

# Health

## Wallingford

### 45th St Clinic (Youth Clinic)

**Ages: 12 - 23.** 206-663-7650. 1629 N 45th St. floor 1. W & R: 6-9. Medical, dental & counseling. Acupuncture, yoga, naturopathy, meditation, massage. Drop-ins okay. Appointments recommended.

### Neighborcare Health, 45th St

**All Ages.** 206-663-3350. 1629 N 45th St. M&T: 8-7, W: 9-5:30, R&F: 8-5:30, Sat: 10-2. Medical & dental for low income & uninsured families.

## UDistrict

### PHRA - People's Harm Reduction Alliance

**All Ages.** 206-350-5777. 1415 NE 43rd St (post office alley, outside UCon Church). M,T,R,F: 5-7. Su: 1-5. Injection supplies, crack kits, condoms, Naloxone, Hep C testing, vein and wound care.

### Teen Feed

**Ages: 13 - 25.** 206-522-4366. 4740 University Way NE. Healthcare enrollment & coordination. Wed: 2-4pm., call, or go to a TF meal.

## Northgate

### Neighborcare, Meridian Center for Health

**All Ages.** 206-296-4990. 10521 Meridian Ave N. Dental; medical (pediatrics & services for youth w/ developmental disabilities); pregnancy & newborn care; pharmacy; nutrition counseling; behavioral health counseling; & social work.

## Downtown

### Seattle Public Health

2124 4th Ave Phone: 206-296-4755. M-F: 8-5pm. Same building as needle exchange.

### Therapeutic Health Services (THS)

**Seneca Branch:** 206-323-0934. 1305 Seneca St. M-R: 7-5:30. F: 7-4:30. Chemical dependency & mental health treatment agency.

### Spruce Street Secure Residential Center

**Ages: 12 - 17.** 206-587-0992. 1102 E Spruce St. Short-term residence/crisis support services for unstably housed youth, 12-17. Shelter: over 18.

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# Health (continued)

## Ballard

### Ballard Clinic

**All Ages.** 206-782-5939. Nyer Urness - House  
1753 NW 56th St, Suite 200. M-F: 9am-4:30pm.  
Closed 12:30-1:30. Medical care and counseling.

## Capitol Hill

### Recovery Café

**All Ages.** 206-374-8731. 2022 Boren Ave. For  
those who've suffered trauma, homelessness, ad-  
diction, or other mental health issues. T-Sa: 12-6.

### The Country Doctor Youth Clinic

**Ages: 13 - 23.** 206-299-1636. Walk-in only. 500  
19th Ave E (off Republican). M&T: 6-9pm.

### The Country Doctor

**All Ages.** 206-299-1600. Walk-in only. 500 19th Ave  
E (off Republican). M,T,F: 9-5, W&R: 9-8:30.

### Therapeutic Health Services (THS)

**Ages: 18 & Up. Summit Branch:** 206-323-0930.  
1116 Summit Ave. M-R: 7-5:30, F: 7-4:30. Chemi-  
cal dependency & mental health treatment agency.

## Central District

### Therapeutic Health Services (THS)

**Ages 9-19. Youth and Family:** 206-322-7676.  
1901 MLK Jr. Way S, M-R: 9-6, F: 9-5. Chemical  
dependency & mental health treatment agency.

## White Center

### Seattle Drug & Narcotic Ctr (Seadrunar)

**Ages:18 & Up.** 206-767-0244 . 10344 14th Ave. S.  
A long-term residential drug and alcohol treatment  
facility offering new hope and a fresh start in life to  
men and women struggling with addiction.

## Multiple Locations

### Sound Mental Health

**All Ages.** 1800-828-1449. Multiple locations.  
Counseling services, crisis response services, &  
chemical dependency treatment programs.

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# Drop-Ins

*Drop-in centers provide a variety of services to unstably housed young adults. Services often include, but are not limited to: food, case management, laundry, showers, activities, & referrals. If you are unsure of specific services, call ahead to find out about individual programs.*

## U-District

### University Branch Library

**Ages: 13 - 26.** 206-684-4063. 5009 Roosevelt Way NE. Basement Mtg. Rm. Wed: 4-5:45pm. Snacks, games, resources, and referrals.

### Street Youth Ministries (SYM)

**Ages: 13 - 26.** 206-524-7301. 4540 15th Ave. NE. Drop-in and meal: Mon, Tue, & Thu: 7-10pm, Fri: from 12:30-4:30pm. Food, hygiene items, showers, clothing, & laundry.

### Teen Feed

**Ages: 13 - 25.** 206-522-4366. 4740 University Way NE, Seattle, WA 98105. Wed: 2-4pm. Snacks, drinks, support coordination, healthcare enrollment & coordination.

### University District Youth Center (UDYC)

**Ages: 13 - 22.** 206-526-2992. 4516 15 Ave. NE. Drop-in: Mon - Thu: 1:30-3:30pm. Food (one hot meal daily), clothing, laundry, showers, activities, bus tickets, and referrals to ongoing services.

### University Family YMCA

**Ages: 13 - 25.** 206-524-1400. 5003 12th Ave. NE. Drop-in: Sat: 5-8pm, Sun: 12:30-3:30pm. Meals, showers, hygiene supplies and clothing.

### Sanctuary Art Center (SAC)

**Ages: 13 - 25.** 206-522-6256. 1604 NE 50th St. Tue: 9-12, Art & Music. Thu: 9-12, Art & Music. Fri: 9-12, Art only + 12:30-2:30, Music only. Sat: 10am-1pm, Art only.

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### Orion Center (below Cap Hill off of Denny)

**Ages: 13 - 22.** 206-622-5555. 1828 Yale Ave. M, W, R, & F: 3:30-6:30pm. Sat: 11-1. Showers Laundry, Clothing, Hygiene products, Lockers, Medical Care, Case management, Help finding services, ID runs (get your State ID).

### New Horizons (Belltown)

**Ages: 18 - 24.** 206-374-0866. 2709 Third Ave.

**Resource Center** (goal oriented): Mon-Thu: 9-10:30am.

**Day Programs:** (schedule changes weekly) Mon-Thu: 9am-12pm.

**Drop-In:** Sun-Thu. Sun: 6-9pm and Mon-Thu: 7-9pm.

**Also:** Showers, Laundry, Clothing, Hygiene Products, Case Management, and Resources.

## Capitol Hill

### PSKS: Peace for the Streets by Kids on the Streets

**Ages: 13 - 29.** 206-726-8500. 1609 19th Ave #100. M - F: 11-5. Child-friendly and companion animal-friendly.

### Lambert House

**Ages: 13 - 22.** 206-322-2515. 1818 15th Ave. Join a support group, join an activity, talk to a counselor, use our computer lab, get dinner, shoot pool, play games or whatever you want to do.

## South Seattle

### YMCA Center for Young Adults

**Ages: 18-25.** 206-749-7550. 2100 24th Ave. Suite #250. Mon - Thu: 1:30-5:30. Fri: 10-2pm. Drop-in plus a one-stop resource center for housing, employment, education and life skills.

## Redmond

### Friends of Youth (Redmond Youth Service Center)

**Ages: 15 - 22.** 425-307-1915. 16225 NE 87th St Suite A1). Mon, Tue, Thu, & Fri: 2pm-5pm.

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### FamilyWorks: Family Advocate

**All ages, individuals, & families.** 206-694-6727. T: 9:30-5 w/Virginia (speaks Spanish), 206-694-6730. R: 9:30-5 and F: 9:30-3 w/ Annie, 206-694-6842. 1501 N. 45th St.

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## Various Locations

**YouthCare's Youth and Family Connection Network (YFCN)**

**Ages: 12 - 25.** 206.792.5558.  
yfcn@youthcare.org.

Work with youth & families (defined as any supportive adult) to achieve: family engagement, family reunification, and housing stability.

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**Youth & Family location.**

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## YMCA Center for Young Adults

**Ages: 18 - 25.** 206-749-7550. 2100 24th Ave Suite #250. M - R: 1:30-5:30. F: 10-2pm, or by appt.

## Various Locations

**YouthCare's Youth and Family Connection Network (YFCN)**

**Ages: 12 - 25.** 206.792.5558.  
yfcn@youthcare.org.

Work with youth & families (defined as any supportive adult) to achieve: family engagement, family reunification, and housing stability.

## Capitol Hill

**PSKS: Peace for the Streets by Kids on the Streets**  
**Ages: 13 - 29.** 206-726-8500. 1609 19th Ave #100. M - F: 11-5, or by appt.

## Central District

**Therapeutic Health Services (THS)**  
**Youth & Family location.**

**Ages: 15 - 22.** 206-322-7676. 1901 MLK Jr Way. S, M - R: 9-6, F: 9-5, or by appt.

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# Shelters & Housing

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## Shelters

### ROOTS (U-District)

**Ages: 18 - 25.** 206-632-1635. 1415 NE 43rd St. University Temple United Methodist Church (alley behind post office) through set of double blue doors on left hand side. Bring ID. Sign-in at door/by phone between 8-8:30pm. Opens at 9pm. Office hours 7:30-8pm.

### YouyhCare: Orion Center (Downtown)

#### Young Adult Shelter at the Orion Center

**Ages: 18 - 24.** 206-622-5555. 1828 Yale Ave. Must have ID. Must register if first time (between 5-6pm Mon-Fri on first night wish to stay). Doors open @8:30pm. Arrive by 8:45. Snack, showers, laundry, activities, & breakfast are provided.

#### The Adolescent Shelter at the Orion Center

**Ages: 12 - 17.** 206-622-5555. Call for details.

### New Horizons (Belltown)

**Ages: 18 - 23.** 206-374-0866. 2709 Third Ave. Sun-Thu nights, 9:30pm-7:30am (Breakfast at 8am). Get name on the list before 8pm on day shelter's needed (during drop-in or 206-374-0866. Leave a message - extension 209). More names than beds = lottery @8pm. Call after 8pm to see if have spot.

### PSKS: Peace on the Streets by Kids on the Streets (Capitol Hill)

**Ages: 18 - 29.** 206-726-8500. 1609 19th Ave. Intake: Walk-in, M, W, F, noon-3pm. Shelter: Sun-Thu, 9pm-8am. Must have participated at least once in a PSKS program prior to the night's stay. Check-in: 9:30-10pm, check-out:7:30am. \*Accepts clients w/companion animals.\*

### The Landing: Friends of Youth (Redmond)

**Ages: 18 - 24.** 425-449-3868. 16225 NE 87th St, Suite A-1. Line-up for shelter at 8:30pm. Intake at 8:45pm. Guests are provided w/dinner, showers, laundry service, clothing, and breakfast.

## Transitional Housing

See your case manager, or visit one of the local drop in centers to receive a Youth Housing Connection Assessment to get into a transitional housing program.

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# Food

## UDistrict

### Teen Feed Nightly Meals

**Ages: 13-25. M&F (7-8pm):** University Lutheran Church (steps down from front lawn) Sanctuary Art Center. **T,W, & R: (7-8pm):** University Congregational United Church of Christ (steps down on 16th). **Sun:** Hillel UW. **Sat (6:30-730pm):** University Temple United Methodist Church (in the alley).

### Friday Feast

**All Ages.** ROOTS Shelter. University Temple Methodist Church, 1415 NE 43rd St. (alley entrance). F: 5:30-7

### UD Food Bank

**All Ages.** 1413 NE 50th St. M&F 9-3, T&R 2-8.

### FamilyWorks Food Bank

**All Ages.** 1501 N 45th St, Seattle. Serving: 98103, 98107, 98115, 98133. Groceries and no-cook bags. T: 12-2, R: 3-6, F:11-1, 3rd Sat of the month 10-12, special needs deliveries to 98103.

### St. Vincent de Paul Food Bank

**All Ages.** Fri: 10:30-12noon. Blessed Sacrament Church. 5050 8th NE. Parish Hall on 8th Avenue side of building. Food Baskets - Must have ID.

### Sunday Lunch

**All Ages.** Sun: 12-2pm. 5050 8th NE. Blessed Sacrament Church. Parish Hall, 8th Avenue side.

### Chaco Canyon Organic Café

**All Ages.** 4757 12th Ave NE. Healthy and vegan "Community Bowl." Payment by donation, but NO ONE is turned away. One/person/day.

## Downtown

### Orion Center (below Cap Hill off of Denny)

**Ages: 13-22.** 1828 Yale Ave. M-F 8:30-9am, M-F: 12:30-1, M,W,T, F: 6-6:30.

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# Hygiene

## University District Youth Center (UDYC)

**Ages: 13 - 23.** 206-526-2992. 4516 15th AVE NE. Drop-in: Mon-Thu: 1:30-3:30. Food (one hot meal/day), clothing, laundry, showers, activities, bus tickets, & referrals/connections to services.

## University Family YMCA

**Ages: 13 - 25.** 206-524-1400. 5003 12th AVE NE. Drop-in: Sat 5:00-8:00pm, and Sunday afternoons 12:30-3:30pm providing meals, showers, hygiene supplies and clothing.

## Urban Rest Stop - ROOTS U-District Location

**All Ages.** 206-327-0744. University Temple Methodist Church, 1415 NE 43rd St (alley entrance). Free showers, laundry facilities, and hygiene products. Drop in to schedule an appt: Tue- Fri: 9am-12pm & 1-5pm.

## Ballard Urban Rest Stop

**All Ages.** 206-258-3626. 2014-B NW 57th St. (Entrance to left of Cheryl Chow Court entrance). Free showers, laundry facilities, and hygiene products. Mon-Fri: 6:30am-2:30pm. Last laundry: 12 noon. Last shower: 1:30 p.m.

## Downtown Urban Rest Stop

**All Ages.** 206-332-0110. 924 Ninth Ave. Free showers, laundry facilities, and hygiene products. Mon-Thu: 5:30am-9:30pm. Fri: 5:30am-11am & 2pm-9:30pm., Sat-Sun: June 1 - Sept. 30: 8am-5pm Sat-Sun, Oct. 1 - May 31: 8am-3pm.

## Compass Housing Alliance - Hygiene Center

**Ages: 18 and up.** 206-474-1000. 77 S Washington. Drop-in Mon - Fri: 7am-2:30pm.

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# Education

## Seattle Education Access (SEA)

**Ages: 16 - 29.** 206-523-3662. Staff will come to you (they can meet you at a drop-in). Call or email to set up an appointment! FAFSA, GED completion, Compass test prep, discounted or free computer and/or textbooks for college, interest and skills tests, college navigation, etc. [staff@seattleeducationaccess.org](mailto:staff@seattleeducationaccess.org)

## PSKS - RISE Program (Capitol Hill)

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**Ages: 13-22.** 1828 Yale Ave. Come into the Orion Center between 1pm and 4pm, Monday - Friday, so we can administer a CASAS test. After you've taken the CASAS, attend GED tutoring Monday-Friday, 9:00am-12:30pm, at the Orion Center.

## Shoreline - Learning Center North

**Ages: 16 - 21.** 206.533.6733. 16101 Greenwood Avenue North. Mon - Fri: 8am-4:30pm. Serves youth who have not completed high school but want to earn their GED and go on to college, technical training and/or employment. **FREE.** LCN students are also Shoreline Community College students, earning college credits. <https://www.shoreline.edu/lcn>

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# Jobs & Internships

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## Clear Path to Employment

**Ages: 18-25.** (206) 749-7540. 2100 24th Avenue South Suite #250. Paid internship opportunities throughout the year with extensive job support.

## WAGES (Working to Achieve Growth in Employment Skills)

**Ages: 18-22.** 206-749-7578. Paid internships.

## Job Corp Information

**Ages: 16-24.** 206-622-6593 ext. 15. 1511 3rd Ave, Ste. 321. Info session every Tuesday at 2pm.

## Seattle Youth Garden Works

**Ages: 16-21.** 206-632-0352. 5700 Sixth Avenue S #207.

## Seattle Goodwill

206-329-1000. Various job training locations. [goodwill@seattlegoodwill.org](mailto:goodwill@seattlegoodwill.org).

## www.teenjobs.org

Visit this site often for jobs and internships in the Seattle area.

## Seattle Parks and Recreation (teen &YA jobs)

<http://www.seattle.gov/parks/teens/programs/teenjobs.htm>

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# Other Resources

## Facing Homelessness

- **All Ages.** 206.632.7299. 1415 NE 43rd St (in the alley) University Temple United Methodist Church (alley behind the post office). "Facing Homelessness" green sticker" - knock on the window. Fridays - Rex (photographer).

## Youth Advocates Ending Homelessness

- **Ages: 13—24.** 206-407.2189. Gives young adults who have experienced homelessness a chance to speak up, tell their stories, and advocate for programs and services they think will improve the lives of young people living on the streets throughout King County.

## Sanctuary Art Center (SAC)

- **Ages: 13 - 25.** 206.522.6256. 1604 NE 50th St. Tue & Thu: 9-12, Art & Music. Fri: 9-12, Art only + 12:30-2:30, Music only. Sat: 10am-1pm, Art only.

## Important Phone Numbers

**Community Info Line:** 206-461-3210

**Crisis Clinic** (phone support): 1-866-4CRISIS, 206-461-3222

**Seattle Police Complaint Line:** 206-684-8797

**University Branch Library:** 206-684-4063

**WA Recovery Help Line** (24-Hour Help for Substance Abuse, Problem Gambling & Mental Health): 1-866-789-1511

**WA Warm Line** (peer to peer support for people living with mental illness). 1-877-500-WARM (9276)

**211 Resource Line:** 211

## Domestic Violence

**New Beginnings** 24 hour help line (services for those affected by physical, emotional, or sexual abuse) 206-522-9472

National Hotline for Missing & Exploited Children  
1-800-843-5678

Rape Abuse & Incest National Network (RAINN)  
1-800-656-HOPE

## Advocacy & Community Resources

[Seattle/King County Coalition on Homelessness](#)

## Pets & Animal Care

### C3 Seattle

- A helpful list of clinics, which spay and neuter pets at low costs. [C3Seattle.com/spay.html](http://C3Seattle.com/spay.html)

## Seattle Humane Society

- 425.641.0080. 13212 SE Eastgate Way, Bellevue 98005 SMT 11-6PM, W, R, F, Sa: 11-8PM. A local organization dedicated to providing care to animals of all ages. Services include spaying, neutering, and help with surrendering pets.

## Baby Boutique

Domestic Violence

New Beginnings 24 hour help line: 206-522-9472

## Pregnancy

### Jubilee Women's Center

Adult females. Free clothing, case management, housing support, Learning & Opportunity Center (LOC)  
<http://www.jwcenter.org/our-programs/who-we-serve/>

National Hotline for Missing & Exploited Children  
(24hrs/day)

1-800-843-5678

Rape Abuse & Incest National Network (RAINN)

1-800-656-HOPE

National Teen Dating Abuse Helpline

1-866-331-9474, 1-866-331-8453 (TTY) (24/7)

Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233), 1-800-787-3224

(TTY)

Childhelp National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)

## FAMILY RESOURCE CENTER

1-on-1 appointments with Advocates  
Parent/Child Playgroups and Parenting Classes

Teen Parent Program, Single Parent Activities

Computer Tutoring and Employment Advice

Free Children's Clothes and Diapers

Monday 9:30AM—12PM

Tuesday, Wednesday and Thursday

9:30AM—5PM

Friday 9:30AM—3PM

Fridays in July/August 9:30AM—1PM

FamilyWorks is a welcoming place for people who seek food, family support & a path to resiliency.

[www.familyworksseattle.org](http://www.familyworksseattle.org)

1501 N 45th St. 98103

In the Wallingford Neighborhood

(206) 694-6727

The Trevor HelpLine for Gay and Lesbian Youth

1-866-488-7386

If you are feeling suicidal or your question is urgent and you need a response right away, please call the Trevor Helpline immediately.

All calls are confidential and free at this tollfree number from anywhere in the United States, 24/7.

**Add more numbers!!!**

<http://www.seattle.gov/teen/crisis/substanceabuse.htm>

# Legal Help

## **COORDINATED LEGAL EDUCATION, ADVICE, AND REFERRAL (CLEAR)**

- 206.384.6378 Hours: Mon-Fri 8:00am-6:00pm within King County CLEAR is Washington's toll-free, centralized intake, advice and referral service for low-income people seeking free legal assistance with civil (i.e. non-criminal) legal problems.

Location: Multiple

Website: SYLAW website

## **STREET YOUTH LEGAL ADVOCATES OF WASHINGTON**

- 206.359.6200 SYLAW provides legal advice and referrals, and assistance with juvenile record sealing. They are not accepting new cases for legal representation at this time. Visit their website for current clinic locations and hours.

Location: 1201 3rd Avenue, Suite 4800, Seattle, WA 98101

Website: VAIJ website

## **VOLUNTEER ADVOCATES FOR IMMIGRANT JUSTICE (VAIJ)**

Offers free legal assistance to detained immigrants seeking asylum or other immigration concerns.





