

2009 Community Resources for King County, Washington - Compiled by 4People.org

CRISIS

For emergency dial 911, or from cell phone 112

[24 - Hour Crisis Line](#) 206-461-3222 or 1-866-4-CRISIS

[Abused Deaf Women's Advocacy Services](#) 206-236-3134

[Alcohol/Drug 24 Hour Helpline](#) 206-722-3700 or 800-562-1240

[Asian Pacific Island Women and Safety Center \(API\)](#) 206-467-9976

Catherine Booth (House (domestic violence - 24 Hours) 206-324-4943

[Chaya](#) (Helpline for South Asian Women) 206-325-0325 or 1-877-922-4292

[Child Protective Services](#): 1-866-363-4276

[Childhaven Crisis Nursery](#) 206-328-5437

[Chinese Information and Services Center \(CISC\)](#) 206-624-5633

[Consejo Counseling and Referral Service](#) (domestic/abuse help for Latinas) 206-461-4880

[Crisis Clinic](#) 206-431-3222 or 1-866-427-4747

[DAWN - Domestic Abuse Womens Network](#): 425-656-4305 or 1-877-465-7234

East Cherry YWCA (domestic violence help) 206-461-4423

[Eastside Domestic Violence Program](#) 800-827-8840 or 425-746-1940

[King County Emergency/Disaster Management](#) 206-296-3830

[King County Sexual Assault Resource Center](#) 1-888-99-VOICE

[New Beginnings](#) (domestic violence help) 206-522-9472

[Peace in the Home Helpline](#) (domestic violence help - for non-English speakers) 1-888-847-7205

[Project DVORA \(Domestic Violence Outreach Response and Advocacy\)](#) 206-461-3240

[Refugee Women's Alliance \(ReWA\)Domestic Violence Program](#) 206-721-0243

[Teen Link](#) (Daily 6-10pm): 206-461-4922, 1-866-TEENLINK

[Wellspring Family Services](#) (domestic violence help) 206-826-3044

- [DV Dads](#)

- [Kid's Club](#)

- [Lesbian Services](#)

- [Men's Domestic Violence Intervention Program](#)

[Youth Suicide Prevention Program](#): 206-297-5922 or 1-800-273-TALK

[YWCA/South King County Domestic Violence Services](#) 425-226-1266 ext 1017

CASE MANAGEMENT

[Archdiocesan Housing Authority](#): 206-623-7219

[Atlantic Street Center](#) (At Risk Youth): 206-329-2050

[Auburn Youth Resources](#) 253-939-2202

[Catholic Community Services](#) 206-328-5696

[Compass Center \(Homeless case management\)](#) 206-357-3100

[Downtown Emergency Services Center \(Homeless case management\)](#) 206-464-1570

[DSHS \(Financial\)](#)

- [Alderwood](#) 1-800-230-1819

- [Auburn](#) 877-586-5502

- [Belltown](#) 206-341-7427

- [Capitol Hill](#) 1-800-546-2314

- [Federal Way](#) 866-683-4856

- [King Eastside](#) 800-662-6715
- [King North/Ballard](#) 206-341-7424
- [King South](#) 1-800-422-7912
- [Rainier](#) 206-341-7429
- [Renton](#) 1-877-980-9220
- [White Center](#) 206-341-7430

[DSHS Aging & Disabilities](#): 206-341-7750 or 1-800-346-9257

[DSHS Division of Developmental Disabilities](#):

- Kent Outstation 253-372-5770 or 1-800-974-4428
- Region 4 Headquarters 206-568-5700 or 1-800-314-3296
- SOLA Office 206-366-6700

[DSHS Division of Vocational Rehabilitation](#): 1-800-637-5627 (statewide)

- [Kent](#) 1-800-622-1375
- [Lynwood](#) 1-800-745-5960
- [Seattle Mercer St](#) 1-800-622-1375
- [Seattle North](#) 1-800-622-1375
- [Seattle North Worksource](#) 206-529-6091
- [Seattle Rainier Worksource](#) 1-800-622-1375
- [Seattle Worksource 1-800-622-1375](#)

[ESD In School Homeless Youth Liaisons in the following School Districts \(Case Management\):](#)

- [Auburn School District](#): 253-931-4927
- [Bellevue School District](#): 425-456-4241
- [Enumclaw School District](#): 360-802-7103
- [ESD 121 Puget Sound](#): 425-917-7803
- [Federal Way School District](#): 253-945-2074
- [Highline School District](#): 206-277-5904
- [Issaquah School District](#): 425-837-7046
- [Kent School District](#): 253-373-7541
- [Lake Washington School District](#): 425-702-3348
- [Mercer Island School District](#): 206-230-6336
- [Northshore School District](#): 425-489-6295
- [Puget Sound Educational Service](#): 425-917-7803
- [Riverview School District](#): 425-844-4515
- [Seattle School District](#): 206-252-0822
- [Shoreline School District](#): 206-368-4150
- [Skykomish School District](#): 360-677-2623
- [Snoqualmie Valley School District](#): 425-831-8000
- [Tahoma School District](#): 425-413-3400
- [Tukwila School District](#): 206-901-8035
- [Vashon Island School District](#): 206-408-8123

[King County Housing Authority](#): 206-574-1100

[King County Veterans Program](#)

- Auburn/Renton 206-205-3501
- Seattle 206-296-7656

[New Horizons Ministries Homeless Youth Drop-In Center](#): 206-374-0866

[Offenders Transitional Employment Resources](#)

- Seattle/King County Workforce Development Area
- WorkSource Affiliate Auburn 253-804-1177
- WorkSource Affiliate Downtown Seattle 206-436-8600

- WorkSource North Seattle 206-440-2500
- WorkSource Affiliate Rainier 206-721-6000
- WorkSource Redmond 425-861-3700
- WorkSource Renton 206-205-3500
- WorkSource Affiliate South Seattle Community College 206-764-5304
- [Renton Housing Authority](#): (425) 226-1850
- [Senior Services of Seattle-King County](#) 206-448-3110 or 1-888-435-3377 or 1-888-4-ELDERS
- [Support, Advocacy, Growth and Employment \(SAGE, mental health\)](#)
- Pioneer Square 206-464-6454
- Belltown 206-441-3043
- [Seattle Housing Authority](#): 206-615-3300
- [Seattle's Union Gospel Mission](#): 206-622-5177
- [Street Youth Ministries](#) 206-524-7301
- Transitional Housing, Operating & Rent assistance (THOR) 206-263-9088
- [Youthcare \(ages 15 - 24\)](#) 206-694-4500 or 1-800-833-6388

CHILD OR RESPITE CARE

[Boys & Girls Club Before & After School Care](#)

- Bagley Elementary 206-853-5297
- [BF Day Elementary](#) 206-547-7169
- Blackwell Elementary 206-240-5278
- Coe Elementary 206-281-9197
- Coho Kids Time 206-297-7764
- Cottage Lake Elementary 425-844-8440
- Emily Dickinson 425-250-4788
- Federal Way Club 206-681-6516
- Lawton Elementary 206-283-4361
- McAuliffe Elementary 206-240-4683
- Mead Elementary 206-293-4819
- Mercer Island Club 206-436-1944
- North Seattle Club 206-436-1850
- Northgate 206-478-5012
- North Beach Elementary 206-250-9867
- Olympic Hills Elementary 206-363-3717
- Redmond 206-478-6774
- Rosa Parks Elementary 425-836-9287
- [Sacajawea Elementary](#) 206-526-1357
- Seattle Club 206-436-1878
- Smith Elementary 206-478-6615
- [View Ridge Elementary](#) 206-523-8447

[Child Care Resources of King County](#)

- East King County/Redmond 425-865-9350
- Seattle/North King County 206-329-5544
- South King County/Kent 253-852-3080

CHILD DEVELOPMENT PROGRAMS & SERVICES

ALL CITIES:

[Child care resource & referral](#) 206-329-5544

[Childhaven](#) 206-624-6477

[Children's Hospital & Regional Medical Center First Steps](#) 206-285-6355
[Hearing, Speech and Deafness Center](#) 206-323-5770
[Listen and Talk](#) 206-985-6646
[Northwest Center](#) 206-286-2322

AUBURN/SEATTLE:

[Boyer Children's Clinic](#): 206-325-8477

Children's Early Childhood Home Instruction program for deaf/hard-of-hearing children aged birth to three: 206-528-5147

[Muckleshoot Birth-To-Three](#): 253-931-6709

BELLEVUE:

[Experimental Education Unit Infant Toddler Program](#): 206-543-4011

Family Conversations: 206-987-5146

[Kindering Center](#): 425-747-4004

BOTHELL:

[Hearing, Speech & Deafness Center](#): 206-323-5770 or 800-761-2821

[NW Center Child Development Program](#): 206-286-2322

FEDERAL WAY:

[Birth To Three Developmental Center](#): 253-874-5445

[Swedish Hospital/Pediatric Therapy Unit](#): 206-386-2035

[The Handle Institute](#): 206-204-6000

HIGHLINE / KENT:

[Children's Therapy Center](#) of Kent & Highline: 253-854-5660

Puget Sound Therapy Services: 425-291-9200 or 800-253-4326

ISSAQUAH / NORTH BEND SHORELINE:

[Encompass](#): 425-888-2777

[Wonderland Developmental Center](#): 206-364-3777

PUYALLUP/TACOMA:

[Good Samaritan Hospital/Children's Therapy](#):

253-697-5200

[Mary Bridge Children's Health Center](#): 253-552-1449

[Washington Elks Therapy Program](#): 800-825-3557

RENTON / WOODINVILLE:

[Little Bit Riders](#): 425-882-1554

[Valley Medical Center/Children's Therapy](#): 425-656-4215

CLOTHING, FURNITURE & HOUSEWARES

[American Cancer Society/Discovery Shop](#) 206-937-7169 or or 206-524-3399

[Bargain Fair Thrift Shop](#) 206-547-4680

Backstage Thrift 206-937-1910

[Cheap Chickadee Thrift Shop](#) 206-760-9650

City of Hope Second Hand Rose 206-784-0298

Deseret Industries

- Federal Way 253-839-9045
- Seattle 206-542-9447

Fletcher's General Store 206-364-4069

Goodwill Industries

- Ballard 206-957-5544
- Bellevue 425-649-2080
- Burien 206-957-1020
- Outlet 206-957-5516
- Renton 425-264-0277
- Seattle 206-860-5711
- Shoreline 206-631-8454
- University District 206-547-1487

Imagine That! Thrift Store 206-783-0975

Lifelong Thrift Store 206-937-3481

Operation School Bell 206-547-4680

Providence Regina House Clothing Bank 206-763-9204

R Shoppe 206-783-4230

Salvation Army 206-624-0204

- Burien 206-438-4546
- Des Moines 253-839-8062

Seattle Children's Hospital Research Foundation

- Kent Thrift Store 253-850-8216
- Redmond Thrift Store 425-746-3092
- Shoreline Thrift Store 206-448-7609

Sharehouse Furniture Bank 206-767-5280

Shop & Save 206-762-8099

Something Old Something New Thrift Store 206-515-1517

Southeast Seattle Senior Thrift 206-760-9650

Stop 'N Shop Senior Thrift Store 206-932-4044

St. Vincent de Paul 206-722-9071

Sunshine House Thrift Shop 206-324-9774

Trinity Thrift Shop 206-264-1698

YWCA (work clothes for women) 206-461-4882

DOCUMENT REPLACEMENT, SCH. SUPPLIES, QUALITY OF LIFE

YWCA 206-461-4882

EDUCATION: SCHOOLS, SCHOOL DISTRICTS, SPECIAL ED

Auburn School District: 253-931-4990

Bellevue School District: (425) 456-4144

Enumclaw School District No. 216: (360) 802-7100

Federal Way School District: 253-945-2000

Highline School District: 206-433-0111

Issaquah School District: (425) 837-7000

Kent School District: 253-373-7000

Lake Washington School District No. 414: (425) 702-3200

Mercer Island School District: 206-236-3330

Northshore School District: (425) 489-6474

[Renton School District 403](#): (425) 204-2333
[Riverview School District](#): (425) 844-4500
[Seattle Public Schools](#): 206-252-3510
[Shoreline Public Schools](#): 206-367-6111
[Skykomish School District](#): (360) 677-2623
[Snoqualmie Valley School District](#): (425) 831-8000
[Stepworks Vocational Program](#) 206-545-2354
[Tahoma School District](#): (425) 413-3400
[Tukwila School District 406](#): 206-901-8033
[Vashon Island School District #402](#): 206-408-8100

EDUCATION: Early Education/Head Start

Early Childhood Education Assistance Program (ECEAP)

- [Atlantic Street Center Children's Services](#) 206-329-2050

Head Start

- Auburn School District Head Start 253-931-4943 or 253-833-0143 or 253-931-4982
- [Bellevue School District Head Start](#) 425-456-6062
- [Curiosity Corner Head Start](#) 206-242-9936
- Kent Youth & Family Services Head Start/ECEAP 253-859-0300
- Renton area 425-917-7700
- [Seattle area](#) 206-252-0960
- [United Indians of All Tribes Foundation Head Start/ Early Head Start](#) 206-829-2216
- Yesler Terrace Head Start 206-264-4997

EDUCATION: Trade and Vocational Schools/Programs

[King County Worker Retraining Programs](#) 206-263-6009

[Seattle Vocational Institute](#) 206-587-4950

[Stepworks Vocational Program](#) (for mentally ill) 206-545-2354

EDUCATION & SUPPORT FOR PARENTS

[Renton Area Youth and Family Services \(RAYS\)](#) 206-722-2050

[Southwest Family & Youth Services \(Parenting classes\)](#) 206-937-7680

EMPLOYMENT

[CAMP Youth Build](#) (ages 17 – 21) 206-205-3600

[Developmental Disabilities Employment Services](#) 206-263-9018

[Goodwill Job Training – Seattle](#) 206-860-5791

Greenriver Student Employment Center: 253-833-9111 ext 2553

[King County Worker Retraining Programs](#) 206-263-6009

[Seattle Youth Garden Works](#) (ages 14 – 22) 206-632-0352

[Teen Internships](#) 206-344-3310

[Washington State Labor Council, AFL-CIO](#) 206-283-6121

[Washington Womens Employment And Education](#): 253-859-3718

[WorkSource](#)

- [Airport Jobs Connection](#) 206-835-7501

- Auburn Affiliate 253-804-1177

- Bellevue College 425-564-2279

- Downtown Seattle: 206-436-8600

- Highline Community College Connection 206-878-3710

- North Seattle Affiliate: 206-440-2500
- North Seattle Community College Connection 206-527-3787
- Rainier Affiliate: 206-721-6000
- Redmond: 425-861-3700
- Renton: 206-205-3500 or 1-800-536-9784
- Shoreline Community College Connection 206-546-5882
- South Seattle Community College Affiliate 206-764-5304

FINANCIAL ASSISTANCE

Asset Building: Contact Diana Stone at [Washington Appleseed](#) 206-275-1811

[Crime Victim Compensation](#) 1-800-762-3716

[DSHS Division of Developmental Disabilities](#)

- Kent Outstation 253-372-5770 or 1-800-974-4428
- Region 4 Headquarters 206-568-5700 or 1-800-314-3296
- SOLA Office 206-366-6700

[DSHS Financial/Food Stamps](#)

- [Alderwood](#) 1-800-230-1819
- [Auburn](#) 877-586-5502
- [Belltown](#) 206-341-7427
- [Capitol Hill](#) 1-800-546-2314
- [Federal Way](#) 866-683-4856
- [King Eastside](#) 800-662-6715
- [King North/Ballard](#) 206-341-7424
- [King South](#) 1-800-422-7912
- [Rainier](#) 206-341-7429
- [Renton](#) 1-877-980-9220
- [White Center](#) 206-341-7430

[DSHS General Assistance - Unemployable](#) (GAU) (Call number under DSHS Financial/Food Stamps, above)

Foreclosure Assistance:

- [ACORN Housing Seattle/Tacoma](#) 206-243-4663
- [CCCS of Olympic South Sound](#) 425-803-9060
- [ClearPoint Financial Solutions, Inc](#) 1-877-818-5929
- [International District Housing Alliance](#) 206-623-5132
- [Solid Ground Washington](#) 206-694-6766 or 1-866-297-4300
- [Urban League of Metropolitan Seattle](#) 206-461-3697

[Stepworks Vocational Program](#) (for mentally ill) 206-545-2354

Supplemental Security Income (SSI from [Social Security](#)): 1-800-772-1213

FOOD ASSISTANCE & NUTRITION

[Auburn Food Bank](#): 253-833-8925

Ballard Food Bank: 206-789-7800

[Basic Food](#) (help with obtaining food stamps) 1-888-436-6392

Beacon Avenue Food Bank: 206-722-5105

[Blessed Sacrament Church Food Bank](#): 206-547-3020

[CAMP Seattle](#) 206-812-4970

[Cherry Street Food Bank](#): 206-625-0755

Childrens Home Society Of Washington - North Seattle Family Center: 206-364-7930

[Des Moines Area Food Bank](#): 206-878-2660

[El Centro De La Raza Food Pantry](#): 206-957-4634
[Enumclaw Kiwanis Food Bank](#): 360-825-6188
[Familyworks Food Bank](#): 206-694-6727
[Food Bank At St. Marys](#): 206-324-7100 ext 18
[Food Lifeline](#): 206-545-6600
[Highline Area Food Bank](#): 206-433-9900
[Hopelink](#)
- Bellevue: 425-943-7555
- Kirkland: 425-889-7880
- Northshore: 425-485-6521
- Redmond: 425- 882-0241
- Shoreline: 206-440-7300
- Sno-Valley: 425-333-4163
[Issaquah Meals](#) (Catholic Community Services) 425-679-0342
[Jewish Family Service Food Bank](#): 206-461-3240
[Kent Food Bank & Emergency Services](#) 253-520-3550
[Lifelong Aids Alliance Chicken Soup Brigade](#): 206-957-1726
[Maple Valley Food Bank & Emergency Services](#) 425-432-8139
[Meals on Wheels \(Seniors/disabled\)](#) 206-448-5767 or 1-888-308-6325
[Mount Si Helping Hands Food Bank](#): 425-888-0096
North Auburn Baptist Church - Food Bank: 253-631-0528
[North Helpline Food Pantry](#): 206-367-3477
Northwest Community Services Food Bank: 206-723-4105
[Northwest Harvest \(distributes to food banks - no public access\)](#): 206-625-0755
Operational Emergency Center Food Pantry: 206-772-9232
[Phinney Ridge Lutheran Church Food Bank](#): 206-784-7964
[Pike Market Senior Center/Downtown Food Bank](#) (all ages welcome): 206-626-6462
[Preston Baptist Food Bank](#): 425-222-7360
[Providence Regina House Food Bank](#): 206-763-9204
[Renewal Food Pantry](#): 425-643-8246
Salvation Army Outreach Ministries:
- East King: (25-452-7300
- Federal Way/Des Moines: 253-946-7933
- North Seattle: 206-783-1226
- Renton: 425-255-5969
- White Center: 206-767-3150
Seattle Indian Center Food Pantry: 206-329-8700
St. Lukes Operation Blessing: 253-941-7270
[St. Vincent de Paul](#) 206-767-9975
[Tukwila Pantry](#): 206-431-8293
[University District Food Bank](#): 206-523-7060
[Vashon Maury Community Food Bank](#): 206-463-6332
[Volunteers of America Food Banks](#)
- Everett 425-259-3191
- Greenwood 206-782-6731
[West Seattle Food Bank](#): 206-932-9023
[White Center Food Bank](#): 206-762-2848
[WIC - Women, Infants, Children](#) 206-296-4786 (county information)
- Auburn Public Health Center (Auburn) 253-833-6971

- Auburn Public Health Center (Muckleshoot) 253-939-6648
- Columbia Public Health Center 206-296-4627
- Country Doctor Community Clinic 206-326-2060
- Downtown Public Health Center 206-296-4981
- Eastgate Public Health Center 206-296-9728
- Federal Way Public Health Center 253-838-4977
- Group Health Cooperative (Burien, central Seattle, Eastside, Seattle Rainier, teen clinic) 206-326-2060
- Harborview Medical Center 206-744-3548
- Healthpoint (Sea-Tac) 206-277-7200
- Highline Medical Group (Burien) 206-242-0885
- Holly Park Medical & Dental Clinic 206-788-3579
- International Community Health Services 206-788-3701
- Kent Public Health Center (Alder Square) 206-296-4502
- Mobil Unit/Mom's Plus 206-296-3140
- Neighborcare Health High Point 206-461-6949
- North Public Health Center (Lake City) 206-205-3460
- North Public Health Center (Wallingford) 206-694-6728
- Northshore Public Health Center (Bothell) 206-296-9820
- Odessa Brown Children's Clinic 206-987-7235
- Renton Public Health Center 206-205-1677
- Sea Mar Community Health Center (Burien) 206-812-9173
- Sea Mar Community Health Clinic 206-762-0876
- Seattle Indian Health Board 206-324-9360
- Shoreline Family Support Center 206-362-7282
- Swedish Medical Center (Ballard) 206-781-6055
- Swedish Medical Center (First Hill) 206-386-3942
- UW Medical Center Maternal & Infant Care Clinic 206-598-4949
- White Center Public Health Center (Seattle) 206-296-4822
- White Center Public Health Center (Vashon Island) 206-291-7336

HEALTH INSURANCE or HEALTH CARE ASSISTANCE

[Children's Health Insurance Program \(CHIP\)](#) 1-877-543-7669

[Community Health Plan of Washington](#) 206-521-8830

[DSHS Medicaid](#): 1-800-562-3022

[First Steps Health Insurance for Pregnant Women](#) 1-800-322-2588

[Washington Apple Health for Kids](#) 1-877-543-7669

[Washington Basic Health Plan](#): 1-800-660-9840

[Washington Health Foundation/Community Health Access Program](#) 206-284-0331 or 1-800-756-5437

[Washington State Insurance Commissioner](#): 1-800-562-6900

[WWIN Health Care Assistance with Insurance Premiums](#) 425-451-8838 or 1-888-440-WWIN

[WWIN Mental Health Counseling Grants](#) 425-451-8838 or 1-888-440-WWIN

[WWIN Physical/Vision/Medical/Hearing Grant](#) 425-451-8838 or 1-888-440-WWIN

HEALTH SERVICES: Medical or Dental

[Access to Baby and Child Dentistry \(ABCD\)](#) 206-263-8750

[Bellevue Senior Health Center](#) 425-688-5234

[Boyer Children's Clinic](#) 206-325-8477

[Burien Family Medicine](#) 206-244-6625

[Center on Human Development and Disabilities](#) 206-543-7701
[Country Doctor Community Health Center](#) 206-299-1600
[Country Doctor Homeless Youth Clinic](#) (ages 12 - 23) 206-299-1600 ext 7
[Des Moines Family Medicine](#) 206-870-4460
[Des Moines Internal Medicine](#) 206-870-7331
[Family Planning Clinics](#) (offered by King County Public Health)
- Auburn Public Health Center 253-833-8400
- Columbia Public Health Center 206-296-4650
[Harbor View Medical Center](#) 206-744-3000
[Healthcare Access Program \(HCAP\)](#) 425-899-3200
[Healthpoint \(Community Health Centers\)](#) 1-866-893-5717
- Auburn Community Health Center 253-735-0166
- Auburn Community Dental Center 253-804-8713
- Bothell-Kenmore Community Health Center 425-486-0658
- Eastside Community Health Center (Redmond) 425-882-1697
- Eastside Community Dental Center (Redmond) 425-883-8000
- Federal Way Community Health Center 253-874-7634
- Federal Way Community Dental Center 253-874-7646
- Kent Community Health Center 253-852-2866
- Kent Community Dental Center 253-796-4071
- Renton Community Health Center 425-226-5536
- SeaTac Community Health Center 206-277-7200
- Tyee Campus Health Center 206-444-7746
[Highline Medical Center](#) 206-244-9970
[Highline Medical Group](#) 206-439-2988
[Highline Neurosurgery](#) 206-838-7065
[Highline Obstetrics & Gynecology Associates](#) 206-241-0824
[Highline Youth Health Center](#) 206-439-9300
[International Community Health Services](#)
- Holly Park Medical and Dental Clinic 206-788-3500
- International District Medical and Dental Clinic 206-788-3700
[King County Mental Health Plan \(KCMHP\)](#) 206-431-3222
[King County Project Access](#) 206-788-4204
[King County Teen Health Centers](#)
- Aki Kurose Middle School Wellness Center (206) 326-2141
- Ballard Teen Health Center (206) 784-2142
- Cleveland Teen Health Center (206) 296-0536
- Denny Wellness Center (206) 923-2809
- Franklin Teen Health Center (206) 326-2750
- Garfield/Nova Teen Health Center (206) 860-0480
- Hale/Summit Teen Health Center (206) 302-1840
- Highline Youth Health Center (206) 205-0430
- Madison Wellness Center (206) 933-7842
- Rainier Beach Teen Health Center (206) 296-4639
- Renton Youth Health Center (425) 254-2710
- Roosevelt Teen Health Center (206) 527-8336
- Sealth Teen Health Center (206) 938-1360
- Washington Wellness Center (206) 568-3327
- West Seattle Teen Health Center (206) 658-8048

[Mary Bridge Children's Hospital & Health Center](#): 800-552-1419 or 253-403-1400

[Mercer Island Senior Health Center](#) 425-688-5641

[Neighborcare Health](#) (formerly Puget Sound Neighborhood Health Centers)

>**Medical Clinics**

- 45th Street Medical Clinic 206-633-3350
- Greenwood Medical Clinic 206-782-8660
- High Point Medical Clinic 206-461-6950
- Homeless Youth Clinic 206-633-7650
- Midwifery & Women's Health Services 206-324-1449
- Pike Market Medical Clinic 206-728-4143
- Rainier Beach Medical Clinic 206-722-8444
- Rainier Park Medical Clinic 206-461-6957

>**Dental Clinics**

- 45th Street Dental Clinic 206-548-2964
- Central Area Dental Clinic 206-461-7801
- Georgetown Dental Clinic 206-461-6943
- High Point Dental Clinic 206-461-6966
- Southeast Family Dental Clinic 206-461-6981

>**School-based Clinics**

- Denny Wellness Center 206-923-2809
- Madison Wellness Center 206-933-7842
- Roosevelt Teen Health Center 206-527-8336
- Sealth Teen Health Center 206-938-1360
- West Seattle Teen Health Center 206-658-8048

[Pacific Hospital Preservation and Development Authority](#) (Access to care)

[Odessa Brown Clinic](#): 206-987-7200

[Overlake Bellevue Clinic](#) 425-289-3100

[Overlake Hospital Medical Center](#) (Bellevue) 425-688-5000

[Overlake 24-Hour Urgent Care Center](#) (Issaquah) 425-688-5777

[Overlake Women's Clinics](#)

- Bellevue 425-688-5389
- Issaquah 425-467-3630

[Planned Parent of the Great Northwest](#) 1-800-230-7526

[Riverton Family Medicine](#) (Tukwila) 206-242-6500

[Roxbury Clinic](#) (family practice & pediatrics) 206-763-5057

[Sea-Tac Smiles](#) 206-631-7316

[Seahurst Family Medicine](#) (Burien) 206-246-1012

[Seahurst Internal Medicine](#) (Burien) 206-242-8280

[Seattle Children's Hospital & Regional Medical Center](#): 206-987-2000

- [Children's Bellevue](#): 425-454-6444
- [Children's Federal Way](#): 253-838-5878

[Seattle Indian Health Board](#) 206-324-9360

[South Seattle Family Medicine](#) (Tukwila) 206-246-2886

[Therapeutic Health Services](#) (pregnant women w/chemical dependency)

- Central Youth and Family Services 206-322-7676
- Eastside Branch 425-747-7892
- Rainier Branch 206-723-1980
- Seneca Branch 206-323-0934
- Shoreline Branch 206-546-9766

- Snohomish/Everette Branch 425-347-5121
- Summit Branch 206-323-0930
- [Vashon Health Center](#) 206-463-3671
- [Washington Breast and Cervical Health Program \(WBCHP\)](#) 206-285-6355
- [Washington Colon Health Program \(WCHP\)](#) 206-285-6355
- [West Seattle Family Medicine](#) 206-933-1041

HEALTH SERVICES: Mental or Behavioral

- [Atlantic Street Center Counseling Services](#) 206-329-2050
- [Auburn Youth Resources](#) (mental health & substance abuse) 253-929-2202
- [Bellevue Outpatient Behavioral Health Clinic](#) 425-460-7114
- [Children's Home Society](#)
 - Seattle Northwest 206-695-3200
 - South King County 253-854-0700
- [Des Moines Recovery Center](#) (substance abuse) 206-878-7393
- [Highline Geriatric Psychiatry Clinic](#) 206-248-4585
- [Jewish Family Services](#) 206-861-3152
- [Northwest ADHD Behavioral Medicine](#) 425-821-9730
- [Recovery Centers of King County](#) (Substance abuse) 206-322-2970
- [Renton Area Youth and Family Services \(RAYS\)](#) 206-722-2050
- [Riverton Place Residential Recovery Program \(Seattle's Union Gospel Mission\)](#) 206-242-5585
- [Ruth Dykeman Children's Center:](#) 206-242-1698
- [Ryther Child Center:](#) 206-525-5050
- [Seattle Counseling Service](#) (for Lesbian, Gay, Bisexual, Transgender) 206-323-1768
- [Seattle Indian Health Board](#) (counseling & substance abuse) 206-324-9360
- [Seattle Outpatient Behavioral Health](#) 206-766-6976
- [Sound Mental Health](#) (formerly Seattle Mental Health) 206-302-2200 or TTY 206-302-2209
- [Southwest Mental Health Ministry](#) 425-204-0111
- [Support, Advocacy, Growth and Employment \(SAGE\)](#)
 - Pioneer Square 206-464-6454
 - Belltown 206-441-3043
- [The Oaks Residential Rehabilitation Program \(Seattle's Union Gospel Mission\)](#) 206-628-2008
- [Therapeutic Health Services](#) (mental health & substance abuse)
 - Central Youth and Family Services 206-322-7676
 - Eastside Branch 425-747-7892
 - Rainier Branch 206-723-1980
 - Seneca Branch 206-323-0934
 - Shoreline Branch 206-546-9766
 - Snohomish/Everette Branch 425-347-5121
 - Summit Branch 206-323-0930

HOME CARE SERVICES & MEDICAL EQUIPMENT

- A One Medical Supplies 1-800-767-8518
- [Adaptive Installations](#) 206-762-1969 or 800-765-1969
- [A & H Home Medical \(A & H Pharmacy\)](#)
 - Auburn: 253-876-9183
 - Renton Highlands: 425-255-1911
- [Alliance Nursing:](#) 425-483-3303 or 1-800-473-3303
- [Apria Health:](#) 425-881-8500 or 1-800-277-4288

[Ashley House](#) (children's supplies): 360-825-6525
[Bridge Ministries](#): 425-885-1006
[Byram Healthcare](#): 1-877-902-9726
[Care Medical](#) 206-547-2200 or 1-800-869-7172
[Children's Country Home](#): 425-806-8074
[Children's Hospital Home Care Services](#): 425-482-4000
[Community Home Care](#) 206-384-4539
[Home Care Associates](#) 206-861-3193
[Maple Leaf Pharmacy & Compounding Center](#): 206-729-7514
Medical Supply, Inc: 800-506-1116
[National Organization Caring for Kids \(NOCK\)](#) 253-851-6625
[Nationwide Enteral Supply](#): 253-872-3460 or 1-800-335-4434
[New Care Concepts](#): 206-789-9054 or 1-800-635-6480
[Olympic Pharmacy](#): 253-858-9941 or 1-800-537-1393
[PMSI \(Pacific Mothers Support, Inc\)](#): 425-462-0577 or 800-578-2260
[Professional Medical Corp](#): 206-366-9543 or 800-741-3996
[Provail](#): 206-826-1063
[Shield Healthcare](#) 206-575-7837
[Soundview Medical Supply](#) 206-286-3100 or 800-845-4925
[Synergy Home Health Care](#) 425-462-5300
Walgreen's (absorbed Option Care) 1-800-277-5805
[Wheelchairs Northwest](#): 425-646-4601
[With a Little Help](#) 206-352-7399

HOUSING RESOURCES - Click [HERE](#)

INFORMATION, SUPPORT OR ADVOCACY

[211 - United Way of King County](#) 206-461-3700
[Access for Autistic Youth](#)
[Adolescent Health Transition Project](#): 206-685-1358
[Alliance of People with Disabilities](#)
- Redmond 425-558-0993 or 1-800-216-3335
- Seattle 206-545-7055 or 1-866-545-7055
Answers for Special Kids (ASK) Resource Line: 800-322-2588
[ARC of King County](#): 206-364-6337 or 877-964-0600
[Ashley House](#) (medically fragile children)
- Enumclaw 360-825-6525
- Kent 253-941-0947
[Center for Children with Special Needs](#)
[CHADD \(Children & Adults with ADHD\)](#): 206-622-2127
[Child Care Resources of King County](#)
- East King County/Redmond 425-865-9350
- Seattle/North King County 206-329-5544
- South King County/Kent 253-852-3080
[Child Protective Services](#): 1-866-363-4276
[Childhaven Crisis Nursery](#) 206-328-5437
[Children and Youth Services Counseling](#) 206-861-3152
[Community Health Access Program \(CHAP\)](#): 206-284-0331
[Community Support Solutions](#) 425-672-8787 or 888-819-8787

[Downtown Emergency Service Center: Connections \(Homeless\)](#) 206-515-1555
[Encoprosis Treatment Center](#) – Edmonds: 425-640-3227
[F.E.A.T. of WA](#) (Families for Effective Autism Treatment): 206-763-3373
Family Resource Coordinators for Birth to Three: 800-756-KIDS
[Family-to-Family Education Program \(NAMI Seattle\)](#) 206-783-9264
[Father's Network](#): 425-7447-4004 x 4286
Fremont Association – Food Bank resources for King County: 206-694-6723
[Head Start Programs](#) (Find head start/early head start near you)
[Hope Link](#): 1-800-923-7433
[Learning Disabilities Association of Washington](#): 425-882-0792
[National Dissemination Center for Children & Youth with Disabilities](#) 1-800-695-0285
[New Creations Recovery Program \(Seattle's Union Gospel Mission\)](#) 206-622-5177
[New Visions Recovery Program \(Seattle's Union Gospel Mission\)](#) 206-622-5177
[Northwest Network of Bisexual, Trans, Lesbian and Gay Survivors of Abuse](#) 206-568-7777
[Office of Family & Children's Ombudsman](#): 206-439-3870 or 800-571-7321
[Seattle Association for Jews with Disabilities \(SAJD\)](#) 206-709-8229
[Washington P.A.V.E.](#): 1-800-572-7368
[Washington State Medical Home Website](#): 206-625-1279

LEGAL SERVICES

[Asian Counseling and Referral](#) 206-695-7639
Cross Cultural Family Law Clinic 206-464-1519, ext 232
[Domestic Violence Protection Order Advocacy Program](#)
- Seattle 206-296-9547
- Kent 206-205-7406
DSHS Office of Support Enforcement 206-341-7000
[Eastside Legal Assistance Program](#) 425-747-7274
[Family Court Services](#)
- Seattle 206-296-9400
- Kent 253-205-2521
Family Law Coordinator Office
- Seattle 206-296-9335
- Kent 253-205-2554
[Family Law Facilitators](#)
- Seattle 206-296-9092
- Kent 253-205-2526
[King County Bar Association Free Legal Assistance for Low-Income](#) 206-267-7010 or 211
[King County Bar Association Lawyer Referral Service](#) 206-267-7010
[King County Law Library](#) 206-267-7070
[King County Office of Judicial Administration \(Clerk's Office\)](#)
- Seattle 206-296-9300
- Kent 253-205-8448
[Neighborhood Legal Clinics – General Law](#) 206-267-7070 (call Mon-Thur, 9am-12pm for appt)
- Central Legal Clinic (held Wednesdays 6:45pm - 8:45pm)
- Country Doctor Legal Clinic on Capitol Hill (held Wednesdays, 7pm - 8:30pm)
- Downtown Legal Clinic (Thursdays, 12pm – 2pm)
- Eastside Legal Clinic in Bellevue (Wednesdays, 7pm – 9pm)
- Federal Way Legal Clinic (Tuesdays, 6:30pm – 8:30pm)
- Greenwood Legal Clinic (Tuesdays, 7pm – 9pm)

- Lake City Legal Clinic (Wednesdays, 7pm – 9pm)
- Southeast Legal Clinic in Rainier Valley (Mondays 7pm – 9pm)
- Southwest Legal Clinic in Delridge neighborhood (Thursdays, 7pm – 9pm)
- Vashon-Maury Legal Clinic (1st Thursday of the month, 5:30pm – 8:30pm)
- West Seattle Legal Clinic (Tuesdays, except 3rd, 7pm – 9pm)
- [Neighborhood Legal Clinics – Specialty Law](#) (call number listed for appointment)
- Asian Pacific American Legal Clinic 206-695-7639
- Bilingual Spanish Clinic, 2208 Second, Seattle – walkin only, Wed, 5pm
- Civil Rights Legal Clinic 206-267-7070 (Mon-Thur, 9am - 12pm)
- Cross-cultural Family Law Clinic 206-464-1519 ext 232 (referral from social service agency only)
- Debt and Bankruptcy Clinic 206-267-7070 (call Mon-Thur, 9am - 12pm)
- Domestic Violence Family Law Clinic 206-783-2848 (call Wed, 1pm - 3pm)
- Elder Law Clinic 206-448-5720 (call Mon-Thurs, 9:30am – 3:30pm)
- Family Law Clinics 206-267-7070 (call Mon-Thur, 10am - 12pm)
- Immigration Legal Clinic 206-587-4009
- International District Legal Clinic 206-264-5633 ext 4111
- Korean Legal Clinic 206-784-5691
- Urban Indian Legal Clinic 206-381-9590
- [Northwest Immigrant Rights Project](#) 206-587-4009 or 1-800-445-5771
- [Northwest Justice Project – CLEAR](#) (civil cases only) 211
- [Northwest Women’s Law Center](#) 206-621-7691 or 1-866-259-7720
- [Protection Order Advocacy Program](#)
- Seattle 206-296-9547
- Kent 206-205-7406
- [Northwest Justice Project - CLEAR](#) dial 211 for referral
- [Senior Rights Assistance](#) 206-448-5720 or 1-800-972-9990
- [Union Gospel Mission Open Door Legal Services](#) 206-682-4642
- [Washington Courts/Domestic Violence Forms](#)
- [Washington Law Help](#)
- [Washington State Bar Association \(referrals\)](#) 1-877-211-WASH

RECREATION

- [Little Bit Riders](#): 425-882-1554
- [Special Olympics](#): 1-800-752-7559
- [YMCA of Greater Seattle](#) 206-382-5003
- [Auburn Valley](#) 253-833-2770
- [Bellevue](#) 425-746-9900
- [Coal Creek](#) (coming Fall 2009)
- [Dale Turner Family](#) 206-363-0446
- [Downtown Seattle](#) 206-382-5003
- [Fauntleroy & West Seattle](#) 206-935-600
- [Federal Way Norman Center](#) 253-838-4708
- [Highline](#) 206-244-5880
- [Lake Heights Family](#) 425-644-8417
- [Meredith Matthews East Madison](#) 206-322-6969
- [Metrocenter](#) 206-382-5013
- [Northshore](#) 425-485-9797
- [Sammamish Family](#) 425-391-4840
- [University Family](#) 206-524-1400

SENIORS

Des Moines Senior Center 206-878-1642

[ElderHealth Northwest](#) 206-467-7033

Federal Way Senior Center 253-838-3604

Greenwood Senior Activity Center 206-297-0875

[Highline Geriatric Psychiatry Clinic](#) 206-248-4585

[Mayor's Office for Senior Citizens](#) 206-684-0639

[Meals on Wheels](#) 206-448-5767 or 1-888-308-6325

[National Asian Pacific Center on Aging](#) (Chinese) 1-800-582-4218, (Korean) 1-800-582-4259, (Vietnamese) 1-800-582-4336, (English) 1-800-336-2722

Neighborhood Legal Clinics - Elder Law Clinic 206-448-5720 (call Mon-Thurs, 9:30am – 3:30pm)

[Northshore Senior Centers](#) 425-487-2441

NW Senior Activity Center 206-297-0403

Pike Market Senior Center 206-728-2773

[Seattle Housing Authority – Low Income Senior Housing](#) 206-615-3351

[Senior Center of West Seattle](#) 206-932-4044 or 206-448-5025 TTY

[Senior Housing Assistance Group](#) 1-888-450-7424

[Senior Rights Legal Assistance](#) 206-448-5720 or 1-800-972-9990

[Senior Services of Seattle-King County](#) 206-448-3110 or 1-888-435-3377 or 1-888-4-ELDERS

[Southeast Seattle Senior Center](#) 206-722-0317

[Wallingford Community Senior Center](#) 206-461-7825

TECHNOLOGY PROGRAMS, INTERNET ACCESS, LITERACY & VITAL CONTENT - Click [HERE](#)

TRANSPORTATION

[Metro transit](#) 206-553-3000 or TTY 206-684-1739

UTILITIES & TELEPHONE

[CAMP Seattle](#) (energy assistance) 1-800-348-7144

[City of Seattle Utility Assistance](#) 206-684-0268

[Kent Food Bank & Emergency Services](#) (one-time utility assistance) 253-520-3550

[North Helpline \(utility assistance\)](#) 206-367-3477

Washington Telephone Access Program

VETERANS SERVICES

[County Veterans Coalition](#)

[King County Veterans Program](#)

- Auburn/Renton 206-205-3501

- Seattle 206-296-7656

Vietnam Veterans of America

- Chapter 102, Seattle, 206-283-8991

- Post 224, Acme, 360-595-2156

American Legion

- Post 1, Seattle, 206-623-5967

- Post 11, Seattle, 206-364-7054

- Post 123, Magnolia, 206-285-6288

- Post 124, Seattle, 206-364-8775

- Post 127, Bothell, 425-402-0747
- Post 134, Burien, 206-439-0774
- Post 139, Seattle, 206-722-4997
- Post 15, Kent, 206-898-6368
- Post 159, Vashion Island, 206-463-5253
- Post 160, West Seattle, 206-935-9407
- Post 161, Redmond, 425-883-0161
- Post 170, Seattle, 206-283-1674
- Post 186, Seattle, 206-722-7036
- Post 19, Renton, 425-228-3764
- Post 199, Carnation, 425-333-6792
- Post 227, Shoreline, 425-640-7866
- Post 232, Federal Way, 253-941-7939
- Post 235, Tukwila, 206-246-9787
- Post 239, Bellevue, 425-455-2188
- Post 40, Ballard, 206-365-1539
- Post 78, Auburn, 253-939-5789
- Post 79, Snoqualmie, 425-830-7900

AMVETS

- Post 3, Seattle, 206-364-7054

Disabled American Veterans

- Chapter 2, Seattle, 206-522-2632
- Chapter 23, Seattle, 206-937-7752
- Chapter 33, Kent, 425-277-0627
- Chapter 35, Seattle, 360-651-8266
- Chapter 43, Bellevue, 425-454-5650

National Association for Black Veterans, Inc

- Seattle Chapter, Seattle, 206-322-2618

Marine Corps League

- Detachment 989, Enumclaw, 360-825-3096

African American PTSD Association

- VARO Office, Seattle, 206-220-4505

Veterans of Foreign Wars

- Post 1263, Renton, 425-255-9010
- Post 1949, Enumclaw, 360-825-4722
- Post 2289, Seattle, 206-721-3146
- Post 2713, Seattle, 206-935-4352
- Post 2826, Vashon, 206-463-9549
- Post 2886, Federal Way, 206-838-3364
- Post 2995, Redmond, 425-883-2995
- Post 3063, Seattle, 206-782-8618
- Post 3348, Seattle, 206-364-6433
- Post 3436, Issaquah, 425-392-8256
- Post 4137, Seattle, 206-522-3088
- Post 6599, Seattle, 206-722-6554
- Post 9430, Seattle, 206-772-9982

YOUTH GROUPS & SERVICES

[Atlantic Street Center Youth Services](#) 206-723-4073

2-9472 Peace in the Home Helpline (domestic violence help - for non-English speakers) 1-888-877-205 Project DV [RA \(Domestic Violence Outreach Responses and Advocacy\)](#) 206-461-3240
[Refugee Women's Alliance \(RWA\) Domestic Violence Program](#) 206-721-0243 [Teen Link \(Daily 6-10pm\)](#): 206-461-4922, 1-866-TEENLINK Wellspring [Family Services \(domestic violence help\)](#) 206-826-3444 [DV Dads - Kids Club - Lesbian Services - Men's Domestic Violence Intervention Program Youth Suicide Prevention Program](#): 206-297-5922 or 1-800-276-TALK YWCA/South King County [Domestic Violence Services](#) 425-226-1266 ext 1017 CASE MANAGEMENT Archdiocesan [Housing Authority](#): 206-623-7219 [Atlantic Street Center \(At Risk Youth\)](#): 206-329-2050 Auburn Youth Resources 360-939-2202 [Catholic Community Services](#) 206-328-5696 [Compass Center \(Homeless case management\)](#) 206-357-1000 [Downtown Emergency Services Center \(Homeless case management\)](#) 206-464-1577
DSHS (Financial) - Alderwood 1-800-230-1819 - [Auburn](#) 877-586-5502 - [Bellevue](#) 206-341-7477 - [Capitol Hill](#) 1-800-546-2314 - [Federal Way](#) 866-683-4859 - [King Eastside](#) 800-662-6715 - [King North/Ballard](#) 206-341-7424 - [King South](#) 1-800-422-7912 - [Rainier](#) 206-341-7409 - [Renton](#) 1-877-980-9220 - [White Center](#) 206-341-7430 [DSHS Aging & Disabilities](#): 206-41-7750 or 1-800-346-5272 [DSHS Division of Developmental Disabilities](#): - [Kent](#) 360-428-2000 - [Kent Outstation 2](#) 360-372-5770 or 1-800-944-2828 - [Region 4 Headquarters 2](#) 360-568-5700 or 1-800-314-3296 - [SOLA Office 20](#) 360-366-6700 [DSHS Division of Vocational Rehabilitation](#): 1-800-637-5627 (statewide) - [Kent](#) 1-800-622-1375 - [Lacey](#) 360-745-5960 - [Olympia](#) 360-755-5960 - [Seattle Mercer Island](#) 1-800-622-1375 - [Seattle North](#) 1-800-622-1375 - [Seattle North Works](#) [Source](#) 206-529-0909 - [Seattle Rainier Works](#) [Source](#) 1-800-221-3759 - [Seattle Worksour](#) [ce](#) 1-800-622-1755
[75ESD In School Homeless Youth Liaisons in the following School Districts \(Case Management\)](#): - [Auburn School District](#): 253-931-4927
- [Bellevue School District](#)

425-456-4241 - E [numclaw School](#)

[District: 360-802-7 103 - ESD 121](#)

[Puget Sound: 425-917-7803 - Federal Way School District: 253-945-2074 - Hillside School District: 206-277-5904](#)

- [Issaquah School District: 425-837-7046](#)
- [Kent School District: 253-373-7541](#)
- [Lake Washington School District: 425-702-3348](#)
- [Mercer Island School District: 206-230-6336](#)
- [Northshore School District: 425-489-6295](#)
- [Puget Sound Educational Service: 425-917-7803](#)
- [Riverview School District: 425-844-4515](#)
- [Seattle School District: 206-252-0822](#)
- [Shoreline School District: 206-368-4150](#)
- [Skykomish School District: 360-677-2623](#)
- [Snoqualmie Valley School District: 425-831-8000](#)
- [Tahoma School District: 425-413-3400](#)
- [Tukwila School District: 206-901-8035](#)
- [Vashon Island School District: 206-408-8123](#)

[King County Housing Authority: 206-574-1100](#)

[King County Veterans Program](#)

- Auburn/Renton 206-205-3501
- Seattle 206-296-7656

[New Horizons Ministries Homeless Youth Drop-In Center: 206-374-0866](#)

[Offenders Transitional Employment Resources](#)

- Seattle/King County Workforce Development Area
- WorkSource Affiliate Auburn 253-804-1177
- WorkSource Affiliate Downtown Seattle 206-436-8600
- WorkSource North Seattle 206-440-2500
- WorkSource Affiliate Rainier 206-721-6000
- WorkSource Redmond 425-861-3700
- WorkSource Renton 206-205-3500
- WorkSource Affiliate South Seattle Community College 206-764-5304

[Renton Housing Authority: \(425\) 226-1850](#)

[Senior Services of Seattle-King County 206-448-3110 or 1-888-435-3377 or 1-888-4-ELDERS Support, Advocacy, Growth and Employment \(SAGE, mental health\)](#)

- Pioneer Square 206-464-6454
- Belltown 206-441-3043

[Seattle Housing Authority: 206-615-3300](#)

[Seattle's Union Gospel Mission: 206-622-5177](#)

[Street Youth Ministries 206-524-7301](#)

Transitional Housing, Operating & Rent assistance (THOR) 206-263-9088

[Youthcare \(ages 15 - 24\) 206-694-4500 or 1-800-833-6388](#)

CHILD OR RESPITE CARE

[Boys & Girls Club Before & After School Care](#)

- Bagley Elementary 206-853-5297
- [BF Day Elementary 206-547-7169](#)
- Blackwell Elementary 206-240-5278
- Coe Elementary 206-281-9197

- Coho Kids Time 206-297-7764
- Cottage Lake Elementary 425-844-8440
- Emily Dickinson 425-250-4788
- Federal Way Club 206-681-6516
- Lawton Elementary 206-283-4361
- McAuliffe Elementary 206-240-4683
- Mead Elementary 206-293-4819
- Mercer Island Club 206-436-1944
- North Seattle Club 206-436-1850
- Northgate 206-478-5012
- North Beach Elementary 206-250-9867
- Olympic Hills Elementary 206-363-3717
- Redmond 206-478-6774
- Rosa Parks Elementary 425-836-9287
- [Sacajawea Elementary](#) 206-526-1357
- Seattle Club 206-436-1878
- Smith Elementary 206-478-6615
- [View Ridge Elementary](#) 206-523-8447
- [Child Care Resources of King County](#)
- East King County/Redmond 425-865-9350
- Seattle/North King County 206-329-5544
- South King County/Kent 253-852-3080

CHILD DEVELOPMENT PROGRAMS & SERVICES

ALL CITIES:

- [Child care resource & referral](#) 206-329-5544
- [Childhaven](#) 206-624-6477
- [Children's Hospital & Regional Medical Center First Steps](#) 206-285-6355
- [Hearing, Speech and Deafness Center](#) 206-323-5770
- [Listen and Talk](#) 206-985-6646
- [Northwest Center](#) 206-286-2322

AUBURN/SEATTLE:

- [Boyer Children's Clinic](#): 206-325-8477
- Children's Early Childhood Home Instruction program for deaf/hard-of-hearing children aged birth to three: 206-528-5147
- [Muckleshoot Birth-To-Three](#): 253-931-6709

BELLEVUE:

- [Experimental Education Unit Infant Toddler Program](#): 206-543-4011
- Family Conversations: 206-987-5146
- [Kinderling Center](#): 425-747-4004

BOTHELL:

- [Hearing, Speech & Deafness Center](#): 206-323-5770 or 800-761-2821
- [NW Center Child Development Program](#): 206-286-2322

FEDERAL WAY:

- [Birth To Three Developmental Center](#): 253-874-5445

[Swedish Hospital](#)/Pediatric Therapy Unit: 206-386-2035
[The Handle Institute](#): 206-204-6000

HIGHLINE / KENT:

[Children's Therapy Center](#) of Kent & Highline: 253-854-5660
Puget Sound Therapy Services: 425-291-9200 or 800-253-4326

ISSAQUAH / NORTH BEND SHORELINE:

[Encompass](#): 425-888-2777
[Wonderland Developmental Center](#): 206-364-3777

PUYALLUP/TACOMA:

[Good Samaritan Hospital/Children's Therapy](#):
253-697-5200
[Mary Bridge Children's Health Center](#): 253-552-1449
[Washington Elks Therapy Program](#): 800-825-3557

RENTON / WOODINVILLE:

[Little Bit Riders](#): 425-882-1554
[Valley Medical Center/Children's Therapy](#): 425-656-4215

CLOTHING, FURNITURE & HOUSEWARES

[American Cancer Society/Discovery Shop](#) 206-937-7169 or or 206-524-3399

[Bargain Fair Thrift Shop](#) 206-547-4680

Backstage Thrift 206-937-1910

[Cheap Chickadee Thrift Shop](#) 206-760-9650

City of Hope Second Hand Rose 206-784-0298

Deseret Industries

- Federal Way 253-839-9045

- Seattle 206-542-9447

Fletcher's General Store 206-364-4069

[Goodwill Industries](#)

- Ballard 206-957-5544

- Bellevue 425-649-2080

- Burien 206-957-1020

- Outlet 206-957-5516

- Renton 425-264-0277

- Seattle 206-860-5711

- Shoreline 206-631-8454

- University District 206-547-1487

[Imagine That! Thrift Store](#) 206-783-0975

[Lifelong Thrift Store](#) 206-937-3481

[Operation School Bell](#) 206-547-4680

[Providence Regina House Clothing Bank](#) 206-763-9204

R Shoppe 206-783-4230

[Salvation Army](#) 206-624-0204

- Burien 206-438-4546

- Des Moines 253-839-8062

[Seattle Children's Hospital Research Foundation](#)

- Kent Thrift Store 253-850-8216
- Redmond Thrift Store 425-746-3092
- Shoreline Thrift Store 206-448-7609
- [Sharehouse Furniture Bank](#) 206-767-5280
- Shop & Save 206-762-8099
- [Something Old Something New Thrift Store](#) 206-515-1517
- Southeast Seattle Senior Thrift 206-760-9650
- Stop 'N Shop Senior Thrift Store 206-932-4044
- [St. Vincent de Paul](#) 206-722-9071
- Sunshine House Thrift Shop 206-324-9774
- Trinity Thrift Shop 206-264-1698
- [YWCA](#) (work clothes for women) 206-461-4882

DOCUMENT REPLACEMENT, SCH. SUPPLIES, QUALITY OF LIFE

[YWCA](#) 206-461-4882

EDUCATION: SCHOOLS, SCHOOL DISTRICTS, SPECIAL ED

- [Auburn School District](#): 253-931-4990
- [Bellevue School District](#): (425) 456-4144
- [Enumclaw School District No. 216](#): (360) 802-7100
- [Federal Way School District](#): 253-945-2000
- [Highline School District](#): 206-433-0111
- [Issaquah School District](#): (425) 837-7000
- [Kent School District](#): 253-373-7000
- [Lake Washington School District No. 414](#): (425) 702-3200
- [Mercer Island School District](#): 206-236-3330
- [Northshore School District](#): (425) 489-6474
- [Renton School District 403](#): (425) 204-2333
- [Riverview School District](#): (425) 844-4500
- [Seattle Public Schools](#): 206-252-3510
- [Shoreline Public Schools](#): 206-367-6111
- [Skykomish School District](#): (360) 677-2623
- [Snoqualmie Valley School District](#): (425) 831-8000
- [Stepworks Vocational Program](#) 206-545-2354
- [Tahoma School District](#): (425) 413-3400
- [Tukwila School District 406](#): 206-901-8033
- [Vashon Island School District #402](#): 206-408-8100

EDUCATION: Early Education/Head Start

Early Childhood Education Assistance Program (ECEAP)

- [Atlantic Street Center Children's Services](#) 206-329-2050

Head Start

- Auburn School District Head Start 253-931-4943 or 253-833-0143 or 253-931-4982
- [Bellevue School District Head Start](#) 425-456-6062
- [Curiosity Corner Head Start](#) 206-242-9936
- Kent Youth & Family Services Head Start/ECEAP 253-859-0300
- Renton area 425-917-7700
- [Seattle area](#) 206-252-0960
- [United Indians of All Tribes Foundation Head Start/ Early Head Start](#) 206-829-2216

- Yesler Terrace Head Start 206-264-4997

EDUCATION: Trade and Vocational Schools/Programs

[King County Worker Retraining Programs](#) 206-263-6009

[Seattle Vocational Institute](#) 206-587-4950

[Stepworks Vocational Program](#) (for mentally ill) 206-545-2354

EDUCATION & SUPPORT FOR PARENTS

[Renton Area Youth and Family Services \(RAYS\)](#) 206-722-2050

[Southwest Family & Youth Services \(Parenting classes\)](#) 206-937-7680

EMPLOYMENT

[CAMP Youth Build](#) (ages 17 – 21) 206-205-3600

[Developmental Disabilities Employment Services](#) 206-263-9018

[Goodwill Job Training – Seattle](#) 206-860-5791

Greenriver Student Employment Center: 253-833-9111 ext 2553

[King County Worker Retraining Programs](#) 206-263-6009

[Seattle Youth Garden Works](#) (ages 14 – 22) 206-632-0352

[Teen Internships](#) 206-344-3310

[Washington State Labor Council, AFL-CIO](#) 206-283-6121

[Washington Womens Employment And Education](#): 253-859-3718

[WorkSource](#)

- [Airport Jobs Connection](#) 206-835-7501

- Auburn Affiliate 253-804-1177

- Bellevue College 425-564-2279

- Downtown Seattle: 206-436-8600

- Highline Community College Connection 206-878-3710

- North Seattle Affiliate: 206-440-2500

- North Seattle Community College Connection 206-527-3787

- Rainier Affiliate: 206-721-6000

- Redmond: 425-861-3700

- Renton: 206-205-3500 or 1-800-536-9784

- Shoreline Community College Connection 206-546-5882

- South Seattle Community College Affiliate 206-764-5304

FINANCIAL ASSISTANCE

Asset Building: Contact Diana Stone at [Washington Appleseed](#) 206-275-1811

[Crime Victim Compensation](#) 1-800-762-3716

[DSHS Division of Developmental Disabilities](#)

- Kent Outstation 253-372-5770 or 1-800-974-4428

- Region 4 Headquarters 206-568-5700 or 1-800-314-3296

- SOLA Office 206-366-6700

[DSHS Financial/Food Stamps](#)

- [Alderwood](#) 1-800-230-1819

- [Auburn](#) 877-586-5502

- [Belltown](#) 206-341-7427

- [Capitol Hill](#) 1-800-546-2314

- [Federal Way](#) 866-683-4856

- [King Eastside](#) 800-662-6715

- [King North/Ballard](#) 206-341-7424
- [King South](#) 1-800-422-7912
- [Rainier](#) 206-341-7429
- [Renton](#) 1-877-980-9220
- [White Center](#) 206-341-7430

[DSHS General Assistance - Unemployable](#) (GAU) (Call number under DSHS Financial/Food Stamps, above)

Foreclosure Assistance:

- [ACORN Housing Seattle/Tacoma](#) 206-243-4663
- [CCCS of Olympic South Sound](#) 425-803-9060
- [ClearPoint Financial Solutions, Inc](#) 1-877-818-5929
- [International District Housing Alliance](#) 206-623-5132
- [Solid Ground Washington](#) 206-694-6766 or 1-866-297-4300
- [Urban League of Metropolitan Seattle](#) 206-461-3697

[Stepworks Vocational Program](#) (for mentally ill) 206-545-2354

Supplemental Security Income (SSI from [Social Security](#)): 1-800-772-1213

FOOD ASSISTANCE & NUTRITION

[Auburn Food Bank](#): 253-833-8925

Ballard Food Bank: 206-789-7800

[Basic Food](#) (help with obtaining food stamps) 1-888-436-6392

Beacon Avenue Food Bank: 206-722-5105

[Blessed Sacrament Church Food Bank](#): 206-547-3020

[CAMP Seattle](#) 206-812-4970

[Cherry Street Food Bank](#): 206-625-0755

Childrens Home Society Of Washington - North Seattle Family Center: 206-364-7930

[Des Moines Area Food Bank](#): 206-878-2660

[El Centro De La Raza Food Pantry](#): 206-957-4634

[Enumclaw Kiwanis Food Bank](#): 360-825-6188

[Familyworks Food Bank](#): 206-694-6727

[Food Bank At St. Marys](#): 206-324-7100 ext 18

[Food Lifeline](#): 206-545-6600

[Highline Area Food Bank](#): 206-433-9900

[Hopelink](#)

- Bellevue: 425-943-7555

- Kirkland: 425-889-7880

- Northshore: 425-485-6521

- Redmond: 425- 882-0241

- Shoreline: 206-440-7300

- Sno-Valley: 425-333-4163

[Issaquah Meals](#) (Catholic Community Services) 425-679-0342

[Jewish Family Service Food Bank](#): 206-461-3240

[Kent Food Bank & Emergency Services](#) 253-520-3550

[Lifelong Aids Alliance Chicken Soup Brigade](#): 206-957-1726

[Maple Valley Food Bank & Emergency Services](#) 425-432-8139

[Meals on Wheels \(Seniors/disabled\)](#) 206-448-5767 or 1-888-308-6325

[Mount Si Helping Hands Food Bank](#): 425-888-0096

North Auburn Baptist Church - Food Bank: 253-631-0528

[North Helpline Food Pantry](#): 206-367-3477

Northwest Community Services Food Bank: 206-723-4105

[Northwest Harvest \(distributes to food banks - no public access\)](#): 206-625-0755

Operational Emergency Center Food Pantry: 206-772-9232

[Phinney Ridge Lutheran Church Food Bank](#): 206-784-7964

[Pike Market Senior Center/Downtown Food Bank](#) (all ages welcome): 206-626-6462

[Preston Baptist Food Bank](#): 425-222-7360

[Providence Regina House Food Bank](#): 206-763-9204

[Renewal Food Pantry](#): 425-643-8246

Salvation Army Outreach Ministries:

- East King: (25-452-7300

- Federal Way/Des Moines: 253-946-7933

- North Seattle: 206-783-1226

- Renton: 425-255-5969

- White Center: 206-767-3150

Seattle Indian Center Food Pantry: 206-329-8700

St. Lukes Operation Blessing: 253-941-7270

[St. Vincent de Paul](#) 206-767-9975

[Tukwila Pantry](#): 206-431-8293

[University District Food Bank](#): 206-523-7060

[Vashon Maury Community Food Bank](#): 206-463-6332

[Volunteers of America Food Banks](#)

- Everett 425-259-3191

- Greenwood 206-782-6731

[West Seattle Food Bank](#): 206-932-9023

[White Center Food Bank](#): 206-762-2848

[WIC - Women, Infants, Children](#) 206-296-4786 (county information)

- Auburn Public Health Center (Auburn) 253-833-6971

- Auburn Public Health Center (Muckleshoot) 253-939-6648

- Columbia Public Health Center 206-296-4627

- Country Doctor Community Clinic 206-326-2060

- Downtown Public Health Center 206-296-4981

- Eastgate Public Health Center 206-296-9728

- Federal Way Public Health Center 253-838-4977

- Group Health Cooperative (Burien, central Seattle, Eastside, Seattle Rainier, teen clinic) 206-326-2060

- Harborview Medical Center 206-744-3548

- Healthpoint (Sea-Tac) 206-277-7200

- Highline Medical Group (Burien) 206-242-0885

- Holly Park Medical & Dental Clinic 206-788-3579

- International Community Health Services 206-788-3701

- Kent Public Health Center (Alder Square) 206-296-4502

- Mobil Unit/Mom's Plus 206-296-3140

- Neighborcare Health High Point 206-461-6949

- North Public Health Center (Lake City) 206-205-3460

- North Public Health Center (Wallingford) 206-694-6728

- Northshore Public Health Center (Bothell) 206-296-9820

- Odessa Brown Children's Clinic 206-987-7235

- Renton Public Health Center 206-205-1677

- Sea Mar Community Health Center (Burien) 206-812-9173

- Sea Mar Community Health Clinic 206-762-0876
- Seattle Indian Health Board 206-324-9360
- Shoreline Family Support Center 206-362-7282
- Swedish Medical Center (Ballard) 206-781-6055
- Swedish Medical Center (First Hill) 206-386-3942
- UW Medical Center Maternal & Infant Care Clinic 206-598-4949
- White Center Public Health Center (Seattle) 206-296-4822
- White Center Public Health Center (Vashon Island) 206-291-7336

HEALTH INSURANCE or HEALTH CARE ASSISTANCE

[Children's Health Insurance Program \(CHIP\)](#) 1-877-543-7669

[Community Health Plan of Washington](#) 206-521-8830

[DSHS Medicaid](#): 1-800-562-3022

[First Steps Health Insurance for Pregnant Women](#) 1-800-322-2588

[Washington Apple Health for Kids](#) 1-877-543-7669

[Washington Basic Health Plan](#): 1-800-660-9840

[Washington Health Foundation/Community Health Access Program](#) 206-284-0331 or 1-800-756-5437

[Washington State Insurance Commissioner](#): 1-800-562-6900

[WWIN Health Care Assistance with Insurance Premiums](#) 425-451-8838 or 1-888-440-WWIN

[WWIN Mental Health Counseling Grants](#) 425-451-8838 or 1-888-440-WWIN

[WWIN Physical/Vision/Medical/Hearing Grant](#) 425-451-8838 or 1-888-440-WWIN

HEALTH SERVICES: Medical or Dental

[Access to Baby and Child Dentistry \(ABCD\)](#) 206-263-8750

[Bellevue Senior Health Center](#) 425-688-5234

[Boyer Children's Clinic](#) 206-325-8477

[Burien Family Medicine](#) 206-244-6625

[Center on Human Development and Disabilities](#) 206-543-7701

[Country Doctor Community Health Center](#) 206-299-1600

[Country Doctor Homeless Youth Clinic](#) (ages 12 - 23) 206-299-1600 ext 7

[Des Moines Family Medicine](#) 206-870-4460

[Des Moines Internal Medicine](#) 206-870-7331

[Family Planning Clinics](#) (offered by King County Public Health)

- Auburn Public Health Center 253-833-8400

- Columbia Public Health Center 206-296-4650

[Harbor View Medical Center](#) 206-744-3000

[Healthcare Access Program \(HCAP\)](#) 425-899-3200

[Healthpoint \(Community Health Centers\)](#) 1-866-893-5717

- Auburn Community Health Center 253-735-0166

- Auburn Community Dental Center 253-804-8713

- Bothell-Kenmore Community Health Center 425-486-0658

- Eastside Community Health Center (Redmond) 425-882-1697

- Eastside Community Dental Center (Redmond) 425-883-8000

- Federal Way Community Health Center 253-874-7634

- Federal Way Community Dental Center 253-874-7646

- Kent Community Health Center 253-852-2866

- Kent Community Dental Center 253-796-4071

- Renton Community Health Center 425-226-5536

- SeaTac Community Health Center 206-277-7200

- Tyee Campus Health Center 206-444-7746
- [Highline Medical Center](#) 206-244-9970
- [Highline Medical Group](#) 206-439-2988
- [Highline Neurosurgery](#) 206-838-7065
- [Highline Obstetrics & Gynecology Associates](#) 206-241-0824
- [Highline Youth Health Center](#) 206-439-9300
- [International Community Health Services](#)
- Holly Park Medical and Dental Clinic 206-788-3500
- International District Medical and Dental Clinic 206-788-3700
- [King County Mental Health Plan \(KCMHP\)](#) 206-431-3222
- [King County Project Access](#) 206-788-4204
- [King County Teen Health Centers](#)
- Aki Kurose Middle School Wellness Center (206) 326-2141
- Ballard Teen Health Center (206) 784-2142
- Cleveland Teen Health Center (206) 296-0536
- Denny Wellness Center (206) 923-2809
- Franklin Teen Health Center (206) 326-2750
- Garfield/Nova Teen Health Center (206) 860-0480
- Hale/Summit Teen Health Center (206) 302-1840
- Highline Youth Health Center (206) 205-0430
- Madison Wellness Center (206) 933-7842
- Rainier Beach Teen Health Center (206) 296-4639
- Renton Youth Health Center (425) 254-2710
- Roosevelt Teen Health Center (206) 527-8336
- Sealth Teen Health Center (206) 938-1360
- Washington Wellness Center (206) 568-3327
- West Seattle Teen Health Center (206) 658-8048
- [Mary Bridge Children's Hospital & Health Center](#): 800-552-1419 or 253-403-1400
- [Mercer Island Senior Health Center](#) 425-688-5641
- [Neighborcare Health](#) (formerly Puget Sound Neighborhood Health Centers)

>**Medical Clinics**

- 45th Street Medical Clinic 206-633-3350
- Greenwood Medical Clinic 206-782-8660
- High Point Medical Clinic 206-461-6950
- Homeless Youth Clinic 206-633-7650
- Midwifery & Women's Health Services 206-324-1449
- Pike Market Medical Clinic 206-728-4143
- Rainier Beach Medical Clinic 206-722-8444
- Rainier Park Medical Clinic 206-461-6957

>**Dental Clinics**

- 45th Street Dental Clinic 206-548-2964
- Central Area Dental Clinic 206-461-7801
- Georgetown Dental Clinic 206-461-6943
- High Point Dental Clinic 206-461-6966
- Southeast Family Dental Clinic 206-461-6981

>**School-based Clinics**

- Denny Wellness Center 206-923-2809
- Madison Wellness Center 206-933-7842
- Roosevelt Teen Health Center 206-527-8336

- Sealth Teen Health Center 206-938-1360
- West Seattle Teen Health Center 206-658-8048
[Pacific Hospital Preservation and Development Authority](#) (Access to care)
[Odessa Brown Clinic](#): 206-987-7200
[Overlake Bellevue Clinic](#) 425-289-3100
[Overlake Hospital Medical Center](#) (Bellevue) 425-688-5000
[Overlake 24-Hour Urgent Care Center](#) (Issaquah) 425-688-5777
[Overlake Women's Clinics](#)
- Bellevue 425-688-5389
- Issaquah 425-467-3630
[Planned Parent of the Great Northwest](#) 1-800-230-7526
[Riverton Family Medicine](#) (Tukwila) 206-242-6500
[Roxbury Clinic](#) (family practice & pediatrics) 206-763-5057
[Sea-Tac Smiles](#) 206-631-7316
[Seahurst Family Medicine](#) (Burien) 206-246-1012
[Seahurst Internal Medicine](#) (Burien) 206-242-8280
[Seattle Children's Hospital & Regional Medical Center](#): 206-987-2000
- [Children's Bellevue](#): 425-454-6444
- [Children's Federal Way](#): 253-838-5878
[Seattle Indian Health Board](#) 206-324-9360
[South Seattle Family Medicine](#) (Tukwila) 206-246-2886
[Therapeutic Health Services](#) (pregnant women w/chemical dependency)
- Central Youth and Family Services 206-322-7676
- Eastside Branch 425-747-7892
- Rainier Branch 206-723-1980
- Seneca Branch 206-323-0934
- Shoreline Branch 206-546-9766
- Snohomish/Everette Branch 425-347-5121
- Summit Branch 206-323-0930
[Vashon Health Center](#) 206-463-3671
[Washington Breast and Cervical Health Program \(WBCHP\)](#) 206-285-6355
[Washington Colon Health Program \(WCHP\)](#) 206-285-6355
[West Seattle Family Medicine](#) 206-933-1041

HEALTH SERVICES: Mental or Behavioral

[Atlantic Street Center Counseling Services](#) 206-329-2050
[Auburn Youth Resources](#) (mental health & substance abuse) 253-929-2202
[Bellevue Outpatient Behavioral Health Clinic](#) 425-460-7114
[Children's Home Society](#)
- Seattle Northwest 206-695-3200
- South King County 253-854-0700
[Des Moines Recovery Center](#) (substance abuse) 206-878-7393
[Highline Geriatric Psychiatry Clinic](#) 206-248-4585
[Jewish Family Services](#) 206-861-3152
[Northwest ADHD Behavioral Medicine](#) 425-821-9730
[Recovery Centers of King County](#) (Substance abuse) 206-322-2970
[Renton Area Youth and Family Services \(RAYS\)](#) 206-722-2050
[Riverton Place Residential Recovery Program \(Seattle's Union Gospel Mission\)](#) 206-242-5585
[Ruth Dykeman Children's Center](#): 206-242-1698

[Ryther Child Center](#): 206-525-5050

[Seattle Counseling Service](#) (for Lesbian, Gay, Bisexual, Transgender) 206-323-1768

[Seattle Indian Health Board](#) (counseling & substance abuse) 206-324-9360

[Seattle Outpatient Behavioral Health](#) 206-766-6976

[Sound Mental Health](#) (formerly Seattle Mental Health) 206-302-2200 or TTY 206-302-2209

[Southwest Mental Health Ministry](#) 425-204-0111

[Support, Advocacy, Growth and Employment \(SAGE\)](#)

- Pioneer Square 206-464-6454

- Belltown 206-441-3043

[The Oaks Residential Rehabilitation Program \(Seattle's Union Gospel Mission\)](#) 206-628-2008

[Therapeutic Health Services](#) (mental health & substance abuse)

- Central Youth and Family Services 206-322-7676

- Eastside Branch 425-747-7892

- Rainier Branch 206-723-1980

- Seneca Branch 206-323-0934

- Shoreline Branch 206-546-9766

- Snohomish/Everette Branch 425-347-5121

- Summit Branch 206-323-0930

HOME CARE SERVICES & MEDICAL EQUIPMENT

A One Medical Supplies 1-800-767-8518

[Adaptive Installations](#) 206-762-1969 or 800-765-1969

[A & H Home Medical \(A & H Pharmacy\)](#)

- Auburn: 253-876-9183

- Renton Highlands: 425-255-1911

[Alliance Nursing](#): 425-483-3303 or 1-800-473-3303

[Apria Health](#): 425-881-8500 or 1-800-277-4288

[Ashley House](#) (children's supplies): 360-825-6525

[Bridge Ministries](#): 425-885-1006

[Byram Healthcare](#): 1-877-902-9726

[Care Medical](#) 206-547-2200 or 1-800-869-7172

[Children's Country Home](#): 425-806-8074

[Children's Hospital Home Care Services](#): 425-482-4000

[Community Home Care](#) 206-384-4539

[Home Care Associates](#) 206-861-3193

[Maple Leaf Pharmacy & Compounding Center](#): 206-729-7514

Medical Supply, Inc: 800-506-1116

[National Organization Caring for Kids \(NOCK\)](#) 253-851-6625

[Nationwide Enteral Supply](#): 253-872-3460 or 1-800-335-4434

[New Care Concepts](#): 206-789-9054 or 1-800-635-6480

[Olympic Pharmacy](#): 253-858-9941 or 1-800-537-1393

[PMSI \(Pacific Mothers Support, Inc\)](#): 425-462-0577 or 800-578-2260

[Professional Medical Corp](#): 206-366-9543 or 800-741-3996

Provail: 206-826-1063

[Shield Healthcare](#) 206-575-7837

[Soundview Medical Supply](#) 206-286-3100 or 800-845-4925

[Synergy Home Health Care](#) 425-462-5300

Walgreen's (absorbed Option Care) 1-800-277-5805

[Wheelchairs Northwest](#): 425-646-4601

[With a Little Help](#) 206-352-7399

HOUSING RESOURCES - Click [HERE](#)

INFORMATION, SUPPORT OR ADVOCACY

[211 - United Way of King County](#) 206-461-3700

[Access for Autistic Youth](#)

[Adolescent Health Transition Project](#): 206-685-1358

[Alliance of People with Disabilities](#)

- Redmond 425-558-0993 or 1-800-216-3335

- Seattle 206-545-7055 or 1-866-545-7055

Answers for Special Kids (ASK) Resource Line: 800-322-2588

[ARC of King County](#): 206-364-6337 or 877-964-0600

[Ashley House](#) (medically fragile children)

- Enumclaw 360-825-6525

- Kent 253-941-0947

[Center for Children with Special Needs](#)

[CHADD \(Children & Adults with ADHD\)](#): 206-622-2127

[Child Care Resources of King County](#)

- East King County/Redmond 425-865-9350

- Seattle/North King County 206-329-5544

- South King County/Kent 253-852-3080

[Child Protective Services](#): 1-866-363-4276

[Childhaven Crisis Nursery](#) 206-328-5437

[Children and Youth Services Counseling](#) 206-861-3152

[Community Health Access Program \(CHAP\)](#): 206-284-0331

[Community Support Solutions](#) 425-672-8787 or 888-819-8787

[Downtown Emergency Service Center: Connections \(Homeless\)](#) 206-515-1555

[Encopresis Treatment Center](#) – Edmonds: 425-640-3227

[F.E.A.T. of WA](#) (Families for Effective Autism Treatment): 206-763-3373

Family Resource Coordinators for Birth to Three: 800-756-KIDS

[Family-to-Family Education Program \(NAMI Seattle\)](#) 206-783-9264

[Father's Network](#): 425-7447-4004 x 4286

Fremont Association – Food Bank resources for King County: 206-694-6723

[Head Start Programs](#) (Find head start/early head start near you)

[Hope Link](#): 1-800-923-7433

[Learning Disabilities Association of Washington](#): 425-882-0792

[National Dissemination Center for Children & Youth with Disabilities](#) 1-800-695-0285

[New Creations Recovery Program \(Seattle's Union Gospel Mission\)](#) 206-622-5177

[New Visions Recovery Program \(Seattle's Union Gospel Mission\)](#) 206-622-5177

[Northwest Network of Bisexual, Trans, Lesbian and Gay Survivors of Abuse](#) 206-568-7777

[Office of Family & Children's Ombudsman](#): 206-439-3870 or 800-571-7321

[Seattle Association for Jews with Disabilities \(SAJD\)](#) 206-709-8229

[Washington P.A.V.E.](#): 1-800-572-7368

[Washington State Medical Home Website](#): 206-625-1279

LEGAL SERVICES

[Asian Counseling and Referral](#) 206-695-7639

Cross Cultural Family Law Clinic 206-464-1519, ext 232

[Domestic Violence Protection Order Advocacy Program](#)

- Seattle 206-296-9547
- Kent 206-205-7406

DSHS Office of Support Enforcement 206-341-7000

[Eastside Legal Assistance Program](#) 425-747-7274

[Family Court Services](#)

- Seattle 206-296-9400
- Kent 253-205-2521

Family Law Coordinator Office

- Seattle 206-296-9335
- Kent 253-205-2554

[Family Law Facilitators](#)

- Seattle 206-296-9092
- Kent 253-205-2526

[King County Bar Association Free Legal Assistance for Low-Income](#) 206-267-7010 or 211

[King County Bar Association Lawyer Referral Service](#) 206-267-7010

[King County Law Library](#) 206-267-7070

[King County Office of Judicial Administration \(Clerk's Office\)](#)

- Seattle 206-296-9300
- Kent 253-205-8448

[Neighborhood Legal Clinics – General Law](#) 206-267-7070 (call Mon-Thur, 9am-12pm for appt)

- Central Legal Clinic (held Wednesdays 6:45pm - 8:45pm)
- Country Doctor Legal Clinic on Capitol Hill (held Wednesdays, 7pm - 8:30pm)
- Downtown Legal Clinic (Thursdays, 12pm – 2pm)
- Eastside Legal Clinic in Bellevue (Wednesdays, 7pm – 9pm)
- Federal Way Legal Clinic (Tuesdays, 6:30pm – 8:30pm)
- Greenwood Legal Clinic (Tuesdays, 7pm – 9pm)
- Lake City Legal Clinic (Wednesdays, 7pm – 9pm)
- Southeast Legal Clinic in Rainier Valley (Mondays 7pm – 9pm)
- Southwest Legal Clinic in Delridge neighborhood (Thursdays, 7pm – 9pm)
- Vashon-Maury Legal Clinic (1st Thursday of the month, 5:30pm – 8:30pm)
- West Seattle Legal Clinic (Tuesdays, except 3rd, 7pm – 9pm)

[Neighborhood Legal Clinics – Specialty Law](#) (call number listed for appointment)

- Asian Pacific American Legal Clinic 206-695-7639
- Bilingual Spanish Clinic, 2208 Second, Seattle – walkin only, Wed, 5pm
- Civil Rights Legal Clinic 206-267-7070 (Mon-Thur, 9am - 12pm)
- Cross-cultural Family Law Clinic 206-464-1519 ext 232 (referral from social service agency only)
- Debt and Bankruptcy Clinic 206-267-7070 (call Mon-Thur, 9am - 12pm)
- Domestic Violence Family Law Clinic 206-783-2848 (call Wed, 1pm - 3pm)
- Elder Law Clinic 206-448-5720 (call Mon-Thurs, 9:30am – 3:30pm)
- Family Law Clinics 206-267-7070 (call Mon-Thur, 10am - 12pm)
- Immigration Legal Clinic 206-587-4009
- International District Legal Clinic 206-264-5633 ext 4111
- Korean Legal Clinic 206-784-5691
- Urban Indian Legal Clinic 206-381-9590

[Northwest Immigrant Rights Project](#) 206-587-4009 or 1-800-445-5771

[Northwest Justice Project – CLEAR](#) (civil cases only) 211

[Northwest Women's Law Center](#) 206-621-7691 or 1-866-259-7720

[Protection Order Advocacy Program](#)

- Seattle 206-296-9547

- Kent 206-205-7406

[Northwest Justice Project - CLEAR](#) dial 211 for referral

[Senior Rights Assistance](#) 206-448-5720 or 1-800-972-9990

[Union Gospel Mission Open Door Legal Services](#) 206-682-4642

[Washington Courts/Domestic Violence Forms](#)

[Washington Law Help](#)

[Washington State Bar Association \(referrals\)](#) 1-877-211-WASH

RECREATION

[Little Bit Riders](#): 425-882-1554

[Special Olympics](#): 1-800-752-7559

[YMCA of Greater Seattle](#) 206-382-5003

- [Auburn Valley](#) 253-833-2770

- [Bellevue](#) 425-746-9900

- [Coal Creek](#) (coming Fall 2009)

- [Dale Turner Family](#) 206-363-0446

- [Downtown Seattle](#) 206-382-5003

- [Fautleroy & West Seattle](#) 206-935-600

- [Federal Way Norman Center](#) 253-838-4708

- [Highline](#) 206-244-5880

- [Lake Heights Family](#) 425-644-8417

- [Meredith Matthews East Madison](#) 206-322-6969

- [Metrocenter](#) 206-382-5013

- [Northshore](#) 425-485-9797

- [Sammamish Family](#) 425-391-4840

- [University Family](#) 206-524-1400

SENIORS

Des Moines Senior Center 206-878-1642

[ElderHealth Northwest](#) 206-467-7033

Federal Way Senior Center 253-838-3604

Greenwood Senior Activity Center 206-297-0875

[Highline Geriatric Psychiatry Clinic](#) 206-248-4585

[Mayor's Office for Senior Citizens](#) 206-684-0639

[Meals on Wheels](#) 206-448-5767 or 1-888-308-6325

[National Asian Pacific Center on Aging](#) (Chinese) 1-800-582-4218, (Korean) 1-800-582-4259, (Vietnamese) 1-800-582-4336, (English) 1-800-336-2722

Neighborhood Legal Clinics - Elder Law Clinic 206-448-5720 (call Mon-Thurs, 9:30am – 3:30pm)

[Northshore Senior Centers](#) 425-487-2441

NW Senior Activity Center 206-297-0403

Pike Market Senior Center 206-728-2773

[Seattle Housing Authority – Low Income Senior Housing](#) 206-615-3351

[Senior Center of West Seattle](#) 206-932-4044 or 206-448-5025 TTY

[Senior Housing Assistance Group](#) 1-888-450-7424

[Senior Rights Legal Assistance](#) 206-448-5720 or 1-800-972-9990

[Senior Services of Seattle-King County](#) 206-448-3110 or 1-888-435-3377 or 1-888-4-ELDERS

[Southeast Seattle Senior Center](#) 206-722-0317

[Wallingford Community Senior Center](#) 206-461-7825

TECHNOLOGY PROGRAMS, INTERNET ACCESS, LITERACY & VITAL CONTENT -
Click [HERE](#)

TRANSPORTATION

[Metro transit](#) 206-553-3000 or TTY 206-684-1739

UTILITIES & TELEPHONE

[CAMP Seattle](#) (energy assistance) 1-800-348-7144

[City of Seattle Utility Assistance](#) 206-684-0268

[Kent Food Bank & Emergency Services](#) (one-time utility assistance) 253-520-3550

[North Helpline \(utility assistance\)](#) 206-367-3477

Washington Telephone Access Program

VETERANS SERVICES

[County Veterans Coalition](#)

[King County Veterans Program](#)

- Auburn/Renton 206-205-3501

- Seattle 206-296-7656

Vietnam Veterans of America

- Chapter 102, Seattle, 206-283-8991

- Post 224, Acme, 360-595-2156

American Legion

- Post 1, Seattle, 206-623-5967

- Post 11, Seattle, 206-364-7054

- Post 123, Magnolia, 206-285-6288

- Post 124, Seattle, 206-364-8775

- Post 127, Bothell, 425-402-0747

- Post 134, Burien, 206-439-0774

- Post 139, Seattle, 206-722-4997

- Post 15, Kent, 206-898-6368

- Post 159, Vashion Island, 206-463-5253

- Post 160, West Seattle, 206-935-9407

- Post 161, Redmond, 425-883-0161

- Post 170, Seattle, 206-283-1674

- Post 186, Seattle, 206-722-7036

- Post 19, Renton, 425-228-3764

- Post 199, Carnation, 425-333-6792

- Post 227, Shoreline, 425-640-7866

- Post 232, Federal Way, 253-941-7939

- Post 235, Tukwila, 206-246-9787

- Post 239, Bellevue, 425-455-2188

- Post 40, Ballard, 206-365-1539

- Post 78, Auburn, 253-939-5789

- Post 79, Snoqualmie, 425-830-7900

AMVETS

- Post 3, Seattle, 206-364-7054

Disabled American Veterans

- Chapter 2, Seattle, 206-522-2632

- Chapter 23, Seattle, 206-937-7752
 - Chapter 33, Kent, 425-277-0627
 - Chapter 35, Seattle, 360-651-8266
 - Chapter 43, Bellevue, 425-454-5650
- National Association for Black Veterans, Inc
- Seattle Chapter, Seattle, 206-322-2618
- Marine Corps League
- Detachment 989, Enumclaw, 360-825-3096
- African American PTSD Association
- VARO Office, Seattle, 206-220-4505
- Veterans of Foreign Wars
- Post 1263, Renton, 425-255-9010
 - Post 1949, Enumclaw, 360-825-4722
 - Post 2289, Seattle, 206-721-3146
 - Post 2713, Seattle, 206-935-4352
 - Post 2826, Vashon, 206-463-9549
 - Post 2886, Federal Way, 206-838-3364
 - Post 2995, Redmond, 425-883-2995
 - Post 3063, Seattle, 206-782-8618
 - Post 3348, Seattle, 206-364-6433
 - Post 3436, Issaquah, 425-392-8256
 - Post 4137, Seattle, 206-522-3088
 - Post 6599, Seattle, 206-722-6554
 - Post 9430, Seattle, 206-772-9982

YOUTH GROUPS & SERVICES

[Atlantic Street Center Youth Services](#) 206-723-4073

Auburn Youth Resources: 206-609-5689

[Boys & Girls Club of King County](#)

- Auburn 253-804-5915
- [Bainbridge Island](#) 206-855-8486
- [Ballard](#) 206-436-1978
- [Federal Way](#) 253-681-6510
- [Kirkland](#) 206-827-0132
- [Mercer Island](#) 206-232-2548
- North Seattle 206-436-1850
- [Rainier Vista](#) 206-436-1890
- [Redmond/Sammamish](#) 425-836-9295
- Renton/Skyway (Seattle) 206-436-1920
- [Rotary \(Seattle\)](#) 206-436-1880
- Southwest (Seattle) 206-436-1910
- [Wallingford \(Seattle\)](#) 206-436-1930

[Boy Scouts – Chief Seattle Council](#) 206-725-5200

[Camp Fire USA – Central Puget Sound](#) 206-461-8550 or 1-800-451-CAMP

[CAMP Youth Build \(ages 17 – 21\)](#) 206-205-3600

[Catholic Community Services - University District Youth Center:](#) 206-526-2992

[Central Area Youth Association](#) 206-322-6640

[Community for Youth](#) (dropout prevention) 206-325-8480

[Country Doctor Homeless Youth Clinic](#) (ages 12 - 23) 206-299-1600 ext 7

[EX3 Ron Sandwith Teen Center](#) 253-681-6500
[Girl Scouts of Western Washington](#) 1-800-767-6845
[Kirkland Teen Union Building](#) 425-822-3088
[Lambert House \(gay, lesbian, bi, transgender\)](#) 206-322-2515
[Peace for the Streets by Kids from the Streets](#) 206-726-8500
[SDK Bridge - Red Llama Technology Project](#) 206-973-7526
[Seattle Youth Garden Works](#) 206-632-0352
Street Outreach Services: 206-625-0854 ext 107
[Street Youth Ministries](#) 206-524-7301
[Teenhope](#): 206-546-1010
[Teen Internships](#) 206-344-3310
[Teen Link \(crisis line\)](#) 206-461-4922 or 1-866-TEENLINK
[University District Youth Center](#) 206-526-2992
[University Street Ministry](#): 206-356-9314
[YMCA of Greater Seattle](#) 206-382-5003
- [Auburn Valley](#) 253-833-2770
- [Bellevue](#) 425-746-9900
- [Coal Creek](#) (coming Fall 2009)
- [Dale Turner Family](#) 206-363-0446
- [Downtown Seattle](#) 206-382-5003
- [Fauntleroy & West Seattle](#) 206-935-600
- [Federal Way Norman Center](#) 253-838-4708
- [Highline](#) 206-244-5880
- [Lake Heights Family](#) 425-644-8417
- [Meredith Matthews East Madison](#) 206-322-6969
- [Metrocenter](#) 206-382-5013
- [Northshore](#) 425-485-9797
- [Sammamish Family](#) 425-391-4840
- [University Family](#) 206-524-1400
[Youthcare](#) (drop-in center, shelter, housing) 206-694-4500 or 1-800-833-6388
[YWCA Of Seattle/King County Snohomish County](#): 206-633-7901

Updated 4/1/2010