

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
(206) 461-3240



Financial Assistance

Financial assistance including rent and utility help.

jfsseattle.org/assistance
(206) 861-8796



Refugees & Immigrants

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

ris@jfsseattle.org
(206) 461-3240



Older Adult Services

Care management, family caregiver support, information and referral in English and Russian.

oas@jfsseattle.org
(206) 861-3164



Supportive Living Services

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

sls@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
(206) 861-3159



Volunteer & Learning Opportunities

Volunteer to make a difference. Learn about social issues and Jewish values.

volunteer@jfsseattle.org
(206) 461-3240



Counseling & Addiction Services

Trauma-informed healing for all ages 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 (Counseling)
mhm@jfsseattle.org (Education)
(206)-861-3152



JEWISH **FAMILY**SERVICE

(206) 461-3240 jfsseattle.org