

**DAY CENTERS: SHOWER, LAUNDRY, ETC.**

**Bread of Life Center** 206-682-3579  
97 S. Main St. M-F, 9:30am-3pm. Clothing, lockers, showers, service referrals, tv, mail service.  
**Seattle Indian Center** 206-329-8700  
624 S. Dearborn St. M-F, 9:00am-6:00pm. Showers, mail, computers, shelter referrals, clothing bank, laundry.  
**Urban Rest Stops** (Last showers 30 min. before closing)  
**Downtown** (206-332-0110) 1924 9th Ave. M-F, 6:30am-5pm; Sat./Sun., 8:30am-12pm, 1pm-4pm  
**Ballard** 206-258-3626 2014 NW 57th St. M-F 6:30-10:30 AM 11:30 AM-12:30 PM  
**Orion Center** (206-622-5555) 1828 Yale Ave. M-F, 10:00am-6:00pm, age 12-24  
**City of Seattle Shower Trailers** 206-386-1030

Call for weekly updates  
**Community Center Hygiene Shower Hours**  
• **Delridge CC 4501 Delridge Way SW.** 206-684-7423  
M-F 10am-4:30pm  
• **Green Lake CC 7201 E. Greenlake Dr. N.** 206-684-0780  
T,Th 10am-1pm  
• **Meadowbrook Pool 10517 35th Ave NE.** 206-684-7522  
M-F 10a-4:30pm  
Miller CC 330 19th Ave E. 206-684-4753 M-F 10am-6pm  
Immanuel CC 1215 Thomas St. 206-622-1930 M-F 8am-1:30pm  
Rainier CC 4600 38th Ave S. 206-386-1919 M-F 10:30am-5pm

**MAIL SERVICES & MISCELLANEOUS**

**Solanus Casey Center 1 - 4pm** 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** 206-684-9291  
600 5th Ave. 2nd floor, room 235 M,W 8:30am-4pm. Closed 12pm-1pm. Smartphone access, medication-assisted treatment, emergency food & clothes.  
**Aurora Commons 8914 Aurora Ave. N.** 206-299-2278  
• **Drop-in:** M-Th., 10am-1pm, **Aurora Clinic:** M-T., 10am-2pm  
• **SHE (Safe, Healthy, Empowered) Clinic:** W/Th, 11am-2pm.  
**Compass Multi-Service Center** 206-474-1630  
210 Alaskan Way. M-F, 9am-4pm. Services include laundry, shower, mail, banking and voter registration.  
**UPLIFT NW** 206-728-5627  
2515 Western Ave. M-F, 8am-3pm. Job placement, career training, locker services, housing referrals.  
**St Francis House 169 12th Ave.** (near E. Spruce St.) 10a.m.-2p.m. Mon.- Fri no appt. but need Photo ID Clothes, household goods

**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, Bupe  
**Harborview Medical Center** 206-744-5000  
• **Emergency** 206-744-3074  
• **Mental Health/Addiction Services** 206-744-9657  
**Mobile Medical Van** 206-840-8737  
Kingcounty.gov/streetmed for locations/schedule.  
**PHRA Needle Exchange** 206-939-2209  
4548 Brooklyn Ave NE, M-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 M/Tu/Th 8am-5pm, W varies, F 8am-4pm.  
Primary medical care, pharmacy services, mental health/social services, health insurance assistance  
**Pioneer Square Clinic (UW Medicine)** 206-744-1500  
206 3rd Ave. S. T/Th/F 8:15am-4pm, W 9am-4pm. Primary care

**Immigration Legal Services**

**Catholic Immigration Legal Services** 206-328-6314  
100 23rd Ave. S., Seattle 98144  
**Northwest Immigrant Rights Project** 206-587-4009  
615 2nd Ave. Ste. 400, Seattle 98104  
**St. James Immigrant Assistance** 206-382-4511  
907 Columbia St., Seattle 98104

**Deportation Defense Hotline**

Washington Immigrant Solidarity Network (WAISN)  
Phone: 1-844-724-3737

**YOUTH/YA SHELTER, SERVICES (18-25)**

**Emergency Shelter** 800-495-7802  
**New Horizons** 206-374-0866  
2709 3rd Ave Intake first time 9pm. Ages 18-25 daily, pets allowed. Showers, laundry, creative projects, computers, clothing closet, mats for resting, meals and activities. ID or case manager letter required.  
**YouthCare Orion Center** 206-622-5555  
1828 Yale Ave. First time for intake. Ages 18-24. Provides breakfast and dinner. Computers, laundry, showers, clothing, lockers, accepts service animals. Government issued photo ID.  
**ROOTS Shelter** 206-632-1635  
4541 19th Ave NE. Intake daily by phone or in-person 8pm-8:30pm. Ages 18-25. Hot breakfast and dinner, case management and visits by health providers. State ID required.  
**The Landing** 425-449-3868  
16225 NE 87th St. Suite A-1 Redmond. 8:30pm. Ages 18-24 w/o children. No pets allowed. Intake includes background check.

**CRISIS LINE 206-461-3222 OR 988 OR TEXT 741741**

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**

**Emergency Family Intake Line** 206-245-1026  
Families, women, pregnant mothers, single fathers. 8am-11:30pm

**OVERNIGHT SHELTER: ALL ADULTS**

**Coordinated Entry for All (CEA)**  
<https://kcrha.org/regional-access-points>  
Homeless families, couples, individuals inside King County  
**Tent City 3 Seattle** 206-399-0412  
**DESC Main Office** 206-464-1570

**OVERNIGHT SHELTER: MEN/MEN 50+**

**Operation Nightwatch** 206-329-2099  
302 14th Ave. S  
**William Booth Center** 206-621-0145  
811 Maynard Ave S.  
**SHARE** walk-in only 1902 2nd Ave. M, Th 1pm, T, W, F, Sat, 6pm

**OVERNIGHT AND DAY: WOMEN**

**YWCA/Women's Referral Center** 206-461-4888  
1118 5th Ave.  
**Aurora Commons Women's Drop-In** 206-299-2278  
8914 Aurora Ave. N M- Th. 10am-1pm rest, meals, resources  
**WHEEL Women's Shelter** 206-956-0334 715 Spring St. Call first.  
**Wheel women's shelter** 711 Cherry St.

**FOOD BANKS**

**FamilyWorks (North of Lake Union)** 206-647-1770  
 • Wallingford. 4318 Stone way, 12pm-2pm T,TH,F  
 • Greenwood 9501 Greenwood Ave N. 206-783-1225  
 , ID and proof of address required. Tues 3-5pm  
**Filipino Community of Seattle** 206-430-7030  
 5740 MLK Jr. Way S. M/T/Th. 12pm-1pm  
**Immanuel Community Services** 206-622-1930  
 1215 Thomas St. M., 10am-1pm, open to all/no restrictions  
**Polack Food Bank** 206-461-3240  
 1601 16<sup>th</sup> Ave., W/F, 10am-12pm, Th., 2pm-4pm,  
**Pike Market Food Bank** 206-626-6462  
 1531 Western Ave. @ Pike Place Garage (P5) Tues 12-3pm.  
**Queen Anne Food Bank @ Sacred Heart** 206-216-4102  
 232 Warren Ave. N. Th., 1pm-2:30pm

**The Food Bank @ St. Mary's** 206-338-7215  
 611 20<sup>th</sup> Ave. S. Th. 1-2:30pm  
**St. Vincent de Paul/Georgetown** 206-767-9975  
 5972 4<sup>th</sup> Ave. S. T/Th/F, 11am-2pm, W 12pm-2pm 1<sup>st</sup> time  
 visitors bring I.D and/or proof of address if possible.  
**Salvation Army Food Bank** 206-447-9944  
 1101 Pike St. Tu/W., 9am-11:30am, Th. 1pm-3pm. Bring ID and  
 proof of address.  
**So Do Community Market** 206-625-0755  
 1915 4<sup>th</sup> Ave. S. M., 1:30pm-7:30pm, W/F, 8am-2pm  
**Lifelong Chicken Soup Brigade** 206-957-1600  
 Please call; no drop-ins. Clients: 60+, infirm, disabled, HIV+

Breakfast	Served	Location/Contact	Day/Time
St. James Cathedral	All, Dine in only	910 Columbia St.	7am-8am, Sun
OSL @ Uplift NW	All	210 Alaskan Way	10am-11am, Sa/Sun.
OSL @ Compass Housing	All	210 Alaskan Way	9am grab and go, M-F
St. Luke's Edible Hope	All	5710 22nd Ave. NW	8am-10am, M-F
Seattle Indian Center	All	624 S. Dearborn St.	9am-10am, M-F
First Covenant Church (Breakfast Club)	All	400 E. Pike St.	9am-10am, Sa.
Orion Youth Center	12-24	1828 Yale St.	8:30am-9am, M-F 11am-1pm, Sa.
Chief Seattle Club	American Indians and Alaskan Native Adults	410 2nd Ave. Extension S.	8:00am-9:30am, daily
Mary's Place	Female Identifying	1830 9th Ave.	7:00am-8:30am, M-F
New Horizons Ministries	25 and under ID required	2709 3rd Ave.	7:30am-8am, F-Sun.
First United Methodist Church	All	180 Denny Way	7:30am-9am, Sun.
<b>Lunch</b>			
OSL @ Compass Housing	All	210 Alaskan Way	11:30am-12:30pm, M-F, 1:30-3:00pm, Sa
Queen Anne Food Bank	All	232 Warren Ave. N.	8:30am-11:30am, M-F
Community Lunch on Capitol Hill	All	509 10 <sup>th</sup> Ave E. (All Pilgrims)	12pm – 1pm, M-F
Seattle Indian Center	All	624 S. Dearborn St.	12:00-12:45pm, M-F
Bread of Life Center	All	97 S. Main St.	12:15pm-12:45pm, M-F
Orion Youth Center	12-24	1828 Yale Ave.	12:30pm-1pm, M-F
Central Area Senior Center	60+	500 30 <sup>th</sup> Ave. S.	12pm-1pm, M-F
Chief Seattle Club	American Indians and Alaskan Native Adults	410 2 <sup>nd</sup> Ave. Extension S.	12pm-1pm, daily
Mary's Place	Female Identifying	1830 9 <sup>th</sup> Ave.	12pm-1pm, M-F
St. John's Lutheran Church	All	5515 Phinney Ave. N.	11am-1pm, W
Blessed Sacrament Church	All	5050 8 <sup>th</sup> Ave. NE	12pm-2pm, Sun
Immanuel Community Service	All	1215 Thomas St.	12pm-2pm, last Sun of month
YWCA Angeline's Center	Women w/o kids	2030 3 <sup>rd</sup> Ave	12pm, daily
<b>Dinner</b>			
St. James Cathedral	All, Dine in only	910 Columbia St.	4pm-4:45pm, M-F
OLS @ Uplift NW	All	2515 Western Ave.	4pm-5pm, Sa/Sun
OLS @ Compass Housing	All	210 Alaskan Way	3:30pm-4:30pm, Sa
St. John's Lutheran Church	All	5515 Phinney Ave. N.	4pm-6pm, T
Teen Feed	13-25	4515 16 <sup>th</sup> Ave NE. (University UCC) 1604 NE 50 <sup>th</sup> St. (University Lutheran)	7pm-8pm, Tu-F 7pm-8pm, Sa-M
Orion Youth Center	12-24	1828 Yale St.	6pm-6:30pm, M/W-F
New Horizons	25 or younger, ID req'd	2709 3 <sup>rd</sup> Ave.	9pm-9:30pm, F-Sun
Bethany Community Church	All	1147 N. 81 <sup>st</sup> St.	6pm-7pm, 2 <sup>nd</sup> and last Mon of month
Vedic Center Food Truck	All	2030 3 <sup>rd</sup> Ave	6pm-8pm, W/F/Sa/Sun, vegetarian meal