

### Community Resources

<b>Emergency &amp; Crisis Hotlines</b>		
Medical Emergency		Call 9-1-1
King County Crisis Connection	Health and human services in King County. 24/7 crisis support, intervention, and counseling	24-Hr Crisis Line: (866) 427-4747 <a href="https://www.crisisconnections.org/king-county-2-1-1/">https://www.crisisconnections.org/king-county-2-1-1/</a>
Washington Listens - COVID-19 Support Hotline	Program that provides nonclinical support to people experiencing elevated stress due to COVID-19	Phone: 1-833-681-0211 <a href="https://www.walistsens.org/">https://www.walistsens.org/</a>
<b>Child Abuse</b>		
Washington State Dept. of Social and Health Services (DSHS)	Report abuse or neglect of a child	1-866-ENDHARM (1-866-363-4276) <a href="https://www.atg.wa.gov/child-abuse-">https://www.atg.wa.gov/child-abuse-</a>
<b>Domestic Violence</b>		
DAWN - Domestic Abuse Womens Network 221 W Gowe St Kent, WA 98032	Services for survivors of domestic abuse in South King County	Crisis Line (24 Hour): (425) 656-7867 Phone: (253) 893-1600 <a href="https://www.dawnrising.org/">https://www.dawnrising.org/</a>
National Domestic Violence Hotline	24/7 support for survivors	1-800-799-7233 Text LOVEIS to 22522 <a href="https://www.thehotline.org/">https://www.thehotline.org/</a>
Violence Against Women Network	Materials and resources on gender-based violence and related issues	<a href="https://vawnet.org/">https://vawnet.org/</a>
WSCADV - Washington State Coalition Against Domestic Violence 1511 Third Ave, Suite # 433 Seattle, WA 98101	Domestic violence advocate and survivor services	Phone: (206)389-2515 <a href="https://wscadv.org/">https://wscadv.org/</a>
YWCA	Domestic violence advocate and survivor services	Phone: (206) 795-2361 <a href="https://www.ywcaworks.org/">https://www.ywcaworks.org/</a>

<b><u>Financial Assistance: Rent, Mortgage, Utilities</u></b>		
Black Diamond Community Center - Salvation Army Funds 31605 Third Ave (SR 169) Black Diamond, WA 98010	Utility Assistance	Phone: (360) 886-1011 <a href="http://blackdiamondcommcenter.org/emergency-services.html">http://blackdiamondcommcenter.org/emergency-services.html</a>
Lake Sawyer Christian Church 31605 Lake Sawyer Road SE Black Diamond, WA 98010	Utility and Rent Assistance	Phone: (360) 886-8045 <a href="https://lakesawyerchurch.org/">https://lakesawyerchurch.org/</a> Email: <a href="mailto:info@lakesawyerchurch.org">info@lakesawyerchurch.org</a>
Low Income Home Energy Assistance Program (LIHEAP)	Assisting families with energy costs.	Phone: (253) 517-2263 <a href="https://www.acf.hhs.gov/ocs/programs/liheap">https://www.acf.hhs.gov/ocs/programs/liheap</a> Schedule an appointment online: <a href="https://msc.itfrontdesk.com/apptonline/landing.html?client_code=MSHELPS">https://msc.itfrontdesk.com/apptonline/landing.html?client_code=MSHELPS</a>
Maple Valley Church 22659 Sweeney Rd SE Maple Valley, WA 98038	Utility and Rent Assistance	Phone: (425) 432-4399 <a href="https://www.maplevalleychurch.org/">https://www.maplevalleychurch.org/</a> Email: <a href="mailto:office@maplevalleychurch.org">office@maplevalleychurch.org</a>
Maple Valley Food Bank and Emergency Services 21415 Renton Maple Valley Rd. SE Maple Valley, WA 98038	Utility, Rent, Bus Passes, and other Emergency Needs	Phone: (425) 432-8633 <a href="https://maplevalleyfoodbank.org/get-help/">https://maplevalleyfoodbank.org/get-help/</a>
St. Stephens Catholic Church 13055 SE 192nd Street Renton, WA 98058	Utility and Rent Assistance	Phone: (206) 767-6449 <a href="https://ststephenslife.com/looking-for-help">https://ststephenslife.com/looking-for-help</a>
<b><u>Food</u></b>		
Black Diamond Community Center 31605 Third Ave (SR 169) Black Diamond, WA 98010	Food Bank Hours: Monday: 10:00am - 3:00pm Wednesday: 10:00am - 3:00pm	Phone: (360) 886-1011 <a href="http://blackdiamondcommcenter.org/emergency-services.html">http://blackdiamondcommcenter.org/emergency-services.html</a>
Maple Valley Food Bank and Emergency Services 21415 Renton Maple Valley Rd. SE Maple Valley, WA 98038	Food Bank Hours: Tuesday: 10:30am - 6:00pm Wednesday: 10:30am - 1:00pm	Phone: (425) 432-8633 <a href="https://maplevalleyfoodbank.org/get-help/">https://maplevalleyfoodbank.org/get-help/</a>

<b><u>Housing/Homelessness</u></b>		
ARISE - Catholic Community Services (Men's Shelter) 1229 W Smith Street Kent, WA 98032	Intake: M - F 1:00 - 2:00pm	Phone: (253) 854-0077 <a href="https://ccsww.org/get-help/shelter-homeless-services/arise/">https://ccsww.org/get-help/shelter-homeless-services/arise/</a>
National Center for Homeless Education (NCHE)	Educational assistance and information for homeless children and youth program.	Homeless Education Helpline: 1-800-308-2145 <a href="https://nche.ed.gov/">https://nche.ed.gov/</a> Email: homeless@serve.org
Vine Maple Place 21730 Dorre Don Way SE Maple Valley, WA 98038	Housing Stability for Parents & Children: Financial skills education, Employment services, Life skills, Counseling, and Child/Youth programs	Phone: (425) 432-2119 <a href="https://www.vinemapleplace.org/">https://www.vinemapleplace.org/</a>
Vision House Renton, WA	Services for homeless families with children	Phone: (425) 228-6356 <a href="https://visionhouse.org/">https://visionhouse.org/</a> Email: info@visionhouse.org
Way Back Inn Renton, WA	Transitional housing for families in need	Phone: (206) 682-7382 <a href="https://www.way-back-inn.org/">https://www.way-back-inn.org/</a>
YouthCare - Safe Place (Teen Shelter)	Services for runaway and homeless youth ages 12 - 17	1-800-422-TEEN Text: "SAFE" and your current location to 69866 <a href="https://youthcare.org/homeless-youth-services/prevention-services/safe-place/">https://youthcare.org/homeless-youth-services/prevention-services/safe-place/</a>
YWCA - Housing 1010 S. Second Street Renton, WA 98057	Helping women and families find stable housing	Phone: (425) 264-1400 <a href="https://www.ywcaworks.org/housing">https://www.ywcaworks.org/housing</a>
<b><u>LGBTQ+ Services</u></b>		
Kent Youth & Family Services 232 Second Ave. S, Suite 201 Kent, WA 98032	Support for ages 13 - 19 who identify as LGBTQ+, allies welcome. Weekly online meeting.	Phone: (253) 859-0300 <a href="https://kyfs.org/lgbtq/">https://kyfs.org/lgbtq/</a> For more information - email: benjamint@kyfs.org

Lambert House 1818 15th Ave Seattle, WA 98122	Community Center for LGBTQ+ youth	Phone: (206) 322-2515 <a href="http://www.lamberthouse.org/">http://www.lamberthouse.org/</a>
Rainbow Center 2215 Pacific Ave Tacoma, WA 98402	Resources and a safe space for the LGBTQ+ community	Phone: (253) 383-2318 <a href="https://www.rainbowcntr.org/">https://www.rainbowcntr.org/</a>
The Trevor Project - Lifeline	24/7 support for LGBTQ+ young people in crisis, feeling suicidal or in need of a safe place to talk	Phone: 1-866-488-7386 Text: "START" to 678-678 <a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>
<b><u>Mental Health</u></b>		
<b>Agencies:</b>		
Kent Youth & Family Services 232 Second Ave. S, Suite 201 Kent, WA 98032	Mental health, substance abuse, after school programs, LGBTQ+ youth support, and homelessness	Phone: (253) 859-0300 <a href="https://kyfs.org/">https://kyfs.org/</a>
Rainier Foothills Wellness Foundation 1675 Cole Street Enumclaw, WA 98022	Mental health resources and community support	Phone: (360) 802-3206 <a href="https://www.rfwellnessfoundation.org/">https://www.rfwellnessfoundation.org/</a>
Renton Area Youth & Family Services 1025 South 3rd Street Renton, WA	Counseling, substance abuse, counseling offered in office, at home, and in school	Phone: (425) 271-5600 <a href="https://rays.org/">https://rays.org/</a>
Social Impact Center (Nexus Youth and Family + YMCA) 24930 224th Ave SE Maple Valley, WA 98038	Anger management, substance abuse counseling, anxiety, depression, foster care, housing/homelessness, and young adult services	Phone: (425) 358-9451 Behavioral Health & Foster Care: (206) 382-5340 Housing/Homelessness: (206) 749-7550 After-Hours & Weekends Crisis Line: 866-427-4747 <a href="https://www.seattleyymca.org/social-impact-center">https://www.seattleyymca.org/social-impact-center</a>
Sound Mental Health Auburn, Kent, Renton	School based counseling - approved provider for Medicaid/Apple Health	Phone: 1-800-828-1449 <a href="https://www.sound.health/">https://www.sound.health/</a>
Thrive Wellness Clinic 27203 216th Ave Southeast, Suite 5 Maple Valley, WA 98038	Counseling Clinic - Full Range of Services: Substance Use, Couples, Individuals (Adults & Adolescents)	Phone: (425) 584-7570 <a href="https://www.thrivewellnessclinic.net/">https://www.thrivewellnessclinic.net/</a>

Valley Cities - Behavioral Health Care Various locations, including: Renton, Kent, Auburn	Mental health, housing, substance use, and veteran services - serving all ages and populations including low-income families	Phone: (253) 833-7444 After hours crisis line: (206) 461-3222 or Toll-free: (866) 427-4747 <a href="https://www.valleycities.org/">https://www.valleycities.org/</a>
<b>Private Counselors:</b>		
Brian Ashburn, MS, LMFT - Ashburn Counseling, PLLC 22807 SE 216th Way Maple Valley, WA 98038	Serving individuals, couples, and families	Phone: (425) 395-9605 <a href="https://www.ashburncounseling.com/">https://www.ashburncounseling.com/</a> Email: <a href="mailto:brian@ashburncounseling.com">brian@ashburncounseling.com</a>
Jennifer Baker, LMHC - Maple Valley Counseling Associates 22216 SE 272nd Street	Youth and family therapy services	Phone: (425) 310-2413 <a href="http://www.jenniferbakerlmhc.com/#">http://www.jenniferbakerlmhc.com/#</a> Email: <a href="mailto:jennifer@jenniferbakerlmhc.com">jennifer@jenniferbakerlmhc.com</a>
Carrie Erickson, MS, LMFT 22443 SE 240th Street, Suite # 202 Maple Valley, WA 98038	Works with adults, t(w)teens, couples, and families	Phone: (206) 317-5126
Kyle Erickson, MS, LMFT - KGE Counseling LLC 22443 SE 240th Street, Suite # 202 Maple Valley, WA 98038	Works with individuals, couples, and families	Phone: (425) 616-1800 <a href="http://www.kyleericksoncounseling.com/">http://www.kyleericksoncounseling.com/</a> Email: <a href="mailto:kyle@kyleericksoncounseling.com">kyle@kyleericksoncounseling.com</a>
Chris Hoey, M.A., LMFT - Family Fundamentals 2216 SE 272nd Street Maple Valley, WA 98038	Works with children, adolescents, teens, adults and families	Phone: (425) 943-0227 <a href="http://maplevalleytherapist.com/index.shtml">http://maplevalleytherapist.com/index.shtml</a> Email: <a href="mailto:cphoey1@yahoo.com">cphoey1@yahoo.com</a>
Emma Kowalinski, MS, LMFT Maple Valley, WA 98038	Family services, Behavior Support, Maternal Mental Health	Phone: (425) 310-2383 <a href="http://box2046.temp.domains/~emmakowa/?page_id=212">http://box2046.temp.domains/~emmakowa/?page_id=212</a> Email: <a href="mailto:emma@kowalinskilmft.com">emma@kowalinskilmft.com</a>
Jamie Martinez, MS, LMFT 22443 SE 240th Street SE, Suite # 202 Maple Valley, WA 98038	Works with children, adolescents, and women	Phone: (206) 225-9551 <a href="https://www.jamiamartinezcounseling.com/">https://www.jamiamartinezcounseling.com/</a> Email: <a href="mailto:jamiamartinezcounseling@gmail.com">jamiamartinezcounseling@gmail.com</a>
Sarah Ramstad, MA, LMHC - Maple Valley Counseling Associates 22216 SE 272nd Street Maple Valley, WA 98038	Clients include: Children, Teens, Family Systems, and Women	Phone: (425) 610-6020 <a href="http://mvcounseling.org/">http://mvcounseling.org/</a> Email: <a href="mailto:sarahramstad@gmail.com">sarahramstad@gmail.com</a>

<b>Psychiatrists:</b>		
Larry G. Knauss 23745 225th Way SE, Suite # 201 Maple Valley, WA 98038	Clinical Psychologist	Phone: (425) 443-6471
Dr. Rudy Lorber, Ph.D., ABPP, ABSNP - Mind Source Center 27023 164th Ave SE Covington, WA 98042	Pediatric Neuropsychologist	Phone: (253) 394-2885 <a href="http://www.mindsourcecenter.com/">http://www.mindsourcecenter.com/</a> Email: dr.rudylorber@gmail.com
<b>Senior Services</b>		
Adult Protective Services (APS)	Report abuse of a vulnerable adult by phone or online	Phone: 1-877-734-6277 <a href="https://www.dshs.wa.gov/altsa/home-and-community-services/report-concerns-involving-">https://www.dshs.wa.gov/altsa/home-and-community-services/report-concerns-involving-</a>
Black Diamond Community Center: Senior Programs 31605 Third Ave (SR 169) Black Diamond, WA 98010	Lunch (Take Out): T/TH 12:00pm	Phone: (360) 886-1011 <a href="http://www.blackdiamondcommcenter.org/senior-programs.html">http://www.blackdiamondcommcenter.org/senior-programs.html</a>
Greater Maple Valley Community Center: Senior Programs 22010 SE 248th Street Maple Valley, WA 98038	Lunch (Drive Through): M/W/F 12:00pm Transportation for Medical Appointments Free Pet Food for low-income seniors	Phone: (425) 432-1272 <a href="https://www.maplevalleycc.org/health-wellness">https://www.maplevalleycc.org/health-wellness</a>
Plateau Outreach Ministries	No Cost Home Repair & Modifications: for qualifying seniors	Phone: (360) 825-8961 <a href="http://www.blackdiamondcommcenter.org/senior-programs.html">http://www.blackdiamondcommcenter.org/senior-programs.html</a>
WA State DSHS: Aging and Long-Term Support Administration	Local services, information, and resources for seniors	Phone: (360) 725-2300 <a href="https://www.dshs.wa.gov/altsa">https://www.dshs.wa.gov/altsa</a>
<b>Sexual Assault</b>		
KSARC - King County Sexual Assault Resource Center PO BOX 300 Renton, WA 98057	Counseling, programs, and resources for survivors of sexual assault	24-Hour Resource Line: 1-888-99-VOICE (1-888-998-6423) Main Office Phone: (425) 226-5062 <a href="https://www.kcsarc.org/">https://www.kcsarc.org/</a>

<b><u>Substance Use &amp; Recovery Services</u></b>		
Northwest Recovery Centers LLC 17600 Talbot Rd S., Suite # 3 Renton, WA 98055	Substance use disorder treatment & services	Phone: (425) 254-2899 <a href="http://www.nwrecoverycenters.com/">http://www.nwrecoverycenters.com/</a>
Renton Area Youth & Family Services 1025 South 3rd St Renton, WA 98057	Substance use disorder treatment & services	Phone: (425) 271-5600 <a href="https://rays.org/">https://rays.org/</a>
Valley Cities - Recovery Place Kent 505 Washington Ave S Kent, WA 98032	Substance use disorder treatment & services	Phone: (253) 652-7294 <a href="https://www.valleycities.org/">https://www.valleycities.org/</a>
WA Recovery Help Line	24-Hour help for substance abuse, problem gambling, & mental health	Phone: 1-866-789-1511 <a href="https://www.warecoveryhelpline.org/">https://www.warecoveryhelpline.org/</a>
<b><u>Suicide Prevention</u></b>		
National Suicide Prevention Lifeline	24/7 access to free and confidential support for people in distress - prevention and crisis resources	1-800-273-8255 <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
WA Warm Line (Peer Support)	24-Hour crisis line for those in crisis or considering suicide	Phone: 1-866-427-4747 Toll-Free: 1-877-500-WARM (9276) <a href="https://www.crisisconnections.org/wa-warm-line/">https://www.crisisconnections.org/wa-warm-line/</a>
<b><u>Teen Services</u></b>		
Greater Maple Valley Community Center: Teen Programs 22010 SE 248th Street Maple Valley, WA 98038	For teens grade 6 - 12. Youth Council, Datewise, Homework Help, Summer Camp, LGBTQ+ Support	Phone: (425) 432-1272 <a href="https://www.maplevalleycc.org/prevention">https://www.maplevalleycc.org/prevention</a>
Teen Link	A help line for teens, by teens	Phone: 1-866-TEENLINK (833-6546) <a href="https://www.teenlink.org/">https://www.teenlink.org/</a>
<b><u>Veteran Services</u></b>		
King County Veterans Services 645 Andover Park West, Suite # 100 Tukwila, WA 98188	Resources for: Emergency support, employment, housing stability, financial stability, legal, end of life, and well-being	Phone: (206) 477-7022 <a href="https://www.kingcounty.gov/depts/community-human-services.aspx">https://www.kingcounty.gov/depts/community-human-services.aspx</a>

Valley Cities - Active Military & Veterans Services Various locations, including: Renton, Kent, Auburn	Services for veterans and their families, including: therapy and resource navigation	Phone: (253) 833-7444 After hours crisis line: (206) 461-3222 or Toll-free: (866) 427-4747 <a href="https://www.valleycities.org/">https://www.valleycities.org/</a>
WA State Department of Veterans Affairs 2106 2nd Ave, 1st Floor Seattle, WA 98121	Assistance for veterans, including: housing, financial, employment, case management, benefits counseling, mental health referrals, and more	Phone: (206) 454-2799 <a href="https://www.dva.wa.gov/veterans-their-families/veterans-benefits/housing-resources/king-county-veterans-services">https://www.dva.wa.gov/veterans-their-families/veterans-benefits/housing-resources/king-county-veterans-services</a>
YWCA - Supportive Services for Veteran Families 1010 S. Second Street Renton, WA 98057	Housing stability program for veteran families M - F: 8:30 am - 5:00 pm	Phone: (425) 264-1426 <a href="https://www.ywcaworks.org/programs/supportive-services-veteran-families">https://www.ywcaworks.org/programs/supportive-services-veteran-families</a> Email: <a href="mailto:ltiffin@ywcaworks.org">ltiffin@ywcaworks.org</a>