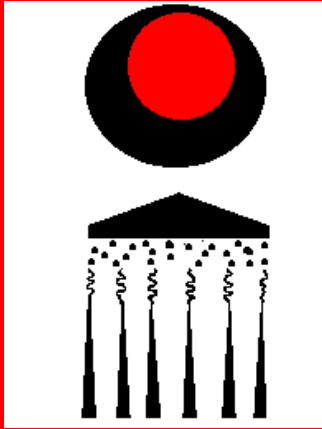


Seattle Indian Health Board
&
Washington State University
Partnerships for Native Health

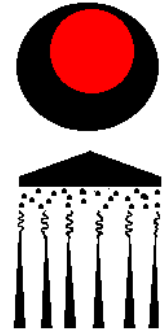


Kwačil Project
Caring for our Relations

**Resource & Referral
Community Services
Directory**



Seattle Indian
Health Board



The Purpose of this Directory is to serve as a resource and referral guide for The Promoting First Relationships Parenting Program. Please contact the Resource and Referral staff with any corrections, changes or additions at 253.736.4355 or via email alexism@sihb.org.



*Any resource with this symbol signifies a Native focus

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Emergency

Adult Protective Services (Seattle)

address	1737 Airport Way S #130 Seattle, WA 98134
phone	1-866-ENDHARM1.866.363.4276 or 206.341.7660 911 After Hours
website	www.dshs.wa.gov/altsa/home-and-community-services/report-concerns-involving-vulnerable-adults
notes	Investigates reports of abuse, neglect and exploitation of individuals over 60 years of age or developmentally disabled adults over the age of 18

Child Abuse & Neglect Hotline

phone	1.866.363.4276; Nights & Weekends call 1.800.5624
website	www.dshs.wa.gov/ca/child-safety-and-protection/how-report-child-abuse-or-neglect
	A toll-free child abuse hotline 24 hours a day, 7 days a week. Centralized Intake specialists screen calls, assess the level of risk to children, and prioritize reports of abuse, neglect, and abandonment according to urgency with which social workers need to respond.
notes	The specialists forward reports of suspected child abuse, neglect, or abandonment to social workers in county offices for investigation.
	Note: reports that involve enrolled tribal members are forwarded to the appropriate agency; BIA Social Services or Tribal Social Services for Investigation

Notes

Bureau of Indian Affairs (BIA)



address 4735 E Marginal Way S #1206, Seattle, WA 98134

phone 206.615.2452

website www.bia.gov

Human Services consists of direct funding and activities related to social services, welfare assistance, Indian Child Welfare, and program oversight. The objective of this activity is to improve the quality of life for individual Indians that live on or near Indian reservations and to protect the children, elderly and disabled from abuse and neglect.

notes

The activity also provides child abuse and neglect services and protective services to Individual Indian Monies (IIM) supervised account holders who are minors, adults in need of assistance, adults under legal disability, and adults found to be non compos mentis

King County Sheriff's Office

address 516 3rd Ave, Seattle, WA 98104

phone 206.296.311

website www.kingcounty.gov/depts/sheriff.aspx

24-hours to report a neighborhood problem or a crime that is not an emergency.

notes

Law enforcement services for King County. IN CASE OF AN EMERGENCY:**PLEASE DIAL 911** Crime Stoppers: 206.343.2020

Federal Bureau of Investigations

address 1110 3rd Avenue Seattle, WA 98101-2904

phone 206.622.0460

website <https://www.fbi.gov/contact-us/field-offices/seattle>

Investigates major crimes in conjunction with local law enforcement agencies including state, country, tribal, and city agencies that occur within the exterior boundaries of Indian reservations.

Notes

Tribal Court Public Defense Clinic



address Native American Law Center
William H. Gates Hall Suite 265
PO Box 85110 Seattle, WA 98145-1110

email boba@uw.edu

phone 206.622.0460

website www.law.washington.edu/Clinics/Tribal/clients.aspx

notes Clients are generally Indians charged with crimes by the Tulalip, Squaxin Island, Puyallup and Port Gamble S'Klallam Tribes. They also represent, in partnership with the Tulalip Parent Advocacy Project, a limited number of parents whose children have been declared wards of the Tulalip Tribal Court. Unable to take cases from the general public and only represent clients in cases in which they are appointed by the tribal courts.

King County Courthouse

address 516 3rd Ave, Seattle, WA 98104

phone 206.205.9200

website www.kingcounty.gov/courts/SuperiorCourt/kcch.aspx

notes The King County Courthouse is the administrative building housing the judicial branch of King County, Washington government.

Disaster & Emergency Services

address Seattle Office of Emergency Management
105 5th Ave S Suite 300
Seattle, WA 98104

email barb.graff@seattle.gov

phone Emergency Call 911; Non-emergency Police 206.625.5011; Non-emergency Fire 206.386.1400

website www.seattle.gov/emergency-management

notes Responsible for developing plans, partnerships, training and exercises to minimize the danger and damage to our community from severe weather, earthquakes, pandemics, large planned events which pose security concerns etc.

Notes

Washington Poison Control

address 155 NE 100th St #100, Seattle, WA 98125
phone 800.222.1222
website www.wapc.org
notes Open 24 hours everyday

Suicide Hotline

phone 24-Hour Crisis Line: 866.427.4747
Teen Link 866.833.6546 (6-10pm)
website www.crisisclinic.org/find-help/crisis-line/
notes Provides immediate help to individuals, families and friends of people in emotional crisis. Help with determining if you or a loved one needs professional consultation and can link you with appropriate services.

Sexual Assault Resource Center

address 200 Mill Avenue South, Suite 10, Renton, WA 98057
email AdminSupportStaff@kcsarc.org
phone 24-Hour: 1.888.998.6423 Main Office: 425.226.5062
website www.kcsarc.org
notes To help alleviate, as much as possible, the trauma of sexual assault for victims and their families.

Seattle Fire Department

address 301 2nd Ave S, Seattle, WA 98104
phone 206.386.1400
website www.seattle.gov/fire
notes Provides fire protection and emergency medical services to the city of Seattle, Washington.

Notes

Child Care

The Child Care Subsidy Program

address 3600 S Graham St, Seattle, WA 98118

phone 1.877.501.2233

website www.dshs.wa.gov/esa/community-services-offices/child-care-subsidy-program

notes Call to apply, eligibility for CCSP is determined by your household's income and the number of people in your family.

Child Care Assistance Program

address Seattle Municipal Tower
700 5th Ave Suite #1700 Seattle, WA 98104

email ccap@seattle.gov

phone 206.386.1050

website www.seattle.gov/education/early-learning/child-care-and-preschool/child-care-assistance-program

notes The City of Seattle helps low and moderate-income working families pay for child care for children ages one month to 13 years. Families can choose from more than 100 licensed family child care homes and centers in Seattle. Contact to be screened for eligibility and apply for assistance.

Child Care Resources

address 1225 South Weller, Suite 300 Seattle, WA 98144

phone 206.329.5544 or 1.800.446.1114

website www.childcare.org/family-services

notes Help with finding child care that supports your child's unique needs and your family's values, culture, work or other activities.

Notes

Daybreak Star Preschool



address 5011 Bernie Whitebear Way, Seattle, WA 98199

phone 206.285.4425

website www.unitedindians.org/programs/daybreak-star-preschool

notes United Indians of all Tribes Foundation Daybreak Star Preschool is proud to provide children ages 3 to 5 and families a culturally relevant, high quality early education experience in a "full day" program that focuses on giving children a strong educational foundation integrated with Indigenous knowledge and cultural experience.

After School Program

address 5150 South Cloverdale Place Seattle, WA, 98188

email info@atlanticstreet.org

phone 406.653.3147

website atlanticstreetcenter.org/programs__trashed/youth-development

notes Free and available to youth ages 10-24 who live in the City of Seattle, M-F during after school hours. This after school program helps youth improve in basic academic skills, while motivating them to do well in school. Classes include one-on-one tutoring, group tutoring, and homework help. We also sponsor projects to encourage youth to give back to the community, this includes: volunteering at homeless shelters, creating public art installations, community clean-up and beautification projects, and visiting with the disabled and elderly. We have structured activities and support groups that develop young people's social skills, leadership potential, and social responsibility, while promoting a strong anti-violence message.

Notes

Parenting Support

Birth and Baby Wisdom Circle



address Seattle Indian Health Board
611 12th Avenue South, Suite #200, Seattle, WA 98144

email info@sihb.org

phone 206.324.9360

website www.sihb.org/nutrition-wic

notes A learning opportunity for Labor and Delivery, this event is open to all expecting mothers and partners and/or support people. The second Thursday of each month. Go into birth with confidence! 10:00am-12:30pm

Nutrition/WIC



address Seattle Indian Health Board
611 12th Avenue South, Suite #200, Seattle, WA 98144

email info@sihb.org

phone 206.324.9360

website www.sihb.org/nutrition-wic

notes Women, Infants & Children (WIC) services are available for pregnant and breastfeeding women, and children up to age 5. Other nutrition services are available for all ages. Services include: Individual planning and counseling, breastfeeding peer education and assistance including a monthly breastfeeding class, nutrition education, women infants and children (WIC) supplemental food vouchers.

Notes

Ina Maka Family Program



address Daybreak Star
5011 Bernie Whitebear Way, Seattle, WA 98199

email To join: khess@unitedindians.org

phone 206.681.7447 or 206.829.2239

website www.unitedindians.org/programs/family-support-services/ina-maka-family-program

notes Parenting your children can be difficult. We offer families with American Indian/Alaskan Native children one-on-one time with trained Parent Partners who work with them to make sure they receive the support they need. Ina Maka means Mother Earth in the Sioux Language/ Who can join? To join Ina Maka you must be: Residents of King County, Pregnant moms and families caring for native children 3 and under, American Indian/ Alaskan Native or raising an American Indian/ Alaskan Native child, Low-income.

Perinatal Lunch for Expecting & New Mothers



address Seattle Indian Health Board/ talking circle
611 12th Avenue South Suite #200, Seattle, WA 98144

phone 206.324.9360

website www.sihb.org/current/?id=117

notes These lunches are open to all expecting mothers and new mothers with immediate family members. Every Thursday from 12:30 to 3:00 pm.

Notes

Chemical Dependency

Crisis Clinic

address 9725 3rd Avenue NE, Suite 300, Seattle, WA 98115
email info@crisisclinic.org
phone 206.461.3222
website www.CrisisClinic.org
notes If you or a loves one has an immediate mental health crisis, please call.

Thunderbird Treatment Center

address 9236 Renton Avenue South Seattle, WA 98118
phone 206.722.7152
website <http://www.sihb.org/ttc/>
notes Inpatient Treatment, Treatment Support, Traditional Indian Medicine, Medical Support

Leschi Clinic

address 611 12th Avenue South, Suite 200 Seattle, WA, 98144
phone 206.324.9360
website www.sihb.org/chemical-dependency-outpatient-services/
notes Outpatient Services for Thunderbird Treatment Center. A chemical dependency assessment helps determine the appropriate treatment service. Assessments are available through this office from 9am-6pm M-F.

Notes

Behavioral Health & Recovery

Division

address Chinook Building, 401 Fifth Ave., Suite 400 Seattle, WA 98104

phone 206.263.9000

website www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse.aspx

notes Our Services cover King County residents who: are Medicaid eligible and meet certain medical eligibility requirements. We help to ensure that people with mental health and substance use disorders receive the inpatient, outpatient, and other services they need.

Salvation Army Adult Rehabilitation

address 1000 4th Avenue S Seattle WA 98104

email Timothy.Rockey@usw.salvationarmy.org

phone 206.587.0503

notes Center's offer residential housing, work, and group and individual therapy, all in a clean, wholesome environment. The physical and spiritual care that program participants receive prepares them to re-enter society and return to gainful employment. Free treatment/ Low- Budget, Assessment, Outpatient, Substance Abuse, and Treatment.

Mental Health & Addiction Services

address Harborview Hospital 401 Broadway, 1st Floor, Seattle, WA 98104

phone 206.744.9657

website www.uwmedicine.org/locations/addictions-program-harborview

notes Provides integrated chemical dependency, mental health and medical primary care treatment in an outpatient setting to assist people with chemical abuse and dependency problems. Treatment is also provided to individuals with co-occurring chemical dependency and mental health disorders, those in need of opiate replacement therapy and patients with co-morbid medical issues.

Notes

Domestic Violence

Seattle Indian Health Board Domestic Violence

address 611 12th Avenue South, Suite 200, Seattle, WA 98144

phone 206.324.9360

website <http://www.sihb.org/job-opportunities/>

notes The Domestic Violence Program offers a range of services and assistance to women victims of domestic violence. Assistance is offered in the following areas: Safety planning, locating safe shelters, obtaining restraining orders, emergence help such as food vouchers and transportation, education (both individual and group)

New Beginnings

address PO Box 75125 Seattle, WA 98175-0125

phone For support call our 24-hour Help Line: (206) 522-9472

Administrative Office (206) 783-4520

website www.newbegin.org

notes New beginnings empowers survivors and mobilizes community awareness and action to end domestic violence. Provides services to those whose lives have been affected by domestic violence- physical, emotional, or sexual abuse. Services: Safety plan, emergency shelter, children's services, legal clinic provides a free consultation with an attorney, transitional housing program, and community resources.

Domestic Abuse Women's Network

address PO Box 88007 Tukwila, WA 98138

phone Crisis: 425.656.7867 Business: 425.656.4305

website dawnrising.org

notes Dawn protects women and children from domestic abuse, providing shelter, support and empowerment so they can build secure and happy lives. 24

Notes

Native Women In Need Cultural Services

address MS 31-555 PO Box 34165 Seattle, WA 98124
email nhill@nativewomen.net
phone Call for access, 206.293.2014 or 206.268.0880
website http://www.nativewomen.net/Home_Page.php

Native Women In Need (NWIN) is a unique 501 (C) (3) Non-profit charitable organization which offers cultural services, advocacy mentorship, chemical dependency classes and transitional housing devoted to support the success of Native American Women in pursuit of healing from historical and intergenerational trauma.

Circle of Life Workshop Series includes:

- #1-Dreamcatcher, hot meal and creation of dream catcher
- #2-Medicine Wheel, sweat lodge or Talking Circle, hot meal, creation of medicine wheel
- #3- Dynamics of Anger, sweat lodge and identification of personal triggers and how to redirect the anger in a healthy way.
- #4-Walk A Mile In My Moccasins, sweat lodge and 7 grandfather teachings while making a pair of baby moccasins for everyone to take home.
- #5-Tree of Life- sweat lodge, centers on the power of the mind in accepting the things we cannot change and changing the things you can today.
- #6-Teachings on the Cradleboard, sweat lodge, lunch, cradleboard teachings while making a cradleboard to take home.
- #7-#8 Domestic Violence support
- #9-Silent No More, educational therapy and awareness on sexual victimization of Indian Women followed by a sweat.
- #10- Angie and the Spirit Animals, educational therapy on self-actualization on the disclosure of sexual abuse.

notes

Notes

Education

Seattle Public Schools

address 2445 3rd Ave. S, Seattle, WA 98134
phone 206.252.0000
website www.seattleschools.org
Notes Registration information and questions for K-12

Licton Springs K-8 (Native Focus)



address Temporary location: 4400 Interlake Ave N, Seattle, WA 98103,
Final Destination Wilson-Pacific Site in NW Seattle 1330 N 90th St,
Seattle
email Main Office: lictonsprings.attendance@seattleschools.org
Principal: Roy Merca rmerca@seattleschools.org
phone 206.252.6000
website www.lictonspringsk8.seattleschools.org

notes We use an alternative method of teaching that emphasizes hands-on learning, culturally responsive curriculum, and community engagement. We emphasize Native experience, culture, and history while serving a diverse, multicultural student community and connect learning in the classroom to real-world context. Curriculum: Native focused, honoring Northwest tribes and the diversity of Native people through out the Americas, Tribal Sovereignty Curriculum, Social Justice education, Individualized approach for different types of learners, Frequent field trips and community speakers, Model of shared decision making.

Notes

Muckleshoot Tribal School K-12



address 15209 SE 37th Street Auburn, WA 98092
email mts@muckleshoottribalschool.org
phone (253) 931-6709 Elementary: ext. 3799 Middle School: ext. 3715(0)
High School: ext. 37777
website www.muckleshoottribalschool.org/default.aspx
notes Mission Statement: The Muckleshoot Tribal School is committed to a comprehensive, culturally-centered and academically challenging educational learning program that provides each student the opportunity to discover and develop his or her unique strengths and talents academically, socially, physically, and culturally and, therefore, become a productive, contributing member within the individual's familial, tribal, and world communities.

Head Start at Seattle Public Schools

address MS 31-555 PO Box 34165 Seattle, WA 98124
phone 206.252.0960
website www.seattleschools.org/cms/One.aspx?portalId=627&pageId=15923
notes Head Start is a federally funded child development program for low-income children and their families. Serves children three-year and four-year-old children, offering half-day programs at various schools in the district. Call to apply.

Notes

Upward Bound

address 700 5th Ave Suite 5800, Seattle, WA 98104

email youthservices@seattle.gov

phone 206.386.1027

website www.seattle.gov/humanservices/services-and-programs/upward-bound

notes In addition to a free six-week summer school held at Seattle University, services provided during the academic school year: tutoring and mentoring, on-site academic guidance and personal counseling to ensure each student is prepared, academic monitoring, SAT/ACT test taking preparation and waivers, assistance with college and financial aid applications, program incentives to earn good grades, workshops/trainings to develop personal visits to college campuses, career assessments, planning and exploration, access to

additional opportunities resources such as summer job training internships or paid jobs, educational and cultural activities, leadership development.

Notes

Higher Education

Federal Student Aid (FASFA)

phone 1.800.433.3243

website www.fafsa.ed.gov

notes Apply as soon as possible after October 1st and contact school for deadline timeline. Providing more than \$150 billion in federal grants, loans, and work-study funds each year to more than 13 million students paying for college or career school.

Seattle Colleges

address

- ◆ Seattle Central College 1701 Broadway Seattle, WA 98122
- ◆ North Seattle College 9600 College Way North Seattle, Washington 98103
- ◆ South Seattle College, 6000 16th Avenue SW Seattle, WA 98106
- ◆ Seattle Vocational Institute 2120 South Jackson Street, Seattle WA 98144

phone

- General: 206.934.4100
- Seattle Central College: 206.934.3800
- North Seattle College: 206.934.3600
- South Seattle College: 206.934.5300
- Seattle Vocational Institute 206.934.4950

website <http://www.seattlecolleges.edu/>

notes Seattle Colleges offer workforce education and training, professional-technical programs, bachelor's degrees in career areas and transfer degree programs. Committed to endless possibilities and strong support for student success, call to make an appointment to find the right fit for you and the next steps to enroll.

Notes

Seattle Pacific University

address 3307 3rd Ave West, Seattle WA 98119-1997

email admissions@spu.edu or transfer@spu.edu

phone 206.281.2021

website <http://spu.edu/>

notes SPU's mission is to engage the culture and change the world with the gospel of Jesus Christ. Call to make an appointment.

Seattle University

address 901 12th Avenue Seattle, WA 98122

email admissions@seattleu.edu

phone 206.220.8040

website <https://www.seattleu.edu/>

notes Jesuit Catholic University, Seattle University is dedicated to educating the whole person, to professional formation, and to empowering leaders for a just and humane world. Call to make an appointment to talk about opportunities we have to offer you.

The Art Institute of Seattle

address 901 12th Avenue Seattle, WA 98122

phone 800.275.2471

website <https://www.artinstitutes.edu/seattle>

notes You're imaginative, artistic, and you want a career that will utilize your creativity and offer a real future. If this sounds like you, you've come to the right place. CALL US.

Notes

Muckleshoot Tribal College



address 39811 Auburn Enumclaw Rd SE, Auburn, WA 98092
phone 253.876.3183
website www.muckleshoottribalcollege.org/index.php/site/cat_pc/C18

notes Striving to expand academic and career opportunities for both our immediate tribal family and the extended community. Free GED Preparation, On-site GED examination, Free Basic computing and IT training through the Muckleshoot Office Skills Training Program, Marketing and Business Management programming through Bates Technical College, Two year degrees through Northwest Indian College and Grays Harbor College, Four year degrees through Evergreen State College and Antioch, Math and writing support for all students, Muckleshoot Language Program.

Office of Minority Affairs & Diversity

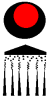


address Mary Gates Hall, 1851 NE Grant Ln, Seattle, WA 98105
email cpromad@uw.edu
phone 206.543.7132
website <http://depts.washington.edu/omadcs>

notes Free counseling on the steps to applying and the process of getting back into high education. OMA&D's goal is to ensure the access and academic success of diverse populations through the advancement of knowledge, academic excellence, diversity, and the promotion of values, principles, and a climate that enriches the campus experience for all. Come in for Drop in appointments Monday-Friday between 9 am-4:30 pm

Notes

wələbʔaltx^w-Intellectual House



address 4249 Whitman Court, Seattle, WA 98195

email welebalt@uw.edu

phone 206.616.7066

website www.washington.edu/diversity/tribal-relations/intellectual-house

notes

Intellectual House is a longhouse-style facility on the UW Seattle campus. It provides a multi-service learning and gathering space for American Indian and Alaska Native Students, faculty and staff, as well as others from various cultures and communities to come together in a welcoming environment to share knowledge. You can reserve event spaces, also look at their calendar for community events to connect with other Natives in the community.

Employment & Training

Native Workforce Service Program



address Daybreak Star, 5011 Bernie Whitebear Way, Seattle, WA 98199

phone 206.829.2247

website www.unitedindians.org/programs/daybreak-star-preschool/native-workforce-service-program

notes Call or drop in to set up an intake, hours are Monday-Friday 9:00am to 5:00pm. Support in comprehensive employment and training activities such as: work experience, job counseling, referrals and placement, classroom training, career counseling, academic counseling and educational assistance. Eligibility Requirements: Resident of King County, 18+ years of age, Member of a federally recognized tribe, unemployed or underemployed and meet income guide lines as per DOL.

Plymouth On-Call Employment

address 2113 3rd Avenue Seattle, WA 98121

email Rainelle Sizemore, Executive Assistant:
rsizemore@plymouthhousing.org

phone 206.374.9409 ext:111

website <https://www.plymouthhousing.org/>

notes This program gives residents of Plymouth housing the opportunity to gain job skills by training them as front desk staff, maintenance workers and janitorial staff. Many permanent Plymouth employees started in the On-Call Program

Notes

Work Source-Downtown Seattle

address YMCA 2nd Floor, 2024 3rd Ave. Seattle, WA 98121
phone 206.436.8600
website www.worksourceskc.org

notes WorkSource is the name for the "one-stop" system in Washington State. It is an integrated, high quality delivery system for an array of employment and training services designed to enhance the effectiveness and coordination of employer and job-seeker services. No fees are charged for any of the services offered. The following Metro bus routes serve this location: 1, 2, 3, 4, 5, 13, 14, 15, 16, 17, 18, 21, 24, 26, 27, 28, 29, 33, 40, 55, 56, 57, 82, 116, 118, 119, 120, 124, 131, 132, Rapid Ride C, D, E.

Veterans Employment Program

address 2024 3rd Avenue Seattle, WA 98121
email sgaule@ywcaworks.org
phone 206.436.8617
website <https://www.ywcaworks.org/page.aspx?pid=1141>

Notes: Services for all veterans accessing WorkSource Downtown Seattle, include career assessment, resume and cover letters, interviewing and networking, vocational training, workshops and job clubs, job placement, community referrals and additional support services.

Notes

The City of Seattle Youth Employment

address 810 3rd Ave Suite 420 Seattle, WA 98104

email youthservices@seattle.gov

phone 206.386.1375

website www.seattle.gov/humanservices/services-and-programs/seattle-youth-employment-program

Notes Eligible youth and young adults are placed to receive work experience in positions at various city departments and at private sector placements based on their career interest. Eligible participants are provided with: Job coaching and encouragement, job readiness training, career exploration, transportation support to/from internship site, internships and jobs with a variety of Seattle area businesses

Seattle Vocational Rehabilitation

address 400 Mercer St #508, Seattle, WA 98109

phone 206.273.7100

website www.dshs.wa.gov/ra/division-vocational-rehabilitation/about-dvr

notes Provides employment services and counseling to individuals with disabilities who want to work but experience barriers to work because of a physical, sensory, and/or mental disability. A DVR counselor works with each person to develop a customized plan of services designed to help them reach their employment goal.. Counseling and guidance, counselors for the Deaf and Hard of Hearing, Assessment services, Benefit Planning, Independent living services, Assistive technology services, training and education, job-related services.

Notes

Workforce Development Council

address 2003 Western Ave #250, Seattle, WA 98121

email info@seakingwdc.org

phone 206.448.0474

website www.seakingwdc.org

The WDC consistently innovates and champions initiatives that better support jobseekers by promoting self-sufficiency through employment and skill development; aligning education, employers and the public workforce system for efficient and effective use of resources; ensuring that young people are prepared for lifelong learning and employment success

Free Internet Access

- | | |
|--|---|
| Delridge Computer Lab
4501 Delridge Way SW
Seattle, WA 98106
Mon-Thurs 1:00-8PM
Late night sat for teens
Sat 7PM to midnight | Rainier Computer Lab
4600-38th Ave S
Seattle WA 98118
Mon-Thurs 11:00AM-5:00PM |
| South Park Computer Lab
8319-8th Ave S
Seattle WA 98108
Mon-Wed 12:00-6:30PM
Thursday 12:00-6:00PM
Friday 12:00-7:00PM | Southeast Customer Service Center
3815 S Othello Street, Suite 105
Seattle, WA 98118
Mon-Fri 9:00AM-5:00PM
Saturday 10:00AM-2:00PM |
| Southwest Customer Service Center
2801 SW Thistle St
Seattle, WA 98126
Mon-Fri 10:00AM-6:00PM | Central Customer Service Center
2301 S Jackson, Suite 208
Seattle, WA 98144
Mon-Fri 9:00AM-5:00PM
Saturday 10:00AM- 2:00PM |
| Yesler Computer Lab
917 E Yesler Way
Seattle, WA 98122
Mon-Thurs 2:00-4:00PM
Friday 2:00-6:30PM | Ballard Customer Service Center
5604-22nd Ave NW
Seattle, WA 98107
Mon-Fri 9:00AM-5:00PM
Saturday 10:00AM to 2:00PM |
| Lake City Customer Service Center
12525-28th Ave NE
Seattle, WA 98107
Mon-Fri 9:00AM-5:00PM | |
| University Customer Service Center
4534 University Way NE
Seattle, WA 98105
Mon-Fri 10:00AM-6:00PM
Saturday 10:00AM-2:00PM | |

Added Support For Our Elders, Veterans and Children

Red Eagle Soaring Native Youth Theatre

address Admin office: 1515 12th Ave., Seattle, WA 98122 (Programming takes place in theaters throughout the city and at Daybreak Star Indian Cultural Center) Mailing Address: PO Box 20175, Seattle, WA 98102

email info@redeaglesoaring.org

phone 206.390.2603

website <http://redeaglesoaring.org/about-2>



Notes

Red Eagle Soaring is a Seattle-based 501(c)(3) serving Native American youth Ages 10-19 with free programming integrating contemporary theatre and traditional Native performing arts. Year-round cycle of programming includes a touring Spring Play; summer theatre workshops held in Tribal settings bringing together urban and reservation Indian youth; a two-week summer camp; and fall performance workshops focused on traditional music and storytelling.

Veterans Family Care



address Seattle Indian Health Board, 611 12th Avenue South, Suite 200, Seattle, WA 98144

phone (206) 324-9360, extension 2806

website www.sihb.org/veterans-family-care

notes

The Veterans Family program offers services for those who have served in the military and/or for their family members. Services include: Care management, mental health screening, counseling and follow-up support, resource information and referrals, traditional Indian medicine consultation and referral, support groups. 50

Notes

Elders Program



address Seattle Indian Health Board
phone Elder Case Manager: 206.324.9360
website www.sihb.org/elders-program

Notes Open to American Indian and Alaska Native Elders age 55 and older. The program provides a place for our elders to meet, socialize, and stay connected to their community. The weekly schedule offers: Arts & crafts, games, bingo, and exercise (tai chi & swimming), Health education and screening, Resource information and assistance, Lunch (5 days a week), traditional Indian medicine referral, also, developing an elder care plan with individualized goals, long/short term housing solutions for elders, individualized assistance with social and health service agency applications.

Pike Market Senior Center

address 1531 Western Ave, Seattle, WA 98101 5th Floor
phone 206.728.2773

notes Older adults, the elderly, and senior citizens can get items and basic needs such as diapers, clothing, holiday support, and household goods. Volunteers and staff may also offer food delivery to homebound seniors and clients with disabilities in the King County region.

The Elder Services Program



address Lunch site: 9010 13th Ave NW, Seattle WA 98117
phone Elder Services Manager, Judy Anderson: 206.228.1410
website www.unitedindians.org/programs/elders-program

notes Support for our Elders to help maintain independent living, and connect them to our community to share cultural practices and indigenous knowledge. Provides weekday nutritional lunches (4 days a week) and transportation, education and other activities involving nutrition counseling and health care.

Notes

Financial Assistance

BIA Social Services



address 4735 E Marginal Way S # 1206, Seattle, WA 98134

phone 202.208.5116

website www.indianaffairs.gov/WhoWeAre/BIA/OIS/HumanServices/DAP/index.htm

notes The BIA Financial Assistance and Social Services program provides assistance to federal recognized American Indians and Alaska Native Tribal members who have no access to TANF, do not meet eligibility criteria for TANF, or have exceeded the lifetime limit for TANF services in the following ways: General Assistance: Cash assistance to meet essential needs of food, clothing, shelter and utilities. Additionally, Child assistance, non-medical institutional or custodial care of adults, Burial Assistance, emergency assistance whose homes suffered from person property damage or their homes were destroyed by fire, flood, or other calamities.

Kwacil Youth Program



address Seattle Indian Health Board, 4735 E Marginal Way S # 1206, Seattle, WA 98134

phone 406.263-2139

email alexism@sihb.org

website www.sihb.org/youth-education-services

notes To be eligible, students must be in (entering) first through fifth grade, self-identify as Native, and attend Seattle Public Schools. Benefits: School supplies and education incentives, monthly organic food bags, school advocacy with special education, truancy and discipline, reading and summer Mathletes camps, cultural field trips, referrals for housing, food, medical, mental health and other resources.

Notes

Seattle Child Support Office

address 500 1st Avenue South, Seattle, WA 98104

phone 206.341.7000

website www.dshs.wa.gov/esa/division-child-support

notes We help parents contribute to brighter futures for their children through collection and disbursement of child support.

Summer Meal Program

email SFSP@seattle.gov

phone 206.386.1140 or text Food to 877-877 to find closest meal site

website www.seattle.gov/humanservices/services-and-programs/nutrition

notes The City of Seattle funds a summer meal program, providing no-cost breakfasts, lunches, and snacks for kids and teens ages 1-18. The program runs from June to August. The meals are served to children and teens at approved sites where at least half the participants are eligible for free or reduced price school lunches.

Low Income Home Energy

phone 360.725.2857

website www.benefits.gov/benefits/benefit-details/1586

notes LIHEAP services include energy assistance, client conservation education, furnace repair and replacement, and weatherization. Energy assistance benefits are paid directly to energy providers and are based on a portion of a household's annual home heating costs. To inquire about your eligibility or apply online please visit the site provided or call the number given.

Notes

Low-Cost Internet Access

address	CenturyLink- 8528 Palatine Ave N, Seattle, 98133 OR InterConnection 3415 Stone Way N, Seattle, 98103
phone	<ul style="list-style-type: none">• CenturyLink 206.789.1132• Internet Essentials from Comcast, Traditional Family program (855) 846-8376-Seniors (62+) 855.850.4550-Public housing residents 855.847.3356• InterConnection 206.633.1517
website	www.seattle.gov/tech/services/internet-access/low-cost-home-internet-access-for-residents
notes	Three companies offer low-cost, high-speed Internet in Seattle, all for around 10\$ a month. You can also purchase laptops, desktop computers and tablets starting at \$99, and qualify for a discounted smart phone plan as well. With help from these programs, you can check your email, do your homework, search for jobs, pay your bills, watch short video clips, download music, and so much more!

Notes

Local Food Banks

Salvation Army Food Bank

address 1101 Pike St, Seattle, WA 98101
phone 206.447.9944
notes Hours of Operation: 9-11:30AM, 1-3PM Tuesday-Friday

Queen Anne Food Bank

address At Sacred Heart, 232 Warren Ave N, Seattle, WA 98109
phone 206.216.4102
notes Meal Program, provides hot soup and a sack lunch to individuals in need. There are no eligibility requirements to qualify for this service. Monday-Thursday 8:30-11:30AM Food Bank (open to all residents in these zip codes: 98101, 98109, 98119, 98121)
Thurs 2-4PM Farm Fresh Fridays: Fridays, June-October, 11:00AM-12:30PM(open to all)

Food Bank at St. Mary's

address 611 20th Ave S, Seattle, WA 98144
phone 206.324.7100
notes Traditional walk-in food bank, Home delivery for those who are unable to get to the food bank, No cook bag of grocery's for people who do not have a kitchen. During one week each month they distribute hygiene items such as soap, shampoo, lotion and the first week of the month supply baby and toddlers supplies formula diapers and baby food. Hours of operation: 10AM-1PM Tuesday, Thursday, Saturday.

Northwest Harvest Food Bank

address 711 Cherry St, Seattle, WA 98104
phone 206.625.0755
notes Hours of Operation: Monday and Wednesday 9:00AM-5:30PM;
Thursday (Baby Day) and Friday 9AM-5PM

Notes

Centerstone Food Bank

address 722 18th Avenue Seattle, WA 98122

phone 206.812.4970

notes Hours of Operation: Tuesday 11AM-4PM; Wednesday 12-4PM; Thursday 9AM-1PM

Pike Market Food Bank

address Pike Place Market, 1531 Western Ave P, Seattle, WA 98101

phone 206.626.6462

notes Helps residents of downtown Seattle supplement food security with free groceries. Serving people of all ages and work hard to offer a variety of nutritious food in a friendly environment. Hours of Operation: Tuesday & Thursday 10AM-1PM

University District Food Bank

address 5017 Roosevelt Way NE, Seattle, WA 98105

phone 206.523.7060

notes Walk-In Food bank, Home Delivery, Packs for Kids for kids during the weekend, Food stamp enrollment Hours of Operation: Tuesday & Thursday 2-8PM, Friday & Monday 9AM-3PM

Miracles Food Bank

address 7418 South 126th St. Seattle WA 98178

phone 206.380.6237

notes Food bank open the last Thursday of the month from 1:30-3pm. We also have a home essentials program that provides new sheets, pillows, blankets, toasters, coffeemakers, and other items necessary to make a comfortable home.

Notes

Clothing Rooms

The Bridge Care Center

address 5710 22nd Ave NW Bldg. B Seattle, WA 98107

email info@bridgecarecenter.org

phone 206.789.0220

website <http://www.bridgecarecenter.org/services.html>

notes Tues: 12PM-4PM Thurs: 10AM-2PM Sat(1st and 3rd): 10AM-2PM, Thanksgiving dinner, Clothing for men and women ,free shoes/socks, hygiene products, clothing, and sometimes gear like coats, blankets, backpacks & sleeping bags. Computer/Phone Stations, community room with coffee and Starbucks-donated snacks.

Bread of Life Mission

address Pioneer square, 97 S Main Street Seattle, WA

phone 206.682.3579

notes Men and Women's clothing, call for store hours, sign up starts at 1PM.

Notes

Society of Saint Vincent de Paul-Food and Clothing Bank

address 5972 4th Ave S, Seattle, Washington, 98108

phone 206.767.6449

website <http://www.svdpusa.org/>

notes Provides free clothing for those in need. Also has pet products and offers bus tickets to homeless clients. Hours of Operation: Thurs 11AM-2PM, Tuesday 11AM-2PM Friday 11AM-12PM

Treehouse- Wearhouse

address 2100 24th Ave S Suite 200 Seattle WA, 98144

phone Call 206.767.7000 for hours

notes Provides books, clothing, toys, free school supplies, baby things, backpacks, computers, Christmas assistance and other items for children in foster care.

Wellspring Family Services

address 1900 Rainier Ave S, Seattle, WA, 98144

phone 206.902.4270

notes Serves families with children ages 0-17 who are experiencing homelessness or have been placed in permanent housing within the past 3 months. They provide free children's items (new and gently-used) such as clothing, diapers, toys, books, and baby equipment.

Notes

Health

Medical Services



address Seattle Indian Health Board, 611 12th Ave South, Suite 200, Seattle, WA 98144

phone 206.324.9360

website www.sihb.org/medical

notes Services include: Prenatal care, childbirth education, and postpartum care, well-child exams, immunizations and screening tests, women's health exams and screening tests, school camp and sports physical exams, adult health exams and immunizations, care for minor and acute illnesses, chronic disease diagnosis and treatment, sexually transmitted disease diagnosis and treatment, including confidential HIV testing, family planning care and counseling, laboratory test, traditional Indian Medicine.

Dental Services



address Seattle Indian Health Board, 611 12th Ave South, Suite 200, Seattle, WA 98144

phone 206.324.9360

website <http://www.sihb.org/dental/>

notes All ages, toddler to adult: Full dental exams, root canals, dental health education, crowns, fluoride treatments and sealants, oral hygiene, fillings, oral surgery/ extractions, limited periodontics, scaling/polishing.

Pharmacy Services



address Seattle Indian Health Board, 611 12th Ave South, Suite 200, Seattle, WA 98144

phone 206.324.9360 Ext.2621 or call 206.324.8590

website <http://www.sihb.org/pharmacy/>

notes Please allow 2 working days (48 hours) in advance for call-in refills.

Notes

Traditional Indian Medicine



address Seattle Indian Health Board
phone Traditional Health Director 206.324.9360
website www.sihb.org/traditional-indian-medicine

notes Encompasses a wide array of healing practices that are based upon the indigenous knowledge of American Indian/Alaska Native people. Traditional Indian Medicine is the form of healing that is used to address illnesses and/or other imbalances affecting the mind, body, and spirit.

Virginia Mason Hospital & Seattle Medical Center

address 1100 9th Ave, Seattle, WA 98101
phone 888.862.2737

Swedish Cherry Hill Campus

address 500 17th Ave, Seattle, WA 98122
phone 206.320.2000

Swedish First Hill Campus

address 747 Broadway, Seattle, WA 98122
phone 206.386.6000
Notes Open 24 hours

Swedish Family Medicine– First Hill

address 1401 Madison St #100, Seattle, WA 98104
phone 206.386.6111

Swedish: Emergency Room

address 700 Minor Ave, Seattle, WA 98104
phone 206.386.6000

Notes

Harborview Medical Center

address 325 9th Ave, Seattle, WA 98104

phone 206.744.3000

University of Washington Medical Center: Emergency Room

address 1959 NE Pacific St, Seattle, WA 98195

phone 206.598.3300

Notes

Housing

Chief Seattle Club



address 410 2nd Ave Ext Seattle, WA 98104
email colleen.echohawk@chiefseattleclub.org
phone 206.292.6214
website www.chiefseattleclub.org

Dedicated to meeting the needs of homeless and low-income urban Native people in Seattle. Provides a sacred space to nurture, affirm and renew the spirit of urban Native people. Offers drop-in support services and the assistance offered includes clothing, showers, laundry, bus tickets, alcohol assessment and referral, and also help in applying for DSHA/BIA benefits assistance.

Notes

Labetayah Youth Home



address 9010 13th Ave NW Seattle, WA 98117
phone 206.781.8303
website <http://www.unitedindians.org/programs/youth-home/>

A supportive transitional environment to move from homelessness and dependence to permanent housing and self-sufficiency. Clients are provided with access to medical and educational services, case management, life skills training and career counseling in preparation to living and working on their own. Referrals are made through the King County Youth Housing Connection. Our three-story, 25-bed home offers transitional and state group housing to youth between the ages of 18 and 23. Youth can stay for up to 18 months.

notes

Notes

Broadview Emergency Shelter

address 1501 N 45th St, Seattle, WA 98103
phone 206.299.2500
notes 6 week short-term facility with 31 rooms, call daily, children okay.

Hammond House Women's Shelter

address **Referral Center:** 2030 3rd Ave Seattle, WA 98101
Shelter Address: 121 Stewart St, Seattle, WA 98101
phone **Referral Center:** 206.770.0156
Shelter: 206.474.1670
website www.compasshousingalliance.org/what-we-do-top/emergency-shelter/hammond-house
notes Shelter hours daily 6pm- 7am provides a safe, warm place to sleep each night for 40 homeless women. Guests are served dinner and breakfast at the shelter and have access to case management and support services. Access is by referral only though the women's referral center, daily 6-9PM.

First Church Men's Shelter

address 180 Denny Way (First United Methodist Church) Seattle, WA 98109
phone 206.474.1000 ask for first church men's shelter
notes No referral needed, Check for space at Client Services Office (77 S. Washington St @9AM M-Sat)

Rental Assistance Program

address Center Stone: 722 18th Avenue Seattle, WA 98122
phone 206.812.4940; walk in to see if eligible M & W 1pm-4pm
website www.center-stone.org/find-programs-services/housing-assistance
notes First step to apply to energy assistance program, please bring with documentation with you of utility bill, income for 3 prior months, ID and social security cards for all living in household 18+, lease, landlord contact info, eviction notice.

Notes

Seattle Housing Authority

address 190 Queen Anne Ave North, Seattle, WA 98109-1028

email housingcounselor@seattlehousing.org

phone 206.615.3300

website www.seattlehousing.org

notes Provides long-term rental housing and rental assistance to more than 26,000 people in the city of Seattle. The agency owns and operates buildings of all shapes and sizes on more than 400 sites throughout the city.

Low Income Housing Institute

address 2407 1st Ave Seattle, WA, 98121

phone 1.206.443.9935

website <https://lihi.org/about/>

notes LIHI provides a variety of supportive services to help residents maintain their housing and develop self-sufficiency. Our efforts include providing residents with case management, life skills training, technology access and training, financial literacy training and savings programs, and activities for some of the more than 500 children in LIHI housing.

Capitol Hill Housing

address 1620 12th Avenue, Suite 205 Seattle, WA, 98122

email info@capitolhillhousing.org

phone 206.329.7303

website www.capitolhillhousing.org

notes CHH provides affordable housing to families, immigrants, and recently homeless families and seniors.

Notes

Plymouth Housing Group

address 2113 3rd Avenue Seattle, WA 98121

email **Rainelle Sizemore, Executive Assistant:**
rsizemore@plymouthhousing.org;

phone **Main Office:** 206.374.9409

website www.plymouthhousing.org

notes
Begin at Home Program- provides six months of intensive stabilization support for medically-compromised homeless people who are just coming in from the community medical/emergency care system. Coming Home Program- All new residents transitioning from a chaotic life on the streets first enter this program where they receive intensive support and counseling to help them acclimate to a new, stable life in permanent apartment. Jail Diversion Program- Residents coming out of the King County Jail System for misdemeanor crimes are referred to Plymouth for permanent housing. Housing Options Program (HOP)- When a resident remains stable and independent for a year or more, they have the opportunity to apply to live in a more independent living situation. Shelter Plus Care Program- provides Section 8 housing vouchers to low-income people. Assistance in finding appropriate market-rate housing, administer their payments, and ensure that they receive the appropriate care.

Notes

Bread of Life-LifeChange Program

address 97 S. Main Street, Seattle, WA 98104

email chelseap@breadoflifemission.org

phone 206.682.3579

website <http://www.breadoflifemission.org/lifechange/>

notes Contact Mission-Apply-Accepted-Free Room and Board-Classes-Work-study-Individual and Group Counseling-YMCA Membership-Accountability-Graduation. LifeChange is a 12-month Christian discipleship program designed to lead men to a refreshing Christ-centered life, free from drug and alcohol addictions. This program is available to any man (18+ years of age) at no financial cost. The first eight months of the program focus on recovery during which you are required to attend classes, group and individual counseling sessions, Bible study, and daily devotions/chapel. During the last four months – the transitional phase – you'll focus on recovery while simultaneously searching for employment and housing. There is a work therapy aspect of the program in which you will be expected to contribute several hours daily to Mission house duties.

Downtown Emergency Service Center

address 515 Third Avenue Seattle, WA 98104

email info@desc.org

phone 206.464.1570

website <http://www.desc.org/>

notes Emergency shelter beds, supportive housing site, clinical services including on-site medical services, employment services.

Local Tribal News Links

The Affiliated Tribes of Northwest Indians

email atni@atnitribes.org
phone 503.249.5770
website www.atnitribes.org
notes Online news dedicated to promoting Tribal self determination and sovereignty.

NorthWest Indian News

email **Rick Valentine:** rvalentine@tulaliptribes-nsn.gov or **Niki Cleary:** ncleary@tulaliptribes-nsn.gov
phone **Rick Valentine** 360.716.4193; **Niki Cleary** 360.716.4204
website <http://nwin.tv/NWIN-Welcome.html>
notes Online news for NorthWest Indian News is a positive voice for Indian through empowerment in the mainstream media, relevance to a worldwide audience and jobs for tribal members.

Tulalip News

email **Kim Kalliber:** kkalliber@tulaliptribes-nsn.gov or **Micheal Rios:** mrios@tulaliptribes-nsn.gov
phone **Kim Killiber** 360.716.4192 or **Micheal Rios** 360.716.4198
website <http://www.tulalipnews.com/wp/>
notes Online news for Tulalip News is an expanded on-line version of the Tulalip syecəb newspaper. Syecəb is a Lushootseed work meaning the "gossip" or "news." Our mission is to connect tribal members and the Tulalip community to news, information and entertainment that improves our lives. Tulalip News also provides a forum for conversation between our citizens and leadership.

Notes

Quileute Raven



email talkingraven@quileutenation.org

phone 360.374.7760

website <http://www.quileutenation.org/community-newsletter>

notes Community news letter, a great way to stay connected if you live in Seattle but your home is with the Quileute Nation.

Cowlitz County News



website <http://cowlitzcountry.com/>

notes "The Voice of Cowlitz Country"

Notes