



Local Guide to Welcoming Resources: Seattle

These Guides are specific to Ukrainians arriving with humanitarian parole under Uniting for Ukraine and Haitians and Cubans with humanitarian parole.

Congress made these populations additional eligibility for refugee benefits and a wider array of federal benefits than are available for other humanitarian parolees such as those from Venezuela or Nicaragua. However, some information may be relevant for all newcomers, regardless of their immigration status.

Update October 1, 2023; Ukrainians who arrive under U4U after October 1, 2023, are currently ineligible for refugee and many federal benefits, pending additional legislative action.

Sponsors of Ukrainians who arrive after October 1, 2023, and sponsors of Nicaraguans and Venezuelans can also refer to this [guide](#) for additional information.

ABOUT WELCOME.US

Welcome.US is a national initiative that serves as a single point of entry for individuals, corporations, and institutions who want to welcome and support newcomers to the United States. Since our founding in the fall of 2021, Welcome.US has helped to build the largest coalition in refugee resettlement history. We began by welcoming our Afghan allies and have now expanded our efforts to welcome our new Ukrainian neighbors as well.

Our partners include, among others, local and national resettlement agencies, community organizations and leaders, refugee and diaspora organizations, community sponsorship groups, nonprofits, businesses, faith-based groups, veterans, universities, four former U.S. presidents, and four former first ladies.

What We Do

Mission

Welcome.US inspires and empowers people from across divides to unite in common purpose and welcome newcomers, meet their essential needs, and help them thrive.



Vision

Every American community—and the nation as a whole—has the resources and willingness to welcome newcomers, now and in the future.

Theory of Change

We operate on the evidence that direct participation with newcomers transforms both the Welcomer and those being welcomed. By making it easier for Americans from all walks of life to participate in the work of welcoming and to tell their stories, we will build a broader, more diverse, and more durable capacity to help refugees resettle and thrive in the United States.

A message to sponsors and sponsors support organizations

Thank you for being a sponsor and welcoming Ukrainians to Washington and the Seattle metro area. Washington has a rich and vibrant Ukrainian American community and a deep history of welcoming and supporting newcomers as they establish their homes and build new lives. Over the past several months, a strong outpouring of support from individuals, families, faith-based organizations, municipalities, state governments, philanthropy, and community-based organizations worked together to provide new opportunities for newcomers and their families in this great city and state.

As newcomers transition to life in the US, we know that they will lean on you as their sponsor while they face challenges in navigating new systems and their new life. Coupled with the significant hardships they have experienced, the loss of their home and possessions, and the people they had to leave behind, they will face a new set of challenges as they seek to integrate into their new communities. We are grateful for the ways that you have and will step up to provide support and direction. As you start your sponsorship journey, remember you are not alone. We are eager to partner with you and provide information, tools, and support along the way.

We believe that by supporting you, we will help ease some of the many duties of being a sponsor, which will allow our newcomers to find firm footing more quickly. We thank you for your compassion and for playing a significant role in helping make our community more inclusive and welcoming to the Ukrainian newcomers who will make Seattle their new home.



PLEASE NOTE: *This resource was created by [Welcome.US](#), in partnership with the Community Sponsorship Hub (CSH). We ask that those who wish to share resources use the original document. Collaborators may add additional logos to the top right of the first page with the following clarification: 'Distributed by [X partner's logo]' and must list the logos of [Welcome.US](#) and CSH in the same order and placing of the original resource.*



Using this Toolkit

We have assembled a set of resources intended to help sponsors and Ukrainian newcomers navigate life in Washington and the Seattle metro area. This toolkit will help sponsors and community members understand various processes in the region to better support new Ukrainian neighbors as they set up their life in our community.

This guide aims to be thorough but not comprehensive. It is to be used as a starting point, and we anticipate that sponsors, sponsor groups and sponsor supporting organizations may adapt and add to it to make it more comprehensive and relevant as additional resources are identified and become available. The resources, services, and benefits mentioned are subject to changes. Please review the relevant government website(s) for the most updated guidance. In addition, specific details and resources may vary depending on where an individual may choose to resettle.

In this guide, you will find the following information:

Table of Contents (click to navigate directly to each section)

Accessing Benefits and Services	4
Applying for Key Documents	9
Getting Connected with Phone & Internet Service	12
Enrolling Children in School	14
Accessing English Language Programs	16
Accessing Immigration Legal Services	17
Employment and Workforce Development Support	18
Accessing Health Services, Health Insurance & COVID-19 Information	20
Accessing Crisis & Emergency Support	24
Your Local Government Resources: Municipal Services and Transportation	26
Identifying a Cultural Community	29
Additional Resources	30



Accessing Benefits and Services

What are Public Benefits?

When people think about public benefits, they often think about food assistance (Supplemental Nutrition Assistance Program or SNAP or “food stamps”), cash assistance (Temporary Assistance for Needy Families) and Medicaid, but there are many more that have different, and sometimes more flexible and inclusive, eligibility requirements. The tables below include information about key benefits and programs, and how to apply. Eligibility depends on a number of factors, including income and household composition.

Please note that while policy and legislation indicate that Ukrainian newcomers are eligible for the benefits noted below, it will take time for state and local governments to receive guidance from the federal government and implement the processes to review applications and distribute benefits.

Washington State has developed a robust [screening and application tool called Washington Connection](#) where you can learn about what benefits may be available to the newcomer you are supporting. The screening tool asks for common information, including age, proof of identity, proof of income, proof of residence, and Social Security numbers for the newcomer and their family members. We recommend collecting this information prior to applying.






Enrolling for and receiving benefits and services is often a lengthy process and it may take several phone calls, emails, and office visits for processing. Sponsors do not need to become benefit eligibility experts, but they can help newcomers apply for programs for which they may be eligible by working with benefit navigators at local community-based organizations or [local resettlement agencies](#).

Please also visit 211 for more information on services and benefits in [Washington State](#).

Some benefits newcomers are eligible for include:

Program	Description	Ukrainian humanitarian eligibility
Medical Assistance (Medicaid)	Health insurance for residents who meet income qualifications	✓



<u>Temporary Assistance for Needy Families (TANF)</u>	<p>Cash assistance to newcomers and their families in the state of Washington.</p> <p>TANF provides financial assistance to help pay for food, shelter, utilities, and expenses other than medical in the state of Washington. Eligible households are those with a dependent child under 19. A pregnant woman (and her husband, if he lives with her) may qualify for help, even if they don't have any other children.</p>	
<u>Supplemental Nutrition Assistance Program (SNAP)</u>	<p>Helps newcomers in Washington State obtain more nutritious diets and increase their food purchasing power at grocery stores and supermarkets.</p>	
<u>Children's Health Insurance Program (CHIP)</u>	<p>Health coverage to uninsured children and teens who are not eligible for or enrolled in Medicaid.</p>	
<u>Refugee Medical Assistance</u>	<p>Up to 12 months of Medicaid-like health insurance for eligible newcomers not eligible for Medicaid, usually due to income.</p>	
<u>Refugee Cash Assistance Program</u>	<p>Provides money for up to twelve months from the date of entry into the US for eligible populations, including refugees, refugees who do not meet TANF eligibility requirements, such those individuals and families without dependent children.</p>	
<u>Housing and Essential Needs</u>	<p>Access to essential needs items and potential rental assistance for</p>	

<u>(HEN) Referral Program</u>	low-income individuals who are unable to work for at least 90 days due to a physical and/or mental incapacity. Note that individuals or families that qualify for SSI or TANF may not be eligible for this program.	
<u>Low Income Home Energy Assistance Program (LIHEAP)</u>	Helps families living on low incomes pay their heating bills in the form of a cash grant. The cash grant is a one-time payment sent directly to the utility provider to be credited on your bill.	✓
<u>Supplemental Security Income (SSI)</u>	<p>A federal program that provides monthly payments to people who have very limited income and resources.</p> <p>How to apply: To apply for SSI, please fill out <u>this form</u>, providing basic personal and contact information. It will take 5-10 minutes. Once you complete this process, a Social Security representative schedules an appointment to help you apply for benefits.</p>	✓

How to apply

Washington State has developed online application systems that determine eligibility for cash assistance, healthcare, or food assistance benefits. Many offer support in multiple languages. You can learn more about the programs, as well as the common acronyms used to describe them, later in this document.

You can apply through a number of ways:



Apply online

Newcomers can apply for basic cash, food, and long-term care assistance: [Washington Connection](#). They can apply for healthcare assistance at [Washington Healthplanfinder \(wahealthplanfinder.org\)](#).

Apply in-person

Below are the steps to apply in-person. We recommend calling the local offices to make an appointment prior to their visit.

- Download the application for [Washington State](#).
- Fill out as much of the form as they can. It is ok if they cannot answer all of the questions. Have them sign the form.
- Carry the application to their [local department of social services](#).

By Mail

To apply by mail:

- Download the application for [Washington State](#)
- Fill out as much of the form as they can. It is ok if they cannot answer all of the questions. Have them sign the form.
- Mail or fax the application to their [local department of social services](#).

With the help of a nonprofit or [resettlement agency](#) (link to agencies in your state and city):

With the help of a nonprofit or resettlement agency

Resettlement agencies:

- [IRC Seattle](#)
- [Diocese Seattle](#)

View a list of services available in King County [here](#).



After the submission of the application either online, in person, or by mail, the applicant will be asked to come to the office for an interview or participate by phone if unable to go to the office. They will need to provide several documents, including:

- **Proof of identify**, which may be an I-94 document¹ from the Department of Homeland Security and/or travel authorization document and/or State ID
- **Proof of residence**, such as a lease, piece of mail, or potentially a letter attesting residence from a homeowner or landlord
- **Proof of Social Security numbers** for all people on application or proof of application to the Social Security Administration for a Social Security number
- **Other types of documents**, as the Department of Human Services caseworker instructs

You can also learn more at the [Office of Refugee Resettlement](#).

¹ You can print a I-94 document by visiting the Department of Homeland Security's [website](#)



Applying for Key Documents

Introduction

To access many services, resources, and systems in the United States, newcomers will need to have identifying documents that are recognizable and accepted at federal, state, and local levels. In this section we will outline some of the most common forms of identification: a social security card, Employment Authorization Document, Washington State identification card, and Washington State Driver's License.

Social Security Number

A Social Security Number (SSN) is a unique identifier assigned to U.S. citizens and residents with lawful status. This document may be required to obtain credit, open bank accounts at large institutions, obtain government benefits, and apply for jobs.

Under Uniting Ukraine and humanitarian parole in general such as for Haitians and Cubans,, newcomers are eligible to apply for social security numbers and work authorization (EAD). Newcomers can apply for a SSN card when they submit their application for employment authorization. Learn more about how to apply for a SSN while applying for an EAD card here: [Apply for a Social Security Number While Applying for a Work Permit \(ssa.gov\)](https://ssa.gov).

Employment Authorization Document

Newcomers arriving under U4U are eligible for employment upon arrival for 90 days, but all those arriving should apply for employment authorization by completing [Form I-765](https://uscis.gov) for an Employment Authorization Document (EAD) with the United States Citizenship and Immigration Services (USCIS).

USCIS provides [Form I-765](https://uscis.gov) online filing for certain noncitizens, including individuals on humanitarian parole. EADs can be approved in less than 6 weeks through the online system.

Before applying, sponsors should help newcomers compile the following:

- Copy of Travel Authorization
- Copy of government-issued identity document (e.g., passport) with picture, name, and date of birth
- Two identical color passport-style photographs (2"x2")
- USCIS online account number

By creating an account and filing online, newcomers have the benefit of:

- Case status alerts and secure messages
- Visibility into all case correspondence
- Ability to check case status and update personal information



- Ability to upload evidence

Before filing, an applicant can download the application from the “Forms and Document Downloads” tab found under “Form Details” to ensure that they have all required information.

After filing, newcomers should expect to receive a receipt notice with confirmation that their application was submitted, a biometric services notice (if applicable), a notice to appear for an interview (if required), and finally, a notice of USCIS decision once available.

As noted, USCIS may require newcomers to appear for an interview or provide biometrics (fingerprints, photograph, and/or signature) at any time to verify identity, obtain additional information, and conduct background and security checks. If an appointment is necessary, the notice from USCIS will provide the location of a local or designated USCIS Application Support Center (ASC) and the date and time of the appointment.

Note: Humanitarian parolees under U4U are not required to pay a filing fee. Newcomers arriving on humanitarian parole from Cuba and Haiti can file a paper fee waiver to eliminate the costs associated with EAD applications.

Additional details and instructions for employment authorization can be found here - [Instructions for Application for Employment Authorization](#).

Washington State Identification Card (e.g., Driver’s License, non-driver ID, etc.)

A state identification (ID) card provides identification but does not provide any type of driving privileges. Newcomers cannot have a state ID and a driver’s license at the same time. If they intend to drive, we would recommend applying for a driver’s license. To see a list of DMV office locations near your newcomer, please visit: [WA DMV Office Locations](#)

Standard ID Card

Washington State residents can obtain an identification card. An identity card proves identity when banking, traveling, or in other situations. For information on receiving a standard ID, please visit: [Get An ID](#).

To apply for a standard ID, newcomers will require:

- [Proof of identity](#)
- [Proof of Washington State residency](#)
- [Have your photo taken](#)



Getting a standard ID follows a three-step process:

1. Determine if able to pre-apply online
 - a. Newcomers may be able to save time in an office by pre-applying online. Some restrictions may apply. Find out if newcomers can [here](#)
2. Visit a driver licensing office
 - a. Make an [appointment](#) to visit an office to start the application or finish the pre-application form from online. At the office, newcomers will need:
 - i. Proof of [identify](#)
 - ii. \$54 for a standard ID card
 - iii. Have a photo taken
3. Receive ID card
 - a. Newcomers will get a temporary ID before they leave the office. Keep the temporary ID until the permanent one arrives in the mail within 7-10 days.

Driver's License - [Getting a Driver's License](#)

A driver's license is another form of state identification and is required for driving privileges.

Below are the steps to earning a driver's license in Washington:

1. [Get a permit](#) (some individuals may be eligible to pre-apply online)
 - a. Enroll in [driver training](#), if needed
2. Find out if newcomers can pre-apply online (if permit is not currently held)
3. Pass the [Knowledge Test](#) at a [training and testing location](#)
4. [Make an appointment](#) to visit a driving license office with the appropriate application, [proof of identity](#), social security (or sign declaration you do not have a SSN), and proof of residency.
5. Pay \$89 for six year issuance (includes \$35 application fee and \$9/year issuance fee)
6. Pass a [road test](#)
7. Get license
 - a. An [online receipt](#) is considered a temporary license until permanent is received within 7-10 days.



Getting Connected with Phone & Internet Service

Accessing a mobile phone and reliable internet are important steps to receive information, request support, and apply for programs and services. There are a variety of providers available. Before selecting one, be sure to help a newcomer ask -

Phone

Before a newcomer selects a cell phone plan, consider these questions:

- **What level of service and coverage do you need?**

Cell phone plans vary based on the level of call, text, and data requirements. They also have different coverage areas, meaning that some mobile phone networks provide greater connectivity outside of major metropolitan areas than others. When selecting a phone and a plan, ensure that it meets individual service and coverage requirements. For newcomers who arrive with their own smartphones, they may only need access to WiFi. When selecting a phone and a plan, ensure that it meets individual service and coverage requirements.

- **Will a contract or no contract plan work better for you and your family?**

Often no contract phone services are quick and easy to access from a local big box store that sells electronics. Users can purchase minutes, texts, and data and can buy additional minutes online. Some contracts come with signing bonuses and incentives; ensure that the contract does not contain any onerous terms and conditions.

- **Check their eligibility for free monthly data, unlimited texting, and free monthly minutes through Assurance Wireless, a federal government assistance program.**

Learn about this program [here](#). Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. Newcomers may qualify based on household income or if they participate in one of the following assistance programs:

- Medicaid
- Supplemental Nutrition Assistance Program (Food Stamps or SNAP)
- Supplemental Security Income
- Federal Public Housing Assistance

How to help a newcomer avoid common mistakes when purchasing a phone plan

- Make sure that the newcomer you support is not locked into a plan longer than they need. Help them read the fine print carefully.



- Make sure they make a careful assessment of their data usage since going over data limits can be costly.
- Compare phone plans. The best deal is not always from the best known carriers.

Internet

There are many high-speed, low-cost home internet services available for eligible households.

- The Affordable Connectivity Program (ACP) provides eligible households with discounts of up to \$30 per month for broadband internet service. They can also receive discounts on equipment to use the internet. For more about eligibility and to enroll for ACP, please visit: [Federal Affordable Connectivity Program for WA Consumers](#).
- Many high-speed home internet services may be available under ACP. For a full list of providers offering connected devices under ACP in Washington, please visit the [FCC website](#).
- [Lifeline](#) is a federal program that lowers the cost of internet and phone service.
- Computer access and internet service are also available to public library patrons. Please see [this list for the public libraries in Washington](#).
- Newcomers may also be eligible for low-cost internet service and a low-cost computer through [Xfinity's Internet Essentials](#).

Sponsors should support newcomers in finding additional information about Washington's broadband services at the [Washington Public Utility Commission website](#).



Enrolling Children in School

As Ukrainian newcomers settle into new communities, they will need to enroll their school-aged children in the local school district. As a sponsor, you can help newcomers navigate the requirements for school enrollment and understand how to best help their child succeed. The United States provides free public education from kindergarten through grade 12 for all students in the United States. Some communities also offer preschool for children as young as three years old.

Enrollment

Before enrolling, sponsors should help parents compile the following documentation:

- Photo Identification of Legal Guardian
- Proof of Child's Age (Only applies to students entering kindergarten or 1st grade, or are applying to Special Education Preschool program)
- Certificate of Immunization Status (CIS) (local public health agencies or community health care centers often work with school aged children and their parents on this need!)
- Proof of Address (2 Documents from this [acceptable list](#))

Additional details about enrolling in the School District of Seattle can be found here - [Enrollment Guidelines](#).

Free, quality pre-K can be found at [various centers throughout Seattle](#).

Immunizations

Now, more than ever, we are conscious of the health of individuals and our community. Ensuring that students have their vaccinations is a key component of keeping them safe, and it is required by Pennsylvania law (K-12). Students that DO NOT have the required vaccines may be EXCLUDED from school until they have received the appropriate vaccines or an exemption form has been submitted to the school nurse. You can learn more about required immunizations and how to submit documentation by going to [Student Immunizations – Seattle](#).

What if a student is uninsured?



If a student is uninsured, please check out the [Childhood Vaccine Program, Seattle](#) for available city health resources. Additionally, students may be able to receive free or low-cost vaccinations at the city's [Federally Qualified Health Centers, King County](#).

Ensuring that students receive the support they need to succeed

When helping a Ukrainian newcomer enroll their student in school, ask the following questions to know what services to request from the school:

- *Does the student have special needs, including physical, mental, or emotional needs that may require additional support or intervention?*
 - They may be eligible for an [Individualized Education Plan](#) or a [504 plan](#)
- *Is the student an English language learner?*
 - They may be eligible for support through the school's [Dual Language Education Programs](#).
- *How can a student access free meals at school?*
 - Students attending a school in Seattle are offered a breakfast and a lunch meal at no cost daily. There is no application required to receive free breakfast or lunch at school. Learn more about the school district's food health services [here](#). Such programs also operate during school breaks.

Helping students succeed in school

As you help a Ukrainian beneficiary support their student, you may want to encourage them to -

- Request a meeting with the student's teacher(s) to learn more about what will be taught, student expectations, and classroom supports available
- Request a school supply list
- Request a meeting with the student's guidance counselor to discuss transfer of credits, standardized testing, graduation requirements (if applicable), and mental/emotional supports available to the student

Additional resources about parent engagement can be found [here](#) and [here](#). Be sure to use these resources to track student grades, attendance, progress, and student engagement.

Accessing English Language Programs

There are many virtual and in-person English language resources available for adults. Listed below are programs for newcomers, some programs are free while others require a fee.

State Programs - Washington

- [Public libraries](#) often offer free English language classes
- [Washington ESL Directory](#) offers a comprehensive list of English Language Learner programs in Washington

Local Programs - Seattle

- [Seattle ESL Directory](#) offers a comprehensive list of English Language Learner programs in Seattle
- [Ready to Work \(RTW\)](#) is a no-cost, classroom-based program for adult immigrants with low English-language proficiency to improve their English skills.

Other resources

- Apps and programs such as [Tarjimly](#), [Duolingo](#), [Udemy](#), and [USA Learns](#) are also available (often with free options) for self-directed learning.
- [Language Access](#) - The Office of Immigrant Affairs is committed to ensuring that all people have access to City services and information regardless of their language. Language access services offered by the City may include interpretation over the phone, interpretation in person, and/or translation of documents.



Accessing Immigration Legal Services

As newcomers begin their new lives in Seattle, they may need immigration legal assistance to better understand their immigration legal status and options, pursue family reunification, and more. The United States Citizenship and Immigration Services (USCIS) is the government agency that administers lawful immigration to the US. Visit the [USCIS website](#) to learn more about US immigration laws and the humanitarian parole programs.

In the [Additional Resources section](#), a number of organizations that can help provide legal services not relating to immigration services are provided.

Organizations Offering Free or Low-Cost Legal Assistance

Legal service organizations provide pro-bono services on a case-by-case basis. Please connect with the organizations directly to request pro-bono assistance.

- The American Immigration Lawyers Association also maintains a [searchable database of immigration lawyers](#)
- [The Catholic Legal Immigration Network, Inc. \(CLINIC\)](#) also provides several resources and a list of legal affiliates in different localities for immigration services.
- [Washington State Attorney General's Office](#) provides immigration rights and legal assistance resources.
- [World Relief Seattle](#) assists newcomers with accessing immigration legal services, securing housing and home goods, assisting with applications for SSNs, ID cards, work authorization, school registration
- [Northwest Immigrant Rights Project](#) offers a number of direct immigration legal services at low-cost.

Unfortunately, notario fraud, or the unauthorized practice of law, is rampant in communities across the United States, including Seattle. Immigrants, and well meaning sponsors, can



sometimes meet individuals and businesses who provide legal services without requisite training or license. Be wary of individuals that approach newcomers with promises that sound too good to be true. Learn more about notario fraud, and how to protect yourself, [here](#).

Employment and Workforce Development Support

As Ukrainian newcomers settle into their communities, they will need support when reconnecting with their careers and educational opportunities. As a sponsor, you can help newcomers navigate these next steps.

Sourcing Employment Opportunities

Even before newcomers receive their work authorization, sponsors can help them prepare for the world of work in the United States. One of the best ways to help a newcomer reconnect with their career is to assist them in developing a professional network. Find out what kind of jobs or careers may be of interest then help them connect with individuals in that particular field.

Informational interviews can help newcomers understand what types of jobs might be available to them here in the United States, while simultaneously serving as interview practice. Other ways to prepare newcomers for work include enrollment into English classes (if warranted) and local job training programs, such as for commercial truck drivers!

Once newcomers have their EAD cards, sponsors can help newcomers find jobs by visiting the sites below:

- [WorkSourceWA](#)
- [Seattle Times Job site](#)
- [Built in Seattle Tech Jobs](#)
- [USAHello](#)
- [Welcome's employment exchange](#)
- [Upwardly Global](#)

Learn more about the employment rights in Washington [here](#).

Other common job search sites include [Indeed](#), [LinkedIn](#), [SnagAJob](#), and [CareerBuilder](#).



Workforce Development Support

Depending on the program, a newcomer may be able to take advantage of career training before they have their Employment Authorization Document (EAD). Community colleges, such as [Seattle Central Community College](#), offer skills training to assist in reskilling and upskilling for in-demand jobs and industries.

[Resettlement agencies](#) may also provide employment support services.

Many local organizations provide services to support newcomers on the path towards long term self sufficiency. Ukrainian newcomers are eligible for employment services offered to refugees, and all Seattle residents may qualify for free or low-cost vocational skills training to advance their careers across various industries including healthcare, technology, construction, and more.

Programs to consider:

- [WorkSource Training Services](#) for workshops, training resources, and career assessments available with financial assistance
- [Ready to Work](#) for no-cost, classroom based programs for adults and immigrants with low English-language proficiency to improve English skills and employment training with the goal of attaining a well-paying job
- [ReWA](#) for a 20 hour job readiness training course
- [Partner in Employment](#) for a number of employment resources and supports designed specifically to connect refugees and immigrants with high-paying jobs

Likewise, local workforce centers, also called [American Job Centers](#), offer employment and career training services. Some services, such as resume writing and interview assistance, can be accessed even if a newcomer has yet to receive their work authorization. Local centers include:

- [WorkSource Downtown Seattle](#)
- [WorkSource Rainier](#)
- [WorkSource South Seattle](#)
- [WorkSource North Seattle](#)
- [WorkSource Bellevue College](#)
- [WorkSource Tukwila \(Youth Services\)](#)
- [WorkSource Redmond](#)
- [South Kitsap Community Resources](#)
- [WorkSource Lynnwood](#)



- [WorkSource Kitsap County](#)
- [WorkSource Auburn](#)

Apprenticeships and work-based learning opportunities are other resources for newcomers looking to join the workforce, and may provide newcomers to earn income while they learn on the job. The federal government helps to highlight [apprenticeship programs](#). Examples of local apprenticeship programs in Seattle can be found [here](#).

Newcomers, like other residents of Seattle, may encounter employers who refuse to pay wages or otherwise take advantage of workers. Learn more about the employment rights in Seattle [here](#).

Accessing Health Services, Health Insurance & COVID-19 Information

Part of being a sponsor will be to connect newcomers to healthcare. The Centers for Medicare and Medicaid Services offer a [guide](#) to help you explain key aspects of choosing the optimal healthcare plan.

Health Services

Local free and/or low cost health care resources

Seattle has a variety of resources available to people who are uninsured, underinsured, or economically disadvantaged. [Washington State Free Clinics](#) may provide or help cover a range of medical, dental, pharmacy, vision, and/or behavioral health services.

Additionally, following their arrival, [USCIS requires newcomers to get screened for Tuberculosis](#) and upload the results to their MyUSCIS account within 90 days of arrival. The below table outlines a few local health departments which offer testing for free or a reduced price (based on income).

Center	Location	Ukrainian Newcomer Eligibility	Price



Sea Mar Community Health Centers	Various	Yes	Reduced price based on sliding fee scale
Neighborcare Health	Various	Yes	Reduced price based on sliding fee scale
International Community Health Services	Various	Yes, appointment required	Reduced price based on sliding fee scale

Federally Qualified Health Centers (FQHC)

Federally funded health centers are community-based health care providers that receive funds from the HRSA Health Center Program to provide primary care services in underserved areas. They must meet a stringent set of requirements, including providing care on a sliding fee scale based on ability to pay. Learn more about federally qualified health centers here: [HRSA Health Center Program](#).

FQHCs also often have health insurance enrollment specialists who can help newcomers determine their insurance options. FQHCs have interpretation available, as needed, usually through a language line.

Seattle has 45+ FQHCs for newcomers to access. Find an FQHC near you using this [tool](#).

Health Insurance

Newcomers may be eligible for Medicaid and Refugee Medical Assistance.

[Apple Health](#) is Washington's Medicaid program. Medicaid is a state and federally funded program that provides healthcare for eligible, low-income groups, including pregnant women, children, and disabled individuals. Individuals can apply for healthcare assistance online at [Washington Healthplanfinder \(wahealthplanfinder.org\)](#), in person, or by mail. Please see [Washington State's Department of Social and Health Services](#) for additional information on how to apply.



Refugee Medical Assistance provides refugees, who are not eligible for Medicaid, healthcare services for up to 12 months after their entry into the United States. Newcomers should apply at [WashingtonConnection.org](https://www.washingtonconnection.org).

In addition, newcomers are eligible for health insurance plans under the Affordable Care Act (ACA). [Washington Healthplanfinder](#) is Washington's official health coverage marketplace for these plans. Newcomers have the option to apply for ACA plans within 60 days post arrival, or otherwise wait until open enrollment which runs from November 1 to January 15 in Washington.

As a sponsor, you can support newcomers when browsing the Plan Comparison Tool, [found here](#), which has potential qualifications for free or low-cost health insurance. Using the comparison tool will help project costs of buying and using different health and dental plans, provide an estimate for eligibility for financial help, and show whether or not a plan covers specific prescription drugs.

When reviewing different plans with your newcomers, it is important to consider:

- The monthly payment (premium)
- Co-pays, deductibles, co-insurance and maximum out of pocket limits

[How to enroll for plans on Washington Healthplanfinder](#)

Compile the following information:

- Legal names
- Birth dates
- Social security numbers, if available
- Immigration documents (e.g., Travel Authorization)
- Employer and earned income information (e.g., pay stubs)

Once compiled, enrollment follows a four step process:

1. **Explore** - discover the programs and benefits available ([compare medical plans](#))
2. **Browse resources available to inform decision** -
 - a. [Find a Registered Broker](#) who offers support filling out the application and can recommend a plan
 - b. [Find a Navigator](#) to support any questions during enrollment
 - c. [Explore FAQ Library](#) to help answer questions received often or send a direct message for questions not answered



3. **Apply** - set up an account on Washington Healthplanfinder and use these [tips](#) to complete the application. After submission, qualified health plans, tax credits, or free coverage will be flagged.
4. **Pick a plan** - finalize the plan and [pay the first bill](#)

Note: Not sure what a newcomer is eligible for? Don't worry, once newcomers apply for an ACA plan, they will also be screened for other low and no cost health insurance programs, including Medicaid, Refugee Medical Assistance, and Children's Health Insurance Plan (CHIP).

Newcomers, like most Americans, may also eventually receive health insurance from their employer. The availability of benefits is an important factor to consider when searching for a job!

COVID-19 Resources

Newcomers arriving under Uniting for Ukraine and humanitarian parole such as for Haitians and Cubans will have received at least one dose of a COVID-19 vaccine, but they may need additional protection. Learn more about [locations](#) that offer vaccines and boosters for children and adults

Seattle residents can get tested for COVID-19 at locations throughout the city and surrounding areas. Tools are available to search permanent and pop-up locations:

- [Walgreens No-Cost Drive-Thru Testing page](#) - find participating Walgreens and register for an appointment
- [Testing Map](#) - search for testing locations across the state of Washington
- Testing from home options - [Everlywell COVID-19 Test Home Collection Kit](#), [Pixel by Labcorps At-Home Test](#), [BinaxNOW Antigen Self Test](#)
- [COVID-19 Updates](#) - information and updates about COVID-19 in Seattle

Accessing Crisis & Emergency Support

Emergencies

Acclimating to a new city can be daunting. Sponsors should support newcomers to ensure they are fully prepared in case of a crisis or emergency. Newcomers who are involved in an emergency situation anywhere in the U.S., should immediately dial 9-1-1 on a phone to access emergency services such as fire, police, and paramedics. Of note, 9-1-1 should only be called in an emergency that requires an immediate professional response, such as: fires, a person who is choking, passed out, or who is having a hard time breathing, a serious car accident, a crime (such as a break-in) in progress. Interpretation is available. Some additional resources in Seattle include:

- [Sound Health](#) - Offers mental health support in the greater Seattle area



- [Washington Helplines and Resources](#) - Provides helplines and resources for substance abuse recovery, mental health crises, and teen-specific resources
- [Seattle Crisis](#) - Provides resources for sexual assault and domestic violence

Sponsors can access a disaster preparedness guide and other resources to prepare newcomers for any emergency at the [Disaster Ready Washington](#) website.

Sponsors should also set newcomers up with text alerts to their phones for emergencies or severe weather, by navigating to this [website](#) for Alert Seattle.

Starting July 16, 2022, the National Lifeline launches. 9-8-8 will connect the public to mental health crisis counselors who are part of the National Suicide Prevention Lifeline network. People can call, text, or chat when they need emotional support, are thinking about suicide, or are worried about a friend or loved one.

For the latest mental health and suicide crisis lines, please contact [Mental Health Awareness in Seattle](#).

For domestic violence and sexual violence programs and helplines, please see [Washington Domestic Violence Programs](#)

Non-Emergencies

For non-emergency public problems, please call the 211 (streamlined access to community services) hotline to help newcomers find appropriate resources.



Your Local Government Resources: Municipal Services and Transportation

As residents of Seattle, newcomers can access public services within their municipality and county. Services provided by municipalities vary, but typically include programs and resources for newcomers, low-income residents, and other populations. Sponsors can direct newcomers to call 311 for more information.

Municipal Services

Services available in Seattle include, but are not limited to:

- **City services** - such as city buildings and payment centers
- **Trash and Recycling** - including sanitation centers
- **Public Health** - such as COVID-19 helplines, COVID-19 testing sites, city health centers, cooling centers, and mental health and addiction services



- **Public Safety** - such as 311 non-emergency service requests, fire departments, police, ambulance services, and courts
- **Food or Shelter Access** - including COVID-19 food distribution sites and homeless services
- **Utilities** - such as water, electric, and gas

Additionally, recreational and cultural activities are provided locally in Seattle.

- [Find a park near you](#)
- [Find a community center near you](#)
- [Learn about Free Library branches services](#)

Local Transportation

Seattle has a number of transit options both on land and sea. While the City does not run the buses or light rail trains, Seattle does run the Streetcar System and works closely with other agencies to buy bus service, improve reliability, and make sure people can get where they need to go using one payment card, [ORCA](#). For many newcomers, navigating this system for the first time may be difficult. Your support in helping them understand how it works will equip them to move around the city more easily.

Note: Public transportation is available seven days a week, with rides available as frequently as every few minutes, helping newcomers to navigate their daily schedules.

Bus Options

- **Where can a newcomer find information about fares?**

Information on fares can be found:

- [King County Metro fares](#)
- [Sound Transit fares](#)
- [Community Transit fares](#)
- [Kitsap Transit fares](#)
- [Pierce Transit fares](#)

- **How can a newcomer track a bus's status?**

There are quick and easy ways to check on the status of transit options:

- [King County Metro alerts](#)



- [Sound Transit alerts](#)
- [Community Transit alerts](#)
- [Kitsap Transit “Track my ride”](#)
- [Pierce Transit alerts](#)

- **Where can a newcomer find a map of the transit network?**

Numerous transit maps are available to support newcomers in planning out route options.

- King County Metro - [Plan a trip](#), [Route maps](#)
- Sound Transit - [Plan a trip](#), [schedules and maps](#)
- Community Transit - [Plan a trip](#), [schedules and maps](#)
- Kitsap Transit - [System map and routed guides](#)
- Pierce Transit - [Plan a trip](#), [route maps](#), [tutorial](#)

Rail Options

- **Where can a newcomer find information about fares?**

Information on fares can be found below:

- Streetcar - Adult single-ride fare is \$2.25
- Link Light Rail - Adult single-ride fare is \$2.25 to \$3.50 depending on distance
- Sounder - Adult single-ride fare is \$3.25-\$5.75 depending on distance
- Monorail - Adult single-ride fare is \$3

- **How can a newcomer track a rail's status?**

There are quick and easy ways to check on the status of transit options:

- Streetcar - [NextBus](#)
- [Link Light Rail alerts](#)
- [Sounder alerts](#)

- **Where can a newcomer find a map of the transit network?**

Numerous transit maps are available to support newcomers in planning out route options.

- Streetcar [map](#)
- Link Light Rail - [Plan a trip](#), [schedules and maps](#)
- Sounder - [Plan a trip](#), [schedules and maps](#)
- Monorail - [route map](#)

Water Options

- **Where can a newcomer find information about fares?**

Information on fares can be found:

- [WA Ferries fares](#), [make reservations](#), [buy tickets](#)



- [Water Taxi fares](#)

- **How can a newcomer track a water ferry or taxi's status?**

There are quick and easy ways to check on the status of transit options:

- [WA Ferries alerts, boarding status by terminal](#)
- Water Taxi - [Taxi Watch](#)

- **Where can a newcomer find a map of the transit network?**

Numerous transit maps are available to support newcomers in planning out route options.

- WA Ferries - [real-time map](#)
- Water Taxi - [seasonal schedule](#)

Additionally, ride sharing and transportation rentals are available across Seattle such as bikes, scooters, etc.

Search [here](#) to learn more about city services Seattle and the surrounding areas have to offer.

Identifying a Cultural Community

Seattle is a major center of immigration in the United States and cultural centers are critical for newcomers to feel comfortable and welcomed in their new home.

The information below is specific to the Ukrainian population. There are like communities in Seattle for Cubans and Haitians; use the below as an example of the type of organizations you might search for to help you support a newcomer to our country.

Local Ukrainian American Organizations

#	Name	Address	Map
1	Ukrainian Community Center of Washington (Seattle Office)	13470 Martin Luther King Jr Way South Seattle, Washington 98178	Ukrainian Community Center
2	Ukrainian Association of Washington State	13470 Martin Luther King Jr Way South Seattle, Washington 98178	Ukrainian Community Center
3	PLAST Seattle		
4	Pacific Ukrainian Society		
5	Nashi Immigrants Health Board	15522 Ne 22nd Pl Unit 737, Bellevue, WA 98007-3861	15522 NE 22nd Pl
Local Faith-based Organizations with Ukrainians Affiliations			
#	Name	Address	Map
6	The Holy Trinity Parish Ukrainian Orthodox Church of USA	1805 38th Avenue Seattle, Washington 98122	1805 38th Ave
7	Ukrainian Orthodox Church Seattle	1805 38th Avenue Seattle, Washington 98122	1805 38th Ave
8	Our Lady of Zarvanycia Ukrainian Greek Catholic Church	5321 17th Avenue S Seattle, Washington 98108	Our Lady-Zarvanycia Mother-God
9	First Ukrainian Baptist Church of Seattle	1829 S 308th Street Federal Way, Washington, 98003	First Ukrainian Baptist Church
10	Holy Trinity Ukrainian Orthodox Church - Epiphany Seattle	1805 38th Avenue Seattle, Washington 98122	1805 38th Ave
11	First Ukrainian Pentecostal	3811 NE 21st Street Renton, Washington 98056	First Ukrainian Pentecostal

Additional Resources



- [CLINIC's New Relief Options for Ukrainians](#)

Cultural centers, community centers, and immigrant focused nonprofits

- [Ukrainian Community Center of Washington](#) - Provides immigration, behavioral health, and social services to the greater refugee and immigrant community of Washington
- [Ukrainian Association of Washington State](#) - Serves to preserve Ukrainian heritage and organize various cultural and artistic activities
- [Catholic Charities Seattle](#) - Provides affordable housing assistance, food & clothing supplies, and child care
- [New Roots Fund](#) - Provides business training and small loans to refugees and immigrants in the Seattle area

Legal, resettlement, and crisis centers

- [King County Bar Association](#) - Provides a pro-bono legal services in King County
- [Seattle Legal Aid](#) - Provides pro-bono legal services in Seattle
- [International Rescue Committee Seattle](#) - Resettlement Agency providing newcomers with wraparound supports in their integration into the United States
- [World Relief Seattle](#) - Assists newcomers with securing housing and home goods, assisting with applications for SSNs, ID cards, work authorization, school registration, scheduling health screening, orienting to various topics related to life in the US, and more
- [Jewish Family Services Seattle](#) - Supports a range of social and economic integration areas
- [Lutheran Community Services NW](#) - Offers mental health counseling in different languages, English training, assistance securing housing and employment, immigration guidance, and support to become productive members in their Northwest communities
- [Catholic Community Services of Western Washington](#) - Provides legal immigration assistance to low-income communities

Information in this guide may not be fully up-to-date and should be verified at the links provided.