



# Winter Resource Guide '24-25

Welcome to our Winter Resource Guide! This guide is meant to inform students of the support available during the winter break. This guide is brought to you by the Health & Wellness Resource Center (HaWRC), a one-stop hub providing resource connections to on-campus and community partners, public benefits enrollment (e.g., food assistance) and health education outreach.

If you feel you are in danger, please dial 9-1-1 immediately. If you are experiencing a mental or emotional crisis, please call or text 9-8-8 for 24-hour crisis support.

Disclaimer: This information is provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by the Health and Wellness Resource Center of any of the products, services or opinions of the corporation or organization or individual. This document was made by the Health and Wellness Resource Center. Please contact us at [hawrc@uw.edu](mailto:hawrc@uw.edu) with any questions or corrections.

## **TABLE OF CONTENTS**

<b>FOOD RESOURCES.....</b>	<b>2</b>
<b>MENTAL HEALTH RESOURCES.....</b>	<b>3</b>
<b>SHELTER &amp; STAYING WARM.....</b>	<b>4</b>
<b>FREE AND LOW-COST HOLIDAY ACTIVITIES.....</b>	<b>6</b>

## FOOD RESOURCES

The cost of food remains high and if any of the following resources can help alleviate some strain on your finances, we would encourage you to utilize them!

### Husky Pantry

Campus food pantry available to all enrolled UWB students. Generally open throughout the quarter M-TH, 10am-4pm. The Husky Pantry will be closed 11/28-12/1 for the Thanksgiving Break and 12/16-1/6 for the Winter Break.

**Location:** ARC 120

**Email:** [hawrc@uw.edu](mailto:hawrc@uw.edu)

**Website:** <https://tinyurl.com/husky-pantry>

### Hopelink

Hopelink hosts the Mobile Market that is on campus the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month from 11:30am-12:30pm. They will be on campus during the break on 12/19. This is open to all community members who have completed an enrollment intake form, linked on the website.

They also have physical food bank locations and provide other support services.

The following is information on the Kirkland location.

**Address:** 11011 120<sup>th</sup> Ave NE, Kirkland

**Website:** <https://www.hopelink.org/programs/food-program/>

### Bothell United Methodist Church

Bothell UMC hosts an outdoor food pantry, through a partnership with Feeding Feasible Feasts, that is available 24/7. This food pantry is checked daily and open to all community members.

**Address:** 18515 92<sup>nd</sup> Ave NE, Bothell

### Renewal Food Bank

Open to all, can visit in person once per week.

Mondays 12pm-3pm; Tuesdays 4pm-6:30pm;

Wednesdays 10am-1pm

**Address:** 15022 Bel-Red Rd, Bellevue

**Phone:** 425-736-8132

**Website:** <https://renewalfoodbank.org/>

### Woodinville Storehouse

Open on Tuesdays 6pm-7:20pm and Saturdays 9am-10:20am. ID required and proof of residency such as utility bill or rental agreement for Woodinville, Kirkland or Redmond. Walk-ins welcome, appointments can be scheduled after the first visit.

**Address:** 17110 140<sup>th</sup> Ave NE, Woodinville

**Phone:** 206-595-6419

**Website:** <https://www.woodinvillestorehouse.org/>

### Mill Creek Community Food Bank

Open to all, no one is turned away. No ID required. Register online first to receive food.

**Address:** 4326 148th Street SE, Mill Creek (located behind Gold Creek Church)

**Phone:** 425-754-6353

**Website:** <https://www.hopelink.org/>

### FamilyWorks Food Banks

Anyone is welcome to shop here regardless of zip code or income. No ID or other forms of verification required.

Wallingford Location

**Address:** 1501 North 45<sup>th</sup> Street, Seattle

Greenwood Location

**Address:** 9501 Greenwood Ave N, Seattle

**Phone:** 206-647-1780

**Website:** <https://familyworksseattle.org/food-banks/#programs>

### Ballard Food Bank

Open to all. Will need to register in person at the front desk, helpful to have an ID/piece of mail, though not required.

Mon 10am-3:45pm, Tues 10am-6:45pm, Wed 10am-1:45pm, Thurs 10am-6:45pm

**Address:** 1400 NW Leary Way, Seattle

**Phone:** 206-789-7800

**Website:** <https://www.ballardfoodbank.org/shop-food-bank>

### > Additional Resources

Need something closer to you? Here's how to find additional support.

**Food Lifeline:**

For a map of local food resources:

<https://foodlifeline.org/need-food/#map>

**USDA National Hunger Hotline:**

Can call 1-866-3-HUNGRY to speak with a representative or text the automated service at 914-

342-7744, to find food resources such as meal sites, food banks, and other social services available near your location.

## MENTAL HEALTH RESOURCES

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If you are feeling stressed or anxious during the holidays, there are a few things you can do to help yourself. First, try to have realistic expectations. Don't try to do too much. Second, take time for yourself. Make sure you schedule some time to relax and do things you enjoy! Third, reach out to others. Talk to friends/family about how you are feeling. Finally, if you're having a tough time, don't be afraid to seek help from a mental health professional.

Many people struggle during the holiday season, you are not alone. Take care of yourself, be gentle and reach out for help if you need it.  
(adapted from NAMI Southwest Washington)

### **WARM Line**

Staffed Monday-Sunday 9am-10pm with peer support for people who are experiencing emotional challenges, especially during the holiday season. They provide emotional support and information. All calls are confidential.

**Phone:** 877-500-WARM  
877-500-9276

**Website:** <https://www.crisisconnections.org/warm-line/>

### **King County Regional Crisis Line**

If you or a loved one is actively experiencing a behavioral health crisis, Crisis Connections is the best way to connect to local crisis response services. Staffed 24/7.

**Phone:** 206-263-8997 or 1-800-790-8049

**Website:** <https://www.crisisconnections.org/>

### **Washington Recovery Help Line**

Staffed 24/7 with professionally trained staff who provide emotional support and can connect callers with local resources. For those experiencing substance use disorder, problem gambling and/or mental health challenges.

**Phone:** 866-789-1511

**Website:** <https://www.warecoveryhelpline.org/>

## SHELTER

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Your first line of defense for emergency shelter referrals, emergency housing assistance, and support services is 211. To reach 211, dial 2-1-1 or 866-427-4747 or visit King County Crisis Connections.

King County 2-1-1 connects you with a variety of support services. Trained staff will answer your call 24/7 and assist you with the agency contact information that may be able to help.

Note: due to high demand, 2-1-1 often experiences long hold times.

### Families with Children:

Call the Family Shelter Intake Line (206) 245-1026 to be connected with a shelter bed and a ride to that location.

## Youth & Young Adults

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### > Willows Youth Services

Operates a nightly shelter for young adults ages 18-24. Performs background checks. Visit in person for intake. Open 24 hours daily.

**Address:** 12735 Willows Road NE, Kirkland

**Phone:** 425-449-3868

**Website:** <https://www.friendsofyouth.org/services>

### > YouthCare

Provides on-site case management, connection to education programs, physical & mental health services and meals at various locations. If you need immediate help, call the main phone line.

**Phone:** 800-495-7802

**Website:** <https://youthcare.org/get-help/>

### > ROOTS

Operates a nightly shelter for young adults ages 18-25. Provides on-site case management. Accepts service animals. Intakes are completed daily at the door from 8pm-8:30pm

**Address:** 4541 19<sup>th</sup> Ave NE, Seattle

**Phone:** 206-632-1635

**Website:** <https://rootsinfo.org/needshelter>

### > New Horizons

Operates a nightly shelter for young adults ages 18-25 and other daily services.

**Address:**

**Phone:** Mon-Thurs 9am-5pm: 206-374-0866

After Hours Contact: 206-507-4449

**Website:** <https://nhmin.org/get-help/>

## Single Women 18+

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### > Helen's Place

Provides emergency, low- barrier shelter for homeless adult women. Open 24/7.

**Address:** 8045 120<sup>th</sup> Ave NE, Kirkland

**Phone:** 425-572-2178

**Website:** <https://sophiaway.org/helens-place/>

### > Sophia's Place

Provides emergency, low- barrier shelter for homeless adult women. Open 24/7.

**Address:** 3032 Bellevue Way NE, Bellevue

**Phone:** 425-896-7385

**Website:** <https://sophiaway.org/sophia-place/>

## Single Men 18+

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### > PorchLight

Provides shelter for single adult men. Offers meals, showers, laundry, case management, employment services, and a small storage locker. Service animals accepted. Conducts intakes daily from 5am-7pm, or until beds are full.

**Address:** 13668 Southeast Eastgate Way, Bellevue

**Phone:** 425-698-1295

**Website:** <https://porchlightcares.org/>

## Safe Parking

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### > Overlake Christian Church Safe Parking Program

Operates a safe parking program for adult men and couples without children. Accepts pets. Call to complete application; maintains a waitlist.

**Address:** 9900 Willows Rd NE, Redmond

Office: M-Th: 9am-1pm

**Phone:** 425-895-5904

### > Lake Washington United Methodist

For single homeless women and families with children only. Service Animals & pets allowed. Call for intake.

**Address:** 7525 132<sup>nd</sup> Ave NE, Kirkland

**Phone:** 425-464-7233

### > St. Jude Catholic Church

Safe parking for single adults and couples. Provides portable restroom, guest house with a refrigerator & microwave. Call for intake.

**Address:** 10526 166<sup>th</sup> Ave NE, Redmond

**Phone:** 425-658-4982

## Staying Warm

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### > King County Library System

Most libraries are warm and open to the public.

Check for locations and times. Here is the information for the Bothell Public Library

**Address:** 18215 98<sup>th</sup> Avenue NE, Bothell

**Phone:** 425-486-7811

**Website:** <https://kcls.org/locations/bothell/>

## FREE & LOW-COST ACTIVITIES

Looking for something fun to do throughout the break that doesn't break the bank? Here are some free and low-cost holiday activities throughout the area:

### > [Seattle Center Winterfest](#)

Throughout the five weeks of Winterfest, you can enjoy events and activities, such as the Winterfest Campus Lighting show, Seattle Center Art Tour and many live music acts. You can find the calendar of free events on their website, along with specific location and transit information.

**Dates:** Nov. 29<sup>th</sup>- Dec. 31<sup>st</sup>

**Website:** <https://tinyurl.com/3xcchyt7>

### > [Snowflake Lane at Bellevue Collection](#)

Experience the wonder of falling snow, dazzling lights, festive music, toy drummers and dancers in this free nightly parade of holiday floats.

**Dates:** Nov. 29<sup>th</sup>- Dec. 24<sup>th</sup>

**Website:** <https://tinyurl.com/snowflake-lane>

### > [Occidental Square Holiday Bazaar](#)

Featuring over 30 local makers selling crafts, artwork, sustainable gifts and more. The two-day market will be open alongside a free ice-skating rink from noon-6pm.

**Dates:** Dec. 13<sup>th</sup> – Dec. 14<sup>th</sup>

**Website:** <https://tinyurl.com/occidental-square>

### > [Bonsai Solstice](#)

Take an evening stroll amid the soft holiday lights surrounding the Pacific Bonsai Museum's collection of trees. Stay for holiday treats and enjoy free hot chocolate, listen to holiday music and view the Bonsai trees twinkling an array of lights. The event is free, with a suggested donation, if able.

**Date:** December 14<sup>th</sup>, 2024

**Website:** <https://pacificbonsaimuseum.org/events/a-bonsai-solstice-2024-2/>

## QUESTIONS?

Would you like extra support with connecting to these resources? Need some other information that isn't listed here and not sure where to start?

The Health & Wellness Resource Center has a Basic Needs Resource Navigator that is available to meet with students 1:1 on campus or via Zoom, to help provide referrals to on-campus and community partners.

Students may make an appointment for a time that works for them by using the following link: <https://calendly.com/mlreyes-resource> or by scanning the following QR code:



## STAY CONNECTED

Keep up to date with the HaWRC!

**Website:** <https://www.uwb.edu/student-affairs/hawrc>

**Instagram:** [@hawrc\\_uwbcc](#)

**Email:** [hawrc@uw.edu](mailto:hawrc@uw.edu)

**Sign up for the Prevention, Health & Wellness Newsletter to stay informed!**

<https://tinyurl.com/PHW-Newsletter>