

	General Needs/Resources		
	King County Community Information		211 or 206-461-3200
	Crisis Line (24 hours)		1-800-621-4636
Kent Food/Clothing Bank	Food, Clothing, Emergency Funds — Mon-Tues-Wed-Fri 10-2, 2 nd Wed. 5-6 pm		253-520-3550
Springwood Food Bank	Thurs 10-1		253-638-8690
Des Moines Food Bank	also serves Kent West Hill & SeaTac M-W-F 9-1, Third Tues, 6-8 pm		206-878-2660
Federal Way Food Bank	Food/Clothes, Emergencies Funds — M_W_F 10am-2pm		253-838-6810
Maple Valley Food Bank	Rent, PSE, bus passes		425-432-8633
St. Columbia's Episcopal Church	Food — call first, West Hill/ Military Rd		253-854-9912
St. James Episcopal	PSE, Gas Vouchers, Food, School Supplies — Call Mon-Fri 9:30 - noon for appt.		253-852-4100
First Presbyterian	PSE, Food —call Tue, Wed, Fri at 9 am for appt		253-852-3370
St. Stephens Catholic	Rent, PSE, Food, Clothing, Prescriptions, Counseling, Gas Vouchers, Bus Tickets —South Renton, North Kent		253-631-1044
Kent United Methodist Church	Rent, PSE & Water Assistance — Call Mon. 9am for a Wed. appt.		253-852-3900
Kent Covenant Church	PSE & Food —call Tues. for Thurs appt		253-631-0222
Church of the Nazarene	Food —call Tue. & Thurs. first 9 am — 2 pm		253-852-5144
First Evangelical Presbyterian	Rent & Utilities —go there the 1st day of the month to apply for an appointment. 19800 108 th SE		253-859-8998
Pregnancy Aid	10 am -1:30 pm walk-in		253-852-1201
Salvation Army	Rent, PSE 10am-3pm Mon - Fri		253-852-4983
Catholic Community Services	call Mon-Thurs 9:30am -1:30 pm		253-850-2523
St Vincent de Paul	Help with the last \$75 to \$100 needed		206-767-6449
DSHS	Emergency Funds		877-501-2233
Multi-Service Center			253-893-0024
R.O.A.R.	must go to Fremont area		206-634-1977
REWA	refugee women only		206-957-2029
Solid Ground	mostly legal help and counseling		206-694-6700
Hot Meals			
First Evangelical Presbyterian	19800 108 th Ave. SE, Renton	Tuesdays, odd months	6-6:30pm
Kent Community Supper	Kent Lutheran 336 2 nd Ave. S	Mondays	5-6pm
Park behind library (Kiabara park)	1st Ave between W. Smith & @. Meeker	Fridays	12noon
Seventh Day Adventist	25213 116 th Ave. SE	Wed & Sat	4:30-6pm
St. Stephen the Martyr Church	13055 SE 192 nd St, Renton	Tuesdays, even months	6-6:30pm
Trinity Community Church	3807 Reith Road	Wednesdays	5:30pm
New Beginnings Church	215 N Washington	Thursdays	4:30pm

Education/Advocacy		
NW Justice	Legal Aid	206-464-1519
Food Stamp Education		1-888-644-3663
Welfare Rights Advocacy	help with DSHS problems	206-324-3063
WWEE	job readiness, support, computer	253-859-3718
King County Housing Authority		206-315-4360
Senior Information Assistance		206-448-3110

Shelter		
YWCA		425-255-1201
SKC Multi Service Center		253-854-3437
Catholic Community Services Shelter		253-850-2523
Vine Maple Place transitional housing (for women with children only)		425-432-2119
Hospitality House (women only)		206-242-1860
Health		
Public Health		206-296-4700
Kent Community Clinic		253-852-2866
Well Baby Clinic (child and teen)		206-296-4900
DAWN		425-656-7867
W.I.C. (PG/nursing Moms/infants to 6 mos; kids to 5)		206-296-4500
Valley Cities-Counseling (400 W. Gowe)		253-520-9350
Kent Youth & Family Services-Counseling		253-859-0300