This guide is meant to help connect Rainier Scholars’ families to important resources available in King County. Please reach out to a member of the mental health team, if you would like assistance contacting any of these resources.

Kathryn Pienta, LICSW  
(206) 303-9588  
kpienta@rainierscholars.org

Roy Fisher, LMFT  
(206) 854-0609  
rfisher@rainierscholars.org

Quianna Koonce, MSW  
(206) 529-7745  
qkoonce@rainierscholars.org

Danny Campa, PhD, EdS  
(253) 486-3908  
dcampa@rainierscholars.org
Step 1: Call

2-1-1

or visit
https://search.wa211.org

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.

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

- Tax assistance
- Health education program
- 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
- Veteran and elder services.
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:

• This resource page is provided as a public service, for informational purposes only. Rainier Scholars is not engaged in rendering medical or legal advice or recommendations. You should not rely on information on this page to replace consultations with qualified health care or legal professionals to meet your family needs.
• Rainier Scholars does not endorse, recommend or make representations with respect to services, publications, products, information or providers. References to any program, service or treatment do not constitute an official endorsement by Rainier Scholars. You are encouraged to fully investigate options and providers that may be most appropriate for your needs.
• All information on this page is presented without any representation, guaranty, or warranty whatsoever regarding the accuracy, relevance, or completeness of this information. This page is provided only as general information, which may be incomplete or outdated. Please note that users of this page are responsible for independently verifying any and all information.
Table of Contents

Essentials: .......................................................... 4
Clothing .................................................................................................................. 4
Food ......................................................................................................................... 7
Parenting Support ................................................................................................. 8
Diapers .................................................................................................................. 10
Holiday Assistance ............................................................................................... 12
Extracurricular Activities .................................................................................... 13
Transportation ...................................................................................................... 15

Housing: ............................................................... 16
Housing/Shelters ................................................................................................. 16
Eviction/Foreclosure Support ............................................................................. 17
Furniture ............................................................................................................... 18

Physical and mental health services: ................................................................. 19
Healthcare ............................................................................................................. 19
Crisis/Suicide Prevention .................................................................................... 20
Substance Abuse Recovery ................................................................................. 21
Grief Support ....................................................................................................... 22
LGBTQ+ Support ................................................................................................. 23

Legal Services: ................................................................................................. 24
Legal and Immigration .......................................................................................... 24
Rights Assistance ................................................................................................. 24

Employment: ................................................................................................. 25
Employment Assistance ......................................................................................... 25

Finances: ........................................................................................................ 26
Money Management Classes ............................................................................... 26
Financial Assistance ............................................................................................ 27
Small Business Support ....................................................................................... 29
File Taxes Easily ................................................................................................. 30
ESSENTIALS:

Clothing

Central

Bread of Life Mission
Men and Women’s Clothing
97 S Main St, Seattle, WA, 98104
(206) 682-3579
www.breadoflifemission.org

Catholic Community Services - Lazarus Center
416 2nd Ave Ext S, Seattle, WA, 98104.
Call (206) 623-7219
The center runs a Clothing Room which distributes free women’s and men’s clothing for homeless, low income and marginally housed adults. Assistance is also for senior citizens and items are passed out on a first-come, first-served basis. The 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
Call (206) 324-1244
www.jwcenter.org
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).

North

Bridge Care Center
5710 22nd Ave NW Bldg B
Seattle, Washington 98107
Dial (206) 789-0220
www.bridgecarecenter.org
A drop in center that offers adult clothing, free use of a phone and computer to connect to services, and case management.

Center for Human Services
17018 15th Ave NE
Shoreline, Washington, 98155
Main number is (206) 362-7282
www.chs-nw.org
**East**

**Bellevue Family Hub**
Highland Middle School
15027 Bel-Red Rd, Bellevue, WA 98007
Visit the Hub to receive in-person assistance connecting to resources like food assistance, rent assistance, ParentVUE support, resource classes, and more! Walk-ups are welcome in addition to appointments.
Open Tuesdays: 9:00 a.m. to 2:00 p.m. (Email Gloria@BellevueLifeSpring.org to schedule an appointment.)
Open Wednesdays: 10:00 a.m. to 5:00 p.m. (Email Celeste@BellevueLifeSpring.org to schedule an appointment.)
For more information on the new Bellevue Family Hub, please email Julie Bronson at FamilyHub@bsd405.org or call 425-456-6420.

**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. 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.
[www.cfhomeless.org](http://www.cfhomeless.org)

**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.
[www.hopelink.org](http://www.hopelink.org)

**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. May have blankets, linens and other items.

**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.
[www.issaquahfoodbank.org](http://www.issaquahfoodbank.org)
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.
www.blackdiamondcommcenter.org

Children's Home Society of Washington - Auburn Family Resource Center
212 Fifth Ave. S., Kent WA, 98032
Please call to schedule directly: 253-854-0700
Open to the public Monday to Thursday, 10 a.m. to 4 p.m (also available Monday to Friday for appointments.
A second location is at:
3200 NE 125th St Suite 2, Seattle, WA, 98125, (206) 364-7930
www.childrenshomesociety.org

Donald Loomis Memorial Clothing Bank
Wickersham Campus
250 Main Street, Buckley, WA 98321,
Provides clothing for children and families
Open: Sept-May-Wed 1-3pm, 1st and 3rd Sat from 10-12pm; closed during school closures
www.loomisclothingbank.com

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.
Food

211 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**
[www.solid-ground.org](http://www.solid-ground.org)

Where can I find a food bank? Look on this website to find a food bank in your area: [www.seattlefoodcommittee.org/food-bank-map](http://www.seattlefoodcommittee.org/food-bank-map)

**Margie Williams Helping Hands Center**
Memorial Baptist Church
973 Chelan Ave NE MLK Renton, WA, 98059
Call (425) 687-8365
Distributes food Saturdays from 8am-11am
Parenting Support

Catholic Community Services
4250 South Mead St.
Seattle, WA 98118
(206) 445-5669
For Services:
Case Manager-(206) 445-5669
Parent Educator-206-833-6237
Program Director-206-584-1270
Lisa Casino (253) 502-2652
www.ccsww.org

Nido Familiar/Family Nest Pregnancy and Parenting Support
Nido Familiar/Family Nest (PrePS) is a multicultural program serving diverse families in the Seattle-King County area. PrePS promotes the health and well-being of women, children and families through case management, education and supportive services.

Our services have changed to online/virtual, which include: Case management, prenatal and childbirth education, parenting and life skills education, weekly support group for women and parents, financial assistance to help maintain stability, resource referral, material support (clothing, diapers, wipes, etc., as available) will be pick-up by appointment. ccswww.org/get-help/child-youth-family-services/pregnancy-and-parenting-support

Center for Human Services
17018 15th Ave NE, Shoreline, WA, 98155
(206) 362-7282
This organization provides parenting support classes, drop in pregnancy, infant and early childhood mental health support, a free play and learn program for parents and their children 0-5yrs and kinship caregiver support. www.chs-nw.org

Hopelink
425-883-4755
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 or complete the online form located here: www.hopelink.org/family-development-form

Children’s Home Society of Washington
Family resource centers providing a variety of parenting support services (early learning, headstart, diapers, clothes, parenting classes, etc) are located in North King, South King and Pierce Counties www.childrenshomesociety.org
Divine Alternatives for Dads Services (DADS)
5709 Rainier Ave S, Seattle, WA 98118
marvinpastor@msn.com
Tel: (206) 722-3137
Tel: (253) 231-3164 (Tacoma Office)
Fax: (206) 723-9965
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
Office Hours:
Monday-Friday 9:00am to 5:00pm
By appointment only
www.aboutdads.org

El Centro de la Raza
2524 16th Avenue South, Seattle, WA 98144
(206) 957-4634
Provides programs for children and youth that incorporate social change and community activism into the curriculum. Programs include center-based bilingual early learning child care, home visiting programs for children birth to age three, after school mentoring and tutoring, and workshops for parents.
www.elcentrodelaraza.org/get-help/child-youth-programs
Diapers

North

North Helpline - Baby Cupboard
12736 33rd Ave NE, Seattle, WA, 98125
(206) 367-3477
This non-profit covers Lake Forest Park, Shoreline, and North Seattle. Baby Cupboard is open during the first Saturday of the month during regular Food Bank hours for families with children 5 years of age or younger. Infant and toddler food and formula, diapers and child care items as available, are provided to assist with meeting the extra needs of caring for young children. Basic monthly supplies may be received through the Client Services Office if Baby Cupboard is missed.

Clients are eligible for a hygiene pack every 90 days. The hygiene pack includes: soap, toothbrush, toothpaste, razor, deodorant, floss, shampoo and other items that are donated. We also have homeless hygiene packs with travel size items. Homeless clients are eligible for homeless hygiene packs every 30 days. Toilet paper, feminine hygiene products, and laundry soap is also available when we have it on hand.

www.northhelpline.org

Central

Atlantic Street Family Center – Baby Shoppe
5150 S Cloverdale Pl, Seattle, WA 98118
Telephone (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.

St. Mary’s Baby Cupboard
611 20th Ave S, Seattle, WA, 98144
Telephone - (206) 324-7100
Bags containing formula, baby food, baby wipes and diapers and household items needed by young families are distributed through our Baby Corner. Families with children 0-6 months will receive diapers, formula, and wipes. Families with children 6 months to 2 years will receive diapers and as many jars of baby food as desired, depending on availability. Due to limited supplies, some diaper sizes might be out of stock.

We distribute Baby Corner bags the first full week of each month: Monday, Wednesday, and Friday, beginning at 9:00 a.m. Customers are asked to remain in line until a Baby Corner volunteer is available to assist.

Eligible customers with children aged 2 years or younger must live in Seattle. Individuals should provide photo identification, or current utility bill, medical bill (or other piece of official mail) showing they live within Seattle city limits, as well as birth certificate(s) and/or medical coupon(s) for the child or children.

Providence Regina House
8201 10th Ave S, Seattle, WA, 98108
(206) 763-9204
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 9 am – 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.
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.

www.pregnancyaidwa.org
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.

[Link to website for holiday assistance](www.ths-wa.org/general/king-county-free-food-and-gifts-holiday-assistance)
Extracurricular Activities

Hugo House
(206) 322-7030
youth@hugohouse.org.
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.
www.hugohouse.org/teen

Powerful Voices
1544 S Snoqualmie St, Seattle, WA 98108
(206) 860-1026
info@powerfulvoices.org
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.

Teen Tix
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:
www.teentix.org/how-to
Teen Tix also offers other opportunities to be involved with the arts community in Seattle: The New Guard: Teen Arts Leadership Society trains teens to become the next generation of arts leaders. New Guardians connect with fellow teen arts-goers to explore the arts and culture in our community and learn from the people who make it happen.
www.teentix.org/apply-now/new-guard-2

Youth In Focus
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
www.youthinfocus.org

Vera Project
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.
www.theveraproject.org
Transportation

Dart Transit
866.261.DART
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 call 866.261.DART during the specified hours that can be found on the DART Ride Request page or at:
www.hopelink.org/need-help/transportation/dart-ride-request

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:
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 800-923-7433 (King County) or 855-766-7433 (Snohomish County) 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
211 is the gatekeeper to most housing, rental, and homelessness and eviction prevention programs within King County. Please call 211 to be connected to a housing specialist.

After contacting 211, you can find additional online resources here:

**Solid Ground**  
www.solid-ground.org

**WA Homeownership Resource Center**  
Foreclosure and home buying support.  
www.homeownership-wa.org

**Affordable housing locators**  
- www.aptfinder.org  
- www.myhousingsearch.com/tenant/WA  
- www.lihihousing.org/housing

**Muslim Housing Services**  
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  
www.muslim-housing.org

**Congregations for The Homeless**  
515 116th Ave NE Suite 150, Bellevue, WA 98004  
425-289-4044  
The building is called the Lincoln Center, and it’s at the back of the Auto Nation car lot, next to the freeway. Because of Covid concerns, please call before visiting.  
www.cfhomeless.org

These organizations provides case management, housing, mental health, addiction support and employment navigation.

**Byrd Barr Place**  
We help renters facing eviction and offer resources for those needing temporary, transitional or permanent affordable housing.  
www.byrdbarrplace.org/programs-services/housing-assistance

**Catholic Community Services**  
100 23rd Avenue S, Seattle, WA 98144  
Phone: (206) 328-5696  
www.ccsww.org/get-help/housing
Eviction/Foreclosure Support

Know your rights! For a timeline and information on tenant rights visit:  
www.tenantsunion.org/rights/eviction-timeline

Contact the Renting in Seattle helpline at (206) 684-5700 for help to make sure a termination notice is valid and correct.

City of Seattle Eviction Assistance Info and Resources  
www.seattle.gov/rentinginseattle/eviction-assistance

Catholic Community Services Tenant Law Center  
The Tenant Law Center offers free legal assistance to qualifying low-income persons in the City of Seattle and King County who are facing eviction or subsidy termination.  
www.ccsww.org/get-help/specialized-services/tenant-law-center

Housing Justice Project  
Provides free legal assistance to renters facing eviction in King County.  
If you receive an eviction notice, call (206) 267-7069 to leave a message, email hjpstaff@kcba.org, or visit the following website for further assistance  
www.kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project

Various temporary moratoriums exist around the country, state, and different cities within King County.  
You can find additional eviction assistance through the following websites:  
- www.kingcounty.gov/depts/community-human-services/COVID/eviction-prevention-rent-assistance  
- www.eprap-prod.powerappsportals.us/tenant  
- www.uwkc.org/renthelp  
- www.tfaforms.com/4915629  
- www.nhwa.org/housing-stability/rental-assistance

Reach out for support as soon as you receive your first notice!

Northwest Justice Project  
1-800-606-4819  
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.  
www.nwjustice.org
Furniture

NW Furniture Bank
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 aging 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 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 additional 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: www.nwfurniturebank.org/need-furniture
Healthcare

**Health Insurance**
1-855-923-4633
If you or your child is in need of health insurance call to speak to a representative or visit website. Interpretation is available when calling. State health insurance for children is always free; most adults also qualify for free health insurance, however depending on income, some individuals may have to pay a small premium.

[www.wahealthplanfinder.org](http://www.wahealthplanfinder.org)
Crisis/Suicide Prevention

King County Crisis Clinic (Crisis Connections)
24hr Crisis Line: (206) 461-3222
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.
*Has immediate language interpretation for 155 languages
www.crisisconnections.org

Teen Link
Call (866) 833-6546 evenings 6pm-10pm Chat/Text evenings 6pm-9:30pm by clicking on the icon at www.teenlink.org or texting (866) 833-6546
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!
www.teenlink.org

WA Warm Line
(877) 500-9276
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.

Hours: Mon-Sat 5pm-9pm; Sun 12:30pm-9pm
*Has immediate language interpretation for 155 languages

Children’s Crisis Outreach Response System (CCORS)
206.461.3222.
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. Call Crisis Connections 24/7 at 206.461.3222.
*This is a FREE service, insurance is not needed

WA Recovery Help Line
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 offer local treatment resources for substance abuse, problem gambling and mental health as well as to other community services.
www.warecoveryhelpline.org
(866) 789-1511
Substance Abuse Recovery

All Treatment WA
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
Provides information of places where one can receive free care in WA
www.freerehabcenters.org/city/wa-seattle

Recovery Cafe
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.
Recovery Cafe - Seattle, Washington

Seattle Alcoholics Anonymous
Find meetings and community to help begin or maintain your sobriety
www.seattleaa.org
Grief Support

Providence Grief Support Services of King County
206-320-4000
Offers grief counseling services for adults, teens and children. Short-term grief support and education is available to individuals and families following the death of a significant person. Groups are also available. Our services are offered at no charge, thanks to our ministry’s foundation. For more information call 206-320-4000 or visit: www.providence.org/locations/wa

Virginia Mason Grief Support Services
206-223-6340
Joan.Strecker@vmfh.org.
Virginia Mason Grief Support Services offers individual and group services after natural death (such as cancer, heart disease). Information and referral
Short-term, free individual support
Eight-week, 2-hour group sessions on Zoom video platform: no cost to join, and pre-registration is required.
For more information, call Joan Strecker at 206-223-6340, or email Joan.Strecker@vmfh.org.

The Healing Center
6409 1/2 Roosevelt Way NE
Seattle, WA 98115-6617
(206) 523-1206
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:

Monday-Friday: 10AM - 4PM
www.healingcenterseattle.org/getting-started

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
LGBTQ+ Support

**PFLAG**
Supports for anyone identifying as transgender or gender nonconforming, including support geared towards parents and family members.
PFLAG WA: [www.pflagseattle.org](http://www.pflagseattle.org)

What happens at a typical meeting?
PFLAG meetings will vary from chapter to chapter. 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.

**PFLAG Seattle**
1122 E Pike St PMB 620, Seattle WA 98122
(206) 325-7724
info@pflagseattle.org
[www.pflagseattle.org](http://www.pflagseattle.org)

PFLAG Seattle is continuing to hold meetings virtually. You can find their calendar and how to join a meeting here: [www.pflagseattle.org/events](http://www.pflagseattle.org/events)

**PFLAG Bellevue/Eastside**
PO Box 52863 Bellevue, WA 98015
(425) 310-5390
info@bellevue-pflag.org

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

Zoom: [https://pflagbellevue.org/remote-attendance-faq/](https://pflagbellevue.org/remote-attendance-faq/)

**Gay City (Any age)**
Seattle’s LGBTQ Center Seattle’s LGBTQ Center 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. For additional resources visit: [www.gaycity.org/resources](http://www.gaycity.org/resources)  [www.gaycity.org/resource-referral](http://www.gaycity.org/resource-referral)

**Ingersoll Gender Center**
911 E Pike St Suite 221, Seattle, WA 98122
(206) 849-7859
info@ingersollgendercenter.org
Any age, including parents/siblings/supports of someone identifying as LGBTQ
A organization by and for transgender and gender nonconforming people, providing mutual support including a healthcare database, job board and support group.
info@ingersollgendercenter.org
[www.ingersollgendercenter.org](http://www.ingersollgendercenter.org)

**Lambert House (For youth)**
1818 15th Ave, Seattle, WA 98122
(206) 322-2515
LGBTQ youth community building – the primary prevention strategy for the risks that disproportionately affects all LGBTQ youth. We provide LGBTQ youth with daily opportunities to make friends with other youth like them and with supportive adults. It is this connection with peers and adults that immediately makes life better for LGBTQ youth.
[www.lamberthouse.org](http://www.lamberthouse.org)

**Trans Families**
A nonprofit organization that has been supporting transgender people and their families since 2008. Formerly called Gender Diversity, we are also the force behind the annual conference Gender Odyssey. Today, we run parent support groups, a trans youth leadership program, special topics groups, and youth support groups, with more programs in development. Groups are all online, here, available for families everywhere.

Find out more about groups and when they meet at:
- [www.transfamilies.org](http://www.transfamilies.org)
- [www.transfamilies.org/video-support-groups](http://www.transfamilies.org/video-support-groups)
- [www.pflagseattle.org/events](http://www.pflagseattle.org/events)

For resources specific to the Wellness Center and Women’s Wellness Center visit:
[www.gaycity.org/?s=wellness+center](http://www.gaycity.org/?s=wellness+center)

**LGBTQ+ Support**
LEGAL SERVICES:

Legal and Immigration Rights Assistance

Northwest Immigrant Rights Project
Northwest Immigrant Rights Project promotes justice by defending and advancing the rights of immigrants through direct legal services, systemic advocacy, and community education. [www.nwirp.org/get-help](http://www.nwirp.org/get-help)

El Centro de la Raza
Holds free Bilingual Legal Clinics. Clinics are held in-person the second Wednesday of the month from January-November from 6-8 PM in the Centilia Cultural Center (1660 S Roberto Maestas Festival St, Seattle, WA 98144). Call 1-844-502-9832 for more information.

Latinx Bar Association Immigration Attorney Referral List

Other legal resources

If you need immediate free help completing your DACA Renewal Forms visit:
[www.immigrantslikeus.org](http://www.immigrantslikeus.org)

DACA General Help and Resources
[www.nwirp.org/daca](http://www.nwirp.org/daca)

St. Vincent de Paul
253-499-4245
Offers free immigration consultation twice per month, renewal of DACA and Legal Permanent Residency Card (Green Card), applications for Citizenship, and other immigration benefits.
[www.centrorendu.org](http://www.centrorendu.org)

Learn about your legal issue and your rights. For self-help resources provided in multiple languages.
[www.washingtonlawhelp.org](http://www.washingtonlawhelp.org)

The Eastside Legal Assistance Program (ELAP)
The Eastside Legal Assistance Program (ELAP) is a non-profit legal aid organization that helps people in King County with their civil legal needs including: Debt & Bankruptcy, Discrimination, Domestic Violence, Employment & Workplace, Family Law & Custody, Healthcare & Medical, Housing & Eviction, Immigration, Public & Veterans’ Benefits, Wills & Estate Planning
You may qualify for help from ELAP if you live in King County and have an income that is less than 200% of the federal poverty level for your household size. (A household of three that makes less than $3,600/month qualifies.) ELAP does not provide legal help with criminal cases, removal/deportation, or accidents/injury cases. ELAP provides free interpretation services.
[www.elap.org/get-help](http://www.elap.org/get-help)

Solid Ground
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. Contact: 206.694.6742 or benefitslegalhelp@solid-ground.org

Benefits Law Center
Provides accessible legal advocacy to people living with physical and mental disabilities so that they may obtain the resources necessary to overcome barriers to financial and medical stability. We further our mission through targeted advocacy projects that help people with Social Security disability problems.
EMPLOYMENT:

Employment Assistance

El Centro de la Raza  
2524 16th Avenue South  
Seattle, WA 98144  
(206) 957-4634
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.  
www.elcentrodelaraza.org

Farestart
Gain stability and a community of support as you learn new skills that will prepare you for new employment pathways. And we help with the challenges as well, from housing to counseling to transportation. FareStart programs are free of charge to our students and apprentices.  
www.farestart.org/job-training

Hopelink  
(425.250.3030  
HEP@hopelink.org
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  
www.hopelink.org/need-help/employment

WorkSource  
A Seattle-King County 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.  
www.worksourceskc.org
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 eri@ywcaworks.org to find out if you qualify.

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.
www.hopelink.org/need-help

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!
www.fenwa.org/bank-on
Financial Assistance

Hopelink
(Multiple locations throughout King County)
Hopelink can help pay your rent during a time of financial need. If you are experiencing a short-term financial crisis due to unexpected expenses – such as medical bills, auto repair or loss of income – Hopelink may be able to help you pay one month’s rent so that you are able to stay in your home. In addition to preventing eviction, Hopelink’s Financial Assistance program may be able to help with move-in costs.
www.hopelink.org/need-help/financial-assistance

East

Issaquah Community Services
Phone: 425-837-3125
e-mail: help@issaquahcommunityservices.org
Provides help with eviction prevention and utility assistance
www.issaquahcommunityservices.org

Central

The Salvation Army, Seattle Social Services
1101 Pike Street, Seattle WA 98101
Office: 206.442.8362
The Salvation Army offers rental assistance for move-in fees (first month’s rent) and past-due rent only. Unfortunately, we do not assist with moving trucks, hotel vouchers, damage deposits, pet deposits, or last month’s rent. We provide utility assistance for electric, trash, sewage, water, and gas past due amounts. We do not assist with cable, internet services, car repairs, furniture, mattresses, or medical bills. Applications for Seattle Social Services Emergency Financial Assistance (EFA) program are accepted from the 1st until the 3rd of each month. Below is a link to our online application process. Please fill out the application in its entirety to apply. It is not a promise of aid but an application and screening process. Please do not submit more than ONE RESPONSE to the online application. https://forms.gle/7BMoHeoT3kDDaBnh7

Saint Vincent de Paul Society
Assistance with rent, utilities, food, etc. Their helpline can be reached Monday – Friday from 8:00 AM to 3:00 PM at (206) 767-6449. Only telephone applications are accepted and wait times can be 90-180 minutes or longer. Please be patient and prepared to wait on hold for an extended amount of time as a callback service is unavailable. Information on Food Bank services can be found at:
www.svdpseattle.org/get-help/food-bank

Jewish Family Services ONLINE ONLY
Application requests are accepted on Mondays from 9:00 AM to 5:00 PM.
www.jfsseattle.org/get-help/emergency-services/financial-assistance-request

Byrd Barr Place
(206) 812-4940
Run through the LIHEAP (federal energy and heating assistance) program. Funding for 2022-2023 begins October 3rd. They require an eviction notice and will only pay $1,500 of PAST DUE rent.
www.byrdbarrplace.org

Catholic Community Services
(206) 328-5900
CatholicHousingServicesInfo@ccsww.org
ARE NOT PROVIDING RENTAL ASSISTANCE but provide move-in assistance with a signed lease or for homeless individuals. Call or email to for a Coordinated Entry Assessment (CEA)
www.ccsww.org/get-help
United Way of King County
To be placed on the wait-list, households must meet the following screening criteria requirements: income at or below 50% of Area Median Income (AMI), financial hardship directly or indirectly due to COVID-19, be at risk of experiencing homelessness or currently experiencing housing instability, the household MUST owe back rent at current address and CURRENT address must be in King County. The household has NOT received rental assistance since 6/1/2021.
www.uwkc.org/renthelp

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

Federal Way Community Caregiving Network (also serves NE Tacoma)
St Church of the Good Shepherd
345 S 312th, Federal Way, WA, 98003
(253) 661-0505
This program provides partial emergency rent assistance, gasoline vouchers or bus tickets on a walk-in basis only on Tuesday mornings from 10:00 a.m. -12:00 noon. No applications will be accepted after 11:45 a.m. There are limitations on the number of people we can help each Tuesday. Assistance is on a first come first served basis. Also, the program offers information and referrals to other community resources.

Eligibility: Residents of the Federal Way School District and NE Tacoma (98422 zip code). Client/household may only be assisted once in a 24-month period and for rent assistance cannot be more than 1 month behind in rent. Documentation required:

• ID: Driver’s license or last 4 digits of SS#
• Valid drivers license for gasoline voucher
• Lease/rental agreement
• Proof of current status of amount owed on rent
• Income verification
Small Business Support

Seattle Public Library
Whether you have a long-established business or are just beginning to plan a new business, we have great resources for you to use for free through our Library to Business program. We offer dozens of classes and workshops every year in partnership with local organizations. Our business librarians are trained to help you with all aspects of business research, from licensing to hiring. You can access our online research tools for free with your Library card.

www.spl.org/programs-and-services/business

King County Library
At every stage of your business, the library can save you time and money. Whether you’re expanding a thriving business or are still deciding if entrepreneurship is right for you, we’re here to connect you to the people and information you need.

www.kcls.org/small-business-resources
File Taxes Easily

**Untied Way**
Visit one of United Way’s 32 locations to get help filing taxes today.

**My Free Taxes**
File on-line at home on your own — free for anyone making less than $66,000.
www.myfreetaxes.com

**The University of Washington Federal Tax Clinic**
(206) 685-6805  
(866) 866-0158 (toll free)  
litc@uw.edu  
Represents income-eligible taxpayers who have ongoing disputes with the Internal Revenue Service. M-F, 9 a.m. – 5 p.m.  
Weekend and extended hours appointments available.
www.law.uw.edu/academics/experiential-learning/clinics/federal-tax/information-for-clients