

Educational Forums

Presented the 3rd Tuesday of each month at Evergreen Hospital, Suite Tan 100, (downstairs) 12303 NE 130th Lane, Kirkland, WA, 7:00 pm - 9:00 pm

July 21, 2009: "Bipolar and Alcohol"

August 18, 2009: "What is a Warm Line?"

September 15, 2009:
"Psychiatric Disorders During Pregnancy"

Forums at Bellevue College will begin again in October

Important Note: Attendance at the Evergreen forums continues to drop to the point that we now have to ask ourselves if they are worth continuing. We have had some outstanding speakers this year but see an average of only 3-5 people attending. Education is one of our primary missions but obviously we are "missing the boat" in our efforts to get the word out about these presentations.

Please contact the office to let us know why you don't attend. Is the problem the location, the time, the topic? What topics would you like to see presented? We need your input.

Thanks!

You may notice something different about this issue of the newsletter: It is only 8 pages instead of the usual 12. NES is cutting the length of the newsletter in an effort to cut production costs. We appreciate your understanding.

A Special Meeting for Friends of NAMI Eastside

Please join us on Saturday, July 18, 2009 at HERO House, 9am—noon for a special meeting to discuss the current financial crisis and how it is affecting NES and HERO House.

If you care about this organization and want us to continue to be able to assist family members and consumers, we urgently request that you attend. Of course we ask for your financial support but more than ever, we need your input into solving our financial crisis both short and long term. Perhaps you have an idea for a special fundraiser, or would be willing to join our board of directors. Whatever your contribution may be, we need to hear from you. Thanks!

HERO House is located in the North Creek Business Park, 14230 NE 21st St., Bellevue, WA 98007

We Need to Hear From You By August 31, 2009

In order to make the best use of our limited funds (and save some trees along the way) we are moving to an electronic newsletter. Beginning with our next issue hardcopies will only be sent to current members or people who specifically request them.

I want to continue receiving the NAMI Eastside newsletter:

_____ in hardcopy to this name and address:

Name _____

Address _____

City, Zip _____

by email _____

_____ Please remove me from your mailing list .

Please tell us 1) which option you prefer AND 2) what email or street address you want it sent to. You can notify us in person at the July 18th meeting, by mail, phone or email at:

NAMI Eastside
Family Resource Center
Suite B4, 16315 NE 87th St.
Redmond, WA 98052

Phone (425) 885-6264
officeadmin@nami-eastside.org

NAMI Eastside

Family Resource Center Campus
16315 NE 87th Street, Suite B-4
Redmond, WA 98052, (425) 885-NAMI (6264)

Consumer Support Groups and Programs

NAMI-C.A.R.E. (Peer).....(425) 885-6264
Alexandra
NAMI Connections 1
Brian(206) 760-9215
NAMI Connections 2
Lisa(330) 391-1433
Young Adults (18-30)
Victoria(425) 885-6264
Consumer Art Practice
Helen.....(206) 617-7820

Consumer and Family

Mental Health & Spirituality
John & Ligia.....(425) 489-4084
Spanish Speaking Group
Alba(425) 306-3681

Family Support Groups and Programs

SG 1: Veda.....(425) 865-9839,
Lisa(206) 232-6946
SG 2: Susan.....(425) 885-6264
SG: 3: Steve.....(425) 761-9050
SG 4: Karin & Kate(206) 236-5247
Family-to-Family, Judy(425) 877-1162
Visions for Tomorrow(425) 881-7348
Diane, Alexandra, Shelley, Julie, and Tom

Speakers' Bureau

In Our Own Voice.....(425) 885-6264
Dick Hanner.....ioov@nami-eastside.org
Educating the Next Generation.....(425) 885-6264
MargaretMargaret.romano@comcast.net

Contacts

Housing Committee.....swd3@herohouse.org
Volunteers.....volunteer@nami-eastside.org
Administration.....info@nami-eastside.org
Admin. Assistant.....officeadmin@nami-eastside.org

NES Board of Directors

Michael Rynas.....President
Mike Maloney.....Director
Debra Jones.....Secretary
Nelly Sing.....Treasurer
Paul BeattyDirector
Ramona Clifton.....Director
Stan DonoghDirector
Arlette Lamphere.....Director
Bob SimpsonDirector
Laurie Scott.....Director

Others

Erica Horn.....Executive Director, HERO House
Louis Carrozzi.....Webmaster
Barbara Thompson, Cindy Chase.....Newsletter
Marney Johnson.....Volunteer Coordinator
Cristina AnniceEducational Forum Coordinator

Thanks and Best Wishes

Two of our outstanding volunteers, Jan Hanson and Nicole Wymaster are moving on after several years as facilitators for Family Support Group #1 which meets once per month in Bellevue near Factoria. Jan and Nicole have done an outstanding job for NAMI Eastside and the Eastside Community and we thank them most sincerely. Thank you also to Susan Rynas, a former group facilitator, who has stepped up to work with the group until permanent facilitators can be found. Volunteers are the life blood of every human service agency and that is certainly true for NAMI Eastside.

We couldn't do it without you! Thanks so much!

Two New Support Groups:

We are pleased to announce the formation of a new **Family Support Group in Issaquah** which will meet on the second Wednesday of each month at the Issaquah City Hall beginning July 15, 2009.

A new **Consumer Support Group for Young Adults** (ages 18-30) is now meeting on the second Thursday of each month at Washington Cathedral in Redmond.

Find out more about these and other NAMI Support Groups on page 7.

Upcoming Classes for Parents and Family Members

NAMI Eastside is sponsoring a fall **Visions for Tomorrow** education course for direct caregivers of children and adolescents diagnosed with mental illness. The course will present information about brain biology and a variety of mental health disorders, including autism, ADHD, bipolar disorder, conduct disorder, depressive disorder, and schizophrenia. Other topics include psychotherapy treatments, coping skills, and self-care. The course will begin on Monday, September 21, 2009 and will be offered for nine consecutive Mondays from 7:00 to 8:30 pm. The course ends on November 16, 2009.

Classes are **free** and will be held in Building C at the Family Resource Center, 16225 NE 87th St, Redmond, 98052. Pre-registration is required. For more information and to register, please contact Diane at (425) 881-7348 or mertens@comcast.net.

Another **Family to Family** class will be offered this fall. This is a 12 week class for family and friends with a loved one with a mental illness. Learn about brain disorders, medications, treatment options, coping skills, what services are available in the community and more. Contact the NES office to register. This class always fills up fast so don't wait. Call or email the NES office, (425) 885-6264 or info@nami-eastside.org



2009

We had a beautiful day for the walk this year with more than 800 walkers, 100 more than last year. (Our special thanks to King 5 for a wonderful plug on "Evening Magazine" the night before the walk). Spirits were up but donations were down. Total receipts to date are about \$107,000. Donations will continue to be accepted until July 15, 2009.

NAMI Eastside expects to receive only about 50% of what had been anticipated. It is urgent that we make up that revenue. We hope that you can join us at the July 18th meeting at HERO House. Help us find ways to fill the holes in our budget!

For more information, please contact the NES office at (425) 885-6264 or via email at info@nami-eastside.org.



What's Up?



The King County Warm Line is NOW OPEN!

The King County Warm Line is now open for operation from **5 to 10 pm on Fridays and Saturdays**

The King County Warm Line is a Consumer / Peer Run Organization whose mission is to provide support to individuals with psychiatric symptoms, their family and friends by promoting wellness, by listening, encouraging, providing alternative solutions, and fostering a sense of hope.

206-933-7001

1-877-500-WARM (9276) toll free*

Please ONLY use the toll free number if 206 is long distance as we have to pay for each call.

Training for new Warm Line Volunteers will start July 8, 2009. Call (206) 439-2625

WarmLine@Navos.org
www.KingCountyWarmLine.org

The King County Warm Line is not administered by King County or Navos.

(Library Corner continued)

the illness. The Internet link for this article is at:
http://www.time.com/time/specials/packages/article/0,28804,1903873_1903871_1903857,00.html

The potential for the early detection and prevention of significant mental illness would seem challenging after reading a book in our NAMI Eastside library entitled Hurry Down Sunshine by Michael Greenberg. The book is a personal account of the author's summer with his daughter when her mental illness surfaces in a psychotic episode that requires hospitalization. In later chapters the reader learns that before his daughter's psychotic episode, the author had also been the primary caregiver for his older brother who had a mental illness. The author has to deal with two care giving situations during this summer. Despite his earlier experiences in dealing with the mental illness of his older brother and being an intelligent individual, the author did not recognize the warning signs that his daughter was on a course to becoming mentally ill until the advent of the major psychotic episode. The earlier signs seemed to only make sense in reflection. In the book, Greenberg delves into the varied responses and interactions of other family members involved with his daughter and his older brother. He also makes references to the troubled relationship that James Joyce, author of the book Ulysses, had with his own daughter who had a mental illness.

Eastside CHADD Forums: Fall 2009

Eastside CHADD meets the third Tuesday of each month at Evergreen Hospital, Suite Tan 101, 12303 NE 130th Lane in Kirkland, from 7:00-9:00 PM. September – June (except December). Doors open at 6:30 p.m. for library and social time. FREE

Tuesday September 15th: "The ADHD/Aspergers /Autism Connection", Steve Becker, Ph.D., specializes in working with Autism/Aspergers, ADHD, OCD, ODD and other emotional, behavioral and developmental disorders and disabilities. ADHD commonly occurs with one or more of these and other disorders. Many symptoms "cross over" between disorders, sometimes making diagnosis difficult. Learn about similarities, differences and effective strategies for managing specific behaviors.

Tuesday October 20th: "Helping Kids and Teens Get Organized for Success at School" Susan Small, Director of Student Services at ETC/Educational Tutoring and

(continued on next page)



Library Corner

The June 22, 2009, issue of Time Magazine has a special health report entitled "Staying Sane May be Easier Than You Think." The article reports on efforts to investigate ways to prevent mental illness under the premise that you can't do anything about the genetic aspects of mental illness, but studies have shown that you can intervene in the environmental and personal experience dynamics that are involved in triggering later significant psychotic episodes that magnify the symptoms of the inherent disease. The article reports on cases where patients determined to be susceptible to mental illness were detected at an early stage and were provided with intense professional services. The services for the patient and the education of the family and friends on how to handle their loved one were shown to thwart or mitigate psychotic incidents that could lead to aggravating

More Info

(CHADD continued)

Consulting, will offer practical strategies for managing homework, organizing school supplies, and staying informed of your child or teen's progress at school.

Tuesday November 17th, "The Risks of Not Treating ADHD: A Lifetime of Academic and Social Failure".

Dr. Harlan Gephart, Medical Director for the Center for Attention Deficit Disorders in Redmond, WA, from 1990 until its closure in 2002 and a nationally recognized authority on ADHD. Dr. Gephart has over thirty years experience working with kids with ADHD.

Visit www.nwchadd.org for more information.

IOOV Presenter Training

An *In Our Own Voice (IOOV)* training class has been scheduled for September 19-20, 2009, a Saturday and Sunday, in the Rainer Conference Room at the Family Resource Center Campus, 16315 NE 87th St. in Redmond. This class is for consumers wishing to become IOOV presenters to schools and community organizations. This training is sponsored by NAMI Washington and is open to people from all over the state. There is no cost to attend; all materials and most meals will be provided. Lodging for out of area attendees is also provided. Contact Jackie Swett at the NAMI Eastside office to register, (425) 885-6264 or via email at officeadmin@nami-eastside.org.

Sharing the Journey

NAMI Washington is hosting our own state conference, Friday and Saturday, August 7-8, 2009, at Central Washington University Conference Center, Ellensburg, Washington

Three major speakers:

- John Chiles, MD, author and expert on mental health in many settings including Harborview and Western State Hospital.
- Judy Enron, Songwriter, author of the book "What Goes up..."
- Craig Rennebohm, Seattle mental health chaplain, author of the book "Souls in the Hands of a Tender God"

Workshops and Networking (partial list)

- Supporting Volunteers
- Raising Funds while having fun
- Affiliate Show & Tell
- New NAMI Materials and programs

Creative Events

- Art Show
- Drum Circle
- Drama and Music

Only \$195 Double Occupancy includes 5 meals, one night's lodging on campus, all programs, parking fee, taxes

For more information, call (360) 584-9622, Rebecca Thompson, office@namiwa.comcastbiz.net

Dine With a HERO

Dine with a HERO is a series of lunchtime presentations on various topics and issues that affect consumers and their family members. Speakers are experts in their respective field and always allow for questions and answers at the end of the hour. The program and lunch are free. HERO House is located in the North Creek Business Park, 14230 NE 21st Street in Bellevue. Seating is limited to the first 50 people that RSVP. Call (425) 614-1282 to register.

While you are there, take a moment to tour HERO House if you haven't already. HERO House is an International Center for Clubhouse Development (ICCD) clubhouse. It provides a Work-Based Recovery for members referred by Mental Health Providers and last year, it received the highest level of certification available.

THE THREE AMIGOS

On July 21st 2009 our presenters are 3 religious leaders representing 3 different religions. Please join Rabbi Ted Falcon, Pastor Don McKenzie and Sheikh Jamal Rahman in a discussion about spirituality. They will be here at 11:30 in the morning to commence a panel of the religions that they represent. They have just written a book about their partnership and the harmony that they teach. They are trying to show that people can have a commonality and understanding for each other despite their different religious backgrounds. This is a great opportunity to learn about other faiths, their similarities and differences. Personally, I don't know anything about the Muslim or Jewish religions so I look forward to this panel discussion. If spirituality is in your heart, then this is a don't miss opportunity.

Stan Donogh III

Volunteer Corner

“A **Volunteer** according to Wikipedia, is someone who works for a community or for a cause primarily because they choose to do so. The word comes from the French, it can also be translated as "will" (as in doing something out of ones own free will).

1. A person who performs or offers to perform a service voluntarily: **2. a.** A person who renders aid, performs a service, or assumes an obligation voluntarily. **Volunteering offers many benefits... Here are some reasons to volunteer:**

Learn or develop a new skill. Volunteering is the perfect way to learn a new skill or to discover a new talent. It is never too late to realize new skills or accumulate knowledge. Serving on a volunteer committee or board is a great way to learn group dynamics and team work. Serving as a committee chair increases facilitation skills.

Be a part of your community. NAMI Eastside offers a great service to the residents of the Eastside. Volunteering is ultimately about helping others and taking part in impacting people's welfare and happiness.

Meet a diverse range of people. Volunteering brings together a diverse group of people from varied backgrounds. You do not know who you will meet, what new information you will acquire, or the change it could have on your life.

Receive sense of achievement. Volunteering is about donating your time, energy, and skills generously. As a volunteer, you have made a decision to help freely. Volunteers generally convey a sense of achievement and excitement which ultimately is generated from their desire and enthusiasm to help. For others, volunteering may simply be a break in regular routine or an opportunity to create balance in their lives.

Enhance career opportunities. Networking - Volunteering offers an incredible networking opportunity. You will develop lasting personal and professional relationships. You can also hear about job openings, gather valuable employment information and develop great references.

Benefits of volunteering. Make new friends - Explore career and personal interests - Earn great recommendations for future employment or college applications - Develop marketable job skills - Build your resume - Enrich your education - Uncover hidden skills and talents - Increase your self-confidence - Have fun.

Why Volunteer? Think about how much you receive when you give. You will probably have some special

reasons of your own. When you volunteer you are giving something back to your community by lending a helping hand to people and programs. What you may not realize is that volunteering also benefits you as an individual. NAMI Eastside thanks all of you who have joined our volunteer team and encourages others to consider sharing their talent and time to help us continue to bring mental illness out of the dark.

Marney Johnson
Volunteer Program Coordinator

Join NAMI Eastside!

Mail to: NAMI Eastside, Family Resource Center Campus, 16315 NE 87th Street, Suite B-4, Redmond, WA 98052

Name(s) _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Membership level:

Individual/Family \$35

Professional \$40 Low income \$4

No one will be turned away for lack of means

A donation to NAMI Eastside in the amount of \$_____ is enclosed. All NAMI Eastside members are members of NAMI Washington and NAMI National and receive the local, state, and national newsletters.

What types of things would you be interested in doing as a volunteer? Do you enjoy working with people, computer work and data entry? Do you have bookkeeping experience? Do you have good phone skills? Do you enjoy public speaking? Are you interested in becoming a support group facilitator or trainer for one of our many classes? Do you enjoy community outreach, publicity, fundraising, or research?

These are just a few of the many opportunities awaiting you at NAMI Eastside. Put your skills to work. We need you!

For more information, call (425) 885-6264 or send an email to volunteer@nami-eastside.org or info@nami-eastside.org. Thank you!

NAMI Eastside Support Groups and Regularly Scheduled Meetings

MONDAY:

The Spanish Speaking Consumer and Family Support Group in the Executive Building at 12835 Bel-Red Road, Suite 145, Bellevue, WA. Call Alba at (425) 306-3681 **Last Monday of each month, 6:30-8:00 p.m.**

TUESDAY:

Family Support Group 3
Fairfax Hospital, in the Boardroom, 10200 NE 132nd Street, Kirkland, 98034. Contact Steve at (425) 761-9050, or email sanderson@hartleycounseling.com for more information. **1st Tuesday of every month, 7:00-8:30 p.m.**

NAMI Connections Consumer Support Group, Family Resource Center Campus, 16315 NE 87th St., Redmond, WA 98052, Baker/Adams Conference Room, Building B. Go around the building to your right. Contact Brian Youngberg, at (206) 760-9215 or brianyoungberg@msn.com. **Every Tuesday, 6:30-8:00 p.m.**

WEDNESDAY:

NAMI C.A.R.E. (Consumers Advocating Recovery through Empowerment)
Crossroads Mall, 15600 NE 8th Street, Bellevue in the "Community Room" which is across from the Information/Lotto desk and near Pzazz. **1st and 3rd Wednesday of each month, 7:00-8:30 p.m.**

Mental Health & Spirituality Consumer and Family Support Group. St. Brendan Catholic Church School, 2nd Floor. Teachers' Lounge, 10049 NE 195th St., Bothell. To verify location, and time, contact John at (425) 489-4084 or via email at johnrad14@yahoo.com. **2nd & 4th Wednesday of each month, 7-8:30 pm**

Family Support Group 1
At the church, 12700 SE 32nd St., in Bellevue near Factoria. Go to the building just left of the Sanctuary, Room 202, Susan (425) 765-4364, **2nd Wednesday of each month, 7:30-9:00 p.m.**

Family Support Group 4

Issaquah City Hall, 135 E. Sunset Way, Issaquah, in the Coho Room, contact Karin (206) 236-247
Karin.miller@overlakehospital.org,
3rd Wednesday of each month, 7:00-8:30 p.m, Starts 7/15/09

THURSDAY:

Family Support Group 2
St. Andrews Lutheran Church, 2650 148th Ave. SE, Room E-2, Bellevue. Contact Veda, (425) 865-9839, or Lisa (206) 232-6946,
3rd Thursday of each month, 7:00-8:30 p.m.

Young Adult (18-30) Consumer Support Group, Washington Cathedral, Bldg. 12280, Room 206, 12300 Woodinville-Redmond Road NE, Redmond. NES Office, (425) 885-6264,
2nd Thursday of each month, 6:30-8:00 p.m.

FRIDAY:

NAMI Connections Consumer Support Group, Lake Washington Technical College, 11605 132nd Ave. NE, Kirkland, WA 98034, Conference Room 214E (2nd Floor-East Bldg. above the cafeteria), Lisa (330) 391-1433, lisa.underdown@gmail.com.
Every Friday, 10-11am (except holidays and school breaks).

SATURDAY:

Consumer Art Practice / Workshop
Family Resource Center Campus, 16315 NE 87th Street, Building B, the Baker/Adams Conference Room, Info@nami-eastside.org, Helen (206) 617-7820. **2nd Saturday of each month, noon till 3:00 p.m.**
****Please note:** Due to low attendance, the art workshops will be cancelled unless we hear from you by the Friday prior to the Saturday workshop. Please call Helen at (206) 617-7820 or the NAMI Eastside office.

ANNOUNCEMENTS**Bulk Mailing Party**

Family Resource Center Campus, (Conference room to be designated when group is scheduled), 16315 NE 87th Street, Suite B-4. Volunteer group is notified about a week ahead of each mailing party. Contact the NES office to volunteer (425) 885-NAMI (6264).

HERO House Advisory Committee.

Fourth Thursday of each month at HERO House, 14230 NE 21st Street in Bellevue. Please call (425) 614-1282 to verify time.

Monthly Forums

Evergreen Hospital, Third Tuesday of each month, 7:00-9:00 p.m., Suite Tan 100, 12303 NE 130th Lane, Kirkland.

Bellevue College, time and day differ each month, contact the NES office.

Dine with a HERO

a popular HERO House program, is *usually* held on the 3rd Tuesday of each month at HERO House, 14230 NE 21st Street in Bellevue. FREE lunch included. Seating is limited to the first 50 that RSVP – (425) 614-1282.

NES Board Meetings

Second Tuesday of each month, 7:00-9:00 pm, Family Resource Center Campus, 16225 NE 87th Street in Redmond, Building A in the Rainier Room. Please call the NES office beforehand (425) 885-6264 so that we can insure enough meeting packets are available.

For information on any of these support groups or other programs, please contact the NAMI Eastside office at (425) 885-6264 or via email at info@nami-eastside.org. Calls received after hours will be returned the following day.



NON-PROFIT ORG
U.S. POSTAGE PAID
REDMOND, WA
PERMIT NO. 377

Family Resource Center Campus
NAMI Eastside
16315 NE 87th St., Suite B-4
Redmond, WA 98052

Mental Illness is Not a Choice

Return Service Requested



NAMI Eastside

(425) 885-NAMI (6264) Info@nami-eastside.org

NAMI Eastside Website: www.nami-eastside.org
HERO House Website: www.herohouse.org
Online PPD Support Group: www.ppdsupportpage.com
NAMI National: www.nami.org
NAMI Washington: (425) 990-6404

Helpful Phone Numbers

24-hour Crisis Line: 1-866-4 CRISIS, (206) 461-3222, or dial 2-1-1
Suicide Prevention Hotline: 1-800-SUICIDE
Survivors of Suicide: (253) 838-8947
DSHS Food Stamps & Medical Coupons (425) 649-4000
Catholic Community Services: (425) 284-2211
Crisis Clinic Caregiver Info: 1-800-621-4636
Salvation Army: (425) 452-7300
St. Vincent de Paul: (206) 767-6449
Community Health Centers of KC: (425) 882-1697
SKC Public Health: (206) 296-4920
SSDI & SSI Social Security (800) 772-1213, www.ssa.gov

Local Resources & Information

Community Psychiatric Clinic, www.cpcwa.org, (206) 461-3614
Sound Mental Health: www.smh.org (425) 653-5000, (206) 302-2200
Western State Hosp Family Advocate: Pat Lovett (360) 698-4668
Fairfax Hospital 1-800-435-7221
Washington State Legislators: www2.leg.wa.gov or 800-562-6000
Community Resources Online: www.ci.seattle.wa.us/crisisclinic
Eastside Legal Assistance: (425) 747-7274
Eastside Legal Assistance and Multilingual Clinic: (425) 747-1663
Presbyterian Counseling Svc. (206) 527-2266
CHADD Eastside (206) 622-2127
Health Point Community Health Center: (425) 882-1697,
Dental Clinic: (425) 883-8000
Ombudsman of King County: (800) 790-8049, (206) 205-1357

Other Helpful Organizations

Mental Health Matters: www.mental-health-matters.com
Get Mental Help: www.getmentalhelp.com
Psych Forums: www.psychforums.com
PsychTracker: www.psychtracker.com
Consumers' Self-Help Clearinghouse: www.mhselfhelp.org
Mental Health Infosource: www.medinfosource.com
Nat Res Center on Homelessness & Mental Illness: www.prainc.com
Mental Health Today: www.mental-health-today.com
Health Place: www.healthplace.com
Online Support Groups: www.wa_families@yahoo.com
Freedom From Fear: (anxiety, depression) www.freedomfromfear.org
National Inst Mental Health: www.nimh.nih.gov
Social Security Administration: www.socialsecurity.gov
Americans with Disabilities Act Info: www.usdoj.gov/crt/ada
National Mental Health Assn: www.nmha.org
International Fdtn for Research & Education on Depression: www.ifred.org
Depression & Bipolar Alliance: www.dbsalliance.org
Recovery Inc.: www.recovery-inc.org
NARSAD, brain research: www.narsad.org
MH Planning & Advocacy Council: www.wamentalhealth.com
Mental Health Recovery: www.mentalhealthrecovery.com
On line support groups: www.wa_ikfamilies@yahoo.com

Shelter/Housing/Food

Eastside Domestic Violence: (425) 746-1940
Friends of Youth: (425) 869-6490
Issaquah & Community Services: (425) 391-0137
Eastside Love, Inc. (425) 869-9561
Hopelink: (425)889-7880,(425)333-4163,(425)392-4123,(425)888-0096
Issaquah Church & Community Services: (425) 284-2218