

# FOOD INFORMATION

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.**

<b>Camelot Square</b>	3001 S 288 St., Federal Way 98003	10:45 - 11:50 a.m.
<b>Crestview West</b>	27912 Pacific Hwy S, Federal Way, WA 98003	1:55 - 3:00 p.m.
<b>Kitts Corner</b>	1201 S 336th St, Federal Way, WA 98003	10:45 - 11:50 a.m.
<b>Uptown Square Apts</b>	1066 S 320th St, Federal Way, WA 98003	12:20 - 1:25 p.m.
<b>Campus View Apts</b>	163 S 340th St, Federal Way, WA 98003	1:55 - 3:00 p.m.
<b>Enchanted Woods</b>	2020 S 360th St, Federal Way, WA 98003	10:45 - 11:50 a.m.
<b>Park 16</b>	35703 16th Ave S, Federal Way 98003	12:20 - 1:25 p.m.
<b>Westway</b>	33400 21st Ave SW, Federal Way, WA 98023	1:55 - 3:00 p.m.
<b>Appian Way</b>	25818 26 <sup>th</sup> 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. Gowe 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**

Senior Housing, Federal Way Food Bank, Federal Way Rotary Clothing Bank, Employment Program, Literacy, Low-Income Home Energy Assistance, Long-Term Care Ombudsman, Emergency Shelter, Transitional and Low-Income Rental Housing.

## 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

1244<sup>th</sup> 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/>.** 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

Agency	Approved	Note	Category	Description of Service	Contact Name / Email	Address	Phone
Atlantic St. Center	Yes		Mental Health Agency		Darci Freeman, LMFT, CMHS <a href="mailto:darcif@atlanticstreet.org">darcif@atlanticstreet.org</a> Behavioral Health Program Manager Preferred Pronouns: She, her, hers <a href="http://www.atlanticstreet.org">www.atlanticstreet.org</a>	2103 S. Atlantic St. Seattle, WA 98144	Direct Line: 206.454.3951 Main Office: 206.329.2050 Fax: 206.726.8564 King County Crisis Line: 206.461.3222
Catholic Community Services	Yes		Mental Health Agency	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.	<a href="mailto:Susankr@ccsw.org">Susankr@ccsw.org</a> Clinical Supervisor / Quality Improvement Catholic Community Services		253-850-2500 Cell: 206-659-3718 Fax: 253-850-2530
Childhaven	Yes		Mental Health Agency		<a href="mailto:VeronicaM@Childhaven.org">Veronica Mega &lt;VeronicaM@Childhaven.org&gt;</a>		206.957.4803 office
Coleman's Family Services	Yes		Mental Health Agency		Alice Coleman	15 South Grady Way, Suite 305 Renton, WA 98057	206-478-8446/425-235-9386 Fax 253-838-1078
Consejo	Yes		Mental Health Agency		<a href="mailto:Mgarcia@consejocounseling.org">Mgarcia@consejocounseling.org</a>	3808 S. Angeline Seattle, WA 98118	206-461-4880
Cowlitz Tribal Health	Yes		Mental Health Agency	Cowlitz Tribal Health provides Mental Health services to students during the day at school. All of our therapists are Masters Level clinicians who are licensed to practice in the state of Washington. We have the following credentialed therapists on staff- LMHC, LMFT, and LICSW. We provide 1-1 Mental Health therapy and group therapy. We also visit with family members of students if needed. We utilize traditional talk therapy, Play therapy, group therapy and other modalities as needed. Because the Native American population has different needs (culturally) we here at Cowlitz Tribal Health practice with utmost attention and respect to our communities overall health and well-being- that is Mentally, Spiritually, Physically, Emotionally and Biologically.	Seth <a href="mailto:ssudley.health@cowlitz.org">ssudley.health@cowlitz.org</a>	15455-65th Ave S. Tukwila, WA 98188	206-707-5696// 253-226-3672 // 206-721-5170
Mud Flower Mindful Movement and Counseling-was KFM Counseling	Yes		Mental Health Agency	While I'm comfortable supporting students through most general issues, I specialize in working with tweens/adolescents (ages 10-18/grades 5-12) who have experienced traumatic events and/or who struggle with suicidal/self harming behaviors or to cope with intense emotions/impulse control. I also have experience working with clients in a chemical dependency treatment setting and those with sexual/gender identity related struggles. I have training in and experience working with Dialectical Behavioral Therapy (DBT.)	Krystal Akin <a href="mailto:krystalakinlmhc@gmail.com">krystalakinlmhc@gmail.com</a> > 206-470-9842 KFM Counseling 206-470-9842 -- Krystal Akin M.Ed, LMHC, NCC, RYT KFM Counseling (206) 470-9842 Office Hours: Tues-Thurs		
Progress Pushers	Yes		Leadership/Mentoring	Leadership/Mentoring	Eddie Howard < <a href="mailto:eddie@progresspushers.com">eddie@progresspushers.com</a> >	1911 SW Campus Dr #365 Federal Way, WA 98023	253-335-6731

Rainier Scholars	Yes		Leadership/ Mentoring	Mentoring	Colin Roberts <CRoberts@rainierscholars.org>		(206) 407-2146
Reconnect to Opportunity - King County <b>OFF CAMPUS SERVICES ONLY</b>	<b>YES FOR OFF CAMPUS SERVICES ONLY</b>		Peer Connections	Provide programming and employment services to youth 16-24 who fall within the "opportunity youth" demographic who face barriers to education as well as social/emotional challenges	<a href="mailto:vocana@kingcounty.gov">vocana@kingcounty.gov</a>	645 Andover Park West Tukwila, WA 98188	206-409-6775
Ryan Akin Counseling	Yes		Mental Health Agency		<a href="mailto:ryanakincounseling@gmail.com">ryanakincounseling@gmail.com</a>		
Sea Mar Community Health Centers	Yes	6/3 MOU Amended and resent	Mental Health Agency		Stacy Fennell / stacyfennell@seamarchc.org Tabitha Gross <TabithaGross@seamarchc.org>	1040 S Henderson Street Seattle, WA 98108	206-763-5277
Shannon Thompson Counseling	Yes		Mental Health Agency	I 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.	Shannon Thompson LMHC CMHS shannon@stcounseling.com	33442 First Way South Ste 101 Federal Way, WA 98003	253-320-3020
Sound Health-was Sound Mental Health	Yes		Mental Health Agency		<a href="mailto:Joelle.Blair@Sound.Health">Joelle Blair &lt;Joelle.Blair@Sound.Health&gt;</a> & <a href="mailto:shavonda.dial@sound.health">shavonda.dial@sound.health</a>	1600 E. Olive St. Seattle, WA 98122-2735	206-302-2200 / 206-302-2271
South Sound Counseling & Consultation			Mental Health Agency		Christine Keys / info@southsoundcounseling.com	31919-1st Ave. S., Suite 203 Federal Way, WA 98003	253-839-4172
Therapeutic Health Services (THS)			Mental Health Agency		Attn: Branch Manager/Patti Pendgraf patti@ths-wa.org	1901 Martin Luther King Jr Way S Seattle, WA 98144	253-322-7676
Tisino Family Services	Yes		Mental Health Agency		Ryan Tisino / info@tisinofamilyservices.com	9215 Key Peninsula Hwy S Long Branch, WA 98351	206-403-7750
Treehouse for Kids	Yes (DH)		Foster Student Support	Mentoring to students in foster care	Lydia Smith / lydia.smith@treehouseforkids.org		
Valley Cities	Yes		Mental Health Agency		Liz Farmer efarmer@valleycities.org Service Manager of School Based Programs Ash O'Brien aobrien@valleycities.org Pronouns: They/Them/Theirs Lead Federal Way Programs Coordinator, Prevention and Community Support Program	33405 8th Ave S Unit 200 Federal Way, WA 98003	206-714-0376 253-856-1025 Fax Cell Phone: (253) 335-3875
WAPI Community Services	Yes		Mental Health Agency	WAPI Community Service is an outpatient substance use treatment and prevention program focused on providing age-appropriate and culturally-relevant services to underserved youth within King County.	<a href="mailto:aileen@wapiseattle.org">aileen@wapiseattle.org</a>	3722 S Hudson St Lower Level Seattle, WA 98118	206-223-9578
YMCA Family Services Mental Health	Yes		Mental Health Agency	The Y has two different programs/services that might interact with your schools. The one you might interact with most is the Children's Crisis Outreach Response System (CCORS). This is a 24 hour per day crisis response to children and families across King County. The CCORS staff respond to youth where ever the crisis is occurring, which can sometimes be in the school setting. Teachers, counselors, administrators can access CCORS through the Crisis Clinic when they are concerned about a young person being suicidal or having a mental health crisis. The CCORS teams have worked with schools and families after the immediate crisis to help develop crisis plans or strategies to help support the student and mitigate further crisis.	Diane Boyd / dboyd@seattleyymca.org	2100-24th Ave S, Suite 260 Seattle, WA 98144	206-344-3186



## DROP-IN CENTERS

- Arcadia House .....253.293.2328**  
Nexus Youth and Families 702 10th St NE, Auburn  
Drop in. M-F: 6:30-8:30pm. Serves ages 12-24. Can serve clients with children; please call first.
- 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**  
25361 St NE, Auburn  
M-Sa: 9:30am-8pm. Hospitality center. Offers Showers Tu, W: 11am-2pm; Laundry: Th: 3-5pm. No restrictions.
- REACH Center of Hope .....425.277.7594**  
1055 S Grady Way, Level P2, Renton  
M-F: 7:30am-4pm. Serves homeless women, and families with children. Offers meals, showers, laundry, clothing & hygiene items.
- 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, 515 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**  
444 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. 140th St, Tukwila  
W: 1:30-2:30pm; Serves residents of Tukwila and N. SeaTac.

## CLOTHING

**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, 4:30-5:15pm;  
.....3:30-4:15pm 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.....425.432.4110**  
27524 SE 200th St, Maple Valley M: 5-7pm.  
—**Grace Road Church.....425.851.1100**  
25610 Lawson St, Black Diamond W: 5-7pm.  
—**Cedarcreek Covenant Church.....425.413.2840**  
23220 MV-BD Hwy SE, Ste. 3G Maple Valley F: 5-7pm.  
—**Church of the Nazarene .....360.825.5578**  
2501 Warner Ave, Enumclaw F: 5:30--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 .... 253.929.1150**  
100 3rd Ave SE, Pacific  
Stone Soup free lunch: M: 11am-1pm, open to all ages
- Renton Community Supper**  
—**Salvation Army, .....425.255.5974**  
720 S Tobin St, Renton  
M-Th: 5:30-6:30pm; Serves anyone in need.
- REACH, Old Chamber of Commerce.....**  
..... Visit in Person Only  
300 Rainier Ave N, Renton  
F-Su: 5:30-6:30pm
- 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**  
Riverton Park UMC, 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](http://www.crisisconnections.org)

King County ★  
**2-1-1**<sup>TM</sup>  
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 .....253.833.8925**  
930 18th Pl NE, Auburn  
M, Tu, Th, 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 .....206.878.2660**  
United Methodist Church, 22225 9th Ave S, Des Moines  
M, W, F: 9-11:45am; 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  
M-W, 9-11:45am. Serves Enumclaw School District residents.
- Highline Area Food Bank .....206.433.9900**  
Manhattan Community Center, 18300 4th Ave S, Burien  
Tu: noon-2:30pm; Th: 10am-12:30pm; 2nd Tu of month: 5:30-7pm. 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 .....425.432.8633**  
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 ....425.255.1446**  
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-F: 10am-4pm. Muckleshoot Tribal members only.
- Multi-Service Center—Federal Way.. 253.838.6810**  
1200 S 336th St, Federal Way  
M, W, F: 10am-2pm; People w/ disabilities M, W, F: 9:30-10am;  
4th Th of month: 5-6pm. Fed. Way Sch. Dist. Residents.
- 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, T, Th, F: 9-noon, 1-4pm. 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**  
Riverton 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-F: 8am-5pm; Tu, 8am-7pm.

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

—**Renton ..... 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 ..... 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: 8:30 am-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 ..... 206.812.6140**  
14434 Ambaum Blvd SW, Suite 5, Burien  
M-Sa: 8am-5pm.

—**Des Moines Medical Clinic ..... 206.212.4500**  
2781 S 242nd St, Des Moines  
M-F: 8am-5pm.

—**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 Auburn 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: 7:45am-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: 8:30am-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.