

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.

9/27/2016



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Revised 09/15/2016

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For more information and resources call North Sound 2-1-1.



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Table of Contents

SUBJECT Listing (alphabetical)	Page
Alcohol & Drug Services	1-2
Basic Needs	2-3
Children, Youth & Parenting	4-5
Disabilities Resources	6-7
Domestic Violence	7
East Skagit County Resources	8
Education & Literacy	9-10
Employment & Job Training	10-11
Food Resources	12-16
Health Resources	16-19
Information and Referral	20
Libraries	20
Mental Health	21
Housing & Shelter	22-23
Immigrant Resources	24
Legal	25
Native American Resources	26-27
Seniors	27-29
Transportation	30
Utilities	30-31
Veterans	31
Volunteerism	32

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Alcohol & Drug Services	1-2
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Libraries	20
Mental Health	21
Housing & Shelter	22-23
Immigrant Resources	24
Legal	25
Native American Resources	26-27
Seniors	27-29
Transportation	30
Utilities	30-31
Veterans	31
Volunteerism	32

Volunteerism

See also Food Banks, Meal Programs and Shelters for agencies that have an ongoing need for 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.

Skagit Habitat for Humanity.....(360) 428-9402
1022 Riverside Drive, Mount Vernon
Builds safe, 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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See also Food Banks, Meal Programs and Shelters for agencies that have an ongoing need for volunteers.

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Alcohol & Drug Counseling

Clinics & Treatment Programs

Follman Agency(360) 755-1125
910 South Anacortes St, Burlington
Substance abuse and other addiction treatment, counseling.

Phoenix Recovery Services.....(360) 848-8437
1601 East College Way, Mount Vernon
Domestic Violence Perpetrator services, anger management, mental health, needle exchange, problem gambling treatment.

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
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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Other Drug and Alcohol Addiction Help

Faith House & The Trust(360) 848-9281
Recovery homes for men and women. Faith-based. 9-12 months stay, sliding scale, \$150 to 400 per month.

Washington Recovery Line1-866-789-1511
24-Hour Help for Substance Abuse, Problem Gambling & Mental Health.

Parent Child Assistance Program (PCAP)(360) 428-6622
Home visitation intervention and counseling program for pregnant or parenting women with substance abuse.

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 help with food, gas, clothing, hygiene, toiletries and transit passes.

Department of Social & Health Services (DSHS)1-800-501-2233
900 East College Way, Mount Vernon

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Department of Social & Health Services (DSHS)1-800-501-2233
900 East College Way, Mount Vernon

WA Utilities and Transportation Commission1-888-333-WUTC
www.utc.wa.gov/Pages/default.aspx
Assists with billing disputes, service complaints, disconnections, deposits for landline phone services.

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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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 Service1-800-860-6812
Transportation to medical appointments for those with no other alternatives. For those on Apple Health or Medicaid. Certain restrictions apply.

Utilities Assistance

Assurance Wireless1-888-898-4888
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
Assistance with utilities such as electric, gas, propane, and wood.

Safelink1-800-SAFELINK
www.safelink.com
Free mobile phone with 250 free minutes for qualifying households.

Lifeline (Frontier Communications)1-800-921-8101
Provides discounted landline phone service for low-income households.

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For individuals with disabilities that prevent them from using regular transit.

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Website: <http://washingtonconnection.org> or www.dshs.wa.gov
Cash assistance, food stamps, child support, housing & essential needs.

Friendship House (Clothing Bank & Showers)(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) 720-7702
Clothing, toiletries, hygiene, other items. Call for assistance.

St. Vincent DePaul Food Bank(360) 293-9821
4001 St. Mary's Drive, Anacortes
Fidalgo Island residents only. 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 food. For Anacortes and La Conner residents only.

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Sea Mar Healthcare for Homeless..... (360) 542-8899
1010 East College Way, Mount Vernon
Assistance with food and hygiene resources (when funds allow).

Children, Youth & Parenting

Cascade Job Corps (ages 16-24)(800) 733-5627
website: cascades.jobcorps.gov
Youth learn career skills, a trade, or earn high school diploma or GED.

Catholic Community Services NW(360) 856-3054
614 Peterson Road, Burlington
Mental health counseling for children and youth.

Child Care Resource and Referral.....1-800-446-1114
Child Care Aware of Washington
Web: 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
Web: www.washingtonconnection.org
900 East College Way, Mount Vernon
Child Care Subsidy, Child Support Services, Child Protective Services, Temporary Assistance for Needy Families (TANF), Foster Care.

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.

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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17691 Reservation Road, La Conner

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 for elders.

Skagit Adult Day Program
Website: www.skagitadultdayprogram.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 Administration (www.ssa.gov).....1-800-772-1213
 710 E College Way, Suite #A, Mount Vernon
Apply for Social Security benefits and/or Medicare benefits or get information about eligibility.

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.

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Emerson Alternative School.....(360) 336-2681
 web: youthnetnw.net/emerson-high-school
Alternative high school for Mount Vernon and La Conner students.

Skagit/Islands Head Start(360) 416-7590
 320 Pacific Place, Mount Vernon
Preschool programs and early childhood programs 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.

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.

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
 Program of Pregnancy Choices
 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 15.
Provides vouchers for nutritious food for children up to age 5, or mothers

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who are expecting or nursing . See heading under Food Resources on pages 15.

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
Website: <http://www.washingtonconnection.org> or dshs.wa.gov
Vocational rehab (see below), cash assistance, medical assistance.
⇒ Division of Vocational Rehabilitation(360) 429-3097
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.

who are expecting or nursing . See heading under Food Resources on pages 15.

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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

- 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 enrollment and supplemental insurance plans.
- 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).
- Northwest Regional Council**(360) 428-1301
1650 Port Drive, Burlington
Website: www.nwrcwa.org
Information and referral for seniors, Medicaid transportation, COPES in-home care services for seniors, referrals for skilled nursing facilities.

Upper Skagit Employment Services/Tribal TANF Program .(360) 854-7130

- Upper Skagit Child Development Center**(360) 854-7092
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- Meals on Wheels and Senior Lunch Program**.....(360) 419-3420
Home delivered meals for seniors (age 60 plus).
- Northwest Regional Council**(360) 428-1301
1650 Port Drive, Burlington
Website: www.nwrcwa.org
Information and referral for seniors, Medicaid transportation, COPES in-home care services for seniors, referrals for skilled nursing facilities.

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
website: 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.
- Upper Skagit Chemical Dependency Program**.....(360) 854-7070
25959 Community Plaza Way, Sedro-Woolley

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25959 Community Plaza Way, Sedro-Woolley

- 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.
- Skagit County Public Health and Community Services**.....(360) 419-3420
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 Services**1-888-336-9591
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 or www.dshs.wa.gov
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

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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

East Skagit County Resources

East County Resource Center(360) 853-7009
 45770 Main Street, Concrete
 Days/Hours: Monday-Friday 9am-3pm
Services include: gas, food & clothing vouchers, Adult Education, 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)

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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)

Mondays and Wednesdays from 11:00AM to 4:00PM
Emergency clothing and blankets, legal assistance, help with job and housing applications. Services provided in Mixtec, Spanish, and English.

Legal Resources

CLEAR Legal Services - low income1-888-201-1014
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.

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

Legal services for low-income immigrants and families.

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 Commission1-800-233-3247
<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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Emergency Drop-In Shelters (in order of distance from Skagit County)

Lighthouse Mission (360) 733-5120
910 W Holly St, Bellingham
Drop in shelter for homeless men, women and children.

Everett Gospel Mission (425) 740-2500
Drop in shelter for homeless men, women and children.

⇒ **Mens:** 3711 Smith Ave, Everett (425) 740-2550

⇒ **Women & Children:** 5126 S 2nd Ave Everett (425) 740-2501

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 Project 1-800-445-5771

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

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Adult Education & Literacy

Clearpoint Credit Counseling..... 1-877-412-2227
Financial and credit education, debt and 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 below:

⇒ 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

Goodwill Industries (360) 848-6468
205 Roosevelt Ave, Mount Vernon

Adult Basic Education, English as Second Language, Cashier & cusomter service training, computer classes, Citizenship prep, case management.

Plazas Comunitarias (360) 428-6116

LaVenture Middle School, 1200 LaVenture Road, Mount Vernon

Adult-education courses in Spanish.

Community Action of Skagit County (360) 416-7585

330 Pacific Place, Mount Vernon

Adult Basic Education, English as a Second Language (ESL), High School Equivalency classes (formerly GED).

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Skagit Valley College (360) 416-7600
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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.

Employment & Job Training

Basic Food Employment & Training (BFET) (360) 416-7948
Assists food stamps recipients with obtaining basic education, skills training, support services, and job searching to find employment.

- ⇒ Community Action of Skagit County (360) 416-7585
- ⇒ Goodwill Job Training & Education Center (360) 848-6468
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Cascade Job Corps See page 4 for description. (800) 733-5627

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

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 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.

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2405 East College Way, Mount Vernon
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Housing

Affordable and 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) 428-0014
612 South First St, 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. Apply for Section 8.

Skagit County and Whatcom County Self Housing(888) 360-0223

Programs for People Experiencing Homelessness

Housing Resource Center(360) 416-7585
Community Action of Skagit County
330 Pacific Place, Mount Vernon
Days/Hours: 10am-3pm Mon, Tues, Thurs, Fri
Coordinated intake and screening for housing assistance in Skagit County.

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Goodwill—Mount Vernon Job Training & Education(360) 848-6468
205 Roosevelt, Mount Vernon (across from store)
Career services, cashier training, and computer training.

Hunger to Hope Job Training Program(360) 873-8022
Program of Friendship House
Free 12-week kitchen apprenticeship certification program. Application and interview required. Participation limited to 8 apprentices.

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
web: fortress.wa.gov/esd/worksource/Employment.aspx
Job search and career planning workshops, resume reviews, interview help.

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

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

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Mental Health

- Catholic Community Services NW**.....(360) 856-3054
614 Peterson Road, Burlington
Mental health counseling for children and youth.
- 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
⇒ **Crisis Prevention & Intervention Teams**(360) 419-3640
Crisis intervention and prevention for mental health and chemical dependency situations.
- 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 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.

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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

Public libraries offer a variety of services including access to newspapers, magazines, books, CDs, movies, internet, free workshops, children’s learning activities and more.

- ⇒ 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

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- ⇒ 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

La Conner Sunrise Food Bank.....(360) 466-3277

601 South 2nd, La Conner

Distribution: Mondays 2-3 pm

Neighbors In Need(360) 420-0558

1615 South 2nd Street, Mount Vernon

Distribution: Tuesdays 1—6 pm

Shepherd's Heart Care Center / Food Bank(360) 422-3765

8334 S Main Street, Lyman

Distribution: Thursdays 10:30am—1pm

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

September thru May, Saturdays 1-3 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

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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

Mount Vernon

Christ the King Church (360) 848-5116
2111 Riverside Dr, Mount Vernon
Tuesdays — free dinner and a movie, 6 pm
Saturdays — dinner and service (optional) , 5:30-7:30 pm
Sundays — food ministry, hot breakfast 9:30am-11:30 am

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.

Medical Program; Medical spenddown; Health Care for Workers with Disabilities (HCWD).

SHIBA Statewide Health Insurance Benefits Advisors (360) 707-5567
Assistance navigating Medicare A & B and supplemental plans, explanation of benefits, and open-enrollment questions.

Women, Infants and Children (WIC)
Health information and screening, vouchers for WIC-approved foods. See WIC heading under Food Resources on page 15 for WIC locations.

Dental

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 self pay.

Veteran’s Dental Van Program (360) 416-7585
Community Action of Skagit County
330 Pacific Pl, Mount Vernon
Provides mobile dental services for low-income veterans.

Other Health Resources

Pregnancy Choices (360) 428-4777
617 West Division St, Mount Vernon
Free pregnancy testing, options education, limited ultrasound, and educational support services with material assistance

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⇒ United General (360) 856-7318
2000 Hospital Drive, Sedro-Woolley

Health Insurance and Medical Coverage

Apple Health for Kids, Adults and Families (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) or Enrollment Navigators

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

- ⇒ Community Action of Skagit County..... (360) 416-7585
- ⇒ 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 Finder 1-855-923-4633
www.wahealthplanfinder.org

Website for individuals and families in Washington State to compare and enroll in Medicaid or Health Insurance Premium Tax Credits.

Department of Social & Health Services (DSHS) 1-800-501-2233
900 East College Way, Mount Vernon

Web: washingtonconnection.org or www.dshs.wa.gov

SSI-related medical; Medicare savings program; Aged, Blind and Disabled

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

Meal Delivery

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

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

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

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Other Food Resources

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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 Education & Assistance (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. Membership fee.

Health Resources

Health Clinics

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

Mt Baker Planned Parenthood(360) 848-1744
1805 E Division Street, Mount Vernon
Provides reproductive health care services for men and women.

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Provides reproductive health care services for men and women.

Also provides hormone therapy and other services specific to transgender persons.

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)

Sea Mar 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.

Skagit County Public Health & Nursing..... (360) 416-1500
700 South 2nd St, Suite 301, Mount Vernon
Immunization, STD testing, family planning, WIC, nurse-family partnership, T.B. clinic, child care consultation.

Hospitals

- ⇒ Island Hospital (360) 299-1300
1211 24th Street, Anacortes
- ⇒ Skagit Valley Hospital (360) 424-4111
1415 East Kincaid Avenue, Mount Vernon

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