

CENTRAL DISTRICT/CAPITOL HILL RESOURCE GUIDE

Created as a Project by SPD, Seattle Neighborhood Group and Seattle Weed and Seed

CENTRAL AREA RESOURCES

HEALTH SERVICES:

Country Doctor Community Clinic:

Service: Primary Health Care (primary health care for children and adults; offers family planning and nutrition evaluation, serves anyone in need). 206-299-1600. Address: 500 19th Ave. E. Seattle, WA 98112

Harborview Medical Clinic:

Service: Primary and Specialty Outpatient Clinics – Hospital medical and surgical and specialty outpatient's clinics. Phone 206-731-3000. Address: 325 9th Ave. Seattle, WA 98104

Public Health- Seattle & King County

Service: {Primary Health care and Dental Care (primary health care and dental service for low-income people of all ages)
Phone: 206-296-4772. Address: Downtown Public Health Center, 2124 4th Ave. Seattle, WA 98121

DSHS- Community Services Offices:

Service: Dental Care (medical coupons to cover a variety of dental services for children and adults) Phone: 206-341-7431. Address: 1700 E. Cherry St. Seattle, WA 98122

Puget Sound Neighborhood Health Centers- Central Area Dental Clinic

Service: Dental Service (offers basic dental services; sliding scale fees) Phone: 206: Dental Services offers basic dental services; sliding scale fees) Phone: 206-461-7801
Address: 2101 E. Yesler Way, 2nd Fl. Seattle, WA 98122

Millionair Club Charity, INC

Service: EYE EXAM AND GLASSES CLINIC (offers free eye exams and glasses; Thursday afternoons, Sept-June; open to anyone not receiving public assistance or medical coupons) Phone: 206-728-5627. Address: 2515 Western Ave. Seattle, WA 98121

Optometric Center of Seattle

Service: Examination and Glasses Provides exams and glasses at sliding scale cost; additional charge for extras; voucher program for free examination and glasses for persons who are homeless. Phone: 206-325-1100. Address: New Hope Baptist Church, 124 21st Ave. Seattle, WA 98122

Angelines Day Refuge:

Service: Nurse and mental health specialist on site. Phone: 206-441-3300. Address: 2025 3rd Ave. Seattle, WA 98121

HOUSING

Archdiocesan Housing Authority

Phone: 206-448-3360. 100 23rd Ave. S. Seattle, WA 98144

Capitol Hill Housing Improvement Program: low cost and cooperative housing in various locations. Phone 206-329-7303. Address: 1406 10th Ave. #101, Seattle, WA 98122

HUD Apartment List: 206-220-5140

King Co. Housing Authority: 206-514-1100

Low Income Housing Institute:

Phone: 206-443-9935. Address: 2407 1st Ave. #200, Seattle, 98121

Mount Baker Housing Association: Subsidized Housing. Phone 206-725-1478. Address: 2580 29th Ave. S. Seattle, 98144

Pike Place Market Development: Subsidized housing for ages 62+ or permanently disabled. Phone 206-682-7454.

Plymouth Housing Group

Phone: 206-652-8325. Address: 1524 1st Ave. Seattle, WA 98101

Seattle Housing Authority: 206-239-1500. Address: 907 NW Ballard Way, Suite 200, Seattle 98107

The Morrison: Subsidized housing for chronically homeless and disabled adults referral from case management required. Phone 206-340-8206. Address: 509 3rd Ave. Seattle, 98104

Vincent House; Studios for ages 62+ Phone: 206-682-9307. Address: 1423 1st Ave. Seattle, 98101

AHA Aloha Inn: 6 months housing for men and women; accepts couples. Phone: 206-528-3389.

Pioneer Human Services: For singles in recovery, in various locations. Phone: 206-766-7940.

Interaction Transitions: Transitional housing for ex-offenders. Assists ex-offenders who are serious about making a successful transition from life in prison to life in the community. Phone: 206-324-3932. Address: 935 16th Ave. Seattle, WA 98122

FOOD

Central Area Motivation Program:

Service: FOOD BANK AND COMMODITIES Serves clients living in 98102, 98112, and 98122; special hours for seniors Phone: 206-812-4970. Address: 722 18th Ave. Seattle, WA 98122-4704

DSHS- Community Services Offices (Capitol Hill)

Service; Food Benefit Programs (Federal food benefit program for families including qualified legal immigrants, adults without dependents, non-qualifies legal immigrants) Phone: 206-341-7431. Address: 1700 E. Cherry St. Seattle, WA 98122-4694

Emerald City Community Seventh Day Adventist Church

Service: Congregate Meal Program (provides free breakfast to anyone in need with focus on Central Seattle area residents; served 8-9:30 am So) Phone: 206-322-0717. Address: 801 25th Ave. Seattle, WA 98122

Mt. Zion Baptist Church- Feeding Program

Service: Congregate Meal (provides a free hot meal in downtown Seattle to anyone in need; service at 3 pm, 1st, 3rd and 5th Sa of each month) Phone: 206-322-6500. Address: 1634 19th Ave. Seattle, WA 98122

Northwest Harvest

Service: Cherry Street Food Bank (distributes food bags to anyone in need; 9 am-5pm, MW; bread and produce only, 9am-5 pm, Tu Th F Phone: 206-625- 0755. Address: 711 Cherry St. Seattle, WA 98104

Boomtown Café

Service: Hot meal program. Serves low-cost meals in a restaurant setting; sells meal coupon books for \$35; contracts with shelters and low-income housing to provide meals. Phone: 206-625-2989. Address: 513 3rd Ave. Seattle, WA 98104

Capitol Hill Community Lunch

Service: Hot Meal (provides free hot meal for anyone in need; served noon-1 pm, Tu&F) Phone: 206-322-7500. Address: Central Lutheran Church, 1710 11th Ave. Seattle, WA 98122

JOB TRAINING

Settle Goodwill:

Service: STRIVE JOB TRAINING PROGRAM (attitudinal training) provides intake, training, placement, and follow-up service. Phone: 206-860-9675. Address: 1400 S. Dearborn

Central Area Motivation Program:

Service; Employment & Training Program, Re-entry Assistance Job readiness workshops, education and placement services for unemployed persons ages 18 and over; may help participants get driver's license for employment. Serve: Ex Offender Program (ex offender program designed to transition clients back into the work force) Phone 206-325-2267. Address: 722 18th Ave. Seattle, WA 98122-4704

Jewish Family Service (Seattle)

Service: Vocational Guidance (assistance with resume writing, interviewing techniques, and job search strategy planning). Phone: 206-461-3240. Address: 1601 Ave. Seattle, WA 98122

Jubilee Women's Center

Service: Computer Center (learning and technology center teaches computer skills to women in transition; open to all low- income and homeless women in Seattle) Phone: 206-324-1244. Address: 620 18th Ave. E. Seattle, WA 98112

Millionair Club Charity, Inc.

Service: Employment and Education Department Offers bilingual employment assistance ESL/citizenship classes, employment skills workshops, and after school tutoring; services Seattle public housing clients. Phone: 206-264-4997. Address: 825 Yesler Way, Seattle, WA 98104

Neighborhood House (Yesler Terrace)

Service: Employment and Education Department Offers bilingual employment assistance, ESL /citizenship classes, employment skills workshops, and after school tutoring, serves Seattle public housing clients. Phone: 206-264-4997. Address: 825 Yesler Way, Seattle, WA 98104

Urban League of Metropolitan Seattle

Service: Employment (offers job readiness, search assistance, placement services, and job listings, computer programs for job preparation.
Phone 206-461-3792. Address: 105 14th Ave.

RESOURCES FOR YOUTH**Boys and Girls Clubs of King County (Rotary)**

Service: Recreational Activities (sports, after school, and summer recreation program)
Phone: 206-324-7317 Address: 201 19th Ave. Seattle, WA

Casey Family Program:

Service: Transition Service Offers skills to transition to adulthood, education and vocational support, and linkage with other community services to youth in the foster care system. Phone: 206-322-6711. Address: 1123 23rd Ave. Seattle, WA 98122

City of Seattle- Human Service Department- Family and Youth Services

Service; Seattle Youth Employment Program- (Subsidized summer jobs for economically disadvantaged Seattle youth, 14-21) Phone: 206-684-0293. Address: 618 2nd Ave. 4th Fl, Seattle, WA 98104

Crisis Clinic

Service: Teen Link Help Line (helpline for teens, staffed by professionally trained teen volunteers) 206-461-4922.

Horn of Africa Services (Yesler)

Service: Youth Outreach and Mediation Program (youth outreach program teaches mediation and conflict resolution skills, youth mediate parent group meetings to resolve family conflict) Phone 206-344-5872. Address: 825 Yesler Way, Seattle, WA 98122

Lambert House

Service: Drop In Center Provides services for gay, lesbian, bisexual, transgender and questioning youth such as movies, activities, groups, mentorship, meals and a library. Phone 322-2515 X 19. Address: 1818 15th Ave. Seattle, WA 98122

Seattle Parks and Recreation- Garfield Teen life Center

Service: Leadership programs (provides job skills and leadership training for youth) Phone: 206-684-4550. Address: 428 23rd Ave. Seattle, WA 98122

Seattle Young Peoples Project

Service: Advocacy/Empowerment Youth advocacy group addresses issues of youth violence, youth constitutional rights, and other issues. Phone: 206-890-9606. Address: 2820 E. Cherry Seattle, WA 98122-5032

Catholic Community Services: Service; Youth Tutoring Program; Education enrichment and tutoring program for elementary, middle and high school students who live in public housing. Phone: 206-682-5590. Address: 825 Yesler

CAPITOL HILL RESOURCES

FOOD

Capitol Hill Community Lunch:

Service: Hot meal (provides free hot meal for anyone in need; served noon-1PM, Tu and F) Phone: 206-322-7500. Address: Central Lutheran Church, 1710 11th Ave. Seattle, WA 98122

Orion Center:

Service: Teen Food. 7-8 pm Mon-Thu Location: Mon at University Lutheran Church (NE 50th & 16th) Tuesday at University Methodist Church (NE 43rd & 15th) Wed/Thu at University Congregational Church (NE 45th and 16th) Phone 622-5555. 1814 Summit Ave. Seattle, WA 98122

Peace for the Streets by Kids from the Streets:

Service: CHHEW- Capitol Hill Homeless Eating Well 9 hot meal serviced by homeless youth for homeless youth and parents with children, 6-7:30 last Tu of each month at

Miller Community Center) Phone: 206-726-8500. Address: 1814 Summit Ave. Seattle, WA 98122

Boomtown Café

Service: Hot meal program Serves low-cost meals in a restaurant setting, can work for meals. Phone 206-625-2989. Address: 513 3rd Ave. Seattle, WA 98104

First Covenant Church

Service Hot Meal- Burrito Friday provides a free, hot meal for street youth, ages 23 and under, 6:30-8:30 pm. Phone 206-322-7411. Address: 400 E. Pike St. Seattle, WA 98122

New Horizons Ministries:

Service: Hot meal Program free dinners for youth, ages 21 and younger, served 7-8 pm, M Tu W Sa Sun, also 10 am-11 am, Tu Phone 206-374-0866. Address: 2709 3rd Ave. Seattle, WA 98121

Northwest Harvest

Service: Cherry Street Food Bank (distributes food bags to anyone in need, 9 am-5 pm, M, W bread and produce only, 9 am 5 pm Tu Th F, clients may visit once per day) Phone 206-625-0744. Address: 711 Cherry St. Seattle, WA 98104

Operation Sack Lunch

Service: Sack lunches (provides sack lunches for anyone in need on T, Th F; serves hot meals on M, S Memorial in Seattle) Phone: 360-341-1309. Address: Memorial Plaza (The Wall) 4th Ave. & Cherry St. Seattle, Wa 98104

Salvation Army:

Service: Food Bags Provides emergency food bags up to three times a year. 8:30-10:30 am and 1-3 pm, M Tu, W, F Phone: 206-447-9944. Address: 1101 Pike St. Seattle, Wa 98101

HOUSING /SHELTERS

Roots Young Adult Shelter

Service: Young Adult Shelter Operates a shelter for young adults; ages 18-25; provides referrals to housing and other resources; dinner and breakfast, intake 9 pm-10 pm, M, T, Sa Su. Phone: 206-632-1635. Address: University Temple United Methodist, 1415 NE 43rd St. Seattle, WA 98105

University Young Adult Shelter

Service: Young Adult Shelter (operates shelter for youth, ages 18-25, at U District churches, W F, intake 9-10 pm cannot accommodate parents with children) Phone 206-729-0820.

Archdiocesan Housing Authority- St. Marks Women's Shelter

Service: Women's Shelter operates a shelter for single homeless women and provides breakfast and an evening snack, apply only through Women's Referral Center) Day and Hours: Referrals: 6-9:30 p, nightly, Registration, 6-8 pm. Hot meals: 6-7 How to apply: walk in. Priority is given to clients who arrive by 8 pm. Must initially register for the

program. A staff member will determine if client is suitable for a volunteer shelter or a staffed shelter. Phone: 206-441-3210. Address: 1245 10th Ave. E. Seattle, WA 98102

Downtown Emergency Service Center

Service; Overnight shelter program priority clients; women, single men over 60, individuals with major mental illnesses disability is chronic addictive illnesses or serious health problems.

Phone: 206-464-3033. Address: 507 3rd Ave. Seattle, WA 98104-2304

Salvation Army – Social Services Department (Seattle) Service: Women’s Shelter

Transitional shelter for single women, open 7 pm-10 am daily, call 8 am 5 pm for intake, clients may stay up to 6 months; provides case management and support. Phone 206-447-9944. Address 1101 Pike St. Seattle, Wa 98101

Share Wheel:

Service Shelters offers shelter at location throughout Seattle for single men and women, How to Apply: Screenings of men and women are held at the Josephinum at 1 pm, M Th, and 6 pm. Tu W F Sa . Women only screenings are held at the Women’s Referral Center at 7 pm, M W and Mary’s Place at 1 Pm, F. Screenings for the bunkhouse Day Shelter are held at the Josephinum at 7 am, W F, 1 pm M. Phone: 206-448-7889. Address: 1902 2nd Ave. 2nd Fl, Seattle, Wa 98121

Share wheel also operates Tent City – call for locations and availability. Same phone # as above,

Seattle’s Union Gospel Mission

Service: Men’s shelter Operates a 105-bed shelter for men; line up by 6:30 pm to obtain a sleeping mat. Phone 206-622-5177. Address: Men’s Shelter, 318 2nd Ave. Ext. S. Seattle, WA

ADVOCACY/CLOTHING/HYGIENE/HEALTH/MIS

Capitol Hill Community Resource Center

Service: Provides referrals and limited basic needs assistance; clients have access to phone, mail, and Internet service; open 1-4:00 pm TuTh, 1-3 pm Sa. Phone 206-322-4567. Address: 509 10th Ave. E. Seattle, WA 98102

Street Outreach Services:

Service: Outreach Team distributes condoms, bleach, hygiene kits, and alcohol pads in the downtown Seattle area; provides health education and resource referral. Phone: 206-625-0854 X 112. Address: 2028 Westlake Ave. Seattle, WA 98121

Peace for the Streets by kids from the Streets

Service: GED completion program, employment program, day referral center Phone: 206-726-8500. Address: 1814 Summit Ave. Seattle, WA 98122

Lambert House:

Service: Drop In Center provides services for gay, lesbian, bisexual, transgender and questioning youth such as movies. Activities, groups, mentorship, meals and a library. Phone: 206-322-2515. X19 Address: 1818 15th Ave. Seattle, WA 98122

Youthcare- Orion Multi-Service Center

Service: Drop – In Center drop in center offers survival, social and basic education skills to homeless youth; hot meals, referrals, transportation to clinics Phone: 206-622-5555.
Address: 1020 Virginia St. Seattle, Wa 98101

Needle Exchange

Operates 7 days a week from 6:00-8:30 pm. Van on 10th Ave. between Union and Madison in Capitol Hill. Operated by SOS and the Public Health Department. SOS- Phone: 206-625-0854.

YWCA of Seattle/King County – Opportunity Place

Service: Angelines Center for Homeless Women Day services for homeless women, hygiene center, activities, quiet room, health and counseling services included, has respite care for sick or injured women. Phone: 206-436-8650. Address: 2024 3rd Ave. Seattle, WA 98101

Low Income Housing Institute- Urban Rest Stop

Service: Hygiene Facility provides restrooms, laundry facilities, showers, and hygiene items for women, men and youth; no smoking intoxication or drug use allowed. Phone: 206-332-0110. Address: 1924 9th Ave. Settle, WA 98101

Country Doctor Community Clinic:

Service: Primary Health Care primary health care for children and adults; offers family planning and nutrition evaluation serves anyone in need. Phone: 206-299-1600.
Address: 500 19th Ave. E. Seattle, WA 98112

Jewish Family Services

Service: Multi-service agency offers social services; assistance with basic needs, with a focus on culturally relevant support for the Jewish community. Phone: 206-461-3240.
Address: 1601 16th Ave. Seattle, WA 98122