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General Assistance:

City's Customer Service Bureau
<http://www.seattle.gov/customerservice/>
or call 206-684-CITY or 3-1-1

Multi-lingual information about benefits programs for low to moderate income individuals and families
<http://www.peoplepoint.info/>
or call: 206-684-0355

Community resources through Crisis Clinic
<http://www.crisisclinic.org/>
or call: 2-1-1 or 206-461-3222 (24 hours)
TDD: 206-461-3219
Toll Free outside Seattle: 1-800-244-5767

Community Resources Online (CRO) is a database of King County's health and human resources
<http://www.resourcehouse.com/en/wa/cgi-bin/location.asp>
or call: 206-461-3200
Toll Free:1-800-621-4636

The Beehive provides resources on managing money, employment, health, and more
<http://www.thebeehive.org/>

For more information on programs mentioned on City Inside/Out, March 27, 2009:

City's utilities assistance program
<http://www.seattle.gov/mayor/newsdetail.asp?ID=9461&dept=40>
or call: 206-684-0268

Home Wise: Free weatherizing for your home & low-interest home repair loans
<http://www.seattle.gov/housing/HomeWise/>
or call: 206-684-0244

Food banks in Seattle and King County
<http://www.seattle.gov/humanservices/emergencyservices/FoodBanksSeattleKingCounty.pdf>
or call: 206-684-CITY

Free Tax Help

<http://www.uwkc.org/ourcommunity/endinghomelessness/eitc/where.asp>

or call: 206-461-3700

Credit counseling and opening a bank account through the Bank on Seattle-King County program:

<http://www.everyoneiswelcome.org/>

or call 2-1-1 or 1-800-621-4636

Seattle Jobs Initiative

<http://www.seattlejobsinitiative.com/>

or call: 206-628-6975

Mayor's Office for Senior Citizens

<http://www.seattle.gov/humanservices/seniorsdisabled/mosc/default.htm>

or call: 206-684-0500

Senior Services of Seattle/King County

<http://www.seniorservices.org/>

or call: 206-448-5757

Metro's Regional Reduced Rate Permit

http://transit.metrokc.gov/tops/accessible/reduced_fare_permit.html

or call: 206-553-3060

Free computer terminals:

Seattle Public Library

<http://www.spl.org/>

or call: 206-386-4636

King County Library System

<http://www.kcls.org/>

Seattle Community Centers

<http://www.seattle.gov/parks/centers.asp>

or call: 206-684-4075

General Parks Information:

Public computers are also located at Neighborhood Service Centers and training is available at many non-profits

<http://seattle.gov/tech/techmap/>

or call: 206-684-0600



Small Business Help:

Community Capital Development

<http://www.seattleccd.com/>

or call: 206-324-4330 ext.100

Small Business Administration

<http://www.sba.gov/>

or call: 1-800-U-ASK-SBA (1-800-827-5722)

Washington Cash

<http://www.washingtoncash.org/>

or call: 206-352-1945/360-698-4088

Volunteering:

To search for volunteer opportunities in United Way's database

<http://www.uwkc.org/volunteer/solutions/default.asp>

or call: 206-461-6906

Volunteer with young people through Seattle Works

www.seattleworks.org

or call: 206-324-0808

Seattle Mayor's call for 10,000 new volunteers

<http://www.seattle.gov/mayor/issues/volunteers/>

or call: 206-684-4000