



# RESOURCES TO HELP YOU

## **Apple Health**

Apple Health offers free or low cost health care to Washington State residents. You and your family may be eligible for free or low-cost medical, dental, vision, and behavioral health services through Apple Health.

<https://www.hca.wa.gov>

## **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)**

WIC provides healthy food to qualifying pregnant women, new and breastfeeding moms, and children under 5.

<https://doh.wa.gov/you-and-your-family/wic>

## **Supplemental Nutrition Assistance Program (SNAP)**

SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move toward self-sufficiency.

<https://www.dshs.wa.gov/esa/community-services-offices/basic-food>

## **Des Moines Food Bank**

Once each month, families and individuals are invited to shop Des Moines Food Bank's Full Service Room. This monthly service offers a generous variety of nutritious canned, dry, fresh, and frozen items for your whole family.

<http://myfoodbank.org/>

## **Transportation Assistance**

ORCA LIFT offers reduced public transportation fares to those who qualify. The ORCA LIFT card offers a convenient, more affordable way to travel around King County.

<https://kingcounty.gov/en/dept/metro/fares-and-payment/discounted-fares/orca-lift>

## **DAWN Rising**

DAWN is a 501(c)(3) nonprofit organization that supports, empowers, and shelters survivors of domestic abuse in South King County and helps to keep us all safe by educating our community to respond to and prevent violence.

<https://www.dawnrising.org/>

## **Catholic Community Services**

Catholic Community Services and Catholic Housing Services serve and support poor and vulnerable people through the provision of quality, integrated services and housing.

<https://ccsww.org>

## **St. Vincent de Paul of Seattle - King County**

St. Vincent de Paul of Seattle - King County joins the community to listen, engage, and build relationships that assist and advocate for individuals and families to meet basic needs and achieve stability and self-sufficiency.

<https://svdpseattle.org/>

## **NW Furniture Bank**

NW Furniture Bank provides gently used furniture and household items to individuals and families who are recovering from crisis. Anyone in need who is in stable housing is eligible to receive their services. This can include those who have suffered from a fire, flood, job loss, are escaping domestic violence, aging out of the foster care system, or someone moving from transitional housing.

<https://www.nwfurniturebank.org>

## **Telephone Assistance**

CenturyLink participates in government programs for lower-income households. There are currently two programs for which qualifying customers can apply.

<https://www.centurylink.com/home/help/account/consument-assistance-programs.html>

## **Washington State Utility Assistance Program**

The Low-Income Home Energy Assistance Program (LIHEAP) provides energy assistance to households in Washington through a network of community action agencies and local partners. These local organizations will help determine your eligibility and how much assistance you might receive. If you qualify, your local LIHEAP agency will send a payment directly to your energy utility on behalf of your household.

<https://kingcounty.gov/en/dept/metro/fares-and-payment/discounted-fares/orca-lift>