**Washington State, King County and Snohomish County Resources**

Crisis Connections: 211: [www.crisisconnections.org](http://www.crisisconnections.org)

Parent Trust: Search for Resources by City: [www.parenttrust.org](http://www.parenttrust.org)

Snoqualmie Valley: A Supportive Community for All: [www.asupportivecommunityforall.org](http://www.asupportivecommunityforall.org)

Abundant Life: [www.abundantlifewa.org](http://www.abundantlifewa.org)

Care Net of the Puget Sound: www.carenetps.org

**Domestic Violence Hotlines/Shelters/Legal Resources**

* CARE Crisis Line: (800) 584-3578 or (425) 258-4357
* Eastside Domestic Violence Program: (800) 827-8840
* National Domestic Violence Hotline: (800) 799-SAFE (7233)
* Providence Sexual Assault Center: (425) 252-4800
* [Domestic Violence Services of Snohomish County](http://www.dvs-snoco.org/): (425) 25-ABUSE (22873)
* Washington State Domestic Violence Hotline: (800) 562-6025
* [Domestic Violence Services of Snohomish County](https://dvs-snoco.org/), offering temporary shelter services in emergency situations. Call the 24-hour hotline (425-252-2873) for more information or help.
* [YWCA Housing and Shelter for Snohomish County](https://www.ywcaworks.org/housing), offering various types of housing for women and their children. Call 425-258-2766 for more information
* Abused Deaf Women's Advocacy Services: TTY (206) 726-0093
* Asian and Pacific Island Women and Family Safety Center: (206) 467-9976
* CHAYA: Southeast Asian Services: (206) 325-0325
* Cocoon House: Emergency Teen Services: (425) 259-6042
* Compass Mental Health: (425) 349-6200
* Consejo: Spanish Speaking Services: (206) 706-7776
* Faith Trust Institute - A faith-based information resource (all faiths): (206) 234-1903 (non-emergency)
* [HopeLine](http://www.verizon.com/about/responsibility/hopeline): connects survivors of domestic violence to vital resources, funds organizations worldwide and protects the environment (from Verizon)
* [National Domestic Violence Hotline](http://www.thehotline.org/): (800) 799-SAFE (7233)
* Navy Family Service Center: (425) 304-3367
* [Northwest Network of Bi, Trans, Lesbian, and Gay Survivors of Abuse](http://nwnetwork.org/): (206) 568-7777 (Non-Emergency); TTY Message: (206) 517-9670
* Pathways for Women: (425) 774-9843
* Protection Order Assistance Program: (425) 388-3638
* Refugee and Immigrant Services Northwest: (425) 388-9307
* Snohomish County Community Information Line: Dial 211
* Support Groups (available through Domestic Violence Services of Snohomish County)
* [Victim Support Services (VSS)](http://www.victimsupportservices.org): (888) 288-9221 (24-hour hotline)
* [Criminal Justice System - U.S. Department of Justice](http://www.bjs.gov/)
* [Northwest Justice Project - Self-help resources](http://nwjustice.org/)
* [Legal Resources](https://snohomishcountywa.gov/437)
* [Washington Victim Rights - National Victim's Constitutional Amendment Passage (NVCAP)](http://www.nvcap.org/states/washington.htm)
* API Chaya (Seattle) 206-568-7576
* Consejo Counseling and Referral Center (Seattle) 206-467-9976
* The DoVE Project (Vashon Island) 206-715-0258
* Jewish Family Services: 206-522-9472
* NW Immigrant Rights Project: 206-957-8621
* NW Network of Bi, Trans, Lesbian and Gay Survivors of Abuse: 206-568-7777
* Solid Ground: 206-299-2500 (Broadview Shelter and Transitional Housing)
* Life Wire:425-746-1940 924 hour helpline)
* Valley Cities Counseling and Consultation: 253-939-4055 (Auburn, Federal Way, Kent, Renton and Des Moines) Domestic violence counseling and resources
* Atlantic Street: Seattle/South Seattle/ Kent: DV services, crisis intervention, counseling 206-945-3358

**Utilities**

\*Energy Assistance Program (425-388-3880)   
\*Weatherization **(425) 388-7205** or email [weatherization@snoco.org](mailto:weatherization@snoco.org).

\*LIHEAP: Utility and Heating Bill Assistance [www.liheapassistance.org](http://www.liheapassistance.org)

\*WTAP: (cell and phone service discounts): 1888-700-8880

\*Seattle City Light Project Share: [www.seattle.gov/light/](http://www.seattle.gov/light/)

\*Tacoma Public Utilities/Tacoma Power Discount Rate Program: [www.mytpu.org/tacomapower](http://www.mytpu.org/tacomapower)

\*PSE Help Program: [www.pse.com](http://www.pse.com)

HEN Program: [www.henkingcounty.org](http://www.henkingcounty.org)

Centerstone: [www.center-stone.org](http://www.center-stone.org)

St.Lukes Church (Operation Blessing: Federal Way): [www.stlukes-church.com](http://www.stlukes-church.com)

Hopelink: [www.hope-link.org](http://www.hope-link.org)

Issaquah Community Services: 425-837-3125 [www.issaquahcommunityservices.org](http://www.issaquahcommunityservices.org) (only for ISD families)

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**Housing/Emergency Services**

Homeless Coordination & Affordable Housing Program Homelessness: 425-388-  
7116

Interfaith Association of NW Washington: [www.interfaithwa.org](http://www.interfaithwa.org) 425-252-6672

Lutheran Community Services NW Family Support Centers: [www.lcsnw.org/familysupportcenters](http://www.lcsnw.org/familysupportcenters)245-1026

Granite Falls Community Coalition: [www.granitefallscommunitycoalition.org](http://www.granitefallscommunitycoalition.org)

Hands Together (Arlington): 360-435-3259

Neighbors in Need: [www.neighbors-in-need.com](http://www.neighbors-in-need.com)

Compass Housing Alliance: 206-729-0262

Mary’s Place: [www.marysplaceseattle.org](http://www.marysplaceseattle.org); 206-621-8474 (family shelter, Seattle)

Angelines Center for Women: 206-436-8656 (Day Program and Emergency Shelter for 18+)

Noel House:206-441-3210 (Seattle) Night Shelter for women; day program, housing assistance

Orion Center: 1800-495-7802: Age 18-24 shelter and short term case management (Seattle)

The Sophia Way: Womens Shelter; Housing and Case Management (Bellevue)

Urban Rest (Seattle) 206-332-0110 (Drop in for families, laundry, shower etc/ Seattle)

Womens Wellness Center (Seattle): Homeless adult women; hygiene and wellness services; laundry, first aid and resources: 206-256-0665

Dorothys Place: (Monroe): Shelter to homeless pregnant women; maternity services: 206-227-3999

Fresh Start Housing WA: [www.freshstarthousingwa.org](http://www.freshstarthousingwa.org) 425-750-7855

Housing Hope: [www.housinghope.org](http://www.housinghope.org) 425-347-6556

TBRA: 360-725-2943 (Rent Assistance)

Housing Vouchers: 1800 955-2232

Salvation Army: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

AAHAA-Sober Living: 253-670-9733

Abstinence Housing and Human Services: 253-709-9192

Katherine’s House (Catholic Charities): 253-856-7716

House of Mercy Ministries: 206-651-7840

Oxford Houses: [www.oxfordhouse.org](http://www.oxfordhouse.org)

Pioneer Human Services: 206-624-0082 Ext 104

Vision House: Renton: [www.visionhouse.org](http://www.visionhouse.org): Family Program/Transitional Housing; Help with immediate needs; Mens Recovery Program and Thrift shop

Hoff Foundation (Esthers Place and New Creation Community Housing) [www.hofffoundation.org](http://www.hofffoundation.org)

Tolt UCC Community Connections: 423-333-4254 (Modest emergency funds)

Snoqualmie Valley Shelter Services: 425-773-2874 (adults/intake 24/7) and 425-389-7114 families

Mamas Hands (North Bend): Emergency housing for women and children: 206-915-2073

Kent HOPE (Kent): Serves women and children for 3-6 months; works closely with Vine Maple Place; Link Program (6-12 months) and Bridge Program specific to substances abused.

MAPS: Muslim Community Resource Center: Redmond: 1888-404-6272

Helping Hands: Snoqualmie: 425-888-0096 (emergency food, utilities, rent etc)

Hope Place: 206-628-2008 (Seattle Union Gospel Mission: Women and children including women with mental health issues; transitional housing)

Aurora Commons Day Center: 206-299-2278 (Drop in for health appts, pre natal etc); Foot and Wound Care clinic; assistance with housing recources

Vine Maple Place: 425-432-2774: Maple Valley: Transitional Housing; Case Management; Life Skills Training and Child Advocacy

Living Hope House: (Arlington, WA) [www.livinghopehouse.net](http://www.livinghopehouse.net); Transitional housing program for women. 425-750-0406

New Way Ministries (Lynden) Transitional Housing: [www.newway-ministries.org](http://www.newway-ministries.org) 360-354-9930

Friendship House: Mount Vernon, WA: Transitional Housing for women and children. 360-336-2418

**Childcare Assistance Programs**

\*CCAP(Seattle City Limits Only): [www.seattle.gov/ccap 206-386-1050](http://www.seattle.gov/ccap%20206-386-1050)

\*WCCC (Working Connections Child Care)-www.washingtonconnection.org

\*Childcare Subsidy Contact Center: 1-844-626-8687

\*Child Care Resources: [www.childcare.org](http://www.childcare.org)

**Transportation Services**

Snoqualmie Valley Transportation: 425-888-7001 Low fare transportation in the Sno Valley Region

Hopelink Mobility and Transportation: 425-943-6760

Orca Lift 18007565437 (free bus pass)

**Legal Services**

\*Legal Services (Northwest Justice Project 1-888-201-1014 / CLEAR Seniors 1-888-387-  
7111)

\*Columbia Legal Services (CLS Seattle): [www.columbialegal.org](http://www.columbialegal.org)

\*Domestic Violence Family Law Clinic: 206-267-7100

\*Neighborhood Legal Clinics: 206-267-7070

\*Eastside Legal Assistance Program

**Children and Youth Services and Family Resources**

\*WIC: <https://www.pregnancyaid-wic.org/>

\*Developmental Disabilities (425-388-7208 or 425-388-7320)   
\*Early Childhood Education and Assistance Program (ECEAP) (425-388-7010)   
\*Early Head Start (EHS) (425-388-6439)

\*Boys and Girls Clubs of Snohomish County: [www.bgscs.org](http://www.bgscs.org)

\*Childstrive: [www.childstrive.org](http://www.childstrive.org) (425) 353-5656

\*Stanwood Camano Community Resource Center: [www.stanwoodcamanoresources.org](http://www.stanwoodcamanoresources.org)

\*Davis Place Teen Center (Stanwood): 360-629-5257

Mari’s Place (free art/activities): marisplacearts.org 425-257-1027

Catholic Community Resources: [www.ccsww.org](http://www.ccsww.org) 425-257-2111

Take the Next Step (Monroe) [www.ttns.org](http://www.ttns.org)

Families of Color Seattle (FOCS): focseattle.org

Kindering (Early Intervention Services): [www.kindering.org](http://www.kindering.org)

Atlantic Street Family Resource Center (Seattle): 206-723-1301

Friends of Youth:206-236-5437 (Kirkland: Youth Shelters, Case Management, Counseling)

Encompass NW 425-888-2777: developmental therapies and early learning intervention

Empower Youth Network: Mentors for youth, varied youth services: 425-333-6614

Grassroots Projects: [www.grassrootsprojects.org/washington](http://www.grassrootsprojects.org/washington): helps with back to school items, extracurricular activities. Wraps around the whole family.

King County Public Health Access and Outreach Program: [www.kingcounty.gov/health/access 1800 756-5437](http://www.kingcounty.gov/health/access%201800%20756-5437): Connection to resources in king county

Safe Families: Olive Crest: 1877-341-7332 (temporary housing for children to avoid foster care system in crisis situations)

PEPS and PEPS PAT Program: Support for all stages of parenthood. www.peps.org

**Drug and Alcohol Evaluation and Treatment**

\*Washington Recovery Helpline: 866-789-1511 www.warecoveryhelpline.org

[**Catholic Community Services Recovery Center**](https://ccsww.org/get-help/addiction-recovery-services/ccs-recovery-centers/):

* + Everett (425) 258-5270
  + Marysville (360) 651-2366

[**Evergreen Manor**](http://www.evergreenmanor.org/):

* + Everett (425) 259-5842
  + Lynnwood (425) 248-4900
  + Detox Services: (425) 678-1390

[**Sea Mar**](http://www.seamar.org/)**:** (Spanish available)

* + Everett (425) 609-5505
  + Lynnwood (425) 977-2560
  + Monroe (360) 805-3122

[**Stillaguamish Tribe of Indians**](http://www.stillaguamish.com/)**:**

* + Arlington (360) 435-3985

[**Therapeutic Health Services**](http://www.ths-wa.org/)**:**

* + Everett (425) 347-5121

**Methadone Treatment (MAT):**

* + Island Crossing Counseling Center (360) 652-9640 - Arlington
  + Therapeutic Health Services: (425) 347-5121 - Everett
  + Canyon Park Treatment Center: (425) 295-7942 - Bothell

**Suboxone Treatment (MAT):**

Therapeutic Health Services (425) 347-5121

Stillaguamish Tribe of Indians (360) 435-3985

Sea Mar Monroe (360) 512-2038

Evergreen Recovery Centers 425-535-4243

Ideal Options: Opioid Treatment: 1844-Go-IDEAL: Multiple Suboxone and Sublocade injection clinics in Seattle and beyond

**Mental Health Services**

\* Institute for Family Development: [www.instituteforfamilydevelopment.org](http://www.instituteforfamilydevelopment.org) 425-374-4279

**\***Catholic Community Services (Youth only) Everett location  
 (425) 257-1621

\*Compass Health Everett, Lynnwood, and Smokey Point locations  
 (425) 349-6200

\*Sea Mar Community Health Center  
 (425) 609-5505 (Everett)  
 (425) 977-2560 (Lynnwood)  
 (360) 805-3122 (Monroe)

\*Sunrise Services Everett and Sultan locations  
 (425) 493-5800 or (877) 493-5890

\*YWCA of Snohomish County Everett location  
 (425) 258-2766

NAMI: (National Alliance on Mental Illness) 425-885-6264 (Redmond)

Peer Seattle: [www.peerseattle.org/services 206-322-2437](http://www.peerseattle.org/services%20206-322-2437) Peer support for mental health and addiction challenges

Lahai Health-Counseling Seattle [www.lahai.org](http://www.lahai.org) free/low cost counseling (Seattle and Lynnwood) 206-363-4105

**Food and Clothing**

Holy Innocents Food Panty: 425-788-1400 (Duvall)

Adra Berry Memorial Food Bank: 425-222-5573: Preston

Little Free Pantries:<https://www.thelittlefreepantries.org/>

Snohomish Food Bank <https://snohomishfoodbank.org/>

Salvation Army<https://everett.salvationarmy.org/>

Everett Food Bank <https://www.voaww.org/foodbank>

Arlington Community Food Bank: [www.arlingtonwafoodbank.org](http://www.arlingtonwafoodbank.org)

Carol Rowe Memorial Edmonds Food Bank: [www.edmondsumc.org/foodbank](http://www.edmondsumc.org/foodbank)

Concern for Neighbors Food Bank (Mountlake Terrace) 425-778-7227

Granite Falls Community Coalition Food Bank: 360-691-4253

Lake Stevens Community Food Bank: [www.lakestevensfoodbank.org](http://www.lakestevensfoodbank.org)

Lynwood Food Bank: 425-745-1635

Maltby Food Bank: [www.maltbyfoodbank.org](http://www.maltbyfoodbank.org)

Marysville Community Food Bank: [www.marysvillefoodbank.org](http://www.marysvillefoodbank.org)

White Center Food Bank: 206-762-2848

Mill Creek Community Food Bank: 425-876-7158

Mukilteo Food Bank: [www.mukilteofoodbank.org](http://www.mukilteofoodbank.org)

Salt of the Earth Food Bank: [www.saltoftheearthfoodbank.org](http://www.saltoftheearthfoodbank.org)

Sky Valley Food Bank: [www.svfoodbank.org](http://www.svfoodbank.org)

Stanwood Camano Food Bank and Thrift Store: [www.stanwoodcamanofoodbank.org](http://www.stanwoodcamanofoodbank.org)

Ballard Food Bank: 206-789-7800

Bread of Life Mission: (Seattle) 206-682-3579

SVDP Food Bank (Seattle) 206-767-9975

Washington Summer Food Service: 360-725-6056

Arlington Kid’s Kloset: [www.arlingtonkidskloset.org](http://www.arlingtonkidskloset.org)

Assistance League of Everett: 425-252-3011: assistanceleagueofeverett.org

Clothes for Kids: [www.clothesforkids.org](http://www.clothesforkids.org) 425-741-6500

Kloz 4 Kidz: [www.kloz4kidz.org](http://www.kloz4kidz.org) 360-659-8521

New Horizons Ministries: 206-374-0866

Queen Anne Helpline: 206-282-1540

West Seattle Clothesline: 206-932-4357

St. Vincent De Paul: [www.svdpwa.com](http://www.svdpwa.com)

Hopelink: [www.hope-link.org](http://www.hope-link.org) (Multiple Locations)

Issaquah Food and Clothing Bank: 425-392-4123

Fall City Food Pantry: 425-269-8098

Renewal Food Bank (Bellevue) 425-736-8132

Snoqualmie Valley Food Bank: 425-888-7832

Woodinville Storehouse: 425-483-5252

Duvall Food Forest: 949-940-6409

Pike Market Food: Seattle: 206-626-6462

University District Food Bank (Seattle): 206-523-7060

My Sisters Pantry (Tacoma/food and clothing): 253-627-1186 [www.mysisterspantry.org](http://www.mysisterspantry.org)

FISH Community Food Bank: Ellensburg: [www.kvfish.org](http://www.kvfish.org) 509-925-5990

Renewal Food Bank (Bellevue) 435-736-8132 [www.renewalfoodbank.com](http://www.renewalfoodbank.com)

His Pantry and His Closet: Camano Island, WA360-837-7202 [www.camanochapel.org](http://www.camanochapel.org)

**Hot Meal Service**

\*Crossroads Meal Program (Bellevue Residents Only): 425-452-7300

\*Issaquah Meals Program: 425-469-0342

\*Open Kitchen Community Meal (Redmond): 425-883-7553

\*St. Brendans Catholic Church (Bothell): 425-483-9400

\*Vedic Cultural Center (Sammamish): 206-979-8002

**Employment/Financial Counseling/Credit Servies**

Workfirst: 877-501-2233

Worksource WA; www.worksourcewa.com

National Foundation for Credit Counseling: 1800-388-2227

King County Job Initiative: Trac Associates: 206-574-0863;YWCA 206-426-8629; Farestart: 206-787-1513

Pioneer Human Services Basic Training Program: 1888-9207799

Interaction Transition Employment Assistance Program: 206-324-3932

Tenant Screening Report (Reusable for 30 days): 1877-701-0044

Temporary Mailing Address: Compass Housing Alliance: 206-474-1000

Bellevue College Workforce Education: 425-564-4054

ANEW: Renton: 206-381-1384

Groundsworks Landscaping: [www.groundwrks.com](http://www.groundwrks.com) 435-610-4935 (Everett) Helps people gain employment in Landscape industry

Medical Assistant Apprenticeship: [www.kpcareers.org](http://www.kpcareers.org) (search for job posting MA Apprentice)

**Showers and Laundry**

\*Compass Hygiene Center (Seattle): 206-474-1680

\*Elizabeth Gregory Home: (Seattle): 206-729-0262

\*Immanuel Community Services: (Seattle): 206-662-1930

\*Mary’s Place (Seattle) 206-621-8474

**Discounted Computers and Cell Phones**

\*Seattle Information Technology: Discounted computers and Smart Phones: [www.seattle.gov/tech/services/free-and-discounted-devices](http://www.seattle.gov/tech/services/free-and-discounted-devices)

\*Northwest Access Fund: [www.nwaccessfund.org](http://www.nwaccessfund.org)

\*Interconnection: [www.interconnection.org](http://www.interconnection.org)

**Holiday Gift Help**

Snohomish: Christmas House: [www.christmas-house.org](http://www.christmas-house.org) 425-338-2273

Issaquah: Holiday Gift Barn (Issaquah Food and Clothing Bank): Email [registration@issaquahfoodandclothingbank.org](mailto:registration@issaquahfoodandclothingbank.org) (there are some restrictions based on location)

Eastridge Church Free Turkey Giveway:www.eastridgetoday.com

Black Diamond Community Center (must be in Black Diamond School District) 360-886-1011

Hopelink (Redmond); 425-882-0241

Issaquah Food and Clothing Bank: 425-392-4123

Maple Valley Food Bank: 425-432-8139

Mercer Island Youth and Family Services: Holiday Food and Gift Program: 206-275-7869

Mulit Service Center (Federal Way) 253-838-6810

Storehouse at Real Life Church (Covington) 253-631-3038

Eastridge Church (West Seattle): Toy House: 425-392-3253

Mount Zion Baptist Church (Seattle) 206-332-6500

University District Food Bank (Seattle) 206523-7060

El Centro de la Raza (Seattle) 206-957-4634

Catholic Community Services Annual Holiday Gift Shop: 206-445-5669

Salvation Army-Seattle Temple Corps: 206-783-1226

US Marine Corp Toys for Tots [www.toysfortots.org](http://www.toysfortots.org)

**Pregnancy Services/Baby Items/Medical Assistance/Dental Assitance**

Next Step Pregnancy Services: [www.nextstepnw.com](http://www.nextstepnw.com) 425-329-4569

Baby Boutique (Seattle) 206-902-4270

Baby Cupboard (Seattle) : 206-694-6723

Pregnancy Resource Center of Snohomish County [www.realchoices.com](http://www.realchoices.com) 425-466-7567

Safe Harbor Free Clinic: safeharborfreeclinic.org 425-870-7384

Medicaid: 1800-562-3022

CHIP: 877-543-7669 (insurance for children)

Basic Health: 1800 660-9840 (low cost health insurance)

Healthpoint: (Bothell) 425-424-6350

Lake WA Institute of Technology Dental Clinic: 425-739-8130

Mobile Dental Van: 425-284-1950

Public Health Dental Clinic: 206-447-8000

UW Dental Urgent Care: 206-543-5850

Carepoint Snoqualmie Valley Free Healthcare Clinic: Fall City: 425-478-6627

Westside Baby-South Lake Union: 206-767-1662 [www.westsidebaby.org](http://www.westsidebaby.org)

Pregnancy Aid WIC: 360-435-7197 [www.pregnancyaid-wic.org](http://www.pregnancyaid-wic.org)

Pregnancy Aid WA: [www.pregnancyaidwa.org](http://www.pregnancyaidwa.org) 253-383-4100

**Pet Services**

Valley Family Partners: 303 Sydney Ave N, North Bend, WA Low cost vet services

**Senior Citizen Services**

Catholic Community Services: 206-328-5787

Mt Si Senior Center North Bend: [www.mtsiseniorcenter.org](http://www.mtsiseniorcenter.org)

Sno-Valley Senior Services: Carnation [www.snovalleysenior.org](http://www.snovalleysenior.org)

**Other Services**

Abundant Life Auto Clinic: 425-679-1247

Mechanics with A Mission: Timberlake Church

Lake WA Methodist Church: Safe Parking: 7525 132nd Ave NE Kirkland, WA

Overlake Christian Church: Safe Parking/Case Management: 9900 Willows Rd., Redmond, WA

Growing Together Teen Moms Group: Monroe: 425-891-4449

Younglives (Teen Moms) [www.younglives.younglife.org](http://www.younglives.younglife.org)

Peer WA: [www.peerwa.org](http://www.peerwa.org): Matches you with a peer who has experienced similar life circumstance to walk with you on your journey