

Burien Area Local Resources

COMMUNITY CENTERS & RESOURCES

- **White Center Community Center** (*community center, community resources, gym, classes*)
1321 SW 102nd St.
206-205-7532
- **Burien Community Center** (*community center, community resources, banquet hall, classes*)
14700 6th Ave. S.W. Burien, WA 98166
206-988-3700
- **Greenbridge YWCA** (*WorkSource Connections, employment and educational services*)
9720 8th Ave. S.W. Seattle, WA 98106
206-336-7000
- **Crisis Clinic - Community Information Line** (*community resource hotline*)
Call "211"

GYMS

- **Fitness With A Purpose** 206-763-1018 (White Center)
- **24 Hour Fitness** 206-933-0330 (West Seattle)
- **LA Fitness** 206-701-3446

FOOD BANKS

- **White Center Food Bank**
10829 8th AVE SW, Seattle, WA 98146
206-762-2848-9900
- **Highline Area Food Bank**
18300 4th Ave. S., Burien, WA 98148



HEALTH CARE

- **HealthPoint** (medical, dental, and behavioral health services; see attached for more info)
206-439-3289 (Tukwila)
206-277-7200 (Seatac)
- **Planned Parenthood – White/West Seattle** (sexual and reproductive health care)
9942 8th Ave. S.W., Seattle, WA 98106
1-800-769-0045

CRISIS HOTLINE

- **Crisis Clinic- 24 Hour Crisis Line**
206-461-3222 or 866-4CRISIS (427-4747)

SeaTac Area Local Resources

COMMUNITY CENTERS & RESOURCES

- **SeaTac Community Center** (*community center, community resources, gym, classes*)
13735 24th Ave S. Seatac, WA 98168
206-973-4680
- **Lutheran Community Services Northwest** (*immigrant & refugee services, counseling, language classes*)
4040 S. 188th St. #300 Seatac, WA 98188
206-901-1685
- **Global to Local - Connections Desk** (*food, housing & employment resources, insurance assistance*)
4040 S. 188th St. #201 Seatac, WA 98188
206-602-1348
- **Community Information Line** (*community resource hotline*)
Call "211"
- **United Way King County** (*COVID-19 resources*)
<https://www.uwkc.org/need-help/covid-19-resources/> OR text your zip code to 877-211-9274

GYMS

- **Matt Griffin YMCA** 206-244-5880 (Seatac)
- **24 Hour Fitness** 253-631-1010 (Kent)
425-271-9924 (Renton)
253-833-1270 (Federal Way)
- **LA Fitness** 206-701-3446 (Burien)

FOOD BANKS

- **Highline Area Food Bank**
18300 4th Ave S. Burien, WA 98148
206-433-9900
- **Des Moines Area Food Bank**
2225 9th Ave S. Des Moines, WA 98198
206-878-2660

HEALTH CARE

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

CRISIS HOTLINE

- **Crisis Clinic- 24 Hour Crisis Line**
206-461-3222 or 866-4CRISIS (427-4747)



Renton Area Local Resources

COMMUNITY CENTERS & RESOURCES

- **Renton Community Center** (*community center, community resources, gym, classes*)
1715 Maple Valley Hwy, Renton, WA 98057-3900
425-430-6700
- **Renton Area Youth and Family Services (RAYS)** (*counseling, mental health care*)
1025 South 3rd St, Renton, WA 98057
425-271-5600
- **Henry Moses Aquatics Center** (*open-swim, swim classes*)
1719 SE Maple Valley Hwy, Renton, WA 98057
425-430-6780
- **City of Renton Human Services** (*housing and employment support, utility assistance, legal help*)
1055 South Grady Way
Renton, WA 98057
1-877-211-9274, or call 211

GYMS

- **Matt Griffin YMCA** (206) 244-5880 (Seatac)
- **Kent YMCA** (253) 246-8515

- **Gyms in Renton**
LA Fitness – (206) 922-0350
24hr Fitness – (425) 271-9924
Anytime Fitness - (206) 395-7244

FOOD

- **Renton Salvation Army Food Bank**
206 S. Tobin St., Renton, WA 98055
(425) 255-5969
- **City of Renton Summer Meals Program**
Various Locations
(425) 430-6600

HEALTH CARE

- **HealthPoint** (medical and behavioral health services; dental services at some locations)
Renton Clinic: (425) 226-5536
- **Planned Parenthood** (sexual and reproductive health care)
Appointment Line: 1-800-769-0045



MENTAL HEALTH

- **Renton Area Youth and Family Services (RAYS)**
1025 South 3rd St, Renton, WA 98057
(425) 271-5600
- **Valley Cities Behavioral Health Care**
221 Wells Ave. South
Renton, WA 98057
(253) 833-7444
- **Mindful Therapy Group (Southcenter)**
7100 Fort Dent Way Suite 220
Seattle, WA 98188
(206) 708-7274
- **Mindful Therapy Group (Telehealth Support)**
(206) 312-4832

CRISIS HOTLINE

- **Crisis Clinic- 24 Hour Crisis Line**
206-461-3222 or 866-4CRISIS (427-4747)

