Public Health
Seattle & King County

Access & Outreach
Inclusive. Responsive. Equitable.

ACCESS AND OUTREACH RESOURCE GUIDE FOR IMMIGRANTS

All people of King County, regardless of income, ethnic background, immigration status or zip code should have the opportunity to live long and healthy lives.

Updated 08/25/2026

Disclaimer: Public Health — Seattle & King County presents this information as a service to the public. All information is general in nature and not intended to be a substitute for individual self-determination as to the choice of provider. This document does not constitute a specific recommendation or endorsement of any health care professional or agency. Neither the Public Health — Seattle & King County nor the Access and Outreach Program are liable for incorrect or out of date information provided by an agency. If there are changes to this resource list, or if there are inaccuracies found, please notify Carmen Olvera at Carmen.Olvera@Kingcounty.gov.

It is our extreme pleasure to provide you with this resource. If you have any questions or concerns regarding our guide, please contact us:

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Division of Community Health Services | Vazaskia V. Crockrell, *Division Director*
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Access & Outreach Program

Build Systems: Work to achieve system-wide changes that reduce health disparities in King County. The **First Friday Forum (FFF)** brings together community-based organizations, health care Navigators, and our state partners to discuss important policy issues affecting residents of King County.

Ensure Access: We work to reduce barriers to health insurance and other public benefits. Public Health is the **Lead Navigator Organization** in King, Snohomish, and Jefferson counties under the Affordable Care Act (ACA). The King County Navigator network has 40 agencies, 390 navigators. We work directly with the most vulnerable living and working in King County. We provide infrastructure support, which includes training, coaching, and counseling.

Enroll the most vulnerable into program & service: We assist residents to enroll into the following programs: Apple Health, Classic Medicaid, Qualified Health Plans, Basic Food, Energy Assistance Programs, Orca LIFT, Breast Cervical Health Program, childcare assistance programs, and the ABCD Dental Program (Access to Baby and Child Dentistry).

Our team is multilingual and multicultural with experienced and knowledgeable Navigators, Health Educators, and Program Managers.

RESOURCE GUIDE

Our goal with this guide is to provide important and necessary resources for immigrants living in King County. We believe everyone is welcome here and should be able to access care.

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HEALTH INSURANCE OPTIONS

CHANGES – H.R. 1 TIMELINE

H.R. 1 is a federal law signed in 2025 that affects Qualified Health Plans (QHPs) and Apple Health (Medicaid). Many details are still being developed, and most changes are phased over several years.

Qualified Health Plans

2025 — Plan year 2025

- Eliminating tax credits for DACA population as of Oct. 1, 2025. Remain in QHP coverage through state's immigrant health coverage program.

2026 — Plan year 2026

- Eliminating federal subsidies for lawfully present immigrants with incomes below 100% FPL.
- Removing APTC repayment caps.
- Enhanced premium tax credits expire.

2027 — Plan year 2027

- Shortening open enrollment period.
- Eliminating federal subsidies for many lawfully present immigrants.
- People denied Medicaid eligibility due to work requirements also denied QHP federal subsidies.

2028 — Plan year 2028 & beyond

- Eliminating automatic re-enrollment and conditional eligibility for federal subsidies.
- Canceling APTCs for failure to reconcile after one year.

Apple Health/Medicaid

2026

Refugees, asylees and other non-citizen adults lose eligibility.

New requirements for 2027 must be in place by **10/01/2026.**

2027

Work requirements for adults age 19-64 (work, training, or community engagement, for 80 hrs./ month, with exemptions).

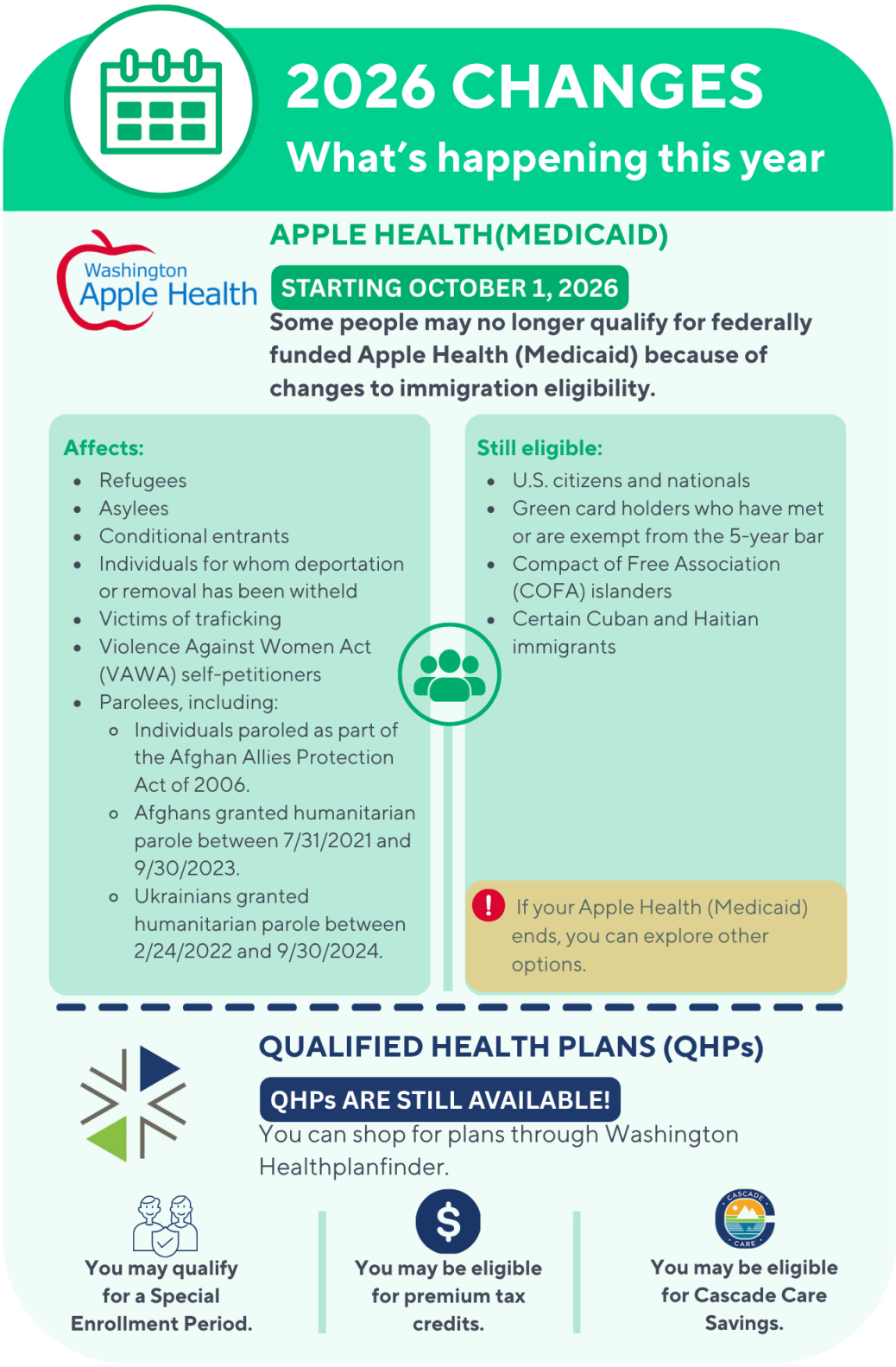
More frequent **eligibility checks** for adults (every 6 months).

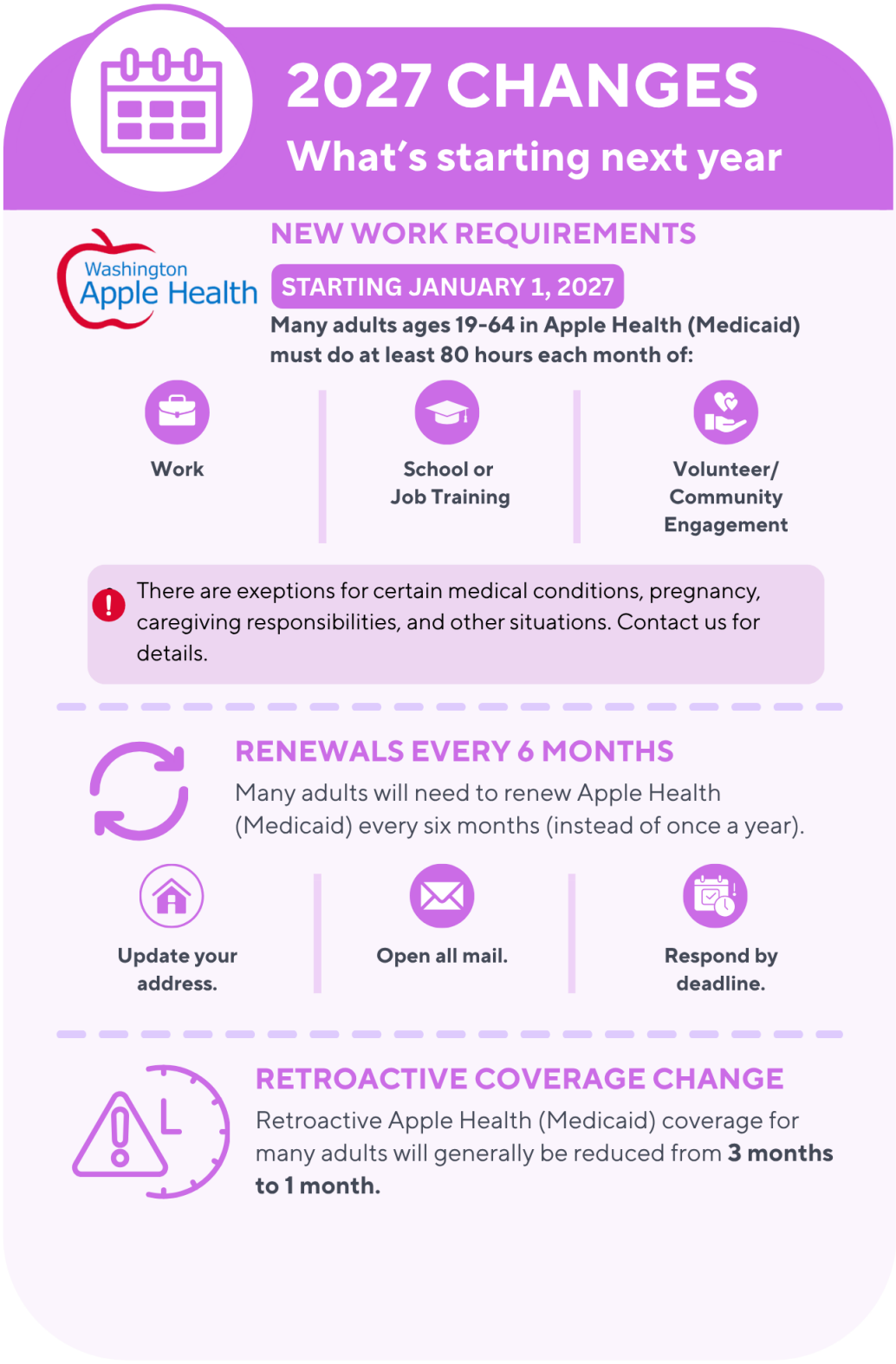
Retroactive coverage reduced from 3 months to 1 month for adults. And from 3 months 2 to months for other Apple Heath programs.

2028-29

Cost sharing (Oct 2028) – new up to $35 co-pay for many services. If a client is obtaining services from a Public Health Center or Community Health Center (i.e. Healthpoint, NeighborCare, Seattle Roots, ICHS), there are no co-pays.

Address verification **(10/01/29).**


2026 CHANGES
What's happening this year
APPLE HEALTH(MEDICAID)
Washington Apple Health
STARTING OCTOBER 1, 2026
Some people may no longer qualify for federally funded Apple Health (Medicaid) because of changes to immigration eligibility.
Affects:
Refugees
Asylees
Conditional entrants
Individuals for whom deportation or removal has been witheld
Victims of traficking
Violence Against Women Act (VAWA) self-petitioners
Parolees, including:
Individuals paroled as part of the Afghan Allies Protection Act of 2006.
Afghans granted humanitarian parole between 7/31/2021 and 9/30/2023.
Ukrainians granted humanitarian parole between 2/24/2022 and 9/30/2024.
Still eligible:
U.S. citizens and nationals
Green card holders who have met or are exempt from the 5-year bar
Compact of Free Association (COFA) islanders
Certain Cuban and Haitian immigrants
If your Apple Health (Medicaid) ends, you can explore other options.
QUALIFIED HEALTH PLANS (QHPs)
QHPs ARE STILL AVAILABLE!
You can shop for plans through Washington Healthplanfinder.
You may qualify for a Special Enrollment Period.
You may be eligible for premium tax credits.
You may be eligible for Cascade Care Savings.



For more information call Community Health Access Program (CHAP) at 1-(800) 756-5437.

HEALTH INSURANCE EXPANSION – QUALIFIED HEALTH PLANS

Everyone who lives in Washington can buy health and dental insurance through Washington Healthplanfinder regardless of immigration status.

The cost of buying health insurance will depend on your household income, family size, and where you live. You may qualify for Cascade Care Savings, which means the state will pay for part of your health insurance if your income falls below the ranges below.

Look for the Cascade Care Logo to get more value at a lower cost.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Cascade Savings	$39,125 Annual	$52,875 Annual	$66,625 Annual	$80,375 Annual	$94,125 Annual	$107,875 Annual	$121,625 Annual

There are three levels of health insurance plans available through Washington Healthplanfinder: Bronze, Silver, and Gold. The amount your health insurance company pays depends on which level you pick. The Bronze plan pays about 60%, the Silver plan pays about 70%, and the Gold plan pays about 80% of your medical bills.

Bronze	Silver	Gold
These plans cost less per month but pay for less of the cost when you need care.	These plans cover more of your costs when you need care but may cost more. If you qualify for Cascade Care Savings these plans may cost less than Bronze plans.	These plans cost more per month but pay more of the cost when you need care. If you qualify for Cascade Care Savings and have significant health care needs these plans may be a good fit.

Open enrollment starts November 1st through January 15th. Sign up by December 15 for coverage to start January 1st.

How to apply? Community Health Access Program (CHAP) -1-800-756-5437.

APPLE HEALTH EXPANSION

Apple Health Expansion is a new program designed to provide full-scope health care coverage to people age 19 or older who do not qualify for other Apple Health programs based on their immigration status.

Due to program funding, the number of people who can enroll in Apple Health Expansion is limited. This will ensure clients receive the highest value care possible. The enrollment cap has been met. You can still complete an application to be considered if a space opens. Selection is done randomly.

https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-medical-dental-or-vision-care/apple-health-expansion

Eligibility:

- ❑ Must intend to reside in Washington.
- ❑ Must be age 19 or older.
- ❑ Must meet income guidelines.
- ❑ Not qualify for other Apple Health (Medicaid) programs based on immigration status,
    - Immigrants who have not met the five-year waiting period to become eligible for Apple Health are not eligible for Apple Health Expansion.
- ❑ Are not eligible for qualified health plans with advanced premium tax credits or federally funded medical programs.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Apple Health Expansion	$1,835 Monthly	$2,490 Monthly	$3,142 Monthly	$3,795 Monthly	$4,449 Monthly	$5,102 Monthly	$5,755 Monthly

How to apply? Community Health Access Program (CHAP) -1-800-756-5437.

CHILDREN'S MEDICAL

Children up to age 18 may be eligible for the free or low-cost Apple Health for Kids regardless of their legal status. Children can also access dental, vision, and many other services when enrolled in Apple Health.

Eligibility:

- ❑ Must intend to reside in Washington.
- ❑ Must meet income guidelines.
- ❑ Immigration Status is not a factor.

Program Apple Health for Kids	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
No Premiums	$2,860 Monthly	$3,879 Monthly	$4,896 Monthly	$5,913 Monthly	$6,932 Monthly	$7,949 Monthly	$8,966 Monthly
Low Cost							
$20.00 per month per child	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
$40 maximum	$3,525 Monthly	$4,781 Monthly	$6,034 Monthly	$7,288 Monthly	$8,544 Monthly	$9,797 Monthly	$11,051 Monthly
Low Cost							
$30.00 per month per child	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
$60 maximum	$4,216 Monthly	$5,719 Monthly	$7,218 Monthly	$8,718 Monthly	$10,220 Monthly	$11,719 Monthly	$13,219 Monthly

How to apply? Community Health Access Program (CHAP) -1-800-756-5437.

PREGNANCY MEDICAL

If you are pregnant, you may be eligible for Apple Health for Pregnant Women. Full medical coverage is throughout delivery.

Eligibility:

- ❑ Must intend to reside in Washington.
- ❑ Must meet income guidelines.
- ❑ Immigration status is not a factor.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Apple Health for Pregnant Women	N/A Baby included in household size	$3,879 Monthly	$4,896 Monthly	$5,913 Monthly	$6,932 Monthly	$7,949 Monthly	$8,966 Monthly

Women found eligible for Pregnancy Medical can also receive Maternity Support Services (MSS) and Infant Case Management (ICM) (this is in conjunction with WIC).

These programs help pregnant women find local doctors, midwives, and other community resources to support a healthy pregnancy. The ICM program provides support and referral to needed medical, social, educational, and other resources in the community.

Women, Infants & Children Nutrition Program (WIC)

WIC is a supplemental food program for women who are pregnant or breastfeeding, infants, and children. WIC also provides health screening, nutrition and health education, breastfeeding promotion and support, and monthly monetary benefits for nutritious foods.

For more information: kingcounty.gov/WIC or (206) 263-9300.

AFTER-PREGNANCY MEDICAL

After-Pregnancy Medical is comprehensive Apple Health (Medicaid) coverage for individuals to access health care services any time in the 12 months after their pregnancy ends.

Eligibility:

- ❑ Have been pregnant within the last 12 months.
- ❑ Must reside in Washington.
- ❑ Must meet income guidelines.
- ❑ Not be eligible for a different Apple Health program.
- ❑ Immigration status is not a factor.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Apple Health for After-Pregnancy	N/A Baby included in household size	$3,879 Monthly	$4,896 Monthly	$5,913 Monthly	$6,932 Monthly	$7,949 Monthly	$8,966 Monthly

How to apply? Community Health Access Program (CHAP) 1-800-756-5437.

ALIEN EMERGENCY MEDICAL (AEM)

AEM is a program for individuals who do not meet citizenship or immigration status requirements. It can also be for qualified individuals who have not met the 5-year bar and have a qualifying medical emergency. This program will pay for treatment related to the emergent medical condition only. It does not provide coverage for routine medical services.

Eligibility

You must have an emergency medical condition and meet income requirement.

Emergent Medical Condition:

Qualifying emergent medical conditions include:

- ✓ Emergency room care
- ✓ Hospital admission or outpatient hospital surgery
- ✓ Cancer treatment plan
- ✓ Dialysis treatment
- ✓ Anti-rejection medication for an organ transplant

Income requirements:

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
AEM	$1,835 Monthly	$2,490 Monthly	$3,142 Monthly	$3,795 Monthly	$4,449 Monthly	$5,102 Monthly	$5,755 Monthly

How to apply? Community Health Access Program (CHAP) 1-800-756-5437.

FAMILY PLANNING ONLY

Family Planning Only provides coverage for a variety of family planning services to both men and women to prevent unintended pregnancies.

Eligibility:

- ❑ Must intend to reside in Washington.
- ❑ Must meet income requirements.
- ❑ Must be either:
  - Uninsured and not eligible for Apple Health (Medicaid).
  - Insured and seek confidential services. Only applies to the following:
    - Teens 18 years and younger.
    - Victims of domestic violence.

What's covered?

- ✓ One comprehensive preventive family planning visits every year (365 days) and any necessary family planning-related follow-up visits.
- ✓ Counseling, education, and/or risk reduction.
- ✓ Education and supplies for Food and Drug Administration (FDA) approved contraceptives, natural family planning, and/or abstinence.
- ✓ Permanent methods such as tubal ligations (tubes tied), hysteroscopic sterilization, or vasectomy.
- ✓ When appropriate, pregnancy testing and cervical cancer screening.
- ✓ Sexually transmitted infection screening, testing, and treatment, when clinically appropriate, according to nationally recognized guidelines, or medically necessary for safe and effective use of the client's chosen contraceptive method.
- ✓ Human papillomavirus (HPV) and Hepatitis B vaccinations.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Family Planning Only	$3,525 Monthly	$4,781 Monthly	$6,034 Monthly	$7,288 Monthly	$8,544 Monthly	$9,797 Monthly	$11,051 Monthly

Download the Family Planning Only services application (PDF), 13-781 (www.hca.wa.gov)

How to apply? Complete the application above and mail it to the listed address or contact the Community Health Access Program (CHAP) 1-800-756-5437 for assistance.

BREAST, CERVICAL, AND COLON HEALTH PROGRAM (BCCHP)

BCCHP helps eligible clients get screened for cancer and access treatment. If you or your family have a personal history of cancer, please talk to your medical provider.

Breast Cancer Screening: It's recommended that women should be screening at ages 40-64. Men, transmen, and transwomen should discuss personal risk with a medical provider and get screened accordingly.

Cervical Cancer Screening: For women 21-29, a Pap test is recommended every 3 years. Women ages 30-64 should be tested for Human Papillomavirus (HPV) every 5 years, or a Pap test alone every 3 years. Transmen should discuss personal risk with a medical provider.

Eligibility:

- ❑ Must be uninsured or underinsured.
- ❑ Must meet age requirement.
- ❑ Not eligible for WA Apple Health (Medicaid).
- ❑ Choose not to enroll in a qualified health plan or missed open enrollment.
- ❑ Have a high deductible for breast/cervical diagnostics >$500.
- ❑ Must meet income requirements.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
BCCHP	$3,325 Monthly	$4,508 Monthly	$5,692 Monthly	$6,875 Monthly	$8,058 Monthly	$9,242 Monthly	$10,425 Monthly

How to apply? Contact the Community Health Access Program (CHAP), 1-800-756-5437.

HOSPITAL FINANCIAL ASSISTANCE (CHARITY CARE)

Washington State law requires hospitals to provide Financial Assistance (charity care) to eligible patients who cannot afford medically necessary hospital care. Depending on household income and family size, eligible patients may qualify for free or reduced-cost care.

Financial Assistance (charity care) can apply to medically necessary hospital services, including hospital stays and emergency care. It may not cover every provider or service involved in your care, so it is important to ask the hospital which charges are covered.

WHAT IF YOUR HOSPITAL BILL HAS ALREADY GONE TO COLLECTIONS?

Washington State law prohibits medical debt from being reported to consumer credit reporting agencies. Under Washington law, a medical debt that is improperly reported to a consumer credit reporting agency is void and unenforceable. This protection applies to medical debt and is separate from your right to apply for Charity Care. If your hospital bill has been sent to collections, don't ignore the bill. You may still be able to apply for Charity Care.

How to apply? Each hospital has an application on their website. Linked below is a copy of the application for most King County hospitals.

- ❑ Virginia Mason Franciscan Health: Charity Care / Financial Assistance Application Form
- ❑ Kaiser Permanente Medical Financial Assistance (MFA) Program
- ❑ MultiCare Hospital Financial Assistance Application Form
- ❑ Overlake Medical Center: Charity Care/Financial Assistance Application Form
- ❑ Seattle Cancer Care Alliance: Financial Assistance/Charity Care Application Form
- ❑ Seattle Children's Financial Assistance (Charity Care) Application
- ❑ Snoqualmie Valley Hospital: Charity Care/Financial Assistance Application
- ❑ Swedish Hospital: Charity Care/Financial Assistance Application Form
- ❑ Virginia Mason Medical Center: Charity Care/Financial Assistance Application Form
- ❑ UW Medicine: Financial Assistance Application Form
- ❑ Evergreen Health: Charity Care/Financial Assistance Application

For additional help please contact the Community Health Access Program (CHAP) 1-800-756-5437

PRESCRIPTION PROGRAMS

King County Prescription Discount Card

Available to all King County residents. It can save an average of 24% off the price of all commonly prescribed medications. Covers pet prescriptions.

To print an ID card or to locate a participating pharmacy visit: www.nacorx.org.

For additional information contact the Community Health Access Program (CHAP) 800-756-5437.

Prescription Drug Assistance Foundation

PDAN, the Prescription Drug Assistance Network, is helping low-income families and individuals throughout Washington state get the medicines their doctors prescribe.

For additional information visit www.prescriptiondrugassistance.org or contact Rod Shutt, MPA at 206-518-0839.

SingleCare

SingleCare works directly with pharmacies negotiating low prices and analyzes consumer demand for medication and makes pricing adjustments each month. You can save up to 80% on the retail price.

For more information visit www.singlecare.com.

ArrayRx Discount Card

Provides discounts on prescription medications for people without prescription coverage, with limited coverage, or high deductibles. Cannot be used with insurance, Medicaid, or Medicare prescription benefits.

For additional information call 800-913-4146 or go online at www.arrayrxcard.com.

GoodRx

GoodRx helps you save on prescriptions. It keeps up with the changes in prescription prices and gives you coupons.

For more information visit www.goodrx.com.

NeedyMeds

NeedyMeds provides free or discounted medicines to people who are unable to afford them.

For more information visit www.needymeds.org.

Familywize

Familywize provides free discounts on thousands of prescription medications with coupons or a reusable discount card. Save instantly at participating pharmacies—no paperwork or rebates required.

For more information visit https://familywize.org/

DEFERRED ACTION FOR CHILDHOOD ARRIVALS (DACA)

What is DACA?

DACA is a program that protects undocumented immigrants who came to the United States as children under circumstances beyond their control from deportation. On June 15, 2012, the Secretary of Homeland Security announced that people who meet these criteria and meet several other guidelines may request consideration of deferred action for a period of two years, subject to renewal. If approved for DACA you are eligible for a work permit. Deferred action does not provide lawful status. **U.S. Citizenship and Immigration Services (USCIS) is currently not taking new applications. **

DACA Health Insurance Options

While residents who are approved for DACA have the right to work and avoid deportation, they do not have a lawful immigration status. Therefore, you're not eligible for most medical programs.

You can apply for:

- ✓ Qualified Health Plans
- ✓ Apple Health for Kids (up to age 19)
- ✓ Apple Health Pregnancy Medical
- ✓ Alien Emergency Medical (AEM)
- ✓ Prescription Assistance Program
- ✓ Family Planning Only
- ✓ Hospital Charity Care
- ✓ Breast Cervical Colon Health Program (BCCHP)
- ✓ Dental Care at our Public Health Centers
- ✓ Each program is included in this resource guide.

PUBLIC HEALTH CENTERS

Helping residents find a medical/dental home.

Our goal is to ensure that every resident in King County has a medical and dental provider regardless of insurance status, race, zip code, immigration status or income.

PRIMARY CARE

Downtown Public Health Center	Eastgate Public Health Center	North Public Health Center (Medical services provided by NeighborCare Health)
2121 4th Ave Seattle, 98121 (206) 477-3977	14350 SE Eastgate Way Bellevue, 98007 (206) 296-477-8000	10521 Meridian Ave N 2nd Floor Seattle, 98133 (206) 263-9440

FAMILY PLANNING CLINICS (BIRTH CONTROL & SEXUAL HEALTH CLINICS)

Auburn Public Health Center	Eastgate Public Health Center	Federal Way Public Health Center	Kent Public Health Center
901 Auburn Way N, Ste A, Auburn, 98002 (206) 477-0600	14350 SE Eastgate Way Bellevue, 98007 (206) 296-477-8000	33431 13th Pl S Federal Way, WA 98003 (206) 477-6800	25742 104th Ave SE Kent, 98030 (206) 477-6950

For additional information: www.kingcounty.gov/clinics or (206) 296-4600.

COMMUNITY HEALTH CENTERS (CHC)

Helping residents find a medical/dental home.

Community Health Centers

In addition to Public Health Centers, our **Community Health Centers (CHC)** partners are throughout King County, and they provide services to residents regardless of race, immigration status, income, or zip code.

Many of our partners have reduced or adjusted fees according to your household size and income. They provide some or all the following services:

- ✓ Complete medical care for the entire family.
- ✓ Behavioral Health Services.
- ✓ Family Planning and women's health care, including pregnancy testing.
- ✓ Treatment for sexually transmitted diseases (STD).
- ✓ WIC food and nutrition programs.
- ✓ Interpreters for those who speak limited English.
- ✓ Dental Clinics.
- ✓ Pharmacies on site.

Seattle Roots Community Health (206) 299-1600	**Healthpoint** (866) 893-5717	**Highline-CHI Franciscan** 1-888-825-3227	**International Community Health Services** (206) 788-3700
Neighborcare Health (206) 548-5710	**Sea Mar Community Health Centers** (206) 762-3263	**Seattle Children's Odessa Brown Clinic** (206) 987-7210	**Seattle Indian Health Board** (206) 324-9360

Please visit: www.kingcounty.gov/chc for location addresses of the clinics in King County or call the number of the clinic listed above.

ADDITIONAL CLINICS IN KING COUNTY

These are private, nonprofit community-based organizations that provide medical care at little or no charge to low-income, uninsured people using volunteer healthcare professionals. They are not affiliated with Public Health-Seattle & King County.

Auburn	Fall City	Federal Way
Christ Community Free Clinic 1 "A" St NW Auburn 98071 (253) 736-2634 www.christfreeclinic.org Free urgent medical & limited dental services.	**CarePoint** 36017 SE Fish Hatchery Rd Fall City WA 98024 (425) 478-6627 www.carepointonline.org Free healthcare in the Snoqualmie Valley & surrounding areas.	**Cornerstone Medical Services** 1420 Main Street Sumner, Washington 98390 www.cornerstonemedwa.com Uninsured or low-income families can receive free or discounted healthcare.
Seattle	**Seattle**	
Lahai Health-Green Lake Aurora Commons 8914 Aurora Avenue N Seattle 98103 (206) 363-4105 ext. 230 for English, ext. 233 for Spanish www.lahai.org/medicalclinic Uninsured patients can be seen at no cost or a suggested donation of $10.00.	**Lahai Health-Haller Lake** North Seattle Church 2152 N 122nd Street Seattle 98133 (206) 363-4105 ext. 230 for English, ext. 233 for Spanish www.lahai.org/medicalclinic Uninsured patients can be seen at no cost or a suggested donation of $10.00.	

DENTAL CARE

KING COUNTY ADULT DENTAL PROGRAM (KCADP)

The King County Adult Dental Program (KCADP) provides dental services for adults who reside in King County, are not eligible for Washington Apple Health/Medicaid due to citizenship status and meet other eligibility criteria.

Dental care can be provided at certain community events by our Mobile Dental team or at a Public Health Dental Clinic.

Available covered services include:

- ✓ Cleaning
- ✓ Extractions
- ✓ X-rays
- ✓ Fillings
- ✓ Routine exams
- ✓ Fluoride application

Other limited dental services include:

- ✓ Periodontal (gum disease)
- ✓ Dentures/partials
- ✓ Oral surgery

Eligibility:

- ❑ Must be over the age of 19.
- ❑ Must reside in King County.
- ❑ Must NOT have any other dental insurance.
- ❑ Must NOT have a student, visitor, or business VISA.
- ❑ Is not eligible for Apple Health.
- ❑ Beginning April 1, 2026, income must be at or below 138% Federal Poverty Level (FPL)

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
KCADP	$1,835 Monthly	$2,490 Monthly	$3,142 Monthly	$3,795 Monthly	$4,449 Monthly	$5,102 Monthly	$5,755 Monthly

How to apply? Community Health Access Program (CHAP) -1-800-756-5437.

PUBLIC HEALTH CENTERS

Public Health-Seattle & King County has dental clinics throughout King County. Our adult dental services are all available to Apple Health (Medicaid) clients and to adult non-citizens not eligible for Apple Health.

Downtown Public Health	North Seattle Dental Clinic	Columbia City Center for Health	Renton Public Health Center	Eastgate Public Health
2124 4th Ave Seattle 98121 (206) 477-8300	12359 Lake City Way NE Seattle 98125 (206) 205-8580	4400 37th Ave S Seattle 98118 (206) 535-2497	3201 NE 7th St Renton 98056 (206) 477-0100	14350 SE Eastgate Way Bellevue 98007 (206) 477-8000

COMMUNITY CLINICS

In addition to Public Health Dental Clinics, our partners at the Community Health Centers (CHS) also provide dental care. www.kingcounty.gov/chc

HealthPoint	International Community Health Services (ICHS)	NeighborCare Health	Sea Mar Community Health Centers	Seattle Indian Health Board (SIHB)	Seattle Roots Community Health Center
(866) 893-5717	(206) 788-3700	(206) 548-5710	(206) 762-3263	(206) 324-9360	(206) 299-1611

For additional information, please call: Community Health Access Program (CHAP), 1-(800) 756-5437. Access a list of dental clinics for clients with and without health insurance or visit www.kingcounty.gov/abcd.

ACCESSING DENTAL SERVICES
ACCESS TO BABY AND CHILDREN DENTISTRY (ABCD) PROGRAM

Access to Baby and Child Dentistry (ABCD) is a system of care in King County that connects Apple Health (Medicaid) with specially trained dentists in their communities. It's important that young children get care early, as a child with dental disease may have oral health problems throughout life. Cavities can be painful and interfere with a child's ability to focus and learn in school, eat, speak, and even play. Yet, cavities are almost entirely preventable, and prevention saves money for everyone.

Why ABCD? Making sure that your children have healthy teeth and mouths for a lifetime begins early. Baby teeth help children chew food and speak clearly. They shape children's faces and guide adult teeth into place. Cavities in baby teeth can cause pain and affect a child's ability to sleep, learn and pay attention.

Eligibility:

- ❑ Any Apple Health (Medicaid) eligible child from birth through age 5 years old are automatically enrolled.
- ❑ Any child enrolled in the Developmental Disabilities Administration (DDA) home and community-based waiver services between ages 6 -12 years old.

Program Benefits:

- ✓ Increased access to dental care throughout King County
- ✓ Increased number of dental services (i.e., 3 fluoride varnish applications per year, 2 Family Oral Hygiene Instruction consultations per year, etc.)
- ✓ Assistance in finding a dentist that will fit your needs and language preferences
- ✓ Assistance in coordinating transportation to and from the dental office
- ✓ Assistance in coordinating interpreter services for the dental visit

Dental Resource List Children

For additional questions, contact Community Health Access Program (CHAP) 1-(800) 756-5437 or abcd@kingcounty.gov . Access a list of pediatric dentists in King County or visit www.kingcounty.gov/abcd

VISION RESOURCES & EYEGLASSES

InfantSEE

Provides a FREE comprehensive eye assessment for infants between 6–12 months of age.

Phone

888-396-3937

Eligibility

- Infants 6-12 months old
- No income requirements
- No insurance required

Website

https://www.infantsee.org

OneSight EssilorLuxottica Foundation

This program is for King County residents who need eyeglasses.

Contact

Community Health Access Program **(CHAP)** at 800-756-5437

Eligibility

- Must meet income requirements
- Have a valid prescription within the last two years

Website

https//www.lenscrafters.com/onesite

New Eyes

Provides a basic pair of single or lined bifocal lenses through their online dispenser. Each application has a non-refundable fee.

Contact

Community Health Access Program **(CHAP)** at 800-756-5437

Eligibility

- Monthly net income must be at or below 250% FPL
- Current eye exam with pupillary distance measurement

Website

https://new-eyes.org

ICHS Vision Clinic

Provides affordable eye care, regardless of ability to pay or insurance status. For those without insurance, starting at $50 and capped at $130 (depending on income and family size).

Phone

206-788-3700

Services Include

- Eye exams
- Prescription glasses

Website

https://www.ichs.com/services/eye-care

Additional Low-Cost Options

- **Costco Optical**
- **Walmart Vision Centers**
- **America's Best**
- **Visionworks**
- Community health centers with optometry services

PRIVATE INSURANCE COMPANIES THAT DON'T REQUIRE A SOCIAL SECURITY NUMBER

You are eligible to purchase an insurance plan that sells outside of Wahealthplanfinder.org.

Medical

- Regence
  833-458-0668

Vision

- VSP
  800-785-0699
- EyeMed
  844-225-3107
- UnitedHealthcare
  888-680-0408

Dental

- Delta Dental
  844-764-5301
- United Healthcare
  866-487-9299
- Cigna
  855-352-1604
- Willamette Dental
  (Limited locations)

Apply by paper:

TrueCare Washington
855-433-6825 Opt. 2

- Guardian
  866-569-9900
- Ameritas
  888-336-7601
- Humana
  888-371-9538
- MetLife
  844-263-8336

Smile Savings Plan

This is not insurance. Pay an annual membership fee and receive savings on eligible dental services from general dentists and specialists.

Website
DentalPlans.com
Phone
866-505-9693

FOOD RESOURCES

BASIC FOOD PROGRAM (EBT/SNAP)

The Basic Food Program (SNAP, EBT, or Food Stamps) helps families buy more food for their families. Once you have been approved you will receive an Electronic Benefit Transfer card (EBT) that will allow you to buy fresh fruit, vegetables, meat and much more at participating stores.

Eligibility is based on monthly income and family size. Legally admitted immigrants who meet specific program rules may be eligible for food benefits.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Basic Food	$2,660 Monthly	$3,607 Monthly	$4,553 Monthly	$5,500 Monthly	$6,447 Monthly	$7,393 Monthly	$8,340 Monthly

Basic Food	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Maximum Benefits	$298 Monthly	$546 Monthly	$785 Monthly	$994 Monthly	$1,183 Monthly	$1,372 Monthly	$1,561 Monthly

Once you have been approved for Basic Food, most households are eligible for: Women Infants Children (WIC) program (see next page), low-income internet, free or reduced school lunches, and wireless telephone programs (see page 32).

How to apply? Contact the Community Health Access Program (CHAP) 1-(800) 756-5437 for assistance or apply online at www.washingtonconnection.org.

WOMEN, INFANT AND CHILDREN (WIC) SUPPLEMENTAL NUTRITION PROGRAM

WIC is a supplemental food program for women who are pregnant or breastfeeding, infants, and children. Pregnant women, new moms & children under five can get healthy food and lots more through this program.

Eligibility:

- ❑ You live in Washington State, and have medical or nutrition needs
- ❑ Dad, grandparents, and other caregivers of children under the age of five may also sign kids up for WIC. Foster children under age five and foster teens who are pregnant are eligible for WIC.
- ❑ If you or your family member is on Apple Health (Medicaid), Temporary Assistance for Needy Families (TANF), or Basic Food you may be eligible for WIC too.
- ❑ Many working families and military families are eligible for WIC.

To find a WIC clinic or get more information: Call (206) 263-9300 or www.kingcounty.gov/wic.

NORTHWEST HARVEST SODO COMMUNITY MARKET

Northwest Harvest's SODO Community Market is a free grocery store where anyone can shop with dignity just like at a traditional grocery store. The market is open to everyone, with no ID, proof of income, or residency required. It's located in Seattle's SODO neighborhood: 1915 4th Avenue South, near the corner of 4th Avenue South and South Holgate Street.

For more information: www.northwestharvest.org/sodo-community-market

FOOD BANKS IN KING COUNTY

This is only a partial list of Food Banks in King County. Please contact each location directly for days and hours of food pickup.

Auburn	Auburn	Bellevue	Burien	Covington
St. Vincent de Paul 717 Auburn Way N Auburn 98002 (253) 833-2546	Auburn Food Bank 2804 Auburn Way N Auburn 98002 (253) 833-8925	Hopelink Bellevue 14812 Main St Bellevue 98007 (425) 943-7555	Highline Area Food Bank 18300 4th Ave S Burien 98148 (206) 433-9900	Storehouse 26201 180th Ave SE Covington 98042 (253) 631-3038
Des Moines	**Enumclaw**	**Fall City**	**Federal Way**	**Issaquah**
Des Moines Area Food Bank 22225 9th Ave S Des Moines 98198 (206) 878-2660	Plateau Outreach Ministries 1720 1/2 Wells St Enumclaw 98022 (360) 825-6188	Fall City Community Food Pantry 4326 337th PL SE Fall City 98024 (425) 269-8098	The Market at Redondo Heights Food Bank 27614 Pacific Hwy S Federal Way 98003 (253) 383-1717	Issaquah Food & Clothing Bank 179 1st Ave SE Issaquah 98027 (425) 392-4123
Kent	**Maple Valley**	**North Bend**	**Pacific**	**Renton**
Kent Food Bank & Emergency 515 W Harrison St Suite #107 Kent 98032 (253) 520-3550	Maple Valley Food Bank 21415 Renton-Maple Valley Road SE Maple Valley 98038 (425) 432-8139	Snoqualmie Valley Food Bank 122 E 3rd St North Bend 98045 (425) 888-7832	Algona/Pacific Food Pantry 603 3rd Ave SE Pacific 98047 (253) 351-0450	Salvation Army- Renton 206 S Tobin Renton 98057 (425) 255-5969
Seattle	**Seattle**	**Seattle**	**Seattle**	**Seattle**
West Seattle Food Bank 3419 SW Morgan Seattle 98126 (206) 932-9023	Rainier Valley Food Bank 9021 Rainier Ave S Seattle 98118 (206) 723-4105	North Helpline Food Bank 12736 33rd Ave NE Seattle 98125 (206) 367-3477	The Food Bank at St. Mary's 611 20th Ave S Seattle, 98144 (206) 324-7100	Seattle Indian Center Food Bank 624 S Dearborn St Seattle, WA 98104 (206) 329-8700

Food Banks in King County

Seattle	Seattle	Seattle	Seattle	Seattle
El Centro De La Raza 2524 16th Ave S Seattle 98144 (206) 973-4401	Byrd Barr Place 722 18th Ave Seattle 98122 (206) 812-4940	Ballard Food Bank 5130 Leary Ave NW Seattle 98107 (206) 789-7800	Queen Anne Food Bank of Sacred Heart 232 Warren Ave N Seattle 98109 (206) 216-4102	White Center Food Bank 10016 16th Ave SW Seattle 98146 (206) 762-2848
Seattle	**Skykomish**	**Shoreline**	**Tukwila**	**Vashon**
St. Vincent de Paul – Georgetown 5972 4th Ave Seattle 98108 (206) 767-9975	Skykomish Harvest Food Bank 108 Old Cascade Hwy NE Skykomish 98288 (425) 908-0429	Hopelink Shoreline 17837 Aurora Ave N Shoreline 98133 (206) 440-7300	Tukwila Pantry 3118 S 140th Tukwila 98168 (206) 431-8293	Vashon- Maury Food Bank 10030 SW 210th Bldg. 4 Vashon 98070 (206) 463-6332

You may also go to https://www.northwestharvest.org/our-work/food-access-network/

and search by zip code or city.

TRANSPORTATION

ORCA LIFT

Reducing your bus fare to $1.00 (in most cases)

ORCA LIFT is reduced transit fare that can help you get more out of your public transportation system. Your ORCA LIFT card provides you with a reduced transit fare on select regional transit systems throughout the Puget Sound area. ORCA LIFT cards will also work with transit agencies not offering a reduced rate, but at the full adult fare.

King County Metro buses: $1.00	**Community Transit (Local, Express, & Swift):** $1.00
Seattle Streetcar: $1.00	**Everett Transit:** $1.00
Seattle Monorail: $2.00	**Kitsap Transit buses and Foot Ferries:** $1.00
Sound Transit Link light rail: $1.00	**Kitsap Transit Fast Ferries:**
Sounder Trains: $1.00	East-bound: $1.00
Sound Transit Express Buses: $1.00	West-bound: $6.50
Pierce Transit: $1.00	**King County Water Taxi:** $1.00
Washington State Ferries: full fare	**Please see page 39 for more details**

Eligibility:

- ❑ You must meet income guidelines. (See Below)
- ❑ If your family is receiving Basic Food or Apple Health, or if you're in pregnancy medical, **you're already eligible**! Immigration status is not a factor.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Orca Lift	$2,660 Monthly	$3,607 Monthly	$4,553 Monthly	$5,500 Monthly	$6,447 Monthly	$7,393 Monthly	$8,340 Monthly

How to apply: You can enroll online at: www.kingcounty.gov/collegelift or call the Community Health Access Program 1-(800) 756-5437.

ORCA LIFT

King County METRO
Moving forward together

Lower fares. More possibilities.

King County Metro buses
$1.00

King County Water Taxi
$1.00

Link light rail
$1.00

ST Express buses
$1.00

Sounder
$1.00

Seattle Center Monorail
$2.00

Seattle Streetcar
$1.00

Community Transit
Local, Swift and Zip $1.00

Everett Transit
$1.00

Kitsap Transit buses
and Kitsap Foot Ferries
$1.00

Kitsap Fast Ferries
Eastbound $1.00
Westbound $6.50

Pierce Transit
$1.00

Washington State Ferries
Regular fare

myORCA.com
800-756-5437

ORCA LIFT fares Matrix 25

SUBSIDIZED ANNUAL PASS

Card holders can ride King County Metro and Sound Transit services at no charge.

King County Metro and Sound Transit have partnered to create a new, subsidized annual pass program, allowing qualified riders to travel on select transit in our region with subsidized fares. The subsidized annual pass is valid for up to 12 calendar months and is renewable each year, provided eligibility requirements are met.

Eligibility:

Customers enrolled in one of six state benefit programs are eligible for a subsidized annual pass.

- ❑ Must live in King, Pierce, or Snohomish County.
- ❑ Current enrollment in one of the following state cash benefit programs:
  1. Temporary Assistance for Needy Families (TANF)/ State Family Assistance (SFA)
  2. Pregnant Women Assistance (PWA) (Not WIC or Pregnancy Medical)
  3. Refugee Cash Assistance (RCA)
  4. Supplemental Security Income (SSI) (Not Social Security Income)
  5. Aged, Blind, or Disabled (ABD)
  6. Housing and Essential Needs (HEN) *(Not Housing and Urban Development (HUD))*

Enroll by telephone using one of the options below:

Public Health – Seattle & King County Community Health Access Program (CHAP)	Catholic Community Services
800-756-5437	206-960-1582

Enroll in person at one of the locations listed:

ORCA LIFT/Public Health Office	Federal Way Public Health Storefront	Catholic Community Services Randolph Carter Center
201 S Jackson St, Seattle, WA 98104	1640 S 318th Pl, Ste B, Federal Way, WA 98003	100 23rd Ave S, Seattle, WA 98144

To learn more, go to kingcounty.gov/SubsidizedAnnualPass

For Lost or Stolen Cards email reducedfares@kingcounty.gov or call (206) 477-4200

What can I ride?

Fare 100% paid by your subsidized annual pass

King County Metro buses

RapidRide

Access

Trailhead Direct

Metro Flex

King County Water Taxi

Seattle Center Monorail

Seattle Streetcar

Sound Transit express buses

Link light rail

Sounder commuter train

Everett Transit

Need help? Lost your subsidized annual pass? Have more questions?

¿Necesita ayuda? ¿Perdió su pase anual de transporte? ¿Tiene alguna otra pregunta?

需要幫助嗎？丟失了您的補貼年票？有更多疑問嗎？

Quý vị cần được trợ giúp? Quý vị làm mất vé năm được trợ cấp của mình? Quý vị có thêm câu hỏi?

Потрібна допомога? Загубили пільговий проїзний білет на рік? Є інші запитання?

Ma u baahan tahay caawimaad? Makaa dhumay kaarka qiimo dhimista adeegyadaada? Su'aalo dheeraad ah ma qabtaa?

Нужна помощь? Утерян льготный проездной билет на год? Есть еще вопросы?

도움이 필요하신가요?보조금을 지급받는 연간 패스를 분실하셨나요?추가 문의 사항이 있으신가요?

هل تحتاج إلى مساعدة؟ هل فقدت التصريح السنوي المُدعَّم الخاص بك؟ هل لديك أي أسئلة؟

አርዳታ ያስፈልጎታል?አመታዊ የድጋፍ ማለፊያዎን አጡ?ተጨማሪ ጥያቄዎች አሉዎት?

reducedfares@kingcounty.gov

206-477-4200

kingcounty.gov/SubsidizedAnnualPass

King County METRO · SOUNDTRANSIT · EVERETT TRANSIT · CATHOLIC COMMUNITY SERVICES SERVING PEOPLE OF ALL BELIEFS · Public Health Seattle & King County · Washington State Department of Social & Health Services Transforming lives

OTHER TRANSPORTATION PROGRAMS

Program	Description	Contact
Lyft	Provides free transportation for job interviews, job training, and work. In some areas, rides are also available for criminal record expungement services and to pick up donated internet hotspots. Service is available to Seattle residents only.	**Online** https://www.lyft.com/lyftup/jobs-access/get-help
Taxi Scrip Program	The Taxi Scrip Program serves low-income King County residents age 18 to 64 who have a disability or age 65 and over. Once registered, you can buy up to eight books of taxi scrip each month from Metro at a 50 percent discount to help meet your transportation needs. For more information, visit: https://kingcounty.gov/en/dept/metro/fares-and-payment/reduced-fares/taxi-scrip#toc-how-to-qualify-and-apply	**Phone** 206-477-3705 **In-Person** King Street Center 201 S Jackson St, Seattle, WA 98104

LOW-COST & DISCOUNTED INTERNET PROGRAMS

PROGRAM	ELIGIBILITY	SERVICE AREA	HOW TO APPLY?
LIFELINE Website https://www.lifelinesupport.org/about-lifeline/ Phone 800-234-9473	Must meet one of the following: - You or someone in your household must participate in one of the government assistance programs (SNAP, Medicaid, etc.). - Income at or below 135% of the Federal Poverty Level (FPL). - If you live on qualifying Tribal lands, there are other qualifying programs for eligibility (visit website for more information). - If you're a survivor of domestic violence, human trafficking or related crimes you may qualify through the extended eligibility criteria (visit website for more information).	All states + DC	1. Online 2. Participating phone or internet company 3. By Mail (visit webpage for application) **Lifeline Support Center** PO Box 1000 Horseheads, NY 14845
XFINITY INTERNET ESSENTIALS Website https://www.xfinity.com/learn/internet-service/internet-essentials Phone 844-389-4681	To qualify you must: - Live in an area where Xfinity Internet service is available. - Participate in a qualifying assistance program such as National School Lunch Program, housing assistance, Medicaid, SNAP, and others. - You're not an existing Xfinity Internet customer or have not had Xfinity Internet within the last 90 days. - Have no outstanding Comcast balance that is less than one year old. - Have a household income at or below 200% of the Federal Poverty Level (FPL).	All states + DC	Apply online at https://apply.internetessentials.com/

VERIZON FORWARD Website https://www.verizon.com/discounts/verizon-forward/ Phone 800-922-0204	To qualify you must be enrolled in one of the following programs: - Lifeline, SNAP, Medicaid, or other programs. - Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). - Income is at or below 200% of the Federal Poverty Guidelines. - Received a Federal Pell Grant within a year prior to application - Supplemental Security Income (SSI) - Federal Public Housing Assistance (Section 8). - Veterans and Survivors Pension Benefit. - Bureau of Indian Affairs (BIA) General Assistance. - Food Distribution Program on Indian Reservation (FDPIR) - Tribally Administered Temporary Assistance for Needy Families (Tribal TANF). - Tribal Head Start (only those households meeting their income qualifying standard).	All states + DC	Apply online at https://www.verizon.com/discounts/verizon-forward/
T-MOBILE PROJECT 10MILLION Connecting 10 million students to internet access Website https://www.t-mobile.com/brand/project-10-million	K-12 students can qualify if enrolled in one of the following programs dated within one year of participation: - National School Lunch Program (NSLP). - Supplemental Nutrition Assistance Program (SNAP/EBT). - Community Eligibility Provision (CEP). - Medicaid. - Food Distribution Program on Indian Reservations (FDPIR).	All states + DC	Apply online at https://www.t-mobile.com/brand/project-10-million

SPECTRUM INTERNET ASSIST Website Spectrum.net/SIA Phone 833-267-6094	To qualify you must be enrolled in one of the following programs: - National School Lunch Program (NSLP). - Free or reduced cost lunch. - Community Eligibility Provision (CEP). - Supplemental Social Security Income (SSI).	Visit https://www.spectrum.com/	1. Online 2. Mail to: **Spectrum Attention: OCS-Internet Assist Program** 4145 S. Falkenburg Road, Riverview, Florida 33578
VIASAT Website https://www.viasat.com/satellite-internet/help/residential/plans-and-add-on-services/caf-plan/ Phone 855-627-2555	To receive discount, you must be enrolled in Lifeline Program (please see page 32).	Washington State	1. To apply for the Lifeline program, see page 32. 2. For Viasat visit, https://www.viasat.com/satellite-internet/

LOW-COST IN-HOME INTERNET OPTIONS	
ASTOUND BROADBAND Website https://www.astound.com/washington/ Phone 800-427-8686	Service Areas Visit https://www.astound.com/washington/
INTERNET FIRST Website https://www.internetfirst.com/ Phone 833-730-0644	Service Areas Visit https://www.astound.com/check-for-service/
ZIPLY FIBER Website https://ziplyfiber.com/internet Phone 866-699-4759	Service Areas Visit https://ziplyfiber.com/new-fiber-locations/Washington

FREE OR DISCOUNTED TELEPHONE PROGRAMS

PROGRAM	ELIGIBILITY	SERVICE AREA	HOW TO APPLY?
LIFELINE Website https://www.lifelinesupport.org/about-lifeline/ Phone 800-234-9473	Must meet one of the following: - You or someone in your household must participate in one of the government assistance programs (SNAP, Medicaid, etc.). - Income at or below 135% of the Federal Poverty Level (FPL). - If you live on qualifying Tribal lands, there are other qualifying programs for eligibility (visit website for more information). - If you're a survivor of domestic violence, human trafficking or related crimes you may qualify through the extended eligibility criteria (visit website for more information).	All states + DC	4. Online 5. Participating phone or internet company 6. By Mail (visit webpage for application) **Lifeline Support Center** PO Box 1000 Horseheads, NY 14845

LIFELINE PROGRAM PARTICIPANTS	
COMPANY	DETAILS
ACCESS WIRELESS Website https://www.accesswireless.com/lifeline Phone 866-594-3644	Using your own compatible phone or one you purchase; unlimited talk, text and data per month. Only one line per household.
ASSURANCE WIRELESS Website https://www.assurancewireless.com/ Phone 888-321-5880	Free Android smartphone (shipping charges may apply); unlimited talk, text and data per month. Only one line per household.

ENTOUCH WIRELESS Website https://entouchwireless.com/states/washington-lifeline-free-phone-service/ Phone 888-594-0579	Free phone (shipping charges may apply) if eligible; unlimited talk, text and data per month. Only one line per household.
LIFE WIRELESS Website https://lifewireless.com/ Phone 888-543-3620	Free cell phone (shipping charges may apply) if eligible; unlimited talk, text and data per month per month. Only one line per household.
SAFELINK WIRELESS Website https://www.safelinkwireless.com Phone 800-723-3546	Free smartphone (shipping charges may apply) if eligible; unlimited voice, text and data. Only one line per household.
TERRACOM WIRELESS Website https://www.terracomwireless.com Phone 855-935-8001	**Default plan:** Using your own compatible phone or one you purchase; 1000 voice minutes, 1000 texts, and 4.5 GB data each month. Unused minutes do not roll over. Only one line per household. **Tribal plan:** Using your own compatible phone or one you purchase; 1000 voice minutes, 1000 texts and 10 GB data per month. Unused minutes and data do not roll over. Only one line per household.
TRUCONNECT Website https://www.truconnect.com	**Default plan:** Free phone or bring your own; unlimited talk and text, free international calls to 200+ countries, and 4.5 GB of high-speed data per month. **Tribal plan:** Free phone or bring your own; unlimited talk and text, free international calls to 200+ countries, and 10 GB of high-speed data per month.

LOW-COST TELEPHONE SERVICES	
TELLO Website https://tello.com/	Build-your-own plans, no contracts. Price starts at $5/mo.+
US MOBILE Website https://www.usmobile.com Phone 878-205-0088	Build your own plan. Price starts at $8/mo.+ if purchased annually. Monthly options available.
MINT MOBILE Website https://www.mintmobile.com Phone 855-954-4870	Plans include essential features; free mobile hotspot, free calling to Mexico, Canada, & UK, and unlimited talk & text. Four plans available. Options to purchase are for 3, 6, and 12 months. Price starts at $15/mo.+
VISIBLE by Verizon Website https://www.visible.com/	Unlimited data with taxes and fees included. Three plans are available to purchase monthly or annually. Price starts at $25/mo.+
BOOST MOBILE Website https://www.bostmobile.com Phone 844-994-2796	Unlimited plans and frequent promotions. Price starts at $25/mo.+
CRICKET WIRELESS Website https://www.cricketwireless.com Phone 800-274-2538	Four plans are available. Price starts at $30/mo.+

METRO by T-Mobile Website https://www.metrobyt-mobile.com Phone 888-863-8768	Unlimited talk, text, and data. Three plans are available. Price starts at $40/mo.+
GOOGLE FI WIRELESS Website https://fi.google.com	Good for travelers and flexible data usage. Price starts at $20/mo.+
CONSUMER CELLULAR Website https://www.consumercellular.com Phone 888-352-3894	Unlimited talk and text. Multi-line accounts share data. Price starts at $20/mo.+
REDPOCKET MOBILE Website https://www.redpocket.com Phone 712-775-8777	Three plans are available. All plans include unlimited talk and text. Price starts at $10/mo.+

UTILITY ASSISTANCE PROGRAMS

PROGRAM	DESCRIPTION	ELIGIBILITY	HOW TO APPLY?
Low-Income Home Energy Assistance Program (LIHEAP)	LIHEAP provides energy assistance to households in Washington through a network of community action agencies and local partners. Through LIHEAP, you may be eligible for: - Financial assistance with your utility bill. - Help repairing or replacing an unsafe or inoperative heating or cooling unit. - Making your home more energy efficient through Commerce's Weatherization Program.	- Has not received a LIHEAP energy assistance grant during the current program year, Oct. 1st-Sept. 30th. - Household pays for residential home heating costs either directly or an energy vendor or indirectly through rent. - Average monthly gross income is at or below 150% of the federal poverty guidelines. - At least one person in the household must meet citizenship or other qualified immigration status requirements.	To apply for energy assistance, you must schedule an appointment with an organization that offers services in your area. To find an organization in your area please visit: https://fortress.wa.gov/com/liheappublic/map.aspx **Service area** Statewide
Washington State Weatherization Program	The Weatherization Program offers cost-effective energy efficiency repairs to reduce energy bills and increase home health, safety and durability for qualified homeowners and renters. The Department of Commerce allocates federal and state funds to local agencies who specialize in insulation, air sealing, ventilation, and more.	- Are a homeowner or renter. - Must meet income guidelines of the area you live in.	To contact local weatherization agency, visit: https://www.commerce.wa.gov/weatherization/

Puget Sound Energy (PSE)	**Bill Discount Rate (BDR):** Provides with ongoing help on your monthly energy bill. Depending on your household income and household size, you can save 5% to 45% a month on your bill. **Home Energy Lifeline Program (HELP):** Assistance for residential customers to help pay electric or natural gas bills. If eligible, a credit up to $1,000 will be applied to your account. No past-due balance required. **Past Due Bill Forgiveness**: Eligible PSE customers enrolled in an assistance program can have their past-due balance forgiven by making 12 consecutive on-time payments of their current monthly bill. **Home weatherization assistance:** A partnership between PSE, federal and state funding sources. It's a way for us to connect our income-qualified customers to the local agencies that can assess your home and provide free, whole-home upgrades to help lower your monthly energy bill.	**BDR & HELP Eligibility** ***Net*** income at or below 80% of area median income (AMI) for the county you live in or 200% of the federal poverty level (FPL), whichever is greater. The income guidelines are set at 80% of area median income (AMI) for the county you live in or 200% of the federal poverty level (FPL), whichever is greater. For income guidelines, visit: https://www.pse.com/en/account-and-billing/assistance-programs/Income-Guidelines **Past Due Bill Forgiveness Eligibility** - PSE residential customer with an active PSE account. - Have received PSE HELP in the current year. - Are enrolled in the BDR program. - Have an eligible past due amount. **PSE Weatherization Assistance Eligibility** - Household monthly ***gross*** income is less than the limits for your county. The income guidelines are a general guide and do not confirm eligibility. - Contact local agency to confirm household eligibility.	**Online** https://www.pse.com/en/account-and-billing/assistance-programs **Email** billdiscount@pse.com **Phone** 888-225-5773 **Participating counties** Island, King, Kitsap, Kittitas, Lewis, Pierce, Skagit, Snohomish, Thurston, Whatcom To enroll in **HELP & Home Weatherization Assistance**, you must contact your local community agency, visit: https://www.pse.com/en/account-and-billing/assistance-programs/agency-contacts

Salvation Army Warm Home Fund	Provides short-term, emergency bill payment assistance to PSE customers facing financial difficulties.	- ***Net*** income at 80% of area median income (AMI) for the county you live in or 200% of the federal poverty level (FPL), whichever is greater. - Have a shut-off notice (Urgent, Final, Disconnect) or an "Assistance Provider" notice. For income guidelines, visit: https://www.pse.com/en/account-and-billing/assistance-programs/Income-Guidelines	Visit page below to find your local agency. https://www.pse.com/en/account-and-billing/assistance-programs/Income-Guidelines
St. Vincent de Paul Emergency Utility Assistance	One-time emergency assistance with utility bills. For more information visit: https://svdpseattle.org/get-help/	- Income is less than 200% of the federal poverty guidelines. - Must have a disconnection notice.	**Phone** 206-767-6449 Everett or Snohomish County call: 425-355-3504 Tacoma or Pierce County call: 253-474-0519
Washington 211	Provides referrals to local emergency utility assistance, churches, and nonprofits.	There are no eligibility requirements; anyone can call.	**Call** 211 **Online** https://wa211.org/

KING COUNTY UTILITY ASSISTANCE PROGRAMS			
Seattle City Light Utility Discount Program & Seattle Public Utilities Utility Discount Program	City Light offers utility assistance for income-qualified residential customers: - Utility Discount Program: 60% discount on City Light bills and 50% off Seattle Public Utilities bills. - Bill Assistance: Get $250 - $700 or more towards bills you already owe.	- Have a Seattle City Light or Seattle Public Utilities account. Only the person whose name is on the utility bill can apply. - Be a residential customer, which means that your electricity or water bill is for your home and not a business. - Meet income eligibility requirements. **Emergency Bill Assistance & Project Share Assistance Program** - Have received an urgent or final shutoff notice OR have a past due balance of $250 or more. - Meet income eligibility requirements.	**Online** https://utilityassistance.seattle.gov/uap/public/landing **Mail or fax** Contact CHAP line at 800-756-5437 **Email** SPUCustomerService@seattle.gov **Phone** (206) 684-3000
HomeWise Weatherization Program	Provides FREE energy efficiency improvements to income-qualified homes by decreasing energy bills, increasing comfort, and saving money.	- Be a homeowner or renter living within Seattle city limits. - Meet income eligibility requirements. - For renters, if half the tenants are income-qualified HomeWise will work with building owner. For more information visit, https://www.seattle.gov/housing/housing-developers/multifamily-weatherization	**Online** https://civiform.seattle.gov/programs/3095/review **Mail** Seattle Office of Housing Attn: Weatherization Applications PO Box 94725 Seattle, WA, 98124-4725

Hopelink Energy Assistance	LIHEAP, emergency utility assistance, and water assistance for eligible East and North King County residents.	- Live in an eligible ZIP code. - Meet income guidelines. **For crisis assistance:** - Power has been shut off. - Received a shut-off notice. - Have less than a 10-day supply of oil, wood, or propane.	**Schedule an appointment online or by phone.** https://www.hopelink.org/programs/energy/ 425-658-2592
Multi-Service Center (MSC)	Provides utility bill assistance to eligible households in South King County. Some households may also qualify for portable AC units and water bill assistance through a partnership with Lakehaven Water District.	Meet the income guidelines for LIHEAP, SHEAP, or PSE HELP and live within the service area. To receive a portable A/C unit, you must meet LIHEAP income guidelines and live within the service area.	**Online** https://mschelps.org/ill_resources/energy-assistance/ **Phone** 253-517-2263 *No longer accepting LIHEAP or SHEAP appointments.
Byrd Barr Place	LIHEAP and emergency energy assistance for Seattle and North King County.	- Lives within Metro Seattle. - Meet income guidelines. - Have an active Seattle City Light account, Puget Sound Energy, or oil account, or have energy costs included in their rent. Household members age 18 or older must provide proof of income and photo ID.	**Online** https://byrdbarrplace.org/programming/energy-assistance **Mail** Attn: Energy Assistance Byrd Barr Place 722 18th Ave, Seattle, WA 98122 **In-Person** Tuesdays and Thursdays from 10am-12pm

SNOHOMISH COUNTY UTILITY ASSISTANCE PROGRAMS			
Snohomish County Energy Assistance Program	Provides a one-time heating assistance grant for eligible households, including help with heating bills, heating system repairs, natural gas discounts, and air conditioners for qualifying LIHEAP households.	For eligibility visit: https://snohomishcountywa.gov/552/Energy-Assistance	**Phone** 425-388-3880 **Address** 3000 Rockefeller Ave, Everett WA 98201
Reduced Utility Rate Program	Eligible low-income households may receive a 50%–75% discount on utility base rates, depending on household income. Approved households also receive discounts on garbage services through Republic Services.	- Have a City of Snohomish utility account at their primary residence. - Contribute to utility payments. - Submit the required application documents. - Meet household income guidelines. - Have a 5/8-inch single-family residential water meter.	**Application** https://www.snohomishwa.gov/743/Utility-Assistance **Phone** 360-568-3115 **Email** utilitybilling@snohomishwa.gov **In-Person** City Hall Mon.-Thurs. 8:30 AM - 3:30 PM
Snohomish PUD Bill Assistance	Monthly discount rates for qualifying electric customers.	- Receive DSHS benefits, free/reduced lunch, or income-qualified housing assistance, or - Meet income guidelines.	**Online** https://www.snopud.com/account/financial-assistance/bill-assistance/ **Phone** 425-783-1000

Snohomish County Weatherization Program	Provides free home energy improvements and energy-saving education to help qualifying low-income homeowners and renters' lower utility bills and improve home comfort.	- Must meet income guidelines. - Home must qualify after a weatherization assessment. Qualifying based on income does not guarantee your home will be eligible for energy or weatherization improvements.	**Phone** 425-388-7205 **Email** weatherization@snoco.org **Website** https://snohomishcountywa.gov/600/Weatherization-Program
CLALLAM & JEFFERSON COUNTY UTILITY ASSISTANCE PROGRAMS			
Olympic Community Action Programs (OlyCAP)	Helps Clallam and Jefferson County residents with LIHEAP, Weatherization, and Water assistance (if funds are available).	For more information visit https://olycap.org/energy-assistance	**Phone** 360-385-2571
Clallam County PUD Low-Income Assistance Program	Monthly bill discounts for eligible households with high energy costs. more than 6% of their household income.	Must meet income guidelines. For more information, visit https://www.clallampud.net/low-income-energy-assistance-program/	**Online** https://clallampud.net/assistance/ **Phone** 360-452-9771
Jefferson County PUD Payment Assistance Program	The PUD offers programs to help eligible customers lower their utility bills.	For programs and eligibility visit, https://www.jeffpud.org/assistance/	**Phone** 360-385-5800

OTHER PROGRAMS OR INFORMATION

GUN SAFETY

King County's Lock It Up program mission is to promote safety in our communities by increasing safe firearm storage.

Find information on:

- ✓ Why it's important to store firearms safely
- ✓ Safe storage device options
- ✓ How to practice safe storage at home
- ✓ How to encourage others to store firearms safely

To learn more, check out our data site at kingcounty.gov/lockitup

CANNABIS, COMMERCIAL TOBACCO, & VAPING PREVENTION PROGRAM (CCTV)

Program's mission is to reduce health disparities through partnerships, policies, and system changes that promote effective cessation efforts and prevent tobacco use, nicotine addiction and exposure to secondhand smoke.

For more information:

Website: kingcounty.gov/cctv
Email: CTVPrevention@kingcounty.gov

ENGLISH AS A SECOND LANGUAGE AND OTHER RESOURCES

KING COUNTY LIBRARY SYSTEM

Learn English grammar, reading, writing and conversation skills with an experienced instructor. Classes are free.

For more information, please visit
www.kcls.bibliocommons.com/events/search/fq=types:(5672ea0bddaae0b810019c3d)

EVERGREEN GOODWILL OF NORTHWEST WASHINGTON

English for Speakers of Other Languages (ESOL) Classes

Evergreen Goodwill offers free ESOL classes for beginner and intermediate English learners to improve language skills for work and daily life. In-person and virtual classes, including Citizenship Test Preparation, are available twice a week, with computer labs for independent practice.

For more information or to learn how to register, please go to https://evergreengoodwill.org/locations/job-training-education-center-king-county/ or (206) 860-5791.

*Evergreen Goodwill is updating its Job Training & Education programs. Seattle and Everett Education Centers will resume classes in October 2026.

CENTRO RENDU

Free adult basic education classes in Spanish, classes for English language learners, high school completion programs (GED & 21+), computer and financial literacy classes.

For more information contact Susana Manriquez at (253) 499-4245 Ext. 6101 or susanam@svdpseattle.org

HOPELINK

About English for Work

It's a free program that helps English language learners improve their English skills while preparing for employment in the United States. Classes are available for beginner, intermediate, and advanced learners and are open to all eligible adults, regardless of race, ethnicity, gender, religion, or other identity.

To enroll in English for Work online, students must:

- ❑ Be 18 years or older
- ❑ Be an English language learner with beginning, intermediate, or advanced English skills
- ❑ Not have a B, F, J, or M visa
- ❑ Live in the Hopelink service area (North or East King County), Seattle, or a neighboring city. Neighboring cities include Renton, Burien, SeaTac, Tukwila, and White Center.

For more information contact (425) 250-3007 or english@hopelink.org or text 425-559-5228

REWA

ReWA offers free online and in-person English (ESL/ELL) classes to help refugees and immigrants improve their English skills, transition to life in the U.S., and prepare for long-term employment. Classes provide a supportive learning environment for learners at all literacy levels.

Eligibility: Refugees, asylees, special immigrants from Afghanistan and Iraq, and TANF recipients.

For more information, contact Yuliya Matyushkina at (206) 957-2029 or eslstudent@rewa.org

Jubilee REACH

Jubilee REACH offers free in-person English classes for adult learners from beginner to intermediate levels, with new students placed in classes from September through March and later applicants added to a waitlist for the next term.

For more information, call/text (425) 504-6057 or email esl@jubileereach.org

Refugee Resettlement Office

Free ESL classes are available online for learners of levels 1-6, from pre-literate to advanced, with instruction in listening, speaking, reading, writing, vocabulary, basic sentences, the alphabet, and U.S. culture. Classes are offered Monday through Thursday to accommodate different schedules.

For more information, contact Bryan Thomas at (206) 323-3152 or bryan@rroseattle.org

Literacy Source

ESOL classes focus on the ability to listen, speak, read, write, use math, think critically and creatively, and use technology to navigate our lives. Each class is content, or theme-based, and skills are taught in context working toward a final project. Classes are 2 days a week, online or in person, daytime or evening.

For more information, contact 206-782-2050 or https://www.literacysource.org/classes

ESL Directory

To find more classes in your area please visit www.esldirectory.com/esl-program-search/usa/washington

PROJECT HELP

Project HELP provides free assistance to anyone in Washington with state funds or self-insured workers' compensation claims, from filing through claim closure. Staff can review claim information with the Department of Labor & Industries to help answer questions and guide individuals through the claims process.

For more information visit www.projecthelpwa.com, call (800) 255-9752, or email projecthelp@wslc.org.

VILLA COMUNITARIA

Villa Comunitaria's programs are key to helping Latinx immigrants navigate the complexities of the United States systems such as housing, health, and education so they can thrive and prosper.

For more information visit www.villacomunitaria.org, call (206) 767-7445, or email Info@villacomunitaria.org.

TAX PREPARATION

United Way of King County—Free tax preparation and ITIN services.

For more information visit https://www.uwkc.org/need-help/tax-help/, or email freetax@uwkc.org.

PIM Savvy—Free tax preparation and ITIN services.

For more information visit https://pimsavvy.com/, call (206) 565-2961, or email vita@pimsavvy.com.

Self-file online for free at www.MyFreeTaxes.com, https://www.freetaxusa.com/

DOMESTIC VIOLENCE RESOURCES IN KING COUNTY

These organizations offer free services, confidential, and culturally sensible for survivors of domestic violence.

DO YOU NEED HELP NOW?

NATIONAL DOMESTIC VIOLENCE HOTLINE
800-799-7233
Interpreters available

SEND A TEXT
Text the word "START" at 88788

MORE ONLINE RESOURCES
https://www.thehotline.org/

DVHOPELINE 206-737-0242 https://dvhopeline.org/	**DAWN (DOMESTIC ABUSE WOMEN'S NETWORK)** 425-656-7867 https://dawnrising.org/
LIFEWIRE 425-562-8840 https://www.lifewire.org/	**ReWA (REFUGEE WOMEN'S ALLIANCE)** 206-721-0243 https://www.rewa.org/
API CHAYA 877-922-4292 https://www.apichaya.org/	**CONSEJO COUNSELING AND REFERRAL SERVICE** 206-461-4880 https://www.consejocounseling.org/
JUBILEE WOMEN'S CENTER 206-324-1244 https://jwcenter.org/	**YWCA SEATTLE | KING | SNOHOMISH** 877-757-8297 (call or text) https://www.ywcaworks.org/
SOMALI FAMILY SAFETY TASK FORCE 253-220-8314 https://www.somalifamilysafetytaskforce.org/	**ADWAS (ABUSED DEAF WOMEN'S ADVOCACY SERVICES)** 855-812-1001 https://www.thedeafhotline.org/
ATLANTIC STREET CENTER 206-637-6967 (English) 206-349-6197 (Spanish) https://atlanticstreetcenter.org/	**MUSLIMAHS AGAINST ABUSE CENTER** 206-825-1847 https://ma-ac.org/
TEEN DATING VIOLENCE HOTLINE 866-331-9474 Text 'LOVEIS' to 22522 https://www.loveisrespect.org/	**PROTECTION ORDERS ADVOCACY PROGRAM** 206-477-1103 www.protectionorder.org

LEGAL RESOURCES

Asian Counseling and Referral Service (ACRS)	
Areas of legal assistance:	Adjustment of Status, Consular Processing, Family-based petitions, Naturalization/Citizenship
Types of legal assistance:	Help complete forms, Filings with USCIS
Location:	3639 Martin Luther King Jr. Way South, Seattle 98144
Contact:	(206) 695-7600, www.acrs.org
Catholic Immigration Legal Services (Seattle Office)	
Areas of legal assistance:	Citizenship/naturalization, Adjustment of status (green cards), Green card replacement or renewal, Family-based petitions, Consular processing, Petition to remove conditions, Fiancé visa, DACA renewal, Travel documents, Employment authorization, Humanitarian cases, Mock interview, Fee waivers, Resource and referral, Community outreach and education
Types of legal assistance:	Representation before the Board of Immigration Appeals (BIA)
Location:	100 23rd Avenue South, Seattle 98144
Contact:	(206) 328-6314, https://ccsww.org/services/catholic-immigration-legal-services/, ccskingcountyinfo@ccsww.org
Colectiva Legal del Pueblo	
Areas of legal assistance:	Adjustment of Status, Asylum applications, Consular Processing, DACA, Employment authorization, Family-based petitions, Habeas Corpus, NACARA, Naturalization/Citizenship, Removal hearings, T visas, TPS, U visas, Violence Against Women Act (VAWA) petitions.
Types of legal assistance:	Help completing forms, Filings with USCIS, Representation at Asylum Interviews, (Credible Fear Interviews, Reasonable Fear Interviews), Representation before the Immigration Court, Representation before the Board of Immigration Appeals (BIA), Federal court appeals
Location:	13838 1st Ave S, Ste F, 2nd Floor, Burien 98168
Contact:	(206) 931-1514, https://colectivalegal.org/, info@colectivalegal.org
Entre Hermanos	
Areas of legal assistance:	Adjustment of Status, Asylum applications, Consular Processing, DACA, Employment authorization, Family-based petitions, Habeas Corpus, NACARA, Naturalization/Citizenship, Removal hearings, Special Immigrant Juvenile Status, T visas, TPS, U visas, Violence Against Women Act (VAWA) petitions
Types of legal assistance:	Help completing forms, Filings with USCIS, Representation at Asylum Interviews (Credible Fear Interviews, Reasonable Fear Interviews), Representation before the Immigration Court, Representation before the Board of Immigration Appeals (BIA), Federal court appeals
Location:	1621 S Jackson Street, Suite #202, Seattle 98144
Contact:	(206) 434-0948, https://entrehermanos.org/immigration/

Interchurch Refugee Ministries - Refugee Resettlement Office	
Areas of legal assistance:	Adjustment of Status, Family-based petitions, Naturalization/Citizenship
Types of legal assistance:	Help complete forms, Filings with USCIS
Location:	1919 Auburn Way N, Ste. 7, Auburn, WA 98002
Contact:	(206) 323-3152, emma@rroseattle.org, sameer@rroseattle.org, khalil@rroseattle.org
International Rescue Committee	
Areas of legal assistance:	Applications for Lawful Permanent resident status, US citizenship/Naturalization, family reunification petitions, TPS, Humanitarian Parole, DACA, employment authorization, Refugee Travel Documents, re-Entry Permits or Advance Parole/TPS travel authorization, legal services for certain Afghan and Ukrainian parolees, document renewal and replacement
Types of legal assistance:	Help complete forms, Filings with USCIS
Location:	560 Naches Ave SW, Suite 110, Renton, WA 98057
Contact:	(206) 623-2105, https://welcome.rescue.org/us/en/seattle-wa/services
Lutheran Community Services Northwest - Refugee Program (Seattle Office)	
Areas of legal assistance:	Adjustment of Status, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Naturalization/Citizenship
Types of legal assistance:	Help complete forms, Filings with USCIS
Location:	4040 S 188th St, Ste 300, SeaTac 98188
Contact:	(206) 901-1685, https://lcsnw.org/, RIMServices@lcsnw.org, leap@lcsnw.org
Northwest Immigrant Rights Project (Seattle Office)	
Areas of legal assistance:	Applications for asylum, representation in removal (deportation) proceedings, protections for survivors of domestic violence (VAWA), victims of other crimes (U Visas), DACA, and other immigration applications, including naturalization and family visas.
Types of legal assistance	Help completing forms with USCIS and representation
Location:	615 2nd Avenue, Suite #400, Seattle 98104
Contact:	(206) 587-4009, www.nwirp.org
Refugee Women's Alliance	
Areas of legal assistance:	Adjustment of Status, Consular Processing, DACA, Employment authorization, Family-based petitions, Naturalization/Citizenship, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions
Types of legal assistance:	Help complete forms, Filings with USCIS
Location:	4008 Martin Luther King Jr. Way, Seattle 98108
Contact:	(206) 721-0243, www.rewa.org

St. James Immigrant Assistance	
Areas of legal assistance:	Naturalization/Citizenship
Types of legal assistance:	Help complete forms, Filings with USCIS
Location:	907 Columbia St, Seattle 98104
Contact:	(206) 382-4511, www.stjames-cathedral.org/immigrant, ckoehler@stjames-cathedral.org
Tacoma Community House	
Areas of legal assistance:	Adjustment of Status, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Naturalization/Citizenship, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions
Types of legal assistance:	Help complete forms, Filings with USCIS
Location:	1314 South L Street, Tacoma 98405
Contact:	(253) 383-3951, www.tacomacommunityhouse.org, info@tacomacommunityhouse.org
The Washington New Americans Program at OneAmerica	
Areas of legal assistance:	Naturalization/Citizenship
Types of legal assistance:	Help complete forms, Filings with USCIS
Location:	1225 South Weller Street, Suite #430, Seattle 98144
Contact:	(206) 926-3924, www.wanewamericans.org, wna@weareoneamerica.org
The West African Community Council	
Areas of legal assistance:	Adjustment of Status, Asylum applications, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Employment-based immigrant and non-immigrant petitions, Family-based petitions, Naturalization/Citizenship, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions
Types of legal assistance:	Help completing forms, Filings with USCIS, Representation at Asylum Interviews (Credible Fear Interviews, Reasonable Fear Interviews)
Location:	6322 44th Avenue South, Seattle 98118
Contact:	(206) 750-6076, https://www.waccofseattle.org/, immigration@waccofseattle.org
Ukrainian Community Center of Washington (Seattle Office)	
Areas of legal assistance:	Adjustment of Status, Consular Processing, Employment authorization, Employment-based immigrant and non-immigrant petitions, Family-based petitions, Naturalization / Citizenship, U visas
Types of legal assistance:	Help complete forms, Filings with USCIS
Location:	13470 Martin Luther King Jr. Way South, Seattle 98178
Contact:	(425) 430-8229, www.uccwa.org

World Relief (Seattle Office)	
Areas of legal assistance:	Affirmative Asylum (I-589), Afghan Parolee Family Reunification (DS-4317), Apply for family to come to the United States (I-129F, I-130, I-730), Apply for first-time green card (I-485), Assistance with medical form for citizenship (N-648), Citizenship for adults and children (N-400, N-600), Consular processing (DS-260, I-864), Fee waivers (I-912, I-942), General Immigration Consultation, Records requests (FOIA, FBI, CLEAR), Remove green card conditions (I-751), Replace/renew a green card (I-90), Temporary Protective Status (I-821), Travel document (I-131), Work permit and employment authorization (I-765)
Types of legal assistance:	Help complete forms, Filings with USCIS
Location:	23835 Pacific Hwy S, Suite 100, Kent, WA 98032
Contact:	(253) 277-1121 x 104, https://worldrelief.org/western-wa/our-work/ils/, immigrationwesternwa@wr.org
Eastside Legal Assistance Program (ELAP)	
Areas of legal assistance:	Debt & bankruptcy, Family Law & Custody, Discrimination, Healthcare & Medical, Domestic Violence, Housing & Eviction, Employment & Workplace, Immigration, Public & Veterans' Benefits, Wills & Estate Planning, Other
Types of legal assistance:	Help with completing forms, Consults
Location:	1239 120th Ave NE, Ste J, Bellevue, WA 98005
Contact:	(425) 747-7274 (English), (425) 620-2778 (Spanish), www.elap.org, info@elap.org
Washington Immigrant Solidarity Network (WAISN)	
Areas of legal assistance:	Information about your rights with immigration authorities (ICE or CBP), employers, landlords or healthcare providers; accompaniment to immigration court or a bond hearing; or referrals to services such as deportation defense, civil legal aid, rent support, food, baby supplies, and local immigrant support networks
Types of legal assistance:	Referrals, resources, reports of immigration enforcement and detentions, legal orientation, accompaniment, immigration bond support
Location:	PO Box #84043, Seattle, WA 98134-9998
Contact:	Hotline at (844) 724-3737, Monday-Friday, 8am-6pm
Office of Immigrant and Refugee Affairs	
Areas of legal assistance:	Applying for citizenship, job placement, ESL classes, Know Your Rights training
Types of legal assistance:	Resources for immigrants, refugees, and advocates
Location:	https://seattle.gov/iandraffairs
Contact:	(206) 727-8515, oira@seattle.gov

JEFFERSON COUNTY RESOURCES

Financial Assistance (Charity Care)	
Jefferson Healthcare	Jefferson Healthcare is committed to providing health care services to all individuals who need health care, regardless of their ability to pay.
Location:	803 W Park Ave Port Townsend, WA 98368
Contact:	(360) 385-2271 https://jeffersonhealthcare.org/charity-care-program/
Free Clinic	
JC Mash Free Clinic	Basic medical care, health care for chronic diseases, counseling and preventive care, and mental health care.
Location:	175 Chimacum Rd, Port Hadlock, WA 98339
Contact:	(360)385-4268 https://www.baysidehousing.org/jcmash
Public Health	
Jefferson County Public Health	Services offered are specific such as Breast and Cervical Health Program, Family Planning, Vaccines, WIC Program for Pregnant Women and Under 5, Substance Abuse Prevention, Sexually Transmitted Disease Clinic, Foot Care Program, Smoking Prevention and Control
Location:	615 Sheridan St, Port Townsend, WA 98368
Contact:	(360)385-9400 https://www.co.jefferson.wa.us/203/Community-Health
Family Planning & WIC	
Quilcene Public Health Clinic	Services offered: Annual screenings and preventive health, family planning, medical referrals, STI testing and treatment. WIC nutrition program for pregnant women and children under 5 years of age.
Location:	294843 HWY 101 Quilcene, WA 98376
Contact:	(360) 385-9400 https://www.co.jefferson.wa.us/1590/Quilcene-Public-Health-Clinic
Public Transportation	
Jefferson Transit	It provides a safe, reliable and comfortable public transportation service in Jefferson County that is cost-effective, reduces energy consumption and contributes to the cultural, environmental and economic improvement of Jefferson County residents.
Location:	440 12th Street, Port Townsend, WA 98368
Contact:	(360) 385-4777 https://www.jeffersontransit.com/

Food Banks in Jefferson County				
Brinnon	**Port Townsend**	**Quilcene**	**Tri-Area**	**Coyle/ Laurel B. Johnson Community Center**
Booster Club Bldg. 151 Corey St. Brinnon, WA 98320 Wed: 10am-1pm	1925 Blaine St. Port Townsend, WA 98368 Sat (65+): 11am-1:30pm Sat: 3pm-5pm Wed: 8:30am-3pm Wed: 10am-3pm	170 Herbert St, Quilcene, WA 98376 Wed: 11am-2pm	760 Chimacum Rd. Port Townsend, WA 98339 Wed: 10am-1pm	923 Hazel Point Rd. Quilcene, WA 98376 Tue: 10am-11am

CLALLAM COUNTY RESOURCES

Financial Assistance (Charity Care)	
Olympic Medical Center	The financial assistance program helps eligible patients who need support paying for emergency care or medically necessary care they receive at an OMC facility or from an OMC provider.
Location:	519 S. Peabody St., Port Angeles, WA 98362
Contact:	(360)417-7111 https://www.olympicmedical.org/patients-visitors/billing-and-financial-services/financial-assistance/
Forks Community Hospital	Forks Community Hospital & Clinicas is committed to serving all patients, including those who lack health insurance coverage and who cannot afford all or part of the essential care they receive.
Location:	530 Bogachiel Way, Forks, WA 98331
Contact:	(360)374-4391 https://www.forkshospital.org/patient-financial-services/#financial-assistance
Federally Qualified Health Centers (FQHC)	
North Olympic Healthcare Network	If you don't have health insurance, a community resource specialist can help you get an affordable health insurance plan. They also offer an income-adjusted rate program (*Sliding Fee Program*). They can help you determine if this program is right for you and assist you in the enrollment process. Participants in this program may be eligible for discounts on prescription drugs. Depending on income and the size of your household, up to 100% of the cost of medications can be covered.
Location:	**Downtown Health Center:** 240 W Front St Port Angeles, WA 98362 **Expanded Services Building:** 933 E. First St. Port Angeles, WA 98362 **Eastside Health Center:** 1026 E. First St. Port Angeles, WA 98362
Contact:	(360) 452-7891 https://www.nohn-pa.org/
Free Clinic	
Olympic Peninsula Community Clinic	Free medical, dental and behavioral health clinics serving Clallam and Jefferson Counties. We are a free clinic serving primarily low-income and homeless patients residing in Clallam and Jefferson Counties.
Location:	819 E. Georgina St. Port Angeles, WA 98362
Contact:	(360)457-4431 https://www.opcclinic.org/index.php info@opcclinic.org
Sequim Free Clinic	Sequim Free Clinic provides basic emergency care twice a week, a Chronic Health Clinic, wellness education on managing conditions and preventive care, and an emergency dental program.
Location:	777 N 5th Ave #109, Sequim, WA 98382
Contact:	(360) 582-0218 https://www.sequimfreeclinic.org

Dental	
Sea Mar Community Health Center Port Angeles Dental	Dental services include exams, X-rays, cleanings, fillings, extractions, root canals, urgent care, preventive care, pediatric dental services, referrals, and limited orthodontic treatment for children and adolescents.
Location:	819 E. Georgina St. Port Angeles, WA 98362
Contact:	(360)457-4431 https://www.opcclinic.org/index.php info@opcclinic.org
Community Based Organization	
Lutheran Community Services Northwest	Services include basic needs and crisis assistance, resource referrals, help applying for SNAP and other programs, school readiness assessments, budgeting and health classes, tax credit assistance, computer access, diapers, food, and personal hygiene items.
Location:	2610 S Francis St Port Angeles, WA 98362
Contact:	(360) 452-5437 https://lcsnw.org/program/clallam-county-services/
Public Health	
Clallam County Public Health-Port Angeles and Forks	Multiple information services on: Camping, Courts, Developmental Disabilities, Environmental Health, Health, permits and licenses for multiple departments, Alcohol and Drug Prevention and much more.
Location:	111 East 3rd St, 1st Fl, Port Angeles, WA 98362 140 C Street, Forks, WA 98331
Contact:	Port Angeles- (360)417-2274 https://www.clallamcountywa.gov/642/Public-Health Forks- (360)374-3121 https://www.clallamcountywa.gov/642/Public-Health
Mental Health	
Peninsula Behavioral Health	Mental health care should be accessible to everyone. If you do not have health insurance, you may apply for a discount or financial help.
Location:	Port Angeles Main Office- 118 East 8th St Port Angeles, WA 98362 Sequim Office- 500 West Fir St Sequim, WA 98362
Contact:	(360)457-0431 https://peninsulabehavioral.org/get-immediate-help/
Domestic Violence	
Mariposa House	Advocacy, victims of crime, domestic violence, emergency shelter, prevention, sexual assault, support groups
Location:	81 S 2nd Ave, PO Box 1775, Forks, WA 98331
Contact:	(360)374-CARE https://mariposahouse.org/
Healthy Families of Clallam County	Always secure, free and 100% confidential. Domestic violence. Sexual assault. Victims of crime. Children's Rights Advocacy Center.
Location:	1210 E Front St, Ste C, Port Angeles, WA 98362
Contact:	(360)374-HELP https://www.healthyfam.org/

Food Banks

Sequim	Port Angeles	Salvation Army
144 W Alder St, Sequim, WA 98382 (360)683-1205 Monday 1pm-4pm Friday 9am-12pm Saturday 9am-12pm	632 N. Oakridge Dr. Port Angeles, WA 98362 (360)452-8568 Wednesday 2pm-6pm Thursday 2pm-6pm Friday 2pm-6pm Saturday 11am-2pm	123 S Peabody St, Port Angeles, WA 98362 (360)452-7679 Tuesday 2pm-3:30pm Thursday 2pm-3:30pm

Public Transportation

	Route 123 Strait Shot • $10.00 Regular Fare • $5.00 Reduced Fare (RRFP required) • FREE Youth (ages 18 and under) • FREE Peninsula College Students • FREE Veterans
	Hurricane Ridge • $1.00 Regular Fare • $0.50 Reduced Fare (RRFP required) • FREE Youth (ages 18 and under) • FREE Peninsula College Students • FREE Veterans
	Clallam Connect • $3.75 per mile fare is charged for rides originating or terminating more than three quarters of a mile outside the CTS fixed-route service corridor. • FREE Youth (ages 18 & under)
Contact:	(360) 452-4511 https://www.clallamtransit.com

SNOHOMISH COUNTY RESOURCES

Financial Assistance (Charity Care)

Cascade Valley Hospital	Cascade Valley Hospital offers acute care, critical care, general surgery and a level IV emergency department. The facility also offers a number of support services, including an in-house lab, rehabilitation, diagnostic imaging and more.
Location:	330 S Stillaguamish Ave, Arlington, WA 98223
Contact:	(360) 814-7575, https://www.skagitregionalhealth.org/docs/default-source/finance-and-billing/application-for-assistance/financial-assistance-application-english.pdf?sfvrsn=7e1e0093_3
EvergreenHealth Monroe	MultiCare Health System is committed to providing services to all its patients, including those who lack health insurance coverage or who cannot afford all or part of the basic care they receive. EvergreenHealth provides free care and financial assistance/charity care to eligible patients on a variable rate scale for emergencies and other appropriate hospital services, with discounts ranging from 25% to 100% for services rendered before July 1, 2022, and from 50% - 100% after July 1, 2022.
Location:	14701 179th Ave SE, Monroe, WA 98272
Contact:	(360)794-7497, https://www.evergreenhealth.com/patients-visitors/after-your-visit/billing-financial/financial-assistance/
Overlake MultiCare Emergency – Lynnwood	Patients who qualify for financial aid will be charged no more than the amounts generally billed for emergencies or any other medical care needed.
Location:	3011 196th St SW, Lynnwood, WA 98036
Contact:	(425)569-7390 https://www.multicare.org/patient-resources/billing/financial-assistance/
Swedish Mill Creek Campus	Swedish Medical Center's mission is to improve the health and well-being of each person we serve. Our financial assistance (charity care) program offers free or discounted services for those who cannot afford care, are underinsured or have no insurance at all
Location:	13020 Meridian Ave S, Everett, WA 98208
Contact:	(425)357-3900 https://www.swedish.org/patients-and-visitors/billing-and-financial-assistance/financial-assistance
Swedish Edmonds Campus	Swedish Medical Center's mission is to improve the health and well-being of each person we serve. Our financial assistance (charity care) program offers free or discounted services for those who cannot afford care, are underinsured or have no insurance at all
Location:	21601 76th Ave W, Edmonds, WA 98026
Contact:	(425)725-5801 https://www.swedish.org/patients-and-visitors/billing-and-financial-assistance/financial-assistance
Providence Everett	In keeping with our mission, Providence's financial assistance program provides free and low-cost care to those who are eligible. This includes people who don't have health insurance, as well as those who do have insurance but are unable to pay their out-of-pocket costs.
Location:	1700 13th St, Everett, WA 98201
Contact:	(425)261-2000 https://www.providence.org/billing-support/help-paying-your-bill

Federally Qualified Health Centers (FQHC)	
Sea Mar Community Health Centers-Everett Mall Way Medical	Our professional clinical care team works together to serve patients of any age, religion, ethnicity, or sexual orientation and regardless of income, occupation, gender, immigration status, or citizenship status. We specialize in primary care family medicine, including preventive health exams, prenatal care, acute care visits, minor procedures, health education, follow-up care from hospital visits, and referrals.
Location:	15 SW Everett Mall Way, Ste A, Everett, WA 98204
Contact:	(425)348-6727 https://seamar.org/snohomish-medical-everett-mall-way.html
Sea Mar Community Health Centers-Lynnwood Medical	Our professional clinical care team works together to serve patients of any age, religion, ethnicity, or sexual orientation and regardless of income, occupation, gender, immigration status, or citizenship status. We specialize in primary care family medicine, including preventive health exams, prenatal care, acute care visits, minor procedures, health education, follow-up care from hospital visits, and referrals.
Location:	4111 Alderwood Mall Blvd, Lynnwood, WA 98036
Contact:	(425)616-4100 https://seamar.org/snohomish-medical-lynnwood.html
Sea Mar Community Health Centers-Marysville Medical	Our professional clinical care team works together to serve patients of any age, religion, ethnicity, or sexual orientation and regardless of income, occupation, gender, immigration status, or citizenship status. We specialize in primary care family medicine, including preventive health exams, prenatal care, acute care visits, minor procedures, health education, follow-up care from hospital visits, and referrals.
Location:	9710 State Avenue, Marysville, WA 98270
Contact:	(360)653-1742 https://seamar.org/snohomish-medical-marysville.html
Sea Mar Community Health Centers-Monroe Medical	We specialize in primary care family medicine, including preventive health exams, prenatal care, acute care visits, minor procedures, health education, follow-up care from hospital visits, and referrals.
Location:	17707 W Main St, 1st Fl, Monroe, WA 98272
Contact:	(360)282-3885 https://seamar.org/snohomish-medical-monroe.html
Sea Mar Community Health Centers-Everett Medical	We specialize in primary care family medicine, including preventive health exams, prenatal care, acute care visits, minor procedures, health education, follow-up care from hospital visits, and referrals.
Location:	1920 100th St SE, Bldg. B, Everett, WA 98208
Contact:	(425)312-0202 https://seamar.org/snohomish-medical-everett.html
Community Health Center of Snohomish County-Arlington (medical/dental)	The Arlington Clinic is a non-profit, community-based health center that provides comprehensive primary healthcare services to all, regardless of ability to pay. Services include Medical, Dental and Pharmacy.
Location:	326 S Stillaguamish Ave, Arlington, WA 98223
Contact:	(425)789-3789 https://www.chcsno.org/clinics/arlington/

Federally Qualified Health Centers (FQHC) cont.	
Community Health Center of Snohomish County-Edmonds (medical/dental)	The Edmonds Clinic is a non-profit, community-based health center that provides comprehensive primary healthcare services to all, regardless of ability to pay. Services include Medical, Dental and Pharmacy
Location:	23320 Hwy 99, Edmonds, WA 98026
Contact:	(425)789-3789 https://www.chcsno.org/clinics/edmonds/
Community Health Center of Snohomish County-Everett Central (medical/dental)	The Everett-Central Clinic is a non-profit, community-based health center that provides comprehensive primary healthcare services to all, regardless of ability to pay. Services include Medical, Dental, and Pharmacy
Location:	4201 Rucker Ave, Everett, WA 98203
Contact:	(425)789-3789 https://www.chcsno.org/clinics/everett-central-clinic/
Community Health Center of Snohomish County-Everett College (medical)	The Everett-College Clinic is a non-profit, community-based health center that provides comprehensive primary healthcare services to all, regardless of ability to pay. Service provided is Medical.
Location:	930 N Broadway, Everett, WA 98201
Contact:	(425)789-3789 https://www.chcsno.org/clinics/everett-college/
Community Health Center of Snohomish County-Everett North (medical/dental)	The Everett-North Clinic is a non-profit, community-based health center that provides comprehensive primary healthcare services to all, regardless of ability to pay. Services include Medical, Dental and Pharmacy
Location:	1424 Broadway, Everett, WA 98201
Contact:	(425)789-3789 https://www.chcsno.org/clinics/everett-north/
Community Health Center of Snohomish County-Everett South (medical/dental)	The Everett-South Clinic is a non-profit, community-based health center that provides comprehensive primary healthcare services to all, regardless of ability to pay. Services include Medical, Dental, and Pharmacy
Location:	1019 112th St SW, Everett, WA 98204
Contact:	(425)789-3789 https://www.chcsno.org/clinics/everett-south/
Community Health Center of Snohomish County-Lynnwood (medical/dental)	The Lynnwood Clinic is a non-profit, community-based health center that provides comprehensive primary healthcare services to all, regardless of ability to pay. Services include Medical, Dental, and Pharmacy.
Location:	4111 194th St SW, Lynnwood, WA 98036
Contact:	(425)789-3789 https://www.chcsno.org/clinics/lynnwood/

Dental	
Sea Mar Community Health Centers-Marysville Dental	Our professional team works together to serve patients of any age, religion, ethnicity, or sexual orientation and regardless of income, occupation, gender, immigration status, or citizenship status. We specialize in family dentistry including preventive dental exams, emergency or urgent care, and referrals.
Location:	4922 Grove St NE, Marysville, WA 98270
Contact:	(360)657-3091 https://seamar.org/snohomish-dental-marysville.html
Sea Mar Community Health Centers-Monroe Dental	Our professional team works together to serve patients of any age, religion, ethnicity, or sexual orientation and regardless of income, occupation, gender, immigration status, or citizenship status. We specialize in family dentistry including preventive dental exams, emergency or urgent care, and referrals.
Location:	17707 W Main St, Monroe, WA 98272
Contact:	(360)282-3900 https://seamar.org/snohomish-dental-monroe.html
Sea Mar Community Health Centers-Everett Dental	Our professional team works together to serve patients of any age, religion, ethnicity, or sexual orientation and regardless of income, occupation, gender, immigration status, or citizenship status. We specialize in family dentistry including preventive dental exams, emergency or urgent care, and referrals.
Location:	1920 100th St SE, Suite C2, Everett, WA 98208
Contact:	(425)249-0770 https://seamar.org/snohomish-dental-everett.html
Sea Mar Community Health Centers-Lynnwood Dental	Our professional team works together to serve patients of any age, religion, ethnicity, or sexual orientation and regardless of income, occupation, gender, immigration status, or citizenship status. We specialize in family dentistry including preventive dental exams, emergency or urgent care, and referrals.
Location:	4111 Alderwood Mall Blvd, Lynnwood, WA 98036
Contact:	(425)977-2580 https://seamar.org/snohomish-dental-lynnwood.html
Lahai Health-Dental	Our Dental Clinic provides comprehensive dental care to patients at a highly reduced sliding scale fee. Our services include dental exams, x-rays, cleanings, fillings, crowns, extractions, dentures, and simple root canals. We do not currently offer implants or work with orthodontics.
Location:	19820 Scriber Lake Rd, Lynnwood, WA 98036
Contact:	(206) 363-4105 ext. 701 https://lahai.org/patients/dental/

Free Clinics	
Project Access Northwest	Project Access Northwest is a 501(c)3 non-profit organization that helps provide specialty health care to uninsured and under-insured, low-income residents of King, Snohomish and Kitsap counties. Project Access Northwest depends on physicians, dentists (to qualifying Northwest Kidney Center patients), community partners and hospitals volunteering their time and services to see patients for free.
Location:	Provides specialty medical and dental care to uninsured and under-insured, low-income residents of King, Snohomish and Kitsap counties. Must apply through a participating community health clinic.
Contact:	Must apply through a participating community health clinic. https://projectaccessnw.org/overview/faqs
Lahai Health-Medical	Our patients have access to full medical exams, resources to obtain low to no cost prescription drugs, laboratory tests, imaging services, intensive nursing case management and referrals to medical specialists. Additionally, we have expanded specialty care at some of our sites including individualized diabetic education, physical therapy, optometry and gynecology.
Location:	2 locations in Lynnwood, 2 locations in Everett
Contact:	(206) 363-4105 ext. 230 for English, ext. 233 for Spanish https://lahai.org/medicalclinic/#locations
Safe Harbor Free Clinic-Stanwood	Safe Harbor Free Clinic provides free healthcare for those who are without insurance or are underinsured. Services include Same-Day Clinic (Stanwood: Wednesday and Friday), Respiratory Clinic, Physical Therapy Clinic, Women's Clinic, Procedure Clinic, Chronic Care Clinic, Laboratory Services, Cardiology Clinic, Podiatry Clinic, and Counseling.
Location:	7209 265th St NW, Ste 203/204, Stanwood, WA 98292
Contact:	(425)870-7384 https://www.safeharborfreeclinic.org/
Safe Harbor Free Clinic-Arlington	Safe Harbor Free Clinic provides free healthcare for those who are without insurance or are underinsured. Services include Same-Day Clinic (Smokey Point: Thursday), Respiratory Clinic, Physical Therapy Clinic, Women's Clinic, Procedure Clinic, Chronic Care Clinic, Laboratory Services, Cardiology Clinic, Podiatry Clinic, and Counseling.
Location:	17721 Smokey Point Blvd, Arlington, WA 98223
Contact:	(425)870-7384 https://www.safeharborfreeclinic.org/

Community Based Organizations	
Millennia Ministries	Millennia Ministries' mission is to offer help and resources for crisis, transition, and permanent housing & food to help end homelessness.
Location:	3426 Broadway, Ste 202, Everett, WA 98201; food pantry & diapers
Contact:	(425)259-3555 https://www.millenniaministries.org/programs
Familias Unidas & Everett Community Resource Center/LCSNW	Familias Unidas & Everett Community Resource Center/LCSNW work to provide local access to families for support, resources and opportunities through community partner.
Location:	2500 Hewitt Ave, Ste 300, Everett, WA 98201; multiple services
Contact:	(425)513-2880 https://www.facebook.com/EverettCRC/
The Compassion Center	The Compassion Center offers help in the form of Food Holiday Baskets, Food Pantry, Laundry Program, Back to School supply assistance, English Classes, Grief Share support, and Weekend Meals For Kids
Location:	1421 Broadway, Everett, WA 98201; food pantry, ESL
Contact:	(425)512-9696 https://compassionctr.com/programs
Refugee & Immigrant Services Northwest	Refugee & Immigrant Services Northwest is a refugee led, multi-ethnic, multi-cultural organization. They provide community education & social services, support to parents & schools, interpretation & translation services, employment, training & ESL, immigration & naturalization services, advocacy & civic engagement
Location:	2000 Tower Street/Rainier Hall, Rm 228, Everett, WA 98201; multiple services
Contact:	(425)388-9307 https://risnw.org/
St. Vincent de Paul - North Sound Council	Our objective is to meet the needs of low-income and homeless people in Snohomish County. We accomplish this through: Financial assistance, Food/gas vouchers to be redeemed locally, Free beds for children, assist with education and mentoring, Disaster relief, Aid for prescription medication, We provide help with clothing and furniture
Location:	6424 Broadway, Everett 98203; multiple services
Contact:	(425)355-3504 https://svdpnsc.com/
Well Being Community Center	The Well Being Community Center offers Support Groups, Health and Well-being Initiatives. Workshops and Art & Culture Events
Location:	Bothell & Lynnwood; multiple services
Contact:	(425)343-8492 https://www.wellbeingcommunity.org/
Latino Educational Training Institute (LETI)	Latino Educational Training Institute (LETI) offers Programs, Education, Training and Community Service
Location:	Lynnwood & Everett; multiple services
Contact:	(425)775-2688 https://www.letiwa.org/

Community Based Organizations cont.	
Connect Casino Road	In collaboration with ChildStrive, Connect Casino Road partners with two dozen community organizations to bring on-site services and resources to the Village, and a space for community events, meetings, celebrations, and any other community space need we can support.
Location:	14 E Casino Rd, Everett, WA 98208; multiple services
Contact:	(425)610-3856 https://www.connectcasinoroad.org/
Korean Community Service Center	The Korean Community Service Center offers Citizenship & Immigration Assistance, Senior & Adult Services, Healthcare Consultation, Mental Health & Family Counseling, Anonymous Phone Line, Expectant Parents Class, Child Development & Milestone Workshop, OTTUKI Parents Training Program, OTTUKI Support Group, Elementary Parent, Training Program, Adolescent Parent Training Program, Youth Programs (YouKAN/WeKAN), OASIS for adults with disabilities, Pop-up Food Bank, VOCA Crime Victims Support, Disability Housing
Location:	19509 64th Ave W, Ste 270, Lynnwood, WA 98036; multiple services
Contact:	(425)776-2400 https://www.kcsc-seattle.org/
Washington West African Center	The mission of WAWAC is to Connect West Africans in Washington with local resources and bridge the gap between us and the wider community, promote West African culture, inform and educate West Africans to discover their potentials and facilitate communication in the use of information technologies and work of arts for the attainment and discovery of their talents.
Location:	19203 36th Ave W, 210, Lynnwood, WA 98036; multiple services
Contact:	(253)235-2132 https://wawac.org/

Mental Health	
Sea Mar Community Health Centers-Monroe Behavioral Health Child & Family Services	Our team of behavioral health providers is committed to the highest quality evidence-based treatment that is individualized to the needs of each child and family. This includes case management and advocacy with schools, probation, DSHS, and primary care.
Location:	800 W Main St, Monroe, WA 98272
Contact:	(360)512-2044 https://seamar.org/snohomish-bh-monroe-family.html
Sea Mar Community Health Centers-Everett Behavioral Health	Our team consists of Mental Health Therapists, Intensive Outpatient Program Therapists, Housing Case Manager, Crisis Specialist Case Manager, Psychiatric Advanced Registered Nurse Practitioners who specialize in providing culturally competent services.
Location:	5007 Claremont Way, Everett, WA 98203
Contact:	(425)609-5505 https://seamar.org/snohomish-bh-everett.html
Sea Mar Community Health Centers-Everett Behavioral Health Child & Family Services	Our team of mental health therapists, chemical dependency counselors, advanced psychiatric registered nurse practitioners, and psychiatrists specialize in providing culturally competent services.
Location:	1920 100th St SE, Suite A2 & C3, Everett, WA 98208
Contact:	(425)312-0277 https://seamar.org/snohomish-bh-everett-family.html
Project Access Northwest Pro Bono Counseling	We believe that access to quality mental health care is a human right and can be life changing. Pro Bono Counseling connects individuals experiencing limited access to mental health care with no-cost, high-quality services delivered by volunteer professionals.
Contact:	(206)788-4204 https://projectaccessnw.org/programs/pro-bono-counseling
Center for Human Services	CHS provides mental health treatment to children, youth, and families who are experiencing difficulties in their lives. We utilize a strength-based, family-centered, trauma-informed, culturally relevant approach, and an array of strategies to support our clients in achieving their goals.
Location:	Lynnwood: 19509 64th. Ave W Shoreline: 14803 15th Ave. NE
Contact:	(206)362-7282 https://www.chs-nw.org/services/mental-health-counseling/
Lahai Health-Counseling	Lahai Health's mission is to provide quality and compassionate health care to the under-served and show Christ's love to everyone. We work with individuals, couples, and children in ongoing weekly appointments. Our counselors utilize a relational, psychodynamic model of therapy, similar to private practice.
Location:	19820 Scriber Lake Rd, Lynnwood, WA 98036
Contact:	(206) 363-4105 ext. 230 for English, ext. 233 for Spanish https://lahai.org/patients/counseling/

Public Health Centers	
Snohomish County Health Department	The Snohomish County Health Department provides public health services for all of Snohomish County. The Health Department focuses on communicable disease control, chronic disease prevention, environmental health, family health, and emergency preparedness and response.
Location:	3020 Rucker Ave, Everett, WA 98201
Contact:	(425)339-5200 https://www.snohd.org/176/Healthy-Living

Domestic Violence	
Domestic Violence Services of Snohomish County	Domestic Violence Services is a non-profit organization serving Snohomish County since 1976. We are the only program in Snohomish County providing emergency shelter and comprehensive, confidential services to all victims of domestic abuse. Domestic Violence Services provides individual and community awareness programs.
Location:	24 Hour Support Line, Confidential Emergency Shelter, Legal Advocacy Services, Supportive Housing Services, Support Groups
Contact:	(425)252-2873 https://dvs-snoco.org/

English as a second language Resources (ESL)	
Everett Public Libraries ESL Talk Time	Every Thursday, 1-3 p.m. Talk Time is for speakers of any language to practice their English in a fun, relaxed atmosphere! Conversations focus on communication and the use of real English as heard in everyday usage.
Location:	9512 Evergreen Way, Everett, WA 98204
Contact:	(425)257-8250 https://www.epls.org/525/ESL-Talk-Time
Sno-Isle Libraries	Sno-Isle Libraries has several talk time groups, including an in-person talk time at the Mariner Library in South Everett (520 128th St. SW). See website for schedule and locations.
Location:	Lynnwood, Mountlake Terrace, Marysville, Mukilteo, South Everett
Contact:	https://sno-isle.bibliocommons.com/v2/events?types=5f0ce95c036b39880a776aaa&_gl=1*1c4e8cf*_ga*MTUwNzA0ODM3MS4xNjkwNDk5NTA4*_ga_G99DMMNG39*MTcwNDg0MDI0Ni4xNy4wLjE3MDQ4NDAyNDkuMC4wLjA.*_ga_9GM06YF1Q8*MTcwNDg0MDI0Ni4xNy4wLjE3MDQ4NDAyNDkuMC4wLjA.

RESOURCES FOR HEARING AND VISION

Snohomish Lions Club	
Location: PO Box 93, Snohomish, Washington 98291	Contact: (425)610-8297 https://www.snohomishlions.org/visionandhearing
Get Eye Glases	Eyecare of Snohomish and Monroe Vision Clinic, and the Lions Sight and Hearing Foundation of Snohomish County, we help schedule a free eye exam and get the eyeglasses needed to see clearly for those in need of financial assistance living within the Snohomish School District boundaries.
Vision Screening	In partnership with Snohomish School District, we conduct an annual screening in the fall to help ensure that elementary students start out with the vision they need for optimal learning. This helps identify students who need a referral to our local eye doctor partners for an exam. We also help with those costs where needed.
Hearing Aids	In partnership with the Lions Sight and Hearing Foundation of Snohomish County, we help defray most of the costs for a hearing exam and hearing aids needed to hear clearly for those in need of financial assistance living within the Snohomish School District boundaries.

ACCESS TO BABY AND CHILDREN DENTISTRY (ABCD) PROGRAM

What is Access to Baby & Child Dentistry?	Eligibility	ABCD Services
Access to Baby & Child Dentistry (ABCD) is a care system in the state of Washington. It connects children from birth to six years old who have Apple Health (Medicaid) insurance with dentists specially trained in their communities. It's important for young children to get early care. A child with dental disease can have oral health problems throughout their life. Cavities can be painful and interfere with your child's ability to focus and learn at school, eat, talk, and even play. However, cavities can be almost entirely prevented. And prevention also saves money!	Your child may be eligible to receive care through the Access to Baby and Child Dentistry (ABCD) program if they meet the following requirements: • are between 0 and 6 years old; • receive Apple Health (Medicaid) benefits; and • live in the state of Washington.	ABCD connects your child with a dentist who knows how to work with young kids for the following: • routine dental check-ups; • cleanings; • fluoride varnish to protect baby teeth; • fillings and other treatments as needed; • providing oral health education for families regarding nutrition and at-home care for your child's oral health

Snohomish County Coordinator for ABCD

For Kids of ages 0 to 5

Phone Number: (425) 339-5219

Email: dentalinfo@snohd.org

DentistLink

For the Whole Family

Phone Number: (844) 888-5465

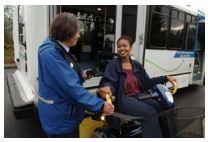
Website: https://dentistlink.org/

SNOHOMISH HEALTH DISTRICT
WWW.SNOHD.ORG

Access to Baby & Child Dentistry™

TRANSPORTATION

Community Transit

	Buses	We operate a fleet of more than 300 buses, traveling thousands of miles a day in service of communities across Snohomish County and the Puget Sound.
	Vanpool	Share the ride in a Community Transit Vanpool for a stress-free, fast, and cost-effective commute. Join an existing vanpool group or start a new group with three or more riders.
	Zip Shuttle	Travel is easier with our on-demand shared-ride service for local trips. Zip Shuttle is available in Alderwood, Arlington, Darrington, and Lake Stevens. Book when you're ready to go using our app or by calling.
	**DART Paratransit**	All Community Transit buses are wheelchair accessible. DART serves those who are unable to ride on our buses and who qualify with an option to schedule rides in advance.

Service	Adult *Aged 19 to 64*	Youth Aged 18 or younger	Reduced Fares *ORCA LIFT, 65+, Disabled and Medicare*	Subsidized Annual Pass *Riders enrolled in one of six state benefit programs*
Bus Includes local, express, and Swift bus rapid transit buses	$2.50 / ride $90.00 Monthly Pass	FREE	$1.00 / ride $36.00 Monthly Pass	FREE
DART Paratransit For passengers with disabilities	$2.50 / ride $90.00 Monthly Pass	FREE	$2.50 / ride $90.00 Monthly Pass	FREE
Zip Shuttle On-demand shared ride service	$2.50 / ride $90.00 Monthly Pass	FREE	$1.00 / ride $36.00 Monthly Pass	FREE
Vanpool Shared commuting	Fares based on daily roundtrip miles and van size, split by the number of riders.			

For more information contact: (800) 562-1375 or visit: https://communitytransit.org

EVERETT TRANSIT

Fixed Route	Fare	Monthly Pass
Adults (19 and Older)	$2	$72
Youth (18 and younger)	FREE	FREE
ORCA LIFT	$1	$36
Senior & Disabled	$0.50	$18
Paratransit	**Fare**	**Monthly Pass**
Adults (19 and Older)	$2	$72
Set of 6 Tickets	$12	-

Paratransit

Everett Paratransit is a door-to-door service for individuals 65 years or older, or who meet the qualifying conditions due to a physical or cognitive disability.

Scheduling Hours	Monday – Friday	Saturday – Sunday	Holidays
	8:00 a.m. – 4:00 p.m.	9:00 a.m. – 3:00 p.m.	9:00 a.m. – 3:00 p.m.

Eligibility

You qualify if:

- You meet one of the conditions established by the Americans with Disabilities Act (ADA):
  - you are unable to get on, ride, or get off an accessible fixed-route bus by yourself due to a functional disability
  - you are unable to find your way around the transit system by yourself due to physical or cognitive functional disability
- You are an Everett resident who is 65 years or older and has no other means of transportation. (non-ADA)

How to Apply

All riders applying for paratransit must meet with an Eligibility Specialist for an assessment interview to ensure that paratransit is the right transit option for them. Interviews may take one-to-two hours to complete. During the interview, you will be asked about your experience riding transit and may be asked to do activities to check your balance, strength, coordination, and range of motion.

To schedule a Rider Assessment Interview, please call Transdev at:

425-609-8006 or 425-347-5912

FOOD BANKS IN SNOHOMISH

Lynnwood Food Bank	Edmonds Food Bank	Concern for Neighbors Food Bank
5320 176th Street SW, Lynnwood, WA 98037 (425)745-1635 Wednesday: 11am - 5pm Friday: 10am - 1pm	828 Caspers St, L100, Edmonds, WA 98020 (425)778-5833 Monday: 2:30 pm – 5:30 pm Tuesday: 9:00 am – 12:00 pm	4700 228th St SW, Mountlake Terrace, WA 98043 (425)778-7227 Tuesday: 9:30 AM-11:30 AM
Volunteers of America Food Bank-Everett (North)*	**Volunteers of America Food Bank-Sultan**	**Volunteers of America Food Bank-Casino Road Drive Thru Pantry**
1230 Broadway, Everett, WA 98201 (425)312-3630 Mon, Wed, Thu | 10am - 2pm 2nd & 4th Tuesday | 2pm - 5pm	617 1st St, Sultan, WA 98294 (425)309-5782 Monday: 5pm-7pm Friday: 9:30am-12pm	805 W Casino Rd, Everett, WA 98204 (425)312-3630 1st & 3rd Tuesday | 3pm-5pm
Volunteers of America Food Bank-Casino Road, The Village Walk-Up Pantry	**Granite Falls Food Bank***	**Arlington Community Food Bank**
14 E Casino Rd, Everett, WA 98208 (425)312-3630 2nd, 4th & 5th Tuesday: 2pm-5pm	307 N Alder Ave Granite Falls, WA 98252 (360)691-4253 Thursday: 4pm – 6pm	19118 63rd Ave NE, Arlington, WA 98223 (360)435-1631 Monday & Wednesday: 4pm-6pm Friday: 12:30pm-2pm
Sky Valley Food Bank	**Lake Stevens Community Food Bank***	**Snohomish Community Food Bank**
233 Sky River Parkway, Monroe, WA 98272 (360)794-7959 Tuesday: 2:45pm-5pm Thursday: 9am-11:30am. *(Seniors only, 65+) Monday: 11:30am-12:30pm*	8021 20th Street Southeast, Lake Stevens, WA 98258 (425)334-3430 Monday: 2pm – 6pm *(Seniors only, 55+) Tuesday: 1:30pm – 4pm* Thursday: 11:30am – 3pm	1330 Ferguson Park Road, Snohomish, WA 98290 (360)568-7993 (Seniors, 62+) Tuesday: 3pm-4pm (Seniors 62+) Friday: 10am-11am (General) Tuesday: 4pm-6pm (General) Friday: 11am-1pm

FOOD BANKS IN SNOHOMISH

Darrington Food Bank Foundation	Maltby Food Bank*	Marysville Community Food Bank*
1080 N Sauk Ave, Darrington, WA 98241 (564)516-2471 1st & 3rd Monday: 10am-12pm 2nd & 4th Monday: 4pm-6pm	21104 86th Ave SE, Snohomish, WA 98296 Contact *info@maltbyfoodbank.org* if you need food assistance or call *(360)668-7900*	4150 88th St NE, Marysville, WA 98270 (360)658-1054 Monday & Friday: 9am-11am Thursday: 3pm-6pm
Mill Creek Community Food Bank*	**Stanwood-Camano Food Bank***	**Index Food Bank/Sky Valley Food Bank-mobile***
4326 148th St SE, Mill Creek, WA 98012 (425)754-6353 Monday: 3:30pm-6pm Wednesday: 11am-12pm Thursday: 4pm-7pm	27030 102nd Ave NW, Stanwood, WA 98292 (360)629-2789 Wednesday: 3pm-7pm Thursday: 11am-12pm Friday: 11am-3pm	308 5th St, Index, WA 98256 (360)794-7959 Seniors 65+ Monday: 11:30am-12:30pm Tuesday: 2:45pm-5pm Thursday: 9am-11:30am
Salvation Army, Everett Corps		
2525 Rucker Ave, Everett, WA 98201 (425)259-8129 Monday: 10am-3:30pm Tuesday: 10am-3:30pm Wednesday: 10am-3:30pm Thursday: 10am-3:30pm		

*Appointment and reservation are required to receive assistance.

For additional questions regarding this guide, please contact:

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CRISTEL SOLIS BARRIENTOS *Program Manager II* Public Health - Seattle & King County Cristel.Solis-Barrientos@kingcounty.gov (206) 477-0544	

The Community Health Access Program can be reached at:

1-(800) 756-5437

www.kingcounty.gov/outreach

www.kingcounty.gov/coverage

Email: Chap@kingcounty.gov