



# 2023 Summer Community Resources

## Child Care

YMCA	Kirkland: <b>(425) 485-9797</b> . Redmond: <b>(425) 746-9900</b> . Sammamish: <b>(425) 391-4840</b> . 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	<b>(206) 436-1800</b> 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. <a href="http://www.positiveplace.org">www.positiveplace.org</a>
Childcare Aware of Washington	<b>(800) 446-1114</b> . Childcare Aware is a database of childcare resources in Washington: <a href="https://childcareawarewa.org">https://childcareawarewa.org</a>

## Shelter Locations

New Bethlehem Programs	<b>(425) 679-0354</b> New Bethlehem Programs offer day center and shelter services for families that are experiencing homelessness. Open M-F 10:00 am - 2:00 pm for access to showers, laundry, meals, and referrals to shelter and housing. Families only.
Youth Haven (ages 7-17) The Landing (ages 18-24)	<b>Youth Haven (206) 236-5437</b> Emergency shelter and transitional living for ages 7-17 with case management, life skills and education supports, recreational outings and family mediation. <b>The Landing (425) 449-3868</b> Emergency young adult shelter in Redmond for people 18-24 years old. The Landing is open 7 days a week. <a href="https://www.friendsofyouth.org/services">https://www.friendsofyouth.org/services</a>
Family Emergency Shelter Line	<b>(206) 245-1026</b> 9am-4pm 7 days a week. 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. 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	<b>(425) 885-3311</b> . 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. <a href="#">SP-Bi-fold.pdf (lakewaumc.org)</a>

## Economic Resources

Attain Housing	<b>(425) 576-9531</b> . Providing eviction prevention and move-in assistance for families with children through its Stable Home program. <a href="http://www.attainhousing.org/our-services/stable-home">www.attainhousing.org/our-services/stable-home</a>
Hopelink Financial Assistance	<b>(425) 869-6000</b> . Hopelink offers rent assistance to prevent evictions, can help with the first month's rent, and can help with energy bill payments. <a href="http://www.hopelink.org/need-help/financial-assistance">www.hopelink.org/need-help/financial-assistance</a>
Catholic Community Services	<b>(425) 213-1963</b> Providing rental assistance and permanent and transitional housing resources in East King County. <a href="http://www.ccsww.org">http://www.ccsww.org</a>
St. Vincent de Paul Helpline	<b>(206) 767-6449</b> . Help people with requests for rent, utilities, and food assistance. Open Monday-Friday 8am-3pm. Visit <a href="https://svdpseattle.org/get-help/">https://svdpseattle.org/get-help/</a> 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. <a href="#">PSE   HELP</a>
4Tomorrow	<b>(425) 891-0346.</b> 4Tomorrow works connects youth, families, and individuals with rental resources in East King County. Reach out to them for more details. Se habla Español. <a href="http://www.4tomorrow.today">http://www.4tomorrow.today</a>
<b>Food Resources</b>	
Hopelink	<b>Kirkland foodbank hours: Monday 1-4pm, Tuesday 1-4pm &amp; 5-7pm, Wednesday 10am-3pm, Thursday 1-4pm &amp; 5-7pm, Closed Friday, Saturday &amp; Sunday.</b> <b>Redmond foodbank hours: Monday 1 - 4PM, Tuesday 10AM - 3PM, Wednesday 1 - 4PM &amp; 5 - 7PM; Thursday 10AM - 12PM Closed Friday, Saturday, and Sunday.</b> <a href="http://www.hopelink.org/need-help/food">www.hopelink.org/need-help/food</a> Redmond: <b>(425) 869-6000</b> Kirkland: <b>(425) 889-7880.</b>
Hopelink Mobile Market	See calendar for truck locations and hours - <a href="https://www.hopelink.org/location/mobile-market">https://www.hopelink.org/location/mobile-market</a>
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 6:00-7:20pm; Saturdays 9:00-10:20am. <a href="https://woodinvillestorehouse.org">https://woodinvillestorehouse.org</a>
USDA National Hunger Hotline	<b>1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273) (for Spanish).</b> 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. <a href="https://www.hungerfreeamerica.org/about/our-work/usda-national-hunger-hotline">https://www.hungerfreeamerica.org/about/our-work/usda-national-hunger-hotline</a>
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. <a href="http://www.nourishingnetworks.net">www.nourishingnetworks.net</a>
Little Free Pantries	Little Free Pantries (LFPs) offer a zero-barrier access point to food to help fill the gaps in the food system. Little Free Pantries give neighborhoods and communities the ability to help fill gaps in our food system and are a no-barrier, 24/7 access point to food. Find a Pantry <a href="#">Find A Pantry   Little Free Pantries – The Little Free Pantries</a>
Redmond United Methodist Church	<b>(425) 883-7553 (Open Kitchen)</b> Meals are provided to-go every <b>Wednesday</b> from 5-6 pm. <a href="http://redmondumc.org">Redmond United Methodist Church   Open Kitchen (redmondumc.org)</a>
Essentials First	Essentials First is open to clients to support food and hygiene needs. They are open <b>Monday – Friday 11 am – 3pm.</b> They are located at: 919 124th Ave NE. Suite 103, Bellevue, WA 98005. Contact Amina at <a href="mailto:amina@essentialsfirst.org">amina@essentialsfirst.org</a> for any questions.
<b>General Resources</b>	
2-1-1	<b>Dialing 2-1-1</b> 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	<b>(425) 869-6490</b> or visit <a href="http://www.friendsofyouth.org">www.friendsofyouth.org</a> Serving youth and young families facing circumstances of homelessness, foster care and behavioral health challenges.
City of Redmond	<b>(425) 556-2900.</b> The city of Redmond has a list of health, financial assistance, food, and childcare resources. <a href="#">Human Services   Redmond, WA</a>
City of Kirkland	<b>(425) 587-3000.</b> The city of Kirkland has compiled a list of food, housing, utility, healthcare, and legal resources <a href="#">Human Services Resources – City of Kirkland (kirklandwa.gov)</a>

City of Sammamish	<b>(425) 295-0579.</b> 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. <a href="https://www.sammamish.us/community-involvement/health-human-services/">https://www.sammamish.us/community-involvement/health-human-services/</a>
4Tomorrow	<b>(425)891-0346.</b> 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. <a href="https://www.4tomorrow.today">https://www.4tomorrow.today</a>
Centro Cultural Mexicano	<b>(425) 896-7067</b> Empowering and Connecting Communities through Art and Culture. Centro Cultural Mexicano hosts a variety of activities throughout the year. Visit <a href="https://www.centroculturalmexicano.org">https://www.centroculturalmexicano.org</a>
Indian American Community Services (IACS)	<b>(253)-9989</b> serves the Indian American community through programs, services, and advocacy for people of all ages and life stages. <a href="http://www.iacswa.org">www.iacswa.org</a>
<b>Legal Resources</b>	
Eastside Legal Assistance Program (ELAP)	<b>(425) 747-7274</b> (English) or <b>(425) 620-2778</b> (Spanish), M–Th, 10a–2p. “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.” <a href="http://www.elap.org">www.elap.org</a>
King County Bar Housing Justice Project	<b>(206) 267-7100</b> (English) The Housing Justice Project is a homelessness prevention program providing accessible volunteer-based legal services for low-income tenants facing eviction in King County. <a href="http://www.kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project">www.kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project</a>
Northwest Immigrant Rights Project (NWIRP)	<b>(206) 816-3870.</b> 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 <a href="http://www.nwirp.org">www.nwirp.org</a> for more details.
Tenant Law Center	<b>(206) 580-0762,</b> M - F, 9a – 1p. Advice & assistance for low-income renters facing eviction, repair problems, deposit loss, subsidy termination, lockouts & other issues. <a href="http://www.ccsww.org">Tenant Law Center - Catholic Community Services and Catholic Housing Services of Western Washington (ccsww.org)</a>
<b>Transportation</b>	
Hopelink Transportation Services	Hopelink can provide free transportation to non-emergency medical appointments covered under Medicaid Transportation, <b>(800) 923-7433.</b> Hopelink also operates DART transit <b>(866) 261-3278</b> and has a Mobility Management team <b>(425) 943-6760.</b> Visit website for more details: <a href="https://www.hopelink.org/need-help/transportation">https://www.hopelink.org/need-help/transportation</a>
Metro Flex- King County Metro	<b>Metro Flex</b> is an on-demand transit service that provides rides within multiple King County neighborhoods. Youth 0-18 ride free. <a href="http://www.metrokc.gov/metroflex">Metro Flex - King County Metro - King County</a> Visit Orca LIFT to apply for reduced fares for adults <a href="http://www.orcalift.com">ORCA LIFT - King County, Washington</a>
<b>Mental Health and Wellness</b>	
Youth Eastside Services	<b>(425)747-4937</b> “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.” <a href="http://www.youtheastideservices.org">www.youtheastideservices.org</a>

Consejo Counseling	<b>(206) 461-4880, M-F, 8:00a-5:00p; After hours and on weekends: (206) 461-3222</b> “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.” <a href="http://consejocounseling.org">Consejo – Counseling and Referral (consejocounseling.org)</a>
Trevor Project	LGBTQIA+ Suicide Prevention Hotline: Trevor Lifeline at <b>1-866-488-7386</b> or text <b>“Start”</b> to <b>678-678</b> “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.” <a href="http://www.thetrevorproject.org">The Trevor Project   For Young LGBTQ Lives</a>
NAVOS	<b>(206) 248-8226</b> 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.” <a href="http://www.navos.org">Navos - A Member of the MultiCare Behavioral Health Network</a>
King County 24-hr Crisis Line	<b>1-866-4CRISIS (1-866-427-4747)</b> “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)	<b>(800) 756-5437</b> 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. <a href="mailto:chap@kingcounty.gov">chap@kingcounty.gov</a>
Disaster Distress Helpline	<b>Call or text (800) 985-5990.</b> This 24/7/365 service provides crisis counseling. It’s free, multi-lingual and confidential. <a href="http://www.samhsa.gov/find-help/disaster-distress-helpline/contact-us">www.samhsa.gov/find-help/disaster-distress-helpline/contact-us</a>
TeenLink	<b>(866) 833-6546.</b> 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.” <a href="http://www.teenlink.org">www.teenlink.org</a>
4Tomorrow	<b>Call or text (425) 500-2298.</b> Contact 4Tomorrow for support with your mental health and wellness journey, resources, crisis prevention, and recovery. Free therapy in English and Spanish.
<b>Please note:</b> 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.	