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# COMMUNITY RESOURCES- SEATTLE + NORTH KING COUNTY



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At Open Arms Perinatal Services, we're so grateful to have been a part of your birthing and family journey. Below are other community organizations for you to access additional support.

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## DIAPERS & WIPES

- **Allen Family Center Resource Room**- Open M-F from 10-5:30pm; 206-584-2832; <https://www.mercyhousing.org/northwest/mount-baker-family-housing/>
- **Babies of Homelessness**- For unhoused families with urgent needs; 1-866-442-6443; <https://www.babiesofhomelessness.org/>
- **FamilyWorks Family Resource Center**- May receive diapers weekly; 206-694-6727; <https://familyworksseattle.org/family-resource-center/>
- **Issaquah Food Bank**- 425-392-4123; <https://www.issaquahfoodbank.org/>. Offers delivery if eligible
- **North Helpline**-Offers baby supplies in the “Baby Cupboard” on the first Saturday of each month during Food Bank Hours; 206-367-3477; <https://www.northhelpline.org/>
- **North Seattle Family Resource Center**- Provides diapers until age 3 1/2; 206-364-7930; <https://www.childrenshomesociety.org/northking>
- **PREPARES**- 206-328-9264, <https://preparesforlife.org/how-we-can-help/>
- **Providence Regina House**- 206-763-9204; <https://www.providence.org/locations/wa/regina-house>
- **The Salvation Army**-Food Pantry, including diapers for those living within and around White Center. Open Monday-Friday 1-2pm; 206-717-7458; <https://tsawhitecenter.org/SeattleWhiteCenter/help>
- **St. Vincent De Paul**- 254-499-4245, ext. 4; <https://svdpseattle.org/get-help/>
- **Wellspring Family Services Family Store**- 206- 902-4264; <https://wellspringfs.org/services/family-store>
- **Westside Baby**- Offers one-time package of 45 diapers and wipes; 206-767-1662; <https://westsidebaby.org/need-diapers>

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## BABY SUPPLIES

- **FamilyWorks Family Resource Center**- May receive diapers weekly; 206-694-6727; <https://familyworksseattle.org/family-resource-center/>;
- **North Helpline**- Offers baby supplies in the “Baby Cupboard” on the first Saturday of each month during Food Bank Hours; 206-367-3477; <https://www.northhelpline.org/>
- **North Seattle Family Resource Center**- 206-364-7930; <https://www.childrenshomesociety.org/northking>
- **PREPARES**- 206-328-9264, <https://preparesforlife.org/how-we-can-help/>
- **The Food Bank at St. Mary's**- 206-324-7100, ext. 18; <https://www.thefbsm.org/>; Offers delivery if eligible
- **Wellspring Family Services Family Store**- 206- 902-4264; <https://wellspringfs.org/services/family-store/>
- **White Center Food Bank**- 206-762-2848; <https://www.whitecenterfoodbank.org/service-hours>; Offers delivery if eligible

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## FOOD SUPPORT

- **Byrd Barr Place Food Market**- 206-812- 4940; Open Tuesday 11-4, Wednesday 12-4, Thursday 10-2. Offers delivery if eligible to 98102, 98112, 98122; <https://byrdbarrplace.org/programs-services/food-bank/>
- **For All Free Market**- Sundays at 1:30pm at Cascade Playground 333 Pontius Ave N, Seattle 98109; <https://www.freefoodforall.org/the-really-really-free-markets.html>
- **Issaquah Food Bank**- 425-392-4123; <https://www.issaquahfoodbank.org/>. Offers delivery if eligible

- **North Helpline**- 206-367-3477; <https://www.northhelpline.org/>; Offers delivery if eligible
- **Plant Based Food Share**- To submit requests, visit <https://www.plantbasedfoodshare.org/seattle>
- **Rainier Beach Farm Stand**- Saturdays 10-12pm from June 18<sup>th</sup> to Oct 15<sup>th</sup> at 9059 MLK Jr. Way S, Seattle 98118. Fresh, free produce weekly sourced locally from POC Farmers
- **The Salvation Army**- Self-Serve Food Pantry who live within and around White Center. Open Monday-Friday 1-2pm; 206-717-7458; <https://tsawhitecenter.org/SeattleWhiteCenter/help>
- **Sodo Community Market**- 1915 4th Ave S, near the corner of 4th Ave S & S Holgate St; <https://www.northwestharvest.org/our-work/community-programs/sodo-community-market/>
- **The Food Bank at St. Mary's**- 206-324-7100 ext 18; <https://www.thefbsm.org/>; Offers delivery if eligible
- **West Seattle Food Bank**- 206-932-9023; <https://westseattlefoodbank.org/>; Offers delivery if eligible
- **White Center Food Bank**- 206-762-2848; <https://www.whitecenterfoodbank.org/>; Offers delivery if eligible

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## HOUSING, EVICTION PREVENTION & RENTAL ASSISTANCE

- **211, Coordinated Entry for All (CEA)** - Required assessment to access transitional housing and shelter resources in King County; <https://kingcounty.gov/depts/community-human-services/housing/services/homeless-housing/coordinated-entry/access-points.aspx/>
- **Apartment Finder** – Internet resource with listing of affordable housing units in Washington, including waitlist times and additional property info; <http://aptfinder.org/listings.php/>
- **Bellwether Housing** – Manages multiple affordable living communities in Puget Sound; <https://bellwetherhousing.reslisting.com/ourproperties.aspx>
- **Byrd Barr Place**- Offers Housing Connector referral, complete LIHEAP Energy Assistance grant and state need for rental assistance; <https://byrdbarrplace.org/programs-services/housing-assistance/>
- **Community Roots Housing**- Operates affordable housing in the Seattle area with apartment search directory on their website; 206-895-1400; <https://communityrootshousing.org/find-apartment/>
- **Compass Housing Alliance**- Provides housing navigation and support, hygiene center, mail and banking services, shelter referrals; Day Center open Monday-Friday 9AM-4PM; 206-474-1000; <https://www.compasshousingalliance.org/get-help-reorganized/#enhanced/>
- **Hopelink**- Call the closest Hopelink emergency service center to request eviction financial assistance or move-in support; <https://www.hopelink.org/need-help/financial-assistance#collapseTwo>
- **King County Housing Authority** - King County's rental listings: <https://www.kcha.org/housing/search/>. Apply for subsidized housing; <https://www.kcha.org/housing/subsidized/apply/>
- **Low Income Housing Institute** – Advocacy for low income and homeless people through housing development, management and advocacy; listing of open units: <https://www.lihihousing.org/housing>
- **The Salvation Army**- Offers rent, utility and sewer assistance to those living within or around White Center; 206-767-3150 ext 458; <https://tsawhitecenter.org/SeattleWhiteCenter/help>
- **Solid Ground**– Resources to stabilize housing, access healthy food, and build stronger futures including help with tenants' rights, limited move-in support; <https://www.solid-ground.org/get-help/>
- **St. Vincent De Paul Emergency Services and Assistance**- Hours are M-F 8-3pm. You can also submit an online request instead of calling; 206-767-6449; <https://svdpseattle.org/get-help/online-help-request-form/> (available in English and Spanish)

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## CHILDCARE RESOURCES

- **Childcare Resources**– Get help finding childcare in Washington; 1-800-446-1114; <https://childcare.org/family-services/>
- **City of Seattle Child Care Assistance Program**– Provides subsidized childcare resources to families who income qualify in Seattle; 206-386-1050; <https://www.seattle.gov/education/for-parents/child-care-and-preschool/child-care-assistance-program/>
- **Neighborhood House**-Early childhood programs, Early Head Start parenting support and childcare; 206-403-7544; <https://nhwa.org/locations/>

- **Washington Connections-** Connect to a variety of state services including childcare assistance, food, emergency and cash assistance; <https://www.washingtonconnection.org/home/>.
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## DOMESTIC VIOLENCE/INTIMATE PARTNER VIOLENCE RESOURCES

- **API Chaya-** Get connected with an advocate for safety planning, advocacy-based counseling, short term therapy, basic legal advocacy, and connection to other resources. Helpline: 1-877-922-4292, M-F 10am-4pm
  - **Atlantic Street Center-Gender-Based Violence Program-** Advocacy, therapeutic services, crisis intervention, housing support services, and connection to other resources; 206-945-3358; 206-945-3359 (Spanish line)
  - **Consejo Counseling-** Get connected with a Domestic Violence Advocate for crisis services, outreach, safety planning, etc; Línea de Ayuda Paz en el Hogar/Peace in the Home Hotline- 1-888-847-7205, 24/7 line; <https://consejocounseling.org/portfolio/valve-diseases/>
  - **DAWN-** Support groups, mental health programs, children's DV response team, immigrant survivor advocacy; 425-656-7867; <https://www.dawnrising.org/>
  - **King County Sexual Assault Resource Center-** Offers crisis response, advocacy, therapy, family services, Spanish speaking advocacy; 425-226-5062; 24-hr Resource Line- 888-998-6423; [www.kcsarc.org](http://www.kcsarc.org)
  - **Mother Africa-** Advocacy and support for African refugee and immigrant community members who have experienced gender-based violence or other crimes; 253-277-7625; <https://www.motherefrica.org/ma-safety>
  - **National Domestic Violence Hotline-** Call/chat/text with an advocate for free, confidential, and compassionate support, safety planning, advocacy, and crisis intervention info. Advocates speak English and Spanish, translation services available for over 199+ languages; 1-800-799-7233; <https://www.thehotline.org/>
  - **New Beginnings-** Speak to an advocate, safety planning, legal advocacy, support groups, mental health support, and connection to other resources; 24/7 Helpline: 206-522-9472
  - **Refugee Womens Alliance (ReWA)-** Offers social services, advocacy, and family law legal services for refugee and immigrants experiencing DV; 206-721-0243; <https://www.rewa.org/services/domestic-violence/>
  - **Washington State Coalition Against Domestic Violence-** Resources, information, and education for advocacy and support; 1-800-562-6025; <https://wscadv.org/>
  - **YWCA of South King County and Central Seattle-** Provides advocacy and services for domestic violence victims. Provides shelter for women 18+ and children (boys up to age 9 at the emergency shelter); Emergency Shelter: 206-461-4882; Main line: 206-461-4888; [www.ywcaworks.org](http://www.ywcaworks.org)
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## RESOURCE NAVIGATION

- **Byrd Bard Place-** 206-812-4940; <https://byrdbarrplace.org/programs-services/community-connector>; Meet with a Community Connector to assist with navigation of community resources
  - **FamilyWorks Family Resource Center-** 206-694-6727; <https://familyworksseattle.org/family-resource-center/>; May receive diapers weekly
  - **First Steps-** 206-263-8374; [https://kingcounty.gov/depts/health/locations/wic-first-steps.aspx#:~:text=First%20Steps%20is%20a%20two,Infant%20Case%20Management%20\(ICM\)](https://kingcounty.gov/depts/health/locations/wic-first-steps.aspx#:~:text=First%20Steps%20is%20a%20two,Infant%20Case%20Management%20(ICM)); Offers support, and case management to pregnant and parenting families who are eligible with Medicaid coverage
  - **Refugee Womens Alliance (ReWA)-** 1:1 bilingual case management for refugees and immigrants transitioning to life in the U.S; 206-957-2029; <https://www.rewa.org/services/family-empowerment/>
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## MIDWIFERY CARE

- **Rainier Valley Midwives-** Community-based reproductive and pregnancy care for BIPOC Families in the Greater Seattle Area; 206-712-7352; <https://www.myrvcc.org/>
- **Quilted Health-** Midwifery-led comprehensive pregnancy care; 1-888-743-7384; <https://www.quiltedhealth.com/>
- **Rainy City Midwifery-** Midwifery care in the Puget Sound area; 206-861-8300; <https://rainycitymidwifery.com/>
- **Puget Sound Birth Center-** Safe, respectful, family-centered pregnancy and birth care in and around Seattle, Renton, and Kirkland; 425-207-8769; <https://www.birthcenter.com/>

- **Generations Midwifery-** Individualized midwifery care suited to families' physical, mental, emotional, spiritual and cultural needs; 360-401-3343; <https://www.generationsmidwiferyservices.com/>
- **Blessed Hands Midwives-** Warm, Gentle, Cultural High Quality, Safe Midwifery Care; 206-468-4077; <https://blessedhandsmidwives.com>
- **Journey Midwife Services-** Client-centered Pregnancy Services for diverse communities, specifically people of color, teens, and the LGBTQIA community; 206-328-7929; <https://www.journeymidwife.com/>

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## MENTAL HEALTH RESOURCES

### Connect to a Counselor

- **Asian Counseling and Referral Service-** Community-based multilingual and multicultural services to Asian American, Pacific Islanders, and other underserved communities; 206-695-7600; <https://acrs.org/>
- **Consejo Counseling-** Provides behavioral health services to the Latinx community; <https://consejocounseling.org/>
- **NEXUS Youth and Families-** Offers counseling for individuals, groups and families, and chemical dependency treatment; and Homeless Services (including street outreach, the Drop-In Center, and supported housing); 253-939-2202; [www.nexus4kids.org](http://www.nexus4kids.org)
- **Open Path Collective Therapy-** Sessions for individuals, couples and families between \$30 - \$60; [www.openpathcollective.com](http://www.openpathcollective.com)
- **Perinatal Support Washington-** Provides support groups, therapy, Parent Resilience Program, perinatal loss resources; 1-888-404-7763 (Spanish support available); <https://perinatalsupport.org/>
- **Sound Mental Health-** Provides mental health and addiction treatment services; 206-302-2300; <https://www.sound.health/>
- **The Community Health Access Program-** Connects you with care you can afford. Interpreters available; 1-800-756-5437; [www.kingcounty.gov/CHAP](http://www.kingcounty.gov/CHAP)
- **Valley Cities Behavioral Health-** Offers counseling; family support; homelessness and housing services. Must call and have a phone screening to set up intake appointment; 253-833-7444; [www.valleycities.org](http://www.valleycities.org)
- **Washington Counselors of Color Directory-** Provides counseling from providers who understand the specific needs of people of color and various cultures; [www.multiculturalcounselors.org](http://www.multiculturalcounselors.org)
- **Washington's Mental Health Referral Service for Children and Teens-** Referral service for youth and their families. Get connected to mental health providers that meet your needs and your insurance coverage; [www.seattlechildrens.org/clinics/washington-mental-health-referral-service](http://www.seattlechildrens.org/clinics/washington-mental-health-referral-service)

### Emotional Support Helplines

- **Crisis Line:** Trained counselors available for individuals, families and friends; Call 1-866-427-4747, text: HOME to 741741; [www.crisistextline.org](http://www.crisistextline.org)
- **Maternal Mental Health Hotline-** For pregnant and postpartum people/families to receive real-time support, education, resources & referrals. Available 24/7; 1-833-943-5746
- **National Suicide Prevention Line** – 24/7 support; 1-800-273-8255; <https://suicidepreventionlifeline.org/>
- **Perinatal Support Washington-** Staffed by parents who have experienced a perinatal mood disorder and/or anxiety disorder and have fully recovered or licensed therapists with specialized training in perinatal mental health; 1-888-404-7763 (Spanish support available); Mon-Fri 9-4:30pm
- **Postpartum Support International Warmline-** For pregnant and postpartum people to receive real-time support and specializing in referrals for support groups and online provider directory; 1-800-944-4773;
- **Teenlink:** Helpline for teens and those who care for them; 1-866-833-6546, chat, or text; [www.teenlink.org](http://www.teenlink.org)
- **WA Warm Line:** Peer support help line for people living with emotional and mental health challenges. 1-877-500-9276; TTY: 206-461-3610; [www.crisisconnections.org/wa-warm-line](http://www.crisisconnections.org/wa-warm-line)
- **Washington Listens:** Provides non-clinical support to people who feel sad, anxious, or stressed due to COVID-19. Free and anonymous, interpretation available; Call/Text 1-833-681-0211; M – F from 9AM-9PM and weekends 9AM-6PM; <https://waportal.org/partners/home/WaListens/>

*Looking for other resources? Washington State's Help Me Grow Hotline is a resource navigator available to you by calling 1-800-322-2588, Monday to Thursday 8-5:30pm, Friday 8-5pm. Support in English and Spanish is available and interpreters available for additional languages.*

