

# G2L Resource List

<b>General Hotline</b>		
<b>Program</b>	<b>Description</b>	<b>Contact Information</b>
<b>Washington 211</b>	WA 2-1-1 is a free confidential community service that connects WA residents to the local services including utility assistance, food, housing, health, childcare, after school programs, elder care, crisis intervention and more	Dial the three-digit number 2-1-1 <a href="https://wa211.communityos.org/">https://wa211.communityos.org/</a>  public resources 1-877-211-9274
<b>988 Lifeline</b>	24/7 Suicide and Crisis Hotline offering one-on-one assistance for mental health assistance and counseling.	Dial the three-digit number 9-8-8  <a href="https://988lifeline.org/">https://988lifeline.org/</a>
<b>Food Resources</b>		
<b>Local Food Banks</b>	Local food bank locator	<a href="https://foodlifeline.org/find-food">https://foodlifeline.org/find-food</a>
<b>WIC</b>	The WIC program is designed to serve certain categories of women, infants and children.	To make an appointment, call 206-263-9300 Short URL: <a href="http://kingcounty.gov/wic">kingcounty.gov/wic</a>
<b>FRESH BUCKS</b>	Eligible and enrolled customers receive \$40 each month to spend at participating farmers markets, independent grocers, and supermarkets	supermarkets Seattle Fresh Bucks PO Box 94729 Seattle, WA 98124 (206) 256-5438 <a href="mailto:freshbucks@seattle.gov">freshbucks@seattle.gov</a>

# G2L Resource List

<b>SNAP</b>	Supplemental Nutrition Assistance Program (SNAP)	<a href="https://www.washingtonconnection.org/home/">https://www.washingtonconnection.org/home/</a> 1- 877-501-2233
<b>Meals on Wheels</b>	Meals on Wheels is a program that delivers meals to individuals at home who are unable to purchase or prepare their own meals.	<a href="https://soundgenerations.org/our-programs/food-security/mealson-wheels/">https://soundgenerations.org/our-programs/food-security/mealson-wheels/</a>  206-448-5767  1-888-308-6325
<b>Utility Resources</b>		
<b>Program</b>	<b>Description</b>	<b>Contact Information</b>
<b>PSC Help Assistance</b>	provides assistance for residential customers to help pay electric or natural gas bills. If you qualify, we'll credit your account for up to \$1,000	<a href="https://www.pse.com/account-and-billing/assistance-programs/HELP?">https://www.pse.com/account-and-billing/assistance-programs/HELP?</a>
<b>PSC Bill Discount Rate</b>	Provides ongoing help on your monthly energy bill. Depending on your household income and household size, you can save 5% to 45% a month on your bill	<a href="https://www.pse.com/en/account-and-billing/assistance-programs/bill-discount-rate">https://www.pse.com/en/account-and-billing/assistance-programs/bill-discount-rate</a>
<b>The Salvation Army Warm Home Fund</b>	Provides short-term, emergency bill payment assistance to PSE customers facing	<a href="https://puyallup.salvationarmy.org/puyallup_valley/utility-assistance/">https://puyallup.salvationarmy.org/puyallup_valley/utility-assistance/</a>

# G2L Resource List

	financial difficulties	
<b>Multi-Service Center</b>	Energy Assistance Program helps households in South King County meet the financial challenges of increasing energy bills and may be able to provide portable AC units additional assistance with water bills may also be available for customers of Lakehaven Utility District with a referral.	<a href="https://mschelps.org/gethelp/energy/1">https://mschelps.org/gethelp/energy/1</a>
<b>BYRD BARR</b>	Energy assistance programs support households with low incomes pay energy bills, refill oil tanks, repair or replace furnaces, and receive new air conditioning units	<a href="https://byrdbarrplace.org/programs-services/energy-assistance/">https://byrdbarrplace.org/programs-services/energy-assistance/</a>
<b>SCL-Utility Discount Program</b>	Provides bill assistance for income-eligible customers. If your household income is at or below 70% of the state	<a href="https://seattle.gov/human-services/services-and-programs/utility-discount-program">https://seattle.gov/human-services/services-and-programs/utility-discount-program</a>

# G2L Resource List

<b>SCL- <u>Emergency Funds</u></b>	Customers can receive Emergency Assistance for immediate help. If you qualify, you could receive up to a maximum of \$507 a year	<a href="https://www.seattle.gov/utilities/your-services/discounts-and-incentives/emergency-assistance-program">https://www.seattle.gov/utilities/your-services/discounts-and-incentives/emergency-assistance-program</a>
<b>Transportation</b>		
Program	Description	Contact Information
<b>ORCA LIFT</b>	transit with reduced fares	<a href="https://kingcounty.gov/en/dept/metro/fares-and-payment/discounted-fares/orca-lift">https://kingcounty.gov/en/dept/metro/fares-and-payment/discounted-fares/orca-lift</a>  Apply over the phone by calling CHAP at <a href="tel:800-756-5437">800-756-5437</a>
<b>Subsidized annual pass</b>	King County Metro, Sound Transit and Everett Transit at no cost.	<b>washingtonconnection.org</b>  <b>or call <u>877-501-2233</u></b>
<b>Hopelink</b>	DART Transit, Medicaid Transportation and Mobility Management.	<a href="https://www.hopelink.org/programs/transportation/">https://www.hopelink.org/programs/transportation/</a>  <b>Or call 1-866-261-3278</b>
<b>Regional Reduced Fare Permit (RRFP)</b>	gives riders ages 65+, riders with disabilities, and Medicare card holders reduced fares on participating transit agencies in the Puget Sound area, Customer Information at:	<a href="https://info.myorca.com/using-orca/ways-to-save/seniors/">https://info.myorca.com/using-orca/ways-to-save/seniors/</a>  <b>(206) 553-3000</b>
<b>Exercise/Wellness</b>		
Program	Description	Contact Information

# G2L Resource List

<b>Tukwila Community Center</b>	Fitness and recreation classes, free wellness pass for Tukwila residents 55+	<a href="https://www.tukwilawa.gov/departments/parks-and-recreation/seniors-fitness-recreation-and-wellness/">https://www.tukwilawa.gov/departments/parks-and-recreation/seniors-fitness-recreation-and-wellness/</a> for more information on programs offered, schedule location, free shuttle for seniors
<b>Healthcare Navigation</b>		
Program	Description	Contact Information
<b>Community Health Plan of Washington</b>	Coverage navigating assistance for Apple Health Plan, Medicare Advantage, and Individual and Family Health Plan	English and Spanish speakers can contact Sandra Romero at (360) 597-5345 for assistance  For additional language services, contact (800) 440-1561
<b>Immigrant Legal Services</b>		
Program	Description	Contact Information
<b>International Rescue Committee Seattle</b>	Immigration and Citizenship Services to the wider community, and immigrants assistance including applying for “green cards”, employment authorization and citizenship.	<a href="https://www.rescue.org/united-states/seattle-wa">https://www.rescue.org/united-states/seattle-wa</a>  or call (206) 623-2105