



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

ACLU [www.aclu-wa.org](http://www.aclu-wa.org) 206-624-2184  
Arab Center [arabcenterwa.org](http://arabcenterwa.org)  
[Asian Pacific/ Islander Chaya](http://Asian Pacific/ Islander Chaya) 206-325-0325  
Bosnian Islamic Center Shoreline 206-365-3350  
CAIR-WA [CAIRSeattle](http://CAIRSeattle) 206-367-4081  
EACS [E.African Community Svcs](http://E.African Community Svcs) 206-721-1119  
EMAS [Ethiopian Muslims](http://Ethiopian Muslims) 206-243-1251  
Horn of Africa [www.hoas.org](http://www.hoas.org) 206-760-0550  
[ICNA Relief ICNA Seattle](http://ICNA Relief ICNA Seattle)  
[Iraqi Community Center SW Youth](http://Iraqi Community Center SW Youth) 206 937-7680  
[Islamic Relief Community Grants](http://Islamic Relief Community Grants)  
[King County Office Civil Rights](http://King County Office Civil Rights) 206-263-2446  
[Muslim American Society Seattle Chapter](http://Muslim American Society Seattle Chapter)  
NAACP Seattle/King County 206-324-6600  
[One America](http://One America) 206-723-2203  
Peaceful [Families Task Force](http://Families Task Force) 206-467-9976  
[http://www.pakistanseattle.org/](http://http://www.pakistanseattle.org/) 425-836-2245  
PICACS Pacific Islander Community  
[Refugee Fed Services](http://Refugee Fed Services) 206-725-9181  
REWA [Refugee Women's Alliance](http://Refugee Women's Alliance) 206-721-0243  
[Seattle Office of Civil Rights](http://Seattle Office of Civil Rights) 206-684-4500  
[Solid Ground Help Services](http://Solid Ground Help Services) 206-694-6700  
[Somali Community Services](http://Somali Community Services) 206-760-1181  
Somali News [http://runtanews.com](http://http://runtanews.com)  
[Urban League](http://Urban League) 206-461-3792  
[Veterans WA](http://Veterans WA) 1-800-562-2308 [KC](http://KC) 877-904-8387

**\* Aging and Disability Services call 211**

[Aging and Disability King County](http://Aging and Disability King County) 206-684-0660  
[Community Living Connections](http://Community Living Connections) 1-844-348-5464  
[Mayors Office for Senior Citizens](http://Mayors Office for Senior Citizens) 206-684-0500  
[Sound Generations](http://Sound Generations) 1-888-435-3377

**\* Financial Assistance call 211** \$\$ Assistance

[Centerstone](http://Centerstone) (utilities, helpline) 206-812-4940  
[Financial Empowerment Network](http://Financial Empowerment Network) [Bank On](http://Bank On)  
Hope-link++ [energy assistance](http://energy assistance) 425-658 2592  
[LI-HEAP /ELIA utilities](http://LI-HEAP /ELIA utilities) 206-684-3417  
[Multi-Service Center](http://Multi-Service Center) 253-838-6810  
[Project Share](http://Project Share) (utilities help) 206-684-3000  
[Salvation Army](http://Salvation Army) utilities/assistance 253-852-4983  
[St Vincent de Paul](http://St Vincent de Paul) 206-767-6449

**\* Food Banks call 211 or** 206-461-3200

[King County / Seattle Food Banks](http://King County / Seattle Food Banks)  
[NW Harvest](http://NW Harvest) 1-800-722-6924  
[DSHS SNAP/ Basic Food Help](http://DSHS SNAP/ Basic Food Help) 1-877-501-2233

**\* Islamic Halal Food /Restaurants** [Zabihah.com](http://Zabihah.com)

**\* Domestic Violence Assistance call 911/ 211**

[Adult Abuse Reporting](http://Adult Abuse Reporting) 1- 866-END-HARM  
[Child Protective Services](http://Child Protective Services) 1-866-363-4276  
[King County List for DV Services](http://King County List for DV Services)  
CHAYA [www.chayaseattle.org](http://www.chayaseattle.org) 1-877-92-CHAYA  
Crisis Clinic King County 1-866-427-4747  
[www.crisisclinic.org](http://www.crisisclinic.org)  
[D.A.W.N. Crisis Help](http://D.A.W.N. Crisis Help) 425-656-7867  
[DV Hotline Washington State](http://DV Hotline Washington State) 1-800-562-6025  
[LifeWire Eastside DV](http://LifeWire Eastside DV) 1-800-827-8840  
[New Beginings](http://New Beginings) 206-522-9472  
[Pathways for Women](http://Pathways for Women) counsel 425-774-9843  
[South CountyYWCA](http://South CountyYWCA) ask Arabic 425-226-1266

**\* Dental Clinics Lower Income**

Central Area Clinic 206-461-7801  
Eastgate Dental Clinic 206-477-8000  
45<sup>th</sup> Street Clinic 206-548-2964  
High Point Dental 206-461-6966  
ICHS <https://www.ichs.com/?s=dentist>  
[Lake Washington IT](http://Lake Washington IT) 425-739-8130  
[Neighborcare Dental Community Clinics](http://Neighborcare Dental Community Clinics)  
[Pacific Tower](http://Pacific Tower) 206-548-5850  
[Public Health Dental Clinics](http://Public Health Dental Clinics) 206-205-8580  
[Rainier Beach Dental](http://Rainier Beach Dental) 206-461-6981

**\* Eye Exams**

Eye Care America ([Elderly 65+](http://Elderly 65+))  
[Eyedentity](http://Eyedentity) Kirkland 425-822-7685  
Infant See <http://www.infantsee.org/>  
Lion's Low Vision Clinic 425-558-4228  
USA <http://www.aoa.org/visionusa.xml>

**\* Health Care Clinics & Providers**

[http://wahealthplanfinder.org/](http://http://wahealthplanfinder.org/) Apple Health  
[Children's Hospital](http://Children's Hospital) 206-987-2000  
[Breast/ Cervical /Colon Clinic](http://Breast/ Cervical /Colon Clinic) 206-263-8200  
[CommunityHealth Access](http://CommunityHealth Access) 1-800-756-5437  
Community Health Plan (CHC Clinics)  
[www.chpw.org](http://www.chpw.org) 1-800-440-1561  
CSO ([DSHS](http://DSHS)) Medical help 1-877-501-2233  
[Harborview 3<sup>rd</sup> Ave Clinic](http://Harborview 3<sup>rd</sup> Ave Clinic) 206-521-1231  
[Hope-link clinic](http://Hope-link clinic) Sat 9 :30-11:30 425-943-7555  
International ICHS clinics [http://www.ichs.com/](http://http://www.ichs.com/)  
[King County Health Clinics](http://King County Health Clinics) 206-296-4600  
[Neighborcare Clinics](http://Neighborcare Clinics)  
[Odessa Clinic](http://Odessa Clinic) (children) 206-987-7210  
[Pioneer Square Clinic](http://Pioneer Square Clinic) 206-744-1500  
[Somali Health Board](http://Somali Health Board) 206-823-1077

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

**For KC intake call 211 or** 1-800-621-4636  
[Congregations for the Homeless](http://Congregations for the Homeless)-M 425-289-4044  
[Compass http://www.compasshousingalliance.org/](http://Compass http://www.compasshousingalliance.org/)  
[DESC](http://DESC) 206-464-1570  
King County ([CCSWW](http://CCSWW)) 206-323-6336  
[Mary's Place](http://Mary's Place) 206-621-8474  
[Sacred Heart](http://Sacred Heart) (families,women,ch) 206-285-7489  
[Salvation Army](http://Salvation Army) M W Booth Cntr 206-621-0145  
[Women's Referral Center](http://Women's Referral Center) (24/7) 206-441-3210  
[UGM](http://UGM) Families-206-628-2008 M- 206-622-5177  
[YMCA Emergency Services](http://YMCA Emergency Services) Sea 206-568-7841  
[Friends of Youth Emergency](http://Friends of Youth Emergency) Help 206-236-KIDS

**\* Housing Transitional Intake: call 211**

[Attain Housing](http://Attain Housing) (Eastside/ KITH) 425-576-9531  
[Catholic Community Services](http://Catholic Community Services) [www.ccsww.org](http://www.ccsww.org)  
[Hope-link](http://Hope-link) (Bellevue Services) 425-943-7555  
[Valley Cities](http://Valley Cities) Housing Options 253-939-4055

**\* Permanent Housing Low Income intake: 211**

[Bellwether Housing](http://Bellwether Housing) 206-623-0506  
Capitol Hill Housing ([CHHIP](http://CHHIP)) 206-329-7303  
[Everett Housing Authority](http://Everett Housing Authority) 425-258-9222  
[Housing Search NW](http://Housing Search NW) 1-877-428-8844  
[IDHA](http://IDHA) 206-623-5132  
ImagineHousing[http://www.sahg.org](http://http://www.sahg.org) 425-576-5190  
KingCounty Housing [www.kcha.org](http://www.kcha.org) 206-574-1100  
[Low Income Housing Institute](http://Low Income Housing Institute) 206-443-9935  
[Mercy Housing](http://Mercy Housing) 206-838-5700  
[Pierce County Housing Authority](http://Pierce County Housing Authority) 253-620-5400  
[Plymouth Housing](http://Plymouth Housing) 206-374-9409  
Renton Housing Authority 425-226-1850  
[www.rentonhousing.org](http://www.rentonhousing.org)  
Seattle Housing Authority 206-239-1500  
[www.seattlehousing.org](http://www.seattlehousing.org)  
SHAG (seniors) [http://www.housing4seniors.com/](http://http://www.housing4seniors.com/)  
[Snohomish Co Housing](http://Snohomish Co Housing) 425-290-8499  
Tacoma Housing 253-207-4400  
[http://www.tacomahousing.org/](http://http://www.tacomahousing.org/)  
[Tenants Union](http://Tenants Union) Landlord/ Evictions 206-723-0500

**\* Public Transportation**

CommunityTransit 425-353-RIDE/1-800-562-1375  
[http://www.commtrans.org/](http://http://www.commtrans.org/)  
Metro 206-553-3000 /1-800-542-7876  
[http://metro.kingcounty.gov/](http://http://metro.kingcounty.gov/)  
**\*King County Reduced Fare Information**  
Pierce Co.Transit 253-581-8000 /1-800-562-8109  
[http://www.piercetransit.org/](http://http://www.piercetransit.org/)  
SoundTransit[http://soundtransit.org/](http://http://soundtransit.org/)1-888-889-6368