

HOT MEALS

Angeline's Day Center..... 206.436.8650
 2030 3rd Ave, Seattle, 98121
Breakfast: 7:30am, Lunch: 11:30am, Snack: 3pm, Dinner: 6-7pm. Ages 18 and older

Bread of Life Mission..... 206.682.3579
 97 S Main St, Seattle, 98104
Hours: Daily. Registration:5:45-6:15pm. Dinner: 7:30-8pm. Chapel attendance required. Must pass a breathalyzer at the door. Serves all, including families with children.

El Centro de la Raza 206.957.4631
 2524 16th Ave S, Seattle M-F: 12-1pm. Serves anyone in need.

Family Kitchen/Cathedral Kitchen..... 206.264.2091
 St. James Cathedral, 907 Columbia, Seattle
M-F 4:30-5:00pm, Doors open at 4pm.

Lazarus Center..... 206.623.7219
 416 2nd Ave, Seattle, 98104
Ages 50 & over: Lunch: 11am-2pm daily, Leftovers and pastries 2-4pm when available. Photo ID required.

Mary's Place - Saturday Meals..... 206.621.8474
 Denny Park Lutheran Church, 210 Dexter Ave N, Seattle, 98104
Women only, with or without children. No ID required. Chapel service not required to eat. Breakfast: 10am, Lunch: 12:30pm

Millionair Club 206.728.5627
 2515 Western Ave, Seattle, 98121
M-F Breakfast: 6:15-7am; Lunch:12-1:30pm

My Sweet Lord Cafe..... 425.558.4215
 5521 University Way NE, Seattle, 98105
Hours: Tu-Sa: 7-10:30pm. Free vegetarian cafe.

Orion Center 206.622.5555
 1828 Yale Ave, Seattle, 98101
Meals M-F 8:30am, 12:30pm and 6pm, Ages 13-22

Our Lady of Mt Carmel..... 206.325.0871
 508 Broadway, Seattle, 98122 *Meals: Tu-Su: 9-11am*

Seattle's Outdoor Meal Site..... 6th & Columbia, under I-5
Hours: M-Th: 7:30pm Dinner. M-F: 8am Breakfast, 1pm Hot Meal. F: 4pm Hot Meal. Sa: 12pm Sack Lunch. 1st, 3rd, 5th Sa: 4pm Hot Meal. 2nd Sa: 3pm Hot Meal. 4th Sa: 6:30pm Hot Meal. 1st, 2nd, 4th Su: 1pm Hot Meal. 3rd Su: 12pm Hot Meal. 2nd, 4th Su: 11am Cold Lunch. 3rd Su: 2pm Hot Meal. 3rd Su: 10am Hot Brunch.

Seattle Indian Center 206.329.8700
 611 12th Ave S, Seattle *Hours: M-F, 12-12:45pm*

Union Gospel Mission Men's Shelter..... 206.622.5177
 318 2nd Ave Ext S, Seattle, 98104
Serves everyone in need. Free breakfast: 7-8:30am daily. Lunch: M-Sa, Noon-1pm. Dinner: 5-6pm (no service option) and 8-8:30pm. Meals cost \$2. Fee is waived with Chapel attendance.

CLOTHING

Ballard Food Bank 206.789.7800
 7001 24th Ave NW, Seattle 98117 *T, W, Th: 11am-2:45pm*

Bread of Life Mission..... 206.682.3579
 97 S Main St, Seattle, 98104
Hours: M, T, Th: 1:30-2:30pm. Sign-up starts at 1pm. Provides free men's clothing to anyone in need. Serves 15 clients per day.

Emerald City Community
 7th Day Adventist Church..... 206.322.0717
 801 25th Ave S, Seattle, 98122 *Sa: 9-10am*

Jubilee Women's Center 206.324.1244
 620 18th Ave E, Seattle, 98112
M-F, 9:30am-6pm. Call for an appointment.

Lazarus Center..... 206.623.7219
 416 2nd Ave, Seattle, 98104
Hours: M, W: 11am-1pm. Serves adults, ages 50+. Bring photo ID. First come, first served.

Providence Regina House 206.763.9204
 8201 10th Ave S, Seattle, 98108 *Sa: 10am-Noon*

Queen Anne Helpline..... 206.282.1540
 311 McGraw St, Seattle, 98118 *M-F: 10:30am-1:30pm*

Saint Vincent de Paul..... 206.767.9975
 5972 4th Ave S, Seattle, 98108 *Tu-Th 11am-2pm*

St. Francis House walk-in only
 169 12th Ave, Seattle, 98122
M-F, 10am-2:30pm; Can visit once every 30 days.

Westwood Christian Academy..... 206.763.0585
 9252 16th Ave SW, Seattle, 98106 *2nd & 4th Tu: 12-2:30pm*

West Seattle Helpline..... 206.932.4357
 6516 35th Ave SW, Seattle, 98126
By appointment only, call to schedule. Clothesline is closed during summer months.

YWCA - Dress for Success..... 206.325.3453
 1118 5th Ave, Seattle, 98101
Interview appropriate clothing for women seeking employment. Must be referred by member organizations, including: shelters, job-training programs, DSHS, and ESL programs.

STORAGE

SHARE 206.623.0390
 963 Mercer St, Seattle, 98109
Walk in M-F, 6:30-8:30am; Sa-Su, 7-9am. Day & long term storage, in exchange for labor. Lockers are size of those in bus terminals.

FREE VOICEMAIL

Laser Voicemail 206.339.1000

Solid Ground Community Voicemail..... 206.694.6771
 1501 N 45th Street, Seattle, 98103



Women's Emergency Services

Seattle/King County

July 2009

Crisis  Clinic
 Helping Lives On the Line

MEDICAL OR DENTAL CARE

Angeline's Day Center.....	206.436.8650
2030 3 rd Ave, Seattle, 98121	(Medical only)
<i>Ages 18 and older. Limited medical care; Mental health counseling M, T, Th</i>	
Carolyn Downs Medical Center.....	206.299.1900
2101 E Yesler Way, Seattle 98112	(Medical only)
Central Area Dental Clinic.....	206.461.7801
2101 E. Yesler Way, Seattle 98122	(Dental only)
Country Doctor Community Clinic.....	206.299.1600
500 19th Ave E, Seattle 98112	(Medical)
Harborview Medical Center.....	206.731.3000
325 9 th Ave, Seattle, 98104	(Medical & Dental)
Family Medicine Clinic.....	206.744.8274
Eye Clinic.....	206.744.3225
Oral Surgery Clinic.....	206.744.3189
24-hour Consulting Nurse.....	206.744.2500
International Distric Dental Clinic.....	206.788.3700
720 8th Ave S, Seattle, 98104	
PacMed - 1101 Madison.....	206.505.1101
1101 Madison St, Seattle, 98104	
Pike Market Medical Clinic.....	206.728.4143
1930 Post Alley, Seattle, 98101	(Medical Only)
Pioneer Square Clinic.....	206.521.1750
206 3rd Ave S., Seattle, 98104	(Medical Only)
Public Health Administration	
Medical.....	206.294.4600
Dental.....	206.205.0577
<i>Call for eligibility and appointment.</i>	
Seattle Indian Health Board.....	206.324.9360
611 12 th Ave S, Ste 200, Seattle, 98144	(Medical & Dental)
<i>Serves all.</i>	
Seattle Vocational Institute Dental Clinic.....	206.344.4423
2120 S Jackson St, Seattle, 98144	
SeaMar Dental Clinic.....	206.762.3263
8915 14th Ave S, Seattle, 98108	
Union Gospel Mission Dental Clinic.....	206.621.7695
318 2nd Ave Ext. S	(Dental only)
<i>M-F: 9am-2pm. Depending on dentist availability.</i>	

PHONE ACCESS

Angeline's Day Center.....	206.436.8650
2030 3 rd Ave, Seattle, 98121	<i>Ages 18+. Daily: 7am-6pm.</i>
DESC - Connections.....	206.515.1555
505 3 rd Ave, Seattle, 98104	<i>Daily, 7am-7pm.</i>
Elizabeth Gregory Home.....	1604 NE 50th St
<i>M-F: 9am-6pm. Serves women 18+. No children.</i>	
Solanus Casey Center.....	206.223.0907
1008 James St, Seattle, 98104	<i>M-F: 1-4pm.</i>

DROP-IN CENTERS

Angeline's Day Center.....	206.436.8650
2030 3 rd Ave, Seattle, 98121	<i>Ages 18 & older, 7am-6pm daily</i>
DESC - Connections.....	206.515.1555
517 3 rd Ave, Seattle, 98104	<i>7:30am-5:30pm daily</i>
Family and Adult Service Center.....	206.357.3190
2015 3 rd Ave, Seattle, 98121	<i>10:30am-7pm daily</i>
Lazarus Center.....	206.623.7219
416 2 nd Ave, Seattle	<i>Recreation room: 11am-6:30pm daily</i>
<i>Ages 50 & over, photo ID required.</i>	
Mary's Place.....	206.621.8474
210 Dexter Ave N, Seattle, WA 98109	<i>M-F, 8:45am-4:30pm</i>
<i>Ages 18 and older with or without children,</i>	
Orion Center.....	206.622.5555
1828 Yale Ave, Seattle, 98101	
<i>Ages 13-22, M, W, Th, F, 2:30-6:30pm; Tu 4-6:30pm</i>	
Our Lady of Mt Carmel.....	206.325.0871
508 Broadway, Seattle, 98122	<i>Tu-Su; 6:30am-Noon</i>

DAY LABOR

Casa Latina.....	206.956.0779
2330 Western Ave, Seattle, 98121	
<i>M-F, 6-11am & Sat 7am -12pm, No ID or SSN required.</i>	
Millionair Club.....	206.728.5627
2515 Western Ave, Seattle, 98121	
<i>Ages 18+. Need ID & Social Security card. Runs background check. No felonies. Call to register.</i>	

FOOD BANKS

Please call and verify geographic eligibility for all listings.

ACRS Food Bank.....	206.292.5714
919 S King St, Seattle	
<i>W, F: 11:30am-1pm. Provides culturally-appropriate Asian-Pacific foods.</i>	
Ballard Food Bank.....	206.789.7800
7001 24th Ave NW, Seattle, 98117	
<i>ID and proof of address (if applicable) required at first visit.</i>	
Cherry St Food Bank.....	206.625.0755
711 Cherry St, Seattle, 98104	
<i>M-F: 9am-5pm. M, W: full service days. Th: Baby Cupboard (proof of child required). Meat on last two serving days of the month.</i>	
Food Bank at St Mary's.....	206.324.7100 ext 18
611 20th Ave S, Seattle	<i>T, Th, Sa: 10am-1pm</i>
Pike Market Senior Center Food Bank.....	206.626.6462
1531 Western Ave, 5 th Floor, Seattle, 98101	
<i>54 & Younger: Th, 10am-1pm. 55 & Older: Tu, 10am-1pm. Food bags: M-F 8:30am-1pm. Commodities: 2nd Wed of the month, 10am-1pm. Call for hours. ID & proof of address req'd.</i>	

Puget Sound Labor Agency.....	206.329.8700
2800 1st Ave, Seattle, 98121	<i>Hours: M-F: 8am-1pm</i>
Salvation Army.....	206.447.9944
1101 Pike St	
<i>M-F: 8:30-10:30am, 1-3pm. Closed W afternoons. ID required.</i>	
Seattle Indian Center.....	206.329.8700
611 12th Ave S, Seattle	<i>Hours: T, Th: 1:30-3:30pm</i>

MAIL

Ballard Food Bank.....	206.789.7800
7001 24th Ave NW, Seattle, 98117	<i>Tu-Th: 11am-2:45pm</i>
Compass Center.....	206.357.3200
210 Alaskan Way S, Seattle	
<i>M, W, F: 9am-4:30pm, Tu, Th: 9am-3pm, Sa: 9:30am-1pm.</i>	
Family and Adult Service Center.....	206.357.3190
2015 3 rd Ave, Seattle, 98121	<i>Daily, 10:30am-7pm</i>
Gethsemane Community Services.....	206.682.3620
911 Stewart St, Seattle	<i>T, Th., 10am-2:30pm</i>
Seattle Indian Center.....	206.329.8700
611 12th Ave S, Seattle, 98144	<i>Mail service: M-F: 2-4pm</i>

HYGIENE

Angeline's Day Center.....	206.436.8650
2030 3 rd Ave, Seattle, 98121	
<i>Ages 18 and older. Women only. Daily 7am-6pm. Women's Referral Center: Nightly, 6-9pm. Drop in services and shelter referrals.</i>	
Compass Center.....	206.357.3180
210 Alaskan Way S	
<i>M-F, Showers: 7am-2pm, Toilets: 7am-2:30pm, Laundry: 7am-12:45pm</i>	
DESC - Connections.....	206.515.1555
503 3 rd Ave, Seattle, 98104	
Family and Adult Service Center.....	206.357.3190
2015 3 rd Ave, Seattle, 98121	<i>10:30am-7pm</i>
Lazarus Center.....	206.623.7219
416 2 nd Ave Ext. S, Seattle, 98104	
<i>12-3pm daily, Ages 50 and older</i>	
Mary's Place.....	206.621.8474
210 Dexter Ave N, Seattle, WA 98109	
<i>8:45am-4:30pm, M-F, Women only, with or without children</i>	
Urban Rest Stop.....	206.332.0110
1924 9 th Ave, Seattle, 98101	
<i>Weekdays: 5:30am-9:30pm; Sa, Su: 8am-3pm. Laundry, showers, and toilets. Serves ALL homeless persons.</i>	
Women's Wellness Center.....	206.256.0665
1900 2 nd Ave, Seattle, 98101	
<i>Laundry, showers, and toilets. Hygiene products, detergent and towels provided. M-F: 7am-4pm, Sa Su: 7am-2pm, Holidays: 8am-3pm</i>	