

DAY CENTERS: SHOWER, LAUNDRY, ETC.

Bread of Life Center 206-682-3579
 97 S. Main St. M-F, 9:30am-2pm. Clothing, lockers, showers, service referrals, tv, mail service.

Seattle Indian Center 206-329-8700
 624 S. Dearborn St. M-F, 9:30am-5:30pm. 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
U-District 206-526-2992 4516 15th Ave NE. M-Th, 1pm-3:30; by appt., age 13-22
Ballard 206-258-3626 2014 NW 57th St. M-F, 6:30am-2:30pm
Orion Center (206-622-5555) 1828 Yale Ave. M, W-F, 3:30pm-6:30pm; Sat, 11am-1pm, age 12-24
City of Seattle Shower Trailers 206-386-1030

- Rainier Valley Food Bank 9021 Rainier Ave S. Th-Sat 9am-4:30pm
- University Heights Center 5031 University Way NE Sun-W, 9am-4:30pm
- Queen Anne/Uptown 157 Roy St. Sun-W, 9am-4:30pm

Community Center Hygiene Shower Hours

- Delridge CC 4501 Delridge Way S. M-Th. 1pm-6pm, F 1pm-5pm
- Green Lake CC 7201 E. Greenlake Dr. N. M-F. 2:30pm-7:30pm, Sat. 9am-4:30pm
- Meadowbrook Pool 10515 35th Ave NE M-F 2:30-7:30pm, Sat 9am-2pm

Miller CC 330 19th Ave E, M-F 10am-6pm

MAIL SERVICES & MISCELLANEOUS

Solanus Casey Center 12 – 3pm 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, 6:30am-2:30pm. 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 206-744-3000

- Emergency 206-744-3074
- Mental Health/Addiction Services 206-744-9657

Mobile Medical Van 206-330-6775
www.kingcounty.gov/streetmed for locations/schedule.

PHRA Needle Exchange 206-939-2209
 4548 Brooklyn Ave NE, Tu/Th 5pm-7pm, F/Su 1pm-5pm
 For suboxone intake appts call M-Th: 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 206-374-0866x209
 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 206-724-0950
 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 206-442-8393
 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

Mary's Place Women's Day Center 206-621-8474
 1830 9th Ave. M-F, 7am-3pm, Sat. 9am-1pm

WHEEL Women's Shelter 206-956-0334 711
 Cherry St. (Trinity Episcopal Church) call first

FOOD BANKS

FamilyWorks (North of Lake Union/Ship Canal) 206-647-1780

- Wallingford 1501 N. 45th St. Tu., 12pm-2pm, Th., 3pm-6pm, F., 11am-1pm, ID not required.
- Greenwood 9501 Greenwood Ave N. Tu., 4pm-6pm, Wed., 11am-1pm, ID and proof of address required.

Filipino Community of Seattle 206-722-9372

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 16th Ave. W/F, 10am-12pm, Th., 2pm-4pm, closed on Jewish Holidays

Pike Market Food Bank 206-626-6462

(downtown residents and homeless clients)

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

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 20th Ave. S. M/W/F, 10am-1pm

St. Vincent de Paul/Georgetown 206-767-9975

5972 4th Ave. S. T/Th/F, 11am-2pm, W 12pm-2pm 1st time visitors bring I.D and/or proof of address if possible.

Salvation Army Food Bank 206-442-8393

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 4th Ave. S. M., 1:30pm-7:30pm, W/F, 8am-2pm

Lifelong Chicken Soup Brigade 206-957-1686

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	2515 Western Ave.	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.
Lunch			
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 th 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 th Ave. S.	12pm-1pm, M-F
Chief Seattle Club	American Indians and Alaskan Native Adults	410 2 nd Ave. Extension S.	12pm-1pm, daily
Mary's Place	Female Identifying	1830 9 th Ave.	12pm-1pm, M-F
St. John's Lutheran Church	All	5515 Phinney Ave. N.	11am-1pm, W
Blessed Sacrament Church	All	5050 8 th 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	5031 University Way	12pm, daily
Dinner			
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 th Ave NE. (University UCC) 1604 NE 50 th 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 rd Ave.	9pm-9:30pm, F-Sun
Bethany Community Church	All	1147 N. 81 st St.	6pm-7pm, 2 nd and last Mon of month
Vedic Center Food Truck	All	5031 University Way	6pm-8pm, W/F/Sa/Sun, vegetarian meal