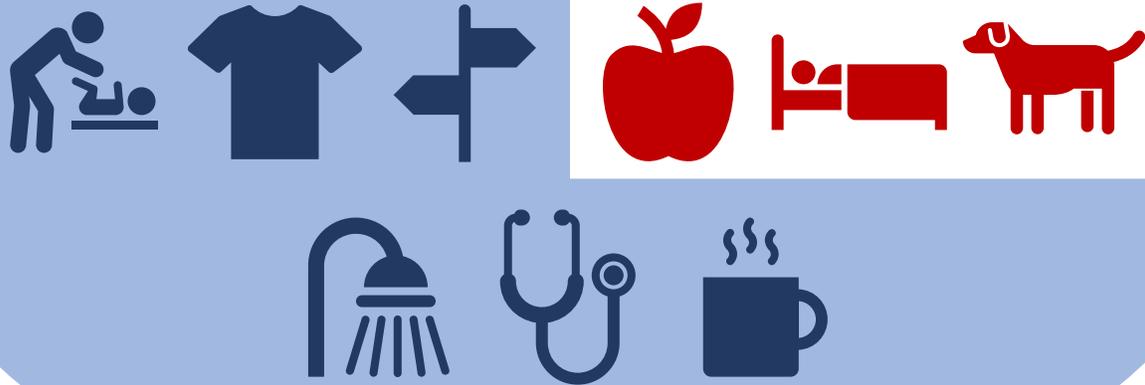


# SNOHOMISH COUNTY

## LOW-INCOME RESOURCES GUIDE



**IMPORTANT NOTE FROM THE HOUSING AUTHORITY OF SNOHOMISH COUNTY:**  
This booklet contains information regarding public, private, and nonprofit agencies. Inclusion in this booklet does not constitute endorsement by the Housing Authority of Snohomish County, nor is any omission intentional.

Agencies listed in this booklet provide a wide variety of services and assistance. You will need to call to determine if you are eligible for their services. Not all residents will meet agencies' eligibility requirements.

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# SHELTER & HOUSING

## I. COORDINATED ENTRY

**Coordinated Entry is your first stop and best resource** if you are homeless or about to become homeless. Call 2-1-1 or walk in to any of their Entry Sites (listed below) to enter the program. A housing navigator will talk with you to determine which temporary housing programs you are eligible for and which one will have the quickest availability.

### SERVICES:

1. **HOMELESSNESS PREVENTION** - Homelessness prevention navigators work with coordinated entry participants to identify a strategy for staying housed. They help households address and resolve their immediate barriers to housing stability, which can include negotiating with landlords, identifying alternative housing options and connecting participants with services to address issues such as lack of income, employment, or health insurance.
2. **HOMELESS SERVICES** - Housing navigators work with individuals and families who are experiencing homelessness to locate and maintain housing. Since housing resources are very limited, housing navigators focus on stabilizing most households using short-term interventions and connections to other services. Housing navigators also connect those who need long-term housing and supports to the appropriate housing programs to meet their needs.

### WHERE TO ENTER:

- 2-1-1 Washington Connection - Dial "2-1-1" or call (800) 223-8145
- North County Family Resource Center - (425) 367-3488  
Catholic Community Services Central County - (425) 374-6396
- Volunteers of America Sky Valley - (360) 793-2400, ext. 14005
- Cocoon House - (425) 877-5171
- Domestic Violence Services of Snohomish County - (425) 259-2827, ext. 1016
- Snohomish County Veteran's Assistance - (425) 388-7255  
Volunteers of America, Everett and North County - (425) 259-3191
- YWCA Lynnwood-South County - (425) 774-9843
- Lutheran Community Services NW - (360) 386-7989

For more information on Coordinated Entry in Snohomish County, visit:

<https://snohomishcountywa.gov/2238/Investing-In-Futures>



# SHELTER & HOUSING

## II. HOUSING INFORMATION & RESOURCES

### **Housing Authority of Snohomish County**

Everett, WA 98204

(425) 290-8499

Housing Authority, Low Income Affordable Housing,  
Public Housing

[www.hasco.org](http://www.hasco.org)

### **Everett Housing Authority**

Everett, WA 98201

(425)303-1102

Housing Authority, Low Income Affordable Housing,  
Public Housing

### **Housing Hope Everett**

Everett, WA 98203

425-347-6556-23

Agency that provides HUD Approved Housing  
Assistance Programs

### **Housing Search Northwest**

Get help finding affordable housing or housing  
that accepts Section 8 vouchers:

[www.housingsearchnw.org](http://www.housingsearchnw.org)

### **Cocoon House (for Teens)**

Everett, WA

425-259-5802

Provides short- and long-term housing for  
homeless and at-risk teens, teen mothers and  
their children. LGBTQ+ friendly.

[www.cocoonhouse.org](http://www.cocoonhouse.org)

### **Domestic Violence Services of Snohomish County**

Everett, WA

425-25-ABUSE (425-252-2873) 24-hour crisis  
hotline

Agency provides 24/7 crisis hotline, free and  
confidential services: emergency shelter, legal  
advocacy, support groups and domestic  
violence education.

*Many of these programs have long waiting lists or waiting lists that are closed. Check back occasionally for wait list openings.*



### III. Security Deposits

Assistance for security deposits is very limited in the community. As you start reaching out for assistance, look for other ways to save money.

For example:

- Can you reduce other bills or save money in other places in your budget?
- Will the landlord or property manager allow you to pay your security deposit in payments?
- Do you have friends or family who could help or loan money?
- Are you part of a church community or support organization that might assist its members financially?

#### Possible Resources

Please understand that resources are very limited, and that each agency has their own eligibility criteria.

- **DSHS – Cash Diversion or AREN Grant**  
Talk to the local DSHS office or apply through [www.WashingtonConnection.org](http://www.WashingtonConnection.org).
- **Salvation Army – 425-259-8129 (Everett) or 360-926-2228 (Marysville)**  
Does not help with security deposits, but may help with first month’s rent and other moving expenses.
- **St. Vincent de Paul – 425-355-3504**  
Offers limited financial assistance to residents of Snohomish County. (Does not serve residents of Lake Stevens or Granite Falls).
- **Westgate Chapel – 425-775-2776**  
Provides limited financial support to residents in the Edmonds area.



## IV. Landlord Tenant Services

### **Dispute Resolution Center – Landlord Tenant Services**

425-339-1335 (option 4)

Volunteers of America Western Washington’s Landlord Tenant Services provides information and conflict resolution services to help tenants and landlords solve their housing dilemmas.

- Providing information and education on the Washington Residential Landlord-Tenant Act
- Coaching, conciliating, and mediating rental housing disputes
- Meeting one-on-one with tenants to help identify and problem solve barriers to securing rental housing
- Helping tenants develop rental resumes
- Training tenants through the Renter Certification and Fair Housing Training.

[www.voaww.org/ltquestions](http://www.voaww.org/ltquestions)

### **Renter Certification and Fair Housing Training**

425-339-1335, option 4

Learn about your rights as a tenant, what landlords look for when screening applications, soft skills to help stabilize housing and gain access to community resources and mediation services. Upon completion, participants receive a certificate that boosts their rental resume. All services and trainings are free. Call for dates and locations of trainings or visit their website.

<https://www.voaww.org/rentercertification>

### **Tenants Union of Washington State**

206-723-0500

Helps tenants gain knowledge and skills to keep themselves and families safely housed. Get answers to questions about landlord-tenant laws and discuss strategies to prevent housing loss.

[www.teantsunion.org](http://www.teantsunion.org)

### **Washington Law Help**

Website that contains many resources covering your legal rights, self-help forms, packets, videos and more. Visit for tenant rights, eviction and foreclosure laws, fair housing laws and more.

[www.WashingtonLawHelp.org](http://www.WashingtonLawHelp.org)



# FOOD



## I. HOT MEALS

Hours may change, please call ahead.

<b>BOTHELL</b>			
<b>Sunday</b>	<b>Bothell United Methodist Church</b> 18515 92nd Ave NE, Bothell	425-486-7132	5:00pm, Sunday
<b>Thursday</b>	<b>Northlake Christian Church</b> 19029 North Rd, Bothell	425-672-8044	6:00pm, 2nd Thursday of each month No dinners held in July or August

<b>Edmonds</b>			
<b>Friday</b>	<b>Maplewood Presbyterian Church</b> 19523 84th Ave West, Edmonds	425-778-5248	6:00pm, Friday

<b>EVERETT</b>			
<b>Sunday</b>	<b>Everett Gospel Mission</b> 3711 Smith Ave, Everett	425-740-2550	Lunch, men & women, 11:30am Dinner, men only, 4:00pm, Sunday
	<b>Cocoon House (for TEENS)</b> 1421 Broadway Everett, WA	425-877-5171	10:30am, Sunday For teens (ages 13-20 only)
	<b>Central Lutheran Church</b> 2702 Rockefeller Ave, Everett	425-252-8291	5:00pm, Sunday
	<b>Gold Creek &amp; Central Lutheran</b> "Hot Meal & Sack Lunch" 2702 Rockefeller Ave, Everett	425-252-8291	5:00pm, on 1st, 3rd and 5th Sundays of each month; In parking lot of Central Lutheran
<b>Monday</b>	<b>Everett Gospel Mission</b> 3711 Smith Ave, Everett	425-740-2550	Lunch, men & women, 11:30am Dinner, men only, 4:00pm, Monday
	<b>Cocoon House (for TEENS)</b> 1421 Broadway Everett, WA	425-877-517	4:30pm, Monday Older Youths Night (ages 16-24 only)
	<b>First Church of the Nazarene</b> 2502 Lombard Ave, Everett	425-252-5276	Noon, Monday
	<b>The Salvation Army</b> 2525 Rucker Ave, Everett	425-259-8129	5:15pm, Monday Recovery meetings held at 6:00pm

## I. HOT MEALS (continued)

Hours may change, please call ahead.

<b>EVERETT (continued)</b>			
<b>Tuesday</b>	<b>Everett Gospel Mission</b> 3711 Smith Ave, Everett	425-740-2550	Lunch, men & women, 11:30am, Tuesday Dinner, men only, 4:00pm, Tuesday
	<b>Westminster Presbyterian</b> 2531 Hoyt Ave, Everett	425-252-3757	Noon, Tuesday
	<b>Cocoon House (for TEENS)</b> 1421 Broadway Everett, WA	425-877-5171	4:30pm, Tuesday For teens (ages 13-20 only)
	<b>The Salvation Army</b> "Fellowship Meals" 2525 Rucker Ave, Everett	425-259-8129	5:15pm, Tuesday
	<b>Faith Lutheran Church</b> 6708 Cady Rd, Everett	425-353-4758	5:00pm , 2nd and 4th Tuesdays of each month
<b>Wednesday</b>	<b>Everett Gospel Mission</b> 3711 Smith Ave, Everett	425-740-2550	Lunch, men & women, 11:30am Dinner, men only, 4:00pm
	<b>Cocoon House (for TEENS)</b> 1421 Broadway Everett, WA	425-877-517	4:30pm, Wednesday Older Youths Night (ages 16-24 only)
	<b>Zion Lutheran Church</b> 4634 S Alger Ave, Everett	425-252-1429	6:00pm, Wednesday
	<b>Bethel Baptist Church</b> 2625 Hoyt Ave, Everett	425-252-0249	5:30pm, Wednesday
	<b>First Presbyterian Church</b> "Dinner at the Bell" 2936 Rockefeller Ave, Everett	425-259-7139	5:30pm, Wednesday Showers provided
<b>Thursday</b>	<b>Everett Gospel Mission</b> 3711 Smith Ave, Everett	425-740-2550	Lunch, men & women, 11:30am Dinner, men only, 4:00pm, Thursday
	<b>Cocoon House (for TEENS)</b> 1421 Broadway Everett, WA	425-877-5171	4:30pm, Thursday For teens (ages 13-20 only)
	<b>The Salvation Army</b> 2525 Rucker Ave, Everett	425-259-8129	5:15pm, Thursday
	<b>Everett United Church of Christ</b> "Dinner Bell" 2624 Rockefeller Ave, Everett	425-252-7224	5:00pm, Thursday

## I. HOT MEALS (continued)

Hours may change, please call ahead.

<b>EVERETT (continued)</b>			
<b>Friday</b>	<b>Everett Gospel Mission</b> 3711 Smith Ave, Everett	425-740-2550	Lunch, men & women, 11:30am Dinner, men only, 4:00pm, Friday
	<b>Cocoon House (for TEENS)</b> 1421 Broadway Everett, WA	425-877-5171	4:30pm, Friday (ages 13-20 only). Last Friday of each month is our "Fresh Feed" Dinner (for ages 13-24)
	<b>First Baptist Church</b> 1616 Pacific Ave, Everett	425-259-9166	5:15pm, Friday
<b>Saturday</b>	<b>The Lord's Little Cooker</b> 32nd St & Wetmore Ave, Everett	n/a	8:00am, Saturday
	<b>Cocoon House (for TEENS)</b> 1421 Broadway Everett, WA	425-877-5171	10:30am, Saturday For teens (ages 13-20 only)
	<b>Everett Gospel Mission</b> 3711 Smith Ave, Everett	425-740-2550	Lunch, men & women, 11:30am Dinner, men only, 4:00pm, Saturday

<b>LAKE STEVENS</b>			
<b>Thursday</b>	<b>Ebenezer Lutheran Church</b> 2111 117th Ave NE, Lake Stevens	425-334-0421	5:00pm, Thursday Seniors lunch 1st Thursday of each month September to May, Noon

<b>LYNNWOOD</b>			
<b>Wednesday</b>	<b>Gloria Dei Lutheran Church</b> 3215 Larch Way, Lynnwood	425-776-2444	5:30pm, Wednesday
	<b>Edmonds Lutheran Church</b> "Annie's Kitchen" 23525 84th Ave W, Lynnwood	425-744-8090	5:00pm, Wednesday Clothing sometimes available
<b>Saturday</b>	<b>Trinity Lynnwood Point of Grace</b> 6215 196th St SW, Lynnwood	425-778-2159	8:30am, Saturday Showers provided

## I. HOT MEALS (continued)

Hours may change, please call ahead.

<b>MARYSVILLE</b>			
<b>Sunday</b>	<b>Reset Church</b> 1410 80th St, Marysville	360-322-7725	4:00pm, Sunday
<b>Monday</b>	<b>Evergreen Unitarian Church</b> 1607 4th St, Marysville	360-659-6621	1:00pm, Monday
<b>Tuesday</b>	<b>The Salvation Army</b> 7227 44th Ave NE, Marysville	360-926-2228	9:30am, Tuesday
	<b>Word of Life Church</b> "Masters Feast" 9028 51st Ave. NE, Marysville	360-659-6716	5:00pm, Tuesday
<b>Wednesday</b>	<b>Evergreen Unitarian Church</b> 1607 4th St, Marysville	360-659-6621	1:00pm, Wednesday
	<b>The Salvation Army</b> 7227 44th Ave NE, Marysville	360-926-2228	4:30pm, Wednesday
<b>Thursday</b>	<b>The Salvation Army</b> 7227 44th Ave NE, Marysville	360-926-2228	9:30am, Thursday
	<b>Mountain View Church</b> "The Table" 4501 88th St, Marysville	360-659-0445	6:00pm, Thursday Children welcome
<b>Friday</b>	<b>Evergreen Unitarian Church</b> 1607 4th St, Marysville	360-659-6621	1:00pm, Friday

<b>MONROE</b>			
<b>Monday</b>	<b>Monroe Covenant Church</b> "Take the Next Step" 202 S Sams St, Monroe	360-794-1022	Sack lunches 10:00am - 5:00pm, most Mondays First come, first served basis
<b>Tuesday</b>	<b>Monroe Covenant Church</b> "Take the Next Step" 202 S Sams St, Monroe	360-794-1022	6:00pm, Tuesday

## I. HOT MEALS (continued)

Hours may change, please call ahead.

<b>MONROE (continued)</b>			
<b>Wednesday</b>	<b>Monroe Covenant Church</b> "Take the Next Step" 202 S Sams St, Monroe	360-794-1022	Sack lunches 10:00am - 5:00pm, most Wednesdays First come, first served basis
<b>Friday</b>	<b>Monroe Covenant Church</b> "Take the Next Step" 202 S Sams St, Monroe	360-794-1022	Sack lunches 10:00am - 5:00pm, most Fridays First come, first served basis

<b>MOUNTLAKE TERRACE</b>			
<b>Monday</b>	<b>Bethesda Lutheran Church</b> 23406 56th Ave W, Mountlake Terrace	425-778-6390	5:30pm, Monday

<b>SHORELINE</b>			
<b>Wednesday</b>	<b>Prince of Peace Lutheran Church</b> "Popys Cafe" 14514 20th Ave NE, Shoreline	206-363-8100	5:00pm, Wednesday

<b>SNOHOMISH</b>			
<b>Monday</b>	<b>St. John's Episcopal Church</b> "Snohomish Community Kitchen" 913 2nd St, Snohomish	360-568-4622	4:30pm, Monday
<b>Tuesday</b>	<b>Christ the King &amp; Longhouse Community Meal</b> 825 Ave D, Snohomish	360-568-7271	6:00pm, 1st and 3rd Tuesday of each month
<b>Thursday</b>	<b>St. John's Episcopal Church</b> "Snohomish Community Kitchen" 913 2nd St, Snohomish	360-568-4622	4:30pm, Thursday

## I. HOT MEALS (continued)

Hours may change, please call ahead.

<b>STANWOOD</b>			
<b>Thursday</b>	<b>Our Savior's Lutheran Church</b> "A Gathering Place" 27201 99th Ave NW, Stanwood	360-629-3767	5:30pm, Thursday

<b>SULTAN</b>			
<b>Tuesday</b>	<b>Sultan United Methodist Church</b> "Loaves and Fishes" 212 Birch Street, Sultan	360-793-1727	4:00pm, Tuesday



# FOOD



## II. FOOD BANKS

Please call to find out if you live within the Food Bank's service area.

<u>Food Bank</u>	<u>Contact Number</u>	<u>Open Times</u>
<b>Arlington Community Food Bank</b> 19118 63rd Ave NE, Arlington	360-435-1631	Wednesday 5:30pm - 6:30pm Friday noon - 1:00pm Monday noon - 1:00pm for seniors or disabled
<b>Arlington Stillaguamish Seniors Food</b> 18308 Smokey Point Blvd, Arlington	360-653-4551	Wednesday 9:00am - 11:00am
<b>Edmonds Food Bank</b> United Methodist Church 828 Caspers St, Edmonds	425-778-5833	Tuesday 9:30am - noon
<b>Edmonds Westgate Chapel Food Bank</b> 22901 Edmonds Wy, Edmonds	425-775-2776	Thursday 11:00am - 2:00pm
<b>Everett Faith Lutheran Church</b> 6708 Cady Rd, Everett	425-353-4758	Thursday and Friday noon-2:00pm Clothing sometimes available
<b>Everett First Baptist Church Food Bank</b> 3120 Wetmore Ave, Everett	425-259-3191	Monday 10:00am - 1:00pm
<b>Everett Salvation Army Food Bank</b> 2525 Rucker Ave, Everett	425-259-8129	Monday through Thursday 10:00am - 5:30pm Friday 10:00am - 1:00pm
<b>Everett Volunteers of America Food Bank</b> 1230 Broadway Ave, Everett	425-259-3191	2nd and 4th Tuesday of each month 3:00-6:00pm Wednesday 9:00am - 3:00pm Thursday 9:00am - 1:00pm 3rd Saturday of each month 10:00am - 1:00pm
<b>South Everett Food Bank</b> Bible Baptist Church 805 W Casino Rd, Everett	425-259-3191	1st and 3rd Tuesday of each month 3:00pm - 5:00pm
<b>Granite Falls Food Bank</b> 215 S Granite Ave, Granite Falls	425-691-4253	2nd and 4th Wednesday of each month 9:30am - 11:00am
<b>Granite Falls Food Bank</b> Father's House Foursquare Church 402 S Granite Ave, Granite Falls	360-691-5290	1st and 3rd Friday of each month 4:30pm - 6:30pm

## II. FOOD BANKS (continued)

Please call to find out if you live within the Food Bank's service area.

<u>Food Bank</u>	<u>Contact Number</u>	<u>Open Times</u>
<b>Lake Stevens Community Food Bank</b> Ebenezer Lutheran Church 2111 117th Ave NE, Lake Stevens	425-334-3430	Thursday 1:30pm - 6:00pm
<b>Lake Stevens Impact Christian Church</b> Cavelero Mid High School 8220 24th St SE, Lake Stevens	425-345-6457	2nd Sunday of each month noon - 1:30pm
<b>Lynnwood Food Bank</b> Silver Creek Family Church 5320 176th St SW, Lynnwood	425-745-1635	Wednesday 2:30pm - 6:15pm Assisted service Wednesday 2:00pm
<b>Maltby Food Bank</b> 21104 86th Ave SE, Snohomish	360-668-7900	Thursday 2:00pm - 4:45pm
<b>Marysville Community Food Bank</b> 4150 88th St NE, Marysville	360-658-1054	Tuesday 3:00pm - 6:00pm (6:30 on the last Tuesday of each month) Friday 9:00am - 11:00am Monday 9:00am - 11:00am for 62+ or disabled
<b>Mill Creek Community Food Bank</b> 4326 148th St SE, Mill Creek	425-876-7158	Thursday 4:00pm - 7:00pm
<b>Mill Creek Food Bank</b> Advent Lutheran Church 4306 132nd St SE, Mill Creek	425-259-3191	Thursday 4:00pm - 6:00pm
<b>Monroe Sky Valley Food Bank</b> 233 Sky River Parkway, Monroe	360-794-7959	Monday, Wednesday and Friday 9:00am - 11:30am Monday 6:00pm - 7:00pm for employed or students
<b>Mountlake Terrace Concern for Neighbors</b> Terrace View Presbyterian Church 4700 228th St SW, Mountlake Terrace	425-778-7227	Tuesday 9:30am - 11:30am
<b>Mukilteo Food Bank</b> Mukilteo Presbyterian Church 4514 84th St SW, Mukilteo	425-212-2653	2nd & 4th Monday of each month 4:00pm - 6:00pm 2nd & 4th Tuesday of each month 9:00am - 10:30am

## II. FOOD BANKS (continued)

<u>Food Bank</u>	<u>Contact Number</u>	<u>Open Times</u>
<b>Snohomish Community Food Bank</b> 1330 Ferguson Park Rd, Snohomish	360-568-7993	Tuesday 3:00pm - 6:45pm Friday 10:00am - 1:45pm
<b>Stanwood Camano Food Bank</b> 27030 102nd Ave SW, Stanwood	360-629-2789	Wednesday and Friday 10:00am - 1:00pm Saturday 10:00am - 12:00pm
<b>Sultan Volunteers of America Food Bank</b> 703 1st St, Sultan	360-793-8609	Thursday 5:00pm - 7:00pm Friday 9:30am - 12:00pm



# FOOD



## III. FOOD STAMPS

### **Washington's Basic Food Program**

Provides food assistance (food stamps) if eligible. Call 1-877-501-2233 or visit [www.foodhelp.wa.gov](http://www.foodhelp.wa.gov) to apply.

### **Community Service Office (CSO)**

Provides eligibility determination for services for individuals who are applying for financial assistance, Medicaid, food stamp assistance or childcare. This can be completed on-line at [www.washingtonconnection.org](http://www.washingtonconnection.org)

[www.dshs.wa.gov/esa/online-community-services-office-cso](http://www.dshs.wa.gov/esa/online-community-services-office-cso)

1-877-501-2233

### **Women, Infants & Children (WIC)**

Pregnant women, infants, and children under 5 can get help with food and advice. Services include monthly checks for food, nutrition and health screenings, education, counseling, referrals to health and dental services and maternal support.

Everett 425-252-5303 | Lynnwood 425-258-8400



# HEALTH SERVICES



## I. MEDICAL & DENTAL SERVICES

### Family Health Hotline

Information on local and state resources including health care coverage, specialty services, and recreational opportunities for children with special health care needs.

[www.parenthelp123.org](http://www.parenthelp123.org)

1-800-322-2588

### Citrine Health Center of Snohomish County

Connects women and their families with services including health screenings, insurance, and food programs. Provides breast, cervical and colon health screening for uninsured people between 40 and 60 years of age.

[www.citrenehealth.org](http://www.citrenehealth.org)

425-259-9899 or 888-651-8931

### Snohomish County Community Health Centers

Medical, Dental and Pharmacy Services. Located throughout Snohomish County.

425-789-3789

<b>Arlington Clinic</b>	<b>326 S. Stillaguamish Ave, Arlington 98223</b>
<b>Edmonds Clinic</b>	<b>23320 Hwy. 99, Edmonds 98026</b>
<b>Everett – Central Clinic</b>	<b>4201 Rucker Ave, Everett 98203</b>
<b>Everett - College Clinic</b>	<b>930 North Broadway, Everett 98201</b>
<b>Everett – North Clinic</b>	<b>1424 Broadway, Everett 98201</b>
<b>Everett – South Clinic</b>	<b>1019 112<sup>th</sup> St SW, Everett 98204</b>
<b>Lynnwood Clinic</b>	<b>4111 194<sup>th</sup> St SW, Lynnwood 98036</b>

### HopeLink

Coordinated medical transport for Medicaid patients.

[www.hope-link.org](http://www.hope-link.org)

425-869-6000

### Medical Teams International

Voicemail listing of Mobile Dental Vans in the region. The vans serve adults without dental insurance.

1-425-284-1950

## I. MEDICAL & DENTAL SERVICES (continued)

### **Puget Sound Christian Clinic**

Medical, Dental and Mental Health Services.

19820 Scriber Lake Road, Suite #2, Lynnwood, WA 98036

<https://pschristianclinic.org>

206-363-4105

### **Snohomish Health District**

Promotes access to dental and health care, maternal/child health care, family planning, sexually transmitted diseases diagnoses, disease and injury prevention, nutrition and food safety.

[www.snohd.org](http://www.snohd.org)

Everett: 425-339-5220 | Lynnwood: 425-775-3522



# HEALTH SERVICES

## II. MENTAL HEALTH SERVICES

### **Access Line**

Schedules mental health appointments for Medicaid/ Apple Health eligible participants.

[www.compasshealth.org/need-help-now](http://www.compasshealth.org/need-help-now)

425-212-3900 or 1-888-693-7200

### **Care Crisis Line (24-hour Intervention) and VOA Crisis Response Services**

Information, referral and intervention services for adults and children in mental health crisis.

425-258-4357 or 1-800-584-3578

Chat services at [imhurting.org](http://imhurting.org)

### **Compass Health**

Private, non-profit, state licensed organization providing mental health and chemical dependency services.

[www.compasshealth.org](http://www.compasshealth.org)

425-349-6800

### **National Alliance on Mental Illness (NAMI)**

Provides advocacy, information and support for individuals with mental illness and their families.

[www.namiwa.org](http://www.namiwa.org)

206-783-4288

### **Snohomish County Human Services**

Helps all persons meet their basic needs and develop their potential by providing timely, effective human services and building community.

[www.snohomishcountywa.gov/humanservices](http://www.snohomishcountywa.gov/humanservices)

425-388-7200

### **Snohomish Health District**

Provides a wide range of services related to health and community wellness.

[www.snohd.org](http://www.snohd.org)

425-339-5200

## II. MENTAL HEALTH SERVICES (continued)

### **Suicide Prevention Lifeline (24-Hour Prevention)**

Free and confidential support for people in distress, and prevention and crisis resources for you or loved ones.

1-800-273-TALK (8255)

**Chat Services** at <https://suicidepreventionlifeline.org/chat/>

### **Washington Recovery Help Line**

24-hour emotional support, crisis intervention and referrals for substance abuse, problem gambling and mental health.

[www.dshs.wa.gov/dbhr](http://www.dshs.wa.gov/dbhr)

1-866-789-1511



# HEALTH SERVICES



## III. HEALTH HOTLINES

### **Alcohol/Drug 24-Hour Helpline**

[www.adhl.org](http://www.adhl.org)

206-722-3700

### **Center for Disease Control Sexually Transmitted Disease Hotline**

[www.cdc.gov](http://www.cdc.gov)

1-800-232-4636

### **Statewide Health Insurance Benefits Advisors**

Provides free, confidential and unbiased assistance with Medicare and health care choices to people of all ages and backgrounds. Highly trained volunteers can assess your healthcare coverage needs, determine general eligibility for health care coverage plans, provide enrollment help with Medicare, speak with Medicare on your behalf, make referrals to other agencies and programs, and collect and report possible fraud complaints.

[www.insurance.wa.gov/about-shiba-services](http://www.insurance.wa.gov/about-shiba-services)

Homage Services 425-290-1276, Lynnwood | Latino Community Fund 206-397-2440 (en español), Seattle



# CLOTHING & MORE



## I. CLOTHING

Hours may change, please call ahead.

<b>Arlington Kids Kloset</b> 135 S French St, Arlington	360-435-4875	Times vary, please call
<b>Christ the King Community Church</b> "The Kings Clothing Closet" 825 Ave D, Snohomish	360-568-7271	1st and 3rd Tuesday of each month 6:00pm 3rd Saturday of each month 10:00am - 1:00pm
<b>Clothes for Kids</b> 16725 52nd Ave W, Suite B, Lynnwood	425-741-6500	Times vary, please call
<b>Cornerstone Bible Church</b> "Helping Hands" 15533 75th St NE, Lake Stevens	360-386-9871	Every other Thursday, please call for exact times
<b>Edmonds Lutheran Church</b> "Annie's Kitchen" 23525 84th Ave W, Lynnwood	425-744-8090	Wednesday 5:00pm
<b>Faith Lutheran Church</b> 6708 Cady Rd, Everett	425-353-4758	Thursday and Friday noon-2:00pm, during their food bank hours
<b>Helping Hands</b> 18722 59th Ave NE, Arlington	360-435-2214	Monday, Wednesday and Friday 9:00am-noon
<b>Lutheran Community Services</b>	425-355-6005	Times and locations vary, please call
<b>Marysville United Methodist Church</b> "Kloz 4 Kidz" 5600 64th St, Marysville	360-658-1021	Wednesday, Thursday and Saturday Times vary, please call
<b>Operation School Bell</b> Snohomish School District	360-563-7300	Please contact your school for referral
<b>The Salvation Army</b> 2525 Rucker Ave, Everett	425-259-8129	Times vary, please call

## I. CLOTHING (continued)

Hours may change, please call ahead.

<b>St. Joseph's House</b> 1925 4th St, Marysville	360-651-8246	Tuesday & Thursday 10:00am - noon, 1:00 - 5:00pm Saturday 9:00am - noon
<b>Valley Clothing</b> 17146 Beaton Road SE, Monroe	360-794-7749	10:00am - noon, 6:00pm - 8:00pm on the 1st and 3rd Wednesdays of each month
<b>Teen Resource Center</b> 1601 Broadway Ave, Everett	425-327-1609	Monday through Friday 4:30pm-6:30pm
<b>YMCA Working Wardrobe</b> 3301 Broadway, Everett	425-258-2766	Times vary, please call



# CLOTHING & MORE



## II. OTHER NECESSITIES

### **FREE GOVERNMENT CELLPHONES**

Cell phones available free for low-income individuals.

[www.safelinkwireless.com](http://www.safelinkwireless.com) or [www.freegovernmentcellphones.net](http://www.freegovernmentcellphones.net)

### **INTERNET ESSENTIALS**

Discounted internet service (\$9.95 a month + tax) from Comcast for low-income families. No credit checks, installation fee, or contract required. 15 Mbps internet, with free in-home WiFi included.

[www.internetessentials.com](http://www.internetessentials.com)

### **PUD Energy Assistance**

PUD energy assistance programs offer up to a 60% need-based discount on your utility bills.

425-793-1000

### **Saint Vincent De Paul – Project Pride**

Project PRIDE provides a one-time grant to families or individuals who are income eligible and have received a notice of disconnection of service from the PUD.

425-374-1243

[www.svpdwa.com](http://www.svpdwa.com)

### **Snohomish County Energy Assistance**

Energy assistance programs offered by Snohomish County.

425-388-3880

## II. OTHER NECESSITIES (continued)

### Water/Sewer/Garbage Discounts

Many city utility departments offer discounts on water, sewer, and/or garbage to seniors or disabled households. Call to find out specific program requirements.

Agency Name/Service	Address	Phone Number	Website
<b>Alderwood Water and Wastewater District</b> Water and Sewer Discount	3626 156 <sup>th</sup> Street SW Lynnwood, WA 98037	425-743-4605	<a href="http://awwd.com">http://awwd.com</a>
<b>City of Arlington</b> Water and Sewer	238 N Olympic Ave Arlington, WA 98223	360-403-3421	<a href="http://www.arlingtonwa.gov">www.arlingtonwa.gov</a>
<b>City of Edmonds</b> Water, Sewer and Storm Drain Discount	121 5 <sup>th</sup> Ave N Edmonds, WA 98020	425-771-0241	<a href="http://www.edmondswa.gov">www.edmondswa.gov</a>
<b>City of Everett</b> Water and Sewer Discount	3101 Cedar St. Everett, WA 98201	425-257-8999	<a href="http://www.everettwa.gov">www.everettwa.gov</a>
<b>City of Gold Bar</b> Water Discount	107 5 <sup>th</sup> Street Gold Bar, WA 98251	360-793-1101	<a href="http://www.cityofgoldbar.us">www.cityofgoldbar.us</a>
<b>City of Granite Falls</b> Water Discount	206 S Granite Avenue Granite Falls, WA 98252	360-691-6441	<a href="http://www.ci.granite-falls.wa.us">www.ci.granite-falls.wa.us</a>
<b>City of Lake Stevens</b> Garbage Discount	1812 Main Street Lake Stevens, WA 98258	425-334-1012	<a href="http://www.lakestevenswa.gov">www.lakestevenswa.gov</a>
<b>City of Lynnwood</b> Water and Sewer Discount	19100 44 <sup>th</sup> Ave W Lynnwood, WA 98046	425-670-5170	<a href="http://www.lynnwoodwa.gov">www.lynnwoodwa.gov</a>
<b>City of Marysville</b> Garbage/Sewer/Water Discount	1049 State Ave Marysville, WA 98270	360-363-8000	<a href="http://www.marysvillewa.gov">www.marysvillewa.gov</a>
<b>City of Marysville</b> Utility Tax Rebate	1049 State Ave Marysville, WA 98270	360-363-8001	<a href="http://www.marysvillewa.gov">www.marysvillewa.gov</a>
<b>City of Monroe</b> Utility Discounts	806 W Main Street Monroe, WA 98272	360-794-7400	<a href="http://www.monroewa.gov">www.monroewa.gov</a>
<b>City of Mountlake Terrace</b> Solid Waste Service Charge Exemption Program	6100 219 <sup>th</sup> St SW Mountlake Terrace, WA 98043	425-744-6214	<a href="http://www.cityofmlt.com/165/Financial-Assistance">www.cityofmlt.com/165/Financial-Assistance</a>
<b>City of Mountlake Terrace</b> Water, Sewer, Garbage Discounts	6100 219 <sup>th</sup> St SW Mountlake Terrace, WA 98043	425-744-6214	<a href="http://www.cityofmlt.com/165/Financial-Assistance">www.cityofmlt.com/165/Financial-Assistance</a>
<b>City of Mukilteo</b> Storm Drain Discount	11930 Cyrus Way Mukilteo, WA 98275	425-263-8000	<a href="http://mukilteowa.gov">http://mukilteowa.gov</a>

## II. OTHER NECESSITIES (continued)

### Water/Sewer/Garbage Discounts (continued)

Many city utility departments offer discounts on water, sewer, and/or garbage to seniors or disabled households. Call to find out specific program requirements.

<b>City of Snohomish</b> Water, Sewer, Garbage Discount	116 Union Ave Snohomish, WA 98290	360-568-3115	<a href="http://snohomishwa.gov/137/Utility-Billing">http://snohomishwa.gov/137/Utility-Billing</a>
<b>City of Stanwood</b> Water and Sewer Discount	10220 270 <sup>th</sup> Street NW Stanwood, WA 98292	360-629-2181 x 113	<a href="http://www.ci.stanwood.wa.us">www.ci.stanwood.wa.us</a>
<b>City of Sultan</b> Utility Discounts	319 Main Street Sultan, WA 98294	360-793-2231	<a href="http://ci.sultan.wa.us">http://ci.sultan.wa.us</a>
<b>Silver Lake Water and Sewer District</b> Water and Sewer Discounts	15205 41 <sup>st</sup> Ave SE Bothell, WA 98012	425-337-3647	<a href="http://www.slwsd.com">www.slwsd.com</a>
<b>Snohomish County Solid Waste Management Division</b> Senior Discount Program	3000 Rockefeller M/S 607 Everett, WA 98201	425-388-3425	<a href="http://snohomishcountywa.gov/207/Solid-Waste">http://snohomishcountywa.gov/207/Solid-Waste</a>
<b>USAC – Lifeline Program</b> Telephone – Internet Service Discounts – Lifeline Program		800-234-9473	<a href="http://www.lifelinesupport.org/LS">www.lifelinesupport.org/LS</a>



# OTHER SERVICES



## I. CHILD CARE

### **Childcare Aware**

Phone 1-800-446-1114

Provides free, unbiased information and referrals for families seeking high-quality child care. Speak with a Child Care Referral Specialist who can help you find licensed child care in your area based on your needs and preferences.

[www.ccanorthwest.org](http://www.ccanorthwest.org)

### **DSHS Working Connections Child Care**

1-877-501-2233

Provides child care subsidy benefits to eligible low-families to help pay for childcare while they work or meet WorkFirst participation requirements. Call DSHS customer service or apply online through

[www.washingtonconnection.org](http://www.washingtonconnection.org).

### **Early Childhood Education and Assistance Program (ECEAP) and Head Start**

1-866-482-4328

Free learning child care and preschool support programs to encourage children's development and learning. Part of the Department of Early Learning. Call for ECEAP and other child care resources.

<https://del.wa.gov/eceapandheadstart>

### **Parent Help 123**

Get access to health and human services.

[www.parenthelp123.org](http://www.parenthelp123.org)



## OTHER SERVICES



### II. PET CARE & FOSTERING

#### **BECK'S PLACE (Monroe, WA)**

425-419-8992

[www.becksplace.org](http://www.becksplace.org)

#### **SERVICES:**

Available to low-income families living between Snohomish and Index

- FOSTER BOARDING  
Temporary foster homes for pets available. Call for consultation.
- VETERINARY  
Annual full service veterinary care subsidies available. We also hold monthly "Pay What You Can" wellness clinics offering exams, vaccines, flea treatment, deworming, nail trims, and microchipping. Call for schedule.
- PET FOOD & SUPPLY BANK  
Distributed weekly on Fridays at various CAP and "Pay What You Can" vet clinics (call for schedule).



# OTHER SERVICES



## III. TRANSPORTATION

<p><b>Community Transit</b> Offers a free Transit Instruction Program for senior citizens, people with disabilities and non-English speaking persons who may feel unsure about riding the bus. Dial-A-Ride Transportation (DART) is a paratransit service that provides transportation for people whose disability or condition prevents them from using Community Transit regular route buses.</p> <p><a href="http://www.communitytransit.org/accessibility">www.communitytransit.org/accessibility</a></p>	<p><b>425-353-7433</b>  <b>1-800-562-1375</b>  <b>TTY relay 711</b></p>
<p><b>Dial-A-Ride Transportation (DART)</b> Provides door to door transportation to the elderly/disabled who are unable to use regular bus services in Snohomish County. Must be ADA para transit eligible.</p> <p><a href="http://www.dialaride.org">www.dialaride.org</a></p>	<p><b>425-347-5912</b>  <b>1-800-562-1381</b></p>
<p><b>Disabled Parking Permits</b> Parking permits available through the Department of Licensing.</p> <p><a href="http://www.dol.wa.gov/vehicleregistration/parking.html">www.dol.wa.gov/vehicleregistration/parking.html</a></p>	<p><b>425-388-3371</b></p>
<p><b>Find a Ride</b> An interactive based resource to assist riders in locating transportation options in Snohomish, King and Pierce Counties.</p> <p><a href="http://www.findaride.org">www.findaride.org</a></p>	
<p><b>HopeLink</b> Coordinated medical transport for Medicaid patients.</p> <p><a href="http://www.hope-link.org">www.hope-link.org</a></p>	<p><b>425-869-6000</b></p>
<p><b>SNOTRAC</b> provides educational awareness of transportation options available for individuals with special needs. Includes Pay Your Pal, ride around the Sound and travel ambassador program.</p> <p><a href="http://www.sssc.org/transportation/snotrac.htm">www.sssc.org/transportation/snotrac.htm</a></p>	<p><b>425-265-2226</b></p>
<p><b>Stillaguamish Tribe Transit Services</b> Provides demand-response transportation to native and non-native individuals in northern Snohomish County. Schedule in advance.</p> <p><a href="http://www.stillaguamish.com">www.stillaguamish.com</a></p>	<p><b>360-652-7382</b></p>
<p><b>The Travel Instruction Program</b> A free program individualized to teach the basic skills necessary to successfully ride Community Transits regular route system. Training is tailored to meet individual needs.</p> <p><a href="http://www.communitytransit.org">www.communitytransit.org</a></p>	<p><b>425-353-7433</b>  <b>1-800-562-1375</b></p>
<p><b>Transportation Assistance Program (TAP)</b> for older adults and individuals with disabilities. Coordinates transportation in rural areas not served by Community Transit's DART Para Transit. Connects individuals with DART, vanpool or fixed route service.</p> <p><a href="http://www.sssc.org/transportation/tap.htm">www.sssc.org/transportation/tap.htm</a></p>	<p><b>425-423-8517</b></p>
<p><b>Transportation Needs Hotline</b> Provides transportation information and referrals.</p>	<p><b>1-800-223-8145</b></p>



# OTHER SERVICES



## IV. EDUCATION (MCKINNEY-VENTO ACT)

If you have no permanent place to live, federal law (the McKinney-Vento Act) allows you to keep your child in the same school at no added cost to you.

Under the McKinney-Vento Act, children in homeless situations have the right to:

- Go to school, no matter where they live or how long they have lived there
- Attend either the local school or the school of origin, if this is in their best interest; the school of origin is the school the child attended when they were permanently housed or the school in which the child was last enrolled
- Receive transportation to and from the school of origin
- Enroll in school immediately, even if missing records and documents normally required for enrollment, such as a birth certificate, proof of residence, previous school records, or immunization/medical records
- Enroll, attend classes, and participate fully in all school activities while the school gathers records
- Have access to the same programs and services that are available to all other students, including transportation and supplemental educational services
- Attend school with children not experiencing homelessness; a school cannot segregate a student because they were homeless

### Snohomish County School Districts Homeless Liaison Contacts

District	Contact Person	Phone Number	E-mail
Arlington	Christy Byle	360-618-6235	<a href="mailto:cbyle@asd.wednet.edu">cbyle@asd.wednet.edu</a>
Darrington	Brett Galbraith	360-436-1323	<a href="mailto:bgalbraith@dsd.k12.wa.us">bgalbraith@dsd.k12.wa.us</a>
Edmonds	Leanne Brisbois	425-431-7146	<a href="mailto:brisboisl@edmonds.wednet.edu">brisboisl@edmonds.wednet.edu</a>
Everett	Cynthia Jones	425-385-4030	<a href="mailto:cjones@everettsd.org">cjones@everettsd.org</a>
Granite Falls	Carol Panagos	360-283-4312	<a href="mailto:cpanagos@gfalls.wednet.edu">cpanagos@gfalls.wednet.edu</a>
Lake Stevens	Gina Anderson	425-335-1582	<a href="mailto:gina_anderson@lkstevens.wednet.edu">gina_anderson@lkstevens.wednet.edu</a>
Lakewood	Lynda Mcintosh	360-652-4525	<a href="mailto:lmcintosh@lwsd.wednet.edu">lmcintosh@lwsd.wednet.edu</a>
Marysville	Deanna Bashour	360-965-0049	<a href="mailto:deanna_bashour@mssl.k12.wa.us">deanna_bashour@mssl.k12.wa.us</a>
Monroe	Cheri Erickson	360-804-2550	<a href="mailto:ericksonc@monroe.wednet.edu">ericksonc@monroe.wednet.edu</a>
Mukilteo	Barb Macho	425-356-1202	<a href="mailto:machoba@mukilteo.wednet.edu">machoba@mukilteo.wednet.edu</a>
Snohomish	Jami Cross	360-563-7314	<a href="mailto:jami.cross@sno.wednet.edu">jami.cross@sno.wednet.edu</a>
Stanwood	Ellise Sahlin	360-629-1286	<a href="mailto:esahlin@stanwood.wednet.edu">esahlin@stanwood.wednet.edu</a>
Sultan	Nyssa Weideman	360-793-9801, ext. 125	<a href="mailto:nyssa.weideman@sultan.k12.wa.us">nyssa.weideman@sultan.k12.wa.us</a>



# OTHER SERVICES



## V. LEGAL

<p><b>CLEAR Hotline</b> Washington’s toll-free, centralized intake, advice and referral service for low income people seeking free legal assistance with civil legal problems.  <a href="http://nwjustice.org/clear-hotline">nwjustice.org/clear-hotline</a></p>	<p><b>Monday-Friday</b>  <b>9:15 am-12:15 pm</b>  <b>1-888-201-1014</b></p>
<p><b>Columbia Legal Services</b> Protects and defends the legal and human rights of low income people.  <a href="http://www.columbialegal.org">www.columbialegal.org</a></p>	<p><b>1-800-260-6260</b></p>
<p><b>Disability Rights of Washington</b> private non-profit organization that protects the rights of people with disabilities statewide.  <a href="http://www.disabilityrightswa.org">www.disabilityrightswa.org</a></p>	<p><b>1-800-562-2702</b></p>
<p><b>Dispute Resolution Center</b> Provides information and mediation services for tenant landlord disputes, fair housing information and counseling.  <a href="http://www.voaww.org">www.voaww.org</a></p>	<p><b>425-339-1335</b>  <b>1-800-280-4770</b></p>
<p><b>Domestic Violence Services</b> Provides free and confidential services, emergency shelter, legal advocacy, support groups and education.  <a href="http://www.dvs-snoco.org">www.dvs-snoco.org</a></p>	<p><b>425-252-2873</b>  <b>1-800-562-6025</b>  <b>24 hr crisis line</b>  <b>425-252-2873</b></p>
<p><b>Fair Housing Center of Washington</b> Assures equal access to housing, and related services and provides education, investigation, and enforcement of applicable laws.  <a href="http://www.fhcwashington.org">www.fhcwashington.org</a></p>	<p><b>253-274-9523</b>  <b>1-888-766-8800</b></p>
<p><b>Northwest Justice Project</b> Provides free civil legal assistance and representation to low-income people in situations affecting basic human needs. Free self-help materials available on website.  <a href="http://www.nwjustice.org">www.nwjustice.org</a></p>	<p><b>425-252-8515</b>  <b>1-888-201-1017</b></p>
<p><b>Protection Order Programs</b>  <a href="http://www.snohomishcountywa.gov/439/protection-orders">www.snohomishcountywa.gov/439/protection-orders</a></p>	<p><b>425-388-3638</b></p>
<p><b>Snohomish County Legal Services</b> Provides free legal aid program serving Snohomish County residents experiencing poverty.  <a href="http://www.snocolegal.org">www.snocolegal.org</a></p>	<p><b>425-258-9283</b></p>
<p><b>Victim Support Services</b> Provides free services to individuals who have been hurt or harmed by crime. Services include one-on-one advocacy, courtroom support, media intervention, support groups, resources, referrals, education, information and more.  <a href="http://www.victimsupportservices.org">www.victimsupportservices.org</a></p>	<p><b>24-Hour Hotline</b>  <b>1-888-288-9221</b>  <b>Snohomish/Island County Office</b>  <b>425-252-6081</b></p>
<p><b>Washington Law Help</b> Provides education, materials, tools and information on an array of legal issues, linking to programs and resources. Available in multiple languages.  <a href="http://www.washingtonlawhelp.org">www.washingtonlawhelp.org</a></p>	



## ADDITIONAL INFO



### I. HASCO COMMUNITY SERVICES DIVISION

The HASCO Community Services Division can assist you by providing information and resources. For assistance, call or email:

**Cathy Schindler, Senior Community Services Manager**  
**Phone: 425-293-0518**  
**Email: [cschindler@hasco.org](mailto:cschindler@hasco.org)**

**April Nielsen, Community Services Specialist II**  
**Phone: 425-293-0600**  
**Email: [anielsen@hasco.org](mailto:anielsen@hasco.org)**

**Angela Seay, Community Services Specialist II**  
**Phone: 425-293-0536**  
**Email: [anseay@hasco.org](mailto:anseay@hasco.org)**

### II. HOMAGE SERVICES – SENIOR AND DISABLED INFORMATION AND RESOURCES

Homage Services, formerly Senior Services of Snohomish County, promotes independence, preserving dignity, and enhancing the quality of life for older adults and people with disabilities in Snohomish County. [www.sssc.org](http://www.sssc.org)

**Homage Senior Services – 425-355-1112**

**Aging and Disability Resources – 425-513-1900 or 1-800-422-2024**

**Programs include:**

- Aging and Disability Resource Navigation
- Nutrition
- Health and Wellness
- Multicultural Services
- Minor Home Repair
- Transportation Services
- Senior Care and Family Caregiver Support