

Amara

Resources For Families

Agency/Service	Telephone	Website	Description
Kinship Services			
Washington State Kinship Navigators	360-601-8230	https://www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care	Connections to multiple sources of local support
State Dept. of Children, Youth & Families (DCYF)		https://www.dcyf.wa.gov/services/foster-parenting/relatives-caring-for-kids	Information about kinship in Washington
Catholic Community Services – Kinship Services	206-328-6858	https://ccsww.org/get-help/services-for-seniors-people-with-disabilities/kinship-services/#Kinship%20Caregiver%20Resources	Multiple services for kinship families
Legal			
Northwest Justice Project	206-464-1519	www.nwjustice.org	Civil legal help
Legal Counsel for Youth and Children	206-494-0323	https://lcywa.org/	Protects the interests and safety of youth in Washington state Legal services available
CLEAR (Coordinated Legal Education, Advice and Referral)	1-88-201-1014 In King County, call 2-1-1	https://nwjustice.org/clear-hotline	Verbal or written legal advice, written legal information and forms, refer to legal aid services to fit to situation
The King County Bar Association	206-267-7100	www.kcba.org	Free legal service programs, lawyer referral program, Pro Bono services
Washington State Pro Bono Council		www.probonocouncil.org	Free legal aid services
Kinship Care Solutions	206-267-7086	www.kcba.org/For-the-Public/Free-Legal-Assistance/Kinship-Care-Solutions	Provides legal advice and representation for relatives and caregivers seeking minor guardianship of a child/ren
Civil Legal Aid	206-263-9105	www.covidlegalaid.org	Free legal services and resources in King County
Health Insurance & Medical			
Access to Baby & Child Dentistry (ABCD)	n/a	www.abcd-dental.org	Dental care and oral health for young children from birth up to age six

Community Health Care	253-722-1771	www.commhealth.org/location/foster-and-adoption-clinic	Foster and Adoption clinic available for families and children in foster care, kinship care, and adoption
Hilltop Medical Clinic	253-441-4742	www.commhealth.org/location/hilltop-medical-center	Medical providers and behavioral health providers available
Apple Health Core Connection- Coordinated Care	1-844-354-9876	https://www.hca.wa.gov/free-or-low-cost-health-care/apple-health-you	
Financial Support			
Non-Needy Child only Temporary Assistance for Needy Families (TANF)	877-501-2233	www.dshs.wa.gov/esa/community-services-offices/non-needy-relative-locoparentis-and-legal-guardian-grant	Cash or medical assistance for children in the care of a relative or legal guardian
Diversion Cash Assistance (DCA)	877-501-2233	www.dshs.wa.gov/esa/diversion-cash-assistance-dca	Short-term assistance for families not interested in TANF assistance
Temporary Assistance for Needy Families (TANF)	877-501-2233	https://www.dshs.wa.gov/esa/community-services-offices/tanf-and-support-services	Temporary cash for families in need
Transportation			
Orca Lift	888-988-6722	www.myorca.com	Orca has card plans for riders who are low-income or interested in subsidized annual passes
Pierce County Transit		https://www.piercetransit.org/faq/	Reduced fares available for seniors and people with disabilities
Concrete Goods for Babies & Kids			
Amara Family Resource Center	206-260-1707	https://amarafamily.org/family-resource-center/	Food pantry, diaper bank, other concrete goods – call for hours
Westside Baby	206-767-1662	www.westsidebaby.org	Basic needs for infants and children; diapers, formula, equipment, etc.
Eastside Baby Corner	425-865-0234	www.babycorner.org	For ages birth to 12 years old for clothing, diapers, formula
Treehouse	206-767-7000	www.treehouseforkids.org	Clothing, school supplies, extracurricular activity assistance, job supplies for youth and young adults in foster care
St. Mary's Baby Cupboard	206-324-7100	www.thefbsm.org	Diapers, formula, and more for families with babies under age two
Housing, Rent, Utilities			
King County Housing Authority	206-574-1100	www.kcha.org	Section 8 Vouchers, Subsidized Housing, Housing programs

Pierce County Housing Authority	253-620-5400	https://www.pchawa.org/	Section 8 Vouchers, Subsidized Housing, Housing programs
Seattle City Light Assistance Program		https://www.seattle.gov/city-light/residential-services/billing-information/bill-assistance-programs	Help paying for electricity
Puget Sound Energy Assistance Program		https://www.pse.com/account-and-billing/assistance-programs	Help paying for electricity
Housing Justice Project	206-267-7069	www.kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project/Get-Help#41899-more-resources	Free legal assistance to low-income tenants facing eviction in King County. Interpreter services available
Low-cost internet – Seattle area		Seattle - https://www.seattle.gov/tech/services/internet-access/low-cost-home-internet-access-for-residents	Low-cost internet access
Low-cost internet – multiple counties statewide		https://www.xfinity.com/learn/internet-service/acp/free-internet	Free and/or low-cost internet access
Food Support			
Amara Family Resource Center	206-260-1707	https://amarafamily.org/family-resource-center/	Food pantry, diaper bank, other concrete goods – call for hours
Supplemental Nutrition Assistance Program (SNAP)	877-501-2233	www.dshs.wa.gov/esa/community-services-offices/basic-food	Monthly benefits to purchase food
State Food Assistance Program (FAP)	877-501-2233	www.dshs.wa.gov/esa/community-services-offices/state-food-assistance-program-fap	Food assistance program available to those who are not eligible for SNAP
Women, Infant, and Children Nutrition Program (WIC)	1-800-841-1410	doh.wa.gov/you-and-your-family/wic	Aids with food, nutritional education, health screening and referrals.
United Way of King County	206-461-3700	www.uwkc.org/keeping-families-stable/fuel-your-future	Fuel Your Future program provides essential, culturally appropriate foods
West Seattle Food Bank	206-932-9023	www.westseattlefoodbank.org/get-food	Food distribution, home delivery, mobile food bank, pet pantry
White Center Food Bank	206-762-2848	www.whitecenterfoodbank.org	Food distribution, baby support, mobile food bank, no-cook service
Kent Food Bank and Emergency Services	253-520-3550	www.kentfoodbank.org	Food and clothing assistance
The Making a Difference Foundation Eloise's Cooking Pot Food Bank	253-212-2778	https://themadf.org/eloises-cooking-pot/	Food assistance with no eligibility requirements
The Eloise's Cooking Pot Food Pantry at Amara in Tacoma	206-260-1707		Food assistance with no eligibility requirements

Nourish Pierce County	253-383-3164	https://nourishpc.org/	21 food banks throughout Pierce County
General Resources			
211	Dial 2-1-1	Wa211.org	Connections to local resources and supports
Help Me Grow	1-800-322-2588	www.helpmegrowwa.org	Connections for parents and caregivers to local family and child development resources
Washington State Kinship Navigators		https://www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care	Connections to multiple sources of local support
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Child Care and Child Development			
Child Care Aware of Washington	1-800-446-1114	https://childcareawarewa.secure.force.com/providerupdate/CCAWAOnlineLookUp	Find child care near you
Child Care Resources	206-329-1011	www.childcare.org	Find child care and early learning programs in King and Pierce counties
Working Connections Child Care subsidies	1-844-626-8687	https://www.dcyf.wa.gov/services/earlylearning-childcare/getting-help	Assistance with paying for child care
A Step Ahead	253-471 - 2727	https://www.asapc.org/	Child development services in Pierce County
YMCA of Pierce & Kitsap Counties	253-534-4715	https://www.ymcapk.org/join/foster-youth	Free memberships for children in foster care & more
Kindering	425-747-4004	www.kindering.org	Early learning & school readiness, family education and support, pediatric therapy and support
The ARC of King County	206-364-6337	www.arcofkingcounty.org	Serves all people with intellectual and developmental disabilities, programs available for parents & guardians too
Early Support for Infant & Toddlers	360-725-3500	www.dcyf.wa.gov/services/child-development-supports/esit	Early intervention services designed for children from birth to 3 years old with developmental delays or disabilities

Pierce County Early Childhood Network		https://www.pcecn.org/	Resources for families with young children
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