

Programas para la Asistencia de Niños y Familia

Atlantic St. Family & Youth Center
206-329-2050
www.atlanticstreet.org

Baby Boutique 206-902-4270

Boys And Girls Club King C. 425-827-0132

Boys and Girls Sno.County 425-258-2436
www.positiveplace.org

Big Brothers and Sisters <http://www.bbs.org>

King County 206-763-9060

Sno County 425-252-2227

Catholic Community Services 206-328-5097

Central Youth and Family Services
206-322-7676

Friends of Youth Redmond 425-869-6490

DSHS Child Support Division
1-800-526-8658
<http://www1.dshs.wa.gov/dcs/index.shtml>

Family Center (N.Seattle) Info and Help
(Muslim sisters group also) 206-364-8059

Family Works 206-694-6727
www.familyworksseattle.org

Family Services Eastside 425-453-7890
www.family-services.org 206-826-3050

Solid Ground (FPA) 206-694-6700

W.I.C Teléfono gratuito 1-800-322-2588
<http://www.doh.wa.gov/cfh/WIC/>



Asistencia para la Violencia Doméstica

* llame al **211**
Child or Adult Abuse Report
1-866-363-4276(ENDHARM)

Child Protective Services 1-800-562-5624

Center For Battered Women 425-252-2873
<http://www.snococbw.org/services.htm>

Crisis Clinic 206-461-3222 / 1-866-427-4747
www.crisisclinic.org

Communities Against Rape & Abuse (CARA)
www.cara-seattle.org 206-322-4856

D.A.W.N. Crisis Help 425-656-7867
<http://www.dawnonline.org/>

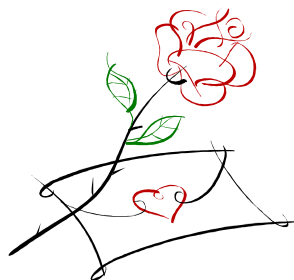
DV Hotline Washington State 1-800-562-6025

Eastside Domestic Violence 1-800-827-8840

New Beginnings 206- 522-9472

Pathways for Womenscounseling 425-774-9843

South County YWCA (durante el dia / entre semana)
425-226-1266#1017



Clínica Al-Shifa

Email: alshifa@u.washington.edu
Sitio Web: <http://students.washington.edu/alshifa>

Salud Pública y Recursos

Una guía a su ciudad



Refugios de Emergencia

Para Información, llame al 211 o al 1-800-621-4636
DESC 206-464-1570
Host Families CCS Program 425-284 2211
Seattle (CCS) 206-323-6336
Sacred Heart (Women and ch) 206-285-7489
Salvation Army (Men) 206-621-0145
Transitional Assistance Program 206-315-2996
Women's Referral Center (6-8PM) 206-770-0156
YMCA (hombres) 206-382-5003
YWCA (mujeres y niños)
206-568-7841/ EH 206-461-3660
<http://www.ywcaworks.org/page/12/>

Viviendas Transitorias

Catholic Community Services 206-448-3360
www.ccsww.org (AHA)
Hope-link (Eastside help) 425-454-7022
<http://www.hope-link.org/>
(emergency) 206-292-8037
Pathways for Women 425-774-9843

Viviendas permanentes para Familias de Bajos Ingresos

Capital Hill Housing (CHHIP) 206-329-7303
Everett Housing Authority 425-258-9222
www.evha.org Sno Co Hous 425-290-8499
Housing Resource Group 206-622-2893
King County Housing (section 8 vouchers)
www.kcha.org 206-214-1300
Low Income Housing Alliance 206-442-9455
Low Income Housing Institute 206-443-9935
Pierce County Housing Authority 253-620-5400
www.pchawa.org
Renton Housing Authority 425-226-1850
www.rentonhousing.org
SAHG <http://www.sahg.org> 425-746-1699
Seattle Housing Authority 206-239-1600
www.seattlehousing.org
Tacoma Housing
<http://www.tacomahousing.org/>
Sound Transit 1-888-889-6368

Clínicas Dentales para Familias de Bajos Ingresos

Central Area Clinic 206-461-7801
Georgetown Clinic 206-461-6943
Columbia Dental Clinic 206-296-4625
Downtown Dental Clinic 206-205-0577
Eastgate Dental Clinic 206-296-9726
45th Street Clinic 206-633-3350
Harborview Dental Clinic 206-731-3000

Oculistas para familias de Bajos Ingresos

Eye Association NW 206-215-2020
Lion's Low Vision Clinic 425-558-4228
Millionaires Club 206-728-5627
Optometric Clinical Center 206 325-1100

Clínicas de Salud y Doctores para Familias de Bajos Ingresos

Angeline's Day Shelter 206-436-8650
Children's Hospital 206-987-2000
Community Health Access 206-284-5291
Community Health Care (CHC Clinics)
www.chpw.org 1-800-440-1561
CSO (DSHS) Med assistance \$\$
nacsc@dshs.wa.gov 1-800-562-3022
45th Street Clinic 206-633-3350
Harborview 3rd Ave Clinic 206-521-1231
Hopelink (Clinic) Sat 9 AM 425-943-7555
International Com.Health Ser. 206-461-3617
Odessa Clinic (children) 206-987-7200
Overlake Outpatient 425-688-5111
Pioneer Square Clinic 206-521-1750
Women's Health Breast And Cervical
206-284-5291 /1-800-756-5437
*las clínicas mencionadas generalmente aceptan los
cupones medicos o un porcentaje de tus ingresos o
asistencia de programas de Salud Pública

Ayuda de Servicios Comunitarios e Información

Crisis de Emergencia - 911 / Información llame al 211
King County Information Lines
206-461-3200
1-800-621-INFO / 1-800-621-4636
King County Crisis Clinic
www.crisisclinic.org 206-461-3222
1-866-4CRISIS /866-427-4747
Pierce County United Way Help Line
1-800-572-4357 / 253-572-4357
Pierce County Crisis Line
253-798-4333 /1-800-576-7764
Snohomish County Info line
425-258-4227 / 1-800-223-8145
*food banks, housing assistance, aid
Snohomish County Crisis Line
425-258-4357 / 1-800-584-3578

Bancos de Comida

Llame al 211 o 206-461-3200
NW Harvest 1-800-722-6924
*O puede contactar a las ayudas dadas arriba.

Asistencia Financiera

Llame al 211
Central Area Motivation Progr 1-866-223-1068
Hope-link 425-943-7555 / 425-869-6027
<http://www.hope-link.org/>
Project Share 206-684-0268
Salvation Army (Shelter also) 206-447-9944
Solid Ground (FPA) 206-694-6700
St Vincent De Paul 206-767-6449

Transporte Público www.metrokc.gov

Community Transit
425-353-RIDE/1-800-562-1375
Metro 206-553-3000 /1-800-542-7876
Pierce Co Transit
253-581-8000 /1-800-562-8109