

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-3pm.
- Lazarus Center**.....206.623.7219
416 2nd Ave. Ext S, Seattle
Daily: 11-6:30pm.
- Solanus Casey Center**.....206.223.0907
1008 James St. Seattle, 98104
M-F: 1-4pm.

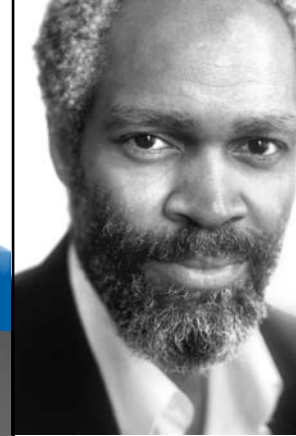
HOT MEALS

- Bread of Life Mission**.....206.682.3579
97 S. Main, Seattle, 98104
*Lunch: T, Th: 12pm. Dinner: Tu-Sa.
Registration: 10:30am-4pm. Breathalyzer: 5:30pm.
Chapel: 6:30pm. Dinner ends at 8pm.*
- 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. Meal tickets at 3:30pm. Dinner from
4:30-5pm. Bag lunches at 4:30pm.*
- Lazarus Center**.....206.623.7219
416 2nd Ave Ext S, Seattle, 98104
*Daily. Lunch 12-2pm. 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: 4pm - Hot Meal
2nd Sat: 3pm - Hot Meal
4th Sat: 2pm - Lunch or 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
Last Sun of month: 8am - Breakfast and clothes
- 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. Chapel attendance is required.
Lunch: M-Sat. 12-12:45pm. \$2 or free with 11:30am chapel.
Dinner: Daily, 5-5:30pm. No chapel option.
Dinner: Daily, 5:30-6:30pm. Free. No chapel required.
Serves anyone in need.*
- ADULT SERVICE CENTER**.....206.357.3190
2015 3rd Ave, Seattle, 98121
Daily: 10:30am-7pm
- 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+.
- 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
M-Sa: 2-5pm. 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.*

HYGIENE



Men's

Emergency Services

in Seattle/King County

January 2010

Crisis Clinic
Helping Lives On the Line

MEDICAL OR DENTAL CARE

| | | |
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| 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 | 206.744.3000 | |
| 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..... | 206.505.1300 | |
| 1101 Madison St., Seattle 98104 | (Medical only) | |
| Pac Med - Beacon Hill Clinic..... | 206.505.1001 | |
| 1200 12th Ave S., Seattle | (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 | (Dental) | |
| SeaMar Dental Clinic..... | 206.762.3263 | |
| 8915 14th Ave S, Seattle 98108 | (Dental) | |
| 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

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| 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 | | |
| Walk-in: Tu-Th, 10am. Ages 18+. ID and Social Security Card required. Background check performed. No felonies. Call to register. | | |

FREE VOICEMAILS

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| Solid Ground..... | 206.694.6771 | |
| 1501 N 45th St. Seattle, 98103 | | |

DROP-IN CENTERS

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| Adult Service Center | 206.357.3190 | |
| 2015 3rd Ave, Seattle, 98121 | | |
| Daily: 10:30am-7pm | | |
| DESC - Connections | 206.515.1555 | |
| 505 3rd Ave, Seattle, 98104 | | |
| Daily: 7am-7pm daily. Ages 18+. | | |
| 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. | | |
| Our Lady of Mt. Carmel..... | 206.325.0871 | |
| 508 Broadway, Seattle | | |
| Tu-Su, 6:30am-12pm. | | |
| Union Gospel Mission..... | 206.622.5177 | |
| 318 2nd Ave Ext S, Seattle, 98104 | | |
| 9-11am and 1pm-6pm daily. Must be sober. | | |

CLOTHING

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| 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 | | |
| Distribution: T, Th, Sa, 10-11:30am. Line up at 10am for a number. Serves 15 people per day. | | |
| 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 | | |
| Signup: T, F, 9:30-10:30am. Pickup: T, F, 1:30-2pm. | | |

STORAGE

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| 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

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|---|--------------|--|
| Adult Service Center | 206.357.3190 | |
| 2015 3rd Ave, Seattle, 98121 | | |
| Daily: 10:30am-7pm. | | |
| 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. | | |
| 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 4-5pm. Holds mail for one week. | | |

FOOD BANKS

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| 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. Tickets to hold spot starting at 9am. | | |
| Cherry St. Food Bank..... | 206.625.0755 | |
| 711 Cherry, Seattle, 98104 | | |
| M-F: 9am-5pm. Th: Baby Cupboard. Proof of child required. Meat on last two serving days of the month. Clients can access food bank or baby cupboard, not both on same day. | | |
| 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 th 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 | | |