

Apprentice Resource List

<i>Apprentice Specific</i>	2
<i>Childcare</i>	2
<i>Clothing</i>	2
<i>Employment</i>	3
<i>Financial</i>	3
<i>Food</i>	4
<i>Formerly Incarcerated</i>	5
<i>Healthcare and Mental Health</i>	5
<i>Housing</i>	5
<i>Scholarships</i>	6
<i>Transportation</i>	6
<i>Veterans</i>	7
<i>Additional Resource Lists</i>	7

To access links in PDF form, click the Resource title.

To access links in printed form, scan the QR code using a smart phone camera.

[If you're in crisis, call or text 988 or chat online at 988Lifeline.org](https://988lifeline.org)

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Apprentice Specific

WA Grant for Apprentices

Includes funding for qualified apprentices in a variety of programs in Washington. Eligible apprentices can receive money to cover costs associated with their apprenticeship program.

(888) 535-0747



BuildUp

BuildUp offers support services for qualified apprentices and pre-apprentices. Funding of support services may cover application fees, initiation and union dues, work wear, transportation assistance, and tools.

A.R.R.C.

The Apprentice Readiness and Retention Center by ANEW provides employment navigation, support services, and case management to those who qualify.

(206) 710-1020



Foundation for Working Families (Union)

Non-profit organization established by the Washington State Labor Council, AFL-CIO and its affiliates to assist union families in Washington State in times of hardship or disaster.

Childcare

W.C.C.C.

Working Connections Child Care helps eligible families pay for childcare. When a family qualifies for childcare subsidy benefits and chooses an eligible provider, the state pays a portion of the cost of childcare.

(844) 626-8687



Clothing



Rosie's Closet (King County)

Work clothing for women who are new to the workplace, starting over or simply in need.

(206) 324-3372

Home

Employment

B.F.E.T.

The Basic Food Employment and Training program provides employment readiness opportunities to Basic Food (SNAP) recipients who are not participating in the Temporary Assistance for Needy Families.



Hopelink (King County)

Job and career coaching and Worksource connections.
(425) 250-3030

C.T.P.

The Urban League of Metropolitan Seattle's Construction Trades Program is dedicated to assisting and preparing individuals to enter pre-apprenticeship and apprenticeship opportunities while assisting them to overcome barriers that are in place, especially for underrepresented individuals who are striving for a career in construction trades.

(206) 348-2675



Worksource

A statewide partnership of state, local and nonprofit agencies that provides an array of employment and training services to job seekers and employers in Washington.

Financial

Working Families Tax Credit

The Washington Working Families Tax Credit is a refund of retail sales or use tax for low-to-moderate income Washington residents who meet certain eligibility requirements.



LIHEAP

Commerce's Low-Income Home Energy Assistance Program aims to help low-income households in Washington State receive affordable, dependable utility services and avoid disconnection.

Home

T.A.N.F.

Temporary Assistance for Needy Families provides temporary, monthly cash to eligible families. Families must include a pregnant individual or minor child. Some families are required to participate in the WorkFirst program, which helps participants find and keep jobs.

(877) 501-2233



Hopelink (King County)

Low-income energy assistance. Hopelink helps households reduce their home energy costs or avoid disconnection.

(425) 869-6000

Byrd Barr Place (City of Seattle)

Byrd Barr Place offers essential services — food, shelter, warmth and financial tools — for neighbors in Seattle to build stability and self-sufficiency.

(206) 812-4940



Food



Feeding Washington

Map of currently open WA food banks and meal programs.

S.N.A.P.

The U.S. Department of Agriculture Supplemental Nutrition Assistance Program, known as SNAP and called Basic Food in Washington, helps people with low incomes make ends meet by providing monthly benefits to buy food. (Formerly known as Food Stamps)

(877) 501-2233



W.I.C.

The Women, Infants, and Children Nutrition Program is a place where families get healthy food and a lot more. WIC is for pregnant women, new and breast feeding parents, infants, and children under age 5. Services include nutrition education, breast feeding support, healthy foods, and health screenings and referrals.

(800) 322-2588

Home

Formerly Incarcerated

WELD Seattle (City of Seattle)

Housing, employment, and re-entry assistance for the formerly incarcerated residing in Seattle.

(206) 571-4938



Healthcare and Mental Health



O.I.C.

The Office of the Insurance Commissioner has links to help find and pay for a health plan. Depending on your household income you may qualify for free healthcare, or financial assistance that would lower premiums and out-of-pocket expenses.

Pregnancy Aid of WA State (Puget Sound)

Free confidential help for women and families. Pregnancy Aid is a non-sectarian social services agency that provides immediate, confidential help to any family with a pregnant mom or child aged 5 years or younger.



Catholic Community Services (Western WA)

Mental Health services list for Western WA.

(206) 328-5696

Housing

Coordinated Entry

The WA State Department of Commerce's list of Family and Adult coordinated entry sites for people experiencing homelessness, by county.



Catholic Community Services (Western WA)

Catholic Housing Services housing programs serve low-income individuals, families, seniors, and persons with special physical and mental needs, offering resident support services in addition to a clean and safe place to live.

[Home](#)

Scholarships

[Passport to Careers](#)

The Passport to Careers program helps Washington students- specifically those who have been in various types of foster care or who have experienced unaccompanied homelessness—to prepare for careers.

(888) 535-0747



[Career and Technical Scholarship](#)

This WA State Opportunity Scholarship program provides up to \$1,500 per quarter for apprenticeship, certificate, or associate degree programs in STEM, health care, and the trades. WSOS can cover costs beyond tuition, such as housing, transportation, food, and more.

(877) 899-5002

Transportation

[ORCA \(King, Kitsap, Pierce, & Snohomish Counties\)](#)

Reduced fair public transit for low-income individuals.

(888) 988-6722



[Subsidized Annual Bus Pass \(King County\)](#)

Free annual bus pass for those who qualify for certain state benefits.

(800) 756-5437

[Lyft Up \(Cities of Seattle & Tacoma\)](#)

United Way and Goodwill offer rides to job interviews, job training sites, and/or a job.



[Lime Access \(Cities of Seattle & Spokane\)](#)

Discounts on Lime bike and scooter rides to those who qualify.

Text (888) 495-5014

[Village Vans \(Thurston County\)](#)

Provides free transportation for employment-related activities to people with low incomes in the Olympia, Lacey, and Tumwater greater urban areas.

(360) 705-5840



Veterans



WDVA

WA State Department of Veterans Affairs has resources and benefits for veterans, service members, and their families.

(800) 562-2308

GI Bill

GI Bill benefits help you pay for school and cover expenses while you're training for a job. Veterans pursuing apprenticeship may be eligible to receive their GI Bill benefits while in training.

(888) 442-4551



VR&E

If you have a service-connected disability that limits your ability to work or prevents you from working, Veteran Readiness and Employment helps you explore employment options and address education or training needs.

(800) 698-2411

Additional Resource Lists

211

Washington 211 provides the most current and comprehensive database of community resources in the State of Washington (over 30,000 listings), which serves as a central access point for connecting Washington residents to community resources.

Call 211



DSHS DCS Community Resources

An interactive map that shows resources by location.

Career Connect Support Resources

Search a large database for resources by type and zip code.



Community Action Agencies

The Washington State Community Action Partnership has a network of 30 CAAs that help low-income individuals and families in all 39 counties of Washington State.

We want this list to be a living and worthwhile document. Please email apprenticeshipprojects@lni.wa.gov to report an outdated resource, suggest a helpful resource be added, or give constructive feedback. Updated Aug 2025.