

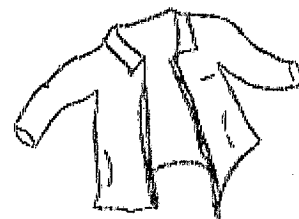
## Food Banks

- 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, 5<sup>th</sup> Fl, Seattle (206) 626-6462  
Tu, Th 10am-1pm  
Call ahead food bags: M-F 8:30am -1pm
- Puget Sound Labor Agency**  
2800 1<sup>st</sup> 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 18<sup>th</sup> 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 20<sup>th</sup> Ave S, Seattle (206) 324-7100 ext. 18  
Tu, Th, Sa 10am-1pm
- Morris Polack Food Bank**  
1601 16<sup>th</sup> Ave, Seattle (206) 461-3240  
W, F 10am-12pm; Th 2pm-4pm
- Seattle Indian Center**  
311 12<sup>th</sup> 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 10<sup>th</sup> 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 7<sup>th</sup> Day Adventist**  
801 25<sup>th</sup> Ave S, Seattle (206) 322-0717  
Sa 9am-10am
- St. Francis House**  
169 12<sup>th</sup> Ave, Seattle (206) 448-9277  
M-F 10am-2:00pm  
Can visit once every 30 days
- Lazarus Center**  
416 2<sup>nd</sup> Ave, Seattle (206) 623-7219  
M, Th 1pm-2pm  
Restrictions: 50+, photo ID required
- Union Gospel Mission**  
318 2<sup>nd</sup> Ave Ext S, Seattle (206) 622-5177  
Signup: Tu, F 9:30am-11:30am  
Pickup: Tu, F 2pm-3pm
- St. Vincent de Paul**  
5972 4<sup>th</sup> 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 18<sup>th</sup> Ave E, Seattle (206) 324-1244  
M-F 9:30am - 5pm WOMEN ONLY  
Call for appointment
- Providence Regina House Clothing Bank**  
8201 10<sup>th</sup> Ave S #6, Seattle (206) 763-9204  
Th 12:30pm -2pm; Sat: 9am-12pm
- YWCA Dress for Success**  
1118 5<sup>th</sup> 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 18<sup>th</sup> 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**  
6<sup>th</sup> 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 16<sup>th</sup> Ave S, Seattle (206) 957-4634  
Lunch: M-F 12pm-1pm
- Community Lunch on Capitol Hill**  
1710 11<sup>th</sup> 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 12<sup>th</sup> Ave S, Seattle (206) 329-8700  
Breakfast: M-F 10am-11:30am  
Lunch: M-F 12pm-1:15pm
- Union Gospel Mission**  
318 2<sup>nd</sup> 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 3<sup>rd</sup> 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 8<sup>th</sup> 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 43<sup>rd</sup> St (alley entrance), Seattle (206) 632-1635  
Dinner: F 5:30pm-7pm



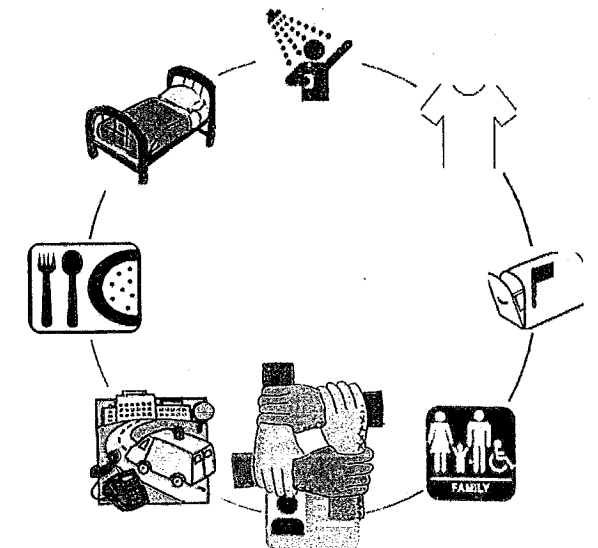
## Libraries

- Central Library**  
1000 4<sup>th</sup> 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 8<sup>th</sup> 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 33<sup>rd</sup> 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](http://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 9<sup>th</sup> Ave, Seattle (206) 744-3000  
Charity care

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

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

**Pioneer Square Medical**  
206 3<sup>rd</sup> 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 19<sup>th</sup> 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 8<sup>th</sup> Ave S, Seattle (206) 788-3700  
M-F 8:30am-6pm; Sa 8:30am-5pm

**Neighborcare Health—45th Street Clinic**  
1629 N 45<sup>th</sup> 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 4<sup>th</sup> Ave, Seattle (206) 296-4755  
M-F 8am-5pm

**Public Health - Columbia**  
4400 37<sup>th</sup> 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 2<sup>nd</sup> 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

## Day Centers/Hygiene Services

**Urban Rest Stop**  
1924 9<sup>th</sup> 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 3<sup>rd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 9<sup>th</sup> 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 3<sup>rd</sup> 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 2<sup>nd</sup> 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 3<sup>rd</sup> 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 3<sup>rd</sup> 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 43<sup>rd</sup> 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 4<sup>th</sup> Ave, Seattle (206) 263-9089  
Everyday 8:30pm-6am **ADULT MEN ONLY**

**Seattle City Hall Shelter**  
600 4<sup>th</sup> 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 2<sup>nd</sup> 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 45<sup>th</sup> St, Seattle (206) 299-2500  
M-Su Open 24 hours **WOMEN AND CHILDREN ONLY**  
Must call for a referral

**Operation Night Watch**  
302 14<sup>th</sup> 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 16<sup>th</sup> 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 2<sup>nd</sup> 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 15<sup>th</sup> 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 145<sup>th</sup> 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 1<sup>st</sup>  
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. 1<sup>st</sup>-Mar 31<sup>st</sup>  
**ADULT WOMEN ONLY**

**YWCA Women's Shelter**  
1118 5<sup>th</sup> 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 3<sup>rd</sup> 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 50<sup>th</sup> St, Seattle  
M-Su 8pm-7am  
Open Nov. 3<sup>rd</sup> -Apr. 1<sup>st</sup> **MEN ONLY**  
30 beds available; case management services provided