

MEDICAL AND DENTAL CARE

Most clinics request client call for an appointment.
All agencies either accept DSHS Services Cards,
employ sliding scale fees, or are free/low cost.

Angeline's Day Center	206.436.8650
2030 3rd Ave, Seattle	(Medical only)
<i>Health Care for the Homeless nursing services at varying times M-F. Also offers limited mental health counseling.</i>	
Carolyn Downs Medical Center	206.299.1900
2101 E Yesler Way, Seattle	(Medical only)
Country Doctor Community Clinic	206.299.1600
500 19th Ave E, Seattle	(Medical)
Downtown Public Health	206.294.4960
2124 4th Ave, Seattle	(Medical & Dental)
Georgetown Dental Clinic.....	206.461.6943
6200 13th Ave S, Seattle	
Harborview Medical Center	206.744.3000
325 9th Ave, Seattle	(Medical & Dental)
Family Medicine Clinic.....	206.744.8274
Oral Surgery Clinic.....	206.744.3189
24-hour Consulting Nurse.....	206.744.2500
International District Dental Clinic	206.788.3700
720 8th Ave S, Seattle	
Pacific Medical Centers	
Madison Clinic - 1101 Madison St, Seattle	206.505.1300
Pike Market Medical Clinic	206.728.4143
1930 Post Alley, Seattle	(Medical Only)
Pioneer Square Clinic.....	206.744.1500
206 3rd Ave S, Seattle	(Medical Only)
Seattle Indian Health Board.....	206.324.9360
611 12 th Ave S, Ste 200, Seattle	(Medical & Dental)
<i>Serves all.</i>	
Seattle Vocational Institute Dental Clinic.....	206.344.4423
2120 S Jackson St, Seattle	
SeaMar Dental Clinic.....	206.762.3263
8915 14th Ave S, Seattle	(Dental)
Union Gospel Mission Dental Clinic.....	206.621.7695
318 2nd Ave Ext. S, Seattle	(Dental only)
Urban Rest Stop	206.332.0110
1924 9th Ave, Seattle	
<i>W Th, 7am-noon. Walk in for this service.</i>	

STORAGE

SHARE/WHEEL.....	206.623.0390
963 Mercer St, Seattle	
<i>Walk-in: M-F, 6:30-8:30am. Sa Su, 7-9am.</i>	
<i>Day & long-term storage in exchange for labor.</i>	

HYGIENE

Angeline's Day Center	206.436.8650
2030 3rd Ave, Seattle	
<i>Daily, 8am-6pm.</i>	
Compass Housing Alliance.....	206.357.3180
210 Alaskan Way S, Seattle	
<i>Showers/Toilets: M-F, 7am-2pm. Laundry: M-F, 7am-12:45pm.</i>	
Compass Housing Alliance - Adult Service Center ..	206.357.3190
2015 3rd Ave, Seattle	
<i>Daily, 10:30am-7pm.</i>	
DESC - Connections	206.515.1555
503 3rd Ave, Seattle	
<i>Daily, 7am-7pm.</i>	
Lazarus Center.....	206.623.7219
416 2nd Ave Ext S, Seattle	
<i>Daily, 11am-6:30pm. Ages 50 and older.</i>	
Mary's Place.....	206.621.8474
210 Dexter Ave N, Seattle	
<i>M-F, 8:30am-4pm. Women only, with or without children.</i>	
Urban Rest Stop	206.332.0110
1924 9th Ave, Seattle	
<i>June-Sept: M-F, 5:30am-9:30pm. Sa Su, 8am-5pm.</i>	
<i>Oct-May: M-F, 5:30am-9:30pm. Sa Su, 8am-3pm.</i>	
<i>Serves men, women, families and youth.</i>	
Women's Wellness Center	206.256.0665
1900 2nd Ave, Seattle	
<i>M-F, 7am-4pm. Sa Su, 7am-2pm.</i>	

MAIL

Ballard Food Bank	206.789.7800
5130 Leary Ave NW, Seattle	
<i>Tu-Th, 11am-3pm.</i>	
Compass Housing Alliance.....	206.357.3200
210 Alaskan Way S, Seattle	
<i>M W F, 9am-4:30pm. Tu Th, 9am-3pm. Sa, 9:30am-1pm.</i>	
Gethsemane Community Services	206.682.3620
911 Stewart St, Seattle	
<i>Tu Th, 10am-3pm.</i>	
Seattle Indian Center.....	206.329.8700
611 12th Ave S, Seattle	
<i>M-F, 2-4pm.</i>	
Union Gospel Mission	206.622.5177
318 2nd Ave Ext S, Seattle	
<i>M-F, 10am-5pm. Holds mail for one week.</i>	

FREE VOICEMAIL

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



Women's Emergency Services

Seattle/King County

May 2010



A service of Crisis Clinic
Helping Lives On the Line

HOT MEALS

- Angeline's Day Center 206.436.8650
2030 3rd Ave, Seattle
Meals: 7:20am, 8:10am, 11:30am, 12:30pm, and 3pm.
- Bread of Life Mission..... 206.682.3579
97 S Main St, Seattle
Lunch: Tu Th, noon. Dinner registration: Tu-Sa, 10:30am-4:30pm.
Breathalyzer/Dinner: 5:30pm. Chapel required at 6:30pm. Dinner ends at 8pm.
- Cathedral Kitchen 206.264.2091
St. James Cathedral, 907 Columbia, Seattle
Meal tickets at 3:30pm. Dinner: M-F, 4:30-5pm.
- El Centro de la Raza 206.957.4634
2524 16th Ave S, Seattle
M-F: noon-1pm. Serves anyone in need
- Lazarus Center..... 206.623.7219
416 2nd Ave, Seattle
Breakfast: Daily, 11am. Lunch: Daily, noon-2pm. Leftovers and pastries available after 2pm, when available. Must have photo ID. Ages 50+ only.
- Mary's Place - Saturday Meals 206.621.8474
Denny Park Lutheran Church, 210 Dexter Ave N, Seattle
Breakfast: Sa, 10am. Lunch: Sa, 12:30pm.
- Millionair Club 206.728.5627
2515 Western Ave, Seattle
Breakfast: M-F, 6:15-7am. Lunch: M-F, noon-1:30pm.
- My Sweet Lord Cafe..... 425.558.4215
5521 University Way NE, Seattle
Tu-Sa, 6:30-9:30pm. Vegetarian cafe.
- Orion Center..... 206.622.5555
1828 Yale Ave, Seattle
Meals: M-F, 8:30am, 12:30pm and 6pm. Ages 13-22 only.
- Our Lady of Mt Carmel..... 206.325.0871
508 Broadway, Seattle
Meals: Tu-Su, 9-11am.
- Seattle's Outdoor Meal Site... Walk-in, 6th & Columbia, under I-5
Dinner: M-Th, 7:30pm.
Breakfast: M-F, 8am.
Hot Meal: M-F, 1pm.
Hot Meal: F, 4pm.
Sack Lunch: Sa, noon.
Hot Meal: 1st, 3rd, 5th Sa, 4pm.
Hot Meal: 2nd Sa, 3pm.
Lunch or Hot Meal: 4th Sa, 2pm.
Hot Meal: 4th Sa, 6:30pm.
Hot Meal: 1st, 2nd, 4th Su, 1pm.
Hot Brunch: 3rd Su, 10am.
Hot Meal: 3rd Su, noon & 2pm.
Cold Lunch: 2nd, 4th Su, 11am.
Breakfast & clothes: Last Su of month, 8am.
- Seattle Indian Center..... 206.329.8700
611 12th Ave S, Seattle
M-F, noon-12:45pm.

- Union Gospel Mission 206.622.5177
318 2nd Ave Ext S, Seattle, 98104
Breakfast: Daily, 7-8:30am. Free with required chapel attendance.
Lunch: M-Sa, noon-12:45pm. \$2 or free with 11:30am chapel.
5pm dinner is \$2. 5:30pm dinner is free. No chapel attendance required for either dinner. No noon meal Su.

FOOD BANKS

Please call and verify geographic eligibility for all listings.

- ACRS Food Bank..... 206.292.5714
919 S King St, Seattle
W F, 11:30am-1pm. Provides culturally-appropriate Asian-Pacific foods. Tickets to hold spot starting at 9am.
- Cherry St Food Bank..... 206.625.0755
711 Cherry St, Seattle
M W, 9am-5:30pm. F, 9am-5pm. Families with infants: Th, 9am-5pm. Provides meat products on last two serving days of the month.
- Food Bank at St Mary's..... 206.324.7100 ext 18
611 20th Ave S, Seattle
Tu Th Sa, 10am-1pm.
- Pike Market Senior Center Food Bank..... 206.626.6462
1531 Western Ave, 5th Floor, Seattle
54 & Younger: Th, 10am-1pm. 55 & Older: Tu, 10am-1pm.
Call ahead for food bags: M-F, 8:30am-1pm.
- Puget Sound Labor Agency..... 206.448.9277
2800 1st Ave, Seattle
M F, 8am-noon.
- Salvation Army 206.447.9944
1101 Pike St, Seattle
M-F, 9-11:30am, 1-3pm. ID required.
- Seattle Indian Center..... 206.329.8700
611 12th Ave S, Seattle
Tu Th, 1:30-3:30pm.

CLOTHING

- Bread of Life Mission..... 206.682.3579
97 S Main St, Seattle
Tu Th Sa, 10-11:30am. Lineup at 10am for a number. Serves 15 people per day.
- Emerald City Community - 7th Day Adventist Church... 206.322.0717
801 25th Ave S, Seattle
Sa, 9-10am.
- Jubilee Women's Center..... 206.324.1244
620 18th Ave E, Seattle
M-F, 9:30am-6pm. Call for appointment.
- Lazarus Center 206.623.7219
416 2nd Ave, Seattle
M W, 11am-1pm. Ages 50+. Photo ID required.
- Queen Anne Helpline 206.282.1540
311 McGraw St, Seattle
M Tu Th F, 10am-3pm. Call for appointment.

- St. Vincent de Paul 206.767.9975
5972 4th Ave S, Seattle
Tu Th, 11am-2pm.
- St. Francis House walk-in only
169 12th Ave, Seattle
M-F, 10am-2:30pm. Can visit once every 30 days.
- Westwood Christian Academy..... 206.763.0585
9252 16th Ave SW, Seattle
2nd & 4th Tu, noon-2:30pm.

DROP-IN CENTERS

- Angeline's Day Center 206.436.8650
2030 3rd Ave, Seattle
Daily, 8am-6pm.
- Compass Housing Alliance - Adult Service Center.... 206.357.3190
2015 3rd Ave, Seattle
Daily, 10:30am-7pm.
- DESC - Connections 206.515.1555
505 3rd Ave, Seattle
Daily, 7am-7pm.
- Elizabeth Gregory Home..... 206.729.0262
1604 NE 50th St, Seattle
M-F, 9am-6pm.
- Lazarus Center 206.623.7219
416 2nd Ave, Seattle
Daily, 11am-6:30pm. Ages 50 & over. Photo ID required.
- Mary's Place..... 206.621.8474
210 Dexter Ave N, Seattle
M-F, 8:30am-4pm.
- Orion Center..... 206.622.5555
1828 Yale Ave, Seattle
M W Th F, 2:30-6:30pm. Tu 4-6:30pm. Ages 13-21.
- Our Lady of Mt Carmel..... 206.325.0871
508 Broadway, Seattle
Tu-Su, 6:30am-noon.
- Solanus Casey Center 206.223.0907
1008 James St, Seattle
M W F, 1-4pm.

DAY LABOR

- Casa Latina..... 206.956.0779
317 17th Ave S, Seattle
M-F, 6-11am. Sa, 6:30am-11:30am. No ID or SSN required.
- Millionair Club 206.728.5627
2515 Western Ave, Seattle
Walk in: Tu-Th, 10am. Ages 18+. ID and Social Security Card required. Background check performed. No felonies. Call to register.