

hopelink **Connections**

The quarterly newsletter of Hopelink's services

OCTOBER-DECEMBER 2018



**Lower your heating costs
with energy assistance pg. 4**

"The best preparation for tomorrow is doing your best today." – H. Jackson Brown Jr.

FEATURED STORIES

| Hopelink holiday gift rooms set for mid-December

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HOPELINK HELP AND PROGRAMS

WHERE TO LOOK FOR HELP

Hopelink is here to help you. We have five centers where we offer emergency help and support to people who need it.

Not sure where to call? To find out more about Hopelink services, please call the center closest to where you live. All Hopelink centers are open Monday through Friday from 8:30 AM to 5:00 PM, except Sno-Valley, which is closed on Fridays.

Our Centers

Redmond (new address)
425-869-6000 (new number)
8990 154th Ave NE
Redmond, WA 98052

Shoreline
206-440-7300
17837 Aurora Avenue North
Shoreline, WA 98133

Bellevue
425-943-7555
14812 Main Street
Bellevue, WA 98007

Sno-Valley
425-333-4163
31957 E Commercial Street
Carnation, WA 98014

Kirkland/Northshore
425-889-7880
11011 120th Ave NE
Kirkland, WA 98033

See page 8 for bus route information to all centers.

OUR PROGRAMS

Food Program

Food Bank

Hopelink has food banks in Bellevue, Carnation, Kirkland, Kenmore, Redmond, and Shoreline to serve these cities and their surrounding communities. Registered clients may visit twice per month.

The food available includes fresh fruits and vegetables, with many different and unique offerings each week. Other core foods include soup, canned fruits and vegetables, pasta, peanut butter, rice, beans and tuna among many others.

In addition, paper products, soap, toothpaste, diapers, pet food and similar items are often available. On average, a family of four will be able to take home about \$200 worth of food from one food bank visit. Hopelink also has volunteers who are able to make home deliveries to individuals who are homebound.

Cooking Matters

Free Cooking & Nutrition Classes for Low-Income Households at Hopelink.

Join Cooking Matters for a six-week class and learn more about nourishing your body by preparing healthy, low-cost meals!

- Free classes are taught by a volunteer chef and nutritionist
- Free nutrition book and recipes
- Free bag of groceries at the end of each class!

If you sign-up for the class, please plan on attending all six sessions.

Contact Lauren Rieves at 425-250-3021 or Irieves@hopelink.org.

To qualify for a Hopelink food bank, you must reside in our

service area and your gross monthly income must be equal to or less than 185 percent of the federal poverty level (\$3,746 monthly for a family of four; \$1,832 for an individual).

Call the Hopelink center nearest to where you live for more information or to make an appointment to register for the food bank.

Housing Programs

Eviction Prevention

When a family is in danger of losing their home in a crisis, Hopelink offers a program that can help provide a portion of the funds needed to prevent eviction. Contact the closest Hopelink center to find out more about this service.

First Month's Rent

Hopelink may be able to help with part of the first month's rent if you are moving to a new rental. You must have a "move-in" agreement and be in north or east King County to qualify. Contact the closest Hopelink center to find out more about this service.

Emergency Family Shelter

If your family is homeless and does not have a place to live, you may be eligible for a Hopelink family shelter. Hopelink provides short-term housing and case management to assist your family in finding stable housing. Please call 2-1-1 for more information.

Transitional Housing

Hopelink offers transitional housing programs in Bellevue, Redmond, Bothell and Duvall. During their time in the program, families work with a case manager to set and achieve goals focused on self-sufficiency, such as:

Employment

Parenting

Improving Credit

Money Management

Legal Concerns

Education

Health

Please call 2-1-1 for more information.

Energy Assistance Programs

Hopelink administers two grants to help with your home heating costs, with each grant ranging from \$100-\$1,000 annually if you qualify. You don't need to be behind on your bill or have an urgent notice to get a grant; if you are low income, you are eligible to apply. Payments can help pay for various heat sources, including gas, electricity, oil, wood or propane. Funding is currently plentiful and we encourage those living in the Hopelink service area to apply. Appointments can be made on our website at hopelink.org/energy, or by calling the appointment line at 425-658-2592.

If you have already received energy assistance and you know someone else who could benefit from this service who has never before applied, you could score a reserved first-of-the-season appointment slot during the next energy season! Here's how it works:

1. Tell a friend about Hopelink's Energy Assistance Program. They can schedule an appointment and verify their income at hopelink.org/energy or 425-658-2592.
2. Make sure they provide your name and current phone number during their energy appointment so that we can contact you for

HOPELINK HELP AND PROGRAMS

next season's priority scheduling.

3. If and when your friend or family member's energy grant is approved, you will receive a reserved first-of-the-season appointment slot at the start of the next energy season!

New clients must have their appointment by August 31, 2018.

Family Development Program

Hopelink provides a Family Development Program for families looking to move towards self-sufficiency. Families meet regularly with a Family Development Case Manager and set short and long-term goals related to:

Financial Stability

Employment

Housing Search Assistance

Parenting

Legal Concerns

Education

Health

Life Skills

To learn more please call the Intake Screening Line 425-883-4755

Adult Education

GED

Earn your GED or high school diploma so you can get a better job, prepare for college, or fulfill your personal goals.

Our GED and High School 21+ classes are held year-round. Students attend class twice a week in Redmond, Kirkland, or Bellevue. You may join any time, but first make an appointment to observe a class. We want to make sure our program is a good fit for you!

In Hopelink's GED and HS 21+ program, you will either prepare for the GED exam or you will complete courses currently missing from your high-school transcript. Either way, you will improve your reading, writing, math and computer skills.

For more information contact Debbie Margolis at dmargolis@hopelink.org or 425-457-9685.

English for Work

English for Work is an ESL program for immigrants and refugees with beginning to advanced level English skills.

Classes help you to improve your English skills and prepare for employment in the United States.

You will learn to:

- Set goals for work and school
- Speak about your skills and experience
- Search for a job
- Write a resume and cover letter
- Interview for a job
- Work in a team
- Communicate with different people
- Use the computer

Classes are held every winter, spring, summer, and fall at various times and locations including Bellevue, Kirkland, Redmond, and Shoreline.

To learn more, contact Marci Williams at marciw@hopelink.org or 425-250-3007.

Employment Services

The Hopelink Employment Program offers enrolled participants one-on-one assistance with:

- Resumes and Cover Letters
- Research & Career Mapping
- Communication and Interpersonal Skills
- Job Market and Education Research
- Interview Basics
- Job Search Methods
- Job Retention and Professional Development

For more information contact hep@hopelink.org or 425-250-3030.

Hopelink Employment Help Desk

Hopelink hosts drop-in Employment Help Desks at various locations. No appointment is necessary.

If you have any employment-related questions or would like a specialist to advise you on your resume, please stop by!

Thursdays: 10:00 AM – 12:00 PM at the Bothell Library (18215 98th Avenue NE Bothell, WA 98011) on the following dates:

- October 11 & 25
- November 8 & 29
- December 13 & 27

Thursdays: 10:00 AM – 12:00 PM at the Kirkland Library (308 Kirkland Avenue Kirkland, WA 98033) on the following dates:

- October 4 & 18
- November 1 & 15
- December 6 & 20

Wednesdays: 10 AM—11:00 AM at the Shoreline Library (345 NE 175th, Shoreline, WA 98155) on the following dates:

- October 3 & 17
- November 7 & 21
- December 5 & 19

Financial Capabilities

Hopelink's Financial Capabilities program provides tools and services to help you attain financial stability.

Credit Builder Program

Learn how to build your credit through this free, year-long program offered to Hopelink clients.

Free Classes

Hopelink offers free financial education classes throughout the year on topics including credit, banking, debt management, budgeting, and money management.

Financial Coaching

Free and confidential 1:1 financial coaching services are offered at Hopelink centers and housing sites. Sessions will focus on your needs, and will provide the support, encouragement, accountability and resources needed to help you achieve your financial goals.

Contact Hopelink's Financial Capabilities program at 425-250-3003 or financialed@hopelink.org.

HOPELINK WELCOMES EVERYONE

We respect and value cultural differences at all times. Recently, news stories about the future of those who have immigrated to our country have caused fear and worry for some of you who come to Hopelink for help. We want you to know that we work hard to be a safe haven for those who need help. All services are still available, and all Hopelink locations are safe and welcoming places to be.

You will find a safe place at Hopelink.

Lower your heating costs with energy assistance

What is Energy Assistance?

Hopelink's Energy Program can help pay up to \$1,000 of your home heating and energy costs. Grants can help for heat sources including gas, electricity, oil, wood or propane. You do not need to be behind on your bills or have an urgent notice to get a grant – anyone on a limited income meeting the income requirements is eligible to apply. To see the current income guidelines, visit Hopelink.org/energy.

Energy assistance grants help cover these bills so you can devote your resources to other crucial expenses. Eligible households with the highest heat costs receive the greatest assistance. Each year Hopelink distributes about \$3 million dollars in grants to about 5,000 households. Funding is plentiful and we encourage those who live in our service area to apply.

SCHEDULE APPOINTMENTS ONLINE

The new energy season will begin in October and you can begin scheduling appointments on Monday, October 1. When appointments first open, they are in high demand with hundreds of people trying to schedule a visit. We understand it can be frustrating trying to get through, especially in the fall months.

To save time, you also can schedule an appointment online, at Hopelink.org/energy. If you do not have online access, you can call the appointment line number at 425-658-2592. The phone system will offer you only the next available appointment option.

ALL DOCUMENTS ARE REQUIRED AT THE TIME OF APPOINTMENT

Our goal is to get grants to you as quickly as possible. To do this, all necessary documentation is needed to begin the application process. Please know that without all of the required documents, your application will be delayed.

By bringing all necessary documents to your appointment, we will be able to process your application more quickly and get grants to you faster. Come prepared to your appointment to get the fastest service. A complete list of required documents is available at Hopelink.org/energy.

Questions? To learn more about Hopelink's energy program, visit the Hopelink website or call your local center.

Hopelink holiday gift rooms set for mid-December

At Hopelink, we believe every family and child should enjoy a happy holiday season! Each December, our food banks are transformed into holiday wonderlands, filled with new electronics, books, games, clothes, toys and stocking stuffers. The gift rooms enable parents and grandparents who may not be able to afford to buy presents during the holidays to "shop" for their children or grandchildren.

Gifts come from many different sources, including local toy drives, corporate-sponsored giving trees and individual donors, and all of the gifts are brand new, unopened and unwrapped. The festive gift rooms are staffed by Hopelink volunteers who serve as "personal shoppers" for each parent or grandparent. Hopelink staff and

Come Prepared to Your Appointment

- Identification for Adults (over 18).
- Proof of Social Security Number for all adults. (Acceptable official documents may include: Social Security card or a letter from the Social Security Administration).
- Current photo ID with date of birth (required for primary applicant, recommended for all adults in the household).
- Identification for Children (under 18) Acceptable documents include: Social Security card, birth certificate, or passport.
- Your most recent Energy Bill (If there is no energy bill, we require a proof of address.).
- Proof of Income for the 3 months prior to the month of your appointment (required for all adult household members).
- Paystubs with pay dates listed for 3 months prior to the month of your appointment (for all employed household members with earned income).
- Social Security award letter (Includes SSA/SSI/SSDI/SSP).
- Pensions or retirement income (We require either an award letter from the current year OR a bank statement showing all relevant deposits.).
- Any documents related to child support, unemployment, caretaker income (COPES), self-employed or 1099 income.

Any adult who was unemployed and received no income during the relevant period of time, will need to complete a Hopelink 'No Income Statement' available at our centers or on our website.

A complete list of documents is available on the website Hopelink.org/energy.

volunteers alike say there is nothing more exciting than seeing a parent's face light up when they find the perfect present for their child!

Currently registered food bank clients can begin signing up for gift room appointments in October. If you qualify for a Hopelink food bank but are NOT already registered with Hopelink, you will need to either sign up as a food bank client, or bring current proof of your address along with IDs for all children in the household before you can receive a gift room appointment. Gift room dates and times vary by location, and will be posted on the Hopelink website as soon as they are available. No children are allowed in the gift room, and only one parent per household may attend.

Please note: The gift room schedule may result in a change in regular food bank dates and times during the month of December. Please contact your local center for more information.

Hopelink's Adult Education Program can help you reach your goals

What type of classes do you offer?

We have two kinds of classes: GED/High School 21+ and English for Work. GED/HS21+ classes can help prepare you to earn your GED or high school diploma. English for Work classes can help you improve your English language skills and prepare for employment in the United States.

What is GED? What's the difference between GED and High School 21+?

GED is a way to earn a secondary school credential without graduating from a traditional high school. The GED includes four exams that measure knowledge and skills that are expected of high school graduates. High School 21+ is a way to earn a high school diploma by filling in the gaps on your high school transcript. Both are great options! Hopelink's GED/HS21+ teacher can help you decide which option is best for you.

Who signs up for Hopelink classes?

We aim to be a welcoming place for everyone, and Hopelink believes that each person who comes to class has valuable experiences and skills. Students aged 16 and up can study in GED/HS21+ classes. Students aged 18 and up can study in English for Work. Students come from a variety of countries and cultures. Some are working. Some are parents. Some have been out of school for a long time. Some are new to the area. Whatever your situation, you are welcome in our classes!

What kind of support is available for students?

Our goal is to connect each student to the support they need to reach their goals. Hopelink's Adult Education team works hard to be a good source of information about community resources and events – such as low-cost health services, parenting resources, hiring events, job training programs and ESL classes, etc. We train our volunteers to serve as advisers who are able to provide one-on-one support to students. We also offer free online learning resources to empower students to learn independently, and we provide scholarships for students to take the GED tests.

Can your classes help students prepare for college?

Our classes can equip you with the skills you need to earn a high school credential, succeed in college and get a job (or a better job). Students improve their reading, writing, speaking, listening, math and computer skills. Our education program is part of the community and technical college system in Washington state, so we are able to introduce students to our contacts at the colleges.

Invest in your future!

BankWork\$ is a free, 8-week training program that can prepare you for a lasting career in the financial services industry. Classes provide training in the skills needed for jobs as tellers, customer service representatives and personal bankers. And BankWork\$ also offers job interview practice, job placement assistance and ongoing coaching and mentoring to help with career advancement.

The series of classes will be offered four times per year at various King County locations, including one time per year at the Bellevue Learning Center. Classes take place during the day, three days per week.

Eligibility Requirements include: Minimum age 18, high school diploma or GED, English proficiency, basic computer skills and willing and able to pass a background check. Food stamps recipients through DSHS meeting additional eligibility requirements will be priority candidates. Additional eligibility requirements apply.

For a pre-screening interview, call 206-436-8674.

How long are the classes?

Students typically study in English for Work classes for just one quarter. After one quarter, you may choose to continue studying ESL at a local college, enroll in a college or job training program, start a volunteer job or start a real job! We are passionate about helping you identify your next steps!

Students take GED/HS21+ classes for as short or as long as they need. Each student is different and will need a different length of time to earn a GED or high school diploma.

How much do classes cost?

Classes are free! However, they do "cost" time and dedication! We encourage our students to work hard to reach their goals. We believe everyone can succeed!

What is the class schedule?

There are morning and evening options available to suit your needs. GED/HS21+ classes are held in Kirkland, Redmond and Bellevue. English for Work classes are held in Kirkland, Redmond, Bellevue and Shoreline. For details, ask a staff member or visit www.Hopelink.org and click on "Adult Education" under the "Need Help?" tab.

How do I get started?

It's easy! To get started in GED/HS21+, call or email Debbie at 425-457-9685 or dmargolis@hopelink.org. To get started in English for Work, call or email the English for Work team at 425-250-3007 or EnglishForWork@hopelink.org. Our friendly staff are ready to help you and answer your questions!

Testimonials:

I like that fact that I could work at my own pace. I feel like I learned so much compare to another time in my life. This class is fun and supportive.

-GED Student

"This class gives the feeling to belong somewhere and share your thoughts and ideas in English with each other."

-English for Work Student

I like that every time I need help there is someone to help me. I feel good about myself and about what I am learning.

-GED Student

Protect yourself from scams!

When money is tight, opportunities to earn extra cash or access credit products might sound like just the thing to make ends meet. While there are many legitimate opportunities for consumers, you should be alert to scams and fraud.

Scammers will say anything to cheat people out of money. Some seem very friendly and may claim to work for a company you trust. Some may call you, but others will use mail, texts, or ads to get you to call them for more details.

Here are some common scams or “offers” to look out for:

Work from home

Promises of a big income working from home, especially when the “opportunity” involves an up-front fee or giving your credit card information, should make you very suspicious.

Wire or money transfer fraud

Scammers pressure people to use money wire transfers. Money transfers are virtually the same as sending cash. There are no protections for the sender and no way you can reverse the transaction or trace the money once it is picked up.

Credit and loans

Don't be tempted by offers that guarantee loans, credit cards or interest rate reductions regardless of your credit history. Often, when you apply for the loan or credit card, you find out you must pay a fee in advance.

Foreclosure relief scams

Foreclosure relief or mortgage loan modification scams make false promises that they will save you from foreclosure. If you are having trouble making payments on your mortgage, a HUD-approved housing counselor can help you assess your options and avoid scams.

Mystery shopper

Legitimate mystery shopping opportunities are out there, but so are plenty of scams. Be suspicious if anyone is asking you to pay an application fee or deposit a check and wire money on to someone else.

Fake checks

Beware if someone sends you a check with instructions to deposit it and wire some or all the money back. You are responsible for the checks you deposit, so if a check turns out to be fraudulent, you will owe the bank any money you withdrew.

Imposter scams

Imposters try to convince you to send money by pretending to be someone you know or trust like a sheriff, local, state, or federal government employee, or charity organization. Remember, caller ID can be faked. You can always call the organization or government agency and ask if the person works for them before giving any money.

Extended car warranties

Scammers find out what kind of car you drive and when you bought it so they can urge you to buy overpriced or worthless warranty plans.

These are just some of the more common scams out there. To learn more or to report a scam, contact the Federal Trade Commission (www.ftc.gov) or the Washington State attorney general's office (www.atg.wa.gov).

OTHER RESOURCES

Legal Help

The Eastside Legal Assistance Program (ELAP) is a non-profit legal aid organization that helps people in north and east King County with family law, immigration issues, bankruptcy and general law, as well as legal help for domestic violence throughout King County. Volunteer attorneys conduct 24 legal clinics every month in Bellevue, Redmond, Kirkland and Issaquah, including an Immigration Legal Clinic at Hopelink's Bellevue center twice a month, and a family and general law clinic at the Kirkland center twice a month. Additional clinics meet at other eastside locations. ELAP also holds free public lectures on various legal issues in public libraries, community centers and schools.

To make an appointment for a free 30-minute consultation with an attorney, call 425-747-7274 Monday-Friday from 10:00 AM to 1:00 PM. This line is available in both English and Spanish, and through the use of telephonic interpreter services, ELAP is able to accommodate most other languages as well.

RotaCare Free Health Clinic

RotaCare Free Health Clinic offers free basic medical care and medicines to men, women and children. (RotaCare does not offer services for chronic care or long term illnesses, school immunizations or physicals of any kind.) You may come to the clinic if you do not have medical insurance and do not have the money to pay the full cost of a regular doctor's visit. You do not need an appointment for RotaCare Clinic.

The clinic is held at the Hopelink center in Bellevue on Saturdays from 9:30 AM to 11:30 AM. Please arrive early.

Express Credit Union at Hopelink's Bellevue Center

Express Credit Union (ECU) has partnered with Hopelink to help you access the tools you need to make informed decisions and achieve your financial goals. ECU is a safe and affordable way to open a bank account with an insured financial institution that offers banking options geared toward the needs of low- and moderate-income families. Accounts may be opened with a social security number or ITIN.

ECU Community Teller is at Hopelink's Bellevue center on Thursdays from 9:00 AM - 3:00 PM.

Learn more about Express Credit Union at www.expresscu.org, or call 206-622-1850 to make an appointment to open an account or apply for membership and/or loans.

Express Credit Union is federally insured by NCUA for deposits up to \$250,000.

Bridge to Basics Free Help

WithinReach can help you connect to other services in addition to those provided by Hopelink, including food stamps and food resources, ORCA LIFT reduced fare bus passes, child development resources and free or low cost health insurance. WithinReach can help you find resources and also can help you apply for services.

WithinReach staff are available by phone on the Family Health Hotline: 1-800-322-2588. Staff have access to interpreter services for in-person and over the phone help.

HOPELINK TRANSPORTATION

Duvall-Monroe Shuttle

Duvall-Monroe Shuttle

On August 1, the Duvall-Monroe Shuttle began its new loop route between Duvall and Monroe, with several regular stops in Monroe and one in Duvall. With this service, a trip between the two cities that used to cost about \$10 and take as long as four or more hours – with three or more transfers on two or three different transit systems – will now take about 15 minutes.

The service runs from 8 a.m. to 4 p.m. on weekdays. Currently a one-year pilot project, the service may be extended and expanded to include more hours and days in the future. The bus can accommodate wheelchairs and bikes. Children under the age of 13 must ride with an adult. The suggested donation to ride the shuttle is \$1 per ride. Visit here to view the map and timetable: svtbus.org/duvall-monroe-shuttle/, or call 425-888-7001.

Transit Fare Changes

Some great changes happened July 1!

- All King County Metro buses now cost \$2.75.
- Low-income riders with ORCA LIFT who lose their cards have to pay only \$3 instead of \$5 for a replacement. Riders with senior or disabled cards no longer have to pay \$3 to get their first card.
- Sound Transit has simplified their LIFT and senior and disabled rates! The new rates are a flat \$1.50 for LIFT, or \$1 for seniors and people with disabilities on all Sound Transit buses.

Medicaid Transportation

Do you receive Medicaid assistance? Do you have an Apple Health card and Provider One number? If so, Hopelink may be able to help you get rides to and from your medical appointments.

**To schedule an appointment, please call:
In King County: 1-800-923-7433
In Snohomish County: 1-855-766-7433**

DART (Demand Area Response Transit)

King County Metro has hired Hopelink to operate DART (Demand Area Response Transit). DART buses have a set schedule like regular Metro Transit buses. In some areas of King County, the routes are flexible. This means they can pick up people who might not live near a regular Metro stop.

To make an appointment for a Metro DART ride, please call 1-866-261-3278.

For more information on Hopelink's transportation services, please call **425-943-6789**. TDD/TTY line: **1-800-246-1646** or go to hopelink.org/need-help/transportation/dart-ride-request to book a DART reservation online.

Mobility Help

Do you need help navigating our complex public transportation system? Want to learn more about the ORCA card and riding the bus? Discover solutions that fit your needs. Contact Hopelink Mobility Help to learn about your transportation options, including taxis, volunteer drivers, ride sharing, and community transportation.

This is a free service.

Contact Hopelink Mobility at 425-943-6760 ext. 2 or 3 or mobility@hopelink.org.

Find A Ride

Every trip is important, from a doctor's appointment to a ride to the grocery store. But, the perfect service can be difficult to find. Find A Ride is an online resource that will help you search and discover transportation options in King, Pierce and Snohomish Counties.

The Find A Ride network helps you learn about trip planning technology, locate different types of transportation and choose the best option for you. Create your best trip today at findaride.org. For more information, contact Hopelink Mobility at 425-943-6760 ext. 2 or mobility@hopelink.org.

Community Transportation Options

Contact the following providers for more information about their services.

Sound Generations Hyde Shuttle:
206-727-6262 or 1-877-415-3632 (toll-free)

Northshore Senior Center Transportation:
425-286-1026

Sound Generations Volunteer Transportation:
206-448-5740 or 800-282-5815 (toll-free)

Snoqualmie Valley Transportation
425-888-7001
svtbus.org

Sound Transit:
Call 888-889-6368 / TTY 711
soundtransit.org

Catholic Community Services of Western Washington
Volunteer Chore Services: 206-328-5787
or 1-888-649-6850 (toll-free)

Metro Transit
metro.kingcounty.gov

Access Transportation: 206-263-3113 / TTY 711
accessibleservices@kingcounty.gov

Rideshare Operations: 888-814-1300 / TTY 800-833-6388
rideshare@rideshareonline.com

Half Price Taxi Fare Program (Taxi Scrip): 206-553-3000 / TTY 206-684-2029

Regional Reduced Fare Permit for seniors and people with disabilities: 206-553-3000 customer.comments@kingcounty.gov

Hopelink Medicaid Transportation offers MyRideOnline.

Looking for another way to check on a Medicaid trip? Hopelink Medicaid transportation service also offers MyRideOnline. The web service lets you cancel a trip, check on the status of a trip, and offer feedback about a past trip - all without waiting on the phone.

To reach MyRideOnline, visit: myrideonline.org.

You can continue to book trips on the phone by calling 800-923-7433.

HOPELINK FOOD BANKS

FOOD BANK DIRECTORY

Bellevue Center
425-943-7555
14812 Main Street
Bellevue, WA 98007
Metro Route 245

Kirkland/Northshore Center
425-889-7880
11011 120th Ave NE
Kirkland, WA 98033
Metro Route 236

Redmond Center (new address)
425-869-6000 *(new number)*
8990 154th Ave NE
Redmond, WA 98052
Metro Routes 930, 243, B-Line
5-min walk: Metro: 232
Sound Transit: 542, 545

Shoreline Center
206-440-7300
17837 Aurora Avenue N
Shoreline, WA 98133
Metro Routes 358, 330 and E-Line

Sno-Valley Center
425-333-4163
31957 E Commercial Street
Carnation, WA 98014
Use Snoqualmie Valley Shuttle
or request a ride: www.svtbus.org
425-888-7001

FOOD BANK HOURS

Call your local center to register

■ Bellevue Center	Mondays Tuesdays Wednesdays Thursdays	9:30 AM–3:00 PM 2:00 PM–7:00 PM 9:30 AM–3:00 PM 9:30 AM–3:00 PM
■ Kirkland/Northshore Center	Mondays and Wednesdays Tuesdays and Thursdays	10:00 AM–4:00 PM Noon–6:30 PM
■ Redmond Center (new hours)	Tuesdays Wednesdays Thursdays	12:30 PM–4:30 PM 3:30 PM–7:30 PM 10:30 AM–2:30 PM
■ Shoreline Center	Mondays Tuesdays Wednesdays Thursdays	1:00 PM – 4:00 PM 10:00 AM–2:00 PM 1:00 PM–7:30 PM 10:00 AM–2:00 PM
■ Sno-Valley Center	2nd and 4th Wednesdays Thursdays	3:00 PM–7:00 PM 10:00 AM–2:00 PM

Note: The above schedules are based on the center's usual business days. If a holiday falls during the week, it may affect the food bank schedule. Please check hopelink.org for the most up-to-date hours.

NEED HELP?



FOOD ASSISTANCE

Contact your nearest center



HOUSING

Call 2-1-1



ENERGY ASSISTANCE

hopelink.org/energy
425.658.2592



FINANCIAL ASSISTANCE

Contact your nearest center



TRANSPORTATION

Metro DART: 866.261.3278
Medicaid: 800.923.7433
Mobility Line: 425.943.6760



EMPLOYMENT SERVICES

425.250.3030



ADULT EDUCATION

English for Work: 425.250.3007
GED Classes: 425.457.9685



FINANCIAL CAPABILITIES

Financial Coaching & Classes:
425.250.3003



FAMILY DEVELOPMENT

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