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## Promoting Health Independence Through Accessible Health Resources

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# HEALTH RESOURCES



**EMERGENCY CARE**



**URGENT CARE**



**PRIMARY CARE**



**MENTAL HEALTH**



**COVID-19 & FLU - TESTING & VACCINE**



**FAMILY PLANNING/ WOMENS' HEALTH**



**DENTAL CARE**



**NUTRITION**



**KIDS & TEENS**



**TRANSPORTATION**



**USEFUL RESOURCES**



# EMERGENCY CARE

1

## Harborview Medical Center

325 9<sup>th</sup> Ave., Seattle, WA 98104



(206) 744-3074 No appointment needed



<https://www.uwmedicine.org/locations/emergency-department-harborview>



24 hours a day, 7 days a week



### Services Provided:



- All emergency medical care for all patients.
- Provides financial assistance & discount options (if certain medical services are not covered by insurance).
- Accepts: Medicare & Medicaid.

2

## Virginia Mason Medical Center



1100 Ninth Ave. Seattle, WA 98101



Main Line: (206) 223-6600

Toll Free: (888) 862-2737



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



24 hours a day, 7 days a week



### Services Provided:

- All emergency services are provided for all ages, free vaccinations and health screenings for people who are uninsured or underinsured.
- Accepts Medicare & Medicaid, uninsured patients, and financial assistance available.

3

## UW Medical Center – Montlake



1959 NE Pacific St., 2nd Floor,  
Seattle, WA 98195



(206) 598-3300 No appointment needed



<https://www.uwmedicine.org/locations/emergency-department-uwmc>



24 hours a day, 7 days a week



### Services Provided:

- All emergency services are provided for all ages.
- Provides financial assistance & discount options (if certain medical services are not covered by insurance).
- Accepts Medicare & Medicaid.

4

## Swedish Medical Center - First Hill



700 Minor Ave. Seattle, WA 98122



(206) 386-6000 No appointment needed



<https://www.swedish.org/locations/first%20hill%20emergency%20room?scref=globalsearch>



24 hours a day, 7 days a week



### Services Provided:

- All emergency services are provided for all ages.
- Accepts Medicare & Medicaid, free or discounted services for those who cannot afford care, are underinsured or have no insurance at all.



# EMERGENCY CARE

5

## Swedish Medical Center – Cherry Hill

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540 16th Ave., Seattle, WA 98122



(206) 320-2000 No appointment needed



<https://www.swedish.org/locations/cherry-hill-emergency-room>



24 hours a day, 7 days a week



### Services Provided:

- All emergency services are provided for all ages.
- Accepts Medicare & Medicaid.
- Free or discounted services for those who cannot afford care, are underinsured or have no insurance at all.

6

## Seattle Children's Hospital

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4500 40th Ave. NE, Seattle, WA 98105



(206) 987-8811 No appointment needed



<https://www.seattlechildrens.org/clinics/emergency-department/contact-locations/>



24 hours a day, 7 days a week



### Services Provided:

- All emergency services are provided for ages 0-25 years old.
- Accepts Medicaid, financial assistance available.



# URGENT CARE

1

## Seattle Children's Hospital



4800 Sand Point way NE, Seattle, WA



**(206) 987-2011**

Need an interpreter call **(866)-583-1527**

Walk ins and appointments available



<https://www.seattlechildrens.org/clinics/urgent-care-clinic/seattle>



Monday-Friday 4pm to 10:30pm

Saturday-Sunday 11am to 8pm



### Services Provided:

- Urgent care is for minor illnesses and injuries that are not medical emergencies or life threatening.
- COVID-19 testing.
- All major health insurances, Apple Health (Medicaid), payment plans, and financial assistance.

2

## Indigo MultiCare – Downtown Seattle



118 NE 45th St Suite A Seattle, WA 98105



**(206) 430-7570**



<https://www.indigourgentcare.com/locations/urgent-care-wallingford>



7 days a week 8am to 8pm



### Services Provided:

- Telephone visits (24/7) and video visits (8am to 8pm)
- Primary care
- Accepts many commercial plans, Medicaid, Medicare, and Medicare advantage plans.

3

## Indigo MultiCare – Rainier Ave



3820 Rainier AVE S Suite L Seattle,  
WA 98118

**(206) 731-7500**



<https://www.indigourgentcare.com/locations/urgent-care-rainier>



7 days a week 8am to 8pm



### Services Provided:

- Telephone visits (24/7) and video visits (8am to 8pm)
- Primary care
- Accepts many commercial plans, Medicaid, Medicare, and Medicare advantage plans



4

## UW Medicine - Ravenna



4915 25th AVE. NE, Suite 300W,  
Seattle WA 98105

**(206) 525-7777**



<https://www.uwmedicine.org/locations/primary-care-ravenna>



Monday, Tuesday, and Thursday 8am-7pm

Wednesday & Friday 8am-5:30pm

Saturday 8am-4pm

Sundays closed



### Services Provided:

- Specializes in acute illness and injury, X-rays, Covid-19 vaccine, pregnancy testing, travel medicine
- Accepts a wide range of commercial healthcare insurance plans and government programs. Financial assistance programs upon application.



# URGENT CARE

5

## UW Neighborhood Ballard Clinic

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1455 NW Leary Way, Suite 250, Seattle, WA 98107



(206) 789-7777



<https://www.uwmedicine.org/locations/primary-care-ballard>



Monday, Tuesday, and Thursday 8am-7pm

Wednesday & Friday 8am-5:30pm

Saturday 8am-4pm

Sundays closed



### Services Provided:

- Specializes in acute illness and injury, X-rays, Covid-19 vaccine, pregnancy testing, travel medicine.
- Accepts a wide range of commercial healthcare insurance plans and government programs. Offers financial assistance programs upon application.



# PRIMARY CARE

## 1 Swedish-Ballard Primary Care



5300 Tallman Ave. NW  
Seattle, WA 98107



**(425) 496-6550**

Appointment needed; telehealth available



<https://www.swedish.org>  
<https://www.coronavirus.providence.org>



Monday-Thursday: 7 a.m.-6 p.m.  
Friday: 7 a.m.-5 p.m.



### Services Provided:

- Annual physical
- Health and wellness education
- School physicals
- Accepts Medicaid and undocumented clients

## 2 Swedish-Cherry Hill Primary Care



500 17th Ave.  
Seattle, WA 98122



**(253)-785-3032**

Appointment needed; telehealth available



<https://www.swedish.org>  
<https://www.coronavirus.providence.org>



Monday-Friday 8 a.m.- 5 p.m.



### Services Provided:

- Annual physical
- Health and wellness education
- School physicals
- Accepts Medicaid and undocumented clients

## 3 Swedish-First Hill Primary Care



515 Minor Ave Suite 300  
Seattle, WA 98104



**(206) 386-9505**

Appointment needed; telehealth available



<https://www.swedish.org>  
<https://www.coronavirus.providence.org>



Monday-Friday 8am-5pm



### Services Provided:

- Annual physical
- Health and wellness education
- School physicals
- Accepts Medicaid and undocumented clients

## 4 UW Neighborhood - South Lake Clinic



750 Republican Street, Building F, 2nd Floor,  
Seattle, WA 98109



**(206) 485-9000**



<https://www.uwmedicine.org/locations/primary-care-south-lake-union>



Monday 7am– 6pm  
Tuesday 8:30am-5pm  
Wednesday-Friday 7:30-5pm  
Saturday 8am-4pm



### Services Provided:

- COVID-19 vaccine
- Primary care
- Behavioral healthcare
- Health screening and prevention for the entire family
- Accepts Washington Apple Health (Managed Medicaid Plan), Molina Health of Washington, United Healthcare Community plan




# PRIMARY CARE

## 5 Swedish-South Lake Union Clinic

 510 Boren Ave N, Seattle, WA 98109

 (206) 320-5200

 <https://www.swedish.org>  
<https://www.coronavirus.providence.org>

 Monday & Tuesday: 8 am –5 Pm  
Thursday & Friday: 8am –5pm

### Services Provided:


- Adult primary care & pediatrics
- Accepts Washington Apple Health

## 6 Lahai Health-Phinney Ridge

 5515 Phinney Ave N, Seattle, WA 98103  
*\* Hosted @St John United Lutheran Church*

 (English) (206) 363-4105 ext. 230  
(Español) (206) 363-4105 ext. 233


 <https://lahai.org/medicalclinic>

 Wednesday 11:00a.m.-1:00p.m.  
Walk-In only (Foot and Wound Care)  
All other services, appointment required

### Services Provided:

- Primary care
- Accepts uninsured clients

## 7 Country Doctor Community Clinic

 500 19th Avenue East,  
Seattle 98112

 (206) 299-1600


 <http://www.countrydoctor.org>

 Monday & Thursday 9am-5pm  
Tuesday & Wednesday 9am-8:30pm  
Friday-Sunday Closed  
*Walk-in but scheduled appointments will take priority*

### Services Provided:

- Primary care
- Accepts Medicaid and Medicare
- Uninsured patients will be charged on a sliding scale payment method

## 8 Greenlake Primary Care

 6800 E Green Lake Way N, #200  
Seattle, WA 98115

 (206) 524-5656 Appointment required

 [info@greenlakeprimarycare.com](mailto:info@greenlakeprimarycare.com)

 Monday – Friday 8:30am – 5pm

### Services Provided:

- Primary care
- Accepts Medicare





# PRIMARY CARE

## 9 UW Medicine Primary Care at Fremont


 459 N. 35th Street, Suite 203,  
Seattle, WA 98103

 (206) 545-9300  
Appointment required; telehealth available


 <http://www.uwmedicine.org>

 Monday-Friday 8am-5pm

### Services Provided:

-  Primary care
- Accepts Medicaid and offers financial assistance by applying through MyChart

## 10 Swedish Primary Care – Queen Anne


 2211 Queen Anne Ave N,  
Seattle, WA 98101

 (206) 861-8500  
Appointment required; telehealth available

 <http://www.swedish.org>


 Monday-Friday: 8 a.m. - 5 p.m.

### Services Provided:

-  Primary care
- Accepts Medicaid, Medicare, Molina Healthcare

## 11 Virginia Mason – Seattle Primary Care


 1100 9th Ave, Seattle, WA 98101

 (206) 583-2299  
Appointments required, telehealth is available

 <https://www.virginiamason.org>

 Monday-Friday: 8 a.m. - 5 p.m.


### Services Provided:


-  Primary care
- Accepts Apple health, health alliance Medicare
- Offers financial assistance based on federal poverty line (Charity), 35% discount for uninsured patients when they pay out of pocket. To check with advisors at facility for details.

## 12 Seattle Children's Odessa Brown Children's Clinic


 2101 E Yesler Way Seattle, WA 98122

 (206) 987-7210

 <https://www.seattlechildrens.org/contact/odessa-brown/>

 Monday-Friday 8am-5:30am  
Saturday 9am-1:30pm

### Services Provided:

-  Routine checkups
- Treatment for complex health problems
- Mental health services
- Accepts all major insurance, Washington Medicaid, and financial assistance available upon appointment



# MENTAL HEALTH

## 1 Crisis Text Line



**Text HOME to 741741**

Facebook: Message HOME to Crisis Text Line



<https://www.crisisconnections.org/24-hour-crisis-line/>



Available 24/7 by text or Facebook



### Services Provided:

- Emotional support and care planning for all types of crises, including but not limited to:  
COVID-19, suicidal ideation, anxiety, depression, eating disorders, self-harm, emotional or physical abuse, sexual abuse
- Private crises help, free of charge for everyone

## 2

## Narcotics Anonymous



Seattle Area NA mailing address:

Seattle Area Service Committee

P.O. Box 70404, Seattle, WA 98127-0404



Seattle Area 24-Hour Helpline:

**(206) 790-8888**



<https://seattlena.org/meetings/>



24 hours a day, 7 days a week



### Services Provided:

- Meetings offered every day of the week, multiple locations and times available, both virtually and in person
- No charge for meetings

## 3

## Alcoholics Anonymous



Mailing Address:

Greater Seattle Intergroup, 5507 6th Ave S



**(206) 587-2838** 24 hours a day to talk to a sober alcoholic



<https://www.seattleaa.org/>

General Contact email: [info@seattleaa.org](mailto:info@seattleaa.org)



24 hours a day, 7 days a week



### Services Provided:

- Meetings offered every day of the week, both virtually and in person, at multiple locations and times
- No charge for meetings

## 4

## Evergreen Treatment Services



1700 Airport Way South

Seattle, WA 98134-1618



**(206) 223-3644**



<https://www.evergreentx.org/>



5:30am-1pm Monday-Saturday



### Services Provided:

- Assessment and treatment planning
- Methadone, buprenorphine/naloxone, or buprenorphine medication
- Individual and group counseling
- Physical exams
- Psychiatric evaluation & medication follow up
- Drug screen urinalyses
- HIV & Hepatitis-C education, testing & counseling
- \$18/day, Medicaid and most major insurances accepted



# MENTAL HEALTH

5

## Puentes Seattle

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14247-R Ambaum Blvd SW,  
Burien, WA 98166



(206) 920-6933



[connect@puentesseattle.org](mailto:connect@puentesseattle.org)



Monday – Friday: 9AM – 5PM  
Saturday: By appointment  
Sunday: By appointment



### Services Provided:

- Accessible counseling, legal help for immigration proceedings, educational resources
- Mobilizes mental health resources to help undocumented migrants and their families cope and flourish
- Accepts undocumented and uninsured people

6

## Lahai Health

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2152 N 122nd Street  
Seattle, WA 98133  
*\* Located inside North Seattle Church*



(206) 363-4105



<https://lahai.org/services/counseling>  
[counseling@lahai.org](mailto:counseling@lahai.org)



Wednesday 9 PM – 7 PM  
Appointment needed



### Services Provided:

- Professional mental health counseling
- Free for uninsured patients, a \$10 fee is suggested per appointment



# COVID-19 & FLU Testing & Vaccine

## King County COVID-19 Testing Sites



(833) 562-1212 Info line



<https://kingcounty.gov/depts/health/covid-19/testing.aspx>



### Services Provided:

- Free COVID-19 testing is available throughout King County regardless of immigration or insurance status. King County-operated sites are intended to serve all communities affected by COVID 19 or who cannot access a COVID-19 test through their regular healthcare provider.
- Appointment encouraged
- Self-swab
- Testing: Drive-through and walk-up, no pre-surgery

1

### Rainier Beach



8445 Rainier Ave S, Seattle, WA 98118



Monday-Saturday 9am - 5pm  
Holiday hours

2

### South Seattle (SODO)



3820 6th Ave S, Seattle, WA 98108



Monday-Saturday 9am - 5:30pm  
Holiday hours

3

### University District



4113 Franklin Pl NE, E04 parking lot,  
Seattle, WA 98105  
University of Washington parking lot



Monday-Saturday 9am - 5:30pm  
Holiday hours

4

### UWMC – Northwest



1510 North 115th St, Seattle, WA 98133  
Northwest Parking Garage



Monday-Sunday 7:30am - 3pm  
Holiday hours

5

### West Seattle



2801 SW Thistle St, Seattle, WA 98126



Monday-Saturday 9am - 5:30pm  
Holiday hours



# COVID-19 & FLU Testing & Vaccine

6

## One Medical



970 Denny Way, Seattle, WA 98109



**(888) 663-6331** Appointment required



<https://www.onemedical.com>



Monday-Friday 8am-5pm  
Saturday: 9am-1pm, 2pm-6pm  
Sunday: Closed

- Referral not required
- Drive-through



### Services Provided:

- COVID-19 testing center and vaccine
- Flu vaccine
- Accepts most major insurance, payment plan available

7

## Virginia Mason Hospital: Seattle



925 Seneca St. Seattle WA, 98101



**(206) 223-6600** Appointment required



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



Monday-Friday 4:30am-9pm  
Saturday-Sunday: 5am-5pm



### Services Provided:

- COVID-19 testing and testing
- Flu vaccine
- Accepts major insurances and Medicaid
- Free for qualifying clients

8

## Harborview Medical Center, Alley



319 Terry Ave Seattle, WA 98101



**(206) 520 8700**

Appointment required; referral not required



<https://www.uwmedicine.org>



Monday-Sunday 8:30 am-3:15 pm



### Services Provided:

- COVID-19 testing and vaccine
- Flu vaccine
- Drive-through
- Instructions: To be evaluated, use the COVID-19 Virtual Assistant. If testing is needed, you will receive a scheduled appointment at one of the drive-up clinics.
- Accepts most major insurance, Medicaid, and Medicare

9

## Safeway Pharmacy



2100 Queen Anne Ave N, Seattle, WA 98109



**(206) 282-8090** No appointment needed



<https://local.safeway.com/safeway/wa/seattle/2100-queen-anne-ave-n.html>



Monday-Friday 9am-8am,  
Saturday 10am-6pm,  
Sunday 10am-5pm  
Walk-Ins welcome



### Services Provided:

- COVID-19 Vaccine
- Flu vaccine
- Free with insurance, \$150 out of pocket for uninsured clients



# DENTAL CARE

1

## Lahai Health



19820 Scriber Lake Rd  
Lynnwood, WA 98036  
*\*Located on the second floor of Community Life Center*



**(206) 363-4105 ext. 701**  
Appointment needed



<https://lahai.org/services/dental>



Monday-Friday 8:30am-4pm



### Services Provided:

- Treatment planning, x-rays, cleanings, fillings, root canals, crowns, bridges, extractions, and dentures
- Accepts Medicaid and uninsured people
- Sliding scale payment depending on income

3

## Downtown Public Health Center



2124 4th Ave.  
Seattle, WA 98121



**(206) 477-8300** Appointment required



<https://kingcounty.gov/depts/health/locations/downtown.aspx>



Monday-Friday 8am-5pm



### Services Provided:

- Children 13 and up
- Pediatric dental care
- Preventive dentistry (including sealants and fluoride)
- Restorative services (composite and amalgam fillings, dental implants, crowns, bridges)
- No insurance necessary

2

## International Community Health Services



3815 S Othello St  
Seattle, WA 98118



**(206) 880-7303** By Appointment Only



<https://www.ichs.com/locations>



Monday-Friday, 9 am-5 pm  
Second Saturday of the month, 9 am-5 pm



### Services Provided:

- Comprehensive examinations
- Pediatric dental care
- Preventive dentistry (including sealants and fluoride)
- Restorative services (composite and amalgam fillings, dental implants, crowns, bridges)
- X-rays
- Minor oral surgery
- Emergency care
- Oral health education and consultation
- Extractions
- Root canal therapies
- Accepts Medicaid/Medicare



# DENTAL CARE

4

## University of Washington School of Dentistry

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1959 NE Pacific St. B-307 Seattle, WA 98195



(206) 616-6996



<https://dental.washington.edu/patient/services/>



Monday-Friday 8am-5pm



### Services Provided:

- Annual teeth cleaning
- Braces for adults and children
- Wisdom tooth removal
- Oral imaging services
- Crowns, implants, and root canals
- Dental care for medically complex patients
- Childrens dentistry
- Accepts Washington Medicaid, appointment needed

5

## Seattle Children's Odessa Brown Children's Clinic

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2101 E Yesler Way Seattle, WA 98122



(206) 987-7210



<https://www.seattlechildrens.org/contact/odessa-brown/>



Monday-Friday 8am-5:30am  
Saturday 9am-1:30pm



### Services Provided:

- Emergency dental care
- Oral and jaw surgery
- Braces
- Gum disease and other oral infections
- Accepts all major insurance, Washington Medicaid, and financial assistance available upon appointment



# FAMILY PLANNING/ WOMENS' HEALTH

1

## Planned Parenthood – Central District

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2001 E Madison, Seattle, WA 98122



(800) 769-0045



<https://www.plannedparenthood.org/>



Monday-Saturday 8:30am-4:30pm



### Services Provided:

- Birth control
- HIV services LGBTQ services
- Men's health care
- Emergency contraception
- Pregnancy testing & services
- STD testing, treatment, & vaccines
- Women's health care
- Abortions
- Accepts all major insurance, Washington Medicaid, and offers payment plans, appointments and walk ins welcome

2

## Planned Parenthood - University District

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5020 Roosevelt Way NE, Seattle, WA 98105



(800) 769-0045



<https://www.plannedparenthood.org/>



Monday: 10:30am- 6:30pm  
Tuesday-Thursday: 9:00am-5:00pm  
Friday: 8:30am-4:30pm  
Saturday & Sunday: Closed



### Services Provided:

- Birth control
- HIV services LGBTQ services
- Men's health care
- Emergency contraception
- Pregnancy testing & services
- STD testing, treatment, & vaccines
- Women's health care
- Abortions
- Accepts all major insurance, Washington Medicaid, and offers payment plans, appointments and walk ins welcome





# FAMILY PLANNING/ WOMENS' HEALTH

3

## 3W Medical for Women

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4528 8th Ave NE Unit 1A Seattle, WA 98105



(206) 558-0311



<https://www.3wmedical.org/>



Monday-Friday 10am-5pm



### Services Provided:

- Annual women's health screenings & exams
- STD/STI testing and treatment
- Reproductive health and monitoring
- Pregnancy testing, confirmation & exam
- Prenatal nutritional counseling
- Healthy pregnancy education
- Referrals to outside medical professionals as needed
- Accepts all major insurance, Washington Medicaid, offer payment plans, appointments needed

4

## Neighborhood Care Health at Columbia City

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4400 37th Ave S Seattle, WA, 98118



(206) 461-6957



<https://neighborcare.org/clinics/columbia-city/>



Monday-Friday 8am-5pm  
Saturday 9:30am-1:30pm



### Services Provided:

- Birth control counseling and prescriptions
- Annual women's exams
- Pregnancy testing & confirmation
- Pregnancy, childbirth, and postpartum care
- STI/STD screenings and treatment
- Cancer screenings
- UTI treatment
- Accepts all major insurance, Washington Medicaid, and sliding scale payment plans based on income, appointment needed



# NUTRITION


## 1 Pike Market Senior Center & Food Bank

 1513 Western Ave. Level 5  
Seattle Washington, 98101

 (206) 626-6462

 <https://www.pmsc-fb.org/>

 Clients can shop once/week for groceries  
Tuesday: 9:30am-3pm  
Wednesday: 3pm-7pm  
Thursday: 9:30am-3pm  
*\* Proof of Covid vaccination required for entry*

 **Services Provided:**

- Walk in grocery shopping
- No-cook bags
- Home delivery


## 3 Community Lunch on Capitol Hill

 1710 11th Ave,  
Seattle, WA 98112  
*\* Located at Central Lutheran Church*

 (206) 972-2524


 <https://www.communitylunch.org/contact>

 Lunch Times:  
Tuesdays: 12pm-1pm  
Fridays: 12pm-1pm

 **Services Provided:**

- Free lunch for the people of Seattle
- Free for all


## 2 University District Food Bank

 5017 Roosevelt Way NE  
Seattle, WA 98105

 (206) 523-7060

 <https://www.udistrictfoodbank.org/>

 Times vary, call for daily hours

 **Services Provided:**


- Groceries for families
- Prepared meals for children
- Masks and proof of Covid vaccine required for entry


## 4 Community Dinner on Capitol Hill

 500 Broadway E  
Seattle, WA 98102  
*\* Located at All Pilgrims Christian Church*

 (206) 972-2524

 <https://www.communitylunch.org>

 Dinner Times:  
Wednesdays: 5pm-6pm  
Thursdays: 5pm-6pm

 **Services Provided:**

- Free dinner for the people of Seattle
- Free for all



# NUTRITION

5

## **Ballard Food Bank Weekend Food for Kids**

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2100 4th Ave N  
Seattle, WA 98109  
*\* Located at Queen Anne Elementary*



**(206) 252-2480**



<https://www.ballardfoodbank.org/wffk-list>



Thursday-Friday  
Hours vary, call for details



### **Services Provided:**

- Weekend bags of food for children, including...
- 3 Dinners
- 2 lunches
- 2 breakfasts
- snacks
- Free for all families with children

6

## **Department of Social and Health Services (DSHS) Washington Supplemental Nutrition Assistance Program (SNAP)**

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2106 2nd Ave #100 Seattle, WA 98121



**(877) 501-2233**



<https://www.benefits.gov/benefit/1364>



Monday-Friday 8am-5pm



### **Services Provided:**

- Help low-income individuals and families obtain a more nutritious diet with SNAP benefits (financial assistance)
- Application available online or on the phone, acceptance based on monthly income



# KIDS & TEENS

1

## Boys and Girls Club



Lowell Elementary  
1058 E Mercer Street, Seattle, WA 98102



**(206) 531-5738**

Appointment needed; telehealth available



<https://positiveplace.org/>



Monday-Friday: 8am-6pm



### Services Provided:

- Education
- After school programs
- Career development
- Health and wellness
- Character and leadership
- Sports and recreation
- Art
- Annual membership fee is \$50, financial aid is also available for low-income families.
- Free memberships are available to Community Health Plan members ages 6-18.

2

## Head Start at Neighborhood House at Yesler Terrace



120 8th Avenue, Seattle, WA 98104



**(206) 461-8430**



<https://www.nhwa.org>

Email: [jocelyn@nhwa.org](mailto:jocelyn@nhwa.org)



Monday-Friday: 9am-5pm



### Services Provided:

- Offers half day classes for low-income families with children ages 3-5 living in West Seattle, Central Seattle and South Seattle.
- Uses a research-based curriculum and instruction to give students a boost as they go into kindergarten.
- Offers comprehensive health and nutrition services.
- Provides culturally appropriate services to all enrolled families.
- No cost for the program for all families that meet the age, income, and service area requirements.

3

## Teen Feed



**(206) 229-0813**

Call for locations and hours (days and times vary)



<https://teenfeed.org/>



Meal program locations vary, visit website for location and hours.



### Services Provided:

- Offers support and provides basic needs to the homeless.
- Provides healthy meals, youth support, street outreach, healthcare access and engaging community
- Meets hunger and basic needs of youth in need in Seattle's University District, and South King County/Auburn areas.
- Offers outreach program called Street Outreach Program (STOP) aimed at high-risk youth who avoid traditional social service agencies.
- Programs for youth who are ready to begin the transition to life off the streets.



# USEFUL RESOURCES

## 1 The Salvation Army

 1101 Pike St., Seattle, WA 98101

 (206) 442-8366

Lobby currently closed due to Covid-19, inquiries are received by phone from 9am-3pm (Closed for lunch 12-1pm)

 <https://seattle.salvationarmy.org/>

- 
  - Food Bank: Wednesday & Tuesday 9am-11:30 am, 1pm-3pm, Thursday 1-3pm, Closed: Friday-Monday.
  - Food Distribution: Wednesday & Tuesday 9am-12pm, 1pm-3pm, Thursday 1-3pm, Closed: Friday-Monday

### Services Provided:

- Domestic Violence Services
- Emergency Financial Assistance
- Food & Nutrition Programs
- Emergency Shelter
- Seasonal Services
- Casework Services
- Emergency Shelter
- Free for all

## 2 2-1-1 Resources

 Call 2-1-1

 Monday-Friday: 8:00am – 6:00pm

### Services Provided:

- It is an easy-to-remember phone number to connect with services that can help with rental assistance, shelter, legal referrals, housing assistance, transportation, food, and other needs.

## 3 Crisis Connection

 206-461-3210 (General Reception)


 <https://www.crisisconnections.org/>

 9:00am-5:00pm

### Services Provided:

- Provides a broad array of telephone-based crisis intervention and information and referral services.
- Provides free or low-cost legal support and help connect people to appropriate agencies.
- Free for all

## 4 Byrd Barr Place

 722 18th Avenue, Seattle, WA 98122 (Closed for renovation)  
420 E. Pike St. through Spring 2022 (During renovation)

 (206) 812-4940

 <https://byrdbarrplace.org/programs-services/>

 Varies depending on the day

### Services Provided:

- Offers food, shelter, and financial tools in Seattle's Central district.
- Energy assistance (assistance towards heating expenses and repairs)
- Housing assistance (help find affordable housing and avoid eviction)
- Food Bank (Open Tuesday 11-4, Wednesday 12-4, Thursday 10-2)
- Personal finance (learn how to pay down debt and save money)
- Home food delivery available if unable to go to food bank
- Free for all, except energy and housing assistance varies depending on income.



# USEFUL RESOURCES

5

## Housing and Essential Needs (HEN)

### Department of Social & Health Services-DSHS

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2106 2nd Ave #100, Seattle, WA 98121



(206) 239-3600



<https://www.dshs.wa.gov/esa/community-services-offices/housing-and-essential-needs-hen-referral-program>



Monday-Friday 08:00 a.m-5:00 p.m.



#### Services Provided:

- Move-in costs
- Personal health and hygiene items
- Cleaning supplies
- Transportation assistance
- If you have zero income and have a disability, this program can assist with rent and utility service, transportation needs, hygiene and cleaning supplies, and more.

#### Eligibility for HEN is determined by DSHS:

- Please see a list of local HEN providers (List of providers in King County):
  - <https://deptofcommerce.app.box.com/v/CEAccessPoints>
- Individuals residing in Washington state who:
  - Are unable to work for at least 90 days due to a physical/mental incapacity.
  - Are at least 18 years old or, if under 18, legally emancipated or a member of a married couple
  - Meet income and resource requirements; and
  - Meet citizenship / alien status requirements



# TRANSPORTATION

## 1 Solid Ground Transportation/ King County Metro “ACCESS” door-to-door



(206) 263-3113 - Call Metro Access services to be qualified  
(206) 205-5000 – Call to schedule rides for eligible people



<https://www.solid-ground.org/our-impact/transportation>

Service is available 7 days a week, 24 hours a day



### Services Provided:



- Provides curb-to-curb and door-to-door transportation for eligible people who are unable to ride the regular King County metro bus system.

## 2 Solid Ground Transportation



(206) 753-4801 - Call for the latest information and bus stop changes



<https://www.solid-ground.org/our-impact/transportation>



### Services Provided:

- Solid Ground Transportation has a Seattle downtown circulation bus that provides free rides for people on low incomes and those who use health and human services in downtown Seattle. Look for the solid ground logo on the front and side of the circulator bus.
- The bus stops at each of the 7 spots every 30 minutes. Bus departs stop #1 (Harborview) Monday-Friday at 7am and last bus will depart stop #1 at 4pm.
- Bus stops
  - Stop #1: 9th & Alder
  - Stop #2: 4th & Yesler
  - Stop #3: 1st & Marion
  - Stop #4 1st & Pine
  - Stop #5 1st & Bell
  - Stop #6 9th & Virginia
  - Stop #7 Boren & Seneca





# TRANSPORTATION

3

## Hopelink Transportation



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

Includes 4 programs: Dart Transit, Medicaid Transportation, Orca Card, Gas Card

### Dart Transit



(866) 261-3278 - Call for scheduling



<https://www.hopelink.org/need-help/transportation/dart-ride-request>



Monday-Friday: 4:30am-10:45pm

Saturday: 5:45am-9:30pm

Sunday: 9:30am-6:45pm

### Medicaid Transportation



(800) 923-7433 - Call for King County scheduling



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



Rides can be scheduled between 8:00am-5pm Monday through Sunday

### Orca Card



888-988-6722



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



Option for Medicaid eligible clients to get to medical appointment.

### Gas Card



800-923-7433



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



Option for Medicaid eligible clients to get to medical appointment.