

Counselor's Corner

Holiday Support

During the holidays we should remember that many people in our area live without the basics, including food, clothes, and shelter. Fortunately, there are programs to help them.

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 if you can volunteer your time or make a donation.

Take time to enjoy this wonderful holiday season, be safe, and I look forward to seeing you all in January!

- 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.*
- **Christmas House** - A private, volunteer run organization that helps families during the holidays. Call 425-338-2273 for assistance or to donate time/resources. www.christmas-house.org To donate toys: <http://www.christmas-house.org/donate/>. To shop: www.christmas-house.org/shop/
- **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 unsure if you should go to Maltby Food Bank of Snohomish, call for assistance. <http://maltbyfoodbank.org/wordpress/>
- **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 – 1:45. Address: 1505 Oak Ave. (behind Fire Station). Must be a residence in the Snohomish School District area to qualify. Special programs for infant, seniors, special diets. Shuttle service inside city limits. Serve homeless, support B & G Club, and partner with community kitchen at St. Johns for free meals. 913 2nd Ave. Donations appreciated. Community Service Hours for Juniors & Seniors on Saturdays 10 – 2. Reserve a date by emailing: scfbstudents@gmail.com
- **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.
- **Snohomish County United Way** - For volunteer opportunities go to www.uwsc.org.
- **Toys For Tots** – www.everett-wa.toysfortots.org or To request toys (ages 14 and younger living in Snohomish County) <http://everett-wa.toysfortots.org/local-coordinator-sites/lco-sites/local-toy-request-single-form.aspx> . Website application only. 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>
- **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/>
- **Matthew House** – A home for women and children while visiting spouses/fathers at Monroe prison. To donate, go to their website, www.matthewhousemonroe.org, and click on "donations". For Christmas Donation: <http://matthewhousemonroe.org/PDF/ChristmasHope.pdf>
- **Providence Hospice Bereavement Department** – For those experiencing loss/grief. 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/#GriefSupportforChildrenandTeens>