

DO YOU NEED HELP OR WANT TO HELP OTHERS?

The holiday season is here! Throughout the year and during the holidays we should remember that many people in our area live without the basics, including food, clothes, and shelter. Luckily, there are programs that provide some assistance and relief to those in need. These programs, however, rely on volunteers and donations, and they often fall short during the holidays. Below is a list of local programs dedicated to helping those in need. Please consider these resources if you or someone you know is in need of support or you are interested in volunteering your time or making a donation.

- **Christmas House** - A private, volunteer run organization that helps families during the holidays. Call 425-338-2273 if you are interested in receiving assistance or donating time/resources. You may also go to www.christmas-house.org for more information. There are PDFs in English, Spanish, & Russian at the bottom of the webpage. To donate toys: <http://www.christmas-house.org/donate/> . To shop: www.christmas-house.org/shop/
- **Toys For Tots** - www.everett-wa.toysfortots.org or To request toys: <http://everett-wa.toysfortots.org/local-coordinator-sites/lco-sites/local-toy-request-single-form.aspx> . Website application only. Can request free toys for children ages 14 and younger living in Snohomish County. Click on "Request for Toys" and complete an online application. Allow 2 - 3 weeks for staff contact. Requests accepted until Dec. 15. Donated gifts also accepted To donate toys: <http://everett-wa.toysfortots.org/local-coordinator-sites/lco-sites/donate-toys.aspx>
- **Snohomish Food Bank** - 360-568-7993. Ask for Elizabeth Grant. (phone hrs: M,W,TH & F 8 - 3, and Tues 7 - 7). Food Bank hours: Tuesdays 3 - 6:45 or Friday 10 - 2:45. Address: 1505 Oak Ave. (behind Fire Station). Bring in a bill indicating residence in Snohomish School District area to qualify. Special meals for Thanksgiving, Christmas and Easter for on-going clientele. Donations appreciated. Community Service Hours for Juniors & Seniors on Saturdays 10 - 2. Reserve a date by emailing: scfbstudents@gmail.com.
- **Snohomish County United Way** - To find volunteer opportunities during the holidays and throughout the year, go to www.uwsc.org.
- Call 211 (800-223-8145 for cell phones) or (425) 258-4227 or www.win211.org to donate items such as clothing, food, and toys, as well as finding families to adopt and other giving/receiving opportunities. *This help-line is the social services equivalent to 911, providing information about many programs, including rent assistance, job training, food, shelter, or support groups.*
- **Matthew House** - This is a home where women and children stay while visiting spouses/fathers at Monroe prison. To donate, go to their website, www.matthewhousemonroe.org, and click on "donations". For Thanksgiving Donation: <http://matthewhousemonroe.org/PDF/Thanksgiving.pdf> For Christmas Donation: <http://matthewhousemonroe.org/PDF/ChristmasHope.pdf>
- **Soup Kitchens** - Soup kitchens provide meals to those in need and welcome volunteers. Visit <http://www.homelesshelterdirectory.org/cgi-bin/id/countyfb.cgi?county=Snohomish-County&state=WA> for a list of local soup kitchens.
- **Hanson Shoe Fund** - This is a program that provides shoes for students in Snohomish School District. You can send **new** shoes to Marian Berge at 1506 Elliott Rd., Snohomish, WA 98296. <http://www.sno.wednet.org/programs/hansen-shoe-fund/>
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- **Maltby Food Bank**-This programs serves some of our population on the South end of Snohomish School District. The provide food, household items, and personal items and coats in the fall. Call 360-668-7900 if you are interested in helping them with donations. If you are in need and you are not sure if you should go to Maltby Food Bank of Snohomish Food Bank just call them and they will let you know which Food Bank you would go to for assistance. Their website is <http://maltbyfoodbank.org/wordpress/> .
- **Providence Hospice Bereavement Department** - For those experiencing loss/grief and needing support. Call 425-261-4807 for general support and information about available services. <http://washington.providence.org/in-home-services/hospice-of-seattle/programs-and-services/grief-support/events-and-group-calendar/#Grief> Support for Children and Teens. (Note event on December 14th.)

Please contact Lynn Bohlmann, School Counselor with any questions. She can be reached at 360-563-4495 at Dutch Hill Elementary, or 360-563-4788 at Totem Falls Elementary or Lynn.bohlmann@sno.wednet.edu