



Local and National Community Resources

Lake Washington PTSA Council

Parenting Resources:

- **ParentHelp123**
Website: www.parenthelp123.org
- **ParentMap**
Website: www.parentmap.com
- **PEPS**. Parents support groups.
Website: www.peps.org
- **Parent Trust**, Family help line, Seattle.
Phone number: 800-932-4673 ; Website: www.parenttrust.org

Language Help & Cultural Resources

- **King County Library System** (ESL, Talk Time, Citizenship classes), King County
Website: www.kcls.org
- **Asian Counseling and Referral Service**, Seattle/Bellevue
Phone number: 206-695-7606 ; Website: www.acrs.org
- **Casa Latina**, Seattle
Phone number: 206-956-0779 ; Website: www.casa-latina.org
- **Chinese Information and Service Center**, Seattle
Phone number: 206-624-5633 ; Website: www.cisc-seattle.org
- **Jewish Family Services**, Bellevue
Phone number: 206-461-3240 ; Website: www.jfsseattle.org
- **India Association of Western Washington**
Phone number: 253-234-9989 ; Website: www.iaww.org
- **Muslim Community Resource Center**, Redmond
Phone number: 1-888-404-6272 ; Website: www.mcrseattle.org

Job Assistance

- **Hopelink Employment Program**, Eastside
Phone number: 425-869-6000 ; www.hope-link.org/get_help/employment_program/
- **Worksource**, King County
Website: www.worksourceskc.org/



- **Nourishing Networks**, Eastside
Phone number: 206-601-1531 ; Website: www.nourishingnetworks.net
- **YWCA**, Economic Advancement Programs for low income people, King County
Website: www.ywcaworks.org/economic-advancement
- **AtWork!**. Work Support for People with Disabilities, Bellevue
Phone number: 425-274-4000 ; Website: www.atworkwa.org/services-for-clients/services-for-job-seekers/

[Legal Resources](#)

- **Northwest Justice Project**, WA State
Phone number: 206-461-3200 ; Website: nwjustice.org//get-legal-help
- **Columbia Legal Services for Low Income**, Seattle
Phone number: 888-201-1014 Website: www.columbialegal.org/
- **Eastside Legal Assistance Program**, King County
Phone number: 425-747-7274 ; Website: www.elap.org
- **King County Bar Association**, King County
Website: <http://www.kcba.org/For-the-Public/Free-Legal-Assistance/pro-bono>
- **Legal Voice** (Justice for Women and LGBTQ), Seattle
Phone number: 206-682-9552 ; Website: www.legalvoice.org
- **Washington Law Help**-Available in different languages, WA State
Website: www.washingtonlawhelp.org
- **Northwest Immigrant Right Project**, Seattle
Website: www.nwirp.org

[Financial Resources](#)

- **Apprisen Financial Advocates**, Redmond
Phone number: 425-451-8195 ; Website: www.apprisen.com/services
- **Financial Empowerment Network**, King County
Website: www.everyoneiswelcome.org
- **WA Department of Social & Health Services** , WA State
Phone number: 877-501-2233 ; Website: <https://www.dshs.wa.gov/esa/diversion-cash-assistance-dca>
- **WA department of Financial Institution**, WA State
Website: www.dfi.wa.gov/financial-education/
- **Hopelink Financial Assistance**, Eastside
Phone number: 425-869-6000 ; Website: www.hopelink.org/need-help/financial-assistance
- **United Way**, Free tax prep program, king county
Website: www.uwkc.org/keeping-families-stable/free-tax-preparation/



- **Operation Homefront** - (Help for Military Families), Seattle
Phone number: 206-300-0893 ; Website: www.operationhomefront.net

Youth

- **Boys & Girls Club**, Kirkland
Phone number: 425-827-0132 , Website: www.positiveplace.org/clubs/kirkland/
- **Boys & Girls Club**, Sammamish
Phone number: 425-250-4786 ; Website: www.positiveplace.org/clubs/sammamish/
- **King County Library System** (Teen Zone & Homework Help)
Website: www.kcls.org/teens/
- **United Way**, Helping Students Graduate, King County
Website: www.uwkc.org/helping-students-graduate/
- **National Runaway Safe line**
Phone number: 800-786-2929 ; Website: www.1800runaway.org
- **Teen Link**. Help for teens by teens
Phone number: 1-866-teenlink (833-6546) ; Website: www.teenlink.org
- **Kids Coming Together**, Sammamish
Website: www.kidscomingtogether.org

Special Needs

- **Special Education Group**, Lake Washington PTSA
Website: www.lwptsa.net/special-needs-group/
- **Bridge Disability Ministries** (Wheelchairs and more), Bellevue
Phone number: 425-885-1006 ; Website: www.bridgemin.org
- **Children & Adults with ADHD Eastside** (CHADD), Kirkland
Website: www.eastside-chadd.org
- **Disability Rights of Washington**, Seattle
Phone number: 800-562-2702 ; Website: www.disabilityrightswa.org
- **Fathers Network**, Bellevue
Phone number: 425-653-4286 ; Website: fathersnetwork.org
- **Kindering Center**, Bellevue
Phone number: 425-747-4004 ; Website: www.kindering.org
- **Learning Disabilities Association of Washington**, Redmond
Phone number: 425-882-0820 ; Website: ldawa.org
- **Little Bit Therapeutic Horse Riding Program**, Woodinville
Phone number: 425-882-1554 ; Website: www.littlebit.org
- **The Center for Children with Special Needs**, Seattle
Phone number: 206-884-5735 ; Website: www.cshcn.org



- **The Friendship Circle Washington**, Mercer Island
Phone number: 206-374-3637 ; Website: www.friendshipcirclewa.org

[Counseling / Mental Health / Behavioral Health:](#)

- **Crisis Connections** (24hr Crisis Line), King County
Phone number: 866-427-4747 ; Website: www.crisisconnections.org
- **Youth Eastside Services (YES)**, Bellevue
Phone number: 425-747-4937 ; Website: www.youtheastideservices.org
- **Friends of Youth**, Redmond
Phone number: 425-869-6490 ; Website: friendsofyouth.org
- **NAMI Eastside** (National Alliance on Mental Illness), Redmond
Phone number: 425-885-6264 ; Website: www.nami-eastside.org
- **National Suicide Prevention Lifeline**
Phone number: 800-273-8255 ; Website: www.suicidepreventionlifeline.org
- **Washington Recovery Help Line**, WA State
Phone number: 866-789-1511 ; Website: www.warecoveryhelpline.org
- **The Trevor Project** (Preventing suicide in LGBTQ youth)
Phone number: 866-488-7386 ; Website: www.thetrevorproject.org
- **Jewish Family Services (JFS)**, Eastside
Phone number: 206-861-3152 ; Website: www.jfsseattle.org
- **Center for Human Services**, Shoreline
Phone number: 206-362-7282 ; Website: www.chs-nw.org
- **Chinese Information and Service Center**, Seattle
Phone number: 206-624-5633 ; Website: www.cisc-seattle.org
- **Consejo Counseling & Referral Services** (Latino Community), Bellevue
Phone number: 425-679-0801 ; Website: www.consejocounseling.org
- **Together Center** - Community Services, Redmond
Phone number: 425-869-6699 ; Website: www.togethercenter.org
- **Wellspring Family Services**, Seattle
Phone number: 206-826-3044 ; Website: wellspringfs.org
- **Catholic Community Services**, King County
Phone number: 206-323-6336 ; Website: www.ccsww.org

[Domestic Violence / Sexual Assault](#)

- **King County Domestic Violence Protection Order**, Seattle
Phone number: 206-296-9547 ; Website: protectionorder.org
- **King County Sexual Assault Resource Center**, Renton
Phone number: 888-998-6423 ; Website: www.kcsarc.org



- **New Beginnings.** 24hr Help Line, Seattle
Phone number: 206-522-9472 ; Website: www.newbegin.org
- **WA State Coalition Against Domestic Violence,** Seattle
Phone number: 206-389-2520 ; Website: www.wscadv.org
- **Domestic Violence Shelter** (The Salvation Army), King County
Phone number: 425-452-7300 ; Website: www.northwest.salvationarmy.org
- **RAINN,** Rape, Abuse & Incest National Network
Phone number: 1-800-656-HOPE (4673) ; Website: www.rainn.org

[Substance Abuse / Addiction / Recovery](#)

- **Alcohol & Drug Help Line,** Seattle
Phone number: 206-722-3700 ; Website: www.adhl.org
- **Eastside Intergroup** (Alcoholics Anonymous)
Phone number: 425-454-9192 ; Website: www.eastsideintergroup.org
- **Fairfax Hospital,** Kirkland
Phone number: 425-821-2000 ; Website: www.fairfaxhospital.com
- **Addiction is a Gamble** (Different Addictions Listed)
Website: www.addictionisagamble.com
- **Lakeside-Milam Recovery Centers,** Kirkland
Phone number: 800-231-4303 ; Website: www.lakesidemilam.com
- **Partnership to end addiction,** New York
Phone number: 855-378-4373 ; Website: www.drugfree.org
- **Salvation Army - Northwest Division,** Adult Rehabilitation Program, Bellevue
Phone number: 425-452-7300 ; Website: <https://northwest.salvationarmy.org/>
- **Washington Recovery Help Line,** WA State
Phone number: 866-789-1511 ; Website: www.warecoveryhelpline.org

[Health Care / Dental Care \(for families in need\):](#)

- **Healthpoint,** Redmond. Dental, Medical, Pharmacy.
Phone number: 425-883-8000 ; Website: www.healthpointchc.org/find-clinics/redmond
- **Sea Mar: Community Health Center,** King County
Phone number: 206-762-3263 ; Website: www.seamar.org/services-king.html
- **WA State Health Care Authority,** Apple heather (medicaid) coverage.
Phone number: 800-562-3022 ; Website: www.hca.wa.gov
- **Access to Baby and Child Dentistry (up to age 5),** King County
Phone number: 206-263-8750 ; www.kingcounty.gov/healthservices/health/child/abcd.aspx
- **Center for Pediatric Dentistry (Special Needs Dentist),** Seattle
Phone number: 206-543-5800 ; www.thecenterforpediatricdentistry.com/about-the-center/



- Lake Washington Institute of Technology Dental Clinic, Kirkland
Phone number: 425-739-8130 ; <https://www.lwtech.edu/campus-life/dental-clinic/>
- **Community Health Access Program (CHAP)** , King County
Phone number: 800-756-5437 ; www.kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx
- **Statewide Health Insurance Benefits Advisors (SHIBA)**, WA State
Phone number: 800-562-6900 ; Website: www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/
- **Maternity Support Services & Infant Case Management**, King County
<http://www.kingcounty.gov/healthservices/health/personal/MSS.aspx>
- **Lahai Health**, King and Snohomish Counties. Medical, Dental, Counseling.
Phone number: 206-363-4105 ; Website: www.lahai.org
- **WIC -Nutrition Program for Women, Infant, & Children**; Federal Program
Phone number: 800-322-2588 ; Website: www.kingcounty.gov/depts/health/child-teen-health/women-infants-children.aspx
- **WithinReach**, Seattle
Phone number: 800-322-2588 ; Website: www.withinreachwa.org
- **Together Center** - Community Services, Redmond
Phone number: 425-869-6699 ; Website: www.togethercenter.org/

Food

- **Pantry Packs**. Weekend meals for LWSD students experiencin food insecurity.
Contact school Coordinator. Website: www.lwsf.org/pantrypacks.html
- **Eastside Baby Corner** (infant to 12years old), Issaquah
Phone number: 425-865-0234 ; Website: www.babycorner.org
- **Hopelink Food Banks**, Eastside
Phone number: 425-869-6000 ; Website: www.hope-link.org/contact/locations/
- **Jewish Family Services (JFS)**, Eastside
Phone number: 206-861-3174 ; Website: www.jfsseattle.org/foodbank.html
- **Catholic Community Services**, Bellevue
Phone number: 425-213-1963 ; Website: www.ccsww.org
- **Salvation Army - Northwest Division**, Bellevue
Phone number: 425-452-7300 ; www.salvationarmy.usawest.org/usw20/food_programs
- **St. Vincent de Paul** of Seattle/King County
Phone number: 206-767-9975 ; Website: www.svdpseattle.org/our-services/food-bank/
- **Woodinville Storehouse Food Bank**, Woodinville
Phone number: 425-483-5252 ; Website: www.woodinvillestorehouse.org/

Housing / Shelter

- **AptFinder.org**, Affordable Housing Search in WA State
Phone number: 253-383-3861 ; Website: www.aptfinder.org
- **ARCH** - A Regional Coalition For Housing, Eastside
Phone number: 425-861-3676 ; Website: www.archhousing.org
- **Congregation for the homeless**, For men, Bellevue
Phone number: 206-295-7803 ; Website: www.cfhomeless.org
- **Friends of Youth** (children 11-17 years), Redmond
Phone number: 425-869-6490 <http://www.friendsofyouth.org/gethelpshelter.aspx>
- **Habitat for Humanity**, King County
Phone number: 425-869-6007 ; Website: www.habitatskc.org/
- **Hopelink Housing**, Eastside
Phone number: 425-556-9289 ; Website: www.hopelink.org/need-help/housing
- **Salvation Army** - Northwest Division, Bellevue
Phone number: 425-452-7300 ; Website: <https://northwest.salvationarmy.org/>
- **Sophia Way** - Assisting Homeless Women, Bellevue
Phone number: 425-463-6285 ; Website: sophiaway.org
- **YWCA**, Redmond
Phone number: 425-556-1350 ; Website: www.ywcaworks.org/housing
- **Catholic Community Services**, King County
Phone number: 206-323-6336 ; Website: www.ccsww.org
- **United Way**, King County
Website: www.uwkc.org

Child Care:

- **Child Care Resources**, Bellevue
Phone number: 425-865-9920 ; Website: <http://www.childcare.org/family-services>
- **Working Connections Child Care (WCCC)**.
Website: www.dcyf.wa.gov/services/earlylearning-childcare/getting-help/wccc

Household and Clothing:

- **Assistance League of Eastside**, Redmond
Phone number: 425-556-5106 ; Website: www.eastside.assistanceleague.org
- **Eastside Baby Corner**, Issaquah, (Infant to age 12)
Phone number: 425-865-0234 ; Website: www.babycorner.org



Holiday Help

- **Forgotten Children's Fund**
Phone number: 206-457-9302 ; Website: www.forgottenchildrensfund.org
- **Toys for Tots Foundation**
Phone number: 253-302-2540 ; Website: <http://fort-lewis-wa.toysfortots.org/>

Transportation

- **Hopelink Transportation**, King County
http://www.hope-link.org/get_help/transportation/

Utilities / Phone / Wireless / Cable

- **Hopelink, Energy Programs**, Eastside
Phone number: 800-348-7144 ; Website: www.hopelink.org/need-help/energy
- **Frontier Communications**, Low Income Discount Information, WA State
Phone number: 888-203-8100 ; Website: www.frontier.com/discountprograms/
- **Internet Essentials**, Comcast Low Cost Internet, King County
Phone number: 855-846-8376 ; Website: www.internetessentials.com
- **Assurance Wireless**, WA State
888-408-3306 ; Website: www.assurancewireless.com
- **Lifelines Support**, Federal Program
Website: www.lifelinesupport.org