

Contact Information

Community Action of Skagit County
330 Pacific Place, Mount Vernon, WA 98273
Phone: (360) 416-7585 Email:
crc@communityactionskagit.org

Online Resource Directory
www.skagitcrc.org

A searchable online database that contains copies of this booklet in English and Spanish as well as much more resource information.

Large Format Guides (8.5" x 11")—available upon request.

Donations

To make a contribution towards helping us publish this guide visit www.communityactionskagit.org or call (360) 416-7585.

7/28/2015



A quick guide to community services published by Community Action of Skagit County with the help of dozens of organizations in Skagit County.



Revised 07/01/2015
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Volunteerism

See also Food Banks, Meal Programs and Shelters for agencies that frequently need volunteers.

- Skagit Volunteer Center**(360) 416-7585
Community Action of Skagit County
330 Pacific Place, Mount Vernon
Website: www.skagitvolunteercenter.org
Find a volunteer opportunity that best meets your schedule and interest.
- Habitat for Humanity**(360) 428-9402
1022 Riverside Drive, Mount Vernon
Builds decent, affordable, permanent houses with families in need.
- Retired Senior Volunteer Program**(360) 542-8485
Volunteers of America
117 N 1st Street, Ste 30, Mount Vernon
Website: www.voaww.org
Local volunteer opportunities and services for people 55 and older.

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Alcohol & Drug Counseling

Clinics & Treatment Programs

- Follman Agency**(360) 755-1125
www.follmanagency.com 910 South Anacortes St, Burlington
Substance abuse and other addiction treatment, counseling
- Phoenix Recovery Services**.....(360) 848-8437
1601 East College Way, Mount Vernon
Substance abuse treatment including dual-diagnosis and Suboxone. Provides subsidized care for persons with limited income.
- Sea Mar Mount Vernon Behavioral Health Center**(360) 542-8920
1010 East College Way, Mount Vernon
Drug and alcohol evaluations (English and Spanish), DUI assessments
- Skagit County Crisis Center**(360) 757-7738
pioneerhumanservices.org 201 Lila Lane, Burlington
Crisis mental health stabilization and sub-acute detox program
- Skagit Recovery Center**(360) 428-7835
1905 Continental Place, Mount Vernon
Evaluations, intensive outpatient substance abuse treatment
- Swinomish Wellness Program**.....(360) 466-7273
17337 Reservation Road, La Conner
- United Northwest Recovery Center**(360) 856-6300
605-B Sunset Park Drive, Sedro-Woolley
- Upper Skagit Chemical Dependency Program**.....(360) 854-7070
25959 Community Plaza Way, Sedro-Woolley

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25959 Community Plaza Way, Sedro-Woolley

Other Drug and Alcohol Addiction Help

Washington Recovery Line.....1-866-789-1511

Parent Child Assistance Program (PCAP)(360) 428-7835
Home visitation intervention program for pregnant women with substance abuse issues providing caring, compassionate counseling to help women set and achieve their own goals.

Recovery Support Groups

Alcoholics Anonymous(360) 428-7155
Meeting schedule: district4aa.weebly.com

Cocaine Anonymous(425) 244-1150
Meeting schedule: www.caofwa.org/meetingschedule.htm

Narcotics Anonymous(818) 733-9999
Meeting schedule: www.npsana.org/schedule.html

Basic Needs (food, showers, clothing, household items, toiletries)

Critical Needs Program.....(360) 416-7585
Community Action of Skagit County
330 Pacific Place, Mount Vernon
Emergency assistance for meeting basic needs such as food, gas, clothing, and hygiene when funds are available.

Dept of Social & Health Services (DSHS)1-800-501-2233
900 East College Way, Mount Vernon
Website: <http://washingtonconnection.org>
Cash assistance, food stamps and help with emergent needs.

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WA Utilities and Transportation Commission1-888-333-WUTC

www.utc.wa.gov/Pages/default.aspx

Assists with billing disputes, service complaints, disconnections, deposits.

Veterans Resources

VA Community-Based Outpatient Clinic.....(360) 848-8500
307 S. 13th Street, Suite 200, Mount Vernon
Must call Puget Sound Call Center to request an appointment.
Primary care, vision, mental health, social services, lab work, prescriptions.

Dept of Veterans Affairs Information Line1-800-827-1000
Access line for VA Benefits Regional Offices, Disability Compensation, Disability Pension Education, Medical Care and more.

VA Puget Sound Call Center 1-800-329-8387, Ext. 71234
Days/Hours: Monday thru Friday, 8 a.m. - 4 p.m
Regional health care services. Emergency, urgent care, primary care, cancer treatment and more. See also Community Based Outpatient Clinic.

Veterans Assistance Program(360) 416-7585
Community Action of Skagit County
330 Pacific Place, Mount Vernon
Provides assistance with gas, food, clothing, and other household expenses.

Veterans Crisis Line (24 hours).....1-800-273-8255
Connects Veterans and families in crisis and their families and friends with qualified responders through a confidential toll-free hotline.

Veterans Dental Van Program(360) 416-7585
Provides mobile dental services for low-income veterans. Call for details.

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Transportation

- Dial-a-Ride Transit (DART)**.....(360) 757-4433
For individuals with disabilities that prevent them from using regular transit.
- Skagit Transit**(360) 757-4433
www.skagittransit.org
Skagit’s public bus transportation system. Plan your trip using the trip planner feature—www.skagittransit.org/trip-planner
- Medicaid Transportation Service**1-800-860-6812
Transportation to medical appointments for those with no other alternatives. For those on Apple Health or Medicaid. Certain restrictions apply.

Utilities Assistance

- Assurance Wireless**1-888-898-4888
www.assurancewireless.com
Free mobile phone and 250 free minutes for people on public assistance.
- Energy Assistance Program**(360) 428-1011
Community Action of Skagit County
330 Pacific Place, Mount Vernon
Provides assistance with utilities such as electric, gas, propane, and wood.
- Safelink**1-800-SAFELINK
www.safelink.com
Free mobile phone with 250 free minutes for qualifying households.
- Washington Telephone Assistance Program**1-800-921-8101
Provides discounted landline phone service for low-income households.

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- Friendship House**(360)336-2418
1008 S. Third Street, Mount Vernon
Clothing bank: Tuesdays and Thursdays 10:00am - 3:00pm
Showers for women and children: Monday—Friday 11:30am—1:00pm
Showers for men: Tuesdays, Thursdays, and Sundays 10:00am—11:00am
Towels and toiletries are provided.

- Hillcrest Church—Neighbor Care Team**(360) 424-3006
1830 S 13th St, Mount Vernon
Toiletries such as soap, shampoo, toothpaste, lotion, toilet paper.

- Love I.N.C.**..... (360) 419-7061
Office Hours 9am to 3pm
Furniture ministry; clearinghouse ministry—referral to church ministries based on need; Let’s Dress For Your Success—women’s work clothes

- Rice Bowl Ministries**.....(360) 708-8344
Clothing, toiletries, hygiene, other items. Call for assistance.

- St. Vincent DePaul Food Bank**(360) 293-9821
4001 St. Mary’s Drive, Anacortes
Serves persons living on Fidalgo Island. Call and leave a message, some one will return call within 24 hours. Help with rent, utilities, other needs.

- Salvation Army**(360) 293-6682
3001 R Ave #100, Anacortes
Provides limited assistance with basic needs such as money for rent or utility bills. For Anacortes and La Conner residents only.

- Sea Mar Healthcare for Homeless**(360) 542-8899
1010 East College Way, Mount Vernon
Assistance accessing health care, food and hygiene resources.

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Children & Youth

Cascade Job Corps(800) 733-5627
cascades.jobcorps.gov
*Residential program. Learn a career, earn high school diploma or GED.
Ages 16-24.*

Catholic Community Services NW(360) 856-3054
614 Peterson Road, Burlington
*Mental health counseling for children and youth; parenting classes for
parents of young children; Children In the Middle Workshop for parents
who are divorcing or separating.*

Child Care Resource and Referral.....1-800-446-1114
Child Care Aware of Washington
Website: www.wa.childcareaware.org
Referrals for providers of child care and resources to help pay for services.

Department of Social & Health Services 1-877-501-2233
www.washingtonconnection.org 900 East College Way, Mount Vernon
*Child Care Subsidy, Child Support Services, Temporary Assistance for
Needy Families (TANF).*

Skagit/Islands Head Start(360) 416-7590
320 Pacific Place, Mount Vernon
*Preschool programs and other early childhood programs for children from
birth to age 5.*

Maternity Lending Center(360) 416-6720
Immaculate Conception Church 110 S. 5th Street, Mount Vernon
Open Tuesdays from 10am to 12pm in church basement
Clothing lending center for baby and toddler clothes, diapers also.

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Volunteer Services Program (seniors/disabled)(360) 416-7585
Community Action of Skagit County
330 Pacific Place, Mount Vernon
Volunteer assistance to help seniors remain in their home.

Senior Centers

*Activities and meals for seniors. Contact center for details and calendar.
Website: www.skagitseniors.org/Home/index.htm*

⇒ **Anacortes Senior Center**(360) 293-7473
1701 22nd Street, Anacortes

⇒ **Burlington Senior Center**(360) 755-0102
1011 Greenleaf Avenue, Burlington

⇒ **Concrete Senior Center**(360) 853-8400
45821 Railroad Avenue, Concrete

⇒ **Mount Vernon Senior Center**(360) 336-5757
1401 Cleveland Avenue, Mount Vernon

⇒ **Sedro Woolley Senior Center**(360) 855-1531
715 Pacific Street, Sedro-Woolley

⇒ **Swinomish Senior Center**(360) 466-3980
17691 Reservation Road, La Conner

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Mobile Food Express (for homebound only)(360) 416-7585
Emergency food bank home delivery for homebound seniors/disabled.

Northwest Regional Council(360) 428-1301
1650 Port Drive, Burlington
Website: www.nwrcwa.org
Information and referrals for services for seniors and disabled persons.

Retired Senior Volunteer Programs(360) 542-8485
1932 East College Way, Mount Vernon
Find volunteer opportunities for people age 55 and older.

Samish Elders Program.....(360) 588-8806
1618 D. Ave, Anacortes

Senior Lunch Program - Samish Elders Program.....(360) 588-8806
1618 D. Ave, Anacortes

Skagit Adult Day Program
Website: www.skagitadulthoodprogram.org
For senior adults who need support and assistance during the day and are still living in a home environment (see below).

- ⇒ The Bradford House
116 North Skagit St, Burlington360-755-1235
- ⇒ The Gentry House
1208 7th St, Anacortes360-293-4466

Social Security Administration1-800-772-1213
www.ssa.gov 710 E College Way, Suite #A, Mount Vernon
To apply for Social Security and/or Medicare.

Northwest Youth Services.....(360) 336-1988
2204 Riverside Dr #210, Mount Vernon
Transitional and supportive housing for homeless youth age 18-21.

Oasis Teen Shelter.....(360) 419-9058
125 North Fifth Street, Mount Vernon
Shelter for teens age 13-17. Opens at 5:30pm every night. Entrance is at ear of building.

Skagit Preschool and Resource Center (SPARC)(360) 416-7570
320 Pacific Place, Mount Vernon
Education, therapy, and behavioral programs for special needs children.

Thriving Heart.....(360) 428-4777
www.pregnancychoices.org 617 W Division Street, Mount Vernon
Parenting and life skills classes for the next generation of mothers.

Women, Infants and Children (WIC) — multiple locations, see page 20-21.
Provides vouchers for nutritious food for children up to age 5, or mothers who are expecting or nursing. See heading under Food Resources on pages 20-21.

Hotlines

National Center for Missing Children1-800-843-5678
Parent Trust for Washington Children1-800-932-4673

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Disabilities Resources

- Canine Companions for Independence**1-800-572-2275
For wheelchair users without other barriers
- Center for Independence North Sound**1-888-482-4839
114 West Magnolia St, Suite 104, Bellingham
Peer mentoring, support groups, advocacy, independent life skills & more.
- Community Services for the Blind**..... 1-800-458-4888
- Community Services for the Deaf/Hearing Impaired** 1-877-301-0006
- Department of Social and Health Services**..... 1-877-501-2233
900 East College Way, Mount Vernon
<http://www.washingtonconnection.org>
- Division of Vocational Rehabilitation** (360) 429-3097
900 East College Way, Mount Vernon
Employment and training for persons with disabilities who want to work.
- Dial-a-Ride Transit (DART)**.....(360) 757-4433
Specialized transport for elderly or persons with disabilities.
- Learning Disability Association of WA**1-800-536-2343
Provides a referral service for individuals with learning disabilities.
- Parent to Parent Program**(360) 584-3272
320 Pacific Place, Mount Vernon
Support group for parents of children with special needs.
- Samish Vocational Rehabilitation Services**(360) 588-8200
2917 Commercial Ave, Anacortes
Counseling and employment services for disabled Native Americans.

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- Upper Skagit Chemical Dependency Program**(360) 854-7070
25959 Community Plaza Way, Sedro-Woolley
- Upper Skagit Employment Services/Tribal TANF Program** .(360) 854-7130
- Upper Skagit Child Development Center**(360) 854-7092
25782 Coyote Drive, Sedro-Woolley
- Upper Skagit Commodities Program**(360) 854-7040
Small food bank run by the tribe. Restrictions apply.

Senior Resources

- Area Agency on Aging**(360) 676-5500
600 Lakeway Drive, #100, Bellingham
Resources for seniors and persons with disabilities; caregiver resources.
- C.O.P.E.S (in home care for seniors)**(360) 416-7289
- Dept of Social & Health Services (DSHS)**.....1-800-501-2233
washingtonconnection.org 900 East College Way, Mount Vernon
Kinship Care, Medicare Savings Program, long-term care, disabilities.
- Skagit SHIBA**(360) 707-5567
Assistance with Medicare-related questions.
- Grandparents Raising Grandchildren**.....(360) 856-3054
Ongoing support group, parenting re-education and in-home coaching.
- Meals on Wheels and Senior Lunch Program**(360) 419-3420
Home delivered meals for seniors (age 60 plus).

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- Upper Skagit Chemical Dependency Program**(360) 854-7070
25959 Community Plaza Way, Sedro-Woolley
- Upper Skagit Employment Services/Tribal TANF Program** .(360) 854-7130
- Upper Skagit Child Development Center**(360) 854-7092
25782 Coyote Drive, Sedro-Woolley
- Upper Skagit Commodities Program**(360) 854-7040
Small food bank run by the tribe. Restrictions apply.

Senior Resources

- Area Agency on Aging**(360) 676-5500
600 Lakeway Drive, #100, Bellingham
Resources for seniors and persons with disabilities; caregiver resources.
- C.O.P.E.S (in home care for seniors)**(360) 416-7289
- Dept of Social & Health Services (DSHS)**.....1-800-501-2233
washingtonconnection.org 900 East College Way, Mount Vernon
Kinship Care, Medicare Savings Program, long-term care, disabilities.
- Skagit SHIBA**(360) 707-5567
Assistance with Medicare-related questions.
- Grandparents Raising Grandchildren**.....(360) 856-3054
Ongoing support group, parenting re-education and in-home coaching.
- Meals on Wheels and Senior Lunch Program**(360) 419-3420
Home delivered meals for seniors (age 60 plus).

27

Native American Resources

- Samish Indian Nation Social Services**.....(360) 899-5282
1809 Commercial Avenue, Anacortes
Housing, social services, food and energy assistance. Some assistance is specifically for Samish members, other programs are for all Native Americans.
- Samish Early Learning Center and Longhouse**.....360-588-8806
Head start, Early Learning Center and an Elders program
- Swinomish Indian Tribal Community**(360) 466-7216
www.swinomish.org
A variety of culturally relevant programs that serve Swinomish and other Native Americans.
- Swinomish Medical Clinic**.....(360) 466-3167
7400 Reservation Rd, La Conner
Serves all enrolled Native Americans from federally recognized tribes.
- Swinomish Senior Center**(360) 466-3980
17691 Reservation Road, La Conner
- Swinomish Counseling Services**(360) 466-7265
17400 Reservation Rd, La Conner
Counseling and psychiatric services to promote mental health wellness.
- Swinomish Wellness Program**.....(360) 466-1024
17337 Reservation Road, La Conner
Chemical dependency and problem gambling treatment.

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17337 Reservation Road, La Conner
Chemical dependency and problem gambling treatment.

Skagit County Public Health and Community Services(360) 419-3420
To find assistance with services for persons with developmental disabilities.

Washington Vocational Services.....(360)- 419-0910
503 E Fairhaven Ave, Burlington
Career counseling and vocational training for people with disabilities.

Domestic Violence Resources

Skagit Domestic Violence and Sexual Assault Services1-888-336-9591
www.skagitdvsas.org 1521 B Leigh Way, Mount Vernon
Counseling, crisis intervention, legal advocacy, emergency room assistance, and support groups for adults facing domestic violence.

Dept. of Social & Health Services (DSHS).....1-877-501-2233
900 East College Way, Mount Vernon
Website: www.washingtonconnection.org
Adult Protective Services (DSHS).....1-800-487-0416
Aging and Adult Services Complaint Line1-800-562-6078
Child Protective Services(360) 735-7038
Children and Family Services Division1-800-785-5582

Family and Friends of Violent Crime Victims1-800-346-7555
Support and advocacy for victims of crime and families of missing persons.

DV Hot Lines

Domestic Violence Hotline (Washington)1-800-562-6025
Sexual Assault Hotline.....1-800-656-4673
Sexual Assault Support Group.....(360) 336-9591
Washington State Crime Victim Advocacy1-800-822-1067

Skagit County Public Health and Community Services(360) 419-3420
To find assistance with services for persons with developmental disabilities.

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Washington State Crime Victim Advocacy1-800-822-1067

East Skagit County Resources

East County Community Resource Center(360) 853-8767
 45770 Main Street, Concrete
 Days/Hours: Monday-Friday 9am-3pm
Services include: gas, food & clothing vouchers, Adult Literacy, Teen health clinic, Dept of Licensing, copying/faxing, Legal Clinic, Mental Health services, veterans services, Chamber of Commerce, WIC, food handler's permits, Dept of Social & Health Services representative.

Commissioner's Office(360) 853-7009
 45770 Main Street, Concrete

Concrete Public Library(360) 853-8950
 45672 Main St, Concrete

Concrete Senior Center(360) 853-8400
 45821 Railroad Avenue, Concrete

East County Food Banks

(see Bread of Life, Concrete Food Bank, Hamilton Community Food Bank and Shepherd's Heart in Food Banks section on page 15)

Education & Literacy

Clearpoint Credit Counseling.....1-877-412-2227
Financial and credit education, money-management.

English as a Second Language (ESL)

Instruction for non-native speakers of English. Classes emphasize beginning to advanced listening, speaking, reading, writing. Locations on next page.

East Skagit County Resources

East County Community Resource Center(360) 853-8767
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Legal Resources

CLEAR Legal Services - low income.....1-888-201-1014
CLEAR Legal Services - over age 60.....1-888-387-7111
 nwjustice.org/get-legal-help

Free legal assistance with civil legal problems. Hours 9-12, Mon-Fri.

Catholic Immigration Legal Services(360) 416-7095
 See page 24.

Northwest Immigrant Rights Project1-800-445-5771
 www.nwirp.org

Legal services for low-income immigrants and families.

Northwest Women's Law Center(206)-621-7691

Volunteers of America Dispute Resolution Center.....(360) 542-8487
 www.voaww.org 117 N 1st Street, Ste 30, Mount Vernon

Home foreclosure mediation, group facilitation, arbitration, conflict resolution training. Mediation for landlords and tenants.

American Civil Liberties Union(206) 624-2180
 705 2nd Ave, Seattle

Washington State Human Rights Commission.....1-800-233-3247

<http://www.hum.wa.gov/>

Investigates claims of discrimination and human rights violations.

WA Law Help Online

www.washingtonlawhelp.org/WA/index.cfm

Web-based resource to help you find solutions to legal and civil problems.

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Web-based resource to help you find solutions to legal and civil problems.

Immigrant Resources

Catholic Immigration Legal Services(360) 416-7095

300 S 1st St, Suite C, Mount Vernon

Renewal of green cards, adjustment of status, family-based immigration, citizenship, and DACA (Deferred Action for Childhood Arrivals). Call for appointment.

English as a Second Language (ESL)

Instruction for non-native speakers of English. Classes emphasize beginning to advanced listening, speaking, reading, writing. See page 11 for locations.

Northwest Immigrant Rights Project1-800-445-5771

Days/Hours: Monday to Friday 9:30AM - 12:00PM and 1:00PM - 4:30PM

Website: www.nwirp.org

Provides direct legal services for low-income immigrants.

Tierra Nueva Family Support Center(360) 755-0768

102 N Pine Street, Burlington

Mondays and Wednesdays from 11:00AM to 4:00PM

Emergency clothing and blankets, assistance with legal problems, help with job and housing applications. Services provided in Mixtec, Spanish, and English.

⇒ Goodwill ESOL(360) 848-6468

205 Roosevelt Ave, Mount Vernon

⇒ Skagit Valley College (ESL)(360) 416-7654

2405 East College Way, Mount Vernon

⇒ Skagit Literacy (ESL)(360) 416-7585

330 Pacific Place, Mount Vernon

Emerson Alternative School(360) 336-2681

youthnetnw.net/emerson-high-school

Alternative high school in Mount Vernon. For students in Mount Vernon and La Conner School Districts. See your high school guidance counselor to enroll.

Goodwill Industries(360) 848-6468

205 Roosevelt Ave, Mount Vernon

Adult Basic Education, English as Second Language, Cashier training.

Skagit/Islands Head Start(360) 416-7590

320 Pacific Place, Mount Vernon

Preschool programs and other early childhood programs for children from birth to age 5.

Plazas Comunitarias(360) 428-6116

LaVenture Middle School, 1200 LaVenture Road, Mount Vernon

Adult-education courses in Spanish offered by Mexico's Secretary of Public Education.

Skagit Literacy(360) 416-7585

Community Action of Skagit County

330 Pacific Place, Mount Vernon

Adult Basic Education, English as a Second Language (ESL), High School

Immigrant Resources

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Skagit Literacy(360) 416-7585

Community Action of Skagit County

330 Pacific Place, Mount Vernon

Adult Basic Education, English as a Second Language (ESL), High School

Equivalency classes (formerly GED).

Skagit Preschool and Resource Center (SPARC)(360) 416-7570
320 Pacific Place, Mount Vernon
Educational, therapeutic and behavioral programs for children with special needs from birth to six.

Inspire Development Centers (two locations)

- ⇒ Mount Vernon.....(360) 428-3993
Migrant & Seasonal Head Start, Early Head Start and ECEAP
- ⇒ Burlington.....(360) 707-2837
Migrant Seasonal Head Start, ECEAP

Skagit Valley College(360) 416-7600
2405 East College Way, Mount Vernon
Website: www.skagit.edu

- ⇒ Adult Basic Education.....(360) 416-7806
- ⇒ Career Services Center(360) 416-7630
- ⇒ GED(360) 416-7820
- ⇒ IBEST and BFET(360) 416-7623
- ⇒ Life Transitions Program(360) 416-7044
Career exploration and job search for those who have become sole supporters of family due to divorce, disability, or separation.

Equivalency classes (formerly GED).

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- ⇒ IBEST and BFET(360) 416-7623
- ⇒ Life Transitions Program(360) 416-7044
Career exploration and job search for those who have become sole supporters of family due to divorce, disability, or separation.

Northwest Youth Services.....(360) 336-1988
2204 Riverside Dr #210 , Mount Vernon
Transitional and supportive housing for homeless youth 18-21.

Whatcom Homeless Service Center.....(360) 255-2091
1111 Cornwall Avenue Suite C, Bellingham
Eviction prevention, rental assistance, case management and other services for Whatcom County.

Shelters

Anacortes Family Center(360) 293-2993
1011 27th St, Anacortes
Provides shelter for homeless families with children.

Friendship House—Men's Shelter(360) 336-2135
1008 South 3rd Street., Mount Vernon
Provides emergency shelter for homeless men.

Friendship House —Women and Children(360) 336-2418
922 South 3rd Street, Mount Vernon
Provides emergency shelter for single women and women with children.

Oasis Teen Shelter.....(360) 419-9058
125 N. 5th Street, Mount Vernon
Shelter for teens age 13-17. Opens at 5:30pm every night. Entrance is at rear of building.

Skagit Domestic Violence Shelter(360) 336-9591
Confidential shelter program for victims of domestic violence.

William J. Shuler Family Development Center(360) 416-7585
Provides shelter and case management for homeless families with children.

Northwest Youth Services.....(360) 336-1988
2204 Riverside Dr #210 , Mount Vernon
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Confidential shelter program for victims of domestic violence.

William J. Shuler Family Development Center(360) 416-7585
Provides shelter and case management for homeless families with children.

Housing

Affordable Housing, Subsidized Housing

- Anacortes Housing Authority**(360) 293-7831
719 Q Avenue , Anacortes
Subsidized housing programs for low-income households.
- Skagit Habitat for Humanity**.....(360) 428-9402
1022 Riverside Drive, Mount Vernon
Builds safe affordable, permanent houses with families in need.
- Home Trust of Skagit**(360) 899-5943
330 Pacific Place, Mount Vernon
Helps low-income families secure affordable homes.
- Housing Authority of Skagit County**.....(360) 428-1959
1650 Port Drive, Burlington
Subsidized housing programs (see also Anacortes Housing Authority) and home weatherization.
- Skagit County and Whatcom County Self Housing**(888) 360-0223

Housing Assistance Programs

- Housing Resource Center**(360) 416-7585
Community Action of Skagit County
330 Pacific Place, Mount Vernon
Days/Hours: 10am-4pm Mon, Tues, Thurs, Fri
Intake and screening for housing assistance in Skagit County.

Housing

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Intake and screening for housing assistance in Skagit County.

Employment & Job Training

- Basic Food Employment & Training (BFET)**.....(360) 416-7948
A program offered at Skagit Valley College. Assists Basic Food recipients with obtaining basic education and training.
- Cascade Job Corps**(800) 733-5627
cascades.jobcorps.gov 7782 Northern State Rd, Sedro-Woolley
Residential program. Learn a career, earn high school diploma or GED. Ages 16-24.
- Division of Vocational Rehabilitation**(360) 429-3097
900 East College Way, Suite 120, Mount Vernon
Helps individuals with disabilities become employed.
- Go Skagit (Online Job Listings)**
www.goskagit.com
- Goodwill—Mount Vernon Job Training & Education**(360) 848-6468
205 Roosevelt, Mount Vernon (across from store)
Career services, cashier training, and computer training.
- Washington Vocational Services**.....(360) 419-0910
www.wvs.org 503 E Fairhaven Ave, Burlington
Career counseling, vocational rehab, and services for disabled persons.
- WorkSource Skagit**(360) 416-3500
2005 East College Way, Mount Vernon
fortress.wa.gov/esd/worksource/Employment.aspx
Workshops on a variety of job search and career planning topics, resume reviews, interview preparation & more.

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Career counseling, vocational rehab, and services for disabled persons.
- WorkSource Skagit**(360) 416-3500
2005 East College Way, Mount Vernon
fortress.wa.gov/esd/worksource/Employment.aspx
Workshops on a variety of job search and career planning topics, resume reviews, interview preparation & more.

Temporary and Day Labor Agencies

- ⇒ **Labor Ready**(360) 424-3205
2222 Riverside Drive, Mount Vernon
- ⇒ **Command Center**(360) 336-9993
720 West Division St, Mount Vernon
- ⇒ **Express Employment Professionals**.....(360) 336-1980
525 East College Way, Suite F, Mount Vernon
- ⇒ **Human Resources, Inc**(360) 424-7134
2124 Riverside Drive, Mount Vernon

Food Resources

Food Banks

- Alger Food Bank** (360) 724-5131
18731 Parkview Lane, Alger
Distribution: 1st & 3rd Tuesdays, 10 am to 2 pm
- Anacortes 100 Food Bank**(360) 293-6445
512 4th Street, Anacortes
For Anacortes and La Conner residents **only**
Distribution: Tuesday & Friday 10 am - 2 pm
- Bread of Life Food Bank**(360) 873-2504
59850 Hwy 20, Marblemount
Distribution: 1st & 3rd Wednesdays, 11 am - 5 pm
- Community Covenant Food Bank**(360) 419-7061
Clear Lake. Call Love INC for referral or appointment.

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- ⇒ **Labor Ready**(360) 424-3205
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Distribution: 1st & 3rd Wednesdays, 11 am - 5 pm
- Community Covenant Food Bank**(360) 419-7061
Clear Lake. Call Love INC for referral or appointment.

Mental Health

- Catholic Community Services NW**.....(360) 856-3054
614 Peterson Road, Burlington
Mental health counseling for children.
- Compass Health**
1100 South 2nd Street, Mount Vernon
Mental health counseling and psychiatric services for adults and children
For persons with Washington Apple Health(888) 693-7200
For persons with other insurance or with questions(425) 349-8200
- Sea Mar Mount Vernon Behavioral Health Center**(360) 542-8920
1010 East College Way, Suite 100, Mount Vernon
Assessments, medication assessments, family/group therapy.
- Skagit County Public Health and Community Services**.....(360) 419-3420
To find assistance with substance abuse and mental health care resources, as well as services for persons with developmental disabilities.
- Skagit Valley REACH Center**(360) 873-8635
1413 E College Way , Mount Vernon
Self-help classes, recovery groups, computer access, social activities.
- Sunrise Community Services**.....(360) 336-3762
2500 East College Way, Mount Vernon
Recovery-oriented services for those living with mental illness.

Mental Health

- Catholic Community Services NW**.....(360) 856-3054
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2500 East College Way, Mount Vernon
Recovery-oriented services for those living with mental illness.

Skagit SHIBA (360) 707-5567
Assistance navigating Medicare A & B and supplemental plans.

Veteran's Dental Van Program..... (360) 416-7585
Provides mobile dental services for low-income veterans.

Women, Infants and Children (WIC)
Also provides health information and screening. See WIC heading under Food Resources on page 17 for WIC locations.

Information & Referral

Northsound 211..... Dial 211 or 1-800-223-8145
Volunteers of America Western Washington
Website: www.voaww.org/211
Statewide Information and referral by phone plus an online database.

Libraries

- ⇒ Anacortes Public Library (360) 293-1910
1220 10th St, Anacortes
- ⇒ Burlington Public Library (360) 755-0760
820 East Washington Ave, Burlington
- ⇒ La Conner Regional Library..... (360) 466-3352
614 Morris, La Conner
- ⇒ Mount Vernon City Library..... (360) 336-6209
315 Snoqualmie St, Mount Vernon
- ⇒ Sedro-Woolley Public Library (360) 855-1166
802 Ball St, Sedro-Woolley
- ⇒ Upper Skagit Library (360) 853-8950
45672 Main St, Concrete

Concrete Food Bank(360) 853-8505
45770 Main Street, Concrete
April thru September: 2nd & 4th Thursdays, 12-3 pm
October thru March: 2nd, 3rd and 4th Thursdays 12-3pm

Hamilton Community Food Bank(360) 826-4090
571 Petit St., Hamilton
Distribution: Tuesdays 11-12 & 1-3 pm

La Conner Sunrise Food Bank.....(360) 466-3277
601 South 2nd, La Conner
Distribution: Mondays 2-3 pm

Shepherd's Heart Care Center / Food Bank(360) 422-3765
8334 S Main Street, Lyman
Distribution: Thursdays 10:30am—1pm

Neighbors In Need(360) 420-0558
1615 South 2nd Street, Mount Vernon
Distribution: Tuesdays 1—6 pm

Salvation Army Food Bank(360) 293-6682
3001 R Drive, #100, Anacortes
For Anacortes and LaConner residents **only**
Distribution: Mondays and Wednesdays 1-3:45 pm

St. Vincent DePaul Food Bank(360) 293-9821
4001 St. Mary's Drive, Anacortes
Distribution: Fridays, 10am to 11 am—bring photo ID

Tri-Parish Food Bank(360) 757-0128
935 Peterson Road, Burlington
Distribution: June thru September, Wednesdays 2-6 pm

Skagit SHIBA (360) 707-5567
Assistance navigating Medicare A & B and supplemental plans.

Veteran's Dental Van Program..... (360) 416-7585
Provides mobile dental services for low-income veterans.

Women, Infants and Children (WIC)
Also provides health information and screening. See WIC heading under Food Resources on page 17 for WIC locations.

Information & Referral

Northsound 211..... Dial 211 or 1-800-223-8145
Volunteers of America Western Washington
Website: www.voaww.org/211
Statewide Information and referral by phone plus an online database.

Libraries

- ⇒ Anacortes Public Library (360) 293-1910
1220 10th St, Anacortes
- ⇒ Burlington Public Library (360) 755-0760
820 East Washington Ave, Burlington
- ⇒ La Conner Regional Library..... (360) 466-3352
614 Morris, La Conner
- ⇒ Mount Vernon City Library..... (360) 336-6209
315 Snoqualmie St, Mount Vernon
- ⇒ Sedro-Woolley Public Library (360) 855-1166
802 Ball St, Sedro-Woolley
- ⇒ Upper Skagit Library (360) 853-8950
45672 Main St, Concrete

Concrete Food Bank(360) 853-8505
45770 Main Street, Concrete
April thru September: 2nd & 4th Thursdays, 12-3 pm
October thru March: 2nd, 3rd and 4th Thursdays 12-3pm

Hamilton Community Food Bank(360) 826-4090
571 Petit St., Hamilton
Distribution: Tuesdays 11-12 & 1-3 pm

La Conner Sunrise Food Bank.....(360) 466-3277
601 South 2nd, La Conner
Distribution: Mondays 2-3 pm

Shepherd's Heart Care Center / Food Bank(360) 422-3765
8334 S Main Street, Lyman
Distribution: Thursdays 10:30am—1pm

Neighbors In Need(360) 420-0558
1615 South 2nd Street, Mount Vernon
Distribution: Tuesdays 1—6 pm

Salvation Army Food Bank(360) 293-6682
3001 R Drive, #100, Anacortes
For Anacortes and LaConner residents **only**
Distribution: Mondays and Wednesdays 1-3:45 pm

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Tri-Parish Food Bank(360) 757-0128
935 Peterson Road, Burlington
Distribution: June thru September, Wednesdays 2-6 pm

September thru May, Saturdays 1-3 pm

Helping Hands Food Bank..... (360) 856-2211
601 Cook Rd, Sedro-Woolley
Distribution: Wednesdays 10-11:45 am & 12:30-4 pm

Meal Programs By Town/Community

Anacortes

The Kitchen Table (360) 293-5300
Anacortes First Baptist Church
2717 J Ave, Anacortes
Thursdays, 5:30pm-7pm

Dinner at the Brick..... (360) 293-3880
Westminster Presbyterian Church
1300 Ninth Street, Anacortes
Dinners on Sunday from 4:30pm-5pm

Spaghetti Dinner (360) 293-0604
United Methodist Church
2201 H Avenue, Anacortes
Every 3rd Thursday, from 5:00 - 7:00 pm

September thru May, Saturdays 1-3 pm

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- ⇒ Community Action of Skagit County(360) 588-5313
- ⇒ Island Hospital.....(360) 299-1300
- ⇒ Mt. Baker Planned Parenthood.....(360) 848-1744 ext 3822
- ⇒ Sea Mar Community Health Centers.....1-855-289-4503
- ⇒ Skagit Valley Hospital.....(360) 428-2613
- ⇒ United General Hospital.....(360) 856-7384

Washington Health Plan Finder1-855-923-4633
www.wahealthplanfinder.org
For individuals, families and small businesses in Washington State to compare and enroll in Medicaid or Health Insurance Premium Tax Credits.

Hospitals

- ⇒ Island Hospital(360) 299-1300
1211 24th Street, Anacortes
- ⇒ Skagit Valley Hospital(360) 424-4111
1415 East Kincaid Avenue, Mount Vernon
- ⇒ United General.....(360) 856-7318
2000 Hospital Drive, Sedro-Woolley

Other Health Resources (See Also Mental Health)

Skagit County Public Health and Community Services.....(360) 419-3420
To find assistance with substance abuse and mental health care resources, as well as services for persons with developmental disabilities.

Dept of Social & Health Services (DSHS).....1-800-501-2233
washingtonconnection.org 900 East College Way, Mount Vernon
Healthcare for Workers with Disabilities; Medicare savings program; Aged, Blind and Disabled Medical Program.

- ⇒ Community Action of Skagit County(360) 588-5313
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Healthcare for Workers with Disabilities; Medicare savings program; Aged, Blind and Disabled Medical Program.

Safe Harbor Free Clinic(425) 870-7384
www.safeharborfreeclinic.org 7209 265th St NW #203, Stanwood
Free medical clinic. Chronic care, women’s health, podiatry and walk-in service. Call for days/hours.

Sea Mar Community Health Centers
Skagit Valley Hospital Campus.....(360) 588-5550
1415 E Kincaid Street, Mount Vernon
Days/Hours: (M-F 10am-7pm; Saturdays 8am-5pm)

Mount Vernon Medical Clinic.....(360) 428-4075
1400 N. Laventure Road, Mount Vernon
Days/Hours: (Mondays 8am-9pm; Tues-Fri 8am-5pm)
Sliding Scale available
Family medicine, OBGYN specialty care, immunizations, urgent care

Sea Mar Dental Clinic - Mount Vernon.....(360) 542-8901
1400 N LaVenture, Mount Vernon
Extended hours (Monday-Saturday 8am-5pm; Saturdays pediatric dental)
Full service for children, adults with private health insurance or private pay

Health Insurance and Medical Coverage

Apple Health (Medicaid ages 0-64)
Free health insurance for individuals or families under 135% of the federal poverty level. See In-Person Assister sites for help applying or go to Washington Health Plan Finder www.wahealthplanfinder.org.

In-Person Assister (IPA) Program
In-person assistance with enrollment in Apple Health (Medicaid) and Health Insurance Premium Tax Credits through the Health Benefits Exchange.

Safe Harbor Free Clinic(425) 870-7384
www.safeharborfreeclinic.org 7209 265th St NW #203, Stanwood
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Mount Vernon

Dinner and a Movie(360) 848-5116
Christ the King Church
2111 Riverside Dr, Mount Vernon
Free dinner and a movie on Tuesdays at 6 pm

Friendship House Café(360) 873-8022
108 Snoqualmie St, Mount Vernon
Monday thru Friday
Breakfast 7-8 a.m., Lunch 11:30am-12:30, Dinner 5:30-6:30 p.m.

Weekends
Breakfast 8-8:30 a.m., Lunch 12:30 - 1 p.m., Dinner 5:30 - 6:30 p.m.

Reverie Community Meals.....(360) 419-8227
New Life at the Well
123 Evergreen Street, Mount Vernon
Dinners last five calendar days of the month, 5:30 to 7:30 p.m.

Sunday Food Ministry(360) 848-5116
Christ The King Church
2111 Riverside Dr, Mount Vernon
Hot breakfast on Sundays 9:30—11:30 am

Sedro-Woolley

Open Door Community Kitchen(360) 856-6412
1013 Polte Rd, Sedro-Woolley
Dinners last full week of the month (Mon-Fri) 5-6 pm

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Meal Delivery

Meals on Wheels and Senior Lunch Program(360) 419-3420
Home-delivered meals for seniors (60+).

Mobile Food Express(360) 416-7585
Food bank home delivery for seniors/disabled without transportation.

Senior Centers (See listing under Seniors on page 32).

Other Food Resources

Washington Basic Food (SNAP)1-877-501-2233

Department of Social and Health Services

900 East College Way, Mount Vernon

Website: www.washingtonconnection.org

Supplemental Nutrition Assistance Program or Food Stamps. Benefits for low-income people to buy food at the grocery store.

Basic Food (SNAP) Outreach(360) 416-7585

Community Action of Skagit County

330 Pacific Place, Mount Vernon

Assistance with applications & eligibility reviews for Basic Food or SNAP.

Skagit Gleaners(360) 982-2087

skagitgleaners.org 1021 Riverside Drive, Mount Vernon

Reclaims food products for distribution to families. Fee for membership.

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Women, Infants and Children (WIC) — multiple locations

Provides checks for nutritious foods for women who are pregnant, breastfeeding or have children up to age 5.

⇒ **Anacortes WIC**(360) 416-7595
2601 M Ave, Anacortes

⇒ **Concrete WIC Clinic**(360) 336-9392
45770 Main Street, Concrete

⇒ **Community Action of Skagit County**(360) 416-7595
330 Pacific Place, Mount Vernon

⇒ **Skagit County Health Department WIC**(360) 336-9392
700 S. 2nd, Room 301, Mount Vernon

⇒ **United General WIC**.....(360) 856-7318
2000 Hospital Dr., Sedro-Woolley

Health Resources

Clinics

Interfaith Medical Services(877) 235-6850
220 Unity Street, Bellingham
Affordable clinic for those w/out insurance. Accepts Apple Health.

Planned Parenthood(360) 848-1744
1805 E Division Street, Mount Vernon
Provides reproductive health care services for men and women. Also provides hormone therapy and other services specific to transgender persons.

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