



# RAINIER SCHOLARS

KING COUNTY  
RESOURCE GUIDE

2020

## ENDORSEMENT DISCLAIMER

### It is important that you understand:

*Rainier Scholars believes that information about services, products, and providers should be made available to families so they can make informed decisions for their families. As such:*

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## COVID-19 SUPPORT RESOURCES

**The Office of the Mayor has an ongoing list of city resources that can be found here:**  
<http://www.seattle.gov/mayor/covid-19>

**COVID-19 Washington also has a very comprehensive list of various resources (some of which are listed below).** You can view updated links at  
[https://covid19helpwa.org/?fbclid=IwAR02ReOu48LklpRxwEI\\_QA\\_j50DUKHK-WhyYEzSYAEqDkXhpWDTIQmjLIho](https://covid19helpwa.org/?fbclid=IwAR02ReOu48LklpRxwEI_QA_j50DUKHK-WhyYEzSYAEqDkXhpWDTIQmjLIho)

**Calling 2-1-1** is another important resource that can help connect you to additional resources in your area.

## **COVID-19 Seattle Area Emergency Food Resources**

Map of where emergency food locations

<https://public.tableau.com/profile/city.of.seattle.human.services#!/vizhome/Covid-19Seattle-AreaEmergencyFoodResources/COVIDEmergencyFood>

## **Funds for Undocumented People**

Applications open April 8th, and we are estimating to distribute aid between \$500 - \$1,500 per individual to help where you need most. Fill out the form in the following link to join our waitlist and be notified once we launch.

<https://www.scholarshipjunkies.org/relief>

## **If you are currently unemployed**

Call your utility companies, credit card companies, and other lenders: Let folks know that you are impacted by the Coronavirus Pandemic. Seattle won't shut off water and electricity services during this emergency and others may follow their lead. Some creditors have hardship plans to account for when you are going through an emergency. Reach out to your credit card issuer, auto loan provider, or mortgage company to see what options are available to you.

*Apply for Health Insurance:*

[https://www.wahealthplanfinder.org/\\_content/Homepage.html](https://www.wahealthplanfinder.org/_content/Homepage.html)

In response to the potential growth of Coronavirus (COVID-19) cases, the Washington Health Benefit Exchange will have a limited-time special enrollment period for qualified individuals who are currently without insurance. This special enrollment period, which runs through **April 8, 2020**, will allow uninsured individuals 30 days to enroll in health insurance coverage through Washington Healthplanfinder.

*Apply for unemployment benefits:*

<https://esd.wa.gov/unemployment>

Unemployment benefits are made available through taxes paid by your former employer(s) to partially replace your regular earnings and help you meet expenses while you look for another job. These benefits are intended to assist workers who lost their jobs through no fault of their own and are not based on financial need.

*See what benefits you may be eligible for through Washington Connection:*

<https://www.washingtonconnection.org/prescreening/home.go?action=Introduction&fs=100>

Washington Connection offers a fast and easy way for families and individuals to apply for a variety of services such as food, cash, child care, long-term care, and Medicare Savings Programs.

## COVID-19 SUPPORT RESOURCES (Cont.)

### CHILDCARE

#### Boys and Girls Club

several locations are providing childcare and extended hours. Contact your local club to see their availability. Families with memberships currently pay a \$50 monthly fee and then \$25 per day per child. For teens, there is no additional daily fee. Scholarships are available.

<https://positiveplace.org/2020/03/extended-programming/>

#### Facebook Groups

- “Seattle Help for Parents & Caregivers During Covid-19 Outbreak”

The purpose of this group is to establish a forum for parents, nannies, and caregivers in need of help during the Covid-19 outbreak to connect with other parents, help and resources. If you need childcare while schools are closed, help with pick up or drop off, meals or groceries delivered, or anything else for you and your children, please find your locations thread. You can join this group at [https://www.facebook.com/groups/2638451076392372/?multi\\_permalinks=2638973893006757&notif\\_id=1584029904075852&notif\\_t=group\\_highlights](https://www.facebook.com/groups/2638451076392372/?multi_permalinks=2638973893006757&notif_id=1584029904075852&notif_t=group_highlights)

- “SPS COVID 19 School Closure Parent Survival Page”

SPS COVID 19 School Closure Parent Survival Page is for parents of SPS students who wish to share information about SPS and school responses to the COVID-19 outbreak. Share resources on: homework, child care and wrap around support, latest news from health authorities, (legit) media coverage, and family preparedness. This is not sponsored by any public health authority or SPS, but also, this page will be heavily modded to filter out disinformation and harmful material.

You Can join this group at [https://www.facebook.com/groups/615005915942744/?multi\\_permalinks=636750473768288%2C636743080435694%2C636735753769760&notif\\_id=1583986575846618&notif\\_t=group\\_activity](https://www.facebook.com/groups/615005915942744/?multi_permalinks=636750473768288%2C636743080435694%2C636735753769760&notif_id=1583986575846618&notif_t=group_activity)

#### Childcare Assistance Program

For working families, or a parent going to school, the Child Care Assistance Program (CCAP) is set to help those who are eligible and living within the Seattle city limits pay for child care services for children up to 13 years old. See if you are eligible by going to <https://www.seattle.gov/education/for-parents/child-care-and-preschool/child-care-assistance-program#areyoueligibleeccapeligibilityscreening>

If you have any trouble accessing this form, contact 206-386-1050 or [ccap@seattle.com](mailto:ccap@seattle.com)

## **Washington Connection**

The Washington State Working Connections Child Care subsidy provides financial assistance for families while they work, look for work, or go to school. WA Connection can also help connect you to other financial support services. To see if you qualify, visit

<https://www.washingtonconnection.org/prescreening/home.go?action=Introduction&fs=100>

## **Childcare Resources's Childcare Financial Assistance Program**

Child Care Resources administers a child care financial assistance program for residents of Auburn, Bellevue, Kent, and Redmond who have a child ages 1-month to 12-years in licensed child care.

To learn more and apply, visit <https://www.childcare.org/ckfinder/userfiles/files/Client%20Application%20%20Guidelines%202019.pdf>.

Mail or fax the completed application to  
Child Care Resources, Attn. CCFA  
1225 S.Weller Suite 300  
Seattle, WA 98144

or fax to [206-336-7877](tel:206-336-7877). If you have questions, CCR at [206-323-4912](tel:206-323-4912).

## **Meals for Students**

During COVID-19 related school closures, all students can access free meals. Check which site is closest to you by visiting <https://www.uwkc.org/free-meals-during-school-closures/>

## **Other Food Support**

- Rainier Beach Community  
Starting Friday, March 13, WA-BLOC and FEEST Seattle are providing free hot lunch for students in the Rainier Beach Community every Tuesday and Thursday from 11:30 a.m. to 1 p.m. at Rainier Beach Community Center plaza while schools remain closed.  
[More information is at WA-BLOC's Facebook page.](#)
- Northwest Harvest SODO Community Market  
This Community Market is offering pre-bagged produce, prepared foods, and shelf-stable groceries right at the door. There is no need to enter the facility. This is open to anyone of ANY AGE. SODO Community Market is located in Seattle's SODO neighborhood at [1915 4th Ave S, near the corner of 4th Ave S & S Holgate St.](#)  
or visit  
[https://www.northwestharvest.org/stuff/contentmgr/files/1/15c0a8f89491fb03e7e999a6e06d0b27/files/sodo\\_postcard\\_5x7\\_final.pdf](https://www.northwestharvest.org/stuff/contentmgr/files/1/15c0a8f89491fb03e7e999a6e06d0b27/files/sodo_postcard_5x7_final.pdf)

## COVID-19 SUPPORT RESOURCES (Cont.)

- **Hopelink**  
Providing food to zip codes in Bellevue, Kirkland/Northshore, Redmond, Shoreline and Sno-Valley areas. In response to the arrival of COVID-19 in our community, pre-packed boxes of food will be available for all participants to pick up. Just follow the signage to the door where they will be given out at your local center. Each household will be able to pick up enough food for 21 meals per person (or two weeks worth of food).
- **Musang Community Kitchen**  
Located in Beacon Hill: Prepares a limited quantity of hot food daily; the majority of meals are not hot, but made to be reheated at home. Contact if you or someone you know are experiencing food insecurity.  
(206)708-6871  
[info@musangseattle.com](mailto:info@musangseattle.com)  
[@musangseattle](#) (Instagram + Facebook).  
<https://www.musangseattle.com/communitykitchen>
- **Covid-19 Mutual Aid Collective**  
Fill out the following form to request food supplies be dropped off at your door:  
<https://docs.google.com/forms/d/e/1FAIpQLSdgbAX2IUARi98rKKX6b6mpvpVHW4b63F2n2beJlHielcdU2Q/viewform>
- **List of grocery stores for special hours for seniors, at risk and pregnant women:**  
<https://www.snopes.com/news/2020/03/20/grocery-stores-special-hours/>
- **PCC Partnering Food Banks**  
<https://www.pccmarkets.com/sustainability/food-bank-program/partners/>
- **Where can I find a food bank?**  
Look on this website to find a food bank in your area. Many food banks are currently providing pre-packaged items to help prevent the spread of COVID. Some food banks are also offering delivery services. <http://www.seattlefoodcommittee.org/food-bank-map/>
- **Support for restaurant workers who have been laid off or seen a significant reduction in hours:**  
<https://www.facebook.com/salarerestaurant/photos/a.661501280647764/1929229297208283/?type=3&theater>

## **SMALL BUSINESS**

2020 Emergency Fund for Business Impacted by COVID 19: You may qualify for a grant of up to \$10,000. Application opens March 13, 2020.

Apply online at <https://seattle.surveymonkey.com/r/RJ57GQN>

### **Eligibility:**

- The business owner must have a **low- or moderate-income** ( $\leq 80\%$  of the Area Median Income).
- The business must have **five employees or less**.
- The business must have a **physical establishment**.
- The business must have experienced a **loss of income** due to COVID-19.

For more info visit:

<http://www.seattle.gov/office-of-economic-development/small-business/small-business-programs-/stabilization-fund->

Effective immediately, the City of Seattle Department of Finance and Administrative Services (FAS) will defer business and occupation (B&O) tax collections for businesses that have annual taxable incomes of \$5 million or less and that pay city taxes quarterly. This will allow small business owners increased flexibility during a period of financial duress caused by the COVID-19 outbreak.

If you have questions, please call [\(206\) 684-8484](tel:2066848484) or email: [tax@seattle.gov](mailto:tax@seattle.gov)

### **City of Seattle's Office of Economic Development**

[206-684-8090](tel:2066848090) (for Seattle-area small businesses with questions about how to navigate the situation)

### **Seattle Public Library**

Our Library to Business team is offering one-on-one appointments for small businesses and nonprofits via online conference software, email or phone. This program helps nonprofits and small businesses identify and navigate resources available to them.

<https://www.spl.org/programs-and-services/business>

## COVID-19 SUPPORT RESOURCES (Cont.)

### UTILITY SUPPORT

**Seattle Public Utilities (SPU) and Seattle City Light (SCL)** will keep utility services on during the COVID-19 Civil Emergency in Seattle. SPU and SCL customers who have been financially impacted by COVID-19, regardless of background or immigration status, can request a deferred payment plan with the utilities by calling (206) 684-3000 or sending an email anytime at [seattle.gov/utilities/about-us/email-question](https://seattle.gov/utilities/about-us/email-question)

#### Utility Discount Program (UDP)

The Utility Discount Program (UDP) lowers Seattle City Light bills by 60 percent and Seattle Public Utility bills by 50 percent.

To learn more about enrollment in UDP, call (206) 684-0268 or go to [seattle.gov/humanservices/services-and-programs/affordability-and-livability/utility-discount-program](https://seattle.gov/humanservices/services-and-programs/affordability-and-livability/utility-discount-program)

### Internet

See below for low-cost internet access for Seattle residents.

For more information contact Brenda Tate at (206) 386-1989 or by email at [brenda.tate@seattle.gov](mailto:brenda.tate@seattle.gov)

### Comcast

Effective Monday, March 16, Comcast is offering 2 months free to new Internet Essentials customers in response to recent and anticipated emergency measures associated with the COVID-19 outbreak. Visit [www.internetessentials.com](http://www.internetessentials.com) for more information.

- \$9.95/month unlimited internet (download speeds up to 15Mbps) + tax. No credit checks, contracts or equipment rental fees. Must live in an area where Comcast is available.
- Free installation and in-home Wi-Fi. Access to 40 1-hour sessions of XFINITY Wi-Fi hotspots outside the home every 30 days.
- Four programs offered in Seattle:
  - Traditional family program: Must have a child who qualifies for the free or reduced school lunch program or attending a school that has over 40% of students on free/reduced lunch program.
  - Seniors: Must be 62+ and low income.
  - Public housing residents: Must be receiving HUD housing assistance.
  - Veterans: Must be a verified veteran and receive state or federal assistance.

*\*No Comcast Internet service for past 90 days or recent unpaid Comcast bills (under a year old).*

*\*Comcast also has refurbished laptops available for purchase (includes Microsoft Office, Norton Security Suite and 90-day warranty) for \$149.99 + tax*



## Wave - Simply Internet Program

Visit <https://www.seattle.gov/Documents/Departments/SeattleIT/cable/Combined%20Wave%20Applications%20and%20Checklist%202020.pdf> to fill out forms to apply

- \$9.95/month unlimited internet (for speeds up to 10Mbps) + tax. No credit checks, contracts or equipment rental fees. Must live in an area where Wave is available.
- Free installation and in-home Wi-Fi
- Eligibility includes:
  - Anyone who qualifies for the Seattle Utilities Discount Program; or
  - Qualifies for low-income subsidized housing; or
  - Has a child who qualifies for the free or reduced school lunch program.

## InterConnection

- Call (206) 633-1517 or visit their store at: 3415 Stone Way N, Seattle, 98103, or their online store at <https://connectall.org/>
- Create an account at <https://connectall.org/>
- \$11.95 per month internet through the Sprint 4G LTE Internet network through Mobile Citizen.
- Purchase a hotspot device for \$99 (plus tax and shipping)
- Unlimited 4G LTE data; no throttling or overage charges
- Can be used wherever there is Sprint 4G LTE service

*\*InterConnection also sells Refurbished laptops starting at \$109 with a range of software (Windows 7 Pro, Microsoft Office Home & Business 2010, Microsoft Security Essentials, and a 1-year warranty). Desktops, flat screens, tablets and high-end laptops are also available*

## Discount Smart Phones

Call 2-1-1 to find out more information about Lifeline Discount Smart Phone programs or visit <https://www.seattle.gov/tech/services/free-and-discounted-devices/discount-smart-phones> to see if you are eligible.

## Eviction Prevention/Rent Support

Mayor Jenny Durkan issued an emergency order to temporarily stop residential evictions in Seattle as the spread of COVID-19 continues to impact workers and businesses across the region. The order will start immediately to help households at risk of being evicted due to not being able to pay their rent. This order will be in effect for 30 days or when the civil emergency in the city ends. Under the order, landlords can still issue eviction notices to tenants for other violations not having to do with the non-payment of rent. Tenants who can't afford to pay rent at this time will still owe the money after the moratorium ends.

\*See the “Housing/Shelters” section of Rainier Scholars’ full King County Resource Guide for steps to access rent support

## Rent Support for Undocumented People

Fill out form on this website

<https://www.gofundme.com/f/rent-fund-for-undocumented-people-covid19>

**This guide is meant to help connect Rainier Scholars’ families to important resources available in King County.** Please reach out to Kathryn Pienta or Roy Fisher, Rainier Scholars’ mental health team, if you would like assistance contacting any of these resources.

**Kathryn Pienta, LICSW**  
(206) 303-9588  
[kpienta@rainierscholars.org](mailto:kpienta@rainierscholars.org)

**Roy Fisher, L MFT**  
(206) 854-0609  
[rfisher@rainierscholars.org](mailto:rfisher@rainierscholars.org)

## STEP 1: Call 2-1-1 or visit [www.resourcehouse.info/win211/index](http://www.resourcehouse.info/win211/index)

**2-1-1** is a statewide database of community resources. It is important to first reach out to **2-1-1** because they are often the ones who make the referral to the community-based agency who will be providing you with assistance. **Many of these resource agencies require this referral.**

Representatives are available to take your calls and, after assessing exactly what you need, will give you a list of agencies and phone numbers to contact for assistance. Representatives can also email you the list of resources they told you about, in order for you to have this list electronically.

The website is available in several languages, which you can change at the top right corner of the screen (next to the “G”).

### Here are some of the many resources 2-1-1 can connect you with:

Tax assistance, health education programs, financial assistance (for rent, moving costs and deposits, eviction prevention, utility bills, bus and gas vouchers, etc), food, housing and shelter assistance, household goods (diapers, clothing, furniture), healthcare (medical and dental), legal assistance, job training and employment assistance, financial education, holiday food and gift assistance, mental health support and veteran and elder services.

## HERE ARE SOME ADDITIONAL RESOURCES TO CONTACT AFTER YOU HAVE FIRST TRIED 2-1-1

- Clothing
- Crisis/Suicide Prevention
- Diapers
- Employment Assistance
- Extracurricular Activities
- Financial Assistance
- Food
- Furniture
- Grief Support
- Healthcare
- Holiday Assistance
- Housing / Shelters
- Legal and Immigration Rights Assistance
- LGBTQ Support
- Parenting Support
- Substance Abuse Recovery
- Tax Assistance
- Transportation

## CLOTHING RESOURCES

### NORTH

#### **Bridge Care Center**

5710 22nd Ave NW Bldg B

Seattle, WA 98107

(206) 789-0220

A drop in center offer clothing, free use of a computer, and emergency financial aid.

There are also books and educational materials. The non-profit assists the homeless

by providing hygiene items and other displaced families can also seek help.

#### **Center for Human Services**

17018 15th Ave NE

Shoreline, WA, 98155

(206) 362-7282

### CENTRAL

#### **Bread of Life Mission - Men and Women's Clothing**

97 S Main St

Seattle, WA 98104

(206) 682-3579

## CLOTHING RESOURCES (Cont.)

### **Catholic Community Services - Lazarus Center**

416 2nd Ave Ext S  
Seattle, WA, 98104  
(206) 623-7219

The center runs a Clothing Room. It will distribute free women's and men's clothing for homeless, the low income and marginally housed adults. Assistance is also for senior citizens. Items are passed out on a first-come, first-served basis. A youth program may have case management, counseling, free food, clothing, showers, laundry, hygiene items and bus tickets.

### **Jubilee Women's Center**

620 18th Ave E  
Seattle, WA 98112  
(206) 324-1244

The non-profit organization offers free women's clothing to homeless or low-income women in Seattle and King County. Types of clothing include: women's casual, some personal hygiene items, business clothing and accessories (such as hat, shoes, belts, make-up, purses, and scarves).

## **EAST**

### **Bellevue LifeSpring - Back to School Children's Clothing**

(425) 451-1175

The center offers children from low income families with vouchers during the summer and fall. This is only for the Bellevue School District area. There are free school supplies, bookbags, shoes, and similar items. They also run a thrift store. The general public can buy nearly-new and gently used clothing, household items, and books.

### **Bellevue Youth Link/Bellevue Teen Services Teen Closet**

2015 Richards Rd SE  
Bellevue, WA 98005  
(425) 643-8246

The location will have a clothing bank that can assist homeless and low-income teens. Volunteers are always needed. May have blankets, linens and other items.

## **Congregations for the Homeless**

### **First Congregational Church**

752 NE 8th St

Bellevue, WA 98004

Offers lunch, computer access, showers, laundry, clothing, hygiene items, bus tickets, resume and job search help, and one-on-one case management.

## **Hopelink – Sno-Valley**

31957 E Commercial St

Carnation, WA, 98014

Call (425) 333-4163

Some of what is offered includes free clothing and shoes for adults, teens, children and infants; pillow cases and towels; maternity, work and dress clothing; sheets, a food pantry and more. There is also some gently used, low cost furniture.

## **Issaquah Food & Clothing Bank**

179 1st Ave SE

Issaquah, WA 98027

(425) 392-4123

Distributes free or low cost household goods as well as clothing for infants to adults as well as work clothing for people going on an interview. Programs are for Issaquah, Carnation, Snoqualmie, North Bend, Fall City, Sammamish, Renton, Maple Valley, Preston, Hobart and Ravensdale only.

## CLOTHING RESOURCES (Cont.)

### **SOUTH**

#### **Black Diamond Community Center**

31605 3rd Ave

Black Diamond, WA 98010

(360) 886-1011

May have work clothing, kitchenware, appliances, blankets, furniture, motel & gas vouchers.  
Some financial assistance for needs such as rent or heating oil may be available in King County.

#### **Children's Home Society of Washington - Auburn Family Resource Center**

4338 Auburn Way N

Auburn, WA 98002

(253) 854-0700

May have diapers and used children's clothing.

A second location is at

3200 NE 125th St Suite 2

Seattle, WA, 98125

(206) 364-7930

#### **Donald Loomis Memorial Clothing Bank**

1640 Fell St, Enumclaw

Washington, 98022,

(360) 829-6605

Glacier Middle School

240 N C St

Buckley, WA 98321

*\*Only open when school is in session. There may be free school clothes for children, such as shoes, coats, uniforms, hats, and similar items.*

## **Federal Way Community Caregiving Network**

Church of the Good Shepherd

345 S 312th St

Federal Way, WA 98003

(253) 661-0505

Other centers are located at:

Lake Presbyterian Church

1829 S 308th St Steel

Federal Way, WA 98003

(253) 661-0505

This organization provides clothing, furniture, and holiday assistance in King County.

## **Job's Closet**

8302 Renton Ave S

Seattle, WA 98178

(206) 412-2809

Anyone seeking a job in King County, or those on an interview, can get items. Dresses, slacks, briefcases, and related items are passed out free of charge.

## **Margie Williams Helping Hands Center**

MLK Memorial Baptist Church

973 Chelan Ave NE

Renton, WA 98059

(425) 687-8365

Provides a clothing bank for anyone in need.

## CRISIS / SUICIDE PREVENTION

### **King County Crisis Clinic (Crisis Connections)**

<https://www.crisisconnections.org>

24hr Crisis Line: (206) 461-3222

*\*Has immediate language interpretation for 155 languages*

The 24-Hour Crisis Line provides immediate help to individuals, families, and friends of people in emotional crisis. We can help you determine if you or your loved one needs professional consultation and we can link you to the appropriate services. We are a primary source for linking Seattle-King County residents to emergency mental health services.

### **Teen Link**

(866) 833-6546 evenings 6pm-10pm

Chat evenings 6pm-9:30pm by clicking on the icon at <https://www.teenlink.org>

Teen Link is a confidential and anonymous help line for teens. Trained teen volunteers are available to talk with you about any issue of concern. No issue is too big or too small!

### **Children's Crisis Outreach Response System (CCORS)**

Call Crisis Connections 24/7 at 206.461.3222.

*\*This is a FREE service, insurance is not needed*

The CCORS program offers short-term, community-based and family centered services with the goal of crisis stabilization, hospital diversion, and placement disruption prevention. CCORS will come to you and provide mobile, short-term mental and behavioral health support. CCORS services are available to children and families 24 hours a day, 7 days a week, 365 days a year.

### **WA Warm Line**

(877) 500-9276

Hours: Mon-Sat 5pm-9pm; Sun 12:30pm-9pm

*\*Has immediate language interpretation for 155 languages*



WA Warm Line is a peer support help line for people living with emotional and mental health challenges. Calls are answered by specially-trained volunteers who have lived experience with mental health challenges. They have a deep understanding of what you are going through and are here to provide emotional support, comfort, and information. All calls are confidential.

## **WA Recovery Help Line**

<http://www.warecoveryhelpline.org>

(866) 789-1511

The Washington Recovery Help Line is an anonymous and confidential help line that provides crisis intervention and referral services for Washington State residents. Professionally trained volunteers and staff are available to provide emotional support 24 hours a day, and other local treatment resources for substance abuse, problem gambling and mental health as well as to other community services.

## **DIAPER / BABY RESOURCES**

### **NORTH**

#### **North Helpline - Baby Cupboard**

12736 33rd Ave NE

Seattle, Washington, 98125

(206) 367-3477

This non-profit covers Lake Forest Park, Shoreline, and North Seattle. There may be free infant formula, diapers, wipes, napkins, and other supplies for low income families with kids under the age of 6. North Helpline also has toddler bags stocked with healthy food options that can easily be prepared at home.

#### **Providence Regina House**

8201 10th Ave S

Seattle, WA, 98108

(206) 763-9204

## DIAPER / BABY RESOURCES (Cont.)

Providence Regina House operates a weekly food and clothing bank out of the South Park Neighborhood Center on Thursday from 12:30 pm – 2 pm and on Saturdays from 9am – 12 pm. Providence Regina House provides services to customers living in the following zip codes: 98108, 98148, 98168, and 98188.

Regina House also offers emergency food, clothing, and referral information during the week. The food bank provides families with a range of perishable and non-perishable food items including organic produce from Marra Farm, South Park's own once acre farm. Providence Regina House has a Baby Cupboard Day on the first Saturday of the month. The following items are available: Infant food, formula, diapers, wipes, and clothing.

### **Atlantic Street Family Center – Baby Shoppe**

5150 S Cloverdale Pl  
Seattle, WA 98118  
(206) 723-1301

The non-profit provides free gently used baby clothes size newborn -0 5t. Everything from free maternity clothes to beds, car seats, and similar goods are given out.

### **Northwest Harvest**

711 Cherry St  
Seattle, WA, 98104  
(206) 625-0755

### **St. Mary's Baby Cupboard**

611 20th Ave S  
Seattle, WA, 98144  
(206) 324-7100

Households with kids under the age of 2 can get free baby supplies, food, formula, and more. There may also be cloth or disposable diapers, including Pampers, or gift cards to pay for them. Serves City of Seattle residents or anyone that is homeless. Visit in person. Clients are requested to bring their own paper bags or boxes for carrying items. Hours: Tu Th Sa, 9am-1pm, first full week each month.

## **Documents Required:**

- *Current proof of address (unless homeless)*
- *Photo ID (required of all clients)*
- *Clients must also provide documentation proving they have a baby age 2 or younger, such as a birth certificate or WA Apple Health (Medicaid) card.*

## **SOUTH**

### **Pregnancy Aid Of South King County**

730 S 225th St.

Des Moines, WA 98198

(206) 878-3770

Pregnancy Aid helps by providing: Decision making information, referrals to prenatal care, layettes for infants including those with special needs or who are premature, car seats and strollers, positive emotional support, maternity clothing, baby and children's clothing, infant formula and diapers, baby cribs and other furniture, referrals for other services, additional services as needed.

### **Employment Assistance**

2524 16th Avenue South

Seattle, WA 98144

(206) 957-4634

El Centro de la Raza: Provides employment assistance and soft skills employment training to homeless and low-income families so that they know their rights, increase their wages, and maintain employment to help end the cycle of homelessness.

### **Farestart**

<https://www.farestart.org/job-training>

If you have dealt with poverty, addiction, homelessness or a criminal record we can help. If you have tried before but nothing seemed to work, we offer a chance to turn your life around!

FareStart programs are free of charge to our students and apprentices.

## DIAPER / BABY RESOURCES (Cont.)

### **Hopelink**

[HEP@hopelink.org](mailto:HEP@hopelink.org)

(425) 250-3030

Job seekers enroll in our Employment program to receive job search services and assistance. Hopelink's Employment Services program provides resources, tools and individual coaching during the job search process. Whether you are hoping to get back into the workforce or are contemplating a career change, Employment Specialists can help identify your interests and skills and guide you in developing a successful career path. By meeting 1:1 weekly with an Employment Specialist, you can: complete a career assessment to set career goals that work for you, learn advanced job search strategies, prepare effective resumes and cover letters, apply for jobs you want, prepare for interviews to gain confidence, develop more skills to stay successful in your job.

### **WorkSource**

<http://www.worksourceskc.org>

WorkSource Seattle-King County is a partnership of government, education, and community organizations that offers a unique resource for businesses and job seekers: a “one-stop shop” for career and human resources needs. WorkSource incorporates traditional employment services with new tools and resources, including access to skills training and community services, all under one roof. Our commitment to customer service results in a friendly and helpful environment for both businesses and individuals. Individuals can access services at multiple locations around King County.

## EXTRACURRICULAR ACTIVITIES

### **Arts Corps**

<https://artscorps.org/programs/teen-leadership/>

The Teen Leadership Program makes space for the next generation of young artists to hone their capacities for activism and cultural work. Teen leaders cultivate strong creative habits,



community organizing skills, professional development, and social justice analysis. School year and summer programs for 13-19yr olds that are free and allow youth to earn stipends.

## **Chill**

<https://www.chill.org/seattle>

Revolving around a core value-driven curriculum, Chill programs consist of experiential learning activities, reflection, and discussion, paired with board sport lessons. Chill's six core values provide youth with a foundation and framework for learning and growth, supported and enhanced through on-board progression and adult mentorship. Chill removes all barriers to accessing boardsports by providing youth with everything they need to get after it, at absolutely no cost. New skills gained through boardsport progression and core-value exploration are then directly applied to everyday life, challenging youth to step out of their comfort zone – both on and off their board.

## **Girl Who Code**

<https://girlswhocode.com/about-us/>

Girls Who Code is on a mission to close the gender gap in technology and to change the image of what a programmer looks like and does. There are several programs both in and out of school, as well as a summer immersion program for 10th and 11th grade girls. There is programming for girls in 3rd through 12th grades. See website for more details on getting involved.

## **Hugo House**

[youth@hugohouse.org](mailto:youth@hugohouse.org).

<https://hugohouse.org/teen/teen-program-overview/>  
(206) 322-7030

At Hugo House, young writers have the opportunity to explore, consume, and create great writing. Our classes encourage students to read as writers, to critique established work and the new work of their peers, and to take risks with their writing while exploring voice and language. In our open writing circles, mentorship program, open mics, writing camps, and literary events, we strive to create an innovative creative-writing space for all youth. All Hugo House programs, workshops, and field trips are taught by professional, published writers who are also experienced teachers of the craft. All programs are free unless otherwise specified, and scholarships are available for our writing camps and field trips.

## EXTRACURRICULAR ACTIVITIES (Cont.)

### **Powerful Voices**

1620 18th Avenue, Suite 100

Seattle, WA 98122

[info@powerfulvoices.org](mailto:info@powerfulvoices.org)

(206) 860-1026

Powerful Voices is all about creating space. We are a fully femme, womxn, non-binary staff of color that aims to build a place where young girls\* of color can feel brave enough to share their truths with us and then the world. Since 1995, we have created gender-specific, social justice programs for 11-19 year olds so that they can be equipped with communal knowledge and platforms to speak up. We also resource share and partner with organizations, individuals, and businesses alike to re-frame what it looks like to support and be led by young people.

<https://www.powerfulvoices.org/about>

### **Teen Tix**

<https://www.teentix.org/how-to>

Teens ages 13 – 19 may sign up for a FREE TeenTix Pass that entitles them to \$5 tickets at 75 Arts Partner Organizations in Seattle and the Greater Puget Sound area. First, you sign up for the Pass. Second, you take the pass to one of our Arts Partner organizations. Third, you buy a \$5 day-of-show ticket. For more detailed information on this process, go to

<https://www.teentix.org/how-to>

*Teen Tix Also offers other opportunities to be involved with the arts community in Seattle:*

### **The New Guard**

<https://www.teentix.org/new-guard>

Teen Arts Leadership Society is formally an arts leadership training program, but really we are the heart and soul of TeenTix and keep the organization grounded and on-track with what teens actually need and want in the arts world.



## **Press Corps Workshops**

<https://www.teentix.org/press-corps/press-corps-workshops>

Press Corps Pop-Up workshops cover the basics of arts criticism and offer teens a chance to try their hand at arts writing. These one-day workshops include seeing an art event and having a lesson with a professional critic on how to approach looking at art with a critical lens. In these workshops, teens will try several different writing prompts to practice articulating their unique perspective on art. We work with our Arts and Community Partners to host these workshops at a variety of locations.

## **Vera Project**

<https://theveraproject.org/about/>

VERA is an all-ages volunteer-fueled music and arts venue. By engaging participants at all levels of music production and community organizing, Vera fulfills its mission to foster a participatory creative culture through popular music concerts, arts programs, experiential learning and volunteer opportunities for all ages, especially young people. Vera's programs are always all ages, with a focus on young people ages 14 to 24.

## **Youth In Focus**

<https://youthinfocus.org>

Youth in Focus provides underserved youth with the instruction, resources, and equipment they need to share their unique and personal stories through photography. Our students discover their creativity, identity, authentic voice, and sense of self-worth. Our supportive and inclusive community provides a sense of belonging and safety for youth from a variety of backgrounds, fostering positive connections between youth and adult teaching artists and mentors. All the while providing individualized attention and support. All programs are offered on a sliding scale (what you can afford based on your income; no student will be turned away based on funds) and Service Learning Hours can be earned.

## **Youth Speaks**

<https://artscorps.org/programs/teen-leadership/youth-speaks-seattle/>

(A part of Arts Corps) Youth Speaks Seattle is a brave space where young people pick up the pen, take the mic, and take the lead. Founded in 2003 by young poets, Youth Speaks Seattle holds an ongoing legacy of cultivating youth leadership through spoken word poetry.

## FINANCIAL ASSISTANCE

### **NORTH**

#### **Hopelink @ Shoreline Food Bank and Emergency Services**

17837 Aurora Avenue N.

Shoreline, WA 98133

(206) 440-7300

### **EAST**

#### **Hopelink @ Bellevue Food Bank and Emergency Services**

14812 Main St.

Bellevue, WA 98007

(425) 943-7555

#### **Hopelink@Kirkland/Northshore Food Bank and Emergency Services**

11011 120th Ave. NE

Kirkland, WA 98033

(425) 889-7880

#### **Hopelink @ Redmond Center**

8990 154th Avenue Northeast

Redmond, WA 98052

(425) 869-6000

### **CENTRAL**

#### **Salvation Army: Seattle William Booth Center**

811 Maynard Ave. S

Seattle, WA 98134

(206) 621-0145

Services Offered: Emergency Financial Assistance, Emergency Shelter, Food & Nutrition Programs, Seasonal Services, Transitional Housing.





## **SOUTH**

### **Salvation Army: Renton Food Bank & Multi-Service Center**

206 S.Tobin St.,

Renton WA 98057

(425) 255-5969

Services Offered: Character Building Programs, Christian Education, Disaster Services, Emergency Financial Assistance, Emergency Shelter, Food & Nutrition Programs, Seasonal Services, Visitation Services, Women's Ministries, Worship Services - Children's / Teen, Worship Services - Church, Worship Services - Sunday School, Worship Services - Young Adult, Worship Services - Youth Ministries.

## **FOOD RESOURCES**

*2-1-1 has the most up to date resources on the multitude of food bank options in your area. For online access to locations, look at the following websites:*

### **Solid Ground**

<https://www.solid-ground.org/get-help/food-resources/>

### **Where can I find a food bank?**

Look on this website to find a food bank in your area.

<http://www.seattlefoodcommittee.org/food-bank-map/>

## **FURNITURE RESOURCES**

### **NW Furniture Bank**

<https://www.nwfurniturebank.org/need-furniture>

NW Furniture Bank provides gently used furniture and household items to families at or below the poverty level struggling with fire, flood, job loss, domestic violence relocation, foster child ageing out, or someone moving from transitional housing. If you are sleeping, eating or living on the floor we want to help provide the items you cannot afford to purchase. We do not replace or upgrade furniture you may already have. All our furniture is gently used and the inventory

## FURNITURE RESOURCES (Cont.)

changes daily. Each household accessing our services is subject to a \$75 processing fee payable at the time of your furniture selection. We ask that you be able to transport the furniture you've selected in one trip, at the time of your appointment or utilize our delivery service for an addition fee of \$125.

How to Access Our Services | NW Furniture Bank works on a referral basis only. A family must have a Furniture Request Form, what we call a "referral," submitted through one of our community partners in order to access our services. We have over 200 community partners consisting of a variety of organizations/programs such as churches, school programs, social service agencies, etc. Find a community partner to work with at <https://www.nwfurniturebank.org/need-furniture>

## GRIEF SUPPORT

### **Providence Grief Support Services of King County**

2811 S 102nd Street, Suite 220

Tukwila, WA 98168

206-749-7702

<https://washington.providence.org/locations-directory/g/providence-grief-support-services-of-king-county>

Multiple services for adults, teens and kids including 1:1 counseling, support groups, anticipatory support and various events and workshops.

### **Drop-in groups (No registration required)**

#### • Diving into Grief

A monthly drop-in group for anyone who is grieving the loss of a loved one. This is a place to share memories, explore emotions related to grief and to dive into the unanswerable questions that grief brings up. Deep conversations, creativity and curiosity are welcomed and encouraged. Second Saturday of each month, 10 - 11:30AM in Tukwila, WA

- Spouse / Partner Loss Support Group  
Emmanuel Episcopal Church  
4400 86th Ave SE, Mercer Island  
First Saturday of each month, 10 - 11:30AM

A monthly drop-in group for adults who have experienced the death of a spouse or partner in the past year.

## Virginia Mason Traumatic Death Services

Virginia Mason Grief Services offers individual and group services after sudden traumatic death (such as homicide, suicide, accident and overdose).

(206) 223-6398

<https://www.virginiamason.org/traumatic-death-services>

## The Healing Center

The Healing Center is a grief support community that offers support groups for those that have lost a loved one. They provide a space for grieving people to meet with others who have experienced loss. The Healing Center offers grief support groups that meet twice a month. Individuals are placed into a specific group based on your age or relationship to the person you lost. The Healing Center also offers occasional social events for clients.

To request an intake, visit <https://healingcenterseattle.org/intake/> or call (206) 523-1206

6409 1/2 Roosevelt Way NE

Seattle, WA 98115-6617

Monday-Friday: 10AM - 4PM

<https://healingcenterseattle.org/>

## Books options recommended by UW Medicine Bereavement and Support Services

- *Safe Passage: Words To Help The Grieving* by Molly Fumia
- *A Time to Grieve: Meditations for Healing After the Death of a Loved One* by Carol Staudacher
- *Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone* by Jane Brooks

- *Mourning and Mitzvah: A Guided Journal for Walking the Mourner's Path Through Grief to Healing* by Rabbi Anne Brener, MAJCS MA LCSW
- *Tear Soup: A Recipe for Healing After Loss* by Pat Schwiebert and Chuck DeKlyen

## HEALTH INSURANCE

If you or your child is in need of health insurance, visit <https://www.wahealthplanfinder.org/> or call 1-855-923-4633 to speak to a representative. Interpretation is available when calling. Health insurance for children are always free; most adults also qualify for free health insurance, however depending on income, some individuals may have to pay a small premium.

## HOLIDAY ASSISTANCE

*\*When trying to access holiday assistance, it is important to be aware of cut-off dates for signing up for programs. Most programs open registration a month (or sometimes more) before the holiday you are seeking assistance for. Contact the organizations listed below to find out when registration begins.*

### **CENTRAL**

#### **Salvation Army**

Seattle William Booth Center

811 Maynard Ave. S, Seattle

(206) 621-0145

Services Offered: Emergency Financial Assistance, Emergency Shelter, Food & Nutrition Programs, Seasonal Services, Transitional Housing

### **SOUTH**

#### **Salvation Army**

Renton Food Bank & Multi-Service Center

206 S. Tobin St., Renton

(425) 255-5969

Services Offered: Services Offered: Character Building Programs, Christian Education, Disaster Services, Emergency Financial Assistance, Emergency Shelter, Food & Nutrition Programs, Seasonal Services, Visitation Services, Women's Ministries, Worship Services - Children's / Teen, Worship Services – Church, Worship Services - Sunday School, Worship Services - Young Adult, Worship Services - Youth Ministries

## HOUSING / SHELTERS

***2-2-1 is the gatekeeper to most housing, rental, and homelessness and eviction prevention programs within King County. Please call 2-1-1 to be connected to a housing specialist.***

After contacting 2-1-1, you can find additional online resources here:

### **Solid Ground**

<https://www.solid-ground.org/get-help/food-resources/>

### **WA Homeownership Resource Center**

<https://www.homeownership-wa.org/rental-assistance-programs>

### **Affordable housing locators**

<http://aptfinder.org/>

<http://www.socialserve.com/tenant/WA/index.html?ch=KCHA>

<https://lihi.org/find-housing/>

## HOUSING / SHELTERS (Cont.)

### Muslim Housing Services

<http://www.muslim-housing.org>

- Homelessness Prevention: Low-income renters with 3-day/eviction notices are given short-term assistance to prevent them from becoming homeless.
- Rapid Re-Housing: Homeless clients move into apartments owned by private landlords and MHS provides rent assistance depending on the level of need of the family.
- Transitional Housing: MHS manages these units, which large homeless families rent from us temporarily for very reduced amounts.

### Other Programs

- Food distribution, especially for Ramadan and Eid
- English class for Arabic-speaking clients
- Furniture and household donations for newly-housed families
- Back to school backpacks and school supplies for kids
- Youth soccer program
- Diaper distribution

## LEGAL AND IMMIGRATION RIGHTS ASSISTANCE

### ***Help for People in WA Affected by the President's Executive Order on Immigration:***

If you are or will be expecting friends or family to arrive at SeaTac from one of the seven countries listed in the President's executive order – Iraq, Iran, Syria, Libya, Somalia, Sudan, and Yemen - and have not heard from them or hear that your friends or family have arrived and been detained or denied entry, contact the Northwest Immigrant Rights Project (NWIRP) at [800.445.5771](tel:800.445.5771) or [travel@aclu-wa.org](mailto:travel@aclu-wa.org) for assistance.

## **El Centro de la Raza**

2524 16th Avenue South  
Seattle, WA 98144  
(206) 957-4634

Provides free, monthly bilingual orientation and consultation on various legal matters through partnership with the Law Offices of Schroeter, Goldmark and Bender and the Washington State Latino/a Bar Association.

## **St. Vincent de Paul**

<https://svdpseattle.org/get-help/centro-rendu/>

We offer free immigration consultation twice per month, renewal of DACA and Legal Permanent Residency Card (Green Card), applications for Citizenship, and other immigration benefits. Call Centro Rendu at [253-499-4245](tel:253-499-4245) to schedule an appointment.

## ***FACING FORECLOSURE?***

Call [1-800-606-4819](tel:1-800-606-4819)

Northwest Justice Project helps people who are threatened with home foreclosure. Contact the Foreclosure Prevention Unit (at the number listed above) to see if you qualify for free legal help.

***Learn about your legal issue and your rights.***

Visit <https://www.washingtonlawhelp.org> for self-help resources provided in multiple languages.

## **NORTH AND EAST KING COUNTY**

### **The Eastside Legal Assistance Program**

(ELAP) is a non-profit legal aid organization that helps people in north and east King County with their civil legal needs. ELAP's team of volunteer attorneys offers 24 legal clinics every month in Bellevue, Redmond, Kirkland and Issaquah. The clinics can help you with family law, immigration issues, bankruptcy and general law. ELAP also provides services to domestic violence survivors throughout King County. Telephone interpreters are available to help those who do not speak English. The Immigration Legal Clinic is held at Hopelink's Bellevue Center twice a month. ELAP also conducts a family and general law clinic at the Kirkland Center twice a month. Additional clinics meet at other eastside locations.

## LEGAL AND IMMIGRATION RIGHTS ASSISTANCE (Cont.)

To make an appointment for a free 30-minute consultation with an attorney, call [425-747-7274](tel:425-747-7274) Monday-Friday from 10:00 AM – 1:00 PM. This line is available in both English and Spanish, and through the use of telephonic interpreter services, ELAP is able to accommodate most other languages as well.

ELAP also organizes free public lectures on various legal issues. These are held in public libraries, community centers and schools. Lectures are held during the day and also in the evening. If you are interested in learning more about these free lectures, call ELAP at [425-747-7274](tel:425-747-7274). Children are welcome.

### **Solid Ground**

[benefitslegalhelp@solid-ground.org](mailto:benefitslegalhelp@solid-ground.org)  
(206) 694-6742

Are you having problems getting or keeping your cash, food, medical and/or child care benefits? Our attorneys provide legal help and information to single adults and families whose Washington state benefits have been reduced, terminated or denied.

### **Seattle Community Law Center**

Provides legal help and information for people in Washington state whose Social Security Benefits (SSI/SSDI) have been reduced, denied or terminated.

## LGBTQ SUPPORT

*(Supports for anyone identifying as transgender or gender nonconforming, including support geared towards parents and family members)*

### **PFLAG WA**

<https://www.pflagwsc.org>



## ***What happens at a typical meeting?***

PFLAG meetings will vary from chapter to chapter. A typical meeting lasts two hours and consists of three parts: support circles (or “breakout session”), a topic discussion (sometimes via guest speaker/presentation), and a refreshment break. Our formats might differ, but as chapters, we share the common goal of support in its many forms.

- We provide a confidential and comfortable atmosphere where parents, families, friends and LGBTQ persons can learn from each other’s experiences and help one another with patience and love.
- We unify families. We support LGBTQ people and their parents or other loved ones as they go through the coming out process together.
- We meet you where you are. We provide a safe place to be open for people who choose to not disclose they are LGBTQ or for people struggling with questions or fears.
- We learn how to support the entire LGBTQ community through education and advocacy so that we can open hearts and minds and be a voice for full equality.

### **PFLAG Seattle**

1122 E Pike St PMB 620  
Seattle WA 98122-3916  
<http://www.pflagseattle.org/>  
[info@pflagseattle.org](mailto:info@pflagseattle.org)  
(206) 325-7724

### **Renton Meeting**

*7pm on the first Wednesday of each month*  
St. Luke’s Episcopal Church  
99 Wells Ave S  
Renton WA 98057

### **North Seattle Meeting**

*7pm on the fourth Tuesday of each month*  
Haller Lake United Methodist Church  
13055 1st Ave NE  
Seattle WA 98125

## LGBTQ SUPPORT (Cont.)

PFLAG Bellevue/Eastside  
PO Box 52863  
Bellevue, WA 98015  
<http://www.pflagbellevue.org/>  
[info@bellevue-pflag.org](mailto:info@bellevue-pflag.org)  
(425) 310-5390

### **Bellevue Meeting Meeting**

*7pm on the third Thursday of each month*  
First United Methodist Church  
1934 108th Ave NE  
Bellevue WA 98004

### **Bothell/Northshore Meeting**

*7pm on the third Monday of each month*  
Bothell United Methodist Church  
18515 92nd Ave NE  
Bothell, WA 98011

### **PFLAG Gender Diversity Support Group**

1-855-4GENDER  
[info@genderdiversity.org](mailto:info@genderdiversity.org)

Our weekly peer support groups for parents and guardians began in 2008, making it the longest running and largest network of support groups in the country. Our groups meet face-to-face in Seattle and greater Puget Sound area, and online at [www.transfamilies.org](http://www.transfamilies.org). Check our Events page for upcoming meetings.

The Gender Diversity Family Support groups are for families with trans and gender-diverse children. We screen all attendees to ensure that the groups are safe. Contact us at [info@genderdiversity.org](mailto:info@genderdiversity.org), or call 1-855-4GENDER (855-443-6337) to schedule a telephone

intake call prior to attending your first meeting. Please plan ahead so our busy staff has time to complete this intake and get you to one of our groups in a timely way.

## **Gay City: Seattle's LGBTQ Center** *(Any age)*

<https://www.gaycity.org/resource-referral/>

Gay City offers HIV testing and STI screening six days per week at two different locations.

Donations are accepted as our grants only cover testing for select members of our community.

## **LGBTQ Library & Resource Referrals**

Monday – Friday 11 a.m. – 8 p.m.

Saturday 12:30 p.m. – 5 p.m.

## **Wellness Center**

Monday – Friday 3 p.m. – 8 p.m.

Saturday 12:30 p.m. – 5 p.m.

[517 E. Pike Street](#)

[Seattle, WA 98122](#)

## **Ingersoll Gender Center** *(Any age, including parents / siblings / supports of someone identifying as LGBTQ)*

[911 E Pike St. Suite 221](#)

[Seattle, WA 98122](#)

[\(206\) 849-7859](tel:(206)849-7859)

[e. info@ingersollgendercenter.org](mailto:info@ingersollgendercenter.org)

[w. https://ingersollgendercenter.org](https://ingersollgendercenter.org)

A organization by and for transgender and gender nonconforming people, providing mutual support through peer lead support groups, advocating in navigating resources, community organizing and education.

## LGBTQ SUPPORT (Cont.)

### **Lambert House** *(For youth)*

1818 15th Ave

Seattle, WA 98122

(206) 322-2515

<http://www.lamberthouse.org>

Lambert House is an international leader in LGBTQ youth community building – the primary prevention strategy for the constellation of risks that disproportionately affects all LGBTQ youth. The risks we address include: social isolation, depression, suicide, alcohol and other drug use, HIV & other STDs, family conflict that can lead to homelessness and survival sex, and school failure. Lambert House provides LGBTQ youth with daily opportunities to make friends with other youth like themselves and with supportive adults. It is this connection with peers and adults that immediately makes life better for LGBTQ youth.

## MONEY MANAGEMENT CLASSES

### **YWCA's Economic Resilience Initiative**

Greenbridge Learning Center

9720 Eighth Ave. SW

Seattle, WA 98106

Financial classes, workshops, coaching, and resources to help women and families build economic stability and empowerment, with many offered in both English and Spanish.

Eligibility varies for YWCA's Economic Resilience Initiative programs. Please contact a staff member below for details.

- Contact Constance Francis (206.336.6972) to enroll or get information about: "Money Mechanics" workshops
- Contact Hannah Haag (206.336.6982) to enroll or get more information about: "Hope & Power Classes", "Manejando tu Propio Dinero", "
- Contact Elba (206.336.6978) to enroll or get information about: Financial coaching, Esperanza y Poder para tus Finanzas Personales, Entrenamiento financier



## Hopelink

<https://www.hopelink.org/need-help/financial-capabilities#collapseOne>

Hopelink provides an array of services from financial coaching to financial education classes and workshops. Fill out the following online form to request more information:

## Solid Ground

[financialfitness@solid-ground.org](mailto:financialfitness@solid-ground.org)

Our Financial Fitness Boot Camp empowers people to take control of their finances through money management skills! Our staff “Coach” can work with you one-to-one to:

- Set financial goals
- Create a budget
- Learn about, prevent and help address debt/credit issues, predatory loans and scams
- Plan for a healthy financial future

## Bank On Seattle-King County

Get a free checking account and stop paying fees to cash checks. Even if you’ve had problems with an account in the past, have never had an account before, or don’t have a Social Security number, you can open a bank or credit union account in Seattle and King County. Deposit your money for free and pay bills at no additional cost!

## PARENTING SUPPORT

### Hopelink

Hopelink’s Family Development Program will help you create a long-term, step-by-step plan of action for your future. Working one-on-one with a Case Manager, you will discover your unique strengths as you set goals and work toward those goals. Your action plan will be tailored to your family’s needs, and may include such areas as education, employment, health, housing stability, parenting and financial management. Case Managers also are connected to many local resources and will offer referrals and advocate for families when necessary.

To complete a phone screening, call [425-883-4755](tel:425-883-4755) or complete the online form located here:

<https://www.hopelink.org/family-development-form-0>

## PARENTING SUPPORT (Cont.)

### **Divine Alternatives for Dads Services (DADS)**

5709 Rainier Ave S.

Seattle, WA 98118

[marvinpastor@msn.com](mailto:marvinpastor@msn.com)

Tel: (206) 722-3137

Tel: (253) 231-3164 (Tacoma Office)

Fax: (206) 723-9965

Office Hours:

Monday-Friday 9:00am to 5:00pm

By appointment only

DADS gives fathers hope by walking together in supportive community, helping navigate relational and legal barriers which separate them from their children and families. Services DADS can help with: Family Reunification, case management, child support management, parenting plan assistance, parenting education, support groups, other resources.

## SUBSTANCE ABUSE RECOVERY

### **All Treatment WA**

<http://www.alltreatment.com/wa/>

List of Alcohol and Drug Rehab Centers in WA, many of which are covered by insurance.

### **Seattle, WA Free Rehab Centers**

<https://www.freerehabcenters.org/city/wa-seattle>

Provides information of places where one can receive free care in WA.

## Recovery Cafe

<https://recoverycafe.org/get-recovery/>

Without ongoing recovery support, the challenge of maintaining stability in mental health, relationships, housing and employment and breaking cycles of destruction may feel nearly impossible. We provide a beautiful, safe, warm, drug and alcohol free space and loving community to anchor people in the sustained recovery they need to gain and maintain access to housing, social and health services, healthy relationships, education and employment.

## Seattle Alcoholics Anonymous

<https://www.seattleaa.org>

Find meetings and community to help begin or maintain your sobriety.

## TAX ASSISTANCE

### 2 Easy Ways to File Taxes

1. Visit one of United Way's 32 locations to get help filing taxes today:  
<https://www.unitedway.org/>
2. File online at [MyFreeTaxes.com](https://www.myfreetaxes.com) at home on your own — free for anyone making less than \$66,000.
3. The University of Washington Federal Tax Clinic represents income-eligible taxpayers who have ongoing disputes with the Internal Revenue Service. Call **866-866-0158**.

## TRANSPORTATION

### Dart Transit

Hopelink provides public DART Transit through a contract with King County Metro. DART offers bus routes in some neighborhoods using mini buses that can go off regular routes to pick up and drop off passengers. DART operates on a fixed schedule, but one that has more flexibility than regular Metro Transit buses. Standard public transit fare applies to this service.

To schedule a DART ride, please submit a request through

<https://www.hopelink.org/need-help/transportation/dart-ride-request>, or call **866.261.DART** during the specified hours that can be found on the DART Ride Request page.

## TRANSPORTATION (Cont.)

### Medicaid Transportation

Hopelink also provides Non-Emergency Medical Transportation in King and Snohomish counties for medical services covered by Medicaid. To access more information about this, including how to request a ride please visit

<https://www.hopelink.org/need-help/transportation/medicaid-transportation>

To schedule a ride in either King or Snohomish County between 8:00am - 5:00pm, please call the number below and **have the following information readily available:**

- *Provider One Number*
- *Name of medical provider*
- *Name, address and phone number of medical facility*
- *Appointment date and time*
- *Reason for the appointment*

To Schedule a Ride in King County, please call this reservation number: **800-923-7433**







RAINIER  
SCHOLARS