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

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

Ray of Hope Resource Center ......253-833-8925
2806 Auburn Way North Auburn WA 98002
M-Sa: 8:30am-8pm; Su, 3-8:30pm. Hospitality center-Offers Showers No restrictions.

REACH Center of Hope ......................425.277.7594
1055 S Grady Way, Level P2, Renton
Day Center: 24 hours daily. 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.

CLOTHING

Circle of Caring Friends .................253.632.2543
Distributes clothing to households in need.
Call for an appointment. M-F, 10am-4pm.

Multi-Service Center—Federal Way ......253.838.6810
1200 S 336th St, Federal Way
M, W, F: 10am-2pm. Serves South King County residents.

St. Thomas Catholic Church ............206.242.5501
4415 S, 140th St, Tukwila
W: 1-3:30pm; Serves residents of Tukwila and N. SeaTac.

Transform Burien Outreach Center ....206.839.6620
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: 3:30-4:15pm on holidays
Church By the Side of the Road ..........206-243-5024
3455 South 148th Street Tukwila
Provides a free hot lunch once a week to anyone in need. Tu, noon-2pm.

Federal Way Community Caregiving Network ........................................253.661.0505

—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: 1-2pm.

Kent Community Supper ...............253.852.2057
Kent Lutheran Church, 336 ’2nd Ave S, Kent
M: 6-7pm. Serves anyone in need.

Messiah Lutheran Church ..........253-833-5280.
410 H St NE Auburn
Provides hot meal twice a week for anyone in need.
Th, 5:30-6:30pm; Su, 2-3pm; 2nd Su of the month, 4pm.

Pacific/Algona Community Center ....253.929.1150
100 3rd Ave SE, Pacific
Stone Soup free lunch: M: 11am-1pm, 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 F, noon-2pm; Su: 3-5pm. Groceries: Su: 3-5pm.

Call Ahead First!
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: 6:30-7pm. 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, W: 10:30pm-1pm. Emergency Food Bags, M, F: 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: 10-11:45am; W: 4-5:45pm. Call for service area.

Tukwila Pantry ...................................... 206.431.8293
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.

Sea Mar Community Health
—Burien Medical Clinic ......................... 206.812.6140
14434 Ambauim Blvd SW, Suite 5, Burien
M-Sa: 8am-5pm.
—Des Moines Medical Clinic .................. 206.212.4500
2781 S 242nd St, Des Moines
M-F: 8am-5pm.
—Federal Way Medical Clinic ................ 253.681.6600
31405 18th Ave S, Federal Way
M-F: 8am-5pm.
—Kent Medical Clinic ......................... 206.436.6380
233 2nd Ave S, Kent
M-F: 8am-5pm. Every other W: Open till 8pm.

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: Tu: 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 ........................................... 206.631.7316
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!

MEDICAL CARE

Health Point
Low cost medical & discount pharmacy services.
—Auburn ........................................... 253.735.0166
126 Auburn Ave, Suite 300, Auburn
M-W: 8am-8pm; Th F, 8am-5pm; Sa, 10am-3pm.

—Federal Way ..................................... 253.874.7634
33431 13th Pl S, Federal Way
M, W-F: 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 ........................................... 206.277.7200
4040 S 188th St, Suite 201, SeaTac
M, Tu: 8am-7pm; W-F, 8am-5pm.

—Tukwila ......................................... 206.439.3289
Highline Medical, 13030 Military Rd S, Tukwila
M-W: 8am-8pm; Th F, 8am-5pm; Sa: 10am-3pm,

Public Health - Adult Primary Care ............ 206.257.6870
Navos - Lake Burien, 1210 SW 136th St, Burien
M-F: 8:30am-5:30pm. Serves any adults. Not necessary to be a Navos client.

Renton Salvation Army RotaCare................. Visit in Person
720 S Tobin St, Renton
1st & 3rd Sa: 9-11am. Free medical care for urgent needs.