

# Addiction

By Stephanie Hare

Drug and alcohol addiction affects 22 million people in America. If you are struggling with addiction, you are not alone and there are people to help.

Here are some ways to deal with drug or alcohol addiction:

- Visit an in-patient or out-patient treatment facility
- Join AA or NA (link to meeting times on the right)
- Spend more time with friends and family
- Call a hotline for immediate assistance or advice
- Never give up. You are not your addiction.



Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) meetings are happening around Seattle and throughout Washington State every day. To find a meeting near you, visit the following website:

[In The Rooms: A Global Recovery Community](#)

**Washington State Drug Treatment Centers:**

[Edmonds: A Place Of Hope](#) 547 Dayton Street  
Edmonds, Washington 98020  
Phone: 1-800-240-4354

[Lakeside Milam](#) Locations in Kirkland, Burien, Auburn, Everett, Federal Way, and more.  
Phone: 800-231-4303

[Seadrunar](#) Provides childcare!  
10344 14th Ave. S. Seattle, WA 98168  
Phone: 206-767-0244

For a complete list of treatment centers, visit this website:

[Washington Treatment Centers](#)

If you ever need someone to talk to, call any of the hotlines provided by the **University of Washington Alcohol and Drug Abuse Institute:**

[UW ADAI](#)

# Utilizing Public Transportation

By Hooman Behzadpour

## Public Transportation Options:

The Greater Seattle area has many methods and avenues of public transportation available. Each system has its own advantages, so it is up to you, the reader, to investigate all the possibilities and find out what transportation system best accommodates your wants and needs.

The most common means of public transportation is the bus system, which in itself has many different possibilities. For a more detailed highlight of these systems, please read the section to the right.

The Central link light rail travels in between downtown Seattle and Sea-Tac airport. Depending on the time of the day, it comes every 7.5, 10, or 15 minutes, from 5am until midnight.

Seattle Center Monorail is the nation's first full-scale commercial monorail system, and departs every ten minutes going to and from the Seattle Center and Westlake Center Mall. For more information on the Monorail, [here](#).

The State of Washington also has many ferry and other boat services, which can take you from downtown to many different places and back. For more information about the local ferry system, click [here](#).



## Riding the Bus:

There are four main bus services in the area: Metro Transit, Sound Transit, Community Transit, and Pierce Transit. For the greater Seattle area, Metro and Sound Transit are the two most prevalent services.

For the most part, bus transportation is free within the main downtown corridor. Below is additional information concerning both the Metro and Sound Transit transportation systems:

### Metro Transit

- Metro Transit (206-552-3000) provides service throughout King County.
- A list of routes running to or through a specific location can be found [here](#).
- Trip planner, which plans a trip from one location to another, can be found [here](#)
- A map of the Metro system can be found [here](#)
- Real-time bus information for a specific time or idea can be found [here](#)
- A table listing passenger fares can be found [here](#)
- Information about local Park and Ride lots can be found [here](#)

### Sound Transit

- Sound Transit (800-201-4900) provides a regional service that connects King, Pierce, and Snohomish counties
- Timetables and trip planning of Sound Transit routes can be found [here](#)
- Schedules of Sound Transit routes can be found [here](#)
- Fare information for riding Sound Transit routes can be found [here](#)

## Downtown Seattle Transit Tunnel

*The Downtown tunnel is home to the Convention Place, Westlake, University Street, Pioneer Square, and International District bus stops.*

*A complete list of routes that operate in the tunnel are found [here!](#)*

The Seattle Transit Tunnel operates:

Monday-Saturday: 5 a.m. to 1 a.m.  
 Sunday: 6 a.m. to midnight

# Financial Aid

By Brian Dennis

## Types of financial aid provided:

- Scholarships for school
- Subsidized Housing
- Food Stamps
- Federal Financial Aid for school

## Websites for finding financial aid:

[Scholarships.com](http://Scholarships.com)

[Fastweb.com](http://Fastweb.com)

[Lowincomehousinghelp.com](http://Lowincomehousinghelp.com)

[Financial aid for ex-prisoners](#)

[Washington State department of social and health services](#)

[Finaid.org](http://Finaid.org)

[Federal Student Aid](#)



**SCHOLARSHIPS**

# Housing

By Stephanie Hare

Often, if you are recently released from prison, you may not have the resources you need to find housing options that suit your needs. Here is a list of the types of housing options available:

- **Temporary shelter**  
If you find yourself with no other option, temporary shelters are available in Seattle to homeless single adults and families.
- **Halfway houses/Clean and sober houses**  
Halfway houses and clean and sober houses are designed for people who need to live in a clean, stable environment while they are fighting an addiction.
- **Living with a friend or family member**
- **Living alone**



Compass House: Homeless Housing in Ballard

## Temporary Shelter

[Shelters of Seattle](#)

[Transitional Housing](#)

## Clean and Sober Houses

[Oxford House](#)

[Sound Mental Health Housing](#)

## Other Housing

[Housing Opportunities for People With AIDS](#)

[McKinney-Vento Continuum of Care Homeless Assistance Program](#)

[Compass Center for the Homeless](#)



# Seattle Public Library

By Hooman Behzadpour

## Resources available to you at the library:

- Take DVDs and CDs home or download music
- Various special collections
- Access to newspapers and magazines
- Suggest a book or other item for the library to purchase!
- Listen to award-winning authors talk about their books
- Get homework help, both in English and Spanish
- Online articles and research resources
- Learn to use a computer
- Free computer and internet access
- Access to printers and copiers
- Enjoy story time
- Get help with literacy
- Translation services
- Ask a librarian questions 24/7
- Attend all types of classes
- Tax forms and how-to guides
- Voter registration information
- Other government documents
- Live online resume help
- Assistance finding jobs and preparing for interviews
- Unemployment benefits information
- Free voice mail access

## Seattle Public Library Locations:

- [Central Library](#) 1000 Fourth Ave.
- [Ballard](#) 5614 22nd Ave. N.W.
- [Beacon Hill](#) 2821 Beacon Ave. S
- [Broadview](#) 12755 Greenwood Ave. N.
- [Capitol Hill](#) 425 Harvard Ave. E.
- [Columbia](#) 4721 Rainier Ave. S.
- [Delridge](#) 5423 Delridge Way S.W.
- [Douglass-Truth](#) 2300 E Yesler Way
- [Fremont](#) 731 N. 35th St.
- [Green Lake](#) 7364 E. Green Lake Dr. N.
- [Greenwood](#) 8016 Greenwood Ave. N.
- [High Point](#) 3411 S.W. Raymond St.
- [International District](#) 713 Eighth Ave S
- [Lake City](#) 12501 28th Ave. N.E.
- [Madrona-Sally Goldmark](#) 1134 33rd Ave
- [Magnolia](#) 2801 34th Ave. W.
- [Montlake](#) 2401 24th Ave. E.
- [NewHolly](#) 7058 32nd Ave. S.
- [Northeast](#) 6801 35th Ave. N.E.
- [Northgate](#) 10548 Fifth Ave. N.E.
- [Queen Anne](#) 400 W. Garfield St.
- [Rainier Beach](#) 9125 Rainier Ave. S.
- [South Park](#) 8604 Eighth Ave. S.
- [Southwest](#) 9010 35th Ave. S.W.
- [University](#) 5009 Roosevelt Way N.E.
- [Wallingford](#) 1501 N. 45th St.
- [West Seattle](#) 2306 42nd Ave. S.W.



Want access to all these great resources? It's easy and free for anyone over 13 who lives, works, or goes to school in King County (excluding Enumclaw, Yarrow Point and Hunts Point).

Sign up for one online [here!](#)

The central library can be reached at (206) 386-4636.  
Its hours are:

**Mon-Thurs:** 10 am - 8 pm  
**Fri-Sat:** 10 am - 6 pm  
**Sun:** Noon - 6 pm



# COMPASS Test

By Nancy Tang

## Resources available to study for the COMPASS:

- Check the [COMPASS test website](#) for tips on the test, sample test problems, things you should know about the test, and a scoring guide.
- Most school's websites have information about the test and/or sample exams, such as [Green River Community College](#) and [North Seattle Community College](#)
- The [King County Library System](#) has a database of information to prepare for the COMPASS test from the different community colleges in the county.
- Some colleges offer COMPASS test prep workshops, such as [Seattle Central Community College](#)
- Some college libraries will have books for you to study certain subjects, such as [this one](#) at Green River Community College.

## Community College Locations in King County:

[Bellevue College](#) 3000 Landerholm Cir SE, Bellevue, WA

[Cascadia Community College](#) 18345 Campus Way NE, Bothell WA

[Green River Community College](#) 12401 SE 320th St, Auburn, WA

[Highline Community College](#) 2400 S 240th St, Des Moines, WA

[Lake Washington Technical College](#) 11605 132nd Ave NE, Kirkland, WA

[Pima Medical Institute](#) 555 South Renton Village Pl-Ste 400, Renton, WA and 9709 Third Ave NE Suite 400, Seattle, WA

[Renton Technical College](#) 3000 NE Fourth St, Renton, WA

[Seattle Community College-Central](#) 1701 Broadway Avenue, Seattle, WA

[Seattle Community College-North](#) 9600 College Way North, Seattle, WA

[Seattle Community College-South](#) 6000 16th Ave SW, Seattle, WA

[Shoreline Community College](#) 16101 Greenwood Ave N, Shoreline, WA

[The Art Institute of Seattle](#) 2323 Elliott Ave, Seattle, WA

