Arcadia House .................................................. 253.293.2328
Nexus Youth and Families 702 10th St NE, Auburn

Catholic Community Services ........... 253.893.7895
33505 13th Ave S, Suite D, Federal Way
M-F: 10am-3pm. (Adults only) Tu, Th: 4pm-7pm. (Families only)
Provides showers, laundry, computers, phones, mail reception, space for meal preparation.

KentHOPE .................................................. 253.480.2325
9009 Canyon Drive, Kent
Daily: 7am-8:30 pm. Showers, laundry, & 3 meals per day for women & children experiencing homelessness.

Mary’s Place—Burien Family Ctr.... 206.621.8474
12845 Ambaum Blvd SW, Burien
M-F: 9am-4:30pm. For families without children. Offers telephones and computers, lunch, and mailing addresses.

Ray of Hope Resource Center .............. 253.397.0571
2536 1 St NE, Auburn
M-Sa: 9:30am-8pm. Hospitality center. Offers showers Tu, W: 11am-2pm; Laundry: Th: 3-5pm. No restrictions.

REACH Center of Hope ................... 425.277.7594
1055 S Grady Way, Level P2, Renton
M-F: 7:30am-4pm. Serves homeless women, and families with children. Offers meals, showers, laundry, clothing & hygiene items.

Black Diamond Community Center ...360.886.1011
31605 3rd Ave, Black Diamond
M-Th: 9am-4pm. Serves Black Diamond & surrounding areas.

Kent Food Bank ................. 253.520.3550
Alliance Center, 515 W Harrison, Suite 107, Kent
Tu, W, F: 10am-12:15pm. Serves residents of Kent School District.

Midway Community Bank ................. 206.878.4861
Midway Covenant Ch, 22460 24th Ave S, Des Moines
Visit in person: W: 10am-Noon. ID required.

Multi-Service Center—Federal Way ..253.838.6810
1200 S 334th St, Federal Way
M-W, Th: 10am-2pm. Serves South King County residents.

Renton Kiwanis Clothing Bank ...... Visit in Person
444 Park Ave N, Renton
M-Th: 10am-4pm. Puts items into Salvation Army, DSHS, Public Health, Renton YWCA, or local schools & churches, unless homeless. Serves Renton School District residents.

St. Thomas Catholic Church .......... 206.242.5501
4415 S. 140th St, Tukwila
W: 1:30-2:30pm; Serves residents of Tukwila and N. SeaTac.

Transform Burien Outreach Center ..... 206.839.6220
14501 4th Ave SW, Burien
W: Noon-2pm; Su: 3-5pm. Serves anyone. ID required.

HOT MEALS

Auburn Food Bank ...................... 253.833-8925
100 N St SE Auburn
M, 4:30-5:15pm:
Monday-Friday: 3:30-4:15pm on holidays

Community Caregiving Network .253.661.0505
—Calvary Lutheran Church
2415 S 320th St, Federal Way
Th: 5-6pm.

—Christian Faith Center
33645 20th Ave S, Federal Way
M: 5:30-6:30pm.

—Church of the Good Shepherd
345 S 312th St, Federal Way
Sa: 11:30-12:30pm.

Kent Community Supper .................. 253.852.2057
Kent Lutheran Church, 336 2nd Ave S, Kent
M: 5-6pm. Serves anyone in need.

Maple Valley Ministers Association
—Hobbs’ Community Church ....... 425.432.4110
27524 SE 200th St, Maple Valley
M: 5-7pm.

—Grace Road Church .................. 425.851.1100
25610 Lawson St, Black Diamond
W: 5-7pm.

—Cedar Creek Covenant Church..... 425.413.2840
23220 MV-Ball Hwy SE, Ste. 3G Maple Valley
F: 5-7pm.

—Church of the Nazarene
5201 Warner Ave, Enumclaw
F: 5:30-6:30pm.

Neighbor to Neighbor ............. 253.852.3883
Kent Seventh Day Adventist Ch, 25213 116th Ave SE, Kent
W & Sa: 4:30-5pm. Serves anyone in need.

Pacific/Algonia Community Center .253.929.1150
100 3rd Ave SE, Pacific
Stone Soup Free Lunch: M: 11am-1:30pm, open to all ages

Renton Community Supper
—Salvation Army .................. 425.255.5974
720 S Tobin St, Renton
M-Th: 5:30-6:30pm; Serves anyone in need.

REACH, Old Chamber of Commerce

• Visit in Person Only
300 Rainier Ave N, Renton
F-Su: 5:30-6:30pm

Transform Burien Outreach Center ..... 206.839.6620
14501 4th Ave SW, Burien
Hot Meal: W: noon-2pm; F: 5-7pm; Su: 3-5pm. Groceries: Su: 3-5pm.

Tukwila Pantry Thursday Table .. 206.431.8293
Riverton Baptist Church, 20100 S 248th St, Tukwila
Th: 5:30-6:30pm, enter through front door
FOOD BANKS

Food banks may serve specific geographic areas. Call ahead for eligibility requirements.

Auburn Food Bank .................. 253.833.8925
930 18th Pl NE, Auburn
M, Tu, Th, F: 9am-1pm; 2nd W of the month: 4:30-6:15pm.
Serves Auburn School District residents. ID & proof of address required.

Black Diamond Community Center... 360.886.1011
31605 3rd Ave, Black Diamond
M-Th: 9am-4pm. Serves Black Diamond, Covington, Cumberland, Enumclaw, Hobart, Maple Valley, Palmer, Ravensdale, Selleck, and Kent (98042 only)

Des Moines Area Food Bank .......... 206.878.2660
United Methodist Church, 22225 9th Ave S, Des Moines
M, W, F: 9-11:45am; 3rd Tu of month: 6-8pm. Serves residents of Des Moines and parts of SeaTac & Kent.

Enumclaw Kiwanis Food Bank ....... 360.825.6188
1350 Cole St, Enumclaw

Highline Area Food Bank ........... 206.433.9900
Manhattan Community Center, 18300 4th Ave S, Burien
Tu: noon-2:30pm; Th: 10am-12:30pm; 2nd Tu of month: 5:30-7pm. Serves residents of the Highline area.

Kent Food Bank ...................... 253.520.3550
515 W Harrison St Ste. 107, Kent
Serves Kent School District residents.

—Kent Alliance Center
Tu, W, F: 10am-1pm. Seniors 55+, Th: 10-11am

—Birch Creek Annex
Birch Creek Apartments, 12961 SE 275th St, Kent
M: 10am-1pm.

Maple Valley Food Bank ............. 425.432.8633
21415 Renton Maple Valley Rd, Maple Valley
Tu: 10:30am-7:30pm; Th: 10:30pm-1pm
Emergency Food Bags, M: 8am-4pm; Tu-Th: 1-4pm.

Margie Williams Helping Hands ....... 425.255.1446
MLK Mem. Baptist Church, 4519 NE 10th St, Renton
Sa: 8-11am. No geographic restrictions.

Muckleshoot Family Res. Center .... 253.876.3336
39015 172nd Ave SE, Auburn
M-F: 10am-4pm. Muckleshoot Tribal members only.

Multi-Service Center—Federal Way .. 253.838.6810
1200 S 336th St, Federal Way
M, W, F: 10am-2pm; People w/ disabilities M, W, F: 9:30-10am; 4th Th of month: 5-6pm. Fed. Way Sch. Dist. Residents.

Plateau Outreach Ministries ........ 360.825.8961
1806 Cole St, Enumclaw
W: 9am-noon. Emergency Food, M-Sa: 10am-4pm

Salvation Army—Renton ............. 425.255.5969
206 S Tobin St, Renton
M, T, Th, F: 9-noon, 1-4pm. Visit site for more info.

St. Stephen the Martyr .......... 253.631.1940
13055 SE 192nd St, Renton
M, F: 10-11:15am; W: 4-5:45pm. Call for service area.

St. Thomas Catholic Church ...... 206.242.5501
4415 S 140th St, Tukwila
W: 12:30-1:30pm. Serves Tukwila, Riverton Heights & part of SeaTac. Requires 2 pieces of current address verification.

Tukwila Pantry .................. 253.431.8293
Riverton Park UMC, 3118 S 140th St, Tukwila
Tu, Th, Sa: 12:30-2:30pm. Serves Tukwila, SeaTac, Burien, & Boulevard Park. First time clients MUST register on Tu or Th.

Christ Community Free Clinic ....... 253.736.2634
1 A St NW, Auburn
Visit in person, Tu: 5:30pm; 1st & 3rd Sa: 8:30am:

MEDICAL CARE

Health Point
Low cost medical & discount pharmacy services.

—Auburn ................................... 253.735.0166
126 Auburn Ave, Suite 300, Auburn
M-F: 8am-8pm; Th F, 8am-5pm; Sa: 10am-3pm.

—Federal Way ......................... 253.874.7634
33431 13th Pl S, Federal Way
M-W: 8am-5pm; Tu: 8am-7pm.

—Kent ..................................... 253.852.2866
403 E Meeker St, Suite 200, Kent
M-W: 8am-8pm; Th F, 8am-5pm.

—Renton .................................. 425.226.5536
200 S 2nd St, Renton
M, Tu: 8am-7pm; W-F: 8am-5pm.

—SeaTac ................................ 253.439.3289
4040 S 188th St, Suite 201, SeaTac
M, Tu: 8am-7pm; W-F: 8am-5pm.

Sea Mar Community Health
—Burien .................................. 253.631.7316
18010 8th Ave S, Suite 416, Burien
M-F: 8am-5pm.

—Des Moines .................................. 206.212.4520
2781 S 242nd St, Des Moines
M-F: 8am-5pm.

—Federal .................................. 253.681.6620
31405 18th Ave S, Federal Way
M-F: 8am-5pm.

Call ahead first!

DENTAL CARE

urgent dental care.

Health Point

—Auburn ................................... 253.804.8713
126 Auburn Ave, Suite 100, Auburn
M-F: 7:30am-5:30pm. Drop-in: Tu: 7:45-4pm.

—Federal Way ............................ 253.874.7646
33431 13th Pl S, Federal Way
M-F: 7:45am-4pm. Drop-in: Th: 7:45-4pm.

—Kent ..................................... 253.796.4071
403 E Meeker St, Suite 100, Kent
M-F: 7:30am-5:30pm; Sa: 8am-noon. Drop-in: M: 7:30am-5:30pm.

—Midway ................................ 206.870.3600
26401 Pacific Highway S, Suite 201, Des Moines
M-F: 7:30am-5:30pm; Sa: 8:30am-12:30pm. Drop-in: W: 7:30am-5:30pm.

Sea Mar Community Health

—Burien .................................. 253.631.7316
18010 8th Ave S, Suite 416, Burien
M-F: 8am-5pm.

—Des Moines .................................. 206.212.4520
2781 S 242nd St, Des Moines
M-F: 8am-5pm.

—Federal .................................. 253.681.6620
31405 18th Ave S, Federal Way
M-F: 8am-5pm.