



King County is home to a wealth of resources and services to help you get through these difficult times.

Use your time off to give back to the community by volunteering. It's a wonderful way to build skills and make valuable contacts for the future.

- Connect people in need to food, utility assistance and other public benefits as a United Way Bridge to Basics volunteer: [unitedwayofkingcounty.org/bridgetobasics](http://unitedwayofkingcounty.org/bridgetobasics).
- Become a United Way Volunteer Reader to help kids succeed: [unitedwayofkingcounty.org/readers](http://unitedwayofkingcounty.org/readers).
- Volunteer for United Way's Free Tax Preparation Campaign to help working families keep more of what they earn: [unitedwayofkingcounty.org/taxhelp](http://unitedwayofkingcounty.org/taxhelp).

Visit [unitedwayofkingcounty.org/volunteer](http://unitedwayofkingcounty.org/volunteer) to find thousands of other rewarding ways to make great use of your free time.



United Way of King County

720 Second Avenue • Seattle, Washington 98104

[unitedwayofkingcounty.org](http://unitedwayofkingcounty.org)



You are not alone.

YOUR RESOURCE GUIDE  
FOR NAVIGATING TOUGH TIMES



United Way of King County

To learn more, visit [unitedwayofkingcounty.org](http://unitedwayofkingcounty.org).

# WHERE TO TURN



## THREE NUMBERS THAT CAN WORK WONDERS—2-1-1

When you're struggling in life, knowing where to turn is essential. Start with King County 2-1-1. It's a free, easy-to-remember number that's your best "first call" to quickly find the help you need. The central information line is staffed by trained operators who can connect you a wide range of community services.

<http://www.resourcehouse.info/Win211>

## UNEMPLOYMENT COMPENSATION

Tel: 1-800-318-6022 or 1-877-558-8509  
<http://www.go2ui.com>

## EMPLOYMENT PROGRAMS AND JOB TRAINING

### ■ WorkSource Seattle-King County

Job leads, job search workshops, retraining, self-employment and direct access to employers are just a few of the services and resources WorkSource can help provide during your career transition.

<http://www.worksourceskc.org>

## FINANCIAL ASSISTANCE

### ■ Clear Point Financial Solutions

A national nonprofit organization that helps consumers gain perspective on their financial situation through credit, housing and bankruptcy counseling, and education.

Tel: 1-877-818-5929

<http://www.clearpointfinancialsolutions.org>

## FINANCIAL ASSISTANCE (cont'd)

### ■ Apprisen Financial Advocates

Helps people learn to manage money, balance their budgets and get out of debt through comprehensive personal finance education and credit counseling.

Tel: 1-800-355-2227

<http://www.apprisen.com>

### ■ Express Credit Union

Provides affordable financial services including checking and saving accounts, emergency loans and auto loans, in addition to support services such as financial education. Credit union staff are available for basic account services at Hopelink Bellevue and other locations around King County.

Tel: 206-622-1850

<http://www.expresscu.org>

## FOOD ASSISTANCE

### ■ Food Banks

Call 2-1-1 for the food bank nearest you. Remember that food banks are open on limited days and for limited hours.

### ■ Basic Food Benefits

Basic Food, the state's food stamp program, helps people in Washington make ends meet by providing monthly benefits to buy food.

Tel: 1-877-514-FOOD

[http://foodhelp.wa.gov/basic\\_food.htm](http://foodhelp.wa.gov/basic_food.htm)

■ **ParentHelp123.org** helps families to apply for state-sponsored health insurance and food stamps and to find services in their community.

Tel: 1-800-322-2588

<http://www.parenthelp123.org>

## HOUSING

### ■ Emergency Shelter Assistance

Call 2-1-1 for information on locations and hours.

## FORECLOSURE PREVENTION AND ASSISTANCE

A number of nonprofits assist homeowners facing foreclosure with mortgage default and foreclosure counseling, including the following:

### ■ El Centro de la Raza

206-957-4610 [www.elcentrodelaraza.com](http://www.elcentrodelaraza.com)

### ■ Solid Ground

206-694-6766 [www.solid-ground.org](http://www.solid-ground.org)

### ■ Urban League of Metropolitan Seattle

206-461-3792 Ext: 3025

[www.urbanleague.org](http://www.urbanleague.org)

The **Washington State Bar Association** now offers the Home Foreclosure Legal Aid Project. The project connects volunteer lawyers who have agreed to provide pro bono representation with homeowners experiencing legal problems related to foreclosure.

Tel: 877-894-HOME (4663)

## RENT ASSISTANCE

Rent assistance becomes available the first of the month, but runs out quickly. Call 2-1-1 for information on availability and eligibility.

## UTILITY ASSISTANCE

The federally funded Low Income Home Energy Assistance Program assists low-income renters and homeowners with their winter heating bills and furnace-repair costs, and the Puget Sound Energy HELP Program assists low-income renters and homeowners with their PSE bills. Call one of these agencies to apply for help.

### ■ Central Area Motivation Program

1-800-348-7144

### ■ Hopelink

425-943-7555

### ■ Multi-Service Center

1-800-348-7144



United Way of King County