



**\* Civil Rights / Ethnic Organizations / Services**

ACLU [www.aclu-wa.org](http://www.aclu-wa.org) 206-624-2184  
Arab American [www.theaacc.org](http://www.theaacc.org) 206-634-9001  
[Asian Pacific/ Islander Chaya](http://www.asianpacific.org) 206-325-0325  
Bosnian Islamic Center Shoreline 206-365-3350  
CAIR-WA [CAIRSeattle](http://www.cairseattle.org) 206-367-4081  
EACS [E.African Community Svcs](http://www.eafricancommunity.org) 206-721-1119  
EMAS [Ethiopian Muslims](http://www.ethiopianmuslims.org) 206-243-1251  
Horn of Africa [www.hoas.org](http://www.hoas.org) 206-760-0550  
ICNA <http://www.icnarelieff.org/mfs/>  
[Iraqi Community Center SW Youth](http://www.iraqicommunitycenter.org) 206 937-7680  
[Islamic Relief Community Grants](http://www.islamicrelief.org)  
[King County Office Civil Rights](http://www.kingcounty.gov/civilrights) 206-263-2446  
[Muslim American Society Seattle Chapter](http://www.muslimamerican.org)  
NAACP 206-324-6600  
[http://seattlekingcountynaacp.com/](http://www.seattlekingcountynaacp.com/)  
[One America](http://www.oneamerica.org) 206-723-2203  
Peaceful [Families Task Force](http://www.families.org) 206-568-7576  
<http://www.pakistanseattle.com/> 425-836-2245  
<http://www.povertyaction.org/Home/index.cfm>  
[Refugee Fed Services](http://www.refugeefed.org) 206-725-9181  
REWA [Refugee Women's Alliance](http://www.refugeewomen.org) 206-721-0243  
Seattle Office of Civil Rights 206-684-4500  
Solid Ground [//solid-ground.org](http://www.solid-ground.org) 206-694-6700  
[Somali Community Services](http://www.somali.org) 206-431-5141  
Somali News [http://runtanews.com](http://www.runtanews.com)  
[Urban League](http://www.urbanleague.org) 206-461-3792  
[Veterans WA](http://www.veterans.org) 1-800-562-2308 [KC](http://www.kc.org) 206-296-7656

**\* Financial Assistance call 211** \$\$ Assistance

[Centerstone](http://www.centerstone.org) (utilities, helpline) 206-812-4940  
[ELIA](http://www.elia.org) (urgent/shut off) 206-684-3688  
[Financial Empowerment Network](http://www.financialempowerment.org) Bank On  
Hope-link [energy assistance](http://www.energyassistance.org) 425-869-6027  
[LI-HEAP](http://www.li-heap.org) 360-725-2857  
[Multi-Service Center](http://www.multi-service.org) 1-800-348-1744  
[Project Share](http://www.projectshare.org) (utilities help) 206-684-0268  
[Salvation Army](http://www.salvationarmy.org)-utility shutoff notice 206-447-9944  
[St Vincent De Paul](http://www.stvincentdepaul.org) <http://www.svdpsseattle.org/>

**\* Food Banks call 211** or 206-461-3200

[King County / Seattle Food Banks](http://www.kingcounty.gov/foodbanks)  
[Muslim Food Banks at Mosques](http://www.muslimfoodbanks.org)  
[NW Harvest](http://www.nw-harvest.org) 1-800-722-6924  
DSHS [http://foodhelp.wa.gov/basic\\_food.htm](http://www.foodhelp.wa.gov/basic_food.htm)

**\* Muslim Food /Restaurants [Zabihah.com](http://www.zabihah.com)**

**\* Domestic Violence Assistance call 911/ 211**

Adult Abuse Reporting 1- 866-END-HARM  
Child Protective Services 1-800-562-5624  
[DV Services of Snoh County](http://www.dv-services.org) 425-252-2873  
CHAYA [www.chayaseattle.org](http://www.chayaseattle.org) 1-877-92-CHAYA  
Crisis Clinic 206-461-3222 / 1-866-427-4747  
[www.crisisclinic.org](http://www.crisisclinic.org)  
[D.A.W.N.](http://www.dawn.org) Crisis Help 425-656-7867  
DV Hotline Washington State 1-800-562-6025  
[LifeWire Eastside DV](http://www.lifewire.org) 1-800-827-8840  
[New Beginings](http://www.newbeginnings.org) 206-522-9472  
[Pathways for Women](http://www.pathwaysforwomen.org) counsel 425-774-9843  
[South CountyYWCA](http://www.southcounty.org) Arabic 425-226-1266#1017

**\* Dental Clinics Lower Income**

Central Area Clinic 206-461-7801  
Downtown Dental Clinic 206-205-0577  
Eastgate Dental Clinic 206-296-9726  
45<sup>th</sup> Street Clinic 206-633-3350  
High Point Dental 206-461-6966  
ICHS <http://www.ichs.com/>  
[Neighborcare Dental Community Clinics](http://www.neighborcare.org)  
[Public Health Dental Clinics](http://www.publichealth.org) 206-205-8580  
Rainier Beach Dental 206-461-6981

**\* Eye Exams**

Eye Care America ([Elderly 65+](http://www.elderly65.org))  
[Eyedentity](http://www.eyedentity.org) Kirkland 425-822-7685  
Infant See <http://www.infantsee.org/>  
Lion's Low Vision Clinic 206-364-2977  
Optometric Center (low income) 206-325-1100  
USA <http://www.aoa.org/visionusa.xml>

**\* Health Care Clinics & Providers**

[http://wahealthplanfinder.org/](http://www.wahealthplanfinder.org/)  
Al-Shifa clinic [http://alshifaclinic.org/](http://www.alshifaclinic.org/)  
[Children's Hospital](http://www.childrenshospital.org) 206-987-2000  
[Breast/ Cervical /Colon Clinic & Community Health Access](http://www.breastcervical.org) 206-284-0331 /1-800-756-5437  
Community Health Plan (CHC Clinics)  
[www.chpw.org](http://www.chpw.org) 1-800-440-1561  
CSO ([DSHS](http://www.dshs.org)) Medical help 1-877-501-2233  
Harborview 3<sup>rd</sup> Ave Clinic 206-521-1231  
Hope-link (Clinic) Sat 9 AM 425-943-7555  
International ICHS clinics <http://www.ichs.com/>  
[Neighborcare Clinics](http://www.neighborcare.org)  
[Odessa Clinic](http://www.odessaclinic.org) (children) 206-987-7200  
[Pioneer Square Clinic](http://www.pioneer-square.org) 206-744-1500

**\* Housing Emergency Shelters (Homeless)**

**For KC intake call 211** or 1-800-621-4636  
[Congregations for the Homeless](http://www.congregationsforthehomeless.org)-M 425-749-8369  
[Compass](http://www.compasshousingalliance.org/) <http://www.compasshousingalliance.org/>  
[DESC](http://www.desc.org) 206-464-1570  
Seattle ([CCSWW](http://www.ccsww.org)) 206-323-6336  
[Sacred Heart](http://www.sacredheart.org) (families,women,ch) 206-285-7489  
[Salvation Army](http://www.salvationarmy.org) M 206-621-0145  
[Women's Referral Center](http://www.womensreferralcenter.org) (24/7) 206-441-3210  
[UGM](http://www.ugm.org) Families-206-628-2008 M- 206-622-5177  
YMCA [Emergency Services](http://www.emergency.org) 206-568-7841  
<http://www.ycaworks.org/>  
[Youth Emergency](http://www.youthemergency.org) Housing [http://ccsyhc.org/en/](http://www.ccsyh.org/en/)

**\* Housing Transitional Intake: call 211**

[Catholic Community Services](http://www.catholiccommunity.org) [www.ccsww.org](http://www.ccsww.org)  
[Hope-link](http://www.hopelink.org) (Eastside & North help) 425-556-9289  
[Pathways for Women](http://www.pathwaysforwomen.org) Snoh. Co 425-774-9843  
[Valley Cities](http://www.valleycities.org) Housing Options 253-939-4055

**\* Permanent Housing Low Income intake: 211**

[Bellwether Housing](http://www.bellwether.org) 206-623-0506  
Capitol Hill Housing ([CHHIP](http://www.chhip.org)) 206-329-7303  
[Everett Housing Authority](http://www.everett.org) 425-258-9222  
[Housing Search NW](http://www.housingsearch.org) 1-877-428-8844  
[IDHA](http://www.idha.org) 206-623-5132  
ImagineHousing <http://www.sahg.org> 425-576-5190  
KingCounty Housing [www.kcha.org](http://www.kcha.org) 206-574-1100  
[Low Income Housing Institute](http://www.lowincomehousing.org) 206-443-9935  
[Pierce County Housing Authority](http://www.piercecounty.org) 253-620-5400  
[Plymouth Housing](http://www.plymouthhousing.org) 206-652-8325  
Renton Housing Authority 425-226-1850  
[www.rentonhousing.org](http://www.rentonhousing.org)  
Seattle Housing Authority 206-239-1500  
[www.seattlehousing.org](http://www.seattlehousing.org)  
SHAG (seniors) <http://www.housing4seniors.com/>  
[Snomish Co Housing](http://www.snomish.org) 425-290-8499  
Tacoma Housing 253-207-4400  
<http://www.tacomahousing.org/>

**\* Public Transportation**

CommunityTransit 425-353-RIDE/1-800-562-1375  
<http://www.commtrans.org/>  
Metro 206-553-3000 /1-800-542-7876  
[http://metro.kingcounty.gov/](http://www.metro.kingcounty.gov/)  
**\*King County Reduced Fare Information**  
Pierce Co.Transit 253-581-8000 /1-800-562-8109  
<http://www.piercetransit.org/>  
SoundTransit [http://soundtransit.org/](http://www.soundtransit.org/) 1-800-201-4900