

COVID-19 RESOURCES FOR NORTH SEATTLE

Compiled by a Team of North Seattle Librarians -- last updated April 22, 2021

NOTE: As of late April, 2021, this resource guide is no longer being updated. Please contact any agencies listed below for updated information regarding hours and services provided.

*****Check the Homeless Service Change Tracker for updated info re. specific services*****

<http://homelessinfo.org/resource/covid/> (Link directly to list [HERE](#))

Menu

COVID-19 FACTS & RECOMMENDATIONS

- [Covid-19 Fact-Checking Resources](#)

RESOURCE LISTS/GUIDES

RESOURCES FOR IMMIGRANTS

- [Spanish-Language Resources & Assistance](#)

RESOURCES FOR PEOPLE WITH DISABILITIES

FOOD RESOURCES

- [City & State Programs](#)
- [Food Banks](#)
- [Meals](#)

EMERGENCY SHELTER/HOUSING

RESTROOMS, SHOWERS & LAUNDRY

HEALTH RESOURCES

MENTAL HEALTH & SAFETY RESOURCES

- [General Mental Health Resources](#)
- [Addiction & Sobriety Support](#)
- [Domestic Violence Support](#)

FINANCIAL ASSISTANCE & LEGAL RESOURCES

UNEMPLOYMENT/INFO. FOR WORKERS

RESOURCES FOR BUSINESSES/EMPLOYERS

RENT & UTILITIES

INTERNET, COMPUTER & PHONE SERVICES

RESOURCES FOR SENIORS/OLDER ADULTS

LGBTQ RESOURCES

ADDITIONAL ASSISTANCE

FAMILY & STUDENT RESOURCES

- [Childcare](#)
- [Starting an Emergency Childcare Service](#)
- [Online Learning Resources](#)
- [Additional Educational Resources](#)

TEEN/YOUNG ADULT RESOURCES

ONLINE LEARNING FOR ADULTS

VOLUNTEER OPPORTUNITIES

OPPORTUNITIES TO GIVE

NEIGHBORHOOD BUSINESS INFORMATION

FUN, ENTERTAINMENT, & RELAXATION

- [Fun & Entertainment](#)
- [Museums](#)
- [Relaxation](#)

COVID-19 FACTS & RECOMMENDATIONS | [back to menu](#)

- Public Health – Seattle & King County:
<https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx>
COVID-19 data dashboards, including Race/Ethnicity Dashboard showing impacts on communities of color: <https://kingcounty.gov/depts/health/covid-19/data.aspx>
- Washington Department of Health: <https://www.doh.wa.gov/Emergencies/Coronavirus>
- Washington State Coronavirus (COVID-19) Reponse:
<https://coronavirus.wa.gov/https://coronavirus.wa.gov/>
- Centers for Disease Control & Prevention (CDC):
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- WA Department of Health Daily COVID-19 Statistics:
<https://www.doh.wa.gov/Emergencies/Coronavirus> ; State Map:
<https://www.arcgis.com/apps/opsdashboard/index.html#/3614241b1c2b4e519ae1cf52e2c3d560>

Covid-19 Fact-Checking Resources | [back to menu](#)

- FEMA [Coronavirus Rumor Control](#)
- King County COVID-19 Fact Checking:
<https://kingcounty.gov/depts/health/covid-19/vaccine/facts.aspx>
- [WHO Mythbusters](#) - the World Health Organization provides factual information in response to myths and rumors circulating on social media
- [NewsGuard Coronavirus Misinformation Tracking Center](#) - fact-checking organization NewsGuard provides a list of websites publishing false information about coronavirus, organized by country
- [Consumer Alerts](#) regarding COVID-19 “Spoofed Call” scams from the Michigan Attorney General

RESOURCE LISTS/GUIDES | [back to menu](#)

- Seattle Mayor’s Office - COVID-19 Resources for Community:
<http://www.seattle.gov/mayor/covid-19>

- SPL COVID-19 Resources for Community Support & Recovery:
<https://www.spl.org/programs-and-services/civics-and-social-services/covid-resources-hub>
- Office of Equity & Social Justice COVID-19 Resource Guide:
https://www.kingcounty.gov/~media/elected/executive/equity-social-justice/2020/COVID-19/ResourceGuideDiffLanguages/English-Resource-Guide0422_.ashx?la=en
- Washington State Coronavirus Response (COVID-19) information portal
<https://coronavirus.wa.gov/> (includes multilingual information links)
- Washington State Roadmap to Recovery:
<https://coronavirus.wa.gov/what-you-need-know/safe-start/whats-open>
- King County COVID-19 Homelessness Response:
<https://www.kingcounty.gov/depts/health/locations/homeless-health/healthcare-for-the-homeless/covid.aspx>
- United Way of Seattle/King County COVID-19 Resource List:
<https://www.uwkc.org/need-help/covid-19-resources/>
- Solid Ground Coronavirus Resources:
<https://www.solid-ground.org/get-help/coronavirus-resources/>
- Urban Indian Health Institute COVID-19 Updates & Resources for tribes & Urban Indian communities: <https://www.uihi.org/projects/covid/>
- Road Map Project Region COVID-19 Resources for youth and families:
<https://roadmapproject.org/road-map-project-covid-19-resources/>
- Northwest Folklife: COVID-19 Artist & Community Resource List:
<https://docs.google.com/spreadsheets/d/1hvVcnoROIBTtnXASFSEfjc7LVSAoZ0gJNOPhdCJLoqQ/edit?fbclid=IwAR2BqHMU9EP6Ra7ZIsBVX7mPkQM8QTW6F2OlqgLwOfUnmMfNiikOGEj6ldU#gid=836206998>
- Seattle Education Access COVID-19 Resources - King & Pierce County:
https://docs.google.com/spreadsheets/d/1rbUflq_8uxRfCv7iA7og24BUI7DUWoRSJt2oUftvNZQ/edit#gid=0

- COVID-19 Freelance Artist Resources: <https://covid19freelanceartistresource.wordpress.com/>
- State-by-State Resource Guide for Music Professionals Who Need Help During Coronavirus Crisis: <https://www.billboard.com/articles/business/9337908/coronavirus-resource-guide-music-professionals-help>

RESOURCES FOR IMMIGRANTS | [back to menu](#)

- COVID-19 Resources for Immigrants/Recursos para Immigrantes: <https://weareoneamerica.org/2020/03/23/covid-19-coronavirus-resources-for-immigrants-recursos-para-inmigrantes/>
- COVID-19 Resources for Undocumented Communities: https://docs.google.com/spreadsheets/d/18p9OSILpSYanIoUC-gEbhVbRMYYVUfw4wyrxa9ekGdc/htmlview?usp=embed_facebook&fbclid=IwAR3X4Fn9kz5irv16YnES5LYpelKZO3xy3jiCcduRu9cQjjh_xe5c8A4txn0# (If link does not load, go to <https://www.undocuscholars.com/> and click on “List of Resources”)
- Multi-lingual COVID-19 fact sheets: <https://www.doh.wa.gov/Emergencies/Coronavirus>
- Public Health - Seattle & King County recommendations - scroll down for information in multiple languages: <https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx> ; public service announcement videos in multiple languages: <https://www.youtube.com/channel/UCVPnW7kPMd5NSUNDvuUytYA>
- Office of Equity & Social Justice COVID-19 Resource Guide: [https://www.kingcounty.gov/~media/elected/executive/equity-social-justice/2020/COVID-19/ResourceGuideDiffLanguages/English-Resource-Guide0422_.ashx?la=en](https://www.kingcounty.gov/~/media/elected/executive/equity-social-justice/2020/COVID-19/ResourceGuideDiffLanguages/English-Resource-Guide0422_.ashx?la=en)
- Center for Disease Control Resources in Languages other than English: <https://wwwn.cdc.gov/Pubs/other-languages/>
- Rental Assistance Available - information available in multiple languages: call 211 or apply online: <https://www.uwkc.org/renthelp/>
- Alien Emergency Medical Programs for undocumented individuals: <https://www.dshs.wa.gov/esa/community-services-offices/alien-emergency-medical-programs>; Program expansion information for COVID-19: <https://welcoming.seattle.gov/wp-content/uploads/2020/03/alien-emergency-medical-COVID19->

[policy-3-18-2020.pdf](#)

- COVID-19 Assistance and Public Charge FAQ for Immigrants:
<https://welcoming.seattle.gov/covid19publiccharge/>
- Public Health Community Mental Health Resources:
<https://www.kingcounty.gov/depts/health/covid-19/~media/depts/health/communicable-diseases/documents/C19/community-mental-health-resource-guide.ashx>
- Mutual Aid Solidarity Network COVID-19 “Request Support” form in multiple languages:
https://docs.google.com/forms/d/e/1FAIpQLSdgbAX21UARi98rKKX6b6mpvpVHW4b63F2n2beJHielcdU2Q/viewform?fbclid=IwAR1EuVigIGNylglDtL-vTHlOM3WRhVnmzn-fBpfuirlPiQKdUG--ToA_KDY [NOTE 6/4: Currently Paused]
- U.S. Small Business Association - Coronavirus Recovery Information in Other Languages:
<https://www.sba.gov/page/coronavirus-recovery-information-other-languages>
- Office of Labor Standards multilingual resources:
<https://www.seattle.gov/laborstandards/resources-and-language-access/languages>

Spanish-Language Resources & Assistance | [back to menu](#)

- Villa Comunitaria - Asistencia en español: 206-767-7445; <https://villacomunitaria.org/>
- El Centro de la Raza - banco de alimentos, asistencia para becas DACA, el censo, y más: 206-957-4605; <http://www.elcentrodelaraza.org/> (Also providing small businesses with free advisory, one on one coaching, counseling and free online trainings, through its Business Opportunity Center - contacts listed here:
<http://www.elcentrodelaraza.org/contact-us/business-opportunity-center/>)
- Entre Hermanos Recursos para la Comunidad (staff/services available remotely - contact info on this page): <https://entrehermanos.org/community-resources-recursos-para-la-comunidad/>
- Trabajadores y negocios afectados por COVID-19:
<https://esd.wa.gov/espanol/covid-19-coronavirus-info>
- Internet Essentials: dos meses de servicio Internet gratuito: 1-855-765-6995 para español;
<https://es.internetessentials.com/>

RESOURCES FOR PEOPLE WITH DISABILITIES | [back to menu](#)

- [The Arc of King County's Information and Resources Links and Community Resources Links](#)
- [Helen Keller Services: Resources for Consumers and Professionals During COVID-19](#)
- [COVID-19 Informational Video Series in American Sign Language](#)
- [Plain Language Booklet on COVID-19--Spanish](#)
- Job Accommodation Network
<https://askjan.org/topics/COVID-19.cfm>
- Washington State Independent Living Council
<https://www.wasilc.org/post/novel-coronavirus-covid-19>

FOOD RESOURCES | [back to menu](#)

- Map of COVID-19 Seattle-Area Emergency Food Resources:
<https://public.tableau.com/profile/city.of.seattle.human.services#!/vizhome/Covid-19Seattle-AreaEmergencyFoodResources/COVIDEmergencyFood> *(reports of link trouble as of 4/28)*

City & State Programs | [back to menu](#)

- [Seattle Public Schools Student Meals](#): Multilingual information available. For all SPS students M-F, 11:15 a.m. - 1:15 p.m. Families in need can also pick up food for the weekend. Parents, guardians, or siblings may pick up meals for students.
NW area schools:
 - Ballard High School: enter and exit through the east doors near portables/courtyard
 - Broadview-Thomson K-8: enter at Northwest corner of building, facing Greenwood Ave
 - Robert Eagle Staff Middle School: enter at east side of building through cafeteria doors on courtyard
- [Department of Social and Health Services](#) -Full services available by phone at 877-501-2233; apply online for cash or food assistance at [WashingtonConnection.org](https://www.washingtonconnection.org)
 - [Basic Food in Washington \(SNAP\)](#): Multilingual information available. Food benefits based on family size and income; apply for Basic Food Assistance and other benefits [online](#) or by phone at 1-877-501-2233. (Normal operations will resume after the pandemic)
 - [State Food Assistance Program \(FAP\)](#): Provides benefits to legal immigrants who are not eligible for the federal Supplemental Nutrition Assistance Program (SNAP).

Food Banks | [back to menu](#)

- [Phinney Ridge Food Bank](#) 7500 Greenwood Ave N. Seattle WA 98103; 206-784-7964
Tuesdays from 1:15 to 3pm, and Wednesdays from 6:15 to 8pm. No appointments necessary; personal distancing measures in place
- [FamilyWorks Greenwood Food Bank](#) - Tue: 3:30 - 6pm, Wed: (Seniors) 11:00 am – 2:00 pm (General Public) 12:00 pm – 2:00 pm (also distributing diapers, socks, and hygiene during food bank hours): 9501 Greenwood Ave N; (206) 694-6727
- [FamilyWorks Wallingford Food Bank](#) - Tue: 12:00 pm – 2:00 pm, Thu: 3:00 pm – 6:00 pm, Fri: 11:00 am – 1:00 pm (also distributing diapers, socks, and hygiene during food bank hours): 1501 North 45th Street; (206) 694-6727
- [Bethany Community Church](#) Food Bank - Mondays 6-7pm: 8023 Green Lake Dr N; 206.524.9000
- [Ballard Food Bank](#), 5130 Leary Ave. N.W., (206) 789-7800: Mon 2-6pm drive-thru in the Mox parking lot, no-cook bags, mail & sandwiches at the front door; Tues 11am-4pm, home delivery only, NO drive-thru food bank, no-cook bags, mail, & sandwiches; Weds 12pm-4pm & Thurs 2pm-6pm drive-thru in Mox parking lot, home delivery, no-cook bags, mail, & sandwiches
- [University District Food Bank](#), 5017 Roosevelt Way NE (check in around the corner by garage), 206-523-7060: serving homeless people and residents of zip codes 98102, 98103, 98105, 98112, 98115, or 98125 - currently providing premade boxes of non-perishable and perishable items Mon 9-2:45pm; Tues 11-7:45pm; Thurs 11-7:45pm; Fri 11-3:45 pm.
- [North Helpline Food Bank Bitter Lake](#), 13000 Linden Ave N: Saturdays 10 am to 2pm; welcoming all neighbors at this time regardless of if you have registered in the past; If you are sick or concerned about your health please send someone with your North Helpline card on your behalf; If that is not an option call 206 367-3477
- [North Helpline Food Bank Lake City](#), 12736 33rd Ave NE: Weds 10am-1pm, Thurs 4:30-6:30pm, Sat 10am-1pm; welcoming all neighbors at this time regardless of if you have registered in the past; If you are sick or concerned about your health please send someone with your North Helpline card on your behalf; If that is not an option call 206 367-3477
- [Blessed Sacrament Church Food Bank](#), 5050 8th Ave NE - Pick-up bags on Fridays 10:30-12pm, or delivery for homebound people. 206-767-6449
- [Hopelink Shoreline Food Bank](#) , 17837 Aurora Avenue N, 206-440-7300: Provides groceries in pre-packed boxes with enough food for 21 meals; serving area codes 98133, 98155, 98160, 98177; Tues 12-4pm, Weds 3-7pm, Thurs 10am-2pm. *Thanksgiving hours*: Mon 3-7pm, Tues 12-4pm, Weds 10-2pm, closed Thurs.

Meals | [back to menu](#)

- [Greenwood Senior Center](#) - Serving grab and go meals Mondays 4-6pm, everyone welcome: 525 N 85th Street
- [Phinney Neighborhood Association](#) - at St. John United Lutheran: Serving grab and go meals Tues 4-6pm & Weds 11am-1pm; everyone welcome: 515 Phinney Ave. N.
- [Aurora Commons](#) - distributing meals, drinks, hygiene, wound-care kits, and clothing during day time drop-in hours: Mon-Thurs 10am-1pm: 8914 Aurora Ave N; 206-299-2278
- [Lake City Community Center](#) - Bounceback & Coyote North: info@bouncebackseattle.org
Free or low-cost hot, gourmet dinners in Lake City Community Center parking lot. Donations accepted but not required. Fri & Sat 5-6pm; 12531 28th Ave N; (206) 228-7969
- [Bethany Community Church](#) - Community Meal (currently take-out style meals) - 2nd and last Monday of the month 6-7pm: 8023 Green Lake Dr N; 206.524.9000
- [St Dunstan's Episcopal Church](#) - meal Tuesday evenings from 3:30-5:30pm: 722 N 145th St in Shoreline
- [Lamb of God Lutheran Church](#) - Hunger Intervention Program & Sound Generations(Lake City Seniors). Parking lot to-go lunches Mon, Weds, & Fri 12:30 - 1:30pm. Masks & social distancing required. Free breakfast & hygiene kits Sun 9-10:30am. Free meal, now outdoors Sun 5-6pm. Lunch deliveries: call (206) 707-1865. 12509 27th Ave NE; (206) 448-5757
- [Journey Christian Church](#) - Free meal, now outdoors. Thurs @ 5:30pm. 1933 NE 125th St, (206) 363-1438
- [Ravenna PopUp Kitchen](#) - providing to-go meals Sundays 3-4pm, under the I-5 overpass at Ravenna; email ravennapopupkitchen@gmail.com for update
- [Frelard Tamales](#): Free meals for those affected by COVID19 at Greenlake shop, Mon-Fri 11am-8pm, Sat & Sun 10am-5pm: 6412 Latona Avenue NE; 206-370-9296
- [Blessed Sacrament Church Sunday Dinner](#) - Hot meals packed to-go, Sundays 12-2pm: 5050 8th Ave NE; 206-767-6449
- [ROOTS Friday Feast](#) - all ages welcome - Fridays 5:30-7pm- Pick-up only: University Temple United Methodist Church, 1415 NE 43rd St. (alley entrance at SW corner of building). 206-632-5165
- [Northwest SHARE Free Food Truck](#) - to-go meals only; located at University Heights Center Parking lot, 5031 University Way NE - Weds 6-8pm, Fri 6-8pm, Sat 6-8pm, Sun 6-8pm. Thurs: @ 9451 Avondale Rd NE, Redmond, WA 98052, 6:30-8:30pm.
- [Roosevelt Community Dinner - Calvary Christian Assembly](#) - to-go meals served Tuesdays 5pm-6:30pm at 6801 Roosevelt Way NE

- [The Table Community Dinner](#) - Free meal. Sundays 5-6:30pm (park by Northgate Community Center). 10510 5th Ave NE; (206) 364-5200
- [Mutual Aid Society](#): Use this form to request food or other supplies delivered to your front door
[NOTE 6/4: Currently Paused]

EMERGENCY SHELTER/HOUSING | [back to menu](#)

- Call 211 for emergency assistance; assistance now available via text (text your zip code to 877-211-9274): <https://www.crisisconnections.org/king-county-2-1-1/>
- Most emergency shelters still operating as normal, but access will depend on capacity - call first to confirm:
<https://www.crisisconnections.org/wp-content/uploads/2020/04/2.ESB-Emergency-Shelters-Apr-2020.pdf>
- Emergency Shelter at City Hall downtown (serving dinner as well): access in person 7pm-7am (recommended to arrive 6pm to get in line) or until full; no referral necessary - enter through clear doors at 600 4th Ave; call 206-684-5010 for info
- King County Admin Building downtown - access in person 7pm-7am (recommended to arrive 6pm to get in line) or until full; no referral necessary - 500 4th Avenue at Jefferson; call 206-684-5010 for info
- Hope Day Center downtown - access in person 7pm-7am (recommended to arrive 6pm to get in line) or until full; no referral necessary - 420 4th Ave at Jefferson; call 206-684-5010 for info
- Families with kids seeking shelter should call family intake line: 206-245-1026
- Single women can seek overnight shelter in person at Angeline's Day Center downtown, 2030 3rd Avenue, from 6-9pm; call 206-436-8650 (day shelter open 7 days a week, 8am-8pm);
<https://www.ywcaworks.org/programs/angelines-day-center>
- Men and women over 50 can contact Lazarus Center, 2329 Rainier Avenue South, 206-623-7219;
<https://ccsww.org/get-help/shelter-homeless-services/lazarus-center/>
- Emergency Shelters operated by [Downtown Emergency Service Center \(DESC\)](#) (Exhibition Hall at Seattle Center and other locations): apply in person at 517 3rd Ave (downtown); call 206-464-1570 or email info@desc.org for more info

- Additional temporary shelters run by Catholic Community Services - call 206-328-5696 for up-to-date info; <https://ccsww.org/get-help/shelter-homeless-services/>
- Solid Ground - Coordinated Entry for All (CEA) assessments by phone: 206-934-6160; <https://www.solid-ground.org/get-help/housing/>; CEA regional access points: <https://www.kingcounty.gov/depts/community-human-services/housing/services/homeless-housing/coordinated-entry/access-points.aspx>
- Congregation for the Homeless in Bellevue is open: call 425-289-4044 for info; <https://www.cfhomeless.org/>
- Aurora Commons providing shelter-in-place supplies for homeless individuals (tents, etc.) while supplies last, Tuesdays 10am-1pm, 8914 Aurora Ave N., 206-299-2278; <https://www.auroracommons.org/> (note: no longer supplying shelter-in-place supplies on Tuesdays.)
- Additional Emergency Shelters operated by Compass Housing Alliance: call 206-474-1000 or email info@compasshousingalliance.org for more information

RESTROOMS, SHOWERS & LAUNDRY | [back to menu](#)

- Map of City-Funded Hygiene Services Available During COVID-19 Crisis (scroll to bottom of page): <http://www.seattle.gov/humanservices/services-and-programs/addressing-homelessness#hygiene>
- [City-wide list of public restrooms, showers, hygiene stations & day centers](#) (locations and hours included, as of 4/15)
- [Greenlake Community Center](#) - free showers Tue-Sat 9am-5pm; 206-684-0780; 7201 East Greenlake Drive N
- [Meadowbrook Community Center](#) - free showers Mon-Fri 2:30-7:30, Sat 9am-2pm: 206-684-7522; 10517 35th Ave NE
- Public Restrooms available at University and Ballard Branch locations of The Seattle Public Library, seven days a week, 10am-6pm:
 - Ballard Branch, 5614 22nd Ave. N.W.
- [Ballard Urban Rest Stop](#) – free showers and laundry Mon-Fri 6:30am-2:30pm (1 hr closure daily 10:30-11:30am) – make laundry appointments in person or by phone - last laundry appt. at 12pm; make shower appointment in person - last shower appt. at 12:30pm: (206) 258-3626;

2014-B NW 57th St. Seattle, WA (enter to left of Cheryl Chow Court entrance)

- [U-District Urban Rest Stop](#) - Free shower & laundry facilities (currently no area to sit and wait) - 206-327-0744; schedule appointment in person Tues-Thurs 9am-12pm & 1-6pm (last shower at 5:30pm), Fri 9am-12pm & 1-5:30pm (last shower at 5pm) at ROOTS U-District, University Temple United Methodist Church, 1415 NE 43rd St. (alley entrance at SW corner of building)
- [Aurora Commons](#) - distributing meals, drinks, hygiene, wound-care kits, and clothing during day time drop-in hours: Mon-Thurs 10am-1pm: 8914 Aurora Ave N, 206-299-2278 (bathrooms available; no showers)
- [God's Little Acre](#) - Laundry facilities, showers & hygiene, community kitchen, internet & phone, resource referral, food closet, nursing care, personal storage, blankets & clothes. Masks & social distancing required. Mon, Weds, Thurs, & Fri 9am-4pm, Tues 9-12pm Women's Spa Day: Tues 12:30-4pm. 12521 33rd Ave NE; (206) 497-0838

HEALTH RESOURCES | [back to menu](#)

- King County Novel Coronavirus Call Center for questions and advice 8am-7pm, 7 days a week: 206-477-3977 (*This number is also the first point of contact for anyone needing to utilize King County's Isolation & Quarantine facilities*)
- Washington State Novel Coronavirus Call Center for questions and advice: 800-525-0127
- King County Vaccine Information and Phase Finder:
<https://www.kingcounty.gov/depts/health/covid-19/vaccine/distribution.aspx>
- Free telemedicine from CHI Franciscan: [2019 Novel Coronavirus \(COVID-19\) Information](#); 1-888-825-3227 for more information
- Free telemedicine from UW: 206-520-5000; [UW Medicine Virtual Clinic](#)
- Information on COVID-19 testing from Washington State Department of Health: State DoH: <https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/TestingforCOVID19>
- [Washington Health Plan Finder](#) - open enrollment all year for [Apple Health \(Medicaid\)](#)
- Alien Emergency Medical Programs for undocumented individuals:
<https://www.dshs.wa.gov/esa/community-services-offices/alien-emergency-medical-programs>;
Program expansion information for COVID-19:
<https://welcoming.seattle.gov/wp-content/uploads/2020/03/alien-emergency-medical-COVID19-policy-3-18-2020.pdf>

- Seattle Indian Health Board COVID-19 Response - medical assistance by phone at 206-324-9360: <https://www.sihb.org/2020/03/sihb-is-taking-steps-to-prevent-spread-of-coronavirus-covid-19/>
- List of [COVID-19 Testing sites for people experiencing homelessness](#) (PDF)
- [Neighborcare Ballard Homeless Clinic](#) - 9am-4:30pm on Mon, Tues & Thurs, Closed Weds and Fri: 206-782-5939; 1753 NW 56th Street, Suite 200 (offering COVID-19 testing for clients; currently operating out of 1st floor of Nyer Urness House - signs are in place to direct visitors to testing area)
- [Neighborcare 45th Street Medical/Dental Clinic & Homeless Youth Clinic](#), 1629 North 45th Street - if you are *not* having a medical emergency, call Neighborcare at 206-548-5710 to ask about COVID-19 symptoms or other concerns. Medical Assistance by phone - call 206-633-3350 Mon-Fri, 8am-5pm (1st, 3rd Wed, 9:30am-5pm); Clinic hours Mon & Tues 8am- 5pm; 1st & 3rd Weds time varies (call first); 2nd, 4th & 5th Weds, 8am-5pm; Thurs & Fri 8am-5pm (walk-in appointments end 90 minutes before closing). Dental Clinic hours Mon-Fri: 8am-4:30pm(except 1st and 3rd Weds: 9:30am-4:30pm). Mental health and social services provided to current Neighborcare Health patients, call or visit to make an appointment, 206-548-5710
- [Meridian Center for Health](#), 10521 Meridian Ave. N - if you are *not* having a medical emergency, call Neighborcare at 206-548-5710 to ask about COVID-19 symptoms or other concerns. Medical & Dental Clinic hours currently Mon-Fri, 7:45am-5pm (walk-in appointments end 90 minutes before closing).
- [North Seattle Dental Clinic](#) - Open for current patients by appointment. Accepting new patients. Mon - Fri, 8am – 5pm. 12359 Lake City Way NE; (206) 205-8580
- Mobile Medical Program, Public Health Seattle & King County, various locations - free walk-in medical and mental health care for homeless and recently homeless people: call 206-960-1383 or visit www.kingcounty.gov/mobilemed for monthly schedule
- [RotaCare Free Clinic](#) - Clinic closed to walk-in patients during COVID. Call & leave message, non-emergency phone appointments, labs, & prescription refills. 12736 33rd Ave NE, Suite 200; (206) 414-6984 or (206) 709-0245
- [Aurora Commons](#) offering the following health clinics on Wednesdays, 8914 Aurora Ave N.; 206-299-2278:
 - Foot & Wound Care Clinic, Weds. 11am-2pm
 - BUPE Clinic: Medication-Assisted Addiction Treatment. Weds. 2-4pm
 - Women Only: SHE Clinic, Weds. 11am-2pm
- Guide to free and charitable clinics in Washington: <https://www.wahealthcareaccessalliance.org/free-clinics>

MENTAL HEALTH & SAFETY RESOURCES | [back to menu](#)

General Mental Health Resources | [back to menu](#)

- Mental health resources: <https://www.mentalhealthfirstaid.org/news-and-updates/>
- [Sound Health](#) - In-person & virtual mental health counseling, substance use assessments and treatments, & psychiatry. Call (206) 302-2300 for appointments. Limited walk-in service hours during COVID-19 except during 'rapid access' morning hours. Lake City walk-in enrollment for adults with King County Medicaid. Mon, Weds, & Fri 9am-12:30pm. 11000 Lake City Way; (206) 461-3614.
- King County Mental Health Services:
<https://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/mental-health.aspx>
- Public Health Community Mental Health Resources:
<https://www.kingcounty.gov/depts/health/covid-19/~media/depts/health/communicable-diseases/documents/C19/community-mental-health-resource-guide.ashx>
- NAMI on the Coronavirus:
<https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>
- NAMI Coronavirus Resource Guide:
<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- Seattle Public Schools Mental Health Resource Page:
https://www.seattleschools.org/district/calendars/news/what_s_new/coronavirus_update/resources/mental_health_services
- Disaster Distress Helpline for mental health support, 24/7: 1-800-985-5990 or text TalkWithUs to 66746

Addiction and Sobriety Support | [back to menu](#)

- Online AA Meetings:
<https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYlVqSoKiN6Gsm38bKMU/mobilebasic>
- Washington Recovery Helpline: <http://www.warecoveryhelpline.org/> or 1-866-789-1511

- [Aurora Commons](#) 8914 Aurora Ave N.; 206-299-2278 - Bupe Clinic: Medication-Assisted Addiction Treatment, Wednesdays. 2-4pm(note: no longer offering this clinic at this time)
- [People's Harm Reduction](#) - safe disposal of needles, new needles & clean supplies, referrals to additional services - call 206-775-9472 for more info. Mobile site on 47th and Brooklyn in the U-District - hours: Tues (womxn/fem/non-binary clients only; emergency contraception avail.) 5-7pm; Thurs 5-7pm; Fri 1-5pm; Sun 1-5 pm. Drop-in center at 8300 Aurora Ave N. providing food, charging stations, computer stations & resource navigation help, supplies, clothing, low-barrier treatment, etc. - hours: Mondays 1:30-3:30pm.

Domestic Violence Support | [back to menu](#)

- If You Are Locked Down with Someone Who May Become Violent:
<https://www.psychologytoday.com/us/blog/the-web-violence/202003/if-you-are-locked-down-someone-who-may-become-violent>
- Domestic Violence Victim and Survivor Support:
<https://www.familylawcasa.org/helpful-resources/dv/dv-victim-resources/>

FINANCIAL ASSISTANCE & LEGAL RESOURCES | [back to menu](#)

- DSHS Disaster Cash Assistance Program FAQs:
<https://www.dshs.wa.gov/sites/default/files/English-DisasterCashAssistanceProgramFAQ.pdf>
- Financial Resources for Washington Residents Impacted by COVID-19:
<https://dfi.wa.gov/coronavirus/financial-resources>
- COVID-19: The Law and Your Legal Rights During the Coronavirus Outbreak from NOLO:
<https://www.nolo.com/legal-encyclopedia/covid-19>
- Washington's Foreclosure Prevention Hotline: 1- 877-894-4663
- IRS Coronavirus Tax Relief: <https://www.irs.gov/coronavirus>
 - Tax Filing Resources from United Way:
<https://www.uwkc.org/need-help/tax-help/?src=freetaxexperts>
 - Free online tax filing: <https://www.myfreetaxes.com/>
- IRS Information re. Economic Impact Payments:
<https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know>
- Resources for Artists and Organizations amid COVID-19:
<https://docs.google.com/spreadsheets/d/1ARcJe3EgKrSmcwvyQubRIUfVch7NQpSw7xH1eFTtmB>

[w/edit?ts=5e755f55#gid=0](https://docs.google.com/spreadsheets/d/1pK-4LuZOkvzlr95XeGYPW6KWNfCXzms7t8QuqVT3cq4/edit?ts=5e755f55#gid=0)

- Seattle Independent Artist Sustainability Resources By Gig-Based Sector:
<https://docs.google.com/spreadsheets/d/1pK-4LuZOkvzlr95XeGYPW6KWNfCXzms7t8QuqVT3cq4/edit#gid=0>
[Seattle Independent Artist Sustainability Resources By Gig-Based Sector](#)
- Local bank relief programs:
 - [BECU](#) Member Assistance Program:
<https://becu.org/support/member-assistance-program>
 - [Seattle Credit Union](#) Lifeline Loan and Skip-a-Pay for existing members:
<https://www.seattlecu.com/>
- Family Court Resources and COVID-19 Response Activities:
<https://www.kingcounty.gov/courts/superior-court/family.aspx>
- Unemployment Law Project: <https://unemploymentlawproject.org/>

UNEMPLOYMENT/INFORMATION FOR WORKERS | [back to menu](#)

- Washington State benefits information for unemployed or furloughed workers:
<https://esd.wa.gov/newsroom/covid-19>
- Washington State benefits information for workers who are self-employed or independent contractors: <https://esd.wa.gov/unemployment/self-employed>
- COVID-19 Scenarios & Benefits chart for employees missing work:
<https://esdorchardstorage.blob.core.windows.net/esdwa/Default/ESDWAGOV/newsroom/COVID-19/covid-19-scenarios-and-benefits.pdf>
- SPL Guide to Unemployment Insurance Benefits for COVID-19:
https://seattle.bibliocommons.com/list/share/1574703329_bst_health_jobs/1610195909_unemployment_insurance_benefits_covid-19
- Office of Labor Standards - Paid Sick and Safe Time:
<https://www.seattle.gov/laborstandards/ordinances/paid-sick-and-safe-time>
- Families First Coronavirus Response Act (FFCRA) information re. expanded paid leave options for workers:
https://www.dol.gov/sites/dolgov/files/WHD/posters/FFCRA_Poster_WH1422_Non-Federal.pdf

- Office of Economic Development resources for workers:
<https://www.seattle.gov/office-of-economic-development/covid-19/workers>
- WorkSource Seattle-King County updated services and contact info:
<http://www.worksourceskc.org/covid19-operations-update>; assistance by phone available at 833-572-8400, and chat via website: <https://worksourcewa.com/>
- Essential Workforce Needs: <http://www.worksourceskc.org/essential-workforce-needs>
- Current job opportunities in Greater Seattle:
<https://greater-seattle.com/en/corona-virus/jobs-resources/>
- SPL Guide to Job Resources for those affected by COVID-19:
https://seattle.bibliocommons.com/list/share/1574703329_bst_health_jobs/1614714483_job_resources_covid-19
- United Way of King County Unemployment Resources:
<https://www.uwkc.org/news/unemployed-due-to-coronavirus-pandemic-heres-where-to-get-help/>
- Unemployment Law Project: <https://unemploymentlawproject.org/>

RESOURCES FOR BUSINESSES/EMPLOYERS | [back to menu](#)

- SPL Library-to-Business COVID-19 Resources for Small Businesses:
https://seattle.bibliocommons.com/list/share/630806937_l2b/1608596329_l2b_covid-19_resources_for_small_businesses
- Mayor's Office Reopening Guidelines for Businesses and Workers:
<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-reopening-guidance-businesses-and-workers>
- Washington State benefits programs businesses/employers:
<https://esd.wa.gov/newsroom/covid-19-employer-information>
- SBDC Business Resiliency Toolkit: <https://wsbdc.org/protect-your-business/business-resiliency/>
- SBDC Disaster Planning and Recovery:
<https://wsbdc.org/services/grow/resources/disaster-planning-and-recovery/>

- Office of Economic Development Resources & Guidance for Workers, Businesses, & Non-Profits Impacted by COVID-19: <http://www.seattle.gov/office-of-economic-development/covid-19>
- Office of Economic Development SBA Disaster Loan Assistance: <https://www.seattle.gov/office-of-economic-development/covid-19-business-and-worker-resources/sba-disaster-loan-assistance>
- US Small Business Association Awards. Learn about available SBA grants and eligibility: <https://www.sba.gov/funding-programs/grants/grants-programs-eligibility>
- El Centro de la Raza is providing small businesses with free advisory, one on one coaching, counseling and free online trainings, through its Business Opportunity Center - contacts listed here: <http://www.elcentrodelaraza.org/contact-us/business-opportunity-center/>
- Communities Rise COVID-19 Resources: <https://communities-rise.org/covid-19-resources/> - Also offering Covid-19 Small Business and Nonprofit Legal Clinic providing free 60-minute legal consultations - check website for updates: <https://communities-rise.org/>
- GSBA, Washington State's LGBTQ and allied chamber of commerce, Small Business Emergency Resources:: <https://thegsba.org/business-resources/emergency-resources>
- COVID-19 Loan and Grant Information available in Spanish and English: <https://venturize.org/es/resources/covid-19-emergency-loans?state-natl=1&state=Washington>
- Governor's Office COVID-19 Resource List for Impacted Washington Businesses and Workers: <https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>
- Business Impact Northwest COVID-19 Business Support & Resources: <https://businessimpactnw.org/resources/business-help-coronavirus-impact/>
- Business Health Trust COVID-19 Resources for Employers: <https://businesshealthtrust.com/employer-resources-covid-19/>
- Association of Washington Businesses Rebound and Recovery guide for employers: <https://www.reboundandrecovery.org/>
- Summary of three loans/grants available to small businesses through the CARES Act: https://drive.google.com/file/d/1TxDvxAXzt8vQUUDy5D7TZ50L5G1Zs_dv/view
- Federal Small Business Administration Economic Injury Disaster Loans - 800-659-2955, <https://disasterloan.sba.gov/ela>, disastercustomerservice@sba.gov (interpretation provided)

- SBA Paycheck Protection Program for small businesses:
<https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program>
- SPL Library-to-Business COVID-19 Resources for Non-Profits:
https://seattle.bibliocommons.com/list/share/630806937_l2b/1608291099_l2b_covid-19_resources_for_nonprofits
- Keep Workers Healthy and Safe Fund - Apply for funds:
<https://www.keepworkershealthyandsafe.com/>
- Amazon Small Business Relief (for businesses near Amazon buildings):
<https://blog.aboutamazon.com/job-creation-and-investment/helping-local-small-businesses-through-the-impacts-of-covid-19>
- Facebook Small Business Grants Program: <https://www.facebook.com/business/boost/grant>
- City of Seattle B&O Tax Deferment Information: 206-684-8484 or tax@seattle.gov
- WA Department of Revenue Business Relief During COVID-19 Pandemic:
<https://dor.wa.gov/about/business-relief-during-covid-19-pandemic>
- How to Secure Your Business during Long-Term Closure:
<https://cdn.westseattleblog.com/blog/wp-content/uploads/2020/03/COVID-19-Business-Crime-Prevention.pdf>
- Maintaining Vacant Business Properties:
<http://www.seattle.gov/DPD/Publications/CAM/Tip605A.pdf>
- Business Saving Business Facebook Group:
<https://www.facebook.com/groups/1225459777663730/>

RENT & UTILITIES | [back to menu](#)

- Rental Assistance Available - information available in multiple languages. Call 211 or apply online:
<https://www.uwkc.org/renthelp/>
- City of Seattle Moratorium on Residential Evictions - FAQ:
<https://www.documentcloud.org/documents/6810472-FAQs-COVID-19-Eviction-Moratorium.html>
- COVID-19 Eviction Moratorium Updates: <https://evictionlab.org/updates/blog/>

- Rental Assistance Programs - Seattle/King County:
https://assets.noviams.com/novi-file-uploads/rhawa/blog_resources/Rental_Assistance_in_Seattle_King_County.pdf?fbclid=IwAR0FBgk_dMaqJ_kw1Lj8m5VCAm7RIbka-dDHDZiPwAVKGhYGmHijXzIOrYs
- Solid Ground Tenant Services - Tenant Hotline for concerns about rental issues: 206-694-6767, Mon Tues & Thurs, 10:30am-1:30pm (tenants who have fallen behind in rent and need assistance are also advised to call 211 for phone screening and resources)
<https://www.solid-ground.org/get-help/housing/for-tenants/>
- Coronavirus (COVID-19) Updates and Impacts on the Rental Housing Industry:
https://www.rhawa.org/blog/covid-19?fbclid=IwAR1eiv2uAzgQg_qFkOtYRLHap_SGLTy_qLRdt_0AUgcdK-LE18Aug0dWw
- Seattle Public Utilities & Seattle City Light - questions, concerns, deferred payment requests: 206-684-3000; <http://www.seattle.gov/utilities/about-us/email-question>
- Puget Sound Energy - Customer Service: 888-225-5773; COVID-19 Response:
<https://www.pse.com/contactpse>
- SPU Transfer Stations - COVID-19 information:
<https://atyourservice.seattle.gov/2020/03/24/spu-transfer-stations-covid-19-response-stations-a-re-open-only-visit-if-necessary/>

INTERNET, COMPUTER & PHONE SERVICES | [back to menu](#)

- Free Wi-Fi outside of [Seattle Public Library locations](#) 24/7 - network is SPL-Public; no password required
- Seattle Public Schools Technology Resource Centers to support PreK-12 students and families with technology access, open 9am-2:30pm at eight locations:
https://www.seattleschools.org/district/calendars/news/what_s_new/family_resource_centers
- Elizabeth Gregory Home - women only; 2-hour computers with internet access for client use:
<https://eghseattle.org/>; 1604 NE 50th St.; 206-523-6031; Mon-Fri, Sun 9am-4:30pm
- Internet Essentials - free or low-cost internet service for eligible households; increased speed during pandemic: <https://www.internetessentials.com/covid19>
- Internet First - affordable high-speed internet service: <https://www.internetfirst.com/>

- Xfinity Wifi - free wifi service via hotspots, locations here: <https://wifi.xfinity.com/>
- Additional low-cost Internet options:
<https://www.seattle.gov/tech/services/internet-access/low-cost-home-internet-access-for-residents>
- Connect All affordable computing equipment (online sales only) for low-income individuals:
<https://connectall.org/>
- Lifeline Discount Smart Phone program:
<https://www.seattle.gov/tech/services/free-and-discounted-devices/discount-smart-phones>
- Phone companies offering customer and small business relief:
 - AT&T: <https://about.att.com/pages/COVID-19.html>
 - Sprint: <https://newsroom.sprint.com/covid-19-updates-sprint-responds.htm>
 - T-Mobile: <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>
 - Verizon:
<https://www.lisc.org/covid-19/small-business-assistance/small-business-relief-grants/verizon-small-business-recovery-fund/>

RESOURCES FOR SENIORS/OLDER ADULTS | [back to menu](#)

- Find-A-Ride - transportation options for COVID-19 tests and/or vaccines:
<https://www.findaride.org/covid/>; or call 425-943-6706 for offline assistance
- Community Living Connections - assistance, services and referrals by phone for older adults, people with disabilities, and their caregivers: 844-348-5464 or 206-962-8467 Mon-Fri, 8am-6pm; option to leave phone number for callback after hours; or via email:
info@communitylivingconnections.org;
<https://www.communitylivingconnections.org/community-living-connections-advocates-are-available-to-answer-your-calls/>
- Greenwood Senior Center is closed, but social worker Carin Mack is providing assistance by phone and email - write to socialwkr@comcast.net to connect:
<https://www.phinneycenter.org/gsc/>; the GSC also hosts a shed filled with donated medical supplies including walkers, canes, wheelchairs, bath stools, toilet seat risers, seat cushions, etc. - to get supplies or donate supplies, call 206-297-0875
- Ballard NW Senior Center is offering limited one on one services for seniors: social work consultations Monday, Wednesday, and Thursday from 9am-2pm; foot care twice a month, call for dates and availability; Bastyr naturopathic services are available on Tuesday afternoons by

appointment; financial consultation available first Tuesday of the month.

<https://ballardseniorcenter.org/> These can change rapidly so contact the center at 206.297.0403 for an appointment or more information.

- Sound Generations - Pathways Information & Assistance by phone: 206-448-3110 or 888-435-3377; limited transportation assistance:
<https://soundgenerations.org/our-programs/transportation/>
- Lifelong Recreation classes from Parks & Rec on YouTube:
https://www.youtube.com/results?search_query=Seattle+Parks+%26+Recreation+Lifelong+Recreation+
- Free online tutorials for beginning computer skills: <https://www.digitallearn.org/>

LGBTQ RESOURCES | [back to menu](#)

- Gay City COVID-19 Community Resources: <https://www.gaycity.org/coronavirusresources/>
- The Coronavirus: What Trans People Need to Know: <https://transequality.org/covid19>
- Ingersoll Gender Center - support available by phone at 206-849-7859 Mon-Thurs 12pm-6pm; or email support@ingersollgendercenter.org; Trans Peer Support group meeting remotely:
<https://ingersollgendercenter.org/what-we-do/support-group/>
- Entre Hermanos Recursos para la Comunidad (staff/services available remotely - contact info on this page): <https://entrehermanos.org/community-resources-recursos-para-la-comunidad/>
- QLaw Foundation of Washington COVID-19 Resources for LGBTQ+ Communities:
<https://www.qlawfoundation.org/covid-19-resources.html>
- Puget Sound Community Mutual Aid request for Queer Seattle:
https://docs.google.com/forms/d/10V7JhoWdPuOadYwa44q1DPm26gAMXicyDJ6FcGH90s0/viewform?edit_requested=true
- COVID-19 Trans/Queer Relief Form (currently not taking requests but check back for updates):
https://docs.google.com/forms/d/e/1FAIpQLSfO1Ws5YgKFMXKu9CSh_WUVCznssExW6bnJpom5JsP24XwCLQ/closedform
- Online support, resources, and activities for LGBTQ teens from Lambert House:
<http://www.lamberthouse.org/things-lgbtq-youth-can-do-online>

ADDITIONAL ASSISTANCE | [back to menu](#)

- [FamilyWorks Resource Center](#), 1501 N 45th St. (45th St side of Solid Ground building) - offering diapers, family care packs (activities for families), & stress management information during food bank hours (Tues 12pm-2pm, Thurs 3pm-6pm, Fri 11am-1pm). Baby items, hygiene supplies, clothing also available Mon 9:30am-12pm; Tues 9:30am-5pm; Weds 9:30am-5pm; Thurs 9:30am-5:30pm; Fri 9:30am-1pm). Call the office at 206-694-6727 and staff will bring items outside.
- [Aurora Commons](#) - distributing meals, drinks, hygiene, wound-care kits, and clothing during day time drop-in hours: Mon-Thurs 10am-1pm: 8914 Aurora Ave N, 206-299-2278
- Nextdoor App – Help Map feature to offer/request help from neighbors:
https://help.nextdoor.com/s/article/Use-the-Help-Map-to-find-and-offer-help?language=en_US
- Vera Project COVID-19 Support Request form for local musicians, artists, nonprofits, small businesses, and production & gig workers:
https://docs.google.com/forms/d/e/1FAIpQLSccOcpdwc8ITlwWYqS0FQEUzasyDEGq3T_esrDWBY3iJLpv2A/viewform

FAMILY & STUDENT RESOURCES | [back to menu](#)

Childcare | [back to menu](#)

- Seattle Public Schools Childcare Resource Page:
https://www.seattleschools.org/district/calendars/news/what_s_new/coronavirus_update/resources/child_care
- Boys and Girls Club Extended Programming:
<https://positiveplace.org/2020/03/extended-programming/?fbclid=IwAR35JEYrfLiX6DS7JWB-At6nwC7MJjEujv8ppS1-gZyE64wLIF4PDQtCtUk>
- Child Care COVID Communications, Response and Referral Center 1-800-446-1114
- Child Care for Essential Workers at the YMCA (Current openings at University location as of 4/28):
<https://www.seattleyymca.org/blog/ymca-opens-child-care-essential-workers-serve-hundreds-families>
- UrgentText Line launches support for Parents and Teachers during school closures:
 - Parents can text “childcare” to 425-200-5127 or email team@joinweekdays.com to learn about vetted childcare options in your specific neighborhood

- Teachers & childcare providers interested in offering child care can text “provider” to the same number (425-200-5127 and information will be sent on getting vetted and set up to support the community
- For NATIVE families - Child-care assistance for members of federally-recognized tribes: <http://snoqualmtribe.us/childcare>
- [University Temple Children’s School](#) - in partnership with [University Heights Center](#), are working to provide childcare for parents who are on the frontlines of the COVID-19 crisis and parents deemed essential workers: apply at <https://forms.gle/xdFuKqXojMbHdZ6H9> (Employers who have employees in need of childcare, please share [this form with them.](#))
- Childcare Resources: <https://www.childcare.org/family-services/pay-for-care.aspx> CCR can assist families experiencing homelessness, staying doubled up or with friends and family with childcare costs; subsidy program intake line (King/Pierce county): 206-329-5842 or Subsidy@Chilcare.org

Starting an Emergency Childcare Service | [back to menu](#)

- Washington State Department of Health: Childcare Resources during Coronavirus <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/ChildCareResources.pdf>
- Emergency Childcare Waiver Request Form: <http://www.seiu925.org/files/2020/03/Emergency-Child-Care-Waiver-Request-Form.pdf?fbclid=IwAR35Mbceg4OolQzBnfw5hamfFeeBKjFtPafDk2owMtsIUyGwRDy2yFnGM-w>

Online Learning Resources | [back to menu](#)

University of Washington

- University of Washington Education Resources for Elementary Aged Students: <https://docs.google.com/document/d/184Qv4O3t8PWd3zHcTL092FAGvd94OIhKjuCIWRNqYKI/edit>
- University of Washington Resources for Early Childhood: <https://education.uw.edu/sites/default/files/pdf/EarlyChildhoodOnlineResources031320.pdf>

Seattle Public Schools

- Seattle Public Schools Educational Resource Page: <https://www.seattleschools.org/resources/learning>
- Seattle Public Schools: Talking with Kids about Covid-19

https://www.seattleschools.org/resources/health_and_wellness/communicating_with_children

- Seattle Public Schools Special Education Covid-19 FAQ
https://www.seattleschools.org/district/calendars/news/what_s_new/coronavirus_update/faq/spe_d_faq

King County

- Summary of Community and School Resources in King County:
<https://dchsblog.com/wp-content/uploads/2020/03/SUMMARY-OF-COMMUNITY-RESOURCES-IN-KC.pdf>
- The Arc of King County: Resources and Information on Special Education:
<https://arcofkingcounty.org/resource-guide/coronavirus-covid-19/special-education/>

Homeschooling / Online Curriculum

- Parent Map: Best Online Education Resources for Kids and Families During Coronavirus School Closures
<https://www.parentmap.com/article/resource-guide-homeschooling-kids-education>
- Scholastic Learn at Home
https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR1cxDEQ5vBs4awB4KXHy5aJkHIZSb3Dk3_tJOTZP3HsDxeCc9UA7XKTTNw
- All Digital School
<https://alldigitalschool.com/online-learning-platforms-apps-and-tools-for-parents/>
- Time4Learning: Homeschooling in Washington State
<https://www.time4learning.com/homeschooling/washington/>
- Washington Homeschool Organization: Curriculum Resource
<https://washhomeschool.org/curriculum/>
- [School Library Journal: Free Tools For Online Teaching and Learning During School Closures](#)

Online Activities from Children's Authors

- [The Big List of Children's Authors Doing Online Read-Alouds & Activities](#)
- [Write. Right. Rite. Video Series from Jason Reynolds](#)

- [Dave Pilkey at Home](#)
- [Lunch Doodles with Mo Willems](#)
- [You are an Art Maker List of Author Activities](#)

Local Museums

- Burke From Home:
https://www.burkemuseum.org/burke-from-home?utm_source=newsletter&utm_medium=email&utm_content=Learn%20more&utm_campaign=closure-wkly-email-032620
- Pacific Science Center: Curiosity at Home
<https://www.pacificsciencecenter.org/events-programs/curiosity-at-home/>
- Seattle Aquarium: Experience the Aquarium from Anywhere:
<https://www.seattleaquarium.org/experience-aquarium-anywhere>
- Zoomazium to You:
Play Like an Otter: <https://blog.zoo.org/2020/03/zoomazium-to-you-play-like-otter.html>
Creature Feature: <https://blog.zoo.org/2020/03/zoomazuim-to-you-creature-feature-at.html>

Additional Educational Resources | [back to menu](#)

- Seattle Public Schools Technology Resource Centers to support PreK-12 students and families with technology access, open 9am-2:30pm at eight locations:
https://www.seattleschools.org/district/calendars/news/what_s_new/family_resource_centers
- Education Companies Offering Free Subscriptions due to School Closings:
<http://www.amazingeducationalresources.com/>
- Soundbites - Mini Audio Storytelling Activities for Teens and Pre-Teens: <https://kuow.org/learn>
- Audible - Free eBooks for kids & teens: <https://stories.audible.com/start-listen>
- Instant Digital Library Card for downloadable eBooks and Audiobooks from The Seattle Public Library: <https://spl.overdrive.com/>
 - Always-Available ebooks from Overdrive:
<https://spl.overdrive.com/library/kids/collection/1074826>

- Unite for Literacy free eBook collection: <https://www.uniteforliteracy.com/>
- [Literacy Source](#) - Virtual classes: Adult Basic Education, citizenship, ESOL, GED, computer skills. Call or email for information or to sign up. (206) 782-2050 questions@literacysource.org
- Free online children's book about the Coronavirus:
https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INSwith-cover.pdf

TEEN/YOUNG ADULT RESOURCES | [back to menu](#)

- Doorway Project - updated information and map to services available for youth in the U-District:
<http://doorwayproject.org/coronavirus>
- ROOTS Young Adult Shelter - open daily 10am-6pm to ages 18-25; Lunch served daily at 1pm; Overnight shelter - call or arrive between 8-8:30pm to be added to a list for the night; UW Youth Clinic appointments will be available on Mondays starting at 3pm - sign up required; Drop-in case management will be available from 2-6pm on Mondays and by appointment on Tues & Weds: 1415 NE 43rd St. Seattle, WA 98105; 206-632-1635; <https://www.rootsinfo.org/services/>
- TeenLink - 24/7 support by phone (currently provided by adults): 1-866-TEEN-LINK (866-833-6546); Substance Abuse Clinician available remotely for call chat or text Mon-Fri, 1-6pm: <https://www.teenlink.org/>
- [Teen Feed](#) - Food, services & referrals to youth ages 13-25, including shelter, ID, medical care, employment, housing referrals, and more; meals nightly 7-8pm at the following locations:
 - Sun, Mon, Fri at University Lutheran Church, 1604 NE 50th St.
 - Tues, Wed, Thurs at University Congregational, 4515 16th Ave NE (downstairs)
 - Sat (6:30-7:30) at ROOTS Young Adult Shelter, Seattle Alley at NE 43rd & 15th NE (enter through blue door)
- [University Family YMCA](#) - grab & go lunches for ages 13-25 Sundays 12:30-3:30pm: 206-524-1400; 5003 12th Ave NE
- [University District Youth Center](#) for ages 12-24 - food, clothing, laundry, showers, activities, bus tickets, referrals - currently open 7 days a week 10am-6pm: 206-526-2992; 4516 15th Ave NE
- [Street Youth Ministries](#) for ages 13-26 - handwashing station & walk-up window for hygiene items, food, hot drinks, sleeping bags, etc. Mon, Tues & Thurs 7-10pm; Fri 12:30-4:30pm: 206-524-7301; 4540 15th Ave NE

- [Neighborcare 45th Street Medical/Dental Clinic & Homeless Youth Clinic](#), 1629 North 45th Street - if you are *not* having a medical emergency, call Neighborcare at 206-548-5710 to ask about COVID-19 symptoms or other concerns. Medical Assistance by phone - call 206-633-3350 Mon-Fri, 8am-5pm (1st, 3rd Wed, 9:30am-5pm); Clinic hours Mon & Tues 8am- 5pm; 1st & 3rd Weds 9:30am-5pm; 2nd, 4th & 5th Weds, 8am-5pm; Thurs & Fri 8am-5pm (walk-in appointments end 90 minutes before closing). Dental Clinic hours Mon-Fri: 8am-4:30pm(except 1st and 3rd Weds: 9:30am-4:30pm). Mental health and social services provided to current Neighborcare Health patients, call or visit to make an appointment, 206-548-5710
- [Accelerator YMCA](#) Center for Young Adults - call 206.749.7550 for information about/assistance with housing, education, employment, and services for alumni of foster care.
- Treehouse serving foster children, youth and young adults by phone Mon-Thurs 9am-5pm, Fri 9am-2:30pm by phone, 206-767-7000; providing assistance with rent, gift cards for food, cell phones, and internet access; email store@treehouseforkids.org for emergency needs; more information at <https://www.treehouseforkids.org/>
- Online support, resources, and activities for LGBTQ teens from Lambert House: <http://www.lamberthouse.org/things-lgbtq-youth-can-do-online>

ONLINE LEARNING FOR ADULTS | [back to menu](#)

- Seattle Public Library Online Learning resources (library card required): <https://www.spl.org/online-resources/online-learning>
- Instant Digital Library Card for downloadable eBooks and Audiobooks from The Seattle Public Library: <https://spl.overdrive.com/>
- [Literacy Source](#) - Virtual classes: Adult Basic Education, citizenship, ESOL, GED, computer skills. Call or email for information or to sign up. (206) 782-2050 questions@literacysource.org
- Coursera - free online classes from major universities: <https://www.coursera.org/courses?query=free>
- "25 Killer Sites for Free Online Education:" <https://www.lifehack.org/articles/money/25-killer-sites-for-free-online-education.html>
- Local History Sites:
 - HistoryLink - the Free Online Encyclopedia of Washington State: <https://www.historylink.org/>

- UW's Seattle Civil Rights and Labor History Project: <http://depts.washington.edu/civilr/LaborHistoryProjectSeattleCivilRightsandLaborHistoryProject>
- Seattle Culture & Local History resources from The Seattle Public Library: <https://www.spl.org/online-resources/seattle-culture-and-local-history>
- Seattle Municipal Archives - Online Exhibits: <https://www.seattle.gov/cityarchives/exhibits-and-education/online-exhibits>

VOLUNTEER OPPORTUNITIES | [back to menu](#)

- Mutual Aid Solidarity Network: COVID-19 "Offer Support" form: https://docs.google.com/forms/d/e/1FAIpQLSeWvT_GQbcTTM2O1VVGJ6wsQeYW27PO1RvhSKSi45QR4lvNQQ/viewform?fbclid=IwAR2PYu-0kmaj704QRzONaR3YUwMtFgLR_8T_jLtWpMGTK_d08PkSR_-ymSk
- Phinney Neighborhood Association- Volunteer, in the time of COVID-19: <https://www.phinneycenter.org/volunteer-covid/>
- United Way of King County: <https://www.uwkc.org/volunteer/>
- Meals on Wheels: <https://meals-on-wheels.com/volunteer/>
- Catholic Community Services: <https://ccsww.org/volunteer/>
- Seattle.gov: <http://www.seattle.gov/services-and-information/volunteering-and-participating>
- Providence Hospital: <https://washington.providence.org/locations-directory/h/hospice-of-seattle/donate-and-volunteer/volunteer>
- Washington State Department of Health: Emergency Volunteer Health Practitioners: <https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/HealthcareProviders/EmergencyVolunteerHealthPractitioners>

OPPORTUNITIES TO GIVE | [back to menu](#)

- Phinney Neighborhood Association: <https://www.phinneycenter.org/dont-stop-believin/> ; Grocery Gift Card Drive: <https://www.phinneycenter.org/covid-19-gift-card-drive>
- FamilyWorks in Wallingford is accepting donations of food, books, diapers, and hygiene items - call 206-694-6727 for more information: <https://familyworkseattle.org/>

- Alliance For Education Fund: <http://www.alliance4ed.org/connect-with-us/covid19resources/>
- Education Equity Fund for Seattle Public Schools students: <http://educationequityfund.org/>
- Seattle Foundation COVID-19 Response Fund:
<https://www.seattlefoundation.org/communityimpact/civic-leadership/covid-19-response-fund>
- All In Seattle - Central site for donating to various organizations: <https://allinseattle.org/>
- Mutual Aid Solidarity Network COVID-19 Survival Fund for the People:
<https://www.gofundme.com/f/covid19-survival-fund-for-the-people>
- COVID-19 Relief Fund for Undocumented People:
<https://www.gofundme.com/f/rent-fund-for-undocumented-people-covid19>
- Washington State Student & Youth Homelessness COVID-19 Response Fund:
<https://buildingchanges.org/covid-19-response/>
- Seattle Artist Relief Fund Amid COVID-19: <https://www.gofundme.com/f/for-artists>
- COVID-19 Artist Trust Relief Fund: <https://artisttrust.org/donate/>
- Additional Relief Funds for Artists, Writers, and Musicians:
<https://artisttrust.org/covid-19-response/>
- El Centro de la Raza Emergency Fund:
<https://connect.clickandpledge.com/w/Form/9e86f802-30fe-4692-b9ac-e54985a6a832?636428867254887970>
- Keep Workers Healthy and Safe Fund - Donate: <https://www.keepworkershealthyandsafe.com/>
- BloodWorks NW blood donation information: <https://www.bloodworksnw.org/>
- 20 Ways to Support the Queer Community During Coronavirus:
<https://www.them.us/story/20-ways-financial-support-queer-community-coronavirus>
- Downtown Emergency Center (DESC) needs disposable masks and cleaning supplies (including hand sanitizer and disinfecting wipes); also asking people with sewing machines to help make homemade masks. For more info, email Nathan Sawyer at nsawyer@desc.or.

NEIGHBORHOOD BUSINESS INFORMATION | [back to menu](#)

- Greenwood/Phinney businesses: <https://www.phinneycenter.org/business-connection/>
- Green Lake Businesses (dated March 26 - call to confirm):
<https://www.seattlegreenlaker.com/2020/03/restaurants-open-in-green-lake/>
- Ballard businesses:
<http://www.visitballard.com/support-local/?fbclid=IwAR0aEx2xtjJMGzFbx0eTJF2NzKDF6-sbVzMgPq2kyXNzf8k7FdpzWATRgc>
- Wallingford Businesses (updates posted): <https://www.wallyhood.org/#gsc.tab=0>
- Haller Lake area COVID-19 Announcements: <https://hallerlakecovid19.blogspot.com/>
- COVID-19 Restaurant Takeout and Delivery Directory:
<https://intentionalist.com/covid-19-takeout-delivery-directory/>
- Support Small Businesses GIS map of restaurants offering takeout and delivery:
<https://seattlecitygis.maps.arcgis.com/apps/webappviewer/index.html?id=1499ec293fed4fc587e2c559099a7e64>

FUN, ENTERTAINMENT, & RELAXATION | [back to menu](#)

Fun & Entertainment | [back to menu](#)

- Streaming TV & Movies from The Seattle Public Library (Library card required):
<https://www.spl.org/books-and-media/movies-and-tv>
- Instant Digital Library Card for downloadable eBooks and Audiobooks from The Seattle Public Library: <https://spl.overdrive.com/>
- Seattle Symphony: Watch and Listen from Home:
<https://www.seattlesymphony.org/watch-listen/live>
- Free streaming classical music concerts:
 - <https://www.chambermusicociety.org/watch-and-listen/>
 - <https://www.digitalconcerthall.com/en/home>
 - <https://www.wkar.org/post/list-live-streaming-concerts#stream/0>

- Royal National Theatre (UK) streaming performances: <https://www.nationaltheatre.org.uk/nt-at-home>
- Gage 360 Art to Go free online art classes (registration required): <https://www.gageacademy.org/arttogo/>
- Soundbites - Mini Audio Storytelling Activities for Teens and Pre-Teens: <https://kuow.org/learn>
- Yellowstone National Park Virtual Tours: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- Seattle Parks & Rec Virtual Activity Roundup List: https://parkways.seattle.gov/2020/04/22/seattles-virtual-activity-roundup-list/?utm_medium=email&utm_source=govdelivery

Museums | [back to menu](#)

- Stay at Home with Seattle Art Museum: <http://samblog.seattleartmuseum.org/category/stay-home-with-sam,video,sams-collection,object-of-the-week,exhibitions,behind-the-scenes/>
- Burke From Home: https://www.burkemuseum.org/burke-from-home?utm_source=newsletter&utm_medium=email&utm_content=Learn%20more&utm_campaign=closure-wkly-email-032620
- Pacific Science Center: Curiosity at Home <https://www.pacificsciencecenter.org/events-programs/curiosity-at-home/>
- Seattle Aquarium: Experience the Aquarium from Anywhere: <https://www.seattleaquarium.org/experience-aquarium-anywhere>
- Google Arts & Culture international museum collections available online: <https://artsandculture.google.com/partner?hl=en>
- MCN Guide to Virtual Museum Resources, E-Learning, and Online Collections: <http://mcn.edu/a-guide-to-virtual-museum-resources/>
- MOHAI: History at Home: <https://mohai.org/program/history-at-home/>

Relaxation | [back to menu](#)

- Mindful Magazine - How to Meditate: <https://www.mindful.org/how-to-meditate>
- Sakya Monastery of Tibetan Buddhism live streaming Chenrezi services:
<https://www.sakya.org/live-streaming-video/>
- Nature sounds:
 - <https://www.calmsound.com/>
 - <https://noises.online/>
 - <https://mynoise.net>