



## COVID-19 AND BEYOND RESOURCE PACKET

253.236.8264

[GUIDEDPATHWAYS.ORG](http://GUIDEDPATHWAYS.ORG)

### ANTI-STIGMA

- Anti-stigma Social Media Toolkit [\[Click to visit site\]](#)

### COMMUNITY ASSISTANCE

- King County and Seattle free clothing closets, furniture, and back to school supplies [\[Click to visit site\]](#)
- Donate, Resell, & Buy Used [\[Click to visit site\]](#)
- Free items for people with low income [\[Click to visit site\]](#)
- World Relief Seattle [\[Click to visit site\]](#)

### SOCIAL EMOTIONAL EXERCISES- HELPFUL FOR COVID-19

- The Residency [\[Click to visit site\]](#)
  - The Residency seeks to build a powerful community of young hip-hop artists equipped with the artistic and leadership skills, business acumen, and mentorship necessary to become professional artists and cultural change makers. Through their participation in The Residency, young artists from low-income families acquire tangible artistic and professional skills while also gaining

confidence, teamwork, and a deepened understanding of their own identity and power.

- Washington Listens [\[Click to visit site\]](#)
  - New Crisis Counseling Program - Washington Listens will provide non-clinical support for people feeling elevated stress due to COVID-19.
- Erika's Lighthouse [\[Click to visit site\]](#)
  - A website that provides school communities, parents, and youth with free, ready-to-use resources and tools designed to raise awareness of depression & suicide prevention among middle and high school youth and families in a positive, honest, fact-based and culturally inclusive manner.
- Centervention
  - Coping with worry and fear [\[Click to visit site\]](#)
  - Setting goals and making plans. Good for youth who need structure. [\[Click to visit site\]](#)
  - Anxiety- identifying how they feel and coping mechanisms [\[Click to visit site\]](#)
  - Coping with change [\[Click to visit site\]](#)
- Youth Development Executives of King County [\[Click to visit site\]](#)
  - Caring for Our Social and Emotional Well-Being, Mindfulness, Trauma, and Self-care
- Social Stories to explain COVID-19 in easy to understand language
  - <https://childdevcenter.org/news/social-stories-for-kids-about-covid-19/>
  - <http://www.noodlenook.net/covid-19-social-story-free/>
  - <https://www.muscliffprimary.co.uk/social-stories-to-explain-covid-19/>
  - <http://www.beacroft.dorset.sch.uk/home-learning/covid-19-social-stories-and-other-supportive-resources>
- Stuck at Home Resources for COVID-19 [\[Click to visit site\]](#)
- Book- My Hero is You [\[Click to visit site\]](#)
- What Kids Want to know About COVID-19 Comic Book [\[Click to visit site\]](#)

## MENTAL HEALTH

- Boys Town National Hotline [\[Click to visit site\]](#)
  - The Boys Town National Hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. It is accredited by the American Association of Suicidology (AAS). Spanish-speaking counselors and translation services for more than 100 languages also are available 24 hours a day. The speech- and hearing-impaired can contact us at our email address: [hotline@boystown.org](mailto:hotline@boystown.org).
- COVID-19 Behavioral Health Toolbox for Families [\[Click to visit site\]](#)
- Monthly Support for Kinship Caregivers
  - This is a United We Care Kinship group sponsored event. If you wish to receive a Zoom invitation please call, text or email your contact information to : Josee Perez at 206-920-5304, [joseeperez@yahoo.com](mailto:joseeperez@yahoo.com).
    - Anyone needing this support is welcome to join the conversations with Rose Spidell, Senior Ombuds with the Washington State Governor's Office of Education to engage with other parents; proactive way to avert challenges; tackle problems head on; share successes; gain 'out of the box' tools. Times are: WEDNESDAY, OCTOBER: 21st AT 1pm; WEDNESDAY, NOVEMBER 18TH AT 1 pm; WEDNESDAY, DECEMBER 16TH AT 1 pm.
- Substance Abuse and Mental Health Services Administration
  - <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>
    - Virtual Recovery Resources
  - <https://store.samhsa.gov/product/samhsa-disaster>
    - Offers first responders immediate access to field resources for aiding disaster survivors. Has the ability to search for and map behavioral health service providers in the impacted area, review emergency preparedness materials, and send resources to colleagues.
- For Every Mom [\[Click to visit site\]](#)
  - Good Enough Parenting in a Time of Crisis
- Vice Article [\[Click to visit site\]](#)
  - For families coping with anxiety and OCD - COVID-19 can be triggering
- You Grow Girl! [\[Click to visit site\]](#)
  - Weekly telehealth virtual support groups with therapists and youth members - *specific for girls aged 11-18*
- Mental Health America [\[Click to visit site\]](#)

- Mental Health resources and info about COVID-19
- Center for Disease Control [\[Click to visit site\]](#)
  - Manage Anxiety & Stress
- Alcoholics Anonymous and Narcotics Anonymous resources/response to COVID-19
  - <https://www.latimes.com/california/story/2020-03-16/what-does-coronavirus-social-distancing-mean-for-alcoholics-anonymous-and-12-step-meetings>
  - [https://www.aa.org/pages/en\\_US/options-for-meeting-online](https://www.aa.org/pages/en_US/options-for-meeting-online)
    - AA online meeting options
- Mindfulness around addiction and COVID-19 [\[Click to visit site\]](#)
- Partnership to End Addiction [\[Click to visit site\]](#)
  - Staff clinicians and specially trained parent coaches will host a series of live online gatherings to share insight and ideas on managing teen and adult children during this unique time.
- Disaster Distress Helpline
  - Call 1-800-985-5990. You can also text TalkWithUs to 66746.
    - Disaster Distress Helpline –This 24/7/365 service from the Substance Abuse and Mental Health Services Administration provides crisis counseling for people going through both natural and human-caused disasters. It’s free, multi-lingual and confidential.
- TeenLink [\[Click to visit site\]](#)
  - This Washington-based service is staffed by teen volunteers who receive 60 hours of training and often have experienced mental health issues themselves. The peer-to-peer connections make young people feel more comfortable sharing their concerns. The service can connect teens to local resources as well.
  - Call 1-866-TEENLINK (833-6546) to talk by phone from 6-10 p.m. nightly or text from 6-9:30 p.m. every night. You can also call, chat or text in to connect with an adult substance use specialist from 1-6 p.m. Tues-Sat. If you are an adult looking to help a young person, there are resources on the TeenLink website or you can call 1.866.4CRISIS.
- Crisis Connections
  - 866-427-4747
    - Crisis Connections —This 24/7 number provides immediate support and resources for people in emotional crises and will help you determine if you or your loved one needs professional help. They provide immediate translation into 155 languages.

- Center for Chronic Illness [\[Click to visit site\]](#)
  - Support groups for people with chronic illnesses — The Center for Chronic Illness offers free, professionally facilitated, web-based support groups for people who have chronic illnesses or paralysis.

## FOR PARENTS

- Protect Young Eyes [\[Click to visit site\]](#)
  - Free webinars for parents and caring adults. 30 minutes, three days a week through October. Capped at 100 participants.
- Dads MOVE [\[Click to visit site\]](#)
  - Support for dads (and moms). Parenting classes and more!
- King County Attendance [\[Click to visit site\]](#)
  - Numerous supports- school, housing, food, etc.

## SUMMER ACTIVITIES

- Stuck-at-home & COVID-19 resources for parents [\[Click to visit site\]](#)
- Summer camps in Seattle work to adapt, make changes amid novel coronavirus pandemic [\[Click to visit site\]](#)
- At Home Family Resource Guide [\[Click to visit site\]](#)
- Art Project: Picasso Abstract Clay Face [\[Click to visit site\]](#)
- 7 Do-It-Yourself Tips for Rocking Summer Camp at Home [\[Click to visit site\]](#)

## GROCERIES

- For King County and Tacoma, get free/reduced groceries and necessities delivered to your door [\[Click to visit site\]](#)
- Grocery Store Operating Hours [\[Click to visit site\]](#)
  - Partial list of stores that have hours for Elderly or At-risk Shoppers. Partial list of stores that have reduced hours
  -

## SOCIAL MEDIA

- 253 Parents Get Resourceful [\[Click to visit site\]](#)
  - Facebook parent page sharing ideas/supports local parents coming together to support one another
- COVID-19 Mutual Aid- Seattle [\[Click to visit site\]](#)
- Southeast Seattle Education Coalition [\[Click to visit site\]](#)

## EDUCATION/HOME SCHOOLING

- Gage Academy of Art's Free Friday Night Teen Art Studio [\[Click to visit site\]](#)
  - Gage Academy of Art's Free Friday Night Teen Art Studio is now ONLINE! Every Friday night from 6 to 8 - A free space to hang out for ages 13 to 18. 6:00-6:30pm Instructor leads a check in. 6:30-7:30pm Instructor leads an art exercise. 7:30-8:00pm art reflection or break out rooms.
- Free Scholastic online courses [\[Click to visit site\]](#)
- Free online art classes [\[Click to visit site\]](#)
- List of education companies offering free subscriptions due to school closings [\[Click to visit site\]](#)
- NASA media public library [\[Click to visit site\]](#)
- At Home Activities
  - 23 fun activities for kiddos at home [\[Click to visit site\]](#)
  - Free Online Events and Activities for Kids at Home [\[Click to visit site\]](#)
  - Print and Play Games [\[Click to visit site\]](#)
- Seattle Schools Online Resources
  - [https://www.seattleschools.org/student\\_portal/online\\_student\\_resources](https://www.seattleschools.org/student_portal/online_student_resources)
  - [https://www.seattleschools.org/resources/fag/sped\\_faq](https://www.seattleschools.org/resources/fag/sped_faq)
    - SPED COVID FAQS Seattle Public Schools
- National Parks Virtual Tour [\[Click to visit site\]](#)
  - Virtual tours of over 31 National Parks on Google Earth
- Drawing Tutorials

- <https://www.facebook.com/didyouknowworld1/photos/pcb.1525322674309450/1525322534309464/?type=3&theater>
- [https://www.boredpanda.com/free-online-lunch-doodles-sessions-for-kids-mo-willems/?fbclid=IwAR3xB93gSRgkjHTS3IbLH2NjDgpIV-yRpL0DANQ3jZoJXO9969yS9tENFvw&utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=organic](https://www.boredpanda.com/free-online-lunch-doodles-sessions-for-kids-mo-willems/?fbclid=IwAR3xB93gSRgkjHTS3IbLH2NjDgpIV-yRpL0DANQ3jZoJXO9969yS9tENFvw&utm_source=facebook&utm_medium=social&utm_campaign=organic)
  - Best selling Children's author is teaching kids drawing on YouTube-Mo Willems
- Students From Harvard, MIT, UC Berkeley Give Free Tutoring To K-12 Students [\[Click to visit site\]](#)

## UTILITY BILLS

- FAQs COVID 19 Eviction Moratorium [\[Click to visit site\]](#)
  - Residential evictions for non-payment of rent have been temporarily halted. This is effective immediately and will last for 30 days or until Seattle's coronavirus emergency ends, pending the council's approval
- Seattle Public Utilities [\[Click to visit site\]](#)
  - Utilities will not be Shut Off during this outbreak Seattle Public Utilities (SPU) , Seattle City Light (SCL), and Puget Sound Energy (PSE) will keep utility services on during the COVID-19 Civil Emergency in Seattle. SPU and SCL customers who have been financially impacted by COVID-19, regardless of background or immigration status, can request a deferred payment plan that includes reversed late fees. SPU and SCL recommends that customers should as soon as possible call (206) 684-3000 or send an email anytime at [seattle.gov/utilities/about-us/email-question](mailto:seattle.gov/utilities/about-us/email-question).
- Puget Sound Energy
  - Learn about our COVID-19 response plan [\[Click to visit site\]](#)
    - PSE is waiving late fees for customers-find more information at PSE's COVID-19 Response page.
  - Bill and Weatherization Assistance [\[Click to visit site\]](#)
    - Puget Sound Energy offering bill assistance to customers impacted by COVID-19
- Utility Discount Program
  - Utility Discount Program - HumanServices [\[Click to visit site\]](#)
    - The Utility Discount Program (UDP) lowers Seattle City Light bills by 60 percent and Seattle Public Utility bills by 50 percent. To learn more about enrollment in UDP, call (206) 684-0268.

## INTERNET

- Comcast/Xfinity
  - Internet Essentials from Comcast
    - <https://www.internetessentials.com/>
    - Effective Monday, March 16, Comcast is offering 2 months free to new Internet Essentials customers in response to recent and anticipated emergency measures associated with the COVID-19 outbreak.
  - <https://wifi.xfinity.com/>
    - Xfinity WiFi hotspots across the country are available to anyone who needs them for free, including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit [www.xfinity.com/wifi](http://www.xfinity.com/wifi). Once at a hotspot, you can select the "xfinitywifi" network name in the list of available hotspots and then launch a browser.
- Spectrum
  - 1-844-579-3743
    - For students who don't have access to internet, Spectrum will offer free internet during shutdown

## HEALTHCARE SUPPORT

- Washington Healthplanfinder: Home Page [\[Click to visit site\]](#)
- Apple Health [\[Click to visit site\]](#)
  - Enrollment is year-round
- Medicare [\[Click to visit site\]](#)
  - Medicare has temporarily expanded its coverage of telehealth services to respond to the current Public Health Emergency.
- CHI Franciscan [\[Click to visit site\]](#)
  - Free Teledoc from CHI Franciscan — Free virtual care visits for anyone with mild symptoms of COVID-19.
- King County Isolation and Quarantine Center for anyone that needs it. [\[Click to visit site\]](#)



## IMMIGRATION-RELATED

- The Office of Immigrant and Refugee Affairs, el Comite, and Northwest Immigrant Rights Project compiled this new information guide for immigrants who want to know more about how the issue of public charge might affect their ability to access healthcare and other services listed on this page. [\[Click to visit site\]](#)

## COVID-19 INFO

- What Does Phase 2 Mean for Families? – PUBLIC HEALTH INSIDER [\[Click to visit site\]](#)
- Self-Care at work and home [\[Click to visit site\]](#)
  - Employees: How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic
- King County- Dashboard [\[Click to visit site\]](#)
  - Workbook: PHSKC Overview Dashboard
- King County- Updates on COVID-19 [\[Click to visit site\]](#)
  - Health officials stress continued vigilance as limited reopening begins
- King County- Community Support and Well-Being [\[Click to visit site\]](#)
  - COVID-19 community support and well-being resources
- Safe Start King County - King County is now in Phase 2 [\[Click to visit site\]](#)
- COVID-19 Information By and For People with Disabilities [\[Click to visit site\]](#)
- DDA Coronavirus Information [\[Click to visit site\]](#)

---

## FREE COVID – 19 TESTING KING COUNTY

The City of Seattle, King County, and the University of Washington are now offering free COVID-19 testing in two sites across Seattle. Drive-through testing is available, but you must first register online <http://www.seattle.gov/mayor/covid-19> or over the phone (206) 684-2489.

If you need help with registration, call (206) 684-2489. Phone lines are open Monday through Friday, 8:30AM to 5:00PM and Saturday, 10:00AM to 3:00PM.

If you need in-language assistance, please tell them in English the language you need, they will then connect you with an interpreter.

The facilities are located in north and south Seattle and will operate Monday thru Saturday from 10:00 a.m. to 3:00 p.m. and accommodate drive thru clients who book ahead through the website. These sites are designed and intended for drive-up testing and are not ADA compliant for pedestrians. If you need walk-up testing with ADA accommodations, don't worry, there are many options for free COVID testing, please visit Public Health – Seattle King County's website or call 206-477-3977 for more information.

Clients at the testing facilities will not be charged for testing and will not receive a bill, regardless of health insurance status. For insured clients, UW Medicine will handle the billing of an individuals' private insurance, Medicaid or Medicare. Under Washington law, insurance companies cannot charge co-pays for COVID-19 testing. For uninsured clients, UW Medicine will seek reimbursement directly from the federal, Families First Coronavirus Response Act Relief Fund for the cost of the test.

### FREE COVID-19 TESTING SITES

Free or low-cost testing is available at several King County locations regardless of immigration status. Multiple languages are spoken and phone interpretation is available at each site. Testing locations currently available include the following. Testing may also be available in other locations. King County Public Health updates this list weekly.

#### **To schedule an appointment, call:**

- Kent Urgent Care, 253-372-3602 (Spanish)
- HealthPoint Renton, 425-277-1311 (Spanish, Russian)
- ICHS International District Clinic, 206-788-3700 (Cantonese, Mandarin, Toisanese, Vietnamese)
- ICHS Shoreline Clinic, 206-533-2600 (Cantonese, Korean, Mandarin, Vietnamese)
- Neighborcare Health, North Seattle, 206-296-4990 (Amharic, Somali, Spanish, Tagalog, Vietnamese)
- Neighborcare Health, South Seattle, 206-722-8444 (Amharic, Arabic, Cham, French, Malay, Somali, Spanish, Tagalog, Tigrinya, Vietnamese)
- Neighborcare Health, West Seattle, 206-461-6950 (Amharic, Arabic, Cambodian, Oromo, Russian, Somali, Spanish, Ukrainian)
- Neighborcare Health, Vashon Island, 206-463-3671
- Sea Mar Community Health Center, Federal Way 253-681-6600 (Korean, Spanish)
- UW Mobile Clinic, Rainier Beach, 206-744-0400 (Wed and Sat, 10am-3pm; no appointment necessary)
- UW Mobile Clinic, South Seattle College, 206-744-0400 (Fri, 10am-3pm; no appointment necessary)

## DRIVE-UP AND WALK-UP TESTING

- Drive-up and Walk-up Testing in Downtown Seattle Public Health - Seattle & King County offers free COVID-19 testing at the Downtown Public Health Center (2124 Fourth Ave, Seattle 98121) for people with symptoms of COVID-19 who are at highest risk for severe illness from the disease and don't have regular access to health care. They will also test symptomatic health care providers, workers in congregate care settings, and people working in critical infrastructure occupations. Learn more at: <https://www.kingcounty.gov/depts/health/covid-19/care/testing.aspx>
- Drive-up and Walk-up Testing in Rainier Beach Free COVID-19 testing is available at the Rainier Beach High School parking lot off of S Henderson St every Wednesday and Saturday from 10 AM to 3 PM. No appointments are necessary, and registration will be on-site. The site has the capacity to test 100 people per day. You will not be asked for your citizenship or immigration status. NOTE: The location has changed from the original location, which was at the nearby Atlantic City Boat Ramp.
- Drive-up Testing at T-Mobile Park (SoDo) QFC and Fred Meyer in partnership with the Seattle Mariners and City of Seattle is offering free drive-up testing at T-Mobile Park in the SoDo neighborhood. People must first register online at the Kroger website or by calling (888) 852-2567 (select option 1, then option 3). Applicants who qualify will receive an appointment time. Walk-up testing is not permitted.
- Neighborcare Health COVID-19 Testing at Four Clinic Locations Community health provider Neighborcare Health is offering COVID-19 testing at outdoor tents at their Meridian, Rainier Beach, High Point, and Vashon clinics, for anyone with symptoms. Please call a medical clinic to make a phone appointment with a medical provider first. North Seattle, 206-296-4990, South Seattle, 206-722-8444, West Seattle, 206-461-6950, Vashon Island, 206-463-3671
- Covid – 19 testing on the East Side East Gate Public Health Clinic offers Testing by appointment only. Clinic and Drive up M-F 206 477 8000 14350 S.E. Eastgate Way
- Seamar Bellevue Provider Referred Testing - If you have a provider there, they will see you and then refer you to their location in Federal Way 425 460 7140
- Seattle Children's Urgent Care in Bellevue - Provides Symptomatic Testing for Children 15000 116th Ave NE 206 987 2111 M-F 4pm to 10pm and Sat 11-8 (call before going)  
How do I get a test for COVID-19? Most testing is completed through healthcare providers. You should call your healthcare provider if you feel sick, live in the same household as someone who has tested positive for COVID-19, or have been in close contact with someone diagnosed with COVID-19. Each healthcare system has its own testing processes. Many providers require appointments to prevent overcrowding and to be sure that they have supplies. What if I don't have a healthcare provider or if my provider doesn't have testing available? If you need to be tested and don't have a provider who can do the test, please don't delay. Call the King County COVID-19 call center, which is open 7 days a week 8 AM – 7 PM, at 206-477-3977

## EMPLOYMENT

- USPS is Hiring [\[Click to visit site\]](#)
- Companies hiring during the COVID-19 Pandemic [\[Click to visit site\]](#)
- WorkSource WA Jobs available! [\[Click to visit site\]](#)

## UNEMPLOYMENT DUE TO COVID-19

- Webinars teaching first time users how to apply for unemployment
  - <https://esd.wa.gov/newsroom/introduction-to-unemployment-insurance-public-webinar>
  - <https://esdorchardstorage.blob.core.windows.net/esdwa/Default/ESDWAGOV/Unemployment/Webinar/IntroductionToUnemployment.pdf>
- If having difficulty accessing an existing account
  - <https://esd.wa.gov/unemployment/technical-support>
- For difficulty accessing Secure Access WA account (SAW)
  - Unemployment Insurance # 800-318-6022; 1-833-572-8400
- Scenarios and Benefits guide
  - <https://esd.wa.gov/newsroom/covid-19>
    - Breaks down: -“Standby” pay when only temporarily out of work; Being laid off due to virus; Infected with virus
- United Way King County [\[Click to visit site\]](#)
  - Info and resources including: Health insurance; Unemployment benefits; Access to OrcaLIFT
- Unemployment Law Project [\[Click to visit site\]](#)
- This list is specifically designed to serve freelance artists, and those interested in supporting the independent artist community. [\[Click to visit site\]](#)
- This online fundraiser is to specifically support "queer, transgender, non-binary and/or intersex Black, Indigenous folks and other LGBTQI+ people of color (QTIBIPOC folks). [\[Click to visit site\]](#)
  - To donate to the fund, go here: [gofundme.com/f/covid19-relief-fund-for-lgbtqi-bipoc-folks](https://gofundme.com/f/covid19-relief-fund-for-lgbtqi-bipoc-folks).

- To apply for funding, visit: [surveymonkey.com/r/QTIBIPOCCOVID19](https://surveymonkey.com/r/QTIBIPOCCOVID19)
- This fund is aimed at helping those in the greater Seattle arts community who have been financially impacted by cancellations due to COVID-19, with priority given to BIPOC
  - <https://www.gofundme.com/f/for-artists>
  - <http://arfundaz.org/>
- For artists, transgender & nonbinary artists, and disabled artists. [\[Click to visit site\]](#)
  - [surveymonkey.com/r/LHJNLQV](https://surveymonkey.com/r/LHJNLQV)
- The hospitality industry nonprofit Big Table will be disbursing funds soon [\[Click to visit site\]](#)
- Both Seattle's Paid Sick and Safe Time (PSST) Ordinance and Washington Initiative 1433 establish local and statewide paid sick leave for hourly employees working in Washington state. In Seattle, the law requires employers to provide all employees with paid sick and safe time. This includes full-time, part-time, temporary, exempt, and non-exempt employees. Please call the Seattle Office of Labor Standards at (206) 256-5297. [\[Click to visit site\]](#)
- Seattle Office of Labor Standards (OLS)
  - OLS has compiled a comprehensive list of resources and FAQs for both workers and employers affected by COVID-19
- COVID-19 Financial help in WA state [\[Click to visit site\]](#)

## RENT/HOUSING ASSISTANCE

- Coordinated Entry For All [\[Click to visit site\]](#)
  - Housing, Homelessness and Community Development
- Vine Maple Place-Maple Valley [\[Click to visit site\]](#)
- 2-1-1
  - You can call 2-1-1 from any phone to be connected to a list of statewide resources for everything from food and diapers to rental assistance and bus fare. You can also search their online database.

- Rental Housing Assoc of WA [\[Click to visit site\]](#)
  - List of rental assistance programs in King County
- Serving Renton Community – Rent, Utilities, Food
  - <https://rizpartnership.org/2020/03/13/community-collaboration-covid-19/>
  - <https://rizpartnership.org/2020/03/23/renton-area-support-request-form/>
  - <https://docs.google.com/forms/d/e/1FAIpQLSdX7sLmEmnlQCePz3eBsJUBNzHjEEPd6tMd26-desi56VVVoDA/viewform>

## CHILDCARE

- Cultivating Connections [\[Click to visit site\]](#)
  - Do you need help with child care costs? You may qualify for financial assistance to pay for child care if you live or work in King County, fall within income guidelines and your income, work schedule, or access to child care has been negatively impacted by COVID-19 or you are an essential worker.
- Child Care Aware of Washington [\[Click to visit site\]](#)
  - Statewide nonprofit operates a database of licensed childcare providers. You can search its database online or call its Family Center M-F 8:30 am - 4:30 pm at 1-800-446-1114
- K-5 Child Care During FWPS School Closure Application Request Form [\[Click to visit site\]](#)
- List of existing childcare centers offering drop-in care King County and Pierce County [\[Click to visit site\]](#)
- This organization is providing homework help, limited child care, translation services, food, diapers and other supplies for families. They are both offering and in need of help. [\[Click to visit site\]](#)
- The Y is turning its 14 closed branches into child care centers for the families of medical personnel, first responders, and anyone who needs to work to support the community. They have the capacity for 700 kids total who will be broken up into groups of no more than 10 and provided with snacks and lunch. Register by emailing [registration@seattleyymca.org](mailto:registration@seattleyymca.org). In the Northshore district, they'll continue providing care at Kenmore, Fernwood, and Maywood elementary schools.
  - <https://www.seattleyymca.org/blog/ymca-opens-child-care-essential-workers-serve-hundreds-families>

- List of Sites: <https://www.seattleyymca.org/locations?type=ymca,camps>
- <https://www.seattleyymca.org/blog/register-y-break-camp-during-school-closures>
  
- The Boys & Girls Club will be offering a full day of care for school-aged children at their clubs around Seattle. There are no additional costs for current club members. Others will have to pay a \$50 membership fee and a \$25 per day fee to attend. New teen members will just have to pay the \$50 membership fee. Capacity at each club will be limited to 50, including staff. Everyone who enters the club will be screened for symptoms. Bellevue Boys & Girls Club will also be offering full days of care.
  - <https://positiveplace.org/clubs/>
  - Bellevue: <http://www.bgcbellevue.org/Programs/Schools-Out-Days>
  
- A new technology company called Weekdays helps pair vetted in-home child care providers with nearby families. They are working with providers, such as parents, educators, and nannies, to set up “home pods” of three or fewer children. They are focused on providing care for families where the adults have to continue working. The company vets potential providers in two ways — a federal database or a quicker background check — and lets parents choose the option they prefer. Some providers are licensed; others are license-exempt because of the duration of the services.
  - <https://joinweekdays.com/>
  - If you are in need of child care or can provide services, you can reach Weekdays by texting 425-200-5127.

## FOOD PROGRAMS

- Food Support for the Rainier Beach [\[Click to visit site\]](#)
  
- WA-BLOC and FEEST Seattle are providing free hot lunch for students in the Rainier Beach Community every Tuesday and Thursday from 11:30 a.m. to 1 p.m. at Rainier Beach Community Center plaza while schools remain closed. [\[Click to visit site\]](#)
  
- Northwest Harvest SODO Community Market is offering pre-bagged produce, prepared foods, and shelf-stable groceries right at the door. There is no need to enter the facility. This is open to anyone of ANY AGE. SODO Community Market is located in Seattle's SODO neighborhood at 1915 4th Ave S, near the corner of 4th Ave S & S Holgate St. [\[Click to visit site\]](#)
  
- United Way is also offering meals for kids at additional sites- King and Pierce Counties [\[Click to visit site\]](#)

- This Google Map compiled by Kaleb Germinaro shows food distribution sites, food banks, and other resources for Duwamish, Suquamish, Coast Salish Land Schools. [\[Click to visit site\]](#)
- Free meals from Musang Restaurant. This Filipino restaurant in Beacon Hill is now a community kitchen offering free meals for anyone who needs them, no questions asked, noon to 6 p.m. daily. [\[Click to visit site\]](#)
- Federal Way & Kent Community Food Sites for 18 and under kiddos. [\[Click to visit site\]](#)
  - **Community sites:**
    - Appian Way, 25818 26th Pl S Kent, WA 98032, 12:20 – 1:25 p.m.
    - Camelot Square, 3001 S 288th St Federal Way, WA 98003, 10:45 – 11:50 a.m.
    - Campus View, 163 S 340th St Federal Way WA 98003, 1:55 – 3:00 p.m.
    - Crestview West, 27912 Pacific Hwy S Federal Way, WA 98003, 1:55 – 3:00 p.m.
    - Enchanted Woods, 2020 S 360th St Federal Way, WA 98003, 10:45 – 11:50 a.m. Kitts Corner, 1201 S 336th St Federal Way WA 98003, 10:45 – 11:50 a.m.
    - Uptown Square, 1066 S 320th St Federal Way WA 98003, 12:20 – 1:25 p.m.
    - Park 16, 35703 16th Ave S Federal Way, WA 98003, 12:20 – 1:25 p.m.
    - Westway, 33400 21st Ave SW Federal Way, WA 98023, 1:55 – 3:00 p.m.
    - Avery at Reserve, 125 SW Campus Dr. Federal Way WA 98023, 12:30 p.m. – 1 p.m.
    - Glen Park, 952 SW Campus Dr Federal Way, WA 98023, 11:30 a.m. – 12 p.m.
    - Good Shepherd Episcopal Church, 345 S. 312th St Federal Way WA 98003, 12:30 p.m. – 1 p.m.
    - Pavilion, 1900 SW Campus Dr. Federal Way WA 98023, 12:30 p.m. – 1 p.m.
    - View at the Lake, 30602 Pac Highway S. Federal Way WA 98003, 12:30 p.m. – 1 p.m.



KING COUNTY FACILITIES

Facility Type	Name of facility	Contact Person	Restriction
SNF	Issaquah Nursing and Rehab Center		Not taking new patients
SNF	Life Care Center - Kirkland		Not taking new patients
SNF	Evergreen		<i>As of 3/13/20:</i> Taking new patients, but restricting visitors
SUGM (shelter)	Hope Place for Women and Children		Not taking new patients
Retirement Community	Emerald Heights		
Assisted Living	Aegis Living at Marymoor		
Nursing Home	Redmond Care and Rehab Center		
Retirement Community	Ida Culver House - Ravenna		

Retirement Community	Boulevard Park Place Active Retirement Community		
Assisted Living	Madison House - Independent & Assisted Living Community		
Retirement Community	The Gardens at Juanita Bay - Kirkland		
SNF	Columbia Lutheran Home		
SNF	St. Josephine Care Center - Stanwood		
Psych Hospital	Northwest Psych		Not taking new patients
Outpatient MH/SUD	Sound	Katrina Egner	Suspending groups and day treatment
Outpatient MH/SUD	Seattle Counseling	(206) 323-1768 Anne	Suspending groups

	Service		
Outpatient MH/SUD	Center for Human Services-KC only	Katrina Hanawalt  206-362-7282	Suspended WISe services in KC, phone contact only
Family Support/ MH	Atlantic Street Center	<a href="https://atlanticstreetcenter.org/">https://atlanticstreetcenter.org/</a>	Cancelled after school and kinship. Serving families by phone.
Youth Support	Phenomenal She	CarleciaBell@phenomenalshe.org  <a href="https://www.phenomenalshe.org/">https://www.phenomenalshe.org/</a>	Accepting referrals and are available for contact
Youth Support and Mentorship	Game of Life  (GOL)	everybodycanwin@aol.com  <a href="https://mschelps.org/wp-content/uploads/2017/09/GOL-August-2017.pdf">https://mschelps.org/wp-content/uploads/2017/09/GOL-August-2017.pdf</a>	We are continuing to accept referrals for Game of Life and connecting with all of our participants
	Within Reach  WA	<a href="http://www.withinreachwa.org">www.withinreachwa.org</a>	All of our outreach team is working remotely and can still help clients fill applications and find resources.

			<p>We have two main points of entry:</p> <p>Help Me Grow WA hotline: 1-800-322-2588 M-Th 8-5:30, F 8</p> <p>Parent Help 123 Benefit Finder: <a href="https://www.parenthelp123.org/benefit-finder-">https://www.parenthelp123.org/benefit-finder-</a></p>
Family Support/ Babies and Toddlers	Wellspring Family Services	<a href="mailto:ccoulombe@wellspringfs.org">ccoulombe@wellspringfs.org</a>	<p>We have temporarily instituted a personal-shopper program for our Baby Boutique. To shop, please call (206) 902-4234 and provide a list of children’s age, size, and needs to our staff. We will prepare a package of clothing and supplies for you to pick up.</p> <p><a href="https://wellspringfs.org/">https://wellspringfs.org/</a></p>
Lifeline phone access	MPS Lifeline	<a href="https://www.mpslv.com/">https://www.mpslv.com/</a> 702-368-4888	<p>We will be open to assist in helping our customers apply for free lifeline services on a limited schedule. We have an agent that will be working at 2nd and Lenora from 11A to 4P from Mon-Fri and another roving agent that will visit Cherry St and Auburn DSHS offices and a few food banks during the course of the week.</p>
Community Support	Reconnect to Opportunity	<a href="https://reopp.org/">https://reopp.org/</a>	<p>Reconnect to Opportunity is still able to contact and/or meet with youth who need support. We do foresee employment opportunities picking up</p>

			even more with certain grocers and shippers having an influx of demand.
Community Support	Detention Resource Center	SCresourceCenter@kingcounty.gov	
Community Support	Seattle Goodwill Youth Programs	<p>Staff Name: Monique Edwards</p> <p>Position: Manager</p> <p>Programs: Youth At Work and Youth Aerospace/Advanced Manufacturing</p> <p>Cell: 360.679.1509</p> <p>Email: Monique.edwards@seattlegoodwill.org</p> <p>Staff Name: Nikita Love</p> <p>Position: Specialist</p> <p>Program: Youth At Work</p> <p>Cell: 206.856.8058</p> <p>Email: Nikita.love@seattlegoodwill.org</p> <p>Staff Name: Rodney Sisk</p> <p>Position: Specialist</p>	<p>not taking walk-in</p> <ul style="list-style-type: none"> <li>•seeing people by appointment only</li> <li>•offices are closed to the public</li> <li>•can be reached via phone, email and fb</li> </ul>

		<p>Program: Youth Aerospace/Advanced Manufacturing</p> <p>Cell: 206.852.4533</p> <p>Email: Rodney.sisk@seattlegoodwill.org</p> <p>Staff Name: Cochise Moore</p> <p>Position: Academic Counselor</p> <p>Program: Youth At Work and High School 21+</p> <p>Cell: 206.854.3345</p> <p>Email: Cochise.moore@ seattlegoodwill.org</p>	
Community Support	CONSEJO	<a href="http://www.consejocounseling.org">www.consejocounseling.org</a>	<p>All of Consejo staff will be working remotely. We will be operating and available during regular office hours.</p> <p>We are hoping to have some staff in the office for emergencies. All of Consejo and the A.P.O.Y.O program will be taking referrals.</p>