

SVdP Reference Phone list: (10.23. 2019)

Help Information 211 8:00 AM to 5:00 PM, M-F

Seattle SVdP help line **(206).767.6449**

Washington Connection: www.washingtonconnection.org Used to “Find out what services and benefits are available to you and your family.”

Food Banks:

Nazarene Church Food Bank (www.lynnwoodfoodbank.org)

5326 176th St SW, Lynnwood. **(425).745.1635**, Wednesday: 2:30 PM to 6:00 PM

(May only utilize every other week, open to Lynnwood residents, must bring “ID” for all family members and proof of residency.)

Lutheran Community services: (425).670.8984, call for an appointment.

Concern for Neighbors:

4700 228th St SW, Mountlake Terrace. **(425).778.7227**

Tuesdays: 9:30 AM to 11:00 AM, MLT only.

Tuesdays: 5:00 PM to 6:00 PM, by appointment only, **must call during 9:30 to 11:00 AM for the appointment.**

(May be utilized weekly, need “ID” for all family members, and proof of residency.)

Westgate Chapel: food and clothing bank. (www.westgatechapel.com)

22901 Edmonds Way, Edmonds. **(425).775.2776**. Thursday 11:00 AM to 2:00 PM

Also provide some financial assistance, gasoline and community transit vouchers for appointments or job searches and/or grocery vouchers for specialized needs. *Clothing is free of charge, but recipients must register in the food bank for this service* (May utilize weekly, need ID for all family members and proof of residency)

Financial help: **(425).977.4500**. Emergency food bags: Monday thru Friday at the Office 8:30 AM to 5 PM.

Edmonds United Methodist Church: (www.foodbank@edmondsumc.org)

828 Caspers St. Edmonds

Tuesdays 9:30 AM to 11:00 AM for **residents**; **11:00 AM**, all **nonresidents**

(Must bring “ID” for all family members, and proof of residency, may use weekly.)

Lutheran Community Services. Call (425).670.8984. They can help with: finding a place to live; retaining current housing; Basic necessities: food, toiletries, diapers; Mental health support; DSHS and government benefit application; Medical insurance applications; Connecting those living with disabilities to support resources; Veteran services; Job search: resumes, and cover letters; Utilities (with disconnect notice); Emergency clothing and household items.

Rent

Housing Hope	(425).347.6556, 5830 Evergreen Way, Everett.
Pathways for Women (YWCA) benefits, unemployment benefits have run out, have a reduction in work hours.)	(425).774.9843 (Women with children) (Unemployed, receiving unemployment benefits, unemployment benefits have run out, have a reduction in work hours.)
Salvation Army	(425).259.8129 2525 Rucker Ave, Everett. www.everett.salvationarmy.org
Volunteers of America (VOA):	425.259.3191 (Must call 1 st day or first Monday of the month at 9:00 AM.
Community Case Management for housing.	(425).212.2900 for homeless and 3 days pay or evict clients to be put on the list
Concern for Neighbors:	(425).778.7227 (Open on Tuesdays, 9:30 to 11:30 AM), MLT only
Lutheran Community Services:	(425).670.8984

PUD

Our direct Line to PUD (425).783.8215 **SVdP use only!** Or: agencydesk@snopud.com

Information on PUD: supposedly they aren't shutting people off if they owe less than \$250 and working with them. Also, they won't shut people off on a Friday before the weekend. If they have an appointment with Energy Assist even if it is way out in January, they will tell them the minimum amount they have to pay until the appointment to keep their power on. Project Pride and/or the Conferences can help with that minimum amount.

Project Pride (SVdP) (425).374.1243, **(Customers seeking assistance of up to \$125/year.) Check for the current days that it is open.**

Catholic Community Services (CCS)	(425).257.2111
Everett Community Resource Center	(425).385.4000
PUD programs	(425).783.1000 (Equalization, low income, etc.)
Snohomish County Human Services Energy Assistance	425.388.3880 Usually from November 15 thru April 1 st yearly. (Needs proof of last three months' income.) (Will help with oil, natural gas, wood, propane, and electric.)
http://snohomishcountywa.gov/552/energy-assistance	
Warm Neighbor Fund	(425).259.8129
Westgate Chapel	(425).977.4500 22901 Edmonds Way, Edmonds www.westgatechapel.com
Low income energy assistance (Federal)	(866).223.1068
Energy Assistance Application (Federal)	(866).674.6327
DSHS Emergency Needs	(877).501.2233
Concern for Neighbors	(425).778.7227 (Open on Tuesdays, 9:30 AM to 11:30 AM) MLT only
Bear Creek United Methodist Church, 16530 Avondale Road, Woodinville, WA 98077. Contact: Sonia @	(425) 788 2953 for food, rent, utilities, etc.
Lutheran Community Services	(425).670.8984 Utilities (with disconnect notice).

PSE

All pledges and billing info PSE:

(425).452.1234 / (888).225.5773

PSE, Attn. Pledge Desk, BOT01G, P.O. Box 97034, Bellevue, WA, 98009-9734

Concern for Neighbors **(425).778.7227** (Open on Tuesdays only, 9:30 to 11:30 AM) **MLT only**

Everett Community Resource Center **(425).385.4000**

PSE HELP program **(866).223.5425** Low income energy assistance.

Snohomish County Energy Assistance **(425).388.3880** (Needs proof of last three months of income.)

Westgate Chapel **(425).977.4500** 22901 Edmonds Way, Edmonds www.westgatechapel.com

Warm Neighbor Fund **(425).259.8129**

Salvation Army **(425).259.8129** 2525 Rucker Ave, Everett, www.everett.salvationarmy.org

Low Income Energy Assistance **(866).223.1068**

Bear Creek United Methodist Church,
16530 Avondale Road, Woodinville, WA 98077. Contact: Sonia @ **(425) 788 2953**. For food, rent, utilities, etc.

Energy Assistance Application **(866).674.6327**

Lutheran Community Services **(425).670.8984** Utilities (with disconnection notice.)

Pregnancy Aid:

(425).252.6444 (Maternity and infant clothes)

2913 W. Marine Drive, Everett, WA Mon thru Thursday 9:30-2:30

The Mission (M. W & C) **(425).252.4776**. Clothing for babies: See St. Joseph's below in the Mattress and Bedding.

Next Step Pregnancy Services **(425).329.4569** 17602 Hwy 99, Ste. 170, Lynnwood. Baby items. (Clothing, diapers, etc...)

Prepares-pregnancy & Parenting Support. (supports mothers with children up to age 5) www.preparesforlife.org

Catholic Services of Western Washington: **(206).327.2474**

Furniture & other household items:

SVdP (Everett) **(425).353.4725**

Mattress & Bedding

SVdP (Everett) **(425).353.4725**

SVdP "Bed Program" **Call Diane,** **(425).513.6052** Diane.svdP@hotmail.com

St. Joseph's Baby Corner, 900 Bolston Ave, Suite 1, Seattle, WA: Call between 9:00 AM and 12:00 PM, leave a message and a lady will return your call. Items are free and the client must pick them up. (206).726.1435. **King County residences only.**

Seventh Day Adventist **(425).252.3438** (bedding)

Habitat for Humanity 16929 Hwy 99, Ste 100, **Lynnwood** **(425).258.6289**, Open Tue-Sat 10 AM to 5 PM

Water:

Alderwood Water District: **(425).743.4605** 3626 156th St SW Lynnwood
Edmonds **(425).771.0241**
Everett Community Resource Center **(425).385.4000**
Lynnwood Water/Utilities desk **(425).670.5172** ub@ci.lynnwood.wa.us
Lynnwood Utilities Admin. Services-Accounting, P.O. Box 5008, Lynnwood, WA, 98046-5008
Lynnwood Utilities (phone number) **(425).670.6609**
Mountlake Terrace (Utilities): **(425).744.6214** utilitybilling@ci.mlt.wa.us
City of Mountlake Terrace Utilities, 6100 219th St SW, Suite 200, Mountlake Terrace, WA, 98043
MINOL (City Center Apts) **(888) 636 0493** PO Box 206243, Dallas, Tx, 75320
Concern for Neighbors **(425).778.7227** (Open Tuesdays, 9:30 to 11:30 AM)

Gasoline & Propane: Veterans of Foreign Wars (VFW) **(888).242.1950** For Veterans: \$25 Shell card if qualified: To help those looking for a job or to get to a Doctor.

Heating Oil:

Snyder Oil Co., INC. Jack Thomas-Owner **(425).822.8281** P.O. Box 82223, Kenmore, WA 98028 (Charges for the oil, it is not recycled oil!)

Tanks by Dallas (When they have it, will **donate** the oil to a client.) **(206).365.0291**, tanksbydallas@tanksbydallas.net

Bus Tickets

Community Transit Ride Store **425.348.2350**
Greyhound Bus Lines, 3201 Smith Ave, Everett **(425).252.2143, (800).231.222**
Greyhound Bus Lines, 211 Railroad Ave, Edmonds **(800).231.2222**

Medical:

Community Health (425).775.2589
Community Health Center 425.789.3333
Non-Profit Clinic (425).317.0300
Snohomish Health District (425).775.3522
First Step, Mom and Childcare. (425).252.5305
Immunization info (425).339.5220 www.snohd.org
Washington Women in Need (Financial aid) (425).451.8838/ (888).440.9946

Physical/Dental/Vision/Hearing care for low income women

Citrine Health (Women’s and Men’s health Issues.) (425).259.9899 2817 Rockefeller Ave, Everett, WA 98201

Compass Health (Mental Health Help) (425).835.5850 4807 196th St SW, Suite 220, Lynnwood

Edmonds Mobile Clinic, 828 Caspers St, Edmonds WA (Edmonds United Methodist Church [EUMC]). Open on Tuesdays from 8-11:30 AM. Call for an appointment: (425).298.3774. Accepting patients from early 20’s to late 60’s. A \$10 donation is requested but not required.

Dental:

Community Health Center of Snohomish County (425).258.1892

Dental Resource Line (A & C) (425).339.5219

Mobile Dental Van International (425).775.7545 Call on Wednesdays only from 9:00 AM to noon. It comes to St. Pius X once a month.

Free Dental Clinic once a month @ Faith Community Church, 10220 238th St. SW, Edmonds. Call (425).954.7442 for apt.

Snohomish County Human Services: Dental for seniors (425).339.5219

Medicine Programs:

Merck Has several plans to get medicine, must see if you qualify. (800).727.5400

Partnership for Prescription Assistance: (888).477.2669

Robert Wood Johnson Foundation sponsors a nationwide program to cover children’s health care. Call to see if your children are eligible. (877).543.7669

SHIBA (Helps to find the medical program best suited for WA people.) (425).290.1276 (800).397.4422

Washington State prescription-card for lower prices: (800).913.4146 (Card is free to any WA State resident.)

Medicine discount card: “Together RX Access”) (800).444.4106 (25% to 40% saving on brand name medicine)

Baby and Children's Clothing:

Clothes for Kids: (425).741.6500 16725 52nd Ave W, Suite B, Lynn.
Infant Clothing (CCS) (888).240.8572
Operation School Bell (appointments. 10-1 M-F): (425). 252.8671 (Contact your school for info)
Clothes for Kids and adults: (425).741.6500,

16725 52nd Ave W, Suite B, Lynnwood. Hours of operation 9:00 AM to noon, Monday, Wednesday and Friday 6 p.m. to 7:30 p.m. Tuesday Wednesday and Thursday evenings. Business appropriate clothes for low income women and men for job interviews or new jobs are also available.

The Mission (Men, Women and Children) (425).252.4776

Seattle Milk Fund (See web site, mainly for King Co.) (206).526.7944

Mother and Childcare:

Pregnancy Aid of Snohomish Co: (425).252.6444 2913 W Marine View Dr. Everett, WA. Children's clothing and furniture: WIC etc. (Located in the basement of the Knights of Columbus Hall.)

WIC (Woman and Infant Care): (800).322.2588 (WA State) Nutrition for Women and Children up to 5 years old.

Next Step Pregnancy Services (425).329.4569, 19526 64th Ave W, Lynn, WA (Has clothing for newborn to 24 months.)

St. Francis House (206).329.0945, 169 12th Ave, Seattle, WA

YWCA of Snohomish County (Items for babies) (425).770.5931 YWCA Family Village of Lynnwood, 19703 68th Ave W, Lynnwood

Domestic Violence:

Snohomish County Domestic Violence Coalition: (425).252.2873 or (800).562.6025 (24/7)

APS protects vulnerable adults over 60 800.487.0416 (Also for children's protection.)

Domestic Violence Services: Kathy Cooper 24/7 HOT LINE (425)-25-ABUSE (425)-252-2873), (425).346.0846 or (425).259.2827 X 1018

If client is in immediate danger: Call 911 for a well check on a suspected victim. Get the victim out away from the abuser ASAP.

Adult Protective Services:

Elder Care (425).388.7200

Senior Services of Snohomish County: Senior information and assistance. (425).513.1900 or 800.422.2024, M-F 8:30 AM to 4:30 PM

Work Related:

Labor Ready (425).712.7025 22315 Hwy 99, Suite "L", Edmonds, WA
Pathways for Women (425).258.2766
Welfare Rights Dept. (206).324.3063
Worker Retraining (ECC) (425).640.1433
Work First (ECC) (425).640.1686
Work Source, Lynnwood. 18009 Highway 99, Suite "A" Lynnwood, WA, 98037 (425) 412 6867
Hire a veteran. (425).258.6309 E-mail address: mschulte@esd.wa.gov
Work Source online website: www.worksourceonline.com

Working Wardrobe for low income women, and men: 16725 52nd Ave W, Lynnwood: (425).431.7285 Hours of operation: 9:00 AM to noon, Monday, Wednesday and Friday. It is also open Tuesday, Wednesday and Thursday evenings from 6:00 PM to 7:30 PM.

Food Stamp and employment Training Program: (425).640.1686

Potential Jobs:

After hour's stores inventory: <http://www.wsiindustries.com/company/careers/>
WinCo: <http://.wincofoods.com/about/careers/>
Edmonds School District: <http://www.edmonds.wednet.edu/domain/75>

SVdP Numbers:

Snohomish County SVdP Council Office (425).355.3504
Everett (Mattie store) (425).355.3525
Seattle Council (206).767.6449

Emergency Shelters:

Community Case Management: (425).212.2900 www.voaww.org/211 (will be put on a list for future housing.)
Everett Gospel Mission and day care: (425).252.4776 3711 Smith, Everett, WA
Tomorrow's Hope: Snohomish County's only licensed childcare facility that serves homeless children and families.
<http://www.housinghope.org/programs/tomorrowsHope.html>

Homeless drop-in Centers:

Housing Hope: (425).347.6556
Homeless program, Education program, Child program, and Housing programs:

Men's Homeless help:

Everett Gospel Mission and day care: ~~(425).252.4776~~ 3711 Smith, Everett, WA
Center for Human Services: ~~(206).362.7282~~ 17018 15th Ave NE, Shoreline, WA
Central Area Motivation Program: ~~(206).812.4940~~ 722 18th Ave, Seattle, WA 98122
First Ave Service Center: ~~(206).441.8405~~ 2015 Third Ave, Seattle, WA 98121
Interaction/Transition: ~~(206).324.3932~~ 935 16th Ave, Seattle, WA, 98122
Pioneer Human Services: ~~(206).766.7020~~ 7000 Highland Park Way SW, Seattle, 98106
Salvation Army Adult Rehab Center: ~~(206).587.0503~~ 1000 4th Ave S, Seattle, 98134
St. Vincent de Paul New Connections: ~~(206).625.1499~~ 718 ½ Cherry Street, Seattle, 98104
Stevenson House Apartments: ~~(206).767.4055~~ 6656 Corson Ave S, Seattle

Everett Gospel Mission and day care: (425).252.4776 3711 Smith, Everett, WA **A different phone number (425) 740-2550**

Center for Human Services: (206).362.7282 17018 15th Ave NE, Shoreline, WA **Health and Social Services**

Central Area Motivation Program: (206).812.4940 722 18th Ave, Seattle, WA 98122 **Name changes to Byrd Barr , closed until August 2022**
First Ave Service Center: (206).441.8405 2015 Third Ave, Seattle, WA 98121 - no longer valid

Interaction/Transition: (206).324.3932 935 16th Ave, Seattle, WA, 98122 **Prison to Community**

Pioneer Human Services: (206).766.7020 7000 Highland Park Way SW, Seattle, 98106 **Phone number changed 206 788 1990**

Salvation Army-Adult Rehab Center: (206).587.0503 1000 4th Ave S, Seattle, 98134

St. Vincent de Paul- New Connections: (206).625.1499 718 ½ Cherry Street, Seattle, 98104 - no longer valid
SVDP Helpline 206 367 6449

Stevenson House Apartments: (206).767.4055 6656 Corson Ave S, Seattle

Homeless families:

Housing Hope: Shelter up to 30 days: Contact the American Red Cross (ARC) for screening @ (425).252.4103 X 21. Monday thru Friday 9:30 AM to 4:30 PM:

Community Case Management (CCM): (425).212.2900 (Will put you on a list for future housing.)

Edmonds School District (Homeless Children) (425).431.7146 (Families living in cars/children in Edmonds School District)

Women and Women with Children homeless help:

Acres of Diamonds (425).788.9999 P.O. Box 1672, Duval, WA

Tomorrow’s Hope: Snohomish County’s only licensed childcare facility that serves homeless children and their families.
<http://www.housinghope.org/programs/TomorrowsHope.html> (425) 212 3255

Use only as last resort. (Sparingly, if at all.): Sharing Security (425).605.4257

Homeless women and children: call 211, and she can tell them that she and her child are sleeping on the streets. 211 initiates the **“Coordinated Entry Intake Program”**. Make sure she tells them that she has nowhere to go. **211 knows the Coordinated Entry Process.**

She can also call the “Compass Health Program operated by Naomi Cooper; they can sometimes provide 7 days’ motel. Phone number is: (425).349.6844

“Mary’s Place Family Center” at 1155 North 130th in Seattle. They house and feed 70 people daily. They also house couples with children. Phone#: (206).245.1026.

Military (Active Duty):

Army Emergency relief: (866).878.6378

Navy-Marine Corps Relief Morale, Welfare and Recreation: (425).304.3912

Veterans: Snohomish County Veterans Assistance Programs” (425).388.7255

Housing Foreclosure

Federal Foreclosure Hotline: HOPE Hotline (800) 995.HOPE (4673), this will connect you with resources to avoid foreclosure.

Washington State Foreclosure Hotline: (877) 894.HOME (4663), this will connect you with counselors in your area that can talk you through what action to take to avoid foreclosure.

http://www.dfi.wa.gov/consumers/education/foreclosure/prevent_foreclosure.htm

Snohomish County: (425) 258.9222

Everett Housing Authority: (425) 290.8499

Welfare rights (South Snohomish County). Foreclosure prevention program, Landlord/Tenant act information and reverse equity mortgage counseling. (866).297.4300 Fremont Public Association, 1501 N 45th St, Seattle, 98103

Cancer Victims:

Cancer Lifeline will help with up to \$300 for utilities or rent. (206).297.2500 www.cancerlifeline.org

Providence Regional Cancer Center (425).297.5500

Other:

Family Support Center: 6330 195th St SW, Lynnwood (425).670.8984

Edmonds School District: (for families who are homeless, with children being schooled in the Edmonds School District.) LeAnne Brisbois Assist/Homeless Liaison (425).431.7146

Shelter Plus, Pathways for Women (425).774.9843 Meron: Housing Specialist.

Pregnancy Aid Services **(425).252.6444** Monday-Thursday

2913 W Marine Drive, Everett. (Located next to the Knights of Columbus Hall.)

Senior Needs:

Senior Services of Snohomish Co. www.seniorinfo@homage.org **(425).513.1900 / (800).422.2024**

Homeless Adults over 60 years:

Hope Options: **(425).303.1116**

Mental Health Resources:

The ARC Snohomish County (not American Red Cross.) "Ensure that people with intellectual and development disabilities and their families have the support they need to be members of the community."

2500 Hewitt Ave, Suite x109, Everett, WA 98201, phone: **(425) 258 22459**. www.arcsno.org

Compiled by St. Luke Mental Health Ministry

"You or the people next to you in the pews maybe experiencing mental illness or have family members living with mental illness. By Baptism, we're all equal members in the church, and we need to be mindful of that. The church can and should take more of a holistic approach to mental illness". Catholic Psychiatrist, Dr. Thomas Welch

If you or someone you know needs mental health treatment and support, please contact these agencies for help:

King Co. Crisis Line: 24 hours a day **(206) 461-3222**

WA Recovery Help Line: **(866) 789-1511**

Teen Link: 6-10 pm daily **(206) 461-4922**

NAMI Greater Seattle: free support groups and educational classes **(206) 783-9264**

Sound Mental Health: Seattle counseling, accepts Medicaid **(206) 302-2200**

Center for Human Services: Shoreline counseling, accepts Medicaid **(206) 362-7282**

Compass Health: Snohomish Co., accepts Medicaid **(425) 349-6800**

Catholic Community Services: Seattle counselling, accepts Medicaid, **(206) 956-9570**

Emmaus Counseling: Christian counseling, Bothell **(425) 869-2644**

Samaritan Center of Puget Sound: Christian counseling, Shoreline **(206) 957-4706**

New Beginning: 24-hour Domestic Violence hotline **(206) 522-9472**

Lakeside Milam: Drug and Alcohol Treatment, Edmonds **(425) 670-3664**

Fairfax: Inpatient Psychiatric and Substance Abuse Treatment, Kirkland **(425) 821-2000**

Snohomish County Property search

[https://www.snoco.org/proptax/\(lxh42grhgrcljinlo3roboaa\)/search.aspx](https://www.snoco.org/proptax/(lxh42grhgrcljinlo3roboaa)/search.aspx)

Client needs an ID: People who need help also need to have picture ID to get the help they need. To get picture ID one needs to go to the driver licensing department and that ID will cost \$54.00. For those who are receiving aid from DSHS (Department of Social and Health Services) you can go to DSHS and get voucher and take that voucher to the drive licensing department and the picture ID will cost you \$5.00. Our client must go to DSHS and get their voucher. We cannot do it for them. It only takes 5 minutes.

Waste Management-North West: local number: **(425).481.1100**

Billing address:

PO Box 42150

Phoenix, AZ, 85080

Computers for the poor.

<https://www.interconnection.org>

Transportation:

HOPELINK (Snohomish County) 8:00 AM to 5:00 PM

Medical Transportation Reservations: (855) 766 7433

My Ride Line: **(888)-913-2172** (Cancel or check ride status.)

To Schedule a ride, you will need the following:

-Provider One Number

-Name of Medical Provider

-Name, address and phone number of medical facilities.

-Appointment time and date.

-Reason for appointment.

DIAL-A-RIDE TRANSPORTATION **(425) 347 5912**

American Red Cross **(425) 252 4103**

Catholic Community Services **(800) 562 1375**

Salvation Army **(425) 259 8129**

Senior Services of Snohomish County **(425) 355 1112**

Volunteers of America (Snohomish County Transportation Coalition) **(425) 212 3974**

Automotive Repair:

Cedar Park Assembly of God (Mechanic Ministry)

16522 112th Lane NE, Bothell, WA, 98011

(425) 939 1347 Hours: M-F 8:30 AM to 5:00 PM

North Sound 2-1-1 Information & Referral



CLOTHING



FOOD



SHELTER



ELECTRICITY



LEGAL

Dial 2-1-1— Help starts here.

- Rent or Utility Assistance
- Food and Community Meals
- Emergency Shelter/Housing
- Medical and Dental Resources
- Donations and Volunteering

- Mental Health & Substance Abuse
- Health Insurance
- Support Groups
- Social Services
- Clothing
- And more....

Toll Free: 1-800-223-8145 FREE | CONFIDENTIAL | 24/7

Helping America's most vulnerable™



Community Resource Advocate

How do you schedule a CRA appointment?

- Contact Nancy Budd for South Snohomish County Residents, 425-582-8970
 - Student Support Advocate, Allied Health Professional, etc.
 - Have client call 211, or Nancy directly (if appropriate)
 - Send the client to Verdant Wellness Center, for walk in assistance
- For the rest of the county, have client contact 211 directly
 - 211 I&R Specialists schedule appointments with Kevin, CRA
 - For questions, Contact Kevin Henderson at (425) 212-2934

Helping America's most vulnerable™



Zip Codes: 98133, 98155, 98177,
98020, 98026, 98036,
98043

Northwest Neighbors Network



206. 245. 6887

because there really is
no place like home

Who? NW neighbors helping each other "age in place" ~ stay living in the comfort and security of their homes & neighborhoods (instead of going the independent-living facility route) with support from community volunteers & a vetted vendor base.

What? Activities can include things such as: transportation & errands • grocery shopping & meal prep • house & yard help • light housekeeping • phone check-ins & friendly visits • museum visits • concert/theater outings • sharing meals/dining out • book/film clubs • day/overnight trips • lecture series • wellness classes & activities

Where? Shoreline/Lake Forest Park/Woodway/Edmonds/Mountlake Terrace/S. Lynnwood (*see website for zip codes*)

How? Discover all NNN has to offer & how you can engage in this great intergenerational opportunity at

website: NorthwestNeighborsNetwork.org

email: info@NorthwestNeighborsNetwork.org

Please Take One !!



5026 196th St SW • Lynnwood WA 98036-6102
425-355-1112 • www.homage.org

Nutrition Services

- Meals on Wheels & Senior Dining..... 425-347-1229
- If long distance, call toll free..... 800-824-2183

Social Services

- Aging and Disability Resources..... 425-513-1900
- If long distance, call toll free..... 800-422-2024
- Foster Grandparent Program..... 425-514-3188
- Family Caregiver Support Program..... 425-290-1240
- Multicultural Services..... 425-290-1268
- Relatives as Parents..... 425-290-1240
- Senior Companion Program..... 425-879-7050
- SHIBA (Health Insurance Benefits Advisors)..... 425-290-1276
- Health Homes..... 425-265-2289

Health and Wellness Services

- Care Coordination..... 425-265-2289
- Center for Healthy Living..... 425-290-1268
- Depression Screening..... 425-290-1260
- Living Well with Chronic Conditions Classes..... 425-265-2283
- Older Adult Mental Health Access..... 425-290-1260
- Senior Peer Counseling..... 452-290-1260

Publications

- Homage Newspaper & Resource Guide..... 425-290-1277

Home Repair Services

- Home Repair..... 425-265-2222

Transportation Services

- DART (Dial-A-Ride Transportation)..... 425-347-5912
- If long distance call toll free..... 800-562-1381
- TAP (Transportation Assistance Program)..... 425-423-8517
- Pay Your Pal Transportation..... 425-423-8517

Philanthropy

- Volunteer Program..... 425-740-3787
- Charitable Giving..... 425-265-2294