

# Pathways to Success

The quarterly newsletter of Hopelink's services Summer 2010 Vol. 3, No. 3

## Get Your Children Ready for School

More on page 4



## SPOTLIGHT ON

### IMMUNIZE YOUR CHILD

In Washington state, all children must be immunized before starting childcare, preschool or school. Immunizations are shots that help your child stay healthy and keep diseases from spreading.

More on page 4

# Hopelink Help

Hopelink can help you in many different ways. If we don't have what you need, we can tell you whom to call.

## WHERE TO LOOK FOR HELP

**Hopelink is here to help you.** We have five centers where we offer emergency help and support to people who need it.

**Not sure where to call?** To find out more about Hopelink services, please call the center closest to where you live. All Hopelink centers are open Monday through Friday from 8:30 AM to 5:00 PM.

## HOPELINK CENTERS

### Bellevue

425-943-7555  
14812 Main Street  
Bellevue, WA 98007

### Kirkland/Northshore

425-889-7880  
11011 120th Ave NE  
Kirkland, WA 98033

### Redmond

425-882-0241  
16225 NE 87th Street  
Redmond, WA 98052

### Shoreline

206-440-7300  
15809 Westminster Way N  
Shoreline, WA 98133

### Sno-Valley

425-333-4163  
31957 E Commercial Street  
Carnation, WA 98014

## Family Development

Hopelink's Family Development Program is a free and confidential program designed to help families create lasting and meaningful changes in their lives. A trained Family Development case manager meets regularly with families to help identify strengths, and set employment, education, money management and housing goals that will help create stability and self sufficiency. In addition, families participating in the Family Development Program also receive assistance with identifying resources within their community that will help them achieve lasting success. If you live in North or East King County, are low income, and have at least one child under the age of 18 living with you, Hopelink's Family Development

To learn more about Family Development, please call 425-943-7550.

## Food Bank

Hopelink has five food banks for low-income people. These food banks are located in Bellevue, Redmond, Kirkland, Carnation, and Shoreline. Hopelink has many different types of food available. Some of the food items available are canned foods, dry food (rice, pasta, etc.), fresh fruit and vegetables, dairy products, and bread. Also, Hopelink is sometimes able to give paper products, soap, toothpaste and other non-food items. Food banks are open during the day for everyone and in the evening for people who work or are in school. See page 8 for days and times when the food banks are open. For people who cannot leave their homes, Hopelink can deliver food.

Please call the center nearest to where you live to make an appointment to sign up for food bank.

## Interpreter Services

Is it hard for you to speak or understand English at your medical (doctor) or Department of Social and Health Services (DSHS) appointments? Your doctor or your DSHS case worker can ask Hopelink to send an interpreter to your appointment. Interpreters can help you communicate with the doctor or DSHS person. The interpreter can help the doctor or DSHS person be better able to understand your issues or concerns.

**Ask your doctor for this service.**

## Energy Assistance Program

Hopelink's Energy Assistance Program can help people with low incomes to pay their winter heating bills and the cost to repair a furnace. The program can also help people pay their Puget Sound Energy bills. This assistance is for people who rent or who own their home.

**Please call 1-800-348-7144 to make an appointment.**

## Employment Program

The Employment Program helps Hopelink clients find and develop a career. An Employment Specialist helps with setting goals and developing an action plan. **This action plan often includes: writing a resume and cover letter, searching for jobs online, doing practice interviews, and talking about more education.** The Employment Specialist works on strengths you already have. This helps you move forward to self-sufficiency.

For more information please call 425-885-0043 x100

## RotaCare Free Health Clinic

RotaCare Free Health Clinic offers free basic medical care and medicines to men, women and children. (RotaCare does not offer preventative care, school immunizations or physicals of any kind.) You may come to the clinic if you do not have medical insurance and do not have the money to pay the full cost of a regular doctor's visit. You do not need an appointment for RotaCare Clinic.

**The clinic is held at the Hopelink center in Bellevue on Saturdays from 9:30 AM to 11:30 AM.**

## Express Credit Union

Express Credit Union is a new option for people who do not currently have a bank account, or who would like to switch to a bank that fits their needs better. Express Credit Union has free accounts for people living or working in Washington State. With the account you have access to ATM or debit cards, free online banking and a free starter pack of checks. You can open a savings account with just a \$5 minimum balance. Wire transfers to many places in the world are available. Many types of loans are offered to you as a member. Representatives have office hours at three Hopelink sites to answer your questions, see if you qualify for any of the products and get you signed up. Come by or call 206-529-7937 for more information.

**Hopelink Bellevue - every Thursday from 10:00 AM to 4:00 PM**

**Hopelink Shoreline - every Wednesday from 10:00 AM to 4:00 PM**

**Hopelink Kirkland/Northshore - every Monday from 10:00 AM to 4:00 PM**

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## Legal Help

The Eastside Legal Clinic can give you advice on civil legal problems. The clinic has volunteer attorneys (lawyers) who will meet with you for 30 minutes for free. The free clinic is at the Hopelink center in Bellevue on Wednesdays from 7:00 PM to 9:00 PM. You must make an appointment to talk to an attorney.

**Please call 206-267-7070 Monday through Thursday between 9:00 AM and 12:00 Noon to make an appointment.**

Eastside Legal Assistance Program (ELAP) also helps people who live on the Eastside with legal problems. ELAP has different clinics for different kinds of legal problems. There is an immigration clinic; a family law and domestic violence clinic; and clinics for people who speak Spanish or Russian. The immigration clinic is at the Hopelink center in Bellevue twice each month. A general clinic is at the Kirkland/Northshore center twice each month. You must make an appointment to go to a clinic.

**Please call 425-747-7274 to make an appointment for any of the legal clinics. If you speak only Spanish or Russian, please call 425-747-1663 to make an appointment.**

## Transportation

### Medicaid Transportation

Do you receive Medicaid assistance? If you do, Hopelink may be able to help you get rides to and from your medical appointments.

**For more information, please call 1-800-923-7433.**

### DART (Dial-a-Ride Transit)

King County Metro has hired Hopelink to operate DART (Dial-a-Ride Transit). DART buses have a set schedule like regular Metro Transit buses. In some areas of King County, the routes are flexible. This means they can pick up people who might not live near a regular Metro stop.

**To make an appointment for a Metro DART ride, please call 1-866-261-3278. For more information on Hopelink's transportation services, please call 425-943-6789. TDD/YTT line: 1-800-246-1646.**

### Bellevue EZ Rider Free Bus

Do you need to travel in the East Bellevue area and do not have transportation? The free Bellevue EZ Rider may be able to help. Be dropped off or picked up at any of the 16 stops. Use Bellevue EZ Rider to reach King County Metro or Sound Transit bus stops and community services.

**For more information, please call 425-943-6787.**

### Getting Around Puget Sound

Do you want to travel to many places and are not sure if the bus will get you there? Meet with us to talk about all the places you want to go. We will work together on a plan.

**Come see us for help with your transportation questions:**  
Hopelink, Bellevue Center - Thursdays, 11:00 AM – 1:00 PM  
North Bellevue Community Center - 2nd Monday of the month, 10:00 AM – 2:00 PM

**For more information, please call 425-943-6769.**

## Housing

Hopelink can help your family find or stay in safe housing that you can afford. Hopelink offers help in many ways.

### Eviction Prevention

Hopelink can help with part of your monthly rent if you are facing eviction. Hopelink can help families as well as individuals. You must have an "Eviction" or "Pay-or-Vacate" notice and live in north or east King County to get help. Please call the Hopelink center nearest to where you live for more information.

### First Month's Rent

Hopelink can help with a part of the first month's rent if you are moving to a new home. You must have a "Move-In" agreement and the new home must be in north or east King County to get help. Please call the Hopelink center nearest to where you live for more information.

### Emergency Family Shelter

If your family is homeless and does not have a place to live, Hopelink may be able to help you. Hopelink's shelters provide short-term housing while you look for more stable housing. A case manager will assist your family to find housing as well as other kinds of support that your family may need. Limited assistance is available for short-term motel vouchers for North and East King County households as determined appropriate by staff.

**Please call 425-556-9289 to find out more about Hopelink's emergency shelters.**

### Transitional Housing

With locations in Bellevue, Bothell, Duvall and Redmond, Hopelink's Transitional Housing Program helps families that need more support to get a safe, affordable place to live. Families can live in transitional housing for up to two years. During that time, families work with their case manager to help determine and reach goals that will improve their quality of life. Case managers help families in many ways. This help can include improving their credit, managing their money, writing a resume, finding a job, learning more parenting skills, and finding safe, affordable permanent housing. In its 20-year history, Hopelink's Transitional Housing Program has helped nearly all its families reach their housing goals.

**Please call 425-556-9289 for more information about the Transitional Housing Program.**

### A Hopelink student wrote about her tutor:

I just wanted to let you know that I've completed my GED. "I'm very happy and thankful, and wanted to let you know that my tutor has been the most helpful and understandable tutor you have at Hopelink. She has been amazing, very punctual at our sessions and always manage to work around my busy schedule. She never cancelled a session, instead she moved it to another day or time always making sure that we had our two sessions of the week. This was very helpful because I was always focused on my subjects without losing track. Anyway all of her work paid off because I did it! And I could not celebrate with out letting you know how wonderful of a person she is. With out her dedication it would probably had taken me longer to do it.

# SPOTLIGHT ON IMMUNIZATION

## Immunize Your Child in Time for School

In Washington state, all children must be immunized before starting childcare, preschool or school. Immunizations are shots that help your child stay healthy and keep diseases from spreading. If your child needs immunizations, make an appointment with your doctor or a clinic soon. It can take months to get all the shots. Your child must get the shots early to begin school on time.



Your school must have a Certificate of Immunization form on file before your child can attend class. A parent or guardian fills out this form and turns it in to the school. Parents can say no to immunizations for medical, religious or personal reasons. In this case, a Certificate of Exemption must be filled out and given to the school.

If your child has had shots in the past, take their shot record to your appointment. This will make sure your child gets only the shots needed.

Check with your doctor or your child's school for low-cost or free shots. Other places to check are:

### Evergreen Healthcare Access

Lake Washington Technical College  
Health Room W101  
11605 132nd Ave. NE, Kirkland, WA  
425-739-8400

Evergreen Healthcare Access is an outreach of Evergreen Hospital that provides low-cost immunizations for students ages 4 to 18 who have no health insurance. They also help those whose insurance does not cover immunizations. A \$15 charge for each vaccination can be paid by cash or check. If this fee is a hardship, ask if you might be eligible for a discount. An appointment is required.

### Eastgate Public Health Center

14350 SE Eastgate Way, Bellevue WA 98007  
206-296-4920

Eastgate Public Health Center offers immunizations as part of a clinical visit.

### Eastside Health Point

16315 NE 87th St., #B6, Redmond, WA  
425-882-1697

Eastside Health Point offers immunizations as part of a clinical visit. Services are available on a sliding-fee scale.

### Community Health Access Program

206-284-0331 or 1-800-756-5437

Community Health Access Program is a referral service that will help you find affordable services.

## SCHOOL SUPPLIES

## New Process for School Supplies

At Hopelink, we know it is important for every child to do well in school and to have a good learning experience. For that to happen, children need to start the school year with the right supplies.

In the past, Hopelink gave out school supplies at each food bank location at the end of the summer. This year, the process has changed. Please call your local Hopelink Center to find out where to register and pick up school supplies. (See page 2 for center phone numbers.)

### Who is eligible for school supplies?

All school-age children from kindergarten through 12th grade.

### What supplies are included?

School supplies needed for each grade is provided. Supplies include notebooks and dividers, spiral notebooks, notebook paper, pens, pencils, a ruler, crayons, markers, a pencil pouch or box and erasers.

# Summer Class Schedule

July-September 2010

425-889-7880

## MONEY SMART

Money Smart is a five-week series taught by volunteer banking professionals. Financial education fosters financial stability for individuals, families, and entire communities. The more people know about credit and banking services, the more likely they are to improve their financial health and well-being. The Money Smart curriculum helps individuals build financial knowledge, develop financial confidence, and use banking services effectively.  
*No child care available. Pre-registration required.*

### Banking and Checking

**Hopelink Bellevue** 14812 Main Street, Bellevue  
August 4 6:00–8:00 PM Wednesday

**Hopelink Shoreline** 15809 Westminster Way, Shoreline  
September 8 6:00–8:00 PM Wednesday

**Hopelink Bellevue** 14812 Main Street, Bellevue  
September 8 6:00–8:00 PM Wednesday  
*In Spanish*

### Managing and Saving Money

**Hopelink Bellevue** 14812 Main Street, Bellevue  
August 11 6:00–8:00 PM Wednesday

**Hopelink Shoreline** 15809 Westminster Way, Shoreline  
September 15 6:00–8:00 PM Wednesday

**Hopelink Bellevue** 14812 Main Street, Bellevue  
September 15 6:00–8:00 PM Wednesday  
*In Spanish*

### Consumer Protection

**Hopelink Bellevue** 14812 Main Street, Bellevue  
August 18 6:00–8:00 PM Wednesday

**Hopelink Shoreline** 15809 Westminster Way, Shoreline  
September 22 6:00–8:00 PM Wednesday

**Hopelink Bellevue** 14812 Main Street, Bellevue  
September 22 6:00–8:00 PM Wednesday  
*In Spanish*

A client wrote to thank her Emergency Services Specialist at one of Hopelink's centers:  
I am writing to express my appreciation and helpfulness of your Emergency Services Specialist. She has been very helpful, informative and professional throughout my experience. As a victim of domestic violence, she help me and showed the many avenues that were available to me. I wanted to share my thoughts and appreciation for her expertise and professionalism.

## MONEY SMART *CONTINUED*

### Borrowing and Credit

**Hopelink Bellevue** 14812 Main Street, Bellevue  
August 25 6:00–8:00 PM Wednesday

**Hopelink Shoreline** 15809 Westminster Way, Shoreline  
September 29 6:00–8:00 PM Wednesday

**Hopelink Bellevue** 14812 Main Street, Bellevue  
September 29 6:00–8:00 PM Wednesday  
*In Spanish*

### Your Credit History

**Hopelink Bellevue** 14812 Main Street, Bellevue  
September 1 6:00–8:00 PM Wednesday

**Hopelink Shoreline** 15809 Westminster Way, Shoreline  
October 6 6:00–8:00 PM Wednesday

**Hopelink Bellevue** 14812 Main Street, Bellevue  
October 6 6:00–8:00 PM Wednesday  
*In Spanish*

## COMPUTER LITERACY

Pre-registration is required for all classes.

No child care is provided.

Computer Basics 101 or a computer skills assessment is required before enrolling in the Microsoft E-learning Classes.

Classes will be held at Kirkland/Northshore, Bellevue Center and Avondale Park.

**For more information, please call 943-7568 7567 or look online at [www.hope-link.org](http://www.hope-link.org)**

### Microsoft E-Learning

Develop and enhance your knowledge of Microsoft Word, Excel, PowerPoint and Outlook 2007

**Hopelink Bellevue** 14812 Main St, Bellevue  
July 12, 13, 19, 20, 22 10:00 AM–12:00 PM  
August 23-26, 30, 31, September 2 10:00 AM–12:00 PM  
September 20-22, 27-29 10:00 AM–12:00 PM

**Hopelink Kirkland** 11011 120th Ave NE, Kirkland  
August 2, 4, 9, 11 1:00 PM–3:00 PM  
August 5, 12 3:00 PM–5:00 PM

# Hopelink Classes for Adults

Hopelink helps adults learn skills that will improve their lives in many ways. We can help adults learn English, basic reading, writing and math; and skills like money management, how to buy a house and how to use a computer.

## COMPUTER LITERACY *CONTINUED*

### Computer Basics 101

Learn how to perform basic operations on a computer; use the keyboard and mouse, learn about software programs, computer vocabulary, operate the World Wide Web and perform internet searches

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**Hopelink Bellevue** 14812 Main St, Bellevue  
July 26, 27, 29 10:00 AM–12:00 PM

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**Hopelink Kirkland** 11011 120th Ave. NE, Kirkland  
August 16-19 1:00–3:00 PM (16, 18)  
3:00–5:00 PM (17, 19)  
September 6, 8, 13, 15 1:00–3:00 PM

### Computer Practice Lab

Drop-in to Hopelink's Open Computer labs to practice computer skills, increase proficiency in Microsoft Word, Excel and PowerPoint and get your computer questions answered.

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**Hopelink Bellevue** 14812 Main St, Bellevue  
July 1, 8, 15, 22, 29 2:00–4:00 PM  
September 2, 9, 16, 23, 30 1:00–3:00 PM Thursdays

## ENGLISH AS A SECOND LANGUAGE - ESL

### General ESL Information

All classes are free and for adults 18 and older.  
All classes are taught by trained volunteers.

### Talk Time

Practice in speaking and listening, and conversation skills for ESL learners. Trained group facilitators encourage people to talk together using topic sheets of guided questions. Larger classes break into smaller conversation groups by student ability and comfort level.

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**Hopelink Shoreline** 15809 Westminster Way N, Seattle  
July 6–August 10 9:30–11:30 AM Tuesdays

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**Newport Covenant Church, Factoria**  
12800 SE Coal Creek Pkwy, Bellevue  
July 30–September 17 9:30–11:30 AM Fridays

### ESL 1, 2, 3

Registration and placement tests for fall.

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**Bellevue Regional Library**  
1111 110th Avenue NE, Bellevue  
September 8 10:00 AM Wednesday  
*For classes on Monday and Wednesday.*

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**Northshore Family Center** 18414 103rd Ave NE, Bothell  
September 13 6:30 PM Monday  
*For classes on Monday and Wednesday evenings.*

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**Lake Hills Elementary** 14310 SE 12th St, Bellevue  
September 21 6:30 PM Tuesday  
*For classes on Tuesday and Thursday evenings.*

## ESL *CONTINUED*

### ESL Lab (Talk Time + Write Time)

For beginning-level and intermediate-level English adults: ESL Lab offers practical help with speaking skills or writing skills needed for everyday life – at work, at home, or in the community. (Students may also drop in for help filling out school, work, or medical forms.) Walk-ins welcome.

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**Kirkland Library** 308 Kirkland Ave, Kirkland  
July 6–August 24 6:30–8:30 PM Tuesdays

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**Redmond Regional Library** 15990 NE 85th St, Redmond  
July 7–August 25 6:30–8:30 PM Wednesdays

### ESL Citizenship

ESL Citizenship classes help students who are at or above ESL-level 3 to prepare for the U.S. Citizenship interview. Sessions cover vocabulary, review of the N-400 application, and the history and civics needed to answer the 100 questions. Classes provide practice opportunities in listening, speaking, reading and writing.

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**Northshore Family Center** 18414 103rd Ave NE, Bothell  
6:30–8:30pm July 12–August 9 Monday  
*Childcare Available during class time*

## How to Sign up for Free Help

### Employment Workshop Classes

Call 425-885-0043 x100 (Avondale)  
or 425-250-3032 (Kirkland/Northshore)

### ESL Classes

See schedule on left.

### ESL Jobs Classes

Call Katie Brotten at 425-250-3006 for orientation and testing.

### Computer Classes

Call 425-889-7880

### Financial Education Classes

Call 425-889-7880

### Basic Literacy Tutoring and GED Help

Call 425-250-3003  
In Sno-Valley call 425-333-4417

A Hopelink client recently completed the Financial Literacy classes offered by Hopelink. This client had just gone through a divorce and bankruptcy. Additionally the client had a life-long history of not making the best choices about money. When asked if the class was helpful, she said that it was very helpful for her. She had never before been taught anything about how to take care of her money. All of the money ideas were new to her! Part of the success for finishing these classes was the flexibility of the class. Also, the teacher allowed extra time to for her complete the work.

*Submitted by a Hopelink Case Manager*

## EMPLOYMENT WORKSHOP

Registration is Required to Attend Workshops\*

Program Orientation Must be Attended Prior to Workshops\*  
(Please call for more information.)

\*Please bring Work and Education History to Résumé Lab and Paper Day Workshops (Including dates, names, addresses, & numbers of previous employers)

### Résumé Lab

Build or Modify Your Résumé

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**Bellevue** 14812 Main St, Bellevue  
August 2 9:30–11:30 AM Monday

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**Avondale** 18435 NE 98th Way, Redmond  
August 2 10:00 AM–Noon Monday

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**Kirkland** 11011 120th Ave NE, Kirkland  
August 3 10:30 AM–12:30 PM Tuesday

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**Shoreline** 15809 Westminster Way N, Shoreline  
August 6 1:00–3:00 PM Friday

### Paper Day 1

Paper Day: Cover Letters, Thank You Letters and Job Applications

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**Kirkland** 11011 120th Ave NE, Kirkland  
August 5 10:30–12:30 AM Thursday

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**Avondale** 18435 NE 98th Way, Redmond  
August 5 10:00AM–Noon Thursday

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**Bellevue** 14812 Main St, Bellevue  
August 5 9:30–11:30 AM Thursday

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**Shoreline** 15809 Westminster Way N, Shoreline  
August 13 1:00–3:00 PM Friday

### Paper Day 2

Paper Day: Cover Letters, Thank You Letters and Job Applications

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**Bellevue** 14812 Main St, Bellevue  
August 9 9:30–11:30 AM Monday

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**Avondale** 18435 NE 98th Way, Redmond  
August 9 10:00 AM–Noon Monday

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**Kirkland** 11011 120th Ave NE, Kirkland  
August 10 10:30 AM–12:30 PM Tuesday

### Workplace Etiquette

How to Succeed and Grow in the Workplace

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**Kirkland** 11011 120th Ave NE, Kirkland  
August 12 10:30 AM–12:30 PM Thursday

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**Avondale** 18435 NE 98th Way, Redmond  
August 12 10:00 AM–12:00 PM Thursday

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**Bellevue** 14812 Main St, Bellevue  
August 12 9:30–11:30 AM Thursday

For Bellevue classes, call 425-533-6533.

For Kirkland and Shoreline classes call 425-502-1483.

For Avondale classes call 425-274-6178.

### Job Search Lab

Learn Job Search Methods, Websites and Career Resources

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**Bellevue** 14812 Main St, Bellevue  
August 16 9:30–11:30 AM Monday

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**Avondale** 18435 NE 98th Way, Redmond  
August 16 10:00 AM–Noon Monday

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**Kirkland** 11011 120th Ave NE, Kirkland  
August 17 10:30 AM–12:30 PM Tuesday

### Interview Preparation

Tips for Before, During and After Interviews

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**Kirkland** 11011 120th Ave NE, Kirkland  
August 19 10:30–12:30 AM Thursday

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**Avondale** 18435 NE 98th Way, Redmond  
August 19 10:00 AM–Noon Thursday

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**Bellevue** 14812 Main St, Bellevue  
August 19 9:30–11:30 AM Thursday

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**Shoreline** 15809 Westminster Way N, Shoreline  
August 20 1:00–3:00 PM Friday

### Mock Interviews

Interview Practice

Prerequisite: Must Attend Interview Preparation Workshop

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**Bellevue** 14812 Main St, Bellevue  
August 23 9:30–11:30 AM Monday

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**Avondale** 18435 NE 98th Way, Redmond  
August 23 10:00 AM–Noon Monday

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**Kirkland** 11011 120th Ave NE, Kirkland  
August 24 10:30 AM–12:30 PM Tuesday

### Post-Employment

W-4, I-9, Communicating with Supervisors

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**Kirkland** 11011 120th Ave NE, Kirkland  
August 26 10:30 AM–12:30 PM Thursday

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**Avondale** 18435 NE 98th Way, Redmond  
August 26 10:00 AM–Noon Thursday

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**Bellevue** 14812 Main St, Bellevue  
August 26 9:30–11:30 AM Thursday

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**Shoreline** 15809 Westminster Way N, Shoreline  
August 27 1:00–3:00 PM Friday

## SNO-VALLEY CLASSES

## Bridge to Basics Free Help

Bridge to Basics uses volunteers at Hopelink to connect you with other services you might need. The volunteers can help you find out if you qualify for the following services:

- Food assistance (basic food/food stamps)
- Utility assistance
- Free or low-cost children's health insurance
- Help for childcare choices if you are a working parent
- Job training resources
- Bank on Seattle (free and low-cost bank accounts, free check cashing)

Volunteers can give you more information and check your eligibility. They are available on the following days.

July 5	10:00 AM–1:00 PM	Northshore/Kirkland
August 9	10:00 AM –1:00 PM	Northshore/Kirkland
August 26	2:00–4:00 PM	Northshore/Kirkland
September 15	10:00 AM –1:00 PM	Northshore/Kirkland
July 28	10:30 AM –12:30 PM	Shoreline
August 25	10:30 AM –12:30 PM	Shoreline
July 8	10:30 AM.–12:00 PM	Redmond
August 12	10:30 AM.–12:00 PM	Redmond
September 15	5:30–7:00 PM	Redmond
July 1	11:00 AM.–1:00 PM	Bellevue
July 6	5:00–7:00 PM	Bellevue
August 10	5:00–7:00 PM	Bellevue
September 9	11:00 AM.–1:00 PM	Bellevue

### GED Help

GED Help Sessions teach skills needed to pass the GED exam. Come practice your skills in a relaxed setting. Learn what you need to do to pass the test. GED Help Sessions are free. Help is ongoing, so you are welcome to start any time. For more information, call 425-250-3003.

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**Duvall Place** 26420 NE Virginia St, Duvall

Ongoing 2:00 PM–4:00 PM Monday

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**Hopelink Sno-Valley** 31957 E Commercial St, Carnation

Ongoing 10:00 AM–noon Friday



## HOPELINK FOOD BANKS

### REGULAR FOOD BANK HOURS

#### ■ Bellevue Center

Access/Disabled Food Bank	1st and 3rd Tuesdays	10:00–11:00 AM
Regular Food Bank, A - G	1st and 3rd Thursdays	11:00 AM–1:00 PM
Regular Food Bank, H - M	1st and 3rd Tuesdays	11:00 AM–1:00 PM
Regular Food Bank, N - Z	2nd and 4th Thursdays	11:00 AM–1:00 PM
Evening Food Bank	2nd and 4th Tuesdays	4:30 PM–7:00 PM

#### ■ Kirkland/Northshore Center

Mondays and Wednesdays	10:00 AM–4:00 PM
Tuesdays and Thursdays	12:00 Noon–6:30 PM

#### ■ Redmond Center

Disabled and Seniors	1st and 3rd Thursdays	10:30 AM–12:00 Noon
Regular Food Bank	2nd and 4th Thursdays	10:30 AM–12:00 Noon
Evening Food Bank	1st and 3rd Wednesdays	5:30 PM–7:00 PM

#### ■ Shoreline Center

Disabled and Seniors	1st and 3rd Tuesdays	10:30 AM–12:30 PM
Regular Food Bank	2nd and 4th Wednesdays	10:30 AM–12:30 PM
Evening Food Bank	2nd and 4th Tuesdays	5:30 PM–6:30 PM

#### ■ Sno-Valley Center

Regular Food Bank	1st and 3rd Thursdays	11:45 AM–1:30 PM
Evening Food Bank	2nd and 4th Wednesdays	5:30 PM–6:45 PM
Fresh Food Bank	Every other Thursday	12:00 Noon–1:00 PM

### FOOD BANK DIRECTORY

#### Bellevue Center

425-943-7555  
14812 Main Street  
Bellevue, WA 98007

#### Kirkland/Northshore Center

425-889-7880  
11011 120th Ave NE  
Kirkland, WA 98033

#### Redmond Center

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