

RESOURCES FOR CHILDREN AND YOUTH

Created by the Protection Order Advocacy Program and the
Children's Justice Center of King County



WHAT'S INSIDE:

- Information on Children and Teens
- How to Help and Support the Young Person in Your Life
- List of Community Resources

WE ARE HERE TO HELP

This resource guide was created for parents and caregivers of children who have witnessed or been victims of domestic violence. The agencies included in this guide provide a variety of services, from housing and legal aid to counseling and support groups. This list is not exhaustive but is intended to be a snapshot of what is available in our area. If you do not find what you are looking for, please feel free to call Crisis Connections at 2-1-1. We hope this guide makes it a little easier for you to get the support you and your child need.

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HELPING CHILDREN AND TEENS

THIS SECTION INCLUDES INFORMATION ON HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE



When children see, hear, know about, or experience abuse or violence, they may have many feelings, thoughts, and questions. As a caring parent or guardian, you are the most important person to your children as they try to sort things out. Your communication and support can help your kids do better in the aftermath of their experiences.

Children who have experienced, witnessed or know about abuse or violence may feel:

- Powerless: Because they can't stop the violence
- Confused: Because it doesn't make sense
- Angry: Because it shouldn't be happening
- Guilty: Because they think they've done something wrong

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- Sad: Because it's a loss
 - Afraid: Because they may be hurt, they may lose someone they love, others may find out
 - Alone: Because they think it's happening only to them

HOW YOU CAN HELP

Children's reactions to abuse or violence can often be misunderstood as "difficult" or "naughty" behavior. It's normal to find this frustrating, but expressing anger, or blaming the child for this behavior might make things worse. Instead, try the following strategies:

- Reassure the child that they are safe and cared for.
- Listen and talk to the child about the abuse or violence. Like adults, children and teens often find what they don't know to be more frightening than the reality.
- Give the child special attention; for younger children, prioritize attention at bedtime.
- Encourage the child to express their emotions – this is part of the healing process, and can happen through a variety of creative ways, like drawing.

- Keep family roles clear – don't expect children or teens to take on too much responsibility, but don't become overprotective either.
- Try to understand if they can't do what is usually expected of them, like going to school, but talk about how they will get back to their normal routine as soon as possible.

Young children who have experienced abuse or violence usually don't fully understand the events and tension around them. But they will respond to strong emotions and a sense of danger in the home. Younger children who can't express their upset feelings in words may show them in their behavior.

What you can do:

- Bond physically with your children – simple things like eye contact, kisses, and hugging will help them feel safe and secure.
- Take care of your kids' everyday needs – make sure they are getting their sleep, meals, snacks, baths, and playtime.
- Keep up the routines of daily life, such as bedtime reading and regular mealtimes. Routines and structure make the world seem more predictable and secure.

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- Talk with your children in a soothing voice – they may not understand everything you are saying, but your calm voice will help them be calm, too.
 - Reassure toddlers and preschoolers that you and other adults in their lives will keep them safe.
 - Tell them when the home is safe, and the scary events are in the past.

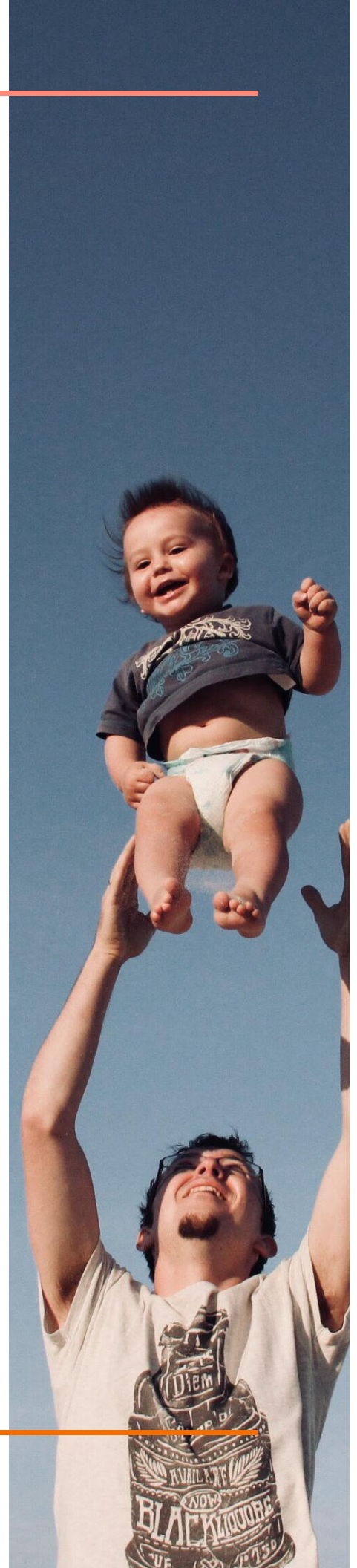
Older children and teens will also benefit from talking with you about their experiences. If they are reluctant to speak up, they might want to draw or write about their feelings. A safe location is always essential for these times with your children.

What you can do:

- Encourage your kids to ask questions – they may need help sorting out misunderstandings, like the belief that

they are at fault or responsible for fixing the issue.

- If the threat of violence is still present, talk with your children about a plan for your safety and theirs, including practicing using the plan.
- If the danger is in the past, reassure your children that they are now safe. Help them understand that their fears are connected to scary events from the past.
- Help them not to dwell on their worries and upset feelings. Instead help them focus on positive thoughts – a happy memory, a cuddly pet, or an activity they are good at.
- Encourage them to turn to a trusted adult – a teacher, a school counselor, a coach, a church leader – if they need someone else to talk to.



TALKING WITH YOUR CHILD

Conversations with children can't always be planned – sometimes they just happen. The following tips will help you make the most of the conversation whether it's planned or spontaneous:

- Take the lead - when you open the conversation, you're telling your child it is safe to talk and that they don't have to be alone with their thoughts and worries.
 - Open with messages of support, like "I care about you and I will listen to you."
 - Support and acknowledge your children's feelings, experiences, and their version of the story.
 - Expect that your children will know more than you think, no matter how young they are. Sometimes when adults assume children are asleep or not paying any attention, they are listening to everything. If they are too young to get what's going on, they may fill in the gaps with their imaginations and end up worrying about something that's worse than reality.
 - Let your child know it is always OK to ask you questions. Often the ideas or questions that trouble children are different from the ones that adults think about. Listening to your child's questions helps you know what is really on their mind.
- Talk to your children in a way that's right for their ages. Use words that you know they understand. Be careful not to talk about adult concerns or at an adult's level of understanding.
 - If your child asks a question that you're not ready to answer, you can say, "That's a really important question. I need some time to think about it and then we can talk again."
 - Monitor your own feelings. If you can talk calmly and confidently, you convey a sense of security. A calm tone sends the message that you are in charge and capable.
 - Be alert to signs that your child is ready to end the conversation. Children who have heard enough may get restless or silly, stop listening, or stop asking questions.
 - Have other adults for your own support so your children are not your only support system. You don't want to put undo worry or stress on your children.

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- Notice who is talking the most – ideally it will be your child.
 - Assure your children that they have no blame or responsibility for the behaviors of the adults in their lives. Let them know that you don't expect them to fix or solve family problems. Let them know that you are going to do all you can to keep everyone safe.

TALKING WITH YOUR TEEN

It's natural to want to protect your child from harsh realities, but avoiding talking about the event will only increase your teenager's anxiety. When it seems appropriate, check-in with your teenager and ask them how they are doing.

- Listen to the re-telling of the story. At the end of the story, ask who came to help and when the teen knew they were safe. This ensures that the teen is not emotionally left in the scariest part of the story, but instead ends the story at a safe place.
- Be available but respect their need for privacy.
- Give opportunities for open and honest discussion.

- Help find friends or other trusted adults to share thoughts/feelings.
- Tell teen his/her feelings are important and real.
- Help the teen to think of ways to feel safe.
- Talk with the school staff about how to help your teen.
- Be aware that lots of things (situations, places, and sights/sounds/smells) might remind the teen of the abuse or violence. Make a plan to help them cope with the reminders.
- Keep rules and routines the same as they were before the abuse or violence.
- Be aware of your own reactions and take care of yourself as well.



BEHAVIORAL CHANGES

Children who experience abuse or violence often react to it with changes in how they behave. They may have trouble controlling their feelings and will act in ways that make life even harder for the family. Some common changes are tantrums, aggressive behavior, and sleep problems. Children might also stop following directions or play in ways that recreate some aspect of the abuse or violence.

Some of the symptoms of trauma in children closely mimic depression, including too much or too little sleep, loss of appetite or overeating, unexplained irritability and anger, and problems focusing on projects, schoolwork, and conversation. Sometimes the symptoms appear more like an anxiety disorder—obsessive or pervasive worry, difficulty separating from parents.

WHEN TO SEEK OUTSIDE HELP

Children may react to abuse or violence with behaviors and mood changes that are normal after an upsetting event. Usually these

changes start to go away once the stress has gone down and the child feels safe again. If the changes persist or otherwise worry you, be aware that there are people and places you can turn to for advice and help.

Seek out guidance if:

- Your child's behavior changes don't go away, or they get worse.
- Six weeks have passed, and your child is not feeling any better.
- Your child is having trouble functioning at school.
- Your child is experiencing terrifying memories, nightmares, or flashbacks.
- The symptoms of stress manifest as physical complaints such as headaches, stomach pains, or sleep disturbances.
- Your child is having an increasingly difficult time relating to friends and family.
- Your child or teen is experiencing suicidal thoughts.
- Your child is avoiding more and more things that remind them of the abuse or violence.
- Your child is unusually sad, angry, or withdrawn.
- You are concerned that your child may harm themselves or others.

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- You are overwhelmed by your child's behavior.

These are clear indications that your child needs outside help. Parents should not hesitate to seek support if they are worried about their child.

Remember, there are people and resources that can help you and your children cope with the experience of abuse or violence. Reaching out to them may be the most important step you take in helping your children grow and thrive despite experiencing difficult times.

HOW DOES THERAPY WORK?

In therapy, kids learn by doing. With younger kids, this usually means working with the whole family, engaging kids' creativity and

imagination through drawing or play, and talking. For older kids and teens, therapists share activities and ideas that focus on learning the skills they need. They talk through feelings and solve problems.

Therapists give praise and support as kids learn. They help kids believe in themselves and find their strengths. Therapy builds helpful thinking patterns and healthy behavioral habits.

WHAT HAPPENS IN THERAPY?

A therapist might meet with you and your child together or meet with your child alone. It depends on the child's age. A therapist might also meet with you to give tips and ideas for how to help your child at home.



At a visit with a therapist, your child might:

- **Talk.** Talking is a healthy way to express feelings. When kids put feelings into words instead of actions, they can act their best. When someone listens and knows how they feel, kids are more ready to learn.
- **Do activities.** Therapists use activities to teach about feelings and coping skills. They may have kids draw or play as a way to learn. They may teach mindfulness and calm breathing to help lower stress.
- **Practice new skills.** Therapists help kids practice what they learn. They might play games where kids need to wait their turn, use self-control, be patient, follow directions, listen, share, try again, or deal with losing.
- **Solve problems.** With older kids and teens, therapists ask how problems affect them at home or at school. Then they may talk about how to solve these problems.

HOW TO PICK A THERAPIST

Most therapists will do a free phone consultation, which is a good way for you to get a sense of who they are and how they work.

Ask questions, trust your instincts and don't be afraid to shop around for someone who feels like the right fit.

CHILD PROTECTIVE SERVICES

When engaging with service providers in the community, it is important to remember that they are mandated reporters who are required to report child abuse or neglect to Child Protective Services.

For more information on the CPS process, please visit www.dcyf.wa.gov/safety.

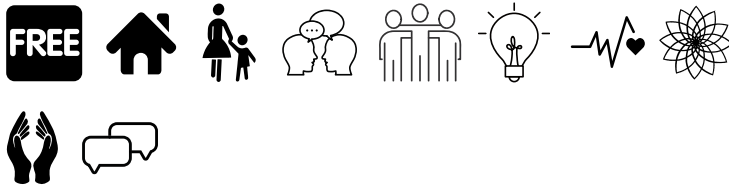


ICON KEY

We have used these icons as a way to highlight services that may be of interest to you and to the young people in your life.

	Accepts Insurance
	Pay Out of Pocket
	Services are Free
	Housing Program
	Family Services Programs or Programs for Adults and Children
	Counseling Program
	Support Group Program
	Legal Services Program
	Prevention/Education Program
	Domestic Violence Services
	Sexual Assault Services
	Culturally Specific Services
	Bilingual Services

ABUSED DEAF WOMEN'S ADVOCACY SERVICES



Service Population: Primarily deaf women experiencing domestic violence or sexual assault and their families.

Services: Transitional housing, advocate support, therapy, and referral services. Our Children's Program provides services to children who have been affected by domestic violence or sexual assault, including therapy, support groups, advocacy, and structured educational and recreational activities.

Referral Process: No referral is necessary. Clients can directly contact us at 206-922-7088, which will connect you with an interpreter. The local 24-7 hotline can be reached at 206-812-1001. The Children's Advocate line can be reached at 425-772-1446.

Cost: There is no cost associated.

Culturally Informed Service Provision: ADWAS acknowledges its unique and valuable position as an organization run by and for Deaf people. We center our work around a Deaf perspective, creating deep cultural and linguistic capacity for all members of Deaf communities. We recognize the intersectionalities of identities within the Deaf and DeafBlind communities and create fully accessible services.

Covid-19 Accommodations: We have Covid-19 resources available on our website at www.adwas.org/2020/covid-19-resources/. There is also a Covid-19 hotline at 833-682-7630.

CONTACT:

Phone: 206-922-7088

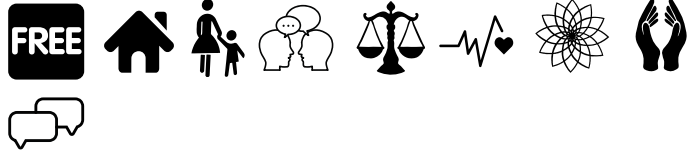
Website:
www.adwas.org

Email:
adwas@adwas.org

Office:
8623 Roosevelt Way NE
Seattle, WA 98115



API CHAYA (SERVING ASIAN, SOUTH ASIAN, AND PACIFIC ISLANDER SURVIVORS)



Service Population: API Chaya is an organization that seeks to end systemic violence in our communities. We work to empower survivors of gender-based violence and human trafficking to gain safety, connection and wellness. We build power by educating and mobilizing South Asian, Asian, Pacific Islander, and all immigrant communities to end exploitation, creating a world where all people can heal and thrive.

Services: API Chaya Advocates assist survivors and their families with exploring options and in accessing a wide range of resources and services to meet their unique needs. This includes resources and referrals for housing, legal and immigration assistance, mental health, food, and financial assistance programs. We offer support groups for survivors of sexual abuse/assault and human trafficking. Interpretation services will be secured for any language needed.

Referral Process: The best way to reach us is by calling our helpline at 1-877-922-4240. The hours of the helpline are Monday - Friday from 10:00 am to 4:00 pm. You can call us in any language, and we will secure an interpreter. We generally return calls within 2 business days and can set up a time to talk with you.

Cost: All of our services are free and confidential.

Culturally Informed Service Provision: API Chaya recognizes the diversity of experiences in Asian, South Asian, and Pacific Islander communities and strives to work with each individual within their own cultural context. We offer information and help survivors explore their options in a confidential and supportive environment.

Covid-19 Accommodations: API Chaya remains open during the COVID-19 pandemic. In order to protect community and staff health, we have moved to remote operations. Our helpline and office line are still active, though callers may experience longer wait times, or no "ring tone" when dialing. Please know that your call is being received, but may take longer to connect.

CONTACT:

Phone: 1-877-922-4249

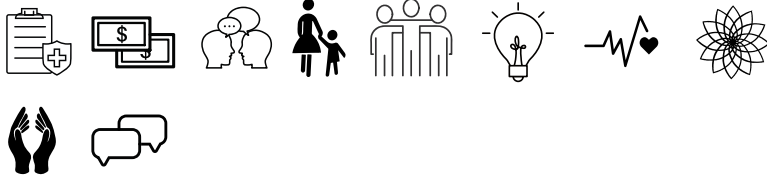
Website:
www.apichaya.org

Email:
info@apichaya.org

Mailing Address: P.O.
Box 14047, Seattle, WA
98114



ASIAN COUNSELING AND REFERRAL SERVICES (ACRS)



Service Population: Asian Americans, Pacific Islanders, and other Asian cultures.

Services: Youth mental health counseling, Southeast Asian young men’s support group, teen peer advocate program, youth job readiness training, youth substance use disorder programs, primary prevention services at local schools, and family services.

Referral Process: Call the main office line to be connected to the appropriate program.

Cost: ARCS is not able to bill insurance for domestic violence services, but counseling may be covered by insurance. Clients may have to pay out of pocket.

Culturally Informed Service Provision: ACRS promotes social justice and the well-being and empowerment of Asian Americans and Pacific Islanders and other underserved communities – including immigrants, refugees, and American-born – by developing, providing and advocating for innovative, effective and efficient community-based multilingual and multicultural services.

Covid-19 Accommodations: Most services are being offered virtually through tele-health. Some in-person groups are continuing, but with limited size.

CONTACT:

Phone: 206-695-7600

Website: www.acrs.org

Email: info@acrs.org

Main Office: 3639 Martin Luther King Jr. Way S, Seattle, WA 98144

Children, Youth and Families Program (By appointment only): 655 156th Ave SE, Suite 250, Bellevue, WA 98007

ACRS Therapy Associates (By appointment only): 655 156th Ave SE, Suite 255, Bellevue, WA 98007

ACRS Kent Office (By appointment only): 25720 104th Ave SE, Kent, WA 98030



ATLANTIC STREET CENTER



Service Population: Atlantic Street Center is a non-profit social service agency based in Seattle, Washington. Our mission is to help families and communities raise healthy, successful children and youth through direct services and advocacy for social justice and equity. We achieve our mission by providing educational, family support, and behavioral health counseling services for children, youth, and their families. We primarily serve low- and very low-income African-American families and other families of color who reside in central and southeast Seattle, South King County, and North Pierce County.

Services: Atlantic Street Center has four main service areas which are early learning, youth development & education, behavioral health and domestic violence services.

Referral Process: Please contact our main office line at 206-329-2050.

Cost: ASC provides vital services to low income, minority communities in our region. Please contact our office for financial information.

Culturally Informed Service Provision: In service to our community since 1910, Atlantic Street Center's mission is to help families and communities raise healthy, successful children and youth. Primarily serving the BIPOC community, ASC provides behavioral health, early learning, domestic violence, and youth development programming in King County and North Pierce County.

Covid-19 Accommodations: We are offering our services in person and virtually at this time.

CONTACT:

Phone: 206-329-2050

Website:
atlanticstreetcenter.org

Email:
ascinfo@atlanticstreet.org

Office:
Main Office
2103 S Atlantic St
Seattle WA 98121

Rainier Beach Site
5150 S. Cloverdale Pl.
Seattle, WA 98118

Kent Site
610 W. Meeker St. Ste.
201
Kent, WA 98032



BROADVIEW EMERGENCY SHELTER AND TRANSITIONAL HOUSING PROGRAM



Service Population: We are a 24-hour domestic violence shelter, with a crisis number for survivors to call to seek services. We have 10 units in our shelter that houses survivors with children up to 18-years-old. We also have a transitional Housing program, which requires a referral from service providers. The shelter stay is up to 6-weeks and the transitional stay is up to 1-year.

Services: We provide DV advocacy and support groups, children's groups, and activities, and we connect youth and families to education, training, medical, dental, and other resources.

Referral Process: The best way is to directly contact our Shelter at 206-694-6700.

Cost: Our shelter services are free. Our transitional housing charges a program fee equal to one-third of the participant's income. We do not charge Crime Victim Compensation.

Culturally Informed Service Provision: We refer to culturally appropriate community based organizations for mental health resources and social activities.

Covid-19 Accommodations: We have helped our community overcome crises for over 45 years - and we're here now to help people and our community during the pandemic. Check our coronavirus resources page at www.solid-ground.org/get-help/coronavirus-resources/ for more information.

CONTACT:

Phone: 206-694-6700

Website:
www.solid-ground.org

Email:
info@solid-ground.org

Office:
1501 N 45th Street
Seattle, WA 98103



CHILDHAVEN



Service Population: Childhaven offers a variety of programs for children from birth to age 24 and their families, including early intervention, early learning, and counseling.

Services: Childhaven's therapists support families and children by providing therapeutic care and counseling services with a focus on: infant/early childhood mental health, dyadic and interaction-focused therapies, trauma-informed care, emotional health, and the whole child well-being. Our programs include Art With Heart, Capacity Building, Community-Based Programs, Early Learning, Early Support for Infants & Toddlers, and Wraparound with Intensive Services.

Referral Process: Please call us at 206-967-4841. Childhaven partners with parents and community to strengthen families, prevent childhood trauma, and prepare for a lifetime of well-being. We accept referrals from families, professionals, physicians, social workers, and a range of referral partners.

Cost: Please contact our office for more information.

Culturally Informed Service Provision: Childhaven is dedicated to creating and implementing programs and policies that are informed by, and prioritized in response to the experiences, perspectives, and needs of children and families of color. We recognize the multiple levels of systemic inequity that many individuals and communities face everyday. We, as an organization, choose to look at all forms of oppression through a racial equity lens to ensure that our programs contribute to dismantling barriers to social justice.

Covid-19 Accommodations: We have moved the majority of our services to telehealth, ensuring children and families are regularly connecting with their care teams. Childhaven is continuing to serve in these ways: counseling services, developmental therapies, wraparound supports, child and family meetings, home learning activities, parental and caregiver supports, and delivering FareStart meals.

CONTACT:

Phone: 206-967-4841

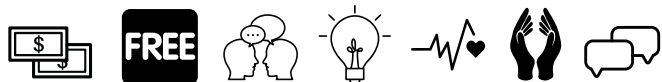
Website:
www.childhaven.org

Email:
info@childhaven.org

Office:
Childhaven
Administration
316 Broadway
Seattle, WA 98122



CONSEJO COUNSELING AND REFERRAL SERVICE



Service Population: Consejo Counseling and Referral Service is an award winning agency that has provided behavioral health services to the Latino community in the state of Washington for nearly four decades.

Services: Consejo provides SUD (Substance Use Disorder) treatment as well as gang prevention services to youth. Mental Health services are also provided for children that have been harmed by DV. Once a DV survivor reaches us for services, the referrals are made internally under the multi-services provided at Consejo.

Referral Process: We receive referrals from various platforms. By the Police Department, through former clients or family and friends. In some instances, they have heard us at a radio or social media presentation. Our direct number (206-461-4880) is the best way to reach us. Reception is able to transfer the call to the appropriate advocate based on the area where the client resides.

Cost: Services are free for survivors of domestic violence. However, when providing services to adults experiencing substance use disorder, or with court ordered treatment, fees are due at the time of services. We do provide assistance to DV survivors on how to apply for CVC but there's no fee charged to them.

Culturally Informed Service Provision: All our DV staff are bilingual and bicultural to ensure that our clients are provided with the appropriate services expected.

Covid-19 Accommodations: Consejo's doors remain open to the public but necessary and extreme precautions were taken from the beginning of the pandemic. PPE was provided, not only to staff but to the public who came into our building. Consejo's staff has been working hybrid from home and from the office in alternate days. Also, the DV program has continued to provide services remotely and in coordination with the prosecutors and court advocates.

CONTACT:

Phone: 206-461-4880

Website:

www.consejocounseling.org

Email:

consejoseattle@gmail.com

Office Locations Include:

Columbia City, Renton,
South Park, Lake City,
Kent, Bellevue, Tacoma,
Mason County, Las Brisas,
Graham, and Belfair



DAWN (DOMESTIC ABUSE WOMEN'S NETWORK)



Service Population: Survivors of intimate partner violence residing in South King County.

Services: Community advocacy, legal advocacy, immigration advocacy for survivors of domestic violence, emergency shelter, CSO advocacy, limited mental health services, support groups in English and Spanish, and prevention and education.

Referral Process: Clients can call the 24-hour line at 425-656-7867 or attend drop in hours on Mondays, Tuesdays, Thursdays, and Fridays from 2:00 to 4:00 pm.

Cost: No cost associated with services.

Culturally Informed Service Provision: Services are offered in several languages and through interpreters when a staff member does not speak the client's native language. There are support groups held in Spanish that are also culturally sensitive. Staff is trained and receive continuous training in cultural awareness.

Covid-19 Accommodations: We are offering remote and virtual services at this time.

CONTACT:

24-Hour Resource Line:
425-656-7867

Website:
www.dawnrising.org

Office:
PO Box 1449
Kent, WA 98035



THE DOVE PROJECT



Service Population: We serve all individuals of Vashon Island who are experiencing domestic violence or sexual assault, age 13 and up. We have multiple community advocates, a legal advocate, and a youth advocate who works with individuals 13-18 years of age.

Services: DOVE offers a wide range of services to support domestic violence and sexual assault survivors, including prevention education, safety planning, and legal assistance.

Referral Process: The referral process is informal and we are fine with a call or text. Families can either call or text us at 206-462-0911 or email us at info@vashondoveproject.org. We serve residents of Vashon Island primarily.

Cost: No cost associated with our services. No insurance required, unless we are referring to a therapist who takes insurance.

Culturally Informed Service Provision: DOVE assesses the needs of our local community in regards to culturally and racially appropriate services that are deemed needed for our island community. The DOVE Project works collaboratively with Spanish-speaking community partners when translation services are needed. DOVE keeps a list of racially sensitive/informed service providers, including therapists, social workers, and advocates who can meet the needs of a wide range of domestic violence clients.

Covid-19 Accommodations: We are offering services in person and virtually at this time.

CONTACT:

Phone: 206-462-0911

Website:

www.vashondoveproject.org

Email:

info@vashondoveproject.org

Office:

The DOVE Project

PO Box 1341

Vashon, WA 98070



EL CENTRO RENDU (ST. VINCENT DE PAUL)



Service Population: Centro Rendu, founded in 2013, exists to protect, support, and defend Latino immigrant families through education, social services, legal advocacy, and leadership development that empowers and strengthens healthier communities and future generations.

Services: DeColores is an early childhood development program that encompasses physical, social, emotional, cognitive, and motor development in the early years of life. Centro Rendu has a dedicated line answered by Spanish-speaking Community Connectors for families with pre-school children to access services they need. ReRoute includes youth and case management programs that help prevent gang involvement by helping redirect behavior that leads to violence and drug use, academic challenges through mentorship, intervention, and advocacy services with school districts and partnering agencies.

Referral Process: You can contact us by calling 253-499-4245 or emailing centrorendu@svdpsseattle.org. We have locations in Kent, Renton, Burien, and Tacoma.

Culturally Informed Service Provision: We offer culturally specific case management services to meet the family's basic needs. Centro Rendu exists to protect and support Latino communities in need.

Covid-19 Accommodations: We are providing in person and virtual services at this time.

CONTACT:

Phone: 253-499-4245

Website:
www.centrorendu.org

Email:
centrorendu@svdpsseattle.org

Office:
Sunset Neighborhood
Center
2902 NE 12th St Suite #102
Renton, WA 98056

Kent Center
310 Central Ave N
Kent, WA 98032

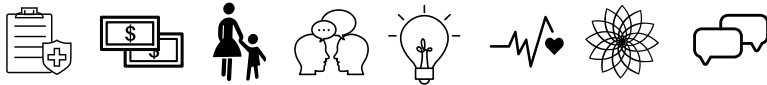
Burien Center
13445 1st Ave S
Burien, WA 98168

Eastside Family Support
Center
3569 E Roosevelt Ave
Tacoma, WA 98404

Centro Rendu
of St. Vincent de Paul



HARBORVIEW ABUSE & TRAUMA CENTER



Service Population: We offer comprehensive forensic, medical, and mental health care to children, families and adults. Care is trauma informed and led by a highly experienced team of experts.

Services: We offer medical/forensic services with 24/7 access to medical forensic consultation on sexual abuse and child abuse. We have a Sexual Assault Nurse Examiner (SANE) program where patients can receive expert medical forensic and psychological care. We offer psychosocial treatments for those affected by child maltreatment, sexual assault, crime, and other traumas. Expert counselors are available to provide brief case consultation to the public and professionals on sexual assault, child maltreatment, and trauma. Our Foster Care Assessment Program (FCAP) provides comprehensive evaluations for foster children to identify barriers to reunification or adoption so that foster children do not languish. We provide professional education and training and are engaged in several primary prevention activities.

Referral Process: You can make an appointment with us by calling 206-744-1600.

Cost: Insurance coverage varies among individual insurers and policies. Please call your insurance company before your visit to understand what they will pay, which providers and hospitals are in-network, and what you will need to pay out-of-pocket. It is your responsibility to provide UW Medicine staff with your insurance coverage information and notify them if your coverage changes. Bring your insurance and photo ID cards with you to your appointment. Initial counseling appointments are free as are forensic sexual assault exams and related follow up medical appointment in our clinic. We assist with Crime Victims Compensation and work with patients around financial options for counseling.

Covid-19 Accommodations: Harborview Abuse & Trauma Center is open, safe, and available for in-person or telehealth appointments, based on need. We follow all COVID-19 safety requirements that are based on best practice and research.

CONTACT:

Phone: 206-744-1600

Website:
www.uwhatc.org

Office:
Patricia Steel Building
401 Broadway
Suite 2075
Seattle, WA 98104



INTERIM COMMUNITY DEVELOPMENT ASSOCIATION



Service Population: We are a housing agency that provides direct housing services to survivors of DV/SA and their families in Seattle to maintain, retain, and sustain their housing to prevent from becoming homeless.

Services: Services include financial assistance for homelessness prevention, housing placement for those who are fleeing, landlord advocacy and engagement, and advocacy-based housing counseling (information, assistance, and referral) among others.

Referral Process: The majority of our clients are referred by DV agencies and shelters who need housing related services. So we do co-advocacy. We help with housing related services to the clients referred to us, while the DV agency through their advocate provides DV related services like comprehensive safety planning, filing of protection order, legal advocacy, etc.

Cost: We do not charge any fee to clients to access our services.

Culturally Informed Service Provision: Our staff are trained to provide culturally appropriate services to clients. We comply with the WAC training requirements and have continuing education for DV and SA.

Covid-19 Accommodations: Due to COVID-19, we are working remotely from home and do not meet clients in person. Thus, intakes are done virtually through phone, Zoom, or Google Teams and program documents are signed via docu-sign.

CONTACT:

Phone: 206-624-1802

Website:
www.interimcda.org

Email:
info@interimcda.org

Office:
310 Maynard Ave S.
Seattle, WA 98104

601 South King St.
Suite 305
Seattle, WA 98104



JEWISH FAMILY SERVICES: PROJECT DVORA



Service Population: We serve anyone who identifies as a survivor of domestic violence and / or sexual assault.

Services: We can provide domestic violence advocacy services. Essentially, we provide case management with a trauma-informed lens for survivors of domestic violence or sexual assault. This could include general safety planning, connection to other community resources, or help navigating housing or legal systems. We tailor services based on what the survivor identifies would be helpful to their safety and autonomy. We can also offer limited financial assistance per family when funding is available. If we have openings in our legal program or clinical program, we might also be able to refer them to an attorney or therapist.

Referral Process: Survivors can apply on our webpage by clicking the “get help” form. Our intake coordinator will schedule an intake and do an informal assessment of their needs. If our services are a good fit for them, then they will be assigned an advocate.

Cost: No cost to the client.

Culturally Informed Service Provision: Our team is committed to social justice. We acknowledge that current systems unfairly impact marginalized identities, including black, indigenous, people of color, and LGBTQIA+ folks. We strive to serve clients with a trauma-informed, survivor-centered, equity framework.

Covid-19 Accommodations: We are still serving clients, but we have shifted our services to telephone and web-based interactions where possible. Our Seattle and Kent campuses are open, but we are limiting access to essential services. Our Eastside campus is closed to clients currently. We are adhering to local, state, and national guidelines and are adapting as necessary.

CONTACT:

Phone: (206) 861-3159

Website:

<https://www.jfsseattle.org/get-help/domestic-violence-services/>

Office: 1601 16th Ave.
Seattle, WA 98122



KENT YOUTH AND FAMILY SERVICES



Service Population: Kent Youth and Family Services (KYFS) promotes healthy development of children, youth, and families in South King County by providing professional counseling, education, and support services.

Services: KYFS offers both mental health and substance abuse services to adolescents. Up to 25-years-old for mental health and up to 21 for substance abuse services. We also have infant and toddler mental health services, housing resources, early childhood education, after school programs and CSEC services.

Referral Process: Clients or their representatives need to call 253-859-0300 to get connected with services or to get more information.

Cost: We accept Medicaid, private pay and some insurances. We don't bill Crime Victim Compensation.

Culturally Informed Service Provision: KYFS staff are continually trained about culturally and racially sensitive services.

Covid-19 Accommodations: KYFS is doing telehealth formats, such as Zoom and Doxyme for services. At this time, we do not have the office open to the public.

CONTACT:

Phone: 253-859-0300

Website: www.kyfs.org

Email: info@kyfs.org

Office:
232 Second Ave. S
Suite 201
Kent, WA 98032



KING COUNTY SEXUAL ASSAULT RESOURCE CENTER



Service Population: KCSARC serves victims of sexual assault of all ages. We provide services to deal with the trauma of sexual assault as it impacts the victim and their family members. Please note that KCSARC does not work with victims of intimate partner violence/abuse. Domestic violence organizations are better equipped to provide services to address the full continuum of physical, economic, sexual, emotional, and financial abuses.

Services: Our organization provides crisis response, advocacy, legal advocacy, therapy, family services, Dando Voz (Giving Voice) Español (for Spanish-speaking community), and the Crime Victim Service Center (CVSC). We operate a 24-hour hotline that can be reached at 1-800-99.VOICE (86423)

Referral Process: Please call our 24-Hour Resource Line to speak with someone immediately.

Cost: Our advocacy services are free. Insurance or Medicaid can be billed for therapy services. We will not let payment hinder someone from receiving services. We will serve at no charge those who do not have insurance or the economic means to pay for therapy.

Culturally Informed Service Provision: We are a nonprofit organization providing direct services to people of all ages, genders, races, and cultural backgrounds in King County, WA, while working toward the ultimate goal of eliminating sexual violence and abuse from our communities.

Covid-19 Accommodations: We want our clients and community to know KCSARC is here to support survivors and families who need therapy and family support, legal advocacy, and with other essential needs. Our 24-Hour Resource Line is still here for immediate help, information, or resources.

CONTACT:

24-Hour Resource Line:
1-888-998-6423

Scheduling:
425-226-5062

Website:
www.kcsarc.org

Email:
AdminSupportStaff@kcsarc.org

Office:
Triton Towers Three
707 S. Grady Way
Suite 300
Renton, WA 98057



LIFEWIRE



Service Population: At LifeWire, we help adults, children, and youth who have been impacted by domestic violence build safer and healthier lives by offering support, resources, and professional services.

Services: Our services include survivor-driven advocacy, mental health therapy, legal advocacy, shelter, and housing. LifeWire partners with area high schools, Bellevue College, and UW Bothell to ensure young people have the tools they need to identify and build healthy relationships, support each other and family members, and practice leadership that promotes gender equity and challenges violent attitudes and behaviors. LifeWire also has a Youth Advocate who works with youth and young people ages 12 to 24 who have experienced dating violence.

Referral Process: Call our 24-Hour Helpline at 425-746-1940 to speak with an advocate.

Cost: LifeWire does not charge for any of our services.

Culturally Informed Service Provision: LifeWire is committed to the ongoing work of racial equity and social justice. We are actively working to change systems that perpetuate racism and inequality, beginning with our own organization. We have woven racial equity into our strategic plan and values, increased the racial diversity of our staff, reviewed our policies and practices with a racial equity lens, and trained our staff on anti-oppression work.

Covid-19 Accommodations: LifeWire is able to offer all of our existing services. Advocates and therapists regularly meet with participants by video or phone, and our support groups have moved online. We are operating our shelter with limited on-site staff and staffing our helpline around the clock.

CONTACT:

Phone: 425-746-1940

Toll-free: 800-827-8840

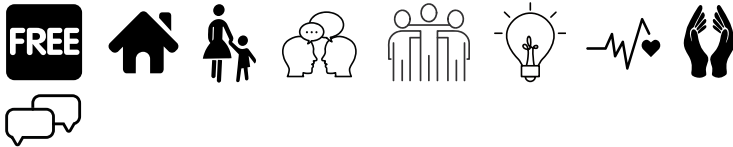
Website:
www.lifewire.org

Email: info@lifewire.org

Mailing Address:
LifeWire
P.O. Box 6398
Bellevue, WA 98008



MOTHER AFRICA



Service Population: Our mission is to provide the skills necessary for refugee and immigrant women and their children in Washington state to reach their highest potential.

Services: We serve everyone in King County, but we mostly work with immigrants and refugees. We do have programs for teens and children. Most youths are enrolled in these programs with their mothers. The Refugee Youth Mentorship program caters to refugee or asylee youth age 18-24 who have been in the USA for less than 5 years. This program provides one-on-one mentorship to identify and achieve personal and career goals, building life skills, connections to resources, and case management support. The Homeless Prevention program is for residents of King County who are at an imminent risk of becoming homeless. Assistance includes flexible funds to help clients remain housed as well as intensive case management to overcome any current barriers to stability. The Flourishing & Resilient Children (F&RC) empowers parents of

children under the age of 5 in King County to support the growth and development of their children. The Best 4 Babies program is for pregnant moms or mothers of children under the age of 5 years who live in King County. We provide advocacy and support for moms to help bridge their cultural way of life with systems for raising their children here in America.

Referral Process: Families are connected through referrals and some of them come from Mother Africa clients. We also get referrals from 211 and other organizations. The best way of reaching us is through phone at 253-277-7625, our website www.motherafrica.org, email barbra@motherafrica.org and we can also be reached through Instagram [@motherafrica_wa](https://www.instagram.com/motherafrica_wa), and Facebook at Mother Africa.

Cost: There is no cost associated with services. We do not require insurance to provide services.

Culturally Informed Service Provision: Our organization has professional speakers that come and talk to our clients and staff.

Covid-19 Accommodations: Mother Africa has been conducting business remotely.

CONTACT:

Phone: 253-277-7625

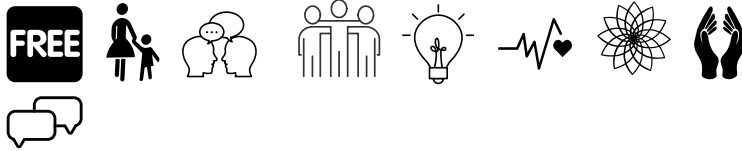
Website:
www.motherafrica.org

Email:
info@motherafrica.org

Office:
1209 Central Ave S.
Suite 120
Kent, WA 98032



MOTHER NATION



Service Population: Our organization focuses and specializes in serving American Indian and Alaska Native women and families who experience violence or gender based violence and/or housing instability or homelessness. We also serve men experiencing domestic violence or gender based violence. We do not work with unaccompanied youth, but we will work with the full family, including children and teens, if they have an adult head of household.

Services: Mother Nation hosts Yeha:wi Zoom culturally informed healing groups held weekly with Native American teachings, educational therapy, cultural tools using crafts for survivors of Gender Based Violence. These include an open group Women's Healing Circle and a Good Medicine healing circle for survivors in recovery from chemical dependency. Specialized services include a Yeha:wi Healing Circle 12-week program for adult survivors of child sexual abuse. To register for all group programs, contact info@mothernation.org or call 206-722-2321.

Referral Process: Because of safety, we require the person seeking domestic violence services to reach out to our main office at 206-722-2321 or one of our Yeha:wi Advocates (DV/GBV) at 425-409-4262 (Terri Claw) South King County, 425-409-4364 (MartiRai Ramsey), North King County, or 206-530-0772 (Jasmine Booth).

Cost: There is no cost associated.

Culturally Informed Service Provision: Mother Nation leads with indigenous culture. We are a Native led and operating organization for Native community. We center traditional healing and practices in all of our services. Many of the Elders and staff have shared experiences of the clients we work with.

Covid-19 Accommodations: Office is "closed" to the public. Limited staff coming into the office at a given time, rotating office/remote work, outside appointments can be arranged with clients, mobile advocacy and homeless response continues as needed, increased utilization of Lyft/Uber for staff and clients requiring transportation. COVID-19 procedures are reviewed with the Mother Nation Board regularly.

CONTACT:

Phone: 206-722-2321

Website:

www.mothernation.org

Email:

info@mothernation.org

Office:

4250 S Mead Street

Seattle, WA 98118



MULTI-COMMUNITIES



Service Population: Our staff includes a team of professionals from various youth and adult victim services and perpetrator treatment programs. By utilizing a wraparound team approach, we create connective relationships between predominately African American faith and other communities for effective responses and solutions to violence.

Services: For victims and/or survivors of violence, we provide individualized advocacy based counseling and group support, safety planning, as well as other services for victims/survivors. For those at risk of behaving violently, or those who have behaved violently, we provide individualized resources, referrals, and other services that can work to not put victims at further risk of harm. If someone you know has been impacted by violence, we can help with resources, safety planning, and emotional support.

Referral Process: Please reach out to our office at 206-937-7155.

Cost: Services are free and primarily provided by volunteers.

Culturally Informed Service Provision: Multi-Communities utilizes a wraparound team approach combining staff, and a Community Resource team from different youth and adult victim services and perpetrator treatment programs to build creative connective relationships between predominately African American faith communities and other systems for solutions to violence.

Covid-19 Accommodations: We are offering services in person and virtually at this time.

CONTACT:

Phone: 206-937-7155

Website:

www.multicommunities.org

Email:

multicommunities@hotmail.com

Office:

4742 42nd Ave SW #264
Seattle, WA 98116



NAVOS MENTAL HEALTH AND COUNSELING



Service Population: Navos offers mental health services that help children of every age triumph over trauma and reclaim their lives from mental illness. We also provide support services to their parents and caregivers.

Services: For infants and young children (ages 0-5), our therapists will partner with you to create a support plan specific to your circumstances, values, and culture. For school-aged children (ages 6-12), we can assist children who are struggling with emotional problems, abuse, or behavior problems. For youth (ages 13-18), our specially trained therapists provide adolescents and young adults with caring, personal treatment and support serious mental illness such as depression and anxiety. They also work with kids working through the effects of abuse, addiction, behavior issues, and issues that stem from sexual orientation. We also offer services to adults, and provide referrals to community resources.

Referral Process: If you are interested in getting services with Navos, please call 206-248-8226. You can also fill out the contact form at www.navos.org/contact/.

Cost: Navos is an approved provider for Medicaid/Apple Health and Medicare. To assist the admission staff, please have your name, age, health concern, financial, and insurance information. Our staff can also help you with insurance benefits and eligibility.

Culturally Informed Service Provision: Navos does not discriminate against any customer on the basis of race, color, national origin, religion, veteran status, disability, genetic information, marital status, sexual orientation, gender identity, sex or age. Navos believes that diversity, inclusion, and equity are vital to living our values and achieving our mission.

Covid-19 Accommodations: You can choose to receive services through telephone-only sessions, telehealth (video platform), or in-person sessions.

CONTACT:

Phone: 206-248-8226

Website: www.navos.org

Email:
www.navos.org/contact/

Office:
Navos West Seattle
Campus
2600 SW Holden Street
Seattle, WA 98126

Navos Lake Burien
Health Center for
Children/Youth
1033 SW 152nd Street
Burien, WA 98166

Navos Mental Health
and Wellness Center
1210 SW 136th Street
Burien, WA 98166



NEW BEGINNINGS



Service Population: New Beginnings has many programs that help survivors of domestic violence at any point in their journey to freedom.

Services: Our services for children and teens are primarily preventative (we offer educational opportunities in schools around King County about healthy relationships) and we have a teen educational website at www.teen.newbegin.org. Teens and adults who are worried about teens can call our helpline. We offer short term housing for survivors of all genders with their children, who have left an abusive relationship and are in danger. Residents can receive a variety of support services, including support for children and parenting and help with finding and paying for housing.

Referral Process: The best way to get in touch with our program is through our helpline - available 24/7 at 206-522-9472.

Cost: All of our services are free and confidential. We don't bill Crime Victim Compensation, but we can support survivors in seeking that compensation.

Culturally Informed Service Provision: We have monthly staff trainings and have hired trainers with an anti-racist lens. As an organization, we are working towards anti-racist practice more holistically, but we so far have implemented a commitment to anti-racists education for our staff.

Covid-19 Accommodations: All of our programs are now accessible virtually and our advocates are able to serve participants remotely. Our housing program has implemented best practices to keep all residents and staff safe, and we have been able to continue to innovate as the situation evolves.

CONTACT:

24-Hour Helpline:
206-522-9472

Office: 206-783-4520

Website:
www.newbegin.org

Email:
info@newbegin.org

Office:
New Beginnings
P.O. Box 75125
Seattle, WA 98175



NORTHWEST FAMILY LIFE



Service Population: Since 1989, Northwest Family Life's network of faith based counselors has been characterized by a strong commitment to our mission of "assisting individuals and families in finding hope and healing when facing the pain of domestic violence, trafficking, trauma, and related issues."

Services: As a non-profit learning and counseling center based in the greater Seattle area, we have a three-pronged approach to ending domestic violence: advocacy, intervention, and prevention. We provide services for individuals, couple, families, children, and adolescents. Our services include counseling, support groups, domestic violence trainings, and a transitional housing program called Penny's Place.

Referral Process: You can reach our office by calling 206-363-9601 or send a fax to 206-363-9639. A 24-hour crisis line is also available at 1-800-244-5767.

Cost: Most major insurance plans are accepted, and sliding scale fees are available on a limited basis for those who qualify.

Culturally Informed Service Provision: Our hope is that you will find healing wherever you are on your journey through counseling, advocacy, domestic violence treatment program, or educational classes. We are a group of therapists who are committed, experienced, and trained to assist in a variety of areas.

Covid-19 Accommodations: All Northwest Family Life affiliates are providing virtual sessions. All Northwest Family Life Domestic Violence treatment programs are online currently.

CONTACT:

Phone: 206-363-9601

Website:

www.northwestfamilylife.org

Email:

hope@nwfamilylife.org

Office:

12360 Lake City Way NE
Suite 420
Seattle, WA 98125



NORTHWEST IMMIGRANT RIGHTS PROJECT (NWIRP)



Service Population: Serves the entire state of Washington. NWIRP supports immigrants, asylum-seekers and refugees, regardless of immigration status. NWIRP often takes cases of those who risk returning to countries where they would face significant hardships. NWIRP tries to help those who lack legal status and are being physically or emotionally abused by someone in their family. Other factors, such as language barriers, age of applicant, and situation with dependents, are taken into account when deciding whether to take your case.

Services: NWIRP seeks to promote justice by defending and advancing the rights of immigrants through direct legal services, systemic advocacy, and community education. They serve community members at all stages of life.

Referral Process: Call the main office line to be connected to the appropriate intake coordinator who will set up a pre-screening appointment. Due to limited capacity, we prioritize certain cases and offer pro-se support for those needing assistance in renewals of I-90s (Application to Replace Permanent Resident Card) and DACA (Deferred Action for Childhood Arrivals).

Cost: In general, NWIRP can only assist individuals with an income of 200% or less of the Federal poverty level. Some of NWIRP's funding sources have higher or lower limits, so individuals should contact NWIRP to determine eligibility.

Culturally Informed Service Provision: NWIRP values and celebrates the contributions of immigrants in this country and recognizes and respects differences within and among immigrant communities. They work to ensure diversity in our organization, and provides and connects clients with free interpretation services in their preferred/primary language. NWIRP works with volunteers and other language interpretations services to provide a variety of language interpretations (including Indigenous languages).

Covid-19 Accommodations: NWIRP has shifted some services to remote delivery. All NWIRP offices are closed for walk-ins until further notice, but staff are taking telephone calls. In-person appointments are scheduled on a case-by-case basis if there are urgent deadlines or work cannot be completed over the phone. For in-person meetings, safety guidelines (like social distancing) are followed and masks are required while in the office.

CONTACT:

Phone: 206-587-4009

Toll-free: 800-445-5771

Website: www.nwirp.org

Seattle Office: 615 2nd Ave, Suite #400, Seattle, WA 98104

Northwest
IMMIGRANT
RIGHTS
Project

NORTHWEST NETWORK OF BI, TRANS, LESBIAN AND GAY SURVIVORS OF ABUSE



Service Population: The NW Network works to end abuse in LGBTQ+ communities. They offer advocacy for LGBTQ+ survivors of domestic violence, sexual assault, hate violence, and stalking. They work with young LGBTQ+ people to build healthy relationships, life skills, and to create thriving LGBTQ+ youth culture.

Services: Emergency and ongoing advocacy-based counseling, support groups, safety and support planning, basic legal advocacy, and provide community resource referrals. Advocacy services are available for any LGBTQ+ person between the ages of 13-24. The NW Network has an employment program called OUTSpoken. They also host community engagement events for adults including Relationship Skills Classes and a Queer Parents Networking Dinner (not specific to survivors of violence).

Referral Process: Call the main office line to be connected to the appropriate program. Leave a voicemail with a callback number and let them know if it is safe to leave them a voicemail at that number.

Cost: All services are free and confidential.

Culturally Informed Service Provision: Staff supports the self-determination and safety of LGBTQ+ survivors of abuse through education, organizing and advocacy. They work within a broad liberation movement dedicated to social and economic justice, equality and respect for all people and the creation of loving, inclusive and accountable communities.

Covid-19 Accommodations: All services are being offered virtually and over the phone.

CONTACT:

Phone: 206-568-7777

Website:
www.nwnetwork.org

Email:
info@nwnetwork.org

Mailing Address: P.O.
Box 18436, Seattle, WA
98118



ODESSA BROWN CHILDREN'S CLINIC



Service Population: Odessa Brown Children's Clinic is an enduring community partner with a dedication to promoting quality pediatric care, family advocacy, health collaboration, mentoring and education in a culturally relevant context.

Services: Some of our programs include the Mindfulness and Compassion Program, Promoting First Relationships (PFR), and Parent-Child Interactive Therapy (PCIT).

Referral Process: Please call our office at 206-987-7210 and press 1 for appointments. To make a first time mental health appointment, you will need a referral from your child's primary care provider.

Cost: We accept a variety of insurance options. If your insurance plan does not cover Seattle Children's, talk with your child's primary care provider.

Culturally Informed Service Provision: Racism is a public health crisis. Racism has no place in our organization, and it affects the health of the children and families we serve. That's why Seattle Children's is identifying, challenging, and

changing the culture, structures, and behaviors that perpetuate systemic racism. This work is ongoing and will take time. To realize this vision, we've adopted a long-term comprehensive plan called the Anti-Racism Organizational Change and Accelerated Equity, Diversity, and Inclusion Plan. This plan was designed with the guidance and support from our patients, workforce, community, and trusted expert leaders on anti-racism work, equity, diversity, and inclusion.

Covid-19 Accommodations: Only one parent or caregiver per patient at all clinics. To maintain the social distancing guidelines that have been proven to help slow the spread of COVID-19, we have limited the number of people who enter our buildings.

CONTACT:

Phone: 206-987-7210

Website:

www.seattlechildrens.org/odessa-brown/

Office:

2101 E Yesler Way
Seattle, WA 98122



REFUGEE WOMEN'S ALLIANCE DOMESTIC VIOLENCE PROGRAM



Service Population: ReWA serves refugee and immigrant communities. We are a large organization with over 160 staff members. We have a DV program and specific DV services. In the DV unit, our services are primarily focused on adults. However, we provide youth services as a larger organization; these services include after-school programming and tutoring.

Services: Within our DV program, we provide victim advocates, interpretation services, help navigating the legal system, help with finding housing, and connect clients with immigrant rights organizations.

Referral Process: To get connected, please call us at 206-721-0243.

Cost: There is no cost associated.

Culturally Informed Service Provision: ReWA is committed to serving refugee and migrant communities, and to providing services that respond to the specific cultural needs of their clients. We are also very accessible language-wise; between our 10 DV advocates, there are 24 languages spoken.

Covid-19 Accommodations: We are offering both in-person and virtual services at this time.

CONTACT:

Phone: 206-721-0243

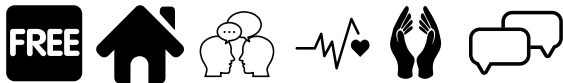
Website: www.rewa.org

Office:

4008 Martin Luther King
Jr. Way South
Seattle, WA 98108



SALVATION ARMY DOMESTIC VIOLENCE PROGRAM



Service Population: All gender survivors with or without children.

Services: Safety planning, help with basic needs, information and referral to community resources, domestic violence education, and legal advocacy. Our Community Advocacy Program also has programs to assist all-gender survivors with placement and stability in rental housing, and can provide financial assistance for rent, move in costs, and other necessities (eligibility criteria apply depending on the funding source). We also offer legal advocacy to assist survivors in navigating the legal system. Our legal advocate can provide legal information, referrals to legal resources, help with paperwork completion, and court accompaniment (subject to demand).

Referral Process: Survivors self-refer by calling (206) 447-9947.

Cost: We do not charge any fee to clients to access our services.

Culturally Informed Service Provision: This is something we are always working on by a process of continual learning/staff training. Note we currently have two Spanish speaking advocates on our team.

Covid-19 Accommodations: We are offering services in person and virtually at this time.

CONTACT:

Phone: (206) 447-9947

Website:

https://seattle.salvationarmy.org/seattle_services/domestic-violence-programs-and-shelters

Email:

DVCAP@usw.salvationarmy.org

Office: 1101 Pike St.
Seattle, WA 98101



DOING
THE MOST
GOOD®

SEA MAR COMMUNITY HEALTH



Service Population: Sea Mar Community Health Centers is a community-based organization committed to providing quality, comprehensive health, human, housing, educational, and cultural services to diverse communities, specializing in service to Latinos.

Services: Services in the Seattle Adolescent Medical Clinic include: gynecology, family planning services/reproductive health, sexual health, eating disorders, weight management, gender care, school difficulties, mental health, 24-hour nurse advice line, chronic disease prevention and management, nutrition services, information and resource navigation, insurance guidance and support.

Referral Process: Please call us at 206-658-2175. You can also fill out the Contact Us form on our website at www.seamar.org/contact-us.html

Cost: Sea Mar has customer service representatives in each of its medical facilities to help patients find out if they are eligible for certain public benefits programs. You can call us at 1-855-289-4503 for more information.

Culturally Informed Service Provision: Sea Mar, as an organization founded on the principles of advocacy and social justice, wants to reaffirm our mission of providing community-based healthcare, valuing and respecting all persons, cultures, and socio-economic backgrounds. Sea Mar places top priority on advocacy and will continue to be a strong voice for communities of color, working at the local and national levels to demand social justice for all.

Covid-19 Accommodations: Telehealth visits now available for medical, behavioral health, and dental services. Patients can see their provider or clinician safely in the comfort of their home by telephone or Zoom. All visitors are screened for COVID-19 symptoms before entering the clinic. Please wear a mask when visiting the clinic, if you can.

CONTACT:

Phone: 206-658-2175

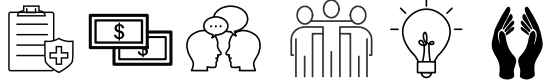
Website:
www.seamar.org

Email:
seamaripa@seamarchc.org

Administrative Office:
1040 S. Henderson St.
Seattle, WA 98108



SEATTLE COUNSELING SERVICES FOR SEXUAL MINORITIES



Service Population: We serve LGBTQ+ clients that are 18 and older.

Services: We help individuals and adult families with everything from single episode to mild to severe persistent mental illnesses. We are fully licensed and certified by the Washington State Department of Alcohol and Substance Abuse. All treatment sessions are completely confidential and are provided by licensed chemical dependency counselors and supervised Chemical Dependency Professional Trainees. All counselors have experience and training in working with LGBTQ clients.

Referral Process: At this time, in order to meet the needs of our current clients, we are not accepting any new applications for services. To get on a waitlist for when we are able to begin taking clients again, please fill out the form at <https://seattlecounseling.org/mental-health-services/> and we will reach out as soon as we are able. Please note, this may be a 30-day or more wait.

Cost: Payment of fees, co-pays, and co-insurance are expected at the time of service. If you qualify as low-income and do not have Medicaid or insurance coverage, discounts are available using our sliding scale to help you with costs. Unfortunately, even at the bottom of our sliding scale services are not completely free. Our agency has limited additional grant funds which are subject to availability and qualifying criteria.

Culturally Informed Service Provision: All staff members have training and experience in providing culturally competent services to LGBTQ clients.

Covid-19 Accommodations: Currently, most of our services are still delivered remotely via telehealth. In the event you do not have a phone or computer access, please call or check-in with reception; we can provide a private space in the clinic to connect with your provider. If you are in crisis after 5pm, please call crisis connections at 206-461-3222.

CONTACT:

Phone: 206-323-1768

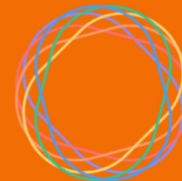
Website:

www.seattlecounseling.org

Email:

info@seattlecounseling.org

Office: 2033 6th Ave, 4th
Floor
Seattle, WA 98121



SEATTLE
COUNSELING
SERVICE

SEATTLE INDIAN HEALTH BOARD DOMESTIC VIOLENCE PROGRAM



Service Population: Seattle Indian Health Board is a community health center that provides health and human services to its patients, while specializing in the care of Native people. We are recognized as a leader in the promotion of health improvement for urban American Indians and Alaska Natives, locally and nationally.

Services: Our gender-based violence (GBV) programming provides confidential services to individuals who are currently fleeing from abusers and those who are survivors of domestic or gender-based violence and are recovering from immense traumas. We offer a range of services from housing relocations and legal advocacy to flexible financial assistance and support groups.

Referral Process: To be eligible for services, you must live or work in Seattle OR be enrolled in a Seattle school OR receive services from a Seattle-based GBV services organization OR be involved in a Seattle Police investigation. Our main line is 206-324-9360, and the number for our scheduling and new patient enrollment department is 206-324-9360 (ext. 2511). You can also reach us by email at GBVadvocates@sihb.org.

Cost: Our highest priority is to provide you with culturally appropriate, high quality, and accessible health and human services - regardless of your ability to pay. For this reason, SIHB offers Sliding Fee Scale (SFS) discounts for a variety of services. You will not be denied services if you are unable to pay.

Culturally Informed Service Provision: Guided by our traditional beliefs and practices, SIHB has a unique approach to healthcare, based in indigenous knowledge. This allows us to approach medicine through a holistic system of care, which, for thousands of years, ensured that the mind, body, and spirit were cared for equally.

Covid-19 Accommodations: SIHB is encouraging anyone experiencing symptoms or those who think they have been exposed to COVID-19 to call us first before visiting our clinic. Many of our services are now available over the phone.

CONTACT:

Phone: 206-324-9360

Website: www.sihb.org

Email: info@sihb.org

Office:

611 12th Avenue South
Seattle, WA 98144



SOMALI FAMILY SAFETY TASK FORCE



Service Population: The Somali Family Safety Task Force primarily serves the East African community. We also serve some West African clients. While these communities act as the bulk of our clients, we have also served clients of many ethnicities and languages, including clients of Middle Eastern descent.

Services: Our primary services are advocacy, referrals, and counseling services. We run different projects to enhance community health and wellbeing, but can also respond to one-on-one client needs. We are not DV specific, though we have experience serving victims of violence, particularly victims of sex trafficking, and are thus well versed in those needs and conversations. We are not a specifically child/youth-centered organization, but we have experience serving clients as young as 14. We often serve families.

Referral Process: Please call us at 206-659-4755. We can also be reached at info@sfstf.org.

Cost: There is no cost associated.

Culturally Informed Service Provision: The Somali Family Safety Task Force is dedicated to providing culturally sensitive services. We are easily accessible language-wise as well, particularly for Somali speaking clients. We are also excited and willing to serve clients who speak a variety of languages, including Arabic, French, Urdu, and other East African languages.

Covid-19 Accommodations: Our COVID-19 resources are available on our website at www.somalifamilysafetytaskforce.org/covid-19-resources/.

CONTACT:

Phone: 206-659-4755

Website:

www.somalifamilysafetytaskforce.org

Email: info@sfstf.org

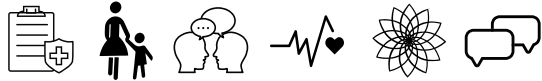
Office:

7054 32nd Ave S

Seattle, WA 98118



SOUND MENTAL HEALTH



Service Population: Whether in the community, home, or school, Sound is dedicated to helping children and youth with the following issues: mental health, intellectual or developmental disabilities, and addiction.

Services: Our offerings include school-based services, individual counseling, addiction treatment programs, and much more, all designed to reintegrate the family and get kids back on track to becoming healthy and productive adults. Studies show that the strongest risk factor for passing violent behavior from one generation to the next is witnessing domestic violence in the home. Through innovative approaches, Sound offers programs to break that cycle by delivering confidential and safe mental health and trauma services to survivors.

Referral Process: For information about all of our client services, please call 206-302-2300 or email admissions@sound.health.

Cost: We accept Medicare, Medicaid, Apple Health, and most commercial health plans.

Culturally Informed Service Provision: Sound is an Anti-Racist organization that serves our clients, team members, partners, and the community. We take an active and ardent role in addressing historical and ongoing issues related to diversity, equity, inclusion, and social justice.

Covid-19 Accommodations: Though we have been providing services to the community throughout the COVID-19 crisis through our Sound Urgent Care model and telehealth services, we are now transitioning to a phased reopening organization-wide that will include extending office hours for onsite visits and telehealth services. Sound is now open for in-person, safely distanced appointments, as well as telehealth.

CONTACT:

Phone: 206-302-2300

Website:
www.sound.health

Email:
admissions@sound.health

Office locations include:
Capitol Hill North,
Broadway/First Hill,
Capitol Hill - Olive
Street, Belltown,
Wallingford, Auburn,
Tukwila, Northgate,
Lake City, Eastside,
Bellevue, and
Snoqualmie



SOUTHEAST YOUTH AND FAMILY SERVICES



Service Population: Our mission is to assist children, youth, and families in achieving safe, self-sufficient, and stable lives. Founded in 1974, we have provided comprehensive early learning and mental health services that are based on the needs and strengths of the people who turn to us for help.

Services: We provide the following services: proactive community outreach to identify youth and families in need, early learning support for children, parents, and childcare providers, mental health services for youth, adults, couples, and families, counseling tailored to immigrants and refugees, and social and life skill building classes. We are part of an international network of locally-run ParentChild+ early learning service providers that offer a proven and effective school readiness program to families.

Referral Process: We can be contacted at 206-721-5542 and on our website at www.seyfs.org/home/contact/.

Cost: Early learning home visits are free. The fees for mental health services vary based on provider and type of insurance. If you would like to use your insurance, we will submit claims on your behalf to your insurance company. We are in-network with First Choice Health, LifeWise, and Premera. Other options: Medicaid, private pay, reduced pay, reduced fees to those in need, free services available to some adolescents and young adults in Seattle.

Culturally Informed Service Provision: Our therapists are trained mental health counselors and clinical social workers who use a developmentally appropriate approach that meets clients where they are and builds on their strengths. Our therapist team is representative of the diverse community we serve.

Covid-19 Accommodations: All appointments are happening by phone or online to slow the spread of COVID-19 and keep our community safe.

CONTACT:

Phone: 206-721-5542

Website: www.seyfs.org

Email:
www.seyfs.org/home/contact/

Office:
3722 S. Hudson Street
Seattle, WA 98118

SOUTHEAST
YOUTH & FAMILY SERVICES

SOUTHWEST YOUTH AND FAMILY SERVICES



Service Population: SWYFS serves children, youth, and families by providing behavioral health, education, family advocacy, and youth development.

Services: We are currently enrolling youth ages 5-24, but are open to adjusting that age range on a case-by-case basis and will take family services into consideration. Youth can access a wide range of services including child, youth and family counseling; youth case management and behavioral modification classes; high school re-entry and young parent GED programs; family advocates; and parenting classes. We also have a wide variety of classes and programs available in languages other than English. Family Advocacy Support, Family Management Services, and Systems Navigation are all services that are available at the Delridge Family Resource Center as well as at all of our New Futures sites. The Family Resource Center has advocates assist with a number of issues encountered by youth and families, such as housing issues, young parent challenges, and concerns for LGBTQA+ individuals, among others. SWYFS additionally has credit retrieval program for High School diploma and a GED program for young adults.

Referral Process: To connect with our counseling department, fill out the referral form on our website: www.swyfs.org https://swyfs.formstack.com/forms/request_for_counseling.

Cost: In counseling, we see youth with Managed Care/Medicaid (MC) that covers the Behavioral Health portion of healthcare. However, we do have a few grants for those without MC. Our City of Seattle grant covers youth ages 9-19 in Seattle Public Schools or living in the city limits. We are not currently taking private insurance.

Culturally Informed Service Provision: SWYFS engages in racial equality trainings by outside facilitators. The Counseling department is required to do several trainings on racial/cultural awareness and humility.

Covid-19 Accommodations: SWYFS is currently physically closed and we are conducting services via phone and telehealth.

CONTACT:

Phone: 206-937-7680

Website: www.swyfs.org

Email: info@swyfs.org

Office:

4555 Delridge Way SW
Seattle, WA 98106



THERAPEUTIC HEALTH SERVICES



Service Population: Therapeutic Health Services (THS) operates on the belief that chemical dependency and mental illness are chronic, progressive diseases that respond to appropriate intervention, treatment, and prevention. By effectively employing all three, individuals and families are better able to lead healthy and productive lives in their communities.

Services: We offer youth and family services including Substance Use, Mental Health, Integrated Cognitive Therapies Program (ICTP), School-Based Programs and Services, WISE Services, and Youth and Family Homelessness.

Referral Process: You can contact our office at 1-833-278-4357 or through our website.

Cost: We do our best to accept different insurance plans, so you don't need to worry about how you'll pay for care. We accept Apple Health

and Medicaid for all services at THS. These include Managed Care Organizations who provide coverage, including Molina Healthcare, United Healthcare, Amerigroup, Coordinated Care, and Community Health Plan of WA. If you don't have health insurance but you think you qualify for Apple Health/Medicaid, call 1-800-562-3022 to be connected to someone who can help you enroll.

Culturally Informed Service Provision: Our youth mental health and substance use disorder team members are experienced, caring, compassionate and credible messengers who, in many cases, have faced the same challenges as the youth they support. THS has a proven track record working with the diversity of youth and their families that make up our community.

Covid-19 Accommodations: All THS branches are open. Group counseling sessions are on hold. You must wear a face covering while inside the building. Counselors will be making weekly check-in calls to you via the phone number we have listed on file.

CONTACT:

Phone: 1-833-278-4357

Website:

www.ths-wa.org

Office locations include:

Kent, Rainier, Seneca,
Shoreline,
Snohomish/Everett,
Summit, and Seattle



VALLEY CITIES BEHAVIORAL HEALTH CARE



Service Population: Established by community members of South King County in 1965 and a United Way agency since 1967, Valley Cities has provided behavioral health care services for over 50-years to people of all ages.

Services: We offer licensed mental health counseling and substance use disorder treatment for all ages; homeless outreach services and housing programs; and specialized services that deliver counseling and family support to veterans and their families.

Referral Process: To access services, please call our main line at 253-833-7444 or walk into the office during our intake hours of 8:30am to 2:00pm Monday - Friday.

Cost: You must have insurance to access services. Medicaid and most insurance plans are accepted.

Culturally Informed Service Provision: Valley Cities works to be aware of the multiple identity factors of their clients, including gender and sexual identity. We have some clinicians that speak other languages. We also offer interpreters.

Covid-19 Accommodations: Valley Cities has and will continue operation of all locations. We all continue to implement best practice guidelines recommended by CDC and King County Public Health in protecting ourselves and our clients. All staff, clients, and visitors are required to wear face coverings. If a client is unable to access care through telehealth or telephonically, or if a client prefers in-person care, it is still available at all sites. We have maximized telehealth capacity, aligned available resources/funds to provide system level support and build telehealth capacity.

CONTACT:

Phone: 253-833-7444

Website:

www.valleycities.org

Office locations include:

Auburn, Enumclaw,
Federal Way, Kent,
Seattle, Des Moines,
Rainier Beach - Seattle,
Pike Place - Seattle,
Bitter Lake - Seattle,
Renton, and Lakewood



Valley
Cities

WELLSPRING COUNSELING AND FAMILY SERVICES



Service Population: Wellspring Family Services is a nonprofit, multi-service agency serving low-income and vulnerable individuals, children, and families in Seattle and King County. For more than 125-years, Wellspring has been a source of opportunity for children and families to build their resilience, triumph over trauma, and reach their full potential.

Services: Wellspring's Early Learning Center (ELC) is the only program in Seattle committed to exclusively serving the needs of children, ages one through five, who are experiencing the traumatic effects of homelessness. Our Early Learning Center provides a safe place for children in crisis to develop the social, emotional, and developmental skills needed to overcome trauma and prepare for lifelong learning. Our Parent-Child Services program provides therapeutic services that foster positive attachments between caregivers and their children to improve parenting skills. We offer counseling services based on emotional well-being, work-life balance, and family and child relationships.

Referral Process: To be connected to counseling services or to make an appointment, please call 206-524-9055.

Cost: We offer daytime and evening appointments when available and our services are covered by Premera, Regence, Aetna, First Choice, Kaiser, LifeSynch, Lifewise, Bridgespan, and other insurances.

Culturally Informed Service Provision: We foster innovative ways to meet emerging needs in the community and focus on the root causes of problems to give families the permanent solutions they need to build healthy relationships and stable lives.

Covid-19 Accommodations: Most of our services are operating remotely. Our housing services are fully operational with a majority of our housing staff working remotely. Our Early Learning Center will be evaluated on a week-by-week basis for reopening.

CONTACT:

Main Office:
206-826-0711

Scheduling:
206-524-9055

Website:
www.wellspringfs.org

Office:
1900 Rainier Avenue S.
Seattle, WA 98144



YOUTH EASTSIDE SERVICES



Service Population: Youth Eastside Services (YES) is the leading behavioral health services provider in East King County for children and youth, from birth to age 22, and their families.

Services: We provide evidence-based mental health counseling, substance use with co-occurring disorder counseling and treatment, early childhood behavioral health services, psychiatric services, school-based services, and education and prevention programs.

Referral Process: To schedule an intake assessment, please call us at 425-747-4937. We offer walk-in intake assessments at our Bellevue location on Mondays from 1:00 - 4:00 pm.

Cost: YES offers a variety of payment options for treatment. We accept most insurance plans, Medicaid, and medical coupons. For those without insurance, YES also provides a sliding scale fee and financial assistance depending on income. When you call to set up an appointment, we can discuss your options with you. No family is turned away because of an inability to pay.

Culturally Informed Service Provision: We have a diversity of racial backgrounds in our counseling staff, as well as a diversity of languages spoken. Therapists are fluent in Spanish, Mandarin, Hindi, and Korean. Translation and interpretation services are always available. A client's request to be seen by a counselor of a specific identity is always heard.

Covid-19 Accommodations: We are currently accepting new clients who are able to participate in either virtual Telehealth services or in-person services. Virtual services include intake assessments, individual and family counseling services, substance use counseling and treatment, psychiatric services, school-based drop-in services, group support programs, and more.

CONTACT:

Phone: 425-747-4937

Website:

www.youtheastideservices.org

Office:

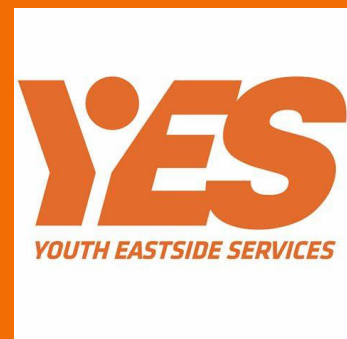
Main Office - Bellevue
999 164th Ave NE
Bellevue, WA 98008

Kirkland

11829 97th Ave NE
Kirkland, WA 98034

Redmond

15600 Redmond Way
#102
Redmond, WA 98052



YWCA DOWNTOWN SEATTLE SHELTER (ANGELINE'S DAY CENTER FOR WOMEN)



Service Population: Angeline's Day Center provides safety and support to women experiencing homelessness. More than 200 women each day access Angeline's drop-in services, which includes meals, laundry, showers, lockers and connections to community resources.

Services: Advocates at Angeline's are ready to talk to women about their needs, help with tasks like getting an ID or completing SSI or DSHS paperwork, and connect them to other resources and services for housing, employment, and stability. Case management and overnight shelter are provided to women enrolled in Angeline's Enhanced Night program, which helps participants transition into permanent housing. Rapid Rehousing for single adults is another program to help participants cover costs with permanent housing.

Referral Process: For drop-in services, we are located at 2030 3rd Avenue, Seattle, WA 98121. Our front desk can be reached at 206-436-8650.

Cost: No cost associated.

Culturally Informed Service Provision: The Race and Social Justice Initiative (RSJI), is YWCA's expression of its commitment to eliminate racial disparities, raise up the voices and experiences of women, and achieve racial equity and social justice internally and externally.

Covid-19 Accommodations: Our regional centers in Seattle, Renton, and Everett remained open, with limitations around on-site staff, visitors, and volunteers. We continue to serve women experiencing homelessness at Angeline's Day Center seven days a week, with reduced capacity. We've connected residents in YWCA's 900+ housing units with food and resources so they can care for their families and shelter safely.

CONTACT:

Phone: 206-436-8650

Website:

www.ywcaworks.org/programs/angelines-day-center

Office:

Angeline's Day Center
2030 3rd Avenue
Seattle, WA 98121

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YWCA - EAST CHERRY (PHILLIS WHEATLEY BRANCH)



Service Population: Founded in 1919, YWCA's Phillis Wheatley Branch houses administrative offices and a variety of programs, including a food bank, housing, and domestic violence support.

Services: Programs at this location include Central Family Emergency Housing (specializes in providing culturally appropriate services to homeless families of color, including emergency housing at two enhanced shelters, and other shelter and transitional units throughout the City of Seattle), Central Area Food Bank (distributes free food and groceries weekly to residents in YWCA emergency shelter and transitional housing, as well as low-income families from the community), and Young Parent Program (intensive housing and employment case management services, including GED tutoring and parenting classes, for young parents experiencing homelessness who currently reside in YWCA emergency shelter and time-limited housing).

Referral Process: Our office line is 206-568-7845.

Cost: There is no cost associated with services.

Culturally Informed Service Provision: The Race and Social Justice Initiative (RSJI), is YWCA's expression of its commitment to eliminate racial disparities, raise up the voices and experiences of women, and achieve racial equity and social justice internally and externally.

Covid-19 Accommodations: Since the start of the pandemic, YWCA has been meeting the critical needs of women and families in the community. COVID-19 forced us to respond and adapt quickly, and find ways to deliver socially distant services at 20+ locations across King and Snohomish counties. Our regional centers in Seattle, Renton, and Everett remain open, with limitations. We've connected residents in YWCA's 900+ housing units with food and resources so they can care for their families and shelter safely.

CONTACT:

Phone: 206-568-7845

Website:

www.ywcaworks.org/locations/phillis-wheatley-branch

Office:

2820 E. Cherry Street
Seattle, WA 98122

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YWCA OF SOUTH KING COUNTY



Service Population: Located in downtown Renton, this center serves as a hub for South King County programs. There is a career center, counseling services, and a community meeting space available.

Services: Our Homeless Employment Program provides people experiencing homelessness or people who are at risk of homelessness with a full range of individualized employment and support services needed to achieve self-sufficiency and stable housing. Our RISE program (Resources to Initiate Successful Employment) is an employment and job training program to assist recipients of Basic Food benefits with securing work and becoming self-sufficient. Our Family Homelessness Prevention Program provides supportive services to help families facing homelessness overcome multiple barriers, regain stability, and maintain their current housing. Our Housing Stability Project of King County is a program designed to help families and individuals who are in a short-term crisis that has been resolved or is close to a resolution but has left the household financially challenged.

Referral Process: We are located at 1010 S. Second Street, Renton, WA 98057. Our front desk can be reached at 425-264-1400.

Cost: There is no cost associated.

Culturally Informed Service Provision: Beginning in 2009, YWCA began the challenge of deepening the integration of racial equity and social justice in every aspect of its work. The Race and Social Justice Initiative keeps the agency focused on the manner, process, and actions by which it will achieve its mission.

Covid-19 Accommodations: COVID-19 forced us to respond and adapt quickly, and find ways to deliver socially distant services at 20+ locations across King and Snohomish counties. Our regional centers in Seattle, Renton, and Everett remained open, with limitations around staff, visitors, and volunteers.

CONTACT:

Phone: 425-264-1400

Website:

www.ywcaworks.org/locations/renton-regional-center

Office:

1010 S Second Street
Renton, WA 98057

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THANK YOU!

We hope this resource guide has been helpful for you and your family. If you still need additional assistance, please feel free to call Crisis Connections at 2-1-1.



WASHINGTON STATE PROTECTION ORDER RESOURCES

Sponsored by the office of the King County Prosecuting Attorney



Children's Justice Center
of King County

