

 Kent Community Service Agencies	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: Tue-Wed-Fri 10 am-1 pm, Second Wed. of each month 5-6 pm Emergency Financial Assistance: 3 rd Wed of Month between 10 am-1 pm (Must have final notice, shut off, or eviction notice) Staff will evaluate & qualified receive maximum of \$50 Clothing: Tue-Wed-Fri 10am – 12:30pm	253-520-3550 kentfoodbank@gmail.com 515 W Harrison St. Suite 107 Kent, WA 98032
Birch Creek Annex of Kent Food Bank	Food: Mon 10 am-1 pm Birch Creek Apart. 12961 SE 275th St.	253-520-3550 kentfoodbank@gmail.com
Des Moines Food Bank	also serves Kent West Hill & SeaTac M-W-F 9-11:45 am, Third Tues, 6-8 pm	206-878-2660
Maple Valley Food Bank	Rent, PSE, bus passes M-W-F 10:30 am-1:00 pm	425-432-8633
St. Columbia's Episcopal Church	Food West Hill/ Military Rd Mon. & Fri. 10am- 12pm	253-854-9912
St. James Episcopal	PSE, Gas Vouchers, Food, School Supplies Call Mon-Wed 9:30 - noon for appt.	253-852-4100
Kent United Methodist Church	Rent, PSE & Water Assistance— Call Mon. 9am for a Wed. appt.	253-852-0993
Kent Covenant Church	PSE, Water & Food— call Tues. for Thurs apt	253-631-0222
Church of the Nazarene	Food— call Tue. & Thurs. first 9 am — 2 pm	253-852-5144
Pregnancy Aid	10 am -1:30 pm walk-in	253-852-1201
Salvation Army	Rent, Water 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
Housing Justice Project	Housing Issues & Legal Advice Regional Justice Center, Rm. 1281 401 4 th Ave. N, Kent, WA 98032	206-267-7090 (English) 206-267-7091 (Español)
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

Free Meals

For free meals, download the Kent Free Meals handout on our website.
<http://www.kentmethodist.com/assistance/> and scroll down to the bottom of the page.

Shelter

Catholic Community Services Shelter	253-850-2523
DAWN (Domestic Abuse Women's Network)	425-656-7867
Downtown Emergency Service Center in Seattle	206-464-1570
Family Housing Connection (call 211 & specifically ask for this)	211
H.O.M.E. Men's Shelter (CCS)	253-854-0077 / 253-520-4365
Hospitality House (women only)	206-242-1860
Operation Night Watch in Seattle	206-323-4359 (206-329-2099 after 7pm)
Single Transitional Housing	253-398-2010
SKC Multi Service Center	253-854-3437
Union Gospel Mission Shelter for Men	206-622-5177
Union Gospel Mission Shelter for Women	206-628-2008
Vine Maple Place transitional housing (for women with children only)	425-432-2119
YWCA	425-255-1201

Health

DAWN , dawnonline.org,	425-656-7867
Domestic Violence Hotline	1-800-562-6025
Health Point , 403 E Meeker St, Suite 200, Kent	253-852-2866
Kent Community Clinic	253-852-2866
Kent Housing & Human Services	253-856-5070
Kent Youth & Family Services-Counseling	253-859-0300
Public Health	206-296-4700
Valley Cities Behavioral Health Care (325 West Gowe St.)	253-833-7444
Well Baby Clinic (child and teen)	206-296-4900
W.I.C. (PG/nursing Moms/infants to 6 months; kids to 5)	206-296-4500

Education/Advocacy

Domestic Violence Hotline		1-800-562-6025
Food Stamp Education		1-888-644-3663
Kent Housing & Human Services		253-856-5070
King County Housing Authority		206-315-4360
NW Justice	Legal Aid	206-464-1519
Senior Information Assistance		206-448-3110
Valley Cities Homeless Outreach		253-833-7444
Welfare Rights Advocacy	help with DSHS problems	206-324-3063
Worksource	Help for Homeless Veterans	206-205-3500
Courage 360	job readiness, support, computer	253-859-3718

Want the most up-to-date version of this resource sheet? Go to

<http://www.kentmethodist.com/assistance/> and go to the section titled **What to Do If the Appointments Are Full** near the bottom of the page.

Click on the **Kent area assistance programs hyper link**.

Please contact us @ 253-852-3900 or general@kentmethodist.com with corrections, additions or other needed changes.