

Local Resources & Support Services

The Kodiak Cave:

Cascadia's Food Resource & Community Service Center

KodiakCave@Cascadia.edu

Last Updated: August 2024

Table of Contents:

[General Support Resources](#)

[Food Resources](#)

[Healthcare Resources](#)

[Housing & Shelter Resources](#)

[Mental Health Support Resources](#)

[Utilities, Internet, and Phone Resources](#)

[Clothing Resources](#)

[Child Care Support & Resources](#)

[Veteran Resources](#)

[DACA & Immigration Resources](#)

[Drug/Alcohol Addiction Resources](#)

[Domestic Violence Support](#)

[Employment Resources](#)

General Support Resources:

Cascadia College Emergency Grant

Currently enrolled Cascadia College students are eligible for additional funding to assist with medical, childcare, food, transportation, and other emergency expenses. To submit an Emergency Grant application, please complete the following steps:

1. Open a [CARE Team Report](#)
2. From the “I am” list, select “Cascadia Student”
3. From the “Report Type(s)” list, check “Emergency Funding”
4. Fill out the requested fields

Cascadia College Basic Needs Navigator

Currently enrolled Cascadia College students can meet with a Basic Needs Navigator to understand the variety of resources that may be available to them. Currently enrolled students can schedule a meeting with them on [Navigate360](#).

Health and Wellness Resource Center (HaWRC)

The Health & Wellness Resource Center (HaWRC) provides resource connections, financial coaching, and public benefits enrollment to **currently enrolled Cascadia College or University of Washington, Bothell students**. Our services also include peer health education, and referrals to off-campus wellness resources. [Visit their website](#) or stop into ARC-120 to visit them in-person Monday - Thursday 10am - 4pm. If you need to access staff outside of these hours or on a Friday, please email hawrc@uw.edu.

Washington Connection

Washington Connect offers a fast and easy way for **families and individuals living in Washington** to apply for a variety of services such as food, cash, child care, long-term care, and Medicare Savings Programs. Individuals that are age 65 or older, blind or disabled may also apply for medical assistance. To learn more and apply for assistance, [visit their website](#).

Washington Resource Directory (211)

The Washington Resource Directory is a statewide catalog of available resources in Washington State. [Visit their website](#) to look through hundreds of resource centers, including transportation, housing, financial, food, health, employment, and more.

Food Resources:

The Kodiak Cave

The Kodiak Cave is available to **currently enrolled Cascadia College students**. Students can get free grocery and hygiene products up to four times per academic quarter. [Visit their website](#) to learn more about hours, location, and how to shop.

Supplemental Nutrition Assistance Program (SNAP) Benefits

Qualifying **Washington residents** can apply for the Supplemental Nutrition Assistance Program (SNAP) to receive benefits toward purchasing groceries. [Visit the SNAP benefits website](#) to learn more about eligibility requirements, how to apply, and more.

Hopelink Food Markets

Hopelink is a county-wide food resource center that offers food distribution throughout the Seattle area. There are 5 food markets (Bellevue, Redmond, Shoreline, Kirkland, and Carnation) where clients can shop for food up to 2 times per month completely free of charge. Interested clients can learn more about the different locations [on the Hopelink website](#). **Residents of the following zip codes** are eligible to shop in the Hopelink Markets:

- Bellevue: 98004 | 98005 | 98006 | 98007 | 98008 | 98009 | 98015 | 98039 | 98040 | 98027 | 98075 | 98029
- Kirkland: 98033 | 98034 | 98011 | 98012 | 98021 | 98028 | 98072 | 98077
- Redmond: 98052 | 98053 | 98073 | 98074
- Shoreline: 98133 | 98155 | 98160 | 98177
- Carnation: 98014 | 98019 | 98024 | 98045 | 98065 | 98224 | 98288

Hopelink Mobile Market

Hopelink offers mobile food distribution most days of each month where clients can visit up to 2 times per month, combined with their Food Market visits. Clients can complete the online enrollment form every 12 months to remain eligible to shop. Learn more about the schedule and location of the Mobile Market truck [on the Mobile Market website](#).

****The Mobile Market visits Cascadia/UW Bothell two times per month: the first and third Thursday from 11:30am - 12:30pm in front of the Activities and Recreation Center (ARC) on Campus Way NE.**

Woodinville Storehouse

The Woodinville Storehouse is a food bank serving **Woodinville, Redmond, Kirkland, and unhoused residents**. The Storehouse requires proof of residency and a photo ID for all family members receiving food upon first visit. Regular appointment times can be scheduled after your first visit. [Visit their website](#) to learn more.

University District Food Bank

The University District Food Bank serves **residents of 98102, 98103, 98105, 98112, 98115, 98125, and unhoused individuals**. Every 12 months, shoppers can provide optional registration information. Residents of the above zipcodes can get groceries once per week. [Visit their website](#) to learn more.

Salvation Army: Everett

The Salvation Army Food Bank in Everett provides weekly food distribution for **residents around the area**. No documentation is required to receive food. [Visit their website](#) to learn more about hours and locations.

Volunteers of America: Western Washington

The Volunteers of America: Western Washington provides several food banks throughout the state where **anyone** can get food at no cost. There is no eligibility or documentation required. [Visit their website](#) to learn more about locations and hours.

Lynnwood Food Bank

The Lynnwood Food Bank provides groceries to **anyone, no documentation is required** to qualify for services. They offer weekly distributions at their permanent location, as well as food distribution trucks throughout the area. [Visit their website](#) to learn more about locations and hours.

Edmonds Food Bank

The Edmonds Food Bank provides food assistance to **residents of Edmonds and the surrounding areas**. They distribute food at several locations on different days of the month and clients are not required to provide specific information to receive food. [Visit their website](#) to learn more about hours and locations.

Westgate Chapel Food Bank

The Westgate Chapel Food Banks provides food distribution once per week to **residents of Edmonds and the surrounding areas**. [Visit their website](#) to learn more about hours and location.

Mill Creek Community Food Bank

The Mill Creek Community Food Bank provides grocery distribution to **residents around the area**. There is no eligibility or documentation required. [Visit their website](#) to learn more about locations and hours.

Healthcare Resources:

Healthpoint

Healthpoint is a non-profit organization that provides medical, dental, and mental health care at lower costs to **residents in the Greater Seattle Area**. [Visit their website](#) to learn more about hours and locations.

CareClinic

The CareClinic consists of clinics inside several Bartell Drugs stores with sponsorship from Kaiser Permanente. For residents of **Snohomish, King, and Pierce County**, they accept most insurance companies or charge a \$75 fee for those without insurance. Patients can receive care for mild illnesses, diagnostic tests, and vaccines. For locations, hours, and more information, please see [this informational handout](#).

Planned Parenthood

Planned Parenthood provides healthcare services and education revolving around sexual and reproductive health. There are Planned Parenthood clinics all over the country that prioritize low cost options for **all residents**. [Visit their website](#) to learn more about hours and locations.

Housing & Shelter Resources:

Supporting Students Experiencing Homelessness (SSEH) Grant

The SSEH Grant is available to **currently enrolled Cascadia College students who are experiencing homelessness and housing insecurity**. Eligible students can request up to \$1,000 per quarter to assist with eviction prevention, utility assistance, emergency housing, and more. To apply:

1. Open a [CARE Team Report](#)
2. From the “I am” list, select “Cascadia Student”
3. From the “Report Type(s)” list, check “Emergency Funding”
4. Fill out the requested fields
5. Check “Housing Assistance” under the “Requested Services” field

Apartment Finder

Apartment Finder assists **residents of Washington** in search of affordable housing. The housing available on their site include subsidized and non-subsidized rentals. [Visit their website](#) to learn more and search for housing options.

Friends of Youth

Friends of Youth provide shelters, transitional living, and rapid rehousing options for **young adults (18-24 years of age) and minors (7-17 years of age) in the Greater Seattle Area**. [Visit their website](#) for information about all their services, locations, and contact information.

Mary's Place: Single & Family Shelter

Mary's Place offers shelters for **women experiencing homelessness in the Greater Seattle Area**. Families looking for shelter can call 206-245-1026. [Visit their website](#) for more information about locations and hours.

Interfaith Family Shelter

The Interfaith Family Shelter provides emergency housing and basic needs resources for **families with children in the Everett Area** for up to 90 days. The Family Shelter also employs a Rapid Rehousing Case Manager to assist families in overcoming homelessness. [Visit their website](#) to learn more and fill out a housing intake request form.

Salvation Army: Everett

The Salvation Army in Everett provides shelters to **those in the Everett area** including, group homes, family housing, and emergency shelters. [Visit their website](#) to learn more about locations and how to access housing.

St. Vincent De Paul

St. Vincent De Paul offers rental assistance to **residents of King County**. Those seeking assistance can call their helpline at 206-767-6449 or [visit their website](#) to complete the online assistance request form.

Volunteers of America: Western Washington

Volunteers of America: Western Washington offer housing assistance, coordinated entry, and rapid rehousing to fit a wide variety of needs for **Washington residents**. From November 1 - March 15, they also offer emergency cold weather shelters when temperatures are forecasted to 34 degrees Fahrenheit and below. [Visit their website](#) to learn more about the programs they offer.

Mental Health Support Resources:

24-Hour Crisis Line

The 24-Hour Crisis Line provides 24/7 support for individuals and family members through emotional crises. **Residents of King County** can be linked to emergency mental health services. Call the crisis line at 1-866-427-4747 and [visit their website](#) for more information.

988 Crisis Line

988 is the National Mental Health Emergency Line for suicide and crisis support. **Anyone in the United States** can call or text 988 for emergency mental health assistance. [Visit their website](#) for more information.

Friends of Youth

Friends of Youth provides behavioral health, mental health, and substance use counseling services through individual, family and group sessions for **youth and young adults ages 4-24**. Most commercial insurance plans and apple health are accepted. [Visit their website](#) for more information and to get connected with care.

Utilities, Internet, and Phone Resources:

Catholic Community Services

Catholic Community Services provides utility, rental & move-in, transportation, and other assistance services based on funding availability. These programs are available to **King County residents** that meet their eligibility criteria. [Visit their website](#) to learn more about how to access assistance depending on your geographic area.

Puget Sound Energy Assistance Programs

Puget Sound Energy Assistance Programs provide financial assistance to **residents of Western Washington** to alleviate the burden of energy costs at home. There are multiple different assistance programs throughout several counties and Puget Sound Energy will connect residents with the appropriate agency for assistance. [Visit their website](#) to learn more about programs for your location.

Salvation Army: Everett

The Everett Salvation Army helps families and individuals avoid falling into the cycle of crisis by supplementing their income with utility, rent and other vital payments. This assistance is available to **anyone in the state** and folks in need of financial help can call 425-259-8129 or [visit their website](#) to learn more.

St. Vincent De Paul

St. Vincent De Paul offers financial assistance to **residents of King County**. Those seeking assistance can call their helpline at 206-767-6449 or [visit their website](#) to complete the online assistance request form.

Snohomish Public Utility District

The Snohomish Public Utility District offers bill credits and other financial assistance opportunities to **eligible customers in Snohomish County** to help alleviate energy bill costs. [Visit their website](#) to learn more about currently available opportunities for utility assistance.

Clothing Resources:

Westgate Chapel Clothing Bank

The Westgate Chapel Clothing Banks provides clothing distribution once per week to **residents of Edmonds and the surrounding areas**. [Visit their website](#) to learn more about hours and location.

Everett Working Wardrobe

The Working Wardrobe has locations in Everett and Redmond offering women's business-appropriate attire at no cost to **residents in the Greater Seattle Area**. Both locations are open by appointment only and can book via phone or online and there is no verification or documentation needed to utilize this service. [Visit their website](#) to learn more and book an appointment.

St. Francis House

St. Francis House Seattle provides **residents of the Greater Seattle Area** with clothing, personal hygiene supplies, household items, sleeping bags, and transportation assistance. Photo ID is required to utilize the services. [Visit their website](#) to learn more about their hours and location.

Child Care Support & Resources:

Child Care Assistance Program

The Child Care Assistance Program (CCAP) provides financial assistance for child care to **parents living within Seattle city limits** and who have a household and family size that places them **below 94% of the WA Median Income**. [Visit their website](#) for more information about eligibility and how to apply for assistance.

Child Care Aware of America

Child Care Aware of America is a database of available child care assistance options throughout the United States. They list government programs, employee benefits, and student resources for **parents living in the United States** to look through and apply for. [Visit their website](#) to learn more about the different resources in your area.

Washington Department of Children, Youth, and Families

The Washington State Department of Children, Youth, and Families offers child care subsidy programs to help **eligible families in Washington** pay for childcare. The department also offers Early Childhood Education or Head Start preschools for children in **low-income households in Washington**. [Visit their website](#) to learn more about eligibility, different programs, and how to apply.

Veteran Resources:

Cascadia Veteran Services

Cascadia College's Veteran Services office strives to ensure military students and their families have the best experiences possible. **Enrolled veteran/military students, or veteran/military students interested in enrolling**, can work with the Veteran Services office to receive advising assistance, benefits at the college, and more. [Visit their website](#) to learn more and meet with an advisor.

King County Veterans Program

The King County Veterans Program offers services, resources, and assistance to **veterans who have served at least one day in the military** (any discharge type), **servicemember, or respective family member living in King County**. Some services, resources, or assistance programs are income dependent. [Visit their website](#) to learn more about eligibility and how to apply for services.

Fisher House Foundation

The Fisher House Foundation offers shelter support for **military and veteran family members while their loved ones are in the hospital**. The homes are located at military and VA medical centers around the world and include kitchens, laundry facilities, and living spaces. [Visit their website](#) to find Fisher Houses near you if a loved one is receiving medical care and you would like to stay near the hospital.

DACA & Immigration Resources:

Office of Immigrant and Refugee Affairs (Seattle)

The Office of Immigrant and Refugee Affairs strives to improve the lives of **Seattle's immigrant and refugee communities** through policies, programs, services, and community engagement. They offer assistance applying for programs and services, including United States citizenship and learning English. [Visit their website](#) to learn more about available resources and assistance.

National Immigration Legal Services Directory

The National Immigration Legal Services Directory is a list of legal services throughout the United States to get **immigrants and non-citizens** in contact with attorneys and resources they need. [Visit their Washington Organizations website](#) to find legal assistance in your area.

Northwest Immigrant Rights Project

The Northwest Immigrant Rights Project assists **immigrants in the Northwest region of the United States** through legal services, systemic advocacy, and community education. Immigrants in Washington state can receive assistance with citizenship applications, domestic violence support, seeking asylum, children support, and more. [Visit their website](#) to learn more about eligibility requirements, how to apply for assistance, and more.

Drug/Alcohol Addiction Resources:

Substance Abuse and Mental Health Services Administration

The Substance Abuse and Mental Health Services Administration (SAMHSA) offers a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English

and Spanish, for **individuals and family members facing mental and/or substance use disorders in the United States**. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Call the helpline at 1-800-662-4357 or [visit their website](#) to learn more.

Salvation Army: Everett

The Everett Salvation Army helps individuals through substance addiction and dependence through their no-fee residential treatment facilities. This assistance is available to **anyone in the state**; [visit their website](#) to learn more or find a facility location.

FindTreatment.gov Directory

[Findtreatment.gov](#) is a national directory for **people living in the United States** to locate treatment facilities for mental and substance use disorders. [Visit their website](#) to find locations and other resources in your area.

Domestic Violence Support:

Life Wire

Life Wire offers a 24-hour helpline to support **survivors of domestic or relationship violence in King County and beyond**. Call the helpline at 425-746-1940 for support or call 1-800-827-8840 to speak with an advocate. [Visit their website](#) for more information.

Dawn

Dawn provides assistance and services to **survivors of domestic violence in King County** through a 24-hour support line, emergency shelter, support groups, and more. [Visit their website](#) to learn more about services, eligibility, and to talk to advocates.

Employment Resources:

YWCA Homeless Employment Program

The YWCA Homeless Employment Program offers career development coaching, job search and placement assistance, referrals to community resources and more. To qualify for this program, you must be a **King County Resident experiencing or**

at risk of homelessness, age 18 or older, and have a valid ID and social security card. [Visit their website](#) to learn more about hours, locations, and how to receive assistance.

Division of Vocational Rehabilitation

The Division of Vocational Rehabilitation helps **Washington residents with disabilities** who want to work, but face substantial barriers to finding or keeping a job. [Visit their website](#) to learn more about available resources, how to receive assistance, and more.