



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
- **Alternatives to Addiction:** Culturally sensitive, confidential, supportive assistance to those struggling with the disease of addiction.
Call (206) 861-8782 or e-mail emruff@jfsseattle.org
- **Crisis Counseling:** 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
Also: **On-Line Screening for Depression** at www.jfsseattle.org/cscreening.html
- **Domestic Violence:** (Project DVORA: **Domestic Violence Outreach, Response & Advocacy**) For adults and children experiencing emotional or sexual abuse, isolation or physical violence and in need of help.
Call (206) 461-3240 or e-mail contactus@jfsseattle.org
- **Emergency Financial Assistance:** For such things as transportation, medical needs, past due utility bills, avoiding eviction or school clothing. Screening is required.
Call (206) 861-3176 or e-mail emergency@jfsseattle.org
- **Emergency Housing Vouchers:** To fund housing up to one week at a local shelter, low-cost hotel or motel. Screening is required.
Call (206) 861-3176 or e-mail 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
- **Holocaust Survivors:** Services supported by the Int'l Conference on Jewish Material Claims Against Germany, Inc., provided without charge to qualified survivors, include emergency financial assistance to assist with home care, housing, health care and other emergencies.
Call (206) 861-3152 or e-mail contactus@jfsseattle.org

Loans for Jewish Clients:

Loans for personal emergencies. Screening is required as is a Jewish co-signer for loans over \$500.
Call (206) 861-3176 or e-mail emergency@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

• **Metro Bus Tickets:** JFS provides a limited number of Metro bus tickets at significantly reduced rates.
Call (206) 861-3176 or e-mail emergency@jfsseattle.org

24-HOUR RESOURCES

- **9-1-1 (Critical Emergency & Medical Assistance)**
- **Crisis Clinic:** 1-866-427-4747, (206) 461-3222 or (206) 461-3219 (TTY/TDD)
- **24-Hour Drug & Alcohol Helpline:** (206) 722-3700
- **Washington State Health Insurance Benefits Advisor (SHIBA):** 1-800-562-6900
- **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
- **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) or (206) 461-3219 (TTY/TDD)

AFTER HOUR FOOD RESOURCES

(In addition to JFS Food Bank)

- **Community Information Line:** (206) 461-3200
- **Food Stamp Information:** 1-877-644-3663
- **Northwest Harvest:** (206) 625-0755
- **Solid Ground – Food Resources:** (206) 694-6756

EMPLOYMENT RESOURCES

- **AARP Foundation WorkSearch:** (206) 624-6698 or <http://www.aarpworksearch.org>
- **Greater Seattle Jewish Business Network Group:** If you are looking for a job or want to change your job. Contact Ben Meyerhoff at (206) 406-2904 or bmeyerhoff1@msn.com
- **Mayor's Office for Senior Citizens:** Age 55+ Employment Resource Center (206) 684-0500, e-mail seniors@seattle.gov or <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 <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 <http://www.seattle.gov/housing/buying/foreclosureprevention.htm>
- **King County Committee to End Homelessness:** (206) 263-9085 or <http://www.cehkc.org>
- **King County Housing Authority:** <http://www.kcha.org>
- **LIHI - Low Income Housing Institute:** (206) 443-9935 or <http://www.lihi.org>
- **Washington State Foreclosure Help Hotline:** 1-877-894-4663 or 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 <http://www.parenttrust.org/for-families/>

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.

OTHER COMMUNITY RESOURCES & INFORMATION

- **King County 2-1-1:** Provides information and resources for services such as health care, childcare, job training, education, recreation, retirement, disability and social services. Non-profit, public health and human service programs are included, as well as a few for-profit organizations.
2-1-1 (land line), (206) 461-3200 or 1-800-621-4636
<http://www.211kingcounty.org>
- **Bastyr Center for Natural Health:** A leading authority in natural medicine.
(206) 834-4100 or <http://bastyrcenter.org/>
- **Senior Services:** A non-profit serving older adults and caregivers in King County.
(206) 448-5757 or <http://www.seniorservices.org>

CULTURALLY SENSITIVE

- **Association of Jewish Family & Children's Agencies:** A vital force in Jewish life throughout North America, the AJFCA directory links you to over 140 Jewish Family & Children's social and human service organizations.
1-800-634-7346 or <http://www.ajfca.org/dir.html>
- **Jewish Spiritual Resources for the Economic Crisis:** Quotes, prayers and other culturally sensitive materials to help get through difficult times.
<http://www.jcprograms.org/randm.php>

RESOURCEFUL ARTICLES

- "Coping With Stress in Hard Times"
<http://www.anxietyandstress.com/copingwithstress.html>
- "Managing Your Stress in Tough Economic Times"
<http://www.apahelpcenter.org/articles/article.php?id=171>
- "Tips for Reducing Stress in Your Life"
<http://www.swedish.org/15287.cfm>
- "Dollars & Sense: Talking to Your Children About the Economy"
<http://www.apahelpcenter.org/articles/article.php?id=185>
- **Resilience Guide For Parents & Teachers**
http://www.apahelpcenter.org/dl/resilience_guide-for_parents_and_teachers.pdf
- "Tough Times for Retirees"
http://bulletin.aarp.org/yourmoney/retirement/articles/tough_times_for_retirees.html



JEWISH FAMILY SERVICE

1601 16th Avenue
Seattle, Washington
(206) 461-3240
www.jfsseattle.org