

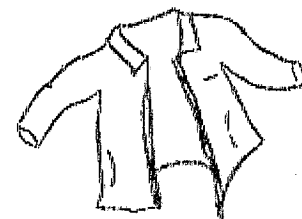
Food Banks

- Cherry St Food Bank**
711 Cherry St, Seattle (206) 625-0755
M, W 9am-5:30pm; F 9am-5pm
- Pike Market Senior Center**
1531 Western Ave, 5th Fl, Seattle (206) 626-6462
Tu, Th 10am-1pm
Call ahead food bags: M-F 8:30am -1pm
- Puget Sound Labor Agency**
2800 1st Ave, Seattle (206) 448-9277
M, F 8am-12pm
- Salvation Army**
1101 Pike St, Seattle (206) 447-9944
Tu 9am-11am; 1pm-3pm
W-F 9am-11:30am; 1pm-3pm
- ACRS Food Bank**
919 S King St, Seattle (206) 292-5714
W, F 11:30am-1pm
Provides Asian-Pacific foods
- Centerstone**
722 18th Ave, Seattle (206) 812-4970
W 12pm-4pm; Th, F 9am-1pm
- Immanuel Community Services**
1215 Thomas St, Seattle (206) 622-1930
Last two Mondays of the month 9am-10:30am
- Food Bank at St Mary's**
311 20th Ave S, Seattle (206) 324-7100 ext. 18
Tu, Th, Sa 10am-1pm
- Morris Polack Food Bank**
1601 16th Ave, Seattle (206) 461-3240
W, F 10am-12pm; Th 2pm-4pm
- Seattle Indian Center**
311 12th Ave S, Seattle (206) 329-8700
Tu, Th 1:30pm-3:30pm
- YWCA Central Area Food Bank**
2820 E Cherry St, Seattle (206) 375-1496
W 12pm-3pm
- Providence Regina House Food Bank**
3201 10th Ave S #6, Seattle (206) 763-9204
Th 12:30pm -2pm; Sa 9am-12pm



Clothing Banks

- Bread of Life Mission**
97 S Main St, Seattle (206) 682-3579
Tu, Th, Sa 10am-11:30am
Serves 15 per day, line up at 10am
- Emerald City Community 7th Day Adventist**
801 25th Ave S, Seattle (206) 322-0717
Sa 9am-10am
- St. Francis House**
169 12th Ave, Seattle (206) 448-9277
M-F 10am-2:00pm
Can visit once every 30 days
- Lazarus Center**
416 2nd Ave, Seattle (206) 623-7219
M, Th 1pm-2pm
Restrictions: 50+, photo ID required
- Union Gospel Mission**
318 2nd Ave Ext S, Seattle (206) 622-5177
Signup: Tu, F 9:30am-11:30am
Pickup: Tu, F 2pm-3pm
- St. Vincent de Paul**
5972 4th Ave S, Seattle (206) 767-9975 ext. 124
Tu, Th 11am-2pm 18-25 ONLY
Photo ID required
- Queen Anne Helpline**
311 W McGraw St, Seattle (206) 282-1540
M, Tu, Th, F 10am-1:30pm
Must call for appointment
- Jubilee Women's Center**
620 18th Ave E, Seattle (206) 324-1244
M-F 9:30am - 5pm WOMEN ONLY
Call for appointment
- Providence Regina House Clothing Bank**
8201 10th Ave S #6, Seattle (206) 763-9204
Th 12:30pm -2pm; Sat: 9am-12pm
- YWCA Dress for Success**
1118 5th Ave., Seattle (206) 461-4472
M, Tu, Th, F 9am-5pm; W 10am-6pm WOMEN ONLY
Provides professional clothing and career development tools
Call Yvonne Ogwel for referral
- St. Joseph's Baby Corner**
528 18th Ave, Seattle (206) 726-1435
M-F 9am-12pm
Provides items necessary for the health and safety of babies and toddlers
- Wellspring Family Services**
1900 Rainier Ave S, Seattle (206) 902- 4270
Tu 12pm-6pm; W-Th 12pm-5pm; F 12pm-4pm
Need a referral; provides children's clothing, diapers, and baby equipment



Hot Meals

- Outdoor Meal Site**
6th and Columbia, under I-5
Breakfast: M-F 8am
Lunch: M-F 1pm; Sat 12pm
Dinner: M-Th 7:30pm; F 6:30pm
Weekend hours vary
- Bread of Life Mission**
97 S Main, Seattle (206) 682-3579
Lunch: M-F 12pm
Dinner: M-Sa 10am-4:30pm
Breathalyzer for dinner required
Chapel required at 6:30pm
- Cathedral Kitchen**
907 Columbia, Seattle (206) 264-2091
Dinner: M-F 4:30pm-5pm
- El Centro de la Raza**
2524 16th Ave S, Seattle (206) 957-4634
Lunch: M-F 12pm-1pm
- Community Lunch on Capitol Hill**
1710 11th Ave, Seattle (206) 322-7500
Lunch: Tu, F 12pm-1pm
- Millionair Club**
2515 Western Ave, Seattle (206) 728-5627
Breakfast: M-F 6:15am-7am
Lunch: M-F 12pm-1pm
- Seattle Indian Center**
611 12th Ave S, Seattle (206) 329-8700
Breakfast: M-F 10am-11:30am
Lunch: M-F 12pm-1:15pm
- Union Gospel Mission**
318 2nd Ave S, Seattle (206) 622-5177
Breakfast: M-Su 7am-8:30am
Lunch: M-Sa 12pm-12:45pm (\$2)
Dinner: M-Su 5pm-5:30pm (\$2); 5:30-6:30pm (free)
Meals free with chapel attendance
- All Pilgrims Christian Church**
500 Broadway E, Seattle (206) 322-0487
Lunch: Tu, F 12pm-1pm
Dinner: Th 5pm-6pm
- Angeline's at YWCA**
2030 3rd Ave, Seattle (206) 436-8650
Breakfast: M-Su 7:15-7:45am; 8:10-8:45am
Lunch: 11:30pm-12:30pm WOMEN ONLY
- Blessed Sacrament Church**
5050 8th NE (parish hall), Seattle (206) 903-6005
Lunch: Su 12pm-2pm
Open to general public, children welcome
- ROOTS- Friday feast**
University Temple United Methodist Church
1415 NE 43rd St (alley entrance), Seattle (206) 632-1635
Dinner: F 5:30pm-7pm



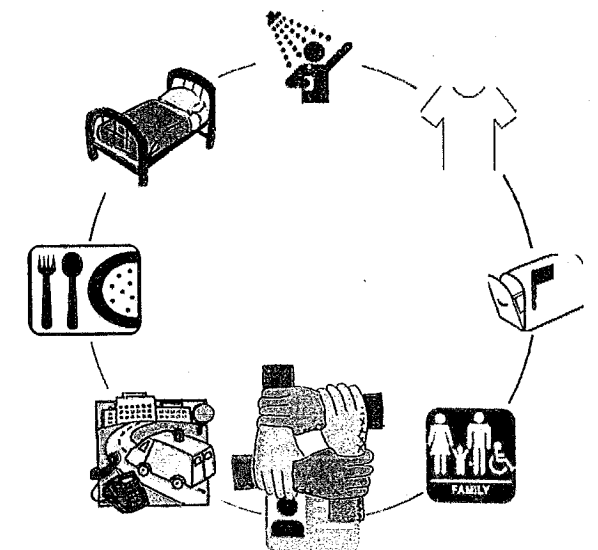
Libraries

- Central Library**
1000 4th Ave, Seattle (206) 386-4636
M-Th 10am-8pm; F-Sa 10am-6pm; Su 12pm-6pm
- Beacon Hill Branch**
2821 Beacon Ave So., Seattle (206) 684-4711
M-Th 10am-8pm; F-Sa 10am-6pm; Su 1pm-5pm
- Capitol Hill Branch**
425 Harvard Ave E, Seattle (206) 684-4715
M-Th 10am-8pm; F-Sa 10am-6pm; Su 12pm-6pm
- Douglass Truth Branch**
2300 E Yesler Way, Seattle (206) 684-4704
M-Th 10am-8pm; F-Sa 10am-6pm; Su 12pm-6pm
- International District/Chinatown Branch**
713 8th Ave S, Seattle (206) 386-1300
M-Tu 1pm-8pm; W-Th 11am-6pm; Sa 11am-6pm;
Sun 1pm-5pm
- Wadrona-Sally Goldmark Branch**
1134 33rd Ave, Seattle (206) 684-4705
M-Tu 1pm-8pm; W-Th 11am-6pm; Sa 11am-6pm;
Su 1pm-5pm

Useful Websites

- 2-1-1 Washington Community Resources**
<http://www.resourcehouse.info/Win211/>
- King County Homeless Resources**
www.kingcounty.gov/socialservices/Housing/Resources/HomelessResources.aspx
- King County Metro Transit**
<http://metro.kingcounty.gov/>
- King County Public Health**
<http://www.kingcounty.gov/healthservices/health.aspx>

A BIG List of Resources



Call 211
For Seattle Community
Resources

We did our best to get the
most recent information,
but please remember
resource locations can
change!



From the University of
Washington Nursing Students

Healthcare Services

Harborview Medical Center
325 9th Ave, Seattle (206) 744-3000
Charity care

**Harborview Medical Center
Third Avenue Center Clinic**
2028 3rd Ave, Seattle (206) 521-1231
M-F 8am-4:30pm
Sliding fee scale, DSHS, Medicare and private insurance

Harborview STD Clinic
908 Jefferson St, 11th floor, Seattle (206) 744-3590
M-F 8am-6:30pm
Sliding fee scale

Pioneer Square Medical
206 3rd Ave S, Seattle (206) 744-1500
M-Tu 7am-5pm; W 8:00-5:00; Th-F 7am-5pm
Charity care

Neighborcare Health—Pike Market Medical
1930 Post Alley, Seattle (206) 728-4143
M, Tu & Th 8am-5pm; W 9:30am-5pm; F 8am-4pm
Sliding fee scale

Country Doctor Community Clinic
500 19th Ave E, Seattle (206) 299-1600
M, F 9am-5pm; Tu-Th 9am-8pm

Country Doctor - Carolyn Downs Center
2101 E Yesler Way, Suite 150, Seattle (206) 299-1900
M, Tu, Th, F 9am-5pm; W 10am-8:30pm; Sa 9am-12pm

Holly Park Medical and Dental Clinic
3815 S Othello St, Seattle (206) 788-3500
M, Tu, Th, F, Sa 8:30am-5:30pm; W 9:30am-7pm

International District Medical and Dental Clinic
720 8th Ave S, Seattle (206) 788-3700
M-F 8:30am-6pm; Sa 8:30am-5pm

Neighborcare Health—45th Street Clinic
1629 N 45th St, Seattle (206) 633-3350
M-Sa Call for exact hours; Th, F Walk-in
Medical, dental, and maternity services available; limited transportation provided

Public Health – Downtown
2124 4th Ave, Seattle (206) 296-4755
M-F 8am-5pm

Public Health - Columbia
4400 37th Ave S, Seattle (206) 296-4625
M-W 8:30am-6pm; Th 9am-6pm; F 8am-5pm
General dental services for children, ages 3-18, and pregnant women

Seattle's Union Gospel Mission
318 2nd Ave S, Seattle (206) 621-7695
Call M-F at 1pm to set appointment
Free emergency dental clinic for men, women, and children when available

Seattle Vocational Institute
2120 S Jackson St, Seattle (206) 934-4973
W-Th 9am-12pm and 12:30pm-4pm (When school is in session)
Preventative and operative dental services performed by a licensed dentist on staff with the assistance of students

Medical Mobile Van
Locations vary (206) 330-6775
Call for current location and hours
Medical, dental, mental health, and referral services

Odessa Brown Clinic
2101 E Yesler Way, Seattle (206) 937-7200
M, Tu, W, F 8:30am-5pm; Th 9:30am-5pm; Sa 9am-12pm
Medical, dental, mental health, and school check-ups
Children ages birth-18; Call for appointment

Millionair Club Charity, Inc
2515 Western Ave, Seattle (206) 728-5627
Walk in first business day of month at 7:30am
Provides eye exams and glasses at a weekly eye clinic for those who have no insurance or Medicaid; clients may receive assistance once per year

Optometric Center of Seattle
124 21st Ave, Seattle (206) 325-1100
Tu-F 8:30am-1pm and 2-4pm
Provides exams and glasses at sliding scale cost; additional charge for extras; operates a voucher program for free examination and glasses for people who are homeless

YWCA of Seattle and King County
2024 3rd Ave, Seattle (206) 436-8644
Voicemail only
Provides homeless individuals with vouchers for free eye exams and glasses; focuses on serving homeless women; can additionally serve homeless men who are part of the family unit

People of Color Against AIDS Network (POCAAN)
1820 E Pine St, Suite A, Seattle (206) 322-7061
Provides support groups, HIV testing and counseling, recovery support groups, and prevention education

Planned Parenthood
2001 E Madison St, Seattle (800) 769-0045
M-W, F 8am-5pm; Th & Sat 8am-4pm

Sea Mar-Seattle Medical Clinic
8720 14th Ave S, Seattle (206) 762-3730
M-Sa 8am-5pm

Addiction Services

Matt Talbot Center
2313 3rd Ave, Seattle (206) 256-9865
M-F 8am-3pm
Recovery program and treatment center for addiction

Recovery Café
2022 Boren Ave, Seattle (206) 374-8731
M-Sa 12pm-6:30pm
Treatment and recovery programs for addiction

People's Harm Reduction Alliance
1415 NE 43rd St, Seattle (206) 330-5777
Tu, Th 5pm-7pm; F 1pm-5pm
Provides new sterile syringes in exchange for used ones; distributes clean injection supplies and sexual safety items; provides harm reduction education and vein care consultation

Downtown Needle Exchange – Robert Clewis Center
2124 4th Ave, Seattle (206) 263-2000
M-F 1pm-5pm; Sa 2pm-4pm
Clinic provides abscess treatment and care, HIV/hepatitis testing and counseling, Hepatitis A & B vaccinations, treatment for colds and upper respiratory infections as well as TB screening

Capitol Hill Needle Exchange – Lifelong AIDS Alliance
1002 E Seneca St, Seattle (206) 263-2000
M-Sa 6:30pm-8:30pm
Provides new sterile syringes in exchange for used ones; also distributes clean injection supplies and sexual safety items; provides harm reduction education and vein care consultation

ADATSA of Washington
Locations Vary 1-877-501-2233
M-F 8am-5pm

Sobering Center
1930 Boren Ave, Seattle (206) 205-1092
M-Su Open 24 hours
A place to sleep off the affects of drugs and alcohol; clothing and food available

Day Centers/Hygiene Services

Urban Rest Stop
1924 9th Ave, Seattle (206) 332-0113
Open M-F 5:30am-9:30pm Call for weekend hours
Everyone welcome, no age restrictions, free toiletries

Angeline's Hygiene Center at YWCA
2030 3rd Ave, Seattle (206) 436-8650
Opens at 8am **WOMEN ONLY**
Meals, laundry, showers, health access, mental health counseling, activities, and referrals.

Catholic Community Center-Women's Wellness Center
1900 2nd Ave, Seattle (206) 256-0665
M-F 7am-4pm; Sa-Su 7am-2pm **WOMEN ONLY**
18 and over. Showers, laundry, bath robes, towels and hygiene items provided

Peter's Place
901 Rainier Ave So. Seattle (206) 357-3190
Su-W 8 – 5:30 pm, Th 8 – 3:30 pm **ADULTS ONLY**
Laundry, showers, phone services and referrals

Orion Center
1828 Yale St, Seattle (206) 622-5555
M-F 8:30-6pm **YOUTH AGES 13-22**
Case management, food, showers, laundry.

Lazarus Day Center
416 2nd Ave, Seattle (206) 623-7219
M-Su 1pm-6:30pm **50 AND OLDER**
Lunches, clothing, restrooms, showers, laundry, library, computer, drug and alcohol counseling, VA outreach, and other information and referral.

Mary's Place Day Center/ Shelter
1830 9th Ave, Seattle (206) 621-8474
M-F 7am-5pm **WOMEN AND CHILDREN ONLY**

Solanus Casey Center
1008 James St, Seattle (206) 223-0907
M, T, W, Th 1pm-4pm

Bread of Life Mission
97 S Main St, Seattle (206) 682-3579
M-F 10am-4pm
Mail services, clothing, lockers, coffee, hot lunch, help, and referrals

Downtown Emergency Service Day Center
517 3rd Ave, Seattle (206) 464-1570
M-F 7am-4:45pm
Showers, restroom facilities, mail service, referrals, mental health and chemical dependency counseling, nursing services.

Pike Market Senior Center
85 Pike St, Seattle (206) 728-2773
M-F 8am-4pm; Sa-Su 8am-1pm **ADULTS 55 AND OLDER**
Hot meals, food bank, social services, fitness, and job employment services

Chief Seattle Club
410 2nd Ave, Seattle 7am-4:30pm (206) 292-6214
Drop-in services available for Native Americans, meals, showers, laundry

Immanuel Lutheran Hygiene Center
1215 Thomas St. Seattle (206) 622-1930
M – F 8 AM to 12 PM, Men & Women 18+

New Horizons Ministry (206) 374-0866
2709 3rd Ave. Seattle – Youth Services
Hours vary

Compass Hygiene Center (206) 474-1000
77 S Washington St. Seattle
M – F 7 AM to 2:30 PM
Bathrooms, showers, laundry

Emergency Shelter

For Family Housing and Shelter Services Call 211

Angeline's Center at YWCA
2030 3rd Ave, Seattle (206) 770-0156
Winter Shelter
Provides overnight shelter during the winter months; contact Women's Referral Center between 6-9 pm; Self-referral on a space available basis after 9 pm

ROOTS Young Adult Homeless Shelter
1415 NE 43rd St (206) 632-1635
University Temple UM Church, Seattle
Everyday 9pm-8am **YOUNG ADULTS 18-25 ONLY**

Seattle Union Gospel Mission for Women and Children
314 Bell St, Seattle (206) 621-8474
Everyday 8pm-7:30am **WOMEN AND CHILDREN ONLY**
After hours intake only call (206) 448-3119
Do not need to use 211 for referrals

King County Winter Response Shelter
500 4th Ave, Seattle (206) 263-9089
Everyday 8:30pm-6am **ADULT MEN ONLY**

Seattle City Hall Shelter
600 4th Ave & Cherry, Seattle (206) 684-0231
(Enter through clear doors near Cherry Street)
Everyday 7pm-7am **ADULTS ONLY**

Seattle's Union Gospel Mission for Men
318 2nd Ave, South Extension, Seattle (206) 622-5177
Daily 6:30pm-9am **ADULT MEN ONLY**

Salvation Army Women's Shelter
1101 Pike St, Seattle (206) 447-9944
Intake M-F 9am-Noon and 1pm-4pm **ADULT WOMEN ONLY**
(No Fees for first two weeks)

Catholic Community Services-St Martin dePorres Shelter
1561 Alaskan Way S, Seattle (206) 323-6341
Nightly 6:30-7:30am **MEN 50 AND OLDER**
Walk-ins to shelter not accepted, must apply
Must arrive no later than 7pm for screening

Bread of Life
97 S Main St, Seattle (206)682-3579
First come, first serve **MEN ONLY**
Arrive at 5:30pm with state ID

Broadview Emergency Shelter
1501 N 45th St, Seattle (206) 299-2500
M-Su Open 24 hours **WOMEN AND CHILDREN ONLY**
Must call for a referral

Operation Night Watch
302 14th Ave S, Seattle (206) 329-2099
Nightly 9pm-midnight
Provides late night referrals for downtown Seattle shelters and hands out free bus passes

Salvation Army William Booth Center
811 Maynard Ave S, Seattle (206) 621-0145
M-F 9am-4pm
Emergency shelter for 30 days and \$5 for each day after; food and nutrition services; transitional housing referrals

Emergency Shelter

Compass Housing Alliance Safe Parking
Call for locations and leave voicemail (206) 474-1815
Provides a safe and free place to park your car overnight

University Congregational United Church of Christ Safe Parking
4515 16th Ave NE, Seattle (425) 442-5418
Provides a safe and free place to park your car overnight

Seattle Union Gospel Mission
3802 S Othello St, Seattle (206) 628-2008
Call between 8:30am-9am for bed availability.
WOMEN AND CHILDREN, MALE CHILDREN UP TO 18
Background checks and urine drug screen required

Pioneer Human Services- Spruce St Crisis Center for Youth
1102 E Spruce St, Seattle (206) 587-0992
Daily 24 hours **YOUTH 12-17**
Secure shelter for up to 15 days

Bunkhouse Day Shelter through SHARE/WHEEL
1902 2nd Ave, Seattle (206) 448-7889
Screening on M 1pm; W, F 9am
Shelter open daily 7am-6pm
Day time sleep shelter for women and men who sleep during the day

Lakeview Free Methodist Church
9412 15th Ave NE, Seattle (206) 522-1465
Screening M 1pm at Mary's Place; W 7pm Angeline's Center;
F 6pm SHARE office **WOMEN ONLY**

Tent City 3
St. Dunstan's Episcopal Church
722 N 145th St, Shoreline (206) 448-7889
Daily 24 hours **ADULT MEN AND WOMEN**
Must be sober; moves every 60-90 days around Seattle

Tent City 4
Faith United Methodist Church (425) 392-0123
3924 Issaquah-Pine Lake Rd SE, Issaquah
Starting March 1st
Screenings on location; no set times

WHEEL Winter Shelter for Women
Call for location 206-464-1570 or 206-956-0334
Provides 30 winter beds for women; open Oct. 1st-Mar 31st
ADULT WOMEN ONLY

YWCA Women's Shelter
1118 5th Ave, Seattle (206) 461-4882
Call for availability **WOMEN 18 AND OLDER**

Orion Center
1828 Yale St, Seattle (206) 622-5555
Overnight shelter beginning March 1, 2014
Must have valid ID; call for details **YOUTH AGE 18-24**

Downtown Emergency Service Center
517 3rd Ave, Seattle (206) 464-1570
WOMEN 18+, MEN 60+, MEN 18-59 if disabled or ill
Call for availability

Seattle Union Gospel Mission Winter Shelter
Emmanuel Bible Church (206) 434-2257
503 North 50th St, Seattle
M-Su 8pm-7am
Open Nov. 3rd -Apr. 1st **MEN ONLY**
30 beds available; case management services provided