Apprentice Resource List

Apprentice Specific ____ **2**

Childcare ____ **2**

Clothing ____ **3**

Employment ____ **3**

Financial ____ **3**

Food ____ **4**

Formerly Incarcerated ____ **5**

Healthcare and Mental Health ____ **5**

Housing ____ **6**

Scholarships ____ **6**

Transportation ____ **6**

Veterans ____ **7**

Additional Resource Lists ____ **8**

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

The information in this resource list is intended for general informational purposes only. Washington State Labor and Industries (L&I) makes no representation or warranty, express or implied, regarding the accuracy, completeness, reliability, or availability of the content on this list. The use of the information is at the user's own risk. This list contains links to other third-party websites or content. These links are provided for convenience only. L&I does not recommend, endorse, warrant, or assume liability for the content or practices of these third-party sites. The opinions expressed in the links are those of the authors, not L&I. They do not purport to reflect the opinions or views of L&I. L&I does not guarantee any specific results or outcomes based on the information provided on this list.

This resource list is funded by the US Department of Labor as part of the State Apprenticeship Expansion Formula 1 & 2 grants. A total of 100% of this resource list is financed with federal funds through awards totaling $7,002,231.

Home

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

Native American Apprenticeship Assistance Program (NAAAP)

The Native American Apprenticeship Assistance Program is a block grant program with the purpose of providing funds to Federally Recognized Tribal Nations in WA State for disbursement to Tribal members who are currently employed in a state-registered apprenticeship.

(888) 535-0747 option 9

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.

ARC

The Apprentice Resource Center (ARC) is ANEW's support-services hub for registered apprentices and ANEW pre-apprenticeship graduates. We help remove barriers to employment so you can stay focused on building your career.

(206) 381-1384

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

This resource list is funded by the US Department of Labor as part of the State Apprenticeship Expansion Formula 1 & 2 grants. A total of 100% of this resource list is financed with federal funds through awards totaling $7,002,231.

Home

Clothing

Rosie's Closet (King County)

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

(206) 381-1384

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.

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.

(206) 348-2675

FuturesNW (Whatcom & Skagit Counties)

FuturesNW supports students and families as they explore options after high school. They guide students through college, job training, and career planning, and explain each step along the way. They also help with financial aid and scholarship applications. All of their services are free.

(360) 323-3022

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.

This resource list is funded by the US Department of Labor as part of the State Apprenticeship Expansion Formula 1 & 2 grants. A total of 100% of this resource list is financed with federal funds through awards totaling $7,002,231.

Home

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.

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

This resource list is funded by the US Department of Labor as part of the State Apprenticeship Expansion Formula 1 & 2 grants. A total of 100% of this resource list is financed with federal funds through awards totaling $7,002,231.

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

Olympic Health & Recovery Services (Thurston & Mason Counties)

Olympic Health & Recovery Services is a community based and licensed behavioral health agency whose mission is to provide access to an effective, reliable safety net of behavioral health crisis & recovery support services.

(800) 270-0041

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

This resource list is funded by the US Department of Labor as part of the State Apprenticeship Expansion Formula 1 & 2 grants. A total of 100% of this resource list is financed with federal funds through awards totaling $7,002,231.

Home

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.

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

This resource list is funded by the US Department of Labor as part of the State Apprenticeship Expansion Formula 1 & 2 grants. A total of 100% of this resource list is financed with federal funds through awards totaling $7,002,231.

Home

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

This resource list is funded by the US Department of Labor as part of the State Apprenticeship Expansion Formula 1 & 2 grants. A total of 100% of this resource list is financed with federal funds through awards totaling $7,002,231.

Home

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

WA Department of Social and Health Services

DSHS partners with people to access support, care, and resources through programs such as food, cash, and medical assistance, vocational rehabilitation, long-term care, behavioral health treatment, and developmental disabilities services.

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.

This resource list is funded by the US Department of Labor as part of the State Apprenticeship Expansion Formula 1 & 2 grants. A total of 100% of this resource list is financed with federal funds through awards totaling $7,002,231.

Home

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 Oct 2026.

This resource list is funded by the US Department of Labor as part of the State Apprenticeship Expansion Formula 1 & 2 grants. A total of 100% of this resource list is financed with federal funds through awards totaling $7,002,231.