



# Community Resource Survival Guide to Today's Uncertain Economic Climate.

With the whirlwind of uncertainty all around us, we want to be sure that you are well aware of the vast array of community resources and services that are available to ease the burden. As always, Jewish Family Service is a "first responder" in meeting the most pressing and emerging needs of family, friends and neighbors here at home. It was that way in 1892; it's that way today; it will be that way for generations to come.

## JFS RESPONSE TEAM

- **Aging Adults:** Specialists can help you navigate the complex system of long-term care, resources and medical benefits, including Medicare and Medicaid. Call (206) 861-3152 or e-mail [contactus@jfsseattle.org](mailto:contactus@jfsseattle.org)
- **Alternatives to Addiction:** Culturally sensitive, confidential, supportive assistance and counseling for those struggling with the disease of addiction. Call (206) 861-8782 or e-mail [dburnett@jfsseattle.org](mailto:dburnett@jfsseattle.org)
- **Crisis Counseling & Parenting Support:** Professional therapists who understand the dynamics of life transitions and crises within a cultural context. Call (206) 861-3152 or e-mail [contactus@jfsseattle.org](mailto:contactus@jfsseattle.org)
- **Domestic Violence:** (Project DVORA: *Domestic Violence Outreach, Response & Advocacy*) For adults experiencing intimate partner abuse or children who have witnessed domestic violence. Call (206) 461-3240 or e-mail [contactus@jfsseattle.org](mailto:contactus@jfsseattle.org)
- **Emergency Financial Assistance:** For such things as transportation, medical needs, past due utility bills or avoiding eviction. Screening is required. Call (206) 861-3176 or e-mail [emergency@jfsseattle.org](mailto:emergency@jfsseattle.org)
- **Emergency Housing Vouchers:** To fund housing up to one week at a local shelter. Screening is required. Call (206) 861-3176 or e-mail [emergency@jfsseattle.org](mailto:emergency@jfsseattle.org)
- **Food Bank:** Serves people of all backgrounds living in zip codes 98101, 98112, 98121 and 98122, in addition to Jewish people throughout the Greater Seattle area (both walk-ins and home delivery clients). Call (206) 861-3174 or e-mail [emergency@jfsseattle.org](mailto:emergency@jfsseattle.org)
- **Holocaust Survivors:** Social services for Nazi victims are supported by a grant from the Conference on Jewish Material Claims Against Germany. Call (206) 861-3152 or e-mail [aging@jfsseattle.org](mailto:aging@jfsseattle.org)
- **Refugees & Immigrants:** Specially trained case managers assist with emergency finances and employment services for people from cultures world-wide. Call the Refugee & Immigrant Service Center in Bellevue (425) 643-2221 or Kent (253) 850-4065

## 24-HOUR RESOURCES

- **9-1-1 (Critical Emergency & Medical Assistance)**
- **Crisis Clinic:** 1-866-427-4747, (206) 461-3222, (206) 461-3219 (TTY/TDD) or [www.crisisclinic.org](http://www.crisisclinic.org)
- **24-Hour Drug & Alcohol Helpline:** 1-866-644-3663
- **King County Sexual Assault Resource Center:** 1-888-998-6423

## DOMESTIC VIOLENCE 24-HOUR HELPLINES

- **Washington State Domestic Violence Hotline:** 1-800-562-6025
- **Domestic Abuse Women's Network (DAWN):** (206) 622-1881
- **Eastside Domestic Violence Program (EDVP):** 1-800-827-8840
- **New Beginnings:** (206) 522-9472

## AFTER HOUR EMERGENCY RESOURCES

- **County Designated Mental Health Professional:** On-Call (206) 263-9200 weekdays or (206) 461-3222
- **Suicide Hotline:** 1-800-784-2433, 1-800-273-8255 or 1-800-799-8255 (TTY)
- **Teen Link:** (206) 461-4922, 1-866-TEENLINK (8336-5465, (206) 461-3219 (TTY/TDD) or [www.866teenlink.org](http://www.866teenlink.org)

## AFTER HOUR FOOD RESOURCES

- (In addition to JFS Food Bank)
- **Community Information Line:** (206) 461-3200
  - **Food Help Information:** 1-877-644-3663 or [www.foodhelp.wa.gov/](http://www.foodhelp.wa.gov/)
  - **Northwest Harvest:** (206) 625-0755
  - **Solid Ground – Food Resources:** (206) 694-6756

## EMPLOYMENT RESOURCES

- **AARP Foundation WorkSearch:** (206) 624-6698 or [www.aarpworksearch.org](http://www.aarpworksearch.org)
- **Greater Seattle Jewish Business Network LinkedIn Group:** [www.linkedin.com](http://www.linkedin.com)
- **Mayor's Office for Senior Citizens:** Age 55+ Employment Resource Center (206) 684-0500, e-mail [seniors@seattle.gov](mailto:seniors@seattle.gov) or [www.seattle.gov/humanservices/seniorsdisabled/mosc/employment.htm](http://www.seattle.gov/humanservices/seniorsdisabled/mosc/employment.htm)
- **Washington State Employment Security:** Including information about unemployment. To file a claim: 1-800-318-6022; Administration: (360) 902-9500 or [www.esd.wa.gov/index.php](http://www.esd.wa.gov/index.php)

## HOUSING ASSISTANCE

- **Aptfinder.org:** (253) 383-3861 or <http://www.aptfinder.org>
- **City of Seattle Housing Ownership Program:** (206) 684-0721 or [www.seattle.gov/housing/buying/foreclosureprevention.htm](http://www.seattle.gov/housing/buying/foreclosureprevention.htm)
- **King County Committee to End Homelessness:** (206) 263-9085 or [www.cehkc.org](http://www.cehkc.org)
- **King County Housing Authority:** [www.kcha.org](http://www.kcha.org)
- **LIHI - Low Income Housing Institute:** (206) 443-9935 or [www.lihi.org](http://www.lihi.org)
- **Washington State Foreclosure Help Hotline:** 1-877-894-4663 or [www.dfi.wa.gov/consumers/homeownership/foreclosure\\_help.htm](http://www.dfi.wa.gov/consumers/homeownership/foreclosure_help.htm)

## PARENTING

- **Child Care Resources of King County:** 1-800-446-1114 or <http://childcare.org>
- **Parent Trust - Support & Resources:** (206) 233-0156 or [www.parenttrust.org/for-families/](http://www.parenttrust.org/for-families/)

## OTHER COMMUNITY RESOURCES & INFORMATION

- **King County 2-1-1:** Resources for health care, childcare, job training, education, recreation, retirement, disability and social services. 2-1-1, (206) 461-3200, 1-800-621-4636 or [www.211kingcounty.org](http://www.211kingcounty.org)
- **Bastyr Center for Natural Health:** (206) 834-4100 or [www.bastyrcenter.org/](http://www.bastyrcenter.org/)
- **Senior Services:** A non-profit serving older adults and caregivers in King County. (206) 448-5757 or [www.seniorservices.org](http://www.seniorservices.org)
- **Washington Connection:** Financial, medical/dental and other critical services including food. 1-877-644-3663 or [www.washingtonconnection.org](http://www.washingtonconnection.org)

- **Washington Recovery Helpline:** 24 Hours 1-866-789-1511 or [www.warecoveryhelpline.org/](http://www.warecoveryhelpline.org/)
- **Washington State Health Insurance Benefits Advisor (SHIBA):** 1-800-562-6900 or [SHIBAhelpline@oic.wa.gov](mailto:SHIBAhelpline@oic.wa.gov)

## CULTURALLY SENSITIVE

- **Association of Jewish Family & Children's Agencies:** The AJFCA directory links you to over 140 social and human service organizations. 1-800-634-7346 or [www.ajfca.org/dir.html](http://www.ajfca.org/dir.html)
- **Hebrew Free Loan Association:** Helps with temporary loans for personal, short-term or emergency needs. (206) 722-1936 or [hflaseattle@yahoo.com](mailto:hflaseattle@yahoo.com)
- **Jewish Spiritual Resources for the Economic Crisis:** [www.jcprograms.org/randm.php](http://www.jcprograms.org/randm.php)

## RESOURCEFUL ARTICLES

- "Coping With Stress in Hard Times" [www.anxietyandstress.com/copingwithstress.html](http://www.anxietyandstress.com/copingwithstress.html)
- "Managing Your Stress in Tough Economic Times" [www.apahelpcenter.org/articles/article.php?id=171](http://www.apahelpcenter.org/articles/article.php?id=171)
- "Tips for Reducing Stress in Your Life" [www.swedish.org/15287.cfm](http://www.swedish.org/15287.cfm)
- "Dollars & Sense: Talking to Your Children About the Economy" [www.apahelpcenter.org/articles/article.php?id=185](http://www.apahelpcenter.org/articles/article.php?id=185)
- **Resilience Guide For Parents & Teachers** [www.apahelpcenter.org/dl/resilience\\_guide-for\\_parents\\_and\\_teachers.pdf](http://www.apahelpcenter.org/dl/resilience_guide-for_parents_and_teachers.pdf)
- "Tough Times for Retirees" [bulletin.aarp.org/yourmoney/retirement/articles/tough\\_times\\_for\\_retirees.html](http://bulletin.aarp.org/yourmoney/retirement/articles/tough_times_for_retirees.html)

See our website for listings of "Resource Workshops" and other special programs in response to today's uncertain economic climate.

**Note:** This Guide is not comprehensive, but a place from which those in need can begin to find help.



JEWISH FAMILY SERVICE

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Seattle, Washington  
(206) 461-3240  
[www.jfsseattle.org](http://www.jfsseattle.org)



Claims Conference  
The Conference on Jewish Material Claims Against Germany



Jewish Federation  
OF GREATER SEATTLE

