

Amara's Family Resource Center provides families with immediate help such as food*, diapers, and clothing, as well as connections to other resources such as healthcare, baby necessities, transportation, and parenting supports.



Families do not need to "qualify" or prove "eligibility" to get the help they need at our Resource Center. We are open at 3501 104th St. E. in Tacoma Tuesdays - Fridays during these hours:

- Tuesday 1 pm - 5 pm
- Wednesday 10 am - 5 pm
- Thursday 10 am - 1 pm
- Friday 10 am - 5 pm

*Amara's food pantry is generously provided by [Eloise's Cooking Pot](#), made possible by the Making a Difference Foundation.

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What Help Can Families Find at Amara's Family Resource Center?

- Food* for the whole family
- Diapers, wipes, and other baby necessities
- Kids clothing, blankets, toys, and books
- Connection to local and/or virtual support groups to help build community
- Connections to resources - such as healthcare, low cost internet, car seats, child care, after-school programs, and more

For more information, please visit our website at amarafamily.org/family-resource-center. Questions? Please call Michelle (she/her) at 206-260-1707, or McKinley (they/them) at 206-260-1705 or email frc@amarafamily.org.