

**SUPPORTED BY:**

Bread of Life Mission

Chinatown International District Business Improvement Association

Crisis Clinic

Downtown Seattle Association

Family and Adult Service Center

Housing Resources Group

Seattle's Convention and Visitors Bureau

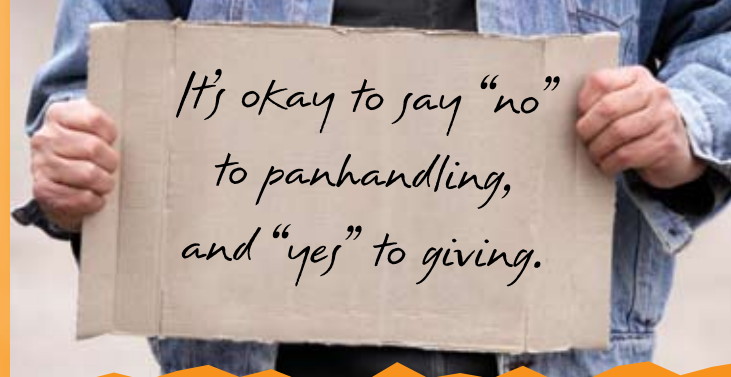
YWCA

Have a  Give Smart

If you'd like to offer a real life change to someone in need, there are many Downtown organizations that accept donations. Contribute to any of the organizations listed inside this brochure, or for more information, visit [givesmartseattle.org](http://givesmartseattle.org)



Founded by Downtown Seattle Association



It's okay to say "no"  
to panhandling,  
and "yes" to giving.

Have a  Give Smart

Giving money to panhandlers often supports drug and alcohol addiction. There are more than 30 places in Downtown Seattle to get free meals. Shelters and day centers are also open for people in need.

[givesmartseattle.org](http://givesmartseattle.org)

## TIPS FOR RESPONDING TO PANHANDLERS

- Politely say “No” or “Sorry.”
- Help homeless people who are working to get ahead by purchasing a REAL CHANGE newspaper. For more information, visit [realchangenews.org](http://realchangenews.org).
- Instead of giving spare change, ask a Downtown MID Ambassador dressed in yellow and blue to refer the panhandler to food and other resources.
- Aggressive panhandling is illegal. If you feel threatened, call 911.
- If you'd like to help people in need, donate to any of the organizations listed in this pamphlet, or visit [givesmartseattle.org](http://givesmartseattle.org) to learn more.

There are a variety of services and resources throughout Downtown Seattle for those who need assistance:

## SHELTERS / DAYTIME SERVICE CENTERS

### Connections

505 3rd Ave, 206-515-1555  
Walk in 7am-7pm 7 days/week  
[desc.org](http://desc.org)

### Family and Adult Service Center

2013 3rd Ave, 206-441-8405  
6am-8:30pm M-F  
7am-8:30pm Sat-Sun  
[fasconline.org](http://fasconline.org)

### YWCA Downtown Shelter

1118 5th Ave, 206-461-4882  
Women and children only.  
Boys up to age 9  
Call for screening appointment.  
[ywcaworks.org](http://ywcaworks.org)

### YWCA Angeline's Center for Homeless Women

2030 3rd Ave, 206-436-8650  
Women only, ages 18 & older.  
Shelter and services  
Meals: 7 days/wk  
Breakfast 7:30-8:30 a.m.  
Lunch 11:30-12:30  
Snack 3:00-3:30  
[ywcaworks.org](http://ywcaworks.org)

### Women's Wellness Center

1900 2nd Ave, 206-256-0665  
Ages 18 and older  
Call to verify hours.

### Urban Rest Stop

1924 9th Ave, 206-332-0110  
[lihi.org](http://lihi.org)

For those in emotional crisis who need immediate assistance, please call the 24-Hour Crisis Line toll free at 866-4CRISIS or for referrals, dial 2-1-1.  
[crisisclinic.org](http://crisisclinic.org)

## HOT MEALS

### Bread of Life Mission

97 S. Main, 206-682-3579  
Dinner 5:45pm daily  
[breadoflifemission.org](http://breadoflifemission.org)

### Family Kitchen

St. James Cathedral  
803 Terry, 206-322-2447  
M-F 4:30pm-5:00pm  
Single women and families,  
single men ages 55+  
[catholicworker.org](http://catholicworker.org)

### Lazarus Center

416 2nd Ave, Ext. S  
206-623-7219  
Snack 11am  
Lunch 12pm-2pm  
50+ only, valid ID required  
[ccsww.org](http://ccsww.org)

### Millionair Club

2515 Western Ave  
206-728-5627  
M-F Breakfast 6:15am-7am  
Lunch 12pm-1:30pm  
[millionairclub.org](http://millionairclub.org)

### Orion Center

1828 Yale Ave, 206-622-5555  
Breakfast Weds only 9am  
Lunch 12:30pm, Dinner 6pm  
Ages 13-21  
[youthcare.org](http://youthcare.org)

### Union Gospel Mission Men's Shelter

318 2nd Ave Ext. S  
206-622-5177  
Free Breakfast 7-8:30am daily  
\$2 Lunch Noon  
\$2 Dinner 5-6pm or 8-8:30  
Meals free with chapel attendance  
[ugm.org](http://ugm.org)