

SOUTH KING COUNTY CHURCH & COMMUNITY MEALS/SHOWERS/MEDICAL

Revised 7/29/14 (Updates – Web Site: fwccn.org)

MONDAY:

FREE MEALS

First United Methodist Church: 100 “N” St SE; Auburn; 253-833-3470

Meal: 4:30-5:30 pm

Kent Lutheran Church: 336 2nd Ave S; Kent; 253-852-2057

Meal: 5:00-6:00 pm

Calvary Lutheran Church: 2415 S 320th St; Federal Way

Lunch Bags: 11:00 am-1:00 pm

Steel Lake Presbyterian Church: 1829 S 308th St; Federal Way

Meal: 4:30-5:30 pm

TUESDAY

FREE MEALS

Calvary Lutheran Church: 2415 S 320th St; Federal Way

Lunch Bags: 11:00 am-1:00 pm

SHOWERS/LAUNDRY

New Hope Christian Fellowship: 31411 6th Ave. S; Federal Way; 253-269-6585

Showers, light laundry: 10:00 am-2:00 pm

FREE URGENT MEDICAL CARE FOR THE UNINSURED

Christ Community Free Clinic: 1 “A” St NW; Auburn; 253-736-2634

Sign in begins at 5:00 pm

WEDNESDAY

FREE MEALS

Seventh Day Adventist: 25213 116th St. SE; Kent; 253-852-3883

Meal: 4:30–5:30 pm

Calvary Lutheran Church: 2415 S 320th St; Federal Way

Lunch Bags: 11:00 am-1:00 pm

Trinity Church: 3807 Reith Rd; Kent; 253-852-1044

Hot Dinner: 5:30-6:30 pm. (Shower before meal available; see below.)

New Hope Christian Fellowship: 31411 6th Ave. S; Federal Way

Hot Meal: 11:00 am-2:00 pm. Also offer computer access, and mental health/addiction counseling.

SHOWERS

Trinity Church: 3807 Reith Rd; Kent; 253-852-1044

Showers: start at 4:40 pm. Only 10 allowed; first come first served.

Small clothing bank.

THURSDAY

FREE MEALS

Calvary Lutheran Church: 2415 S 320th St; Federal Way

Lunch Bags: 11:00am-1:00 pm

Calvary Lutheran Church: 2415 S 320th St; Federal Way

Meal: 5:00-6:00 pm

FRIDAY

FREE MEALS

Christ the King Bible Fellowship: 35448 11th Ave. SW; Federal Way

Meal: 5:30-7:00 pm

Zion Lutheran Church: 1305 17th St SE; Auburn

Meal: 5:00-6:00 pm

SATURDAY

FREE MEALS

Seventh Day Adventist: 25213 116th St. SE; Kent; 253-852-3883

Meal: 4:30–5:30 pm

Church of the Good Shepard & St. Vincent DePaul: 345 S 312th; Federal Way

Meal: 1:30-2:30 pm

FREE URGENT MEDICAL CARE FOR THE UNINSURED

Christ Community Free Clinic: 1 “A” St NW; Auburn; 253-736-2634

Available on first and third Saturdays. Sign-In begins at 8:00 am

Cornerstone Medical Services: Northmark Building, 200 S. 333rd St; Federal Way

First and third Saturdays: 9:00 am-1:00 pm

SUNDAY

FREE MEALS

Messiah Lutheran Church: 410 “H” St. NE; Auburn

Meal: 2:00-3:00 pm