



Photo credit: Jerry Meaden

Seattle is a Welcoming City because we believe in inclusion and equity.

City employees do not ask about citizenship status and serve all residents regardless of immigration status. Immigrants and refugees are welcome here.

Below is a list of resources for recently arrived immigrants that may be able to help you. Many of the organizations listed below have bilingual staff members. We recommend calling the numbers listed below. **Please be patient. They may be experiencing a high demand for services.**

SYSTEM NAVIGATORS

El Centro de la Raza

“System Navigators” assist families or individuals with children who live in Seattle by educating and supporting them to access and utilize both public and private systems. El Centro offers workshops and provides one-on-one navigation support to identify needs and work toward self-sufficiency. System services include food assistance, utility assistance, health insurance, charity care application, and medication discount, free cell phone and plans, low cost internet and computer, bus fare and parking discount, subsidized childcare, and local clinic referrals.

Daniela Lizarraga: dlizarraga@elcentrodelaraza.org - (206) 957-4647

FOOD

Seattle Food Committee

This organization can help you find a food bank near you where you can access free food.

seattlefoodcommittee.org/food-bank-map - (206) 694-6756

MENTAL HEALTH CARE

Puentes Seattle

puentesseattle.org - (206) 920-6933

LESBIAN, GAY, BISEXUAL, TRANS RESOURCES

Entre Hermanos

entrehermanos.org - (206) 322-7700

GENERAL ASSISTANCE

Church Council of Greater Seattle

(in the Hillman City neighborhood)

thechurchcouncil.org - (206) 525-1213

El Centro de la Raza (in the Beacon Hill neighborhood)

elcentrodelaraza.org/what-we-do/human-and-emergency-services
(206) 957-4634

Neighborhood House (in the West Seattle neighborhood)

nhwa.org/lookinside/program.php?program=Family+and+Social+Services
(206) 588-4900, then extension 3010

HEALTH/MEDICAL/DENTAL CARE

Carolyn Downs Family Medical Center

countrydoctor.org/carolyn-downs-fmc - (206) 299-1900

Country Doctor Community Clinic

countrydoctor.org/country-doctor-community-clinic - (206) 299-1600

ICHS Holly Park Medical and Dental Clinic

ichs.com/ichs-locations/holly-park-seattle-wa-medical-dental-clinic
(206) 788-3500

Neighborcare Health at 45th Street

neighborcare.org/clinics/45th-street - (206) 633-3350

REGIONAL ACCESS POINTS

Catholic Community Services - Seattle

Open: Monday – Friday, 9:00 a.m. - 5:00 p.m.

“Regional Access Points” are resource centers where people experiencing homelessness can get help finding housing and other services.

Please call to schedule an appointment.

100 23rd Ave S, Seattle, WA 98144
(206) 328-5900

Solid Ground (in North Seattle)

solid-ground.org/get-help - (206) 694-6700

South Park Information and Resource Center

(in the South Park neighborhood)

southparkinfocenter.org - (206) 767-7445

Neighborcare Health at Ballard

neighborcare.org/clinics/ballard - (206) 782-5939

Neighborcare Health at High Point

neighborcare.org/clinics/high-point - (206) 461-6950

Neighborcare Health at Rainier Beach

neighborcare.org/clinics/rainier-beach - (206) 722-8444

Sea Mar Community Health Centers

seamar.org/services-king.html - (206) 762-3730

EMPLOYMENT

Ready to Work

A program administered in three organizations across Seattle that combines English classes with computer literacy instruction and case management to help immigrants gain job readiness skills and take steps toward economic self-sufficiency.

seattle.gov/iandraffairs/RTW - (206) 695-7553

Casa Latina

Utilizes a day worker center model to help Latino immigrants move from economic insecurity to economic prosperity.

Also offers English classes.

casa-latina.org - (206) 956-0779

Ventures

Ventures offers business courses, access to capital, individual counseling, and learning opportunities for entrepreneurs with limited resources, but unlimited potential.

venturesnonprofit.org/en-espanol - (206) 352-1945

LEGAL ASSISTANCE

American Immigration Lawyers Association - Lawyer Search

AILA is the legal association in the U.S. for immigration attorneys. You can find an AILA lawyer using their search page.

ailalawyer.com (Website only)

Colectiva Legal del Pueblo

CLP is a horizontal organization that advocates on behalf of immigrants, lends legal support at protests and provides law-related workshop.

colectivalegal.org - (206) 931-1514

Entre Hermanos

Entre Hermanos serves gay, lesbian, bisexual, and transgender immigrants. Their Immigration Program provides direct legal services.

entrehermanos.org - (206) 322-7700 - isis@entrehermanos.org

Kids in Need of Defense

Provides direct legal representation and also works with pro bono attorneys to serve unaccompanied children in removal proceeding.

supportkind.org/contact - (206) 359-3266

King County Bar Association

Their Pro Bono Services department works with over 1,400 volunteers to provide free legal assistance for King County residents.

kcba.org/For-the-Public/Free-Legal-Assistance - (206) 267-7070

Northwest Immigrant Rights Project (NWIRP)

Provides direct legal representation for individuals in administrative proceedings through four offices in Washington State.

nwirp.org/get-help - (206) 587-4009

Washington Immigrant Defense Network (WIDEN)

Provides funding and support services for lawyers representing low-income detained immigrants in order to increase the capacity and quality of available legal services.

widenlaw.org/contact - info@widenlaw.org (Email only)

SHELTERS (OVERNIGHT)

FOR WOMEN

Noel House Programs

ccsww.org/get-help/shelter-homeless-services/noel-house-programs

(206) 441-3210

Seattle City Hall Shelter

601 5th Ave, Seattle, WA 98104

In-person intake only. Line up no earlier than 7pm.

Accepts people from 7pm-7am or until full.

YWCA Angeline's Day Center for Women

ywcaworks.org/locations/angelines-day-center-women

(206) 436.8650

FOR FAMILIES

Mary's Place

marysplacesettl.org

(206) 245-1026

Seattle's Union Gospel Mission

ugm.org

(206) 628-2008

FOR YOUTH, AGED 18-25

New Horizons Street Youth Ministry

nhmin.org/need-help - (206) 374-0866

Peace for the Streets by Kids from the Streets

psks.org/programs-2 - (206) 726-8500

ROOTS Young Adult Shelter

rootsinfo.org/services/shelter - (206) 632-1635

YouthCare's Orion Center

youthcare.org/homeless-youth-services/engagement-services/

youthcares-orion-center - (206) 694-4500

FOR MEN

Seattle City Hall Shelter

601 5th Ave, Seattle, WA 98104

In-person intake only. Line up no earlier than 7pm.

Accepts people from 7pm-7am or until full.

Seattle's Union Gospel Mission

ugm.org - (206) 622-5177