
COMMUNITY RESOURCES-

SOUTH KING COUNTY



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.

DIAPERS & WIPES

Babies of Homelessness- For unhoused families with urgent needs; 1-866-442-6443;

<https://www.babiesofhomelessness.org/>

My Baby Pantry Kent Easthill- Community-run, requests are via Facebook;

<https://www.facebook.com/groups/425254872010501>

Pregnancy Aid of South King County- Serving families with children ages 0-5;

Auburn- 253-939-6676; Kent- 253-852-1201; Des Moines- 206-878-3770

PREPARES- 206-328-9264; <https://preparesforlife.org/how-we-can-help/>

St. Vincent De Paul- 254-499-4245, ext. 4; <https://svdpseattle.org/get-help/>

Sumner-Bonney Lake Family Support Center- 253-891-6153; <https://www.sumnersd.org/familycenter>

Wellspring Family Services Family Store- 206- 902-4264; <https://wellspringfs.org/services/family-store/>

BABY SUPPLIES

Maple Valley Food Bank- 425-432-8633; <https://maplevalleyfoodbank.org/about/#programs>

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PREPARES- 206-328-9264; <https://preparesforlife.org/how-we-can-help/>

Salvation Army Renton Rotary Food Bank- 425-255-5969;

https://renton.salvationarmy.org/renton_corps/

Wellspring Family Services Family Store- 206- 902-4264; <https://wellspringfs.org/services/family-store/>

FOOD SUPPORT

Auburn Food Bank- Offers delivery if eligible; 253-833-8925; <https://www.theauburnfoodbank.org/food>;

Eloise Cooking Pot Food Bank- Offers delivery if eligible to Federal Way, Algona, and Pacific;

253-426-1994; <https://themadf.org/home-delivery/>

Kent Food Bank- 253-520-3550; <https://kentfoodbank.org/foodbank.php>

Kingdom Networks Outreach- 206-607-8922;

<https://www.facebook.com/KN-Outreach-102992758266499/>

Maple Valley Food Bank- 425-432-8633; <https://maplevalleyfoodbank.org/about/#programs>

Multi-Service Center (Federal Way)- 253-838-6810; <https://mschelps.org/gethelp/food/>

Rainier Beach Farm Stand- Saturdays 10-12pm from June 18th to Oct 15th at 9059 MLK Jr. Way S, Seattle 98118. Fresh, free produce weekly sourced locally from POC Farmers

Salvation Army Renton Rotary Food Bank- 425-255-5969; https://renton.salvationarmy.org/renton_corps/

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/>

Attain Housing- Provides eviction prevention and move-in assistance for families with children living in Kirkland, Bellevue, Redmond, Duvall, Issaquah, Bothell, Woodinville, Kenmore, Sammamish, or Carnation; 425-828-0489; <https://www.attainhousing.org/our-services/stable-home/>

Catholic Community Services- 253-850-2523; Intake line for residents in Seattle is open the 1st and 3rd Thursdays from 2-3pm. The Eastside office accepts calls from 2-4PM on Wednesdays at 425-213-1963 ext 2 You must connect with live caller; <https://ccsw.org/get-help/shelter-homeless-services/emergency-assistance/>

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/>

Muslim Community Resource Center- May offer financial assistance; 888-404-6272; <https://mapsredmond.org/financial-aid/>

Muti Service Center- Housing and Rental Assistance; Federal Way Office: 253-838-6810. Kent Office: 253-854-4406; <https://mschelps.org/gethelp/housing/>

Salvation Army- May offer rental assistance; 253-852-4983; https://kent.salvationarmy.org/kent_service_center/overcome-poverty/;

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)

Vine Maple Place- For single mothers with a connection to Maple Valley Area. Application for rental assistance at <https://www.vinemapleplace.org/get-help.html>

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

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

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.motheafrica.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/>

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

RESOURCE NAVIGATION

First Steps-Offers support, and case management to pregnant and parenting families who are eligible with Medicaid coverage; 206-263-8374; [https://kingcounty.gov/depts/health/locations/wic-first-steps.aspx#:~:text=First%20Steps%20is%20a%20otwo.Infant%20Case%20Management%20\(ICM\)](https://kingcounty.gov/depts/health/locations/wic-first-steps.aspx#:~:text=First%20Steps%20is%20a%20otwo.Infant%20Case%20Management%20(ICM))

Multi-Service Center- A Community Access Coordinator can help families navigate resources. Submit requests for help here: <https://mschelps.org/gethelp/accessform/>

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/>

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/>

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

Open Path Collective Therapy- Sessions for individuals, couples and families between \$30 - \$60; www.openpathcollective.com

Perinatal Support Washington- Provides support groups, therapy, Parent Resilience Program, perinatal loss resources; 1-888-404-7763 (Spanish support available); <https://perinataalsupport.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

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

Washington Counselors of Color Directory- Provides counseling from providers who understand the specific needs of people of color and various cultures; 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

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

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

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

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.

