

## PHONE ACCESS

DESC - Connections ..... 206.515.1555  
505 3rd Ave, Seattle, 98104  
*Daily: 7am-7pm. Ages 18+.*

Gethsemane Community Services ..... 206.682.3620  
911 Stewart St., Seattle  
*T, Th: 10am-2:30pm.*

Lazarus Center ..... 206.623.7219  
416 2nd Ave. Ext S, Seattle  
*Daily: 11-4pm.*

Solanus Casey Center ..... 206.223.0907  
1008 James St. Seattle, 98104  
*M-F: 1-4pm.*

## HOT MEALS

Bread of Life Mission ..... 206.682.3579  
97 S. Main, Seattle, 98104  
*Daily. Registration: 5:45-6:15pm. Dinner 7:30-8pm.  
Chapel attendance required. Must pass breathalyzer test.*

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

Family Kitchen/Cathedral Kitchen ..... 206.264.2091  
907 Columbia, Seattle, 98104  
*M-F 4:30pm-5pm. Doors open at 4pm.*

Lazarus Center ..... 206.623.7219  
416 2nd Ave Ext S, Seattle, 98104  
*Daily. Lunch 11am-2pm. Leftovers and pastries available  
after 2pm, when available. Must have photo ID. Ages 50+  
only.*

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

My Sweet Lord Café ..... 425.558.4215  
5521 University Way NE, Seattle, 98105  
*Tu-Sat: 7-10:30pm.*

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

Our Lady of Mt. Carmel ..... 206.325.0871  
508 Broadway, Seattle 98112  
*Tu-Sun: 9-11am.*

## HOT MEALS

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

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

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

## HYGIENE

Compass Center ..... 206.357.3180  
210 Alaskan Way S, Seattle, 98104  
*Ages 18 and older. M-F, 7am-2 pm*

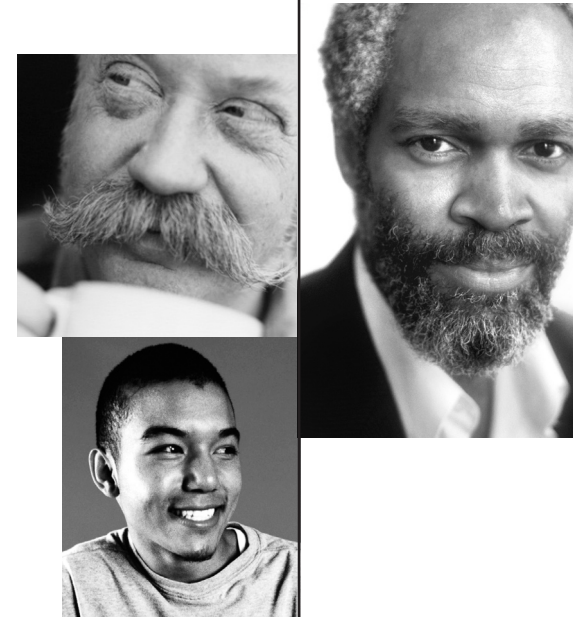
DESC - Connections ..... 206.464.1570  
505 3rd Ave, Seattle, 98104  
*Daily: 7am-7pm. Ages 18+.*

Family and Adult Service Center ..... 206.357.3190  
2015 3rd Ave, Seattle, 98121  
*Daily: 10:30am-7pm*

Lazarus Center ..... 206.623.7219  
416 2nd Ave Ext. S, Seattle, 98104  
*Daily: 12-3pm. Ages 50 and older*

Union Gospel Mission ..... 206.622.5177  
318 2nd Ave Ext S, Seattle, 98104  
*Daily: 9-11am & 1-6pm. Showers and bathrooms for men only.*

Urban Rest Stop ..... 206.332.0110  
1924 9th Ave, Seattle, 98101  
*M-F: 5:30am-9:30pm. Sat, Sun: 8am-3pm. Serves men,  
women, families and youth.*



# Men's

## Emergency Services

in Seattle/King County

May 2009

Crisis  Clinic  
Helping Lives On the Line

## MEDICAL OR DENTAL CARE

|  |                        |
|--|------------------------|
| Carolyn Downs Medical Center .....               | 206.299.1900           |
| 2101 E. Yesler Way, Seattle 98122                | (Medical only)         |
| Country Doctor Community Clinic.....             | 206.299.1600           |
| 500 19th Ave E, Seattle 98112                    | (Medical only)         |
| Harborview Medical Center .....                  | 206.731.3000           |
| 325 9th Ave, Seattle 98104                       | (Medical & Dental)     |
| Family Medicine Clinic.....                      | 206.744.8274           |
| Eye Clinic.....                                  | 206.744.3225           |
| Oral Surgery Clinic .....                        | 206.744.3189           |
| 24-HR Consulting Nurse .....                     | 206.744.2500           |
| International District Dental.....               | 206.788.3700           |
| 720 8th Ave S, Seattle 98104                     | (Dental only)          |
| Pac Med - 1101 Madison Clinic .....              | 206.505.1101           |
| 1101 Madison St., Seattle 98104                  | (Medical only)         |
| Pike Market Medical Clinic.....                  | 206.728.4143           |
| 1930 Post Alley, Seattle 98101                   | (Medical only)         |
| Pioneer Square Clinic .....                      | 206.744.1500           |
| 206 3rd Ave S, Seattle 98104                     | (Medical only)         |
| Public Health Administration .....               | 206.294.4600 (Medical) |
| Call for eligibility & Appointment .....         | 206.205.0577 (Dental)  |
| Seattle Indian Health Board.....                 | 206.324.9360           |
| 611 12th Ave S, Ste 200, Seattle, 98144          | (Medical & Dental)     |
| Serves all.                                      |                        |
| 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, Seattle, 98104               | (Dental only)          |
| M-F: 9am-2pm, Depending on dentist availability. |                        |

## DAY LABOR

|  |              |
|--|--------------|
| Casa Latina .....  | 206.956.0779 |
| 2330 Western Ave, Seattle, 98121                           |              |
| M-F, 6-11am & Sat 7am-12pm. No ID or SSN required.         |              |
| Millionair Club .....                                      | 206.728.5627 |
| 2515 Western Ave, Seattle, 98121                           |              |
| Ages 18+. ID and Social Security Card required.            |              |
| Background check performed. No felonies. Call to register. |              |

## FREE VOICEMAILS

|                                |              |
|--------------------------------|--------------|
| Laser Voicemail .....          | 206.339.1000 |
| Solid Ground.....              | 206.694.6771 |
| 1501 N 45th St. Seattle, 98103 |              |

## DROP-IN CENTERS

|   |              |
|---|--------------|
| DESC - Connections .....                              | 206.515.1555 |
| 505 3rd Ave, Seattle, 98104                           |              |
| Daily: 7am-7pm daily. Ages 18+.                       |              |
| Family and Adult Service Center .....                 | 206.357.3190 |
| 2015 3rd Ave, Seattle, 98121                          |              |
| Daily: 10:30am-7pm                                    |              |
| Lazarus Center .....                                  | 206.623.7219 |
| 416 2nd Ave, Seattle, 98104                           |              |
| Ages 50 & over, photo ID required, 11am-6:30pm daily. |              |
| Orion Center .....                                    | 206.622.5555 |
| 1828 Yale Ave, Seattle, 98101                         |              |
| Ages 13-21, M,W,Th & F, 2:30-6:30pm, Tu 4-6:30pm.     |              |
| Union Gospel Mission .....                            | 206.622.5177 |
| 318 2nd Ave Ext S, Seattle, 98104                     |              |
| 9-11am and 1pm-6pm daily. Must be sober.              |              |

## CLOTHING

|   |              |
|---|--------------|
| Ballard Food Bank .....                         | 206.789.7800 |
| 7001 24th Ave NE, Seattle 98117                 |              |
| W,Th: 11am-2:45pm.                              |              |
| Bread of Life Mission.....                      | 206.682.3579 |
| 97 S Main, Seattle, 98104                       |              |
| M, Tu, Th 1:30-2:30pm. Sign-up begins at 1pm.   |              |
| Lazarus Center.....                             | 206.623.7219 |
| 416 2nd Ave, Seattle 98104                      |              |
| M, W: 11am-1pm. Ages 50+. Photo ID required.    |              |
| Queen Anne Helpline.....                        | 206.282.1540 |
| 311 W. McGraw St, Seattle 98119                 |              |
| St. Francis House .....                         | Walk in only |
| 169 12th Ave, Seattle, 98122                    |              |
| M-F, 10am-2:30pm; Can visit once every 30 days. |              |
| St. Vincent de Paul - Food/Clothing Bank ....   | 206.767.9975 |
| 5972 4th Ave S, Seattle, 98108                  |              |
| T, Th: 11-2pm.                                  |              |
| Union Gospel Mission.....                       | 206.622.5177 |
| 318 2nd Ave Ext S, Seattle, 98104               |              |
| M-F: 9:30-10:30am and 1:30-2:30pm.              |              |

## STORAGE

|  |              |
|--|--------------|
| SHARE/WHEEL .....                                | 206.623.0390 |
| 963 Mercer St, Seattle, 98109                    |              |
| Walk-in M-F, 6:30-8:30am; Sa-Su, 7-9am           |              |
| Day and long term storage in exchange for labor. |              |

## MAIL

|   |              |
|---|--------------|
| Ballard Food Bank.....                                | 206.789.7800 |
| 7001 24th Ave NW, Seattle, 98117                      |              |
| Tu-Th: 11am-2:45pm.                                   |              |
| Compass Center.....                                   | 206.357.3200 |
| 210 Alaskan Way S, Seattle, 98104                     |              |
| M,W,F: 9:30am-4:30pm; Tu,Th: 9am-3pm; Sat:9:30am-1pm. |              |
| Family and Adult Service Center .....                 | 206.357.3190 |
| 2015 3rd Ave, Seattle, 98121                          |              |
| Daily: 10:30am-7pm.                                   |              |
| Gethsemane Community Services .....                   | 206.329.8700 |
| 911 Stewart St., Seattle                              |              |
| T, Th: 10-2:30pm.                                     |              |
| Seattle Indian Center.....                            | 206.329.8700 |
| 611 12th Ave S, Seattle                               |              |
| M-F: 2-4pm.   |              |
| Union Gospel Mission.....                             | 206.622.5177 |
| 318 2nd Ave Ext S, Seattle, WA 98104                  |              |
| M-F 3-4:30pm. Holds mail for one week.                |              |

## FOOD BANKS

|  |                      |
|--|----------------------|
| A.C.R.S. Food Bank .....   | 206.292.5714         |
| 919 S. King St., Seattle   |                      |
| W, F: 11:30-1pm; Provides culturally appropriate Asian-Pacific foods.  |                      |
| Cherry St. Food Bank.....  | 206.625.0755         |
| 711 Cherry, Seattle, 98104   |                      |
| 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. |                      |
| Food Bank at St. Mary's .....  | 206.324.7100 ext. 18 |
| 611 20th Ave S., Seattle   |                      |
| T, Th, Sat: 10am-1pm.  |                      |
| Pike Market Senior Center .....  | 206.626.6462         |
| 1531 Western Ave, 5 <sup>th</sup> Floor, Seattle, 98101  |                      |
| 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 and proof of address required.    |                      |
| Puget Sound Labor Agency.....  | 206.448.9277         |
| 2800 1st Ave, Seattle 98121  |                      |
| M-F: 8am-1pm.  |                      |
| Salvation Army.....  | 206.447.9944         |
| 1101 Pike St., Seattle, 98101  |                      |
| M-F: 8:30-10:30am, 1-3pm. Closed W afternoon.  |                      |
| Seattle Indian Center.....   | 206.329.8700         |
| 611 12th Ave S. Ste 300, Seattle   |                      |
| T, Th: 1:30-3:30pm   |                      |