

Student-Parents Resource Guide

Childcare

Subsidies/Subsidized Programs

Statewide Childcare Resources

Working Connections Child Care	<p>WCCC helps eligible families pay for childcare. When a family qualifies for childcare subsidy benefits and chooses an eligible provider, the state pays a portion of the cost of childcare.</p> <p>Eligibility Requirements:</p> <ul style="list-style-type: none"> - The child must be a U.S. citizen or legal resident - The family must live in Washington state - The family's income must be at or below 200% of the federal poverty level (FPL) when applying, or 220% of FPL when reapplying - The parent must be employed or self-employed in legal, income-generating, taxable activities; or the parent must meet all TANF/WorkFirst requirements if participating in that program.
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King County Childcare Resources

Seattle Childcare Assistance Program	<p>CCAP helps families living within Seattle city limits pay for the cost of childcare for children 1 month up to their 13th birthday.</p> <p>Eligibility Requirements:</p> <ul style="list-style-type: none"> - Be employed and/or enrolled in qualified education or job training program - Have a child 0-12 years old - Identify a provider contracted with the City of Seattle - the income guidelines based on family size - Demonstrate ineligibility for other childcare subsidy programs
King County Childcare Services	<p>Financial supports for families seeking childcare include:</p> <ul style="list-style-type: none"> - Best Starts for Kids Child Care Subsidy - Veteran Student Child Care Subsidy

<u>ECEAP</u>	<p>ECEAP (“E-Cap”) is the Early Childhood Education and Assistance Program funded by Washington state for children ages 3 and 4.</p> <p>Eligibility:</p> <ul style="list-style-type: none"> - Must be 3 years old but not yet 5 years old on Aug. 31 of the school years, and: - From a family with income at or below 36% of the state median income (SMI), which included all children in foster care and all families with Temporary Assistance for Needy Families (TANF) grants, - Is a tribal child defined by rule from Washington State federally recognized tribes and DCYF, and from a family with income at or below 100% SMI, - On Individualized Education Programs (IEPs) for special education, - Experiencing homelessness, or - Has participated in: Early Head Start (EHS), Early Support for Infants and Toddlers (ESIT) or received a class C development services from another state, or - Early Childhood Intervention and Prevention Services (ECLIPSE) - Some children may be accepted who are over the income limit, if they have developmental or environmental factors.
<u>Head Start</u>	<p>Head Start is funded by the federal government for children ages 3 and 4 and, in some locations, pregnant women and children birth to age 3.</p> <p>Eligibility: Head Start children must be 3 to 5 years old for preschool Head Start; pregnant or 0 to 3 years old for Early Head Start, and meet one of the following:</p> <ul style="list-style-type: none"> - From families at or below 130 percent of the federal poverty level, with priority to those at or below 100 percent; or - Eligible for or receiving one of the following public assistance: - Temporary Assistance for Needy Families (TANF) - Supplemental Security Income (SSI) - Basic Food Assistance in Washington State - Experiencing homelessness - In foster care - Some children may be accepted who are over the income limit if they have developmental or environmental factors
<u>Pierce County Early Childhood</u>	<p>Early Childhood Education and Assistance Program (ECEAP) in locations across Pierce County:</p> <ul style="list-style-type: none"> - Bonney Lake - Buckley - Eatonville - Orting - South Hill - South Hill Avanza (dual language, Spanish/English) - Sumner - University Place

Childcare Aware of Northwest Washington	<p>The Emergency Child Care Voucher Program is short-term assistance with paying for childcare that may be available for you or someone you know:</p> <ul style="list-style-type: none"> - If you are experiencing a medical emergency, loss of wages, or other unexpected hardship. - If you have no other financial resources or childcare alternatives and continuity of care is threatened. - If you live in Whatcom, Skagit, Snohomish, San Juan, or Island County <p><i>*Funds currently available in Whatcom and Skagit counties only.</i></p>
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Childcare Center and Nannies Directories

- <https://winnie.com/>
- <https://seattlenanny.com/>
- <https://weecare.co/>
- <https://www.care.com/>
- <https://www.findchildcarewa.org/>
- <https://childcarecenter.us/state/washington>

Drop-In Childcares/Playcares

- Adventure Kids: <https://adventurekidsplaycare.com/?radius=25>
- Trettin Drop In Preschool: <http://www.trettindropin.org>
- A few other drop-in cares listed at: <https://www.parentmap.com/article/seattle-area-drop-in-childcare-puget-sound-playcare-flexible-preschool>

Additional Resources

Basic Needs Assistance

[2-1-1 | Crisis Connections](#) is a community resource hotline with experts on food, shelter, housing, rent and utility assistance, legal assistance, financial assistance, governmental assistance programs, health care, employment, education, and family support programs.

[Benefits Hub](#) is a program of the United Way King County. Students at various local colleges can request access to money for groceries, utility bill assistance, paying for the bus, free tax preparation, financial coaching, understanding your credit report, creating a savings account, food pantries, and open financial aid labs on select campuses.

[Buy Nothing](#) is an online community where members give and receive items that they no longer need or have extras of (ex: diapers, school supplies, etc.).

[King County Energy Assistance Programs](#) are available to those whose monthly income qualifies. See, the Low Income Home Energy Assistance Program (LIHEAP), Utility Discount Program (UDP), PSE Home Energy Lifeline Program (HELP), and the 2025 State Home Energy Assistance Program (SHEAP).

[FoodPantries.org](#) has a list of food pantries and food banks throughout Washington State.

[Seattle Food Committee](#) is an organization whose goal is to partner with food distributors, farmers, co-ops and small businesses to ensure that the fabric of the city's emergency food system continues to grow stronger.

[YWCA of King and Snohomish Counties](#) offers a variety of services to women and families like emergency shelter, affordable housing, economic empowerment, domestic violence support, youth programs, health care access, and much more.

Career Support

Career LaunchPad – Now [Reconnect to Opportunity](#) – serves 16 to 24 years olds who are disconnected from employment and / or education who want assistance on their path to living-wage jobs and meaningful employment.

[Self-Sufficiency Calculator](#) from the workforce Development Council of Seattle-King County.

[The Seattle Public Library Job & Career Resources](#) can provide support in finding job opportunities, creating a resume and cover letter, employment workshops, and much more through free in-person and online resources.

[Women Helping Other Women](#) (WHOW) is a resource/networking group for women on Facebook. Members of the group tend to post job openings at nonprofits and government agencies.

[WorkSourceWA](#) is a statewide partnership of state, local and nonprofit agencies that provides an array of employment and training services to job seekers and employers in Washington.

Community

[MAMA Seattle](#) is a source of support for attorney mothers – a place to network, share experiences, learn from each other, problem solve, and talk about issues mother attorneys face in a supportive and forward-thinking environment.

[Museum Pass](#) is a program through The Seattle Public Library system, where you can use your library card to print out an admission pass to several museums in the area – including The Burke Museum, MOHAI, MoPOP, The Museum of Flight, Seattle Art Museum and more.

[Seattle's LGBTQ+ Center](#) (formerly Gay City) hosts more than ten services supporting the LGBTQ+ community and its various intersections. Services include a wellness center, referral program, and multiples ways for the community to connect.

[King County Library System](#) with 49 locations all over King County, the County Library System is an excellent resource for books, workshops and educational resources.

[ORCA Lift Card](#) is our region's reduced-transit fare program. With the ORCA LIFT card, income-qualified riders can save up to 50 percent or more on: Metro Transit buses, Sound Transit Link Light Rail, Seattle Streetcar, and more.

[Seattle Public Library System](#) offers 27 locations with computer services, story time, family events, and a plethora of books and resources.

Family and Child-Focused Support

[Alliance of People with disAbilities](#) – now the Disability Empowerment Center is a community-based organization led and run by people with disabilities. The organization is a crucial hub for individuals with disabilities to receive free individualized services and access community-based resources.

[Akin](#) (previously Childhaven, now merged with Children's Home Society of Washington) exists to support and strengthen Washington State families, from behavioral health, family & community well-being, early learning, and early relational health.

[Parent Map](#) is a resource guide for parents across the Greater Seattle area to help navigate the challenges and joys of raising great kids.

[Parent Trust](#) is a statewide non-profit dedicated to ensuring that every parent has the knowledge and skills they need to raise healthy, thriving children. The organization provides parenting classes, coaches, and other resources.

[PFLAG](#) is the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them. The organization includes different chapters; the [Seattle chapter](#) provides referrals to local agencies and hosts monthly support meetings where parent's, families, friends, and LGBTQ+ individuals can share their experiences with others to learn how to support one another.

[PEPS](#) (Program for Early Parent Support) is a non-profit organization that has helped parents connect and grow as they begin their journey into parenthood.

[WIC](#) (Women, Infants, and Children Nutrition Program) is a place where families like yours get healthy food and a lot more. WIC is for pregnant people, new, breast and chest feeding parents, infants, and children under age 5. WIC helps improve the health of parents and children through:

- Nutrition education
- Breast and chest feeding support
- Healthy foods
- Health screenings and referrals

Eligibility Requirements:

- Eligibility depends on household size and income.
- WIC is a nutrition program for people who are pregnant, recently delivered a baby, breast and chest feeding, and infants and children under 5 years old.
- Dads, grandparents, and other caregivers of children under 5 years old may also sign up their children for WIC.
- Foster children under age 5 and foster teens who are pregnant are eligible for WIC.

- If you or your household members are on Medicaid, Temporary Assistance for Needy Families (TANF) or Basic Food, you may be eligible for WIC, too.
- Many working families and military families are eligible for WIC.

Being on WIC does not make you a public charge and does not affect your immigration status. U.S. citizenship is not required to qualify for WIC.

[WIC Clinic Locator](#) or WIC Cascades Support Line 1-800-841-1410

Health

[Apple Health](#) is Washington State's Medicaid program and is a free or low-cost health insurance coverage for those who qualify. Covered services include primary care, emergency visits, maternity services, pediatric care, dental services, vision care, prescription medications, and more. Apple Health is available year-round and can be applied for through the [Washington Health Plan Finder](#) website.

Eligibility Requirements (will depend on income, household size, health status, and immigration status):

- Individual adults ages 19 – 65
- Parents/Caretakers
- Pregnant individuals
- Children
- Non-citizens
- Aged, blind, or disabled
- Aged 65 and older or Medicare eligible
- Foster care
- Long Term Services and Supports (LTSS) and Hospice
- Medicare Savings Program

COVID-19 – do we still want to include the vaccine locator or resources for this?

[National Domestic Violence Hotline](#) offers comprehensive resources to those affected by domestic violence, including a hotline 1-800-799-7233, and 24/7 online chat.

[Planned Parenthood](#) provides affordable sexual and reproductive health care for women, men, and teens, as well as sex education and advocacy.

[Sound Health](#) provides comprehensive mental health and addiction treatment services in King County, such as counseling, case management, supportive housing, and therapy for all ages.

[Seattle/King County Clinic](#) is a volunteer driven, free health clinic that occurs for four days each year at Seattle Center. The Clinic welcomes anyone in the regio who struggles to access and/or afford healthcare. **The next Clinic will be held April 23-26, 2026 in Seattle Center.**

[Washington Health Benefit Exchange](#) is a marketplace for health and dental insurance coverage for individuals and families.

[Washington Warm Line](#) is a peer support help line for people living with emotional and mental health challenges. Calls are answered by specially-trained volunteers who have lived experience with mental health challenges. All calls are confidential.

Housing

[CoAbode](#) provides single mothers with affordable housing opportunities, specialized support groups, educational resources, and community outreach and involvement.

[HUD's Washington](#) State webpage provides search options for subsidized housing.

[King County Housing Authority](#) serves communities by providing affordable housing and related supports.

Legal Assistance

[King County Bar Association](#) Pro Bono Service programs provide free legal services to eligible, low-income King County residents through staff and volunteer attorneys.

[NW Justice Project](#) is Washington's largest publicly funded legal aid program. The program provides critical legal assistance and representation to low-income people in cases affecting basic human needs such as family safety and security, housing preservation, protection of income, access to health care, education, and more.

[Washington Law Help](#), maintained by the Northwest Justice Project (NJP) is a public library of free legal information in Washington State. The site has information and tools you need to help with many common civil legal problems.

[Washington State Department of Children, Youth & Families](#) (DCYF) is a state agency focused on the well-being of children, youth, and families. DCYF is now home to the Department of Social and Health Services (DSHS) and the Department of Early Learning (DEL).