

Child Care

YMCA	Kirkland: (425) 485-9797 . Redmond: (425) 746-9900 . Sammamish: (425) 391-4840 . The YMCA provides a variety of activities for kids of all ages and interests, from basketball to rock climbing, STEM workshops to dance class, and everything in between. Regardless of your background, your financial situation, or your schedule, there's a place for your family at the Y. Scholarships are available for families.
Boys & Girls Clubs	Call (206) 348-5088 or email kpittman@positiveplace.org . Boys and Girls Clubs offer high quality, affordable summer programming for kids, job training programs for teens, and much more. Scholarships are available for families. Programs are available at their Kirkland and Sammamish locations. There is a joining fee of \$50. www.positiveplace.org
Childcare Aware of Washington	Call (866) 416-4321 . Childcare Aware is a database of childcare resources in Washington: https://childcareawarewa.org

Shelter Locations

New Bethlehem Program	Call 425-679-0350 http://www.nbpsshelter.org/ 11920 NE 80 th St, Suite 100, Kirkland WA 98033 Open Daily from 10:00 am - 2:00 pm for access to showers, laundry, meals and referrals to shelter and housing. Families only, that is with a minor child under age 18 or K-12 as part of the family unit
Youth Haven (ages 7-17)	Call (206) 236-5437 . Emergency shelter and transitional living for youth ages 7-17 with case management, life skills and education supports, recreational outings and family mediation. https://www.friendsofyouth.org/services
The Landing (ages 18-24)	Call (425) 449-3868 . The Landing is operated by Friends of Youth, and it is an emergency young adult shelter for people between the ages of 18-24 years old. The Landing is open 7 days a week and is in Redmond. The Landing also provides young people with referrals and resources needed to exit homelessness. https://www.friendsofyouth.org/services
Seattle Shelter Line	Call (206) 245-1026 Families who need same day access to emergency shelter will call the family emergency shelter access. The access line intake specialist will complete a short screening to determine literal homeless or fleeing domestic violence status (not the VI SPDAT) and vulnerability (infants, small children, medical needs, etc.). The intake specialist will create a daily active family list on a secured site that can be accessed by all family shelters.
Safe Parking Program	Call (425) 922-8051 . If you need a safe place to park for the night, call Safe Parking to sign up. They are located at the Lake Washington United Methodist Church at 7525 132nd Ave NE, Kirkland, 98033.

Economic Resources

Attain Housing	Call (425) 828-0489 . Providing eviction prevention and move-in assistance for families with children through its Stable Home program. www.attainhousing.org/our-services/stable-home
Hopelink Financial Assistance	Call (425) 943-7555 . Hopelink offers rent assistance to prevent evictions, can help with the first month's rent, and can help with energy bill payments. www.hopelink.org/need-help/financial-assistance
Catholic Community Services	Call (206) 328-5724 Providing rental assistance and permanent and transitional housing resources in East King County.
St. Vincent de Paul Helpline	Call (206) 767-6449 . Help people with requests for rent, utilities, and food assistance. Open Monday-Friday 8am-3pm. Visit https://svdpseattle.org/get-help/ for more details.
Puget Sound Energy	PSE's Home Energy Lifeline Program provides assistance for residential customers to help pay electric or natural gas bills. PSE HELP
4Tomorrow	Call (425) 891-0346 . 4Tomorrow works connects youth, families, and individuals with rental resources in East King County. Reach out to them for more details. Se habla español.

Food Resources

Hopelink	Hopelink has re-opened their foodbanks where you can select your own nutritious fresh and non-perishable food and personal care items. Kirkland foodbank hours: Monday 1-4pm, Tuesday 1-4pm & 5-7pm, Wednesday 10am-3pm, Thursday 1-4pm & 5-7pm, Friday 10am-1pm, Closed Saturday & Sunday. Redmond foodbank hours: Monday 1 - 4PM, Tuesday 10AM - 3PM, Wednesday 1 - 4PM & 5 - 7PM; Thursday 10AM - 12PM closed Friday, Saturday, and Sunday. For more details visit www.hopelink.org/need-help/food or call Redmond: (425) 869-6000 Kirkland: (425) 889-7880 .
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Hopelink Mobile Market	See calendar for truck locations and hours - https://www.hopelink.org/location/mobile-market
Woodinville Storehouse Food Bank	Walk-in clients are welcome. Bring ID for all family members and proof of residency such as utility bill or rental agreement for Woodinville, Bothell, Kirkland, Kenmore or Redmond. The residency requirement is waived for clients who are homeless. Tuesdays 6:30-7:20pm; Saturdays 9:30-10:20am. https://www.woodinvillestorehouse.org/
USDA Summer Meals Locator	Ensuring children have access to nutritious meals and snacks when school is not in session. Visit the website, click on the image of the map and enter your zip code for locations near you. https://www.fns.usda.gov/meals4kids
USDA National Hunger Hotline	1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273) (for Spanish). The USDA National Hunger Hotline is a helpful resource for people seeking food assistance. The hotline, operated by Hunger Free America, can be reached Monday through Friday between 7 a.m. to 10 p.m. ET. https://www.hungerfreeamerica.org/about/our-work/usda-national-hunger-hotline
No Kid Hungry Texting Line	Text the word "FOOD" to 877-877 The system will prompt then you to enter your address or zip code, which is used to provide the location and service times of up to three nearby summer meals sites. Para Español, envíe un mensaje de texto con la palabra "COMIDA" al 877-877.
Nourishing Networks	Network groups that connect people that need food and people that want to help address food insecurity. Their website lists where to find food in the Kirkland and Redmond areas. Please visit their site for more details. www.nourishingnetworks.net
Redmond United Methodist Church	Call (425) 883-7553 (Open Kitchen) Meals are provided to-go every Wednesday from 5-6 pm. https://redmondumc.org/connect/open-kitchen
Essentials First	Essentials First is open to clients to support food and hygiene needs. They are open Monday – Friday 11 am – 3pm . They are located at: 919 124th Ave NE. Suite 103, Bellevue, WA 98005. Contact Tasnim at tasnim@essentialsfirst.org for any questions.
Muslim Association of Puget Sound (MCRC)	MCRC makes hot meals available upon request. Food and gas cards are also available. For more details call 425-947-7146 or visit https://mapsredmond.org/mcrc/
Little Free Pantries	Little Free Pantries are no barrier small boxes where people can share non-perishable foods. https://www.nourishingnetworks.net/find-food
St. John's and Iman center's Community to-go Dinners	On the last Saturday of each month from 6-7 pm, community members can pick up a professionally prepared, sealed boxed meal to go. There is no RSVP required, just show up. Drive-thru or Walk-up. The event is sponsored by St. John's and the Iman center. Check out this website to find out which of the two Kirkland locations that they will be hosting the monthly event at. https://www.stjohnskirkland.org/community-dinners
Kingsgate Library	Beginning June 28 th – August 19 th , The Kingsgate library (12315 NE 143rd ST, Kirkland 98034) will be offering free meals for youth 0-18. Youth may pick up a meal every Tuesday- Friday. The times are to be determined. However, information should be posted on their website at the end of June (2022). Feel free to check out the website https://kcls.org/locations/kingsgate/ or give them a call for more information (425) 821-7686.
One Time Events	
Maverick Cares event	On June 28, 2022 from 3:00pm to 7:00pm Mavericks gaming will be giving out summer packs in front of that Caribbean Casino (12526 NE 144th ST, Kirkland, 98034). Each summer pack will be enclosed in a string backpack that will include snacks (e.g., Goldfish crackers, cereal, Cup-o-Noodles, peanut butter, granola bars, etc.), lightweight outdoor toys, and tickets to a local activity (e.g., mini golf, skating, laser tag, bowling, etc.) You have to sign up to get tickets. You can sign up for tickets on this website https://events.eventgroove.com/event/Maverick-Cares-Schools-Out-For-The-Summer-61522
Hopefest event	The 2022 Hope Festival will take place on Saturday, July 9th , at Seattle Center's Exhibition Hall from 3-7pm. The festival provides individuals with free groceries, clothes, toiletries, and toys for the kids, and much more. In addition to this the organization partners with service providers to offer guests free services such as haircuts, massages, vaccinations, health screenings, and more. There will also be food and games for everyone to enjoy!
General Resources	
2-1-1	Dialing 2-1-1 helps direct callers to services for, among others, the elderly, folks with disabilities, those who do not speak English, those with a personal crisis, those with limited reading skills, and those who are new to their communities."
Friends of Youth	Call (425) 869-6490 or visit www.friendsofyouth.org Serving youth and young families facing circumstances of homelessness, foster care and behavioral health challenges.
City of Redmond	Call (425) 556-2900. The city of Redmond has a list of health, financial assistance, food, and childcare resources. https://www.redmond.gov/1366/Resources-for-Individuals-and-Families-1#fin
City of Kirkland	Call (425) 587-3000. The city of Kirkland has compiled a list of food, housing, utility, healthcare, and legal resources among others. Human Services Resources – City of Kirkland (kirklandwa.gov)

City of Sammamish	Call (425) 295-0579. The city of Sammamish collaborates with local and regional agencies who provide support for education, disability services, housing and food assistance, mental health, and legal assistance among other services. https://www.sammamish.us/community-involvement/health-human-services/
4Tomorrow	Call 425-891-0346. 4Tomorrow provides support to under-served you & families with a focus on the Latinx community, filling in the gaps where existing services are limited and provides culturally sensitive support. https://www.4tomorrow.today
Centro Cultural Mexicano	(425) 896-7067 Empowering and Connecting Communities through Art and Culture. Centro Cultural Mexicano hosts a variety of activities throughout the year. Visit https://www.centroculturalmexicano.org
Legal Resources	
Eastside Legal Assistance Program (ELAP)	Call (425) 747-7274 (English) or (425) 620-2778 (Spanish), M–F, 10a–4p. “Provides high-quality, no-cost civil legal aid to low-income residents of East, Northeast, and Southeast King County, Washington. We also provide legal aid to survivors of domestic violence throughout all of King County.” www.elap.org
King County Bar Housing Justice Project	Call (206) 267-7069 (English) or (206) 267-7090 (Spanish). The Housing Justice Project is a homelessness prevention program providing accessible volunteer-based legal services for low-income tenants facing eviction in King County. www.kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project
Northwest Immigrant Rights Project (NWIRP)	Call (206) 587-4009. Northwest Immigrant Rights Project (NWIRP) promotes justice by defending and advancing the rights of immigrants through direct legal services, systemic advocacy, and community education. Visit www.nwirp.org for more details.
Tenant Law Center	Call (206) 324-6890 , M - F, 8a – 5p. Advice & assistance for low-income renters facing eviction, repair problems, deposit loss, subsidy termination, lockouts & other issues. https://ccsww.org/get-help/specialized-services/tenant-law-center/
Transportation	
Hopelink Transportation Services	Hopelink can provide free transportation to non-emergency medical appointments covered under Medicaid Transportation, (800) 923-7433 . Hopelink also operates DART transit (866) 261-3278 and has a Mobility Management team (425) 943-6760 . Visit website for more details: https://www.hopelink.org/need-help/transportation
Orca Passes	Students in 8-12th grade eligible for the Free or Reduced-Price Lunch Program can get a free Summer Youth ORCA Pass. Visit the following website to sign up for the free passes! kingcounty.gov/metro/summerorcapass
Mental Health and Wellness	
Youth Eastside Services	Call (425)747-4937 or through the web at: www.youtheastsideservices.org “Youth Eastside Services (YES) provides evidence-based mental health counseling, substance use with co-occurring disorder counseling and treatment, early childhood behavioral health services, psychiatric services, school-based services, and education and prevention programs. We help children, teens, and families struggling with depression, grief, trauma, substance abuse, cultural and gender identity challenges, sexual orientation support, anxiety, ADHD, autism, eating disorders, low self-esteem, and much more.”
Consejo	Call (206) 461-4880, M-F, 8:00a-5:00p; After hours and on weekends: (206) 461-3222 “Consejo Counseling and Referral Service is an award-winning agency that has provided behavioral health services to the Latino community in the state of Washington for near four decades.”
Trevor Project	LGBTQIA+ Suicide Prevention Hotline: Trevor Lifeline at 1-866-488-7386 or text “ Start ” to 678-678 “The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.”
NAVOS	Call (206) 248-8226 for support. “In any language, our name means hope. Navos is here for anyone, from any background, who needs help reclaiming their life from mental illness, addiction, trauma or abuse. We offer compassionate, high-quality, affordable care. Our approach is distinguished by an emphasis on recovery and resilience, by a belief that even the most seriously ill person can participate in their care, and by a fierce commitment to equity and inclusion. We believe our communities are only as strong as the most vulnerable among us, and that none of us should have to walk through this life alone.”
King County 24-hr Crisis Line	Call 1-866-4CRISIS (1-866-427-4747) “The 24-Hour Crisis Line provides immediate help to individuals, families, and friends of people in emotional crisis. We can help you determine if you or your loved one needs professional consultation, and we can link you to the appropriate services. We are a primary source for linking Seattle-King County residents to emergency mental health services.”
Community Health Access Program (CHAP)	Call 1 (800) 756-5437 CHAP is a telephone assistance program serving King County residents by connecting them to health insurance, health care services and other resources. CHAP services are free and confidential. chap@kingcounty.gov
Disaster Distress Helpline	Call or text 1 (800) 985-5990. This 24/7/365 service provides crisis counseling. It’s free, multi-lingual and confidential. www.samhsa.gov/find-help/disaster-distress-helpline/contact-us
TeenLink	Call 1 (866) 833-6546. Hotline that operates 24 hours a day. “You’re not alone. There is someone that’s willing

to listen to you without judgment. Teen Link is a program of Crisis Connections that serves youth in Washington State. Our teen volunteers are trained to listen to your concerns and talk with you about whatever's on your mind – bullying, drug and alcohol concerns, relationships, stress, depression or any other issues you're facing. No issue is too big or too small! Calls and chats are confidential." www.teenlink.org

Please note: *This list of individual agencies is provided as an information resource for your convenience. Lake Washington School District does not recommend or endorse any of the individual agencies provided here. The district will not be held liable or responsible for any services provided by them. Lake Washington School District highly recommends that you conduct your own research and investigation. Use reasonable care before selecting any of these individuals/agencies for services.*

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