



Eastside
Friends
♥f Seniors



Community Brochure

www.sammamishcares.org

Tel: 425-295-0556

SAMMAMISH CARES COMMUNITY BROCHURE

Table of Contents

Emergency Financial Assistance and Financial Counseling	2
Emergency Food Bags	4
Employment Assistance	6
Health and Mental Health.....	7
Holiday Service's.....	8
Housing and Shelter	11
Utility Assistance.....	15

City of Sammamish
www.ci.sammamish.wa.us

Sammamish Kiwanis
www.sammamishkiwanis.org

Sammamish Rotary
www.sammamishrotary.org

Eastside Friends of Seniors
www.EastsideFriendsOfSeniors.org

Habitat for Humanity
of East King County
www.sammamishcares.org

UTILTY ASSISTANCE

Hopelink Emergency Services-Serves low-income families and individuals residing in North and East King County, offering a wide range of services including food, financial assistance for eviction prevention, first month's rent, and utility assistance.

Rental assistance: 425.556.9289

Energy assistance: 1.800.348.7144

www.hope-link.org

Washington Telephone Assistance Program-The Washington Telephone Assistance program (WTAP) helps low-income households afford telephone services.

1.888.700.8880

www.dshs.wa.gov/wtap.shtml

HOUSING AND SHELTER

Seattle Foundation-Provides services in East and North King County to people, primarily women and children, who have experienced physical, emotional or sexual abuse. Prevents domestic violence through advocacy, education and support.

email: kellyb@edvp.org

425.562.8840

www.edvp.org

Sophia Way-A program arm of EISCC, serving single adult homeless women in East King County as an overnight shelter and education program leading to subsidized housing. Case management services offered throughout program.

425.463.6285

www.sophiaway.org

Solid Ground Housing Stability Program-One-time loans/grants to homeowners and tenants in danger of eviction or foreclosure; provides loans/grants to homeless families and individuals needing assistance moving to permanent housing, and limited assistance for other types of moves.

206.694.6700

Mortgage Counseling Client Hotline:206.694.6766

Landlord/Tenant Client Hotline:206.694.6767

Predatory Lending Client Hotline:206.694.6864

www.solid-ground.org/programs/housing/stability/pages/default.aspx

YWCA Family Village Transitional Housing-Provides transitional housing combined with supportive services including case management, child care, employment services and mental health services.

425.556.1350

www.ywcaworks.org/netcommunity/page.aspx?pid=441

EMERGENCY FINANCIAL ASSISTANCE AND FINANCIAL COUNSELING

Catholic Community Services Emergency Assistance- Provides financial assistance for low-income families, seniors, and disabled adults in crisis through the following: motel vouchers, utility assistance, rent and move-in assistance, gas and food vouchers.

425.213.1963 x2002

www.ccsww.org/site/pageserver?pagename=families_emergencyservices

Mary, Queen of Peace

1121 228th Ave. SE

Sammamish, WA 98075

425.391.1178

Sammamish Presbyterian Church- The SPC main office is open most days, and is located on the northeast side of the campus, in Building C.

22522 NE Inglewood Hill Rd.

Sammamish, WA 98074

425.868.5186

www.spconline.org

Sammamish Hills Lutheran Church

22818 SE 8th St.

Sammamish, WA 98074

425.392.7799

www.shlc.org

Washington Society of Certified Public Accountants-Volunteer CPAs provide financial education.

425.644.4800

www.wscpa.org/content/home.aspx

EMERGENCY FOOD BAGS

Bags of food containing 2-3 meals with non-perishable food items for 1-4 persons.

Available at the following locations:

ARAS Foundation-Sammamish organization that provides food on an as-needed basis. Just call or email.

email: mary@arasfoundation.org

425.868.8448

Bellevue First Congregational Church

752 108th Ave. NE

Bellevue WA 98004

425.454.5001

Monday–Friday 9 a.m.–12 p.m.

Hopelink

16225 NE 87th St.

Redmond WA 98052

425.882.0241

Seniors & people with disabilities	1st & 3rd Thur.	10:30 am–12 pm
Regular hours	2nd & 4th Thur.	10:30 am–12 pm
Regular hours	2nd & 4th Tues.	2:30 pm–4:30 pm
Evening hours	1st & 3rd Wed.	5:30 pm–7 pm

Inglewood Presbyterian Church

7718 NE 141st St.

Kirkland WA 98034

425.823.9334

Monday–Thursday 9:30 a.m.–12 pm.

HOUSING AND SHELTER

Hopelink Emergency Shelter and Transitional Housing-Provides housing and comprehensive services to homeless families and individuals to help them gain permanent housing and the skills necessary for long-term self-sufficiency.

email: hopelink@hope-link.org

425.556.9289 or 425.869.6000

www.hope-link.org/get_help/housing

Kirkland Interfaith Transitions in Housing (KITH)-Provides transitional housing and services for homeless families with children and permanent housing with case management services. KITH hosts a Weekly Community Supper for those needing a hot meal and to socialize with caring people. KITH serves people from 30% to 50% of median income.

125 State St.

Kirkland WA 98033

425.576.9531 Heather @ ext. 109

www.kithcares.org

The Salvation Army Eastside Corps-Providing temporary financial assistance, counseling services, referrals and information, and general support for individuals experiencing a personal emergency or crisis.

425.452.7300

Sammamish Cares-One time assistance for Sammamish homeowners who need help in maintaining their property or home, but are either unable to afford or perform necessary repairs due to financial, physical or mental health reasons.

email: dsanders@ci.sammamish.wa.us

425.295.0556

HOUSING AND SHELTER

Habitat for Humanity of East King County-Empowering families. Building community. Creating hope. Habitat for Humanity of East King County makes it possible for low-income King county residents to be able to purchase simple, decent, affordable homes. Our goal is to lay a foundation for a stronger community by working with people who are dedicated to building a better life for themselves.

Habitat for Humanity's *A Brush with Kindness* is a locally-operated program serving low-income homeowners who struggle to maintain the exterior of their homes. The program is a holistic approach to providing affordable housing and assisting communities as well as families. A Brush with Kindness ensures that families live in safe and well-maintained homes. The program is designed to revitalize the appearance of the neighborhood, encourage connections within the community, and most importantly, help preserve affordable housing stock.

425.869.6007

www.habitatekc.org

HERO House-A clubhouse model of psychiatric rehabilitation and fully certified by the International Center for Clubhouse Development, HERO House is a place where adults in recovery from serious mental illness come to regain their lives and rejoin their community.

14230 NE 21st St., Bellevue, WA 98007

425.614.1282

www.herohouse.org

Hopelink Emergency Services- Serves low-income families and individuals residing in north and east King County, offering a wide range of services including food, financial assistance for eviction prevention, first month's rent, utility assistance.

rental assistance:425.882.0241

energy assistance:800.348.7144

www.hope-link.org

EMERGENCY FOOD BAGS

Kirkland Congregational Church "Food Pantry"

106 5th Ave. (across from Kirkland City Hall)

Kirkland WA 98033

425.822.3811

Monday—Friday 9 a.m.—12 p.m.

Newport Covenant Church

12800SE Coal Creek Pkwy.

Bellevue WA 98006

425.747.0515

Monday & Wednesday 8:30 a.m.—12 p.m.

St. Andrew's Lutheran Church

2650 148th Ave. SE

Bellevue WA 98007

425.796.2529

Monday—Friday 12:30 pm.—2:30 p.m.

St. Margaret's Episcopal Church

4228 128th Ave.

Bellevue WA 98006

425.796.6650

Tuesday & Thursday 10 a.m.—2 p.m.

EMPLOYMENT ASSISTANCE

AtWork!-Provides assessments, skill exploration and training, job development, and ongoing job coaching and support for individuals with disabilities.

690 W. Juniper St.

Issaquah, WA 98027-2414

425.274.4000

www.atworkwa.org

King County Library System-Provides on-line resources for new career options, interviewing techniques, and on-line employment sites.

tel: 2.1.1

www.kcls.org/looktoyourlibrary

Lake Washington Technical College Employment Resource Center-Provides help with resumes, job interview, and access to internet resources. Conducts career choice workshops.

425.739.8321

www.lwtech.edu

Washington State Unemployment Office-Provides unemployment insurance if you lost your job through no fault of your own.

1.800.318.6022

www.esd.wa.gov

WorkSource-Provides services for job seekers and employers in a one-stop setting.

7735 178th Pl. NE, Ste. C, Redmond WA 98052

425.861.3700

www.worksourceskc.org/locations/Redmond.asp

HOUSING AND SHELTER

Catholic Community Services: Harrington House- Harrington House provides a safe transitional housing and comprehensive goal-oriented case management to homeless women 18 years or older, who are pregnant and/or parenting children under 18 months of age.

425.643.1434

www.ccsww.org/site/pageserver?pagename=housing_harringtonhouse

Community Information Line-Get information on a variety of programs offered in King County. Includes updated information about space available in women's and family shelters.

206.461.3200 or 2.1.1

www.resourcehouse.info/win211

Eastside Interfaith Social Concerns Council (EISCC)-EISCC's Congregations for the Homeless Emergency Shelter program provides a service-enhanced emergency shelter with 30 beds, 3 meals, and case management for homeless men.

425.749.8369

www.cfhomeless.org

Friends of Youth-Friends of Youth provides counseling to youth and their families in Issaquah, Snoqualmie and Duvall. Additionally, Friends of Youth has partnered with local school districts to provide some counseling and support for youth in their schools. Our services include individual and/or family therapy, depending on the needs of the youth. The counselors at Friends of Youth believe that helping individuals and families identify and build on strengths is an important component of the counseling process

425.392.6367

www.friendsofyouth.org/mentalhealth.aspx

Friends of Youth: The Landing-The Landing is an overnight shelter for homeless young adults ages 18-24, five nights a week.

425.869.6490

www.friendsofyouth.org/shelters.aspx

HOLIDAY SERVICES

Issaquah Food and Clothing Bank-Each year, Issaquah Food Bank provides holiday food baskets for families that are low-income and reside in the Issaquah School District. Sponsors adopt these families and provide gifts and food for the entire family. We will start taking applications the last week in October.

You will need to be client of the food bank, we will need to see a letter from the Issaquah School District verifying that your child is registered at the school, a birth record if your child is not in school, photo I.D., and verification of your residency (medical coupons, utility bill showing your address). Contact us if you need assistance.

179 1st Ave. SE
Issaquah WA 98027

email: issaquahfood@aol.com
425.392.4123

Tuesday—Thursday 10 a.m.—1 p.m.
1st & 3rd Tuesday 5 p.m.—7 p.m.

Salvation Army Eastside Corps-Salvation Army has 3 local programs: Thanksgiving (for families, seniors, and disabled), 250-350 total households; Christmas (for families), 250-350 total households; and Senior Christmas (for seniors), 300-350 total individuals. Clients can come in to sign up starting October 1st. Signups end when spots are filled. Thanksgiving dinner will be served at the Salvation Army Eastside Corps; no application or registration is required.

911 164th Ave. NE

Bellevue WA 98008

425.452.7300 Sierra Wagner

Monday 1:30 pm.—4:30 p.m. & Tuesday 9:30 a.m.—4:30 p.m. (closed 12 pm-1 pm)

St. Vincent de Paul-Food baskets given for Thanksgiving and Christmas gifts baskets for those residing within parish boundaries. St. Vincent de Paul coordinates with other churches and Hopelink to avoid duplication of services for the gift basket program. There are 50 St. Vincent de Paul conferences in King County; to contact the nearest one call:

206.767.6449

9 a.m.—12 p.m. & 1 p.m.—3 p.m.

EMPLOYMENT ASSISTANCE

YWCA Family Village-Offers job search skills and assistance, training and job interview clothing

email: cchristi@ywcaworks.org

425.861.3722

www.ywcaworks.org/netcommunity/page.aspx?pid=457#employment

HEALTH AND MENTAL HEALTH

Asian Counseling and Referral Service-Offers bilingual, bicultural counseling and community-based mental health services to the Asian-Pacific Islander communities.

3639 Martin Luther King Jr. Way S

Seattle, WA 98144

206.695.7600

www.acrs.org

Alcohol and Drug 24 Hour Helpline-A confidential telephone service providing assistance and guidance for people with alcohol and other drug-related problems.

206.722.3700 or 1.800.562.1240

www.adhl.org

Crisis Clinic-The 24-hour Crisis Line provides emergency telephone intervention for all King County residents in crisis or emotional distress 7/24/365, also 2.1.1 Community Information Line and Teen Link (teen crisis intervention line).

email: teenlink@crisisclinic.org

1.866.TEENLINK or 206.461.4922 or 2..1.1

www.crisisclinic.org

HEALTH AND MENTAL HEALTH

Eastgate Public Health-Assistance with basic health insurance program, health insurance for kids under 19, and pregnancy medical program.

1.800.244.4512 or 206.296.4920

www.kingcounty.gov/healthservices/health/locations/eastgate.aspx

HealthPoint-Registered Nursing Healthcare visits for the homeless, primary medical care, dental care, and naturopathic medicine available for low income residents in North and East King County.

425.882.1697

www.healthpointchc.org

NAMI Eastside-Provide support to families and individuals whose lives are impacted by mental illness, through support groups, in-depth classes, monthly educational forums, a speaker's bureau, newsletter, website, and referral service.

16315 NE 87th St., Ste. B-4

Redmond, WA 98052

425.885.6264

www.nami-eastside.org

Therapeutic Health Services-Building healthier youth, families and communities through intensive outpatient treatment and counseling related to alcohol abuse, drug abuse and mental illness.

1412 140th Pl. NE

Bellevue, WA 98007

425.747.7892

www.ths-wa.org

HEALTH AND MENTAL HEALTH

Youth Eastside Services-Offers counseling services for youth and their families experiencing personal conflict, as well as problems in the family, school or community.

999 164th Ave. NE

Bellevue, WA 98008

425.747.4937

www.youtheastideservices.org

Washington Dept. of Social & Health Services (DSHS)-Information about food, cash assistance, child care, medical benefits and long-term care assistance.

1.877.501.2233

www.dshs.wa.gov/health.shtml

HOLIDAY SERVICES

Crossroads Community Center in Bellevue-No registration required and all of the following are available for Bellevue families in need: Thanksgiving Program; Family Crafts; Dinner; shop for a coat; Youth Holiday Party; Infants through age 18 (if 18, must still be in high school) can enjoy entertainment, refreshments, visit with Santa and Mrs. Claus, while receiving a free gift. Must be present to receive a gift.

16000 NE 10th St., Bellevue WA

425.452.4874

Hopelink-Hopelink provides gifts to children from low-income families through Holiday Gift Rooms. Holiday Gift Rooms allow parents to choose toys, clothing, and/or books for their children. Special holiday foods are also available to registered food bank clients. To sign up for Hopelink's holiday program (food and/or gifts), contact the Hopelink Center Nearest you.

Bellevue:425.9437555

Redmond:425.882.0241

Kirkland/Northshore:425.889.7880

Shoreline:206.440.7300

SnoValley:425.333.4163