

## 2nd Chance Human Resource Center

*Domestic Violence* Provides transitional housing for domestic violence victims. Staff provide individualized advocacy and support, and are experienced in filing paperwork for motions such as divorce and protection orders. Offers classes on boundaries and domestic violence victimization. Support groups, life skills trainings and parenting programs are also offered.

## AARP Foundation WorkSearch

*Older Adults* [www.aarpworksearch.org](http://www.aarpworksearch.org)  
Provides free employment services for mature workers/older adults. Paid community service is available if applicant is age and income eligible.

## ACAP Child & Family Services

*Child Care* [www.acapchildservices.org](http://www.acapchildservices.org)  
*Disabilities* Operates an inclusive child care program as well as a Head Start program for children with special developmental, behavioral or social needs as well as for typical children. Sensitive to needs of foster children.  
*Education* Works to provide children with a nurturing environment and positive early childhood educational experience, strengthen healthy family relationships and reduce the risk of child abuse and neglect.  
*Youth & Family Services*

## Adra P. Berry Food Bank

*Food* [www.ragingrivercommunitychurch.org](http://www.ragingrivercommunitychurch.org)  
Operates a food pantry for anyone in need. Walk in; no screening is done. Clients report how many are in the family and what city they live in to access services.

## ADWAS – Abused Deaf Women's Advocacy Services

*Disabilities* [www.adwas.org](http://www.adwas.org)  
*Domestic Violence* Provides a domestic violence hotline, transitional housing, advocacy/legal services, counseling and support groups for victims of sexual assault and domestic violence who are deaf, deaf-blind and hard-of-hearing. Also offers a prevention-focused parenting class teaching positive parenting skills to the deaf, deaf-blind and hard-of-hearing community.  
*Sexual Assault*  
*Youth & Family Services*

## Al-Anon/Alateen Information Service

*Chemical Dependency* [www.seattle-al-anon.org](http://www.seattle-al-anon.org)  
*Ethnicity* Offers support groups for individuals concerned about a friend or relative's alcohol consumption. Offers special groups for teens and Spanish speakers.

## Alcohol/Drug Help Line

*Chemical Dependency* [www.adhl.org](http://www.adhl.org)  
Statewide telephone line provides assistance, guidance and crisis intervention for people with alcohol- and drug-related problems. Helps callers locate support groups. Operates a separate Help Line catering to teens.

## Alcoholics Anonymous

*Chemical Dependency* [www.seattleaa.org](http://www.seattleaa.org)  
Offers 12-step support groups for alcoholics. Includes separate-sex meetings, groups for Native Americans, Spanish speakers and those who identify as gay, lesbian or bisexual. Some meetings have interpreters for individuals who are hard of hearing.

## Alliance of People with disAbilities

*Disabilities* [www.disabilitypride.org](http://www.disabilitypride.org)  
*Legal* Offers legal consultation and/or representation in cases where an individual's civil rights have been violated due to a disability. Provides skills training to help people with disabilities live independently in the community, including household management and using assistive technology. Coordinates peer support groups for adults and teens. Also evaluates and makes recommendations for agencies wishing to improve the accessibility of their organizations.  
*Mental Health*

## Alzheimer's Association – Western and Central Washington State Chapter

*Caregivers* [www.alzwa.org](http://www.alzwa.org)  
*Health Care* Provides an education and support services hotline for those affected by Alzheimer's disease and related disorders. Coordinates Alzheimer's disease support groups for family members and caregivers. Conducts comprehensive needs assessments, care plan development and follow-up for people with Alzheimer's and their caregivers.

# CHEMICAL DEPENDENCY

## Harm Reduction

*Addresses an individual whose behavior results in self-harm and/or is destructive to his/her environment, but who is not ready, willing or able to cease the harmful behavior completely. This approach may focus on reducing the inherent risks associated with the behavior by modifying the behavior in any way the individual is motivated to change. For example, an injection drug user may not be interested in stopping injecting drugs, but may be motivated to reduce the risk of transferring a communicable disease by using only clean, unshared syringes; In general, a service provider using a Harm Reduction approach would likely address a chemically dependent individual's needs and concerns without requiring the individual to completely abstain from substance use.*

### **Catholic Community Services – University District Youth Center .....(206) 526-2992**

4516 15th Ave NE, Seattle, WA 98105

M-F, 9am-5pm. Drop-in Services: M-Th, 1:15-3:45pm, and by appointment.

Offers substance abuse counseling and a needle exchange program, with a harm-reduction focus; serves homeless, at-risk or street-involved youth, ages 13-22. No fees. Satisfies court-ordered requirements.

### **Pioneer Human Services – Pioneer Counseling Services ..... 911**

1930 Boren Ave, Seattle, WA 98101-1406

24 hours daily.

Provides a supervised facility at the Dutch Shisler building for chronic public inebriates residing in the greater Downtown Seattle area. Offers case management, limited chemical dependency assessments and outpatient treatment.

### **Public Health – Seattle & King County – HIV/AIDS Program**

#### **SCORE ..... (206) 214-6040**

400 Yesler Way, 3rd Floor, Seattle, WA 98104-2615

Tu W F, afternoon and early evening.

Coordinates a needle exchange program for injection drug users in South King County. Call to schedule an exchange.

Staff will meet people at an agreed upon location. Also provides harm reduction information and referrals to resources.

#### **Walk In Needle Exchange ..... (206) 296-4649**

Provides new sterile syringes in exchange for used ones. Also distributes clean injection supplies and sexual safety items. Provides harm reduction education and vein care consultation. Downtown site offers abscess and wound care.

#### **Capitol Hill**

1002 E Seneca St, Lifelong AIDS Alliance's Front Lobby, Seattle, WA 98122-4214

M-F, 8am-5pm.

#### **Downtown**

2124 4th Ave, Robert Clewis Center, Seattle, WA 98104

M-F, 8am-5pm.

#### **University District**

NE 43rd St and University Way NE, Table Alley Location, Seattle, WA 98105

M-F, 8am-5pm.

#### **White Center**

SW 100th St and 14th Ave SW, Van Location, Seattle, WA 98146

Tu Th, 6:30-8:30pm.

## Hotlines/Support Groups

*An ongoing support system is essential for people in recovery. Hotlines provide immediate crisis intervention as well as referrals to longer-term support, such as support groups. 12-Step groups are available to addicts and their families and friends interested in receiving peer support in a safe, confidential atmosphere.*

### **Al-Anon/Alateen Information Service.....(206) 625-0000**

1402 3rd Ave, Suite 803, Seattle, WA 98101-2118

24 hours daily.

Organizes support groups of relatives and friends of alcoholics who share their experiences, strengths, and hopes in order to solve their common problems and help others do the same. Some meetings have child care. Coordinates support groups for teenagers who have alcoholic friends or relatives; meetings are conducted by the teenagers themselves and guided by Al-Anon members and occasionally members of Alcoholics Anonymous.

### **Alcohol/Drug Help Line .....(800) 562-1240**

Daily, 8am-10pm.

Hotline provides a first-line resource for those having a crisis related to drinking and using drugs. Also assists family members of individuals with drug and alcohol addictions. Helps callers locate support groups.

#### **Teen Line ..... (877) 345-8336**

M-Th, 3-5pm.

Teen Line provides emotional support regarding family issues, growing up, sexuality, and information and referral regarding alcohol and other drugs. The line is answered by adults and some teenagers.