



## Family Community Resources

(Updated October 2025)

### FOOD

- **Covid-19 Seattle-Area Emergency Food Resources** - developed by City of Seattle's Human Services Dept. This map shows the locations of food banks, meals, and student to-go meals
- **Basic Food (SNAP)** - Food assistance program that provides food benefits to low-income households to supplement their grocery budget. Program provides EBT card to buy USDA supported foods.
  - Link to information: <https://www.dshs.wa.gov/esa/community-services-offices/basic-food>
  - Application: [www.washingtonconnection.org](http://www.washingtonconnection.org). Or call (877)501-2233
- **Amazon SNAP** - Amazon allows families to purchase groceries through their website using SNAP EBT. No Prime membership is required, and free shipping is available w/purchase \$35+
  - Link to more information: <https://www.amazon.com/snap-ebt/b?ie=UTF8&node=19097785011>
- **El Centro de la Raza** - 2524 16th Ave S, Seattle, Washington 98144; (206) 957-4634
  - Families can visit once per week for food distribution and once per week for commodity distribution. Open three days a week:
    - Wednesdays are for Seniors and mobility limited individuals
    - Thursdays: 10:00am - 12:00pm and 2:00pm - 4:00pm
    - Fridays: 10:00am - 12:00pm and 2:00pm - 4:00pm
  - Link to information: <https://www.elcentrodelaraza.org/el-centro-food-bank/>

- **White Center Food Bank** - 10829 8th Ave SW, Seattle, WA 98146; (206) 762-2848
  - New customers can come in person to register and set up future appointments (3 per month):
    - Monday 12pm-3pm
    - Wednesday 10am-1pm
    - Friday 10am-1pm
  - Link to information: <https://www.whitecenterfoodbank.org/service-hours>
  
- **Food Not Bombs** - Occidental Square, Pioneer Square, Seattle (under glass shelter)
  - Free hot meals every Saturday and Sunday at 5PM
  - Link to information: <https://seattlefoodnotbombs.org/>
  
- **Cultivate South Park** -
  - **Home Food Delivery:** service that provides grocery boxes to be delivered to your door bi-weekly
    - Sign up link: <https://cultivatesouthpark.org/food-delivery>
  - **Casa Orilla:** Food Bank serving food staples such as produce, proteins, and dry goods
    - Self-select grocery days at 614 South Riverside Drive South Park, Seattle, WA 98108 on:
 

Tuesdays and Fridays from 1:00PM – 2:00PM or when food runs out
  - More information: <https://cultivatesouthpark.org/>
  
- **Rainier Beach Action Coalition**
  - Food Hub Hours: Food bank service
    - Tuesdays & Wednesdays from 10:00AM – 4:00PM
  - Farm Stand: service providing access to free, fresh local produce grown by Black and Brown farmers
    - Saturday from 10:00 AM – 4:00PM
    - Available only from June 14<sup>th</sup> – October 25<sup>th</sup>
  - Link for more information: <https://www.rbcoalition.org/food-hub-farm-stand/>

- **King County Food Bank Home Delivery Ordering Form**
  - Offers weekly/bi-weekly home delivery groceries
  - High capacity service, long waitlist
  - Link for more information and intake:  
<https://uwkc.socialsolutionsportal.com/apricot-intake/6fd5918b-67ea-4b76-8af9-db65946b224c>

## **CLOTHING**

- **Providence Regina House** - 8201 10th Ave. S. #6 Seattle, WA 98108, 206-763-9204
  - Operates a weekly food and clothing bank out of the South Park Neighborhood Center.
  - Provides services to customers living in the following zip codes: 98108, 98148, 98168, and 98188.
  - Clothing bank can be accessed once a week:
    - Tuesday - Saturday 7AM – 3PM
  - Link to information: <https://www.providence.org/locations/wa/regina-house>
- **West Seattle Food Bank Clothesline** - 4425 41st Ave SW, Seattle WA 98116
  - Free new and like-new clothes available for all ages (infant-adult).
  - One visit per month with no appointment needed.
  - Store open Tuesdays, Thursday, and Saturdays from 10:00AM - 1:00PM
  - Link to information: <https://westseattlefoodbank.org/clothesline/>
  - For additional information call: 206-932-9023
- **St. Francis House Seattle** - 1108 E Spruce Street, Seattle WA 98122
  - Offers support to families by providing clothing for men, women, and children along with household supplies and food.
  - One visit per month with no appointment needed, but photo ID needed.
  - Store open Monday, Tuesday, Wednesday, Thursday from 10:00AM - 12:00PM
  - Link to information: <https://www.stfrancishouseseattle.org/get-help>



# Developmental Disabilities Supports

- **Developmental Disabilities Administration** - eligibility page
  - Useful for access to other support programs around employment, medical support, and residential
  - Link to page: <https://www.dshs.wa.gov/dda/consumers-and-families/eligibility>
- **Seattle Children's Autism Center**
  - Services: <https://www.seattlechildrens.org/clinics/autism-center/services/>
  - Resources for families: <https://www.seattlechildrens.org/clinics/autism-center/patient-family-resources/>
- **Open Doors for Multicultural Families**
  - Organization engages and partners with culturally and linguistically diverse individuals with developmental and/or intellectual disabilities and their families.
  - Link to program information: <https://opendoorswa.org/what-we-do/disability/our-programs/>

# Eating Disorder Treatment

- **Eating Disorders Recovery Program Seattle Children's Hospital**
  - If you would like a referral to Adolescent Medicine for medical and nutrition concerns, talk to your child's primary care provider (PCP).
  - If you already have a referral, call Adolescent Medicine at 206-987-2028 to schedule a telehealth consultation.
  - If you already had a consultation and have an appointment for a medical evaluation with the
  - Adolescent Medicine 12-week Outpatient Eating Disorders Program, learn more about what to expect and how to prepare.
  - Link to information: <https://www.seattlechildrens.org/clinics/eating-disorders/>

- **The Emily Program** - 1700 Westlake Avenue North, Suite 700
  - Seattle location: Outpatient & Day treatment for adults and adolescents; 24/7 residential treatment (adults only)
  - Link to Self-Assessment Quiz: <https://emilyprogram.com/treatment-services/take-the-quiz/>
    - Virtual and outpatient treatment is available for children, teens, and young adults.
  - Contact information: Call (206) 283 2220 or Toll free: 1-888-364-5977
  - Non-emergency Referral form link: <https://emilyprogram.com/treatment-services/get-help-now/>

## **Resources for recently immigrated Spanish-speaking families**

- **El Centro De La Raza** - 2524 16th Ave S Seattle, WA 98144
  - Programs include center-based bilingual early learning childcare (*cuidado de niños*), home visiting programs for children birth to age 3, after school mentoring and tutoring, and workshops for parents. We work with Seattle Public Schools to ensure children in our programs are ready for kindergarten and provide an after-school program.
  - Job readiness programs for youth in the Seattle Public School District.
  - For any questions about programs, call (206) 957-4634
  - Link to more information: <https://www.elcentrodelaraza.org/>
  
- **Casa Latina** - 317 17th Ave S, Seattle, WA 98144
  - Resources ranging from help with employment, education, and community organizing/ leadership development.
  - Employment (*Trabajo*): connect people with employers looking for workers (gardening, basic construction, house cleaning, painting, and more). Also offers workshops that teach our members: safety, work-related skills, worker rights, and wage theft assistance.

- Information: <https://casa-latina.org/work/day-worker-center/> ; <https://casa-latina.org/work/job-skill-trainings/> ; <https://casa-latina.org/work/wage-theft-resources/>
- Education (*Educación*): offer English/Spanish classes and a course in computer basics.
  - Information: <https://casa-latina.org/work/english-classes/> ; <https://casa-latina.org/work/spanish-classes-seattle/>
- To become a member and start connecting with employers, a person must first attend an orientation. Only a photo ID from any country is needed. To reserve your spot, they can call their workforce development coordinators Marco Antonio at (206)686-2625 and Yuliana at (206)686-2604. You can find more information here:
  - English: <https://casa-latina.org/wp-content/uploads/2022/07/Day-Worker-CenterFlyer-En.pdf>
  - Spanish: <https://casa-latina.org/wp-content/uploads/2022/07/Day-Worker-CenterFlyer-Sp.pdf>

## **Behavioral and Social Supports**

- **Consejo Counseling and Referral Service** – [multiple locations](#)
  - Outpatient behavioral health care, transitional housing to survivors of domestic abuse and sexual assault + their families. Mental health, substance use, domestic violence, children youth, and family, school-based, and transitional housing services.
  - For more information email [frontdesk@consejocounseling.org](mailto:frontdesk@consejocounseling.org) or call (206)461-4880
- **Sound Health** – [multiple locations](#)
  - Has a program to provide students therapists with Intellectual & Developmental disabilities
  - Link to service information: <https://www.sound.health/services>
  - For more information by phone call (206) 901-2000 , (206) 302-2210 (Fax), (800) 828-1449 (Toll Free)

- **Therapeutic Health Services** - 1901 Martin Luther King Jr. Way S
  - Substance use services, mental health services, integrated cognitive therapies program, programs for homeless youth and young adults, peer life coach
  - Office Hours: Mondays-Thursdays 9AM – 6PM, Fridays 9AM – 5PM
  - Contact for Seattle office: (206) 322-7676, Fax: (206) 726-7585
  - Link to more information: <https://ths-wa.org/locations/youth-family-services-seattle/>
  
- **Asian Counseling and Referral Service** - 3639 Martin Luther King Jr. Way S
  - [Services](#) include: Behavioral health and Wellness; Children, Youth, and Families programs, recovery services; legal services, etc.
  - Office Hours: Mondays-Fridays from 9AM-4PM
  - Contact for more information:
    - Phone: (206) 695 7600
    - Email: [info@acrs.org](mailto:info@acrs.org)
    - In inclement weather, call (206) 774-2417 for hours.
  
- **You Grow Girl**

South Seattle/Mt. Baker: 2200 Rainier Ave S, Suite 201, Seattle, 98144  
 Kent/Covington: 15215 SE 272nd Street, Kent, 98042

  - Youth LeadHERship: Skill -building groups, youth leadership board, career focused mentoring, behavioral health, housing
  - Online referral for outpatient services: <https://form.jotform.com/250067207965056>
  - Link to more information: <https://www.yougrowgirl.org/>
  
- **Southwest Youth & Family Services** - 4555 Delridge Way SW Seattle, WA 98106
  - Serves Low-income families and youth in southwest king county
  - Behavioral health, education, family advocacy, youth development, Telehealth services



- **Spanish-speaking therapists:** when you click on the ‘counseling request form’ you can choose your language at the top.
  - Office Hours: Monday – Thursday: 9 am – 5 pm, Friday: 9am – 3pm
  - Link to information: <https://www.swyfs.org/>
  - Contact for more information:
    - Call: (206) 937-7680; Fax: (206) 935-9967
    - Email: [info@swyfs.org](mailto:info@swyfs.org)
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- **Atlantic Street Center**

Main office - 206-329-2050, 2103 South Atlantic Street, Seattle, WA 98144  
 Rainier Beach - 206-723-1301, 5150 South Cloverdale Place, Seattle, WA 98118  
 Kent - 253-859-7792, 610 W Meeker St., Suite 201, Kent, WA 98032

    - Available services include: Behavioral health, gender-based violence support, youth development, Educational Support, Family Support
      - Link to information about programs: <https://atlanticstreetcenter.org/programs/>
    - Contact for more information (general): [info@atlanticstreet.org](mailto:info@atlanticstreet.org)
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- **Protea Wellness** - 6770 E Marginal Wy S, Seattle, WA 98108
    - Available [services](#) include: Individual Counseling, Kids & Teens, Children’s Behavioral Issues, Family Therapy, LGBTQIA+, Group Therapy, etc.
    - Contact for more information & intake:
      - Call: (206)207-5395
      - Email: [intakes@proteawellness.org](mailto:intakes@proteawellness.org)
      - Website: <https://www.proteawellness.org/>
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- **Seneca**
    - Service provider to Technical Assistance, Community-Based Mental Health & Juvenile Justice Services, Student Supports (Behavioral, Academic, Mental Health), and Community-Based Programs, etc.
    - Link to information: <https://senecafoa.org/seneca-washington/>
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- **Center for Human Services**

- Service provider to programs and family and individual programs, including: Kaleidoscope Play & Learn, Parenting Classes, One-on-One Parenting Coaching, Caregiver Support, Out of School Time programming
- Link to information: <https://www.chs-nw.org/services/family-support/>

## **Substance Use**

- [Adult SUD](#) and [Child & Youth Development](#) - ACRS
- [Youth Outpatient Care](#) - Navos
- [Behavioral Health Department – Sea Mar](#)
- [Services - Sound Health](#)
- [Youth Substance Use - Therapeutic Health Services](#)
- [Services – Consejo](#)

## **LGBTQIA+ Youth**

### ***Mental Health Resources***

- [The Trevor Project](#) provides free, 24/7 mental health support to LGBTQ+ youth. Students can chat with a trained counselor immediately by texting START to 678-678. To learn more, go to: <https://www.thetrevorproject.org/get-help/>
- [Trans Lifeline](#) provides free peer support to trans people in crisis. This is run by trans people, for trans people, and does not involve the police. The crisis line is (877) 565-8860. To learn more, go to [translifeline.org](http://translifeline.org).
- [The Northwest Network](#) supports LGBTQ+ survivors of abuse and provides one-on-one counseling. To connect to an advocate about an experience of domestic violence, sexual assault, hate violence, or stalking, leave a voicemail with a callback number at (206) 568-7777 and let them know if it is safe for them to leave a voicemail when they call back. Their phone number will appear as a blocked number when they return the call. You can also use this number to set up an appointment for a young person.
- **BetterHelp** is offering 6 months of free therapy to trans youth who apply through @transanta (see below under “material support”).

### ***Material Support***

- [@transanta](#) is a mutual aid network that connects transgender and nonbinary youth with needed holiday gifts. This is targeted toward trans/nonbinary youth who are experiencing housing insecurity, are in foster care or are in a hostile home environment.
  - More information on Instagram [@transanta](#)
- [UTOPIA](#) provides services to LGBTQ+ communities of color in South King County with an emphasis on Pacific Islander communities. They have a youth program, and they also offer a food pantry, a gender affirming clothes closet, healthcare, and immigration support. Learn more at [utopiawa.org](#).
- [Lavendar Rights Project](#) (LRP) elevates the power, autonomy, and leadership of the Black intersex & gender diverse community through intersectional legal and social services. We utilize the law as an organizing principle to affirm our civil rights and self-determination.

### ***Safe(r) Places for LGBTQIA+ Youth***

Several community orgs provide space for LGBTQ+ youth to drop in and connect with other youth. This list includes [Lambert House](#) (they also offer online support through several active Discord servers), [Gay City \(Seattle's LGBTQ Center\)](#), and [UTOPIA](#) (for QTBIPOC youth).

**MORE Resources for [LGBTQ+ Youth](#)**

# Health Insurance

- **Community Health Access Program (CHAP)**
  - Telephone assistance program serving King County residents. Helps families get connected to health insurance and healthcare services. Also help guide others in the community trying to help families.
  - For more information contact
    - Call: 1-800-756-5437
    - Email: [chap@kingcounty.gov](mailto:chap@kingcounty.gov)
- **WithinReach**
  - Helps sign people up for Apple Health and other resources. It has bilingual staff.
  - Family Health Hotline: 1-800-322-2588

# Help with Babies/Infant

- **WestSide Baby** - help with diapers, clothing, and equipment throughout Western King County.
- **FamilyWorks** - foodbanks, playgroups, parenting classes & workshop, home grocery delivery, community connector

# Parenting Classes

- **Families of Color Seattle** - <https://www.focseattle.org/> parent groups, family programs
- **Center for Human Services: Family Support** - [Center for Human Services \(chs-nw.org\)](https://www.chs-nw.org/) – has many different types of parenting classes/support groups.
- **Parent Trust of Washington**

# **OTHER**

- **United Way** – Resource List <https://www.uwkc.org/need-help/community-resources/>
- <https://www.findhelp.org/>
- **Hope for the Day** - Resources searchable by zip code for mental and physical health, housing, food, money, care and much more. <https://hftd.auntbertha.com/>
- **Washington State Department of Financial Institutions** – Other financial Resources
  - [At Home Financial Education Resources for Students and Families](#)
  - [Financial Education Resources for High School](#)
- **Seattle Schools** has a website with resources for families - <https://www.seattleschools.org/resources/>
- **Mutual Aid** has compiled a huge list of resources - [https://docs.google.com/document/d/1XRKHK18oWITqmAlgFhPmPm\\_o9PuCAiQ2hZeYXQ4Lt6Q/edit?pli=1&tab=t.0#heading=h.88do5a9ipugh](https://docs.google.com/document/d/1XRKHK18oWITqmAlgFhPmPm_o9PuCAiQ2hZeYXQ4Lt6Q/edit?pli=1&tab=t.0#heading=h.88do5a9ipugh)
- **Seattle Parks & Recreation** opened 19 sites for childcare and 7 teen resource centers. Families can register online [here](#) (click on “Sign Up for Classes, Activities & More,” and then under Activities click “licensed childcare”), or by contacting a preferred childcare location, or by contacting the Business Service Center at 206-684-5177. A full list of locations is [here](#).
  - **Teen & Youth Development:** <https://www.seattle.gov/parks/learning-and-childcare/teen-programs>
  - **Child Care Partners** with SPS & Seattle Parks - <https://www.seattleschools.org/departments/childcare/>
- **King County** – Youth Support Resources <https://youthresources.kingcounty.gov/>