

[Child Care](#)

[Counseling and Mental Health Services](#)

[ESL/Adult Education](#)

[Food Services](#)

[Health Care](#)

[Housing/Homeless/Shelters](#)

[Parenting Classes, Student Preparation and Readiness](#)

[Refugee Resources](#)

[Teen Resources, Parenting, and Pregnancy](#)

[Transportation](#)

[Translation/Interpretation Services](#)

[Women's Services](#)

- [Sexual Assault](#)
- [Legal Services](#)
- [Shelter Services](#)

[Youth and Family Services](#)

[Work Training Programs](#)

Child Care:

Child Care Resources of King County (in English, Vietnamese, Cambodian, Somali, Spanish, Russian)

<http://www.childcare.org/>

Services Provided: CCR helps families in challenging situations find answers to child care questions. Parents who work evenings or weekends, children with special needs, families struggling to manage the cost of care and homeless families can all find personalized and in-depth information, referrals and help here on this website and by calling our office at the contact information at the bottom of this page.

Counseling and Mental Health Services:

Ruth Dykeman Children's Center

<http://www.rdcc.org/>

Services Provided: State Certified Drug and Alcohol Outpatient Treatment and Prevention Programs, Family Reconciliation and Preservation Services, Parent Child Interactive Therapy, Aggression Replacement Training.

Administration Offices & Residential Treatment Facilities

1033 SW 152nd Street

Seattle, WA 98166

(206) 242-1698

Youth and Family Services Branch

137 SW 154th St

Burien, WA 98166
(206) 243-5544

ESL/Adult Education:

Highline Community College and TSD

http://www.tukwila.wednet.edu/index.php?option=com_content&&task=view&id=429&Itemid=558

Services Provided: Adult ESL classes provided in the evenings. Classes at Foster High school rooms 111-114, Monday through Thursday, 6-9 PM. Childcare provided.

King County Library System

www.kcls.org

Services Provided: Adult ESL classes provided in the evenings. Classes vary by location; located all over King County.

Food Services:

Kent Food Bank

<http://www.skfc.org/kentfoodbank/>

Services Provided: The Kent Food Bank is one of the larger food banks in South King County. Clients may visit monthly for food, clothes and Government commodities and weekly for perishable items. Homeless individuals/families may visit weekly for special quick or "no cook" bags. Limited financial assistance for help with basic needs, such as housing/shelter, utility bill or medicine.

515 W Harrison St. Suite 107
Kent, WA 98032
(253) 520-3550

Tukwila Pantry

<http://www.tukwilapantry.org>

Services Provided: This food bank is open Monday's and Wednesday's from 1:30pm to 3:45pm and Saturday's from 12:00pm to 2:15pm. Tukwila residents are welcome. Bring photo ID and a current utility bill showing address.

3118 S. 140th St.
Tukwila WA 98168
206-431-8293

Health Care

Community Health Centers

<http://www.chckc.org/>

Services Provided: Primary Medical Care, Dental Care, and Community Services; provides comprehensive primary medical care to un/under insured residents. Sliding fee scale is available for services including adult & geriatric health care, physicals and annual exams, discounted pharmacy,

preventive care, routine dental exams and treatment and cleaning help in obtaining access to state-funded medical assistance programs, Nursing and counseling services in homeless shelters and transitional housing programs.

[Kent Community Health Center](#)

403 E. Meeker St., Suite 200

Kent, WA 98030

Phone: 253-852-2866

Open Monday & Tuesday 8am-8pm, Wednesday thru Friday 8am-5pm

[Renton Community Health Center](#)

200 S. 2nd St.

Renton, WA 98055

Phone: 425-226-5536

Open Monday 8am-7pm, Tuesday thru Friday 8am-5pm

[SeaTac Community Health Center](#)

4040 S. 188th St., Suite 201 (2nd floor of the Community Services Building)

SeaTac, WA 98188

Phone: 206-277-7200

Open Monday and Wednesday thru Friday 8am-5pm, Tuesdays 8am-7pm

Tyee Campus Health Center

4424 S. 188th St.

SeaTac, WA 98188

Phone: 206-444-7746

Open Monday thru Friday 8am-4pm

Housing/Homeless/Shelters

South King County Youth Shelter

Located in Auburn.

Operated by Auburn Youth Resources

816 F Street SE

Auburn, WA 98002

253-939-2202

The Shelter

Located in South Seattle.

Operated by YouthCare

2500 NE 54th St.

Seattle, WA 98105

206-694-4500

www.youthcare.org

Hopelink

Transitional Family Housing, Emergency Family Shelter, First Month's Rent, Eviction Prevention

<http://hope-link.org/gethelp/housing>

Parenting Classes:

South Seattle Community College

www.sccd.ctc.edu

Apple Parenting Program: 206-764-5801

The program provides parenting assistance for parents of young children.

Baby and Me Program: 206-764-5801

Program for parents and their infants (birth-18 months) focusing on basic care, child development, safety, beginning discipline and stress management.

Tukwila Children's Foundation

<http://www.tukwilachildrensfoundation.org>

Services provided: pre-K preparation classes for parents to learn how best to help their children in school, emergency supplies and assistance, references and resource help.

100 Andover Park W
PMB 134, Suite 150
Tukwila, WA 98188
(206) 816-1379

Refugee Resources:

International Rescue Committee

www.theirc.org

Services Provided: Housing, food services, immigration services, resettlement, and social services for refugees.

100 South King Street, Suite 570,
Seattle WA 98104
Phone: 206 623 2105

Refugee Women's Alliance

www.rewa.org

Services Provided: Advocacy and support for victims; 15 languages spoken. No fees.

4008 M L King Jr Way S
Seattle, WA 98108
Phone: 206-721-0243
TDD: 206-721-5299

Somali Community Services Coalition

<http://scscseatac.cfsites.org/>

Services Provided: Program provides basic social services including family/youth support, housing assistance, counseling, advocacy, referral, interpretation and translations services. Focus is on refugee/immigrant families

15027 Military Road South
Suites 4-5
SeaTac, WA 98188
(206) 431-5141

Teen Resources, Parenting, and Pregnancy:

AMARA Parenting and Adoption (formerly Medina Children's Services)

Teen Parent Program

Parent education, counseling and support

206-260-1700

Highline Hospital

Services provided: program addresses teen pregnancies (and repeat), STD treatment and reoccurrence, routine health exams, emergency room usage, mental health issues including drug and alcohol use, depression; suicide, homelessness and school drop out.

Youth Health Center: 206-439-9300

Planned Parenthood

<http://www.plannedparenthood.org>

Services Provided: Contraception, general health care, HIV and pregnancy tests, HPV and hepatitis vaccines, patient information, STD testing and treatment, women's services.

Seattle Health Center

2001 E Madison
Seattle, WA 98122
800.769.0045

West Seattle Health Center

9641 28th Avenue SW
Seattle, WA 98126
P: 800.769.0045

Kent Valley Health Center

10056 SE 240th #A
Kent, WA 98031
P: 800.769.0045

Pregnancy Aid

Services provided: provides clothing, cribs, car seats and other furniture to new moms. Items are 'borrowed' and then returned when no longer needed. They also provide information and referrals to various programs.

730 S 225th St
Des Moines, WA 98198
206-878-3770

Seattle/King County Public Health Department

Best Beginnings Nurse/Family Partnership program

Services provided: Nurse home-visiting program for first-time young mothers (under 21) and their families that offers connections to community resources

206-296-4600
Renton, Kent and Auburn

Transportation:

Metro KC Dart Program

<http://transit.metrokc.gov/tops/bus/dart/dartinfo.html>

Services provided: Metro's Dial-a-Ride Transit (DART) offers variable routing in some areas within King County. By using vans that can go off regular routes to pick up and drop off passengers within a defined service area, DART service may allow you to arrange for transit service closer to a location. DART does not go door-to-door. It operates on a fixed schedule, but one that has more flexibility than regular Metro Transit buses. Same charge as regular Metro Buses.

1-866-261-DART(3278) (voice), or 1-800-246-1646 (TTY) during the following hours; you may leave a message at all other times:

- Monday through Friday 5:00 a.m. - 11:00 p.m.
- Saturdays: 7:30 a.m. - 9:30 p.m.
- Sundays: 9:30 a.m. - 6:30 p.m.

Bus Buddy Program

<http://hope-link.org/gethelp/busbuddy>

Services provided: your Bus Buddy will walk you through the steps to plan a trip. You'll learn how to read the bus schedules, how to use the route maps, and how to identify the best route for your trip. If you have access to a computer, you will learn to use the online Trip Planner.

For information please contact:

Lori Ferrin at 425.943.6769

busbuddy@hope-link.org

Translation/Interpretation Services:

Dynamic Language Center www.getdynamic.com

Cost: Variable; \$100-\$150 for a 1 page piece

Languages: See list at <http://www.dynamiclanguage.com/dynamic-languages-translation-services/translation-all-languages.htm>

Turnaround: Typically within 24-72 hours

Contact: phone 206.244.6709

Services provided: In person translation/interpreting, document translation

LC Interpreters <http://www.lcinterpreters.com/english/index.html>

Languages: See list at <http://www.lcinterpreters.com/english/LANGUAGES.pdf>

Contact: phone (206) 901-9834 or e-mail info@lcinterpreters.com

Services provided: Phone translation, in person translation/interpreting, document translation

Red Cross Language Bank <http://www.seattlredcross.org/show.aspx?mi=4033>

Languages: Many, depending on available volunteers. For a detailed list, see the [http://arc-](http://arc-seattle.axxiomportal.com/custom/11/1124/misc/List_of_Languages_4.2008.pdf)

[seattle.axxiomportal.com/custom/11/1124/misc/List_of_Languages_4.2008.pdf](http://arc-seattle.axxiomportal.com/custom/11/1124/misc/List_of_Languages_4.2008.pdf)

Contact: phone (206) 323-2345 or e-mail info@seattleredcross.org

World Language Services <http://www.worldls.com>

Languages: See list at <http://www.worldls.com/language.htm>

Turnaround: 24-72 hours

Contact: phone (253) 661-7922 or e-mail info@worldls.com

Services provided: Interpreting

Women's Services:

Refugee Women's Alliance

www.rewa.org

Services Provided: Advocacy and support for victims; 15 languages spoken. No fees.

4008 M L King Jr Way S
Seattle, WA 98108
Phone: 206-721-0243
TDD: 206-721-5299

Northwest Network of Bi, Trans, Lesbian, and Gay Survivors of Abuse

www.nwnetwork.org

Services Provided: Individual and group support; advocacy for bisexual, transgender, lesbian and gay survivors of domestic violence. No fees.

PO Box 20398
Seattle, WA 98102
Phone: 206-568-7777
TDD: 206-517-9670

Seattle Indian Health Board

www.sihb.org

Services Provided: Support for Native American victims of domestic violence. Offers a discount schedule with income verification.

611 12th Ave S
Seattle, WA 98144
Phone: 206-324-9360
TDD: 206-325-7804

DAWN

www.dawnonline.org

Services provided: 24-Hour crisis hotline, confidential emergency shelter, women's support groups, legal advocacy, information and referral and community education. No fees.

P O Box 88007
Tukwila, WA 98138
Phone: 425-656-7867
TDD: 425-656-4305
24-Hour Crisis Line: 425-656-7867

New Beginnings

www.newbegin.org

Services provided: Support for women in legal procedures. Referrals; groups; parenting support groups. No Fees.

P O Box 75125
Seattle, WA 98125-0125
Phone:206-522-9472

Eastside Domestic Violence Program

www.edvp.org

Services provided: Domestic Violence crisis line, shelter, community advocacy, referrals, support groups and counseling. No fees for most services.

P O Box 6398
Bellevue, WA 98008
Phone: 425-746-1940/800-827-8840

Consejo Counseling and Referral Services

www.consejo-wa.org

Services provided: counseling for victims; focus on Hispanic community; medical coupons; private pay, sliding scale.

3808 S Angeline
Seattle, WA 98118
Phone: 206-461-4880

YWCA of Seattle/King-Snohomish County

www.ywcaworks.org

Services provided: Emergency shelter, transitional housing and comprehensive services to survivors of domestic violence. Call for fee information.

1118 - 5th Ave
Seattle, WA 98104
Phone: 206-461-4888

YWCA - East Cherry Branch

www.ywcaworks.org

Services provided: counseling; help finding shelter; peer support group for African American women. No fees.

2820 E Cherry
Seattle, WA 98122
Phone: 206-568-7845

YWCA – South King County

www.ywcaworks.org

Services provided: Rent assistance for residents of King County who have an eviction notice. Advocacy-based counseling and support for victims of domestic violence, in-home education and counseling for children who have witnessed domestic violence. No fees.

1010 S 2nd St
Renton, WA 98055

Phone: 425-226-1266
TDD: 425-228-4063

King County Coalition Against Domestic Violence

www.kccadv.org

Services provided: Conduct training, public education and advocacy activities aimed at ending domestic violence. Call for fee information.

1419 S Jackson, #103
Seattle, WA 98144
Phone: 206-568-5454

Sexual Assault Services:

Harborview Medical Center-Center for Sexual Assault and Traumatic Stress

1401 E Jefferson, 4th Floor
Seattle, WA 98122
Phone: 206-521-1800
TDD: 206-521-1808

www.harborview.org

Crisis counseling, advocacy and medical care for victims of sexual assault. Sliding scale fees, medical coupons, Healthy Options and Medicare.

Harborview Medical Center-Children's Response Center

1035 - 116th Ave NE, #211
Bellevue, WA 98004
Phone: 425-688-5130
TDD: 425-688-5762

www.childrensresponsecenter.org

Comprehensive services to child victims of sexual assault and other traumatic events. Sliding scale fees, medical coupons, Healthy Options and Medicare.

King County Sexual Assault Resource Center

PO Box 300
Renton, WA 98057
Phone: 888-998-6423
www.kcsarc.org/

24 hour crisis phone for victims of rape or sexual assault. Counseling; referrals. No fees.

Asian Pacific Islander Women and Family Safety Center

PO Box 14047
Seattle, WA 98114
Phone: 206-467-9976

Outreach and education services to prevent victimization by domestic violence, sexual assault and human trafficking. No fees

Batterers Treatment:

Asian Counseling & Referral Services

720 - 8th Ave S, #200
Seattle, WA 98104
Phone: 206-695-7600
TDD: 206-695-7608

www.acrs.org

Youth and adult short-term and long-term outpatient counseling, crisis intervention, case management, chemical dependency treatment, domestic violence treatment and social services in a bilingual, bicultural setting. Counseling fees are based on a sliding scale.

Consejo Counseling and Referral Services

3808 S Angeline
Seattle, WA 98118
Phone: 206-461-4880

www.consejo-wa.org

Individual, group and family counseling. Facilitates a bilingual teen sexual abuse treatment group for Spanish or English-speaking Latino teens, alcohol, drug counseling, assessment and education. Sliding scale fees. Accepts medical coupons and private insurance.

Family Services

615 – 2nd Ave, suite 150
Seattle, WA 98104
Phone: 206-826-3050

www.family-services.org

State-certified domestic violence treatment program for men and safety planning and resource referral for domestic violence victims. Fees: \$15-60 per session

Seattle Mental Health

1600 E Olive St
Seattle, WA 98122
Phone: 206-302-2300/800-828-1449
TDD: 206-302-2209

www.smh.org

Subsidized treatment to low income immigrant and refugee batterers. Accepts medical coupons, Medicare, private pay and private insurance.

Legal Services:**Unemployment Law Project**

2800 - 1st Ave, Room 216
Seattle, WA 98101
Phone: 206-441-9178

www.unemploymentlawproject.org

Serves anyone denied unemployment compensation in the State of Washington who is appealing a denial and is facing an administrative hearing. No fees for legal services. Clients are asked to donate one week of benefits or 15% of total benefits if the case is won.

Solid Ground – Family Assistance Program

PO Box 31151
Seattle, WA 98103
Phone: 206-694-6742
TDD: 206-694-6710

www.fremontpublic.org

Helps public assistance applicants and recipients to obtain benefits through TANF, Workfirst, GAU, ADATSA, Food Stamps, Medicaid and medical assistance programs by providing advice, legal representation and referrals. No fees.

Shelter Services:

Contracted agencies provide emergency housing, support and resource information, for victims of domestic violence and their families.

YWCA – Downtown Emergency Shelter

1118 - 5th Ave
Seattle, WA 98104
Phone: 206-461-4882
www.ywcaworks.org

Emergency shelter and advocacy-based counseling to survivors of domestic violence, parenting and employment services are available to shelter clients. No fees.

Salvation Army – Catherine Booth House

P O Box 20128
Seattle, WA 98102
Phone/TDD: 206-324-4943
www.nwarmy.org

Domestic violence emergency shelter at a confidential location, client advocacy for housing, legal and financial needs. No fees.

Solid Ground – Broadview Emergency Shelter and Transitional Housing

PO Box 31151
Seattle, WA 98103
Phone/TDD: 206-299-2500/877-622-3122
www.fremontpublic.org

Shelter with furnished apartments, advocacy-based counseling, domestic violence and parenting support groups, health care, emergency food, clothing and referrals to other services. No fees for shelter.

Transitional Housing Services:

Contracted agencies provide transitional housing, support, resource information, financial resources, interpretive services, crisis intervention, information and referral, counseling, training and education, parenting support and advocacy for victims of domestic violence/sexual assault and their families.

YWCA – Anita Vista Transitional Housing

1010 S 2nd St
Renton, WA 98055
Phone: 425-226-1266
www.ywcaworks.org

Transitional housing to homeless women with children who are survivors of domestic violence. No fees.

Solid Ground – Broadview Emergency Shelter and Transitional Housing

PO Box 31151

Seattle, WA 98103
Phone/TDD: 206-299-2500/877-622-3122
www.fremontpublic.org

Shelter with furnished apartments, advocacy-based counseling, domestic violence and parenting support groups, health care, emergency food, clothing and referrals to other services. No fees for shelter. Provides transitional housing on a sliding scale based on ability to pay.

Information and Referral Services:

Child Care Resources

1225 Weller St, Suite 300
Seattle, WA 98144
Phone: 206-329-5544
www.childcare.org

Information about licensing procedures for child care providers and information and referral to licensed child care providers in King County. Sliding scale fees are available based on family size and income. Most clients are served without fees.

Crisis Clinic

1515 Dexter Ave N
Seattle, WA 98109
Phone: 206-461-3200
24-Hour Crisis Line: 206-461-3222
www.crisisclinic.org

24-hour crisis line, caregiver information and assistance program, community information line, community resources online, disability information and assistance program, survivors of suicide, teen link and Where To Turn Directories. No fees. \$15-30 plus taxes and shipping for directories.

Interpretive Services:

Contracted agencies provide interpretive language services for victims of sexual assault and/or domestic violence.

World Language Services

1911 SW Campus Dr
Federal Way, WA 98023
Phone: 253-661-7922/877-700-7922
www.worldls.com

Provide interpreter services to community-based domestic violence and sexual assault victim service agencies. Call for fee information.

Career and Education:

WWEE (Washington Women's Employment and Education)
<http://www.wwee.org/>

Services Provided: REACH Plus (Reaching Employability & Achieving Career Habits) is a program designed to help participants be competitive in the job market and successful in a new career.

515 West Harrison, Suite 208
Kent, WA 98032
(253) 859-3718 (local)

Youth and Family Services:

Renton Area Youth & Family Services

<http://www.rays.org/>

Services Provided: Child and Family Mental Health and Counseling Services, Youth Substance Abuse Treatment, Emergency Financial Assistance, Parenting Programs, Resource and Referral Services, Holiday Assistance.

1025 S 3rd Street
Renton, WA 98055
425-271-5600

Work Training Programs:

King County Work Training Programs

<http://www.metrokc.gov/dchs/csd/WorkTraining/index.htm>

401 5th Ave, Suite 510
Seattle, WA 98104
206-263-9039

WorkSource

<http://www.metrokc.gov/dchs/csd/WorkTraining/WorkSource.htm>

Services provided: WorkSource Renton is King County's oldest and largest one-stop employment and training center, and the only one managed by King County. The center provides a range of comprehensive employment services to both businesses and job seekers. Services include access to employees and employers, computer labs, facilitated job search and career workshops, and individualized employment and training assistance. WorkSource Renton delivers thousands of services a month, exemplifying the national one-stop principles of integration, customer choice, performance accountability, and universal access.

500 SW 7th Street, Suite 100
Renton, WA 98057
206-205-3500

Highline CC WorkSource Connection

http://www.worksourceskc.org/locations/highline_connect.asp

Highline Community College
2400 S. 240th St.
Des Moines, WA 98198-9800

Phone: 206-878-3710

King County Jobs Initiative

Services provided: KCJI provides an intensive four-day Job Readiness Training to all participants. This training helps participants understand and prepare for their transition into training and employment. KCJI Account Executives provide quality case management. This means you work with the same person from enrollment, through your training, and until you have worked on your new job for one year. Job placements are in full-time jobs paying at least \$9 per hour, many with benefits.

For information, contact local representative:

Anane Wako

TRAC Associates
545 Andover Park W. Suite 211
Tukwila, WA 98188
phone: 206-574-0863 ext.101
e-mail: anu@tracassoc.com

Cory Montes

TRAC Associates
545 Andover Park W. Suite 211
Tukwila, WA 98188
phone: 206-574-0863 ext. 115
e-mail: cory@tracassoc.com

Keo Soth

Center for Career Alternatives (CCA)
9615 16th Ave SW
Seattle, WA 98106
phone: (206) 957-0684
e-mail: ksoth@ccawa.org

Galmesa Elemo

Center for Career Alternatives (CCA)
9615 16th Ave SW
Seattle, WA 98106
phone: 206-957-4398
e-mail: gelemo@ccawa.org

Kari Atkinson

TRAC Associates
545 Andover Park W. Suite 211
Tukwila, WA 98188
phone: 206-574-0863 ext. 104
e-mail: kari@tracassoc.com

WWE (Washington Women's Employment and Education)

<http://www.wwee.org/>

Services Provided: (for women) REACH Plus (Reaching Employability & Achieving Career Habits) is a program designed to help participants be competitive in the job market and successful in a new career.

515 West Harrison, Suite 208
Kent, WA 98032
(253) 859-3718 (local)