COVID 19 RESPONSE & RESOURCES
Snohomish County

06/01/2022
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Teen Link is a platform that is accessible via text or phone where teens who are struggling with emotional health can talk and be listened to. ......................................................... 36
(866) 833-6546 Call from 6-10pm Monday through Friday ................................ 36

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My Free Taxes-H&R Block

Tax Filing & Banking Assistance

AARP Site Locator
General Information

Washington State Coronavirus Response (COVID-19)

https://coronavirus.wa.gov/

Snohomish Health District

https://www.snohd.org

211

North Sound 2-1-1 is receiving a high volume of calls concerning COVID-19 in addition to our typical calls looking for resources. We are aware of the concerns that individuals are facing about their health, jobs, and day to day living. New resources that serve individuals affected by COVID-19 are developing rapidly and we remain committed to getting our callers connected to those services that may better their lives.

Dial 2-1-1 or toll free at: 1-800-223-8145

Carnegie Resource Center

Open for walk-in services: Monday through Friday, 9:00am-4:00pm.
For more information, connect by phone: (425) 434-4680 or walk up to the front door, 3001 Oakes Ave during business hours.

Arlington Community Resource Center

The ACRC is a one-stop hub of services for people in need. From help with basic needs like food, clothing, and shelter, to assistance with other kinds of resources and programs, we make sure our neighbors are supported and cared for in their journeys toward stability. Appointments preferred, drop-in visits now available

Monday through Thursday, 9am-4pm

https://www.voaww.org/acrc

(360) 322-6988
Lake Stevens Community Resource Center

The LSCRC is a one-stop hub of services for people in need. From help with basic needs like food, clothing, and shelter, to assistance with other kinds of resources and programs, we make sure our neighbors are supported and cared for in their journeys toward stability. 
**Appointments preferred, drop-in visits now available.**
Monday through Thursday, 9am-4pm

https://www.voaww.org/lscrc
(425) 405-2252

Sky Valley Resource Center

The Sky Valley Resource Center is a one-stop hub of services for people in need. From help with basic needs like food, clothing, and shelter, to assistance with other kinds of resources and programs, we make sure our neighbors are supported and cared for in their journeys toward stability. 
**Appointments preferred, drop-in visits now available.**
Monday through Thursday, 9am-4pm

https://www.voaww.org/skyvalley
(360) 793-2400

Recovery Resource Hub WA

If you’re an individual, a small business or a nonprofit that’s been negatively impacted by the COVID19 pandemic — there is relief for you. We’ve compiled the most comprehensive list of resources to help the Puget Sound region residents weather the coronavirus crisis and emerge from it with stability and strength.

https://recovertogther.withgoogle.com/

Children’s Wellness Coalition

The Snohomish County Children’s Wellness Coalition is a countywide collaborative effort to improve the health and wellness of young people throughout our region. The Coalition is supported by Snohomish County Human Services and many organizations and expert community partners.
Disaster Distress Helpline

Call us: 1-800-985-5990
Text: “TalkWithUs” to 66746

https://samhsa.gov/find-help/disaster-distress-helpline

COVID-19 Information

1-800-525-0127

Washington State Department of Health – Coronavirus Information

https://doh.wa.gov/emergencies/covid-19

General COVID-19 Quarantine & Isolation Guidance

Unsure if your symptoms/exposure level warrants further testing or quarantine? Check this guide designed by the Snohomish Health Department.

https://www.snohd.org/545/if-you-get-COVID-19

List of Cleaning Products Determined by the EPA that can neutralize COVID-19

This tool helps consumers make educated choices on which cleaning agents to use and which are effective sanitizers in the face of the Covid-19 pandemic.

https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19
If you test positive:

1. **Isolate** at home until at least 5 days after your symptoms started and are improving. If you don’t have symptoms, at least 5 days after your positive result.*

2. **Wear** a high-quality (N95, KN95, or KF94) mask or layer a well-fitting cloth mask on top of a disposable medical mask after isolation for at least 5 days wherever you go out or around others.

3. **Contact** your workplace (or school or child care, for children who test positive) as soon as possible to notify them and help identify others who may have been exposed.

4. **Contact** friends, family members or teammates you have seen since the two days prior to your positive test OR symptom onset, whichever is earlier, to let them know they may have been exposed.

5. **Report** the positive case by calling 1-800-525-0127 and by using the WA Notify app on your phone (Scan QR code at right).

6. **Contact** your doctor if you are immunocompromised or otherwise at high risk for more serious illness. Seek immediate medical care if you have trouble breathing, persistent pressure or pain in your chest, confusion or inability to stay awake, or pale, grey or blue-colored skin, lips or nail beds.

*Please note that, for specific settings such as workplaces where distancing is impossible or child care and school environments, you may be asked to remain home longer than 5 days.

www.snohd.org/covid
Snohomish & Island CLC Hardship Fund

The Snohomish and Island County Labor Council Hardship Fund supports union members and families in times of need. The emergency fund is limited to $500 dollars per calendar year and can help with many different needs such as: food, gas, phone, utilities, rent, and other items on a case by case basis.

[https://www.snolabor.org/hardship/index.html](https://www.snolabor.org/hardship/index.html)

Washington State Governor’s Office

[https://www.governor.wa.gov/issues/issues/covid-19-resources](https://www.governor.wa.gov/issues/issues/covid-19-resources)

Employment

Worksource

WorkSource is a statewide partnership of state, local and nonprofit agencies that provides an array of employment and training services to job seekers and employers in Washington.

WorkSource Lynnwood: **425-412-6867**  
WorkSource Everett: **425-258-6300**  
SnoCo Futures Youth and Young Adult Services: **425-374-8351**

[https://www.worksourceonline.com](https://www.worksourceonline.com)

Businesses that are hiring during COVID-19

[https://www.worksourceskc.org/critical-job-opportunities](https://www.worksourceskc.org/critical-job-opportunities)  
[https://www.homedepotretailjobs.com/](https://www.homedepotretailjobs.com/)  
[www.amazondelivers.jobs](http://www.amazondelivers.jobs)

UFCW 21
UFCW 21 is the largest private-sector union in Washington, with over 44,000 members working in grocery store, retail, health care, meat processing and other industry.

https://www.ufcw21.org

SnoCoWork

SnoCoWork.com provides a no-cost resource to employers to post job openings and an opportunity for job seekers to directly connect with local companies.

https://snocowork.com/

Job Training & Education Center

We offer FREE classes in a wide range of subjects, including English for Speakers of Other Languages (ESOL), Computers, and Work Readiness.

Please note you must register for classes before the session begins.

We want to help you find the perfect class, so please call to make an appointment to speak with us about opportunities for our next session. For more information, email tania.siler@evergreengoodwill.org or call (425) 267-9718.

https://www.goodwill.org/jobs-training/find-a-job/

Unemployment

Employment Security Department

Washington State Employment Security Department has programs designed to help individuals and employers during this unprecedented time.

https://www.esd.wa.gov/

ESD Frequently Asked Questions & Updates

Washington State Employment Security Department provides support to employers and workers impacted by COVID-19. Information including unemployment insurance, federal stimulus support and frequently asked questions available here.
https://www.esd.wa.gov/newsroom/covid-19

Unemployment Benefit Eligibility Checker

https://www.esd.wa.gov/unemployment/basic-eligibility-requirements

Daily Webinar: Introduction to Unemployment Insurance

https://esd.wa.gov/newsroom/introduction-to-unemployment-insurance-public-webinar

Paid Family & Medical Leave

https://paidleave.wa.gov

Paid Sick Leave


Multi-lingual Assistance with Unemployment Claims:

Email according to the links below;
vpolovina@everettcc.edu (Bosnian)
vkuno@everettcc.edu (Vietnamese)
ccarbajah@everettcc.edu (Spanish)
ichop@everettcc.edu (Russian)
thibell@everettcc.edu (Vietnamese)
dayouni@everettcc.edu (Arabic/French)
arahman@everettcc.edu (Farsi/Pasto)
taphkas@everettcc.edu (Chuukese)

One Fair Wage Emergency Fund

Are you a service worker struggling amidst the coronavirus crisis? This resource could help with emergency cash assistance.

https://ofwemergencyfund.org/help
Small Business Assistance

Snohomish County Small Business Relief Grants


Support Local Business

Snohomish County today announced the launch of Support SnoCo to boost the economic health of local businesses.

https://i.supportsnoco.com/

Marysville CARES Small Business Grant Program

https://www.marysvillewa.gov/434/Community-Development-Block-Grants

Wells Fargo: Open For Business Fund

https://www.wellsfargo.com/about/corporate-responsibility/community-giving

DSHS

Applying for Benefits of Connecting with DSHS Representatives

Washington Connection offers a fast and easy way for families and individuals to apply for a variety of services such as Food, Cash, Child Care, Long-Term Care, and Medicare Savings Programs.

(877) 501-2233

https://www.washingtonconnection.org/home/

Aging & Long-Term Support

The Aging and Long-Term Support Administration is committed to the safety and well-being of residents and staff at every long-term care facility in Washington. We are also committed to helping families with loved ones in a long-term care facility get accurate and timely information.

Shelter

Cocoon House - Youth ONLY
# Snohomish County Shelter Resource List (Updated: 06.01.2022)

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>United Church of Christ 2624 Rockefeller Everett</td>
<td>425-740-2550 Call for availability</td>
<td>Intakes begin at 11am daily, notify staff upon arrival that you are here for an intake. <em>Temporary Emergency Shelter</em></td>
</tr>
<tr>
<td>Everett Gospel Mission 3711 Smith Ave Everett, WA 98201</td>
<td>(425) 740-2550</td>
<td>Men <em>CURRENTLY ALL BEDS ARE TAKEN-NO AVAILABILITIES.</em> Call first – ask if there are any beds available. Phone intakes are Tuesday/Wednesday @ 11am.</td>
</tr>
<tr>
<td>Everett Gospel Mission 5126 S. 2nd Ave Everett, WA 98203</td>
<td>(425)740-2501</td>
<td>Single Women/Women with Children First come first serve Walk in intakes: Tue 9am-11am. Mon, Wed, Thur, 9am-3pm. Call &amp; leave a message to be placed on a waitlist</td>
</tr>
<tr>
<td>Housing Hope 5830 Evergreen Way, Everett, WA 98203</td>
<td>(425) 347-6556 Ext: 284</td>
<td>Not restricted demographically Must have completed coordinated entry by calling 211 before they can fill units. Stays are limited to 60 days.</td>
</tr>
<tr>
<td>Interfaith Family Shelter/Cars to Housing 2301 Hoyt Ave, Everett, WA 98201</td>
<td>(425) 200-5121</td>
<td>1 and 2 parent families Must have completed coordinated entry by calling 211 before calling. Highly recommended for clients to have persistence and call at least once a week to check in on their progress.</td>
</tr>
<tr>
<td>Maud’s House 615 Cedar Ave Marysville 98270,</td>
<td>(425) 876-1233</td>
<td>Women with Children/Pregnant Women Call 211, complete coordinated entry and see if you qualify for a housing navigator, referrals to the shelter are made by the housing navigator.</td>
</tr>
<tr>
<td>Monroe Gospel Mission 450 South Lewis Street 98272</td>
<td>(360) 863-9003</td>
<td>Single Women (No Children) The shelter is expecting a recent COVID-19 test from clients before they can meet in person/schedule an intake or proof of COVID-19 vaccination. Stays are limited to 60 days.</td>
</tr>
<tr>
<td>Pathways for Women 6027 208th street SW Lynnwood 98036</td>
<td>(425) 774-9843 ext. 226 (425) 626-1751</td>
<td>Women/Women with Children Stays are limited to 45 days or less. To get on waitlist, must call either of these numbers and then check in every two weeks via phone in order to stay on the waitlist. Intake meetings are done over the phone, they will require a current picture id and a social security card.</td>
</tr>
</tbody>
</table>
Showers & Laundry

Laundry

Community Laundry Outreach
Limited to one load per person

Smokey Point - Suds n Duds 3131 Smokey Point Dr
TUESDAY
6:00pm - 8:00pm - Last load in washer 6:45 pm
WEDNESDAY
10:00am - 12:00pm - Last load in washer 11:00am

Arlington - Laundry Station 102 W 5th St
2ND TUESDAY OF EVERY MONTH
6:30pm - 8:30pm - Last load in washer 7:30pm

Marysville - Laundry Station 1048 State Ave
WEDNESDAY
6:00pm - 8:00pm - Last load in washer 7:00pm

- Offered as long as the laundromat is open and we have healthy volunteers
- Masks required - we follow CDC guidelines for homeless shelters
- Free laundry offered to those in poverty and/or homelessness
- Laundry supplies provided
- One small load per person present
- Please do not come to the laundromat if sick
- Sack meal provided at Smokey Point and Arlington

Sharing hope through relationships
NSCO PO Box 3339 Arlington, WA 98223
https://www.facebook.com/NSCOutreach
https://mscoutreach.org/
### Public Showers

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
</tr>
</thead>
</table>
| First Presbyterian Church                            | 2936 Rockefeller Ave  
Wednesday starting at 4pm, in the alley behind the church. Last shower at 9pm.  
*Toiletries, Snacks & Apparel, as available. | |
| Lynnwood Shower Site                                 | 19726 64th Ave W in Lynnwood  
Monday through Saturday: 10am-5pm  
*Only Two Showers available—may be a wait time* | |
| VOAWW Sky Valley Integrate Service Center Campus Call   | 701 1st St, Sultan, WA 98294  
Mondays & Wednesdays: 12pm-2pm  
Last time slot at 1:30pm  
*Soap, Shampoo, & other hygiene items provided. Clothing is available on a first come first serve basis. | |
| Everett Gospel Mission  
(MEN ONLY)  
CURRENTLY ON PAUSE | 3711 Smith Ave, Everett, WA 98201  
Daily, 2:30pm-4pm  
Questions? Contact (425) 740-2300 | |
| Esther’s Place  
(WOMEN ONLY)  
CURRENTLY ON PAUSE | 3705 Broadway, Everett, WA 98201  
Monday-Friday: 9am-1:30pm  
By Appointment Only: (360) 631-0972  
*Food, as available. | |
| Showers After Hours  
(Marysville YMCA)  
CURRENTLY ON PAUSE | 6420 60th Dr. NE, Marysville, WA 98270  
Every Sunday from 5pm-7pm  
Questions? Contact jjfrank@ymca-scnoco.org | |
| Showers After Hours  
(Monroe YMCA)  
CURRENTLY ON PAUSE | 14033 Fryelands Blvd, Monroe, WA 98272  
Every Saturday 12:30-2:30pm  
Questions? Contact iwilliams@ymca-scnoco.org | |
| **NEW** Showers for Non-Members  
(Mill Creek YMCA) | 13723 Puget Park Drive, Everett, WA 98208  
Monday-Friday: 5am-8pm  
*Bring ID & towel. Shampoo & Soap provided. Questions? Call (425) 374-5779 | |
| Urban Rest Stop  
https://www.urbanreststop.org/  
(206) 258-3626 | 2014B NW 57th St, Seattle, WA  
Monday- Friday: Opens at 6:30am  
*Closes for lunch from 10:30am-11:30am  
Call for Shower and Laundry appointments. |
Rental Assistance

Volunteers of America

Landlord Negotiation

Joseph Harter, (425) 212-2956, jharter@voaww.org

Homelessness Prevention

2-1-1 or (800) 223-8145

Homelessness Prevention Program continues serving clients at imminent risk of homelessness remotely. Due to the “Bridge Proclamation”, clients will need to receive an Eviction Resolution Pilot Program (ERPP) notice from their landlord for homelessness prevention/navigation services at this time. Please refer those who lost their income and not able to pay rent or experiencing other housing crisis to 211 to check eligibility and complete the Coordinated Entry assessment.

https://www.voaww.org/fairhousing

Beginning Monday, April 11, we will be temporarily re-opening the rental assistance screening process to Snohomish County residents.

Please call 2-1-1 to be screened, Monday through Friday, 8am - 5pm.
HAVE YOU BEEN FINANCIALLY IMPACTED BY COVID-19?

Assistance May Be Available If Your Household:
- Lives in Snohomish County and are unable to pay for life sustaining needs
- Lost a source of income from job loss due to COVID-19
- Has at least one member who has a health condition that puts them at higher risk for serious illness if they contract COVID-19 AND/OR a household member 65 years or older.

Your local Community Resource Center may be able to help with certain household expenses including: utility costs, food, transportation, medical care, and other life sustaining services.

YWCA
Everett, Lynnwood, Edmonds
425-341-9731
ccporcayo@ywcaworks.org

Arlington Resource Center
360-322-6988

CRC of Stanwood-Camano
360-629-5257

Take the Next Step
Monroe
360-794-1022
www.tttns.org

Sky Valley Resource Center
Sultan
360-793-2400
Eviction Law Help

Tenants Union of Washington State

(206) 723-0500
https://tenantsunion.org/

Facing Eviction? Get Help!

Most evictions for not paying rent are not allowed right now, but your landlord may still be trying to evict you.

Washington LawHelp now has a mobile-friendly app with a guided questionnaire to help residential tenants at risk of eviction find the information and legal help they need, county-by-county. Nothing to download, just visit our Facing Eviction? Get Help! page to use the app.
Trouble Paying Your Mortgage

Housing & Urban Development (HUD)

https://www.hud.gov/states/washington/homeownership/buyingprgms

Washington Homeownership Hotline

(877) 894-HOME, (877) 894-4663

Washington State Department of Financial Institutions (DFI)

(877) 746-4334

COVID-19 Mortgage Assistance for Washington Residents

https://dfi.wa.gov/homeownership/covid-19-mortgage-assistance-washington-residents

Foreclosure Mediation Program

https://dfi.wa.gov/homeownership/washington-foreclosure-mediation-program

Food Security

Help applying for EBT/SNAP Benefits

United Way

https://www.uwkc.org/need-help/food-help/

Amazon now accepting EBT/SNAP Benefits

https://www.amazon.com/b?node=19097785011&ref_=ompss_url&tag=googhyd
r-20&hvadid=344008677029&hvpos=&hvexid=&hvnetw=g&hvrand=728284624597
WIC

WIC clinics in Snohomish County are providing services and issue benefits over the phone, rather than in-person. For families who may be interested in applying for WIC, they can search for the nearest clinic using or calling the Help Me Grow WA Hotline at.

www.parenthelp123.org

WA Food Fund

As communities in Washington continue to fight the COVID-19 pandemic, there are far too many people without enough to eat. WA Food Fund is raising money to keep food banks and pantries stocked, in cities and rural communities across our state.

https://philanthropynw.org/wa-food-fund

Snohomish County Food Banks
<table>
<thead>
<tr>
<th>Snohomish County Food Bank</th>
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<tbody>
<tr>
<td>Arlington Food Bank</td>
</tr>
<tr>
<td>19118 63rd Ave Ne, Arlington, WA 98223</td>
</tr>
<tr>
<td>(360) 435-1531</td>
</tr>
<tr>
<td>Monday 5pm-6pm, Wednesday 5:30pm-6:30pm, Friday 12pm-1pm</td>
</tr>
<tr>
<td>Customers to remain in car, volunteers will bring food to car.</td>
</tr>
<tr>
<td>Bethel Baptist Church</td>
</tr>
<tr>
<td>2625 Hoyt Ave, Everett</td>
</tr>
<tr>
<td>(425) 252-0249</td>
</tr>
<tr>
<td>Call for appointment</td>
</tr>
<tr>
<td>Concern for Neighbors</td>
</tr>
<tr>
<td>4700 228th St SW, Mountlake Terrace, WA 98043</td>
</tr>
<tr>
<td>(425) 778-7227</td>
</tr>
<tr>
<td>Every Tuesday 9:30-11:30am</td>
</tr>
<tr>
<td>Customers to remain in car, volunteers will bring food to car.</td>
</tr>
<tr>
<td>ID is needed</td>
</tr>
<tr>
<td>Crossview Church</td>
</tr>
<tr>
<td>604 Ave C East</td>
</tr>
<tr>
<td>Snohomish, WA 98290</td>
</tr>
<tr>
<td>(360) 568-5886</td>
</tr>
<tr>
<td>Monday 6:30pm-7:30pm, Wednesday 10:30am-11:30am</td>
</tr>
<tr>
<td>If you or a household member has tested positive for COVID-19, or if you are experiencing symptoms of COVID-19, please stay home. Contact us here if you need food assistance during your quarantine.</td>
</tr>
<tr>
<td>Edmonds Food Bank</td>
</tr>
<tr>
<td>828 Cooper Street Edmonds, WA 98020</td>
</tr>
<tr>
<td>(425) 778-2119</td>
</tr>
<tr>
<td>Monday 3:00pm-5:30pm &amp; Tuesday 9:00am-12:00pm</td>
</tr>
<tr>
<td>Home Delivery (60 or older/ADA customer call 425-778-5833 to apply)</td>
</tr>
<tr>
<td>Follows Edmonds School District Open/Closed policy.</td>
</tr>
<tr>
<td>Must be a resident of Edmonds &amp; have completed the annual registration</td>
</tr>
<tr>
<td>Edmonds Westgate Chapel Food Bank</td>
</tr>
<tr>
<td>22901 Edmonds Way Edmonds, WA 98020</td>
</tr>
<tr>
<td>(425) 977-4500</td>
</tr>
<tr>
<td>Thursday 11:00am – 2:00pm</td>
</tr>
<tr>
<td>Emergency Bag Monday – Thursday 9:00am – 5:00pm</td>
</tr>
<tr>
<td>Everett United Church of Christ</td>
</tr>
<tr>
<td>2624 Rockefeller, Everett</td>
</tr>
<tr>
<td>(425) 252-7224</td>
</tr>
<tr>
<td>Last two Mondays of the month from 9:30am-12:00pm</td>
</tr>
<tr>
<td>One person at a time. Giving clients bags of prepacked food. Other items by availability if requested.</td>
</tr>
<tr>
<td>Granite Falls Food Bank</td>
</tr>
<tr>
<td>307 S Granite Ave</td>
</tr>
<tr>
<td>Granite Falls, WA 98252</td>
</tr>
<tr>
<td>(360) 691-4253</td>
</tr>
<tr>
<td>2nd &amp; 4th Wednesday of the month 4:30pm-6pm, Home Delivery call 360-691-4253 to schedule</td>
</tr>
<tr>
<td>Foothills Four Square Church</td>
</tr>
<tr>
<td>17310 W Main St</td>
</tr>
<tr>
<td>Monroe, WA 98272</td>
</tr>
<tr>
<td>(360) 794-9849</td>
</tr>
<tr>
<td>Every Saturday at 9:45am</td>
</tr>
<tr>
<td>Organization</td>
</tr>
<tr>
<td>--------------------------------------</td>
</tr>
<tr>
<td>Hand in Hand</td>
</tr>
<tr>
<td>Lake Stevens Food Bank</td>
</tr>
<tr>
<td>Lynnwood Food Bank</td>
</tr>
<tr>
<td>Maltby Food Bank</td>
</tr>
<tr>
<td>Marysville Food Bank</td>
</tr>
<tr>
<td>Everett Salvation Army</td>
</tr>
<tr>
<td>Sky Valley</td>
</tr>
<tr>
<td>Sky Valley Mobile Food Bank</td>
</tr>
<tr>
<td>Snohomish County Food Bank</td>
</tr>
<tr>
<td>SUNDAY</td>
</tr>
<tr>
<td>--------</td>
</tr>
<tr>
<td>Cocoon House 10am-1pm Youth</td>
</tr>
<tr>
<td>Central Lutheran Church 4pm</td>
</tr>
<tr>
<td>Esther’s Place 9am-1:30pm Women &amp; Children</td>
</tr>
<tr>
<td>Carl Gibson Senior Center 11am-Noon Seniors</td>
</tr>
<tr>
<td>Everett First Church of the Nazarene Noon</td>
</tr>
<tr>
<td>Faith Lutheran Church 5pm</td>
</tr>
<tr>
<td>The Lord’s Little Cooker 8am</td>
</tr>
</tbody>
</table>

Note: In the event of inclement weather, we observe the same emergency school closures and snow days as [Everett Public Schools](#).

Customers to remain in car, volunteers will bring food to car.

---

**Sultan Food Bank**

617 1st Street, Sultan, WA 98294

(360) 793-2400

Monday 5:00pm-7:00pm

Friday 9:30 am – 12:00 pm

**VOAWW Everett Food Bank**

1230 Broadway

Everett, WA 98201

(425) 259-5191 ext. 13014

Monday, Wednesday, Friday 10am-2pm,

2nd & 4th Tuesday 3pm-6pm

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**Everett Free Meals List**

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[Updated: 6/1/2021]
Utility Assistance

Workforce Snohomish Utility Assistance Program

Application Deadline

Applications must be submitted by May 13, 2022 at 5:00 pm to be considered for utility assistance. Workforce Snohomish cannot guarantee that all successfully submitted applications will be awarded, however, no application will be considered that isn't submitted by May 13, 2022 at 5:00 pm. Successfully submitted applications will be assessed for eligibility and processed for award as quickly as Workforce Snohomish staff are able. No awards will be made after June 30, 2022.

https://www.workforcesnohomish.org/utilities/

Snohomish County Energy Assistance

The Energy Assistance Program phone line is available Monday thru Friday between the hours of 9:00 am and 4:00 pm, except for County holidays. Representatives will be available from 9:00 am-11:30 am and 1:00 pm-3:30 pm Monday & Thursday, except County holidays.

You may now apply online for Energy Assistance if you reside in Snohomish County. Submit a secure online application and upload documents. All information is confidential and used only to determine eligibility.

(425) 388-3880
https://snohomishcountywa.gov/552/Energy-Assistance

PUD

The PUD offers year-round income qualified rate discounts of 25 or 50 percent off of PUD electric and water bills to customers based on the total household income limits below.

https://www.snopud.com/?p=1188

City of Everett Water Service
Catholic Community Services (CCS) administers an, “Everett Water Utilities” program. It is designed to be a once per year assistance for Everett Utility customers who have received a water shutoff notice and are at or below 200% of the Federal Poverty Level (see table below). If you receive a senior or disabled discount from Everett Utilities, you are not eligible for this program.

(425) 374-6394 Phone is staffed on Mondays, Tuesdays, and Wednesdays
https://ccsww.org/get-help/specialized-services/everettwaterassistance/

Puget Sound Energy/PSE

Information on PSE COVID-19 response and debt relief programs.


Salvation Army Warm Home Fund

The Salvation Army has limited utility assistance for customers of PSE. Please contact Suzanne Douff at Suzanne.douff@usw.salvationarmy.org or call (425) 259-8129 ext 235. Monday-Friday 10am-4pm.

City of Marysville Utility Assistance Program

https://marysvillewa.gov/1049/Community-Support-and-Resources

St. Vincent de Paul-Project Pride

St. Vincent de Paul North Sound Council distributes donations made through Snohomish County PUD Project PRIDE (Providing Relief for Individuals Dependent on Energy) to qualified individuals. For assistance please call our assistance line (425) 374-1243 extension 3, Monday through Friday 10am-4pm or email PUDprojectpride@hotmail.com. For more information on Snohomish Project PRIDE, or to donate to this program please visit:

https://svdpnsc.com/help/
Project PRIDE stands for Providing Relief for Individuals Dependent on Energy. The program was established in 1982 and has paid out over $3 million to help local people in need.

Project PRIDE is primarily funded by contributions from PUD customers. Funds are used to provide one-time grants for families and individuals who need help paying their energy bills. Interested in contributing to the Project PRIDE fund?

**Eligibility**

Families or individuals whose income is less than 200% of the federal poverty guidelines, or who have experienced sudden income loss due to the COVID-19 pandemic, are eligible to apply. Customers must have their most recent PUD bill and income documentation for the previous 30 days.

**How to apply**

Project PRIDE is managed by our partners at St. Vincent de Paul. To see if you qualify for assistance, call them at 425-374-1243.
Health Care

Vaccine Information

https://www.snohd.org/587/How-to-Get-Your-Shot

Information on COVID-19 vaccine access in Snohomish County


Vaccine Locator

https://vaccinelocator.doh.wa.gov/
COVID VACCINATION FOR 5-11 YEAR OLDS

The Pfizer COVID-19 vaccine is now recommended for children as young as 5. Here are answers to common questions about COVID-19 vaccination for kids and tips for getting vaccinated.

PFIZER COVID-19 VACCINE FAST FACTS

- Recommended for people ages 5 or older.
- Patients receive two doses three weeks apart.
- Children ages 5-11 receive a smaller dose than older patients.
- Common side effects:
  - Pain, redness, or swelling at injection site.
  - Tiredness, headache, muscle pain, chills, fever, nausea.
- Side effects are typically mild and go away within 1-2 days. More severe reactions have occurred but are very rare. Learn more at cdc.gov/covid19

SNOHOMISH COUNTY VACCINATION PROVIDERS FOR CHILDREN 5-11

The new child-appropriate doses of Pfizer vaccine are currently in short supply. Please be patient, as it will take several weeks until all eligible children are able to receive a first dose. Some providers that may have vaccines based on deliveries already received. Pharmacy chains may be receiving additional shipments this week. DOH shipments will arrive the week of November 15.

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Location</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Everett Clinic</td>
<td>Call for locations: 425-339-4212</td>
<td><a href="http://www.everettclinic.com">www.everettclinic.com</a></td>
</tr>
<tr>
<td>Sea Mar</td>
<td>Call for locations: 1-855-289-4503</td>
<td><a href="http://www.seamar.org">www.seamar.org</a></td>
</tr>
<tr>
<td>Costco</td>
<td>Lynnwood</td>
<td><a href="http://www.costco.com/covid-vaccine.html">www.costco.com/covid-vaccine.html</a></td>
</tr>
<tr>
<td>Walmart</td>
<td>Lynnwood/Marysville</td>
<td><a href="http://www.walmart.com/covid">www.walmart.com/covid</a></td>
</tr>
<tr>
<td>Good Neighbor</td>
<td>Edmonds</td>
<td><a href="http://www.edmondspharmacy.com">www.edmondspharmacy.com</a></td>
</tr>
<tr>
<td>Fred Meyer</td>
<td>Lynnwood</td>
<td><a href="http://www.kroger.com/rx">www.kroger.com/rx</a></td>
</tr>
<tr>
<td>QFC</td>
<td>Stanwood/Everett/Mill Creek</td>
<td><a href="http://www.kroger.com/tx">www.kroger.com/tx</a></td>
</tr>
<tr>
<td>Bartells</td>
<td>Everett</td>
<td><a href="http://www.riteaid.com/covid-19">www.riteaid.com/covid-19</a></td>
</tr>
<tr>
<td>Rite Aid</td>
<td>Everett</td>
<td><a href="http://www.riteaid.com/covid-19">www.riteaid.com/covid-19</a></td>
</tr>
<tr>
<td>Walgreens</td>
<td>Mill Creek/Lynnwood</td>
<td><a href="http://www.walgreens.com/covid">www.walgreens.com/covid</a></td>
</tr>
<tr>
<td>Pharmasave Monroe</td>
<td>Monroe</td>
<td><a href="http://www.pharmasavemonroe.com">www.pharmasavemonroe.com</a></td>
</tr>
<tr>
<td>North Sound Pediatrics</td>
<td>Mill Creek</td>
<td><a href="http://www.northsoundspediatrics.com">www.northsoundspediatrics.com</a></td>
</tr>
</tbody>
</table>

Updated 11/10/21

- We recommend contacting your child’s regular healthcare provider to find out if they are offering vaccination before contacting other vaccine providers on this list.
- Be sure to book an appointment for the appropriate age group for your child.
- Some providers may only be offering vaccination to their established patients.
- Please contact providers directly to confirm vaccine availability and clinic details.
- Find a statewide listing of providers at covidvaccinewa.org

LEARN MORE: cdc.gov/coronavirus | covidvaccinewa.org | snohd.org/covidvaccine
At Home COVID-19 Tests

https://special.usps.com/testkits

https://sayyescovidhometest.org/en-US

At-Home Test Instructions:

1. 

2. 

3. 

4. 

5. 

6. 

7. 

1-800-525-0127

www.snohd.org/covid
Face Masks

CDC Guidance on Mask Wearing

Guidance on cloth face coverings (pdf) from the Washington State Department of Health Learn how to make a homemade mask (pdf) from the Department of Labor and Industries CDC guidelines around homemade cloth face coverings


Snohomish Health District

MASK REQUIREMENTS

The statewide mask requirement for most public indoor places, including schools, is lifted as of March 12, 2022. This makes masking optional in most public settings.

Though local health jurisdictions have the authority to put in place mask requirements at the county level, the Snohomish Health District is aligning with the statewide rules and is not currently putting more strict masking requirements in place for Snohomish County

https://www.snohd.org/616/Masks
Medical Insurance

Washington Health Plan Finder

https://www.wahealthplanfinder.org/

Health Insurance for Undocumented Individuals

(855) 923-4633

SeaMar

Sign up for health insurance or basic food benefits by phone

(855) 289-4503

COVID-19 Response

Providence

https://www.providence.org/patients-and-visitors/coronavirus-advisory

Multi-Care

https://www.indigourgentcare.com/onlinecare

Skagit Regional Health

https://www.skagitregionalhealth.org/

Community Health Center

https://www.chcsno.org/

Kaiser Permanente
Public Charge Information

Update February 24, 2022:
The U.S. Citizenship and Immigration Services announced a Notice of Proposed Rule Making that will apply public charge inadmissibility consistent with guidelines from 1999. USCIS will not consider the receipt of Medicaid, public housing, or food assistance (Supplemental Nutrition Assistance Program) benefits as part of the public charge rule. Additionally, USCIS does not consider COVID-19 testing, treatment, vaccines, or public benefits specifically related to the coronavirus pandemic. Only past and current receipt of Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF) cash assistance for income maintenance, long-term institutionalization, and other state and local cash assistance for income maintenance may be considered to determine government dependence.

United We Dream

Healthcare information and resources for undocumented families

Telehealth tips for individuals receiving services
https://www.hca.wa.gov/assets/program/fact-sheets-telehealth-tips-for-individuals-receiving-services.pdf

Mercy Watch
We serve and are present to those living on the streets mired in addiction, mental health crisis and poverty, and to work with them for a better future. We do this by providing basic street medical care, emotional and spiritual support, and needed supplies (socks, blankets, sleeping bags, etc.) to homeless men, women and children surviving in the area.

https://mercywatch.org/

**Undocumented Families & Individuals**

**Washington Immigrant Solidarity Network**

A hotline & website to help connect undocumented people with resources.

(844) 724-3737

https://www.waisn.org/

**Washington State Department of Licensing**

The Washington State Department of Licensing is seeing clients in person by appointment only. To schedule an appointment call or go online. Renew and manage your vehicles, boats, driver license, and addresses all in one place!

https://www.dol.wa.gov/

**Reentry Database**

The Washington State Library Program provides a Wiki on Institutional Reentry with links to resources that is updated regularly.


**Emotional Health Resources**
<table>
<thead>
<tr>
<th>Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Taking Care of your Emotional Health</strong></td>
<td>Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family.</td>
</tr>
<tr>
<td><strong>Peak Resilience: Mental Health Guide</strong></td>
<td>Comprehensive resource guide for mental health.</td>
</tr>
<tr>
<td><strong>Snohomish County Music Project</strong></td>
<td>Providing music therapy services during the COVID-19 pandemic at no cost. (425) 258-1605 OR email <a href="mailto:info@scmusicproject.org">info@scmusicproject.org</a></td>
</tr>
<tr>
<td><strong>Washington Recovery Help Line</strong></td>
<td>Can provide emotional support to callers along with the ability to link callers to resources that could help with Mental Health, Substance Use, and Problem Gambling. Monday-Friday 7am-12am, Saturday-Sunday 9am-10pm (866)789-1511</td>
</tr>
<tr>
<td><strong>Teen Link</strong></td>
<td>Teen Link is a platform that is accessible via text or phone where teens who are struggling with emotional health can talk and be listened to. (866) 833-6546 Call from 6-10pm Monday through Friday</td>
</tr>
<tr>
<td><strong>Emotional Wellness Toolkit</strong></td>
<td>NIH Wellness toolkits highlight evidence-based tips for living well and improving your health.</td>
</tr>
<tr>
<td><strong>Care For Your Coronavirus Anxiety</strong></td>
<td>Toolkits for anxiety and mental health in a global climate of uncertainty.</td>
</tr>
<tr>
<td><strong>CrisisTextLine</strong></td>
<td>Text &quot;NAMI&quot; to 741741 to chat with a trained crisis counselor. When in crisis, this hotline can help de-escalate situations.</td>
</tr>
<tr>
<td><strong>DOH Behavioral Health Impacts Weekly Report</strong></td>
<td>Data to contextualize the pandemic.</td>
</tr>
<tr>
<td><strong>Center for the Study of Traumatic Stress: Finding the Right Words to Talk with Children and Teens</strong></td>
<td>This toolkit can be helpful when talking with children about the pandemic and its’ effects.</td>
</tr>
<tr>
<td><strong>CDC: Diabetes and Mental Health</strong></td>
<td>Untreated mental health issues can make diabetes worse, and problems with diabetes can make mental health issues worse. But fortunately if one gets better, the other tends to get better, too.</td>
</tr>
<tr>
<td><strong>Helping Children Cope</strong></td>
<td>Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children.</td>
</tr>
<tr>
<td><strong>Studying while financially stressed during COVID-19</strong></td>
<td>A good resource for students feeling burnout and anxiety around online school and the COVID-19 pandemic.</td>
</tr>
</tbody>
</table>
Love is Louder

The #LoveisLouder Action Center was designed to share tips, tools and ideas for actions that can help us take care of our emotional health, and take care of each other.

Connectivity

Federal Communications Commission

For updates on the FCC’s wide array of actions to keep consumers connected during the coronavirus pandemic.

https://www.fcc.gov/coronavirus

Lifeline Cell Phones

https://www.freedgovernmentcellphones.net/states/washington-government-cell-phone-providers

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Phone</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assurance Wireless</td>
<td>888-898-4888</td>
<td>Everett</td>
<td>WA</td>
<td>98201</td>
<td><a href="http://www.assurancewireless.com">www.assurancewireless.com</a></td>
</tr>
<tr>
<td>Q Link Wireless</td>
<td>855-754-6543</td>
<td>Everett</td>
<td>WA</td>
<td>98201</td>
<td><a href="http://www.qlinkwireless.com">www.qlinkwireless.com</a></td>
</tr>
<tr>
<td>enTouch Wireless</td>
<td>866-488-8719</td>
<td>Everett</td>
<td>WA</td>
<td>98201</td>
<td><a href="http://www.entouchwireless.com">www.entouchwireless.com</a></td>
</tr>
<tr>
<td>Life Wireless</td>
<td>888-543-3620</td>
<td>Everett</td>
<td>WA</td>
<td>98201</td>
<td><a href="http://www.lifewireless.com">www.lifewireless.com</a></td>
</tr>
<tr>
<td>Safelink Wireless</td>
<td>800-723-3546</td>
<td>Everett</td>
<td>WA</td>
<td>98201</td>
<td><a href="http://www.safelinkwireless.com">www.safelinkwireless.com</a></td>
</tr>
<tr>
<td>Access Wireless</td>
<td>866-594-3644</td>
<td>Everett</td>
<td>WA</td>
<td>98201</td>
<td><a href="http://www.accesswireless.com">www.accesswireless.com</a></td>
</tr>
</tbody>
</table>

Community Health Plan of Washington

Individuals enrolled with Medicaid can access a free cell phone. Here is the link to CHPW’s Member Center Page regarding the Free Cell Phone program.

DSHS Cell Minute Replenishment
Cell phone minutes can now be issued by the DSHS call center agents via mailing the minute voucher to the customer. Anyone needing access should call our contact center at to verify their service is through covered providers.

(877) 501-2233

Internet Service

Comcast is offering new Internet Essentials customers 2 free months of internet service to help connect low-income families to the internet during this time.
After the two free months, you can cancel the service, or continue and make payments.

https://www.internetessentials.com/covid19?fbclid=IwAR2NN4E1hhkWQlTf9HpXgDjawBzsIWebTHaFCpJxupSXY_0S_IhuDSeDHil

WIFI Hotspots Location Finder

In response to the impacts of COVID-19, Drive-In WIFI Hotspots provide free temporary, emergency internet access for Washingtonians who do not have broadband service to their homes.


Online Support Groups

Relational Center

To create an additional space for continued connection during these times of increased isolation we will be offering online video chat support groups starting Monday (3/16). These groups are free and open to the public. You are welcome to join us and invite your friends and family as well.

https://www.relationalcenter.org/onlinesupport/
Connections App

To help support individuals in recovery from substance use disorder, Addiction Policy Forum has partnered with CHESS Health to launch Connections, a free smartphone app that is scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement.

https://www.addictionpolicy.org/recovery-app

Pro-Social/Sober Support

<table>
<thead>
<tr>
<th>Name:</th>
<th>Description:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholics Anonymous</td>
<td>Our purpose is to carry the message of recovery to the alcoholic who still suffers. Meetings are audio only, no video because participants log on from all over the world.</td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td>Bringing Narcotics Anonymous Meetings to Remote or Isolated Addicts from around the world who may, for whatever reason, be unable to attend local face to face meetings.</td>
</tr>
<tr>
<td>Unity Recovery</td>
<td>To provide inclusive community-based recovery support services and education for all individuals in or seeking recovery.</td>
</tr>
<tr>
<td>Suboxone Forum</td>
<td>SuboxForum provides buprenorphine and Suboxone information, and is a place for addicts and those who love them to discuss opioid, pain pill, heroin, and other addictions.</td>
</tr>
<tr>
<td>Support Groups Central</td>
<td>Peer support has become recognized by experts as a high-impact and cost-effective path for improving our quality of life, delivering favorable health care outcomes and reducing healthcare costs.</td>
</tr>
<tr>
<td>LifeRing Secular Recovery</td>
<td>LifeRing Secular Recovery is an organization of people who share practical experiences and sobriety support.</td>
</tr>
<tr>
<td>In The Rooms</td>
<td>Ken Pomerance and Ron Tannebaum started In The Rooms (ITR) with a simple goal in mind: to give recovering addicts a place to meet and socialize when they’re not in face-to-face meetings.</td>
</tr>
<tr>
<td>Medication Assisted Recovery (MARA)</td>
<td>“Medication-Assisted Recovery Anonymous is a support group of people who believe in the value of medication as a means to recovery.</td>
</tr>
</tbody>
</table>
Are you, or someone you know, struggling with Opiate Use Disorder?
WE CAN HELP!

Opioid Use Disorder (OUD) CAN BE TREATED.

HELP IS AVAILABLE.
Medication-assisted treatment (MAT) is the use of medications in the treatment of OUD. When used in combination with counseling and behavioral therapies, it can be effective in helping people to achieve and sustain recovery.

Whether you are interested in getting an Assessment, getting into Detox or Treatment, getting on Medication Assisted Treatment or need help navigating Recovery Service - Please call today! You can also text or email.

You are worth it! - If not now, when?

For Family/Friends, Agencies, and other Community Members - Please check out our website to refer someone in need of and interested in services.
Federal Student Aid

Federal Student Aid

Student Loan Payments to Restart after May 1, 2022. Here, you can learn how to prepare for loan payments to begin again. You can also find information about COVID-19 relief, impacts, and resources. Read the borrower Q&A’s below to learn more, and contact your loan servicer to find out your specific options.

https://studentaid.gov/announcements-events/coronavirus

Education

Everett Community College

https://www.everettcc.edu/enrollment/hs-programs/events

Pet Services

Beck’s Place

Beck’s Place changes the way families are served. From our Foster Boarding Program to Paw It Forward we are taking care of both people and pets.

https://www.becksplace.org/

Pregnancy & Parenting Support

Prepares For Life

https://preparesforlife.org/how-we-can-help/
**Childcare**

YMCA of Snohomish County

[https://ymca-snoco.org/programs/child-care/](https://ymca-snoco.org/programs/child-care/)

Boys & Girls Clubs of Snohomish County

[https://bgcsc.org/](https://bgcsc.org/)

**Parent Help Search Engine**

Connecting parents with food, health and child care information

[http://www.parenthelp123.org/](http://www.parenthelp123.org/)

**ChildCare Aware of Washington**

[https://info.childcareaware.org/coronavirus-updates](https://info.childcareaware.org/coronavirus-updates)

[https://childcareawarewa.org/families/#whotocall](https://childcareawarewa.org/families/#whotocall)

**Tax Filing Assistance**

**My Free Taxes-H&R Block**

[https://www.myfreetaxes.com/](https://www.myfreetaxes.com/)

**Tax Filing & Banking Assistance**

[https://www.everyoneiswelcome.org/bank-on/](https://www.everyoneiswelcome.org/bank-on/)

**AARP Site Locator**

[https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action](https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action)