

## HOT MEALS

- Auburn Community Supper**..... 253.833.8925  
100 N St SE, Auburn  
*M: 4:30-5:30pm incl. holidays, except Memorial & Labor days*
- Auburn Senior Activity Center** .....253.931.3016  
809 9th St SE, Auburn  
*\$3 suggested donation, under 60 pay \$5.75. Salad bar  
M-TH. Opens at 11:30am; Meals: M-F, Noon.*
- Black Diamond Community Center**.....360.886.2418  
31605 3rd Ave, Hwy 169, Black Diamond 98010  
*M,Tu,Th: Noon. Disabled and/or 60+: suggested donation of \$3, under 60: \$5.75. No one turned away for inability to pay.*
- Des Moines Senior Center** ..... 206.878.1642  
2045 S 216th St, Bldg 2045, Des Moines 98198  
*M-Th: Noon. Disabled and/or 60+: Suggested donation \$3, Under 60: \$5.75.*
- Enumclaw Senior Center**.....360.825.4741  
1350 Cole Street, Enumclaw  
*M-F 11:45am; Disabled and/or 60+: Suggested donation \$3, Under 60 yrs pays \$5.75*
- Federal Way Community Caregiving Network**. 253.661.0505  
Th 5-6pm; Calvary Lutheran Church  
2415 S 320th St, Federal Way  
  
M 4:30-5:30pm; Steel lake Presbyterian Church  
1829 S 308th St, Federal Way  
  
Sa 1:30-2:30pm; Church of the Good Shepherd  
345 S 312th St, Federal Way
- Federal Way Community Center**..... 253.835.6900  
876 33rd St, Federal Way  
*M, W, F: Noon. Primarily serves adults, ages 50+. \$3 suggested donation.*
- Federal Way Senior Center** ..... 253.838.3604  
4016 S 352nd St, Auburn  
*M-F Noon-12:30pm. Focus on 55+, serves all. \$2.50 donation requested. No one will be turned away for inability to pay.*
- Harambee Church**..... 425.271.6700  
316 3rd St, Renton  
*Sa 4:30-6pm.*
- Friendly Kitchen**.....425.255.6106  
Hillcrest School Gym  
1800 Index NE, Renton,  
*Th 5:30pm; during the school year only*
- His Ministry** .....253.315.9570  
240 Auburn Way S, Auburn (Back Entrance)  
*W & F: 5pm*
- Hope Christian Fellowship** ..... 206.244.1399  
632 SW 143rd St, Burien  
*4th Sunday of month: 3-5pm. Also provides limited groceries after meal.*

## HOT MEALS

- Issaquah Meal Program** ..... 425.679.0342  
180 E Sunset Way, Issaquah  
*M-F 5:30-6pm. Door opens at 5pm*
- Issaquah Valley Senior Center**.....425.392.2381  
75 NE Creek Way, Issaquah  
*T & Th: Noon. Disabled and/or 60+: Suggested donation of \$3, under 60: \$5.75.*
- Kent Community Supper**..... 253.852.2057  
336 S 2nd, Kent, Kent Lutheran Church  
*M 5-6pm*
- Maple Valley Community Center**..... 425.432.1272  
22010 SE 248th St, Maple Valley  
*M, W, F 12pm, Disabled and/or 60+: Suggested Donation, \$3. Under 60 must pay \$5.75.*
- Pacific/Algona Community Center** ..... 253.929.1151  
100 3rd Ave SE, Pacific  
*Tu-F Noon: Seniors 60+ and/or disabled only \$3 sugg. donation  
M: 11am-1pm. Serves all.*
- North SeaTac Parks Community Center**..... 206.973.4680  
13735 24th Ave S, SeaTac 98168  
*Tu-F 11:30am-1pm; Seniors 60+ and/or disabled, Suggested Donation: \$3. Under 60 pays \$5.75.*

## MEDICAL OR DENTAL CARE

- Convenient Medical Care**.....253.431.9334  
316 B St. NE, Auburn  
*M-Su by appointment only. Medical care for common, minor health problems. Free birth control.*
- Enumclaw Medical Center**..... 360.825.6511  
3021 Griffin Ave  
*M-F 8-5pm, Sat: 8-11:30am.*
- HealthPoint -**  
Auburn .....Medical 253.735.0766  
126 Auburn Ave Suite 300, Auburn      Dental 253.804.8713
- Federal Way**.....Medical 253.874.7634  
33431 13 Pl S, Federal Way      Dental 253.874.7646
- Kent** .....Medical 253.852.2866  
403 E Meeker St., Kent      Dental 253.796.4071
- Renton**.....Medical 425.226.5536  
200 S 2nd St., Renton
- SeaTac** .....Medical 206.277.7200  
4040 S 188<sup>th</sup> St, SeaTac
- PacMed - Renton** .....425.227.3700  
601 S Carr Rd. Renton  
*M-F 7am-5pm.*
- Public Health - Renton Dental Clinic** ..... 206.296.4955  
10700 SE 174th St. Suite 101, Renton  
*Children up to age 18, Seniors 60+, or pregnant women with medical coupons.*



# Emergency Services

in South King County

August 2009


**Crisis Clinic**  
*Helping Lives On the Line*

## FOOD BANKS

### CALL AHEAD TO VERIFY GEOGRAPHIC ELIGIBILITY

Algona/Pacific Pantry .....253.351.0450  
603 3rd Ave SE, Pacific  
T: 11am-2pm. May use 2 times per month.

Auburn Food Bank ..... 253.833.8925  
930 18th Pl NE, Auburn  
Auburn School District Residents. M, T, Th, F: 9am-1:15pm,  
and 2nd W of the month: 9am-1:15pm, 4:30-6:30pm

Church by the Side of the Road..... 206.243.5024  
3455 S 148th St, Seattle  
10am-noon, Wednesday. Need ID/Proof of Address.

Des Moines Food Bank ..... 206.878.2660  
United Methodist Church  
22225 9th Ave S, Des Moines  
M, W, F 9-11:45am; 3rd Tues of the Month 6-8pm

Enumclaw Kiwanis Food Bank.....360.825.6188  
1350 Cole St, Enumclaw  
M-W 9-11:45am; Enumclaw School District Residents.

Federal Way Senior Center ..... 253.838.3604  
4016 S 352nd St, Auburn  
M-F 9am-12pm. Based on volunteer availability, call ahead.

Highline Food Bank..... 206.433.9900  
Manhattan Community Center  
18300 4th Ave S, Seattle  
Tu 12-2:30pm; Th 10-12:30pm; 2nd Tu of mnth 5:30-7pm

Kent Food Bank..... 253.520.3550  
515 W Harrison St, Kent  
M, Tu, W, F 10-2pm; 2nd W of month 5-6pm; Serves  
residents of Kent School District.

Kent Food Bank Annex..... 253.638.8690  
12961 SE 275th St, Kent  
Springwood Apartments, Kent, WA 98030  
Th 10am-1pm; Serves Kent School District Residents.

Maple Valley Food Bank.....425.432.8139  
21415 Maple Valley Hwy, Maple Valley  
M, W, Th 10:30-1pm; 2nd Th month 5:30-7pm  
Emergency Food Bags, M-Th: 9:30-4pm.

Margie Williams Helping Hands..... 425.687.8365  
973 Chelan Ave NE, Renton  
No restrictions. Sa 8-11am

Multi-service Center Federal Way ..... 253.838.6810  
1200 S 336th St, Federal Way  
Federal Way School District Residents Only.  
M, W, F 10-2pm; 4th Th of month 5-6pm

North Auburn Baptist Church.....253.393.7099  
1039 22nd St. NE, Auburn  
M: 12-1pm. Serves Auburn residents only.

## FOOD BANKS

Plateau Outreach Ministries.....360.825.8961  
1749 Cole St, Enumclaw  
W 10am-noon. May visit once a week.  
Emergency Food Bags: Call M-Sat, leave a message.

Salvation Army - Renton..... 425.255.5969  
206 S Tobin St, Renton  
M-F 9am-12pm, 1-4pm walk-in; Sat 9am-12pm by appt. only.

St. Thomas Catholic Church.....206.242.5501  
4415 S 140th St., Tukwila, WA  
Call to register by Noon Wednesday. Pickup: W: 2-3pm.

## CLOTHING

His Ministry .....253.315.9570  
240 Auburn Way S, Auburn  
WALK-IN, W/F: 5pm.

Kent Food Bank..... 253.520.3550  
515 W Harrison Suite 107, Kent  
M, Tu, W, F 10am-1pm; Arrive by 12:30. Serves residents of  
the Kent School District

Margie Williams Helping Hands Center ..... 425.687.8365  
973 Chelan Ave NE, Renton  
Sa 8am-11am; Serves anyone in need

Midway Clothing Bank .....206.878.4861  
Midway Community Covenant Church  
22460 24th Ave S, Des Moines  
W 10am-12pm and 6:30pm-8pm; Serves anyone in need.  
Need ID.

Multi-Service Center - Federal Way .....253.838.6810  
1200 S 336th St., Federal Way  
M, W, F 10am-1:30pm. Residents of South King County

Plateau Outreach Ministries.....360.825.8961  
1749 Cole St, Enumclaw  
No restrictions. W: 9:30am-12pm

Renton Clothes Bank..... 425.271.5091  
1025 S 3rd St. Suite A, Renton  
M-Th 2pm-5pm; Serves residents of the Renton School  
District; must have referral from a school or social service  
agency.

Salvation Army - Renton..... 425.255.5969  
206 S Tobin St, Renton  
M-Th 9-11:30am & 12:30-4pm; F 9am-12:30pm Walk-in for  
a referral slip. Serves Renton and Skyway only.

St. Thomas Catholic Church.....206.242.5501  
4415 S 140th St., Tukwila  
W 2pm-3pm; Serves primarily Tukwila and North Seatac  
residents. No baby clothes, bedding or linens.

## SOUTH KING COUNTY SHELTER

Multi-Service Center ..... 253.854.3437 ext. 104  
515 W. Harrison St., Kent  
Emergency Shelter for families with children. Priority given  
to families with 4+ people, all may apply. Leave a message  
2x per week until call is returned.

YWCA - South King County .....425.255.1201  
1010 S. 2nd St., Renton  
Serves families with children. Leave a message EVERY DAY  
until call is returned.

CCS - HOME and ARISE..... 253-854-0077 ext. 2  
314 S 4th St, Renton  
T, Th: 1-3pm

1229 W Smith St, Kent  
M, W: 1-3pm, M-Th: 5-7pm.  
Call first to check on availability, then walk into either  
location to complete the screening.

DAWN.....206.622.1881  
Call for availability 24 hrs/day. Provides shelter in a  
confidential location. Serves women with or w/o children.

Family Renewal Shelter .....253.475.9010  
Provides emergency shelter, motel voucher, and referrals to  
men and women fleeing domestic violence.

Hospitality House..... 206.242.1860  
15003 14th Ave SW, Burien  
Serves women aged 18+, w/out children. Call for screening.

Korean Women's Association -  
We Are Family DV Shelter..... 253-359-0470  
24 hours daily. Serves women who are victims of domestic  
violence.

Additional shelter options ..... 2-1-1  
M-F 8am-6pm

## HOTLINES

2-1-1 Community Information Line...2-1-1 or 206.461.3200  
877.211.WASH, 206.461.3610 TTY

Crisis Line.....206.461.3222  
866.4CRISIS, 206.461.3219 TTY

Alcohol/Drug 24-Hour Help Line.....206.722.3700  
800.562.1240, 206.722.3724 TTY

Senior Information & Assistance.....206.448.3110

## FREE VOICEMAIL

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