

HOT MEALS

Auburn Food Bank - Community Supper..... 253.833.8925
100 N St SE, Auburn
M, 4:30-5:30pm incl. holidays, except Memorial & Labor days

Auburn Senior Activity Center253.931.3016
809 9th St SE, Auburn
Salad bar: M-Th. Opens at 11:30am. Meals: M-F, noon. \$3 suggested donation, under 60 pay \$5.75.

Black Diamond Community Center.....360.886.2418
31605 3rd Ave, Hwy 169, Black Diamond
M Tu Th, noon. Disabled and/or 60+: suggested donation of \$3, under 60: \$5.75. No one turned away for inability to pay.

Des Moines Senior Center 206.878.1642
2045 S 216th St, Bldg 2045, Des Moines
M-Th, noon. Disabled and/or 60+: Suggested donation \$3, Under 60: \$5.75.

Enumclaw Senior Center360.825.4741
1350 Cole Street, Enumclaw
M-F, 11:45am. Disabled and/or 60+: Suggested donation \$3, Under 60 yrs pays \$5.75

Federal Way Community Caregiving Network... 253.661.0505
Calvary Lutheran Church, 2415 S 320th St, Federal Way
Th, 5-6pm

Steel Lake Presbyterian Church, 1829 S 308th St, Federal Way
M, 4:30-5:30pm.

Church of the Good Shepherd, 345 S 312th St, Federal Way
Sa, 1:30-2:30pm.

Federal Way Community Center..... 253.835.6900
876 33rd St, Federal Way
M W F, noon. Primarily serves adults, ages 50+. \$3 suggested donation.

Federal Way Senior Center 253.838.3604
4016 S 352nd St, Auburn
M-F, noon-12:30pm. Focus on 55+, serves all. \$2.50 donation requested. No one will be turned away for inability to pay.

Harambee Church..... 425.271.6700
316 3rd St, Renton
Sa, 4:30-6pm.

Friendly Kitchen.....425.255.6106
Hillcrest School Gym, 1800 Index NE, Renton
Th, 5:30pm. during the school year only

His Ministry253.315.9570
240 Auburn Way S (Back Entrance), Auburn
W, 2pm. F, 5pm.

Hope Christian Fellowship 206.244.1399
632 SW 143rd St, Burien
Last Su of month, 5pm. Also provides limited groceries after meal.

Issaquah Meal Program 425.679.0342
180 E Sunset Way, Issaquah
M-F, 5:30-6pm. Door opens at 5pm

HOT MEALS

Issaquah Valley Senior Center.....425.392.2381
75 NE Creek Way, Issaquah
Tu F, noon. Disabled and/or 60+: Suggested donation of \$3, under 60: \$5.75.

Kent Community Supper..... 253.852.2057
Kent Lutheran Church, 336 S 2nd, Kent
M, 5-6pm

Maple Valley Community Center..... 425.432.1272
22010 SE 248th St, Maple Valley
M W F, noon. Disabled and/or 60+: Suggested Donation, \$3. Under 60 must pay \$5.75.

Pacific/Algona Community Center 253.929.1151
100 3rd Ave SE, Pacific
M, 11am-1pm. Tu-F, noon, Seniors 60+ and/or disabled only. \$3 sugg. donation Serves all.

North SeaTac Parks Community Center..... 206.973.4680
13735 24th Ave S, SeaTac
Tu-F, 11:30am-1pm. Seniors 60+ and/or disabled, Suggested Donation: \$3. Under 60 pays \$5.75.

MEDICAL OR DENTAL CARE

Convenient Medical Care..... 253.735.8336
316 B St NE, Auburn
M-Su, by appointment only. Medical care for common, minor health problems. Free birth control.

Enumclaw Medical Center..... 360.825.6511
3021 Griffin Ave
M-F, 8am-5pm. Sa, 8-11:30am.

HealthPoint
Auburn Medical 253.735.0166
126 Auburn Ave Suite 300, Auburn Dental 253.804.8713
Federal Way Medical 253.874.7634
33431 13 Pl S, Federal Way Dental 253.874.7646
Kent Medical 253.852.2866
403 E Meecker St, Kent Dental 253.796.4071
Renton Medical 425.226.5536
200 S 2nd St, Renton
SeaTac Medical 206.277.7200
4040 S 188th St, SeaTac

Pacific Medical Center - Renton425.227.3700
601 S Carr Rd, Renton
M-F, 7am-5pm.

Public Health - Renton Dental Clinic 206.296.4955
10700 SE 174th St, Suite 101, Renton
M-F, 7:30am-5pm. Children up to age 18, Seniors 60+, or pregnant women with medical coupons.



Emergency Services

South King County

June 2010



A service of **Crisis Clinic**
Helping Lives On the Line

FOOD BANKS

Call ahead to verify geographic eligibility.

Algona/Pacific Pantry253.351.0450
New Hope Lutheran Church, 603 3rd Ave SE, Pacific
T, 11am-2pm. May use 2 times per month.

Auburn Food Bank 253.833.8925
930 18th Pl NE, Auburn
M Tu Th F, 9am-1:15pm. 2nd W of the month, 9am-1:15pm,
4:30-6:30pm. Serves Auburn School District Residents. May
use 2 times per month.

Church by the Side of the Road 206.243.5024
3455 S 148th St, Seattle
W, 10am-noon. Need ID/Proof of Address.

Des Moines Area Food Bank..... 206.878.2660
United Methodist Church, 22225 9th Ave S, Des Moines
M W F, 9-11:45am. 3rd Tu of the month, 6-8pm

Enumclaw Kiwanis Food Bank.....360.825.6188
1350 Cole St, Enumclaw
M-W, 9-11:45am. Enumclaw School District Residents.

Federal Way Senior Center 253.838.3604
4016 S 352nd St, Auburn
M-F, 9am-noon. Based on volunteer availability, call ahead.

Highline Area Food Bank..... 206.433.9900
Manhattan Community Center, 18300 4th Ave S, Seattle
Tu, 12-2:30pm. Th, 10-12:30pm. 2nd Tu of month, 5:30-7pm

Kent Food Bank..... 253.520.3550
515 W Harrison St, Kent
M Tu W F, 10-2pm. 2nd W of month, 5-6pm. Serves residents
of Kent School District.

Kent Food Bank Annex..... 253.638.8690
Springwood Apartments, 12961 SE 275th St, Kent
Th, 10am-1pm. Serves Kent School District Residents.

Maple Valley Food Bank.....425.432.8139
21415 Maple Valley Hwy, Maple Valley
M W Th, 10:30-1pm. 2nd Th month, 5:30-7pm.
Emergency Food Bags: M-Th, 9:30am-4pm.

Margie Williams Helping Hands 425.687.8365
973 Chelan Ave NE, Renton
Sa, 8-11am. No restrictions.

Multi-service Center Federal Way.....253.838.6810
1200 S 336th St, Federal Way
M W F, 10am-2pm. 4th Th of month, 5-6pm. Federal Way
School District Residents Only.

FOOD BANKS

Plateau Outreach Ministries.....360.825.8961
1749 Cole St, Enumclaw
W, 9:30am-noon. May visit once a week.
Emergency Food Bags: Call M-Sa, leave a message.

Salvation Army - Renton..... 425.255.5969
206 S Tobin St, Renton
Walk-in: M-F, 9am-noon, 1-4pm.
By appointment only: Sa, 9am-noon.

St. Thomas Catholic Church.....206.242.5501
4415 S 140th St, Tukwila
Call to register by Noon Wednesday. Pickup: W, 2-3pm.

CLOTHING

His Ministry.....253.315.9570
240 Auburn Way S, Suite #1-B, Auburn (Use back entrance)
Walk-in: W, 2pm. F, 5pm.

Kent Food Bank..... 253.520.3550
515 W Harrison, Suite 107, Kent
M Tu W F, 10am-1pm. Arrive by 12:30pm. Serves residents
of the Kent School District

Margie Williams Helping Hands Center 425.687.8365
973 Chelan Ave NE, Renton
Sa, 8am-11am. Serves anyone in need

Midway Clothing Bank206.878.4861
Midway Community Covenant Church,
22460 24th Ave S, Des Moines
W, 10am-noon, 6:30pm-8pm. Serves anyone in need. Need ID.

Multi-Service Center - Federal Way253.838.6810
1200 S 336th St, Federal Way
M W F, 10am-1:30pm. 4th Th, 5-6pm. Residents of South
King County

Plateau Outreach Ministries.....360.825.8961
1749 Cole St, Enumclaw
W, 9:30am-noon. No restrictions.

Renton Clothes Bank.....425.271.5091
1025 S 3rd St, Suite A, Renton
M-Th, 2-5pm. Serves residents of the Renton School District;
must have referral from a school or social service agency.

Salvation Army - Renton..... 425.255.5969
206 S Tobin St, Renton
M-Th, 9-11:30am & 12:30-4pm. F, 9am-12:30pm. Walk-in
for a referral slip. Serves Renton and Skyway only.

St. Thomas Catholic Church.....206.242.5501
4415 S 140th St, Tukwila
W, 2-3pm. Serves primarily Tukwila and North Seatac
residents. No baby clothes, bedding or linens.

SOUTH KING COUNTY SHELTER

Multi-Service Center 253.854.3437 ext. 104
515 W Harrison St, Kent
Emergency Shelter for families with children. Priority given
to families with 4+ people, all may apply. Leave a message
2x per week until call is returned.

YWCA - South King County425.255.1201
1010 S 2nd St, Renton
Serves families with children. Leave a message EVERY DAY
until call is returned.

CCS - HOME and ARISE..... 253-854-0077 ext. 2
314 S 4th St, Renton
Tu Th, 1-3pm
1229 W Smith St, Kent
M W, 1-3pm. M-Th, 5-7pm.

*Call first to check on availability, then walk into either
location to complete the screening.*

DAWN.....206.622.1881
Call: Daily, 24 hours. Provides shelter for victims of domestic
violence in a confidential location. Serves women with or
without children.

Family Renewal Shelter.....253.475.9010
Provides emergency shelter, motel voucher, and referrals to
men and women fleeing domestic violence.

Hospitality House..... 206.242.1860
15003 14th Ave SW, Burien
Serves women aged 18+, w/out children. Call for screening.

**Korean Women's Association -
We Are Family DV Shelter**..... 253-359-0470
Daily, 24 hours. Serves women who are victims of domestic
violence.

Additional shelter options..... 2-1-1
M-F, 8am-6pm.

HOTLINES

King County 2-1-1.....2-1-1 or 206.461.3200
800.621.4636, 206.461.3610 TTY

Crisis Line.....206.461.3222
866.4CRISIS, 206.461.3219 TTY

Alcohol/Drug 24-Hour Help Line.....206.722.3700
800.562.1240, 206.722.3724 TTY

Senior Information & Assistance.....206.448.3110

FREE VOICEMAIL

Solid Ground Voicemail.....206.694.6771
1501 N 45th St, Seattle