We are here for you.
These are challenging times, but you are not alone.

**Polack Food Bank**
Home delivery, pre-packed bags, essential toiletries and healthy food.
[fb@jfsseattle.org](mailto:fb@jfsseattle.org)  
(206) 461-3240

**Refugees & Immigrants**
Economic, social and civic integration and employment support for newcomers.
[ris@jfsseattle.org](mailto:ris@jfsseattle.org)  
(206) 461-3240

**Supportive Living Services**
Skilled, compassionate and inclusive services for people with cognitive disabilities.
[sls@jfsseattle.org](mailto:sls@jfsseattle.org)  
(206) 461-3240

**Volunteer & Learning Opportunities**
Volunteer to make a difference. Learn about social issues and Jewish values.
[volunteer@jfsseattle.org](mailto:volunteer@jfsseattle.org)  
(206) 461-3240

**Financial Assistance**
Financial assistance including rent and utility help.
[jfsseattle.org/assistance](http://jfsseattle.org/assistance)  
(206) 861-8796

**Older Adult Services**
Care management, family caregiver support, information and referral in English and Russian.
[oas@jfsseattle.org](mailto:oas@jfsseattle.org)  
(206) 861-3164

**Domestic Violence**
Safety planning; emotional support; social connection; psycho-education; assistance navigating DV-related goals, including housing and legal support.
[dvora@jfsseattle.org](mailto:dvora@jfsseattle.org)  
(206) 861-3159

**Counseling & Addiction Services**
Trauma-informed healing for all ages (including our Teen & Young Adult Counseling initiative) through virtual, secure individual and group therapy. We also offer mental health education trainings, classes and workshops for both youth and adults.
[cas@jfsseattle.org](mailto:cas@jfsseattle.org) (Counseling)  
mhm@jfsseattle.org (Education)  
(206)-861-3152

JEWISH FAMILY SERVICE  
(206) 461-3240  jfsseattle.org