

**teen link**

1.866.TEENLINK(833.6546)

**2022-2023**

**ENGLISH & SPANISH**

**WHERE  
TO TURN  
FOR  
TEENS**





Teen Link began in 1996, in memory of Audra Letnes. Audra was only 16 when she was murdered by her boyfriend after suffering his abuse for over a year. Her mother, a Crisis Connections employee, became aware of the abuse and tried to find help for her daughter.

Unfortunately, Audra had difficulty connecting with adult-oriented services that were available to her at the time. Like so many young people, Audra struggled with opening up in the available adult-led programs, and there were no peer-to-peer support services for teens by teens that she could access. Because she worked with crisis lines, Audra's mother knew the power of making just one meaningful connection with a stranger in need.

She wanted to create a program to help prevent similar tragedies from happening to other children in the future. She worked with Crisis Connections to develop the Teen Link program and help line, a safe place for any young person to connect with a peer for emotional support and community resources to help with whatever comes up in their lives. Today, Teen Link continues to operate this help line for young people throughout Washington, taking calls, texts, and chats from teens in need of support.

**talk it out: evenings 6-10pm**  
**1.866.TEENLINK • [www.TEENLINK.org](http://www.TEENLINK.org)**



# Thank you to our Where to Turn for Teens Sponsor

PREMERA | 

**BLUE CROSS**

An Independent Licensee of the Blue Cross Blue Shield Association

## Crisis Connections Contact Info:

### Teen Link

1.866.833.6546

### 24-Hour Crisis Line

1.866.4CRISIS (427.4747)

206.461.3222

### King County 211

2.1.1, 1.800.621.4636

206.461.3200

206.461.3610 TTY

### WA Recovery Help Line

1.866.789.1511

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

### WA Warm Line

1.877.500.WARM (9276)

206.933.7001

### Community Resources Online

[www.wa211.org](http://www.wa211.org)

Teen Link, a program of Crisis Connections, relies on the generosity of individuals and foundations to ensure no one should struggle alone during a personal crisis.

**Donate today at [www.crisisconnections.org](http://www.crisisconnections.org).**

To order copies, contact us at  
**206.461.3210** or **[info@crisisconnections.org](mailto:info@crisisconnections.org)**

Special thanks to Jennifer Bartlett Design; Corey Campbell Design

Where to Turn for Teens (WTTFT) is a resource guide created specifically for youth seeking personal empowerment with the support of others. The agencies listed provide a wide variety of services. The goal of WTTFT is to make sure teens are aware of the many youth-friendly resources that exist to serve your unique needs.

## USING YOUR WTTFT GUIDE

There are two ways to look up information in WTTFT: the **Table of Contents** and the **Index**. The Table of Contents is helpful if you know the type of services you are seeking. If you already know the agency name, the alphabetized Index can be quicker.

You will find a symbol next to each agency name. The symbol designates the region the agency serves:

**K** King County

**S** Snohomish County

**P** Pierce County

**W** All of Washington State

## A NOTE ON COVID-19

All resources were up to date as of June 2022. However, public health orders to limit non-essential services have caused many programs to close or be put on hold. It is best to call each resource to clarify which services are currently available.

## TIPS FOR DEALING WITH AGENCIES/ORGANIZATIONS

Before calling agencies, it is a good idea to have a list of questions that you hope to have answered. Some important questions to ask are:

- What area do you serve?
- When are you open?
- Where are you located?
- Do I need parental consent?
- Is there a cost for your services?
- What is the availability and accessibility of resources?

## TRANSPORTATION

If you do not have transportation available to get to appointments and are enrolled in Apple Health in Washington State, you may qualify for free non-emergency transportation services. Find more information for your area here:

[hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/transportation-services-non-emergency](https://hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/transportation-services-non-emergency)

## TRANSLATION SERVICES

For services in a language other than English, look for the ♥ symbol, which indicates the agency provides translation. If you are enrolled in Apple Health, visit the Washington State Health Care Authority website to arrange services for medical appointments:

[hca.wa.gov/about-hca/interpreter-services](https://hca.wa.gov/about-hca/interpreter-services)

## ADDITIONAL TIPS

Use the Notes section at the back of this book to write the name of the person you spoke with and any information you receive.

If this feels overwhelming and you're not sure where to start, call us at **1.866.TEENLINK (833-6546)** and we can help you navigate the process. You don't have to do it alone!

If you reach voicemail, speak slowly and clearly when leaving a message. Be sure to include your full name, phone number, and a brief explanation of your questions/concerns.



**Dale la vuelta a este libro para ver la versión en español**

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Teen Link Help Line **1.866.TEENLINK (833.6546)**

The goal of Teen Link is to empower youth and support healthy decision-making.

**If you are experiencing an emergency, call 911**

Teen Link is a confidential, non-judgmental telephone help line answered by teens each evening from 6 p.m.–10 p.m. Teen volunteers are trained to listen to your concerns and talk with you about whatever is on your mind. No issue is too big or too small.

Phone workers also have access to an extensive database of resources and can give you information on agencies serving youth in Washington State and help with how to choose which one to use. After hours, callers have the option of talking to the WA Recovery Help Line, King County Crisis Line, or leaving a message on the Teen Link voicemail. When leaving a message, please include your name, phone number, and information about your concerns. Your call will be returned within 24 hours. To respect confidentiality, Teen Link phone workers will not leave a message when calling back unless you specify that it is okay to do so.

### **TEEN LINK CHAT & TEXT**

Connect with **Teen Link Chat** through our website at [www.teenlink.org](http://www.teenlink.org) or Teen Link Text by texting **1.866.833.6546**. Much like the phone line, teens can use Teen Link Chat and Text to seek support from our teen volunteers on a variety of issues, including bullying, drug and alcohol concerns, relationships, stress, and other issues. Teen Link accepts chats and texts from 6–9:30 p.m. every day of the week. Teen Link Chat works best on a computer.

### **KING COUNTY 211**

You can call **211** to find out more about health and human services throughout Washington State. To search for resources online, visit [www.wa211.org](http://www.wa211.org).

**TEEN LINK SUBSTANCE USE PREVENTION LINE**

2 p.m.-10 p.m., Monday through Friday

If a teen or an adult concerned about a teen has questions or concerns about drug use, call, chat, or text to connect directly with a Teen Link Substance Use Prevention Clinician. Our staff can assist callers with strategies to prevent teen drug use, access to drug education materials, referrals to treatment, organizing outreach, drug education clinics, and more. To reach us, simply call or text **1.866.833.6546** or chat by visiting **www.teenlink.org** and clicking on the “Chat” page hyperlink.

**WASHINGTON RECOVERY HELP LINE**

As part of the WA Recovery Line, the Teen Link Substance Use Prevention Line provides support to youth and adults across Washington State who have questions about substance abuse, problem gambling, or mental health. Call the WA Recovery Help Line at **1.866.789.1511** or see the “**Alcohol, Drugs and Substance Use**” section for more information.

**SUICIDE PREVENTION TRAINING FOR STUDENTS**

Crisis Connections offers this training in King County and surrounding areas by qualified trainers. It includes information on youth suicide and an overview of local resources. These trainings help teens identify warning signs, talk directly about suicide, and support themselves and others who may be dealing with a mental health challenge. Students are encouraged to talk openly about stress, coping, depression, and suicidal behavior. To schedule a training or get more information, please call Crisis Connections at **206.204.9520**. These trainings can also be delivered virtually.

If you are interested in ordering copies of WTTFT or need to update agency information listed in this guide, please email [info@crisisconnections.org](mailto:info@crisisconnections.org) or call **206.461.3210**.



## TEEN LINK VOLUNTEER OPPORTUNITIES

Volunteering is a great way to develop leadership skills, learn about community resources, and connect with other youth. For more information about volunteering, call **1.866.833.6546** between 6 p.m. and 10 p.m. or visit **teenlink.org**.

### Volunteer Positions

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#### **YOUTH OUTREACH SPECIALIST** (AGES 13-20)

Represent Teen Link in your school/community.

#### **YOUTH CRISIS SPECIALIST** (AGES 15-20)

Provide emotional support and referrals to teens who call the help line or use Teen Link Chat or Text.

#### **PEER ADVISORY COMMITTEE** (AGES 15-20)

Be part of Teen Link's future by keeping the program youth-driven and relevant to youth experiences

#### **YOUTH CRISIS MENTOR** (AGE 21+)

Coach teen volunteers during calls, chats, and text. Offer guidance on engaging callers, debrief after calls have ended, and ensure appropriate protocols are followed

#### **INTERNSHIP/EXTERNSHIP** ADULTS (18+)

Adults (18+) can gain agency and practice experience as either a phone worker or mentor. This experience counts toward clinical or service hours needed to obtain an undergraduate or graduate-level degree in programs related to psychology, mental health, and social work. Email [teenlink@crisisconnections.org](mailto:teenlink@crisisconnections.org) for details.

#### **WHERE TO TURN FOR TEENS (WTTFT)**

Where to Turn for Teens is updated and published each fall. This resource guide is an effective way to connect young adults with agencies serving youth.

## Alcohol, Drugs and Substance Use



Did you know that the percentage of teens reporting cigarette use is half of what it was a decade ago? On the other hand, vaping rates have increased significantly, and many people are uninformed about the health risks.

—2018 WA STATE HEALTHY YOUTH SURVEY

For more information on drugs and alcohol and how they affect your brain and body, check out the National Institute on Drug Abuse for Teens at [teens.drugabuse.gov](https://teens.drugabuse.gov). For information related to marijuana use and prevention, visit [youcanwa.org](https://youcanwa.org).

Signs that someone's substance use may be a problem:

- Using more than planned
- Spending more time drinking or using
- Blacking out or having trouble remembering things

In association with the WA Recovery Help Line, Teen Link provides help to teens struggling with alcohol, drugs, and gambling. Call **1.866.833.6546** or chat by going to [teenlink.org](https://teenlink.org) and clicking on the Chat page hyperlink between 2–10 p.m. (M-F) to speak with our Substance Use Prevention Clinician or call the WA Recovery Help Line 24 hours a day at 1.866.789.1511.

### COUNSELING/TREATMENT

**K P S W** Center for Human Services ..... 206.362.7282  
[www.chs-nw.org](https://www.chs-nw.org)

**K** Center for Multicultural Health ..... 206.461.6910  
[www.centerformulticulturalhealth.org](https://www.centerformulticulturalhealth.org)

**S** Compass Health ..... 844.822.7609  
[www.compasshealth.org](https://www.compasshealth.org)

**K P S W** Evergreen Council of Problem Gambling ... 800.547.6133  
[www.evergreencpg.org](https://www.evergreencpg.org)

**K** King County Needle Exchange ..... 206.263.2000, opt. 2  
[www.kingcounty.gov/needle](https://www.kingcounty.gov/needle)

<b>K P W</b> North America Syringe Exchange Network....	253.272.4857
<a href="http://www.nasen.org">www.nasen.org</a>	
<b>K S</b> Ryther .....	206.525.5050
<a href="http://www.ryther.org">http://www.ryther.org</a>	
<b>K</b> Sound .....	206.302.2300
<a href="http://www.sound.health">www.sound.health</a>	
<b>K</b> Therapeutic Health Services .....	206.322.7676
<a href="http://www.ths-wa.org">www.ths-wa.org</a>	425.263.3006
<b>K P S W</b> Wraparound (WISe)	
<a href="http://www.hca.wa.gov">www.hca.wa.gov</a> Please see page 14 for program details	

## SUPPORT GROUPS

<b>K</b> Alateen & Alanon .....	206.625.0000
<a href="http://www.seattle-al-anon.org">www.seattle-al-anon.org</a>	
<b>P</b> Alateen & Alanon .....	1.800.726.8094
<a href="http://www.al-anon-pierce-wa.org">www.al-anon-pierce-wa.org</a>	
<b>K P S</b> Alateen & Alanon .....	425.348.7828
<a href="http://www.dist23.org">www.dist23.org</a>	
<b>K</b> Alcoholics Anonymous .....	206.587.2838
<a href="http://www.seattleaa.org">www.seattleaa.org</a>	<b>S</b> <a href="http://www.snocoaa.org">www.snocoaa.org</a> 425.252.2525
<b>P</b> Puget Sound Alcoholics Anonymous .....	253.474.8897
<a href="http://www.pugetsoundaa.org">www.pugetsoundaa.org</a>	
<b>K P S W</b> Evergreen Council on Problem Gambling ..	1.800.547.6133
<a href="http://www.evergreencpg.org">www.evergreencpg.org</a>	
<b>W</b> Gamblers Anonymous .....	1.855.222.5542
<a href="http://www.gamblersanonymous.org">www.gamblersanonymous.org</a>	
<b>K P S W</b> Marijuana Anonymous .....	206.414.9270
<a href="http://www.madistrict4.org">www.madistrict4.org</a>	
<b>K</b> Narcotics Anonymous .....	206.790.8888
<a href="http://www.seattlena.org">www.seattlena.org</a>	
<b>P</b> Narcotics Anonymous .....	253.531.8792
<a href="http://www.pcana.org">www.pcana.org</a>	<b>S</b> <a href="http://www.everettwana.org">www.everettwana.org</a> 425.609.6170
<b>K P S W</b> Wraparound (WISe)	
<a href="http://www.hca.wa.gov">www.hca.wa.gov</a> Please see page 14 for program details	

## Counseling and Mental Health



Did you know that in Washington State, youth may access confidential counseling at age 13 without parent/guardian consent?

The following agencies provide mental and behavioral health services for youth.

- K P S** Compass Health ..... 844.822.7609  
[www.compasshealth.org](http://www.compasshealth.org)
- K S** Center for Human Services ..... 206.362.7282  
[www.chs-nw.org/services/mental-health-counseling/](http://www.chs-nw.org/services/mental-health-counseling/)
- K P** Consejo Counseling & Referral Service ..... 206.461.4880  
[www.consejocounseling.org](http://www.consejocounseling.org) *Culturally competent behavioral health services for the Latinx community*
- P** Greater Lakes Mental Health Care ..... 253.581.7020  
<http://www.glmhc.org/>
- P** Hope Sparks Family Services ..... 253.565.4484  
[www.hopesparks.org](http://www.hopesparks.org)
- K** Friends of Youth ..... 425.392.6367  
[www.friendsofyouth.org](http://www.friendsofyouth.org)

### YOUTH AND FAMILY COUNSELING SERVICES

- K** Kent Youth and Family Services ..... 253.859.0300  
[www.kyfs.org/counseling/mental-health/](http://www.kyfs.org/counseling/mental-health/)
- K** Mercer Island Youth & Family Services ..... 206.275.7611  
[www.miyfs.org](http://www.miyfs.org)
- P** MultiCare Behavioral Health ..... 253.445.8120  
[www.multicare.org/behavioral-health](http://www.multicare.org/behavioral-health)
- K** Navos/Ruth Dykeman Youth & Family Services .... 206.248.8226  
[www.navos.org/get-help/children-youth-families](http://www.navos.org/get-help/children-youth-families)
- K** Northshore Youth & Family Services ..... 425.485.6541  
[www.northshoreyouthandfamilyservices.org](http://www.northshoreyouthandfamilyservices.org)
- P** Pearl Counseling Associates ..... 253.752.1860  
[www.pearlcounseling.com](http://www.pearlcounseling.com)
- K P** Pioneer Counseling ..... 206.768.1990  
[www.pioneerhumanservices.org/youth-programs](http://www.pioneerhumanservices.org/youth-programs)

<b>K</b> Childhaven .....	425.271.5600
<a href="http://www.rays.org">www.rays.org</a>	
<b>K S</b> Ryther ♥ .....	206.525.5050
<a href="http://www.ryther.org">www.ryther.org</a>	
<b>K</b> YMCA Social Impact Center .....	206.382.5340
<a href="http://www.seattleyymca.org/social-impact-center">www.seattleyymca.org/social-impact-center</a>	
<b>K P S W</b> Sea Mar Community Health Center ♥ <a href="http://www.seamar.org">www.seamar.org</a>	
Seattle .....	206.658.2175
Tacoma .....	253.396.1634
Everett .....	425.312.0277
<i>Multiple locations—see website for more</i>	
<b>K</b> Sound .....	206.302.2300
<a href="http://www.sound.health">www.sound.health</a>	
<b>K</b> Southeast Youth & Family Services .....	206.721.5542
<a href="http://www.seyfs.org">www.seyfs.org</a>	
<b>K</b> Southwest Youth & Family Services .....	206.937.7680
<a href="http://www.swyfs.org">www.swyfs.org</a>	
<b>K S</b> Therapeutic Health Services .....	206.322.7676
<a href="http://www.ths-wa.org">www.ths-wa.org</a>	
<b>K</b> Valley Cities Behavioral Health Care .....	253.833.7444
<a href="http://www.valleycities.org/mental-health-care">www.valleycities.org/mental-health-care</a>	
<b>K</b> Vashon Youth & Family Services .....	206.463.5511
<a href="http://www.vyfs.org">www.vyfs.org</a>	
<b>K</b> You Grow Girl .....	206.417.9904
<a href="http://www.yougrowgirl.org">www.yougrowgirl.org</a>	
<b>K</b> Youth Eastside Services .....	425.747.4937
<a href="http://www.youtheastideservices.org">www.youtheastideservices.org</a>	
<b>K</b> Bellevue Parent/Teen Mediation Program .....	425.452.4091

The following directories can be used to search for a licensed counselor anywhere in Washington State. You can filter your search by zip code, insurance, primary concerns, gender, ethnicity, and more:

- W** Counseling Washington [www.counselingwashington.com](http://www.counselingwashington.com)
- W** Psychology Today [www.psychologytoday.com](http://www.psychologytoday.com)

**K P S W Wraparound with Intensive Services (WiSe)**

Wraparound is a team planning process for youth with complex needs and their families. It is designed to help youth stay in their homes and communities. In receiving this extra support, many can successfully manage complex situations. A team of relevant individuals (family, service providers, school staff, community members, and natural supports) is created to support the youth from all sides. You may be a good fit if you are under 21 years old and are enrolled in two or more of the following services: mental health, substance use, special education, Children's Administration, Juvenile Justice, or Developmental Disabilities Administration. Visit <http://kingcounty.gov/wraparoundwise> to learn more about program eligibility. To request a referral, you can call the King County Behavioral Health and Recovery Division at **206.263.9000** or the agency serving your school district:

**LAKE WASHINGTON, NORTHSORE, AND SHORELINE**

**K S** Center for Human Services.....206.362.7282

**SEATTLE, BELLEVUE, REDMOND, MERCER ISLAND, HIGHLINE, RENTON, TUKWILA, VASHON**

**K** Sound .....206.451.9544

**KENT, ENUMCLAW, FEDERAL WAY, AND AUBURN**

**K** Valley Cites Behavioral Health.....206.408.5246

**OTHER KING COUNTY**

**K** Childhaven ♥ (for youth under 6).....206.957.4841

**K** Ryther ♥ .....206.517.0234

**K** Seneca ♥ (for youth under 6) .....206.490.0985

**K** Therapeutic Health Services.....425.322.7676

**K** YMCA ♥ .....206.327.1271

**K** You Grow Girl! .....206.643.9622

**P** Pierce County Wraparound/WiSe .....253.759.9544

**S** Snohomish County Wraparound/WiSe .....425.349.8337

- K** 24-Hour Crisis Line..... 1.866.427.Crisis (4747)  
[www.crisisconnections.org/24-hour-crisis-line/](http://www.crisisconnections.org/24-hour-crisis-line/)
- K P S W** National Suicide Prevention Lifeline ..... 988  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- K P S W** Teen Link ..... 1.866.TEENLINK (833.6546)  
[www.teenlink.org](http://www.teenlink.org)
- K P S W** WA Warm Line ..... 1.866.TEENLINK (833.6546)  
[www.crisisconnections.org](http://www.crisisconnections.org) *Peer-to-peer support for people living with emotional and mental health challenges*

Teen Link, the 24-Hour Crisis Line, and the WA Warm Line do not provide ongoing counseling. However, callers can use these lines for additional support between counseling appointments.

## Eating Disorders



Did you know that in the United States 30 million people suffer from a clinically significant eating disorder at some point in their lives?

—NATIONAL EATING DISORDERS ASSOCIATION

Eating disorders are serious but treatable conditions that involve extreme emotions and behaviors surrounding food and weight or shape. They can arise from psychological, emotional, social, and familial situations, but they have no single reason or cause. Eating disorders can become life threatening, so getting professional help is important. The following agencies provide support for people who are dealing with an eating disorder.

**K P S** Center for Discovery ..... 877.554.0563  
[www.centerfordiscovery.com](http://www.centerfordiscovery.com)

*Support groups for teens and family/friends*

**K** The Emily Program ..... 1.888.364.5977  
[www.emilyprogram.com](http://www.emilyprogram.com)

*Inpatient and outpatient eating disorder treatment facility*

**K P S W** Eating Disorders Anonymous .....  
[www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)

**K P S W** National Eating Disorders Association ♡ .. 1.800.931.2237  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

*Education, advocacy, treatment and prevention, text 'NEDA' to 741741*

**K** Opal Food & Body Wisdom ..... 206.926.9087  
[www.opalfoodandbody.com](http://www.opalfoodandbody.com)

*Inpatient treatment is 18+*

**K P S W** Overeaters Anonymous ..... 206.264.5045  
[www.seattleoa.org](http://www.seattleoa.org)

**S** The Center - A Place of Hope ..... 1.888.771.5166  
[www.aplaceofhope.com](http://www.aplaceofhope.com)

*Inpatient eating disorder treatment facility*



## Grief and Loss



Did you know that 1 in 5 children will experience the death of someone close to them by age 18?

—JOURNAL OF DEATH AND DYING

Dealing with the loss of a loved one is a challenging process. Often the loss can feel overwhelming and seem too much to bear. It may result in emotions such as sadness, shock, or anger, and in physical sensations such as breathlessness and lack of energy. While these are all common reactions to grief and loss, seeking additional support and resources can help you manage some of the feelings that you are dealing with. These agencies and programs that have been developed for individuals that are dealing with a loss:

- P** Bridges Center for Grieving Children ..... 253.403.1966  
[www.marybridge.org/services/bridges-center-for-grieving-children/](http://www.marybridge.org/services/bridges-center-for-grieving-children/)
- K P S W** Crisis Connection Cares ..... [www.crisisconnections.org/survivors-of-suicide-support-groups/cc-cares/](http://www.crisisconnections.org/survivors-of-suicide-support-groups/cc-cares/)  
*Support for survivors of suicide loss*
- K P S** Eluna ..... 267.687.7724  
[www.elunanetwork.org](http://www.elunanetwork.org)  
*Grief camps and programs*
- K** Providence Grief Support Services ..... 206.749.7702  
[washington.providence.org/locationsdirectory/g/providence-grief-support-services-of-king-county](http://washington.providence.org/locationsdirectory/g/providence-grief-support-services-of-king-county)
- S** Providence Grief Support Services ..... 425.261.4807  
[washington.providence.org/locations-directory/g/providence-grief-support-services-of-snohomish-county](http://washington.providence.org/locations-directory/g/providence-grief-support-services-of-snohomish-county)
- K S** Safe Crossings ..... 206.749.7723  
[washington.providence.org/services-directory/services/s/safe-crossings-childrens-grief-program](http://washington.providence.org/services-directory/services/s/safe-crossings-childrens-grief-program)  
*Grief support program*
- K P S W** The Healing Center ..... 206.523.1206  
[www.healingcenterseattle.org](http://www.healingcenterseattle.org)
- K** Wild Grief ..... 360.358.3213  
[wildgrief.org](http://wildgrief.org) *Hiking groups for people to process their grief*

## Physical Health Concerns

Affordable health care options are available to youth. If you are 14 years-old or older and do not want a parent or guardian to know you are seeking services, make sure to ask the agency about their policies regarding confidentiality.

- K** 45th Street Clinic ..... 206.633.7650  
[www.neighborcare.org](http://www.neighborcare.org)  
*Homeless youth clinic. Call or visit to make an appointment.*
- K** Center for Multicultural Health ..... 206.461.6910  
[www.centerformulticulturalhealth.org](http://www.centerformulticulturalhealth.org)
- P** Community Health Care ..... 253.722.2161  
[www.commhealth.org](http://www.commhealth.org)
- K** UW Youth Clinic ..... 206.299.1636  
[www.uwyouthclinic.org](http://www.uwyouthclinic.org)  
*Tuesday: 6-9 pm. Accessible to ages 26 and under. No appointment necessary*
- S** Community Health Center of Snohomish County ... 425.789.3789  
[www.chcsno.org](http://www.chcsno.org)
- P** Neighborhood Clinic ..... 253.627.6353  
[www.neighborhoodclinetacoma.org](http://www.neighborhoodclinetacoma.org)
- S** Safe Harbor Free Clinic ..... 425.870.7384  
[www.safeharborfreeclinic.org](http://www.safeharborfreeclinic.org)

### CONSULTING NURSE LINE

- K** Evergreen Health ..... 425.899.3000 Opt. 2

### DOCTOR APPOINTMENTS AT PUBLIC HEALTH - SEATTLE AND KING COUNTY

- K** Columbia Public Health ..... 206.296.4650
- K** Downtown Public Health ..... 206.477.8300
- K** Eastgate Public Health ..... 206.477.8000

School-based health centers are an additional option for students. Visit your school's health center or talk with your school nurse for more information.

## Sexual Health



Did you know that over 20% of teens in the U.S. get pregnant at least once by the age of 20? Many of these pregnancies are unplanned, bearing health and socioeconomic risks for teens and their communities.

—THE NATIONAL CAMPAIGN TO PREVENT TEEN PREGNANCY

### BIRTH CONTROL AND PREGNANCY

You are the only person who gets to decide when you are ready to become sexually active. Being proactive with your partner in discussing birth control and sexual health is an important part of a safe and healthy relationship. If you think you may be pregnant, it's important to make an appointment to get tested by a health care professional as home pregnancy kits are not always accurate. In Washington State, minors of any age do not need a parent or legal guardian's permission to access birth control or pregnancy or abortion-related services. If you are pregnant, seek emotional support from someone you trust, and talk with a medical professional about your options.

**(K P S W)** All-Options.....1.888.493.0092  
[www.all-options.org](http://www.all-options.org)

*Pregnancy counseling talk-line*

**(K P)** Cedar River Clinic .....1.800.572.4223  
[www.cedarriverclinics.org](http://www.cedarriverclinics.org)

*Clinic offering reproductive healthcare, abortions, and birth control*

**(K)** Center for Multicultural Health .....206.461.6910  
[www.centerformulticulturalhealth.org](http://www.centerformulticulturalhealth.org)

**(P)** Maternal Child Outreach Team (MCOT) .....253.649.1629  
[www.tpchd.org/healthy-people/family-health](http://www.tpchd.org/healthy-people/family-health)

**(K P S W)** Open Adoption & Family Services .....1.800.772.1115  
*Text "open" to 971.266.0924 for text support, chat support available at* [www.openadopt.org](http://www.openadopt.org)

**(K P S W)** Planned Parenthood .....1.800.769.0045  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

<b>K P S W</b> Help Me Grow .....	1.800.322.2588
<a href="http://www.parenthelp123.org">www.parenthelp123.org</a>	
<b>K</b> Teen Pregnancy & Parenting Clinic .....	206.326.2656
<i>(up to age 21)</i>	
<b>P</b> Step by Step Family Support Center .....	253.896.0903
<a href="http://www.stepbystepfamily.org">www.stepbystepfamily.org</a>	
<i>Teen clinics at public health</i>	
<b>K</b> Seattle-King County Teen Clinics .....	
<a href="http://www.teenclinic.com">www.teenclinic.com</a>	
<i>Free and confidential birth control methods, pregnancy testing, STI testing and treatment, and free condoms for youth</i>	
To schedule an appointment or ask for walk-in hours, call:	
<b>K</b> Auburn Public Health .....	206.477.0600
<b>K</b> Eastgate Public Health .....	206.477.8000
<b>K</b> Federal Way Public Health .....	206.477.6800
<b>K</b> Kent Public Health .....	206.477.6950

## **STI (SEXUALLY TRANSMITTED INFECTION) TESTING, TREATMENT AND INFORMATION**

Many teens may be unaware of the dangers associated with sexually transmitted infections (STIs) and how to prevent or identify them. Talking with your partner about STIs and getting testing regularly are important parts of being sexually active. Myths exist regarding all STIs, so it is important to learn the facts before potentially putting yourself and others at risk.

In Washington State, teens 14 years and older do not need a parent or legal guardian's permission to receive STI testing or treatment.

<b>K P</b> Cedar River Clinics .....	1.800.572.4223
<a href="http://www.cedarriverclinics.org">www.cedarriverclinics.org</a>	
<b>K</b> Center for Multicultural Health .....	206.461.6910
<a href="http://www.centerformulticulturalhealth.org">www.centerformulticulturalhealth.org</a>	
<b>P</b> Community Health Care .....	253.722.2161
<a href="http://www.commhealth.org">www.commhealth.org</a>	

<b>S</b> Community Health Center of Snohomish County ...	425.789.3789
<a href="http://www.chcsno.org">www.chcsno.org</a>	
<b>K</b> Entre Hermanos.....	206.322.7700
<a href="http://entrehermanos.org">entrehermanos.org</a>	
<b>K</b> Gay City .....	206.860.6969
<a href="http://www.gaycity.org/wellness">www.gaycity.org/wellness</a>	
<b>K</b> Lifelong AIDS Alliance .....	206.957.1600
<a href="http://www.lifelong.org">www.lifelong.org</a>	
<b>K</b> Neighborcare Health .....	206.548.5710
<a href="http://www.neighborcare.org">www.neighborcare.org</a>	
<b>P</b> Pierce County Aids Foundation (PCAF).....	253.597.4803
(Tacoma) & 360.352.237 (Olympia)	
<a href="http://www.pcaf-wa.org">www.pcaf-wa.org</a>	
<b>K P S</b> Planned Parenthood.....	1.800.769.0045
<a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>	
<b>K</b> Public Health STD Clinic at Harborview.....	206.744.3590
<a href="http://www.uwmedicine.org/locations/sexual-health-clinic-harborview">www.uwmedicine.org/locations/sexual-health-clinic-harborview</a>	
<b>K P S W</b> Safer STD Testing .....	800.666.1250
<a href="http://www.saferstdtesting.com">www.saferstdtesting.com</a>	
<b>K P S W</b> SeaMar Community Health Centers ♡ .....	
<a href="http://www.seamar.org">www.seamar.org</a>	
<b>K P S W</b> Snohomish Health District STD/HIV Program..	425.339.5261
<a href="http://www.snohd.org/185/Sexually-Trasmitted-Diseases">www.snohd.org/185/Sexually-Trasmitted-Diseases</a>	
<b>P</b> Tacoma-Pierce County Health Department ♡ .....	253.798.3805
<a href="http://www.tpchd.org/healthy-people/sexually-transmitted-diseases">www.tpchd.org/healthy-people/sexually-transmitted-diseases</a>	
<b>K</b> Teen Clinics at Public Health-Seattle & King County ♡ .....	
<a href="http://www.teenclinic.com">www.teenclinic.com</a>	
<b>K</b> "Who Does What" for STD/HIV ♡ .....	206.263.2000
<a href="http://www.kingcounty.gov/hiv/who">www.kingcounty.gov/hiv/who</a>	

See also physical health concerns on page 16

## Suicide and Self-Harm (Non-Suicidal Injury)



Did you know that there are almost two suicide deaths every week for people under the age of 19 in Washington State?

-WA STATE DEPARTMENT OF HEALTH

### WARNING SIGNS FOR SUICIDE INCLUDE

- Changes in eating and sleeping patterns
- Dropping hints, talking about suicide, or making a plan
- Talking about feeling hopeless, trapped, or like a burden
- Withdrawing or isolating from close friends and family
- Giving away prized possessions
- Being very obsessive and perfectionistic
- Acting anxious or agitated
- Engaging in risky behaviors (driving recklessly, increased substance use, etc.)

### CONSIDER THE FOLLOWING QUESTIONS TO HELP YOU DETERMINE URGENCY

1. How many warning signs are present?
2. How long have the warning signs been present?
3. How extreme or severe are the warning signs?

If you are concerned that you or someone you know may be suicidal, it is important to address the situation immediately. Mentioning suicide will not give the person the idea or push them over the edge. They may feel relieved that someone is willing to talk about what they're thinking and feeling. Sharing your concerns can prevent a suicide attempt from occurring and can save a life.

**HOW TO HELP**

*Step One is a great way to ask about any issue*

**STEP ONE: SHOW YOU CARE**

- Talk to the person you are concerned about in a caring manner
- Be specific about the warning signs you have noticed
- Listen without judgement






**STEP TWO: ASK THE QUESTION DIRECTLY**




- Are you thinking about suicide/killing yourself?

**STEP THREE: TALK TO AN ADULT YOU TRUST**

- It is important that you do not keep this secret for someone
- If someone is talking about being suicidal, they are asking for help

These are some initial steps toward ongoing mental health care. Every situation regarding suicide is different. Call Teen Link at **1.866.833.6546** to talk to a trained phone worker in more detail about how to get help. If Teen Link lines are not open and you need immediate crisis intervention services or want to talk to someone right away, these are numbers you can call:

<b>(K)</b> 24-Hour Crisis Line 	1.866.4CRISIS
<a href="http://www.crisisconnections.org/24-hour-crisis-line/">http://www.crisisconnections.org/24-hour-crisis-line/</a>	
<b>(K P S W)</b> Boys Town National Hotline 	1.800.448.3000
<a href="http://www.yourlifeyourvoice.org">www.yourlifeyourvoice.org</a>	
<b>(K)</b> Children's Crisis Response Outreach Service (CCORS) 	206.461.3222
<a href="http://www.seattlemca.org/accelerator/familysupport/ccors">www.seattlemca.org/accelerator/familysupport/ccors</a>	
<b>(S)</b> Crisis Outreach Team (MCOT) - Compass Health 	1.800.584.3578
<a href="http://www.compasshealth.org/services/mcot">www.compasshealth.org/services/mcot</a>	
<b>(K P S W)</b> Crisis Text Line	741741
<i>Text-based support. Text "hello"</i>	
<b>(K P S W)</b> Forefront Suicide Prevention	206.543.1016
<a href="http://www.intheforefront.org">www.intheforefront.org</a>	
<b>(K P S W)</b> National Suicide Prevention Lifeline 	988

- K P S W** National Suicide Prevention Lifeline Español  1.800.628.9454
- P** Pierce County Crisis Line  1.800.576.7764
- K P S W** Society for the Prevention of Teen Suicide .....  
[www.sptsusa.org](http://www.sptsusa.org)
- K P S W** The Trevor Project ..... 1.866.488.7386  
[www.thetrevorproject.org](http://www.thetrevorproject.org)  
*24-Hour help line with a focus on LGBTQIA+ youth*
- K P S W** Trans Lifeline ..... 1.877.565.8860  
[www.translifeline.org](http://www.translifeline.org)
- S** Volunteers of America Western WA  ..... 1.800.584.3578  
[imhurting.org](http://imhurting.org)  
*24/7 Crisis phone line and chat*

## SELF-HARM (NON-SUICIDAL SELF-INJURY)


Some people experiencing mental challenges such as depression or anxiety turn to self-harm as a way of releasing and managing emotions. In most cases, these actions are not done as suicide attempts but as coping methods for people to help manage the mental pain they are feeling. Some people self-harm to numb their feelings while others may harm themselves to feel something. Cutting, scratching, and burning are common ways people harm themselves, but self-harm includes any intentional act that a person does to hurt their body.

Finding alternatives to self-harm can be challenging, but journaling about the emotions and events that lead to the behaviors can help a person understand why they do it, what other activities could help satisfy those emotional needs, and how to talk to someone about getting support. Creative outlets like drawing and painting can also be helpful ways of expressing and describing feelings.

When talking to someone about self-harm, it is important to stay focused on the harmful behavior itself and not jump to conclusions about suicide. For example, it is more beneficial to ask about what specific actions and events trigger their urges to self-harm than to ask if they harm themselves because they are suicidal. If you have any questions or concerns about self-harm, give us a call or text at **1.866.833.6546**.



In addition to the helplines listed above, the following resources can help provide support and referrals:

- W Adolescent Self Injury Foundation .....  
[www.adolescentselfinjuryfoundation.com](http://www.adolescentselfinjuryfoundation.com)
- W National Eating Disorders Association Helpline  .. 1.800.931.2237
- W SAFE (Self Abuse Finally Ends) Alternatives ..... 1.800.366.8288  
[www.selfinjury.com](http://www.selfinjury.com)
- W Self-Injury Outreach & Support .....  
[www.sioutreach.org](http://www.sioutreach.org)
- K P S W To Write Love on Her Arms .....  
[www.twloha.com](http://www.twloha.com)  
*Online resource and support page*

## Abuse and Maltreatment of Minors



Did you know that in some states “maltreatment” refers to neglect and abandonment and the term “abuse” is for acts that cause injury?

**Approximately five children die every day due to abuse.**

Individuals under 18 are at an increased risk of experiencing abuse and maltreatment when parental/guardian relationships are unhealthy as well as when people with substance use and/or psychological disorders are a part of home life. Abuse and maltreatment of a minor is behavior or neglect that poses substantial risk of harm to a child or to their safety.

There are four primary types of child abuse:

- Physical abuse
- Emotional/Psychological abuse
- Sexual abuse
- Neglect

Neglect is the most common form of child abuse, accounting for more than 75% of all cases of child maltreatment. It may be especially difficult to obtain evidence for neglect and to address it. No minor deserves to experience abuse or maltreatment.

**K P S W** Childhelp USA ..... 1.800.422.4453  
[www.childhelp.org](http://www.childhelp.org)

**K P S W** Dawson Place Child Advocacy Center ..... 425.789.3000  
[www.dawsonplace.org](http://www.dawsonplace.org)

**P** Mary Bridge's Child Abuse Intervention Department... 253.403.1478  
[www.marybridge.org/services/child-abuse-intervention-department-caid/](http://www.marybridge.org/services/child-abuse-intervention-department-caid/)

**W** Police Department Emergency Number ..... 911

**K P S W** Washington State DSHS - End Harm  
 Child Protective Services..... 1.866.363.4276  
[www.dshs.wa.gov/report-abuse-and-neglect](http://www.dshs.wa.gov/report-abuse-and-neglect)

## Bullying and Cyberbullying



When bystanders intervene on behalf of someone being bullied at school, the bullying stops over 50% of the time.

—STOPBULLYING.GOV

Bullying is harmful behavior that not only hurts people in the present but can also have long-lasting, negative effects on everyone involved. About 20% of students report experiencing bullying or feeling unsafe at schools in Washington State. Cyberbullying can worsen these problems as bullies can antagonize their victims outside of school and anonymously. As of January 2020, Washington State law prohibits electronic, written, verbal, or physical acts of harassment, intimidation, and bullying (HIB) in schools that do one or more of the following:

- Physically harm a student or damage the student's property
- Have the effect of substantially interfering with a student's education
- Are so severe, persistent, or pervasive that they create an intimidating or threatening educational environment
- Have the effect of substantially disrupting the orderly operation of the school

Schools in Washington State are required to create and follow procedures that require intervention on behalf of students who are experiencing bullying, so you can always start by speaking with a teacher, counselor, or administrator at your school. If you don't feel comfortable talking about it at school, give us a call at **1.866.833.6546** to connect with another teen or check out the resources below.

**W** Crisis Text Line, text 'HELLO' to 741741 ... [www.crisistextline.org](http://www.crisistextline.org)

**W** PFLAG WA State Council ..... [www.pflagwsc.org](http://www.pflagwsc.org)  
*Youth/ anti-bullying resources for LGBTQ youth*

**W** STOMP Out Bullying..... [www.stompoutbullying.org](http://www.stompoutbullying.org)  
*Online resource center and chat help line*

**W** Washington State ACLU [www.acu-wa.org/pages/harassment-and-bullying](http://www.acu-wa.org/pages/harassment-and-bullying)  
*Information about bullying and reporting in Washington State*

## Dating and Domestic Violence



Did you know that 77% of rapes are committed by someone who is known to the survivor?

Dating violence is a pattern of abusive behaviors such as emotional, verbal, psychological, physical, or sexual abuse by a romantic partner that is used to exert power and control. Dating violence tends to become more severe with time as the abuser tries to increase their power and control. There are many forms of dating abuse and unhealthy behaviors.

### SIX COMMON TYPES INCLUDE

- Physical abuse
- Emotional/Verbal abuse
- Sexual abuse
- Stalking
- Digital abuse/cyberbullying
- Financial abuse

### CHARACTERISTICS OF AN ABUSER CAN INCLUDE

- Blaming you for their own abusive behavior
- Seeing you as property or a sex object, rather than as a person
- Threatening to commit suicide or self-harm if you leave
- Having a bad and unpredictable temper
- Physical threats and actions that hurt you
- Threatening to harm or take away your children
- Constantly checking on you or monitoring you
- Controlling what you do, where you go, or what you wear
- Belittling comments

## CHARACTERISTICS OF INDIVIDUALS BEING ABUSED CAN INCLUDE

- Seeming afraid of or anxious to please their partner
- Self-isolation or avoidance of gatherings
- Low self-esteem

Fear, threats, shame, and the belief that an abuser's behavior will change often contribute to the victim feeling unsure about talking to someone about their situation. It is important to remember that there is support available. No one deserves to feel unsafe in a romantic relationship.

**K P S** Abused Deaf Women's Advocacy Services (ADWAS) . 206.812.1001  
[www.adwas.org](http://www.adwas.org)

**K** Asian/Pacific Islander Chaya ♡ ..... 877.922.4292  
[www.apichaya.org](http://www.apichaya.org)

**K** DAWN-Domestic Abuse Women's Network..... 425.656.7867  
[dawnrising.org](http://dawnrising.org)  
*Serves South King County*

**K** DV Hopeline ..... 425.746.1940  
[dvhopeline.org](http://dvhopeline.org)

**K** Northwest Network of Bisexual, Trans, Lesbian, and Gay  
 Survivors of Abuse ♡ ..... 206.568.7777  
[www.nwnetwork.org](http://www.nwnetwork.org)

**K P S W** Police Department Emergency Service ♡ ..... 911

**K P S W** StrongHearts Native Helpline .. 1.844.7NATIVE(762.8483)  
[www.strongheartshelpline.org](http://www.strongheartshelpline.org)

**K** Washington State Domestic Violence Hotline .. 866.331.9474 or  
 Text Loveis to 22522 [www.loveisrespect.org](http://www.loveisrespect.org)  
*Serves South King County*

**P** YWCA Pierce County ..... xxx.xxx.xxxx  
[www.ywcapiercecounty.org](http://www.ywcapiercecounty.org)

**K P S** YWCA Children's Domestic Violence Program... 877.757.8297  
[www.ywcaworks.org/programs/gender-based-violence-specialized-services](http://www.ywcaworks.org/programs/gender-based-violence-specialized-services)

## Legal Services and Community Support for Youth



Did you know: Washington State uses At-Risk Youth (ARY) and Child in Need of Services (CHINS) petitions to help young people and their families work through conflict and receive additional legal support?

### FIND OUT MORE ABOUT LEGAL OPTIONS

<https://www.washingtonlawhelp.org/issues/youth-law-education/at-risk-children>

Children and young adults with issues related to crime, domestic abuse, drugs and alcohol, early pregnancy, or school-related problems may find themselves without resources to help them recover, grow, and thrive. Terms such as at-risk, at-promise, upward, or opportunity youth are often used, but every young person deserves an opportunity at the life they desire. These resources can help connect youth experiencing these problems with the services they need. Resources in this section also support children and young adults contemplating suicide.

**K** Atlantic Street Center ..... [www.atlanticstreetcenter.org](http://www.atlanticstreetcenter.org)  
*Family resource center, youth development, domestic violence support*

**K P S** Center for Children & Youth Justice ..... 206.696.7503  
<http://ccyj.org/>

**K S** Friends of Youth ..... 425.869.6490  
[www.friendsofyouth.org](http://www.friendsofyouth.org)

**K** YMCA Social Impact Center .....  
[www.seattleymca.org/social-impact-center](http://www.seattleymca.org/social-impact-center)

### ANGER MANAGEMENT & SUPPORT FOR DRUG/ALCOHOL USE

**K** Powerful Voices ..... 206.860.1026  
[www.powerfulvoices.org](http://www.powerfulvoices.org)

**K** Safe Futures Youth Center ..... 206.938.9606  
[www.sfyc.net](http://www.sfyc.net)

**GANG AND VIOLENCE PREVENTION**

<b>P</b> Safe Streets Campaign .....	253.272.6824
<a href="http://www.safest.org">www.safest.org</a>	
<b>P</b> YMCA of Pierce & Kitsap Counties .....	253.841.9622
<a href="http://www.ymcapkc.org">www.ymcapkc.org</a>	
<b>S</b> YMCA of Snohomish County .....	425.337.0123
<a href="http://www.ymca-snoco.org">www.ymca-snoco.org</a>	
<b>K</b> You Grow Girl .....	206.417.9904
<a href="http://www.yougrowgirl.org">www.yougrowgirl.org</a>	
<b>K</b> Youth Eastside Services .....	425.747.4937
<a href="http://www.youtheastideservices.org">www.youtheastideservices.org</a>	

**LEGAL SERVICES**

Human and civil rights protect people long before they turn 18

<b>K P S W</b> 211 .....	211
<i>Screens and refers to a range of legal service providers</i>	
<b>K</b> Eastside Legal Assistance Program ♥ .....	425.747.7274
<a href="http://www.elap.org">www.elap.org</a>	
<b>K</b> King County Bar Association Neighborhood Legal Clinics ..	206.267.7070
<a href="http://www.kcba.org">www.kcba.org</a>	
<b>K</b> King County Superior Court - Juvenile Court ♥ ....	206.263.8634
<a href="http://www.kingcounty.gov/courts/superior-court/juvenile">www.kingcounty.gov/courts/superior-court/juvenile</a>	
<b>K W</b> Legal Counsel for Youth & Children .....	206.494.0323
<a href="http://lcycwa.org">lcycwa.org</a>	
<b>K P S W</b> NW Justice Project .....	1.888.201.1014
<a href="http://www.nwjustice.org">www.nwjustice.org</a>	
<i>Legal services for low-income Washington residents</i>	
<b>K P W</b> Team Child ♥ .....	206.322.2444 press 0
<a href="http://www.teamchild.org">www.teamchild.org</a>	
<b>K P S W</b> QLaw Legal Clinic ♥ .....	<a href="http://www qlawfoundation.org/lgbtq-legal-clinic.html">www qlawfoundation.org/lgbtq-legal-clinic.html</a>
<i>Focus on LGBTQIA+ community</i>	
<b>S</b> Snohomish County Legal Services .....	425.258.9283
<a href="http://www.snocolegal.org">www.snocolegal.org</a>	
<b>P</b> Tacoma-Pierce County Bar Association .....	253.383.3432
<a href="http://tpcba.com">tpcba.com</a>	
<b>K S W</b> Washington Law Help .....	<a href="http://www.washingtonlawhelp.org">www.washingtonlawhelp.org</a>
<b>K P S W</b> Wraparound/WISe .....	<a href="http://www.hca.wa.gov">www.hca.wa.gov</a>
<i>Please see page 14 for program details</i>	

## Rape and Sexual Harassment/Assault



Did you know that every 73 seconds, an American is sexually assaulted?

—RAINN

It is important to know that experiencing rape and/or sexual harassment/assault is not the fault of the survivor. There are many emotions and phases of healing that accompany rape or sexual assault. Due to the often-aggressive nature of the experience and the potential for sexually transmitted infections (STIs) or pregnancy, it is important for a survivor to follow up with the emergency department at their local hospital within 72 hours (about 3 days). To help the survivor navigate their options, such as evidence collection and more, a social worker will often be involved at the hospital. To provide the best evidence collection, the survivor should avoid showering or changing clothes prior to evidence collection. You do not have to do any part of the exam you do not want. Additionally, the doctor can discuss medications that are available to reduce the chances of contracting an STI or getting pregnant.

If the survivor is under the age of 18, the law requires the police to be notified. However, going to the hospital and submitting a report do not necessarily mean that charges must be filed against the perpetrator or that participation in a legal case is required. Counselors at the hospital or other agencies can talk about available alternatives and help the survivor decide what the best choice is for them.

**K P S W** Emergency Number ♡ ..... 911

**K P** MultiCare Tacoma General Hospital ♡ ..... 253.403.1000

[www.multicare.org/sexual-assault-services](http://www.multicare.org/sexual-assault-services)



- K P S W** Rape, Abuse & Incest National Network (RAINN) .....  
1.800.656.HOPE (4673)  
[www.rainn.org](http://www.rainn.org)
- P** Rebuilding Hope! Sexual Assault Center for Pierce County.....  
1.800.756.7273  
[www.sexualassaultcenter.com](http://www.sexualassaultcenter.com)
- P** Sex Trafficking and Exploitation Program.....253.444.5351  
<http://www.sexualassaultcenter.com/step>
- K P S W** 1 in 6 ..... 1.877.628.1in6 (1466)  
[1in6.org](http://1in6.org)  
*Education and resources for male survivors of sexual assault*
- K** Abused Deaf Women's Advocacy Services (ADWAS)...206.812.1001  
[www.adwas.org](http://www.adwas.org)
- K** Asian/Pacific Islander Chaya.....1.877.922.4292  
[www.apichaya.org](http://www.apichaya.org)  
*Resources for rape & sexual harassment / assault*
- S** Dawson Place Child Advocacy Center .....425.789.3000  
[www.dawsonplace.org](http://www.dawsonplace.org)
- K** Harborview Center for Sexual Assault & Traumatic Stress .....  
206.744.1600  
[www.hcsats.org](http://www.hcsats.org)
- K** King County Sexual Assault Resource Center .....425.226.5062  
1.888.99.VOICE(86423) (recorded information)  
[www.kcsarc.org](http://www.kcsarc.org)
- S** Legacy of Healing - Advocacy Center & Safe House .....  
360.716.4100  
[www.tulaliptribes-nsn.gov/dept/legacyofhealing](http://www.tulaliptribes-nsn.gov/dept/legacyofhealing)
- K P S W** WA Coalition of Sexual Assault Programs .....  
1.855.210.2087  
[www.wcsap.org/help/csap-by-city](http://www.wcsap.org/help/csap-by-city)

## Shelter, Food and Hygiene



Did you know that young people leaving the foster care system are more likely than their peers to experience homelessness?

Homeless and runaway youth come from every socioeconomic, gender identity, educational level, and racial group in the United States. Minors experiencing homelessness do not typically choose to be homeless. Many minors face a range of home dysfunction that challenges their emotional well-being, development, safety, and health, forcing them to live on the streets.

**K P S W** 211 ..... 211  
*Call for Assistance in Finding Shelter, Food, and other needs*

### **DROP-IN CENTERS AND SHELTERS**

Drop-in centers, homeless shelters, hot meal programs, case management, and other services are available to help youth take of themselves and get off the streets.

**P** Camp Fire Orca ..... 253.597.6234  
[www.campfireorca.org/outreach-services](http://www.campfireorca.org/outreach-services)  
*Outreach and support for youth ages 12-21*

**S** Cocoon House ..... 425.259.5802  
[www.cocoonhouse.org](http://www.cocoonhouse.org)

**S** Compass Health ..... 425.349.6800  
[www.compasshealth.org](http://www.compasshealth.org)

**P** Comprehensive Life Resources ..... 253.396.5800  
[www.comprehensiveliferesources.org](http://www.comprehensiveliferesources.org)

**K** Friends of Youth ..... 425.869.6490  
[www.friendsofyouth.org](http://www.friendsofyouth.org)  
*Outreach and Intake*

**K P S W** New Horizons Ministries ..... 206.374.0866  
[www.nhmin.org](http://www.nhmin.org)

<b>P</b> Oasis Youth Center .....	253.671.2838
<a href="http://www.oasisyouthcenter.org">www.oasisyouthcenter.org</a>	
<b>P</b> Pierce County Alliance .....	253.572.4750
<a href="http://www.piercecountyalliance.org/youth-services">www.piercecountyalliance.org/youth-services</a>	
<b>P</b> Pierce County Day Centers .....	
<a href="http://www.pchomeless.org/facilities/daycenters">www.pchomeless.org/facilities/daycenters</a>	
<b>K</b> ROOTS Young Adult Shelter .....	206.632.1635
<a href="http://www.rootsinfo.org">www.rootsinfo.org</a>	
<i>Youth ages 18-25</i>	
<b>K</b> Street Youth Ministries .....	206.524.7301
<a href="http://www.streetyouthministries.org">www.streetyouthministries.org</a>	
<i>Youth ages 13-26</i>	
<b>P</b> Tacoma Rescue Mission .....	253.383.4493
<a href="http://www.trm.org/youth">www.trm.org/youth</a>	
<b>K</b> University District Youth Center .....	206.526.2992
<a href="http://www.youthcare.org/homeless-youth-services">www.youthcare.org/homeless-youth-services</a>	
<b>K</b> YMCA Social Impact Center .....	206.382.5340
<a href="http://www.seattleyymca.org/social-impact-center">www.seattleyymca.org/social-impact-center</a>	
<b>K</b> YouthCare –The Shelter .....	1.800.495.7802
<a href="http://www.youthcare.org">www.youthcare.org</a>	
<i>Youth ages 12-17</i>	
<b>K</b> YWCA Emergency Shelter .....	206.461.4882
<a href="http://www.ywcaworks.org">www.ywcaworks.org</a>	
<i>Women over 18</i>	

## TRANSITIONAL HOUSING

Transitional housing offers youth a safe place to live while they work toward acquiring necessary life skills, self-sufficiency, and gainful employment. Please be aware that programs often have wait lists for acceptance, and most programs require a referral from a case manager or shelter program. If you are looking for transitional housing, please call 211.

<b>K P S W</b> 211 .....	211
<i>Call for Assistance in Finding Shelter, Food, and other needs</i>	

Regional Access Points are an entry point to Coordinated Entry for All in King County. They are typically resource centers where households experiencing homelessness can get help finding housing and other resources. Individuals and families experiencing homelessness may call ahead to schedule an appointment.

### **K** King County Regional Access Points

Seattle.....	206.328.5900
Federal Way.....	253.874.6718
Renton.....	425.523.1377
North King County.....	206.694.6833
East King County.....	206.328.5900

### **OTHER HELPFUL SERVICES**

**K P S W** National Runaway Safeline (24-hour) ....1.800.RUNAWAY  
*Confidential phone support for teens considering running away*

**K** King County Safe Place (24-hour)..... 1.800.422.TEEN(8336)

**P** My Sister's Pantry..... 253.627.1186  
[www.mysisterspantry.org](http://www.mysisterspantry.org)

**K P S W** National Safe Place (24-hour) .. [www.nationalsafeplace.org](http://www.nationalsafeplace.org)  
*Immediate access to help and safety, with a focus on emergency shelter, for ages 12-17. Youth may text Safe Place directly or walk onto any King County bus or into a location with the Safe Place sign displayed and ask for help. Text "Safe" and your current location (street address, city, state) to 69866 for help via text.*

**K P S W** Northwest Harvest .....1.800.722.6924  
[northwestharvest.org](http://northwestharvest.org)  
*Food Bank with 375 locations in Washington*

**K** Team Child ..... 206.322.2444 press 0  
[www.teamchild.org](http://www.teamchild.org)

**K** Teen Feed (7 nights/week) .....206.522.4366  
[www.teenfeed.org](http://www.teenfeed.org)  
*University District (Seattle) Meal Schedule:*

*Su,M,F @ University Lutheran Church, 1604 NE 50th St, Seattle NE 50th & 16th NE, youth use the red doors on NE 50th St; Tu,W,Th @ University Congregational Church, 4515 16th Ave NE 16th NE & NE 45th, enter down the cement steps; Saturday @ ROOTS Young Adult Shelter, 1415 Ne 43rd St Seattle - Alley at NE 43rd & 15th NE, enter through the blue door.*

## Culturally Inclusive Agencies

Families and youth from diverse racial and ethnic backgrounds face social issues that are impacted by cultural experiences and contribute to their ability and readiness to navigate life circumstances. Families and youth deserve to be met where they are. These agencies offer opportunities for cultural engagement.

<b>K</b> Asian Counseling & Referral Service 	206.695.7600
<a href="http://www.acrs.org">www.acrs.org</a>	
<b>P</b> Asia Pacific Cultural Center	253.383.3900
<a href="http://www.asiapacificculturalcenter.org">www.asiapacificculturalcenter.org</a>	
<b>K</b> Asian/Pacific Islander Chaya	253.383.3900
<a href="http://www.asiapacificculturalcenter.org">www.asiapacificculturalcenter.org</a>	
<b>K P</b> Catholic Community Services Southwest	206.323.6336
<a href="http://www.ccsww.org/get-help">www.ccsww.org/get-help</a>	
<b>K</b> Center for Multicultural Health	206.461.6910
<a href="http://www.centerformulticulturalhealth.org">www.centerformulticulturalhealth.org</a>	
<b>P</b> Mi Centro	<a href="http://www.micentrowa.org">www.micentrowa.org</a> 253.572.7717
<b>K</b> Chinese Information & Service Center	206.624.5633
<a href="http://www.cisc-seattle.org">www.cisc-seattle.org</a>	
<b>K P</b> Consejo Counseling & Referral Service	253.414.7416
<a href="http://www.consejocounseling.org">www.consejocounseling.org</a>	
<b>K</b> El Centro de la Raza	<a href="http://www.elcentrodelaraza.org">www.elcentrodelaraza.org</a> 206.717.0084
<b>K</b> Filipino Community of Seattle	206.722.9372
<a href="http://www.filcommsea.org">www.filcommsea.org</a>	
<b>K</b> Helping Link/Mot dau Noi	206.568.5160
<a href="http://www.helpinglink.org">www.helpinglink.org</a>	
<b>K</b> Horn of Africa Services	<a href="http://www.hoas.org">www.hoas.org</a> 206.760.0550 x 104
<b>K</b> Jewish Family Service	<a href="http://www.jfsseattle.org">www.jfsseattle.org</a> 206.461.3240
<b>K S</b> La Esperanza	<a href="http://www.laesperanzahcs.org">www.laesperanzahcs.org</a> 425.248.4534
<b>S</b> Refugee and Immigrant Services NW	<a href="http://www.risnw.org">www.risnw.org</a> 425.388.9307
<b>K S</b> Therapeutic Health Services	<a href="http://www.ths-wa.org">www.ths-wa.org</a> 206.322.7676
<b>S</b> Tulalip Tribes	<a href="http://www.tulaliptribes-nsn.gov">www.tulaliptribes-nsn.gov</a> 360.716.4000
<b>K</b> United Indians of All Tribes	206.285.4425
<a href="http://www.unitedindians.org">www.unitedindians.org</a>	
<b>K</b> WAPI Community Services	<a href="http://wapiseattle.org">wapiseattle.org</a> 844.987.9274

## Education



Did you know that with support from parents/guardians, students can opt-out of standardized testing in Washington State?

—OPT OUT WASHINGTON

Many teens have difficulties at school that are outside of their control and need more support for their education than what they can get at school. These agencies can provide a wide range of services to help support young people with their education goals, including tutoring, testing for learning disabilities, support for English Language Learners (ELL), and alternatives to traditional graduation, such as the General Education Development (GED) test. Open Doors Programs (OSPI) provide graduation and GED support to people up to 21 years old.

You can call your local 211 for referrals in addition to contacting any of the following organizations:

**K** El Centro de la Raza ..... 206.717.0084  
[www.elcentrodelaraza.org](http://www.elcentrodelaraza.org)

**S** Goodwill Everett Job Training & Education Center .... 425.267.9718  
[www.everettlink.org/everett-south-job-training-education-center](http://www.everettlink.org/everett-south-job-training-education-center)

**K** Goodwill King County Job Training & Education Center ... 206.860.5791  
[www.seattlegoodwill.org/job-training-and-education](http://www.seattlegoodwill.org/job-training-and-education)

**P** Goodwill of the Olympics and Rainier Region ..... 253.573.6500  
[www.goodwillwa.org/training/youth](http://www.goodwillwa.org/training/youth)

**K** Greater Seattle Bureau of Fearless Ideas ..... 206.725.2625  
[www.fearlessideas.org](http://www.fearlessideas.org)

*After-school tutoring & creative writing workshops*

**K** iGrad ..... 253.373.4723  
[www.Kent.k12.wa.us/IG](http://www.Kent.k12.wa.us/IG)

*Program for youth who have left school or are considering leaving*

**K** Learning Disabilities Association of WA ..... 425.882.0820  
[www.ldawa.org](http://www.ldawa.org)

**S** Refugee & Immigrant Services NW ..... 425.388.9307  
[www.risnw.org](http://www.risnw.org)

- K** Northwest Education Access ..... 206.523.6200  
[www.seattleeducationaccess.org](http://www.seattleeducationaccess.org)
- K** YMCA of Greater Seattle ..... 206.749.7550  
[www.seattleyymca.org](http://www.seattleyymca.org)  
*GED services*

Additional services may also be available through your local library

- K** King County Library System..... 1.800.462.9600  
[www.kcls.org](http://www.kcls.org)
- K** Seattle Public Library System ..... 206.386.4636  
[www.spl.org](http://www.spl.org)
- P** Pierce County Library System..... 253.548.3323  
[www.piercecountylibrary.org](http://www.piercecountylibrary.org)
- S** Sno-Isle Libraries (Snohomish & Island Counties).... 360.651.7000  
[www.sno-isle.org](http://www.sno-isle.org)

## Employment and Job Training



Did you know that people under the age of 18 can work under the following conditions while at school: 14-15 years old up to 3 hours on a school day. 16-17 years old up to 4 hours on a school day?

- KPS** AmeriCorps National Service ..... 1.800.942.2677  
[www.americorps.gov](http://www.americorps.gov)
- K** Bellevue Parks and Community Services - Well-KEPT... 425.452.4195
- P** Boys and Girls Clubs of South Puget Sound ..... 253.502.4640  
[www.bgcsp.org](http://www.bgcsp.org)
- K** El Centro de la Raza ♥ ..... 206.717.0084  
[www.elcentrodelaraza.org](http://www.elcentrodelaraza.org)
- K** FareStart ..... 206.443.1233  
[www.farestart.org](http://www.farestart.org)  
*Offers job training for youth without shelter*
- S** Goodwill Marysville Job Training & Education Center... 360.657.4058  
 TEXT 206.510.5689
- K** Job Corps ..... 800.733.5627  
[www.jobcorps.gov](http://www.jobcorps.gov)
- K** Reconnect to Opportunity ..... 206.263.8244  
[reopp.org/career-launchpad](http://reopp.org/career-launchpad)  
*Youth ages 16-24*
- K** Seattle Youth Employment Program ..... 206.386.1375  
[www.seattle.gov/humanservices/services-and-programs/preparing-youth-for-success/syep](http://www.seattle.gov/humanservices/services-and-programs/preparing-youth-for-success/syep)
- P** The REACH Center ..... 253.573.6590  
[www.reachtacoma.org](http://www.reachtacoma.org)
- K** Tilth Alliance Youth Garden Works ..... 206.633.0451 x 900  
[www.tilthalliance.org](http://www.tilthalliance.org)
- K** Teens in Public Service ..... 206.985.4647  
[www.teensinpublicservice.org](http://www.teensinpublicservice.org)
- K** WA State Dept. of Labor & Industries – Teen Workers Information  
[www.lni.wa.gov/workplacerrights/teenworkers](http://www.lni.wa.gov/workplacerrights/teenworkers)



<b>S</b> SnoCo Futures .....	425.374.8351
<a href="http://www.worksourceonline.com/jobseeker/youth.html">www.worksourceonline.com/jobseeker/youth.html</a>	
<b>K P S</b> Year Up .....	206.441.4465
<a href="http://www.yearup.org">www.yearup.org</a>	
<i>Youth ages 18-24</i>	
<b>K</b> You Grow Girl .....	206.417.9904
<a href="http://www.yougrowgirl.org">www.yougrowgirl.org</a>	
<b>K</b> YouthForce .....	206.436.1843
<a href="http://www.teenjobs.org">www.teenjobs.org</a>	

## LGBTQIA+



LGBTQIA+ youth who have reported having at least one accepting adult in their life were 40% less likely to have reported a recent suicide attempt.

-THE TREVOR PROJECT

Questioning one's gender and sexual identity is a normal part of adolescence and growing up. Finding supportive people and groups can be difficult. Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, and Asexual (LGBTQIA+) people are frequent targets of discrimination, violence, and bullying/harassment. The resources below provide a safe environment, understanding, and information. They also promote gender and sexual acceptance.

**K P S W** The Trevor Project..... 1.866.488.7386

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

Text 'Start' to 678-678

**K** Gay City ..... 206.323.LGBT

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

*LGBTQIA+ resources and referral help line*

**K** Health Education Youth Outreach (HEYO)..... 206.957.1639

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

*Community building to empower LGBTQIA+ youth and destigmatize HIV*

**K** Ingersoll Gender Center.....

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

*Transgender support*

**K** Lambert House..... 206.322.2515

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

**K** Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse ..... 206.568.7777

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

**K** Parents, Families & Friends of Lesbians & Gays (PFLAG Seattle Chapter)..... 206.325.7724

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

- K** Queer Trans Youth Music Project (QTYMP) .....  
[www.qtymp.org](http://www.qtymp.org)  
*LGBTQIA+ led music, empowerment, and social justice programs*
- K** Seattle Counseling Service (18+) ♥ ..... 206.323.1768  
[www.seattlecounseling.org](http://www.seattlecounseling.org)
- K P S W** Trans Lifeline ..... 1.877.565.8860  
[www.translifeline.org](http://www.translifeline.org)  
*Crisis Line for those who are trans, struggling with, or questioning their gender identity*
- K** Youth Eastside Services – B-Glad ..... 425.747.4937  
[www.youtheastideservices.org/services/community-based/bglad](http://www.youtheastideservices.org/services/community-based/bglad)

## SUPPORT GROUPS

- S** GLOBE ..... 425.242.6188  
[www.globeyouth.com](http://www.globeyouth.com)
- K** Kent Youth & Family Services (OKAY! Support Group) .....  
[www.kyfs.org/lgbtq](http://www.kyfs.org/lgbtq)
- S** PFLAG-Snohomish County .....  
[www.pflageverett.org](http://www.pflageverett.org)
- P** Oasis Youth Center ..... 253.671.2838  
[www.oasisyouthcenter.org](http://www.oasisyouthcenter.org)
- K P S W** Rainbow Center ..... 253.383.2318  
[www.rainbowcntr.org](http://www.rainbowcntr.org)

## People with Disabilities

The Americans with Disabilities Act of 1990 guarantees equal access in employment, public accommodation, transportation, telecommunications, and state and local government. Call the numbers below for support, referrals, or information about available services.

**K** Abused Deaf Women's Advocacy Services (ADWAS) .... 206.812.1001  
<http://www.adwas.org>

**K** Alliance of People with disAbilities ..... Seattle 206.545.7055  
[www.disabilitypride.org](http://www.disabilitypride.org) Redmond 425.998.5839

**K P S W** The Arc of WA ..... 888.754.8798  
[www.arcwa.org](http://www.arcwa.org)

**K P S W** Brain Injury Alliance of WA ♥ ..... 877.982.4292  
[www.biawa.org](http://www.biawa.org)

**K** Center for Children with Special Needs ..... 206.987.3736  
[www.cshcn.org](http://www.cshcn.org)

**P** Center for Independence ..... 253.582.1253

**S** Center for Independence ..... 360.393.3890  
[www.centerforindependence.org](http://www.centerforindependence.org)

**S** Children & Youth with Special Health Care Needs... 425.339.8652  
[www.snohd.org/268/Children-With-Special-Needs](http://www.snohd.org/268/Children-With-Special-Needs)

**K P S W** Disability Rights ..... 1.800.562.2702  
[www.disabilityrightswa.org](http://www.disabilityrightswa.org)

**K P S** Hearing, Speech and Deaf Center ♥ ..... 206.323.5770  
[www.hsdcc.org](http://www.hsdcc.org)

**P** Pierce County Coalition for Developmental Disabilities.. 253.564.0707  
[www.pc2online.org](http://www.pc2online.org)

**K P S W** WA Elks Therapy Program for Children ..... 253.472.6223  
[www.waelks.net](http://www.waelks.net)

**K P S W** WA State Dept. of Services for the Blind .... 1.800.552.7103  
[dsb.wa.gov](http://dsb.wa.gov)

**K P S** Vadis ♥ ..... 253.863.5173  
[www.vadis.org](http://www.vadis.org)

*Employment support for people with disabilities & facing homelessness*

**K P S W** Wraparound/WISe ♥ ..... [www.hca.wa.gov](http://www.hca.wa.gov)

*Please see page 14 for program details.*

## Volunteer and Recreation Opportunities



Did you know that people with high school leadership experience are paid up to 33% more than those without it? This wage premium is similar to one associated with a college degree.

—HARVARD BUSINESS REVIEW

Volunteer work can especially benefit teens wanting to broaden their horizons, meet new friends, experience different cultures, or learn a new language, all while contributing to society's needs.

### VOLUNTEER OPPORTUNITIES

**KPSW** Boys & Girls Clubs of WA State ♥ .....  
[www.washingtonclubs.org](http://www.washingtonclubs.org)

*After-school and summer camp/ activities volunteer programs*

**K** Camp Fire Central Puget Sound ..... 206.461.8550  
[www.campfireseattle.org](http://www.campfireseattle.org)

*Leadership camps, activities, and workshops*

**P** Camp Fire Orca ..... 253.597.6234  
[www.campfireorca.org](http://www.campfireorca.org)

**S** Camp Fire Snohomish County ..... 425.258.5437  
[www.campfiresnoco.org/camp](http://www.campfiresnoco.org/camp)

**K** City of Mercer Island ..... 206.275.7755  
[www.mercerisland.gov/yfs](http://www.mercerisland.gov/yfs)

**S** CORE (Creating Open Roads to Equity) ..... 206 694-4500  
[youthcare.org](http://youthcare.org)

*Connect to a variety of community volunteer opportunities*

**W** AmeriCorps .....  
[americorps.gov/serve](http://americorps.gov/serve)

**P** Families Unlimited Network ..... 253.460.3134  
[www.familiesunlimitednetwork.org/volunteer](http://www.familiesunlimitednetwork.org/volunteer)

*Foodbank and after-school program volunteer opportunities*

**P** Harbor WildWatch ..... 253.514.0187  
[www.harborwildwatch.org/programs/youth-programs](http://www.harborwildwatch.org/programs/youth-programs)

*Interactive environmental education volunteer opportunities*

- K** Teen Link ..... 1.866.TEENLINK(833.6545)  
[www.teenlink.org](http://www.teenlink.org)  
 Community outreach and awareness for teens needing emotional support
- K** The Vera Project ..... 206.956.8372  
[www.theveraproject.org](http://www.theveraproject.org)  
 Theater, music, and art volunteering opportunities
- K** United Way King County ..... 206.461.3700  
[www.uwkc.org/volunteer](http://www.uwkc.org/volunteer)
- P** United Way Pierce County ..... 253.272.4263  
[www.uwpc.org/volunteer-0](http://www.uwpc.org/volunteer-0)
- S** Volunteers of America Western Washington ..... 425.259.3191  
[www.voaww.org/volunteer](http://www.voaww.org/volunteer)
- K** Wilderness Inner-City Leadership Developments (WILD) .. 206.623.5132  
[www.interimicda.org/whatwedo/wild](http://www.interimicda.org/whatwedo/wild)  
 Environmental justice, gardening, and activism volunteer opportunities
- K** Young Women Empowered ..... 206.519.2426  
[www.youngwomenempowered.org](http://www.youngwomenempowered.org)  
 Group leadership camps & activities
- K** YMCA of Greater Seattle ♥ ..... 206.749.7550 / 7540  
[www.seattleyymca.org](http://www.seattleyymca.org)  
 Community and service corps programs/volunteer activities
- K S** YWCA ..... 206.461.4888  
[www.ywcaworks.org](http://www.ywcaworks.org)  
 Community service & volunteer program
- K** Woodland Park Zoo Volunteer Program ..... 206.548.2450  
[www.zoo.org/volunteer](http://www.zoo.org/volunteer)

If you would like to learn a new skill or participate in a group program, camps and workshops are a great way to get engaged and build meaningful relationships. Listed below are community and recreation centers, drop-in groups, classes, and sports leagues for youth, located throughout the Puget Sound area.

- S** ArtSpotStudio ..... 206.713.8297  
[www.artspotstudio.net/tweenteen-workshops](http://www.artspotstudio.net/tweenteen-workshops)  
 Art camps/workshops for age 10-18 (all ability levels)
- K** Bikeworks ..... 206.695.2741  
[www.bikeworks.org](http://www.bikeworks.org)  
 Bicycle repair classes, riding clubs, camps, and giveaways

- KPSW** Boys & Girls Clubs of WA State ♥ ..... 360.731.7268  
[www.washingtonclubs.org](http://www.washingtonclubs.org)  
*After-school and summer programs*
- KPSW** Camp to Belong ..... 360.731.7268  
[www.camptobelongwa.org](http://www.camptobelongwa.org)  
*Summer camp program to reunite siblings in foster care*
- K** Coyote Central ..... 206.323.7276  
[www.coyotecentral.org](http://www.coyotecentral.org)  
*Applied learning through skills-based workshops*
- KPSW** Garfield Teen Life Center ..... 206.684.4550  
*Teen resource center*
- KPSW** Girl Scouts of Western WA ..... 1.800.541.9852  
[www.girlscoutswa.org](http://www.girlscoutswa.org)
- P** Tacoma Urban League ..... 253.383.2007  
[thetacomaurbanleague.org/programs](http://thetacomaurbanleague.org/programs)  
*Mentorship programs for youth of color*
- K** Kent Youth & Family Services ..... 253.859.0300  
[www.kyfs.org](http://www.kyfs.org)  
*Operates multiple youth centers in the Kent area*
- KPSW** Kirkland Teen Union Building (KTUB) ..... 425-587-3300  
[www.ymcaktub.org](http://www.ymcaktub.org)  
*Teen resource center*
- K** Old Firehouse Teen Center ..... 425.556.2370  
*Drop-in Center—you must be enrolled in high school to attend*
- K** Powerful Voices ..... 206.860.1026  
<http://www.powerfulvoices.org>  
*Cultural enrichment, employment and advocate programs for young WOC*
- KPSW** Reader's Circle ..... xxx.xxx.xxxx  
[www.readerscircle.org](http://www.readerscircle.org)  
*Online book clubs*
- K** Sanctuary Art Center ..... 206.522.6256  
[www.sanctuaryartcenter.org](http://www.sanctuaryartcenter.org)  
*Art drop-in center focused on street-involved youth, ages 13-25  
 Classes, camps/activities, and centers for community engagement*
- K** Seattle Parks & Recreation ..... 206.684.4075  
[www.seattle.gov/parks](http://www.seattle.gov/parks)  
*Classes, camps/activities, and centers for community engagement*
- P** Tacoma Youth Theatre ..... 253.677.0531  
[www.tacomayouththeatre.org](http://www.tacomayouththeatre.org)

- K** The Club Teen Center .....425.429.3203  
[www.bgcbellevue.org/programs/teens](http://www.bgcbellevue.org/programs/teens)
- P** First Tee - South Puget Sound .....  
[www.firstteesouthpugetsound.org/programs](http://www.firstteesouthpugetsound.org/programs)  
*Golf youth programs/activities*
- K P S W** Washington State Parks & Recreation ♥ .....  
[www.parks.wa.gov](http://www.parks.wa.gov)
- K** YMCA of Greater Seattle ♥ .....206.749.7550  
[www.seattleyymca.org](http://www.seattleyymca.org)
- P** YMCA of Pierce & Kitsap Counties ♥ .....253.841.9622  
[www.ymcapkc.org](http://www.ymcapkc.org)
- S** YMCA of Snohomish County .....425.337.0123  
[www.ymca-snoco.org](http://www.ymca-snoco.org)
- S** Youth Council .....  
[www.snohomishwa.gov/691/Youth-Council](http://www.snohomishwa.gov/691/Youth-Council)  
*Local government youth council programs*
- S** Youth Enrichment Services .....  
[www.snohomishcountywa.gov/3645/youth-enrichment-services](http://www.snohomishcountywa.gov/3645/youth-enrichment-services)  
*Resources and programs for court-involved youth*
- K** Youth in Focus .....206.723.1479  
[www.youthinfocus.org](http://www.youthinfocus.org)  
*Art and photography education courses and camps*

For more information regarding other recreation options, contact your local parks and recreation department.









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