

General Resources for Families

Hotlines & Family Service Centers:

National Stepfamily Resource Center

www.stepfamilies.info/programs-services-links.php

The National Stepfamily Resource center is a nonprofit organization focused on serving as a clearinghouse of information, linking family science research on stepfamilies and best practices in work with couples and children in stepfamilies.

Family Help Line

1-800-932-HOPE (4673)

Family Help Line is a service of Parent Trust for Washington Children. Trained parenting coaches who can provide problem solving assistance as well as referrals to community resources throughout Washington State staff the Family Help Line. Assistance is also available in Spanish.

Friends of Youth-Redmond

425-869-6490

16225 NE 87th Street, Suite A-6, Redmond, WA 98052

www.friendsofyouth.org

Friends of Youth-Issaquah

425-392-6367

414 Front Street, Issaquah, WA 98027

www.friendsofyouth.org

Hopelink Family Development Program

425-869-6000

www.hope-link.org

In Hopelink's Family Development Program, families at risk of homelessness work with a trained Family Development Specialist; together they focus on identifying strengths, addressing obstacles, and working to set and attain goals. The Family Development Program first provides a Hopelink support system for struggling families, and then helps the family build its own support network. Serves North Seattle and Eastside.

Mercer Island Youth and Family Services

(206) 236-3525

2040 84th Ave SE, Mercer Island, WA 98040

miyfs@ci.mercer-island.wa.us

Northshore Youth & Family Services

(425) 485-6541

10309 NE 185th Street, Bothell, WA 98041

E-mail: nyfs@aol.com

Renton Area Youth & Family Services

(425) 271-5600

www.rays.org

RAYS is a Washington State licensed mental health center and provides individual and family counseling for families with children and youth ages birth to age 18. Services involve parents and their children utilizing a family systems perspective and play therapy for younger children.

United Indians Children Youth and Family Services (206) 285-4425

www.unitedindians.com

United Indians provides vital social and educational services to Native Americans in the Seattle area. Services include cultural and clinical therapy for families, housing for homeless youth, and substance abuse prevention and outpatient treatment.

Wellspring Family Services

(206) 826-3050

www.family-services.org

Wellspring Family Services offers homelessness, mental health and domestic violence services in order to build healthy families and strengthen communities in King County. Services include Men's Domestic Violence Intervention Program, parenting classes for men and women, anger management classes, domestic violence/chemical dependency program, and counseling services for individuals, couples and families that are culturally relevant to diverse clients. Locations throughout King County.

Youth Eastside Services

(425) 747-4937

www.youtheastideservices.org

As a state-licensed Community Mental Health Center, YES comprehensive counseling programs give kids and families the understanding, confidence and support they need to address emotional distress, behavioral difficulties, school-related problems, peer and family relationship issues, sexual orientation and identification, teen dating violence, and parent-child conflicts.

Atlantic Street Center

(206) 329-2050

www.atlanticstreet.org

Atlantic Street Center is a non-profit agency related to the United Methodist Church helping families and communities raise healthy, self-sufficient children and youth. Case management services for families along with support groups, social-skills classes, and family communication workshops are also offered. Locations in Rainier Valley, New Holly and Rainier Beach areas of Seattle.

Catholic Community Services

(206) 328-5696 or (206) 328-5097

www.ccsww.org

Catholic Community Services and the Archdiocesan Housing Authority offer a variety of programs and services to assist families in need. CCS Family Centers throughout Western Washington offer support services to families in crisis, as well as services for children who are struggling with family breakup or mental health issues. Several programs offer housing for families with children

Center for Human Services

(206) 362-7282

1708 15th Avenue NE, Shoreline, WA 98155

www.chs-nw.org

Center for Human services is a community-based, nonprofit agency that believes that the most critical element for strengthening the community is to strengthen its members and families through preventative and responsive programs that are culturally competent.

Central Youth and Family Services (206) 322-7676
1901 Martin Luther King Jr Way S, Seattle, WA 98144

Community Psychiatric Clinic (206) 461-3614
www.cpcwa.org
CPC offers a comprehensive range of services for children, youth, and families.

Consejo (206) 461-4880
www.consejo-wa.org
Broad range of service includes mental health services for children, youth and adults including individual and couples counseling. Spanish and English services.

Federal Way Youth & Family Services (253) 661-0255
Federal Way Youth & Family Services (FWYFS) has served the human services needs of the Federal Way Community since 1973. FWYFS is committed to providing community-based, outpatient mental health services to children, families, and adults as well as family support services.

Renton Area Youth & Family Services (425) 271-5600
www.rays.org
RAYS is a Washington State licensed mental health center and provides individual and family counseling for families with children and youth ages birth to age 18. Services involve parents and their children utilizing a family systems perspective and play therapy for younger children.

Ruth Dykeman Youth & Family Services (206) 243-5544
137 SW 154th Street, Burien, WA 98166
www.rdcc.org

Southeast Youth and Family Services (206) 721-5542
3722 S Hudson Street, Seattle, WA 98118
seyfs@uswest.net

Child and Family Guidance Clinic (253) 565-4484 or (253) 472-9166
6424 N. 9th Street, Tacoma 98406
Offers a mental health clinic which specializes in providing services for children and their families. Therapy focuses on a variety of areas, including ADD, angry/aggressive behavior and parenting issues. Comprehensive assessment resulting in treatment plan agreed upon by parent and child. Also provides therapy for children who are victims of sexual abuse.

Good Samaritan Mental Health Services
325 E. Pioneer, Puyallup 253-848-5571, crisis line: (253) 445-8125
Provides a full range of treatment modalities, including individual, family, group, day treatment, case management, 24-hour crisis intervention, and pre-screening. Services are provided to children, families, adults, and older adults residing in Eastern Pierce County. Culturally sensitive services are provided to Asian immigrants and refugees throughout Pierce County.

Healthcare Providers

Swedish Medical Center

First Hill Campus (Seattle): (206) 386-6000
Cherry Hill Campus (Seattle): (206) 320-2000
Ballard Campus: (206) 782-2700
Issaquah Main Number: (425) 394-0600
Edmonds Main Number: (425) 640-4000
www.swedish.org/

Group Health

www.ghc.org/

1-888-901-4636

Overlake Medical Center

www.overlakehospital.org/

(425) 688-5000

Planned Parenthood

www.ppww.org/

(206) 328-7734

Northwest Hospital

www.nwhospital.org/

(206)-364-0500

University of Washington Medical Center

uwmedicine.org/

(206) 598.4002

Virginia Mason Medical Center

www.virginiamason.org

(206) 223-6600

Harborview Medical Center

uwmedicine.washington.edu/Patient-Care/Locations/hmc/Pages/default.aspx

(206)744.2800

Cascade Valley Hospital and Clinics

www.cascadevalley.org/index.php

1-360-435-2133

Auburn Regional Medical Center

www.auburnregional.com/Home

(253) 833-7711

Evergreen Hospital Medical Center

www.evergreenhospital.org/

(425)899-1000

Franciscan Health System

www.fhshealth.org/

Minor & James Medical

www.minorandjames.com/

(206) 386-9500

MultiCare Good Samaritan Hospital

www.multicare.org/

800-342-9919

The Polyclinic (206) 329-1760
www.polyclinic.com/

Seattle Children's Hospital Research Foundation (206) 987-2000
www.seattlechildrens.org/

Stevens Hospital
www.stevenshealthcare.org/index-stevens.html (425) 640-4000

Natural Healthcare Northwest (206)382-9977
www.doctorbuxton.com/

Naturopath Directory
naturopaths.healthprofs.com/cam/cities/Seattle-Naturopaths.html

Washington Association of Natropathic Physicians (206) 547-2130
www.wanp.org/mc/page.do?sitePageId=120296&orgId=wanp

Northwest Natural Help (206) 784-7444
www.nwnaturalhealth.com/

Clinics/Public Health Centers

The Polyclinic (206) 329-1760
www.polyclinic.com/

Franciscan Health System
www.fhshealth.org/

Minor & James Medical (206) 386-9500
www.minorandjames.com/

University Health Clinic (206) 525-8015
www.theuhc.com/

Neighborcare Health (206) 461-6935
www.neighborcare.org/

Harborview Medical Center (206) 744-2800
www.uwmedicine.washington.edu/Patient-Care/Locations/hmc/Pages/default.aspx

Public Health Centers Directory for King County (206) 296-4600
www.kingcounty.gov/healthservices/health/locations.aspx

Counseling/Therapy

Marriage Education Institute

866-879-3960

www.marriageed.org/

The Marriage Education Institute is a non-profit organization that offers quality online courses based on the latest research to help create and maintain strong and healthy relationships and offers programs for singles, couples and professionals.

Antioch Community Counseling & Psychology Clinic (206) 268-4840

www.antiochsea.edu/community/clinic.html

Antioch's clinic offers psychological services offered by students in the master's and doctoral degree programs at Antioch University under supervision of licensed mental health professionals. Services include individual, couples, family, group, art and play therapy.

Washington Association of Marriage and Family Therapy 1-888-553-1228

www.wamft.org/ohana/website

Fremont Community Therapy Project

(206) 547-5298

www.therapyproject.org

The Fremont Community Therapy Project (FCTP) offers low-fee psychotherapy and psychological assessment to people whose financial resources make it difficult to get help for problems in their lives. Under the supervision of volunteer licensed psychologists and other licensed mental health professionals, doctoral graduate students in psychology offer high-quality psychological services to their clients. Our funding comes entirely from client fees.

Lutheran Community Services

(206) 694-5700

www.lscnw.org

Services include family services, Divorce Lifeline, and counseling with children and adults, including individuals and couples. Services offered at several locations in King and Snohomish Counties.

Northshore Youth & Family Services

(425) 485-6541

10309 NE 185th Street, Bothell, WA 98041

E-mail: nyfs@aol.com

Parkland Family Support Center

(253) 798-6557

Family Support Centers can also help families find resources for food, clothing, and housing; and can help families to apply for food stamps.

Pierce County Mental Health Administration (Regional Support Network)

215 S. 36th Street, Tacoma 253-798-4926, 24-hour crisis line: 253-396-5180

Plans and administers state funded programs for children and adults with severe and persistent mental illness, manages the Medicaid managed care program. Direct services are provided by contracts with non-profit agencies.

Sea Mar Community Health Center

(253) 396-1634

www.seamar.org

Sea Mar offers outpatient behavioral health to individuals and families in the Tacoma area.

GoodTherapy.orgwww.goodtherapy.org/Seattle-Therapy.htm

A resource site designed to help people find therapists, psychologists or marriage counselors in the greater area of Seattle.

Seattle Child Therapy, LLCwww.seattlechildtherapy.com/

Individual and family therapy for children, adolescents, and adults in the form of individual or family therapy, parent coaching for both married and divorced couples, social skills and friendship groups as well as supervision for counselors working towards licensure.

Background-Specific Counseling**Asian Counseling & Referral Service**

(206) 695-7600

www.acrs.org

Asian Counseling and Referral Service (ACRS) is a nationally recognized non-profit organization offering a broad array of human services and behavioral health programs to Asian Pacific Americans in King County. Services include youth support groups, individual, group and family therapy, parent education, case management support, domestic violence services for batterers and victims, and vocational and employment services for Asian Pacific Americans in King County.

Greenlake Counselingwww.greenlakecounseling.com/

Greenlake Counseling offers quality individual, marriage/couple, or family counseling from professionally licensed Christian Counselors.

Horn of Africa Services

(206) 760-0550

www.hoas.org/

Horn of Africa Services offers social and outreach services for the East African Communities of Greater Seattle.

Jewish Family Service

(206) 461-3240

www.jfsseattle.org

Jewish Family Service (JFS) is a private, non-profit social service organization, serving members of the Jewish and broader communities in the greater Puget Sound Region. Services include counseling for individuals, couples and families with programs addressing divorce, domestic violence, addiction recovery, vocational guidance and interfaith issues. Locations are in Seattle, Bellevue and Kent.

NAVOS

W. Seattle: (206) 933-7000, Burien: (206) 241-0990

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

Therapists at NAVOS are trained to work with families from diverse cultures and ethnicities. NAVOS offers a range of therapies including play therapy for younger children, individual and group therapy for older children/teens, and family therapy. NAVOS also offers case management services.

United Indians Children Youth and Family Services (206) 285-4425

www.unitedindians.com

United Indians provides vital social and educational services to Native Americans in the Seattle area. Services include cultural and clinical therapy for families, housing for homeless youth, and substance abuse prevention and outpatient treatment.