These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

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Educational Planning and Advising Center

EPAC offers the following advising services and resources to help you attain your educational goals:

- Assign a faculty advisor to help you with your academic planning.
- Provide "entry codes" for classes.
- Assist students who are unsure of a major or exploring and need some career planning.
- Explain the types of technical degrees/certificates offered at Highline.
- Explain the types of transfer degrees offered at Highline.
- Interpret requirements for admission to four-year colleges and universities.
- Discuss majors offered by four-year colleges and universities and help students develop a solid academic plan for transfer.
- Clarify academic/institutional policies and procedures.

Educational Planning and Advising Mission

The Educational Planning and Advising Center is committed to:

- Providing students with accurate and current information about academic programs, policies, and procedures,
- Empowering students to take responsibility for their educational goals and progress,
- And collaborating with faculty and staff to enhance students’ success and persistence at Highline Community College.

On behalf of the Educational Planning and Advising Center staff, I invite you to utilize our programs and services. To effectively and efficiently plan your education, it is important to meet regularly with one of our professional advisors or a faculty advisor. EPAC advisors are available to serve you on a drop-in basis, by phone (206-878-3710 ext 3584) or via email (edplanning@highline.edu). You can request a faculty advisor assignment by stopping in at the Center (Located in Building 6) or by submitting a Request an Advisor form. By attending Highline, you are making an investment in your educational and career future. Advisors are committed to providing you the information and support you need to achieve your goals.

Sincerely, Gwen Spencer Ed.D.
Transfer Center

The Transfer Center is committed to preparing students for a smooth and successful transition to a four-year college or university. Our goal is to empower you with the tools you need to make informed choices pertaining to your transfer planning. If you are a Highline student who is planning to transfer to a four-year school anytime in the future, we can help.

We offer the following services and resources:

- Help review pre-requisites for your major, general education and other transfer requirements.
- Help you locate admission information to four-year colleges & figure out deadlines.
- Connect you with four-year schools via telephone, email, information sessions, college fairs and individual appointments.
- Use our Center computers to search for colleges.
- Access our library of college handbooks, catalogs, scholarship manuals and transfer guides. See the Transfer Library for a list of available resources.
- Refer you to workshops such as How to Write a Winning Personal Statement and sessions on transferring in specific majors. See our calendar for events.
- Help you with questions related to the college application.

Contact Information
Location: Building 6, Upper Level
Regular Hours:
(Please note: The hours listed below are for drop-in advising service. When you come into the Transfer Center, please sign in and an advisor will call you on a first come, first served basis.)
Monday & Tuesday: 8 am - 6:30 pm
Wednesday: 8 am - 5 pm
Thursday: 8 am - 2 pm; 3 - 5 pm
(closed from 2 - 3 pm for staff meeting)
Friday: 9 am - 5 pm
Phone: 206-878-3710, ext.3295
Note: Please give us 48 business hours to get back to you. Thank you.

Tutoring Center

The mission of the HCC Tutoring Center is to provide academic support to all students enrolled at Highline Community College. Our primary goal is to create an open atmosphere of learning for students. We assist students in numerous academic disciplines through a variety of tutoring techniques by addressing their individual needs in a constructive environment.

We offer tutoring for many subjects that are offered at Highline Community College. This assistance is available to any student currently enrolled at Highline Community College.
We offer drop-in, group, in-class tutoring, and tutoring by appointment for different subjects.

**Math**--Math tutoring is on a drop-in basis anytime the tutoring center is open. There will be a few tutors available every hour. Raise your hand to let a tutor know that you have a question. If they are helping another student, they will assist you when finished.

**Other Subjects**--All other tutored subjects are scheduled at specific times throughout the week. Depending on the subject, tutoring is drop-in, group, and/or in-class. If you need a tutor and would like to know what time one is scheduled, check the subject on this web site or come in to the Tutoring Center in bldg 26-319. If we are not currently offering tutoring in a class that you seek help in, make your request known by telling the staff at the front desk of the Tutoring Center or by Contacting us through email http://tutoring.highline.edu/contact.htm. **Building 26, Room 319 * (206) 878-3710 * Extension 3444**

**TRIO**

**Highline's TRiO Student Support Services Program provides:**
TRiO is a federally funded program that provides low-income, first generation college students and students with disabilities the valuable support and services that will assist in student success and persistence towards graduation. TRiO serves to motivate and help students accomplish their goals by offering comprehensive individual support.

**Services Provided:**
- Assistance with basic study skills such as how to take notes, study for exams, and manage time effectively;
- Individual and group tutorial services in math, English, and other academic subjects as available;
- Personal, financial, and academic advising;
- Mentoring support and guidance;
- Cultural enrichment to build community and connect with the Highline community;
- Summer Bridge for incoming freshmen to jumpstart the college experience and gain familiarity with campus operations and resources;
- Assistance in securing admission and financial aid for transfer to 4-year colleges and universities;
- Campus visits at 4-year colleges and universities to visit college departments;
- Group activities, workshops, events, and an annual academic awards reception designed to enhance your educational experience at Highline Community College.

**Application Process:**
Pick up an application form at the TRiO office in building 6, room 155 Submit your completed application form to:
Physical address: 2400 S 240th Street, Building 6, room 163 Phone: (206) 878-3710 ext. 3229

Applications will be reviewed for eligibility criteria and you will be contacted for an intake interview!

Access (Disability) Services

At Highline Community College, we are committed to delivering one of the core values of our institution - access. In an effort to provide education to all those who seek it, Access Services at Highline Community College supports and assists students with disabilities with campus and classroom accommodations. If you are interested in learning more about Access Services and attending Highline Community College, please contact our office for more information at 206-878-3710 x 3857 or access@highline.edu. Location: Building 99, 1st floor, rooms 150-185 in Community & Employment Services Office hours: Mon, Tue, Thu 8am-5pm Wednesday 8am-8pm Friday 8am-5pm.

Emergency Financial Assistance

Highline can help with up to $200 in EMERGENCY funds. For more information see the Financial Aid Office.

Office hours: Monday & Tuesday: 8:00am - 6:30pm
Wednesday & Thursday: 8:00am-5:00pm
Phone: (206) 878-3710 ext. 3358

Women’s Program

WorkFirst Tuition Assistance-WorkFirst tuition assistance is financial assistance that helps support qualified students with the cost of tuition, fees and required textbooks for "wage progression" classes at Highline Community College. It is available to students who wish to upgrade their skills to enhance their employability, to gain higher wages and/or to develop a career path. Some examples of WorkFirst funded training are:

- Professional Technical Programs
- Extended Learning Classes
- GED Prep and High School completion
- I-BEST (see program options)

Eligible students are parents who have received TANF within the last two years, or are currently receiving a TANF cash grant, meet income guidelines and are working at least 20 hours per week.

Childcare Assistance may be available through DSHS (Working Connections Child Care Assistance) for those who are working 20 or more hours per week. Please call or e-mail us for more information regarding child care.
Mandatory WorkFirst Tuition Assistance orientations are available every Thursday. To register for an orientation, call our office at: (206) 878-3710, Extension 3340 or E-mail Women's Programs: wopro@highline.edu

Worker Retraining

Highline Community College works with the Employment Security Department to provide job training for people who are unemployed or face imminent layoff. Students may qualify for assistance with tuition, fees and books, and continue to receive unemployment benefits while attending one of Highline’s many occupational programs.

What is Worker Retraining Assistance?

- A "start-up" funding source to help for the 1st quarter. Additional funds possible.
- Job search and readiness assistance while in school and in preparation for graduation.

What does Worker Retraining ask of you?

- Attend an orientation (see schedule) and complete an application. PLEASE bring an unemployment check stub, Washington Driver's License AND Test Scores or an Unofficial Transcript.
- Participate in a Career Evaluation session.
- Academic Testing
- Apply for Financial Aid.

Location:
Bldg. 6, Room 214 Office Hours: Mon - Thurs, 8am-5pm Fridays 9am - 1pm
Questions? Lynne Boettcher, Office Assistant 206-878-3710 ext. 3802 lboettch@highline.edu

Student Employment and Work Study:

Student Employment is available to help students, alumni, and community members free of charge with career exploration, job search, campus employment, resume writing, career events and more! Student Employment has joined Financial Aid! If you need assistance or have questions please call 206-878-3710 x3350 or stop by the Financial Aid & Student Employment front desk in the upper lobby of building 6.

Job search assistance

- Available for students, alumni and surrounding community
- Make an appointment for assistance on resume writing, cover letters, interviewing, and job search
- A computer station is available to
  - work on your resume
  - work on application materials
  - search the web for employment opportunities
  - Research careers and job outlook on W.O.I.S.
Job listings in our Interfase (https://www.myinterfase.com/highline/student/) database include:

- on and off campus positions, fulltime & part time
- work study options for students with Financial Aid awards
- internships & volunteer opportunities
- Blue job binders with mailed faxed and email postings available

Contact Information

- Location: Bldg. 6 ~ upper floor lobby
- Staff Hours: Mon-Thurs 8am-5pm Fridays Closed
- Questions? 206-878-3710 ext. 3350 Fax: 206-870-3749

Financial Aid

Student Eligibility
To be eligible for Federal Financial Aid, you must:

- Be a U.S. citizen or eligible non-citizen
- Be working toward an eligible degree or certificate
- Be making Satisfactory Academic Progress.
- Have a high school diploma, GED certificate or pass a designated test
- Be registered with Selective Service (male students 18 and over)
- Submit an application and have financial need as determined by the Financial Aid Office
- Not owe a repayment on a grant or be in default on a federal education loan.

Steps to Apply

- Important:
- To apply for financial aid, you must complete the FAFSA (Free Application for Federal Student Aid) online at www.fafsa.ed.gov. Several months before the quarter starts.
- Required items include Student Data Sheet and other items as requested.
- Refer to the comments section of your Student Aid Report (SAR), on the FAFSA website for additional items.

Counseling Center

Welcome!
The primary mission of the Counseling Center is to help students reach their academic goals through educational, career, and personal counseling.

Counseling is a process which uses therapeutic techniques to help people cope with mental, emotional, and behavioral concerns and to assist them in developing productive and meaningful lives.
Monday through Thursday 8:00 a.m. - 5:00 p.m.
Friday 9:00 a.m. - 5:00 p.m.
Phone: (206) 878-3710, ext. 3353
Location: Building 6, upper level, Student Development Center

Crisis Line
If the Counseling Center is closed and this is a crisis, please call
24-Hour Crisis Line - (206) 461-3222 or Toll free 1 - (866) 427-4747
TDD (206) 461-3219 or 7-1-1 Relay

Transition Referral and Resource Center
The Center connects students to departments on campus that provide funding such as:
The Center refers students to specific programs such as
I-BEST
ABE/GED class information
ESL Level 5 class (Transition class)
AA/AS degree
Short-term certificates
Professional Technical Degrees
Puget Sound Welcome Back Center
Work First- Women’s Programs
Worker Retraining
Opportunity Grant
B-FET (If you’re on Food stamps)
Financial Aid

The Center directs students to appropriate student services departments such as:
Counseling
Employment Center
Admissions
Tutoring Center
Testing Center
Educational Planning and Advising Center
Other departments

The Center collaborates to provide on-going student workshops such as:
Financial Aid
The language of college
The U.S. educational system

Staff:
**Housing Information for Students**

Highline is a commuter college - we do not have any housing on campus. The following information should help you find off campus housing.

Nearby cities in King County:
- Des Moines
- Federal Way
- Kent

Housing resources:
- [ApartmentGuide.com](http://ApartmentGuide.com)
- [ForRent.com](http://ForRent.com)
- [RentalsOnline.com](http://RentalsOnline.com)
- [MyApartmentMap.com](http://MyApartmentMap.com)

Local transportation:
- [Metro Transit Bus System](http://Metro Transit Bus System)
- [Sound Transit Bus and Rail System](http://Sound Transit Bus and Rail System)
- [Washington State Ferries](http://Washington State Ferries)

**Highline Early Learning Center**

Children’s Home Society-Conveniently located on the Highline Community College campus, CHSW’s Early Learning Center offers Head Start and preschool programs for young children. DSHS childcare subsidies and private pay arrangements are accepted. The center serves the surrounding community and is also available for the children of students, staff, and faculty at Highline Community College.

For current eligibility, hours and contact information for the Highline Early Learning Center, please access the [http://www.childrenshomesociety.org/](http://www.childrenshomesociety.org/) or call 206-824-1378. A preschool program, early Head Start and Head Start are offered.

Highline students may be eligible for assistance with childcare costs. Please contact Women's Programs at 206-878-3710 ext. 3340

For help in finding alternate care you may contact Child Care Resources at 206-329-1011 or visit [www.childcare.org](http://www.childcare.org).

Did you know, DSHS may be able to help qualified parents with childcare costs?
Go to Department of Early Learning to see if you qualify.
Once there click on their link titled"Trial Eligibility Calculator."

**StartZone**

StartZone’s vision is a community where everyone has the opportunity to become financially self-sufficient by participating in a diverse, strong, and sustainable local economy. In pursuit of this vision, StartZone helps South King County residents achieve financial self-sufficiency by providing accessible and affordable training, consulting and other support for building small businesses that are bankable, profitable and sustainably connected to the local economy.

Our services are provided at no cost to our members and include:

- Referrals
- Assessments
- Workshops
- Business Consulting
- Mentoring
- Networking
- Peer Support

Becoming a member of StartZone is easy. Learn more (PDF only).

If you have any questions or would like more information about StartZone, contact us by email or call us at 206-878-3710 ext. 3388.

StartZone is funded by a grant from the U.S. Small Business Administration (SBA). SBA’s funding should not be construed as an endorsement of any products, opinions, or services. All SBA-funded projects are extended to the public on a nondiscriminatory basis.

Reasonable accommodations for persons with disabilities will be made, if requested at least two weeks in advance. Call TTY (206) 870-4853 or VP (253) 237-1106 / (866) 327-6856. You may also reach us by calling 206.878.3710 ext. 3388 or visit us at: StartZone, 23835 Pacific Highway South, Kent, WA 98032.

**Multicultural Services**

Multicultural Services (MCS) is committed to fostering a campus climate that celebrates and integrates ethnic and cultural diversity and multicultural understanding. Department services are dedicated to providing campus-wide educational programming and student advocacy to promote student retention and academic success. MCS supports student success for special populations through academic advising, student engagement and educational programs with a particular focus on service to 1st generation college students, low-income students and students of color.

Building 6, Room 226 (Student Development Center) Hours: Monday- Friday 8:00a.m. - 5:00p.m. Summer Hours Monday-Thursday 8.00a.m-5.00p.m **Friday: closed** Contact Us: (206)878-3710 ext. 3296
Catholic Community Services – Emergency Assistance Services – South King County

1229 W Smith St Kent, WA, 98032  Phone: (253) 850 - 2523

Hours: Call and listen to recording for screening dates and instructions.

Service Description: Provides LIMITED financial assistance for eviction prevention and move-in assistance; electric, gas and water bills; prescriptions; gas vouchers for transportation to shelters, jobs and medical appointments; and motel vouchers.

Eligibility: Low-income South King County families with children younger than 18 years old in the custody of the household; seniors, ages 62 and older; and individuals with documented disabilities. - UTILITY, GAS VOUCHER and PRESCRIPTION assistance: Burien, Covington, Federal Way, Renton, SeaTac and Tukwila ONLY. - EVICTION PREVENTION, MOVE-IN ASSISTANCE and MOTEL VOUCHERS: All South King County ZIP codes, including unincorporated areas. Funding fluctuates. Some weeks, assistance will only be available to select cities. These cities will be identified on the recording and updated weekly.

Application Instructions: Call and listen to recording for upcoming screening dates, instructions and eligible cities/regions. Cannot accept voicemail messages. Screenings usually occur on Fridays. Appointments are first-come, first-served. If a message is reached during screening times, continue calling until someone answers. Documents Required- Motel Vouchers: Proof of homelessness and documentation of disability, when applicable. Rent Assistance: Eviction notice. Utility Assistance: Shut-off or urgent notice. Gas Vouchers: Valid drivers license.

Business Hours: Office: M-F, 8:30am-5pm. Call for intake times. Office hours are by appointment only.

Area Served: South King County

Websites: http://www.ccsww.org

Emergency Assistance Services (253) 850 - 2523
Office (253) 854 - 0077
Office - Toll Free (800) 722 - 3479

Catholic Community Services Women's Winter Shelter

314 S 4th St. Anthony's Church Renton, WA, 98057  Phone: (253) 854 - 0077 Ext: 2

Hours: Intake (walk-in only): Tu Th, 1-3pm. Email: info@ccsww.org

Service Description: Coordinates one winter shelter program for 15 women at a church in Federal Way, open from December through March. Provides case management services tailored to individual clients' needs in areas such as housing, veterans' services, Department of
Corrections and court system involvement, and basic budgeting. Programs offer three meals per day, and clients sleep on mats on the floor. Program does not include any religious components. **Eligibility:** Homeless single women, ages 18 and older. -Cannot serve sex-offenders, or anyone with assault charges within the past three months. -Accepts other offenders on a case-by-case basis. **Application Instructions:** Walk in for intake; first come, first served. Intake for 2011 begins Nov. 30, and the shelter will open Dec. 15. Advance calls are recommended to inquire about availability; all phone messages are returned during office hours. Transportation assistance may be provided. **Business Hours:** Office: M-F, 8:30am-5pm. Intake is walk-in: Tu Th, 1-3pm. Shelter: Daily, 9pm-7am. **Area Served:** King County. **Websites:** [http://www.ccsww.org](http://www.ccsww.org)

Toll Free (800) 722 - 3479  
TTY (253) 850 - 2503  
Main (253) 854 - 0077

**City of Auburn Severe Weather Shelter**

Veterans Memorial Building  411 E St NE Auburn, WA, 98002  
**Phone:** (253) 876 - 1925  **Email:** mhursh@auburnwa.gov  
**Service Description:** Coords a severe weather shelter for anyone in need. The shelter is coded, one big room. Clients sleep on cots, and they are given a blanket that they can keep. **Eligibility:** Currently shelter opens when weather falls below freezing. **Application Instructions:** Walk in. Doors remain open all night. **Business Hours:** 9pm-8am, on days the shelter is open. Clients are asked to leave by 7am, but they may stay later to help straighten the area. **Area Served:** No geographic restrictions. **Websites:** [http://www.auburnwa.gov](http://www.auburnwa.gov)  

**City of Des Moines Minor Home Repair**

21630 11th Ave S Suite A Des Moines, WA, 98198  
**Phone:** (206) 870 - 6558

**Hours:** M-F, 8:30am-5pm.  
**Service Description:** Provides and promotes the repair and maintenance of housing for low-to-moderate income residents of the city of Des Moines. Housing repair services will focus on maintaining the safety and health of the occupants; preserving the dwelling and/or conserving energy. Services include, but are not limited to: -Electrical - faulty lights, switches, plugs, circuits or exhaust fans. -Plumbing - faulty toilets, clogged drains, leaking faucets, faulty water heaters. -Disability Aids - installation of grab bars, hand rails, hand held showerheads, bath seats, access ramps, and application of non-skid surfaces. -Safety - installation of smoke alarms, carbon monoxide alarms, and locksets. -Other - faulty furnaces, faulty gutters and roof leaks, broken window glass panes. **Eligibility:** Applicant must: -Reside within the Des Moines city limits. -Own and reside in the dwelling requiring services for at least one year. -The gross annual income for the household

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must not exceed the moderate-income level by household size as defined by HUD current income guidelines.

**Application Instructions**: Call for details.

**Fees**: None.

**Business Hours**: M-F, 8am-4:30pm.

**Websites**: [http://www.desmoineswa.gov](http://www.desmoineswa.gov)

Community Development (206) 870 - 7576

Home Repair Assistance (206) 870 - 6558

Main (206) 878 - 4595

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### City of Tukwila Rent and Energy Assistance

6300 Southcenter Blvd Suite 115 Tukwila, WA, 98188

**Phone**: (206) 433 – 7181

**Email**: [tukwila@ci.tukwila.wa.us](mailto:tukwila@ci.tukwila.wa.us)

**Service Description**: Provides Tukwila residents with a once in a lifetime grant to prevent eviction or energy (PSE or SCL) shut off.

**Eligibility**: City of Tukwila residents only. - Eviction/shut-off notice not necessary, but caller must have proof that situation is critical and/or homelessness is pending. - Income must be greater than rental costs. - Caller must be in good standing with landlord.

**Application Instructions**: Call the first week of the month. Funds are usually gone by the second week.

**Business Hours**: M-F, 8:30am-5pm.

**Area Served**: City of Tukwila.


Fax (206) 433 - 7183

Main (206) 433 - 1800

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### DASH - Downtown Action to Save Housing

Liberty Square Apartments

415 Williams Ave S Renton, WA, 98057  **Phone**: (425) 277 - 0290

**Service Description**: Offers 92 studio, one- and two-bedroom affordable housing units for income-qualified households.

**Eligibility**: Low- to moderate-income households of one to four members. Cannot serve anyone who has committed a violent crime.

**Application Instructions**: Call resident manager. Each DASH property maintains its own waiting list and conducts its own application process, which includes a credit check and criminal background check.

**Fees**: Flat rates, based on unit and household size. DASH receives tax credits, enabling the agency to offer all units at rents below standard market rate, based on certain percentages of area median income. Rents start at $703.

**Area Served**: No geographic restrictions.

**Websites**: [http://www.dashhousing.org/](http://www.dashhousing.org/)

Resident Manager (425) 277 - 0290

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Last Updated January 2012
DASH - Downtown Action to Save Housing
Mountain View Apartments

14210 37th Ave S Tukwila, WA, 98168  Phone: (206) 248 - 2323

Hours: Vary.
Service Description: Offers 51 one- and two-bedroom affordable housing units for income-qualified households. Offers a play area and garden.
Payment options: Flat Rate Affordable Housing
Target Populations: None
Eligibility: Households with income at or below 40 percent of area median. Can serve households of 1-6 members. Can accommodate pets. Cannot serve anyone who has committed a violent crime.
Application Instructions: Call resident manager. Each DASH property maintains its own waiting list and conducts its own application process, which includes a credit check and criminal background check.
Fees; Flat rates, based on affordability for households with income at 40 percent of area median. DASH receives tax credits, enabling the agency to offer all units at rents below standard market rate. Rents start at $575.
Business Hours: Vary.
Area Served: No geographic restrictions.
Websites: http://www.dashhousing.org/
Fax (206) 244 - 7743
Resident Manager(206) 248 - 2323

Hope-Link Housing

www.hope-link.org  (425) 556-9289

Families can become homeless for many reasons. Domestic violence, sudden lay-offs, unaffordable rent increases, the high cost of medical care for an unforeseen illness or injury; these are just some of the crises that sometimes leave families without a roof over their heads. Every family needs a safe, stable home base; it is especially important for children. Hope-link works on many levels to help families find or stay in safe, affordable housing.

Eviction Prevention
When a family is in danger of losing its home in a crisis, Hopelink offers a program that can help to provide a portion of the funds needed to prevent eviction. Preventing homelessness costs at least five times less than helping a family regain stable housing after it is lost. Please contact the closest Hopelink emergency service center to find out more about this service and how Hopelink may be able to assist.

Contact your nearest Hopelink emergency service center.

First Month’s Rent
When a low income family is establishing a new home - often for the first time - Hopelink offers a program that can help to pay a portion of the high costs of settling into a new apartment. This kind of assistance can make the difference for a family on the verge of self-
sufficiency. To learn more, please contact the closest Hopelink emergency service center. Contact your nearest Hopelink emergency service center.

**Emergency Family Shelter**

Our shelter is a short-term home base, providing support for homeless families while they look for more permanent housing. Trained case managers help families determine a realistic plan of action and get the support and resources they need. (When the shelter is full, our Motel Voucher Program provides temporary relief.)

Contact Emergency Family Shelter (Kenmore, WA): 425-556-9289

**Transitional Housing**

Hopelink’s Transitional Housing Program is a comprehensive system to help families move from crisis to stability to self-sufficiency. Our transitional housing facilities in Bellevue, Redmond and Bothell provide a secure home for up to two years. During their time with us, each family works one on one with a trained case manager to determine their strengths, overcome obstacles, and set and meet goals.

With Hopelink’s support, families in our transitional housing achieve such successes as repairing their credit, learning to budget and manage finances, writing a resume, finding a job, learning parenting skills, and finding permanent housing. Since the program’s beginning in 1989, nearly every family that has participated in the Hopelink Transitional Housing Program has gone on to find and retain permanent housing.

Contact Hopelink’s housing department: 425.556.9289

**Downtown Emergency Services (Seattle)**

515 Third Avenue ⋅ Seattle, WA 98104 (206) 464-1570

We serve disabled and vulnerable homeless adults, and are one of the largest multiservice centers for homeless adults in the Pacific Northwest. Our programs of emergency services and overnight shelter, clinical services and supportive housing provide a continuum of care that helps people to survive and to break the cycle of homelessness. For more info call the number above.

**Well Spring Family Services**

If you’re homeless it’s not easy to find a stable place to live. There are all kinds of barriers to getting off the street: first month’s rent and move-in costs, poor credit and eviction history, identification requirements, a background check, and just finding an affordable apartment. Where do you begin? Wellspring Family Services can help with case management and housing services for homeless families, couples, and individuals living in King County.

**How to get help**

The first step is to call 206-902-4271 extension 2 and leave us a message. We will return your call as soon as possible. Eligible applicants will then complete an application and participate in an assessment with a professional case manager. All of your information is completely confidential.
Who is eligible

- You must be 18 years or older
- Currently homeless and interested in securing permanent housing in the Seattle/King County area and participating in on-going therapeutic case management.
- Have stable income that does not exceed 50% of HUD's gross annual income guidelines (see HUD income link at right)
- Have not received help from Housing Services - Intervention in the past year
- Do not owe money to a Housing Authority or Landlord
- Do not have an open bankruptcy
- Have no evictions in the last year, and no more than two prior evictions in years prior.

We ask that you participate in case management and work to achieve a personally-designed goal plan with the end result being to obtain and maintain safe, stable housing.

Noel House  
ccsww.org

Noel House Programs provides safe and comfortable shelter for a diverse community of homeless women, particularly those most vulnerable.

- We strive to create an environment of dignity, respect and compassion.
- We recognize the intrinsic value of every woman and honor her unique experience.

Noel House Programs began as an emergency shelter for homeless women unaccompanied by children in response to the severe winter of 1990. Today, Noel House Programs continues to offer dignified and compassionate survival services to Seattle’s most vulnerable homeless population. Over the years, our services have grown to include coordinating available shelter across multiple providers and offering comprehensive case management resources at the main Noel House shelter.

Contact:
Eileen McComb - Program Director- Phone: (206) 456-3102
Anna Cronin - Fund Developer- Phone: (206) 456-3105

Bakhita Gardens 118 Bell Street- Seattle, WA 98121
Phone: (206) 441-3210

Watson Manor Transitional Living
Agency: Kent Youth and Family Services
232 2nd Ave S Suite 201Kent, WA, 98032
Phone: (253) 859 - 0300
Service Description
A case management and transitional housing program for up to eight homeless single mothers and their children. Mothers receive housing, life skills, referrals in a 10-unit apartment building. Residents may stay for up to two years, and must be in school or work

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.
Last Updated January 2012
at least 20 hours per week. Provides assistance for arranging child care during work or school.

**Days of the Week:** Friday; Monday; Thursday; Tuesday; Wednesday  
**Payment options:** Percentage of Income  
**Referrals:** Required  
**Target Populations:** Adolescents; Offenders; Pregnant Women; Single Parent Families Headed by Mothers; Young Adults  

**Eligibility**  
- Single mothers who are homeless, extremely low income, ages 16 through 25, at program entry, with up to two children or at least six months pregnant. - Accepts offenders on a case-by-case basis.

**Application Instructions**  
Pick up the application package and read handbook in agency office. Documents Required:  
- Completed application plus proof of income, proof of homelessness (eviction notice or letter from professional), proof of employment (or school enrollment), birth certificate, Social Security card, DSHS Services Card, criminal history and driver's license/state ID.  
**Fees:** Residents pay 30% of income minus utility allowance.  
**Area Served:** Focuses on Kent School District, but services are available to anyone in King County.

**Websites:** [http://www.kyfs.org](http://www.kyfs.org)

Main (253) 859 - 0300  
Fax (253) 859 - 0745

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**Friends of Youth**  
Phone: 425-869-6490  
24 hour Shelter Hotline (206) 236-kids

The young people we serve have become homeless often because of family violence, parents' mental health issues, chemical dependency and/or poverty. In fact, on any given night, up to 2,000 youths in King County are homeless--half of them are escaping violence in the home, while nearly 80 percent have been sexually abused or assaulted. Friends of Youth has been steadfast in its commitment to engaging the issue. We provide young people with temporary safe shelter, but we also do much more than that: We help put them on a path to long-term stability.

**Street Outreach**  
The Street Outreach Program for homeless youth offers referral information, crisis intervention, counseling and case management to homeless youth.

**Emergency Shelters**  
Friends of Youth operates the only youth shelters on the Eastside. These emergency shelters in Bellevue and Kenmore provide safe, stable temporary living alternatives to young people who are dealing with a family crisis or currently homeless.

**New Ground Transitional Living**
New Ground offers safe housing, counseling, and career/educational guidance services for young adults who are facing challenges in their lives. Its team of caring professionals helps create a healthy, supportive community for residents.

**Long-Term Stability**
Friends of Youth provides case management and reduced-rent at apartments scattered throughout Eastside communities for young adults who are ready for permanent supportive housing.

**Low Income Public Housing**
http://www.seattlehousing.org/housing/
Low Income Public Housing units are managed by Seattle Housing Authority. They come in a range of bedroom sizes. Most are located in apartment buildings, but some are located in smaller, multi-family buildings.
Information on program income limits, how to qualify as a family, and how general suitability, rental history, criminal history, and immigration status affect eligibility.

**How to Apply**- Applying to this program has four steps: submitting a pre-application, joining the waiting list, submitting a full application, and having your application approved or denied.

**Contact this program**
Low Income Public Housing Admissions
Porchlight Building
907 NW Ballard Way, Suite 200
Seattle WA 98107-4637
**Telephone:** 206-239-1737

**Catholic Community Services (CCS)**
Web: [www.ccsww.org](http://www.ccsww.org) Phone: (206) 328-5696

Catholic Community Services (CCS) and Catholic Housing Services (CHS) believe in every person having the right to a safe, affordable place to call home.

CCS and CHS provides a continuum of care for some of the most vulnerable populations, in partnership with local, state and federal government agencies, public funders and private lenders, and dedicated staff and volunteers. Together, CCS and CHS provide a full spectrum of housing with 22 shelters, 17 transitional housing facilities and 45 permanent housing properties in Western Washington.

CCS and CHS housing programs serve low-income individuals, families, seniors, and persons with special physical and mental needs, offering resident support services in addition to a clean and safe place to live.
Web: www.solid-ground.org/

**Broadview Transitional Emergency Shelter and Transitional Housing:**
Broadview provides both emergency shelter and transitional housing to homeless women and children in a secure, confidential facility. Most Broadview residents are domestic violence survivors, and two-thirds are children.
Our mission is to help residents cope with the trauma of displacement and abuse, address the issues that led to their homelessness, develop a strong community support system, and find and secure permanent housing.
Each Broadview family stays in their own furnished apartment with onsite staffing 24 hours/day, 365 days/year. Household supplies, personal hygiene items, bus tickets and emergency food are also available.

**A safe haven for homeless women & children**
Broadview offers a broad range of comprehensive support services onsite including:
- 24-hour crisis intervention
- advocacy-based counseling
- goal setting and weekly progress meetings
- domestic violence education and support groups
- legal advocacy
- addiction recovery services
- mental health counseling
- access and referrals to healthcare
- resource referrals for education, food, legal services and housing

**Children’s services**
To help restore a sense of safety, normalcy and structure, Broadview offers specialized services for children, including:
- immunizations and health screenings
- enrollment in schools
- access to computers, homework groups and tutoring
- age-appropriate support and social groups
- recreational outings

**Accommodations**
Broadview has two completely wheelchair accessible units and can accommodate large and extended families. In addition, Broadview has a full-time ESL case manager dedicated to working with limited-English proficient families to help them navigate services and secure housing.

For more info contact us at **Solid Ground Hours:** M-F, 8:30 am - 5 pm **Address:** 1501 N 45th St, Seattle, WA 98103-6708 **Phone:** 206.694.6700

**Multi-Service Center**
Web: **www.multi-servicecenter.com**
Stable housing is a cornerstone for building self-sufficiency for years to come. Multi-Service Center owns and operates housing from family shelter and transitional to low-income permanent housing for people of many different income levels. If you need a place to live, Multi-Service center staff will do what they can to help you. (253)838-6810
Multi-Service Center Low-income Housing

**Kent**-1622 Maple Lane Kent, WA, 98030 **Phone:** (253) 867 - 1558

**Hours:** Hours vary.
**Service Description:** Provides 24 units of one- and two-bedroom apartments for low- and moderate-income families.
**Eligibility:** Households at or below 30%, 40%, or 50% of area median income.
**Application Instructions:** Call.
**Fees:** Call for rates. Units are below market value.
**Area Served:** No geographic restrictions.
**Websites:** [http://www.multi-servicecenter.com](http://www.multi-servicecenter.com)
Main (253) 867 - 1558

**Des Moines**- 22424 26th PL S Des Moines, WA, 98198

**Phone:** (206) 824 - 7022 **Hours:** Hours vary.
**Service Description:** Provides 20 three-bedroom units for low-income households. Units are 1200 square feet.
**Eligibility:** Household income must be at or below 30%, 40%, or 50% of area median income.
**Application Instructions:** Call.
**Fees:** Apartments are below market value. Call for specific pricing on units.
**Area Served:** No geographic restrictions.
**Websites:** [http://www.multi-servicecenter.com](http://www.multi-servicecenter.com)
Main (206) 824 - 7022

**Auburn**-1301 31st ST SE Auburn, WA, 98002 **Phone:** (253) 218 - 0334

**Hours:** Hours vary.
**Service Description:** Provides 24 units of low-income housing of one- and two-bedroom apartments.
**Eligibility:** There are units for households at or below 30%, 40%, and 55% of the area median income.
**Application Instructions:** Call.
**Fees:** Rates are below market value. Call for specific pricing.
**Area Served:** No geographic restrictions.
**Websites:** [http://www.multi-servicecenter.com](http://www.multi-servicecenter.com)
Main (253) 218 - 0334

**Plymouth Housing Group**

**Web:** [www.plymouthhousing.org](http://www.plymouthhousing.org) **Phone:** (206) 652-8325
Plymouth Housing Group transforms lives by providing permanent, supportive homes to homeless people with few other options for housing. “PHG Works to eliminate homelessness and stabilize homeless and very low-income people in housing by preserving, developing and operating safe, decent, affordable housing, and by providing opportunities for homeless and very low-income people to improve their lives.”

**YWCA of Seattle, King and Snohomish Counties**

Web: [www.ywcaworks.org](http://www.ywcaworks.org)
(206) 461-4888 (Downtown Seattle)

“The YWCA serves nearly 50,000 women and families in King and Snohomish counties each year with these critical services: Ending Homelessness, Creating Self-Sufficiency, Caring for Youth and Providing Safe Havens.”

We are the regional leader in providing the tools and support for women and families to achieve lasting independence—providing 10,278 women and their families each year with ongoing housing and critical support services. YWCA programs empower women and families to eliminate the barriers that prevent them from thriving. The YWCA is one of the largest providers of emergency shelter and housing for homeless women and families in our region with 683 housing units in King and Snohomish counties.

**YMCA Young Adult Services**

A better place to live

The YMCA offers supportive short-term (transitional) and long-term (permanent) housing in locations throughout Seattle and King County. You must be between 18-24 years old and have experience in foster care or homelessness to qualify.

As a resident you’ll work with a YMCA resource specialist to meet your own goals, and pay reduced monthly rent that increases as you become more independent. Come to the Center to get started. The application process includes a housing orientation and two housing readiness classes. Contact Charmaign Jones (206) 749-7550 Address: 2100 24th Avenue South Seattle WA, 98144

**Watson Manor Transitional Living**

Agency: Kent Youth and Family Services
232 2nd Ave S Suite 201 Kent, WA, 98032 Phone: (253) 859 – 0300 Hours: M-Th, 8:30am-6pm; F, 8:30am-5pm.

A case management and transitional housing program for up to eight homeless single mothers and their children. Mothers receive housing, life skills, referrals in a 10-unit
New Ground Transitional Living

Program Overview
Friends of Youth's New Ground Transitional Living Program provides residential shelter, supportive case management services, life skills training, educational and employment guidance, counseling, and parenting education for homeless young adults. The goal of the program is to help residents achieve self-sufficiency, financial independence and long-term housing stability. The New Ground program also works to prevent child abuse, neglect, malnutrition, inadequate health care, and promote healthy development of its infant population. Friends of Youth is the only agency in North and East King County that provides transitional living services specifically targeted to single, homeless pregnant or parenting young women and their children. Services are provided at five transitional living facilities:

- New Ground Bothell (in Bothell) houses 14 young women, ages 18-21, and their first child
- New Ground Sand Point (in Seattle) houses 6 single pregnant/parenting young women, ages 18-21, and their first child.
- New Ground Avondale Park (in Redmond) includes 18 units for families and single adults, ages 18-24.
- New Ground Kirkland (in Kirkland) houses 6 single young adults, ages 18-21.
- New Ground Everett (in Everett) houses 12 single young adults, ages 18-21.

Application Process
There are two options for applicants wanting to get on our waiting list:

1. Call our intake line at 206-409-6009 and complete a phone screening. OR

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

Last Updated January 2012
2. Complete the online screening form at friendsofyouth.org and email it to jessica@friendsofyouth.org.
3. Click on the following for the homelessness verification form and email it to jessica@friendsofyouth.org or fax it to 206-729-0594.

Once you've passed the initial screening, you will be placed on the waiting list. We are unable to predict the waiting period, but we can tell you how many applicants are ahead of you on the waiting list and how many openings we might expect to have in the future. You will be contacted by our Intake Coordinator as you approach the top of the waiting list and will schedule an interview at a New Ground site. It is very important to provide us with more than one phone number (or email address) where we can reach you. If we do not hear from you within 48 hours of contacting you and leaving a message, we will move to the next person on the waiting list. You will then have to wait for the next opening. So please, provide us with as much contact information as possible so we can easily contact you when there is an opening!

At your interview, you may meet with the case manager, program coordinator, and resident manager. The purpose of this meeting is to explain the program and its requirements, answer any questions you might have, and determine whether the program is a good fit for you. You will be contacted within two working days of your interview. If you are eligible for the program, you will be offered a spot. If you are not eligible, you will be provided with referral information to help you locate alternative housing.

**Delridge Neighborhoods Development Association (DNDA) Flat-Rate Affordable Housing**

12131 SW Holden St Seattle, WA, 98106  **Phone:** (206) 328 - 5535

**Service Description:** Provides studios, one, and two bedroom apartment homes. Water/sewer/garbage/recycling included in rent. Each unit has a balcony or a private outdoor space.

**Eligibility:** Applicants must have: -Income at or below 50% of the Seattle AMI. -No criminal convictions in the past two years. -No evictions within the last two years. -No open bankruptcy cases.

**Application Instructions:** Call or visit website.

**Fees:** Flat-rate affordable fees apply. Specific fees vary by unit size.

**Business Hours:** M-F, noon-3pm.

**Area Served:** King County.


Resident Manager (206) 328 - 5535

**Federal Way Community Caregiving Network Emergency Assistance**
Church of the Good Shepherd  345 S 312th St Federal Way, WA, 98003  Map
Phone: (253) 661 - 0505
Hours: Walk in Only: Tu F, 10-11am.
Email: bblmurph@aol.com

Service Description
Provides partial emergency rent and move-in assistance. Distributes emergency no-cook food bags when available. Provides limited bus tickets when available. Also offers information and referral to other community resources. Provides emergency motel vouchers for families with children or occasionally for adults with extenuating medical conditions. Vouchers are for one or two nights only.

Eligibility: Residents of the Federal Way School District and Northeast Tacoma.
Client/household may be assisted once in a 12-month period. May limit number of new households who can be helped at each session.

Application Instructions: Walk in. TELEPHONE MESSAGES ARE NOT ACCEPTED. Emergency Services is located in a portable building on West side of the Church of the Good Shepherd. Do NOT go to the church office. Documents Required: Rent assistance: Photo ID or Social Security card and proof of address. Children's ID is required for motel voucher if not present at screening.

Business Hours: Emergency Assistance: Tu F, 10-11am. Community Meal: Sa, 1:30-2:30pm.
Area Served: Emergency assistance: Federal Way School District ZIP codes 98001, 98003, 98023, 98032, 98092 and Northeast Tacoma ZIP 98422. No geographic restrictions for other services.

Hospitality House (BED BANK) Women's Shelter
Lake Burien Presb. Church 15003 14th Ave SW Burien, WA, 98166
Phone: (206) 242 – 1860 Hours: Screening: Daily, 8am-8pm.

Service Description
Provides dormitory-style shelter for nine homeless women, with stays up to three months. Volunteers from twelve local churches provide home-cooked dinners. Shelter program does not include any religious components. Staff provide mandatory case management services, including referrals to medical and dental services, and domestic violence advocacy. Maintains small clothing bank on site, with referrals for interview and work clothing. Supplies shower, laundry facilities and personal hygiene items. Provides items for making breakfasts and sack lunches, and refrigerator space for clients’ individual food. Curfew is 9:30pm, nightly. Can sometimes be flexible with curfew time, for women who work late job shifts.

Hours of Service: Available after 5pm
Languages other than English: None
Payment options: Free
Target Populations: Offenders; Single Women
Eligibility: Single, homeless women, ages 18 and older. -Not a secure location so cannot serve clients who are fleeing domestic violence. -Cannot serve clients who have severe mental illness or current substance abuse problems. -Cannot serve clients who have violent criminal convictions.
Application Instructions: Call for screening interview. Referral not required.
Kent Housing and Human Services Home Repair Assistance
220 4th Ave S Kent, WA, 98032
Phone: (253) 856 – 5065 Hours: M-F, 9am-4:30pm.
Email: humanservices@ci.kent.wa.us
Service Description
Offers free and reduced cost home repair assistance to low- and moderate-income homeowners in the city of Kent. To qualify, repairs must help maintain the health and safety of occupants, preserve the dwelling, or reduce heating costs through weatherization. Free repairs include plumbing, electrical, carpentry, disabled access, furnace service, storm doors, window repairs, roof repairs, smoke detectors and other smaller work items.
Eligibility: Income-eligible homeowners in the city of Kent. Must have owned and occupied house, mobile home or condo for at least one year before applying. Household annual gross income must not exceed guidelines set by the federal Housing and Urban Development (HUD) department. Priority given to low-income, senior citizen and disabled residents.
Application Instructions: Call, e-mail or download application from website.
Area Served: City of Kent.
Websites: http://www.ci.kent.wa.us/humanservices
Main (253) 856 - 5070

Kent United Methodist Church Shared Bread - Emergency Assistance
11010 SE 248th St Kent, WA, 98030 Phone: (253) 852 – 3900 Hours: M, 9am. First-come, first served.
Service Description: Provides assistance with evictions, and with Puget Sound energy/water bill shut-offs for families with dependent children, seniors, and people who are disabled living within the Kent School District.
Eligibility: Families with dependent children that attend school in the Kent School District. - Seniors and people who are disabled living within the boundaries of the Kent School District.
Application Instructions: Call to schedule a Wednesday appointment. Start calling at 9am.
Documents Required: Shut-off notice or three-day eviction notice and a picture ID.
Business Hours: M, 9am. First-come, first served.
Area Served: Kent School District.
Websites: http://www.kentmethodist.com
Main (253) 852 - 3900
King County Housing Authority Section 8 Housing Choice Voucher Program
15455 65th Ave S Tukwila, WA, 98188 Phone: (206) 214 - 1300

Hours: M Tu F, 9am-4pm; Th, 9am-5:15pm.

Service Description: Operates the tenant-based Housing Choice Voucher Program (Section 8), which allows low-income households to pay rent equal to 30-40% of monthly income, at units that participants select and rent independently from private landlords. Subsidized by the U.S. Department of Housing and Urban Development (HUD), the King County Housing Authority pays the remainder of each month's rent to the landlord. Rent amounts are subject to HUD limits. Each household must locate their own housing unit upon receipt of voucher. KCHA then inspects each units to ensure that it is maintained in a decent, safe and sanitary condition.

Eligibility: Applicants must qualify as homeless, living in substandard housing or paying more than 50% of income for rent and utilities. Priority given to applicants who have children in the household; are seniors, ages 62 and older, or have disabilities. Applicants must have U.S. citizenship or documentation of status as an eligible non-citizen. Cannot serve applicants with certain criminal offenses, including any sex offenses requiring sex offender registration.

Eligibility for a Section 8 voucher does not guarantee eligibility for any rental unit; landlords perform their own additional screenings.

Application Instructions: Applications may be picked up at any of the following 11 locations listed from May 25 through June 7 or may be completed online. All completed applications not submitted online must be returned by mail only and postmarked by June 7 to King County Housing Authority PO Box 58550 Seattle, WA 98138 After June 7, a drawing will be held to determine random placement on the waiting list. Only the first 2,500 names drawn will receive a place on the list. Only one application per family will be accepted. There is no advantage to submitting an application on the first day. " Section 8 Office 15455 65th Ave S, Tukwila " Auburn DSHS 810 28th St. NE, Auburn " Eastside DSHS 805 156th Ave NE, Bellevue " Federal Way DSHS 616 S 348th St., Federal Way " Kent DSHS 1313 W Meeker St, #100, Kent " White Center DSHS 9650 15th Ave SW, Seattle " Kent Multi-Service Ctr. 515 W Harrison St, Kent " Mt. Si Senior Center 411 Main Ave. S, North Bend " Northshore Family Ctr. 18315 Bothell Way NE, Bothell " Shoreline Family Ctr. 17018 15th Ave NE, Shoreline " Spiritwood Apartments 1424 148th Ave SE, Bellevue " Kirkland Library 308 Kirkland Ave, Kirkland

Business Hours: M Tu F, 9am-4pm; Th, 9am-5:15pm.

Area Served: King County, excluding Renton and Seattle.

Websites: http://www.kcha.org

Section 8 (206) 214 - 1300

Fax (206) 243 - 5927

King County Housing Authority - Weatherization Program
5200 Southcenter Blvd Suite 280 Tukwila, WA, 98188 Phone: (206) 214 – 1240 Hours: M-F, 8am-4:30pm.

Service Description: Makes grants to eligible households to cover the costs of labor and materials for weatherization work. Projects may include weatherstripping and caulking.
insulation, ventilation, repair of broken windows and heating system repairs. Includes grants for emergencies.

**Eligibility:** King County homeowners and tenants (excluding Seattle residents) in single-family units, mobile homes and qualified apartment buildings. Apartment buildings may qualify if 50% or more of the tenants are income-eligible. Gross household income must meet current low-income guidelines, based on household size.

**Application Instructions:** Call. Applications are taken over the phone and by mail.

**Area Served:** King County, excluding Seattle.

**Websites:**
- [http://www.kcha.org](http://www.kcha.org)
- [http://www.kcha.org/repairandweatherization/repairandweatherization.aspx](http://www.kcha.org/repairandweatherization/repairandweatherization.aspx)

Fax (206) 214 - 1259

Main(206) 214 - 1240

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**Multi-Service Center Low-income Housing**

**Kent**- 1622 Maple Lane Kent, WA, 98030  
**Phone:** (253) 867 - 1558

**Hours:** Hours vary.

**Service Description:** Provides 24 units of one- and two- bedroom apartments for low- and moderate-income families.

**Eligibility:** Households at or below 30%, 40%, or 50% of area median income.

**Application Instructions:** Call.

**Fees:** Call for rates. Units are below market value.

**Area Served:** No geographic restrictions.

**Websites:**

Main(253) 867 - 1558

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**Des Moines**- 22424 26th PL S Des Moines, WA, 98198  
**Phone:** (206) 824 – 7022  
**Hours:** Hours vary.

**Service Description:** Provides 20 three-bedroom units for low-income households. Units are 1200 square feet.

**Eligibility:** Household income must be at or below 30%, 40%, or 50% of area median income.

**Application Instructions:** Call.

**Fees:** Apartments are below market value. Call for specific pricing on units.

**Area Served:** No geographic restrictions.

**Websites:**

Main(206) 824 - 7022

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**Auburn**- 1301 31st ST SE Auburn, WA, 98002  
**Phone:** (253) 218 - 0334  
**Hours:** Hours vary.

**Service Description:** Provides 24 units of low-income housing of one- and two-bedroom apartments.

**Eligibility:** There are units for households at or below 30%, 40%, and 55% of the area median income.
These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

Last Updated January 2012
increase in numerical value, going south in King County. Landmarks include the large Safeway (just North of 216th St.) and Bartells (just south of 216th St.)

**Websites:** [http://www.salvationarmynw.org](http://www.salvationarmynw.org)
Main (253) 946 - 7933
Administration(253) 946 - 7933 Ext: 202

## Salvation Army - Social Services Department – Kent Domestic Violence Motel Vouchers

1209 Central Ave S Suite 145 Kent, WA, 98032  **Phone:** (253) 852 - 4983  
**Hours:** M-F, 10am-2pm. Please do not leave voicemail.

**Service Description:** Provides short-term motel vouchers to victims of domestic violence with children who are fleeing a DV situation and in need of immediate emergency shelter. Must be working with a court appointed advocate.

**Eligibility:** Domestic violence victims with their children who are fleeing a DV situation from cities of Kent, Covington, Auburn, Algona, or Pacific.

**Application Instructions:** Advocate from court needs to call on the client’s behalf during hours of operation. Documents Required: Verification of need.

**Business Hours:** M-F, 10am-2pm. Please do not leave voicemail.

**Area Served:** Kent, Covington, Auburn, Algona and Pacific, ZIP codes 98001 (E of I-5), 98002, 98030, 98031, 98032 (E of I-5), 98042 (W of HWY 18), 98047, 98092 (Auburn only).

**Websites:** [http://www.salvationarmynw.org](http://www.salvationarmynw.org)
Northwest Division Headquarters(800) 736 - 7291
Main (253) 852 - 4983

## Kent Rent Assistance

1209 Central Ave S Suite 145 Kent, WA, 98032  **Phone:** (253) 852 - 4983  
**Hours:** M-F, 11am-2pm. Please do not leave voicemail.

**Service Description:** Provides limited funds for eviction prevention, only assists with last $50.

**Eligibility:** Geographic restrictions apply. - Eligible participants receive assistance ONCE PER YEAR.

**Application Instructions:** Call for appointment during hours of operation only. Documents Required: Eviction notice; landlord will be required to complete a W9 form. Washington State photo identification, verification of income and identification for all household members.

**Fees:** None.

**Business Hours:** M-F, 10am-2pm. Please do not leave voicemail.

**Area Served:** Kent, Covington, Auburn, Algona and Pacific, ZIP codes 98001 (E of I-5), 98002, 98030, 98031, 98032 (E of I-5), 98042 (W of HWY 18), 98047, 98092 (Auburn only).

**Websites:** [http://www.salvationarmynw.org](http://www.salvationarmynw.org)
Northwest Division Headquarters(800) 736 - 7291
Main (253) 852 - 4983

## White Center Rent Assistance
Service Description: Assists low-income clients with eviction prevention in verifiable emergencies, such as temporary interruption in income. Assistance is $100-150 according to availability of funds and specific circumstances of client. Assistance given once in a 12-month period.

Eligibility: Serves low income clients. Geographic restrictions apply.

Application Instructions: Call for appointment. Appointments are available on a first come, first served basis and as funds allow. Documents Required: Eviction notice or verification of impending homelessness, proof of address, photo ID.

Fees: None.

Business Hours: M-F, 8am-noon, 1-5pm. Messages returned within 24 hours. Food Pantry: M W F, 1-2pm.

Area Served: ZIP codes 98106, 98108 (west of the Duwamish), 98116, 98126, 98136, 98146, 98148, 98158, 98166, 98168, 98188 and 98198 (north of 216th). North of 216th Street will generally incorporate address numbers beginning lower than 216 as street numbers increase in numerical value, going south in King County. Landmarks include the large Safeway (just North of 216th St.) and Bartells (just south of 216th St.)

Websites: http://www.salvationarmynw.org

Fax (206) 767 - 9548
Main (Assistance) (206) 767 - 3150 Ext: 102
Northwest Division Headquarters (800) 736 - 7291
Main (206) 767 - 3150

South Sound Dream Center Drop-In Center

New Hope Bible Fellowship 31411 6th Ave S Federal Way, WA, 98003
Phone: (253) 288 - 1806
Hours: Walk in: W, 10am-2pm.
Email: info@ssdreamcenter.org

Service Description: Offers a drop-in center where homeless clients can use telephones and computers, and receive career and general mental health counseling. Serves hot meals. Coffee, donuts and pastries may also be available. Provides laundry and shower facilities.

Eligibility: No restrictions however the focus is on the homeless community in South King County.

Application Instructions: Walk in ONLY during scheduled drop-in hours. Meals served the first hour only.

Fees: None.

Area Served: Auburn, Federal Way, NE Tacoma area.

Websites: http://ssdreamcenter.org

St. Vincent De Paul Society - St. Theresa's Catholic Church Emergency Human Services

3939 SW 331st St Federal Way, WA, 98023 Phone: (206) 767 – 6449 Hours: M-F, 9am-3pm
Service Description: Provides emergency human services in areas of service which include food (food bank), financial assistance to prevent evictions, financial assistance to prevent power shut-offs, motel vouchers for temporary shelter. Depending on need, may also provide food vouchers, gas vouchers and bus tickets. Helps with furniture and prescriptions when resources are available. Makes home visits to all the families/individuals served before dispensing financial aid.

Eligibility: Assists families and individuals, living in the parish boundaries, who have emergency needs regardless of age, race, religion or national origin. Parish Boundaries: NE Tacoma, 98422 - All 98023 - Partial.

Application Instructions: Call the St. Vincent de Paul call center in Seattle to register a Request for Service. This Request for Service is sent to the volunteers at St. Theresa's. They will then be dispatched to make a call to the client and determine the need and how they can help. They schedule an appointment to visit the caller in their place of residence. Documents Required: by the time of the home visit, the client needs to show documentation verifying the emergency, like an imminent eviction or shut-off notice.

Fees: No fees for this service.

Business Hours: King County St. Vincent de Paul Call Center: M-F, 9am-3pm St. Theresa's: hours vary by volunteer availability

Area Served: NETacoma - zip code 98422; Federal Way - 98023

Websites: [http://www.sttheresafw.org](http://www.sttheresafw.org)

If unable to make long distance call (253) 838 - 5924
St. Vincent de Paul Call Center (206) 767 - 6449

Suburban King County YWCA - South King County Transitional Housing

1010 S 2nd St Renton, WA, 98057  Phone: (425) 226 – 1266 Hours: M-F, 9am-5pm.

Service Description: Operates 22 scattered and clustered housing units for families transitioning out of emergency shelter. Sites include nine units in Federal Way provided by FUSION, at which YWCA provides all intake, case management and support. Other locations are in Auburn and other parts of South King County. Clients may stay up to 24 months.

Eligibility: Homeless families of all kinds (including one- and two-parent households, multi-generational families, unmarried parents and same-sex parents) transitioning out of any emergency shelter program. -Social security numbers are required. -Does not serve people with certain criminal backgrounds. -Performs background checks.

Application Instructions: Call. Shelter referral is usually required, but client calls are welcome. All calls are returned, though only maintains a three-month long waiting list.

Fees: 30% of gross household income for rent.

Business Hours: Office: M-F, 9am-4pm. Shelter intake: M-F, 9:30am-4pm. Screening for Children's Domestic Violence Program: M-F, 9am-4pm.

Area Served: Primarily South King County.

Websites: [http://www.ywcaworks.org](http://www.ywcaworks.org)

EHS Program - Seattle (206) 436 - 8601
Shelter/Housing Intake (425) 255 - 1201
Main (425) 226 - 1266
Victory Outreach Church Recovery Home for Women- Auburn
Phone: (206) 429 - 3497 Email: victoryoutreachwomenshome@yahoo.com
Hours: 24 hours daily.
Service Description: Offers Christian ministry and mentoring for women who are recovering addicts, former gang members, former sex workers, and others involved in street life. Provides family style, single-sex group home setting for women in need of housing.
Eligibility: Single or married women (no children accepted) who have desire to change lifestyle. Commitment of 9-12 month stay required. Can't accept arsonists.
Application Instructions: Call for information 24 hours daily; phone interview required.
Area Served: No geographic restrictions.
Websites: http://www.voseattle.org
Church/Office (206) 244 - 8184
Women's Home (206) 429 - 3497

Way Back Inn Emergency Financial Assistance
PO Box 621 Renton, WA, 98057 Phone: (206) 682 – 7382 Email: editor@way-back-inn.org
Service Description: Provides rent/move-in and utility assistance once per lifetime to low income families of Renton and Tukwila. Usually will not assist with refundable deposits, but can assist with first month's rent and past due utility bills preventing families from obtaining housing.
Eligibility: Families with children residing within the city limits of Renton or Tukwila.
Assistance is only available once per lifetime. Applicants must be low-income and have proof that need is temporary and that they'll be able to pay their rent in future months.
Application Instructions: Call and leave a voicemail. Calls are returned between 24 and 48 hours later.
Business Hours: Voicemail only.
Area Served: Housing units are located in Kent, Renton and Tukwila.
Websites: http://www.way-back-inn.org

West Seattle Helpline Rent Assistance
6516 35th Av Se Suite 204 Seattle, WA, 98126 Phone: (206) 932 – 4357 Hours: Tu-Th, 10:30am-12:30pm, 4:30pm-6:30pm. Voicemail available.
Email: westseattlehelpline@gmaill.com
Service Description: Provides limited rent assistance to prevent eviction (an eviction notice is not required). Clients may be assisted once per year. Does not help with move-in costs.
Eligibility: Working families experiencing a one-time emergency who reside in West Seattle.
Application Instructions: Call. Voicemail is available. Volunteers return calls promptly. If denied, applicants can re-apply for assistance every two months. If assistance is provided, applicants must wait one year to reapply. Required Documents: Identification and proof of residence.
Area Served: "Back to School", Utility, Prescription and Rent Assistance: Residents of West Seattle (those living North of Roxbury and West of 30th Ave SW) in the following Zip codes: 98106, 98116, 98126, 98136 and 98146. Does not serve White Center, Burien, SeaTac, South
Park or clients south of Roxbury except residents of Arbor Heights. West Seattle Clothesline: Any King County resident.

Websites: [http://www.westseattlehelpline.org](http://www.westseattlehelpline.org)
Fax (206) 932 - 2326
Main(206) 932 - 4357

**New Hope Christian Fellowship Homeless Services**

31411 6th Ave S Federal Way, WA, 98003  **Phone: (253) 269 – 6585**  
**Hours:** Showers/Laundry: Tu, 10am-noon. Lunch: Tu, 10am-noon; W, 10am-2pm.  
**Service Description:** Provides laundry and shower facilities for homeless residents of South King County. Also provides lunches. Site is host to a medical and dental van and staff can connect clients to mental health counseling.  
**Eligibility:** No restrictions.  
**Application Instructions:** Walk in.  
**Business Hours:** M-F, 8am-5pm.  
**Area Served:** South King County  
Main (253) 269 - 6585
**Shelter / Temporary Housing Quick Reference**

**Domestic Violence - Women**
Catherine Booth House (206) 324-4943
D.A.W.N. (206) 622-1881
New Beginnings (206) 522-9472

**HOMELESS - Men**
Compass Center (206) 357-3100

**HOMELESS - Women**
Hospitality House (206) 242-1860
Salvation Army (206) 447-9944

**HOMELESS - Youth**
So. King Co. Youth Shelter (206) 804-8866
Seveson House (males 15-18) (253) 735-3582
Friends of Youth (206) 236-5437

**FAMILIES**
Catholic Community Services (800) 870-3204
So. King Co. Multi-Services (253) 854-3437
  - Federal Way (253) 854-3437 ex. 104
  - Kent (253) 854-3437 ex. 104
YMCA (425) 255-1201
Temporary Housing 211

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

Last Updated January 2012
**Supplemental Nutrition Assistance Program (SNAP)**

Anyone can apply for SNAP. To get SNAP, you and the other people in your household must meet certain eligibility criteria.

Everyone who is applying in your household must have or apply for a Social Security number and be either a U.S. citizen, U.S. national or have status as a qualified alien. The food stamp program helps low-income people buy food.

Although it is a federal government program, it is run by state or local agencies. Food stamp applications are available at any Social Security office. In addition to using our website, you can call us toll-free at 1-800-772-1213. We can answer specific questions from 7 a.m. to 7 p.m., Monday through Friday.

To apply visit your local CSO office

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>White Center CSO Office</td>
<td>1-877-501-2233</td>
</tr>
<tr>
<td>9650 15th Ave SW Suite 200 Seattle, WA 98106</td>
<td></td>
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<tr>
<td>South King CSO Office</td>
<td></td>
</tr>
<tr>
<td>1313 W. Meeker St., Suite 100 Kent, WA 98032</td>
<td></td>
</tr>
<tr>
<td>Federal Way CSO Office</td>
<td></td>
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<tr>
<td>616 S 348th St. Federal Way, WA 98003</td>
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</tbody>
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To see more offices please visit: www.dshs.wa.gov

**Multi-Service Center**

Web: [www.multi-servicecenter.com](http://www.multi-servicecenter.com)

Multi-Service Center offer supplemental and emergency food to individuals and families who live in the bounds of Federal Way School District. Customers may visit the food bank once per week. Last year, 4,161 households, representing 16,116 people, visited MSC’s Food Bank, receiving nearly 1.5 million pounds of food Phone: (253) 838-6810

**Tukwila Pantry**

Web: [www.tukwilapantry.org](http://www.tukwilapantry.org) 3118 S. 140th Street Tukwila WA 98168

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

Last Updated January 2012
The Tukwila Pantry, a non-profit organization, has been established to serve the residents of the city of Tukwila with their emergency food needs and other emergency services referrals. Additionally, the Tukwila Pantry serves residents of bordering communities. The Tukwila Pantry is also committed to educating the community on issues surrounding hunger. All Clients must reside in Tukwila, SeaTac, Burien, or Boulevard Park.

- **Tuesday:**
  - 1:30 to 3:30
  - (First time client registration)

- **Thursday:**
  - 1:30 to 3:30
  - (First time client registration)

- **Saturday:**
  - 12:30 to 2:30
  - (Current clients only no first time client registrations)

**WIC (Women, Infants, & Children)**

The Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC Program - serves to safeguard the health of low-income women, infants, & children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

**1-800-841-1410 Contact** this WIC Toll-free number to schedule an appointment. Applicants will be advised about what to bring to the WIC appointment to help determine eligibility. Or visit 33431 13th Place S. Federal Way, WA 98003.

**Church By the Side of the Road Food Pantry**

3455 S 148th St Seattle, WA, 98168 **Phone:** (206) 243 – 5024 **Email:** office@cbsr.org

**Hours:** W, 10am-noon.

**Service Description:** Operates a food bank for residents of Tukwila and SeaTac. Each household may visit once per month.

**Eligibility:** Geographic restrictions apply.

**Application Instructions:** Walk in. Documents Required: For every visit, current photo ID and proof of current SeaTac or Tukwila address. Accepted forms of ID are DSHS Services Card (Medicaid), state ID or driver's license. Accepted proof of address are rent receipt with apartment number and current date, or most recent utility bill.

**Area Served:** Food Pantry: Tukwila and SeaTac ONLY, in ZIP codes 98168 and 98188. Support Groups: no geographic restrictions.

**Websites:** [http://www.cbsr.org](http://www.cbsr.org)  

**Fax** (206) 241 - 6840
Highline Area Food Bank Food Pantry

18300 4th Ave S Manhattan Community Center Seattle, WA, 98148
Phone: (206) 433 – 9900 Email: highlinefb@gmail.com
Hours: Tu, noon-2:30pm; Th, 10am-12:30pm; 2nd Tu each month, 5:30-7pm.
Service Description: Operates a self-select food pantry for residents of the Highline area. Clients may visit once per week.
Eligibility: Residents of the Highline area, encompassing parts of Burien, SeaTac, Normandy Park and unincorporated King County.
Application Instructions: Walk-in, or call for information about service area. Documents required: Photo identification, proof of current address, and verification of family size such as school records or DSHS Services Cards (Medicaid) for all children.
Business Hours: Office: Usually M-F, 9am-4pm. Food Pantry: Tu, noon-2:30pm; Th, 10am-12:30pm; 2nd Tu each month, 5:30-7pm.
Area Served: Highline area, encompassing parts of Burien, SeaTac, Normandy Park and unincorporated King County ZIP codes 98148, 98166 and 98168.
Websites: http://www.skcfc.org/highline
Main: Phone & Fax(206) 433 - 9900

Ruth Dykeman Children's Center Emergency Food Bags

1033 SW 152nd St Burien, WA, 98166 Phone: (206) 242 – 1698 Hours: M-F, 9am-5pm.
Service Description: Provides emergency food bags with collaboration from the Emergency Feeding Program. Each food bag provides six meals per person.
Eligibility: No restrictions.
Application Instructions: Walk in.
Business Hours: M-F, 9am-5pm.
Area Served: Southwest Seattle, Highline School District and adjacent areas.
Websites: http://www.ruthdykeman.org/
Fax (206) 243 - 5321
Residential Services(206) 242 - 1698
Main (206) 242 - 1698

Salvation Army - Food Bags

26419 16th Ave S Des Moines, WA, 98198 Phone: (253) 946 – 7933 Hours: M Tu Th, 9:30am-noon, 1-3pm; F, 9:30am-noon.

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.
Last Updated January 2012
Service Description: Provides food box for area residents once every 30 days. Accepts referrals from the Emergency Feeding program.

Eligibility: Residents of Federal Way School District and Des Moines south of 216th St.

Application Instructions: Walk in for service. Documents Required: Verification of income and address, Social Security cards for all family members, and photo identification for all adults in the household who are 19 years old or older (once every six months). Birth certificate or immunization records for all minors.

Business Hours: M Tu Th, 9:30am-noon, 1-3pm; F, 9:30am-noon.

Area Served: Residents of Federal Way School District in ZIP codes 98001, 98003, 98023, 98032, 98093 and ZIP code 98198 in Des Moines (south of 216th only). South of 216th Street will generally incorporate address numbers beginning with 216 or higher as street numbers increase in numerical value, going south in King County. Landmarks include the large Safeway (just North of 216th St.) and Bartells (just south of 216th St.)

Websites: http://www.salvationarmynw.org
Main (253) 946-7933
Administration (253) 946-7933 Ext: 202
Fax (253) 941-6852
Northwest Division Headquarters (800) 736-7291

Food Lifeline
www.foodlifeline.org
Can help connect you to food resources in your area. Food Lifeline is a nonprofit organization dedicated to ending hunger in Western Washington. Food Lifeline makes every penny count and 94% of the food they receive from local, state and national contributors is donated. 1702 NE 150th Street Shoreline, WA 98155-7226 PHONE: 1-877-404-7543

White Center Emergency Food Association
White Center Emergency Food Association, doing business as White Center Food Bank, (WCFB) serves low-income residents of the greater White Center community. In addition to a food bank we also operate a Baby Pantry where we distribute diapers, formula, baby food and used clothing and toys.

Mission Statement
The mission of the White Center Food Bank is to minimize hunger, while nourishing community, nurturing self-reliance and embracing our rich cultural diversity.

WHITE CENTER EMERGENCY FOOD ASSOCIATION PROGRAMS

Food Distribution
Monday, Wednesday and Friday from 11am to 1pm. Senior (age 60+) distributions on Thursdays from 11am to 1pm. Also open on the 2nd & 4th Wednesday evenings from 6pm to 8pm and the 3rd Saturday of each month from 11am to 1pm.
Baby Pantry
Open Monday, Wednesday and Friday from 1 pm to 4 pm. Families are eligible to receive diapers, formula, baby food and used clothing and toys.
Emergency food distributed outside regular distribution hours from 8:30 am to 5 pm Monday - Saturday. 10829 8th Ave SW Seattle, WA 98146-2225 (206) 762-2848

Kent Food Bank & Emergency Services

Clothing
515 W Harrison St Suite 107 Kent, WA, 98032  Phone: (253) 520 - 3550
Email: kentfoodbank@gmail.com
Hours: M-W F, 10am-1pm. Last check in at 12:30pm.
Service Description: Operates a clothing bank for residents of the Kent School District, accommodating 40-50 families per day. Includes general adult clothing as well as baby, children, plus-size, school, winter and work clothes. Offers shoes and occasional maternity clothing as donated.
Eligibility: Residents of the Kent School District.
Application Instructions: Walk in. Documents Required: Proof of address (such as recent utility bill, rent agreement, or letter from school), photo ID for all adults in the household, and ID for all children in the household (such as birth certificate, social security card, DSHS Services Card, school ID, report card, letter from school). Homeless clients are only required to provide ID, homeless children need some type of document from a Kent School District school (letter, report card or newsletter).
Business Hours: Main: M-W F, 10am-2pm. Food Pantry: M-W F, 10am-2pm; 2nd W of each month, 5-6pm. Diapers: M-W F, 10am-12:30pm. Clothing and Household Items: M-W F, 10am-1pm. Last check in at 12:30pm.
Area Served: Kent School District, comprised of ZIP codes 98030 and 98031, and parts of 98032, 98042 and 98058.
Websites: http://www.skfc.org/kentfoodbank
Main (253) 520 - 3550

Household Items  Phone: (253) 520 – 3550  Hours: M-W F, 10am-1pm.
Provides household items including bedding, dishes, silverware and small kitchen appliances. Items are available to residents of the Kent School District, on a first-come, first-served basis.
Eligibility: Residents of the Kent School District.
Application Instructions: Walk in. Documents Required: Proof of address (such as recent utility bill, rent agreement, or letter from school), photo ID for all adults in the household, and ID for all children in the household (such as birth certificate, social security card, DSHS Services Card or letter from school). Homeless clients are only required to provide ID, homeless children need some type of document from a Kent School District school (letter, school ID, report card or newsletter).
Websites: http://www.skfc.org/kentfoodbank
Main  (253) 520 - 3550
Margie Williams Helping Hands Center Food and Clothing
MLK Memorial Baptist Church  973 Chelan Ave NE Renton, WA, 98059
Phone: (425) 687 – 8365 Email: mlkjrbaptist@qwestoffice.net Hours: Sa, 8-11am.
Service Description: Provides a food pantry for anyone in need. Patrons may select their own foods, based on the number of household members. Does not offer government-issued commodities. Also provides free clothing, for all ages, baby through adult. Clothing types include work, dressy, winter and shoes. Does not have maternity clothes or diapers. Spanish interpretation provided when volunteer is present.
Eligibility: No restrictions.
Application Instructions: Walk in. Documents Required: Current legal photo identification, such as a driver's license or ID from any state.
Business Hours: Margie Williams Center: Sa, 8-11am. Church Office: M-F, 10am-4pm.
Area Served: No geographic restrictions.
Websites: http://www.mlkbaptist.com
Church Office (425) 255 - 1446
Margie Williams Center(425) 687 - 8365

Multi-Service Center Food Pantry/Baby Cupboard/Clothing
1200 S 336th St Federal Way, WA, 9803 Federal Way Phone: (253) 838 – 6810
Email: info@multi-servicecenter.com
Hours: Food: M W F, 10am-2p; every 4th Th, 5-6pm. Clients with disabilities: M W F, 9:30am-10am. Clothing: M W F, 10am-2pm.
Service Description: Food pantry provides a basic food bag to individuals living in the Federal Way School District; special no-cook bags are available for homeless individuals. Also provides formula, cereal and baby food. Diapers are offered when available. Can provide clothing and some household goods as well. May have cleaning products depending on donations. Clients may visit once a week.
Eligibility: Food Pantry: Residents of the Federal Way School District and NE Tacoma. Clients outside the Federal Way School District and NE Tacoma are served once and referred to the appropriate food pantry in their area. - Clothing: Any South King County resident.
Application Instructions: Walk in during service hours. Bring bags or boxes to carry food. Documents Required: Photo ID, current proof of address.
Business Hours: M-F, 8:30am-5pm. Energy services by appointment only.
Area Served: King County south of the Seattle city limits and I-90. Bus tickets, gas vouchers, and prescription expenses are limited to residents of Kent, Renton, SeaTac and Tukwila. Water bill assistance limited to customers of Lakehaven water district only.
Websites: http://www.multi-servicecenter.com
Energy Assistance Appointment Line (800) 348 - 7144
Federal Way Office (253) 838 - 6810
Long-Term Care Ombudsman Hotline(800) 562 - 6028
Emergency Feeding Program
In King County alone, tens of thousands of people are forced to make choices of whether to buy clothes for their children or food; to pay for heat or food; to pay the rent or buy food. Our goal is to make that choice a thing of the past.

Emergency Feeding Program Distribution Sites:
Auburn

*DSHS - Auburn CSO
2707 "I" Street NE
Auburn, WA 98002
(253) 804-1167
Hours: *Call First

*Family of Grace Lutheran Church
31317 124th Ave SE
Auburn, WA 98002
(253) 833-8910
Hours: T-F 10am-12pm, *Call first

Grace Community Church
1320 Auburn Way S.
Auburn, WA 98002
Hours: M-TH 8:30am-4:30pm
Auburn Food Bank (253)833-8925
We provide relief to families and individuals living within the boundaries of the Auburn School District. PO Box 464 Auburn, WA 98071

Burien

Ruth Dykeman Youth & Family
137 SW 154th St.
Burien, WA 98166
(206) 243-5544

White Center Emergency Food Association
10829 8th Ave SW
Seattle, WA 98146

Des Moines

Jesus Christ Salt & Light
22936 - 19th Ave S
Des Moines, WA 98198
206-870-7258
Hours: T-F 9am-12pm

*Salvation Army Des Moines
26419 16th Ave S
Des Moines, WA 98198
(253) 946-7933
Hours: M,T,TH 9:30am-1130am, 1pm-3:30pm; --Call First

The Des Moines Area Food Bank
(206)878-2660
Des Moines, WA 98198

Federal Way

*Calvary Lutheran Church
2415 S. 320th St.
Federal Way, WA 98003
(253) 839-0344
Hours: 10am-1pm M-F, *Call first

DSHS - Federal Way CSO
616 S. 348th St.
Federal Way, WA 98003
(206) 341-7426
Hours: M-F 9am-430pm

St Luke’s Community Church
515 S. 112th St.
253-941-3000
Hours: Tues, 9-10 am

Kent

Abundant Life Outreach Ministry
Kent, WA 98032
206-349-4071
Hours: F 1pm-6pm Sat 12pm-5pm

DSHS - Kent CSO
1313 W. Meeker St.
Kent, WA 98032
206-341-7428
Kent Lutheran Church
336 2nd Ave
(253) 852-2057
Hours: Ask Brian

Kent First Presbyterian Church
9245 S. 248th St.
Kent, WA 98042
(253) 852-3370
&F 8am-12pm: T-T 9am-1pm

St. Columbia Episcopal Church
26715 Military Rd. S.
Kent, WA 98032
(253) 854-9912
Hours: Mon.-Thurs. 9am-2pm

Unified in Faith Ministries
24624 101 Place SE
Kent, WA 98030
(206) 853-8508
Hours: ask Brian Renton

Daystar Baptist Church
324 S. Smithers
Renton, WA 98055
Hours: Sun 10:30am-1:30 pm
or by appointment, Call 206-940-9848

DSHS - Renton CSO
500 SW 7th St Suite B
Renton, WA 98055
(206) 341-7434
Hours: M-F, 8am-5pm

Harambe© Church
316 S. 3rd Street
Renton, WA 98057
425-271-6700
Hours: Sat. 4:30-5:30pm

St Matthew’s Lutheran Church
1700 Edmonds NE
Renton, WA 98056

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.
Last Updated January 2012
(425) 226-2420
Hours: M-F 9am-5pm

**Beautiful Savior Lutheran Church**
16919 - 33rd Ave South
SeaTac, WA 98188
T,W,TH 10am-12pm
Auburn Community Supper
Monday night community suppers at 4:30 p.m. held at the First United Methodist Church, 100 N St. SE.

Federal Way Community Caregiving Network
Steel lake Presbyterian Church 253.661.0505 Monday 4:30-5:30pm; 1829 S 308th St, Federal way
Calvary Lutheran Church Thursday 5-6pm; 2415 S 320th St, Federal Way
Church of the Good Shepherd Saturday 1:30-2:30pm; 345 S 312th St, Federal Way

Hungry Soul Café
Every Wednesday night, the Hungry Soul Café at Trinity Community Church in Kent, Washington, is open for business. Since the fall of 2001, the Hungry Soul Café has been offering a free meal every week to all who stop by, regardless of their circumstances--church members, kids who hang around at a skate park near the church, homeless people from nearby Federal Way, families who live in the rental homes behind the church.
Reith Road Kent, WA 98032 Phone: 253-852-1044

Good Shepherd Community Supper
P.O. Box 3108 | Federal Way, WA 98063-3108 | 253-839-6100  The Church of the Good Shepherd provides and serves a community meal in cooperation with St. Vincent de Paul Catholic Church in the parish hall on Saturdays from 1:30 to 2:30. Our Clothing Bank is open every week at the Caregivers breakfast program and the Community meal. Donations welcome.

Tukwila Pantry
Web: www.tukwilapantry.org

Tuesday's Table, our free weekly dinner program, is a great opportunity for individuals to share a meal and get to know members of their community. Seniors, homeless, parents with young children, any and all are welcome. This program serves approximately 145 hot meals every Tuesday. The food is great, and a dedicated group of volunteers from throughout our community assist with this program. (206) 431-8293
Hope Christian Fellowship
632 SW 143rd St, Burien 4th Sunday of month: 3-5pm. Also provides limited groceries 206.244.1399

Calvary Supper of Federal Way, Federal Way
Community Care Supper Steel Lake, Federal Way
Kent Food Bank, Kent

Transform Burien Outreach Center- Hot Meal and Groceries
425 SW 144th St Burien, WA, 98166 Phone: (206) 244 – 1399 Email: office@hope-christian.net Hours: W, noon-2pm; Su, 3-5pm

Service Description: Serves a hot meal to anyone in need. Also provide limited groceries (non-perishable items) available on a first come, first served basis.
Eligibility: No restrictions. Please no phone inquiries about item availability.
Application Instructions: Walk in.
Business Hours: Clothing: W, 12pm-2pm; Su, 3-5pm. Meal and Groceries: W, 12pm-2pm; Su, 3-5pm.
Area Served: King County.
Websites :http://www.hope-christian.net
http://transformburien.org/Outreach/default.htm
Office (206) 244 - 1399
Clothing Banks

Multi-Service Center
Web: www.multi-servicecenter.com
MSC’s Clothing Bank receives almost all our clothing from donations by the community. We accept only new or gently used clothing (casual, professional, and dressy) and shoes of all sizes and styles, from infant through adult. We also offer houseware items such as blankets, towels, and sheets.  Phone: (253) 838-6810

Midway Covenant Church Clothing
Pregnancy Aid (Maternity and infant wear)  (206) 878-4861

Kent Clothing Bank
Kent Phoenix Academy (in the former Boys’ Locker Room)  Address: 11000 SE 264th Avenue, Kent, WA 98031-7798 Enter West End of the Building  Schedule May 10, 2011 May 24, 2011

Renton Kiwanis Clothes Bank
Anyone from our community with a referral to show need, can get free clothes. Annually, more than 6,000 children and their families depend on the Clothes Bank.

GETTING A REFERRAL

| THE RENTON SALVATION ARMY | (425) 255-5969 |
| DEPT. OF SOCIAL & HEALTH SERVICES (DSHS) | (206) 341-7434 |
| RENTON PUBLIC HEALTH CENTER | (206) 296-4700 |
| UNITED GOOD NEIGHBOR CENTER | (206) 461-5055 |
| RENTON REGIONAL CENTER-KING COUNTY YWCA | (425) 266-1266 |
| COMMUNITIES IN SCHOOLS OF RENTON - FAMILY利亚son | (425) 430-6656 |

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

Last Updated January 2012
Transform Burien Outreach Center-
Community Clothing Closet
425 SW 144th St Burien, WA, 98166 Phone: (206) 244 - 1399 Email: office@hope-christian.net Hours: W, noon-2pm; Su, 3-5pm
Service Description: Distributes men’s, women’s, children’s and infant's clothing. Also may have coats, shoes, toys, books and purses. Clients may receive up to six items of clothing, one pair of shoes and one jacket per person that is present.
Eligibility: No restrictions.
Application Instructions: Walk in. Please do not call to inquire about item availability.
Business Hours: Clothing: W, 12pm-2pm; Su, 3-5pm. Meal and Groceries: W, 12pm-2pm; Su, 3-5pm.
Area Served: King County.
Office (206) 244 - 1399

Kent Food Bank & Emergency Services

Clothing
515 W Harrison St Suite 107 Kent, WA, 98032 Phone: (253) 520 – 3550 Email: kentfoodbank@gmail.com Hours: M-W F, 10am-1pm. Last check in at 12:30pm.

Service Description: Operates a clothing bank for residents of the Kent School District, accommodating 40-50 families per day. Includes general adult clothing as well as baby, children, plus-size, school, winter and work clothes. Offers shoes and occasional maternity clothing as donated.
Eligibility: Residents of the Kent School District.
Application Instructions: Walk in. Documents Required: Proof of address (such as recent utility bill, rent agreement, or letter from school), photo ID for all adults in the household, and ID for all children in the household (such as birth certificate, social security card, DSHS Services Card, school ID, report card, letter from school). Homeless clients are only required to provide ID; homeless children need some type of document from a Kent School District school (letter, report card or newsletter).
Business Hours: Main: M-W F, 10am-2pm. Food Pantry: M-W F, 10am-2pm; 2nd W of each month, 5-6pm. Diapers: M-W F, 10am-12:30pm. Clothing and Household Items: M-W F, 10am-1pm. Last check in at 12:30pm.
Area Served: Kent School District comprised of ZIP codes 98030 and 98031, and parts of 98032, 98042 and 98058.
Websites: http://www.skcfc.org/kentfoodbank
Main (253) 520 - 3550

**Household Items** Phone: (253) 520 – 3550 Hours: M-W F, 10am-1pm.

**Service Description:** Provides household items including bedding, dishes, silverware and small kitchen appliances. Items are available to residents of the Kent School District, on a first-come, first-served basis.

**Eligibility:** Residents of the Kent School District.

**Application Instructions:** Walk in. Documents Required: Proof of address (such as recent utility bill, rent agreement, or letter from school), photo ID for all adults in the household, and ID for all children in the household (such as birth certificate, social security card, DSHS Services Card or letter from school). Homeless clients are only required to provide ID, homeless children need some type of document from a Kent School District school (letter, school ID, report card or newsletter).

**Websites:** [http://www.skcfc.org/kentfoodbank](http://www.skcfc.org/kentfoodbank)

Main (253) 520 - 3550

**Ruwach Deliverance Ministry Material Goods**

25604 109th Ave SE Kent, WA, 98030 Phone: (206) 455 - 3865 M-W, F, 11am-2pm.

**Service Description:** Provides clothing, household items, hygiene supplies, furniture and food bags when available.

**Eligibility:** Residents of Kent.

**Application Instructions:** Call agency to set up an appointment.

**Area Served:** Kent only

**Websites:** [http://ruwachdeliveranceministry.com/](http://ruwachdeliveranceministry.com/)

Main (206) 455 - 3865

**St. Thomas Catholic Church–Outreach–Clothing Assistance**

4415 S 140th St Tukwila, WA, 98168 Phone: (206) 242 – 5501 Hours: W, 2-3pm.

**Service Description:** Dispenses clothing primarily to people in Tukwila and N SeaTac. Does not have baby clothes, bedding or linens; occasionally does have men’s work clothes. Amount of clothing depends on donations, which vary greatly during the year.

**Eligibility:** Residents of Tukwila and North SeaTac.

**Application Instructions:** Walk in during clothing bank hours or call for more information.

**Business Hours:** Office: M-F, 9am-1pm. Food Pantry and Clothing Bank: W, 2-3pm.

**Area Served:** Serves parts of 98168 and 98188, including Tukwila, Riverton Heights, and part of SeaTac. Does NOT serve Burien. (The south boundary is S 188th St, the west boundary is 24th Ave S, the north boundary is S 116th St and the east boundary is the river). Clothing bank serves people from N SeaTac and Tukwila.
**Websites:** http://www.churchoftukwila.org
http://www.churchoftukwila.org/Church%20of%20Tukwila/Congregations/st-thomas.htm
Main(206) 242 - 5501
Refugee Federation Service Center
1215 Central Ave South Suite 210 Kent, WA, 98032 Map Phone: (206) 501 – 4121
Hours: M-F, 8:30am-5pm. Email: nhien@rfsc.org

Service Description: Acts as a direct referral from DSHS Community Service Offices for refugees new to the system who need employment services. Services include pre-employment training, vocational English as a second language (ESL) classes, skills training, job placement and customized employment training in specific fields such as hotel housekeeping. Also provides emergency rental assistance from the Seattle Housing Levy funds to existing clients.

Languages other than English: Amharic; Arabic; Asian languages; Bosnian; Cambodian; East African languages; Eastern European languages; Eritrean; French; Khmer; Lao; Laotian; Russian; Thai; Ukrainian; Vietnamese

Eligibility: Low-income refugees and immigrants making 80% of the state's median income or below.

Application Instruction: Call or walk in.

Area Served: No geographic restrictions.

Websites: http://www.rfsc.org
Main (206) 501 - 4121
Fax (253) 852 - 1336

Port of Seattle - Office of Port Jobs - Airport Jobs
17801 Pacific Hwy South Sea-Tac International Airport SeaTac, WA, 98168
Phone: (206) 835 – 7501 Hours: Tu-F, 9am-5pm. Email: airport-jobs.mailbox@portseattle.org

Operates a central area where job seekers can apply for jobs at Sea-Tac Airport. Works with airport-related employers to publish current job openings on their website and in the office. Helps job seekers understand the nature of airport-related jobs, complete employment applications, create resumes and cover letters, learn job search and interviewing techniques and obtain referrals to community resources.
Eligibility: Anyone who is interested in a job at the airport and has good English skills as required by airport employers.

Application Instructions: Call for information, visit location, or access website. Parking in Airport Daily Parking is validated when visiting the office.

Area Served: No geographic restrictions.

Websites: http://www.airportjobs.org

Fax (206) 835 - 7507
Main(206) 835 - 7501

Division of Vocational Rehabilitation (DVR)
(206)859-2343

The Division of Vocational Rehabilitation (DVR) provides employment services and counseling to individuals with disabilities who want to work but experience barriers to work because of a physical, sensory, and/or mental disability. A DVR counselor works with each person to develop a customized plan of services designed to help them reach their employment goal. DVR assistance may include, but is not limited to the following:

- Counseling and Guidance
- Assessment Services
- Independent Living Services
- Assistive Technology Services
- Training and Education
- Job-related Services

Applying for Services: If you decide to apply for services, a Counselor provides you with more information about DVR services and you complete an application form. Then, DVR gathers records to verify your identity, disability and work status. If no records are available, you may need to see a doctor or other professional to get information about the disability you experience. You do not have to pay for services that DVR needs to establish your eligibility. If you need assistance to apply, such as an interpreter or translator, or if you need information in Braille, large print or another format, explain your needs when you contact DVR so we can be ready to help.

Find the DVR office nearest you

Eligibility Review: DVR reviews the information collected to determine if you are eligible for DVR services. You are eligible if you:

- Have a physical or mental disability that is a substantial barrier to employment; and
- You require vocational rehabilitation services to get or keep a job.
WorkSource Renton

WorkSource Renton is a one-stop employment center that helps people find jobs. It also helps employers recruit employees and keep them. WorkSource Renton is operated by the King County Work Training Program.

Job Seekers

We provide comprehensive employment services to job seekers. These include:

- Access to employers
- Computer labs for job searching and creating resumes
- Facilitated job search and career workshops
- Individualized employment and training assistance.

Also, through partnerships with community and technical colleges, we assist job seekers in getting funding to continue their education and training.

Eligibility and How to Access Services

Anyone can use the general services of WorkSource Renton or any of the other six WorkSource system sites in King County. Within WorkSource Renton, there are specific one-on-one services that have specific eligibility requirements. Please visit WorkSource Renton or contact a representative to learn of the services for which you may be eligible.

500 SW 7th St. Renton, WA  Customer Service - (206) 205-3500

WorkSource Auburn

Website: [www.go2worksource.com](http://www.go2worksource.com)

WorkSource is a joint venture of organizations dedicated to addressing Washington State’s employment needs. WorkSource Services are delivered to customers in a variety of ways, including:

- Self-directed efforts, such as kiosks or via the Internet
- Group programs and activities, such as workshops
- One-on-one consultations
- Training programs and business consultations

Services for Job Seekers include:

- Free use of computers, copiers, phones, faxes and other career resources
- Internet access to jobs
- Job referral and placement
- Workshops on how to get and keep a job
- Information on the fastest growing jobs and wages
- Referral to training and other community services
- Access to Unemployment Insurance
- Translation services
Washington Women’s Employment & Education

The mission of WWEE is to help low-income individuals gain the skills, knowledge and courage to become self-supporting. WWEE’s Employment Services program (ES) is a value added service to participants who exhibit excellent performance in WWEE programs. Designed for graduates to receive concentrated employment services, selected candidates will have one-on-one employment coaching to create your personalized plan for gaining employment. Website: [www.wwee.org](http://www.wwee.org)

515 West Harrison, Suite 208
Kent, WA 98032
(253) 859-3718 (local)
(877) 892-3718 (toll free)

Casa Latina

We are community builders who believe education and hard work are building blocks for safe, stable and prosperous communities. Casa Latina is dedicated to providing immigrants with educational opportunities critical to their integration as well as the labor skills that help to support them and their families.

Every year, more than 750 immigrants enroll in our programs. In addition to our well-known work with day laborers, we offer a range of programs for immigrant women and families with children. We focus on three areas:

- **Education** — We teach English language classes for immigrant workers as well as workshops on job safety, worker rights and consumer education.

- **Employment** — We introduce immigrant workers to employers and help workers develop their own small businesses or long-term employment relationships.
• **Leadership** — We develop stronger voices for Latino immigrant workers and families through civic engagement, immigration reform advocacy, women’s support groups, and day laborer organizing.

**As a result of the work of Casa Latina in 2009:**

• **Dispatched 3,973 temporary jobs** at an average wage of **$14.01 per hour**
• **Placed 67 people in permanent work**
• **Provided ESL classes to 216 immigrant day laborers**; 87 people significantly improved their English skills so that they can better advocate for themselves.
• **Dispatched 564 jobs to immigrant women** through the Household Helpers program, resulting in 27% of women turning at least 3 referrals into regular customers.
• **Recovered $94,867 in wages** for workers whose wages were stolen by their employers

317 17th Avenue South, Seattle, WA 98144 Phone. 206.956.0779 Fax. 206.956.0780 Email. info@casa-latina.org

**ANEW (Apprenticeship & non-traditional Employment for Women)**

ANEW is a non-profit organization linking women to apprenticeships and liveable wage jobs in construction trades and non-traditional careers. We support women of all ages and backgrounds, and the educators, apprenticeships, and employers who advocate for their success.

ANEW can provide assistance in:

• Construction Trades career counseling and workshops
• Apprenticeship application support
• Preparation for apprenticeship interviews
• Financial Assistance* for such items as:
  • Testing & Initiation Fees
  • Tuition Assistance & Books
  • Tools
  • Union Dues
  • Work Clothes, Boots and Rain Gear
  • Transportation Assistance & Bus Passes
  • Emergency Food Assistance
  • Child Care
  • Housing
These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

Last Updated January 2012

*Must meet eligibility requirements to receive financial assistance. Financial assistance in any category above is not guaranteed and in many cases cannot be granted without express permission of the funding agents supporting the agency of ANEW. Financial assistance is limited by funds available and caps for individual service.

550 SW 7th Street, Suite B305 Renton WA 98057
Main Office Telephone: 206.381.1384 Fax: 206.381.1389 Program Phone: 425-235-2212 Web: http://sites.google.com/site/anew4you/

Center for Career Alternatives - Kent
13111 SE 274th St Kent, WA, 98030 Phone: (253) 639 - 1162 Hours: M-F, 8am-5pm.
Email: KingCCA@ccawa.org
Service Description
Offers employment placement, employment retention and career progression services.
Also offers citizenship classes. Youth programs include job placement services as well as homework assistance, GED instruction, SAT prep classes, and workshops.
Accessibility features: Wheelchair accessible
Languages other than English: Russian; Samoan; Somali; Spanish; Ukrainian
Eligibility-Primarily low-income youth and adults of Kent, including people living in public housing, Section 8 housing and people on TANF.
Application Instructions: Call or walk in to schedule an appointment.
Area Served Kent area.
Website: http://www.ccawa.org
Main (253) 639 - 1162
Fax (253) 630 - 0135

Multi-Service Center-Kent
515 W Harrison St Kent, WA, 98032 Phone: (253) 854 - 4406 Hours: Office Hours: M-F, 8:30am-noon and 1-5pm.

Offers supportive instruction for youth and adults on topics such as resume writing, job search techniques, interviewing, general work maturity and job readiness. Job retention and wage progression support are also available. Offers employer information relating to hiring and employee retention. Serves clients in outlying areas including Maple Valley, Black Diamond and parts of Enumclaw.
Eligibility: Focuses on unemployed or underemployed residents of South King County. Special contracted services are offered for TANF recipients.
Application Instructions: Call for information. Clients must complete an application.
Area Served: King County south of the Seattle city limits and I-90.
Websites: http://www.multi-servicecenter.com

Kent Office (Receptionist) (253) 854 - 4406
Emergency Assistance & Shelter (253) 854 - 3437
Energy Assistance Appointment Line(800) 348 - 7144
Multi-Service Center Employment Support

Employment is critical to building stability, and Multi-Service Center works with adults and youth at all stages of job readiness. Assistance can include career exploration, job search basics, job skills development, such as workplace ethics and communication, and paid, on-the-job training through internships. All training is coupled with case management support to help a participant set and reach goals. Many of our programs also offer an education component.

Offers supportive instruction for youth and adults on topics such as resume writing, job search techniques, interviewing, general work maturity and job readiness. Job retention and wage progression support are also available. Offers employer information relating to hiring and employee retention. Serves clients in outlying areas including Maple Valley, Black Diamond and parts of Enumclaw.

Help for Homeless People (THRIIVE)
This program is a successful model that helps homeless individuals get stable work. Through training, case management, and paid internships, individuals work toward finding family-wage jobs that increase stability. Contact: Jim at (253) 838-6810, ext.115.

Job Search and Retraining (Workforce Investment Act for Adults)
The WIA Adult program is primarily for low-income adults, and offers services ranging from resume development to intensive job placement. In some cases, financial assistance is offered for retraining in high-growth industries. Contact: Jaimi at (206) 205-3220.

Eligibility: Focuses on unemployed or underemployed residents of South King County. Special contracted services are offered for TANF recipients.
Application Instructions: Call for information. Clients must complete an application.
Business Hours: M-F, 8:30am-5pm. Energy services by appointment only.
Area Served: King County south of the Seattle city limits and I-90.
Websites: http://www.multi-servicecenter.com

Federal Way Office
1200 S 336th St Federal Way, WA, 98003 Phone: (253) 838-6810 Hours: Office Hours: M-F, 8:30am-5pm. Email: info@multi-servicecenter.com

Kent Office:
515 W. Harrison Street, Suite 205, Kent, WA 98032 Phone: (253) 854-4406 Fax: (253) 854-1550 info@multi-servicecenter.com
LaborWorks
Phone: 1 (888) 637-9675
Web: www.laborworks.com

How it works
Arrive Early. Get a Job Every day.
LaborWorks has no shortage of work. There are many companies in the area that need your help.
Show Up Early
Show up by 5:30 AM to any of our locations, and increase your chances of getting a job for that day or even for the whole week.
Work Hard
Work safely, productively, and respectfully, while enjoying the new experiences and the people you meet.
Get Paid
At the end of the day, come back to the office to get a paycheck or a preloaded debit card. Work today, get paid today!
The “Working Interview” Benefit
Employers often end up hiring our workers into permanent positions when it’s a good match. We don’t even charge the employers; they can hire you with no additional costs. Consider each day of work like a working interview. Each day on the job is a new opportunity!

Labor Ready
Every day, thousands of Labor Ready Temporary Associates help businesses succeed. And each day, our Labor Ready branch staff provides jobs for people willing and able to perform an honest day’s work for an honest day’s pay. That’s what we consider our greatest success: We put people to work like no other company, and we provide opportunities for personal and professional growth to everyone involved. Labor Ready perfected the on-demand business model for temporary help, establishing the world’s largest general labor work force. Because of our expert management of this resource, Labor Ready can respond to your general labor needs. Our capabilities include:

1. Quick response, including early mornings and weekends.

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.
Last Updated January 2012
2. Placement of large numbers of people in general labor positions for all industries.
3. Specialization in tough-to-fill, high-turnover positions.

**KENT 225 N. STATE AVE KENT, WA 98031**
**Branch Number:** 1100
**Phone:** 253-859-5780  **Fax:** 253-859-7933
**Email Address:** 1100-Br@LaborReady.com

**AUBURN 620 AUBURN WAY SO. STE. L AUBURN, WA 98002**
**Branch Number:** 1091
**Phone:** 253-833-9345  **Fax:** 253-833-9593
**Email Address:** 1091-Br@LaborReady.com

**Express**

**LOOKING FOR WORK? EXPRESS CAN HELP**
You have the knowledge and the skills to succeed. Now, enhance your job search with the career resources from Express Employment Professionals. With Express, you choose how and when you want to work. Are you looking for a full-time administrative job? Do you need a flexible schedule? Or are you looking for a career in the accounting/financial arena? No matter where your job search takes you, you can find what you're looking for at Express. With staffing agencies across the United States and around the world, Express Employment gives you the power to find the perfect job that fits you.

**Kent**
841 Central Avenue North #C – 100 Kent, WA 98032
**Phone:** (253) 850-1344
**Fax:** (253) 850-1343
**Email:** jobs.kentwa@expresspros.com

**Spherion**
www.spherion.com

**Services:** At Spherion®, matching the right person with the right job has been our passion for 60 years. We help hundreds of large companies and small businesses secure the talent they need to be successful, because we are a reliable source of quality employees. We offer a full range of recruiting and staffing services through our family of specialty recruiting and staffing brands.

Our national network of recruiters and staffing experts get superior results by focusing within their areas of expertise—providing temporary, temp-to-perm or permanent talent. 1500 S 336th Street, Suite 12 Federal Way, Washington 98003 United States
**Tel.** 253/874-8705
WinStaffing

You + WinStaffing = A Winning Combination

The formula for success is simple. When you find the right job, you'll do your best work and you'll be far more successful. But finding the right job can be hard. To make your search easier, put WinStaffing on your team!

WinStaffing will help you evaluate your talent stand your interests. We'll give you the inside scoop on Seattle's top employers, and well help you connect with job opportunities that are the best match for you.

Why work with WinStaffing?

- **Experience.** With more than 15 years of putting people to work, we'll help you find the job that makes the most of your talent and abilities.
- **Great Jobs.** The best jobs are not always found in classified ads. We give you access to hundreds of great opportunities that you would not find anywhere else.
- **Opportunity.** Many of our temporary assignments lead to full-time career opportunities.
- **Flexibility.** Whether you’re looking for temporary work to supplement your income or looking to take the next step in your career, we can give you access to a wide range of temporary, temp-to-hire and direct hire positions.

And, there is never a cost to you! With competitive pay and benefits, isn’t it time you joined our winning team? **Apply online:** [http://www.winstaffing.com/applyonline/](http://www.winstaffing.com/applyonline/)

If you have already applied with WinStaffing in the past, it is not necessary to apply again. Simply call **(206) 248-0010** to update your information. If you do not currently have a resume on file, email a current copy to **Winning@WinStaffing.com.** Remember, it is only necessary to apply once.
Disability Lifeline

Disability Lifeline (DL) is a state-funded program that provides cash and medical benefits for persons who are physically and/or mentally incapacitated and unemployable for 90 days from the date of application.

Who is eligible:
Persons who:
- Are "incapacitated" (unable to work)
- Are at least 18 years old, unless married
- Meet income and resource requirements
- Meet citizenship/alien status requirements
- Reside in Washington State
- Cooperate with referrals for treatment and services

You cannot get DL benefits if:
- You have received general assistance or disability lifeline benefits for more than the maximum number of months
- You are eligible for Temporary Assistance to Needy Families (TANF) benefits or State Family Assistance (SFA) benefits or Supplemental Security Income (SSI) benefits
- You refuse or fail to participate in drug or alcohol treatment if assessed as dependent
- You are eligible for SSI or are an ineligible spouse of an SSI recipient
- You failed to follow a Social Security Administration (SSA) program rule or application requirement and SSA denied or terminated your benefits

Income and resource requirements:
As with other cash programs, there is a $1,000 resource limit requirement for the DL program. Certain items, such as a home you live in, or vehicle equity up to $5,000, are not counted. Income is also considered.

To apply visit your local CSO office

White Center CSO Office 9650 15th Ave SW Suite 200 Seattle, WA 98106
South King CSO Office 1313 W. Meeker St., Suite 100 Kent, WA 98032
Federal Way CSO Office 616 S 348th St. Federal Way, WA 98003
To see more offices please visit: www.dshs.wa.gov
Social Security Administration
675 S Lane St Suite 401 Seattle, WA, 98104 Phone: (877) 380 – 5784 Hours: M-F, 8am-5pm.

Service Description
Provides monthly checks to people who are elderly, **disabled** and/or blind and meet other program eligibility guidelines. The basic monthly check is the same in all states; some states add money to the basic rate. Applicants for SSI will be asked if they want to apply for food benefits, and may choose the Basic Food Benefits plan or WASHCAP (Washington State Combined Application Program) benefits. WASHCAP is a joint effort between the Social Security Administration and DSHS. WASHCAP is a simplified way to deliver Food Assistance to SSI recipients who:

* Are at least 18 years old.
* Do not have earned income.
* Live alone or buy and fix food apart from others who live in the home.

Supplemental Security Income (SSI) is a program financed through general revenues. SSI disability benefits are payable to adults or children who are disabled or blind, have limited income and resources, meet the living arrangement requirements, and are otherwise eligible. The monthly payment varies up to the maximum federal benefit rate, which may be supplemented by the state or decreased by countable income and resources.

Features
Accessibility features: Wheelchair accessible
Days of the Week: Friday; Monday; Thursday; Tuesday; Wednesday
Hours of Service: Available after 5pm
Languages other than English: Interpreter services

Eligibility
SSI benefits are paid to eligible low-income clients, ages 65 and older, visually impaired and younger than age 65, or with physical or mental disabilities. SSI recipients are eligible for DSHS Services Cards (Medicaid) and may be eligible for Social Security and food stamps.

Application Instructions
Call, visit or access Web site. Applicants for SSI will be asked if they want to apply for food benefits, and may choose the Basic Food Benefits plan or WASHCAP (Washington State Combined Application Program) benefits.

Fees
None.

Business Hours
M-F, 9am-4pm. Social Security Line: M-F, 7am-7pm. TTY: M-F, 7am-7pm.
Area Served
Serves ZIP codes 98104, 98108, 98114, 98118, 98124, 98134, 98144, 98154, 98164 and 98174.
Websites
http://www.ssa.gov/seattle/index.htm
http://www.ssa.gov

Local Office (206) 553 - 0728
Disability Services

The mission of Aging and Disability Services is to develop a community that promotes quality of life, independence and choice for older people and adults with disabilities in King County.

We will accomplish this by:

- Working with others to create a complete and responsive system of services.
- Focusing attention on meeting the needs of older people and adults with disabilities.
- Planning, developing new programs, educating the public, advocating with legislators, and providing direct services that include the involvement of older adults and others representing the diversity of our community.
- Promoting a comprehensive long-term care system.
- Supporting intergenerational partnering, planning, and policy development.

Aging & Disability Services plans, coordinates, and advocates for a comprehensive service delivery system for older adults, family caregivers and people with disabilities in King County.

ADS is a division of the Seattle Human Services Department and works in partnership with King County and United Way to: improve the health and quality of life for seniors and adults with disabilities; connect seniors and adults with disabilities with helpful resources; and provide help and support for caregivers.

South King County Office: 600 SW 39th St Suite 155 Renton, WA 98057 Phone: (206) 615-1855

Full Life Care

7829 S 180th Kent, WA, 98032 Phone: (206) 528 – 5315 Hours: M-F, 1:30-5:30pm; Sa Su, 9am-1pm. Email: dough@elderhealth.org

Provides a day health program for adults, ages 18 and older, with developmental disabilities. Organizes group activities, nursing and rehabilitation therapies, and recreational activities such as field trips, local entertainment, nail care, woodworking, reading or beadwork.

Languages other than English: Interpreter services

Payment options: 3rd Party Payment; Low-Cost/Sliding Scale; Medicaid/Services Card; Private Insurance

Eligibility: No restrictions Application Instructions: Call the intake coordinator

Fees: Sliding scale: $0-65 per four-hour day. $8 per additional hour between M-F, 7am-1:30pm. Accepts DSHS Services Card (Medicaid), Veterans' Administration, Respite COPES and private insurance.
These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

Last Updated January 2012

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**Disabled Utility Discount Agency: City of Burien**

400 SW 152nd St Suite 300 Burien, WA, 98166
Phone: (206) 248 - 5518

**Hours:** M-F, 8am-5pm  **Email:** Burien@burienwa.gov

This city offers a utility discount and/or rebate to seniors and people with disabilities. Most discounts are 25%-50% and are ongoing, however they need to be periodically renewed. Most rebates occur annually, usually at the beginning of the year.

**Payment options:** Low-Cost/Sliding Scale

**Eligibility:** Residents age 62 and older, or residents who have a permanent, documented disability. Income requirements may apply.

**Application Instructions:** Call or visit Web site. Some discounts may be provided by city while some may be provided by private utility company.

**Fees:** Discounts vary between areas

**Area Served:** City of Burien

**Websites:**
http://www.burienwa.gov/
http://burienwa.gov/utilitytaxreliefprogram

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**Available also in the City of Des Moines**

21630 11th Ave S Suite A Des Moines, WA, 98198
Phone: (206) 870 – 6513

**Hours:** M-F, 8am-5pm.

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**Available also in the City of Kent**

220 4th Ave S Kent, WA, 98032
Phone: (253) 856 – 5201

**Hours:** M-F, 8am-5pm.

**Email:** scooke@ci.kent.wa.us

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**Alliance of People with Disabilities**

**Seattle Office:** 1120 E. Terrace St., Suite 100 Seattle, WA 98122
Phone: 206-545-7055

The Alliance of People with disabilities is the Independent Living Center for King County, Washington State. The Alliance provides a variety of services to any person in the community who has any disability, regardless of age or national origin (citizens and non-citizens, alike).

Alliance services can be categorized into four areas:

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1. Information and Referral
2. Independent Living Skills Training
3. Peer Counseling (on an individual and group basis)
4. Advocacy (self-advocacy and systems advocacy). Our advocacy efforts at the Alliance include the Disabilities Law Project with a lawyer who handles civil rights cases for community members.

Depending on the service, participants can interact with the Alliance in person, on the telephone, or over the internet. We are willing to work with participants at a level that works for both the agreed upon goal and their unique abilities!

Take a look at each of the service areas in this section for a more in-depth look at the services offered by the Alliance.

**Full Life Care**
7829 S 180th Kent, WA, 98032  **Phone: (425) 227 – 9095**  **Hours:** M-F, 9am-1pm.
Additional hours available on a prearranged basis.
**Email:** jenniferh@elderhealth.org

Offers adult day health and respite services for frail elders and adults with disabilities. Provides a nursing assessment and treatment with an RN and rehabilitative therapy with an occupational therapist. Offers mental health services (psychiatric evaluation and treatment) and support groups. Clients are encouraged to participate in groups which promote interaction, assertiveness, sharing, reminiscing, social skills and activities requiring daily living skills (including recreation, exercise, and music and movement therapy). Clients receive lunch (special diets are accommodated). Tube feeding is available on a pre-arranged basis.

Extended service hours allow clients and families to have access to supervised care before and after the formal day program. Clients and families/providers work with a case manager who helps coordinate individualized services such as information and referral within the agency and to community resources and other social work assistance. Other services include assistance in the bathroom, ambulation/walking assistance and on-site foot care. Provides respite care for families.

**Languages other than English:** Interpreter services

**Payment options:** 3rd Party Payment; Low-Cost/Sliding Scale; Medicaid/Services Card; Private Insurance

Serves older adults and adults with disabilities, ages 18 and older with physical, cognitive, social, psychiatric or emotional impairments who require assistance to restore and maintain independence. Meals, personal assistance and nursing services are for clients of the Adult Day Health center.

**Application Instructions**
Call the intake coordinator.

**Fees**
Accepts DSHS Services Card (Medicaid), Veteran's Administration, Respite, COPES and private insurance for those eligible. Adult Day Health/Day Care is offered at a sliding scale up to **$65 per day; $8 for each additional hour beyond the structured program.**
**Business Hours**
M-F, 8am-5pm. Adult Day Health/Respite Services programs: M-F, 9am-1pm. Additional hours may be available on a prearranged basis. Get Active Program: M-F, 1:30-5:30pm; Sa Su, 9am-1pm.

**Area Served**
King County, primarily those living in South King County.

**Websites:**
- [http://www.fulllifecare.org](http://www.fulllifecare.org)
- [http://www.elderhealth.org](http://www.elderhealth.org)

**Navos**
1010 S 146th St Seattle, WA, 98168  **Phone:** (206) 241 – 0990 **Hours:** Office: M-F, 8am-5pm; service hours vary.

Full-service employment program for individuals with severe and persistent mental illness. Program provides employment and educational workshops that focus on skill development, computer skills, benefit education, job search skills and interview skills. Program provides placements in trial work experience environments to assess interests and job skills, and works with community employers to develop competitive long term employment. FOR TIER-ELIGIBLE CLIENTS AND DVR CONTRACTED SERVICES ONLY.

**Payment options:** Medicaid/Services Card

**Eligibility:** Client must be actively engaged in treatment at Navos or tiered as part of the King County Mental Health System. The Vocational Services Program is a Certified Rehabilitation Provider with the Department of Vocational Rehabilitation (DVR), allowing referrals for services to non-enrolled individuals.

**Application Instruction:** Call Darren Paschke (Program Manager) for more information.

**Area Served:** No geographic restrictions.

**Websites:** [http://www.navos.org](http://www.navos.org)

**Community Access**
- (206) 248 - 8226 **Main**
- (206) 241 - 0990

**A Place of Our Own - Transitional Housing**

**Agency:** ADWAS - Abused Deaf Women's Advocacy Services

8623 Roosevelt Way NE Seattle, WA, 98115  **Phone:** (206) 726 – 0093 **Hours:** Office: M-Th, 8am-6pm. Phone: M-Th, 8am-5pm. **Email:** adwas@adwas.org

Provides transitional housing for women. Housing is fully accessible for Deaf, Deaf-Blind and hard-of-hearing women.

**Languages other than English:** American Sign Language

**Payment options:** Low-Cost/Sliding Scale
Referrals: Not Required
Target Populations: Battered Women; Diseases/Disabilities; Offenders; Single Parent Families Headed by Mothers
Eligibility: Women with children or who are pregnant and who are currently experiencing, or have experienced domestic violence or sexual assault. -Must have income 30% below the median. -Accepts offender on a case-by-case basis. Does not accept sex offenders.
Application Instructions: Call or e-mail for information about openings.
Fees: Varies with income.
Business Hours: Office: M-Th, 8am-6pm. Phone: M-Th, 8am-5pm. TTY/VP Crisis Line: 24 hours daily.
Area Served: King County.
Websites: http://www.adwas.org
Administration - TTY/VP (206) 726 - 0093
Crisis Line - TTY/VP (888) 236 - 1355
Child Care Assistance Program

The City of Seattle helps low- and moderate-income working families pay for child care for children ages one month to 13 years. Families can choose from more than approximately 135 licensed family child care homes and centers in Seattle, which contract with the City to provide high-quality and affordable child care.

At the time of enrollment, the family will be given a voucher, which authorizes monthly child care payments to the child care home or center that they choose from the list provided. The amount of the payment from the City varies according to the income of the family, age of the child, and hours of care needed.

The City typically pays between 25% and 80% of a standardized rate, and the family is responsible for paying the difference between the city child care assistance and the Provider’s regular monthly rate. Eligibility screenings and applications are available by calling the Seattle Human Services Department’s Child Care Assistance office at 206-386-1050. For services in other languages, call: Mienh — 206-684-0605, Spanish — 206-386-1012 Tagalog — 206-386-1011 TDD — 206-233-2778 Interpretive services can be arranged for other languages.

Office Location and Contact Information:
City of Seattle Human Services Department
Child Care Assistance Program
700 5th Avenue, Suite 5800 PO Box 34215Seattle, WA 98124-4215
comprehensivechildcare@seattle.gov
Office hours are 8 a.m. to 5 p.m. Monday thru Friday.

Working Connections Child Care

The Working Connections Child Care Program helps families to pay for child care. Who is eligible:

Households with parents who are working, or are participating in a DSHS approved work activity and whose children meet citizenship requirements. To apply for WCCC:

- Call or come in to your local Community Services Office. Apply for services as soon as you know you will need them. Your benefits start no sooner than the day you apply. You can also apply online using our Online Application for Services.
- You will be given an application for your provider to complete.
You will also be required to provide a copy of your in-home/relative provider’s social security card and photo I.D.

Once you are approved for WCCC you will get an award letter. This letter will tell you the dates you are eligible for WCCC and the amount of your co-payment.

Income Requirements:

Your eligibility for WCCC is determined by your household's income, and the number of people in your family. Your child care costs (or co-payment) is determined on a sliding scale.

For example, a three-person household with countable monthly income of $995 would have a $15 per month co-pay. If the same household had countable monthly income of $1,675 they would have a $50 co-pay per month. A three-person household with countable monthly income of $2,100 they would have a co-pay of $86 per month. Phone |1-877-501-2233

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**Seattle Milk Fund**

1130 N Northgate Way Seattle, WA, 98133  Phone: (206) 526 – 7944  Hours: M W-F, noon-5pm. Email: office@seattlemilkfund.org

**Service Description:** Provides partial help with child care costs for students attending Seattle or Shoreline area public colleges or vocational schools. Grant amount varies.

**Days of the Week:** Friday; Monday; Thursday; Wednesday

**Payment options:** 3rd Party Payment

**Eligibility:** Low-income attendees of South Seattle Community College, Seattle Central Community College, North Seattle Community College, Shoreline Community College, University of Washington, Renton Technical College or Lake Washington Technical College. Students must be enrolled for a full course load of 12 credit hours each quarter, exception for the summer quarter, where they must enroll for at least 10 hours. Students must maintain at least a 2.5 GPA and must be pursuing completion of a certificate, AA degree or bachelor’s degree. Does not fund master’s level students.

**Application Instructions:** Students may get an application from the Seattle Milk Fund website. Students must reapply every quarter.

**Business Hours:** M W-F, noon-5pm. Area Served

**King County Websites** [http://www.seattlemilkfund.org](http://www.seattlemilkfund.org)

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**Child Care Resources**

**Homeless Child Care Subsidy**

Arranges and pays for child care for homeless children who are living in a temporary shelter, transitional housing, or on the street who need to access child care. Families have no co-payments, but may be charged for late pick-up fees.
Features
Accessibility features: Wheelchair accessible
Days of the Week: Friday; Monday; Thursday; Tuesday; Wednesday
Languages other than English: Interpreter services
Payment options: Free
Eligibility: Homeless children who are living in a temporary shelter, transitional housing, or on the street who need to access child care because their parents are working, looking for work, training, attending school, searching for housing or need respite.
Application Instructions: Call for application information.
Fees: None.
Business Hours: Office: M-F, 8:30am-5pm. Referral Line: M-Th, 9am-3pm; F, 9am-1pm.
Area Served: King County.
Websites: http://www.childcare.org

Homeless Child Care Hotline (877) 543 - 0060
Main (206) 329 - 5544
Toll Free (877) 512 - 3948

1225 S Weller St Suite 300 Seattle, WA, 98144 Phone: (877) 543 – 0060 Hours: M-F, 8:30am-5pm. Email: ccr@childcare.org

Metropolitan Development Council - Homeless Services
Provides voucher for child care for homeless families to assist in finding permanent housing, employment, doctors, counseling appointments or treatment. This is parental choice voucher program for any licensed day care provider. Families living in any situation that does not constitute as permanent housing can qualify for a voucher. Vouchers are issued for part-time temporary day care.
Accessibility features: Accessible for disabled; Wheelchair accessible
Eligibility: Family must be homeless. Vouchers are subject to eligible activities.
Application Instructions: Call to schedule an appointment.
Fees: Free
Business Hours: M-Th, 8am-4pm; F, 8am-3pm
Area Served: Pierce County
Websites: http://www.mdc-tacoma.org
Alternate (253) 572 - 5557
Fax (253) 597 - 6700
Main (253) 572 - 3213 M-Th: 8am-4pm; F: 8am-3pm
721 S Fawcett Suite 204 Tacoma, WA, 98402 Phone: (253) 572 – 3213 Hours: M-Th, 8am-4:30pm; F, 8am-3:30pm

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.
Last Updated January 2012
Child Care Health Program

The City of Seattle’s Child Care Health Program:

- Improves the ability of child care providers to deliver high-quality services
- Provides a safe, secure environment for children and youth
- Improves the health status of children and youth

The City contracts with Public Health - Seattle & King County to provide the following services to agencies serving more than 3,500 children through the Child Care Assistance Program, Free and low-cost preschool programs for three- and four-year-olds (ECEAP and Step Ahead) and school-based after-school programs and Parks and Recreation after-school sites. These services include:

- Consultation on health and safety issues
- Program assessments and monitoring for compliance and quality of care as it relates to physical, mental, emotional and nutritional health components of the early childhood education and child care programs
- On-site visits, observations, and review of program policies and procedures
- Staff training
- Child psychologist to provide expertise and support for child behavior issues
- Nutritionists and health educators
- Additional resources and referrals

In 2011, the City of Seattle Human Services Department is providing approximately $182,217 to the Seattle and King County Public Health to provide these services.

Information

For more information about Seattle Human Services Department-funded services for children and families, call Deborah Harris at 206-684-8852 or e-mail childrenandfamilies@seattle.gov

Grace Children’s Center

Our Mission
To support the physical, social, emotional, intellectual, and spiritual development of God’s children in a setting that offers a Christian world view.

Our Goals
1. To provide an environment that support the growth of the "whole child" through developmentally appropriate activities and expectations.
2. To teach children about God’s love through Jesus Christ and help them to experience that love first hand.
3. To encourage children to aquire self-esteem, empathy, a sharing spirit, and a sense of belonging to a community.
4. To be a resource for parents in guiding the development of their children.

**Infant and Toddler Care**
Our program for Infant and Toddler Care meets or exceeds the standard licensing requirements for Washington State. Our program for infants (six weeks-twelve months) is designed to foster trust and attachment for teachers and the environment. Our program for toddlers (one year-two 1/2 years) builds on this attachment by giving toddlers opportunities to build skills and become more independent. We understand that more brain development occurs during the first three years of life than during any other time.

**Preschool Care**
Our preschool program (2 1/2 years- 6 years) is designed to stimulate learning in all areas of development. Teachers combine the use of interesting age-appropriate materials and open-ended curriculum to maximize learning and skill building. They also focus on helping children gain social skills that contribute to positive interactions with peers and adults.

**Our Teachers**
We are proud of the experienced and qualified teachers who work at our school. Many of these individuals have early childhood or child development degrees and experiences. We encourage and support the continuing education of our teachers. There are many teachers on staff who are currently enrolled in ongoing early childhood education training, and all our teachers are certified in first aid and CPR.

**Partnering with Families**
We believe that families are a child's first teacher! We encourage and appreciate your involvement in your child's care. On or our primary goals is to support the parents of our children.

**Small Class Sizes**
- Infant Room- 4 children- 1-2 teachers
- Young Toddler Room- 7 children- 1-2 teachers
- Older Toddler Room- 7 children- 1 teacher
- Preschool Classrooms- 9-10 children- 1 teacher

All class sizes and child-to-teacher ratios meet or exceed licensing requirements for Washington State.

**Nutritious Meals**
We prepare healthy and balanced hot meals including breakfast, lunch, and one snack each day. Our meal program is funded and monitored by the USDA. The Menu is posted each week, and updated as needed each day (on a whiteboard).

**History**
Grace Children’s Center is a non-profit organization operated as a ministry of Grace Lutheran Church. The Children’s Center began in 1989 as a way to provide families in the community with quality affordable child care. We are advised by a Child Care Ministry Team made of church members, parents, and staff who support the center through a variety of volunteer efforts.

*Call today to hear about our open spots, tuition rates, and well-run program!*

**Contact Information:** Marilyn Russell 206-878-7182

**Greenacres Learning Center**

Greenacres Learning Center has a loving, safe, learning environment, with very experienced, professional teachers, affordable prices, and a convenient location. Just around the corner from Highline Community College.

We provide all-day care for **Infants, Toddlers, Pre-School, Kindergarten, and School-Age** children, Monday thru Friday, 52 weeks per year.

**1826 S. 240th Des Moines, WA 98198  Phone: 206.878.4308**

**Early Head Start Program**

206-296-5220

The Children’s Home Society of Washington (CHSW) Early Head Start (EHS) Program provides comprehensive child development and family support services. Eligible families live in South King County, are low income, and are families who are pregnant or parenting children from birth to three (0-3) years of age.

**Silly Goose Day Care**

(206) 839-0355

**Changes Parent Support Network**

*Changes Parent Support Network*, located in the state of Washington, is a support group for parents of acting-out adolescent and post-adolescent children. The group provides strength through the combined experiences and wisdom of parents sharing common problems and solutions that have worked for others.
Changes Parent Support Network is a structured, self-help program based on the ChangeInsight concept. We provide support and education to parents who are struggling with teens (and older children) who are engaging in self-destructive or acting-out behaviors such as truancy, failing grades, defiant, rebellious or out-of-control behavior, running away, drug and alcohol abuse, illegal activities, aggressive and/or addictive behaviors and attempted suicide.

Using peer support, Changes helps you regain control of your home and guide your children to accept responsibility for their out-of-control behavior. Parent groups meet weekly, are entirely confidential, and funded by voluntary donations.

If you are feeling helpless and frustrated, angry or isolated because of your child's acting-out behavior, join a support group and start making a change in your life and the life of your child.

**Grace Lutheran Church** 22975 24th Ave. S, Des Moines 1-888-468-2620

**24-Hour Crisis Nursery** (206) 328-5437

**24-Hour Family Help Line** (206) 233-0139

**Child Care Resources** (206) 329-1011

**Early Parent Support** (206) 547-8570

**Moms Club of Des Moines** (206) 212-6292
Family Resource Center - Children's Home Society of Washington - Auburn Family Resource Center
4338 Auburn Way N Auburn, WA, 98002 Phone: (253) 854 – 0700 Hours: M-F, 8:30am-5pm. Parent Support Group: Tu, 6-7:30pm. Parenting classes on other evenings.
Email: chswa@chs-wa.org
Service Description: Multi-service family support program helps parents, children and families secure needed services and support. Offers parenting classes, Play and Learn parent/child activity groups and the PCHP home visiting program. Parent Trust sponsors a peer support group for parents who are overwhelmed by the challenges of raising children and who want to learn new ways to deal with these challenges. Groups of parents meet weekly to share information and support. Also offers a computer lab and information and referral to a variety of other services. Provides diapers and used children's clothing as available.
Hours of Service: Available after 5pm
Languages other than English: Spanish
Payment options: Low-Cost/Sliding Scale
Eligibility: No restrictions.
Application Instructions: Call to receive information about the latest program offerings.
Fees: Fees for some classes; scholarships are available.
Times: Parent Support Group: Tu, 6-7:30pm.
Area Served: King County.
Websites: http://www.chs-wa.org
Fax (253) 852 - 3119
Main(253) 854 - 0700

Neighborhood House Helpline Baby Items
9800 8th Ave SW Wiley Community Center, Suite 101 Seattle, WA, 98106 Phone: (206) 767 – 7124 Hours: M-Th, 10am-5pm. Email: labarbarab@nwha.org
Service Description: Provides baby items such as formula, diapers, and infant clothing; serves families in the White Center/Burien area and nearby South King County area.
Eligibility: Anyone in need in the White Center/Burien area and nearby South King County area. Diaper assistance is limited to once a month.
Application Instructions: Walk in.
**Kent Food Bank & Emergency Services - Diapers**

515 W Harrison St Suite 107 Kent, WA, 98032  **Phone:** (253) 520 – 3550  **Hours:** M-W F, 10am-12:30pm.  
**Email:** kentfoodbank@gmail.com

**Service Description:** Provides diapers on a limited basis, as funds allow.

**Eligibility:** Residents of the Kent School District.

**Application Instructions:** Call to check availability. Documents Required: Proof of address (such as recent utility bill, rent agreement or letter from school), photo ID for all adults in the household, and ID for all children in the household (such as birth certificate, social security card, DSHS Services Card, school ID, report card, or letter from school). Homeless clients are only required to provide ID, homeless children need some type of document from a Kent School District school (letter, report card or newsletter).

**Business Hours:** Main: M-W F, 10am-2pm. Food Pantry: M-W F, 10am-2pm; 2nd W of each month, 5-6pm. Diapers: M-W F, 10am-12:30pm. Clothing and Household Items: M-W F, 10am-1pm. Last check in at 12:30pm.

**Area Served:** Kent School District, comprised of ZIP codes 98030 and 98031, and parts of 98032, 98042 and 98058.

**Websites:** [http://www.skcfc.org/kentfoodbank](http://www.skcfc.org/kentfoodbank)  
Main(253) 520 - 3550

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**Pregnancy Aid of Washington - Des Moines**

**Pregnancy Counseling/Tangible Needs**

730 S 225th St Des Moines, WA, 98198  **Phone:** (206) 878 - 3770  **Hours:** M-W F, 10am-1pm.

**Service Description:** Trained volunteers provide pregnancy-related counseling on a friend-to-friend basis via telephone and in-person. Offers emotional support and in-kind aid to women for carrying pregnancy to full-term. Limited diapers, receiving blankets, children’s books, stuffed animals, maternity clothes, toddler wear, socks, underwear, onesies, carseats, cribs, infant wear, and layettes available. Clothing available up to size 6. Donations of items are welcome. Has a pro-life philosophy. On-going in-service volunteer training. Written Spanish brochures available and spoken Spanish is available on Fridays.

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These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

Last Updated January 2012
Eligibility: Primarily pregnant women, new mothers, women with pregnancy-related problems, fathers and other caretakers and children, ages birth through 5. No restrictions for most tangible needs. Cribs are restricted to residents of the cities of Des Moines, Burien and Tukwila.

Application Instructions: Call or walk in with picture identification. Documents Required: photo ID.

Fees: None.

Business Hours: M W-F, 10am-1pm.

Area Served: No geographic restrictions.

Websites: [http://www.pregnancyaidofwa.org](http://www.pregnancyaidofwa.org)

Main (206) 878 - 3770

Kent Location

1209 S Central Suite 204 Kent, WA, 98032 Phone: (253) 852 - 1201

Email: pregnancyaidofkent@hotmail.com

Application Instructions: Call or walk in.

Business Hours: M-F, 10am-1:30pm; 1st Sa of the month, 10am-noon. Closed: first W of each month.

Area Served: Kent, South Seattle, Maple Valley, Renton, Covington.

Main (253) 852 - 1201

Auburn Location

517 F St SE Auburn, WA, 98002 Phone: (253) 939 - 6676 Hours: M, noon-4pm; Tu, 10am-1:30pm; W, 11am-3pm; Th Sa, 10am-2pm. Call first to verify.

Email: info@pregnancyaidofwa.org

Application Instructions: Call or walk in. Documents Required: ID or DSHS Services Card.

Business Hours: M, noon-4pm; Tu, 10am-1:30pm; W, 11am-3pm; Th Sa, 10am-2pm. Call first to verify. Voicemail is available.

Websites: [http://www.pregnancyaidofwa.org](http://www.pregnancyaidofwa.org)

Main (253) 939 - 6676
Catholic Community Services - Family Centers - King County

1229 W Smith St Kent, WA, 98032  Phone: (206) 328 – 5097  Hours: M-F, 8:30am-5pm.
Email: info@ccsww.org

Provides counseling services to children, families and adults. Therapists are licensed or registered counselors with at least a Master’s degree and specialized training and experience with children and families. Services include intake and assessment, individual counseling, family counseling, play therapy, parent support, parent education, psychiatric services, 24-hour crisis support, home visits and collaboration with schools and other community service providers. Program offers components specializing in help for children who have experienced abuse or trauma, or who have witnessed domestic violence.

**Days of the Week:** Friday; Monday; Thursday; Tuesday; Wednesday

**Languages other than English:** Interpreter services

**Payment options:** 3rd Party Payment; Low-Cost/Sliding Scale; Medicaid/Services Card; Private Insurance

**Eligibility:** Children, ages 17 and younger, and their parents, throughout King County. Will also serve any adult who is on Medicaid or who is Medicaid eligible.

**Application Instructions**
Call for an initial telephone screening and a scheduled in-person intake assessment. All intake is conducted at the CCS Family Center in Seattle, with appointments held at all three King County Family Centers (in Seattle, Kent and Bellevue), as well as at schools, parishes and community centers.

**Fees:** Fees are based on a sliding scale. DSHS Services Card (Medicaid), private insurance and Crime Victims Compensation are accepted.

**Area Served:** South King County

**Websites:** [http://www.ccsww.org](http://www.ccsww.org)

Main  (253) 854 - 0077
Main - Toll Free (800) 722 - 3479
Kent Youth and Family Services

Provides counseling for behavioral, emotional and interpersonal problems involving youth and their family. Primary focus is the child or children in a family context, through family, individual, and group counseling services.

**Languages other than English:** Spanish

**Payment options:** Low-Cost/Sliding Scale; Medicaid/Services Card

**Eligibility:** Youth, ages birth through 20. Primarily serves children and families.

**Application Instructions:** Call for intake appointment.

**Fees:** Sliding scale: $0-120 per session. Accepts DSHS Services Card (Medicaid).

**Area Served:** Focuses on Kent School District, but services are available to anyone in King County.

**Websites:** [http://www.kyfs.org](http://www.kyfs.org)

Kent, WA, 98032 Phone: (253) 859 – 0300

**Hours:** M-Th, 8:30am-6pm; F, 8:30am-5pm.

King County Mental Health

King County is committed to offering quality mental health services to you and your family. Our philosophy of care is based on the Ten Fundamentals of Recovery; *we believe in treating the whole individual, not just the illness.* We not only provide crisis intervention and community mental health treatment, we also offer supportive services that enhance the effectiveness of mental health treatment. These supportive services include client and family resources, housing, employment, and criminal justice initiatives. By offering this broad array of services, we help individuals achieve their full potential and improve their overall quality of life.

King County provides publicly funded mental health services to low-income people in need. To find out if you qualify for King County Mental Health Services, see who we serve. Even if you do not qualify for our mental health services, you can find out about other low-cost mental health service providers.

**Mental Health, Chemical Abuse and Dependency Services Division**

Chinook Building  401 Fifth Ave., Suite 400 Seattle, WA 98104

Phone: (206) 263-9000

MultiCare

Outpatient clinic offers primary care services including family medicine, OB/GYN and counseling services. Same-day appointments available.

**Payment options:** Charity Care; Medicaid/Services Card; Medicare; Private Insurance
Eligibility: No restrictions
Application Instructions: Call for an appointment.
Fees: Fees vary by service. Accepts DSHS Services Card (Medicaid) for obstetric care, for children and for established patients. Also accepts private insurance and Medicare. Sliding scale charity care is available and application forms should be requested at the time of service.
Area Served: No geographic restrictions.
Websites: http://www.multicare.org
Counseling Services (253) 372-7817
222 State Ave N Kent, WA, 98030 Phone: (253) 372-7866 Hours: M-F, 8am-5pm.

Sound Mental Health
1600 East Olive Street, Seattle, WA 98122 Phone: 206-302-2200 | Fax: 206-302-2210
development@smh.org

A healthy community is achieved through the active pursuit of recovery and ongoing support of positive lifestyles. Sound Mental Health’s more than 40 programs support the diverse needs of our community -- including specialized services not found at other providers. Our programs include the following:

- Access, admissions, and crisis services
- Chemical dependency treatment
- Psychiatric services
- Individual, couple, family, and group therapy
- Outreach and engagement
- Community support services (care coordination, life skills, symptom management, relapse prevention, in-home services)
- Supportive housing (independent, Shelter Plus Care, Section VIII housing vouchers, criminal justice housing vouchers, service enriched housing, 24-hour staffed residential facilities, independent living, long term rehabilitation)
- Employment services
- Services for clients who are deaf or hard of hearing
- Services for clients who are developmentally disabled
- Services for military/veterans of war
- Treatment for sexual abuse, domestic violence, physical abuse or neglect
- Grief, loss, and trauma services
- Criminal justice services
- Intensive care coordination
- Early childhood services
- School based services
- Middle school support services (screening and care coordination)
- Parent and youth peer support
- Therapeutic foster care
- Child-serving system and provider collaboration
- In-home and community based (nursing home) care
- Intensive services and care coordination, daily living skills and community networks of care

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.
Last Updated January 2012
- Family education and care giver support
- Peer support
- Collaboration with older adult system and service providers

Anyone may make a referral by calling our Access Center at:
Phone: (206) 302-2300 TTY: (206) 302-2209 Toll Free: 1 (800) 828-1449
email: info@smh.org Hours: 8:00 a.m. - 5:00 p.m. Monday through Friday

Access Center Staff can:
- answer questions about mental health problems/issues
- describe Sound Mental Health services
- provide community resource information
- help access public funding and benefits
- screen for immediate care needs and/or hospitalization

It is helpful to have the following information available when you call:
1. Name
2. Age
3. Problem for which you are seeking help
4. Insurance/financial information (if any)

Important Information:
- SMH can serve people of all ages.
- SMH delivers recovery oriented services focused on the strengths and resilience of the whole person.
- SMH is an approved provider with multiple health plans, Medicaid and Medicare.
- Professional staff in our Access Center will assist with insurance, benefits and eligibility.

Lutheran Community Services Northwest
4040 S 188th St Suite 200 SeaTac, WA, 98188 Phone: (206) 816 – 3253 Hours: M-F, 9am-3pm. Email: bfarmer@lcsnw.org
Provides mental health services to refugees, immigrants and U.S. citizens with marital problems, trauma, depression, anxiety disorders, Schizophrenia and other mental health disorders. Many services are provided by trained cross-cultural and professional mental health counselors in the language of the client. Provides clinical case management services for adults, older adults and youth, and assists clients in adjusting to a new culture as well as with available social services.

Languages other than English: Arabic; Estonian; French; Hebrew; Russian; Somali
Payment options: Low-Cost/Sliding Scale; Medicaid/Services Card
Eligibility: No restrictions. Program targets refugees and immigrants.
Application Instructions: Call for more information.
Fees: Accepts DSHS Services Card (Medicaid). Services are free if qualified.
Area Served: King County
Websites: http://www.lcsnw.org
Main(206) 816 - 3253

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.
Last Updated January 2012
State Mental Health Crisis Lines

King County - King County RSN 1-866-427-4747
If there is a life-threatening emergency, please call 911.
Suicide Prevention 1-800-273-8255 TTY Users 1-800-799-4TTY (4889)

Southwest Youth & Family Services

Southwest Youth & Family Services helps people use their own strengths to make what they want of their lives. We offer counseling, education, and family support programs for people in West Seattle, Delridge, White Center, South Park and other neighborhoods. Many participants use more than one program and most of our services are free.

We connect people to high quality services, and also to each other. As a result, our communities become stronger, the changes last, and the impact can be felt wherever you are.
The most important thing you can do is contact us. Whatever you need, we’re here to help.

Contact: Southwest Youth and Family Services 4555 Delridge Way SW Seattle, WA 98106 206.937.7680 email: info@swyfs.org Hours: Mon-Thu: 9am-7pm / Fri: 9am-3pm

Therapeutic Health Services/Central Youth and Family Services Branch

Youth & Family Services Branch- Kent Phone: (253) 681-0010
Our mission is to rehabilitate individuals and heal families affected by alcohol dependence, drug dependence and/or mental illness.

Therapeutic Health Services operates on the belief that chemical dependency and mental illness are chronic, progressive diseases that respond to appropriate intervention, treatment and prevention. By effectively employing all three, individuals and families are better able to lead healthy and productive lives in their communities.

Our clients in recovery and those managing their mental illness need more than counseling and medication treatments to function at their greatest capacity. That’s why we offer a complete range of supplemental services, including language and cultural expertise, family and community support, and vocational services.

Our Services
Our dedicated staff’s experience has earned us a reputation for service excellence in helping families affected by alcohol/substance abuse and mental illness.

Because we serve the diverse community of Puget Sound, our staff has learned the importance of providing culturally relevant services to each of our clients—including a complete selection of treatment options.

**Alcohol and Drug Services**

- Assessment and Evaluation
- ADIS- Alcohol and Drug Information School (Seattle and Bellevue)
- Intensive Outpatient Treatment
- Opiate Replacement Therapy (Methadone or Buprenorphine)
- Individual, Group and Family Counseling
- Dual Disorder Treatment (Addiction Focused)
- Pregnancy and Family Program
- Medication Management
- Relapse Prevention
- DUI, Deferred Prosecution, Court Ordered

**Mental Health Services**

- Assessment and Evaluation
- Individual, Group and Family Counseling
- Case Management
- Psychiatric Evaluation
- Medication Management
- Children’s Assessment and Treatment
- Children’s School-based Intervention
- Day Treatment Activities

**Additional Services**

- Child Care
- Pre-Vocational and Vocational
- Information and Referral

**Address:** 24823 Pacific Highway S., Suite 103, Kent, WA 98032

**Auburn Youth Services**

(253) 939-2202

**Catholic Community Services**

(206) 328-5774
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compassionate Friends (Parents/Grandparents who lost child/grandchild)</td>
<td>(206) 241-1139</td>
</tr>
<tr>
<td>Consejo Counseling &amp; Referral</td>
<td>(425) 746-4512</td>
</tr>
<tr>
<td>Crisis Clinic</td>
<td>(206) 461-3222</td>
</tr>
<tr>
<td>Highline West Seattle Mental Health Center</td>
<td>(206) 933-7100</td>
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<tr>
<td>Lutheran Counseling Center</td>
<td>(206) 364-1046</td>
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<tr>
<td>Nat. Alliance for Mentally Ill</td>
<td>(253) 941-0782</td>
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<tr>
<td>Recovery Centers of King County</td>
<td>(253) 854-6513</td>
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<tr>
<td>Ruth Dykeman Youth &amp; Family Services</td>
<td>(206) 243-5544</td>
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<tr>
<td>Seattle Mental Health</td>
<td>(206) 302-2300</td>
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<tr>
<td>Teen Link</td>
<td>(888) 431-8336</td>
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<tr>
<td>Valley Cities Counseling</td>
<td>(253) 939-4055</td>
</tr>
<tr>
<td>YMCA of Greater Seattle Family Services</td>
<td>(206) 382-5340</td>
</tr>
</tbody>
</table>
NeighborCare Health Resources

Quality health care should be available to everyone, regardless of ability to pay. That is why:

- We accept medical coupons and most types of insurance.
- Patients without insurance may be eligible for public insurance like Medicaid or for discounted services.
- We have specialists at all of our clinics who help eligible patients sign up for insurance.
- For patients who are not eligible for coupons or insurance, we offer a sliding fee discount.

If you are interested in learning more, please contact one of the eligibility staff below.

- Abigail Pico - 45th Street Medical & Dental Clinic - 206-548-2908 - Speaks English, Spanish
- Jennifer Steeves - 45th Street Medical & Dental Clinic - 206-548-2903 - Speaks English, Spanish
- Sam Yoophum - Greenwood Medical Clinic - 206-782-8660 x 118 - Speaks Laotian, Mandarin, Thai, English
- Zemen Kidanu - High Point Medical & Dental Clinic - 206-548-7406 - Speaks Amharic, Tigrigna, Arabic, English
- Rhonda Buchanan - Pike Market Medical Clinic - 206-548-3256 - Speaks English
- Israel Rubinos - Rainier Beach Medical Clinic - 206-722-8444 x 119 - Somali, English
- Julio Foucaultt - Rainier Beach Medical Clinic - 206-722-8444 x 131 - Speaks English, Spanish
- Monica Villalobos-Beltran - Rainier Park Medical Clinic - 206-461-6957 ext. 103 - Speaks English, Spanish
- Jesus Bervis - Neighborcare Health Administrative Office - 206-548-3019 - Speaks English, Spanish
DSHS - Community Services Offices

Offers programs to help low-income Washington state residents pay for medical expenses. **Medicare Saving:** Helps low-income Medicare recipients pay for all or part of their Medicare premiums. DSHS pays the co-pays and deductible as well for the very low income Medicare beneficiaries.

**Healthcare for Workers with Disabilities (HWD):** Allows people with disabilities who are working to purchase medical coverage by paying a monthly premium that is based on their income.

**State Children's Health Insurance Program (SCHIP):** Provides medical coverage for children whose family income is too high for Children's Medical Assistance but is less than 300% of the Federal Poverty Level. CHIP program has premiums and copays.

**Take Charge Family Planning:** Provides free family planning services to low-income women and men. To locate a Take Charge provider, call (800) 770-4334.

**Alcohol and Drug Addiction Treatment Support Act (ADATSA):** Provides funding for up to 180 days of treatment for clients who are incapacitated due to alcoholism.

**Payment options:** Free; Low-Cost/Sliding Scale

**Eligibility:** Call, visit Web site www.onlinecso.dshs.wa.gov, or walk in to any CSO to obtain an application. After online or paper application is received, services will be provided by the CSO that serves the applicant’s ZIP code. Medical coverage assistance is potentially available to: -children under age 19 -very low income families with minor children in the home -pregnant women -people who are disabled -people who are age 65 or older -people with a medical emergency who meet all program requirements except citizenship -people who receive TANF, General Assistance or ADATSA benefits

**Business Hours:** Full Service: M-F, 8am-2pm. Limited Service: M-F, 2-5pm. 
*Call for exact determination.*

Main (877) 501 - 2233

**Websites:** http://www.dshs.wa.gov

1313 W Meeker Street Suite 100 Kent, WA, 98032 Phone: (800) 562 – 3022 Hours:
Full Service: M-F, 8am-2pm. Limited Service: M-F, 2-5pm.

**Planned Parenthood of the Great Northwest**

Offers confidential and anonymous HIV testing as well as rapid HIV testing. Rapid HIV testing can be done by swabbing the inside of your mouth. The results are available in 20-40 minutes. HIV testing is done by a blood draw. The results are available in seven to 10 days. First time HIV tests are supplemented with a mandatory education session.

Provides STD testing, diagnosis and treatment for bacterial vaginosis (BV), chlamydia, genital warts, gonorrhea, herpes, syphilis and trichomoniasis (trich). Also provides STD
prevention including condoms, female condoms and the HPV and hepatitis vaccine as well as safer sex education.

**Payment options:** Low-Cost/Sliding Scale

**Eligibility:** No restrictions. Washington state law says parental consent is not required at any age for family planning services such as birth control, pregnancy testing, and STD testing and treatment services.

**Application Instructions:** Call during business hours for an appointment.

**Fees:** Call for fee information. Discounted fee may apply. Accepts DSHS Services Cards (Medicaid), Washington State Basic Health Plan (Healthy Options) and private insurance.

**Business Hours:** M, W, Th, 9:30am-6pm; Tu, 10am-6:30pm; F, 8:30am-5pm.

**Area Served:** No geographic restrictions.

**Websites:** [http://www.ppgnw.org](http://www.ppgnw.org)

**Main** (253) 854 - 2343

Toll Free - (800) 230-PLAN (800) 230 - 7526

10056 SE 240th St Suite A Kent, WA, 98031 Phone: (253) 854 – 2343

**Hours:** M W Th, 9:30am-6pm; Tu, 10am-6:30pm; F, 8:30am-5pm. **Email:** ppinfo@ppgnw.org

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**Prescription Assistance Agency: St. James Episcopal Church**

Offers financial assistance for prescriptions. No assistance is provided for pain medications.

Provides one-time assistance of $30-35 per year per family.

**Accessibility features:** Wheelchair accessible

**Days of the Week:** Monday; Tuesday; Wednesday

**Languages other than English:** None

**Payment options:** Free

**Eligibility:** Serves low-income families with children, people with disabilities, homeless individuals and seniors, ages 60 and older, in emergency situations. Geographic restrictions apply.

**Application Instructions:** Call for appointment, as soon after 9am as possible. Appointments are then scheduled for clients to come in between 9:30-11:30am.

**Documents Required:** Prescription or phone number of the pharmacy.

**Business Hours:** M-W, 9am-noon.

**Area Served:** Kent area residents in ZIP codes 98030, 98031, 98032, 98042 and 98058.

**Websites:** [http://www.stjameskent.org](http://www.stjameskent.org)

Main(253) 852 - 4100

Fax (253) 852 - 4512

24447 94th Ave S Kent, WA, 98030 Phone: (253) 852 – 4100 Hours:

**Phone:** M-W, 9am-noon. Appointments: M-W, 9:30-11:30am. **Email:** jwilford@stjameskent.org
24-Hour Nurse (206) 246-8773
AIDS Prevention Project (206) 205-7837
Alzheimer's Association of Puget Sound (800) 848-7097
American Cancer Society (206) 283-1152
American Diabetes Association (800) 628-8808
American Heart Association (800) 562-6718
American Lung Association (800) 732-9339
Arthritis Foundation (800) 542-0295
Cancer Lifeline (800) 255-5505
Community Health Centers (Healthpoint):
- Burien (206) 244-0264
- Federal Way (253) 874-7634
- Kent (253) 852-2866
Dental Clinics (Healthpoint)
- Federal Way Community Clinic (253) 874-7646
- Kent Community Clinic (253) 796-4071
- Renton Public Health (206) 296-4955
DSHS (206) 341-7430
Epilepsy Association (206) 547-4551
Family Health Hotline (800) 322-2588
Family Planning Hotline (800) 770-4334
King Co. Comm. Health Access Program (206) 284-0331
Medicare (800) 772-1213
Northwest Kidney Centers (206) 292-2771
Optometric Center of Seattle (206) 325-1100
Planned Parenthood Federal Way (253) 661-7002
Planned Parenthood Kent (253) 854-2343
Planned Parenthood - Sex Info. Line (206) 328-7711
Public Health Info. Line
- Federal Way Health Services (253) 838-4557
- Kent Maternity Support Services (206) 296-4500
- Teen Clinic - Burien (206) 439-9300
- Teen Clinic - Kent (206) 296-7450
- Teen Clinic - Kent (206) 296-4646

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

Last Updated January 2012
- White Center Health Services
SeaMar Comm. Health Center  (206) 762-3730
S.T.D. Hotline  (800) 227-8922
Washington Poison Control  (206) 526-2121
Legal Assistance Adult Program

Service Description: Provides free legal assistance with wills, probate, estate planning and power of attorney; also, public benefits for older adults is offered twice a month by appointment. Appointments are 30 minutes long. Four appointments are taken each month.

Payment options: Free
Eligibility: Adults, ages 55 and older
Application Instructions: Call for an appointment
Fees: None

Business Hours: M-F, 8:30am-4pm. Call for activity times.

Area Served: Burien area.
Websites: http://www.burienparks.net
Fax (206) 243 - 2784
Meals on Wheels (206) 248 - 5680
Main (206) 988 - 3700
14700 6th Ave SW Burien, WA, 98166 Phone: (206) 988 – 3700 Hours: M-F, 8:30am-4pm.

Victim Assistance Legal Advocacy

Agency: King County Prosecuting Attorney

Legal advocacy is provided by information mailed to victims and personal advocacy provided by the staff. Two categories of crimes have been targeted for more direct service to and contact with victims by VAU staff. Services may include legal support through court accompaniment and information, and a realistic presentation of options. 1) Domestic Violence Misdemeanor Cases: Victims of domestic violence within unincorporated King County. 2) Homicide/Criminal Loss of Life Cases: Outreach to families and friends who desire information regarding a case; proactive position taken by the Unit on any homicide, vehicular homicide, and vehicular assault cases.

Languages other than English: Interpreter services
Payment options: Free
Eligibility: Residents of Seattle and King County.
Application Instructions: No application is needed; call for information.
Fees: None

Business Hours: M-F, 8:30am-4:30pm.
Area Served: King County
Websites: http://www.kingcounty.gov/Prosecutor.aspx
Main (206) 205 - 7400
Toll Free Outside Area Code 206 (800) 325 - 6165 Ext: 57400
Advocates (206) 205 - 7442
Fax (206) 205 - 7475
**Consumer Credit Northwest**  
(800) 244-1183

**Des Moines City Attorney**  
(206) 870-6553

**Des Moines City Prosecutor**  
(206) 870-6515

**Des Moines Municipal Court**  
(206) 878-4597

**Insurance Commissioner-Washington State**  
(800) 562-6900

**King County Bar Assoc.**  
(206) 624-9365

**King County Prosecuting Attorney**  
(206) 296-9000

**Legal Action Center (Housing)**  
(206) 324-6890

**Legal Information & Referral**  
(206) 621-7691

**Neighborhood Legal Clinics**  
(206) 267-7070

**N.W. Immigration Life Project**  
(800) 445-5771

**NW Justice Project**  
(206) 464-1519

**Public Defenders Offices:**  
(253) 520-6509 or (206) 624-8105

- **A.C.A.**  
  (206) 674-4700

- **Northwest**  
  (206) 322-8400

- **S.C.R.A.P.**  
  (206) 447-3900

- **T.D.A.**

**Protective Order Advocacy**  
(206) 205-7406

**Regional Justice Center in Kent**  
(206) 205-2501

**Victim Assistance Program**  
(206) 205-7411

**Seattle Tenants Union**  
(206) 723-0500

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**Drug and Alcohol Abuse**

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

Last Updated January 2012
2nd Chance Recovery Center of Washington-
Outpatient Treatment Services
235 SW 153rd St Burien, WA, 98166 Phone: (206) 242 – 4915 Hours: Call for program hours.

Service Description: Alcohol & Drug Information School State-approved instruction fulfills legal requirements for individuals court-referred to attend an Alcohol Drug Information School (ADIS). The educational, 8-hour course provides students with valuable information about alcohol and other drugs. The course is designed to enhance responsible decision-making with regards to alcohol and other drug use. Students are encouraged to explore the effects of alcohol and other drug use on themselves, their families and their world.

DUI Evaluations: Provides a court-ordered assessment of individuals who have been convicted of driving under the influence of drugs and/or alcohol to evaluate the severity of their problem and make a recommendation to the court regarding appropriate treatment.

Intensive Outpatient Treatment: Provides outpatient chemical dependency services that usually require 9-20 hours per week of attendance. This may include individual and group counseling, 12-step meetings, social and recreational activities, educational and vocational services, life skills training, primary health care, perinatal health care, a program for family members, relapse prevention services, a continuing care program and supportive services (such as child care, transportation and parenting skills development).

Outpatient Treatment: Provides outpatient chemical dependency services that usually requires fewer than nine hours per week of attendance. This may include individual and group counseling, 12-step meetings, social and recreational activities, educational and vocational services, life skills training, primary health care, perinatal health care, a program for family members, relapse prevention services, a continuing care program and supportive services (such as child care, transportation and parenting skills development). Length of service can be anywhere between six months to two years depending on the needs of the individual and/or court order.
Days of the Week: **Friday; Monday; Thursday; Tuesday; Wednesday**

**Payment options:** Flat Rate; Private Insurance; Private Pay

**Referrals:** Substance Abuse Referral (WARHL)

**Eligibility:** No restrictions.

**Application Instructions:** Call for more information or an appointment.

**Fees:** Accepts private insurance and private pay.

**Business Hours:** Call for program hours.

**Area Served:** No geographic restrictions.

Fax (206) 242 - 4975

Main(206) 242 - 4915

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**Clean and Sober Housing-Abstinence Housing and Human Services**

PO Box 1447 Kent, WA, 98035  **Phone: (253) 737 – 0310 Hours:** Daily, 8am-5pm.

**Email:** ahhs_housing@comcast.net

**Service Description:** Provides clean and sober recovery housing to those who may not be otherwise able to get housing.

**Target Populations:** Offenders; Sex Offenders

**Eligibility:** Applicants must be clean and sober and in recovery. Accepts offenders and sex offenders.

**Application Instructions:** Call or e-mail.

**Fees:** Sliding Scale; $339-$450/mo.

**Business Hours:** Daily, 8am-5pm.

**Area Served:** King County.

**Websites:** [http://www.ahhsllc.com/](http://www.ahhsllc.com/)

Assistant Director (253) 709 - 9188

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**Chemical Dependency Treatment-Associated Behavioral Health Care**

1209 Central Ave S Suite 140 Kent, WA, 98032  **Phone: (253) 867 - 5344**

**Hours:** Call for program hours. Offers day, evening and weekend sessions.

**Email:** staff@abhc.com

**Service Description:** Substance abuse services include general substance abuse counseling, weekly alcohol and drug information school (ADIS), Deferred Prosecution, DUI assessments, early intervention education, relapse prevention, basic outpatient treatment, intensive outpatient treatment and treatment for co-occurring disorders. Program also offered in Spanish.
**Hours of Service:** Available after 5pm  
**Payment options:** Low-Cost/Sliding Scale; Private Insurance; Private Pay  
**Referrals:** Substance Abuse Referral (WARHL)  
**Eligibility:** Court-referred individuals, those with dual diagnosis and others in need of service. Serves youth on a limited basis.  
**Application Instructions:** Call or visit website for information.  
**Fees:** Sliding scale fees. Fees vary by program. Alcohol Evaluations: $100. Chemical dependency custody evaluation: $500  
**Business Hours:** Call for program hours. Offers day, evening and weekend sessions.  
**Websites:** [http://www.abhc.com](http://www.abhc.com)  
Fax (253) 867-5348  
Main (253) 867-5344

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**Sober Living-Conquest Unlimited**

4617 S 144th St Tukwila, WA, 98168  
**Phone:** (206) 246 – 5263  
**Hours:** M-F, 8am-5pm.  
**Service Description:** Operates Conquest Sobriety & Restoration House, a drug and alcohol sobriety house in South King County. Clients participate in group therapy, individual counseling, 12-step groups, prayer therapy and Bible study. Average stay is three to six months.  
**Eligibility:** Individuals in recovery from alcohol/drug abuse; must be willing to change lifestyle.  
**Application Instructions:** Call business line and leave message. Court referrals and self-referrals are accepted. Call ahead if you are planning to fax.  
**Fees:** $500 admission fee; $500 monthly fee. Offers sliding scale fee based on ability to pay.  
**Business Hours:** M-F, 8am-5pm.  
**Area Served:** No geographic restrictions.  
Fax (206) 901-9748  
Main (206) 246-5263

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**Training and Consultation-Ruth Dykeman**

**Children's Center**

1033 SW 152nd St Burien, WA, 98166  
**Phone:** (206) 243 – 5544  
**Hours:** M-Th, 9am-7pm; F, 9am-5pm. Appointments may be arranged for other times.  
**Service Description:** Provides training and consultation for parents, youth, schools and the community regarding a variety of drug and alcohol related issues. Also offers intervention training. Service is available in the schools, home and community.  
**Hours of Service:** Available after 5pm  
**Payment options:** Low-Cost/Sliding Scale
Eligibility: No restrictions.
Application Instructions: Call to request services.
Business Hours: Office: M-F, 9am-5pm.
Area Served: Southwest Seattle, Highline School District and adjacent areas.

Fax (206) 243 - 5321  
Residential Services (206) 242 - 1698  
Main (206) 242 - 1698

**Substance Abuse Program-Sea Mar**

**Community Health Center - Des Moines**

**Recovery Center**

24215 Pacific Hwy S Des Moines, WA, 98198  
**Phone:** (206) 878 - 7393  
**Hours:** Intake: M-F, 8am-3pm.

*Service Description:* Provides a long-term (up to six months) residential substance abuse treatment program. Offers a 30-day intensive substance abuse treatment program for clients on public assistance. Sends clients to Recovery Center of King County's detoxification program. Also accepts clients from any detox program.  
*Counselors on staff are bilingual in Spanish and English.*

*Payment options:* 3rd Party Payment; Medicaid/Services Card  
*Referrals:* Substance Abuse Referral (WARHL)  
*Eligibility:* People receiving public assistance. Services target the Hispanic population but will serve others.  
*Application Instructions:* Call for an assessment from state-certified agency's outpatient treatment program professionals. Referrals accepted from CSOs and detox programs. Also accepts clients who have remained sober on their own for three days.  
*Fees:* Programs accept SSI, SSDI, ADATSA and DSHS Services Card for payment.  
*Business Hours:* Intake: M-F, 8am-3pm.  
*Websites:* [http://www.seamar.org](http://www.seamar.org)

Administration (206) 788 - 3201  
Assessments (206) 766 - 6976  
Fax (206) 870 - 7397  
Main (206) 812 - 6160
Chemical Dependency Services-Sound Mental Health

6100 Southcenter Blvd. Tukwila, WA, 98188 Phone: (206) 444 – 7800 Hours: M-F, 8am-6pm. Service hours vary.

Service Description: Provides an outpatient substance abuse treatment program specializing in serving those with co-occurring disorders. Assists in reducing denial and increasing motivation to develop sober support systems. Also provides ADATSA assessments, DUI assessments, alcohol & drug information school.

Groups include: (1) Alcohol/Drug Awareness education; (2) Reflections Group: Peer support to develop skills for daily living and to appropriately express feelings and attitudes; (3) AA "Double Trouble" Transition Group: Teaches transitional skills so clients may attend community fellowship groups of AA, etc.; (4) Step Study Groups: Individualized 12-step recovery program; and (5) Support and Interest Group: Support to engage in sober social activities and fellowship in the community, i.e., dances, picnics, day trips.

ADATSA Assessments: Provides alcohol and other drug assessments for clients seeking financial assistance from the department due to the incapacity of chemical dependency. Services include assessment, referral, case monitoring, and assistance with employment. Payment options: 3rd Party Payment; Low-Cost/Sliding Scale; Medicaid/Services Card; Medicare; Private Insurance

Referrals: Substance Abuse Referral (WARHL)

Eligibility: Residents of King County. Dual diagnosis program for priority mentally ill consumers who also have substance abuse or dependency problems.

Application Instructions: Call Intake line for information.

Fees: Accepts DSHS Services Cards (Medicaid) and most commercial health plans. Will accept Medicare for clients ages 60 and older. Sliding scale fee available for private pay clients.

Business Hours: M-F, 8am-6pm. Service hours vary.

Websites: [http://www.smh.org](http://www.smh.org)

Adult Services (206) 444 - 7800
Central Intake (206) 302 - 2300
Child and Family Services (206) 444 - 7900
Fax (206) 444 - 7810
**Abstinence Housing and Human Services**

AHHS provides clean and sober recovery housing to those in need. Our mission is to help those that may not be otherwise able to get housing.  

**Days of the Week:** Friday; Monday; Saturday; Sunday; Thursday; Tuesday; Wednesday  

**Languages other than English:** Spanish  

**Target Populations:** Offenders; Sex Offenders  

**Eligibility:** Applicants must be clean and sober and in recovery. Accepts offenders and sex offenders.  

**Fees:** Sliding Scale; $339-$450/mo.  

**Area Served:** King County  

**Business Hours:** Daily, 8am-5pm  

**Websites:** [http://www.ahhsllc.com/](http://www.ahhsllc.com/)  

Clean and Sober Housing PO Box 1447 Kent, WA, 98035  

Phone: (253) 737 - 0310 Hours: Daily, 8am-5pm.  

Email: ahhs_housing@comcast.net  

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**Transitional Housing for Women in Recovery**  

**Agency:** Multi-Service Center  

Operates transitional housing for women recovering from substance abuse. Offers housing in a dormitory style facility with individual bedrooms but shared living room, kitchen, bathrooms and laundry. Additionally has limited apartment style units. Provides case management to help the women with immediate needs as well as set long-term goals while remaining drug and alcohol free. Women may stay up to two years or until they are stabilized in permanent housing. Russian and Spanish interpreter services are for intake only.  

**Languages other than English:** Russian; Spanish  

**Payment options:** Percentage of Income  

**Eligibility:** Single, homeless women, ages 18 and older, who have an income and who qualify for low-income Section 8 housing. Clients must also have successfully completed a certified inpatient drug or alcohol treatment program and either be attending an aftercare program or have at least three months of sobriety. Performs background checks.  

**Application Instructions:** Call for an application.  

**Fees:** Approximately 30 percent of client's income.  

**Business Hours:** M-F, 8:30am-noon, 1-5pm.  

**Area Served:** King County south of the Seattle city limits and I-90.  

**Websites:** [http://www.multiservicecenter.com](http://www.multiservicecenter.com)  

Emergency Assistance & Shelter (253) 854 - 3437  

Energy Assistance Appointment Line (800) 348 - 7144  

Kent Fax (253) 854 - 1550  

Kent Office (Receptionist) (253) 854 - 4406  

Rent Assistance (253) 893 - 0024
515 W Harrison St Kent, WA, 98032 Phone: (253) 854 – 4406 Hours: Office hours: M-F, 8:30am-5pm.

Conquest Unlimited
Operates Conquest Sobriety & Restoration House, a drug and alcohol sobriety house in South King County. Clients participate in group therapy, individual counseling, 12-step groups, prayer therapy and Bible study. Average stay is three to six months.
Payment options: Low-Cost/Sliding Scale
Eligibility: Individuals in recovery from alcohol/drug abuse; must be willing to change lifestyle.
Application Instructions: Call business line and leave message. Court referrals and self-referrals are accepted. Call ahead if you are planning to fax.
Fees: $500 admission fee; $500 monthly fee. Offers sliding scale fee based on ability to pay.
Business Hours: M-F, 8am-5pm.
Area Served: No geographic restrictions.
Websites: http://www.conquestsobrietyandrestorationhouse.com/
Fax (206) 901 - 9748
Voicemail (425) 742 - 6481
Main (206) 246 - 5263

4617 S 144th St Tukwila, WA, 98168 Phone: (206) 246 – 5263 Hours: M-F, 8am-5pm.

Alcohol/Drug Help Line
Service Description
Business Hours: Hotline: Daily, 8am-10pm; Teen Line: M-Th, 3-5pm
Phone: (800) 562 – 1240 Hours: Daily, 8am-10pm.
Email: robyns@adhl.org

Navos
Provides a full continuum of State-Certified Chemical Dependency services for chemical dependence and co-occurring disorders including Level 11.1 Intensive Outpatient Treatment, Level 1 Outpatient Treatment and mental health treatment. All outpatient services and length of program participation are individualized according to client’s treatment plan.
Individual assessments are provided to persons referred from the business and labor...
community, persons needing pre-trial or pre-sentence diagnostic evaluations and recommendations, DUI offenders, families, and voluntary clients. Evaluation includes diagnostic assessment, treatment recommendation and report; DUI Assessments; Pre-trial or Pre-sentence Evaluation; and Diagnostic Evaluation/Chemical Dependency/Assessments using American Society of Addiction Medicine criteria.

Outpatient services range from structured session-to-session individual contacts and Cycles of Change programs for individuals and family members, to a 2-year recovery curricula designed particularly for alcoholics and addicts needing a highly structured, intensive focus for primary recovery and aftercare or deferred prosecuting programming. Referrals to community resources provide multiple recovery support systems. **Payment options:** Low-Cost/Sliding Scale; Medicaid/Services Card  
**Eligibility:** Those seeking treatment for chemical dependency and co-occurring disorders. Exclusions include patients who need detoxification, or whose physical status, lack of motivation, cognitive impairment or level of denial is severe enough to warrant inpatient care.  
**Application Instructions:** Call Community Access for intake.  
**Fees:** Sliding scale. Medicaid is accepted for outpatient chemical dependency treatment of low income adults and Co-Occurring Disorder clients on PHP.  
**Business Hours:** Office: M-F, 8am-5pm. Child and Family Services: M-F, 8:30am-7pm. Support group times vary; call for more information.  
**Area Served:** No geographic restrictions.  
**Websites:** [http://www.navos.org](http://www.navos.org)  
Community Access (206) 248-8226  
Main (206) 241-0990  
TTY (206) 248-8235  
**1010 S 146th St Seattle, WA, 98168 Phone:** (206) 248 – 8226 **Office Hours:** M-F, 8am-5pm; service hours vary.

**Alcohol/Drug 24 Hour Help Line:** 206-722-3700  
24 hour crisis intervention & referral. Central contact for treatment information, AA/NA/CA & similar groups; call for meeting time and place nearest to you, or just to talk.

**Needle Exchange:** 206-205-7837 - *call for place/hours*  
Many locations; AIDS Prevention gives information.

**Recovery Centers of King County - Detoxification**

Seattle Detoxification Clinic: 206-325-5000 (24 hours a day) 1701-18th Avenue South, Seattle, WA 98144  
Detoxification. Must need detox; call for appointment.
Kent Detoxification Clinic: 253-479-0321 (24 hours a day)
505 Washington Avenue South, Kent, WA 98032
Detoxification. Must need detox; call for appointment.

Evergreen Treatment Services: 206-223-3644
1700 Airport Way South, Seattle, WA 98134-1618.
Outpatient drug treatment (not alcohol); primarily methadone clinic, some cocaine.

South Sound Clinic: (360) 413-6910
6700 Martin Way, East Olympia, WA 98516

Genesis House: 206-328-0881
621 34th Ave., Seattle, WA 98122
Long-term residential drug, alcohol treatment; women with children accepted

Center for Human Services: 206-362-7282
17018 15th Ave. NE, Shoreline, WA 98155
Intensive outpatient; priority to CPS referrals. Call for appointment. Limited sliding scale; interagency referrals.

Northwest Resources One: (206) 824-9273
22620 7th Avenue South, Des Moines, WA 98198
Alcohol and drug outpatient treatment center.

Recovery Centers of King County: 206-322-2970
464 12th Ave, Ste 300, Seattle, WA 98122
Outpatient drug and alcohol treatment. Women’s program, child care, parenting classes, work with CPS referrals.

Seattle Drug & Narcotic Center: 206-767-0244
P.O. Box 80864, Seattle, WA 98108 (mail)
10344 14th Ave. S. Seattle, WA 98168
Long-term residential drug and alcohol treatment; pregnant & parenting women; women with children accepted.

Seattle Indian Health Board
Alcoholism Program: 206-324-9360
The Leschi Center, 611 12th Ave. South, Seattle, WA 98144
Outpatient alcohol and drug services.

Thunderbird Treatment Program: 206-722-7152
Inpatient alcohol and drug treatment for Native Americans.

Seattle Counseling Service: Voice / TTY: (206) 323-1768
41216 Pine Street, Suite 300, Seattle, WA 98101
"Seattle Counseling Service is a community resource that advocates, educates and serves to
advance the social well-being and mental health of the Gay, Lesbian, Bisexual and Transgender communities."

**Therapeutic Health Services:** Several branches
Outpatient treatment; programs for parents in recovery, pregnant women, Asian & Southeast Asian clients. Specialized women's treatment group; also methadone treatment.

Central Youth & Family Services
1901 Martin Luther King Jr. Way S, Seattle, WA 98144
(206) 322-7676

**Eastside Branch**
1412 140th Place N.E., Bellevue, WA 98007
(425) 747-7892

**Everett/Snohomish Branch**
9930 Evergreen Way, Building Z150, Everett, WA 98204
(425) 347-5121

**Shoreline Branch**
16715 Aurora Ave N Suite 102, Shoreline, WA 98133
(206) 546-9766

**Rainier Branch**
5802 Rainier Ave. S., Seattle, WA 98118
(206) 723-1980

**Seneca Branch**
1305 Seneca St., Seattle, WA 98101
(206) 323-0934

**Summit Branch**
1116 Summit Ave., Seattle, WA 98101
(206) 323-0930

**Al-Anon/Alateen Meeting info.**
(206) 625-0000

**Alcoholics Anonymous**
(206) 587-2838

**Alcohol and Drug 24-hour Help Line - Teen Line (3-7pm)**
(800) 562-1240
(877) 345-8336

**Catholic Comm. Services Chemical Dependency**
(800) 499-5979

**Debtors Anonymous**
(800) 421-2383

**Evergreen Treatment Services**
(206) 223-3644

**Gambling Anonymous Hotline**
(800) 547-6133
Highline Addiction Recovery  (206) 248-4787
Kent Youth & Family Services  (253) 859-0300
King Co. Chemical Abuse/Depend.  (206) 263-9000
Mothers Against Drunk Driving (MADD)  (800) 927-6080
Nar-Anon Information Service  (800) 477-6291
Narcotics Anonymous S King Co.  (253) 872-3494
Recovery Centers of King Co.
  - Seattle Office  (206) 322-2970
  - Kent Office  (253) 584-6513
Renacer Youth Treatment Center  (206) 766-6960
Ruth Dykeman Youth & Family  (206) 243-5544
Ryther Child Center  (206) 525-5050
SeaMar/Des Moines Recovery Center  (206) 878-7393
King County Metro Transit

201 S Jackson St Customer Information Office Seattle, WA, 98104  Phone: (206) 553 - 3060

Hours: M-F, 8am-5pm. Email: Customer.Comments@kingcounty.gov

Service Description: Receives and reviews recommendations, comments, complaints and suggestions about Metro services and provides general information about transit services.

Languages other than English: Interpreter services

Eligibility: No restrictions.

Application Instructions: Call, walk-in to pass-sales area, e-mail or write.

Business Hours: Customer Information: M-F, 5am-10pm; Sa Su, 8am-7pm. Pass Sales: M-F, 8am-5pm. DART Reservations: M-F, 5am-11pm; Sa, 7:30am-9:30pm; Su, 9:30am-6:30pm. Service hours vary for each route.

Area Served: No geographic restrictions.

Websites: http://metro.kingcounty.gov/
http://metro.kingcounty.gov/cs/feedback_choose.html

Accessible Formats (206) 684 - 2046
Bus Pass Sales (206) 624 - 7277
Car/Vanpool Information (206) 625 - 4500
Customer Assistance (206) 553 - 3060
Dial-A-Ride-Transit - DART (866) 261 - 3278
ORCA Card Customer Service (888) 988 - 6722
Phone Pass Orders (624-PASS) (206) 624 - 7277
Rider Information/Lost and Found (206) 553 - 3000
Toll Free (800) 542 - 7876
TTY (206) 684 - 1739

Kent Housing and Human Services

407 W Gowe St Kent, WA, 98032  Phone: (253) 856 – 5070  Hours: M-F, 9am-5pm.

Email: safehavens@ci.kent.wa.us

Service Description: Provides four bus tickets per year to residents of the city of Kent ONLY.

Accessibility features: Wheelchair accessible

Payment options: Free

Eligibility: Residents of the city of Kent, as well as Kent’s homeless community.

Application Instructions: Call.

Business Hours: W-F, 11am-7pm; Sa, 10am-6pm; Su, noon-5pm.

Area Served: No geographic restrictions

http://www.ci.kent.wa.us/humanservices
These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

Main (253) 856 -5140
Fax (253) 856 -6140
Program Supervisor (253) 856 -5074

Catholic Community Services: Bus Buddy
Phone: 253-502-2690, 800-372-3697

Donated Vehicles Wheels To Work program
Phone: 253-314-7791, 253-474-9334

Metro ACCESS Transportation Service
Provides accessible transportation within most areas of King County. Translation services available.
Phone: 206-263-3113
Web: http://transit.metrokc.gov/

TRANSPORTATION
Free Transportation for cancer patients to and from treatments or doctor's appointments.
Phone: 1-866-500-3272

Volunteer Transportation Services
Provides rides to medical appointments and other essential services. Must be 60 years or older, a King County resident and have no other tra...
Phone: 800-282-5815

**Gasoline Vouchers- St. James Episcopal Church**

24447 94th Ave S Kent, WA, 98030
Phone: (253) 852 – 4100
Hours: Phone: M-W, 9am-noon.

**Appointments:** M-W, 9:30-11:30am. **Email:** jwilford@stjameskent.org

**Service Description:** Provides gasoline vouchers to Kent area residents.

**Transportation:** Kent Shopper Shuttle: Free bus to Kent-Kangley and 94th or James and 94th.

**Eligibility:** Serves low-income families with children, people with disabilities, homeless individuals and seniors, ages 60 and older, in emergency situations. Geographic restrictions apply.

**Application Instructions:** Call for appointment, as soon after 9am as possible.
Appointments are then scheduled for clients to come in between 9:30-11:30am. Documents Required: Valid driver's license.

**Business Hours:** M-W, 9am-noon.

**Area Served:** Kent area residents in ZIP codes 98030, 98031, 98032, 98042 and 98058.

**Websites:** http://www.stjameskent.org

Fax (253) 852 - 4512
Main (253) 852 - 4100
Asian & Pacific Islander Women & Family Safety Center

We envision a community free from violence. The mission of the Safety Center is to organize communities; to educate, train, and offer technical assistance; and to provide comprehensive culturally relevant services on domestic violence, sexual assault, and human trafficking to Asian and Pacific Islander community members, service providers, survivors, and their families.

These are some of the programs and services of the API Safety Center:

1. Human Trafficking Project
2. Queer Network Program
3. Youth & Young Adult Program
4. Education & Outreach
5. Natural Helpers Project
6. Parenting Education & Support Groups
7. Community Organizing & Education

Contact Information
API Safety Center
P.O. Box 14047 Seattle, Washington 98114
E-mail: apiwfsc@apiwfsc.org
Phone: 206-467-9976

Chief Seattle Club
410 2nd Ave Ext S Seattle, WA, 98104 Phone: (206) 292 – 6214 Hours: Office: M-F, 7am-4:30pm. Drop-In Center: M-F, 7am-2pm. Email: nina@chiefseattleclub.org
Provides emergency drop-in support services for Native clients. Offers advocacy, emergency clothing, nursing services, bus tickets, and assessment & referral to alcohol
treatment. Assists with applications and questions regarding DSHS benefits, 7-9am daily, as well as BIA benefits. Also provides a place for clients to socialize, watch television and participate in Native cultural activities. Offers Native arts and craft sessions weekly, every Wednesday, 9am-3pm.

**Languages other than English:** Native American languages

**Payment options:** Free

**Eligibility:** Low-income and homeless American Indians and Alaska Natives.

**Application Instructions:** Clients must apply for membership and provide proof of tribal affiliation. Members walk in to receive services.

**Fees:** None. DSHS Services Card (Medicaid) accepted for chemical dependency assessment.

**Business Hours:** Office: M-F, 7am-4:30pm. Drop-In Center: M-F, 7am-2pm. Meals: M-F, 8-9:30am. Hygiene: M-F, 7-10am. Legal Clinic: 3rd Tu of the month, 5:30pm.

**Area Served:** No geographic restrictions.

**Websites:** [http://www.chiefseattleclub.org](http://www.chiefseattleclub.org)

Legal Clinic (206) 381-9590

Main (206) 292-6214

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**Abstinence Housing and Human Services**

PO Box 1447 Kent, WA, 98035

**Phone:** (253) 737 – 0310

**Hours:** Daily, 8am-5pm.

**Email:** ahhs_housing@comcast.net

AHHS provides clean and sober recovery housing to those in need. Our mission is to help those that may not be otherwise able to get housing.

**Days of the Week:** Friday; Monday; Saturday; Sunday; Thursday; Tuesday; Wednesday

**Languages other than English:** Spanish

**Target Populations:** Offenders; Sex Offenders

**Eligibility:** Applicants must be clean and sober and in recovery. Accepts offenders and sex offenders.

**Application Instructions:** Call or e-mail

**Fees:** Sliding Scale; $339-$450/mo.

**Area Served:** King County

**Websites:** [http://www.ahhsslcc.com/](http://www.ahhsslcc.com/)

Assistant Director (253) 709 - 9188

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**Auburn School District No. 408**

915 4th St NE Auburn, WA, 98002

**Phone:** (253) 931 – 4950

**Hours:** M-F, 8am-5pm.

Full-time coordinator and Indian Citizens Advisory Committee combine with district to provide full education opportunities to Native American students. Special counseling is available.

**Languages other than English:** Interpreter services

**Payment options:** Free
Eligibility: Native American students.
Application Instructions: Call or e-mail jdebolt@auburn.wednet.edu.
Fees: None.
Business Hours: M-F, 8am-5pm.
Area Served: Auburn, Algona and Pacific, as well as nearby parts of unincorporated King County.
Websites: http://www.auburn.wednet.edu

Al-Anon/Alateen Information Service
1402 3rd Ave Suite 803 Seattle, WA, 98101  Phone: (800) 399 - 0899
Hours: 24 hours daily. Email: ais@seattle-al-anon.org

Facilitates a Spanish support group, Intergrupal Hispana, for relatives and friends of alcoholics to share their experiences, strengths and hopes in order to solve their common problems and help others do the same.
Hours of Service: Available after 5pm
Languages other than English: Spanish
Payment options: Free
Eligibility: Primarily for Spanish speakers.
Application Instructions: Call 24-hour Spanish information line. Spanish speakers may also write P.O. Box 66308, Seattle, WA 98166 or e-mail espanol@seattle-al-anon.org.
Fees: Members pay no dues; contributions at meetings are strictly voluntary.
Business Hours: Office: M-F, 9:30am-3:30pm. Meeting information phone lines: 24 hours daily.
Area Served: Greater Seattle area.
Websites: http://www.seattle-al-anon.org

Casa Latina
Casa Latina, 317 17th Avenue South, Seattle, WA 98144 Phone. 206.956.0779 Fax. 206.956.0780 Email. info@casa-latina.org

Casa Latina connects Latino immigrants new to the Seattle area with education and employment opportunities, empowering them to participate in the economy and democracy of this country.

WORKERS' CENTER-We connect newly arrived immigrants with job opportunities.
WOMEN'S LEADERSHIP-We provide women a place to connect and empower one another.
EDUCATION-We offer free English classes, community literacy trainings and a Spanish-English language exchange program.
WORKER DEFENSE COMMITTEE-We train workers on their rights and empower them to reclaim unpaid wages.
HOUSEHOLD HELPERS-We organize and empower domestic workers, and connect them to job opportunities.

Seattle Indian Health Board  (206) 324-9360
Immigration Assistance- International Rescue Committee

16256 Military Road, S Upper Terrace, Suite 3 SeaTac, WA, 98188 Phone: (206) 431 – 0333 Email: bobj@theirc.org Hours: M-Th, 9am-5pm. Fridays are available by appointment only.

Service Description: Assists with immigration process for refugees and those who want to be reunited with family members abroad. Immigration assistance includes help in accessing housing, medical care, family unification assistance, legal services toward residency and citizenship, and counseling related to immigration and asylum problems. Welfare Alternative Program focuses on reaching newly granted asylees, helping them to gain employment. Resettlement services are for State Department Assigned refugees ONLY.

Eligibility: Most services are for state department assigned refugees only.

Application Instructions: Resettlement refugee clients are referred by the U.S. State Department. Self-referral is accepted for immigration services only.

Immigration assistance: $10-50 according to form, depending on complexity of the problem. Some clients may qualify for free services; call for more information.

Business Hours: M-Th, 9am-5pm. Fridays are available by appointment only.

Area Served: No geographic restrictions.

Websites: http://www.rescue.org/seattle

Main(206) 431 - 0333
Domestic Violence Victim Advocacy Services - King County Prosecuting Attorney

401 4th Ave N Regional Justice Center, Suite 2A Kent, WA, 98032 Phone: (206) 205 - 7400
Hours: M-F, 8:30am-4:30pm. Email: prosecuting.attorney@kingcounty.gov
Service Description: Advocates provide support through the court process including crisis intervention, information and referral to social service agencies, preparation prior to court hearings, and advocacy during and after court hearings. Advocates involve other agencies and individuals in the criminal or civil court process. Will provide community education upon request and work to increase awareness on victims' legal rights, options and resources.
Eligibility: Individuals who are listed as domestic violence crime victims on police reports.
Application Instructions: Will accept calls requesting information. Individuals listed as domestic violence crime victims on police reports will be contacted by an advocate.
Area Served: King County
Websites: http://www.kingcounty.gov/Prosecutor.aspx
Main (206) 205 - 7400
Toll Free Outside Area Code 206 (800) 325 - 6165 Ext: 57400
Advocates (206) 205 - 7442
Fax (206) 205 - 7475

Alcohol and Drug Abuse Treatment and Support Act (ADATSA)

The State of Washington will pay for drug abuse or alcoholism treatment for those who are low-income and cannot pay for treatment. These services are provided to eligible residents under the Alcohol and Drug Abuse Treatment and Support Act (ADATSA). The application process involves applying for public assistance.

Individuals needing treatment should go to their local DSHS Community Services office for a financial assessment. If eligible for assistance, the next step is an appointment for drug and alcohol assessment with an ADATSA case manager.
When the assessments are completed, the treatment program will use the information to
decide if the person needs and is eligible for treatment. If the person needs treatment, a
treatment program start date will be given to the person, for their inpatient or outpatient
services.

**Local DSHS Offices**

<table>
<thead>
<tr>
<th>Office</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Center CSO</td>
<td>9650 15th Ave SW Suite 200 Seattle, WA 98106</td>
</tr>
<tr>
<td>Federal Way CSO</td>
<td>616 S 348th Street Federal Way, WA 98003</td>
</tr>
<tr>
<td>King South CSO</td>
<td>1313 W. Meeker Street, Suite 100 Kent, WA 98032</td>
</tr>
</tbody>
</table>

**Law Offices of Geoffrey Burg, LLC**

Accused of a Washington Domestic Violence (DV) related crime?

As you may have already discovered, accusations of Washington domestic violence crimes
are taken very seriously by law enforcement, prosecutors, and the courts. In addition to
potential jail time and fines, a conviction for a domestic violence related crime (even a
"minor" assault) will have serious long term consequences.

We understand after you have been arrested for a Washington State DV charge you may
have feelings of despair, hopelessness, and even anger. We are here to tell you that there is
hope that your charge will be successfully resolved and even more importantly, that you
will make it through this period.

We would like to help you fight your Washington State domestic violence case, such as
assault, malicious mischief, harassment, violation of a no contact order, or any other DV
related case.

**Pacific Building 720 3rd Ave., Suite 2015 Seattle, WA 98104 Phone:**
206.467.2607 Fax: 206.467.3152 Email: [geoff@glblaw.com](mailto:geoff@glblaw.com)
Free Consultation. Call today: 206.467.2607 Toll Free: 888.252.8856

**King County Judicial Administration**

If you are in an abusive relationship and concerned about your own or another person’s
alcohol or other drug use, you can receive information and referrals 24 hours a day by
calling the Alcohol Drug Help Line.

The number in the Seattle area is (206)722-3700 or for all Washington State residents, 1-800-562-1240.
In South King County, call the Domestic Abuse Women’s Network (DAWN) at (425) 656-4305.
To get General Information About Domestic Violence go to http://www.kingcounty.gov/courts/Clerk/DomesticViolence/DV5_0.aspx

**Women’s Program**

DOMESTIC VIOLENCE: IF YOU NEED IMMEDIATE HELP, CALL 911.

If you want to speak to someone about domestic violence in your life: In Seattle, call 206-205-5555 or statewide, toll-free at 1-800-562-6025. Anywhere else in the United States, call 1-800-799-SAFE.

The King County Women’s Program provides information on domestic violence and sexual assault resources and services in King County.

The King County Women’s Program does not provide these services directly. Instead, the Women’s Program contracts with community-based agencies located across the county that specialize in issues concerning women. The primary focus of these programs is to increase the safety of women who have been victims of domestic violence and/or sexual assault.

In 2009, the services and programs funded through the Women’s Program include:

- Emergency shelter for survivors of domestic violence
- Support groups for women and children who have been impacted by domestic violence or sexual assault
- Information and referral services to families with low incomes seeking quality childcare
- Transitional housing in order to address homelessness
- Legal assistance, including referrals to legal resources
- Information and referrals to available resources in the community
- Community education and outreach to provide increased understanding on domestic violence and sexual assault issues.

**YWCA of South King County and Central Seattle Domestic Violence Program**

The YWCA of South King County and Central Seattle offices provide survivors and victims of domestic violence with these services, as well as provide presentations and training in the community and engage in partnerships and collaborations with various organizations. For survivors/victims of domestic violence the program offers:

- Safety planning and problem solving
- Domestic violence education
- Shelter/Housing referrals
- Food/clothing referrals
- Ongoing support groups throughout South King County
- Children’s DV services, 10 week curriculum for children in-home, 1 of 2 programs in the nation that provide this service – recognized as a national model
- In-house DV advocacy in the Kent, Federal Way, and Auburn DSHS CSO’s
- “Hope and Power for Your Personal Finances” Series provided in English and Spanish
- Fluency in Bulgarian, Russian, Arabic, Spanish, Swahili, and Kikuyu
- Confidential Emergency/Transitional housing for DV victims and their families

Contact: (425) 226-1226 #1017 JoJo Gaon, DV Director
rgaon@ywcaworks.org

Location: South King County Regional Center
1010 South 2nd St Renton, WA 98057  Hours: 9:00 AM - 5:00 PM, Mon-Fri

Support Groups:

TUESDAY
1:00-3:00 PM
AUBURN
JENNIFER 206-799-6209

1ST AND 3RD WEDNESDAYS
10:00-11:30 AM
ENUMCLAW
JENNIFER 206-799-6209

WEDNESDAY
6:00-8:00 PM
KENT
AFRICAN-AMERICAN WOMEN
DORIS 206-280-9961

THURSDAY
1:00-3:00 PM
FEDERAL WAY
JOSEPHINE 206-799-6208

1ST AND 3RD THURSDAYS
6:00-8:00 PM
FEDERAL WAY
Milena 206-795-2361

2ND AND 4TH THURSDAYS
6:00-8:00 PM
DAWN
Mission: To end domestic violence by empowering survivors and fostering communities where abuse is not tolerated.

Get Help
DAWN Services
- 24-Hour Crisis Line
- Advocacy for Older Survivors
- Client Advocacy
- Mental Health Services
- Support Groups (both English and Spanish)
- Legal Advocacy
- Children's Programs
- Confidential Shelter
- Extended Stay Program
- Education and Outreach
- DAWN en Español

DAWN's clients come from all social, ethnic, and economic backgrounds. Most have children, over a third of whom are under age five. Though our primary service area is South King County, we often work with clients from other areas because they have no local domestic violence resources, or because it is not safe to stay near their homes. There are no fees for our services. DAWN is a non-profit organization serving clients in South King County. Our goal is to help people create a healthy, peaceful life, no matter what their circumstances.

[Note: DAWN does not offer services for perpetrators of domestic violence.]

24-Hour Crisis Line
Trained volunteers and staff offer support, information, and referrals every minute of every day. You need not be in crisis to access the line. Friends, family members and neighbors are encouraged to call us. The number is (425) 656-7867.

**Adult Protective Service**
(206) 341-7660

**Catherine Booth Shelter**
(206) 324-4943

**Childhaven**
(206) 624-6447
ex:4900

**Child Protective Services**
(800) 562-5624

**Consejo Counseling & Refferral**
(206) 461-4880

**Crisis Clinic**
(206) 461-3222

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.

Last Updated January 2012
DAWN
- Shelter (866) 286-3296
- 24hr. Crisis Line (425) 656-7876

Domestic Violence Hotline (800) 562-6025

DSHS Children & Family Services (206) 721-6500

King County Coalition Against Dom. Violence (206) 568-5454

King County Sexual Assault Resource Center (800) 825-7273

New Beginnings Shelter (206) 522-9472

N.W. Network of Bisexual, Trans & Lesbian Survivors of Abuse (866) 363-4276

Nursing Home Patient Abuse & Neglect (800) 562-6078

Protective Order Advocacy Program (206) 205-7406

Refuge Women's Alliance (206) 721-0243
Free Dental Van
Medical Teams International provides a state-of-the-art mobile dental van, Grace Lutheran Church provides the location, and local dentists/hygienists offer their expertise. Dental care provides extractions, fillings, root canals, crowns, etc. The initial focus is on serving local school children; we’ve expanded services to reach seniors and low-income adults who have no medical or dental insurance and no means to pay. We have partnered with the local food bank, which was able to refer dozens of people in critical need of dental service. Almost 200 children and adults are currently on our waiting list. How to apply: Visit one of the two following locations for an application:

Des Moines Food Bank: 22225 9th Ave. So. P.O. Box 98788 Des Moines, WA 98198
(206) 878-2660

Grace Lutheran Church: 22975 24th Ave South Des Moines, WA 98198
Main Office Phone: 206-878-2460

Donated Dental Services
Agency: Dental Lifeline Network
Offers comprehensive dental treatment. Treatment includes prosthetics when necessary. Offers dental care for extensive dental problems. Does not provide dental services such as cleanings or checkups. Persons accepted into this program may go through the program one time only to ensure treatment for the maximum number of people. The wait for treatment is usually 14 months or longer. This program is part of the National Foundation of Dentistry for the Handicapped. The National Association of Dental Laboratories has endorsed this program and many dental laboratories donate needed dentures, crowns or bridges. Program is offered in conjunction with the Seattle-King County Dental Society.
Payment options: Free
Eligibility: King County residents who need major dental work. Applicants must be unable to pay for needed dental care and must first exhaust all available options like community clinics or dental schools. Priority is given to older adults and individuals who are low-income, with disabilities and medically compromised.
Application Instructions: Call for application to be mailed or download from Web site. Return application by mail. If no envelope is provided, return to address on application. Applicants will be interviewed by phone and may be asked to provide documentation of income and expenses. Eligible applicants typically wait at least 24 months until contacted for intake. Fees: None for qualified applicants.
Oral & Maxillofacial Surgery Clinic
Agency: Harborview Medical Center
The OMS Clinic provides comprehensive diagnosis and treatment of a wide variety of problems relating to the mouth, teeth and facial regions. These conditions include impacted teeth, oral pathology, facial trauma, head and neck infections, maxillofacial reconstruction/implants, dentofacial deformities and temporomandibular joint disorders.

Languages other than English: Interpreter services
Payment options: Low-Cost/Sliding Scale; Medicaid/Services Card; Medicare; Private Insurance
Eligibility: No age restrictions for patients with injuries sustained from trauma or who need emergent care. Primarily serves adults.
Application Instructions: Patients on managed care plans usually must be referred by a primary care provider. For general dental care patients must be referred by a health care professional.
Fees: Accepts DSHS Services Cards (Medicaid), Medicare and patients who are eligible for the Charity Care program.
Business Hours: 24 hours daily for inpatient care, consulting nurse phone services and emergency services. Hours vary for outpatient services.
Websites: http://www.uwmedicine.washington.edu
Consulting Nurse Careline (206) 744 - 2500
Primary/Specialty Clinics (206) 744 - 1000
Main (206) 744 - 3000
325 9th Ave Seattle, WA, 98104 Phone: (206) 744 – 3000 Hours: M-F, 8am-4:30pm.

Easter Seal (dental referrals for disabled) (206) 281-5700
Puget Sound Neighborhood Health Centers (dental clinics for low income) (206) 461-6935
Seattle/King County Dental Society (low income, seniors, referral only) (206) 443-7607
Seattle/King County Public Health Dept. Dental (206) 296-4620

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Last Updated January 2012
Clinic referral
Senior Info. & Asst. (60+ referrals)  
United Cerebral Palsy (Dental clinic)  
University of Wash. (School of Dentistry)
Angle Lake Family Resource Center
Creating, Connecting, and Shoring Up Resources for Families

The Family Resource Center is:

- A dynamic community-based, strength-based program supporting the health and well-being of individuals and families through community partnerships.
- A gathering place or “hub” of sorts where individuals, children, and families learn and grow, share support and information, connect and build friendships, access formal and informal resources, and together create a sense of community.
- A grassroots program that fosters ownership and planning from the neighbors and community it serves.

4040 S. 188th St. Ste 100 SeaTac, WA 98188 206-816-3241

Auburn Youth Resources

Since 1973 AYR has focused on providing services for the low-income and under privileged children, youth & families of King and Pierce Counties. Please join us in our mission of building a stronger community-one family at a time! Services include: Housing, Counseling, Residential and Substance Abuse.

Counseling Services

- Auburn Youth Resources
  - Address: 816 F Street SE, Auburn WA
  - Phone: 253-939-2202
  - Email: AYRcounseling@ayr4kids.org

- Enumclaw Youth and Family Services
  - Address: 1356 Cole Street, Enumclaw WA
  - Phone: 360-825-4586
  - Email: EYFSCounseling@ayr4kids.org
Substance Abuse Services
- Address: 936 Auburn Way S, Auburn WA
- Phone: 253-939-6946
- Email: TIPS@ayr4kids.org

Enumclaw Youth Drop-in Center
- Address: 1356 Cole Street, Enumclaw WA
- Phone: 360-825-4586
- Email: EYFSCenter@ayr4kids.org

South King County Youth Shelter (SKYS)
- Phone: 253-735-3582
- Email: SKYS@ayr4kids.org

Severson House
- Phone: 253-804-8866
- Email: Severson@ayr4kids.org

Runaway and Homeless Outreach Services
- Phone: 253-394-0276
- Email: OutreachInfo@ayr4kids.org

Human Resources
- Phone: 253-351-6405
- Email: HR_AYR@ayr4kids.org

Development
- Phone: 253-351-6090 or Derek Reddicks (253) 350-2486
- Email: Development@ayr4kids.org

Archdiocesan Housing Authority - Lazarus Day Center  (206) 328-5696 www.ccsww.org

The Lazarus Day Center provides a warm, safe, hospitable place with a community atmosphere for homeless and marginally housed men and women age 50 and older. On an average day, 350 individuals come through our doors seeking food and shelter. The center is open 365 days a year from 11:00 a.m. to 6:30 p.m.

As a result of their age and living conditions, the majority of our guests suffer from mental and physical disabilities. The Center opened in July 1990 to serve this special population of elderly people who are vulnerable to the weather, street predators, and illness.
Services
To the best of our knowledge, the Lazarus Day Center is the only shelter that offers and targets such a multitude of services to the elderly homeless community 365 days a year. We provide:

- Safe, daytime shelter with a community atmosphere
- Hot lunches and snacks
- Clothing
- Restroom and shower facilities
- Women's dressing room
- Laundry facilities
- Library and computer room
- Haircuts
- Drug and alcohol counseling
- Information and referrals

Church of Mary Magdalene Mary’s Place Day Center
The Church of Mary Magdalene is a diverse Christian community of homeless and formerly homeless women, providing a safe environment to build relationships, experience hope and love, explore faith and develop strength to reach one’s full potential.

314 Bell Street, Seattle, 98121
Phone: 206-621-8474

Compass Center
Compass Housing Alliance provides a range of services and housing options to people struggling with homelessness and poverty in the Seattle area.

Day Services:
Hygiene Center, Banking and Mailing, Adult Day Center.

Emergency Shelter:
Hot meals, warm beds, safe spaces for men and women.

Family Support:
Emergency and transitional housing for families with children.

Permanent Housing:
Permanent affordable housing for families and individuals with qualifying income levels.

Transitional Housing:
Case management-based programs designed to help residents stabilize income and address housing barriers.

Veteran Services:
Housing and services designed to address the needs of individuals who have served in the military.

Contact: Compass Housing Alliance 77 S. Washington St., 5th Floor Seattle, WA 98104
Phone: 206-357-3100 Fax: 206-461-3874
Downtown Emergency Services Center Connections (DESC)

Phone: 206-464-1570 Address: 515 Third Ave Seattle, WA 98104 Email: info@desc.org

DESC provides effective and affordable solutions to homelessness for our community's most vulnerable men and women through a nationally recognized interwoven network of care, housing, and support. DESC provides effective and affordable solutions to homelessness for our community's most vulnerable men and women through a nationally recognized interwoven network of care, housing, and support, including:

- 279 emergency shelter beds at three locations
- 8 supportive housing sites totaling over 600 state-of-the-art apartments
- Over 200 'scattered site' apartments rented from private landlords and enriched with comprehensive case management services
- Placement of nearly 600 homeless adults into housing each year -- more than any other local provider
- State-licensed mental health and chemical dependency treatment program
- A comprehensive daytime service center which provides vocational training, veterans outreach, and hygiene facilities
- A Program of Assertive Community Treatment (PACT) for men and women transitioning from long periods of institutionalization
- Street outreach and engagement services for the most severely mentally ill people in our community
- Long-term case management for homeless and formerly homeless adults living with persistent and severe mental illness
- Crisis respite care
- On-site medical services
- Chemical dependency services focused on individuals who have failed at more traditional treatment programs
- An innovative, evidenced-based supported employment program
- Partnerships with public agencies, health care providers, and low-income housing organizations to provide creative and holistic approaches to client care
Immanuel Cascade Hygiene Center

Immanuel Community Services (ICS) provides assistance to individuals in the Cascade Neighborhood and greater Seattle area. ICS operates four programs: a Food Bank, a Community Lunch, a Hygiene Program, and a residential Recovery Program. Through all our programs, we strive to build relationships and be a place where people can become connected and involved. We work together, side-by-side, to maintain dignity, rekindle hope, and create a community of belonging.

1215 Thomas Street Seattle, WA 98109 206-622-1930

Low Income Housing Institute - Urban Rest Stop

The Low Income Housing Institute develops, owns and operates housing for the benefit of low-income, homeless and formally homeless people in Washington State; advocates for just housing policies at the local and national levels; and administers a range of supportive service programs to assist those we serve in maintain stable housing and increasing their self-sufficiency.

2407 First Avenue, Suite 200 Seattle, WA 98121-1311
Phone: (206) 43-9935 Fax: (206) 443-9851 E-mail: housinginfo@lihi.org

YWCA Angeline’s Hygiene Center

At YWCA Angeline’s Women’s Centers, the danger, uncertainty and indignity of living on the streets are replaced by safety, support and respect. The homeless women who come to Angeline’s can enjoy meals in the dining room, leave their belongings in large lockers, care for their personal hygiene in showers and bathrooms, and clean their clothes in the laundry rooms. They can take refuge from the cold. They can talk to counselors, get medical treatment, or simply sit and rest.

Enhanced Night Program-(206) 436-8656
Winter Shelter-(206) 770-0156
2030 3rd Avenue Seattle, WA 98121 (206) 436-8650 Day Center opens at 8 am every morning.
Catholic Community Services Women’s Wellness Center

The Women’s Wellness Center provides hygiene and wellness services for adult women who are homeless in downtown Seattle. All services and products are free. They include showers, laundry, first aid and resources. The center is small, but peaceful. We play music that is calming and keep our space as stress free as possible. We are able to accommodate individual needs for physical or emotional disabilities.

For information about the opportunities at the WWC, please contact Program Director, Bridget Kubes at 206-256-0665.
Hot Lines

Child Protective Services - This toll free number will give you the telephone number for reporting child abuse in your local community. 24 hours a day Phone: 1-866-END HARM (363-4276).

Crisis Lines - This web site will give you your local crisis hotline number (for emotional crises and suicide help, emergency food and shelter help, etc.), by city or county. Website: http://suicidehotlines.com/washington.html

Safe Schools Hotline - (web contact form, 7 days/week). Information, referral and advocacy for students, families and educators struggling with anti-gay/lesbian/bisexual/transgender bullying, harassment or violence in a public or private elementary, middle or high school. 24 hours a day - the phone line is answered at the Sexual Assault Hotline and they will have a Safe Schools Coalition Intervention Specialist volunteer get back to you within 24 hours: Phone: 1-877-SAFE-SAFE (1-877-723-3723). Contact form: http://www.safeschoolscoalition.org/contact/?id=10

King County Sexual Assault Resource Center (KCSARC) - 24-hour resource line provides confidential, personal support and information on medical, legal, and other related questions regarding sexual assault. Offers medical advocacy for medical care, and follow-up supportive services are also provided. Serves all victims of sexual assault, past or recent, and their partners, families and friends, as well as those seeking more information on the topic of sexual violence. Phone: 1-888-99VOICE. Website: http://www.kcsarc.org/nServices/TwentyFourHourRL.php

Washington State HIV/AIDS Hotline - HIV/AIDS information and resource referrals on prevention/education; HIP, APDP eligibility and enrollment. Technical assistance and consultation to organizations, businesses, schools and healthcare providers. You can leave messages 24 hours a day and they are returned on the next workday, but the line is staffed only during the workday. Phone: 1-800-272-2437.

Washington State Domestic Violence Hotline - 24-hour information, referral and advocacy for domestic violence issues. Phone: 1-800-562-6025.
CDC National STD and AIDS Hotline - 1-800-CDC-INFO (1-800-232-4636); TTY: 1-888-232-6348; Hours: 24 hours a day, 7 days a week; Email: cdcinfo@cdc.gov; In English, en Español.

The Childhelp National Child Abuse Hotline - 1-800-4-A-CHILD 422-4453; Website: http://www.childhelp.org/pages/hotline

National Domestic Violence Hotline - 1-800-799-7233; TTY: 1-800-787-3224; Website: http://www.ndvh.org/

National Suicide Prevention Lifeline - 1-800-273-TALK (8255) http://www.suicidepreventionlifeline.org/

National Runaway Switchboard 24 hours: 1-800-RUNAWAY; Website: http://www.nrscrisisline.org

National Teen Dating Abuse Helpline - 1-866-331-9474 or TTY: 1-866-331-8453; Website: http://www.loveisrespect.org/

Rape, Abuse, and Incest National Network (RAINN) - 1-800-656-HOPE; Website: http://www.rainn.org/

For additional hotlines try this website of national toll free hotlines:

http://www.nicd.us/tollfreehotlines.html
Voicemails are a good way to get your business calls if you don’t have a cell phone or a message phone.

Laser Voicemail

Laser voicemail gives you a free unique personal number.

Your callers can leave their messages on your voicemail box and you can listen to your messages using the same unique number. You then have the option to save or delete your messages as you choose.

Someone listening to your messages?
Secret rendezvous?
Roommate never gives your calls?

Sign up NOW! Call (206) 376-1000 and receive your free voicemail phone number.

Community Voice Mail

About Seattle Community Voice Mail
We provide voice mailboxes to homeless/phoneless people, enabling them to communicate with potential employers, landlords and human services providers. Beyond voice mail, CVM is network through which valuable information about jobs, housing, health care and other important resources are efficiently distributed to CVM users and their agencies.

Phone: (206) 694-6771
Web: http://www.solid-ground.org/Programs/Housing/CVM
E-mail: cvm@solid-ground.org
Des Moines Library  (206) 824-6066  
Address: 21620 11th Avenue S., Des Moines, 98198  

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Woodmont Library  (253) 839-0121  
Address: 26809 Pacific Highway South Des Moines, 98198  

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Auburn Library  253- 931-3018  
Address: 1140 Auburn Way South (Temporary Location) Auburn, 98002,  

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King County Library Answer Line  (800) 462-9600  

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Last Updated January 2012
Bank of America Student Account

The Solutions for Students is your source for convenient student banking. Are you over 18 years old? Open your account online in minutes.

What you get:
- eBanking with no minimum balance requirements
- Online Banking Service with Mobile Banking
- Savings Account with Keep the Change® Footnote 2
  - Keep the Change® is an easy way to save. We round up your Debit Card purchases to the next dollar and transfer the difference from your checking to your savings account
- Financial Education tools
  - Student Financial Handbook
  - Ultimate Money Skills
- An ATM card with convenient access to 18,000+ ATMs, all with no ATM fees, and 5,700 banking centers coast to coast

There’s more great stuff:
- Apply for a Bank of America® Student Platinum Plus® Visa® Credit card with 4 years of free Identity Theft Protection Footnote 3 - Learn about Student Platinum Plus® Visa®
- Request an optional Bank of America debit card with Total Security Protection (Photo Security feature available)
- Request an optional custom debit card to show your passion with MyExpression® Checking

Contact:
Des Moines Banking Center 707 S 227th St Des Moines WA 98198 206-358-2575
Redondo Banking Center 27077 Pacific Hwy S Des Moines WA 98198 206-585-7015

Key Bank Student Checking

Student Checking Account Details
- Checking account for students 16 years of age and over 1
- Make at least $200 in deposits (including transfers to this account) or initiate two transactions (including deposits, withdrawals, or transfers) per statement cycle to avoid the monthly Maintenance Service Charge
- Free KeyBank Debit Card or KeyBank ATM card with no retail transaction fees
• Use of any **Key ATM**, plus receive reimbursement, up to $6 per month, of ATM fees charged by other banks if you qualify for a Key Young Adult or Key College Rewards MasterCard® credit card2

• Free **Online Banking** which offers you 24-hour access to your student checking account

• Free **Bill Pay** to pay your bills quickly and easily online

• Easy money transfers — you'll get the money Mom or Dad sends you fast, and know it sooner

• Free **Mobile Banking**3 † lets you view your account balances, pay bills, and transfer funds, all from your BlackBerry®, Android®, iPhone®, or on virtually any web-enabled device.

• **Text Messaging and Mobile Alerts**3 — get your balance or account history by texting BAL or HIST to MYKEY (69539)

• **Compare all checking accounts**

**Key Bank also offers second chance accounts!**

**Contact:**

**Midway**
23250 Pacific Hwy S Kent, WA 98032-9722 **Phone:** 206-878-2686

**Des Moines**
22033 Marine View Dr. S. Des Moines, WA 98198 Phone: 206-824-2481
**Matt Griffin YMCA**
We've created a gathering place where families can engage in activity together, seniors can socialize and improve their health, and adults can find release from their busy lives.

3595 South 188th Street SeaTac, WA 98188 (206) 244-5880

Hours of Operation: Monday-Friday 5:00am-10:00pm Saturday 8:00am-6:00pm
Sunday 10:00am-6:00pm

**Tukwila Community Center**
Located along the scenic Duwamish River, Tukwila Community Center is home to the Recreation Division of Tukwila's Parks and Recreation Department, providing programs, activities, and events for participants of all ages. A southern view of Mount Rainier rounds out the perfect location for wedding receptions, sporting events, community and business meetings, and special events.

Completed in 1997 and conveniently located near the I-5 and I-405 interchange, the 48,000 square foot facility is close to the airport, major hotels and large shopping centers. The facility offers many opportunities for a variety of events.

12424 42nd Avenue South Tukwila, WA 98168-2526 (206) 768-2822

**Federal Way Community Center**
Fun, inviting and affordable-The Federal Way Community Center is Central Puget Sound's premier fitness and community facility.
Home to the state's largest public recreational pool complex — plus three gyms, fitness center, climbing pinnacle and elevated indoor track. Challenge yourself with a free group fitness class — or relax with friends in the game room, Forest Lounge or Splash Cafe. Check out our list of upcoming community events. Celebrate your special event in style. It all happens here. Stop by today. 876 S. 333rd Street Federal Way, WA 98003 Phone: (253) 835-6900

**Parkside Family Center**
Before/After School Program
Big Brothers of South King County
Boy Scouts/Chief Seattle Council
Boys and Girls Clubs

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Last Updated January 2012
- King County (206) 243-3487
- Federal Way (253) 941-2722
Camp Fire Boys & Girls (253) 854-3676
Des Moines Park & Recreation Department (206) 870-6527
Girl Scouts/Southcenter, Tukwila (206) 433-8833
Swimming - Mt. Rainier Pool (206) 296-4278
YMCA (206) 244-5880
Energy/Utility Assistance

Utility Assistance Agency: Salvation Army - Social Services Department - Federal Way/Des Moines
26419 16th Ave S Des Moines, WA, 98198  Phone: (253) 946 – 7933 Hours: M Tu Th, 9:30am-noon, 1-3pm; F, 9:30am-noon.

Service Description: Provides financial assistance for gas and electric (usage only, no deposits, no closing bills) offered through a funding cycle from Puget Sound Energy. Any household with a shut off can call for help during the period from January through May. (or until funds are depleted) Usually in June, when funds are available, summer emergency utility assistance funding cycle begins and only households meeting strict criteria can apply for help from that program. See eligibility requirements.

Eligibility: Residents of Federal Way School District and Des Moines on and south of 216th St. - For assistance during the summer period usually beginning in June, applicants must meet one of the following eligibility criteria; - have at least one child in the household under 5 years - have at least one member of the household 65 or older - have a physical disability - be on life sustaining equipment - released from hospital within the last 5-7 days.

Application Instructions: Call for screening appointment. Documents Required: Clients must provide urgent or final notice (confirmation of arrangements not acceptable), lease agreement, verification of income and address, Social Security cards for all family members, and photo identification for all adults in the household.

Business Hours: M, Tu, Th, 9:30am-noon, 1-3pm; F, 9:30am-noon.

Area Served: Residents of Federal Way School District in ZIP codes 98001, 98003, 98023, 98032, 98093 and ZIP code 98198 in Des Moines (south of 216th only). South of 216th Street will generally incorporate address numbers beginning with 216 or higher as street numbers increase in numerical value, going south in King County. Landmarks include the large Safeway (just North of 216th St.) and Bartells (just south of 216th St.)

Websites: http://www.salvationarmynw.org
Main(253) 946 - 7933

Kent Location

Phone: (253) 852 – 4983 Hours: M-F, 10am-2pm. Please do not leave voicemail.

Service Description: Provides limited PSE funds to low-income households with urgent or shut off notice.

Eligibility: Geographic restrictions apply. - Eligible participants receive assistance ONCE PER YEAR.
**Application Instructions:** Call for appointment. Documents Required: Urgent or shut off notice, verification of income and photo identification for head of household.

**Business Hours:** M-F, 10am-2pm. Please do not leave voicemail.

**Area Served:** Kent, Covington, Auburn, Algona and Pacific, ZIP codes 98001 (E of I-5), 98002, 98030, 98031, 98032 (E of I-5), 98042 (W of HWY 18), 98047, 98092 (Auburn only).

**Websites:** [http://www.salvationarmynw.org](http://www.salvationarmynw.org)
Main (253) 852 - 4983

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**Low-Income Energy Assistance Program (LIEAP)**

Emergency assistance (immediately after final shut-off notice) if your income is at or below 200% of the poverty level ($1,400 or less per month for one person, 2/02) you will probably qualify for up to 50% (up to $200) of your bill. You may qualify only once a year. Year-round assistance available for some low-income individuals and families. Contact local agency to apply.

Multi-Service Center 1200 South 336th St Federal Way WA 98093-0699
Mailing Address: P.O. Box 23699 Federal Way WA 98093-0699
Phone: 253-874-4328 Tel. (Main) (206) 684-3688

Multi-Service Center’s Energy Assistance Program helps households meet the financial challenges of increasing heat and light bills. We can help with bills for: Electricity, Gas, Propane, Wood and Oil. Payments are made directly to service providers on behalf of households. Level of assistance depends on type of housing, income, household size and home energy usage. In addition, some households may qualify for assistance with their water bills because of a partnership with Lakehaven Water District.

**Schedule an Appointment**

**Call our 24-hour appointment line at:** (800) 348-7144

When you call, please listen carefully and have a pen and paper available. A recorded message will give you options to choose from, as well as a list of items needed to bring to your appointment. Follow the prompts and you will receive the next available appointment. *If your service has been disconnected, follow the prompts for more directions. (We will verify your shut off before calling you with an appointment).*  

PLEASE NOTE that we receive far more calls in any given day than we can serve, so please be patient. We schedule 90-100 appointments each day, and will make every effort to see you as soon as possible. We recommend that you call the appointment line repeatedly throughout the day to have the best chance at getting an appointment. Thank you.
Catholic Community Services - Emergency Assistance Services - King County
1229 W Smith St Kent, WA, 98032 Phone: (253) 850 – 2523 Hours: Call and listen to recording for screening dates and instructions.

Provides LIMITED financial assistance for eviction prevention and move-in assistance; electric, gas and water bills; prescriptions; gas vouchers for transportation to shelters, jobs and medical appointments; and motel vouchers. Accessibility features: Wheelchair accessible Languages other than English: Interpreter services; Spanish Payment options: Free Eligibility: Low-income South King County families with children younger than 18 years old in the custody of the household; seniors, ages 62 and older; and individuals with documented disabilities. - UTILITY, GAS VOUCHER and PRESCRIPTION assistance: Burien, Covington, Federal Way, Renton, SeaTac and Tukwila ONLY. - EVICTION PREVENTION, MOVE-IN ASSISTANCE and MOTEL VOUCHERS: All South King County ZIP codes, including unincorporated areas. Funding fluctuates. Some weeks, assistance will only be available to select cities. These cities will be identified on the recording and updated weekly. Application Instructions: Call and listen to recording for upcoming screening dates, instructions and eligible cities/regions. Cannot accept voicemail messages. Screenings usually occur on Fridays. Appointments are first-come, first-served. Documents Required: Documentation of disability, when applicable. Eviction or shut-off notice for rent or utility assistance. Valid drivers license for those in need of gas vouchers. Proof of homelessness for those seeking motel vouchers. Fees: None Business Hours: M-F, 8:30am-5pm. Area Served: South King County, including ZIP codes 98001, 98002, 98003, 98023, 98030, 98031, 98032, 98035, 98042, 98047, 98055, 98056, 98057, 98058, 98059, 98063, 98064, 98071, 98089, 98092, 98093, 98108, 98138, 98146, 98148, 98158, 98169, 98168, 98178, 98188 and 98198, including unincorporated areas south of Seattle. Websites: http://www.ccsww.org
~Emergency Assistance Services(253) 850 - 2523 Office (253) 854 - 0077 Office - Toll Free (800) 722 - 3479

City of Tukwila
6300 Southcenter Blvd Suite 115 Tukwila, WA, 98188 Phone: (206) 433 – 7181 Hours: M-F, 8:30am-5pm. Email: tukwila@ci.tukwila.wa.us

Provides Tukwila residents with a once in a lifetime grant to prevent eviction or energy (PSE or SCL) shut off.
Eligibility: City of Tukwila residents only. - Eviction/shut-off notice not necessary, but caller must have proof that situation is critical and/or homelessness is pending. - Income must be greater than rental costs. - Caller must be in good standing with landlord.

Application Instructions: Call the first week of the month. Funds are usually gone by the second week.

Fees: None

Business Hours: M-F, 8:30am-5pm

Area Served: City of Tukwila

Websites: [http://www.ci.tukwila.wa.us](http://www.ci.tukwila.wa.us)

Fax (206) 433 - 7183

Main (206) 433 - 1800
Animal Control  (206) 870-6549
Building Permits  (206) 870-7576
City Attorney  (206) 870-6553
City Clerk  (206) 878-4595
City Cable  Channel 21
City Hall  (206) 878-4595
- (TDD)  (206) 824-6024
City Manager  (206) 870-6541
Community Development Department  (206) 870-7576
Construction Hotline  (206) 870-7585
Engineering  (206) 870-6522
Finance  (206) 870-6512
Human Services  (206) 878-1642
Information Line (Des Moines)  (206) 870-7585
Job Line (Des Moines)  (206) 870-6593
Marina  (206) 824-5700
Municipal Court  (206) 878-4597
Park & Recreation  (206) 870-6527
Police (Non-emergency: voice and TDD)  (206) 878-3301
Public Works  (206) 870-6559
Senior Services  (206) 878-1642
Web Page:  www.desmoineswa.gov
Emergency Services - South King Catholic Community Services - Emergency Assistance Services - King County
1229 W Smith St Kent, WA, 98032   Phone: (253) 850 - 2523 Hours: Call and listen to recording for screening dates and instructions.
Service Description: Provides LIMITED financial assistance for eviction prevention and move-in assistance; electric, gas and water bills; prescriptions; gas vouchers for transportation to shelters, jobs and medical appointments; and motel vouchers.
Eligibility: Low-income South King County families with children younger than 18 years old in the custody of the household; seniors, ages 62 and older; and individuals with documented disabilities. - UTILITY, GAS VOUCHER and PRESCRIPTION assistance: Burien, Covington, Federal Way, Renton, SeaTac and Tukwila ONLY. - EVICTION PREVENTION, MOVE-IN ASSISTANCE and MOTEL VOUCHERS: All South King County ZIP codes, including unincorporated areas. Funding fluctuates. Some weeks, assistance will only be available to select cities. These cities will be identified on the recording and updated weekly.
Application Instructions: Call and listen to recording for upcoming screening dates, instructions and eligible cities/regions. Cannot accept voicemail messages. Screenings usually occur on Fridays. Appointments are first-come, first-served. If a message is reached during screening times, continue calling until someone answers. Documents Required-
Motel Vouchers: Proof of homelessness and documentation of disability, when applicable.
Business Hours: Office: M-F, 8:30am-5pm. Call for intake times. Office hours are by appointment only.
Area Served: South King County, including ZIP codes 98001, 98002, 98003, 98023, 98030, 98031, 98032, 98035, 98042, 98047, 98055, 98056, 98057, 98058, 98059, 98063, 98064, 98071, 98089, 98092, 98093, 98106, 98108, 98138, 98146, 98148, 98158, 98166, 98168, 98178, 98188 and 98198, including unincorporated areas south of Seattle.
Websites: http://www mccsw org
Emergency Assistance Services(253) 850 - 2523
Office   (253) 854 - 0077
Office - Toll Free   (800) 722 - 3479

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June.
Last Updated January 2012
Emergency Financial Assistance-Multi-Service Center

515 W Harrison St Kent, WA, 98032 Phone: (253) 398 – 2010 Hours: M Tu Th F, 9am-noon.

**Service Description:** Provides limited emergency assistance to those in temporary crisis for bus tickets, gas vouchers, and prescription expenses.

**Eligibility:** Residents Kent, Renton, SeaTac, and Tukwila only. Proof of crisis and proof of future crisis resolution necessary.

**Application Instructions:** Call. Documents Required: ID for all household members, Social Security cards for all household members, documentation of crisis, verification of income for all household members.

**Business Hours:** M-F, 8:30am-noon, 1-5pm.

**Area Served:** King County south of the Seattle city limits and I-90.

**Websites:** [http://www.multi-servicecenter.com](http://www.multi-servicecenter.com)

- Emergency Assistance & Shelter: (253) 854 - 3437
- Energy Assistance Appointment Line: (800) 348 - 7144
- Kent Fax: (253) 854 - 1550
- Kent Office (Receptionist): (253) 854 - 4406
- Rent Assistance: (253) 893 - 0024

ALS Association - Evergreen Chapter

19115 68th Ave S Suite H-105 Kent, WA, 98032 Phone: (425) 656 – 1650 Hours: Varies by location. **Email:** info@alsa-ec.org

Coordinates Amyotrophic Lateral Sclerosis (ALS) support groups and informational/educational meetings. Also conducts support groups and informational/educational meeting for caregivers of ALS patients.

**Payment options:** Free **Business Hours:** M-F, 8am-5pm.

**Eligibility:** Individuals with ALS and their families, friends and caregivers.

**Application Instructions:** Call for information on time and day of support group meetings. Evening meetings may be available. See Web site.

**Websites:** [http://www.alsa-ec.org](http://www.alsa-ec.org)

St. Luke's Operation Blessing

515 S 312th St Federal Way, WA, 98032 Phone: (253) 941 – 7270 Hours: Walk in: Tu, 9-10am. **Email:** church@stlukesfedway.org

Offers miscellaneous financial assistance for emergency needs such as prescriptions, work boots, tools, etc. Evaluates aid on an individual basis. Clients are assisted once every other year.

**Days of the Week:** Tuesday **Payment options:** Free

These resources were compiled June 2011 by a TRIO student worker. They should be updated every January and June. Last Updated January 2012
Eligibility: Residents of the Federal Way School District. ZIP codes may include 98001, 98003, 98023, 98032, 98063 and 98092. Must not have been served within the past two years, depending on funding. Focuses on clients who have never before been served.

Application Instructions: Walk in to apply. No assistance is available over the phone. Documents Required: Photo ID, Social Security number and proof of address.

Area Served: Federal Way School District.

Websites: http://www.stlukesfedway.org

**Washington Telephone Assistance Program (W.T.A.P.)**

You may be eligible for a discount on your phone bill if you meet the qualifications for Washington Telephone Assistance Program (WTAP) and receive any of the following types of assistance: TANF, GA-U, GA-S, SSI, COPES, Chore Services, medical coupons, food stamps or Refugee Assistance. To see if you qualify, contact your local phone company. The account and billing must be in the name of the person who qualifies for the WTAP assistance.

Phone: 1-888-700-8880
Try this one stop resource center to get help with most of your basic needs!

1200 S. 336th, Federal Way, WA 98003 **Main Phone:** (253) 838-6810 Fax: (253) 874-7831

Multi-Service Center offers integrated support and resources that help individuals and families move from crisis and poverty to greater self-sufficiency.

We help with: Stabilized Housing, Educational Programs, Employment Assistance, Energy Assistance, Financial Management Classes, Food Bank, Youth Services, Clothing Bank, Advocacy for Residents of Long-Term Care Facilities, and Employer Services.

**Areas We Serve close to 98198:**
Algon/Auburn/Black Diamond/Burien/Covington/ Des Moines/Federal Way/Kent
Renton/SeaTac/Seattle/Tukwila/Unincorporated areas of South King County


<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Assistance &amp; Shelter</td>
<td>(253) 854 - 3437</td>
</tr>
<tr>
<td>Energy Assistance Appointment Line</td>
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<td>Rent Assistance</td>
<td>(253) 893 - 0024</td>
</tr>
</tbody>
</table>
For More Resources check out 211

Information on a range of services, including shelter, food and other needs, is available by phone or the Internet. What kinds of services are there? Help finding housing, food, donated furniture, transportation, mental health or substance abuse treatment, baby clothes and diapers, employment and job training, low-cost legal aid, and much more. The 2-1-1 Community Information Line is a one-stop resource center for a range of assistance programs in and around King County. This information is also available at: Community Resources On-line at http://www.resourcehouse.info/WIN211/ (Web is the best way to go)

Helpers are available by phone Monday-Friday, 8 a.m. – 6 p.m. by calling:

2-1-1 Community Information Line at 2-1-1 or 206-461-3200
Toll Free outside Seattle call 1-800 621-INFO
TTY 206-461-3219

Shelter assistance and housing referrals

If you are homeless, contact the 2-1-1 Community Information Line for a referral to a local shelter. They can help you identify shelters that may have immediate openings given your specific situation (some shelters are for men only, or for women with children, etc.). The Community Information Line operates a “Bed Bank” service Monday through Friday where staff track openings at various shelters in King County. Bed Bank information is also on-line at: Crisis Clinic

Helpers are available by phone Monday-Friday, 8 a.m. – 6 p.m. by calling:

2-1-1 Community Information Line: 2-1-1 or 206-461-3200
Toll Free outside Seattle call 1-800 621-INFO
TTY 206-461-3219

Housing Service Brochures Available: Community Resources Online offers brochures on housing and shelter services to help people connect with housing and shelter resources in King County. These brochures, updated three times per year, provide the most current resources.
housing resource information available for men, women and families in King County. Get the bookures from Crisis Clinic.

Interpreter services

If English is not your spoken language, 2-1-1 workers can help you through their Language Line services, with 140 languages available. Content is also available on the Crisis Clinic Web site in eight languages at: Crisis Clinic (scroll to the bottom of the page for information).

Helpers are available Monday-Friday, 8 a.m. – 6 p.m. by calling:

2-1-1 Community Information Line: 2-1-1 or 206-461-3200
Toll Free outside Seattle call 1-800 621-INFO
TTY 206-461-3219

Emotional crisis

If this is an emergency, and you feel you or your family member are in danger phone 9-1-1 immediately. If you are facing an immediate crisis, and need to talk with someone right away, call the 24-hour crisis line operated by the Crisis Clinic. Specially trained crisis counselors are available around the clock to help, to listen, to discuss things anonymously and confidentially, and to help link you to support services in the community. Or on-line go to: Crisis Clinic.

If you are in emotional crisis and need someone to talk to right away call:
24-hour Crisis Line at 24-Hour Crisis Line: 206-461-3222
Toll Free: 866-427-4747
TDD Line: 206-461-3219

If you are a victim of domestic violence and need help call:
Domestic Violence 24-hour hotline: 1-800-562-6065

Food

Community Information Line/Community Resources Online can help if you and your family members do not have food. This may include locations of local food banks, Meals on Wheels services for people who cannot leave their homes, locations where hot meals are available and other help. Find out more at: Community Resources Online.

Helpers are available Monday-Friday, 8 a.m. – 6 p.m. by calling the phone numbers below:

2-1-1 Community Information Line: 2-1-1 or 206-461-3200
Toll Free outside Seattle call 1-800 621-INFO
TTY 206-461-3219
Help for seniors

Information on a variety of resources and services for seniors is available, by phone or online, including help finding appropriate housing, home sharing, home repair, meal preparation and other food services, counseling, and other resources. Visit online or call:

**Healthy Aging Partnership** - 1-888 4-Elders (1-888-435-3377)
**Senior Services** - 206-448-5757
**Advocacy tips and more information**

Help finding public housing

If you're seeking information about Section 8 housing or public housing and other low-income housing programs, contact the appropriate Housing Authority or visit their web sites (external).

- **Seattle Housing Authority**, 206-239-1507 (low-income public housing) or 206-239-1508 (Section 8 housing)
- **Renton Housing Authority**, 425-226-1850
- **King County Housing Authority**, 206-574-1100
- Muckleshoot Housing Authority, 253-833-7616

Help finding low-income or affordable housing

An Internet resource is available to help individuals and families find affordable housing opportunities in Washington state. The site lists properties for families, individuals, seniors and people with disabilities. Rentals are listed by owners, housing authorities and other agencies whose goal is to provide affordable low-income housing. Most have eligibility criteria and you must apply for housing. Some have wait lists. **Online go to:** [www.aptfinder.org](http://www.aptfinder.org)

Child care

Child Care Resources Information and Referral Line serves all King County families seeking child care information for children between the ages of birth through 14 years. While middle and upper income families are charged a fee, lower income families are provided with the service at no cost. Staff will help you with applications and referral to appropriate child care providers. **On-line go to:** [www.childcare.org](http://www.childcare.org) or call-206-329-5544.