

# 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



## Financial Assistance

Financial assistance including rent and utility help.

[jfsseattle.org/assistance](http://jfsseattle.org/assistance)  
(206) 861-8796



## Refugees & Immigrants

Economic, social and civic integration and employment support for newcomers.

[ris@jfsseattle.org](mailto:ris@jfsseattle.org)  
(206) 461-3240



## 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



## Supportive Living Services

Skilled, compassionate and inclusive services for people with cognitive disabilities.

[sis@jfsseattle.org](mailto:sis@jfsseattle.org)  
(206) 461-3240



## 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



## 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



## 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](mailto:mhm@jfsseattle.org) (Education)  
(206)-861-3152



JEWISH **FAMILY**SERVICE

(206) 461-3240 [jfsseattle.org](http://jfsseattle.org)