

FOOD

Vashon Food Bank | Grocery Pickup: Wed: 10-2pm & 4-7pm
HomeDelivery: Thurs & Fri: delivery@vashonfoodbank.org
Call: 206-463-6332 Emergency food bags available.

Free Summer Meals: Every weekday June - August

Food Delivery | Meals on Wheels, 206-448-5767 Delivery
Tues: 206-463-5173.
Thriftway delivers if homebound: 206-463-2100
IGA delivers: 206-463-9725

Senior Center Lunch | M-W-F \$5 or donation/meal.
Rides to and from center available: Call 206-463-5173

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: 206-477-1870 for appointments.

Emergency Food Vouchers for Thriftway/Vashon Market (IGA) | St. Vincent de Paul: 206-450-7577, IFCH: 206-643-5169

Free Meals Pick-up Only during COVID

- **IFCH** sponsored: Sun - Fri Methodist Church 5 – 6 pm

HOUSING

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
St. Vincent de Paul: 206-450-7577 IFCH: 206-643-5169

SHOWERS

Free showers: Wednesdays 3 – 4 pm at Methodist Church

UTILITY ASSISTANCE

Energy Assistance | Multi-Service Center in Burien (HELP and LIHEAP): 253-838-6810 ext 154 (Rita)

Emergency Utility Assistance |

St. Vincent de Paul: 206-450-7577

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

Free Wood for Heating | St. Vincent de Paul.

Jim Walker: 206-463-9871

Warm Home Fund | IFCH: 206-643-5169

EMERGENCY CASH ASSISTANCE

Assistance for medical, ferry, and bus |

Vouchers from VYFS: 206-463-5511 ext 225

Emergency rent, utility and food |

St. Vincent de Paul: 206-450-7577 IFCH: 206-643-5169

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 COVID suspended

- Vashon Market (IGA) parking lot 2:30-4:30pm.

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

HEALTH CARE AND INSURANCE

Voucher Program for Free Care | Office visits, prescriptions, chiropractic. VYFS: 207-200-6788 or 206-463-5511 ext 225

Assistance with Medical Costs | IFCH: 206-643-5169

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

Senior & Emergency Dental Assistance: IFCH: 206-463-7277

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

Free medical equipment | The Care Closet: 206-473-8715

Care Resource Line | 206-498-3667

Apple Health Insurance | Go to www.wahealthplanfinder.org
Or call King County Public Health: Miguel 206-477-6965

TEEN HEALTH SERVICES (all confidential)

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

Youth Confidential Advocacy: healthy relationships, trauma support, advocacy and resources | www.vashonteencouncil.org
Call or text: 206-639-0608 | Maya@vashondoveproject.org

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

VYFS: 206-463-5511 ext. 225

Domestic Violence & Sexual Assault Advocacy

The DOVE Project (Vashon): Free, confidential support, trauma-sensitive, wellness offerings, safety plans, harm reduction, healthy relationship support, information and resources. 9am-5pm Mon-Fri Call/text 206-462-0911 or email: info@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

SENIOR SERVICES

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

Vashon Care Network Resource Line: provides a consultation service of aging care options 206-498-3667

TRANSPORTATION SERVICES

Metro Access Bus | To schedule: 206-263-3113.

Metro Community Van | e-mail: vashonvan@kingcounty.gov
Call: 206-773-7003

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

Vouchers for: ferry/bus | VYFS: 207-200-6788
206-463-5511 ext 225

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

OASIS (Bilingual Community Resource Navigator)
Office hours: Wednesdays at Food Bank 10-2pm and
Thursdays at Methodist Church noon to 3pm. By phone
Wednesday & Thursdays 9am-5pm: 207-200-6788
Vouchers for medical, ferry/ bus transportation and Granny's.
Also help access for food, housing, and childcare

RECOVERY SERVICES

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

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

LEGAL SERVICES

Free legal clinic | Call only available during COVID
206- 267-7070

DOVE legal clinic | for survivors of sexual assault or
domestic violence, call for information: 206-462-0911

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 • 206-643-5169

St Vincent de Paul Society
www.svdpvashon.org • 206-450-7577

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

Vashon Care Network
www.vashoncarenetwork.org • 206-473-8715

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.vashoncenter.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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