

Guía de Recursos

Salud y Servicios Humanos
en y alrededor del
Snoqualmie Valley



CarePoint Clinic
36017 SE Fish Hatchery Road
Fall City, WA 98024
(425) 478-6627

Además de los recursos de este libro, visite

A Supportive Community for All

es una nueva organización sin fines de lucro dedicada a apoyar una coalición creciente en el Valle de Snoqualmie que trabaja en conjunto para garantizar que todos los miembros de la comunidad tengan acceso a los recursos que necesitan para prosperar.

¿Necesita ayuda? Llamar 425-470-5921

www.asupportivecommunityforall.org

Para cualquier adición, actualización o cambio a este Guía de recursos, envíela a info@carepointonline.org.

Septiembre 2022

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Note: Organizations with this symbol (♦) indicate that they offer volunteer opportunities.

Servicios de Adicción

Alcoholics Anonymous (24 hrs)	206-587-2838	www.seattleaa.org	◆
Asian Counseling and Referral Service	206-695-7600 In inclement weather, call 206-774-2417 for hours. TTY: 800-833-6384 (WA Relay)	acrs.org	◆
Catholic Community Services	206-328-5696	www.ccsww.org	◆
Celebrate Recovery	See website to contact local rep, find a group, etc.	www.celebraterecovery.com	
Friends of Youth	Main: 425-869-6490 Duvall - 425-844-9669 Issaquah - 425-392-6367 Snoqualmie - 425-888-4151 info@friendsofyouth.org	www.friendsofyouth.org	◆
Jewish Family Services	425-643-2221	www.jfsseattle.org	◆
HealthPoint	To schedule an appointment Interpretation services available. 866-893-5717	www.healthpointchc.org	◆
National Institute on Alcohol Abuse and Alcoholism - Find Alcohol Treatment	General Inquiries: niaaaweb-r@exchange.nih.gov	alcoholtreatment.niaaa.nih.gov	
Neighborcare Health	Appointments: 206-548-5710 info@neighborcare.org	neighborcare.org/services/mental-health-and-social-work	◆
Snoqualmie Behavioral Health Services (Snoqualmie Indian Tribe)	425-831-5425	snoqualmietribe.us/health-wellness	
Restart Life (Internet Addiction Recovery Program)	800-682-6934 only@restartlife.com	netaddictionrecovery.com	
Sound	206-901-2000	www.sound.health	
Snoqualmie Behavioral Health Services (Snoqualmie Indian Tribe)	425-831-5425	snoqualmietribe.us/health-wellness	
Therapeutic Health Services, Eastside	425-747-7892	www.ths-wa.org	
Washington Recovery Help Line	866-789-1511	www.warecoveryhelpline.org	
Washington State Healthcare Authority (Apple Health/Medicaid)	866-789-1511	www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/substance-use-treatment	

Asesoramiento y Salud Mental

Asian Counseling and Referral Service	206-695-7600 In inclement weather, call 206-774-2417 for hours. TTY: 800-833-6384 (WA Relay)	acrs.org	◆
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Cancer Lifeline	206-297-2100 info@cancerlifeline.org	www.cancerlifeline.org	◆
Catholic Community Services	206-328-5696	www.ccsww.org	◆
Encompass NW	425-888-3347	www.encompassnw.org	◆
Fairfax Hospital, Behavioral Health 24/7	425-821-2000	www.fairfaxhospital.com	
Foundational Community Supports	206-799-9882 FCSinfoKC@ccsww.org	ccsww.org/get-help/specialized-services/foundational-community-supports	◆
Friends of Youth	Main: 425-869-6490 Duvall - 425-844-9669 Issaquah - 425-392-6367 Snoqualmie - 425-888-4151 info@friendsofyouth.org	www.friendsofyouth.org	◆
Griefshare Support Group	800-395-5755 info@griefshare.org	www.griefshare.org	
Harborview Center for Sexual Assault & Traumatic Stress	206-744-1600	depts.washington.edu/uwhatc	
HealthPoint	To schedule an appointment Interpretation services available. 866-893-5717	www.healthpointchc.org	
International Community Health Services (ICHS)	206-788-3700	www.ichs.com/services/behavioral-health	
Jewish Family Services	425-643-2221	www.jfsseattle.org	◆
King County Behavioral Health and Recovery Division	Client Services: 206-263-8997 or 800-790-8049	kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/mental-health.aspx	
Lahai Health	206-363-4105 info@lahai.org	lahai.org	◆
National Alliance on Mental Illness (NAMI) Eastside	425-885-6264	nami-eastside.org	◆
Neighborcare Health	Appointments: 206-548-5710 info@neighborcare.org	neighborcare.org/services/mental-health-and-social-work	◆
Problem Gambling	800-547-6133	www.evergreencpg.org	◆
Project Rachel	Angie, in English: 206-920-6413 Alejandra, en Español: 206-450-7814 projectrachel@ccsww.org	ccsww.org/get-help/specialized-services/project-rachel	◆
Snoqualmie Behavioral Health Services (Snoqualmie Indian Tribe)	425-831-5425	snoqualmietribe.us/health-wellness	
Sound	206-901-2000	www.sound.health	

Sea Mar Community Health Centers - Bellevue Behavioral Health Clinic	425-460-7114	www.seamar.org/king-bh-bellevue.html	
Sea Mar Community Health Centers - Bellevue Behavioral Child & Family Services	425-460-7125	www.seamar.org/king-bh-bellevue-family.html	
Therapeutic Health Services, Eastside	425-747-7892	www.ths-wa.org	
WA Warm Line	877-500-9276	www.crisisconnections.org/wa-warm-line	◆
Washington Recovery Help Line	866-789-1511	www.warecoveryhelpline.org	
Wellspring	206-826-3050 info@wellspringfs.org	wellspringfs.org	◆

Comunidad Cultural

Asian Counseling and Referral Service	206-695-7600 In inclement weather, call 206-774-2417 for hours. TTY: 800-833-6384 (WA Relay)	acrs.org	◆
Eastside Literacy (Hopelink ESL services)	425-333-4417	www.eastsideliteracy.org/tutorsupport/index.htm	◆
El Centro de la Raza	206-957-4603 greghill@elcentrodelaraza.org	www.elcentrodelaraza.org	◆
Indian-American Community Services (IACS)	253-234-9989 webadmin@iaww.org	www.iaww.org	
Jewish Family Services	425-643-2221	www.jfsseattle.org	◆
Lambert House	206-322-2515 programs@lamberthouse.org	www.lamberthouse.org	◆
Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center	888-404-6272	www.mapsredmond.org/mrcr	
Muslim Association of Puget Sound (MAPS) - Eastside Cultural Navigator Program	Chor Phen Ng: 425-289-8607 phenn@cisc-seattle.org	mapsredmond.org/eastside-cultural-navigator-program	
Refugee Women's Alliance	206-721-0243	www.rewa.org	◆
Snoqualmie Tribe	425-888-6551	snoqualmietribe.us	
WA State Migrant Education Program (MEP)	Sylvia Reyna 360-725-4474 sylvia.reyna@k12.wa.us	www.k12.wa.us/student-success/access-opportunity-education/migrant-and-bilingual-education/migrant-education-program	
	Lupe Ledesma 360-725-4464 lupe.ledesma@k12.wa.us		

Dental

CarePoint Clinic	425-478-6627	carepointonline.org	◆
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Community Health Access Program (CHAP)	800-756-5437 chap@kingcounty.gov	kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx
DentistLink	844-888-5465	dentistlink.org
HealthPoint	To schedule an appointment Interpretation services available. 866-893-5717	www.healthpointchc.org ♦
International Community Health Services (ICHS)	206-788-3700	www.ichs.com/services/dental-care
Lahai Health	206-363-4105 info@lahai.org	lahai.org ♦
Lake Washington Technical College - Dental	425-739-8130 Dental.Clinic@lwtech.edu	www.lwtech.edu/campus-life/dental-clinic
Medical Teams International Dental Clinics	See website for individual clinic contact information	www.medicalteams.org/how-we-heal/mobile-dental-program/emergency-dental-clinics ♦
Neighborcare Health	206-548-5850	neighborcare.org/service/s/dental ♦
SeaMar	Bellevue Dental Clinic: 425-998-5980	www.seamar.org
Seattle/King County Clinic	206.684.7200 SKCClinic@seattlecenter.org	seattlecenter.org/patients ♦
Seattle King County Dental Society Reduced Cost Dental Care	206-443-7607	www.skcds.org/for-our-community/reduced-cost-clinics
Seattle King County Dental Society Access to Baby and Child Dentistry (ABCD)	800-756-5437 chap@kingcounty.gov	kingcounty.gov/depts/health/child-teen-health/ABCD.aspx
Sno-Valley Senior Center (Health Services)	425-333-4152 svsc@soundgenerations.org	snovalleysenior.org/services/health-services ♦
UW School of Dentistry - Teaching and Specialty Clinics	To make an appointment: 206.616.6996	www.dental.washington.edu
UW School of Dentistry Urgent Care Clinic	206-543-5850	dental.uw.edu/dental-urgent-care-clinic

Discapacidad

Alliance of People with Disabilities	425-998-5839	disabilitypride.org/wordpress ♦
ARC of King County	206-364-6337	arcofkingcounty.org ♦
Bridge of Promise	425-549-0500 jodi@bridgeofpromise.org	bridgeofpromise.org/about-us ♦
Catholic Community Services	206-328-5696	www.ccsww.org ♦
Dept of Services for the Blind	206-906-5500	www.dsb.wa.gov

Encompass (birth to 3 yrs) - PT is available for older kids	425-888-2777	www.encompassnw.org	◆
Jewish Family Services	425-643-2221	www.jfsseattle.org	◆
Learning Disabilities Association of Washington	425-882-0820 nsobich@ldawa.org	www.ldawa.org	◆
National Alliance on Mental Illness (NAMI) Eastside	425-885-6264	nami-eastside.org	◆
Sound Generations	206-448-5757 info@soundgenerations.org	soundgenerations.org	◆
Supplemental Social Security Income (SSI)	800-772-1213	www.ssa.gov/ssi	
Washington Partnership for Action Voices for Empowerment (PAVE) education advocacy and healthcare resources	253-565-2266 1-800-5-PARENT pave@wapave.org	wapave.org	

Educación

Alpine Co-Op Preschool	Email and FaceBook messages are the best way to contact them. alpinecooppreschool@outlook.com	alpinecooppreschool.wordpress.com	
Calendar - Parent & Community Education Events	425-333-6614	www.calendarwiz.com/calendars/calendar.php?cid=svparenteducationevents&cid[]=all&jsenabled=1&winh=577&winw=1280&inifr=false	
Childcare Resources	206-329-1011 877-543-0059 ccr@childcare.org	www.childcare.org	◆
Eastside Literacy (Hopelink ESL services)	425-333-4417	www.eastsideliteracy.org/tutorsupport/index.htm	◆
Encompass NW (Preschool, ECEAP, pediatric therapy, infant/toddler, parent education)	425-888-3347	www.encompassnw.org	◆
Office of Education Ombudsman	866-297-2597	www.oeo.wa.gov	
Oxbow Farm & Conservation Center	425-788-1134	www.oxbow.org	◆
Puget Sound Educational Service District	425-917-7600	www.psesd.org	
Riverview School District	425-844-4500	rsd407.org	
Riverview School District Student Services	425-844-4516	www.rsd407.org/student-services	
Snoqualmie Tribe	425-888-6551	snoqualmietribe.us	
Snoqualmie Valley School District	425-831-8000	www.svsd410.org	

Snoqualmie Valley School District Student Services	425-831-8000 studentservices@svsd410.org	www.svsd410.org/domain/36
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Servicios Profesionales y de Empleo

Anew	206-381-1384	anewaop.org	
Asian Counseling and Referral Service	(206) 695-7600 In inclement weather, call (206) 774-2417 for hours. TTY: (800) 833-6384 (WA Relay)	acrs.org	◆
Bellevue College Workforce Education	425-564-4054	www.bellevuecollege.edu/we	
Bellevue College Center for Career Connections & the Women's Center	425-564-2279 careers@bellevuecollege.edu	www.bellevuecollege.edu/careers	
Dept of Services for the Blind	206-906-5500	www.dsb.wa.gov	
Empower Youth Network	425-333-6614 admin@empoweryouthnetwork.org	empoweryouthnetwork.org	
Foundational Community Supports	206-799-9882 FCSinfoKC@ccsww.org	ccsww.org/get-help/specialized-services/foundational-community-supports	◆
Hopelink Sno-Valley Food Bank and Emergency Services	425-333-4163	www.hopelink.org	◆
King County School-to-Work - Developmental Disabilities and Early Childhood Supports Division	See website for more information	kingcounty.gov/depts/community-human-services/developmental-disabilities/services/school-to-work.aspx	
Snoqualmie Valley Jobs Sound	See website for online form 206-901-2000	snovalleyjobs.com www.sound.health	
Work Source, Redmond	425-861-3700	www.worksourceskc.org/redmond	
YWCA	425-556-1352	www.ywcaworks.org/economic-advancement	◆

Asistencia Financiera

American Red Cross (fire, flood, disaster)	206-323-2345	www.redcross.org	◆
CCS Emergency Assistance	425-213-1963 x2	ccsww.org/get-help/shelter-homeless-services/emergency-assistance	◆
Helping Hands Ministry	425-888-0096	helpsnovalley.org	
Hopelink Sno-Valley Food Bank and Emergency Services	425-333-4163	www.hopelink.org	◆
Jewish Family Services	425-643-2221	www.jfsseattle.org	◆

Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center	888-404-6272	www.mapsredmond.org/mcrc	
National Foundation for Credit Counseling (NFCC)	800-388-2227	www.nfcc.org	
Salvation Army	425-452-7300	bellevue.salvationarmy.org	◆
US Social Security Administration	800-772-1213	www.ssa.gov/coronavirus/eahr	
Washington State Department of Social and Health Services (DSHS)	877-501-2233	www.dshs.wa.gov	
Washington State Veterans Employment Resource Page	benefits@dva.wa.gov	www.dva.wa.gov/veterans-their-families/veterans-benefits/employment	

Alimentos y Ropa

Catholic Community Services	206-328-5696	www.ccsww.org	◆
Community Health Access Program (CHAP)	800-756-5437 chap@kingcounty.gov	kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx	
Duvall Food Forest	949-940-6409 info@theduvallfoodforest.org	www.theduvallfoodforest.org	◆
Eastside Baby Corner	425-865-0234 ebc@babycorner.com	babycorner.org/how-we-help	◆
Fall City Food Pantry	425-269-8098	www.fallcityfoodpantry.org	◆
Helping Hands Ministry	425-888-0096	helpsnovalley.org	
Holy Innocents Food Pantry	425-788-1400 pantry@holynn.org	www.holynn.org/85	◆
Hopelink Sno-Valley Food Bank and Emergency Services	425-333-4163	www.hopelink.org	◆
Issaquah Food & Clothing Bank	425-392-4123	www.issaquahfoodbank.org	◆
Jewish Family Services	425-643-2221	www.jfsseattle.org	◆
Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center	888-404-6272	www.mapsredmond.org/mcrc	
Raging River Community Church Food Bank	425-222-5573	ragingrivercommunitychurch.org/ministry/foodbank	
Salvation Army	425-452-7300	bellevue.salvationarmy.org	◆
Snoqualmie Valley Food Bank	425 888-SVFB (7832) manager@snoqualmievalleyfoodbank.org	www.snoqualmievalleyfoodbank.org	◆

Snoqualmie Tribe	425-888-6551	snoqualmietribe.us	
Snoqualmie Valley Shelter Services	425-773-2874 info@svshelterservices.org	www.svshelterservices.org	◆
Sound Generations	206-448-5757 info@soundgenerations.org	soundgenerations.org	◆
Tolt Congregational United Church	425-333-4254 tolt@toltucc.org	www.toltucc.org/community-connections	
Washington State Department of Social and Health Services (DSHS)	877-501-2233	www.dshs.wa.gov	
Wellspring	(206)-826-3050 info@wellspringfs.org	wellspringfs.org	◆
Women, Infants, and Children (WIC)	800-322-2588 Text "WIC" to 96859	www.doh.wa.gov/YouandYourFamily/WIC	

Vivienda y Refugio

Acres of Diamonds	425-788-9999 info@acresofdiamonds.org	www.acresofdiamonds.org	◆
ARCH, Homebuyers Assistance	425-861-3676 info@archhousing.org	www.archhousing.org/homebuyers/other-homebuyer-resources.html	
Catholic Community Services and Catholica Housing Services of Western Washington	206-328-5696	www.ccsww.org	◆
Catholic Community Services - Bellevue	206-328-5900	kingcounty.gov/depts/community-human-services/housing/services/homeless-housing/coordinated-entry/access-points.aspx	◆
Community Info Line	800-621-4636		
Foundational Community Supports	206-799-9882 FCSinfoKC@ccsww.org	ccsww.org/get-help/specialized-services/foundational-community-supports	◆
Friends of Youth	Main: 425-869-6490 Duvall - 425-844-9669 Issaquah - 425-392-6367 Snoqualmie - 425-888-4151 info@friendsofyouth.org	www.friendsofyouth.org	◆
Habitat for Humanity Seattle-King County	206-453-2950	www.habitatskc.org	◆
Hopelink Sno-Valley Food Bank and Emergency Services	425-333-4163	www.hopelink.org	◆
Housing Justice Project	206-267-7069 For urgent issues, call 2-1-1 hjpestaff@kcba.org	www.kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project	◆

Housing and Essential Needs (HEN) – King County	206-328-5755 henkc@ccsww.org	ccsww.org/get-help/shelter-homeless-services/housing-and-essential-needs-hen/#Program%20Provides	◆
King County Housing Authority	206-574-1100	www.kcha.org	
King County Information & Referral	211	www.crisisconnections.org/king-county-2-1-1	
King County Repair/Weatherization	206-574-1100	www.kcha.org/wr	
Mamma's Hands	206-915-2073 info@mammashands.org	mammashands.org/house-of-hope	◆
Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center	888-404-6272	www.mapsredmond.org/mcrc	
Snoqualmie Valley Shelter Services	425-773-2874 info@svshelterservices.org	www.svshelterservices.org	◆
Solid Ground	206.694.6700 info@solid-ground.org	www.solid-ground.org	◆
Sound Generations	206-448-5757 info@soundgenerations.org	soundgenerations.org	◆
Tenant's Union	206-723-0500	tenantsunion.org	
Washington State Department of Social and Health Services (DSHS)	877-501-2233	www.dshs.wa.gov	
Wellspring	206-826-3050 info@wellspringfs.org	wellspringfs.org	◆
YWCA	206-461-4888	www.ywcaworks.org/housing	◆
YWCA/King County Housing Stability Project	211	www.ywcaworks.org/programs/housing-stability-project-king-county	◆

Servicios para Inmigrantes y Refugiados

Asian Counseling and Referral Service	206-695-7600 In inclement weather, call 206-774-2417 for hours. TTY: 800-833-6384 (WA Relay)	acrs.org	◆
Catholic Immigration Legal Services	Phone: 206-328-6314 DACA Hotline: 206-566-6664	ccsww.org/get-help/specialized-services/refugee-immigration-services	◆
CISC	Main office: 206 624 5633 info@cisc-seattle.org Bellevue: 425-698-1113 Redmond: Russian language: 425-502-0883 Chinese language: 206-816-4991	cisc-seattle.org	◆
Jewish Family Services	425-643-2221	www.jfsseattle.org	◆

Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center	888-404-6272	www.mapsredmond.org/mcrc	
Northwest Immigrant Rights Project	206-587-4009 800-445-5771	www.nwirp.org	◆
Refugee Women's Alliance	206-721-0243	www.rewa.org	◆

Servicios Jurídicos

ACLU of Washington	ACLU Intake and Referral Line at 206-624-2180, from 10:00am — 1:00pm from Tues-Thurs	www.aclu-wa.org	◆
Catholic Immigration Legal Services	Phone: 206-328-6314 DACA Hotline: 206-566-6664	ccsww.org/get-help/specialized-services/refugee-immigration-services	◆
Columbia Legal Services	CLEAR Hotline: 888-201-1014 CLEAR*Sr (60+): 888-387-7111 King County Residents: 211 Office: 206-464-5911 800-542-0794 (Toll Free)	columbialegal.org	◆
CCS Tenant Law Center	206-324-6890 TenantLawCenter@ccsww.org	ccsww.org/get-help/specialized-services/tenant-law-center	◆
Eastside Legal Assistance Program	English: 425-747-7274 Español: 425-620-2778 info@elap.org	www.elap.org	◆
Housing Justice Project	206-267-7069 For urgent issues, call 2-1-1 hjpestaff@kcba.org	www.kcba.org/For-the-Public/Free-Legal-Assistance/Housing-Justice-Project	◆
King County Civil Rights Program	206-263-2446 TTY Relay 711	kingcounty.gov/elected/execute/equity-social-justice/civil-rights.aspx	
Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center	888-404-6272	www.mapsredmond.org/mcrc	
Northwest Immigrant Rights Project	206-587-4009 800-445-5771	www.nwirp.org	◆
Sound Generations	206-448-5757 info@soundgenerations.org	soundgenerations.org	◆
Washington Law Help		www.washingtonlawhelp.org	
Washington State Human Rights Commission	800-233-3247	www.hum.wa.gov	

Bibliotecas

King County Library System	425-462-9600	kcls.org	
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King County Library System - Carnation	425-333-4398	kcls.org/locations/1496
King County Library System - Duvall	425-788-1173	kcls.org/locations/1503
King County Library System - Fall City	425-222-5951	kcls.org/locations/1506
King County Library System - Issaquah	425-392-5430	kcls.org/locations/1513/
King County Library System - North Bend	425-888-0554	kcls.org/locations/1528
King County Library System - Snoqualmie	425-888-1223	kcls.org/locations/1537

Médico

American Diabetes Association	800-DIABETES (800-342-2383) Washington office: 206-282-4616 ADAWA@diabetes.org	www.diabetes.org	◆
Care Net Pregnancy & Family Services	425-837-3643	carenetsps.org	◆
Cancer Lifeline	206-297-2100 info@cancerlifeline.org	cancerlifeline.org	◆
CarePoint Clinic	425-478-6627	carepointonline.org	◆
Community Health Access Program (CHAP)	800-756-5437 chap@kingcounty.gov	kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx	
Eastgate Public Health Center	800-244-4512	kingcounty.gov/depts/health/locations/eastgate.aspx	
Evergreen Hospital	General questions: 425-899-1000 Healthline: 425-899-3000	www.evergreenhealthcare.org	
EvergreenHealth - Primary Care	425-788-4889	www.evergreenhealth.com/primary-care-duvall	
HealthPoint	To schedule an appointment Interpretation services available. 866-893-5717	www.healthpointchc.org	◆
HIV/AIDS Hotlines	National AIDS Hotline: 800-342-2437 HIV/AIDS Hotline in Washington: 800-272-2437		
International Community Health Services (ICHS)	206-788-3700	www.ichs.com/services/primary-care	
Lahai Health	206-363-4105 info@lahai.org	lahai.org	◆
Meadowbrook Clinic & Urgent Care	425-831-0777	meadowbrookurgentcare.com/4501.html	

Neighborcare Health	Appointments: 206-548-5710 info@neighborcare.org	neighborcare.org/service/s/medical ♦
Overlake Clinics & Urgent Care	See website for locations	www.overlakehospital.org/locations
Overlake Hospital	425-888-5000	www.overlakehospital.org
Planned Parenthood (Eastside-Bellevue Health Center)	800-769-0045	www.plannedparenthood.org/health-center/washington/bellevue/98007/eastside-bellevue-health-center-4151-91810 ♦
Prescription Assistance - Washington State Health Care Authority	Enroll online or call: 800-913-4146 Questions: 800-913-4311	www.hca.wa.gov/health-care-services-supports/prescription-assistance/alternate-help-prescriptions
Providence Marionwood Nursing Facility	425-391-2800	www.providence.org/locations/wa/marianwood ♦
Sea Mar Community Health Centers - Bellevue Medical Clinic	425-460-7140	www.seamar.org/king-medical-bellevue.html
Sea Mar Community Health Centers - Monroe Medical Clinic	360.282.3885	www.seamar.org/snohomish-medical-monroe.html
Sno-Valley Senior Center (Health Services)	425-333-4152 svsc@soundgenerations.org	snovalleyseior.org/services/health-services
Snoqualmie Tribe	425-888-6551	snoqualmietribe.us
Snoqualmie Ridge Medical Clinic	425-396-7682	snoqualmiehospital.org/clinics/snoqualmie-ridge-medical-clinic
Snoqualmie Ridge Urgent Care	425-831-3800	snoqualmiehospital.org/clinics/snoqualmie-ridge-urgent-care
Snoqualmie Valley Hospital	425-831-2300	snoqualmiehospital.org
Snoqualmie Valley Hospital Clinic – Primary Care	425-831-2313	snoqualmiehospital.org/clinics/primary-care-clinic-at-snoqualmie-valley-hospital
Snoqualmie Hospital Rehabilitation Clinic	425-831-2376	snoqualmiehospital.org/clinics/outpatient-therapy
Snoqualmie Valley Clinic	425-888-2299	snovalleyclinic.com
Sound	206-901-2000	www.sound.health
Swedish Primary Care - Snoqualmie	425-888-2016	www.swedish.org/snoqualmieclinic
Teen Clinic	206-477-8000	kingcounty.gov/depts/health/locations/teen-clinics.aspx
Veteran Health Care	877-222-8387	www.va.gov/health

Washington State Department of Social and Health Services (DSHS)	877-501-2233	www.dshs.wa.gov
Washington State Health Plan Finder	Customer Support: 855-923-4633 Questions about Apple Health: 800-562-3022	www.wahealthplanfinder.org

Servicios para Mascotas

Seattle Animal Shelter	206-386-7387 SASpetfoodbank@gmail.com	www.seattle.gov/animal-shelter/resources/pet-food-bank ♦
Seattle Humane	425-649-7566 or 425-649-7565 outreach@seattlehumane.org	www.seattlehumane.org/pet-food-bank ♦
Snoqualmie Valley Food Bank	425-888-7832	www.snoqualmievalleyfoodbank.org ♦
Snoqualmie Valley Pet Food Bank	Sign up and info on website	www.svpetfoodbank.org ♦
Valley Animal Partners	valleyanimalpartners@gmail.com	valleyanimalpartners.com ♦

Servicios para Personas Mayores

Adult Protective Services	To report abuse: 866-END HARM (866-363-4276) or to APS Central Intake: 877-734-6277 apscentralintake@dshs.wa.gov TTY: 833-866-5595	www.dshs.wa.gov/altsa/adult-protective-services-aps
Aging and Disability Services for Seattle and King County	844-348-5464 206-684-0660 TTY: 206-684-0702 aginginfo@seattle.gov	www.agingkingcounty.org
Assisted Living in Washington		www.assistedliving.org/washington
Catholic Community Services	206-328-5696	www.ccsww.org ♦
Disaster Preparedness for Seniors & Caregivers		www.seniorliving.org/research/disaster-preparedness
Eastside Friends of Seniors	425-369-9120	eastsidefriendsofseniors.org ♦
Eldercare Locator	800-677-1116 eldercarelocator@n4a.org	eldercare.acl.gov/Public/index.aspx
Encompass Kinship Care Support	Family Resource Coordinator Laura Lewis: 425.888.3347 laura.lewis@encompassnw.org	www.encompassnw.org/program/family-enrichment/kinship ♦
Jewish Family Services	425-643-2221	www.jfsseattle.org ♦
Meals on Wheels	206-448-5767 or 888-308-6325 mealsonwheels@soundgenerations.org	soundgenerations.org/our-programs/food-security/meals-on-wheels ♦

Mt. Si Senior Center	425-888-3434	www.mtsiseniorcenter.org ♦
Muslim Association of Puget Sound (MAPS) - Muslim Community Resource Center	888-404-6272	www.mapsredmond.org/mcrc
National Council on Aging Benefits CheckUp	800-794-6559	www.benefitscheckup.org
Old Friends Club	425-681-9776 welcome@oldfriendsclub.org	www.oldfriendsclub.org ♦
SHIBA (Statewide Health Insurance Advisors)	800-562-6900	www.insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba
Sno-Valley Senior Center	425-333-4152 svsc@soundgenerations.org	snovalleysenior.org ♦
Sound Generations	206-448-5757 info@soundgenerations.org	soundgenerations.org ♦
Sound Generations Caregiver Support	888-435-3377	soundgenerations.org/our-programs/caregiver-support ♦
Washington State Long-Term Care Ombudsman Program (Info & Complaint line for people in LTC facilities)	800-562-6028	www.waombudsman.org

Intervención Suicida

Crisis Connections	24-Hr Crisis Line: 866-427-4747	www.crisisconnections.org ♦
Crisis Text Line	Text HOME to 741741	www.crisistextline.org ♦
The Jason Foundation	615-264-2323	jasonfoundation.com ♦
King County Crisis Clinic (24/7)	206-461-3222 or 866-427-4747	kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/crisis-services.aspx
The Trevor Project (LGBT Youth Suicide Hotline)	866-4-U-TREVOR (866-488-7386) Text START to 678-678	www.thetrevorproject.org
Línea prevención del suicidio y crisis (24 horas)	llame o mande un mensaje de texto a 988	988lifeline.org ♦
Suicide Hotline	800 784-2433	www.suicide.org

Transporte

DART (Metro Dial-a-Ride)	866-261-3278	kingcounty.gov/depts/transportation/metro/travel-options/bus/dart-service.aspx	
Hopelink Mobility & Transportation	425-943-6760	www.findaride.org	◆
Hopelink Sno-Valley Food Bank and Emergency Services	425-333-4163	www.hopelink.org	◆
Housing and Essential Needs (HEN) – King County	206-328-5755 henkc@ccsww.org	ccsww.org/get-help/shelter-homeless-services/housing-and-essential-needs-hen/#Program%20Provides	
Hyde Shuttle	206-727-6262 press 1 to make reservations	hydeshuttle.org	◆
King County Accessible Services	206-553-3000	kingcounty.gov/depts/transportation/metro/travel-options/accessible.aspx	
ORCA LIFT Reduced Fare	Apply at 800-756-5437 or apply online	kingcounty.gov/depts/transportation/metro/fares-orca/orca-cards/lift.aspx	
Route 628 (King County Community Shuttle)	(206) 553-3000	kingcounty.gov/depts/transportation/metro/schedules-maps/628.aspx	
Salvation Army	425-452-7300	bellevue.salvationarmy.org	◆
Snoqualmie Tribe	425-888-6551	snoqualmietribe.us	
Sound Generations	206-448-5740	soundgenerations.org/our-programs/transportation/volunteer-transportation	◆
Snoqualmie Valley Transportation Shuttle	425-888-7001	svtbus.org	
Washington State Department of Social and Health Services (DSHS)	877-501-2233	www.dshs.wa.gov	

Servicios para Veteranos

American Legion Carnation Post #199	206-225-5369	www.legion.org	◆
American Legion Snoqualmie Post #79	425-222-7994 commander@post79.org	www.post79.org	◆
Department of Veterans Affairs - Washington State	360-725-2200 800-562-2308 TDD: 360-725-2199 benefits@dva.wa.gov	www.dva.wa.gov	

Department of Veterans Affairs - Benefits and Services	800-562-2308 benefits@dva.wa.gov	www.dva.wa.gov/veterans-their-families/veterans-benefits/claims-assistance
Department of Veterans Affairs – Washington State – Women Services	Liza Narciso Lisan@dva.wa.gov 360-725-2157	www.dva.wa.gov/council-s-committees/women-veterans
Homeless Veterans Services		www.dva.wa.gov/veterans-their-families/veterans-benefits/housing-resources
King County Veterans Services	206-477-8282 VA Crisis Line: 800-273-8255 (press 1)	kingcounty.gov/depts/community-human-services/adult-services/veterans-servicemembers-families/programs-services.aspx
National Call Center for Homeless Veterans	877-424-3838	www.va.gov/HOMELESS/NationalCallCenter.asp
Operation: Veteran Support Line	206-436-3012	www.crisisconnections.org/operation-veteran-support-line ◆
Supportive Services for Veteran Families (SSVF)	253-520-4360 or 253-850-2507 If you are in crisis, call the 24/7 confidential Veterans Crisis Line at 800-273-8255	ccsww.org/get-help/specialized-services/supportive-services-for-veteran-families-ssvf ◆
U.S. Department of Veterans Affairs	800-698-2411	www.va.gov
Veterans Crisis Line	800-273-8255 dial 1 Text 838255	www.veteranscrisisline.net
Veterans Health Care	1-877-222-VETS (8387)	www.va.gov/health
Washington State Veterans Employment Resource Page	benefits@dva.wa.gov	www.dva.wa.gov/veterans-their-families/veterans-benefits/employment

Servicios para Víctimas

Address Confidentiality Program	Toll Free (WA only) 800-822-1065 Local: 360-753-2972	www.sos.wa.gov/acp
Adult Protective Services 866-END HARM	To report abuse: 866-363-4276	www.dshs.wa.gov/altsa/adult-protective-services-aps
Child Abuse Darkness to Light Helpline	Call 866.FOR.LIGHT or text LIGHT to 741741	www.d2l.org ◆
Child Protective Services	866-ENDHARM (866-363-4276) To report abuse, neglect, unlicensed childcare, and childcare concerns.	www.dcyf.wa.gov/service-s/child-welfare-system/cps

Children’s Response Center	425-688-5130	www.ChildrensResponseCenter.org	◆
Harborview Center for Sexual Assault & Traumatic Stress	206-744-1600	depts.washington.edu/whatc	
Jewish Family Services	425-643-2221	www.jfsseattle.org	◆
Lifewire	24-HOUR HELPLINE: 425-746-1940 800-827-8840	www.lifewire.org	◆
King County Sexual Assault Resource Center	888-998-6423	www.kcsarc.org/en	
National Domestic Violence Hotline (24 hrs)	800-799-SAFE (7233)	www.thehotline.org	
Rape, Sexual Assault, Abuse, and Incest Hotline (RAINN)	800-656-HOPE (4673)	www.rainn.org	◆
Snoqualmie Tribe	425-888-6551	snoqualmietribe.us	
Washington State Coalition Against Domestic Violence (WSCADV)	206-389-2515 wscadv@wscadv.org	wscadv.org	◆
	<hr/> <p>The National Domestic Violence Hotline, call, chat, or text, 24 hours every day, 800-799-7233 or 800-787-3224 (TTY)</p> <p>WA State Hotline 800-562-6025 csn@willapabay.org</p>		

Oportunidades para Voluntarios

In addition to the listings in the resource guide with Volunteer Opportunities noted (◆), these organizations may have volunteer opportunities

Carnation-Duvall Citizen Corps	425-788-8260 info@cdccc.us * See website for individual program contacts	www.cdccc.us/medical-reserve-corps	◆
Re-in-Carnation Thrift Shop	423-333-0023	snovalleysenior.org/thrift-store	◆
Rotary Club of Duvall	duvallrotaryclub@gmail.com	www.duvallrotary.org	◆
Rotary Club of Snoqualmie Valley	jonas.means1@gmail.com	snoqualmievalleyrotary.org	◆
Snoqualmie Valley Kiwanis Club	425-698-3180 KiwanisSV@gmail.com	snoqualmievalleykiwanis.weebly.com	◆
Snoqualmie Valley Volunteer Match		snovalleyvolunteermatch.org	◆
United Way of King County	206-461-3700	www.uwkc.org	◆

Servicios para Jóvenes y Familias

Calendar - Parent & Community Education Events	425-333-6614	www.calendarwiz.com/calendar.php?cid=svparenteducationevents&cid[]=all&jsenabled=1&winh=577&winw=1280&inifr=false	
Catholic Community Services	206-328-5696	www.ccsww.org	◆
Empower Youth Network	425-333-6614 admin@empoweryouthnetwork.org	empoweryouthnetwork.org	
Encompass NW (Preschool, ECEAP, pediatric therapy, infant/toddler, parent education)	425-888-3347	www.encompassnw.org	◆
Friends of Youth	Main: 425-869-6490 Duvall - 425-844-9669 Issaquah - 425-392-6367 Snoqualmie - 425-888-4151 info@friendsofyouth.org	www.friendsofyouth.org	◆
LGBT National Youth Talkline	800-246-7743 help@LGBThotline.org	www.glbthotline.org/talkline.html	◆
Lambert House	206-322-2515	www.lamberthouse.org	◆
Program for Early Parent Support (PEPS)	206-547-8570 PEPS@peps.org See website for specific PEPS groups	www.peps.org	◆
Riverview School District Student Services	425-844-4516	www.rsd407.org/student-services	
Si View Park District	425-831-1900 info@siviewpark.org	www.siviewpark.org	◆
Snoqualmie Valley YMCA	425-256-3115	www.seattlemca.org/locations/snoqualmie-valley-ymca	◆
Sound	206-901-2000	www.sound.health	
TeenLine	Llame 800-852-8336 Texto TEEN to 839863	www.teenlineonline.org	◆
TeenLink	866-TEENLINK (833-6546) Nuestros especialistas en crisis están disponibles para hablar por teléfono de 6 a 10 p. M. Y chatear o enviar mensajes de texto de 6 a 9:30pm. Todas las noches. También puede llamar para comunicarse con nuestro especialista en uso de sustancias de 2 a 10pm. De lunes a viernes. (Llame al mismo número y presione 2) El mensaje de texto / chat está disponible de 6 a 9:30pm.	www.teenlink.org	◆
The Trail Youth Coffee Home	425-292-0299 info@thetrailyouth.com	www.trailyouth.com	◆

NOTAS



La Clínica Carepoint existe para proveer atención primaria de calidad gratuita al valle Snoqualmie y los alrededores.

Está situado en la iglesia de Snoqualmie Valley Alliance en el centro de la vida familiar.

Las horas de trabajo:

Los miércoles, 10 de la mañana - 2 de la tarde
segundo sábado del mes,
9 de la mañana - 1 de la tarde

36017 SE Fish Hatchery Road
Fall City, WA 98024

carepointonline.org

Llame a (425) 478-6627 para una cita

Servicios de atención

- Exámenes de salud
- Administración de enfermedades crónicas
- Tratamiento de enfermedades agudas
- Inyecciones menores

Otros servicios:

- Medicina naturopática
- Clínicas dentales alojadas

Damos la bienvenida a todos, incluidos los que no tienen seguro, los que tienen un seguro insuficiente e independientemente de su estado migratorio.

¡Voluntarios necesitados!

Comuníquese con nosotros para obtener más información sobre oportunidades de voluntariado médico y no médico.

info@carepointonline.org

SERVICIOS DE CRISIS Y EMERGENCIAS

Fire, Police & Medical Emergency	911
24-Hour Crisis Line (Crisis Connections)	866-4-CRISIS 866-427-4747 King County: 206-461-3222
American Red Cross (fire, flood, disaster)	206-323-2345
FEMA Disaster Assistance	800-462-9029
King County 2-1-1	2-1-1 877-211-9274
Línea prevención del suicidio y crisis (24 horas)	llame o mande un mensaje de texto a 988
Centro de Veneno	800-222-1222
TeenLine	Llame 800-852-8336 Texto TEEN to 839863
TeenLink Nuestros especialistas en crisis están disponibles para hablar por teléfono de 6 a 10 p. M. Y chatear o enviar mensajes de texto de 6 a 9:30pm. Todas las noches. También puede llamar para comunicarse con nuestro especialista en uso de sustancias de 2 a 10pm. De lunes a viernes. (Llame al mismo número y presione 2) El mensaje de texto / chat está disponible de 6 a 9:30pm.	866-TEENLINK (866-833-6546)