

Washington State Community Resources Directory

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About This Directory

Resource directories evolve over time as services and programs change. This directory aims to connect healthcare professionals, apprentices, and learners with community-based supports that advance their academic and career goals. It includes resources related to academics, career, and life (childcare, nutrition, connectivity, transportation, and other specialized services) to help reduce or eliminate barriers to educational and professional success.

Employment

Job Training and Employment Support

Healthcare Career Pathway Resource Guide (Center of Excellence, Allied Health)

- **Service Area:** Statewide
- **Demographics Served:** All prospective employees and learners in WA State
- **Special Services:**
 - Career pathway resources
 - Education & training resources
 - Leadership resources
 - Scholarship & Financial Aid Resources
- **Eligibility:** Free for all
- **Notes:** Content should be current, though occasionally links might be updated; if unable to find the resource, try a quick internet search to find a current link
- **Webiste:** <https://my.yvcc.edu/coe/pdf/HCCP-ResourceGuide-2016.pdf>

Basic Food Employment and Training (B.F.E.T.)

SNAP Employment Program

- **Service Area:** Statewide
- **Demographics Served:** Basic Food (SNAP) recipients not participating in TANF
- **Special Services:**
 - Employment readiness opportunities
 - Job training programs
 - Skills development
 - Work preparation support
- **Eligibility:** Must be Basic Food recipient not in TANF program
- **Notes:** Provides employment support for SNAP recipients

Hopelink

Job and Career Services

- **Phone:** (425) 250-3030
- **Service Area:** King County
- **Special Services:**
 - Job and career coaching
 - WorkSource connections

- Employment navigation
- Career development support
- **Notes:** Comprehensive employment support services

WorkSource

Statewide Employment Partnership

- **Service Area:** Statewide partnership
- **Special Services:**
 - Employment services for job seekers
 - Training programs
 - Employer connections
 - Career counseling
 - Job search assistance
- **Notes:** Partnership of state, local, and nonprofit agencies providing comprehensive employment services

Employer Job Boards

The following employer job boards have been verified and aligned with Salesforce records. Click on the Job Board links to access current openings.

Employer Name	Job Board	Service Area	Special Services	Phone	Email
Virginia Mason Franciscan Health – St. Anne Hospital	jobs.vmfh.org	Pierce County, WA	Acute care hospital	253-530-2000	—
Virginia Mason Franciscan Health – St. Clare Hospital	jobs.vmfh.org	Pierce County, WA	Acute care hospital	253-517-8700	—
Virginia Mason Franciscan Health – St. Joseph Medical Center	jobs.vmfh.org	Pierce County, WA	Regional medical center	253-426-4101	—
UW Medical Center – Northwest Campus	www.uwmedicine.org/careers	Seattle / N. King County	Teaching hospital	206-668-6700	—
Valley Medical Center (UW Medicine)	www.uwmedicine.org/careers	South King County	Acute & specialty care	425-690-3440	—
Kaiser Foundation Health Plan of Washington	www.kaiserpermanentejobs.org	Statewide WA	Integrated health system	800-464-4000	—
MultiCare Good Samaritan Hospital	jobs.multicare.org	Pierce County, WA	Regional medical center	253-697-4000	—
MultiCare Auburn Medical Center	jobs.multicare.org	South King County	Community hospital	253-833-7711	—
MultiCare Valley Hospital	jobs.multicare.org	Spokane Valley	Acute care hospital	509-924-6650	—
MultiCare Deaconess Hospital	jobs.multicare.org	Spokane	Acute care hospital	509-458-5800	—
MultiCare Yakima Memorial Hospital	jobs.multicare.org	Yakima County	Regional medical center	509-248-5800	—
PeaceHealth St. Joseph Medical Center	careers.peacehealth.org	Whatcom County	Acute care hospital	360-734-5400	—
Kadlec Regional Medical Center	providence.jobs	Tri-Cities	Regional referral hospital	509-946-4611	—

Employer Name	Job Board	Service Area	Special Services	Phone	Email
Swedish Medical Center	providence.jobs	King County	Tertiary & specialty care	206-386-6000	—
Swedish Edmonds	providence.jobs	Snohomish County	Community hospital	425-640-4000	—
Providence St. Peter Hospital	providence.jobs	Thurston County	Acute care hospital	360-491-9480	—
Providence at Home with Compassus – Snohomish	compassus.com/careers	Snohomish County	Home health & hospice	833-248-5023	—
Sound Behavioral Health	www.sound.health/careers	King County	Behavioral health services	206-302-2300	info@sound.health
Neighborcare Health	neighborcare.org/careers	King County	Community health clinics	206-548-5710	info@neighborcare.org
Asian Counseling & Referral Service (ACRS)	www.acrs.org/careers	King County	Behavioral health & social services	206-695-7600	info@acrs.org
Downtown Emergency Service Center (DESC)	https://www.desc.org/get-involved/work-at-desc/	King County	Behavioral health & housing	206-464-1570	info@desc.org

Career Exploration and Networking

Career Explore NW

- Explore the opportunities in your neighborhood and connect with local employers to find the career path that’s right for you.
- **Website:** www.careerexplore.org

Occupational Outlook Handbook

- Use this resource produced by the U.S. Department of Labor Statistics to learn about hundreds of occupations, including their training pathways and pay ranges.
- **Website:** www.bls.gov/oooh

Occupational Employment and Wage Statistics (OEWS)

- View the latest annual estimates and compare job counts and wages regionally and by occupation.
- Occupational employment and wage statistics (OEWS) is a federal, state cooperative program that produces annual employment and wage estimates for more than 800 occupations. You can use this report for career planning, to set wages, and to compare wages regionally and by occupation.
- **Website:** esd.wa.gov/jobs-and-training/.../oews

Career Bridge

- Use this career and education planning resource from Washington State Workforce Training and Education Coordinating Board. Explore careers, view job trends, and find college programs.
- **Website:** careerbridge.wa.gov

Be a Nurse

- Washington Center for Nursing – access information for nursing in Washington state, including “Be a Nurse” brochures.
- **Website:** www.wcnursing.org/be-a-nurse

LinkedIn

- LinkedIn is a social networking website for professionals. Use this site to meet and network with others in your field. Follow us on LinkedIn [here](#).

AllNurses

- An online resource guide and community of 500,000+ for nurses and nursing students.
- **Website:** allnurses.com

Apprentice-Specific Resources

Primary Apprenticeship Support Organizations

Health Care Apprenticeship Consortium (HCAC)

Multi-Union, Multi-Employer Healthcare Apprenticeship Partnership

- **General Inquiry Phone:** (425) 255-0315
- **General Email:** apprenticeship@healthcareerfund.org
- **Service Area:** Washington State, Alaska, and Oregon (3 states, 16 WA counties)
- **Demographics Served:** Healthcare job seekers, entry-level workers, and current healthcare employees
- **Special Services:**
 - State Apprenticeship Council accredited programs
 - "Earn while you learn" apprenticeships with full-time employment
 - Remote learning options available near or at employer locations
 - Multiple healthcare career pathways including:
 - Nursing Assistant Certification (NA-C)
 - Medical Assistant (MA) programs
 - Behavioral Health Technician (BHT) apprenticeships
 - Central Sterile Processing Technician (CSP)
 - Pharmacy Technician programs
 - Substance Use Disorder Professional (SUDP) programs
 - PEER specialist programs
 - College credit through program partnerships
 - Online training combined with in-person labs
 - Interest list for job opportunities from partner employers
 - Regular information sessions for all programs
- **Program Contacts:**
 - **Behavioral Health Apprenticeship:** Marijo Manaois, Strategic Partnerships Project Manager, mmanaois@healthcareerfund.org, 425-547-6577

- **NA-C, MA, Pharmacy Tech, and CSP:** Mary Ramolete, Strategic Partnerships Project Manager, mramolete@healthcareerfund.org, 425-473-9352
- **Website:** <https://healthcareapprenticeship.org/>
- **Programs Information:** <https://healthcareapprenticeship.org/programs/>
- **Interest List:** <https://healthcareerfund.tfaforms.net/5068186>
- **Information Sessions:** <https://healthcareapprenticeship.org/hcac-virtual-info-sessions>
- **Important Note:** To join apprenticeships, candidates must be hired by a partner employer first
- **Notes:** 50 apprenticeship sites across rural and urban regions (62% urban, 38% rural); provides skilled apprenticeship training for healthcare workforce with ongoing cohorts throughout the year

WA Grant for Apprenticeship (WG-A)

State Grant Program for Apprentices

- **Administrator:** Washington Student Achievement Council (WSAC)
- **Phone:** (888) 535-0747 (option 9 for apprenticeship team)
- **Email:** apprenticeship@wsac.wa.gov
- **Service Area:** Statewide (King County and Pierce County included)
- **Special Services:**
 - Financial assistance for tuition, fees, and materials
 - Support for income-eligible apprentices
 - Covers registered apprenticeship programs
- **Website:** <https://wsac.wa.gov/wcg-apprentices>
- **Notes:** Funding for qualified apprentices in various programs throughout Washington

BuildUp

Apprentice Support Services

- **Service Area:** Washington State (building and construction trades focus)
- **Special Services:**
 - Support services for qualified apprentices and pre-apprentices
 - Funding may cover application fees, initiation and union dues, work wear, transportation assistance, and tools
 - Empowers apprentices in building and construction trades
- **Website:** <https://www.buildup-apprentices.org/>
- **Notes:** Focused on building and construction trades apprentices

Apprentice Readiness and Retention Center (A.R.R.C.)

ANEW Program

- **Administrator:** Apprenticeship & Non-Traditional Employment for Women (ANEW)
- **Phone:** (206) 710-1020
- **Service Area:** King County and Pierce County
- **Special Services:**
 - Employment navigation
 - Support services
 - Case management for qualified individuals
 - Pre-apprenticeship and apprenticeship preparation

- **Notes:** Provides comprehensive support for apprenticeship readiness and retention

Foundation for Working Families

Union Family Support

- **Administrator:** Washington State Labor Council, AFL-CIO and affiliates
- **Service Area:** Statewide
- **Demographics Served:** Union families
- **Special Services:**
 - Assistance for union families in times of hardship or disaster
 - Financial emergency support
 - Family crisis assistance
- **Notes:** Non-profit organization established by Washington State Labor Council

RESOURCES NEEDING ADDITIONAL INFORMATION:

- Foundation for Working Families (need contact information and website)

Healthcare Pathway Self Check-In

Self Check-In Activity for Healthcare Training

Use this quick self-check-in form

Reflect on your readiness, goals, and needs

Before starting healthcare training, these questions will help you consider your career path, scheduling, budgeting, and available support programs. Completing the form will help you identify areas to discuss with your program specialist, so you can get the best support for your journey.

- **Access the form here:** <https://forms.office.com/r/DjjUr8AwbE>
- **Share your results with your program specialist:** maximize your success in healthcare training

Academic & Student Success

Student Learning Resources

Find study tools and guides to support your learning journey. Get free online resources for math, science, and writing, plus tips for improving study skills and time management.

Tutorials, Lecture Recordings, Flashcards, Quizzes & Exams

- **[Khan Academy](#)**
Free online video tutorials explaining difficult concepts in math, science and more. They also have a math “knowledge map” where you can build your math skills though doing practice problems from elementary math all the way up through calculus and linear algebra.
- **[The Open Education Consortium](#)**
This is a global network of education institutions that are sharing their coursework for free with the public. What each institution offers varies, but you can expect to find lecture recordings, notes, readings, quizzes and exams.

- [**Quizlet**](#)
This site offers free study tools in the form of flashcards, quizzes and more, for a wide variety of subjects. Study sets are created and shared through this website at no-cost to students. You can even find Quizlet at the [Apple App Store](#) and through [Google Play](#).

Reading Skills

- [**Effective Reading – University of New South Wales**](#)
Useful guidelines and suggestions on reading effectively for new college students.

Revising & Editing

- [**Steps for Writing Assignments – University of Queensland**](#)
Useful guidelines when you are trying to revise and edit a first draft.
- [**Beginning Proofreading – Purdue Online Writing Lab \(OWL\)**](#)
Very detailed and precise suggestions for what to check as you edit. Rather more concerned with the micro level and somewhat prescriptive but still useful.

General Writing

- [**Purdue University Online Writing Lab \(OWL\)**](#)
The Purdue OWL offers an increasing number of handouts, presentations, online workshops and other electronic materials to university communities. You can access regularly-updated handouts on grammar, writing process, basic writing document design and ESL concerns.

Citation Styles and Using Sources

- [**Referencing and Citation Style Guides: MLA, APA, CSE, Chicago – Open Colleges**](#)
Style guide on how to cite using the four main referencing styles.
- [**Plagiarism: What Is it and How to Recognize and Avoid It – Indiana University**](#)
Gives examples when to know if it is considered paraphrased or if it is plagiarism.

Tip Sheets for Math and Science Classes

The Training Fund created tip sheets for some classes for pre-requisites for the most common healthcare programs. Each provides an overview of the course, what to expect in class, and resources for learning more. We encourage you to review the prep sheet before you sign up for the class.

- [Basic Math \(often called Basic Math Skills\)](#)
- [Beginning Algebra I \(often called Algebra 1\)](#)
- [Beginning Algebra II \(often called Algebra 2\)](#)
- [Intermediate Algebra](#)
- [Statistics \(often called MATH&146\)](#)
- [Intro to Chemistry \(often called Chem&121\)](#)
- [General Biology \(w/ Lab\) \(often called BIOL&160\)](#)
- [Microbiology \(often called BIOL&260\)](#)
- [Anatomy & Physiology](#)

Learning Skills for Class Time

- [Learning Strategies – Dartmouth Academic Skills Center](#)
Resources from Dartmouth’s Academic Skills Center covering note-taking, study skills, memory and retention, and test preparation.
- [Note Taking Skills \(Video\) – University of British Columbia](#)
Short three minute video on different methods for taking better notes, with a helpful mnemonic strategy.

Time Management & Organization

Everyone is busy with work and school. The following websites provide time management strategies and tutorials to help you effectively manage your time and get organized.

- [Time Management Tips – Dartmouth Academic Skills Center](#)
- [8 Time Management Tips for Students – Harvard Summer School](#)
- [Time Management – Florida State University Academic Center for Excellence](#)

Where’s the COMPASS?

The COMPASS placement exam used by many colleges in Washington was discontinued at the end of 2016. Colleges are employing a range of replacement options to best serve students getting placed into appropriate courses as they enter their studies. College testing centers are currently working to reflect this change. Please contact your education specialist for questions or concerns.

Scholarship

Educational Financial Support

Financial Aid & Scholarships

Find financial aid and scholarship resources to help cover your educational expenses. Get help paying for instructional and general fees, nonresident fees (if applicable), room, meals, books, supplies, transportation and personal expenses.

Financial aid (e.g., scholarships, grants, loans and student work-study) is money that helps pay for education expenses. Scholarships are usually merit-based, but most financial aid grants are awarded based on demonstration of need. Need-based aid is generally available to those who have been admitted to a school or college, and also filed the Free Application for Federal Student Aid (FAFSA).

Free Application for Federal Student Aid (FAFSA)

- [Free Application for Federal Student Aid](#)
Federal Student Aid is a part of the US Department of Education. This is the largest provider of student financial aid in the nation, and includes grants, loans, and work-study funds for college or career schools.

Additional Resources

- [FAFSA Q&A – StudentAid.gov](#)
- [Filling out the FAFSA Form – StudentAid.gov](#)

- [IRS Data Retrieval Tool – StudentAid.gov](#)
Allows access to IRS tax return information needed to complete the Free Application for Federal Student Aid. When applying for FAFSA simply click “Link to IRS” when prompted to fill in your tax information.

Scholarship Resources for Nursing Students

Searching for scholarships can be overwhelming and time consuming. So we have identified this list of available nursing scholarships for nursing students who are enrolled in ADN, BSN, RN-to-BSN or graduate-level work.

We encourage you to check with your school – many graduate nursing programs also have program-specific scholarships or forgivable loans that may be useful.

- [Washington Center for Nursing Scholarships, Loans and Grants](#)
- [American Association of Colleges of Nursing](#)
- [Sigma Theta Tau International Honor Society of Nursing](#)
- [U.S. Department of Health and Human Services: Health Resources and Services Administration](#)
- [Johnson and Johnson Scholarship Search](#)

Endowed Scholarships

- **Ethel Taylor Endowed Scholarship** – For full or part-time employees planning to pursue a degree or certificate in business.
- **Vera Miller Scholarships for Career Development** – For Patient Account Representative (PAR), Patient Care Representative (PCR), or Customer Service Specialist (CSS) employees planning to enroll in full or part-time undergraduate or graduate study.
- **Bernice Cohen Sachs, MD, Scholarship** – For full or part-time female employees or female children or grandchildren of employees planning to enroll in full-time graduate study in medicine at an accredited medical school for the entire upcoming academic year.
- **William C. Butts, PhD, Scholarship** – For full or part-time employees planning to enroll in full or part-time undergraduate or graduate study in the laboratory sciences field at a WA state school.

Passport to Careers

Foster Care and Homeless Youth Program

- **Phone:** (888) 535-0747
- **Service Area:** Statewide
- **Demographics Served:** Washington students who have been in various types of foster care or who have experienced unaccompanied homelessness
- **Special Services:**
 - Career preparation support
 - Educational assistance
 - Specialized support for foster care and homeless youth
- **Notes:** Helps students prepare for careers with focus on vulnerable populations

Career and Technical Scholarship

Washington State Opportunity Scholarship (WSOS)

- **Phone:** (877) 899-5002
- **Service Area:** Statewide
- **Special Services:**
 - Up to \$1,500 per quarter for apprenticeship, certificate, or associate degree programs
 - Covers STEM, health care, and trades programs
 - Covers costs beyond tuition (housing, transportation, food, and more)
- **Notes:** Comprehensive scholarship program for career and technical education

Internet & Device Access

Free & Discounted Internet Programs in King County

Free Resources

King County Library System (KCLS)

- **Drive-In Wi-Fi Hotspots:** Access free Wi-Fi in library parking lots; no library card or password required
- **Hotspot Lending Program:** Borrow portable Wi-Fi hotspots for internet access (free with library card, good for 21 days)
- **Digital Literacy Courses:** Free online courses covering technology and job skills
- **How to Access:** For assistance connecting to Wi-Fi, contact Ask KCLS at kcls.org/ask or call (425) 462-9600 or (800) 462-9600
- **Website:** <https://kcls.org/fag/wi-fi/>

Link to Care Washington (Care-a-Van)

- **Services:** One-on-one digital navigation coaching to access healthcare and digital resources (as available)
- **How to Access:** Call (866) 757-1832 or visit their website (provides a resource guide to other possible resources)
- **Website:** <https://ccwa.doh.wa.gov/en>

Equity in Education Center: Tech Connect

- **Services:** Basic technical support, internet connectivity, learning management system support, referrals for hardware fixes, connection to community services
- **Cost:** For FREE online or in-person tech support, reach out through chat or phone
- **Hours:** Open: 8:00 a.m. – 8:00 p.m., 7 days a week
- **Contact:** Call (800) 216-1132 or email TechConnect@eec-wa.org
- **Website:** <https://eec-wa.org/digital-equity/techconnect/>

Discounted Resources

PCs for People

- **Services:** Affordable computers, mobile hotspots/Home Internet
- **Cost:** Internet service starting at \$15/month, computers \$50+
- **Eligibility:** Participation in government assistance programs or income under 200% of the federal poverty level
- **How to Apply:** Contact (877) 450-8585 or apply online at PCs for People

- **Website:** <https://www.pcsforpeople.org/internet/>

Human-i-t

- **Services:** Affordable computers, mobile hotspots/Home Internet
- **Cost:** Internet service starting at \$15/month, computers \$50+
- **Eligibility:** Participation in government assistance programs or income under 200% of the federal poverty level
- **How to Apply:** Contact (888) 391-7249 or email support@human-i-t.org
- **Website:** <https://www.human-i-t.org/get-connected/>

Back Market

- **Services:** Refurbished electronics including phones, laptops, tablets, gaming consoles, headphones, and more
- **Cost:** Starting at \$90
- **Eligibility:** No eligibility requirements
- **How to Apply:** Shop directly on the website
- **Website:** <https://www.backmarket.com/en-us>

Internet First by Astound

- **Cost:** \$9.95/month
- **Speed:** 50/5 Mbps
- **Benefits:** Free installation and in-home Wi-Fi; no credit checks or equipment rental fees
- **Eligibility:** Must qualify for the Seattle Utilities Discount Program, live in subsidized housing, or have a child eligible for free/reduced school lunch
- **How to Apply:** Apply online through the City of Seattle's program page
- **Website:** <https://www.seattle.gov/tech/internet-and-devices/free-and-discounted-internet>

Internet Essentials by Xfinity

- **Cost:** \$14.95/month (speeds up to 75 Mbps)
- **Benefits:** No term contract or credit checks; free installation and in-home Wi-Fi
- **Eligibility:** Participation in programs like SNAP, Medicaid, SSI, public housing assistance, or free/reduced school lunch
- **How to Apply:** Apply online or call (855) 846-8376
- **Website:** <https://www.xfinity.com/learn/internet-service/internet-essentials/apply>

Verizon Forward

- **Cost:** Starting at \$20/month
- **Eligibility:** Qualification for the Affordable Connectivity Program (ACP), Lifeline, WIC, Pell Grants, or certain other assistance programs
- **How to Apply:** Visit Verizon's discount page or call 800-922-0204
- **Website:** <http://www.verizon.com/discounts/verizon-forward/>

Lifeline Program

- **Benefit:** Up to \$9.25/month discount on phone or internet service
- **Eligibility:** Income at or below 135% of the federal poverty level or participation in certain assistance programs; can qualify through a dependent participating in an eligible program
- **How to Apply:** Apply online at Lifeline Support

- **Website:** <https://www.lifelinesupport.org/>

Additional Internet Resources

Government Programs

- **Lifeline (FCC Program)**
 - **Services:** Discount on monthly phone (voice) or broadband (internet) service ([Federal Communications Commission](#))
 - **Cost / Discount:** Up to **\$9.25/month** discount on eligible service (voice or broadband) ([USAC](#))
 - **Eligibility:** Low-income consumers who participate in certain federal or tribal assistance programs (e.g. SNAP, Medicaid, SSI, federal public housing), or have income at or below 135% of the Federal Poverty Guidelines ([Federal Communications Commission](#))
 - **How to Apply:** Use the **National Verifier** via USAC's Lifeline program site to check eligibility and enroll; then select a participating provider that offers Lifeline discounts ([USAC](#))
 - **Website / More Info:** [FCC Lifeline for Consumers](#) and [USAC Lifeline Program Overview](#) ([USAC](#))
- **Seattle Gov Low-Cost Internet:** <https://www.seattle.gov/tech/internet-and-devices/low-cost-internet>
- **Find Help:** findhelp.org for local technology resources

Quick Notes About Internet Resources

- **Longevity:** Recent cutbacks to federal and government programs has negatively impacted many services; you may see some services discontinue as a result of these cuts
- **Eligibility:** Some services are income-based, while others are open to all; however, cutbacks may impact the amount of users requesting resources
- Contact individual resources for confirmation of hours and service requirements
- Many resources require supporting documentation
- Some resources may have specific service area requirements
- Some financial assistance may be available
- Hours and availability may vary seasonally
- Some locations offer priority hours or programs for elderly and disabled individuals

For complete contact information, schedules, and current hours, please contact individual resources directly or visit Seattle Information Technology webpage for Low-Cost Internet at <https://www.seattle.gov/tech/internet-and-devices/low-cost-internet> for the most up-to-date directory.

Self-Care & Self-Compassion

Self-Compassion.org Self-Assessment and Learning Tools

- **Service Area:** Online/Nationwide

- **Special Services:**
 - Self-compassion assessment test
 - Research-based self-compassion exercises
 - Educational resources on self-compassion practices
- **Eligibility:** Open to all (requests an email address to share results, though you can enter any email address, including a temporary one found here: <https://10minutemail.com/>)
- **Notes:** Evidence-based tools developed by leading self-compassion researcher Dr. Kristin Neff

Fireweed Collective Community Mental Health and Harm Reduction

- **Service Area:** Seattle/Pacific Northwest
- **Demographics Served:** LGBTQ+ individuals, people of color, those seeking alternatives to traditional mental health services
- **Special Services:**
 - Peer support and community healing
 - Trauma-informed care approaches
 - Educational videos and resources on collective care
- **Notes:** Grassroots organization focusing on community-based mental health support

Crisis Connections 24-Hour Crisis and Support Services

- **Service Area:** King County and statewide
- **Special Services:**
 - 24-hour crisis line (206-461-3222)
 - Teen line and chat services
 - Crisis intervention and emotional support
- **Eligibility:** Open to all
- **Notes:** Provides immediate crisis support and connects callers to local resources

Peer Seattle (PIER 360) Peer Support Warm Line

- **Service Area:** Seattle/King County
- **Special Services:**
 - Peer-operated warm line for emotional support
 - Non-crisis conversation and connection
 - Resource navigation and information
- **Eligibility:** Open to all
- **Notes:** Staffed by peers with lived experience of mental health challenges

TED Ideas - Emotional First Aid Self-Care Education and Techniques

- **Service Area:** Online/Nationwide
- **Special Services:**
 - Seven practical emotional first aid strategies

- Evidence-based self-care techniques
- Accessible mental health education
- **Eligibility:** Free online resource
- **Notes:** Practical guide for emotional self-care and resilience building

TU Collaborative Educational Resources and Training

- **Service Area:** Online/Nationwide
- **Special Services:**
 - Educational materials on mental health and wellness
 - Training resources for healthcare professionals
 - Community education programs
- **Eligibility:** Open access educational materials
- **Notes:** Focus on trauma-informed and culturally responsive care education

Udemy - Finding Happiness Course Online Self-Care Education

- **Service Area:** Online/Nationwide
- **Special Services:**
 - Structured online course on well-being
 - Self-paced learning modules
 - Practical happiness and self-care strategies
- **Eligibility:** Course fee required (scholarships may be available)
- **Notes:** Comprehensive online learning platform for personal development

Washington State Warm Lines Peer Support Phone Services

- **Service Area:** Statewide
- **Special Services:**
 - Non-crisis peer support phone calls
 - Emotional support and listening
 - Resource connections and information
- **Eligibility:** Open to all Washington residents
- **Notes:** Warm lines provide emotional support distinct from crisis hotlines

Seattle Insight Meditation Society (SIMS) Free Meditation and Mindfulness

- **Service Area:** Seattle/Pacific Northwest
- **Special Services:**
 - Buddha's teachings on insight and awareness offered to all who seek them
 - Spiritual community support
 - Regular meditation sessions and teachings
- **Eligibility:** Open to all
- **Notes:** Nonprofit organization founded by longtime practitioners
- **Website:** <https://seattleinsight.org/>

Shambhala Meditation Center of Seattle Community Meditation Practice

- **Service Area:** Seattle
- **Special Services:**
 - Mindfulness-awareness meditation instruction for beginners and experienced practitioners
 - Evening and weekend programs and group activities
 - Community-focused meditation study and practice
- **Eligibility:** Warm approach welcoming to all
- **Notes:** Vibrant community focused on meditation study and practice
- **Website:** <https://shambhalaseattle.org/>

Kadampa Meditation Center Washington Free Weekly Meditation

- **Service Area:** Seattle (Ballard location)
- **Special Services:**
 - Free meditation classes including Sunday morning sessions
 - Focus on "building world peace one peaceful mind at a time"
 - Open houses and community events
- **Eligibility:** Everyone is welcome
- **Notes:** Regular free programming with community focus
- **Website:** <https://meditationinseattle.org/>

Wellness

Health Insurance and Healthcare Access

Open Counseling Seattle Directory Mental Health Resource Directory

- **Service Area:** Seattle and beyond (search by Zip code)
- **Special Services:**
 - Comprehensive directory of free and low-cost mental health resources
 - Searchable database by location, specialty, and cost
 - Links to sliding scale providers, support groups, and crisis resources
- **Eligibility:** Public resource, no registration required
- **Website:** <https://www.opencounseling.com/washington/seattle>
- **Notes:** Useful tool for finding affordable mental health services by zip code

NAMI Seattle Mental Health Support and Education

- **Service Area:** Seattle/King County
- **Special Services:**
 - Free support groups, classes, and presentations in English and Spanish
 - No ID required for participation
 - Family and peer support programs

- **Eligibility:** All NAMI programs are free
- **Notes:** National Alliance on Mental Illness local chapter with confidential services
- **Website:** <https://namiseattle.org/>

988 – Suicide & Crisis Lifeline

- **Service Area:** United States (nationwide)
- **Special Services:**
 - 24/7 confidential crisis support
 - Suicide prevention
 - Emotional distress and mental health support
 - Substance use crisis assistance
 - Text and chat support for those who prefer non-phone communication
- Phone: Dial 988 (callers will be connected to trained counselors)
- **Text:** Text **988** (available in many areas)
- **Chat:** Chat via the Lifeline website at <https://988lifeline.org>

King County Behavioral Health Services Mental Health Crisis and Support

- **Service Area:** King County
- **Special Services:**
 - Crisis care centers
 - Behavioral health recovery services
- **Phone:** 206-263-8997 or 1-800-790-8049
- **Website:** <https://kingcounty.gov/en/dept/dchs/human-social-services/behavioral-health-recovery/mental-health-services>

Navos Mental Health Solutions Mental Health Services

- Phone: 206-933-7299
- Service Area: Seattle/King County (multiple locations)
- Special Services:
 - Sliding scale fees based on income
 - Accepts most insurance plans
 - Individual and group counseling
 - Crisis intervention services
- Eligibility: Open to all, sliding scale available
- Website: <https://www.navosmentalhealth.org/>
- Notes: Community mental health organization serving King County since 1971

Sound Mental Health Mental Health and Behavioral Health Services

- Phone: 206-302-2500
- Service Area: King County
- Special Services:
 - Community mental health services

- Anxiety and stress management programs
- Sliding scale fees available
- Integrated behavioral health support
- Eligibility: Open to all, sliding scale options based on income
- Website: <https://www.smh.org/>
- Notes: Comprehensive mental health services with focus on accessible care

Office of the Insurance Commissioner (O.I.C.)

Health Insurance Assistance

- **Service Area:** Statewide
- **Special Services:**
 - Links to help find and pay for health plans
 - Financial assistance information for healthcare
 - Premium and out-of-pocket expense reduction programs
- **Eligibility:** Depending on household income, may qualify for free healthcare or financial assistance
- **Website:** <https://www.insurance.wa.gov/>
- **Notes:** Comprehensive resource for health insurance options and assistance

Pregnancy Aid of Washington State

Family Support Services

- **Service Area:** Puget Sound region
- **Demographics Served:** Women and families with pregnant mothers or children aged 5 years or younger
- **Special Services:**
 - Free confidential help
 - Non-sectarian social services
 - Immediate assistance for families
- **Notes:** Provides immediate, confidential help to families with young children

Catholic Community Services

Mental Health Services

- **Phone:** (206) 328-5696
- **Service Area:** Western Washington
- **Special Services:**
 - Mental health services
 - Comprehensive behavioral health support
 - Community-based mental health programs
- **Notes:** Extensive mental health services throughout Western Washington

Student Counseling Services at Technical and Community Colleges

Most Washington State technical and community colleges offer **free short-term counseling** (typically 6-10 sessions per academic year)

- **Services:** confidential and separate from academic records
- **Scheduling:** check with your campus Student Services office for availability and scheduling

- **Note for Healthcare Training participants:** Contact your program specialist if you need help accessing campus counseling services

Food & Nutrition Security

Food Banks with Contact Information

Food Lifeline

- **Find a Food Bank:** <https://foodlifeline.org/find-food>
- **How to Use the Food Map:**
 - **Zoom in on the map to where you are located:** See a list of nearby food assistance locations
 - **Browse options:** Find details about each location, types of services offered based on the color-coded dots, and contact information
 - **Access support:** Reach out directly to these providers to get the help you need.
- **Address:** Food Lifeline Hunger Solution Center 815 S 96th St Seattle, WA 98108
- **Phone:** 206-545-6600 (Toll Free: 1-877-404-7543)
- **Hours:** Monday – Friday 8:00 a.m. – 4:30 p.m.
NOTE: Information listed here may have changed since posting. Please verify details with individual locations before visiting.

WA211

- **Connection to Essential Food Resources:** <https://wa211.org/resources/food/>
- **Phone:** Simply call 211, Monday - Friday 8AM to 4PM; If you are having difficulties using the 211 number, dial [1-877-211-9274](tel:1-877-211-9274)
- **Website:** <https://search.wa211.org/>

Ballard Food Bank

- **Address:** 1400 NW Leary Way, Seattle, WA 98107
- **Phone:** 206-789-7800
- **Service Area:** Zip codes 98103, 98107, 98109, 98117, 98177, 98119, 98199, and 98133 (Seattle addresses only)
- **Distribution Hours:** Community Market Hours (contact, or [view current schedule](#))
 - Grocery Store hours: Monday 10am-3:45pm; Tuesday 10am-6:45pm; Wednesday 10am-1:45pm; Thursday 10am-6:45pm; Friday Closed
- **Special Services:** Home Delivery and Weekend Food for Kids; clothing and hygiene bar, coffee and pastry service, lunch service on Tuesday, Wednesday, and Thursday
- **Website:** <https://www.ballardfoodbank.org/>

West Seattle Food Bank

- **Address:** 3419 SW Morgan St, Seattle, WA 98126
- **Phone:** 206-932-9023 (Home Delivery: 206-432-9727)
- **Email:** robbin@westseattlefoodbank.org (Development Director)

- **Service Area:** West Seattle (98106, 98116, 98126, 98136, 98146)
- **Distribution Hours:** Tuesday 10am-2pm; Wednesday 12pm-7pm; Thursday 10am-2pm; Friday 10am-2pm
- **Special Services:** Mobile Food Bank, Home Delivery
- **Additional:** Pet Pantry, rent and utilities assistance, emergency financial assistance, clothing, diapers
 - Contact the Helpline between the 1st and 7th of the month at 206-932-4357 for: Rent and utilities assistance
- **Website:** <https://westseattlefoodbank.org/>

University District Food Bank

- **Address:** 5017 Roosevelt Way NE Seattle, WA 98105
- **Phone:** 206-523-7060 (Home Delivery Coordinator: 206-523-7060 ext. 707, or email at homedelivery@udistrictfoodbank.org; note: waitlist often closed due to high demand)
- **Service Area:** Zip codes 98102, 98103, 98105, 98115, 98125, 98112 (though all are welcome)
- **Distribution Hours:** in-person shopping Monday 9am-3pm; Tuesday 11am-7pm; Thursday 11am-7pm; Friday 11am-4pm (schedule an upcoming visit: <https://waitwhile.com/locations/udistrictfoodbank/welcome?registration=booking>)
- **Special Services:** Baby & Toddler Supplies (Additionally two off-site pantries, "Apple a Day Café")
- **Website:** <https://www.udistrictfoodbank.org/>

North Helpline - Bitter Lake Food Bank

- **Address:** 13000 Linden Ave N Seattle, WA 98133
- **Phone:** 206-413-8192
- **Service Area:** Zip codes 98115, 98125, 98133, 98155, 98177, 98011, and 98028 (they have a policy to not turn away anyone who comes to them for food) - 6 visit limit per month between Lake City and Bitter Lake
- **Distribution Hours:** Saturday 9am-1:45pm
- **Special Services:** "No Cook" Bags, Baby supplies
- **Website:** <https://northhelpline.org/bitter-lake-food-bank>

North Helpline - Lake City Food Bank

- **Address:** 12736 33rd Ave NE Seattle, WA, 98125
- **Phone:** 206-367-3477
- **Service Area:** Zip codes 98115, 98125, 98133, 98155, 98177, 98011, and 98028 (they have a policy to not turn away anyone who comes to them for food) - 6 visit limit per month between Lake City and Bitter Lake
- **Distribution Hours:** Wednesday 9:00am-1:45pm; Thursday 4:00pm-6:45pm; Saturday 9:00am-1:45pm
- **Special Services:** "No Cook" Bags, Baby supplies
- **Website:** <https://northhelpline.org/lake-city-food-bank>

Pike Market Senior Center & Food Bank

- **Address:** 85 Pike St. #200 Seattle, WA 98101 (Food Bank Pick-up Location 1531 Western Avenue Level 5 of Parking Garage)
- **Phone:** 206-626-6462
- **Service Area:** Zip Codes 98101, 98104, 98121
- **Distribution Hours:** Tuesday 12pm-3pm; Wednesday 3pm-7pm; Thursday 12pm-3pm (Closed the 1st Thursday of each month) - limit of 1 visit per week
- **Special Services:** Client Choice "Farmstand" Model (except Express Service hour); Home Delivery (in partnership with specific housing agencies downtown); "No Cook" Bags
- **Website:** <https://www.pmsc-fb.org/food-bank>

Byrd Barr Place Food Bank

- **Address:** 722 18th Ave in the Central District
- **Phone:** 206-812-4940
- **Service Area:** All (Some food items provided by the federal government are available only to those living in the 98102, 98112 or 98122 ZIP codes; these items require photo ID, utility or medical bill, or other printed document to verify address)
- **Distribution Hours:** Tuesday 11am-4pm; Wednesday 12pm-4pm; Thursday 10am-2pm
- **Special Services:** Home Delivery for zip codes 98102, 98112 or 98122 (Wednesday 9am-11:30am; Thursday 1pm-3pm); household and personal care items like shampoo, toothpaste, paper towels; housing & energy assistance; personal finance tools; formula and baby supplies may also be available
- **Website:** <https://byrdbarrplace.org/programs-services/>

Polack Food Bank (Jewish Family Service)

- **Address:** Capitol Hill in Seattle at 16th Avenue and E. Pine Street, across from the 7-Eleven
- **Phone:** 206-461-3240
- **Email:** fb@jfsseattle.org
- **Distribution Hours:** 25lbs of food (Kosher) Wednesday 10am-12pm; Thursday 2pm-4pm; Friday 10am-12pm (closed for all Jewish holidays and most federal and state holidays; follows Seattle Public Schools weather closure schedule)
- **Website:** <https://www.jfsseattle.org/get-help/polack-food-bank/>

El Centro de la Raza Food Bank

- **Address & Phone:** 2524 16th Ave S Seattle, WA 98144 & 1607 S 341st PL Federal Way, WA 98003
- **Phone:** 206-957-4634 (16th Ave S Seattle) & 360-986-7040 (341st PL Federal Way)
- **Distribution Hours:** Wednesdays (Seniors and mobility-limited individuals only) 2pm-3pm; Thursday & Friday (open for everyone) 10am-12pm & 2:30pm-4pm -- visit up to twice weekly
- **Special Services:** Occasional baby supplies depending on availability; Food & Health; Benefits & Resource Navigation; Workforce Development; Advocacy & Culture; Youth Services; Housing; Small Business Services
- **Website:** <https://www.elcentrodelaraza.org/el-centro-food-bank/>

SVdP Food Bank

- **Address:** 5972 Fourth Avenue South, Seattle, WA 98108
- **Phone:** 206-767-9975 (helpline available for assistance with rent, food, utilities: (206) 767-6449 (Monday through Friday 8am-3pm)
- **Service Area:** Open to all; no restrictions based on faith, religion, age, sex, national origin, creed, or color
- **Distribution hours:** Tuesday, Thursday, Friday 11am-2pm
- **Special Services:** Choice model food distribution (clients select preferred items); mobile Medical Van (1st & 3rd Fridays); Community Health Plan of Washington assistance (last Tuesday of each month; speaks Chinese, Japanese, English); REACH outreach for those experiencing homelessness (1st & 3rd Thursdays, 11am-1pm); Community Connectors for referrals to housing, utilities, health care, job readiness, and benefits programs
- **Website:** <https://svdpseattle.org/>

Asian Counseling and Referral Service (ACRS)

- **Address:** 800 S Weller St, Seattle, WA 98104
- **Phone:** 206-695-7510
- **Service Area:** King County
- **Distribution Hours:** Wednesdays and Fridays, 10:00 a.m. -- 1:00 p.m.
- **Special Services:** Food distribution catering specifically to Asian and Native Hawaiian/Pacific Islander diets, including rice, tofu, soy milk, noodles, canned proteins, and produce
- **Website:** <https://acrs.org/>

Greenwood Food Bank (Salvation Army Food Bank)

- **Address:** 9501 Greenwood Ave N, Seattle, WA 98103
- **Phone:** 206-783-1225
- **Service Area:** social services to residents in North King County, including Ballard, Lake City, Shoreline, Lake Forest Park, and Kenmore
- **Distribution Hours:** Tuesday 4pm-6pm; Wednesday 11am-1pm
- **Special Services:** Food Bank; Utility Assistance; Rental Assistance; Youth Programs; Pathway of Hope case management
- **Website:** https://seattletemple.salvationarmy.org/seattle_temple_corps/greenwood-food-bank-1/

Seattle Indian Center

- **Address:** 624 South Dearborn Street, Seattle, WA 98134
- **Phone:** (206) 329-8700
- **Service Area:** Seattle and King County
- **Distribution Hours:** Food Bank - Tuesdays & Thursdays, 1:00 p.m. -- 3:00 p.m.; Day Center - Monday to Friday, 9:30 a.m. -- 5:30 p.m.; Community Meals - Breakfast Mon-Fri 9:00 a.m. -- 10:00 a.m., Lunch Mon-Fri 12:00 p.m. -- 1:15 p.m.
- **Special Services:** food bank serving American Indians/Alaska Natives and others; community hot meals (breakfast and lunch); outreach & engagement with wrap-around case management; drop-in day center with financial empowerment; GED support; job

preparation, meals; hygiene; clothing bank; referrals; The Inn at Roy Street 24/7 enhanced shelter for men; Tillie's Safehouse emergency housing for domestic violence survivors

- **Additional:** Serving the community since 1958 with a focus on education, employment, housing, hygiene, food, and emergency services; Provided 11,040 meals and served 5,899 individuals via food bank in Q3 2022
- **Website:** <https://seattleindiancenter.org/>

The Food Bank @ St. Mary's

- **Address:** 611 20th Ave S, Seattle, WA (between International and Central Districts)
- **Phone:** 206-338-7215
- **Service Area:** Seattle, primarily International and Central District communities
- **Distribution Hours:** Monday, Wednesday, and Friday, 10am-1pm; please note that hours may vary for holidays or inclement weather (require photo ID and bags for food; active on Instagram and Facebook)
- **Special Services:** Distribution of culturally appropriate food; home deliveries for nearby clients unable to visit; food and personal care items for anyone 18 or older
- **Website:** <https://www.thefbsm.org/>

White Center Food Bank

- **Address:** 10016 16th Ave SW, Seattle, WA 98146
- **Phone:** 206-762-2848
- **Email:** admin@whitecenterfoodbank.org
- **Service Area:** All Washington State residents (with referrals to neighboring food banks like West Seattle and Highline Area Food Banks)
- **Distribution Hours:** (by appointment) Monday 12pm-3pm; Wednesday & Friday 10am-1:30pm (senior day distribution- age 60+ Thursday 10am-1:30pm); baby pantry Monday 12pm-3pm; Wednesday & Friday 10am-1pm; after-hours and "no cook" bags Monday-Friday 8am-3:30pm (new customers must register in person to set up appointments-up to 3 visits/month)
- **Special Services:** Home delivery for those with mobility issues (with doctor's note); mobile food banks at local housing facilities; baby pantry for infant/child food items; after-hours and "no cook" emergency food bags; healthy food gift certificates redeemable at local grocery partners including Samway Market, Lee's Produce Market, and Hung Long Asian Market; multiple programs to support seniors and families; active community engagement and culturally appropriate foods including halal meat, tortillas, rice, and beans
- **Website:** <https://www.whitecenterfoodbank.org/service-hours>

YWCA Seattle Central Area Food Bank

- **Address:** 2820 E. Cherry Street, Seattle, WA 98122
- **Email:** foodbank@ywcaworks.org
- **Service Area:** Central and South Seattle, Washington State
- **Distribution Hours:** in-person food pantry shopping Wednesdays, 1pm-3pm; walk-up pantry access stocked Tuesdays, Wednesdays, and Fridays (24/7 access); food pantry clients may receive food once per week; new clients register on first visit

- **Special Services:** weekly food distribution including culturally responsive options such as vegetarian/vegan, Halal, Kosher, and diabetic-friendly foods; baby and toddler items and limited personal hygiene products; YWCA emergency shelter, transitional housing, and low-income families
- **Website:** <https://ywcaworks.org/find-a-program/central-area-food-bank/>

Federal Food Assistance Programs

Supplemental Nutrition Assistance Program (SNAP/Basic Food)

Federal Food Assistance Program

- **Phone:** (877) 501-2233
- **Service Area:** Statewide
- **Special Services:**
 - Monthly benefits to buy food
 - Support for low-income households
 - Help families make ends meet
- **Eligibility:** Income-based qualification
- **Notes:** Formerly known as Food Stamps; called Basic Food in Washington

Women, Infants, and Children (WIC)

Federal Nutrition Program

- **Phone:** (800) 322-2588
- **Service Area:** Statewide
- **Demographics Served:** Pregnant women, new and breastfeeding parents, infants, and children under age 5
- **Special Services:**
 - Nutrition education
 - Breastfeeding support
 - Healthy foods
 - Health screenings and referrals
- **Notes:** Comprehensive nutrition and health program for families

Key Food Security Resource Directories

Feeding Washington

Statewide Food Bank Map

- **Service Area:** Statewide
- **Special Services:**
 - Map of currently open Washington food banks
 - Meal program locations
 - Real-time availability information
- **Notes:** Comprehensive statewide resource for finding food assistance

Seattle Food Committee

- **Address:** Solid Ground Seattle Food Committee, 1501 N 45th St, Seattle, WA 98103-6708
- **Phone:** 206-694-6830

- **Website:** <https://www.seattlefoodcommittee.org/find-a-food-bank/>
- **Services:** Network of more than 30 local food banks offering free groceries, clothing, diapers, pet food, and community resources

King County Human Services

- **Website:** find-human-services.kingcounty.gov
- **Services:** Searchable database of 78+ food pantries and food banks in King County; Supports for People with Disabilities; Early Intervention; Employment; Financial Support; Assistive Technology; Supports for Survivors of Domestic Violence; Hotline; Shelter; Youth; Education; Food; Financial Assistance; Personal/Household Items; Health Care; Transportation; Shelter/Housing; Mental Health Services

United Way of King County

- **Website:** uwkc.org/need-help/food-resources
- **Mission:** "More Food. Less Worry."
- **Services:** Food Programs & Resources; Home Grocery Delivery Program; Supplemental Nutrition Assistance Program (SNAP); Free Summer Meals

Seattle Crisis Resource Directory

- **Website:** <https://seattlecrisis.org/food.html>
- **Mission:** "Take what you need, give back what you can. These services exist to be used."
- **Services:** Emergency Funds and Referrals; Health (Physical and Mental); Human Services; Material Necessities (Food, Housing, etc.); Response to Violence; Education, Employment, Legal, Organizing; Other.

Verdant Health Resource Directory

- **Website:** <https://verdanthealth.org/community-resources/>
- **Mission:** South Snohomish County's Public Hospital District. We invest in community health programs through local nonprofits to ensure quality healthcare is accessible to all residents.
- **Services:** Food Distribution; Baby & Toddler Supplies; Clothing Banks; Hygiene Items; Hot Meals & Soup Kitchens; Home Delivery Services; Holiday Meal Programs; Emergency Financial Assistance; Health & Medical Services; Housing & Utility Support; Job & Employment Resources; Government Program Referrals.

SVdP Resource Directory

- **Website:** <https://svdpseattle.org/wp-content/uploads/2016/06/Food-Banks-List-Seattle-King-County-10-5-15.pdf>
- **Services:** List of 33 regional food banks with address, phone, distribution hours, and service requirements

Housing

Housing Assistance and Homelessness Services

AptFinder.org

Subsidized Housing Directory

- **Service Area:** Washington State

- **Demographics Served:** Individuals and families seeking affordable housing
- **Special Services:**
 - Advertises subsidized apartment communities
 - Rent-restricted affordable housing listings
 - Statewide coverage of affordable housing options
- **Website:** <https://www.aptfinder.org/>
- **Notes:** Nonprofit organization providing comprehensive directory of subsidized housing throughout Washington State

Community Roots Housing

Affordable Housing Provider

- **Phone:** (206) 329-7303 (general) | (206) 895-1400 (leasing line)
- **Email:** leasinginfo@communityrootshousing.org
- **Service Area:** Capitol Hill, Central District, White Center, Lake City, and other Seattle neighborhoods
- **Demographics Served:** Families transitioning from homelessness, single parents and their children, seniors with limited incomes, and recent immigrants
- **Special Services:**
 - Affordable housing communities (45+ properties, 1,500+ units)
 - Supportive housing for vulnerable populations
 - Culturally responsive housing services
 - Transitional housing support
 - Language interpretation available for applicants
 - Studio to three-bedroom units available
- **Hours:** Monday-Friday, 8am-5pm
- **Website:** <https://communityrootshousing.org/>
- **Notes:** Provides stable affordable housing with focus on serving diverse communities with specialized needs

King County Regional Access Points

Homelessness Resource Centers

- **Service Area:** King County (multiple locations)
- **Demographics Served:** People experiencing homelessness
- **Special Services:**
 - Housing assistance and placement
 - Comprehensive needs assessment (CEA assessments)
 - Resource coordination and referrals
 - Case management services
 - Access to Rapid Rehousing, Transitional Housing, Permanent Housing, and Permanent Supportive Housing
- **Website:** <https://kingcounty.gov/depts/community-human-services/housing/services/homeless-housing/coordinated-entry/access-points.aspx>
- **Notes:** Resource centers providing centralized access to housing and support services for homeless individuals and families

Low Income Housing Institute

Low-Income Housing Provider

- **Service Area:** Washington State (Island, King, Pierce, Snohomish, and Thurston counties)
- **Demographics Served:** People with low incomes or experiencing homelessness
- **Special Services:**
 - Operates affordable housing facilities
 - Homeless housing programs
 - Tiny house village shelters (one of largest providers nationally)
 - Supportive services for residents
 - Housing development and management
 - Advocacy for just housing policies
- **Website:** <https://www.lihihousing.org/>
- **Notes:** Comprehensive housing operator serving low-income and homeless populations across Washington State; celebrating over 25 years of service

Seattle Housing Authority

Public Housing Authority

- **Service Area:** Seattle
- **Demographics Served:** Low-income individuals and families
- **Special Services:**
 - Long-term rental housing
 - Rental assistance programs
 - Public housing units
 - Housing choice vouchers
 - Supportive services for residents
- **Website:** <https://www.seattlehousing.org/>
- **Notes:** Primary public housing authority for Seattle providing both direct housing and rental assistance

Student Housing Resources section (new subsection under Housing):

College Housing Guide

Student Housing Navigation

- **Service Area:** Washington State colleges and universities
 - **Demographics Served:** New college students
 - **Special Services:**
 - Housing option navigation
 - Student-specific housing guidance
 - Campus and off-campus housing information
 - **Notes:** Specialized resource helping new students understand and navigate college housing options
- Website:** <https://www.onlinecolleges.net/for-students/student-housing-guide/>

Student Renter's Guide

First-Time Student Renter Support

- **Service Area:** Washington State

- **Demographics Served:** Students who are first-time renters
- **Special Services:**
 - Rental education for students
 - First-time renter guidance
 - Student-specific rental information
 - Tenant rights and responsibilities education
- **Notes:** Tailored specifically for students entering the rental market for the first time
- **Website:** <https://www.bestcolleges.com/resources/student-renters-guide/>

Coordinated Entry

State Homelessness Services

- **Administrator:** Washington State Department of Commerce
- **Service Area:** Statewide (by county)
- **Demographics Served:** People experiencing homelessness
- **Special Services:**
 - Family coordinated entry sites
 - Adult coordinated entry sites
 - Homelessness services coordination
- **Notes:** County-based coordinated entry system for people experiencing homelessness

Catholic Community Services Housing

Catholic Housing Services

- **Service Area:** Western Washington
- **Demographics Served:** Low-income individuals, families, seniors, and persons with special physical and mental needs
- **Special Services:**
 - Housing programs
 - Resident support services
 - Clean and safe living environments
 - Specialized support for various populations
- **Notes:** Comprehensive housing services with supportive programs

WELD Seattle

Re-entry Housing and Employment

- **Phone:** (206) 571-4938
- **Service Area:** City of Seattle
- **Demographics Served:** Formerly incarcerated individuals residing in Seattle
- **Special Services:**
 - Housing assistance
 - Employment support
 - Re-entry assistance
 - Comprehensive re-integration services
- **Notes:** Specialized support for formerly incarcerated individuals

Rental Assistance Resources

Byrd Barr Place

Homelessness Prevention and Rental Assistance

- **Address:** 722 18th Ave, Seattle, WA 98122
- **Phone:** (206) 812-4940
- **Service Area:** Seattle
- **Demographics Served:** All individuals and families facing housing crisis
- **Special Services:**
 - Temporary rental assistance
 - Eviction prevention support
 - Housing resource connections
 - Homelessness prevention services
 - Spanish-speaking staff available
- **Website:** <https://byrdbarrplace.org/>
- **Notes:** Committed to preventing homelessness in Seattle; also provides food bank and financial empowerment services

Catholic Community Services Emergency Assistance

Emergency Housing and Rental Support

- **Phone:** Seattle & South King County: (253) 850-2523 | East King County: (425) 213-1963 ext. 2
- **Service Area:** King County
- **Demographics Served:** King County residents facing housing emergencies
- **Special Services:**
 - Move-in cost assistance
 - Eviction prevention
 - Emergency rent help
 - Limited motel and shelter vouchers
 - Translation services available through interpreter service
- **Website:** <https://ccsww.org/get-help/shelter-homeless-services/emergency-assistance/>
- **Eligibility:** At most once per year
- **Notes:** Non-profit providing comprehensive emergency housing assistance

El Centro de la Raza Housing Assistance

Culturally Responsive Housing Support

- **Phone:** (206) 957-4634
- **Service Area:** King County
- **Demographics Served:** Individuals and families meeting eligibility criteria
- **Special Services:**
 - Various types of housing emergency assistance
 - Culturally responsive services
 - Spanish-speaking staff available
- **Website:** <https://www.elcentrodelaraza.org/>
- **Notes:** Provides comprehensive services including housing emergency assistance

Jewish Family Services Financial Assistance

Emergency Financial Support

- **Phone:** (206) 861-8796
- **Service Area:** Seattle and surrounding areas
- **Demographics Served:** Individuals and families in financial crisis
- **Special Services:**
 - Rent assistance
 - Utility help
 - Financial assistance programs
- **Website:** <https://www.ifsseattle.org/assistance>
- **Notes:** Part of comprehensive social services offered by Jewish Family Services

LifeWire Housing Assistance

Domestic Violence Housing Support

- **Phone:** (425) 746-1940
- **Service Area:** Primarily North East King County
- **Demographics Served:** Victims of domestic violence and their children
- **Special Services:**
 - Rent assistance for domestic violence survivors
 - New housing location assistance
 - Homelessness prevention for DV victims
 - Safety planning and support services
 - Spanish-speaking staff and translation services available
- **Website:** <https://www.lifewire.org/>
- **Notes:** Specialized support for domestic violence survivors with focus on housing stability

Saint Vincent de Paul Financial Assistance

Comprehensive Emergency Assistance

- **Address:** 5950 4th Ave S, Seattle, WA 98108
- **Phone:** (206) 767-6449
- **Service Area:** King County (multiple parish locations)
- **Demographics Served:** People of all backgrounds and religions facing economic or emotional crises
- **Special Services:**
 - Rent assistance
 - Utility assistance
 - Food, clothing, and transportation support
 - Gasoline and medicine assistance
 - Personal assistance approach
 - Get Help request form available in Spanish
- **Website:** <https://svdpseattle.org/get-help/>
- **Notes:** One of the largest charity organizations in the country; offers unique style of personal assistance

University Churches Emergency Fund

Neighborhood Emergency Assistance

- **Address:** 4515 16th Ave NE, Seattle, WA 98115
- **Phone:** (206) 524-7885
- **Service Area:** Zip codes 98103, 98105, 98115, and 98125 only
- **Demographics Served:** Residents within specified zip codes meeting income limitations
- **Special Services:**
 - Emergency financial assistance (up to once per year)
 - Referrals to non-profits
 - Emergency support services
- **Eligibility:** Income limitations apply; emergency assistance limited to once per year
- **Notes:** Geographically restricted service area with income-based eligibility

West Seattle Helpline

West Seattle Emergency Rental Support

- **Phone:** (206) 932-4357
- **Service Area:** West Seattle
- **Demographics Served:** West Seattle residents facing eviction
- **Special Services:**
 - Limited emergency rent assistance
 - Eviction prevention for homes and apartments
- **Notes:** Focused on preventing eviction in West Seattle community

Financial

Make a Budget Worksheet

Federal Trade Commission (FTC) Personal Financial Planning Tool

- **Service Area:** Nationwide
- **Demographics Served:** All individuals and families seeking to manage finances
- **Special Services:**
 - Comprehensive monthly budget tracking worksheet
 - Income and expense categorization (Housing, Food, Transportation, Health, Personal/Family, Finance, Other)
 - Monthly budget planning guidance
 - Expense identification for budget optimization
 - Self-assessment tool for financial planning
- **Categories Covered:**
 - Income tracking (paychecks, other income after taxes)
 - Housing expenses (rent, utilities, insurance)
 - Food costs (groceries, dining out)
 - Transportation (public transit, car expenses)
 - Healthcare (insurance, medical costs)
 - Personal and family expenses
 - Financial services and fees

- Educational costs
- **Format:** PDF worksheet for download and completion
- **Notes:** Free federal government resource helping individuals create comprehensive monthly budgets and identify areas for financial improvement
- **Website:** <https://consumer.gov/your-money/making-budget> (Federal Trade Commission consumer resources)

Ron's Homepage | Free & Sound Financial Planning

Free, No-Account-Required Financial Calculators

- **About:** Free, no-account-required calculators designed to help you make smarter decisions with the money you have. For working adults managing the financial strain of healthcare education. All calculators are free to use; a low-cost premium tier adds scenario saving and PDF exports. No financial advice is given— results are estimates to inform your planning.
- **Service Area:** Nationwide (online)
- **Special Services:**
 - Free financial calculators— student loan payoff, debt management, emergency fund planning, retirement tracking, and debt vs. saving comparisons
 - No account required; premium tier available for scenario saving and PDF exports
- **Who This Is For:** Working adults managing debt or financial uncertainty while pursuing healthcare education or career training
- **Website:** <https://ronbelisle.com/>

State and Federal Financial Assistance

Washington Working Families Tax Credit

State Tax Credit Program

- **Service Area:** Statewide
- **Special Services:**
 - Refund of retail sales or use tax
 - Support for low-to-moderate income residents
 - Tax relief program
- **Eligibility:** Low-to-moderate income Washington residents meeting specific requirements
- **Notes:** Provides tax relief for working families

Low-Income Home Energy Assistance Program (LIHEAP)

Commerce Energy Assistance

- **Administrator:** Washington State Department of Commerce
- **Service Area:** Statewide
- **Special Services:**
 - Help with affordable, dependable utility services
 - Disconnection prevention
 - Energy bill assistance
 - Home energy cost reduction
- **Eligibility:** Low-income households

- **Notes:** Helps low-income households receive affordable utility services

Temporary Assistance for Needy Families (TANF)

State Cash Assistance Program

- **Phone:** (877) 501-2233
- **Service Area:** Statewide
- **Special Services:**
 - Temporary monthly cash assistance
 - WorkFirst program participation (for some families)
 - Job finding and retention support
- **Eligibility:** Families with pregnant individual or minor child
- **Notes:** Provides temporary financial assistance with work requirements

Local Financial Assistance

Hopelink Energy Assistance

King County Energy Support

- **Phone:** (425) 869-6000
- **Service Area:** King County
- **Special Services:**
 - Low-income energy assistance
 - Home energy cost reduction
 - Disconnection prevention
- **Eligibility:** Low-income households
- **Notes:** Helps households reduce energy costs or avoid disconnection

Byrd Barr Place

Seattle Financial Support

- **Address:** 722 18th Ave, Seattle, WA 98122
- **Phone:** (206) 812-4940
- **Service Area:** City of Seattle
- **Special Services:**
 - Essential services (food, shelter, warmth)
 - Financial tools and empowerment
 - Stability and self-sufficiency support
- **Notes:** Comprehensive support for Seattle neighbors building stability

Energy Assistance

Programs for King County Residents

Low Income Home Energy Assistance Program (LIHEAP)

- **Services:** Federally funded program that helps low income households, to meet their immediate home energy needs
- **Availability:** LIHEAP assistance is now available year-round! You may now be eligible to receive assistance once every 12 months

- **Contact:** City of Seattle customers can call [1-800-756-5437](tel:1-800-756-5437) (Public Health — Seattle & King County CHAP Line) for assistance. Applications are processed by the Byrd Barr Place.
- **Additional Service Areas:** If you live outside of the City of Seattle, please call the service provider based upon where you live:
 - South King County, call the [Multi-Service Center](tel:253-517-2263) at [253-517-2263](tel:253-517-2263)
 - North King County (North of NE 145th St) & East King County call [Hopelink](tel:425-658-2592) at [425-658-2592](tel:425-658-2592)

Utility Discount Program (UDP)

- **Services:** Help to get current and stay current on utility payments
Details: Offering a discount of up to 60% on your Seattle City Light bill and a 50% discount on your Seattle Public Utilities bill
- **Eligibility:** Available for residential City Light and Seattle Public Utilities customers only
 - If you have a City of Seattle light bill
 - If you are the homeowner or renter
 - If your landlord pays all utilities, qualifying low-income tenants may still be eligible for utility financial help
 - **Apply:** Send [signed and dated City of Seattle application](#) (153 KB) including:
 - Gross income documentation from all sources for all household members age 18 or older for the last month prior to the date of your signature on your completed application
 - Copy of state driver(s) license or state identification card for everyone in household 18 years and over
 - Financial aid award(s); grants and loans verification
 - Send to address below (alternatively, fax the application to 206-296-0881 or email the application to chap@kingcounty.gov):
Access & Outreach
Public Health - Seattle & King County
401 _____ h Avenue #1000
Seattle, WA 98104
NOTE: SUBMITTING AN APPLICATION DOES NOT GUARANTEE ELIGIBILITY

PSE Home Energy Lifeline Program (HELP)

- **Details:** Provides assistance for residential PSE customers to help pay electric or natural gas bills. If you qualify, you can receive a bill credit of up to \$1,000. You must apply at a local service agency based on your location.
 - City of Seattle contact [Byrd Barr Place](tel:206-812-4940) at (206) 812-4940
 - South King County, call the [Multi-Service Center](tel:253-517-2263) at 253-517-2263.
 - North King County (North of NE 145th St) & East King County call [Hopelink](tel:425-658-2592) at 425-658-2592
 - Snohomish County call [Snohomish Human Services Department](tel:425-388-3880) at 425-388-3880

- Pierce County-City of Tacoma call [Metropolitan Development Council](#) at 253-572-5557
- Pierce County-outside the city of Tacoma call [Pierce County Human Services](#) at 855-798-4328

Note: PSE HELP eligibility is based on net income (income after taxes and authorized deductions). Net income limits for PSE HELP are based on 80% of Area Median Income (AMI) for the counties listed

2025 State Home Energy Assistance Program

- **Details:** The State Home Energy Assistance Program (SHEAP) helps people in Washington pay their utility bills and move to low-to-no carbon heating and cooling options. SHEAP is available for individuals and families who are making up to 80% of the Area Median Income (AMI).
 - This grant supports eligible community members with:
 - Financial assistance with energy bills
 - Assessing their household's energy needs
 - Replacing unsafe heating/cooling systems in their homes
 - Purchasing a heat pump or other tech that is more energy-efficient
- **Application:** To apply for energy assistance, you must schedule an appointment with a partner organization that offers services in your area.
 - [Seattle Office of Housing – HomeWise](#) – Seattle, 206-812-4940
 - [Byrd Barr Place](#) – Seattle, 206-812-4940
 - [Hopelink](#) – North King County, 425-869-6000
 - [Multi Service Center](#) – South and East King County, 253-874-7831
 - [King County Housing Authority](#) – South and East King, 425-658-2592

Additional Energy Assistance Information

Government Programs

- **King County Gov:** <https://kingcounty.gov/en/dept/dph/health-safety/health-centers-programs-services/access-outreach-program/energy-assistance>

Transportation

Public Transit and Reduced Fare Programs

ORCA

Regional Transit Discount Program

- **Phone:** (888) 988-6722
- **Service Area:** King, Kitsap, Pierce, & Snohomish Counties
- **Demographics Served:** Low-income individuals
- **Special Services:**

- Reduced fare public transit
- Regional transportation access
- Multi-county transit system
- **Notes:** Comprehensive reduced-fare public transit for qualifying individuals

Subsidized Annual Bus Pass

King County Transit Support

- **Phone:** (800) 756-5437
- **Service Area:** King County
- **Special Services:**
 - Free annual bus pass
 - Support for those qualifying for certain state benefits
- **Eligibility:** Must qualify for specific state benefit programs
- **Notes:** Annual pass program for qualifying individuals

Transportation for Employment

Lyft Up

Job-Related Transportation Assistance

- **Service Area:** Cities of Seattle & Tacoma
- **Administrator:** United Way and Goodwill partnership
- **Special Services:**
 - Rides to job interviews
 - Transportation to job training sites
 - Rides to employment locations
- **Notes:** Focused on employment-related transportation needs

Lime Access

Bike and Scooter Discounts

- **Phone:** Text (888) 495-5014
- **Service Area:** Cities of Seattle & Spokane
- **Special Services:**
 - Discounts on Lime bike and scooter rides
 - Alternative transportation options
- **Eligibility:** Must qualify for discount program
- **Notes:** Micro-mobility transportation assistance for qualifying individuals

Village Vans

Employment Transportation - Thurston County

- **Phone:** (360) 705-5840
- **Service Area:** Thurston County (Olympia, Lacey, and Tumwater greater urban areas)
- **Demographics Served:** People with low incomes
- **Special Services:**
 - Free transportation for employment-related activities
 - Job interview transportation
 - Work-related travel support
- **Notes:** Focused on employment transportation in Thurston County area

Automotive Repair Assistance

Below is a list of programs and resources that offer free or low-cost car repair assistance in the Seattle and King County area.

Hopelink – Flexible Financial Assistance

Services: May cover car repair bills under flexible financial assistance for low-income residents.

Website: <https://www.hopelink.org/programs/financial-assistance/>

Auto Repair Transformation

Services: Offers low-income auto repair help, free safety checks, and community workshops.

Website: <https://autorepairtransformation.org/>

Washington DSHS – WorkFirst / TANF Support Services

Services: Provides transportation and car repair support for those enrolled in TANF or WorkFirst programs.

Website: <https://find-human-services.kingcounty.gov/search/6e3d2f88-e07d-593c-8aa0-d203666fa90d>

CRCC – Associated Ministries

Services: Offers minor vehicle maintenance support when funds are available.

Website: <https://associatedministries.org/supportive-services/crcc/>

Treehouse – Driver’s Assistance Program

Services: Reimburses for car repair and maintenance costs for eligible youth participants.

Website: <https://www.treehouseforkids.org/our-services/drivers-assistance>

Childcare

Primary Childcare Resources with Contact Information

BrightSpark Early Learning Services (formerly Child Care Resources)

Primary Resource for King County & Pierce County

- **Address:** 555 S. Renton Village Place Suite 280, Renton, WA 98057
- **Phone:** 206-329-5333
- **Email:** provider@childcare.org
- **Service Area:** King County and Pierce County
- **Ages Served:** All ages (infants through school-age)
- **Special Services:**
 - Childcare referral and matching service
 - Financial assistance programs
 - Support for families experiencing homelessness
 - Coaching and resources for childcare professionals
 - Training for low-income and refugee women pursuing early learning careers

- Anti-racist early learning community building
- **Website:** <https://www.brightspark.org/>
- **Notes:** This is the primary childcare resource and referral agency for the region

Working Connections Child Care (WCCC)

State Childcare Subsidy Program

- **Administrator:** Washington State Department of Children, Youth, and Families (DCYF)
- **Phone:** (844) 626-8687
- **Service Area:** Statewide (King County and Pierce County included)
- **Ages Served:** All ages
- **Special Services:**
 - Financial assistance for low-income families
 - Support for working parents, job seekers, and students
 - Covers licensed and certified childcare providers
- **Eligibility:** Based on income and work/school requirements
- **Website:** <https://dcyf.wa.gov/services/earlylearning-childcare/getting-help/wccc>
- **Notes:** State-funded program providing childcare subsidies

Seattle Child Care Assistance Program (CCAP)

City of Seattle Program

- **Administrator:** City of Seattle Department of Education and Early Learning
- **Phone:** 206-386-1050
- **Service Area:** Seattle only
- **Ages Served:** All ages
- **Special Services:**
 - 25-70% off childcare costs
 - Support for working and student parents
 - Access to over 200 high-quality licensed programs
- **Eligibility:** Income-based qualification
- **Website:** <https://www.seattle.gov/education/for-parents/child-care-and-preschool/child-care-assistance-program>
- **Notes:** City-funded assistance program for Seattle residents

King County Child Care Financial Assistance Program (CCFA)

County-Level Support

- **Administrator:** King County
- **Service Area:** King County
- **Ages Served:** All ages
- **Special Services:**
 - Financial assistance for childcare costs
 - Support for working families
 - Veterans' childcare subsidy program
 - Scales support for families up to 100% Area Median Income (AMI)
- **Notes:** County-funded program providing childcare assistance

Emergency and Temporary Childcare Resources

Emergency Childcare Options

- **Contact:** 211 (dial 2-1-1)
- **Service Area:** King County and Pierce County
- **Ages Served:** All ages
- **Special Services:**
 - 24/7 emergency referral service
 - Crisis childcare placement
 - Temporary care arrangements
- **Hours:** 24/7
- **Notes:** First point of contact for emergency childcare needs

Drop-In and Temporary Care

- **Resource Type:** Various providers through BrightSpark network
- **Contact:** 206-329-5333
- **Service Area:** King County and Pierce County
- **Ages Served:** Varies by provider
- **Special Services:**
 - Temporary care during training sessions
 - Drop-in care for irregular schedules
 - Emergency backup care
- **Notes:** Contact BrightSpark for specific provider referrals

Specialized Childcare Resources

Special Needs Childcare

- **Contact:** BrightSpark Early Learning Services at 206-329-5333
- **Service Area:** King County and Pierce County
- **Ages Served:** All ages
- **Special Services:**
 - Specialized care for children with disabilities
 - Inclusive early learning programs
 - Support for developmental delays
 - Therapeutic services integration

24/7 and Shift Work Childcare

- **Contact:** BrightSpark Early Learning Services at 206-329-5333
- **Service Area:** King County and Pierce County
- **Ages Served:** Varies by provider
- **Special Services:**
 - Weekend care
 - Overnight care
 - Shift work support
 - Healthcare worker schedules
- **Notes:** Limited availability; contact BrightSpark for current providers

Infant and Toddler Specialized Care

- **Contact:** BrightSpark Early Learning Services at 206-329-5333
- **Service Area:** King County and Pierce County
- **Ages Served:** 0-3 years
- **Special Services:**
 - Infant care (0-12 months)
 - Toddler programs (1-3 years)
 - Developmental support
 - Nursing mother support
- **Notes:** Infant care has limited availability and higher costs

Head Start and Early Head Start Programs

Head Start Programs

- **Resource Type:** Federally funded early childhood programs
- **Service Area:** King County and Pierce County
- **Ages Served:** 3-5 years (Head Start), 0-3 years (Early Head Start)
- **Special Services:**
 - Free comprehensive early childhood education
 - Health and nutrition services
 - Family support services
 - Transportation
- **Eligibility:** Income-based qualification
- **Notes:** High-quality programs with comprehensive services

School-Age and After-School Programs

School-Age Childcare

- **Contact:** BrightSpark Early Learning Services at 206-329-5333
- **Service Area:** King County and Pierce County
- **Ages Served:** 5-12 years (school-age)
- **Special Services:**
 - Before-school care
 - After-school programs
 - Summer camp programs
 - Transportation to/from schools
 - Homework assistance
- **Notes:** Programs often located at schools or community centers

YMCA and Boys & Girls Clubs

- **Service Area:** King County and Pierce County
- **Ages Served:** School-age (5-18 years)
- **Special Services:**
 - After-school programs
 - Summer camps
 - Sports and recreational activities

- Teen programs
- **Notes:** Multiple locations throughout the region

Family Childcare and In-Home Options

Licensed Family Childcare Homes

- **Contact:** BrightSpark Early Learning Services at 206-329-5333
- **Service Area:** King County and Pierce County
- **Ages Served:** All ages (mixed-age groups)
- **Special Services:**
 - Small group settings
 - Flexible scheduling
 - Home-like environment
 - Often more affordable than centers
- **Notes:** Referrals available through BrightSpark network

Nanny Sharing and Cooperative Care

- **Contact:** BrightSpark Early Learning Services at 206-329-5333
- **Service Area:** King County and Pierce County
- **Ages Served:** All ages
- **Special Services:**
 - Shared costs among families
 - Flexible arrangements
 - In-home or shared locations
- **Notes:** Coordination support available through BrightSpark

Key Childcare Resource Directories

BrightSpark Early Learning Services

- **Address:** 555 S. Renton Village Place Suite 280, Renton, WA 98057
- **Phone:** 206-329-5333
- **Email:** provider@childcare.org
- **Website:** <https://www.brightspark.org/>
- **Services:** Primary childcare resource and referral agency for King County and Pierce County

Washington State Department of Children, Youth, and Families (DCYF)

- **Website:** <https://dcyf.wa.gov/services/earlylearning-childcare>
- **Services:** State childcare licensing, Working Connections Child Care, early learning programs

King County Human Services

- **Website:** find-human-services.kingcounty.gov
- **Services:** Searchable database of childcare and family support services

United Way of King County

- **Website:** uwkc.org
- **Services:** Community resources and family support programs

211 Information and Referral

- **Phone:** 2-1-1
- **Website:** wa211.org
- **Services:** 24/7 information and referral for emergency and non-emergency services

Tacoma-Pierce County Health Department Family Resource Centers

- **Contact:** Various locations throughout Pierce County
- **Services:** Family support, health services, basic needs assistance, referrals

Childcare Financial Assistance Programs

State and Federal Programs

- **Working Connections Child Care (WCCC):** State-funded childcare subsidies
- **Child Care and Development Fund (CCDF):** Federal childcare assistance
- **Temporary Assistance for Needy Families (TANF):** May include childcare support

Local Programs

- **Seattle Child Care Assistance Program (CCAP):** City of Seattle assistance
- **King County Child Care Financial Assistance:** County-level support
- **Veterans' Childcare Subsidy:** Special program for military families

Employer-Based Programs

- **Dependent Care Assistance Plans (DCAP):** Pre-tax childcare benefits
- **Employer Childcare Centers:** Some large employers offer on-site care
- **Flexible Spending Accounts:** Tax-advantaged childcare funding

Clothing

Professional and Work Clothing

Rosie's Closet

Professional Clothing for Women

- **Phone:** (206) 324-3372
- **Service Area:** King County
- **Demographics Served:** Women who are new to the workplace, starting over, or in need
- **Special Services:**
 - Work-appropriate clothing
 - Professional attire for job interviews
 - Career transition support
- **Notes:** Focused on supporting women entering or re-entering the workforce

Belinda's Closet | North Seattle College

- **Address:** 9600 College Way N, Seattle, WA 98103
- **Phone:** (206) 934-3658
- **Email:** edi.north@seattlecolleges.edu
- **Service Area:** Seattle Colleges District
- **Demographics Served:** College students of all ages and gender identities

- **Special Services:** Provides professional clothing for interviews, work, and graduation
- **Website:** northseattle.edu/aco/belindas-closet
- **Notes:** Located in the Community & Welcome Center; accessible during open hours

Working Wardrobe | YWCA Everett Regional Center

- **Address:** 3301 Broadway, Everett, WA 98201
- **Phone:** (425) 258-2766
- **Email:** info@ywcaworks.org
- **Service Area:** Everett and surrounding areas
- **Demographics Served:** Women and gender-expansive individuals
- **Special Services:** Provides work-appropriate clothing; up to 4 visits allowed per year
- **Website:** ywcaworks.org/programs/working-wardrobe
- **Notes:** Open Tuesdays and Thursdays by appointment only; photo ID required

Just Threads Clothing Bank | Pierce County District Court Resource Center

- **Address:** 925 Tacoma Ave S, Tacoma, WA 98402
- **Phone:** (253) 798-7487
- **Service Area:** Pierce County
- **Demographics Served:** All welcome, justice-involved individuals, job seekers, and the general public
- **Special Services:** Provides free clothing for job interviews, work attire, athletic apparel, and everyday clothing
- **Website:** piercecountywa.gov/5704/Just-Threads-Clothing-Bank
- **Notes:** No appointment necessary; open to all community members

General Clothing Resources

Clothesline | West Seattle Food Bank

- **Address:** 4425 41st Ave SW, Seattle, WA 98116
- **Phone:** (206) 932-9023
- **Email:** info@westseattlefoodbank.org
- **Service Area:** West Seattle and surrounding areas
- **Demographics Served:** All ages and gender identities
- **Special Services:** Offers free clothing and shoes; hygiene products, bags, backpacks, and bedding available depending on donations
- **Website:** westseattlefoodbank.org/clothesline
- **Notes:** Appointments required; visits allowed once every three months. Interpreter services available in Spanish

Issaquah Food & Clothing Bank

- **Address:** 179 1st Ave SE, Issaquah, WA 98027
- **Phone:** (206) 569-8560 (text or call)
- **Email:** erin@issaquahfoodbank.org
- **Service Area:** Issaquah and surrounding areas
- **Demographics Served:** All ages and gender identities
- **Special Services:** Clothing bank usually open; check schedule for availability
- **Website:** issaquahfoodbank.org

- **Notes:** Diapers available every other Thursday from 1–7pm

FamilyWorks Community Closet

- **Address:** 4201 Wallingford Ave N, Seattle, WA 98103
- **Phone:** (206) 694-6727
- **Email:** info@familyworksseattle.org
- **Service Area:** Wallingford and surrounding areas
- **Demographics Served:** All ages and gender identities
- **Special Services:** Provides free clothing to individuals referred by FamilyWorks
- **Website:** familyworksseattle.org
- **Notes:** Community Closet located at Wallingford Presbyterian Church; clothing available during specified hours

Life Center Rainier Clothing Bank

- **Address:** 17708 28th Ave E, Tacoma, WA 98445
- **Phone:** (253) 224-1566
- **Service Area:** Pierce County
- **Demographics Served:** Individuals and families in need
- **Special Services:** Offers free clothing; up to 20 items per household per week
- **Website:** lifecenter.com/cares
- **Notes:** Open Saturdays from 10 AM–2 PM and the first Tuesday of each month from 3:30 PM–5:30 PM

St. Francis House Clothing Bank

- **Address:** 322 7th St SE, Puyallup, WA 98372
- **Phone:** (253) 770-6991
- **Service Area:** Puyallup and surrounding areas
- **Demographics Served:** Individuals and families in need
- **Special Services:** Provides free clothing and other essential items
- **Notes:** Open Monday–Friday from 10 AM–5:30 PM and Saturday from 10 AM–3 PM

Bethel School District Clothing Bank

- **Address:** 17708 28th Ave E, Tacoma, WA 98387
- **Phone:** (253) 800-6862
- **Service Area:** Bethel School District
- **Demographics Served:** Students and families within the district
- **Special Services:** Provides free clothing to students and families in need
- **Website:** bethelsd.org/resources/community-crisis-resources/basic-needs-food-clothes
- **Notes:** Contact the Family Resource Coordinator for assistance

Immigration

Advocates for Immigrants in Detention NW

Detention Support Services

- **Service Area:** Northwest region (focus on Tacoma ICE Processing Center)
- **Demographics Served:** Current and recently released detainees

- **Special Services:**
 - Basic frontline support for detainees
 - Support for recently released individuals
 - ICE Processing Center assistance
- **Website:** <https://aidnw.org/>
- **Notes:** Specialized support for individuals in immigration detention

Northwest Immigrants Rights Project (NWIRP)

Comprehensive Immigration Legal Services

- **Service Area:** Northwest region
- **Demographics Served:** Immigrants and refugees
- **Special Services:**
 - Citizenship assistance
 - Detention support
 - Domestic violence services for immigrants
 - Asylum support
 - Child/juvenile immigration issues
 - Legal representation and advocacy
- **Website:** <https://www.nwirp.org/get-help/>
- **Notes:** Comprehensive immigration legal services and advocacy organization

Washington Immigrant Solidarity Network (WAISN)

Immigrant Rights and Support Network

- **Phone:** Deportation Defense Hotline: 1-844-724-3737
- **Hours:** Monday-Friday 8am-6pm Pacific
- **Service Area:** Washington State
- **Demographics Served:** Immigrants and community members
- **Special Services:**
 - Deportation defense hotline
 - ICE/CBP raid reporting
 - Know your rights education
 - Community support access
 - Resource finder database
- **Website:** <https://waisn.org/public-resources/> | <https://resources.waisn.org/en>
- **Notes:** Statewide immigrant solidarity and support network

Refugee Women's Alliance (ReWA)

Refugee and Immigrant Family Services

- **Service Area:** Washington State
- **Demographics Served:** Refugee and immigrant families, particularly women
- **Special Services:**
 - Housing and homelessness prevention
 - Comprehensive family support services
 - Culturally responsive programs
- **Website:** <https://www.rewa.org/services/housing-and-homelessness-prevention/>
- **Notes:** Comprehensive services for refugee and immigrant families with housing focus

Lutheran Community Services NW

Refugee Resettlement Services

- **Service Area:** Washington State (multiple office locations)
- **Demographics Served:** Refugees and immigrants
- **Special Services:**
 - Refugee resettlement services
 - Community integration support
 - Comprehensive social services
- **Website:** <https://lcsnw.org/office/location/washington/>
- **Notes:** Faith-based organization providing refugee resettlement and support services

Add to existing Financial Resources section:

Alien Emergency Medical Program - King County

Emergency Medical Coverage for Undocumented Individuals

- **Administrator:** King County Department of Public Health
- **Service Area:** King County
- **Demographics Served:** Individuals who do not qualify for Apple Health due to citizenship/immigration status
- **Special Services:**
 - Emergency medical coverage
 - Support for qualifying medical emergencies
 - Coverage for nonpregnant nonqualified aliens
 - Support for undocumented individuals
- **Website:** <https://kingcounty.gov/aem>
- **Eligibility:** Individuals with qualifying medical emergency who don't qualify for other Apple Health programs due to citizenship/immigration requirements
- **Notes:** Includes qualified aliens who haven't met 5-year requirement and undocumented individuals

Add to existing Healthcare and Mental Health Resources section:

Tacoma-Pierce County Health Department - Refugee Health Program

Refugee Health Services

- **Service Area:** Pierce County
- **Demographics Served:** Refugees and immigrants
- **Special Services:**
 - Refugee health assessments
 - Health screenings and immunizations
 - Health education and promotion
 - Cultural and linguistic support
- **Website:** <https://tpchd.org/health/refugee-health-program/>
- **Notes:** Specialized health services for newly arrived refugees and immigrants

Immigrant & Refugee Health Alliance

Immigration Health Advocacy

- **Service Area:** Washington State

- **Demographics Served:** Immigrants and refugees
- **Special Services:**
 - Health advocacy
 - Community health support
 - Immigration-related health resources
- **Website:** <https://www.waimmigranthealth.org/>
- **Notes:** Health advocacy organization focusing on immigrant and refugee health needs

Add to Additional Resource Lists section:

Washington State Office of Refugee and Immigrant Assistance

State Government Immigration Services

- **Administrator:** Department of Social and Health Services (DSHS)
- **Service Area:** Washington State
- **Demographics Served:** Refugees and immigrants
- **Special Services:**
 - State immigration resources overview
 - Rights and resources information
 - Government service coordination
- **Website:** <https://www.dshs.wa.gov/esa/office-refugee-and-immigrant-assistance>
- **Notes:** State government portal for immigrant and refugee rights and resources

Refugee and Immigrant Community Services (RICS) - Spokane

Eastern Washington Refugee Services

- **Service Area:** Spokane and Eastern Washington
- **Demographics Served:** Refugees and immigrants
- **Special Services:**
 - Refugee resettlement
 - Community integration services
 - Cultural support programs
- **Website:** <https://www.ricspokane.org/>
- **Notes:** Regional refugee and immigrant services in Eastern Washington

City of Spokane - Immigrant & Refugee Affairs

Municipal Immigration Services

- **Service Area:** Spokane
- **Demographics Served:** Immigrants and refugees in Spokane
- **Special Services:**
 - Municipal immigrant and refugee affairs
 - Community integration support
 - Local government resources
- **Website:** <https://my.spokanecity.org/civilrights/immigrant-and-refugee-affairs/>
- **Notes:** City-level immigrant and refugee support and advocacy

Refugee & Immigrant Services Northwest (RISNW)

Refugee-Led Community Organization

- **Service Area:** Northwestern Washington State

- **Demographics Served:** Refugees, immigrants, and their families
- **Special Services:**
 - Refugee-led, multi-ethnic, multi-cultural organization empowering refugees and immigrants to become self-sufficient and healthy contributing members of society
 - Community-based support services
 - Cultural integration programs
 - Grassroots advocacy and support
- **Website:** <https://risnw.org/>
- **Notes:** Community-led organization with grassroots origins focusing on empowerment and self-sufficiency

Seattle Office of Immigrant and Refugee Affairs

City Government Immigration Services

- **Service Area:** Seattle
- **Demographics Served:** Seattle's immigrant and refugee communities
- **Special Services:**
 - Engaging immigrant and refugee communities in decisions about Seattle's future
 - Improving City programs and services to meet the needs of all constituents
 - Municipal advocacy and policy work
 - Community engagement and representation
- **Website:** <https://www.seattle.gov/iandraffairs>
- **Notes:** City office dedicated to improving services for immigrant and refugee communities

Washington State Migrant and Asylum-Seeker Support Project

State-Funded Asylum Support Program

- **Administrator:** DSHS Office of Refugee and Immigrant Assistance
- **Service Area:** Washington State
- **Demographics Served:** Recently arrived asylum-seekers
- **Special Services:**
 - \$25 million in funding to provide support services for people who have recently arrived in the United States
 - Basic needs support for asylum-seekers
 - Expanded legal authority to serve asylum-seekers
- **Notes:** Created through House Bill 2368 in 2024 to expand ORIA's authority to support asylum-seekers' basic needs
- **Website:** <https://washington-mass-hub.zendesk.com/hc/en-us>

Regional Resources:

Snohomish County Immigrant and Refugee Services

County-Level Immigration Support

- **Service Area:** Snohomish County
- **Demographics Served:** Immigrants and refugees in Snohomish County
- **Special Services:**
 - County-specific immigrant and refugee resources

- Regional service coordination
- Resource referrals and navigation
- **Website:** <https://snohomishcountywa.gov/3410/Immigrant-and-Refugee-Services>
- **Notes:** Provides comprehensive list of resources recommended by Washington State Attorney General's Office and regional partners

Additional Resource Types to Consider:

- Airport legal services for immigrants
- Federal refugee resettlement agencies beyond those already listed
- Community-specific organizations serving particular ethnic or cultural groups

Know Your Rights Resources

Every person in the United States has certain basic rights under the Constitution, regardless of immigration status. The following resources help individuals understand and assert those rights.

Immigrant Legal Resource Center (ILRC) Red Cards (Tarjetas Rojas)

Printable Know Your Rights Cards

- **Red Cards Direct Link:** <https://www.ilrc.org/red-cards-tarjetas-rojas>
- **Service Area:** National (resources applicable locally)
- **Special Services:** Know Your Rights materials and train-the-trainer toolkits. Red Cards (Tarjetas Rojas) are printable cards in multiple languages summarizing constitutional rights regardless of immigration status; Family Preparedness Plans (English and Spanish)
- **Notes:** Red Cards are especially useful for direct service staff to keep on hand and share with members. All people in the United States, regardless of immigration status, have constitutional rights and protections; these cards help people assert those rights in encounters with enforcement agents.

NWIRP Know Your Rights Materials

Available in English and Spanish

- **Website:** <https://www.nwirp.org>
- **Key Rights Covered:** When the government arrests or tries to arrest someone, every person in the United States has certain basic rights. Key rights include: the right to remain silent and request a lawyer; the right to refuse entry to your home unless agents produce a warrant signed by a judge; the right to not sign any documents without first speaking to an immigration attorney.
- **Emergency Contact Numbers:** Washington Immigrant Solidarity Network (WAISN) Hotline: 1-844-724-3737; Department of Public Defense (DPD) King County 24-hour Hotline: 206-447-8899; CLEAR Hotline (civil legal referrals): 1-888-201-1014 (outside

King County) or 211 (in King County); ACLU Know Your Rights in 7 languages:
<https://www.wehaverights.us/>

National Know Your Rights Resources

From the Immigrant Legal Protection Resource Guide (NPNA)

- **Materials:** Know Your Rights Under the US Constitution; No Matter Who is President (NILC)
- **Toolkit:** ILRC Know Your Rights Toolkit (includes handouts, family preparedness plans, train-the-trainer toolkit)
- **Videos:** Know-Your-Rights tutorial videos in 7 languages for encounters with ICE
- **Emergency Plans:** [WeHaveRights.us](https://www.wehaverights.us/) | Creating an Emergency Plan

Family Preparedness Resources

Preparing a family safety plan in advance can provide peace of mind and practical protections. The following resources help families create emergency plans in case of immigration enforcement actions.

- **ILRC Family Preparedness Plan:** <https://www.ilrc.org> (English and Spanish)
- **Key Steps:** Prepare legal documents appointing a trusted adult to care for children in the event of removal or deportation
 - Maintain copies of children’s medical records, birth certificates, social security cards, and passports with a trusted adult
 - Maintain documentation of any public benefits children are receiving
 - Maintain documentation of children’s school records
 - Share family plans with children about who will care for them if a parent is detained
- **Washington State Family Safety Plan:** <https://icycwa.org>

Guidance for Allies, Advocates, and Direct Service Staff

NWIRP Advisory for Nonprofit Organizations and Social Services Providers

Critical Guidance Regarding Immigration Enforcement

- **Full Advisory Available From:** <https://www.nwirp.org>

- **Key Recommendations:** Staff should not allow immigration agents into non-public areas without a judicial warrant (signed by a judge, not an administrative warrant signed by an immigration officer)
 - Staff and clients have the right to remain silent and do not have to answer questions from enforcement agents
 - Agencies should not release any information without a judicial warrant or subpoena
 - Train front desk/reception staff on protocols in advance
 - Define non-public areas with designated signage
 - Encourage members to carry Red Cards (<https://www.ilrc.org/red-cards-tarjetas-rojas>)
 - Connect members with legal counsel in advance of any anticipated enforcement interaction
 - If a member is detained, refer to NWIRP's Detained Immigrant Advocates Unit: detainedreferrals@nwirp.org
 - To locate a detained person: <https://locator.ice.gov/odls>

What Allies and Advocates Can Do

From the Office of Refugee and Immigrant Assistance (ORIA) Advisory

- Stay calm and informed; listen to and respect community needs
- Know your legal rights and help community members learn theirs
- Offer to help immigrant community members; be humble, ask what they need, let them lead
- Help members fill out a family safety plan (icycwa.org)
- Order/print Red Cards for your workplace and to share at local businesses
- Learn about and join community accompaniment efforts (WAISN, AIDNW.org, Fair Fight Bond Fund)
- During an active enforcement action, document carefully
- Discuss with your workplace how to keep safe from ICE (search nilc.org for employer guides)
- If you ask to leave and there is no response, you can leave (do not run). Example language: "I wish to remain silent. Am I free to leave? Am I being detained?"

Supporting People at Appointments

- People at necessary appointments can supply minimum information necessary; ask if providing requested information is absolutely required
- Request virtual meetings where possible

- Bring a trusted advocate or informed friend
- Seek professional legal guidance in advance
- Carry Red Cards

Supporting Children and Families During Immigration Stress

Talking to Children About Deportation

From Florida State University Center for Child Stress & Health

Children often worry when adults around them worry. News reports and adult discussions about deportation can cause children many worries because they do not understand concepts about law and policy and they fear separation from their parents.

Common Signs of Stress in Children:

- Eating and sleeping changes (including nightmares), crying, anxiety, withdrawal
- Clinginess (especially young children), aggressive behavior, regressive behaviors
- Problems focusing in school, feeling afraid or angry

How Parents Can Help:

- Have open discussions at the child's level of understanding; explain words such as deportation and immigrants
- Maintain usual routines (meal times, homework, bedtimes); routines help children feel safe
- Send children to school regularly
- Try to have adult discussions when children are not around
- Turn off news sources; these are usually at a level difficult for children to understand
- Share family plans with children in case a parent is detained (who will pick them up, where they can go)
- Do not lie or make promises you are not sure you can keep
- Assure the child you are making plans for their safety
- Take care of yourself; children do better when their parents are healthy and calm
- For younger children: "We will always find a way to be connected. I will always support you. This is hard. We are together."
- **Resource:** More information: www.FSUSTRESS.org or (239) 658-3123

Coping with Unconfirmed Death for Forcibly Displaced Children and Families

From the National Child Traumatic Stress Network (NCTSN)

Unconfirmed death refers to situations where families are unsure if a loved one has died, often related to conflict, disaster, or displacement. This resource provides guidance for caregivers supporting displaced children who may be experiencing this type of ambiguous loss.

Key Guidance for Caregivers:

- Maintain a sense of connection to the missing person; it's okay to talk about them and share stories
- Validate the child's feelings; family members may process emotions differently
- Create new routines incorporating familiar practices from the child's previous home
- Limit children's exposure to media reports related to the loss
- Encourage honoring and remembrance through rituals, favorite foods, or activities shared with the loved one
- Increase connections with friends and family from the home country and in the local community
- Take care of yourself; coping with your own feelings will strengthen your ability to support your child
- Seek professional support if your child shows increased reactions, school problems, or difficulty eating/sleeping

Additional Resources:

- NCTSN: <https://www.nctsn.org>
- SAMHSA National Mental Health Information Center: <https://findtreatment.gov> or 800-789-2647
- Dougy Center (multilingual grief resources): <https://www.dougy.org>
- National Alliance for Children's Grief: <https://nacg.org>

Additional Legal Service Provider: Washington State

The following organizations provide free or low-cost immigration legal services. All are accredited nonprofit providers.

Asian Counseling and Referral Service (ACRS)

- **Phone:** (206) 695-7566
- **Address:** 3639 Martin Luther King Jr. Way S., Seattle, WA 98144
- **Website:** <http://www.acrs.org>
- **Legal Assistance Areas:** Adjustment of Status, Family-based petitions

- **Services:** Help completing forms, USCIS filings, Asylum Interview representation, Immigration Court representation

Catholic Charities Eastern Washington: Immigration Legal Services

- **Phone:** (509) 455-4961
- **Address:** PO Box 2253, 12 E Fifth Avenue, Spokane, WA 99210-2253
- **Website:** <https://www.cceasternwa.org>
- **Legal Assistance Areas:** Adjustment of Status, Consular Processing, DACA, Employment authorization, Family-based petitions, Naturalization/Citizenship, T visas, U visas, VAWA petitions
- **Services:** Help completing forms, USCIS filings

Catholic Community Services: Family Immigration (Mount Vernon)

- **Phone:** (360) 416-7095
- **Address:** 300 S First St, Suite C, Mount Vernon, WA 98273
- **Website:** <http://www.ccsww.org/cils>
- **Legal Assistance Areas:** Adjustment of Status, Consular Processing, DACA, Employment authorization, Family-based petitions, Naturalization/Citizenship
- **Services:** Help completing forms, USCIS filings

Catholic Community Services of Western Washington: CILS (Seattle)

- **Phone:** (206) 328-6314
- **Address:** 100 23rd Ave S., Seattle, WA 98144
- **Website:** <http://www.ccsww.org/cils>
- **Legal Assistance Areas:** Adjustment of Status, Asylum, Consular Processing, DACA, Employment authorization, Family-based petitions, Humanitarian Parole, Naturalization/Citizenship, U visas, VAWA petitions
- **Services:** Help completing forms, USCIS filings, Asylum Interview representation, BIA representation

Colectiva Legal del Pueblo

- **Phone:** (206) 931-1514
- **Address:** 13838 1st Ave S, Burien, WA 98168
- **Website:** <http://www.colectivalegal.org>
- **Legal Assistance Areas:** Adjustment of Status, Asylum, DACA, Employment authorization, Family-based petitions, Naturalization/Citizenship, Removal hearings, T visas, TPS, U visas, VAWA petitions

- **Services:** Help completing forms, USCIS filings, Asylum Interview representation, Immigration Court representation, BIA representation, Federal court appeals

Entre Hermanos

- **Phone:** (206) 538-0329
- **Address:** 1621 S Jackson Street, Suite 202, Seattle, WA 98144
- **Website:** <http://entrehermanos.org/>
- **Legal Assistance Areas:** Adjustment of Status, Asylum, DACA, Employment authorization, Family-based petitions, Naturalization/Citizenship, Removal hearings, Special Immigrant Juvenile Status, T visas, TPS, U visas, VAWA petitions
- **Services:** Help completing forms, USCIS filings, Asylum representation, Immigration Court and BIA representation, Federal court appeals

KIAC: Immigration Legal Services

- **Phone:** (360) 616-0479
- **Address:** 3627 Wheaton Way, Bremerton, WA 98310
- **Website:** <http://kitsapiac.org>
- **Legal Assistance Areas:** Adjustment of Status, Asylum, DACA, Employment authorization, Family-based petitions, Naturalization/Citizenship, Removal hearings, Special Immigrant Juvenile Status, TPS, U visas, VAWA petitions
- **Services:** Help completing forms, USCIS filings, Asylum representation, Immigration Court and BIA representation

Tacoma Community House

- **Phone:** (253) 383-3951
- **Address:** 1314 South L St, Tacoma, WA 98405
- **Website:** <https://www.tacomacommunityhouse.org>
- **Legal Assistance Areas:** Adjustment of Status, Consular Processing, DACA, Employment authorization, Family-based petitions, Naturalization/Citizenship, TPS, U visas, VAWA petitions
- **Services:** Help completing forms, USCIS filings

Sexual Violence Law Center

- **Phone:** (206) 312-7852
- **Address:** 101 Yesler Way Suite 300, Seattle, WA 98104
- **Website:** <https://svlawcenter.org/>

- **Legal Assistance Areas:** Adjustment of Status, Asylum, Employment authorization, Special Immigrant Juvenile Status, SIV, T visas, U visas, VAWA petitions. Specializes in immigration cases involving survivors of sexual violence.
- **Services:** Help completing forms, USCIS filings, Asylum representation, Immigration Court and BIA representation, Federal court appeals

World Relief Western Washington

- **Phone:** (253) 277-1121
- **Address:** 23835 Pacific Hwy S, Suite 100, Suite C-106, Kent, WA 98032
- **Website:** <http://www.worldreliefseattle.org>
- **Legal Assistance Areas:** Adjustment of Status, Employment authorization, Naturalization/Citizenship
- **Services:** Help completing forms, USCIS filings

World Relief (Tri-Cities Office)

- **Phone:** (509) 734-5477
- **Address:** 2600 N. Columbia Center Blvd, Suite 206, Richland, WA 99352
- **Website:** <http://worldrelieftricitities.org>
- **Legal Assistance Areas:** Adjustment of Status, Naturalization/Citizenship
- **Services:** Help completing forms, USCIS filings

International Rescue Committee (SeaTac/Seattle)

- **Phone:** (206) 623-2105
- **Address:** 1200 S 192nd St, Suite 101, SeaTac, WA 98148
- **Website:** <http://www.rescue.org/seattle>
- **Legal Assistance Areas:** Adjustment of Status, Consular Processing, DACA, Employment authorization, Family-based petitions, Humanitarian Parole, Naturalization/Citizenship, SIV, TPS
- **Services:** Help completing forms, USCIS filings

Neighborhood House

- **Phone:** (206) 461-8430
- **Address:** 1225 South Weller St., Suite 510, Seattle, WA 98144
- **Website:** <http://www.nhwa.org>
- **Legal Assistance Areas:** Naturalization/Citizenship
- **Services:** Help completing forms, USCIS filings, Immigration Court and BIA representation

The West African Community Council

- **Phone:** (206) 349-0892
- **Address:** 6322 44th Ave S, Seattle, WA 98118
- **Website:** <http://www.wacofseattle.com>
- **Legal Assistance Areas:** Adjustment of Status, Asylum, Consular Processing, DACA, Employment authorization, Family-based petitions, Naturalization/Citizenship, T visas, TPS, U visas, VAWA petitions
- **Services:** Help completing forms, USCIS filings, Asylum Interview representation

For a complete searchable directory of nonprofit immigration legal service providers in Washington State, visit:

<https://www.immigrationadvocates.org/nonprofit/legaldirectory/search?state=WA>

National Immigration Resources and Directories

American Immigration Lawyers Association (AILA)

Attorney Referral, Immigration, Related Legal Issues

- **Website:** <https://www.aila.org>
- **Service Area:** National (searchable by location)
- **Special Services:** Directory of licensed immigration attorneys; useful when a member needs legal representation beyond what nonprofit providers offer, or when immigration intersects with mental health legal issues
- **Notes:** Use for referrals when nonprofit legal services are unavailable or when a person's case requires a private immigration attorney

Immigrant Legal Protection Resource Guide (NPNA)

Comprehensive National Resource Guide: Updated January 2025

The National Partnership for New Americans (NPNA) maintains a comprehensive resource guide organized by: Know Your Rights, Family Preparedness Plans, Deportation and Removal Defense, Rapid Response Hotlines, Worksite Raids, Resources for Educators and Schools, Asylum-related Resources, and Legal Service Provider Directories.

- **Contact:** Contact Luis Garza at luis@partnershipfornewamericans.org for additions

ICE Detainee Locator

- **Website:** <https://locator.ice.gov/odls>

- **Notes:** Use this tool to locate individuals who may have been detained by ICE

National Education Association: Guidance on Immigration Issues

- **Website:** <https://www.nea.org/resource-library/guidance-immigration-issues>
- **Notes:** What schools can do in advocacy; how educators and school staff can support immigrant youth and families

Immigrants Rising

- **Deportation Support:** <https://immigrantsrising.org/support-for-immigrant-families-targeted-for-deportation/>
- **Wellness Support Groups:** <https://immigrantsrising.org/supportgroups/>
- **Notes:** Virtual 6-week support groups for undocumented individuals

International Refugee Assistance Project (IRAP)

- **Website:** <https://support.iraplegalinfo.org>
- **Notes:** Additional information for refugees, including: “I live in the US and I have refugee status: what should I know?”

Mental Health and Wellness Support for Immigrant Communities

Several of these resources overlap with the Mental Health Resources section. They are included here for convenience when working specifically with immigrant community members.

UndocuHealth National Mental Health Directory

- **Website:** <https://unitedwedream.org/our-work/undocuhealth-wellness/mental-health-directory/>
- **Notes:** Directory of mental health providers specializing in undocumented and immigrant communities

Latinx Therapy

- **Website:** <https://latinxtherapy.com/>
- **Notes:** Connects Latinx individuals with bilingual and culturally competent therapists

Asian Mental Health Collective

- **Website:** <https://www.asianmhc.org/>
- **Notes:** Connects Asian communities with mental health resources

Inclusive Therapists

- **Website:** <https://www.inclusivetherapists.com/>
- **Notes:** Therapist-finding platform prioritizing diversity and inclusion for marginalized communities

NAMI: Spanish-Speaking Support

- **Website:** <https://www.nami.org>
- **Notes:** Bilingual resources for Spanish-speaking individuals through NAMI Compartiendo Esperanza; call 800-950-6264

Open Path Collective

- **Website:** <https://www.openpathcollective.org/>
- **Notes:** Sliding-scale therapy for individuals needing affordable counseling

Crisis Support

- **Suicide and Crisis Lifeline:** Dial 988 for 24/7 crisis support or text “HELLO” to 741741
- **Crisis Text Line:** Text “HELLO” to 741741 for free, confidential 24/7 crisis counseling
- **SAMHSA Helpline:** Call 1-800-662-HELP (4357) for free, confidential substance abuse and mental health assistance

Community Impacts and Context

The current immigration enforcement environment is having significant impacts on Washington State communities, including:

- Heightened levels of fear and uncertainty
- Possibility of mandatory detention and family separation
- Negative effects on health and well-being including anxiety and depression
- Children’s fears manifesting as behavioral changes, psychosomatic symptoms, and mental health issues
- Children forced to become primary caregivers to younger siblings as a result of family separation
- Re-triggered trauma in survivors
- Increased risk of housing and food insecurity, reduced incomes
- Barriers to enrolling in programs and limited or denied access to services
- Reduced program participation due to fear of ICE
- Bullying, racism, and discrimination

Direct service staff should be aware of these impacts and proactively connect members with the resources in this section and throughout this directory.

Veterans

Veterans Benefits and Services

Washington State Department of Veterans Affairs (WDVA)

State Veterans Services

- **Phone:** (800) 562-2308
- **Service Area:** Statewide
- **Demographics Served:** Veterans, service members, and their families
- **Special Services:**
 - Comprehensive veterans resources
 - Benefits assistance
 - Family support services
 - State-specific veterans programs
- **Notes:** Primary state resource for veterans benefits and services

GI Bill

Federal Veterans Education Benefits

- **Phone:** (888) 442-4551
- **Service Area:** Nationwide
- **Demographics Served:** Veterans and eligible family members
- **Special Services:**
 - Education benefits
 - Training program support
 - Apprenticeship benefits eligibility
 - School and job training expense coverage
- **Notes:** Veterans pursuing apprenticeships may be eligible to receive GI Bill benefits during training

Veteran Readiness and Employment (VR&E)

Veterans Employment Support

- **Phone:** (800) 698-2411
- **Service Area:** Nationwide
- **Demographics Served:** Veterans with service-connected disabilities
- **Special Services:**
 - Employment options exploration
 - Education and training needs assessment
 - Career rehabilitation services
 - Disability accommodation support
- **Eligibility:** Service-connected disability that limits ability to work or prevents working
- **Notes:** Comprehensive employment and education support for disabled veterans

Additional Resources

Comprehensive Resource Directories

211 Washington

State Resource Database

- **Phone:** Call 211
- **Service Area:** Statewide
- **Special Services:**
 - Most current and comprehensive database of community resources (over 30,000 listings)
 - Central access point for connecting Washington residents to community resources
 - 24/7 information and referral service
- **Notes:** Primary resource for finding community assistance across Washington State

DSHS DCS Community Resources

Interactive Resource Map

- **Service Area:** Statewide
- **Special Services:**
 - Interactive map showing resources by location
 - Department of Social and Health Services resource database
 - Geographic resource location tool
- **Notes:** Visual tool for locating resources by geographic area

Career Connect Support Resources

Career-Focused Resource Database

- **Service Area:** Statewide
- **Special Services:**
 - Searchable database for resources by type and zip code
 - Career-focused resource compilation
 - Location-specific resource searches
- **Notes:** Specialized resource database for career and education support

Washington State Community Action Partnership

Community Action Agencies Network

- **Service Area:** Statewide (all 39 counties)
 - **Special Services:**
 - Network of 30 Community Action Agencies (CAAs)
 - Low-income individual and family support
 - Comprehensive community services
 - **Demographics Served:** Low-income individuals and families
 - **Notes:** Extensive network providing comprehensive support services across the state
-

For Members and Participants

Getting Started

If you're experiencing challenges with childcare, food security, internet access, transportation, or other basic needs, you're not alone, and seeking help is a sign of strength. This directory is designed to connect you with resources quickly and confidentially.

How to Find Resources Near You

1. Locate Your Area

- Find your zip code in the Service Area listings for each resource type
- Keep in mind, resources outside of your primary service area may still offer support
- Look for resources near your home, workplace, or school
- Consider transportation options when selecting resources

2. Review Resource Details

- Check Hours of Operation against your work/training schedule
- Note if Special Services like sliding scale fees, financial assistance, or emergency care are available
- Look at age groups served, dietary accommodations, or technical requirements as applicable
- Review Additional services that might address other needs

3. Making Contact

- Call during business hours when possible
- Visit the website for current information and any special requirements
- Many locations may have waiting lists or specific enrollment procedures
- Ask about subsidy programs and financial assistance options

What to Expect

- Most resources serve families regardless of employment status
- You may be asked for basic information (household size, zip code, work schedule)
- Some programs require documentation (employment verification, income verification, immunization records, ID)
- Many resources offer additional services beyond their primary focus
- Staff are generally trained to be respectful and supportive of working families

Need Support Making Connections?

If you'd prefer assistance navigating these resources or want someone to help facilitate contact:

- **Find your Navigator:** Use our "find my navigator" tool at <https://healthcareerfund.org/find-my-ren/>
- **Contact staff directly:** Visit our staff directory at <https://healthcareerfund.org/about-us/staff-directory/>
- Your navigator or program specialist can help you connect with resources, accompany you to appointments, and provide additional support

Important Notes for All Users

Privacy and Confidentiality

- Interactions regarding community resources are typically confidential

- Members/participants control what information is shared and with whom
- Navigators and program specialists follow strict confidentiality protocols when facilitating connections

Resource Reliability

- Information is updated regularly, but hours and services may change
- Always call ahead or check websites for current information
- If you encounter outdated information, please [report it](#) for directory updates

Beyond Primary Services

Many listed resources offer additional services including:

- Early childhood education and school readiness programs
- Nutrition and meal programs
- Transportation assistance
- Parent education and support groups
- Special needs support services
- Emergency financial assistance
- Device lending and technical support
- Skills building and training programs
- Apprenticeship support and mentoring

Emergency Situations

If you or someone you know is experiencing an emergency:

- Dial 911 for emergencies
- Contact 211 (dial 2-1-1) for immediate assistance
- Call or text 988 for crisis support
- Many programs have emergency provisions for urgent situations
- Your navigator or program specialist can help expedite connections when needed

For Direct Service Staff

When to Use This Directory

- Member/participant mentions challenges with childcare, food security, internet access, transportation, or other basic needs affecting work/training
- You observe signs of stress related to these needs (missing sessions, difficulty with schedules, financial strain, connectivity issues)
- Member/participant asks about community resources or support services
- During onboarding, routine check-ins, and needs assessments
- Planning for clinical rotations, continuing education, or irregular work schedules
- Supporting apprentices or pre-apprentices with barriers to completion

Step-by-Step Process for Facilitating Connections

1. Assess Location and Needs

- Identify the member's zip code or general area (home, work, or school location)
- Ask about transportation availability and preferences
- Determine specific needs:

- **Childcare:** Child's age, special needs, work schedule requirements, temporary vs. ongoing care
- **Food Security:** Household size, dietary restrictions, transportation for food pickup
- **Internet Access:** Current connectivity status, device needs, budget constraints
- **Transportation:** Work/training location, schedule needs, mobility requirements
- **Apprentice Support:** Program type, tools/equipment needs, financial barriers
- Ask about budget constraints and income eligibility for subsidies
- Note any additional services that might be helpful

2. *Select Appropriate Resources*

- Use the Service Area information to find providers serving their location
- Review Hours of Operation to match member's work/training schedule
- Consider Special Services (sliding scale, financial assistance, emergency care) based on circumstances
- Look for Additional services that address multiple needs
- Identify programs that match their specific requirements

3. *Facilitate Contact (Preferred Methods, in Order of Best Practice)*

1. **In-person accompaniment:** Offer to visit the resource together during your next meeting
2. **Virtual meeting:** Schedule a three-way video call with the resource coordinator
3. **Three-way phone call:** Connect member/participant with resource staff while you're on the line
4. **Email introduction:** Send an introductory email connecting member/participant with resource coordinator
5. **Direct referral:** When facilitated contact isn't possible, provide complete contact information and offer to follow up

4. *Before Making Contact*

- Review the provider's website if available for current information
- Prepare member/participant for what to expect (required documentation, waiting lists, intake process)
- Discuss confidentiality and what information they're comfortable sharing
- Prepare to explain costs, subsidy options, payment processes, and overall financial planning

5. *Follow-Up*

- Check in within 2-5 days to ensure successful connection
- Document (case note) the referral according to organizational protocols
- Learn if additional support is needed; if so, create a new plan with the member and enact it together

Special Considerations for Training Locations

- Identify resources near training locations at the earliest possible time (ideally in the planning phase)
- Look for resources with flexible hours that accommodate training schedules
- Consider emergency options for multi-day training programs

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- Contact resources in advance to discuss potential partnerships or group support
- Plan for clinical rotation schedules and irregular training times
- Connect with [Training Fund Senior Manager of Member Success](#) for additional support as needed