

**Community Resources
August 2016**

Child Care			
Child Care Resources (CCR) Homeless Child Care Program	Seattle	206-329-5842 or 877-543-0060	http://www.childcare.org/families/child-care-rates-aid.asp
Hopelink	Redmond	425-869-6000	http://www.hope-link.org/about/bridge_to_basics_schedule/
Washington Connection (Links to Services)	WA State	See Link	https://www.washingtonconnection.org/home/explorecategories.go?locale=en_US&category=CH
Washington State Department of Early Learning	WA State	866-482-4325	http://www.del.wa.gov/care/find-facility/
Working Connections Child Care (WCCC)		See Link	http://www.parenthelp123.org/resources/additional-resources/working-connections-child-care
YWCA - Family Village	Redmond	425-556-1350	https://www.ywcaworks.org/NetCommunity/Page.aspx?pid=441
Clothing			
Assistance League of the Eastside (Operation School Bell & Assault Survivor Kits)	Redmond	425-556-5106	http://eastside.assistanceleague.org/projects.cfm
City Church Resale Shop	Kirkland	425-803-2347	http://www.resourcehouse.info/WIN211/details.aspx?AgencyID=5378&LinkID=142BA66C-353F-49D4-8A44-F5B7236BB2C6
Eastside Baby Corner (Infant to age 12)	Issaquah	425-865-0234	http://www.babycorner.org
Kirkland Seventh-Day Adventist Church	Kirkland	425-822-7922	http://www.ksda.org/article.php?id=3
Salvation Army - Northwest Division	Bellevue	425-452-7300	http://www1.usw.salvationarmy.org/usw/www_usw_northwest.nsf/vw-text-dynamic-arrays/CBE49B155F0E9389882576A900637A57?openDocument&charset=utf-8
St. Vincent de Paul of Seattle/King County	Seattle	206-767-9975	http://www.svdpseattle.org/FoodBank.htm
Teen Closet in partnership with Bellevue Plato's Closet	Bellevue	425-643-8246	http://www.youthlink.com/teencloset.html
Wellspring Family Services - Baby Boutique	Seattle		http://family-services.org/get_help/homeless/kids_clothing.php
YWCA - Family Village (Working Wardrobe)	Redmond	425-556-1350	https://www.ywcaworks.org/NetCommunity/Page.aspx?pid=441
Counseling			
Catholic Community Services	Seattle	206-498-0810	http://www.ccsww.org/site/PageServer?pagename=childrenyouth_childrenstreatment
Center for Human Services	Shoreline	206-362-7282	http://www.chs-nw.org/default.aspx
Chinese Information and Service Center	Seattle	206-624-5633	http://www.cisc-seattle.org/?page=programs&lang=en
Consejo Counseling & Referral Services	Bellevue	425-679-0801	http://consejocounseling.org/content/bellevue-eastside-recovery
Crisis Clinic (24hr Crisis Line)	King County	866-427-4747	http://www.crisisclinic.org/main.html
CrossPath Counseling	Sammamish	425-369-1112	http://www.crosspathcounseling.com/services
Friends of Youth	Redmond	425-869-6490	http://www.friendsofyouth.org/ourPrograms.aspx
Jewish Family Services (JFS)	Eastside	206-861-3152	http://www.jfsseattle.org/ccounsel.html

**Community Resources
August 2016**

Parent Trust for WA Children (Family Help Line)	Seattle	800-932-4673	http://www.parenttrust.org/for-families/education-support/telephone-support-resources/
Together Center - Community Services	Redmond	425-869-6699	http://www.togethercenter.org/
Youth Eastside Services	Bell, Kirk, Red	425-747-4937	http://www.youtheastideservices.org/services/index.php?page=Youth+%26+Family+Counseling&section=Services&page_id=4
Dental Care			
Access to Baby and Child Dentistry (up to age 5)	King County	206-263-8750	http://www.kingcounty.gov/healthservices/health/child/kgc/abcd.aspx
Center for Pediatric Dentistry (Special Needs Dentist)	Seattle	206-543-5800	http://www.thecenterforpediatricdentistry.com/about-the-center/
Healthpoint (Redmond Dental)	Redmond	425-883-8000	http://www.healthpointchc.org/OurClinics
Lake Washington Institute of Technology Dental Clinic	Kirkland	425-739-8130	http://www.lwtech.edu/community/community_mall/dental_clinic.html
North Public Health Center Dental for 1-18yr olds	Seattle	206-205-8580	http://www.freedentalcare.us/li/north_public_health_center_dental_clinic_98125
Sea Mar Community Health Center	Seattle	206-762-3263	http://www.seamar.org/location.php?xloc=39&xser=2&xcty=4&xserloc=26
Domestic Violence / Sexual Abuse			
Domestic Violence Shelter (The Salvation Army)	King County	425-452-7300	http://www1.usw.salvationarmy.org/usw/www_usw_northwest.nsf/vw-sublinks/84BEB06C84F6051E882576AA0004AE81?openDocument
Childrens Response Center	Bellevue	425-688-5130	http://www.childrensresponsecenter.org/
Consejo Counseling & Referral Services	Bellevue	425-679-0801	http://consejocounseling.org/content/bellevue-eastside-recovery
Crisis Clinic -24hour Crisis Line	King County	866-427-4747	http://www.crisisclinic.org/main.html
Eastside Legal Assistance Program	King County	425-747-7274	http://www.elap.org
Jewish Family Services (JFS)	Seattle	206-461-3240	http://www.jfsseattle.org/edv.html
King County Domestic Violence Protection Order	Seattle	206-296-9547	http://protectionorder.org/
King County Sexual Assault Resource Center	Renton	888-998-6423	http://www.kcsarc.org/content/faqs
LifeWire (formerly Eastside Domestic Violence Program) 24hr Crisis Line	Bellevue	425-746-1940 800-827-8840	http://www.lifewire.org
New Beginnings 24hr Help Line	Seattle	206-522-9472	http://www.newbegin.org/
Together Center - Community Services	Redmond	425-869-6699	http://www.togethercenter.org/
WA State Colition Against Domestic Violence	Seattle	206-389-2520	http://www.wscadv.org/whatWeOffer.cfm
Wellspring Family Services - Domestic Intervention	Seattle	206-826-3044	http://family-services.org/get_help/domestic_violence/index.php

Community Resources
August 2016

Youth Eastside Services	Bell, Kirk, Red	425-747-4937	http://www.youtheastideservices.org/services/index.php?page=Recognizing+an+Abusive+Relationship&section=Services&sub_section=Violence+Prevention&page_id=46
Financial Resources			
Apprisen Financial Advocates (Credit Counseling)	Redmond	425-451-8195	http://www.apprisen.com/why-apprisen
Bank On Seattle-King County Everyone is Welcome	King County	See Link	http://www.everyoneiswelcome.org/index.php
DSHS - WA ST Dept of Social & Health Services	WA State	877-501-2233	http://www.dshs.wa.gov/onlinecso/diversion.shtml
ClearPoint Financial (Credit Counseling Solutions)	Seattle	206-985-3650	http://www.clearpointfinancialsolutions.org/
Eastside Emergency Financial Assistance Providers		See Link	http://www.allianceofeastsideagencies.org/mnt/
Financial Education Clearinghouse	WA State	See Link	http://dfi.wa.gov/financial-education/job-loss-resources.htm
Hopelink Financial Help	Eastside	425-869-6000	http://www.hope-link.org/get_help/financial_help/
Operation Homefront - (Help for Military Families)	Seattle	206-300-0893	http://www.operationhomefront.net/washington/about.aspx
Sammamish Cares	Sammamish	425-295-0556	http://www.ci.sammamish.wa.us/pdfs/volunteers/Sammamish_Cares_Brochure_2011.pdf
United Way of King County - Financial Help	Seattle	206-461-3700	http://resourceguide.uwkcblog.org/index.php?option=com_content&view=category&layout=blog&id=6&Itemid=14
Food			
ARAS Foundation	Homebased	425-868-8448	http://www.arasfoundation.org/home.html
Catholic Community Services	Bellevue	425-213-1963	http://www.ccsww.org/site/PageServer?pagename=fc_eastkc
Crisis Clinic	King County	800-621-4636	http://www.crisisclinic.org
Eastside Baby Corner (Baby Food and Formula)	Issaquah	425-865-0234	http://www.babycorner.org
Food Help	WA State	877-501-2233	http://foodhelp.wa.gov/
Free and Reduce LWSD Breakfast/Lunch Information		See Link	http://www.lwsd.org/Parents/Breakfast-Lunch-Menus/Pages/Pricing-Payment.aspx
Hopelink Emergency Feeding Service	Eastside	425-869-6000	http://www.hope-link.org/get_help/food/emergency_feeding_services/
Hopelink Food Banks	Eastside	425-869-6000	http://www.hope-link.org/contact/locations/
Holy Spirit Lutheran Church - Community Supper	Kirkland	425-823-2727	http://kithcares.org/services/community-supper.htm
Inglewood Presbyterian Church - Food Bank	Kirkland	425-823-9334	http://www.emergencyfeeding.org/distributionLocations.html
Jewish Family Services (JFS)	Eastside	206-861-3174	http://www.jfsseattle.org/foodbank.html
Kirkland Congregational Church - Food Bank	Kirkland	425-822-3811	http://www.kccucc.org/FoodPantry.htm
Kirkland Interfaith Transitions in Housing (KITH)	Kirkland	425-576-9531	http://www.kithcares.org
Pantry Packs (Weekend Food for LWSD Students)	Kirk, Red, Samm	425-936-1297	https://www.hope-link.org/get_help/pantry_packs/
Renewal Food Bank	Bellevue	425-643-8246	http://www.worldimpactnetwork.org/index.php?option=com_content&view=article&id=63&Itemid=73

**Community Resources
August 2016**

Salvation Army - Northwest Division	Bellevue	425-452-7300	http://www1.usw.salvationarmy.org/usw/www_usw_northwest.nsf/vw-text-dynamic-arrays/CBE49B155F0E9389882576A900637A57?openDocument&charset=utf-8
St. Vincent de Paul of Seattle/King County	Seattle	206-767-9975	http://www.svdpseattle.org/
Together Center - Community Services	Redmond	425-869-6699	http://www.togethercenter.org/
United Way of King County - Food Help	Seattle	206-461-3700	http://resourceguide.uwkcblog.org/index.php?option=com_content&view=category&layout=blog&id=4&Itemid=12
Woodinville Storehouse - Food Bank	Woodinville	425-483-5252	http://www.woodinvillestorehouse.org/
YWCA - Angeline's Women's Center	Redmond	425-451-8519	https://www.ywcaworks.org/NetCommunity/Page.aspx?pid=389
Furniture			
Home2Home	Bellevue	425-301-7640	http://belpres.org/?p=1377
St. Vincent de Paul of Seattle/King County	Seattle	206-767-9975	http://www.svdpseattle.org/
Healthcare			
Apple Health for Kids (Childrens Health Coverage)	WA State	877-543-7669	http://hrsa.dshs.wa.gov/applehealth/
Catholic Community Services - Pregnancy Support	King County	206-725-2090	http://www.ccsww.org/site/PageServer?pagename=families_pregnancysupport#Services
Crisis Clinic	King County	800-621-4636	http://www.crisisclinic.org
Center for Women's Health	Kirkland	425-899-4455	http://www.womenshealthcare.org/
Children with Special Health Care Needs (CSHCN)	King County	206-296-4610	http://www.kingcounty.gov/healthservices/health/child/cshcn.aspx
Community Health Access Program (CHAP)	King County	800-756-5437	http://www.kingcounty.gov/healthservices/health/personal/insurance/CHAP.aspx
Evergreen Healthcare Foundation	Kirkland	425-899-1900	http://foundation.evergreenhospital.org/
First Steps (Services for Pregnant Women & Infants)	WA State	800-322-2588	http://hrsa.dshs.wa.gov/firststeps/client.shtml
Free Medicine Program			http://www.freemedicineprogram.org/index.html
Healthcare Coverage Insurance Benefits Advisors	WA State	800-562-6900	http://www.insurance.wa.gov/shiba/index.shtml
Healthcare for Workers with Disabilities (HWD)	WA State	See Link	http://hrsa.dshs.wa.gov/Eligibility/HWD.htm
Health Insurance Resources	WA State	See Link	http://parenthelp123.org/resources/health-insurance
Healthy Start (Support to Parents age 22 or younger)	Redmond	425-885-9375	http://www.healthystartfamily.org/gethelp.php
Healthpoint (Bothell Medical and Pharmacy)	Bothell	425-486-0658	http://www.healthpointchc.org/OurClinics
Healthpoint (Redmond Medical and Pharmacy)	Redmond	425-882-1697	http://www.healthpointchc.org/OurClinics
Jewish Family Services - Emergency Housing Voucher	Seattle	206-461-3240	http://www.jfsseattle.org/ehousing.html
Maternity Support Services & Infant Case Mgmt	King County	See Link	http://www.kingcounty.gov/healthservices/health/personal/MSS.aspx
Medication Assistance Programs		See Link	http://www.herohouse.org/links.php
Northshore Youth and Family Services	Bothell	425-485-6541	http://volunteer.truist.com/uwkc/org/2182690.html

Community Resources
August 2016

Parent Help 123 (Resource to Links)	WA State	800-322-2588	http://www.parenthelp123.org/
Puget Sound Christian Mobile Clinic	Kirkland	425-216-4480	http://pschristianclinic.org/mobile-clinic/bothell
Sea Mar Community Health Center	Bellevue	425-460-7140	http://www.seamar.org/location.php?xloc=13&xser=1&xcty=4&xserloc=10
Take Charge Plan (Birth Control, Exams, Counseling)	King County	800-756-5437	http://www.kingcounty.gov/healthservices/health/personal/insurance/takecharge.aspx
Together Center - Community Services	Redmond	425-869-6699	http://www.togethercenter.org/
United Way of King County - Health Help	Seattle	206-461-3700	http://resourceguide.uwkcblog.org/index.php?option=com_content&view=category&layout=blog&id=3&Itemid=11
Vision USA (Free Vision Care)	St Louis	800-766-4466	http://www.aoa.org/x5607.xml
Washington Prescription Drug Program	WA State	800-9134311	http://www.rx.wa.gov/
Washington Women In Need	Bellevue	425-451-8838	http://www.wawomeninneed.org
WIC -Nutrition Program for Women, Infant, & Children	Federal Program	800-322-2588	http://parenthelp123.org/resources/food-resources/wic
WithinReach	Seattle	206-284-2465	http://www.withinreachwa.org/hotlines
Holiday Help			
Forgotten Children's Fund	Renton	206-457-9302	http://forgottenchildrensfund.org/index.htm
Hopelink - Holiday Programs	Eastside	See Link	http://www.hope-link.org/publications/Hopelink_holiday_brochure_2011_.pdf
Salvation Army - Northwest Division	Bellevue	425-452-7300	http://www1.usw.salvationarmy.org/usw/www_usw_northwest.nsf/vw-text-dynamic-arrays/85E2E08F9F90BCDB882576A9006AAEB7?openDocument&charset=utf-8
Toys for Tots Foundation	Fort Lewis	See Link	http://fort-lewis-wa.toysfortots.org/local-coordinator-sites/lco-sites/local-events.asp
Housing / Shelter			
Angeline's Eastside Woman's Center	Bellevue	425-451-8519	https://www.ywcaworks.org/Page.aspx?pid=435
AptFinder.org (Affordable Housing Search in WA State)		See Link	http://aptfinder.org/
ARCH - A Regional Coalition For Housing	Eastside	425-861-3676	http://www.archhousing.org
Catholic Community Services	Seattle	206-328-5696	http://www.ccsww.org/site/PageServer?pagename=homeless_index
Catholic Community Services (Shelter for Women)	Bellevue	425-643-1434	http://www.ccsww.org/site/PageServer?pagename=housing_harringtonhouse
Congregations for the Homeless (Shelter for Men)	Eastside	425-749-8369	http://cfhomeless.org/services/shelter.php
Consejo Counseling & Referral Services	Bellevue	425-679-0801	http://consejocounseling.org/content/bellevue-eastside-recovery
Crisis Clinic	King County	800-621-4636	http://www.crisisclinic.org/homeless.html
Crisis Clinic - Emergency Shelters Brochure	King County	See Link	http://www.crisisclinic.org/Brochures/Shelters.pdf

**Community Resources
August 2016**

Crisis Clinic - Transitional Housing Brochure	King County	See Link	http://www.crisisclinic.org/Brochures/TransitionalHousing.pdf
East King County Family Center	Bellevue	425-213-1963	http://www.ccsww.org/site/PageServer?pagename=fc_eastkc
Eastside Interfaith Social Concerns Council	Bellevue	206-295-7803	http://www.cfhomeless.org
Friends of Youth	Redmond	425-869-6490	http://www.friendsofyouth.org
Habitat for Humanity	Redmond	425-869-6007	http://www.habitat.org/getinv/apply.aspx
Homeless Shelter Directory	King County	See Link	http://www.homelessshelterdirectory.org/cgi-bin/id/county.cgi?county=King-County&state=WA
Homeless Veterans		See Link	http://www.shelterlistings.org/homeless_veterans.html
Hopelink Housing	Eastside	425-556-9289	http://www.hope-link.org/get_help/housing/
Jewish Family Services (JFS) - Housing Vouchers	Seattle	206-461-3240	http://www.jfsseattle.org/ehousing.html
Kirkland Interfaith Transitions in Housing (KITH)	Kirkland	425-576-9531	http://www.kithcares.org
Making Home Affordable.Gov	Federal	888-995-4673	http://www.makinghomeaffordable.gov/pages/default.aspx
New Ground Transitional Living 18-24 yrs old	Eastside	206-409-6009	http://www.friendsofyouth.org/newGround.aspx
Rental Help: Washington State	Government	See Link	http://www.hud.gov/local/index.cfm?state=wa&topic=renting
Rent.com (Search Apartments/Homes in WA State)		See Link	http://www.rent.com/rentals/washington/
Salvation Army - Northwest Division	Bellevue	425-452-7300	http://www1.usw.salvationarmy.org/usw/www_usw_northwest.nsf/vw-text-dynamic-arrays/D4D4E4D97B502F71882576A9007E31D5?openDocument&charset=utf-8
Sea Mar Community Health Center	Seattle	206-763-5277	www.seamarchc.org
Shelter Listings	King County	See Link	http://www.shelterlistings.org/county/wa-king-county.html
Sibling House - Where kids in foster care stay together	Kirkland	No Phone	http://www.siblinghouse.org/aboutus.aspx
Sophia Way - Assisting Homeless Women	Bellevue	425-463-6285 ext 201	http://sophiaway.org/shelter.html
St. Andrew's Housing Group	Issaquah	425-576-5190	http://www.sahg.org
St. Vincent de Paul of Seattle/King County	Seattle	206-767-9975	http://www.svdpsattle.org/
Street Outreach - Homeless (up to age 23)	Eastside	425-869-6490 ext 342	http://www.friendsofyouth.org/streetOutreach.aspx
Tent City 4	Eastside	206-618-3901	http://tentcity4.info/
The Landing - Shelter for 18-24 yr olds	Bellevue	425-449-3868	http://www.friendsofyouth.org/shelters.aspx
Together Center - Community Services	Redmond	425-869-6699	http://www.togethercenter.org/
United Way of King County - Housing Help	Seattle	206-461-3700	http://resourceguide.uwkcblog.org/index.php?option=com_content&view=category&layout=blog&id=5&Itemid=13
Vets Edge Homeless Outreach	Redmond	206-579-2205	http://www.vetsedge.org/
Washington Homeownership Information	WA State	877-894-4663	http://www.dfi.wa.gov/consumers/homeownership/
Youth Haven - Shelter for 11-17 yr olds	Eastside	206-2365437	http://www.friendsofyouth.org/shelters.aspx

**Community Resources
August 2016**

YWCA - Family Village	Redmond	425-556-1350	https://www.ywcaworks.org/NetCommunity/Page.aspx?pid=441
YMCA - Homeless Intervention Project	Redmond	425-861-3715	https://www.ywcaworks.org/NetCommunity/Page.aspx?pid=402
Job Assistance / Education / Training			
AtWork! (Work Support for People with Disabilities)	Bellevue	425-274-4000	http://www.atworkwa.org/jobseekers.php
Casa Latina (For Latino Immigrants)	Seattle	206-956-0779	http://www.casa-latina.org/what-we-do/workers-center
Chinese Information and Service Center	Seattle	206-624-5633	http://www.cisc-seattle.org/
Employment Security Dept (Unemployment Info)	WA State	800-318-6022	https://esd.wa.gov/labormarketinfo
Food Worker Card	WA State	See Link	http://www.doh.wa.gov/ehp/food/workercardfaq.html
Hero House	Bellevue	425-614-1282	www.herohouse.org
Hopelink Employment Program	Bell, Kirk, Red	425-869-6000	http://www.hope-link.org/get_help/employment_program/
King County Library (Job & Career Information)	King County	See Link	http://www.kcls.org/looktoyourlibrary/
Labor Market & Local Wage Information		See Link	http://www.worksourceskc.org/seekers/labormarket.asp
United Way of King County - Employment Help	Seattle	206-461-3700	http://resourceguide.uwkcblog.org/index.php?option=com_content&view=category&layout=blog&id=1&Itemid=10
Washington Women In Need	Bellevue	425-451-8838	http://www.wawomeninneed.org
Workforce Explorer (Help & Info for Job Seekers)	WA State	See Link	https://worksourcewa.com/home.aspx?
Work Source (Resources & Programs for Job Seekers)	Redmond	425-861-3700	http://www.worksourceskc.org/locations/redmond.asp
Work Source (Resource for Job Listings)		See Link	https://fortress.wa.gov/esd/worksource/
YWCA - Family Village	Redmond	425-556-1350	https://www.ywcaworks.org/NetCommunity/Page.aspx?pid=441
Language Help & Resources			
Asian Counseling and Referral Service	Seattle/Bellevue	206-695-7606	http://www.acrs.org/services/translations.php
Casa Latina	Seattle	206-956-0779	http://www.casa-latina.org/about-us
Chinese Information and Service Center	Seattle	206-624-5633	http://www.cisc-seattle.org/?page=resources&lang=en
Eastside Cultural Navigator Program	Eastside	See Link	http://www.togethercenter.org/events-programs/cultural-navigator-program/
Eastside Multi-Ethnic Center	Bellevue	425-643-2221	http://www.arcofkingcounty.org/resource-guide/all-ages/eastside-multi-ethnic-center/view
El Centro de la Raza (Voice for the Latino Community)	Seattle	206-957-4601	http://www.elcentrodelaraza.com/aboutus.htm
Helpful Connections - Multi Lingual Guides	Eastside	See Link	http://www.eastsideforum.org/guides.php
Hopelink - ESL Classes	Eastside	425-250-3009	http://www.hope-link.org/get_help/adult_education/esl/
Jewish Family Services (Farsi, Russian, Spanish)	Bellevue	425-643-2221	http://www.jfsseattle.org/resl.html
King County Library System (ESL Classes & Help)	King County	See Link	http://www.kcls.org/esl/
One America - Resource Directory for Services	WA State	See Link	http://www.weareoneamerica.org/resources?org=&category=All&services=All&language=All&city=
Red Cross Translation & Interpretation	Seattle	206-323-2345	http://www.seattlredcross.org/show.aspx?mi=4033

Community Resources
August 2016

Together Center - Help With Language	Redmond	425-869-6699	http://www.togethercenter.org/events-programs/cultural-navigator-program/
US Citizenship & Immigration Services		See Link	http://www.uscis.gov/portal/site/uscis
Legal and Tax Resources			
Chinese Information and Service Center	Seattle	206-624-5633	http://www.cisc-seattle.org/
CLEAR	WA State	206-461-3200	http://nwjustice.org/get-legal-help
Columbia Legal Services for Low Income	Seattle	206-464-1122	http://www.columbialegal.org/
Eastside Legal Assistance Program	King County	425-747-7274	http://www.elap.org
IRS		See Link	http://www.irs.gov/index.html
King County Bar Association	King County	206-267-7099	http://www.kcba.org/aboutkcba/
King County Library System (Tax Time Help)	King County	See Link	http://www.kcls.org/programs/tax_help.cfm
Legal Voice (Justice for Women)	Seattle	206-621-7691	http://legalvoice.org/tools/
Tax Preparation Sites (Free Service)		See Link	http://www.parenthelp123.org/resources/additional-resources/tax-prep-information
WA ST. Bar Assoc Home Foreclosure Legal Aid Project	WA State	877-894-4663	http://www.mywsba.org/default.aspx?tabID=163
Washington Law Help-Available in different languages		See Link	http://www.washingtonlawhelp.org/WA/index.cfm
US Bankruptcy Court Western District of Washington	WA State	See Link	http://www.wawb.uscourts.gov/posts.htm?f=4
Mental/Behavioral Health			
Consejo Counseling & Referral Services	Bellevue	425-679-0801	http://consejocounseling.org/content/bellevue-eastside-recovery
HERO House	Bellevue	425-614-1282	www.herohouse.org
Mental Health Crisis Line	King County	206-461-3222	http://www.crisisclinic.org/emotional.html
NAMI Eastside (National Alliance on Mental Illness)	Redmond	425-885-6264	http://www.nami-eastside.org
Sea Mar Community Health Center	Bellevue	425-460-7114	http://www.seamar.org/location.php?xloc=47&xser=3&xcty=4&xserloc=49
Sound Mental Health	Seattle	206-302-2200	http://www.smh.org
Therapeutic Health Services - Eastside	Bellevue	425-747-7892	www.therapeutichealth.org
Washington Recovery Help Line	WA State	866-789-1511	http://www.warecoveryhelpline.org/
YMCA - Mental Health Counseling for adults over 18	Redmond	425-922-6192	https://www.ywcaworks.org/NetCommunity/Page.aspx?pid=658
Phone / Wireless / Cable / Voice Mail			
AT&T Wireless (Low Income Discount Info)	WA State	800-377-9450	http://www.wireless.att.com/learn/articles-resources/community-support/lifeline-link-up.jsp
Frontier Communications (Low Income Discount Info)	WA State	877-462-8188	http://www.frontier.com/discountprograms/Default.aspx
Internet Essentials (Comcast Low Cost Internet)	King County	855-846-8376	http://www.internetessentials.com/how/index.html
Lifeline and Link Up Program Information	Federal	888-641-8722	http://transition.fcc.gov/cgb/consumerfacts/llu.pdf
Lifeline Affordable Cell Phone Programs	WA State	See Link	http://parenthelp123.org/images/Affordable_Cell_Phone_programs.pdf

Community Resources
August 2016

SafeLink Wireless	Miami	800-safelink	http://www.safelinkwireless.com
Solid Ground - Community Voice Mail	King County	206-694-6771	http://www.solid-ground.org/Programs/Housing/CVM/Pages/default.aspx
Sprint (Low Income Discount Info)	WA State	888-408-3306	http://shop2.sprint.com/en/services/calling/universal_lifeline_program.shtml?ECID=vanity:lifeline
The Washington Telephone Assistance Program	Olympia	888-333-9882	http://www.utc.wa.gov/consumers/telephone/Pages/telephoneAssistanceProgram.aspx
T-Mobile (Low Income Discount Information)	WA State	800-937-8997	http://www.lifelinesupport.org/li/low-income/lifelinesupport/browser/permalink.aspx?state=WA&company=1974
School Supplies			
Assistance League of the Eastside	Redmond	425-556-5106	http://www.eastside.assistanceleague.org/
Hopelink	Redmond	425-869-6000	http://www.hopelink.org/news/press_releases/hopelink_launches_campaign_to_outfit_low-income_kids_with_tools_for_school/
Lake Washington School District - Cheryl Chikalla	Redmond	425-936-1297	http://www.lwsd.org/Parents/Homeless-Services/Pages/default.aspx
Special Needs			
Alliance FOR People with Disabilities	Denver	303-691-6012	http://www.afpwd.org/
Alliance OF People with Dissabilities	Bellevue	425-558-0993	http://disabilitypride.org/wordpress/
Autism Information	WA State	See Link	http://www.doh.wa.gov/cfh/autism/default.htm
Bridge Disability Ministries (Wheelchairs and more)	Bellevue	425-885-1006	http://www.bridgemin.org/mobility/index.html
Children & Adults with ADHD Eastside (CHADD)	Kirkland	See Link	http://www.eastside-chadd.org/index.html
Diabetes Preventing and Managing in WA State	WA State	See Link	http://www.doh.wa.gov/cfh/diabetes/default.htm
Disability Rights of Washington	Seattle	800-562-2702	http://www.disabilityrightswa.org/about/request-services
Dyslexia Washington State	WA State	See Link	http://www.dyslexia-teacher.com/washington.html
Encompass (Free Screening to Kindergarten)	North Bend	425-888-2777	http://encompassnw.org/subcontent.aspx?SecID=134
Fathers Network		425-653-4286	http://fathersnetwork.org/resources/
Jewish Family Services (JFS)	Seattle	206-461-3240	http://www.jfsseattle.org/said.html
Kinding Center	Bellevue	425-747-4004	http://www.kinding.org/aboutus/
Lake Washington School District Transition Academy	Redmond	425-861-3452	http://www.lwsd.org/school/ta/Pages/default.aspx
Learning Disabilities Association of Washington	Redmond	425-882-0820	http://ldawa.org/LDA Drupal/node/5
Learning Disabilities Association of Washington	Website	Resources	http://ldawa.org/LDA Drupal/node/44
Life Enrichment Options	Issaquah	425-395-6688	http://www.lifeenrichmentoptions.org/index.html
Little Bit Therapeutic Horse Riding Program	Woodinville	425-882-1554	www.littlebit.org
The Arc King County	Seattle	206-364-6337	http://www.arcofkingcounty.org/about-tab
The Center for Children with Special Needs	Seattle	206-884-5735	http://cshcn.org/

**Community Resources
August 2016**

The Friendship Circle Washington	Mercer Island	206-374-3637	http://www.friendshipcirclewa.org/templates/youth/article_cdo/aid/992613/jewish/Welcome.htm
Together Center - Community Services	Redmond	425-869-6699	http://www.togethercenter.org/
Substance Abuse / Addiction / Recovery			
Addiction is a Gamble (Different Addictions Listed)		See Link	http://www.notazander.com
Al-Anon (Help for families of an Alcoholic)	WA State	See Link	http://www.wa-al-anon.org/MeetingInfo.html
Alcohol & Drug Addiction Treatment & Support Act	WA State	See Link	http://www.dshs.wa.gov/onlinecso/adatsa.shtml
Alcohol & Drug Help Line	Seattle	206-722-3700	http://www.adhl.org
Center for Human Services	Shoreline	206-362-7282	http://www.chs-nw.org/default.aspx
Consejo Counseling & Referral Services	Bellevue	425-679-0801	http://consejocounseling.org/content/bellevue-eastside-recovery
Eastside Intergroup (Alcoholics Anonymous)	Eastside	425-454-9192	http://www.eastsideintergroup.org/
Fairfax Hospital	Kirkland	425-821-2000	http://www.fairfaxhospital.com
Friends of Youth	Eastside	425-869-6490	http://www.friendsofyouth.org/substanceAbuse.aspx
Gambling Problem	WA State	800-547-6133	http://www.notagame.org/contact.aspx
Lakeside-Milam Recovery Centers	Kirkland	425-823-3116	http://www.lakesidemilam.com/
NW Center for Change - Outpatient Rehab Service	Kirkland	425-827-2401	http://www.nwcenterforchange.com/NWCC_Home.html
Partnership at Drug Free.org	New York	855-378-4373	http://www.drugfree.org/
Residence XII - Treatment for Women	Kirkland	425-823-8844	http://www.residencexii.org
Salvation Army - Northwest Division (Adult Rehab)	Bellevue	425-452-7300	http://www1.usw.salvationarmy.org/usw/www_usw_northwest.nsf/vw-text-dynamic-arrays/FDEEE8F8C97FA466882576A9007DCA74?openDocument&charset=utf-8
San Mar Community Health Center	Bellevue	425-460-7114	http://www.seamarchc.org/location.php?xloc=47&xser=3&xcty=4&xserloc=49
Science & Management of Addictions (SAMA)	Seattle	206-328-1719	http://samafoundation.org/
Sound Mental Health	Seattle	206-302-2200	http://www.smh.org/page.aspx?pid=344
Therapeutic Health Services - Eastside	Bellevue	425-747-7892	www.therapeutichealth.org
Washington Recovery Help Line	WA State	866-789-1511	http://www.warecoveryhelpline.org/
Youth Eastside Services (YES)	Eastside	425-747-4937	http://www.youtheastideservices.org/services/index.php?page=Substance+Abuse&section=Services&page_id=7
Transportation			
Metro Transit - Dial-a-Ride Transit (DART)	King County	866-261-3278	http://metro.kingcounty.gov/tops/bus/dart/dartinfo.html#svcareas
Hopelink Transportation & Dart Information	King County	See Link	http://www.hope-link.org/get_help/transportation/
Utilities			
Catholic Community Services (HEN Program)	Seattle	206-328-5755	http://www.ccsww.org/site/PageServer?pagename=housing_housingandessentialneeds
Energy Assistance HELP (through Hopelink)	Eastside	800-348-7144	http://www.hope-link.org/get_help/energy_assistance

**Community Resources
August 2016**

Low Income Home Energy Assistance Prog (LIHEAP)	Olympia	360-725-2857	http://www.liheapwa.org/Page.aspx?nid=12&County=King
Puget Sound Energy Assistance Information Programs		See Link	http://pse.com/accountsandservices/YourBill/Pages/Low-Income-Assistance.aspx
St. Vincent de Paul of Seattle/King County	Seattle	206-767-9975	http://www.svdpsseattle.org/
Salvation Army - NW Division (Warm Home Fund)	Bellevue	425-452-7300	http://pse.com/accountsandservices/YourBill/Pages/Low-Income-Assistance.aspx
Youth			
Boys & Girls Club Kirkland - Teen Information	Kirkland	425-827-0132	http://kirkland.positiveplace.org/teens.html
Boys & Girls Club Red/Sammamish - Teen Information	Red/Samm	425-836-9295	http://rs.positiveplace.org/teens.html
Friends of Youth	Eastside	425-869-6490	http://www.friendsofyouth.org/default.aspx
Groundwork Project Age 16-22 Risk of Homelessness	Eastside	206-595-3167	http://www.ccsww.org/site/PageServer?pagename=childreneyouth_groundwork
King County Library (Teen Zone & Homework Help)	King County	See Link	http://www.kcls.org/teens/
Metro Bus Rider Schedule and Information	King County	206-553-3000	http://metro.kingcounty.gov/
Metro Bus - Safe Place for youth in crisis	King County	See Link	http://www.youthcare.org/about-youthcare/news/youthcare-king-county-metro-provide-%E2%80%9Csafe-place%E2%80%9D-youth-crisis
National Institute on Drug Abuse (NIDA for Teens)	National	See Link	http://teens.drugabuse.gov/utilities/resources.php
National Runaway Switchboard	Chicago	800-RUNAWAY	http://www.1800runaway.org/about/mission_values_history/
National Suicide Prevention Lifeline	National	800-273-8255	http://www.suicidepreventionlifeline.org/
Salvation Army - Northwest Division	Bellevue	425-452-7300	http://www1.usw.salvationarmy.org/usw/www_usw_northwest.nsf/vw-text-dynamic-arrays/D5C9B1E287428A92882576A9007DFBDA?openDocument&charset=utf-8
Teen Center (Bellevue) - Ground Zero	Bellevue	425-452-6119	http://gz.bgcbellevue.org/
Teen Center (Kirkland) - KTUB	Kirkland	425-822-3088	http://www.ktub.org/?page_id=46
Teen Center (Redmond) - Old Fire House	Redmond	425-556-2370	http://www.redmond.gov/ParksRecreation/Teens/
Teen Clinic	Bellevue	206-296-9770	http://www.kingcounty.gov/healthservices/health/locations/teenclinics.aspx
Teen Link Confidential Teen Answered Help Line	King County	206-461-4922	http://www.866teenlink.org/
Teen Link Resources		See Link	http://www.crisisclinic.org/WTTforTeens2008-2009.pdf
Teen Line 24hr Teen Answered Help Line		206-722-4222	http://www.TheTeenLine.org
Teen Resources		See Link	http://www.redmond.gov/cms/One.aspx?portalId=169&pageId=4193
Teen Runaway Hotline		206-236-5437	
The Trevor Project (Preventing suicide in LGBT youth)	California	866-488-7386	http://www.thetrevorproject.org/Programs

Community Resources
August 2016

Together Center	Redmond	425-869-6699	http://www.togethercenter.org
Youth Eastside Services	Bell, Kirk, Red	425-747-4937	http://www.youtheastideservices.org/services/
Youth Eastside Services - Latino Programs	Eastside	425-747-4937	http://www.youtheastideservices.org/services/index.php?page=Latino+Programs&section=Services&page_id=22

Community Resources
August 2016

Lifespring Bellevue (For Bellevue Residents ONLY)	Bellevue	425.451.1175	http://www.bellevuelifespring.org/aboutus/aboutus-main.php
Can't find what you're looking for?		http://www.resourcehouse.info/Win211/	
<p>Dial 2-1-1 (or 206-461-3200) to reach King County's Community Information Line, where professional specialist can refer you to the agencies best able to meet your needs. http://www.resourcehouse.info/Win211/</p>		<p>Is the most up-to-date and comprehensive database of health and human services in King County. With more than 6,000 services listed is is the most effectice way to find assistance.</p>	