

**\* Children & Families Assistance Programs**

[Associated Ministries](#) (253)383 3056  
Boys and Girls Club Pierce County (253) 502-4600  
[Big Brothers and Sisters](#) Pierce (206)763-9060  
[Catholic Community Services](#) (253) 383-3697  
CCS Family Center 1-800-372-3697  
CCS Family Counseling (253) 502-2696  
CCS at Risk Youth In home (253) 759-9544  
DSHS Child Support Division 1-800-526-8658  
Family Support Centers (253) 798-2842  
[4People Community Resource List](#)  
Kent Youth and Family Services (253) 859-0300  
Nativity House Day Shelter (253) 779-9248  
Network [Tacoma](#) (253) 474-9334  
Solid Ground [www.solid-ground.org](http://www.solid-ground.org) 206-694-6700  
[Tacoma Community House](#) (253) 383-3951  
Tahoma Family Services (253) 383-3697  
W.I.C <http://parenthelp123.org/> 1-800-322-2588  
Youth and Family Services (253) 939-2022  
<http://www.ayr4kids.org/>

**\* Community Services Assistance**

Call 211 for any information you may need  
Alcohol and Drug Helpline 1-800-562-1240  
Community Action Program (253) 798-7240  
1-800-562-0336  
[4People Community Resource list](#)  
Homeless Mail Service | (253)383-3056, ext. 14  
Hope-link <http://www.hope-link.org/> 425-869-6000  
Pierce [Community Action Program](#) (253) 798-7240  
<http://www.co.pierce.wa.us/> (253) 798-4500  
Protective Payee (253)-383-3056, ext. 109  
Salvation Army [Tac/Pierce SalArm](#) (253) 627-1364  
[Solid Ground](#) (FPA) 206-694-6700  
South SoundOutreach <http://southsoundoutreach.org/>  
St Vincent De Paul [SVDPTacoma](#) (253) 474-0519  
[Tacoma Community House](#) (253) 383-3951  
[Volunteers of America](#) [www.voaww.org](http://www.voaww.org)  
[Washington Women Employment](#) (253) 474-9933  
[Washington Women in Need](#)  
YWCA [Resource Center](#) (253) 272-4181

**Mosques in the Puget Sound Area**

- \* [AbuBakr Islamic Center](#) 206-214-0200
- \* [Dar Al-Arqam](#) 425-774-8852
- \* [Downtown Muslim Association](#)
- \* [Everett Masjid](#)
- \* [IECS- Ershad](#) 425-243-4327
- \* [Islamic Center Bothell](#) 512-222-6996
- \* [Islamic Center Eastside](#) 425-746-0398
- \* [IMAN Islamic Center](#) 206-202-IMAN
- \* [Islamic Center Fed Way](#) 253-520-6544
- \* [Islamic Center of Kent](#) 253-850-2260
- \* [Islamic Center Olympia](#) 360-200-5375
- \* [Islamic Center Shoreline](#) 206-365-3350
- \* [Islamic Center of Tacoma](#) 253-565-0314
- \* [International Islamic House MSA](#)
- \* [Idris Mosque](#) 206-363-3013
- \* [Masjid-Al-Karim](#) 206-380-8826
- \* [Masjid Ar Rahmah](#) 425-861-9555
- \* [Omar Al Farooq Masjid](#) 425-776-6162
- \* [Redmond Mosque ICOR](#) 425-658-5008
- \* [Sammamish Mosque](#) 425-440-9936
- \* [Zainab Center](#)

Emergency Resource Guide  
Helping Muslims in Tacoma

**Community Resources & Assistance**

call 211 for Intake or assistance

[www.win211.org](http://www.win211.org)

This resource guide will assist you in searching information when seeking housing, medical, dental clinics, family aid, and general assistance.

**\*Be prepared in the event of a disaster!**

<http://makeitthrough.org/>

\* [Muslim Emergency Management FB](#)

**\*Community Services Helplines**

**Emergency Crisis call 911**

**Information: call or click on 211**

<https://www.washingtonconnection.org/> sign up for [food, housing assistance, aid](#)

**\*Pierce County United Way Help Line**

**1-800-572-4357/1-877-211-9274**

King County Information Lines 206-461-3200

1-800-621-INFO / 1-800-621-4636

Snohomish County Info line 1-800-223-8145

King County Crisis Clinic 206-461-3222

[www.crisisclinic.org](http://www.crisisclinic.org) **1-866-4CRISIS (427-4747)**

**\*Pierce County Crisis Line 1-800-576-7764**

Snohomish [County Crisis](#) Line 425-258-4357

For Statewide information go to: [www.win211.org](http://www.win211.org)

**\* Muslim Social Service Organizations**

AlSadaqa <http://alsadaqa.org/> 1-866-693-3233

EACS\_ <http://eastafriancs.org/> 206-721-1119

Islamic local Information [EMRGS](#) 206-675-2672

[Islamic Information](#) <http://www.islamicfinder.org/>

[MCRC](#) [www.mcrcseattle.org](http://www.mcrcseattle.org) 425-954-6271

[MHS](#) [www.muslim-housing.org](http://www.muslim-housing.org) 206-723-1712

[Somali Com. Services Coalition](#) 206-431-5141

**\*Presentation Centers**

[IPIC](#) [www.ipicseattle.org](http://www.ipicseattle.org) 206-361-8899

[Why Islam](#) <http://whyislam.org> 1-877-why-islam

**\* Civil Rights / Services / Organizations**

**ACLU** Tacoma / Pierce 206-624-2184  
<http://www.aclu.org/national-security/tacoma-wa>  
<http://www.aclu-wa.org/pierce-county-chapter>  
Arab American [www.theaacc.org](http://www.theaacc.org) 206-634-9001  
Army Community Services (253) 967-7166  
Asian Counseling Center (253) 697-8650  
Bosnian Islamic Center Shoreline 206-365-3350  
CAIR [CAIRSeattle](http://CAIRSeattle) 206-367-4081  
EACS E.African Community Svcs 206-721-1119  
Horn of Africa [www.hoas.org](http://www.hoas.org) 206-760-0550  
ICNA <http://www.icnarelief.org/mfs/>  
Iraqi Community Center SW Youth 206 937-7680  
Pierce County Fair Housing (253) 572-5134  
Muslim American Soc. <http://www.maseattle.org/>  
NAACP [www.tacoma-naacp.org](http://www.tacoma-naacp.org) (253) 272 0357  
One America [weareoneamerica](http://weareoneamerica) 206-723-2203  
<http://www.pakistanseattle.com/> 425-868-6695  
Peaceful [Families Task Force](http://Families Task Force) 206-568-7576  
Pierce County [Youth Resources](http://Youth Resources) fostering  
Puyallup Tribe (253) 573-7800  
Refugee/ Immigrant Tacoma Com (253) 383-3951  
REWA [Refugee Women's Alliance](http://Refugee Women's Alliance) 206-721-0243  
[Tacoma Community House](http://Tacoma Community House) (253) 383-3591  
[Tacoma Office of Civil Rights](http://Tacoma Office of Civil Rights) (253) 591-5151  
Solid Ground [//solid-ground.org](http://solid-ground.org) 206-694-6700  
Somali [Community Service](http://Community Service) 206-431-5141  
Somali News <http://runtanews.com>  
[Urban League Tacoma](http://Urban League Tacoma) (253) 383-2007  
United African PAC <http://uapac.org/>  
United Way Helpline 253-572-4357/ 2-1-1  
Veterans WA St 1-800-562-2308/ (253) 565-7038  
Youth Resources (253) 209-5216  
**\*Financial Assistance** call **211** \$\$ Assistance  
Energy Assistance (253) 798-7240  
1-855-798-HEAT (4328)  
Heat help <http://www.liheapwa.org/> 360-725-2857  
Multi-Service Center (253) 838-6810  
Ph#WTAP 1-888-700-8880 CVM ( 253) 572-5960  
Salvation Army (253) 572-8452  
[St Vincent De Paul](http://St Vincent De Paul) (253) 474-0519  
Yelm Community Services 360-458-7000  
**\* Food Banks** call **211** or 1-877-211-9274  
NW Harvest 1-800-722-6924  
DSHS [http://foodhelp.wa.gov/basic\\_food.htm](http://foodhelp.wa.gov/basic_food.htm)

**\* Domestic Violence Assistance** call **211**

Child / Adult Abuse 1-866-363-4276  
Child Protective Services 1-800-562-5624  
CHAYA [www.chayaseattle.org](http://www.chayaseattle.org) 1-877-92-CHAYA  
DV Hotline Washington State 1-800-562-6025  
Family Renewal Shelter DV (253) 475-9010  
1-888-550-3915  
Korean [W Assoc](http://W Assoc).DV/sexassault (253)359-0470  
[Providers for Muslims experiencing DV](http://Providers for Muslims experiencing DV)  
Puyallup Tribe: DV Shelter (253) 680-5499  
YWCA DV Shelter (253) 383- 2593  
**\* Dental Clinics Lower Income**  
Community [Health Tacoma](http://Health Tacoma) (253) 572-7002  
Lakewood 253-589-7188 Tillic (253) 589-7027  
DSHS [only](http://only) (253) 272-9910  
<http://www.lindquistdental.org/> (253) 539-7445  
MobileDentalVan (253) 691-7596  
ICHS <http://www.ichs.com/>  
Pierce College Hygiene (253) 964-6694  
**\* Eye Exams**  
Eye Care America (Elderly 65+) 877-887-6327  
<http://www.eyecareamerica.org/>  
Infant See <http://www.infantsee.org/>  
Lion's <http://tacomase.lionwap.org/>  
Vision USA <http://www.aoa.org/visionusa.xml>  
**\* Health Care Clinics & Providers**  
[Breast, Cervical, Colon Health](http://Breast, Cervical, Colon Health) (253) 798-6500  
Care Net Pregnancy Tacoma (253) 383-2988  
Puyallup (253) 770-8697  
Children's Hospital 206-987-2000  
Community [Health Access](http://Health Access) 206-284-5291  
[Community Health Care](http://Community Health Care) 1-800-440-1561  
CSO (DSHS) Medical help 1-877-501-2233  
Foundation Multi Cultural (253) 572-3214  
Health Care for Homeless (253) 284-9011  
Hope Sparks Counseling (253) 565-4484  
International ICHSseattle <http://www.ichs.com/>  
Parkland Family Clinic (253) 536 2020  
Sea [Mar Tacoma](http://Mar Tacoma) (253) 593-2144  
Sea Mar Puyallup (253) 864-4550  
Youth and Family Services (253) 939-2022  
**\* Community Action Program** (253) 798-7240  
<http://www.co.pierce.wa.us/> (253) 798-4500

**\* Volunteer Opportunities**

United Way Pierce County 211 [www.uwpc.org](http://www.uwpc.org)

**\* Housing Emergency Shelters (Homeless)**

For intake call **211** or **1-877-211-9274**  
[Coordinate Entry Form](http://Coordinate Entry Form) CES (253) 682-3401  
Adams St Families Campus (253) 592-6895  
CCS King Shelter (253) 572-0131  
Helping Hand House (253) 848-6096  
[Lakewood Area Shelters](http://Lakewood Area Shelters) (LASA) (253) 581-8689  
Landlord Liaison Project | 253-383-3056, ext. 157  
MDC (253) 383-3921  
Phoenix Families w children<18 (253) 471-5340  
Tahoma [CCS Shelters](http://CCS Shelters) 1-800 372-3697  
TRM M&WShelters (253)383-4493(253) 272-1974  
Salvation Army W, (M w/ch) (253) 627-3962  
YWCA Pierce County (253) 272-4181  
<http://www.ywcapiercecounty.org/>  
**\* Housing Transitional for intake call 211**  
Catholic [Community Services](http://Community Services) (253) 383-3697  
Chance for Change Pioneer Serv (253) 272-5486  
Exodus House Families (253) 862-6808  
Guadalupe W/ M (253) 272-1171 (253) 572-6582  
Helping Hand House Families (253) 848-6096  
[Living Access Support](http://Living Access Support) (LASAWA) (253) 682-3401  
New Phoebe House (253) 383-7710  
Shared Housing (253) 272-1532  
Tacoma Rescue Mission (253) 627-4308  
VA Health Care System (253) 583-1606  
YWCA Permanency DV (253) 272- 4181  
**\* Permanent Housing Low Income intake: 211**  
[Family Rapid Rehousing](http://Family Rapid Rehousing) (253) 682-3401  
[Helping Hand House](http://Helping Hand House) (253) 848-6096  
<http://housingsearchnw.org/> 1-877-428-8844  
[MDC](http://MDC) (253) 597-6728 (253) 383-3921  
Pierce County Housing Authority (253) 620-5400  
[www.pchawa.org](http://www.pchawa.org)  
[Puyallup Tribal Housing](http://Puyallup Tribal Housing) (253) 573-7952  
Renton Housing Authority 425-226-1850  
[www.rentonhousing.org](http://www.rentonhousing.org)  
Tacoma Housing (253) 207-4400  
[http://www.tacomahousing.org/](http://http://www.tacomahousing.org/)  
**\* Public Transportation**  
Pierce Co.Transit 253-581-8000 / 1-800-562-8109  
[http://www.piercetransit.org/](http://http://www.piercetransit.org/)  
Pierce Shuttle 253-581-8100 or 1-800-841-1118  
SoundTransit [http://soundtransit.org/](http://http://soundtransit.org/)1-888-889-6368  
Metro [http://metro.kingcounty.gov/](http://http://metro.kingcounty.gov/) 206-553-3000