

# Burien Area Local Resources

## COMMUNITY CENTERS & RESOURCES (CENTROS COMUNITARIOS Y RECURSOS)

- **Burien and White Center Community Centers** (*community center, community resources, gym, classes*)  
14700 6<sup>th</sup> Ave SW Burien, WA                      1321 SW 102<sup>nd</sup> St, Seattle, WA  
206-988-3700    206-205-7532
- **Lutheran Community Services Northwest** (*immigrant & refugee services, counseling, language classes*)  
4040 S. 188<sup>th</sup> St. #300 Seatac, WA 98188  
206-901-1685
- **Global to Local - Connections Desk** (*food, housing & employment resources, insurance assistance*)  
4040 S. 188<sup>th</sup> St. #201 Seatac, WA  
206-602-1348
- **Community Information Line** (*community resource hotline*)  
Call "211"
- **Greenbridge YWCA** (WorkSource Connections, employment and educational services)  
9720 8<sup>th</sup> Ave SW Seattle, WA 98106

## GYMS (GIMNASIO)

- **Matt Griffin YMCA**            206-244-5880 (Seatac)
- **24 Hour Fitness**            206-933-0330 (West Seattle)
- **LA Fitness**                    206-701-3446 (Burien)
- **Fitness With A Purpose** 206-763-1018 (White Center)

## FOOD BANKS (BANCO DE ALIMENTOS)

- **Highline Area Food Bank**  
18300 4<sup>th</sup> Ave S. Burien, WA 98148  
206-433-9900
- **White Center Food Bank**  
10016 16<sup>th</sup> Ave SW, Seattle, WA 98146  
206-878-2660

## HEALTH CARE (CUIDADO DE LA SALUD)

- **HealthPoint** (medical, dental, and behavioral health services; see attached for more info)  
Seatac Clinic: 206-277-7200  
Tukwila Clinic: 206-277-7200
- **Planned Parenthood – West Seattle** (sexual and reproductive health care)  
Appointment Line: 1-800-769-0045

## CRISIS HOTLINE (LÍNEA DIRECTA DE CRISIS/APOYO)

- **HearMeWA**  
<https://hearmewa.org/> or 888-537-1634 or text HearMeWA to 738477
- **Crisis Clinic- 24 Hour Crisis Line**  
206-461-3222 or 866-4CRISIS (427-4747)

## MENTAL HEALTH CARE (ATENCIÓN DE SALUD MENTAL)

- Sound Behavioral Health (206-461-3222)
- Consejo Counseling (206-461-4880)
- Navos Mental Health and Wellness Center (206-257-6600)
- Psychology Today (PsychologyToday.com- online resource for finding local providers)
- **Going to college?** Most schools offer college counseling to students for free or at a reduced cost

