

Do you need help with.....

Clothing?

- Students receiving free or reduced lunch are eligible to receive two wardrobes per year through **Clothes For Kids** (one for fall/winter and one for spring/summer)!
- Stop by the Counseling Office to pick up a Requisition for Clothing Form.
- www.clothesforkids.org

Clothes for work?

- Free work-related clothing for women, men, and teens.
- Come with answers to these questions: Where are you applying for a job? Or Where are you currently employed? What type of work clothes are required for this position?
- **Tuesdays, 12-4 No appointment needed!** Call to verify dates—not every Tuesday.
- 16725 52nd Ave W, Lynnwood, WA 98037. (425) 741-6500.

A Dress for the Dance?

- Girls are eligible to receive a free dress, shoes, and jewelry! Stop by the counseling office to fill out a referral form.
- <http://www.rubymoonseattle.org/>

Grief Support?

- **Standing Together for Kids and Teens**
Support and education for children 6 to 17 who have lost a loved one. Group for parents also.
3rd Saturday of month, noon to 2 p.m.
Pizza lunch is provided. No fee for service.
First Presbyterian Church: 2936 Rockefeller Ave
- **CAMP ERIN:** August 2010
A bereavement camp for kids & teens ages 6-17. No fee to attend camp, however, qualification and registration is required.
Information: 425-261-4798
- www.providence.org/everett/hospice_and_home_care/hospice/e20bereavement.htm

Health Care?

- Help with low-cost or free health care coverage, including Doctor Visits, Hospitalizations, Prescriptions.
- Contact Donna Rogers, **Community Health Care**, (425) 551-6211.

Food?

- **Mukilteo Food Bank**
Phone: (425) 212-2653
4514 - 84th Street SW, Mukilteo, WA 98275
(Behind Presbyterian Church)
Hours: 2nd & 4th Monday 3:30-5 and Tuesday 9:00 - 10:30am
*Need Current ID, including Proof of Address
*One visit per week
*Can call for appt outside of listed hours.
- **Salvation Army Food Bank**
Phone: (425) 259-8129
2525 Rucker, Everett, WA 98203
Hours: Monday, Tuesday, Wednesday 9:00 - 11:30am, Tuesday, Thursday 4:00 - 6:00pm
*Need Photo ID and proof of current address
*One visit per 30 days

A Crisis?

- **Call 1-800-584-3578**
- 24 hours a day/ 365 days a year
- Volunteers of America Care Crisis Response Services
- Trained counselors talk, listen, and work with callers to identify the best way through a crisis. This includes talking an issue through, accessing a case manager or other community resource, or dispatching emergency service personnel.

Your Landlord?

- Free or low cost help with problems: repairs, deposits, noise issues, and privacy
- Mediation, Tenant/Landlord Meetings, Renter Certification Program
- **Contact Dispute Resolution Center at 425-339-1335 or 800-280-4770.**
- Spanish speaking counselors available

Legal Services?

- CLEAR is a toll-free telephone intake service for low-income people that provides free legal assistance with civil (non-criminal) problems.
- Call CLEAR at 1-888-201-1014 weekdays from 9:15 am until 12:20 pm.
- Interpreters provided.
- http://www.nwjustice.org/about_njp/clear.html

Do you need help with.....

Homework at Mariner?

Homework Room

- In the Library
- Every day— 2:00-3:30pm
- Math tutors available!

Math Homework Club

- In E-117
- Monday & Thursday— 2:15-4:00pm

Algebra 1 Study Hall

- In E-281
- Check with Mr. Lamus for schedule

Algebra 1 & Geometry

- In P-2, Mr. Lee's classroom
- Wed & Thursday after school
- Mr. Lee's students first,
others welcome—room permitting

ELL

- In E-232
- Mon-Wed — 2:00-3:30pm
- Teacher/ students available for help

German

- In E-106
- Tuesdays—2:00-4:00p

Math/Science Club (NSBE)

- in E110
- Thursdays after school
- Boeing tutors available to help with math/science homework

Resources for Latino Families?

- Receive help filling out the application for food assistance from DSHS.
- Receive help filling out the application for state sponsored health programs. Documented and undocumented people are both eligible.
- Call or come in to receive a free food basket of nonperishable food once a month.
- Document translation, Services of Notary, Job Search, Resume help
- **In Person** - Tuesdays and Thursdays, 1:30 to 5:30 p.m.
No appointment required.
By Phone - Call (425) 355-6005 for English and (425) 513-2880 for Spanish
- Familias Unidas
www.familiasunidaseverett.com/home

Community Resources?

- **Dial 2-1-1**
- Specific to Snohomish County
- Trained information and referral specialists pinpoint a caller's needs and sort through available resources and direct callers to the most suitable resources available.

Counseling Services?

- Call (425) 212-3900
- Provides individual, group, and family counseling.
- Parenting Resources and Support
- Chemical Dependency Services
- Some programs are free. A sliding scale is offered. Medical coupons, Medicaid, Medicare, Crime Victims Compensation, and Champus accepted
- Compass Health: www.compasshealth.org

A Place to Stay?

- Short term shelter provides short term and emergency housing for 13-17 year olds.
- **Email:** shelter@cocoonhouse.org
- **Phone:** 1-800-259-6042
- Also provides: counseling, life-skills training, homework and school support, arts & enrichment, and case management.
- www.cocoonhouse.org

Drugs or Alcohol?

- Contact Zaida Boast, Prevention/Intervention Specialist at Mariner High School.
- Schedule: Tuesday, Thursday, Friday
- **Email:** boastzr@mukilteo.wednet.edu
- **Phone:** (425) 356-1669

Don't see what you're looking for?

Stop by the Counseling Department and ask to speak with your Counselor for more help!