

Name	Details	Contact
<p><b>HeadStart</b></p> <p>A school readiness program that helps low-income children get ready for school (3 and 4 year olds).</p> <p><a href="http://www.wsaheadstarteceap.com/">http://www.wsaheadstarteceap.com/</a></p> <p>Multiple locations/schools</p>	<p>Head Start is the most successful, longest-running, national school readiness program in the United States. It provides comprehensive education, health, nutrition, and parent involvement services to low-income children and their families.</p> <p>ECEAP (Early Childhood Education Assistance Program) and Head Start provide an intensive combination of education, health and nutrition screening and assistance, parent involvement and family support. Three- and four-year-olds attend high-quality pre-school classes, are screened and immunize for possible health problems that could hinder learning. Family needs are assessed so that families can be referred to community resources, and adults are provided with training to improve their parenting, leadership, and self-sufficiency skills. These programs have been successful in preparing children for school, identifying and addressing health and nutrition issues, and helping parents with parenting, leadership and self-sufficiency skills. Parents are involved both in the classroom and through local parent-run policy councils.</p>	<p><b>Person to Contact:</b> Joel Ryan <i>Executive Director</i></p> <p><b>Phone:</b> 425-453-1227</p> <p><b>E-mail:</b> <a href="mailto:joel@wsaheadstarteceap.com">joel@wsaheadstarteceap.com</a></p>
<p><b>WIC (Women, Infants, and Children Nutrition Program)</b></p> <p>The WIC program creates opportunities for people with limited resources to make healthy nutrition choices.</p> <p><a href="http://www.doh.wa.gov/AboutUs/DepartmentofHealth/ContactUs.aspx">http://www.doh.wa.gov/AboutUs/DepartmentofHealth/ContactUs.aspx</a></p> <p>1610 NE 150th Street Shoreline, WA 98155-9701</p>	<p>WIC improves health and nutrition status of pregnant women, new mothers, infants and children under five. WIC provides health screening, nutrition education, nutrient-rich foods, breastfeeding support and referrals to other health and social services.</p> <p>Clients receive monthly checks for nutritious foods. Clients receive help getting other services, such as medical care, dental care, access to food banks and community meals, drug and alcohol treatment, finding information about other programs they might be eligible for.</p>	<p>Call the number below and use extension 1 to: see if you qualify for food services/want to be screened for the WIC program or if you want help signing up for health insurance.</p> <p><b>Phone:</b> 1-800-841-1410</p> <p><b>E-mail:</b> <a href="mailto:WIC@doh.wa.gov">WIC@doh.wa.gov</a></p>
<p><b>ChildCare Resources</b></p> <p>This organization helps low-income families pay for childcare.</p> <p><a href="http://www.childcare.org/">http://www.childcare.org/</a></p> <p><a href="http://www.childcare.org/families/child-care-finnacial-assistance-guidelines.pdf">http://www.childcare.org/families/child-care-finnacial-assistance-guidelines.pdf</a></p> <p>Seattle/North King County 1225 South Weller - Suite 300, Seattle, WA 98144</p>	<p>Child Care Resources (CCR) helps families in challenging situations find answers to child care questions. Parents who work evenings or weekends, children with special needs, families struggling to manage the cost of care and homeless families can all find personalized and in-depth information, referrals and help.</p> <p>The city of Seattle and the Washington State Department of Social Health Services (DSHS) help low-income families pay for child care. To receive help you must be employed or in an approved training program and meet income guidelines. Families without permanent housing are also eligible for special help through Child Care Resources.</p> <p>Families may choose the child care provider that they prefer (as long as the provider is licensed).</p>	<p><b>Phone:</b> (206) 329-1011</p> <p><b>E-mail:</b> <a href="mailto:ccr@childcare.org">ccr@childcare.org</a></p>
<p><b>Child Care Assistance Program</b></p> <p>The City of Seattle helps low- and moderate-income working families pay for childcare for children.</p> <p><a href="http://www.seattle.gov/humanservices/children_families/childcare/payment_assistance.htm">http://www.seattle.gov/humanservices/children_families/childcare/payment_assistance.htm</a></p> <p>Seattle Human Services Dept 700 5th Avenue, Suite 5800, Seattle, WA 98104</p>	<p>The City of Seattle helps low- and moderate-income working families pay for child care for children ages one month to 13 years. Families can choose from more than 100 licensed family child care homes and centers in Seattle, which contract with the City to provide high-quality and affordable child care.</p> <p>At the time of enrollment, the family will be given a voucher, which authorizes monthly child care payments to the child care home or center that they choose from the City of Seattle's provider list. The amount of the payment from the City varies according to the income of the family, age of the child, and hours of care needed.</p> <p>The City typically pays between 25% to 70% of a standardized rate, and the family is responsible for paying the difference between the voucher amount and the Provider's regular monthly</p>	<p>Please call the Seattle Human Services Department's Child Care Assistance Program at to be screened:</p> <p><b>Phone:</b> 206-386-1050</p> <p><b>For services in other languages, call:</b> Lao and Mienh — 206-684-0605 Cantonese and Mandarin — 206-386-1012 Tagalog — 206-386-1011 Bahasa Malaysia (Cantonese) — 206-386-1515</p>

<p style="text-align: center;"><b>FamilyWorks</b></p> <p>FamilyWorks, a food bank and family center, nourishes and strengthens individuals and families by connecting people with support, resources, and community.</p> <p><a href="http://www.familyworksseattle.org">www.familyworksseattle.org</a></p> <p>1501 N. 45th St Seattle, WA 98103</p>	<p>rate.</p> <p><b>Single Parent Activities:</b> provide single parents with information, support, and opportunities to connect with others in free activities that are comfortable and family oriented.</p> <p><b>Free parenting classes</b> (free childcare during classes) Free parent/child playgroups (drop-in, no registration) WIC (Federal Special Supplemental Nutrition Program for Women, Infants and Children) <b>Food Bank:</b> The FamilyWorks Food Bank is dedicated to providing fresh, healthy food to people and families in our community who are experiencing hunger or are in danger of experiencing hunger. <b>Grocery delivery program:</b> call the Food Bank line at (206) 694-6723 to see if you are eligible to receive delivery of groceries. Must reside in zip codes: 98103, 98115, 98133, 98107.</p> <p><b>Zip Code 98125</b> food banks: University district food bank –<b>phone:</b> (206) 523-7060 Phinney Ridge food bank –<b>phone:</b> (206) 789-8244 North Helpline Lake City food bank –<b>phone:</b> (206) 365-8043</p>	<p><b>Phone:</b> 206-694-6727 –they will need your zip code to direct you to the nearest food bank.</p> <p>To get more information on whether you are income eligible and how to access services, visit <a href="http://doh.wa.gov/cfh/wic/">http://doh.wa.gov/cfh/wic/</a> or call 1-800-322-2588 for more information and locations near you.</p> <p>In a partnership with the King County Public Health Department, FamilyWorks hosts the <b>WIC</b> program on site every <b>Thursday</b>. Please call the North Public Health Center @ <b>206-296-4912</b> to make an appointment.</p>
<p style="text-align: center;"><b>Children’s Home Society (North Seattle Family Center)</b></p> <p>A multi-service family support program located in the neighborhood of Lake City.</p> <p><a href="http://www.chs-wa.org/NSFC.html">http://www.chs-wa.org/NSFC.html</a></p> <p>3200 NE 125th St. Suite 2 Seattle, WA 98125</p>	<p>The center works with parents, children, and families by assisting them in securing needed services and support to face life’s difficult challenges. Services include parenting education classes and workshops, play and learn groups for parents and their young children, support groups, home visiting programs, teen parent services, youth activities, health and nutrition programs, and life skills education.</p> <p>The family resource and support center helps families build on their strengths, find support networks and services, and promote the well-being of the entire family.</p> <p>North Seattle Family Center holds two play and learn groups: Tuesdays from 10-11:45 a.m. at the family center (in Spanish) Thursdays from 10-11:45 a.m. at the family center (in English)</p>	<p><b>Phone:</b> (206) 364-7930</p> <p><b>Hours</b> <b>Monday:</b> Noon - 5 p.m. <b>Tues - Thurs:</b> 9 a.m. - 5 p.m. <b>Friday:</b> 9 a.m. - 3 p.m.</p> <p><b>To e-mail them,</b> use this link: <a href="http://www.chs-wa.org/ContactForm.v2-5.aspx?ekfrm=105">http://www.chs-wa.org/ContactForm.v2-5.aspx?ekfrm=105</a></p>
<p style="text-align: center;"><b>North Seattle Boys &amp; Girls Club</b></p> <p>A place for kids to call their own where they can have fun, get a hot meal, be creative, be a part of a team, get help with homework, or just hang out with friends.</p> <p><a href="http://www.ns.positiveplace.org/programs.html">http://www.ns.positiveplace.org/programs.html</a></p> <p>North Seattle Main Club 8635 Fremont Ave. N Seattle, WA 98103</p> <p>Before &amp; After School Childcare Northgate 11725 1st Ave NE Seattle, WA 98125</p>	<p>North Seattle Boys &amp; Girls Club offers a safe, fun, inclusive, and inspiring place that kids and their families can count on. Coordinates before and after school care programs. Yearly membership fee is \$36- accepts DSHS and DHHS subsidies. <b>No member will be denied access to our programs due to financial restrictions.</b> Please contact the club to apply for a scholarship.</p> <p>They offer: <b>After School Club:</b> Sept-June, 3-7pm. K-5th grade- designed to increase academic success, character and citizenship, and healthy lifestyles. Members receive snack, play games and create friendships. <b>Homework Power Hour:</b> Power Hour is a designated time for our members to complete homework, receive help, and engage in educational activities with Education Coordinator Nicole Parish. <b>Clubs and Classes:</b> Current classes offered are: SMART Girls, art, gardening, music and more. Times vary depending on the class- K-5th depending on the class. <b>Parent Night Out:</b> PNO is designed to give parents a break while members participate in fun filled evening events! Activities include Karaoke nights, field trips, moves and much more. <b>One-Day Day Camps</b> (Jan 20<sup>th</sup> and May 26<sup>th</sup> 2014, k-5, 7am-7pm) <b>Week-Long Day Camps</b> (during Winter Break, Mid-Winter Break, Spring Break 2014) k-5 grades, 7am-7pm (Field Trips are 9am-3pm) <b>Summer Camp</b> registration opens March 15, 2014. Summer camp choices are on the "Programs" page on the website.</p>	<p><b>North Seattle Main Club</b> <b>Phone:</b> (206) 436-1850</p> <p>Patrick Murray - <i>Executive Director</i></p> <p>Joan Caldon - <i>Operations Director</i></p> <p>Nicole Parish- <i>Education Coordinator</i> <a href="mailto:nparish@positiveplace.org">nparish@positiveplace.org</a></p> <p>Max: <i>Parent Night Out Coord.</i> <a href="mailto:mortiz@positiveplace.org">mortiz@positiveplace.org</a></p> <p style="text-align: center;"><b>Before &amp; After School Childcare</b></p> <p><b>Phone:</b> (206) 478-5012</p> <p>Darla Camp - <i>Site Supervisor</i></p>

	<p><b>Additional clubs and classes</b> for students k-8<sup>th</sup> grade and can be found on the "Programs" page on the website.</p>	
<p><b>Center for Human Services</b></p> <p>Offers family counseling, family support centers, and substance abuse treatment and prevention.</p> <p><a href="http://www.chs-nw.org/">http://www.chs-nw.org/</a></p> <p>17018 15th Ave NE Shoreline, WA 98155</p>	<p><b>Family Counseling</b> is strengths based and family centered. Counseling services offered include individual, couple, whole-family, infant mental health, and juvenile intervention.</p> <p><b>Family Support Centers:</b> provide a safe and fun place where families and individuals can access many diverse resources and learning opportunities.</p>	<p><b>Phone:</b> 206-362-7282 (Shoreline 148<sup>th</sup> St.)</p> <p><b>Phone:</b> (206) 362-7282 (Shoreline 170<sup>th</sup> St.)</p> <p><b>E-mail:</b> <a href="mailto:admin@chs-nw.org">admin@chs-nw.org</a></p>