



	MONDAY		WEDNESDAY			THURSDAY	
8:00 AM							
9:00 AM	KING COUNTY PUBLIC HEALTH	CATHOLIC COMMUNITY SERVICES	KING COUNTY PUBLIC HEALTH	YWCA	MPS LIFELINE	DSHS (VIRTUAL)	
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM		MPS LIFELINE	IDEAL OPTION			YWCA (VIRTUAL)	
2:00 PM							
3:00 PM							
4:00 PM							

8:30 AM – 4:00 PM | CLOSED FOR LUNCH NOON – 1:00 PM

KING COUNTY PUBLIC HEALTH: Basic Food, ORCA Lift Card, DSHS Application Assistance, Health Coverage.

CATHOLIC COMMUNITY SERVICES
Coordinated Entry for All Assessments, employment navigation, housing diversion, move-in cost assistance, information & referrals.

IDEAL OPTION: Medication-assisted treatment (MAT) for individuals with addiction to all substances.

MPS LIFELINE: Free phone with unlimited minutes & text, 15 GB data for 12 months for low-income individuals.

DSHS: Food, Cash & Medical Benefits, Housing Essential Needs (HEN), ID Replacement, Child Support, Mental Health & Addiction Services.

YWCA: Mental Health, Eye and Dental Care, SUD Inpatient/Outpatient Referrals, Health Coverage, RX and Medical Bills.

SMC COMMUNITY RESOURCE CENTER
Bus Tickets, Emergency Food Bags, Comfort Packs, COVID-19 Hygiene Kits, Clothing, Life Skill Workshop, Information & Referrals.

RAPID RELIEF TEAM: Free food box home delivery to KC residents. No eligibility requirements. 28 non-perishable meals per box. Requests after 1 p.m. will be processed the next business day.



- **Virtual YWCA Zoom Link:** tinyurl.com/YWCAVirtual
- **Life Skill Workshop Zoom Link:** tinyurl.com/LifeSkillsClass
- **SMC Community Resource Center Online Referral Form:** tinyurl.com/CRCReferralForm