

## FOOD

**VMCFB (Food Bank)** | Distribution: Wed & Thurs: 11-1pm & 5-7pm, senior/disabled Wed & Thurs: 10:30-11am Home delivery call: 206-463-6332 Emergency food bags available.

**Picnics in the Park** provided by VMCFB | Free lunches for children/youth summer weekdays 12-1:30pm at Ober Park.

**Food Delivery** | Meals on Wheels, 206-448-5767 Delivery Tues: 206-463-5173.  
Thriftway delivers if homebound: 206-463-2100

**Senior Center Lunch** | Noon- M, T, W, F. \$4.50 or by donation

**WIC** | Food vouchers/nutrition support for low-income pregnant women/children to age 5. Clinic on Vashon 3rd Wed. of month at Vashon Methodist Church: 206-477-0002 for appointments.

**Emergency Food Vouchers** for Thriftway/Vashon Market (IGA) | St. Vincent DePaul: 206-450-7577, VYFS: 206-463-5511 ext 225 IFCH: 206-463-7776

**Free Meals Served** (\* sponsored by the Episcopal Church)

- Monday – Methodist Church – 5:30 pm
- Tuesday – Presbyterian Church - 5:30 pm
- Wednesday – Church of the Holy Spirit – 5:30 pm \*
- Thursday – Presbyterian Church – 5:30 pm
- Friday – Lutheran Church – 5:30 pm
- Saturday - Land Trust Building – 5:00 pm \*
- Sunday – Methodist Church – 5:30 pm

## HOUSING/WEATHERIZATION

**Vashon HouseHold** | Low-income, seniors 62+ and/or disabled housing at four projects: 206-463-4880

**Home Share Program** | Vashon HouseHold: 206-463-4880

**Vashon Manor** | Low-income, seniors 62+/disabled: 206-463-3562

**Emergency Rental Fund** | Call 211 for referral for rental assistance and/or move in support through King County Housing Stability Project. Referral will be sent to Debbie Rieschl at VYFS: 206-463-5511 ext 225

**Weatherization** | VYFS/Wellness Voucher Program – \$50 certificates for Ace Hardware: 206-463-5511 ext 225

## UTILITY ASSISTANCE

**Energy Assistance** | Multi-Service Center in Burien (HELP and LIHEAP): 253-838-6810

**Emergency Utility Assistance Vouchers** | VYFS: 206-463-5511 ext 225 or St. Vincent DePaul: 206-450-7577

**Water District 19 Vouchers** | VMCFB: 206-463-6332

**Free Wood** | Catholic Church. Call Jim Walker: 206-463-9871

**Warm Home Fund** | IFCH: 206-463-7776

## EMERGENCY CASH ASSISTANCE

**Assistance for medical, food, ferry, and bus** | Vouchers from VYFS: 206-463-5511 ext 225

**Emergency rent, utility and food** | Vouchers from St. Vincent de Paul: 206-450-7577. IFCH: 206-463-7776

## FOOD STAMPS/CASH ASSISTANCE

**DSHS** provides walk-in help with applications for cash, Food Stamps. DSHS van visits Vashon every six weeks. Call Food Bank for dates: 206-463-6332

- Food Bank 10:30-1pm.
- Vashon Market (IGA) parking lot 2:30-4:30pm.

DSHS in White Center: 9650 15<sup>th</sup> Ave SW / 877-501-2233

## HEALTH CARE AND INSURANCE

**Voucher Program for Free Care** | Office visits, prescriptions, chiropractic. VYFS: 206-463-5511 ext 225

**Assistance with Medical Costs** | IFCH: 206-463-7776

**Dental Care** | Dental Van: VYFS: 206-463-5511

Union Gospel (Seattle) \$10 fee. Adults only: 206-621-7695

Apple Valley Dental and Braces (West Seattle) accepts Apple Health: 206-315-9937

Denture Services Northwest (Tacoma) takes Apple Health: 253-565-4435

Emergency dental assistance: IFCH: 206-463-7776

**Free medical equipment** | The Care Closet: 206-604-3253

**Apple Health Insurance** | Go to [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org)

## TEEN HEALTH SERVICES (all confidential)

**Free Plan B Vouchers** (morning after pill) | Vashon Pharmacy and DOVE: 206-462-0911

**DOVE Project – Reproductive Health Advocacy:**

Free confidential, trauma- sensitive, support: [patty@vashondoveproject.org](mailto:patty@vashondoveproject.org) 206-462-0911

**Youth Confidential Advocacy:** focus on healthy relationships: [patty@vashondoveproject.org](mailto:patty@vashondoveproject.org) 206-639-0608

**Neighborcare School Based Health Clinic:** medical, dental, mental health & reproductive health services for all children (free Plan B & birth control) 206-548-7550

**www.Scarleteen.com:** online sex education resource for teens and young adults

**Free medical vouchers** for reproductive/sexual health services |

Vashon Natural Medicine: 206-463-7778

Maxwell Family Clinic: 206-463-1480

VYFS: 206-463-5511 ext. 225

## Domestic Violence & Sexual Assault Advocacy

The DOVE Project (Vashon): Confidential advocacy

Appointments: 9 – 1:30pm MTWH

Call 206-462-0911 or email [patty@vashondoveproject.org](mailto:patty@vashondoveproject.org)

## CLOTHES AND CLOTHES WASHING

**Clothes Washing:** Suds Laundromat 9am-7pm daily. For coins for free loads: Come to Suds Tuesdays 1-2pm

**Clothing:** Vouchers for Granny's Attic for clients in emergency situations: DOVE: 206-462-0911

Vouchers for Granny's Attic (clothing and household supplies) VYFS: 206-463-5511 ext 225

**Baby Stuff Free Exchange:** VYFS Family Place 206-463-5502

## SHOWERS

**Free showers:** Thurs 6-7pm Vashon Methodist Church  
All hours at Dockton Park.

## OASIS (resource help available)

at the Senior Center | Thursdays 10 – noon & 1 – 3pm

## TRANSPORTATION SERVICES

**Metro Access Bus** | To schedule: 206-263-3113.  
For applications call Seeds4Success: 206-370-0709

**Metro Community Van** | e-mail: ctc@vashonchamber.com  
www.communityvan.org

**Volunteer transport for medical appointments** | Seniors  
60+: 206-448-5740 Sound Generations (Senior Services)

**Hopelink Transportation** | Bus/gas/ferry fare and will pick you  
up for medical appt. for Medicaid-covered appointments:  
1-800-923-7433

**Bluebird Medical Transportation** | Medical transport for  
seniors. Senior Center: 206-463-5173

**Lunch Care-a-Van** | Door-to-door transportation to lunch at  
Senior Center, MWF. Senior Center: 206-463-5173

**Vouchers for gas/ferry/bus** | VYFS: 206-463-5511 ext 225

## SKILLED NURSING & REHAB THERAPY

**Post hospital care & Rehab services**, outpatient physical therapy |  
Vashon Community Care: 206-567-4421

## COUNSELING

**Vashon Youth and Family Services** | Counseling services for  
children, youth, adults & families. Apple Health, private  
insurance, sliding fee, free for children & youth. 206-463-5511

## RECOVERY SERVICES

**Substance abuse counseling/services** | Vashon Youth & Family  
Services: 206-463-5511

**Drug/alcohol outpatient treatment** | Castele, Williams & Assoc  
Behavioral Health: 206-492-9196

**Help Line** | Washington Recovery Help Line: 866-789-1511  
For teens: 866-833-6546 or www.866teenlink.org

## LEGAL SERVICES

**Free legal clinic** | 1st Thursday of month at Senior Center call  
206- 267-7070 Tues-Thurs/ 9am-noon for appointment

**Monthly legal clinic**/ legal advice for survivors of sexual  
assault/domestic violence | DOVE: 206-462-0911

## VOLUNTEER ASSISTANCE TO SENIORS

**Neighbor-to-Neighbor:** Volunteers help seniors with tasks  
Vashon Senior Center: 206-463-5173

## Members of the Vashon Social Service Network

**DOVE:** Domestic violence & sexual assault advocacy:  
www.vashondoveproject.org • 206-462-0911

**Interfaith Council to Prevent Homelessness**  
(IFCH) www.ifchvashon.org • 206-463-7776

**Neighborcare** www.neighborcare.org/clinics/vashon  
• 206-463-3671

**Seeds 4 Success:** Employment for people with  
disabilities www.s4svashon.org • 206-370-0709

**St Vincent de Paul** • 206-450-7577

**VARSA:** Reducing youth alcohol and substance use  
www.varsanetwork.org • 206-567-2647

**Vashon Community Care**  
www.vashoncommunitycare.org • 206-567-4421

**Vashon HouseHold**  
www.vashonhousehold.org • 206-463-6454

**Vashon Maury Community Food Bank (VMCFB)**  
www.vashonfoodbank.org • 206-463-6332

**Vashon Maury Senior Center**  
www.vashonseniorcenter.org • 206-463-5173

**Vashon Youth and Family Services (VYFS)**  
www.vyfs.org • 206-463-5511

Also call 211. King County 211 provides the most  
comprehensive information on health and human  
services available to King County residents. The  
information and referral specialists are experts in  
understanding eligibility requirements of many  
human service systems. Mon-Fri 8am-6pm.

## COMMUNITY RESOURCES for VASHON-MAURY ISLAND



a list of services

housing • food • health care •  
domestic violence support • transportation  
• dental services • legal services  
• cash assistance • utility assistance ...  
and more

Produced by the  
Vashon Social Service Network

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