FWPS will make packaged meals, breakfast and lunch, available to *children up to age 18* throughout the closure.

Students may pick up one breakfast and one lunch between 10 a.m. and noon, Monday through Friday.

There will be stations at:
- Decatur High School
- Federal Way High School
- Thomas Jefferson High School
- Todd Beamer High School

Additionally, the FRED bus will be serving packaged breakfasts and lunches at the identified communities listed below.

- **Camelot Square**
  - 3001 S 288 St., Federal Way 98003
  - 10:45 - 11:50 a.m.

- **Crestview West**
  - 27912 Pacific Hwy S, Federal Way, WA 98003
  - 1:55 - 3:00 p.m.

- **Kitts Corner**
  - 1201 S 336th St, Federal Way, WA 98003
  - 10:45 - 11:50 a.m.

- **Uptown Square Apts**
  - 1066 S 320th St, Federal Way, WA 98003
  - 12:20 - 1:25 p.m.

- **Campus View Apts**
  - 163 S 340th St, Federal Way, WA 98003
  - 1:55 - 3:00 p.m.

- **Enchanted Woods**
  - 2020 S 360th St, Federal Way, WA 98003
  - 10:45 - 11:50 a.m.

- **Park 16**
  - 35703 16th Ave S, Federal Way 98003
  - 12:20 - 1:25 p.m.

- **Westway**
  - 33400 21st Ave SW, Federal Way, WA 98023
  - 1:55 - 3:00 p.m.

- **Appian Way**
  - 25818 26th Pl, S Kent, WA
  - 12:20 to 1:25 p.m.
Clothing Resources

**Multi-Service Center**
1200 S 336th St.
Federal Way, WA, 98003
Phone - (253) 838-6810
Both financial aid as well as basic needs - free stuff is given out. More on [King County Multi-service center](#).

**Federal Way Community Caregiving Network**
Clothing closet address is 345 S 312th St Church of the Good Shepherd
Federal Way, WA, 98003
Call (253) 661-0505
Other centers are at 1829 S 308th St Steel Lake Presbyterian Church, Federal Way, WA, 98003.
Dial (253) 661-0505
The charity provides clothing, furniture, and holiday assistance in King County. Based on donation levels, there may also be information given to low income families on how to apply for Christmas gifts.

**Federal Way Senior Center - Clothing Bank**
4016 S 352nd St
Auburn, WA, 98001
Call (253) 838-3604
The location has a clothing bank. Items available to low income families and the needy depend on what is donated. King County seniors can get free winter coats, jackets, hats, and other attire.
Contribution are accepted for infant through adult clothes. Holiday goods may be offered too.

**His Hands Extended**
1909 S 341st Pl
Federal Way, WA, 98003
Phone the clothing bank at (253) 874-7420
The charity may have shoes, sneakers, some uniforms for work or school, and basic furniture.
Single moms and dads are major users of this center.
Housing Resources

If you are a family in need of housing, call 2-1-1 for Family Housing Connection and they will set up an appointment for you to be interviewed for housing placement.

**Tacoma Rescue Mission, Inc. - Tacoma**

425 S Tacoma Way  
Tacoma, WA - 98401  
(253) 383-4462  
**Women’s Shelter Location:** 6.38 miles from Federal Way

**Young Women’s Christian Association Of Tacoma & Pierce County - Tacoma**

405 Broadway  
Tacoma, WA - 98402  
(253) 272-4181  
**Women’s Shelter Location:** 6.05 miles from Federal Way

**Dawn - Domestic Abuse Women’s Network - Tukwila**

221 W. Gow Street  
Tukwila, WA - 98035  
(253) 893-1600  

**King County Crisis Clinic**  
24-Hour Crisis Line: 1-866-4CRISIS (1-866-427-4747)  
Immediate and confidential assistance, including information and linkage to community resources, for people in emotional distress and in need of help.

**Catholic Community Services**  
Seattle-King County Coalition on Homeless  
Tacoma, Washington, Homeless Shelters  
Federal Way, Washington, Homeless Shelters

**Multi-Service Center (South King County)**  
**Phone:** 253-838-6810  
Employment Services and Support

Employment Services: Multi-Services Center

1200 S. 336th
Federal Way, WA 98003
Phone: 253.838.6810

MSC’s Education Programs offer resources and support, customized to the individual, in small-sized classes and one-on-one tutoring. Many students tell us that our supportive and encouraging instructors made all the difference in helping them to succeed and reach their goals. Instruction is free. If you are ready to further your education, we are ready to help you. We have programs in adult basic education, English as a second language, and GED preparation.

MSC’s Employment Program THRIVE helps individuals struggling with homelessness and other barriers find employment. Through training, case management, and individualized employment plans, individuals work toward finding living-wage jobs that increase stability.

El Centro de la Raza
Federal Way:
1607 S 341st PL, Federal Way, WA 98003

ReWA:
Phone: 253-859-6197
1244th Ave S. Suite 270 Kent, WA 98032
Utilities Assistance

Multi-Service Center’s Energy Assistance Program helps households meet the financial challenges of increasing heat and light bills. We can help with bills for: Electricity, Gas, Propane, Wood and Oil. Payments are made directly to service providers on behalf of households. Level of assistance depends on type of housing, income, household size and home energy usage. **Energy assistance is provided on a first come, first served basis, depending on funding availability.**

**Call our 24-hour appointment line at 253-517-2263.** When you call, please listen carefully and have a pen and paper available. A recorded message will give you options to choose from, as well as a list of items you will need to bring to your appointment. Follow the prompts and you will receive the next available appointment. If your service has been disconnected, follow the prompts for more directions. (We will verify your shut off before calling you with an appointment).

**PLEASE NOTE** that we receive far more calls in any given day than we can serve, so please be patient. We schedule 90-100 appointments each day, and will make every effort to see you as soon as possible. We recommend that you call the appointment line repeatedly throughout the day to have the best chance at getting an appointment.

**OR**

Make an appointment online at [https://msc.itfrontdesk.com/](https://msc.itfrontdesk.com/). Please read all instructions carefully and make note of the documents you are required to bring with you to your appointment.

**3. Bring the required documents with you to your appointment.**

You will need to bring the following items with you to your appointment:

- Social security card or legal document with name and social security number for everyone in your household
- Picture ID with birthdate for the applicant
- Verification of total household income for the three months prior to the month of appointment for everyone in your house
- Adults age 18 and older with no income in any one of the three required months must sign additional forms to confirm no income
- Current month’s energy bill
- Disconnection notice with current address (if applicable)
- Rent/lease agreement or proof of residence
Utilities Assistance

Catholic Community Services

The Emergency Assistance program helps families, single adults, seniors, and people with disabilities with a variety of emergency and basic needs. Services include:

- Rental Assistance and Eviction Prevention
- Move-in Assistance
- Utility Assistance and Shut-off Prevention
- Information & Resource Referral
- Short-term Case Management
- Emergency Motel Vouchers (families with children under 18 only)
- Bus Tickets (based on availability)

To access services, please call the intake line for your geographic area for updated information and eligibility.

**Seattle and South King County:**

Auburn, Burien, Covington, Federal Way, Kent, Renton, and SeaTac: Fridays, 10:00 am - 12:00 pm
# Counseling Services

<table>
<thead>
<tr>
<th>Agency</th>
<th>Approved</th>
<th>Note</th>
<th>Category</th>
<th>Description of Service</th>
<th>Contact Name / Email</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atlantic St. Center</td>
<td>Yes</td>
<td></td>
<td>Mental Health Agency</td>
<td>We provide emotional and behavioral support to children, teens, and their families throughout the Seattle and South King County region. We also offer parenting classes, a variety of groups for children and teens, and a parent-driven support group. We value diversity of background, religion, thought, etc., are flexible in times and locations to meet, and we love working with families. (We also have Spanish and Tagalog-speaking therapists.) If clients have Medicaid, the service is no cost to them. We also have some funds available for folks who don't have Medicaid but who meet poverty guidelines.</td>
<td>Darci Freeman, LMFT, CMHS da.mير@atlanticstreet.org</td>
<td>2103 S. Atlantic St, Seattle, WA 98144</td>
<td>Direct Line: 206.454.3951 Main Office: 206.329.2050 Fax: 206.726.8564 King County Crisis Line: 206.461.3222</td>
</tr>
<tr>
<td>Catholic Community Services</td>
<td>Yes</td>
<td></td>
<td>Mental Health Agency</td>
<td>We provide counseling services for children, teens, and their families throughout the Seattle and South King County region. We also offer parenting classes, a variety of groups for children and teens, and a parent-driven support group. We value diversity of background, religion, thought, etc., are flexible in times and locations to meet, and we love working with families. (We also have Spanish and Tagalog-speaking therapists.) If clients have Medicaid, the service is no cost to them. We also have some funds available for folks who don't have Medicaid but who meet poverty guidelines.</td>
<td><a href="mailto:Susan@ccsw.com">Susan@ccsw.com</a> Clinical Supervisor/Quality Improvement Advisor Catholic Community Services</td>
<td>253-850-2500 Call: 206-659-3718 Fax: 206-850-7510</td>
<td></td>
</tr>
<tr>
<td>Childhaven</td>
<td>Yes</td>
<td></td>
<td>Mental Health Agency</td>
<td>We provide counseling services for children, teens, and their families throughout the Seattle and South King County region. We also offer parenting classes, a variety of groups for children and teens, and a parent-driven support group. We value diversity of background, religion, thought, etc., are flexible in times and locations to meet, and we love working with families. (We also have Spanish and Tagalog-speaking therapists.) If clients have Medicaid, the service is no cost to them. We also have some funds available for folks who don't have Medicaid but who meet poverty guidelines.</td>
<td>Veronica Mejia,<a href="mailto:Veronica.M@childhaven.org">Veronica.M@childhaven.org</a></td>
<td>206-657-4030 office</td>
<td></td>
</tr>
<tr>
<td>Coleman's Family Services</td>
<td>Yes</td>
<td></td>
<td>Mental Health Agency</td>
<td>We provide counseling services for children, teens, and their families throughout the Seattle and South King County region. We also offer parenting classes, a variety of groups for children and teens, and a parent-driven support group. We value diversity of background, religion, thought, etc., are flexible in times and locations to meet, and we love working with families. (We also have Spanish and Tagalog-speaking therapists.) If clients have Medicaid, the service is no cost to them. We also have some funds available for folks who don't have Medicaid but who meet poverty guidelines.</td>
<td>Alice Coleman</td>
<td>253-850-2500 Call: 206-659-3718 Fax: 206-850-7510</td>
<td></td>
</tr>
<tr>
<td>Consejo</td>
<td>Yes</td>
<td></td>
<td>Mental Health Agency</td>
<td>We provide counseling services for children, teens, and their families throughout the Seattle and South King County region. We also offer parenting classes, a variety of groups for children and teens, and a parent-driven support group. We value diversity of background, religion, thought, etc., are flexible in times and locations to meet, and we love working with families. (We also have Spanish and Tagalog-speaking therapists.) If clients have Medicaid, the service is no cost to them. We also have some funds available for folks who don't have Medicaid but who meet poverty guidelines.</td>
<td><a href="mailto:Maria@consejo-counseling.org">Maria@consejo-counseling.org</a></td>
<td>3808 S, Angleline Seattle, WA 98118</td>
<td>206-461-4880</td>
</tr>
<tr>
<td>Cowitz Tribal Health</td>
<td>Yes</td>
<td></td>
<td>Mental Health Agency</td>
<td>We provide counseling services for children, teens, and their families throughout the Seattle and South King County region. We also offer parenting classes, a variety of groups for children and teens, and a parent-driven support group. We value diversity of background, religion, thought, etc., are flexible in times and locations to meet, and we love working with families. (We also have Spanish and Tagalog-speaking therapists.) If clients have Medicaid, the service is no cost to them. We also have some funds available for folks who don't have Medicaid but who meet poverty guidelines.</td>
<td>Seth <a href="mailto:australis.health@cowitz.org">australis.health@cowitz.org</a></td>
<td>15555-65th Ave S, Tukwila, WA 98188</td>
<td>206-707-5696 // 253-226-3672 // 206-721-5170</td>
</tr>
<tr>
<td>Mud Flower Mindful Movement and Counseling-was KFM Counseling</td>
<td>Yes</td>
<td></td>
<td>Mental Health Agency</td>
<td>We provide counseling services for children, teens, and their families throughout the Seattle and South King County region. We also offer parenting classes, a variety of groups for children and teens, and a parent-driven support group. We value diversity of background, religion, thought, etc., are flexible in times and locations to meet, and we love working with families. (We also have Spanish and Tagalog-speaking therapists.) If clients have Medicaid, the service is no cost to them. We also have some funds available for folks who don't have Medicaid but who meet poverty guidelines.</td>
<td>Krystal Akin, <a href="mailto:krystalainihc@gmail.com">krystalainihc@gmail.com</a> 206-478-9842 KFM Counseling</td>
<td>206-478-9842</td>
<td>206-478-9842</td>
</tr>
<tr>
<td>Progress Pushers</td>
<td>Yes</td>
<td></td>
<td>Leadership/Mentoring</td>
<td>We provide counseling services for children, teens, and their families throughout the Seattle and South King County region. We also offer parenting classes, a variety of groups for children and teens, and a parent-driven support group. We value diversity of background, religion, thought, etc., are flexible in times and locations to meet, and we love working with families. (We also have Spanish and Tagalog-speaking therapists.) If clients have Medicaid, the service is no cost to them. We also have some funds available for folks who don't have Medicaid but who meet poverty guidelines.</td>
<td>Eddie Howard, <a href="mailto:eddie@progresspushers.com">eddie@progresspushers.com</a></td>
<td>1911 SW Campus Dr #365 Federal Way, WA 98023</td>
<td>253-235-6731</td>
</tr>
<tr>
<td>Organization</td>
<td>Is Prevention Program</td>
<td>Is Mental Health Agency</td>
<td>Is School Based Program</td>
<td>Is Foster Care Support</td>
<td>Contact Information</td>
<td>Address</td>
<td>Phone</td>
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<tr>
<td>Rainier Scholars</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Colin Roberts <a href="mailto:CRoberts@rainierscholars.org">CRoberts@rainierscholars.org</a></td>
<td>645 Andover Park West Tukwila, WA 98188</td>
<td>(206) 407-2146</td>
</tr>
<tr>
<td>Recruit to OPP - King County OFF CAMPUSS SERVICES ONLY</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td><a href="mailto:vycana@kingcounty.gov">vycana@kingcounty.gov</a></td>
<td>1040 5 Henderson Street Seattle, WA 98108</td>
<td>(206) 765-5277</td>
</tr>
<tr>
<td>Ryan Alkai Counseling</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td><a href="mailto:ryanaskincounseling@gmail.com">ryanaskincounseling@gmail.com</a></td>
<td>Andover Park West Tukwila, WA 98188</td>
<td>206-407-2146</td>
</tr>
<tr>
<td>Sea Mar Community Health Centers</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Stacy Fennell / <a href="mailto:stacyfennell@seamarchc.org">stacyfennell@seamarchc.org</a></td>
<td>18442 First Way South Ste 101 Federal Way, WA 98007</td>
<td>253-320-5020</td>
</tr>
<tr>
<td>Shannon Thomson Counseling</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Shannon Thompson LMHC CMHC <a href="mailto:shannon@stcounseling.com">shannon@stcounseling.com</a></td>
<td>1001 Martin Luther King Jr Way 5 Seattle, WA 98144</td>
<td>253-532-7676</td>
</tr>
<tr>
<td>Sound Health was found Mental Health</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Joelle Blair <a href="mailto:joelle.blair@sound.health">joelle.blair@sound.health</a></td>
<td>1000 E. Olive St. Seattle, WA 98122-2735</td>
<td>206-802-2200 / 206-302-2271</td>
</tr>
<tr>
<td>South Sound Counseling &amp; Consultation</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Christine Keys / <a href="mailto:info@southsoundscounseling.com">info@southsoundscounseling.com</a></td>
<td>31519-1st Ave, S., Suite 203 Federal Way, WA 98003</td>
<td>253-839-4172</td>
</tr>
<tr>
<td>Therapeutic Health Services (THS)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Attn: Branch Manager/Patti Pendgraf <a href="mailto:pattip@ths-wa.org">pattip@ths-wa.org</a></td>
<td>1901 Martin Luther King Jr Way 5 Seattle, WA 98144</td>
<td>253-532-7676</td>
</tr>
<tr>
<td>Tisino Family Services</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Ryan Tisino / <a href="mailto:info@tisinofamilyservices.com">info@tisinofamilyservices.com</a></td>
<td>9715 Key Peninsula Hwy 5 Long Branch, WA 98351</td>
<td>206-403-7750</td>
</tr>
<tr>
<td>Treehouse for Kids</td>
<td>Yes (DH)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Lydia Smith / <a href="mailto:lydia.smith@treehouseforkids.org">lydia.smith@treehouseforkids.org</a></td>
<td>1040 5 Henderson Street Seattle, WA 98108</td>
<td>206-344-3746</td>
</tr>
<tr>
<td>Valley Cities</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Liz Farmer /lfarmer@valleycities.org</td>
<td>33805 8th Ave S Unit 200 Federal Way, WA 98003</td>
<td>206-714-9376 / 253-856-1025 Fax Cell Phone (253) 335-3876</td>
</tr>
<tr>
<td>WAPI Community Services</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td><a href="mailto:aileen@wapisl.com">aileen@wapisl.com</a></td>
<td>3722 S Hudson St Lower Level Seattle, WA 98118</td>
<td>206-228-5778</td>
</tr>
<tr>
<td>YMCA Family Services Mental Health</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Diane Boyd / <a href="mailto:dboyd@seattlymca.org">dboyd@seattlymca.org</a></td>
<td>2100-24th Ave S, Suite 260 Seattle, WA 98144</td>
<td>206-364-3185</td>
</tr>
</tbody>
</table>

**Notes:**
- **Peer Connections**: Provide programming and employment services to youth 16-24 who fell within the "opportunity youth" demographic who face barriers to education as well as social/emotional challenges.
- **Mentoring**: Provide individual therapy and family therapy for kids ages 5-18. I have experience with behavioral issues, anxiety, depression, and a many other mental health concerns.
- **Health/Support Services**: Connect youth to social/emotional challenges, community services, and vocational services to youth within the "opportunity youth" demographic who face barriers to education as well as social/emotional challenges.
- **Mental Health Agency**
- **School Based Program**
- **Foster Care Support**
- **Prevention and Community Support Program**
- **Outpatient Substance Use Treatment and Prevention Program**
- **Children’s Crisis Outreach Response System (COCORS)**
- **YMCA Family Services Mental Health**
- **WAPI Community Services**
- **Valley Cities**
- **Tisino Family Services**
- **Treehouse for Kids**
- **Therapeutic Health Services (THS)**
- **South Sound Counseling & Consultation**
- **Sea Mar Community Health Centers**
- **Shannon Thomson Counseling**
- **Ryan Alkai Counseling**
- **Rainier Scholars**
- **Recruit to OPP - King County OFF CAMPUSS SERVICES ONLY**
**DROP-IN CENTERS**

**Arcadia House** ........................................... 253.293.2328
Nexus Youth and Families 702 10th St NE, Auburn

**Catholic Community Services** ............. 253.893.7895
33505 13th Ave S, Suite D, Federal Way
M-F: 10am-3pm. (Adults only) Tu, Th: 4pm-7pm. (Families only)
Provides showers, laundry, computers, phones, mail reception, space for meal preparation.

**KentHOPE** ........................................... 253.480.2325
9009 Canyon Drive, Kent
Daily: 7am-8:30 pm. Showers, laundry, & 3 meals per day for women & children experiencing homelessness.

**Mary’s Place—Burien Family Ctr... 206.621.8474**
12845 Ambaum Blvd SW, Burien
M-F: 9am-3pm. For families without children. Offers telephones and computers, lunch, and mailing addresses.

**Ray of Hope Resource Center** .............. 253.397.0571
1055 S Grady Way, Level 2A, Kent
M-F: 7:30am-4pm. Serves homeless women, and families with children. Offers meals, showers, laundry, clothing & hygiene items.

**CLOTHING**

**Black Diamond Community Center** ....... 360.886.1011
31605 3rd Ave, Black Diamond
M-Th: 9am-4pm. Serves Black Diamond & surrounding areas.

**Kent Food Bank** ..................................... 253.520.3550
Alliance Center, 1015 W Harrison, Suite 107, Kent
Tu W F: 10am-12:15pm. Serves residents of Kent School District.

**Midway Clothing Bank** ...................... 206.878.4861
Midway Covenant Ch, 22460 24th Ave S, Des Moines
Visit in person. W: 10am-Noon ID required.

**Multi-Service Center—Federal Way .253.838.6810**
1200 S 336th St, Federal Way
M W F: 10am-2pm. Serves South King County residents.

**Renton Kiwanis Clothing Bank.... Visit in Person**
44 Park Ave N, Renton
M-Th: 1-5pm. Requires a referral from Salvation Army, DSHS, Public Health, Renton YWCA, or local schools & churches, unless homeless. Serves Renton School District residents.

**St. Thomas Catholic Church** ............... 206.242.5501
4415 S 149th St, Tukwila
W: 1:30-3:30pm; Serves residents of Tukwila and N. SeaTac.

**Transform Burien Outreach Center .... 206.839.6620**
14501 4th Ave SW, Burien
W: Noon-2pm; Su: 3-5pm. Serves anyone. ID required.

**HOT MEALS**

**Auburn Food Bank** ...................... 253-833-8925
100 N St SE Auburn
M: 3:30-5:15pm on holidays

**Community Caregiving Network** .......... 253.661.0505
   - Calvary Lutheran Church
   2415 S 320th St, Federal Way
   Th: 5-6pm.
   - Christian Faith Center
   33645 20th Ave S, Federal Way
   M: 5:30-6:30pm.
   - Church of the Good Shepherd
   345 S 312th St, Federal Way
   Sa: 1:30-2:30pm.

**Kent Community Supper** .................. 253.852.2057
Kent Lutheran Church, 336 2nd Ave S, Kent
M: 5-6 pm. Serves anyone in need.

**Maple Valley Ministers Association**
   - Hobart Community Church
   27524 SE 200th St, Maple Valley
   M: 5-7pm.
   - Grace Road Church
   425.485.1100
   25610 Lawson St, Black Diamond
   W: 5-7pm.
   - CedarCreek Covenant Church
   23220 MV-BD Hwy SE, Ste, 3G Maple Valley
   F: 5-7pm.
   - Church of the Nazarene
   360.825.5578
   2501 Warner Ave, Enumclaw
   F: 5-6:30 pm.

**Neighbor to Neighbor** .................... 253.852.3883
Kent Seventh Day Adventist Ch 25213 116th Ave SE, Kent
W & Sa: 4:30-5pm. Serves anyone in need.

**Pacific/Algona Community Center** ...... 253.929.1500
100 3rd Ave SE, Pacific
Stone Soup free lunch: M: 11am-1pm, open to all ages

**Renton Community Supper** .............. 425.255.5974
720 S Tobin St, Renton
M-Th: 5-6:30pm. Serves anyone in need.

**REACH, Old Chamber of Commerce**

**Transform Burien Outreach Center .... 206.839.6620**
14501 4th Ave SW, Burien
Hot Meal: W: noon-2pm; F: 5-7PM; Su: 3-5pm. Groceries: Su: 3-5pm.

**Tukwila Pantry Thursday Table** ....... 206.431.8293
3118 S 140th St, Tukwila
Th: 5:30-6:30 pm, enter through front door

**SOUTH KING COUNTY**

**Emergency Services**

**January 2020**

Brochures updated quarterly at www.crisisconnections.org

**King County**

211
Get Connected. Get Answers.
Crisis Connections - United Way
FOOD BANKS

Food banks may serve specific geographic areas. Call ahead for eligibility requirements.

Auburn Food Bank .................................. 253.833.8825
930 18th Pl NE, Auburn
M, Tu, F: 9am-1pm; 2nd W of the month: 4:30-6:15pm. Serves Auburn School District residents. ID & proof of address required.

Black Diamond Community Center ... 360.886.1011
31605 3rd Ave, Black Diamond
M-Th: 9am-4pm. Serves Black Diamond, Covington, Cumberland, Enumclaw, Hobart, Maple Valley, Palmer, Ravensdale, Selleck, and Kent (98042 only)

Des Moines Area Food Bank .............. 206.878.2560
United Methodist Church, 22225 9th Ave S, Des Moines
M, W, F: 9-11:15am; 3rd Tu of month: 6-8pm. Serves residents of Des Moines and parts of SeaTac & Kent.

Enumclaw Kiwanis Food Bank .......... 360.825.6188
1350 Cole St, Enumclaw

Highline Area Food Bank ................. 206.433.9900
Manhattan Community Center, 138300 4th Ave S, Burien
Tu: noon-2:30pm; Th: 10am-12:30pm; 2nd Tu of month: 5-7pm. Serves residents of the Highline area.

Kent Food Bank .................................. 253.520.3550
515 W Harrison St, Ste. 107, Kent
Serves Kent School District residents.

—Kent Alliance Center
Tu, W, F: 10am-1pm. Seniors 55+, Th: 10-11am

—Birch Creek Annex
Birch Creek Apartments, 12961 SE 275th St, Kent
M: 10am-1pm.

Maple Valley Food Bank .................... 206.432.8533
21415 Renton Maple Valley Rd, Maple Valley
Tu: 10:30am-7:30pm. W, Th: 10:30pm-1pm
Emergency Food Bags, M, F: 8am-4pm; Tu-Th: 1-4pm.

Margie Williams Helping Hands ........ 253.255.1446
MLK Mem. Baptist Church, 4519 NE 10th St, Renton
Sa: 8-11am. No geographic restrictions.

Muckleshoot Family Res. Center ....... 253.876.3336
39015 172nd Ave SE, Auburn
M: 10am-4pm. Muckleshoot Tribal members only.

Multi-Service Center—Federal Way ..... 253.838.6810
120 S 336th St, Federal Way

Plateau Outreach Ministries .......... 360.825.8961
1806 Cole St, Enumclaw
W: 9am-noon. Emergency Food, M-Sa: 10am-4pm

Salvation Army—Renton............... 425.255.5969
206 S Tobin St, Renton
M, Tu, Th, F: 9am-1pm. Visit site for more info.

St. Luke’s Operation Blessing .... Visit in person only
515 S 312th St, Federal Way
Tu: 9-10am. Arrival at least 30 minutes early recommended.

St. Stephen the Martyr................. 253.631.1940
13055 SE 192nd St, Renton
M, F: 10-11:45am; W: 4-5:45pm. Call for service area.

St. Thomas Catholic Church .... 206.242.5501
4415 S 140th St, Tukwila
W: 12:30-1:30pm. Serves Tukwila, Riverton Heights & part of SeaTac. Requires 2 pieces of current address verification.

Tukwila Pantry .................. 206.431.8293
River Park UMC, 3118 S 140th St, Tukwila
Tu, Th, Sa: 12:30-2:30pm. Serves Tukwila, SeaTac, Burien, & Boulevard Park. First time clients MUST register on Tu or Th.

MEDICAL CARE

Christ Community Free Clinic .......... 253.736.2634
1 A St NW, Auburn
Visit in person, Tu: 5:30pm; 1st & 3rd Sa: 8:30am

Health Point
Low cost medical & discount pharmacy services.

—Auburn .................................. 253.735.0166
126 Auburn Ave, Suite 300, Auburn
M-W: 8am-8pm; Th F: 8am-5pm; Sa: 10am-3pm.

—Federal Way ..................... 253.874.7634
33431 13th Pl S, Federal Way
M-W: 8am-5pm; Tu, Th: 8am-7pm.

—Kent ................................ 253.852.2866
403 E Meeker St, Suite 200, Kent
M-W: 8am-8pm; Th F: 8am-5pm.

Renton Free Clinic .................. 425.226.5536
200 S 2nd St, Renton
M, Tu: 8am-7pm; W-F: 8am-5pm.

—SeaTac .................................. 206.277.7200
4040 S 188th St, Suite 201, SeaTac
M, Tu: 8am-7pm; W-F: 8am-5pm.

Tukwila Medical Clinic .............. 206.439.3289
Highline Medical, 13030 Military Rd S, Tukwila
M-W: 8am-8pm; Th F: 8am-5pm; Sa: 10am-3pm.

New Hope Health Center .......... 206.453.1868
Fellowship Bible Church, 15880 Military Rd, Tukwila
Sa: 8:30-10am. Call to confirm schedule.

Public Health - Adult Primary Care .. 206.257.6870
Navos - Lake Burien, 1210 SW 136th St, Burien
M-F: 8:30am-5:30pm. Serves any adults. Not necessary to be a Navos client.

Renton Salvation Army RotaCare .... Visit in Person
720 S Tobin St, Renton
1st & 3rd Sa: 9-11am. Free medical care for urgent needs.

Sea Mar Community Health

—Burien Medical Clinic .......... 206.612.6140
14434 Ambaum Blvd SW, Suite 5, Burien
M-Sa: 8am-5pm.

—Des Moines Medical Clinic .. 206.212.4520
2781 S 242nd St, Des Moines
M-F: 8am-5pm.

Sea Mar Community Health

—Federal Way Medical Clinic .... 253.681.6600
31405 18th Ave S, Federal Way
M-F: 8am-5pm.

—Kent Medical Clinic .......... 206.436.6380
233 2nd Ave S, Kent
M-F: 8am-5pm. Every other W: Open till 8pm.

DENTAL CARE

Christ Community Free Clinic .......... 253.736.2634
1 A St NW, Auburn
Visit in person. Clinic dates vary. Call to verify. Provides urgent dental care.

Health Point

—Auburn ................................ 253.804.8713
126 Aubur Ave, Suite 100, Auburn
M-F: 7:30am-5:30pm. Drop-in: Tu: 7:45-4pm.

—Federal Way ..................... 253.874.7646
33431 13th Pl S, Federal Way
M-F: 7:45-4pm. Drop-in: Th: 7:45-4pm.

—Kent ................................ 253.796.4071
403 E Meeker St, Suite 100, Kent
M-F: 7:30am-5:30pm; Sa: 8am-noon. Drop-in: M: 7:30am-5:30pm.

—Midway ................................ 206.870.3600
26401 Pacific Highway S, Suite 201, Des Moines
M-F: 7:30am-5:30pm; Sa: 8am-12:30pm. Drop-in: W: 7:30am-5:30pm.

Sea Mar Community Health

—Burien ................................ 206.631.7316
18010 8th Ave S, Suite 416, Burien
M-F: 8am-5pm.

—Des Moines .................... 206.212.4520
2781 S 242nd St, Des Moines
M-F: 8am-5pm.

—Federal ................................ 253.681.6620
31405 18th Ave S, Federal Way
M-F: 8am-5pm.