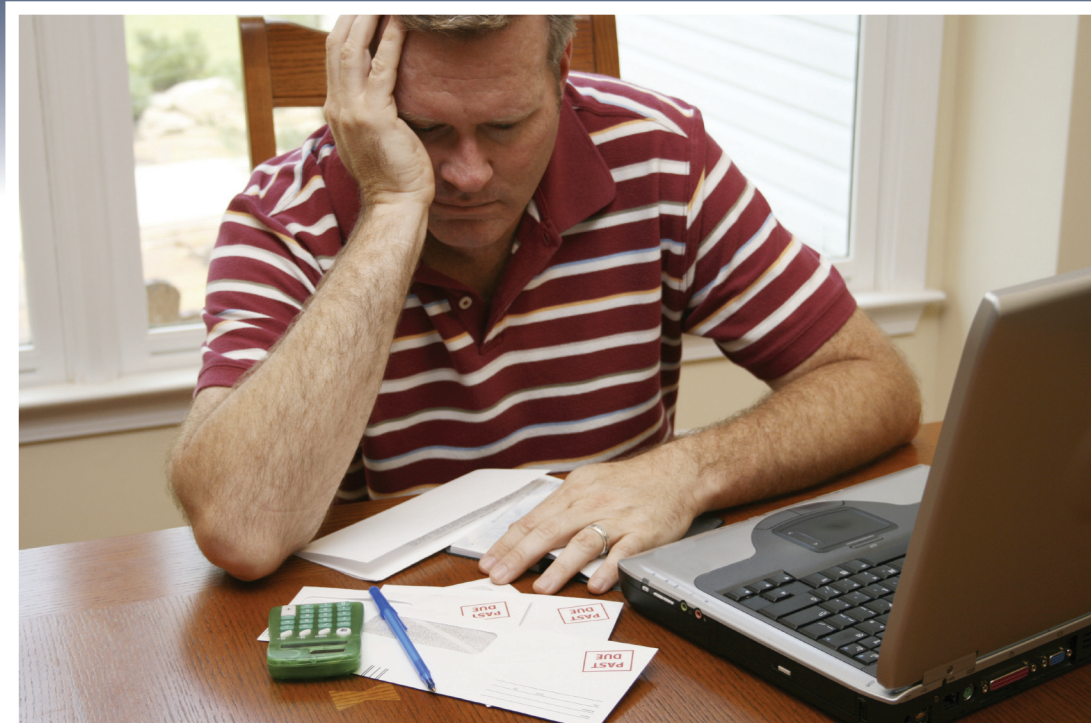


# Get Help, Give Help...



*Times are hard*, and the recession has taken a toll on our community. More people need to *get help*, and more people want to *give help*.



**EastsideHelps**  
your online resource

*EastsideHelps* is here to encourage local cooperation and connection, so we can make it through this difficult time, *together*.

*EastsideHelps* is an online tool with *information and resources* to help people find the *assistance* they need, or to *contribute* what they can.

[www.eastsideforum.org/eastsidehelps](http://www.eastsideforum.org/eastsidehelps)  
[info@eastsideforum.org](mailto:info@eastsideforum.org)  
425-587-3324



Sponsored by Eastside Human Services Forum, in collaboration with the cities of Kirkland, Bellevue, Redmond, Issaquah, and Mercer Island.