98036
Website ......................................................... laesperanzahcs.org/programs__services
LifeWire  ..................................................... (425) 746-1940
Confidential Location.
Helpline: 24 hours
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

New Beginnings .................................................. (206) 783-4520
Helpline .......................................................... (206) 522-9472
PO Box 75125 ................................................... 98175
Helpline: 24 hours; office: Mon. – Fri., 9 a.m. – 5 p.m.
Confidential housing, 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

Northwest Family Life .......................................... (206) 363-9601
12360 Lake City Way NE, Seattle ......................... 98125
Mon. – Fri., 9 a.m. – 5 p.m.; support group hours vary
Offers advocacy based counseling, safety planning, education on domestic violence and referrals to legal, housing, employment and spiritual resources. Weekly support groups. Serves women and children who are experiencing or have experienced abuse. Call for appointment. No fees.
Website ........................................ northwestfamilylife.org/ survivor-services

Northwest Immigrant Rights Project ................................. (206) 587-4009
615 Second Ave., Suite 400, Seattle ..................... 98104
Mon. – Fri., 9 a.m. – noon, 1 – 4 p.m.
Assists with applications for political asylum, petitions under the Violence Against Women Act, DACA applications and other immigration applications. Offers representation in immigration court to those facing deportation/removal. Serves low-income immigrants, asylum seekers or refugees. Call for information, screening and 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

Northwest Justice Project
Referral from New Beginnings ................. (206) 522-9472
401 Second Ave. S, Suite 407, Seattle .......... 98104
Office: Mon. – Fri., 9 a.m. – 5 p.m.
Legal advice and representation in family law issues for Seattle residents with income of no more than 200 percent of the Federal Poverty Level who have been referred by a DV advocate. If the client does not already have an advocate contact New Beginnings at (206) 522-9472 for a potential referral.

Website ........................................ nwjustice.org

Real Escape from the Sex Trade ................ (206) 451-7378
4215 Rainier Ave. S, Suite B, Seattle ............ 98118
Helpline: 24 hours; women only, Mon. and Wed. 2 – 8 p.m.; all genders, Tues. and Thurs. 2– 8 p.m.; closed, Fri. – Sun.; dinner is served at 6 p.m., Mon. – Thurs.
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

Refugee Women’s Alliance ...................... (206) 721-0243
Domestic Abuse Services ....................... (206) 721-3846
4008 MLK Jr. Way S, Seattle ............................... 98108
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

Salvation Army, Pike St. ............................... (206) 447-9944
Call for referral ..................................................... 211
1101 Pike St., Seattle ......................................... 98101
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 eligibil-
ity and other criteria apply. Please call and ask to speak with the
DV Advocate on duty for a brief eligibility screening. No fees.
*Services may be limited due to religious affiliation.
Website ..................................................... salvationarmynw.org

Seattle Indian Center, Project Beacon .............................
24/7 Hotline: 1-833-SIC-SAFE (742-7233); Text line: (206) 747-3234
1265 S Main St., Suite 105, Seattle .......................... 98144
24/7 hotline and texting service. Program intake Mon. – Fri. 10
a.m. – 4:30 p.m.
Supporting people to exit sex trafficking and unsafe situations,
including connecting to resources for jobs and housing.
Website ................................. seattleindian.org/community-services
Shepherd’s Counseling Services ...................... (206) 323-7131
2601 Broadway E, Seattle ........................................ 98102
Mon. – Fri., 9 a.m. – 6 p.m.
Individual and group therapy and support groups, for adult survivors of childhood sexual abuse. Cannot serve sex offenders. Call for free initial consultation and evaluation. Sliding scale fees.
Website ............................................................... shepherdstherapy.org

The Northwest Network of Bi, Trans, Lesbian and Gay Survivors of Abuse ........................................ (206) 568-7777
Call for location.
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

YWCA, Domestic Violence Support .................. (206) 568-7845
Office: 2820 E Cherry St., Seattle . . 98122; 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

Access Transportation ............................... Rideline: (206) 205-5000
Outside the Seattle metro area ....................... (866) 205-5001
WA Relay ................................................................. (800) 833-6384
Request rides from one to three days before the day you need to travel. Requests for inter-county travel must be received by 3 p.m.
Access takes you anywhere a Metro bus, Seattle streetcar or Sound Transit light rail goes at that time and on that day of the week. Access customers go grocery shopping, to work and school, to appointments, meet up with friends, or to enjoy a local park.


**Disabled American Veterans Network** .......... (206) 764-2564
Call for access.
Mon. – Fri., 7 a.m. – 1 p.m.; closed on federal holidays
Transportation to medical services at the Veterans Administration Hospital. Appointments are required one week in advance. Veterans can bring an escort or service dog with a doctor’s note. Serves veterans with disabilities. Not wheelchair accessible. No fees.

**Website**................. [dav.org/veterans/i-need-a-ride](dav.org/veterans/i-need-a-ride)

**Hopelink** ........................................ (800) 923-7433
Call between 8 a.m. – 5 p.m. to schedule medical transportation. Non-emergency medical transportation in King and Snohomish Counties for services offered by Medicaid. Rides offered 24 hours/day. Can also offer Orca card, gas card, and parking or other reimbursements. Call at least two days in advance to schedule. No fees.

**Website**................................ [hopelink.org/location](hopelink.org/location)

**Housing and Essential Needs (HEN)** .......... (206) 328-5755
Call for information and enrollment.
Mon. – Fri., 7:30 a.m. – 6 p.m.
This is a referral program through DSHS and has coordinated entry sites at different locations in each county. 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 to determine if specific documents are required. No fees.

Website .......................................................... henkingcounty.org

King County Metro Transit Regional
Reduced Fare Permit (RRFP) ................................. (206) 553-3000
201 S Jackson St., King St. Center Bldg, Seattle ........... 98104
Mon. – Fri., 8:30 a.m. – 4:30 p.m.; closed Sun. and holidays.
The Regional Reduced Fare Permit (RRFP) entitles senior riders (age 65 or older), riders with a disability and Medicare card holders to reduced fares on public transportation systems in the Puget Sound region.
Website ..................................................... metro.kingcounty.gov/tops/accessible

ORCA Lift .......................................................... (206) 553-3000
Call for locations and hours.
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

Solanus Casey Center ................................. (206) 223-0907
St. James Cathedral, 804 Ninth Ave., Seattle
(9th & Columbia entrance) ...................................... 98104
Drop-in only: Mon. – Thurs., 1 – 4 p.m.
Offers Gas vouchers with proof of medical appointment, one-time childcare, or verified job interview. 30 ORCA cards distributed the last Wednesday of every month by lottery to
the disabled and elderly.

**Website** ....... [ccsww.org/get-help/shelter-homeless-services/solanus-casey-center](https://ccsww.org/get-help/shelter-homeless-services/solanus-casey-center)

---

**Solid Ground Transportation Services**

**Office** .................................................. (206) 753-4801

**Metro Access Eligibility** ........................................ (206) 263-3113

**Metro Access Scheduling** ....................................... (206) 205-5000

1501 N 45th St., Seattle (mailing address) ...................... 98103

Downtown Circulator Route: Mon. – Fri., first bus departs stop No. 1, 7 a.m.; last bus departs stop No. 1 at 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; 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](https://solid-ground.org/get-help/transportation)

---

**VETERAN SERVICES**

**Veterans Affairs Crisis Line** .................... (800) 273-8255

24 hours a day, 7 days a week

**Catholic Community Services, Michael’s Place** .... (206) 726-5688

1307 E Spring St., Seattle ..................... 98122

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.
*Services may be limited due to religious affiliation.
Website: ccswww.org/get-help/housing/transitional-housing

Compass Housing Alliance ...........................................(206) 474-1000
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.

Pioneer Square Men's Program .................................(206) 474-1840
210 Alaskan Way S, Seattle ................................. 98104
Daily, 8:30 a.m. - 5 p.m.

Veterans Center Renton ............................... (206) 474-1910
419 S 2nd St. Suite 4, Renton, WA ......................... 98057
Apply for housing next door in Veterans Affairs Office, Suite 2.

Shoreline Veterans Center ............................... (206) 474-1880
1301 N 200th St., Shoreline, WA ........................ 98133
Daily, 8 a.m. – 5 p.m.
Website ........................................................... compasshousingalliance.org

Disabled American Veterans Network ........(206) 764-2564
Call for location.
Mon. – Fri., 7 a.m. – 1 p.m.; closed on federal holidays
Transportation to medical services at the Veterans Administration Hospital. Appointments are required one week in advance. Veterans can bring an escort or service dog with a doctor’s note. Serves veterans with disabilities. Not wheelchair accessible. No fees. 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) 957-4625
2524 16th Ave. S, Seattle ................................. 98144
Office: Mon. – Thurs., 8:30 a.m. – 5:30 p.m., Fri. 8:30 a.m. – 5 p.m.; government commodities: Fri., 10 a.m. – noon; lunch: Tue.
- Fri., 11 a.m. – 1 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.
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. Call for information on additional programs. Photo ID
required.
Website........................................elcentrodelaraza.org

King County Veterans Program ................. (206) 477-8282
2106 Second Ave. First Floor, Seattle ............ 98121
Mon. – Fri., 8:30 a.m. – 4:30 p.m.; walk-ins: Mon., Wed., Thurs.,
8:30 – 11:30; Tues 1 – 3 p.m.
Services focus on financial assistance, case management, em-
ployment, 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 dis-
charge or documentation of current activation (such as DD214
or statement of service), pay stubs for last 30 days (if applicable)
and any documentation of current benefits including food
stamps, SSI/SSDI or VA Disability. No fees
Website . . . .kingcounty.gov/depts/community-human-services/
veterans.aspx

Seattle Vet Center ........................................ (206) 658-4225
735 E. Marginal Way S, Room 1102, Seattle .......... 98134
Mon. – Fri., 7 a.m. – 6:30 p.m.; Sat. 9a.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: va.gov/Vet_Center_Services.asp

Valley Cities Counseling & Consultation .......... (253) 833-7444
Phone line available 24/7
Many locations and services vary. Please call to confirm. Agency provides DBHR-certified service(s). Must be Medicaid eligible or high risk population. 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.

Des Moines .................................................. (253) 833-7447
26401 Pacific Hwy S., Suite 201 Des Moines, WA ......... 98198
Mon. – Wed., 8 a.m. – 6 p.m.; Thurs. – Fri., 8 a.m. – 5 p.m.; Assessments: Tue. 8:30 a.m.

North Helpline .............................................. (253) 833-7445
12736 33rd Ave. NE, Seattle ............................. 98125
Mon. – Fri., 8:30 a.m. – 5 p.m.; assessments: Tue., 8:30 a.m.

Meridian Center for Health .......................... (253) 833-7444
10521 Meridian Ave. N, Seattle ............................. 98133
Mon. – Fri., 8 a.m. – 5 p.m., Sat., by special arrangement, assessments; Mon. – Fri., 8:30 a.m. – 2 p.m. (Substance use disorder assessments on Tue. before 2 p.m.)

Pike Place .................................................. (253) 833-7448
1537 Western Ave., Seattle ............................. 98101
Rainier Beach ........................................ (253) 833-7444
8444 Rainier Ave. S, Seattle ........................... 98118

St. Vincent de Paul .................................... (253) 833-7446
13555 Aurora Ave. NE, Seattle .......................... 98133
Mon. – Fri., 8:30 a.m. – 5 p.m.
Website .............................................. http://valleycities.org/new-clients

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. Primary care offered at this location. If income guidelines are met, no fees.

Lake City Way NE ..................................... (206) 384-4382
12360 Lake City Way NE, Suite 200, Seattle ........... 98125
Mon. – Fri., 8 a.m. – 4:30 p.m.

South Seattle Hospital ................................. (206) 762-1010
1660 S Columbian Way, Seattle .......................... 98108
Social work: Mon. – Fri., 7 a.m. – 5 p.m., emergency services 24 hours
Website ...................................................... pugetsound.va.gov/locations

Washington State Department of Veteran Affairs ........................ (206) 454-2799
2106 Second Ave., First Floor, Seattle .................... 98121
Mon. – Fri., 8:30 a.m. – 4:30 p.m.
Provides outreach and case management services to veterans, veteran families and justice-involved veterans, including veterans who may currently be incarcerated. The WDVA has a full-time Veteran Services Officer, who can assist with all claim types, including Social Security and VA. Current services members, National Guard members, Reserve members, dependents and partners of military personnel, and/or service
members with any discharge status may be eligible. Information and referral services to assist veterans with housing, navigation, Vet Corps, PTSD, war trauma and sexual trauma counseling, Conservation Corps, employment, education, food, transportation, clothing, legal services, and healthcare. WDVA has two grant per diem programs (Pierce and Kitsap County) and several contracted-shelter beds (King County). WDVA provides a wide range of free training to providers and community members through the Veteran Training Support Center (VTSC).

Website ............................................. dva.wa.gov

**William Booth Center** ............................................. (206) 621-0145
811 Maynard Ave. S, Seattle ................................. 98134
Phone hours: daily 24 hours; Mon. – Fri., 9:30 a.m. – 5:45 p.m., Sat. 9 a.m. – 4:45 p.m., Sun. closed

Low barrier transitional housing with case management for homeless men 18 and older. 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. Referral from a partner organization required. Partners are King County Veterans’ Program, FareStart and Salvation Army off-site shelter.

Website .......................................................... northwest.salvationarmy.org

**YWCA of Seattle** .................................................. (206) 436-8617
2024 Third Ave., Seattle ......................................... 98121
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
Support for the Real Change
Emerald City Resource Guide provided by:

To become a sponsor, call Real Change at 206-441-3247 x201