

# **Student-Parents Resource Guide**

## **1. CHILDCARE**

### **SUBSIDIES/SUBSIDIZED PROGRAMS**

#### **❖ Statewide Child Care Resources**

**Working Connections Child Care** subsidizes family, friend, or neighbor childcare

- o Eligibility requirements*
  - 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 percent of the federal poverty level (FPL) when applying, or 220 percent 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.

<https://dcyf.wa.gov/services/earlylearning-childcare/getting-help/wccc>

#### **❖ King County Childcare Resources:**

**Seattle Child Care Assistance Program** supports part-time students in postgraduate programs

- o Eligibility requirements*
  - 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
  - Meet the income guidelines based on family size
  - Demonstrate ineligibility for other childcare subsidy programs

<https://www.seattle.gov/education/for-parents/child-care-and-preschool/child-care-assistance-program#whoiseligible>

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**King County Childcare Financial Assistance Program** supports King County families with the cost of their childcare. Eligible families may receive financial assistance to pay for their childcare at eligible providers

- o *Eligibility requirements*
  - Live or work in King County
  - Have children needing care between the ages of birth to 12 years 11 months, or children between the ages of 13 years to 17 years 11 months who have a disability or special needs
  - Have had income, work hours, health and wellbeing, child's health and wellbeing, or access to childcare negatively impacted by COVID-19 in the past year
  - Have an income below 80% Area Median Income

<https://www.childcare.org/stories/story.aspx?id=191>

### ❖ **Child Care assistance in the cities of Bellevue, Kent, Redmond, and Auburn**

- o *Eligibility requirements*
  - Residents of the participating cities: Bellevue, Kent, Redmond, Auburn, or Covington.
  - Have child(ren) enrolled in childcare between the ages of 1 month and 12 years.
  - Be employed, in job training, or enrolled as a student and attending classes (Bachelor or Associate Degree, or Trade Certificate).
  - Not be eligible for or receiving any other childcare subsidy (such as Working Connections WCCC).
  - Fall below the following Gross (pre-tax) income guidelines (guidelines change each year).

For application and more details:

<https://www.childcare.org/ckfinder/userfiles/files/Client%20Application%20%26%20Guidelines%202021%20-%20Fillable%20form.pdf>

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### ❖ **ECEAP & Head Start**

**ECEAP** (pronounced "E-Cap") is the Early Childhood Education and Assistance Program funded by Washington State for children 3 and 4. **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.

#### o *ECEAP eligibility*

- children must be 3 years old but not yet 5 years old on August 31st of the school year, and:
- On Individualized Education Programs (IEPs) for special education or
- From families at or below 110 percent of the federal poverty level, which includes all children in foster care and all families with Temporary Assistance for Needy Families (TANF) cash grants. Some children may be accepted who are over the income limit, if they have developmental or environmental factors.

#### o *Head Start eligibility*

- children must be 3 to 5 years old for preschool Head Start; pregnant or 0 to 3 years old for Early Head Start, and:
- From families at or below 130 percent of the federal poverty level, with priority to those at or below 100 percent or
- Homeless, in foster care, or from families with Temporary Assistance for Needy Families (TANF) cash grant.
- Some children may be accepted who are over the income limit if they have developmental or environmental factors.

For more information: <https://www.dcyf.wa.gov/services/earlylearning-childcare/eceap-headstart>

❖ **Goodwin Connections** is a Seattle-based nonprofit funded by private foundations and donors; it is not like the WA Department of Children Youth and Families, or a city organization, since those are publicly funded. Goodwin fundraises and write grants to support the Family Connections Program, which offers childcare assistance and other benefits to parents enrolled in a full-time degree program.

#### o *Eligibility requirements*

- Enrolled full-time in a certificate, associate, or bachelor's degree program at an approved college in King, Pierce, or Snohomish Counties.
- Have residential custody of your child.
- Children must be UNDER 12 years of age.
- Enrolled in a Washington State (Department of Children Youth and Families) licensed childcare facility of your choosing.
- Attend an [approved institution](#) in King, Pierce, or Snohomish Counties.
- Reside in King, Pierce, or Snohomish Counties.

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- Exceptions will be made on a case-by-case basis for residing in directly neighboring counties. Please see our [service area eligibility guidelines here](#).
- Be enrolled (or planning to enroll) for a full course load of 12 credit hours/units.
- Maintain an overall GPA of 2.5 or greater, each term.
- Be pursuing completion of a certificate, associate, or bachelor's degree.
- We do not fund career change degrees or second degrees and we do not fund post-graduate degrees (doctoral candidates).
- Goodwin reviews master's degree applications on an individual and limited basis.
- Applicants must be eligible for Student Aid and be able to provide a current FAFSA (Free Application for Federal Student Aid) or WASFA (Washington Application for State Financial Aid).
- Applicants must be able to provide a clear and updated academic/education plan that shows which courses are needed to graduate, and the order they will be taken (to the best of your knowledge).
- Show a significant financial need for assistance. Goodwin uses [80% of the area median income by county as a guideline](#). Proof of income, such as recent tax returns, will be required.
- Apply for additional childcare funding you are eligible for. The Family Connections Program is intended to be a gap funding source to pay your out-of-pocket costs after all other resources (DCYF, CCAMPIS, CCAP, School financial aid, etc) have been applied to your childcare invoice. Goodwin requires participants to apply for other funding sources they are eligible for.

For more information: <https://goodwinconnections.org/program/application-2/>

### **❖ Veteran Student Childcare Subsidy**

- Eligibility requirements
  - Live in King County
  - Have served at least one day, as either active duty or a reservist member in any of the armed forces recognized by the United States Department of Defense (any discharge type)
  - Be currently and actively enrolled in an accredited post-secondary education program or an accredited employment program such as apprenticeships and journey-level certification programs
  - Have children needing childcare between the ages of 0-12
  - Fall below 100% of King County Area Median Income

For more information: <https://www.childcare.org/stories/story.aspx?id=143>

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### ❖ **Pierce County Child Care Resources**

Pierce County Childcare Financial Assistance Program:

<https://faculty.uwmedicine.org/wp-content/uploads/2020/08/Pierce-CCFA-FAQs.pdf>

### ❖ **Northwest Washington Childcare Resources**

Emergency Child Care Voucher Program:

[https://www.ccanorthwest.org/wp-content/uploads/2021/06/VoucherFlyerEnglish\\_June2021.pdf](https://www.ccanorthwest.org/wp-content/uploads/2021/06/VoucherFlyerEnglish_June2021.pdf)

## **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/PLAY CARES**

- Adventure Kids: <https://adventurekidsplaycare.com/?radius=25>
- Outer Space Seattle: <https://www.outerspaceseattle.com/>
- 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>

## **2. 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 (think diapers, school supplies, and more...)

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- [King County Energy Assistance Programs](#) you may qualify for free or low-cost energy (electric or gas) and utility assistance services if you live in Seattle or King County.
- [FoodPantries.org](#) has a list of food pantries and foodbanks throughout Washington state.
- [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**

- [Business Impact NW](#), provides new entrepreneurs with coaching, classes, and capital.
- [Career LaunchPad](#) serves 16 to 24-year-olds who are disconnected from employment and/or education and 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.
- [Women Helping Other Women in WA](#) is a resource/networking group for women on Facebook. Members of the group tend to post job openings at nonprofits and government agencies.
- [WorkSourceWA](#) helps job seekers develop resumes, improve job interview skills, and connect with training and employers who are hiring in our state.

### **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.
- [Gay City](#) is Seattle's LBGTQ Center that offers a wellness center, referral program and multiple ways for the community to connect.

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- [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, Kitsap Transit buses, Sound Transit Link light rail, King County Water Taxi, and the Seattle Streetcar.
- [Seattle Public Library System](#) offers 27 locations with computer services, storytime, family events, and of course books and resources galore. The Library system also offers free meals and after-school snacks during the school year and all summer long at select branches to families in need through their [Kids Café program](#).

### **FAMILY AND CHILD-FOCUSED SUPPORT**

- [Alliance of People with disAbilities](#) supports and facilitates equal access for people with disabilities to fully integrate into all aspects of their community.
- [Childhaven](#) provides therapeutic services, early intervention supports, and child and family counseling for local families.
- [Kohl's Helmet Safety Program at Seattle Children's](#) provides free helmets and fittings for kids around the state at various local events.
- [Parent Map](#)'s annual resource guide for young parents. [Eastside](#) and [Seattle](#) editions are available.
- [Parent Trust](#) is a parenting nonprofit organization that provides parenting classes, coaches, and other resources.
- [PELAG Seattle](#) provides a voicemail helpline ([206-325-7724](tel:206-325-7724)), referrals to local agencies as well as hosts monthly support meetings where parents, families, friends and LGBTQ individuals can share their experiences with others to learn how to support one another.
- [Summer Meals](#) provides free meals and snacks to all children and teens (18 years and younger) during the summer months. No proof of income, address, or citizenship is ever required.
- PEPS (Program for Early Parent Support): PEPS connects new parents through peer-support groups. <https://www.peps.org/>

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- WIC (Women, Infants, and Children Nutrition Program): WIC is a place where families like yours get healthy food and a lot more. WIC helps improve the health of mothers and children through nutrition education, breastfeeding support, healthy food, and health screenings and referrals.

### ***Eligibility requirements:***

- Depends on household size and income.
- WIC is a nutrition program for pregnant women, new and breastfeeding moms, and children under five.
- Dad, grandparents, and other caregivers of children under the age of five may also sign kids up for WIC.
- Foster children under age five and foster teens who are pregnant are eligible for WIC.
- If you or your family member 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.

There are over 200 WIC clinics across Washington State. To find a WIC clinic near you:

- Call the Help Me Grow WA Hotline 1-800-322-2588
- Text "WIC" to 96859
- [Visit ParentHelp123's ResourceFinder](#)

For more information: <https://www.doh.wa.gov/YouandYourFamily/WIC>

## **HEALTH**

- [Apple Health](#) is Washington state's Medicaid program. Apple Health provides preventative care, like cancer screenings, treatment for diabetes and high blood pressure, and many other health care services.
- [COVID-19 Vaccine Locator](#), a statewide search engine to find a vaccination location near you.
- [National Domestic Violence Hotline](#) offers comprehensive resources to those affected by domestic violence, including a hotline [1-800-799-7233](tel:1-800-799-7233), and 24/7 online chat.
- [Planned Parenthood of the Great Northwest](#) 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.
- [Seattle/King County Clinic](#) is a four-day, volunteer-driven, free health clinic at Seattle Center.



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- [Washington Health Benefit Exchange](#) is a marketplace for health and dental insurance coverage for individuals and families.
- [Washington Warm Line](#) is a peer support helpline 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. [\(877\) 500-WARM](#)

### **HOUSING**

- [CoAbode](#) is a house sharing resource for single mothers.
- [HUD's](#) Washington state webpage provides searching options for subsidized housing.
- [King County Housing Authority](#) offers rental housing and assistance to those living in King County.

### **LEGAL ASSISTANCE**

- [King County Bar Association](#) offers free legal assistance in the form of Neighborhood Legal Clinics at 34 locations across the county.
- [NW Justice Project](#) is Washington's publicly funded statewide legal aid program for low-income people and groups in Washington.
- [Washington Law Help](#) offers online legal assistance in topics that range from immigration to domestic violence, as well as a directory to find assistance.
- [Washington Department of Children, Youth and Families](#) is now home to [Child Protective Services](#), as well as the place to [report child abuse or neglect](#).
- [Moderate Means Program](#) is a statewide program designed to help moderate income individuals obtain legal services from private attorneys at reduced fees in the areas of unemployment benefits, family, housing, and consumer law.

### **SCHOLARSHIPS AND COLLEGE GUIDANCE**

- [CollegeGrant.net](#) is a database of college funding sources where you can search for opportunities by field of study, lived experiences, and type of school.
- [Education Connection](#) is a search engine for grants and scholarships for moms and single parents.
- [LGBTQ Scholarship](#) opportunities from BestColleges.com are listed here as well as other resources for LGBTQ college students.

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- [Northwest Education Access](#) provides mentorship, technical assistance, resources, financial assistance, and moral support that low-income young people need to navigate the complex systems of higher education and financial aid. They support students who are between the ages of 16 to 29.
- [Ready, Set, Grad](#) is a website that keeps up with all things higher-ed in Washington state and consolidates them into one resource.
- [theWashBoard.org](#) links students with scholarship opportunities.
- [Washington State Financial Need College Grants, Scholarships, and Workforce Programs](#) this webpage is a comprehensive list of state-funded, need-based assistance for college students.
- [Washington Women in Need \(WINN\)](#) is an academic scholarship program for women.