



STRONG PEOPLE MAKE STRONG COMMUNITIES

Photo by @sea-turtle, Flickr

CENTERSTONE



GIVE

Your donation can dramatically improve lives. It's nearly impossible to become self-sufficient and overcome generational poverty or short-term crises when you are hungry or cold. Your gift to Centerstone will provide funding to meet basic needs—food, housing, and energy assistance—so people who are struggling can get themselves and their families back on their feet.

VOLUNTEER

Work with us to make our communities more resilient. Our volunteers:

- Help people move out of poverty
- Form meaningful community connections
- Share their unique gifts with people who need them the most

All photos generously donated by
Dean Forbes Photography unless otherwise noted

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CENTER-STONE.ORG

ENERGY ASSISTANCE
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FOOD ASSISTANCE
foodbank@center-stone.org

HOUSING ASSISTANCE
housing@center-stone.org

FINANCIAL ASSISTANCE
financialeducation@center-stone.org

VOLUNTEER
volunteer@center-stone.org





ABOUT CENTERSTONE

Centerstone helps people in need get on the path to self-sufficiency.

First, we help those facing both short-term adversity and long-term poverty meet basic needs by providing food, assisting with utility bills, and navigating crises. Once basic needs are met, we offer education in debt reduction and financial management. People are able to leave stronger than when they come to us, supporting themselves and their neighbors.

HOW CAN WE HELP?



PROGRAMS & SERVICES

ENERGY ASSISTANCE

Centerstone's energy assistance programs help families manage the high costs of residential heating by providing financial assistance to pay energy bills and repairs to heating systems.

Low Income Home Energy Assistance Program (LIHEAP) provides financial assistance to eligible families to manage energy costs related to the purchase of oil, natural gas, wood and propane. Grants range from \$25-\$1,000.

Puget Sound Energy Home Energy Lifeline Program (PSE HELP) provides financial assistance to Puget Sound Energy gas customers. Grants range from \$50-\$1,000.

ARE YOU ELIGIBLE?

- Eligibility is based on the federal poverty level.
- You must live within Seattle city limits.

HOW TO APPLY

Schedule an appointment by calling 1-800-348-7144. Applicants facing immediate disconnection or who are homebound should call 206-812-4940 or email energyassistance@center-stone.org.

FOOD ASSISTANCE

Our food bank provides food and non-grocery items for Seattle residents in need. Three days a week, the food bank offers fresh produce, meat, dairy items, bread, canned and nonperishable goods, and non-grocery items such as shampoo, toothpaste and paper towels. At times, formula and baby supplies may also be available.

Home delivery is available to people who have a temporary or permanent disability and live in the 98102, 98112 or 98122 zip codes.

ARE YOU ELIGIBLE?

- The food bank is open to all who need assistance.
- Certain items provided through the Emergency Food Assistance Program are restricted to zip codes 98102, 98112 and 98122.

HOW TO APPLY

Apply in person during food bank hours. Please contact 206-812-4940 for current hours of operation or to inquire about home delivery.

HOUSING

Centerstone's housing program provides financial assistance for renters facing eviction so that individuals and families can maintain stable housing.

ARE YOU ELIGIBLE?

- Eligibility is based on the federal poverty level.
- You must live within Seattle city limits.

HOW TO APPLY

Call 206-812-4940 for application information.

FINANCIAL EDUCATION

Centerstone's financial education program provides workshop-based education and coaching for individuals looking to increase money management skills. Participants learn about banking, personal finances and budgeting to stretch their dollars and reduce debt.

ARE YOU ELIGIBLE?

- This program is available to anyone living in King County.

HOW TO APPLY

Call 206-812-4940 for enrollment information.

JOSHUA'S STORY A STRONGER NEIGHBOR

With help from Centerstone's food bank, Joshua, who is a single dad, is able to keep food on the table and hunger at bay for his two children and himself. Having enough food to eat provides the children with the foundation they need to do well at school, and Joshua himself to work toward a degree in substance abuse counseling, which will move the family out of poverty and allow him to help others in need.

