

Community Resources List

Compiled by the deacons of Foster-Tukwila Presbyterian Church

Disclaimer: The information about an organization or service in this list is accurate to the best of our knowledge at the time this document was last edited. To confirm details about an organization or their services, please contact them directly. Inclusion of an organization or resource in this list does not necessarily indicate an endorsement from Foster-Tukwila Presbyterian Church.

Categories:

Agencies that connect people to resources

Agencies that provide help in multiple areas

Clothing

Crisis/Recovery (substance abuse, suicide prevention, grief resources, divorce recovery, etc.)

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Agencies that Connect People to Resources

<p>Rainier Valley Food Bank 360 Support To make an appointment, call Jameka Woods at (206) 257-1031, email Jameka.Woods@rvfb.org</p>	<p>4205 Rainier Ave S Seattle, WA 98118</p>	<p>Tuesday through Saturday, 9:30 a.m. to 2 p.m.</p>	<p>Transitional housing Emergency shelter Job training Rental assistance Utility bills Clothing Permanent housing Health care SNAP benefits And much much more.</p>	<p>For help troubleshooting life circumstances that contribute to a need for food. A Social Worker will schedule an appointment with you to speak in private.</p>
<p>Washington 211 https://search.wa211.org/</p>			<p>Multiple types of help offered</p>	
<p>Hopelink</p>			<p>Housing, food,</p>	

https://www.hopelink.org/ Program guide: https://www.hopelink.org/sites/default/files/19.01-Hopelink-Agency-Program-Brochure-online-pdf-version2.pdf			employment, etc.	
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Agencies that Provide Assistance in Multiple Areas

Name/Contact	Location	Hours	Help Offered	Requirements
Transform Burien 206-839-6620 www.transformoutr each.org	15623 Des Moines Memorial Drive Burien WA 98148		Lunch, food bank, clothing bank, laundry access	
Union Gospel Mission https://www.ugm.org/			Mobile shower, legal services, dental, shelters	
King County Veterans Program 206-477-7022	645 Andover Park West, Suite 100, Tukwila, WA 98188	Walk-In Hours: Monday-Friday, 8:30 -11:00am and 1:00 - 3:00pm	Emergency support, employment, Housing, Legal aid	Bring ID, proof of service, proof of income
Hopelink https://www.hopelink.org/			Housing, food, financial assistance, employment assistance, etc.	
Mary's Place https://www.marysplacesattle.org/			Housing, employment assistance, meals, etc.	
Church By The Side Of The Road 206-243-5024	3455 S. 148 th St, Tukwila		Meals, clothing, etc.	

https://www.cbsr.org/calendar-events https://www.cbsr.org/socialrelief				
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Clothing

Name/Contact	Location	Hours
Tukwila Clothing Bank for Children Tukclothing@hotmail.com https://redemptiontukwila.com/ministry-opportunities	Redemption Fellowship 15880 Military Road, Tukwila WA	2 nd Saturday of the month 9:00 am-noon.
CHURCH BY THE SIDE OF THE ROAD	3455 S 148th St, Tukwila, WA 98168	Open Tuesdays noon-1:00 pm
Transform Burien https://transformoutreach.org/clot-hes-food-bank-laundry/	15623 Des Moines Memorial Dr, Burien WA 98148	Sundays 3:00 pm-5:00 pm Wednesdays 12:00 pm - 2:00 pm

Crisis/Recovery

Name	Contact	Area of help	Meeting Time
Alcoholics Anonymous www.area72aa.org	24 hour phone for Seattle: (206)587-2838	Alcoholism	Mondays at 7:00 pm, Foster-Tukwila Presbyterian Church Basement
24-Hour Alcohol/Drug Help Line	local: 206-722-3700 toll-free: 1-800-562-1240	Alcoholism/drug addiction	
Washington State Teenline	(206) 722-4222 (877) 345-8336	Alcoholism/Drug addiction	
Crisis Connections https://www.crisisconnections.org/24-hour-crisis-line/	24/7: 206-461-3222 or 1-866-427-4747	Anxiety or loneliness Family or relationship difficulties Symptoms of mental illness Loss of a job Health concerns Abuse Alcohol or drug abuse Thoughts of suicide	

National Suicide Prevention Hotline https://suicidepreventionlifeline.org/	1-800-273-8255 Or Text GO to 741741	24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals	
The Genesis Project https://www.genesisnow.org/	Center Phone: 206-592-2362 Text Hotline: 503-383-1695	Helping survivors of commercial sexual exploitation and human trafficking	Drop-in Center is open Monday-Friday from 10am - 4pm
Real Escape from the Sex Trade Site for survivors: https://restsurvivors.org/home	(206) 451-7378	Helping individuals of all ages and genders who have been trafficked or involved in the sex trade	Drop in Center is open Monday-Thursday 2:00 p.m. – 8:00 p.m, Women only Monday and Wednesday, All genders Tuesday and Thursday
Start Your Recovery https://startyourrecovery.org/	1-800-662-4357	Support for overcoming substance misuse	
Celebrate Recovery https://www.celebraterecovery.com/index.php	Find a local group: https://locator.crgroups.info/	Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind.	
GriefShare https://www.griefshare.org	Find a local group: https://www.griefshare.org/findagroup	GriefShare is for people grieving the death of a family member or friend	
DivorceCare https://www.divorcecare.org/	Find a local group: https://www.divorcecare.org/findagroup	Helping people on the path of recovery after separation or divorce	

Financial Assistance

Name	Location	Contact	
Salvation Army Financial Assistance https://www.needhelppayingbills.com/html/seattle_salvation_army_financial.html	Renton	425/255-5969	

Salvation Army Financial Assistance https://www.needhelppayingbills.com/html/seattle_salvation_army_financial.html	White Center	206/767-1350	
Financial Education Resources https://www.everyoneiswelcome.org/			

Food Bank/Pantry

Name/Contact	Location	Hours	Requirements
Tukwila Food Pantry (206) 431-8293 https://tukwilapantry.org	United Methodist Church 3118 S 140th St, Tukwila, WA	July 2021 hours: Tues- Thurs-Sat 10 AM to 2 PM	Must bring ID and proof of address (utility bill, rental/lease agreement, hotel/motel receipt)
SAINT THOMAS CATHOLIC CHURCH 206-242-5501	4415 S. 140th St, Tukwila WA	2:00 pm - 3:00 pm	Within the borders of St. Thomas Parish. Bring id and proof of address
SALVATION ARMY 206-767-3150	9045 16th Ave. SW Seattle WA	Monday-Friday 1-2pm	Live in 98166, 98168, 98188 zip codes. Must bring photo ID, SS card, verification of income and address.
Transform Burien https://transformoutreach.org/clothes-food-bank-laundry/	15623 Des Moines Memorial Dr, Burien WA 98148	Sundays 3:00 pm-5:00 pm Wednesdays 12:00pm-2:00pm	
White Center Food Bank 206-762-2848 https://www.whitecenterfoodbank.org/	10829 8TH AVENUE SOUTHWEST, SEATTLE, WA, 98146	Schedule an appointment: https://whitecenterfoodbank.secure.force.com/C501_Appointment_Schedule	Serves all WA residents
Highline Area Food Bank (206) 433-9900 https://highlineareafoodbank.org/	Manhattan Community Hall 18300 4th Avenue South Burien, WA	Tuesdays 12:00pm - 2:30pm Thursdays 10:00am - 12:30pm The 2nd Tuesday evening of each month 5:30pm - 7:00pm	People who live: North of 192nd Street South of 116th Street East of Hwy 509 – 140th Street West to Puget Sound East to Pacific Highway S/Military Road

Des Moines Area Food Bank http://www.myfoodbank.org/	22225 9th Avenue South Des Moines, Washington 98198	Monday, Wednesday, Friday: 9:00 – 11:45 am* 3rd Tuesday evening of each month: 6:00– 8:00 pm *Priority for Seniors 60+: 8:30-9:00 am Mon, Wed, Fri.	People who live in either Des Moines, most of SeaTac, or the West Hill of Kent
Rainier Valley Food Bank http://www.rvfb.org/		Closed for in person shopping due to pandemic, there is a waitlist for food delivery	
West Seattle Food Bank 206.932.9023 https://westseattlefoodbank.org/	3419 Southwest Morgan Street Seattle, WA 98126	Tuesdays: 10:00 am – 2:00 pm Wednesdays: 12:00 pm – 7:00 pm Thursdays: 10:00 am – 2:00 pm Fridays: 10:00 am – 2:00 pm	Serving These Zip Codes: 98106, 98116, 98126, 98136
Kent Food Bank and Emergency Services (253) 520-3550 https://www.kentfoodbank.org/	515 W Harrison St #107, Kent, WA 98032	Wednesday and Friday 10 am to 1 pm.	Families and individuals living within the boundaries of the Kent School District with food and clothing. Bring Photo ID and Food Bank Card or Photo ID and mail from Kent service area.
El Centro de la Raza https://www.elcentrodela raza.org/	2524 16th Avenue S Seattle, Washington 98144	Wednesdays are for Seniors and mobility limited individuals Wednesday 3:30-6:30pm Thursdays 10am-12pm and 2pm-4pm Fridays 10am-12pm and 2pm-4pm Commodities Food Distribution (food from the government, please bring photo ID): Friday 10:00am-12:00pm	Open to all families in the Seattle area. Bring photo ID Limit of one visit per week for regular distributions, and once per week for “commodities” distributions.

City of Tukwila List of Food Banks

<https://www.tukwilawa.gov/wp-content/uploads/HS-Tukwila-Food-Banks.pdf>

Home Repair Help

Name/Contact	Description	Eligibility
City of Tukwila Minor Home Repair program: 206-433-7180 https://www.tukwilawa.gov/wp-content/uploads/HS-Minor-Home-Repair-Flyer.pdf	Up to \$3,200 per repair \$5,000 maximum grant per household, per year \$7,500 lifetime maximum grant per household	Owner occupied One-year residency Live in city limits Income eligible Health & Safety repairs are priority

Hospitals

Name/Affiliation	Affiliation	Address
St Anne's Hospital	Virginia Mason/Chi Franciscan	16251 Sylvester Road Southwest, Burien, WA 98166
Valley Medical Center	UW Medicine	10555 SE Carr Road, Renton WA 98055

Housing Shelters

Name/Contact	Location	Hours	Requirements
Mary's Place Office 206-621-8474 Shelter Line 206-245-1026 https://www.marysplacesattle.org	Women's Day Shelter 1830 9th Ave Seattle, WA 98109	7 am - 3:30 pm Mon - Fri	Women, women with children, and families experiencing homelessness
KentHOPE A ministry of Union Gospel Mission http://kenthope.org/	9009 Canyon Drive Kent, WA 98030	7 days a week, 7 a.m. to 8:30 p.m.	Women and children

City of Tukwila List of Homeless Individual/Family Resources

<https://www.tukwilawa.gov/wp-content/uploads/HS-Homeless-Resources.pdf>

Laundry Services

Name/Contact	Location	Hours	Requirements
Transform Burien https://transformoutreach.org/clothes-food-bank-laundry/	Coin-Op Laundromat 15006 SW Ambaum Blvd, Burien WA 98166	Fridays 9:30am - 11:00am	

Legal Services

Name	Contact	Areas of Assistance
Seattle Union Gospel Mission Legal Services https://www.ugm.org/what-we-do/stabilization/legal-services/#	dmace@ugm.org or (206) 682-4642	Getting your License Back Getting a State I.D. Immigration Debts Court Fines Criminal warrants and records Child support, custody and visitation Divorce
Avvo https://avvo.com/	Free Legal Q and A Forum and Articles: https://avvo.com/free-legal-advice	Any legal topic

Meals

Name/Contact	Location	Hours	Requirements
Church by the Side of the Road	3455 S 148th St, Tukwila, WA 98168	Tuesdays Free Bread- 12pm-1pm To-Go Lunch- 12pm-1pm	
Weekend Snack Pack (206) 717-4709 https://www.tuksnackpack.com	Schools in the Tukwila school district	During school months	Must be a student enrolled in the Tukwila School district who meets the federal criteria for homelessness.
Transform Burien https://transformoutreach.org/clothes-food-bank-laundry	15623 Des Moines Memorial Dr, Burien WA 98148	Sundays: 3:00 pm - 5:00 pm Wednesdays: 12:00 pm - 2:00 pm	

		Fridays: 12:00 pm - 2:00 pm	
Rainier Valley Food Bank		To-go Food Bags are available for pick-up Tuesday through Saturday from 9:30am-2:00pm.	For those with unstable housing, no access to traditional food preparation, or who are unsheltered.

Medical/Dental Clinics

Name/Contact	Location	Hours	Requirements
Transform Burien https://transformoutreach.org/clothes-food-bank-laundry/	15623 Des Moines Memorial Dr, Burien WA 98148	Monthly, check this website for exact dates: https://kingcounty.gov/depts/health/locations/homeless-health/mobile-medical-care.aspx	
King County Mobile Medical Care for the Homeless https://kingcounty.gov/depts/health/locations/homeless-health/mobile-medical-care.aspx			
Union Gospel Mission Dental Clinic https://www.ugm.org/what-we-do/stabilization/dental-services/			
New Hope Health Center http://www.newhopehealth.org/	15880 Military Rd S Tukwila, WA 98188		

Resource Lists

City of Tukwila Community Resources:

<https://www.tukwilawa.gov/departments/human-services/community-resources/>

City of Tukwila List of Human Services Providers:

<https://www.tukwilawa.gov/wp-content/uploads/HS-Providers-List.pdf>

City of Tukwila Community Resource Guide:

<https://www.tukwilawa.gov/wp-content/uploads/HS-Community-Resource-Guide.pdf>

Tukwila Pantry Resource List:

<https://tukwilapantry.org/more-resources/>

Shower Access

Name/Contact	Location	Hours	Requirements
Union Gospel Mission mobile shower unit at Transform Burien https://transformoutreach.org/clothes-food-bank-laundry/	15623 Des Moines Memorial Dr, Burien WA 98148	Fridays from 10:30am to 1:30pm	

Utility Help

Name	Contact	Description
Puget Sound Energy Covid Bill Assistance	https://www.pse.com/en/pages/bill-and-weatherization-assistance	Provides qualified customers with up to \$2,500 in energy assistance support for customers impacted by the COVID19 pandemic
Puget Sound Energy Low Income Home Energy Lifeline Program	https://www.pse.com/en/pages/bill-and-weatherization-assistance	For customers who are experiencing financial hardship due to circumstances not related to COVID-19
Seattle City Light Payment Assistance Programs	https://www.seattle.gov/city-light/residential-services/billing-information/payment-assistance-programs (206) 684-3688	Emergency and long-term assistance