



NORTHWEST COLLEGE OF
Art + Design

Student Resource Guide 2018

DISCLAIMER: NCAD provides this information as a helpful convenience and is not responsible for any listed agencies.

FOOD

Note: Food banks often change their hours and days of operation. Call first to confirm this information. Many food banks require an appointment as well as proof of ID, residency, social security, etc. Some may limit number of visits per year.

SITE	ADDRESS	CONTACT INFO	HOURS
Tacoma Community Service Offices	1301 E. 72nd St. Tacoma, WA 98404 1949 S. State St., 1st Floor Tacoma, WA 98405	1-877-501-2274 For further assistance, please visit the WA Basic Food Assistance website. Or call: 877-501-2233	MON through FRI: 8am- 5pm
FOOD BANK PICK UP SITES			
Northwest Tacoma Mason United Methodist Church	2710 North Madison St. Tacoma, WA 98407	253-756-4974	WED: 12-4pm SAT :11:30-3pm
Browns Point United Methodist Church	5339 Browns Point Blvd NE, Tacoma, WA 98422	253-886-2463	FRI: 4:30-6pm
Nourish Mobile Food Bank	STAR Center 3873 S 66th St., Tacoma WA 98409	253-404-3939	TUES: 1-3pm
Jackson Street FISH	St. Andrew's Episcopal Church 7410 South 12th St. Tacoma, WA 98465	253-564-4402	Open last WED of Month Only 5-7pm Photo ID required
Lutheran Church of Christ the King	1704 East 85 th Tacoma, WA, 98445	253-531-4530	MON: 11-4pm WED: 11-6pm FRI: 11-4pm
United Methodist Church at Lakewood	6900 Steilacoom Blvd SW, Lakewood, WA 98499	253-581-1116	MON: 2-6pm WED: 1-5pm THURS: 1-5pm FRI: 1-5pm
Mountain View Lutheran Church	3607 122nd Ave East, Suite B, Edgewood, WA 98372	253-826-4654	THURS: 3:30-6:30pm SAT: 11-2pm
Woodbrook American Lake Building	14721 Murray Rd SW Lakewood, WA 98439	253-383-3164	THURS: 4:30-6:30pm
Nourish Mobile Food Bank-	former Spanaway Elementary School 215 166th St.	253-383-3164	TUES: 4:30-6:30pm

	Spanaway, WA 98387		
King's Barber Shop	8202 Maple St SW Lakewood, WA 98498	253-383-3164	THURS: 1-3pm
Holy Disciples Catholic Church	10425 187th St East Puyallup, WA, 98374	253-846-3805	MON: 10-1:30pm WED: 10-1:30pm, 2-4pm FRI: 10-1:30pm
Purdy Cost Less Pharmacy	14218 92nd Ave NW Gig Harbor, WA, 98329	253-383-3164	FRI: 1-3pm
Bethel High School	22215 38th Ave E. Spanaway WA 98387	253-383-3164	WED: 4:30-6:30pm
Bread of Life Bonney Lake Food Bank	18409 Veteran Memorial Drive East, Bonney Lake, WA 98390	253-863-4043 stew@teamlcr.us	TUES & FRI: 10:45- 12:30pm, 4:45-6:30pm WED, THURS: 10:45 – 12:30pm
Browns Point FISH	Brown's Point UMC 5339 Browns Point Blvd. NE	253-886-2463	FRI: 4:30-6:30pm <i>ID required and list of the full names and birthdates of everyone in the household, no one in need turned away</i>
Eatonville Family Agency	305 W. Center St. Eatonville, WA 98328	360-832-6805	MON, TUES, WED, THURS: 9-2 pm Closed for lunch hour
Eatonville Living Word Assembly of God	(St. Joe's Storehouse) 540 Eatonville Hwy W. Eatonville, WA 98328	360-832-4220	TUES: 10am-1pm Bring ID
Elouise Cooking Pot Food Bank	3543 E. McKinley Tacoma 98404	253- 426-1994	TUES-FRI: 12-4pm SAT: 11-3pm Bring photo ID
Fort Lewis Bread of Life Food Bank	8810 Lawndale Ave. SW Lakewood, WA 98498	253-582-2515 253-226-0930	Serves Fort Lewis & McChord and zip codes 98303, 98327, 98388, 98433m 98438, 98439, 98498 & 98499; Requires proof of address and EBT card and proof for all HH members; Closed beginning of July and Christmas-to-New Year's holidays
Gig Harbor FISH	4425 Burnham Dr. Gig Harbor, WA 98332	253-858-6179	MON & FRI: 9:30-3:30pm WED & THURS: 9:30-6pm
Lakebay	Key Peninsula Community Services 17015 9th St. Ct KPN Lakebay, WA 98349	253-884-4440	TUES, THURS & FRI: 10am-3pm; WED: 11am-5:45pm
St. Martin's Catholic Church	2303 54th Ave E. Fife, WA 98424	253-922-0960	MON, WED & FRI between 9-12pm Call for appointment

Puyallup All Saints Community Services	204 6 th Ave. SW, Puyallup, WA 98371	253-848-2000	MON thru THURS: 10-12pm and 1-3pm Puyallup residents only
Parkland Baptist Church	11222 10 th Ave. S Tacoma, WA 98444	253-535-1293 For students or day job people	TUES & THURS: 11am -2pm, THURS: 4-6pm Provides food items to people living in zip codes 98387, 98444, 98445, 98446 and 98447; Must have Washington State ID and two pieces of documents verifying proof of ID
Puyallup Salvation Army	4009 9 th St., Puyallup, WA 98373	253-841-1491	MON & TUES: 9-11am, 1-2:30pm Walk-ins welcome
RCS Food Bank Truck	Shalom Church 14422 Meridian E, Puyallup, WA 98375	253-473-7669	FRI: 3-5pm Provides food items to people living in zip codes 98387, 98444, 98445, 98446 and 98447; Must have Washington State ID and two pieces of documents verifying proof of current address.
Families Unlimited Network	260 Sunset Dr. W University Place, WA 98466	253-460-3134	TUES: 12-3pm THURS: 3:30-5 SAT: 10-12 Bring ID, open to all Pierce Co residents
Tacoma SE FISH	Living Grace Church 106 28 th St., S Tacoma, WA 98402	253-531-4530	MON & FRI: 1-3pm, WED: 11-4pm
Community Center Food Bank	14919 Washington Ave., SW Lakewood, WA 98498	253-473-7669	SAT: 11-1pm Resource Distribution Council Mobile site; Driver's license number and proof of residence required
Tillicum/Woodbrook	Freedom River Church 106 28 th St. S, Tacoma, WA 98402	253-584-1280	MON, WED & FRI: 1-2pm Serves Tillicum and Woodbrook residents only; Bring proof of residency and ID. Make appointment between 9 & 11 a.m. to schedule same day pickup between 1-2 pm.
My Sisters Pantry	621 Tacoma Ave. Tacoma, WA 98402	253-473-7669	Driver's license number and proof of residence required
St. Leo's Food Connection	1323 S Yakima Ave. Tacoma, WA 98405	253-383-5048	Open 1 st & 3 rd MON from 5-7pm 4 th SAT: 10:30-12:30pm
We Love Steilacoom Association	1314 Nisqually Steilacoom, WA 98388	253-383-5048	MON, WED, FRI: 8:30-4:30pm TUES: 8:30-6pm SAT: 8:30-2pm
Bethlehem Lutheran Church	101 E 38th St., Tacoma WA 98404	253-581-1076	2 nd WED & 4 th SAT: 10-11:30 am, call for appointment
Nourish Mobil Food Bank	Giaudrone Middle School 4902 S Alaska St.	253-383-3164	MON: 1-3pm

HEALTH CARE

Tacoma, WA 98408

SITE	PHONE	INFORMATION
SeaMar CHC-Tacoma Medical Clinic 1112 S. Cushman Tacoma, WA 98405	253-593-2144	MON-SAT: 8-5pm Health and Dental available at this site. Financial scale completed during visit: cost is \$40-80 per visit. On site representative from 8-5pm to help find health coverage and costs. Appointments scheduled, but can try walk-in at 8am for urgent care needs.
Community Health Care 1019 Pacific Ave. #300, Tacoma, WA 98402	253-597-4550	MON thru FRI: 8:30-5pm Medical, dental and behavioral needs. Sliding scale for uninsured, can offer assistance in obtaining insurance.
Neighborhood Clinic 1323 S. Yakima Ave Tacoma, WA 98405	253-627-6353	MON & THURS: 5-8pm FREE Health care, dental, social service assistance
Trinity Neighborhood Health Clinic 1615 6 th Ave. Tacoma, WA	253-272-8819	TUES: 5-7pm Available to anyone without medical insurance
Cornerstone Medical Services 1014 S. 320 th St/ Federal Way, WA	253-200-1988	FREE clinic (call for appt) 1 st & 3 rd SAT only: 8:30am to 12:30pm
Christ Community Free Clinic 1 A St. NW Auburn, WA	253-736-2634	Select evenings and weekends, call for hours and appts.
New Hope Health Center 15880 Military Rd S Tukwila, WA	206-453-1868	2 SATURDAYS a month Primary care to all adults without medical insurance, regardless of income. Please bring ID and proof of income (EXAMPLE: food stamp letter, 2 months of pay stubs, most recent tax return) in case you need to be referred for x-ray or specialty care. Non-emergency dental care is offered to any adults who have no dental insurance and whose household gross income is under 200% of the Federal Poverty Level
West Sound Free Clinic P.O. Box 2047 Silverdale, WA	206-659-5631	WED: 3:30 – 6:30pm @ Bremerton Salvation Army 4 th TUE: 12-3pm @ 905 Pacific Ave., Bremerton (lower level) FREE medical care

DENTAL CARE

SITE	PHONE	INFORMATION
Comfort Dental 5422 74 th St W Lakewood, WA 98499	253-474-0196	Evening and Saturday appointments
Community Healthcare 1202 MLK Jr. Way Tacoma, WA 98405	253-722-2151 253-441-4743 Call for dates, times and insurance/ financial needs.	Walk In Appointment Times: MON through FRIDAY 6:30 AM to 10 AM, and 12:30 PM to 3 PM, at all Dental Clinics Sat 6:30 AM to 10 AM, and 12:30 PM to 3 PM at the Lakewood, Milgard, and Hilltop Family Dental Clinics.
Neighborhood Clinic 1323 Yakima Ave. Tacoma, WA 98405	206-659-5631 info@neighborhoodclinictacoma@.org	Free dental care through dental van: x-rays, basic exams, fillings, extractions Call for dates and times
Pierce Co Dental Hygiene 9401 Farwest Dr. SW Lakewood, WA 98498	253-964-6694	Free screening, no emergencies, low cost services
Dental Services of WA 10518 S. Tacoma Way, #8 Lakewood, WA 98499	253-584-8840 800-260-3128	Call for appointment
SeaMar 1112 S. Cushman Ave. Tacoma, WA 9805	253-593-2144	MON through FRI: 8-5pm Sliding scale fees if no insurance
SeaMar 1215 South 11th Street Tacoma, WA - 98045	253-280-9840	MON through SAT: 8-5pm Sliding scale fees if no insurance

MENTAL HEALTH

SITE		PHONE	INFORMATION:
SeaMar_ Tacoma Behavioral Health Center 2121 S. 19 th St. Tacoma, WA 98405	253-396-1634		Mon – FRI: 9am – 6pm
Comprehensive Life Resources 1201 S. Proctor St. Tacoma, WA 98405	253-396-5800		MON: 8am-5pm TUES, WED, THURS: 8am-7pm FRI: 8am-3pm Students with no insurance of any kind can sign up for 4-6 hour free sessions with an intern through “Life Connections” program, featuring 1 to 1 counseling but no diagnosis or medication.
Rainbow Center 2215 Pacific Ave., Tacoma, WA 98402	253-383-2318 info@rainbowcntr.org		MON, TUES, THURS, FRI: 1:00 p.m. - 5:00 p.m. WED: 1:00 p.m. - 7:00 p.m. Through education, advocacy, and celebration, the Rainbow Center expands resources and safe space for the lesbian, gay, bisexual, transgender, queer, and allied (LGBTQA) community.

CRISIS LINE HELP NUMBERS

24 hour Pierce Co Crisis Line	1-800-576-7764	Free and confidential help and support
24 hour King County Crisis Line	1-866-427-4747	Free and confidential help and support
United Way Helpline	1-877-211-9274	Information on all WA help services
Sexual Assault Crisis Line 1.800.756.7273	1-800-756-7273	
Washington State Domestic Violence Helpline	1-800-562-6025	
24 hour Suicide Prevention Lifeline 1	1-800-273-TALK (8255)	

SERVICE INFORMATION LINES

Tacoma 311	311	Information on all Tacoma services . Examples: health services, Tacoma park campsite registration, trash pickup days.
King County 211	211	Information on all King Co services
DSHS	253-983-6720	Dept. of Social and Health Services (for Tacoma) informational line
SNAP	253-983-6270	Information on the Supplemental Nutritional Assistance Program in WA.
TANF (Temporary Assistance for Needy Families)	General Information: 877-501-2233	Limited cash assistance to needy parents and children.



Health Insurance Checklist

If you are out of your normal health insurance service area, your health insurance policy may work differently than it would at home. Knowing the answers to the following questions will help you with health needs while you attend Northwest College of Art & Design.

- Do you have proof of insurance with you?
- If you are listed on your parents' health insurance policy, at what age do you lose coverage?
- Does your policy cover routine care and preventive care outside your service area? (The service area is usually the local region where your primary care physician, the local hospital, and the network of specialists specified by your insurance are located. Routine care may include sprains, rashes, colds, etc. Preventive care may include any type of physical exam, immunization, PAP smear, etc.)
- Does your policy specify that out-of-service-area care will be limited to emergency care provided in a hospital emergency room or free-standing health clinic?
- Do you need to obtain prior authorization from your health insurer before you seek any care out of your normal health service area? Do you have any co-payments or a deductible?
- Can you be reimbursed for out-of-pocket expenses incurred at Counseling, Health, & Wellness Services?
- Do you need prior authorization for specialist referrals from your primary care provider in your home service area, and will the cost of specialist care here be reimbursed at the same rate as if you were at home?
- Are laboratory, X-ray, and other diagnostic tests covered if ordered by practitioners outside of your normal service area?
- Do you have a co-pay for prescription medications? What is the co-pay, and what does it cover with regard to brand name or generic medications? Do you need to show a prescription card when you pick up medications from a pharmacy? Does your insurer offer a mail-order service for regularly-used medications (such as blood pressure meds) at a lower rate?
- Does your health insurer have a drug formulary and cover only certain medications?
- Do you have mental health coverage, and what is your mental health co-pay? Are you limited to a certain number of mental health visits per year?
- Does your home insurance company have a reciprocal agreement with an insurance company in the Tacoma area? For example, if you have Kaiser Permanente insurance, you may be able to receive care at local Kaiser clinics.

HOUSING

SITE	PHONE	INFORMATION
Tacoma Housing Authority 902 S. L St. Tacoma, WA 98405	253-207-4400	MON, TUES, THURS, FRI: 8am to 4:30pm WED: closed to public
Families Unlimited Network	253-460-3134	Serves zip codes 8466 and 98467. Based in University Place, WA. Non-profit offers rent and utility assistance if applicant has a disconnect notice or "pay or vacate" notice.
Pierce Co DSHS Community services Offices	877-501-2233	Offers numerous financial assistance programs including TANF/ WorkFirst, which allows low-income clients the ability to apply for supplemental financial and rental assistance when faced with an emergency caused by circumstances out of their control, such as job loss or medical emergency. Funding and cash grants may be approved for eviction notices; security deposits needs.
Community Action Programs- Pierce Co Community Services	866-223-1359	Provides financial assistance, including housing, to low-income Pierce Co residents.
Gig Harbor/Peninsula FISH	253-858-6179	Administers both rental and utility assistance to Key Peninsula and GH residents.
Metropolitan Development Council 721 S. Fawcett Tacoma, WA 98402	253-579-6728	Offers low-income housing and rent help for low-income families and individuals. Assistance may include help with childcare, loans to pay rent as part of eviction prevention, funds for utility bills, or family counseling.
Tacoma Assistance Rights and Human Services Dept.	253-682-3401	Centralized Intake Program for all Housing Related Services.
Pierce Co Veterans Bureau 1305 Tacoma Ave., S #104 Tacoma, WA 98402	253-798-7449	MON thru FRI: 8- 4:30pm Offers various forms of help to low-income and homeless veterans in Pierce Co. Find help with rent, utility bills and food assistance.
All Saints Community Services 204 6 th Ave SW Puyallup, WA 98371	253-848-2000	Once annually emergency rent help for Puyallup low-income tenants only. Funding limited.
Homeless Prevention Programs	206-694-6767	Tenants can get information on their rights to evictions under the WA Landlord/Tenant Act. Also get referrals to rent help to prevent an eviction. Support and advice is also for dealing with landlords on security deposits or repairs to housing unit.
Legal Services	253-572-5134	Free legal clinics in Pierce Co. The agency makes referrals to attorneys from their website. The lawyers can assist with eviction. Foreclosure, Landlord/Tenant issues, and applying for government benefits.
Associated Ministries 901 S. 13 th St.	253-682-3401	People facing eviction can call this service to help find information on resources to stay in their

Tacoma, WA 98405		homes or apartments. Clients may be linked to rent programs or homeless prevention. In addition, it offers multiple housing assistance programs to help homeless people find shelter.
Helping Hand House	253-848-6096	Housing support and advice. Services help families who are able to work too. Can get help with eviction notices. MON: 10am to 10:30am.
Shared Housing Services P.O. Box 5937 Tacoma, WA 98415	253-272-1532	Matching home seekers in need of affordable housing with home providers who are willing to provide a private bedroom in their homes in exchange for rent and/or assistance.
Student Apartment Locator	http://www.studentrent.com/Student-Housing.php?city=Tacoma Focus on student affordable units	

Rental Help and Advice – Avoid the Scam

Rental scams happen when either a property owner or potential tenant misrepresents themselves or the terms and availability of a rental property. Fake ads and fake responses to rental ads can hurt both tenants and property owners.

Report Rental Scams

Report a rental scam to your state consumer protection or attorney general's office, or local law enforcement.

If you found the scam rental ad online, also report the scam to the website where it was posted and to the FBI Internet Crime Complaint Center.

How Rental Scams Work

Scammers know that finding the right apartment or vacation rental can be hard work, and a seemingly good deal is hard to pass up. They've been known to game some vacation rental websites and bulletin boards. The take-away: when you're looking for a rental, it's caveat renter — renter beware.

Hijacked Ads

Some scammers hijack a real rental or real estate listing by changing the email address or other contact information, and placing the modified ad on another site. The altered ad may even use the name of the person who posted the original ad. In other cases, scammers have hijacked the email accounts of property owners on reputable vacation rental websites.

Phantom Rentals

Other rip-off artists make up listings for places that aren't for rent or don't exist, and try to lure you in with the promise of low rent, or great amenities. Their goal is to get your money before you find out.

Signs of a Scam

Being savvy when you're in search of a rental is well worth the effort. Here are some signs you may be dealing with a scam:

- *They tell you to wire money*

This is the surest sign of a scam. There's never a good reason to wire money to pay a security deposit. Wiring money is the same as sending cash — once you send it, you have no way to get it back.

- *They want a security deposit or first month's rent before you've met or signed a lease*

It's never a good idea to send money to someone you've never met in person for an apartment you haven't seen. If you can't visit an apartment or house yourself, ask someone you trust to go and confirm that it's for rent, and that it is what was advertised. In addition to setting up a meeting, do a search on the owner and listing. If you find the same ad listed under a different name, that's a clue it may be a scam.

- *They say they're out of the country*

But they have a plan to get the keys into your hands. It might involve a lawyer or an "agent" working on their behalf. Some scammers even create fake keys. Don't send money to them overseas. If you can't meet in person, see the apartment, or sign a lease before you pay, keep looking. What if the rental itself is overseas? Paying with a credit card or through a reputable vacation rental website with its own payment system are your safest bets.

How to Protect Yourself

Be suspicious that the property or transaction could be a scam if:

- The advertised price of the rental property is much lower than that of similar properties
- Ads for the property have grammatical and spelling errors, overuse of capital letters, or use uncommon spellings of words, like "favour" instead of "favor"
- The person trying to rent you the property claims to be an agent for the property owner who is too busy, out of the country, or otherwise unavailable to handle the rental
- The owner or agent requires you to sign the lease before you see the rental property
- The owner or agent isn't able to let you enter the home or apartment or charges you a fee to view it
- The owner or agent uses high-pressure sales tactics, urging you to rent quickly before someone else gets the property

Do

- Learn the basics of how rental listing scams work.

- Get everything about the terms of your rental including fees, rent, maintenance, condition, terms, and improvements in writing and signed by both you and the owner/manager of the property as part of your lease.
- Do a search on the owner and listing. If you find the same ad listed under a different name, that's a clue it may be a scam.
- Read information from the FBI about common rental scams.
- Search for online reviews of the property- you can expect to see varying reviews but if overall ALL the reviews are bad and focused on the lack of response by management to problems- look elsewhere.
- Take someone with you when going to see an apartment or sign a lease.

Don't

- Don't wire money as a deposit or payment of first and last month's rent. Wiring money is the same as giving cash; you can't get a refund, even if you find out the offer was a fraud.
- Don't give in to high-pressure sales tactics.
- Don't pay a security deposit, fee, or first month's rent before you've signed a lease.
- Don't rent a property that you are unable to see before signing the agreement.
- Don't send money for a rental overseas.
- Don't give your personal information including financial information or your Social Security number, to anyone over the phone or over email without verifying their identity.

In general, you should expect to fill out an application and give written permission for a background check, see either the apartment in question or a sample apartment if the one you are looking to rent is as yet unavailable for viewing (tenant still hasn't moved out, apartment is being renovated) and be told what charges you will be responsible to pay up front, what your monthly rent is and to sign a lease that will also be signed by the owner or designated manager.