



	MONDAY	WEDNESDAY	FRIDAY
8:00 AM			
9:00 AM	KING COUNTY PUBLIC HEALTH	KING COUNTY PUBLIC HEALTH	DSHS (VIRTUAL)
10:00 AM			
11:00 AM	YWCA (VIRTUAL)	YWCA	MPS LIFELINE
12:00 PM			
1:00 PM	IDEAL OPTION	IDEAL OPTION	MPS LIFELINE
2:00 PM			
3:00 PM			
4:00 PM			

8:30 AM – 4:00 PM | CLOSED FOR LUNCH NOON – 1:00 PM

KC PUBLIC HEALTH: Basic Food, ORCA Lift Card, DSHS Application Assistance, Health Coverage.

YWCA: Charity Care, Eye and Dental Care, Referrals to Health Clinics & SUD Treatments, Health Coverage, DSHS Application Assistance.

IDEAL OPTION: Medication-assisted treatment (MAT) for individuals with addiction to all substances.

MPS LIFELINE: Free phone with unlimited minutes & text, 25 GB data for 12 months for low-income individuals.

DSHS: Food, Cash & Medical Benefits. Housing Essential Needs (HEN). ID Replacement. Child Support. Mental Health & Addiction Services.

COMMUNITY RESOURCE CENTER: Bus Tickets. Life Skill Workshop. Emergency Food Bags. COVID-19 Hygiene Kits. Clothing. Long-life Food Boxes. Information & Referrals.

SEATTLE GOODWILL WORKSHOPS

- Finding the Right Job for You
- Applying with a Conviction History
- Healthy Living
- Making Your Money Count
- Navigating Community Resources

2 to 3 Hours.
Virtually or In-Person.
\$25 Goodwill Gift Card upon completion.

