

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](http://www.communityactionskagit.org) or call (360) 416-7585.

9/27/2016



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Revised 09/15/2016

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



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



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## Table of Contents

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

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

## 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](http://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](http://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  
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 Line**.....1-866-789-1511  
*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](http://district4aa.weebly.com)
- ⇒ **Cocaine Anonymous** .....(425) 244-1150  
Meeting schedule: [www.caofwa.org/meetingschedule.htm](http://www.caofwa.org/meetingschedule.htm)
- ⇒ **Narcotics Anonymous**.....(818) 733-9999  
Meeting schedule: [www.npsana.org/schedule.html](http://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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900 East College Way, Mount Vernon

**WA Utilities and Transportation Commission** .....1-888-333-WUTC  
[www.utc.wa.gov/Pages/default.aspx](http://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 Line** .....1-800-827-1000  
*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.*

**WA Utilities and Transportation Commission** .....1-888-333-WUTC  
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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  
*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.*
- Lifeline (Frontier Communications)** .....1-800-921-8101  
*Provides discounted landline phone service for low-income households.*

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Website: <http://washingtonconnection.org> or [www.dshs.wa.gov](http://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.*

Website: <http://washingtonconnection.org> or [www.dshs.wa.gov](http://www.dshs.wa.gov)  
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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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**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](http://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, Burlington .....360-755-1235
- ⇒ The Gentry House  
 1208 7th St, Anacortes .....360-293-4466

**Social Security Administration ([www.ssa.gov](http://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](http://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*

**Emerson Alternative School**.....(360) 336-2681  
 web: [youthnetnw.net/emerson-high-school](http://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*



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](http://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](http://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](http://www.nwrcwa.org)  
*Information and referral for seniors, Medicaid transportation, COPES in-home care services for seniors, referrals for skilled nursing facilities.*

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*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](http://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

### Native American Resources

- Samish Indian Nation Social Services**.....(360) 899-5282  
1809 Commercial Avenue, Anacortes  
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- Upper Skagit Chemical Dependency Program**.....(360) 854-7070  
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](http://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](http://www.washingtonconnection.org) or [www.dshs.wa.gov](http://www.dshs.wa.gov)  
Adult Protective Services (DSHS).....1-800-487-0416  
Aging and Adult Services Complaint Line .....1-800-562-6078  
Child Protective Services .....(360) 735-7038  
Children and Family Services Division .....1-800-785-5582

- Parent to Parent Program** .....(360) 584-3272  
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**Family and Friends of Violent Crime Victims** .....1-800-346-7555  
*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 Advocacy .....1-800-822-1067

**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)*

**Family and Friends of Violent Crime Victims** .....1-800-346-7555  
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**East County Food Banks**

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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 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.*

**Northwest Immigrant Rights Project** .....1-800-445-5771  
 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 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.*

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.*

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

**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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102 N Pine Street, Burlington

**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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2405 East College Way, Mount Vernon  
Website: [www.skagit.edu](http://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
- ⇒ Skagit Valley College ..... (360) 416-7623

**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](http://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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*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 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.*

**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

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

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## 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](http://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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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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**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.*

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*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*

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

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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](http://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](http://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](http://washingtonconnection.org) or [www.dshs.wa.gov](http://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
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**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](http://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](http://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](http://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  
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- ⇒ Island Hospital ..... (360) 299-1300  
 1211 24th Street, Anacortes
- ⇒ Skagit Valley Hospital ..... (360) 424-4111  
 1415 East Kincaid Avenue, Mount Vernon