YOUTH/YA SHELTER, SERVICES (18-25)

Emergency Shelter 800-495-7802
New Horizons 206-374-0866
2709 3rd Ave Drop-in services Sun.-Th., 7pm-9
Overnight shelter, Sun.-Th., 9:30pm-8am, F-Sat 9pm-8am

YouthCare Orion Center 206-622-5555
1828 Yale Ave. Drop-in services available M/W-F, 3:30pm-6pm, Sat., 11am-1pm.
Overnight shelter, M-Su., 8pm-7:30am

STOP (Street Talk Outreach Program) 206-522-4366
4740 B University Way NE Drop-in services M-Tue. 8am-10

CRISIS LINE 206-461-3222
24/7 suicidal thoughts, drug/chemical abuse, anxiety help

DOMESTIC VIOLENCE

Broadview Helpline/Solid Ground 206-299-2500
All adult domestic violence survivors with children (no single adults); LGBTQIA+, must need confidential help. Call 24/7 for shelter. Transitional housing available.

FAMILIES: DAY/OVERNIGHT

Mary’s Place Family Line 206-245-1026
For families, women & pregnant mothers, single fathers.
S-Th, 8am-11:30pm; Fri-Sat 8am-9pm.

OVERNIGHT SHELTER: ALL ADULTS

Coordinated Entry for All (CEA) 211
Homeless families, couples, individuals inside King County
Tent City 206-399-0412
Current: 4515 16th Ave NE (U-District). ID Required.
Adults 18+
DESC Main Shelter 206-464-1570
Intake at: 515 3rd Ave.
222 Wall St. #100 206-441-3043
1216 James St. 206-464-6454

OVERNIGHT SHELTER: MEN/MEN 50+

St. Martin de Porres 206-323-6341
FULL: CLIENTS REFERRED TO THE JUNCTION
551 Elliot Ave. W

OVERNIGHT AND DAY: WOMEN

YWCA/Women’s Referral Center 206-441-3210
Angelina’s Day Center 206-436-8650
2030 3rd Ave/YWCA, 8am-8pm, daily.
Emergency/transitional housing available
Mary’s Place Women’s Day Center 206-621-8474
1831 9th Ave. M-F, 7am-3:30pm, Sat. 9am-1pm Womxn, expecting/single mothers
WHEEL Women’s Shelter 206-956-0334
609 8th Ave. (Trinity Episcopal Church)

DAY CENTERS: SHOWER, LAUNDRY, ETC.

Bread of Life Center 206-682-3579
97 S. Main St. M-F, 8:30am-2pm. Clothing, lockers, showers, service referrals.

Seattle Indian Center 206-329-8700
1265 S. Main St. M-F, 9:30am-5:30pm. Showers, mail, computers, shelter referrals.

Urban Rest Stops (Last showers 30 min. before closing)
- Downtown (206-332-0110) 1214 9th Ave. M-F, 5:30am-9:30pm; Sat./Sun., 8am-3pm
- U-District (206-327-0744) 1415 NE 49th St. T-Th 9am-6pm, Fri, 9am-5:30pm
- Ballard (206-258-3626) 2014 NW 57th St. M-F, 6:30am-2:30pm; call for laundry appt.

Seattle Parks & Rec. Shower Trailers
- Delridge 4501 Delridge Way S. M-Th. 1pm-6pm, Fri. 1pm-5pm.
- Green Lake 7201 E. Green Lake Dr. T-Sa. 9am-5pm
- Meadowbrook 30515 55th Ave NE M-F 2:30pm-7:30pm
- Rainier 4600 38th Ave S. M-Th. 9:30am-5pm, F. 9:30am-5pm, Sat. 9:30am-4pm.
- Miller 330 19th Ave E M-F 9am-7:30pm

MAIL SERVICES & MISCELLANEOUS

Solanus Casey Center 206-223-0907
804 9th Ave. M-Th., 1-4pm. Hospitality and referrals: ORCA cards, vouchers, IDs, job assistance, transitional housing

Seattle Court Resource Center 600 5th Ave. 206-684-9291
M, W-Th., 8:30am-4pm

Aurora Commons 206-299-2278
8914 Aurora Ave. N.
- Drop-in: M-Th., 10am-1pm
- Foot/Wound Care: Wed. 11am-2pm
- Bupe Clinic (Addiction Treatment): Wed.,11am-2pm
- Womxn safe, Healthy, Empowered (SHE) clinic: W/Th, 11am-2pm

Compass Center Client Services 206-474-1000
77 S Washington St. M-F, 9am-4pm. Services include mail, bank, and voter registration.

UPLIFT NW 206-728-5627
2515 Western Ave. Job placement and readiness/skills

Bread of Life Center 97 S. Main St. 206-682-3579
mail, computers, bus passes

FOOD BANKS

FamilyWorks (serving 981-01, 07, 15, 17, 33 & 77)
- Wallingford (206-694-6722) 1501 N. 45th St. T, 12pm-2pm, Th., 3pm-6pm, F, 11am-1pm
- Greenwood (206-694-6727) T:3:30pm-6pm, Wed: (Seniors only) 11am-3pm (All) 12pm-2pm
- Grocery Delivery (98103 only) Call *206) 694-6723 for eligibility

Filipino Community of Seattle 206-722-9372
5740 MLK Jr. Way S. M-Th: 11:30am-1pm

Immanuel Community Services 206-622-1930
1215 Thomas St. M. 10am-1pm, open to all/no restrictions

Jewish Family Services
16th & E. Pine St W. 10am-12pm, Th., 2pm-4pm, F, 10am-12

Lifelong Chicken Soup Brigade 206-957-1686
Please call; no drop-ins. Clients: 60+, infirm, disabled, HIV+

Pike Market Food Bank 206-626-6462
1531 Western Ave. @ Pike Place Garage (P5) T/Th, 9:30am-3pm, W, 3pm-7pm.

Queen Anne Food Bank (serving 981-01,09,19,21) 232 Warren Ave. N Th. 2-4pm

Food Bank @ St. Mary’s 206-324-7100
611 20th Ave. S. M/W/F,10am-1pm, general distribution

Updated Jul 2021 ** Call 211 for emergency housing, shelter, crisis
Food Banks Continued...
St. Vincent de Paul/Georgetown 206-686-5260
5972 4th Ave. S. T/Th/F, 11am-2pm Bring I.D and proof of address.
Salvation Army Food Bank 206-447-9944
1101 Pike St./T/W, 9am-11:30am & 1pm-3pm, Th. 1pm-3pm.
Bring ID and proof of address.
Seattle Indian Center 206-329-8700
1265 S. Main St. T/Th, 1pm-3pm. Bring Seattle I.D.
So Do Community Market 206-380-0277
1915 4th Ave. S. M, 1:30pm-7:30pm, W/F, 8am-2pm

MEDICAL & MENTAL HEALTH SERVICES
Counseling Recovery and Wellness 206-956-9570
1902 2nd Ave. M-F, 8:30am – 5pm

Outpatient mental health, substance abuse treatment, medication mgmt., counseling. Medicaid required.
Downtown Public Health Center 206-477-8300
2124 4th Ave. M-F, 8am-5pm. Dental, maternity, family, WIC
Harborview Medical Center 206-744-3000
- Emergency (206)744-3074
- Mental Hlth/Addiction Services (206-744-9657)
Mobile Medical Van 206-330-6775
www.kingcounty.gov/mobilemed for locations/schedule.
PHRP Needle Exchange 206-679-9184
47th & Brooklyn Ave NE, Tu/Th 5pm-7pm, F/Su 1pm-5pm
For suboxone intake appts call: 206-850-5654
Neighborcare Health @ Pike Place 206-728-4143
1930 Post Alley. Primary medical care, pharmacy services, mental health/social services, health insurance assistance.
Pioneer Square Clinic (UW Medicine) 206-744-1500
206 3rd Ave. S. Primary medical care.

SEATTLE MEALS

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Served</th>
<th>Location/Contact</th>
<th>Day/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. James Cathedral</td>
<td>All</td>
<td>901 Terry Ave.</td>
<td>Sun., 7am-8am,</td>
</tr>
<tr>
<td>Open Meal Service @ Uplift NW</td>
<td>All</td>
<td>2515 Western Ave.</td>
<td>8am-9am, M-F 10am-11am, Sat./Sun.</td>
</tr>
<tr>
<td>St. Luke’s Edible Hope</td>
<td>All</td>
<td>5710 22nd Ave. NW</td>
<td>10am-12pm, M-F</td>
</tr>
<tr>
<td>Seattle Indian Center</td>
<td>All</td>
<td>1265 S. Main St.</td>
<td>9:00am-10am, M-F</td>
</tr>
<tr>
<td>First Covenant Church (Breakfast Club)</td>
<td>All</td>
<td>400 E. Pike St.</td>
<td>9am-11am, Sat.</td>
</tr>
<tr>
<td>Bread of Life Center</td>
<td>All</td>
<td>97 S. Main St.</td>
<td>8:30am</td>
</tr>
<tr>
<td>New Horizons Ministries</td>
<td>13-25</td>
<td>2709 3rd Ave.</td>
<td>8:30am-9:30am, M-TH</td>
</tr>
<tr>
<td>Orion Youth Center</td>
<td>12-24</td>
<td>1828 Yale St.</td>
<td>8:30am-9am, M-F 11am-1pm, Sa.</td>
</tr>
<tr>
<td>Pike Market Senior Center</td>
<td>Adults 55+</td>
<td>85 Pike St. #200</td>
<td>8:20am-9am, daily</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
<th>Served</th>
<th>Location/Contact</th>
<th>Day/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Meal Service @ Uplift NW</td>
<td>All</td>
<td>2515 Western Ave.</td>
<td>12:30pm-1:30pm, daily</td>
</tr>
<tr>
<td>Queen Anne Food Bank</td>
<td>All</td>
<td>232 Warren Ave. N.</td>
<td>8:30am-11:30am, M-F</td>
</tr>
<tr>
<td>Community Lunch on Capitol Hill</td>
<td>All</td>
<td>Broadway &amp; Republican (All Pilgrims)</td>
<td>12pm – 1pm, M-F</td>
</tr>
<tr>
<td>Seattle Indian Center</td>
<td>All</td>
<td>1265 S. Main St.</td>
<td>12:00-1:15pm, M-F</td>
</tr>
<tr>
<td>Bread of Life Center</td>
<td>All</td>
<td>97 S. Main St.</td>
<td>12:15pm-1pm, daily</td>
</tr>
<tr>
<td>Orion Youth Center</td>
<td>12-24</td>
<td>1828 Yale Ave.</td>
<td>12:30pm-1pm, M-F</td>
</tr>
<tr>
<td>Filipino Community of Seattle</td>
<td>Adults 55+</td>
<td>5740 MLK Jr. Way S.</td>
<td>11:30am-1pm, M-F</td>
</tr>
<tr>
<td>Pike Market Senior Center</td>
<td>Adults 55+</td>
<td>85 Pike St. #200</td>
<td>12pm – 1pm, daily</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dinner</th>
<th>Served</th>
<th>Location/Contact</th>
<th>Day/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blessed Sacrament Church</td>
<td>All</td>
<td>5050 8th Ave NE</td>
<td>12pm-2pm, Sun.</td>
</tr>
<tr>
<td>Operation Nightwatch</td>
<td>All</td>
<td>302 14th Ave. S</td>
<td>9pm-9:45pm, daily</td>
</tr>
<tr>
<td>Saint James Cathedral</td>
<td>All</td>
<td>803 Terry Ave.</td>
<td>4pm-4:30 pm, M-F</td>
</tr>
<tr>
<td>Open Meal Service @ Uplift NW</td>
<td>All</td>
<td>2515 Western Ave.</td>
<td>5pm-6pm, daily</td>
</tr>
<tr>
<td>Bread of Life Center</td>
<td>All</td>
<td>97 S. Main St.</td>
<td>7pm-7:45pm</td>
</tr>
<tr>
<td>Roots Friday Feast</td>
<td>18-25</td>
<td>4130 University Ave. (Chapel on the Ave.)</td>
<td>5:30-7:00pm, Fri.</td>
</tr>
<tr>
<td>Teen Feed</td>
<td>13-25</td>
<td>4515 16th Ave NE.</td>
<td>7pm-8pm, M-F, Sun. 6:30pm-7:30pm, Sat.</td>
</tr>
<tr>
<td>Orion Youth Center</td>
<td>12-24</td>
<td>1828 Yale St.</td>
<td>6pm-6:30pm, M/W-F</td>
</tr>
</tbody>
</table>

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