

A word cloud graphic where the words are of varying sizes and orientations. The largest words are "Skagit County" and "Community Resource Guide". Other words include "Education", "Libraries", "Seniors", "Health", "Employment", "Basic Needs", "Housing & Shelter", "Mental Health", "Volunteerism", "GED", "Veterans", "Clothing", "Food Banks", "Utilities", "Children & Youth", and "Food Banks".

Skagit County Community Resource Guide

Revised 11/18/2019

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



Online version at www.skagitcrc.org

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

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Alcohol & Drug Counseling

Clinics & Treatment Programs

- CCS Recovery Center**(360) 757-0131
Substance Abuse Outpatient Services
614 Peterson Rd, Burlington
Adult and youth assessments, group and individual sessions, Medication Assisted Treatment, Access to Recovery.
- didg^wálič Wellness Center**(360) 588-2800
8212 S March Point Rd, Anacortes www.swinomishwellnesscenter.com
Outpatient treatment services, counseling, suboxone, vivitrol, methadone therapies; child care onsite.
- 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.
- Recovery Care Coordination**(360) 428-1301
Northwest Regional Council
301 Valley Mall Way, Mount Vernon
Navigation services for people with substance abuse disorder.
- 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 (Pioneer Human Services)**(360) 757-7738
201 Lila Lane, Burlington
16-bed crisis mental health stabilization and sub-acute detox programs.

Skagit Recovery Center(360) 428-7835
1905 Continental Place, Mount Vernon
Evaluations, intensive outpatient substance abuse treatment

Sunrise Behavioral Health Services (two locations)
Outpatient substance use disorder assessment and treatment.
2500 East College Way, Mount Vernon.....(360) 336-3762
44942 State Route 20, Concrete.....(360) 630-5430

Swinomish Wellness Program.....(360) 466-7273
17337 Reservation Road, La Conner
Assessments, group and individual sessions, Medication Assisted Treatment, help with problem gambling.

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

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
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
2 Meeting schedule: www.npsana.org/schedule.html

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

Department of Social & Health Services (DSHS) 1-877-501-2233

900 East College Way, Mount Vernon www.washingtonconnection.org

Cash assistance, food stamps, child support.

First Baptist Clothes Closet (360) 293-5300

Anacortes First Baptist Church

2717 J Ave, Anacortes Days/Hours: Thursdays, 3 pm-6 pm

Provides free clothes for those in need.

Friendship House (Clothing Bank, Showers, Laundry Service) (360) 336-2418

1008 S. Third Street, Mount Vernon

Clothing bank: Tuesdays and Thursdays 10:00 am - 3:00 pm

Showers for women and children: Monday—Friday 11:30 am-1:00 pm

Showers for men: Tuesdays, Thursdays, and Sundays 10:00 am-11:00 am

Towels and toiletries are provided.

Laundry service is 1-4 pm daily (behind Men's house)

Hillcrest Church—Neighbor Care Team..... (360) 424-3006

1830 S 13th St, Mount Vernon

Mondays & Fridays, 11am-12pm

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

Resource Center..... (360) 416-7585

Community Action of Skagit County 330 Pacific Place, Mount Vernon

Emergency help with food, clothes, transportation.

Monday—Friday, 9:30-11:30am, 2-4pm

St. Vincent DePaul Assistance Lines: Mount Vernon1-877-833-7285
Sedro-Woolley(360) 757-0128
Anacortes(360) 293-9821
Referral lines for help with food, gas, clothes, utilities, other basic needs.

Salvation Army(360) 293-6682
3001 R Ave #100, Anacortes
Help with basic needs such as food. Anacortes/La Conner residents only.

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

Anacortes ECEAP Preschool (360) 679-5348
2201 H Ave, Anacortes
A comprehensive family-focused preschool designed for children ages 3-5

Brigid Collins Family Support Center (360) 428-6622
917 S. 3rd St, Mount Vernon
Services aimed at preventing/ending child abuse. Programs include Parenting Academy, Parent-Child Interaction Therapy, Foster Child Program, Kinship Caregiver Support Program.

Cascades Job Corps College & Career Academy (ages 16-24) 1-800-733-5627
www.cascades.jobcorps.gov
Youth learn career skills, a trade, or earn high school diploma or GED with the goal of moving on to college.

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 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
 900 East College Way, Mount Vernon www.washingtonconnection.org
*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.

- Emerson Alternative School**.....(360) 336-2681
 227 N. 4th St, Mount Vernon
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.

- Northwest Youth Services**.....(360) 336-1988
 2021 E College Way, Suite 216 , 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 5:30 pm 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.

Disabilities Resources

Canine Companions for Independence 1-800-572-2275
 www.cci.org *For wheelchair users without other barriers.*

Chinook Enterprises (360) 428-0140
 2026 N Laventure Rd, Mount Vernon
Provides hiring assistance, employee screening, training, assessment and follow-up services, primarily for people with disabilities.

Center for Independence North Sound 1-888-482-4839
 114 West Magnolia St, Suite 104, Bellingham(360) 393-3890
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

WE State Dept. of Services for the Blind 1-800-552-7103

Department of Social and Health Services (DSHS) 1-877-501-2233
 900 East College Way, Mount Vernon 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**(425) 882-0820
Provides a referral service for individuals with learning disabilities.
- Parent to Parent Program**(360) 416-7570
 320 Pacific Place, Mount Vernon
Support group for parents of children with special needs.
- Samish Vocational Rehabilitation Services**.....1-877-470-8737
 2917 Commercial Ave, Anacortes(360) 899-5282
Counseling and employment services for disabled Native Americans.
- 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
 1521 B Leigh Way, Mount Vernon www.skagitdvsas.org
*Counseling, crisis intervention, legal advocacy, emergency room assistance,
 and support groups for adults facing domestic violence.*
- Department of Social & Health Services (DSHS)**.....1-877-501-2233
 900 East College Way, Mount Vernon 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

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) 416-1733

45770 Main Street, Concrete

Days/Hours: Monday-Friday 9:00 am-3:00 pm

Services include: gas, food & clothing vouchers, Adult Education, Teen health clinic, Dept of Licensing services, copying/faxing, Legal Clinic, Mental Health services, veterans services, Chamber of Commerce, WIC, food handler's permits, Dept of Social & Health Services representative.

Upper Skagit Library(360) 853-7939

45770 B Main St, Concrete

www.upperskagit.lib.wa.us

Concrete Community Center(360) 416-1376

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 12)

Adult Education & Literacy

Clearpoint Credit Counseling 1-800-750-2227
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:

- ⇒ **Community Action of Skagit County** (360) 588-5735
330 Pacific Place, Mount Vernon
- ⇒ **Goodwill ESOL** (360) 848-6468
242 E College Way, Mount Vernon
- ⇒ **Skagit Valley College (ESL)** (360) 416-7654
2405 East College Way, Mount Vernon

Goodwill Industries (360) 848-6468
242 E College Way, Mount Vernon

Adult Basic Education, English as Second Language, Cashier & customer 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).

Skagit Valley College (360) 416-7600
2405 East College Way, Mount Vernon 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 stamp 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 College and Career Academy (800) 733-5627

See page 4 for description.

Chinook Enterprises (360) 428-0140

2026 N Laventure Rd, Mount Vernon

Provides hiring assistance, employee screening, training, assessment and follow-up services, primarily for people with disabilities.

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
 242 E College Way, Mount Vernon
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.
- OIC of Washington** (360) 416-3521 or (360) 416-3527
 2005 E College Way, Mount Vernon
Services for low-income agricultural workers including job referral/ placement, career planning, educational assessments, vocational training and work experience.
- Washington Vocational Services** (360) 419-0910
 503 E Fairhaven Ave, Burlington www.wvs.org
Career counseling, vocational rehab, and services for disabled persons.
- WorkSource Skagit** (360) 416-3600
 2005 East College Way, Mount Vernon
www.fortress.wa.gov/esd/worksource/Employment.aspx
Job search and career planning workshops, resume reviews, interview help.

Temporary and Day Labor Agencies

- ⇒ **LaborMAX Staffing**.....360-755-1281
 241 Burlington Blvd. S, Burlington www.labormax.net
- ⇒ **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
 1806 Riverside Drive, 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, 10:00 am to 2:00 pm
- Anacortes 100 Food Bank**(360) 293-6445
512 4th Street, Anacortes
For Anacortes and La Conner residents only
Distribution: Tuesdays & Fridays 10:00 am - 2:00 pm
- Bread of Life Food Bank**(360) 873-2504
59850 Hwy 20, Marblemount
Distribution: 1st & 3rd Wednesdays, 11:00 am - 5:00 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
Distribution: May thru September: 2nd & 4th Tuesdays, 12:00 pm-3:00 pm
October thru April: 2nd, 3rd and 4th Tuesdays 12:00 pm-3:00 pm
- Hamilton Community Food Bank**(360) 826-4090
951 Petit St., Hamilton
Distribution: Tuesdays 11:00 am -12:00 pm & 1:00 pm-3:00 pm
- Helping Hands Food Bank**(360) 856-2211
9386 Fruitdale Rd, Sedro-Woolley
Distribution: Mon. & Wed. 9am-1pm, Thurs. 12pm-5pm, Fri. 5pm-7pm

- La Conner Sunrise Food Bank**..... (360) 488-3878
 601 South 2nd, La Conner
 Distribution: Mondays 2:00 pm-3:00 pm & 5:00 pm-6:00 pm
- Neighbors In Need** (360) 420-0558
 1615 South 2nd Street, Mount Vernon
 Distribution: Tuesdays 1:00 pm-6:00 pm
- Salvation Army Food Bank** (360) 293-6682
 3001 R Drive, #100, Anacortes
 For Anacortes and LaConner residents only
 Distribution: Mondays and Wednesdays 1:00 pm-3:45 pm
- St. Vincent DePaul Food Bank** (360) 293-9821
 4001 St. Mary's Drive, Anacortes
 Distribution: Fridays, 10:00 am -11:00 am—bring photo ID
- Tri-Parish Food Bank** (360) 757-0128
 935 Peterson Road, Burlington
 Distribution: June thru August, Wednesdays 2:00 pm-6:00 pm
 September thru May, Saturdays 1:00 pm-3:00 pm

Meal Programs By Town/Community

Anacortes

- The Kitchen Table**..... (360) 293-5300
 Anacortes First Baptist Church
 2717 J Ave, Anacortes
 Thursdays, 5:30 pm-7:00 pm

Dinner at the Brick (360) 293-3880
Westminster Presbyterian Church
1300 Ninth Street, Anacortes
Dinners on Sunday from 4:30 pm-5:00 pm

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

Burlington

CTK Skagit (833) 285-7548
1000 Fountain Street, Burlington
Community breakfast on Sundays from 8:30 – 11 am (between services)

Mount Vernon

Friendship House Café (360) 873-8022
108 Snoqualmie St, Mount Vernon
As of 9/1/2018, Friendship House will not be serving breakfast or lunch
Sunday through Saturday
Dinner 5:30 pm-6:30 pm

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 pm to 7:30 pm

Sedro-Woolley

Open Door Community Kitchen(360) 856-6412
1013 Polte Rd, Sedro-Woolley
Dinners last full week of the month (Mon-Fri) 5:00 pm-6:00 pm

Concrete

Concrete Community Center.....(360) 416-1376
45821 Railroad Avenue, Concrete
Monday-Friday: Lunch 12:00 pm-1:00 pm

Meal Delivery

Meals on Wheels and Senior Lunch Program(360) 416-1500
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) 854-0435
45770 Main Street, Concrete
- ⇒ **Community Action of Skagit County**(360) 416-7595
330 Pacific Place, Mount Vernon
- ⇒ **Swinomish Health Clinic WIC**(360) 466-3167
17400 Reservation Rd, LaConner
Serves Native American tribal members only
- ⇒ **United General WIC**.....(360) 854-0435
2031 Hospital Drive, Sedro-Woolley

Senior Centers (See listing under Seniors on page 29).

Other Food Resources

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

Department of Social and Health Services

900 East College Way, Mount Vernon 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) 848-1045

1021 Riverside Drive, Mount Vernon www.skagitgleaners.org

Reclaims food products for distribution to families. Membership fee.

Health Resources

Health Clinics

Unity Care 1-877-235-6850

220 Unity Street, Bellingham

Provides medical, dental, pharmacy and mental health services .

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. Also

provides hormone therapy and other services specific to transgender persons.

- Safe Harbor Free Clinic**..... (425) 870-7384
 7209 265th St NW #203, Stanwood www.safeharborfreeclinic.org
Free medical clinic. Chronic care, women’s health, podiatry and walk-in service. Call for days/hours.
- Sea Mar – Skagit Valley Women’s Center** (360) 588-5570
 125 N 8th St, Mount Vernon
 Days/Hours: Mon-Fri 10:00 am-7:00 pm; Saturdays 8:00 am-5:00 pm
- Sea Mar CHC - Mount Vernon Medical Clinic** (360) 428-4075
 1400 N. Laventure, Mount Vernon
 Days/Hours: Mondays 8:00 am-7:00 pm; Tues-Fri 8:00 am-5:00 pm
 Sliding Scale available
Family medicine, OBGYN specialty care, immunizations, urgent care.
- Sea Mar CHC - Concrete Medical Clinic** (360) 853-8183
 7438 South D Avenue, Concrete
 Days/Hours: Mon, Wed, Thu, Fri 8:00 am-5:00 pm; Tues 9:00 am-6:00 pm
 Sliding Scale available
Family medicine, immunizations, urgent care.
- Lions Club (Burlington)**..... (360) 770-9096
 Mt. Vernon (360) 540-0225 Sedro-Woolley (360) 770-8179
Provides glasses and hearing aids to those who cannot afford them.
 website with form to request contact is <http://www.mtvllions.org>
- Skagit County Public Health** (360) 416-1500
 700 South 2nd St, Suite 301, Mount Vernon
Food handlers permits, restaurant permits, birth/death certificates, Nurse Family Partnership.

Hospitals

- ⇒ **Island Hospital** (360) 299-1300
 1211 24th Street, Anacortes

- ⇒ Skagit Valley Hospital – main campus (360) 428-2500
1400 East Kincaid Street, Mount Vernon
- ⇒ 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.

- ⇒ 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

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) 1-877-501-2233

900 East College Way, Mount Vernon www.washingtonconnection.org or www.dshs.wa.gov

SSI-related medical; Medicare savings program; Aged, Blind and Disabled Medical Program; Medical spend down; Health Care for Workers with Disabilities (HCWD).

Lifelong..... (360) 932-3420
115 Unity St., Suite 302, Bellingham
M-TH: 9:00am-5:00pm
Case management services for individuals living with HIV/AIDS as well as free testing. Services available in Skagit.

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

Dental

Community Health Center – Arlington Clinic (360) 572-5400
326 S. Stillaguamish Ave, Arlington
M-TH 7-7:00pm, F-Sat 7 – 5:30pm

Swinomish Dental Clinic (425) 466-3900
Swinomish Tribal Members and family only
17395 Reservation Rd., La Conner

Sea Mar CHC - Mount Vernon Dental Clinic (360) 542-8901
1400 N LaVenture, Mount Vernon
Hours Mon-Sat 8:00 am-5:00 pm; Saturdays (Pediatrics) 8:00 am-5:00 pm
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.

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.

Information & Referral

Northsound 211.....Dial 211 or 1-800-223-8145

Volunteers of America Western Washington 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 www.cityofanacortes.org/library_1.php
- ⇒ Burlington Public Library(360) 755-0760
820 East Washington Ave, Burlington www.burlingtonwa.gov/library
- ⇒ Central Skagit Library(360) 755-3985
100 W State St, Suite C, Sedro-Woolley www.centralskagitlibrary.org
- ⇒ La Conner Regional Library(360) 466-3352
614 Morris, La Conner www.lclib.lib.wa.us
- ⇒ Mount Vernon City Library.....(360) 336-6209
315 Snoqualmie St, Mount Vernon www.mountvernonwa.gov/library
- ⇒ Sedro-Woolley Public Library(360) 855-1166
802 Ball St, Sedro-Woolley www.youseemore.com/sedro-woolley
- ⇒ Upper Skagit Library.....(360) 853-7939
45770 B Main St, Concrete www.upperskagit.lib.wa.us

Mental Health

Behavioral Health Ombuds Program1-888-336-6164

Advocates for anyone applying for or receiving publicly funded behavioral health service in Skagit, Whatcom, Snohomish, Island, and San Juan counties.

- Catholic Community Services NW**.....(360) 856-3054
 614 Peterson Road, Burlington
Mental health counseling for children and youth.
- Compass Health** (360) 419-3500
 1005 South 3rd Street, Mount Vernon
Mental health counseling and psychiatric services for adults and children
 ⇒ For persons with Washington Apple Health1-888-693-7200
 ⇒ 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 CHC - 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
Employment support , self-help classes, recovery groups, computer access, social activities.
- Sunrise Behavioral Health Services**.....(360) 336-3762
 2500 East College Way, Mount Vernon
Recovery-oriented services for those living with mental illness.
- Sunrise Behavioral Health Services**.....(360) 899-4800
 10212 Collins Rd, Sedro-Woolley
Outpatient mental health and dual disorder counseling and psychiatric services for adults.
- Sunrise Behavioral Health Services**.....(360) 630-5430
 44942 State Route 20, Concrete
Outpatient mental health and dual disorder counseling and psychiatric services for adults.

Housing

Affordable Housing Programs

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.

Skagit County and Whatcom County Self Housing1-888-360-0223

Disaster-Related Assistance

American Red Cross Northwest Region(360) 733-3290

Disaster-related assistance (includes house fires, floods), health & safety training, disaster preparation services.

Housing Authorities

Section 8, Subsidized housing programs for low-income households.

⇒ **Anacortes Housing Authority**(360) 293-7831

719 Q Avenue , Anacortes

<http://www.anacorteshousing.com>

⇒ **Housing Authority of Skagit County**(360) 428-1959

1650 Port Drive, Burlington

<http://www.skagitcountyha.org>

⇒ **Sedro-Woolley Housing Authority**1-800-417-9875

830 Township St, Sedro-Woolley

<http://www.sedrowoolleyha.org/housing>

Programs for People Experiencing Homelessness

Housing Resource Center(360) 416-7585

Community Action of Skagit County

330 Pacific Place, Mount Vernon

Days/Hours: 10:00 am-3:00 pm Mon, Tues, Thurs, Fri

Coordinated intake and screening for housing assistance in Skagit County.

Northwest Youth Services(360) 336-1988

2021 E College Way, Suite 216 , Mount Vernon

Transitional and supportive housing for homeless youth 18-21.

Shelters

Winter Overnight Shelter (December-March)

1002 S 3rd St., Mount Vernon

Overnight shelter open on a first-come first-serve basis. Guests check in at Friendship House Admin office from 5:00PM-6:00PM

Anacortes Family Center(360) 293-2993

1011 27th St, Anacortes

Provides shelter for homeless families with children and single women.

Family Promise of Skagit Valley (360) 854-0743

Overnight shelter that rotates among churches in the county. Also have a day center with laundry and showers. familypromiseskagit.weebly.com/

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 5:30 pm 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.

Emergency Drop-In Shelters (in order of distance from Mount Vernon)

- Lighthouse Mission** (360) 733-5120
 2111 King 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.
- ⇒ **Men:** 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 9 for locations.

Northwest Immigrant Rights Project 1-800-445-5771
Days/Hours: Mon-Fri 9:30 am - 12:00 pm and 1:00 pm - 4:30 pm
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 11:00 am to 4:00 pm
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. Mon-Fri 9:00 am-12:00 pm

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
117 N 1st Street, Ste 30, Mount Vernon www.voaww.org
Home foreclosure mediation, group facilitation, arbitration, conflict resolution training. Mediation for landlords and tenants.

American Civil Liberties Union(206) 624-2180
901 5th Avenue, Seattle, 98194

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

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) 466-7200
11404 Moorage Way, LaConner, 98257
www.swinomish.org
A variety of culturally relevant programs that serve Swinomish and other Native Americans.

Swinomish Clinics

Medical Clinic.....(360) 466-3167
7400 Reservation Rd, La Conner

Dental Clinic..... (360) 466-3900
17395 Reservation Road, La Conner
Clinics serve all enrolled Native Americans from federally recognized tribes.

- Swinomish Senior Center** (360) 466-1821
 17395 Reservation Road, La Conner
Lunch is served Monday - Thursday from 11-1
Home delivery is available for home-bound residents
- Swinomish Counseling Services** (360) 466-7265
 17400 Reservation Rd, La Conner
Counseling and psychiatric services to promote mental health wellness.
Services available Monday through Thursday from 9-5
- Swinomish Wellness Program** (360) 466-1024
 17337 Reservation Road, La Conner
Chemical dependency and problem gambling treatment.
- Upper Skagit Tribe**
- ⇒ **Chemical Dependency Program** (360) 854-7070
 - ⇒ **Employment Services/Tribal TANF Program** (360) 854-7130
 - ⇒ **Child Development Center** (360) 854-7092
 25782 Coyote Drive, Sedro-Woolley

Senior Resources

- Adult Protective Services** 1-866-221-4909
To report abuse, abandonment, neglect, self-neglect and financial exploitation of vulnerable adults living in the community and in facilities.
- CCS Home Care Administration** 1-877-870-1585
Homecare workers for seniors/disabled; can provide help with household tasks and shopping.
- Dept. of Social & Health Services (DSHS)** 1-877-501-2233
 900 East College Way, Mount Vernon www.washingtonconnection.org
Cash assistance, 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) 416-1500
Home delivered meals for seniors (age 60 plus).
- Northwest Regional Council**(360) 428-1301
 301 Valley Mall Way, Suite 100, Mount Vernon www.nwrcwa.org
Information and referral for seniors, Medicaid transportation, COPES in-home care services for seniors, referrals for skilled nursing facilities.
- Samish Elders Program**.....(360) 588-8806
 1618 D. Ave, Anacortes
Senior lunch program for elders.
- Skagit Adult Day Program**
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.

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.
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 Community Center**.....(360) 416-1376
45821 Railroad Avenue, Concrete
- ⇒ **Mount Vernon Senior Center**.....(360) 416-1585
1401 Cleveland Avenue, Mount Vernon
- ⇒ **Sedro Woolley Senior Center**(360) 855-1531
715 Pacific Street, Sedro-Woolley
- ⇒ **Swinomish Senior Center**(360) 466-1821
17395 Reservation Road, La Conner

Transportation

- Community Action of Skagit County**(360) 416-7585
330 Pacific Place, Mount Vernon
Assistance with transportation when other resources have been exhausted.
- 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** 1-800-723-3546
www.safelink.com
Free mobile phone with 1,000 free minutes + unlimited texts .
- Lifeline (Frontier Communications)** 1-800-921-8101
Provides discounted landline phone service for low-income households.
- WA Utilities and Transportation Commission** 1-888-333-WUTC
www.utc.wa.gov/Pages/default.aspx
Assists with billing disputes, service complaints, disconnections, deposits for landline phone services.
- Home Weatherization** (360) 757-6509
Housing Authority of Skagit County
1650 Port Drive, Burlington
Free energy audit consultation, insulation and home weatherization programs for low-income customers who own their homes.

Veterans Resources

- 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.
- Skagit Vets Connect**.....(360) 416-7585
160 Cascade Pl, Burlington
Mon-Fri, 9am-3pm
Help for veterans with basic needs, transportation, housing support, family supportive services, and applications for benefits.
- 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.
- VA Puget Sound Call Center**1-800-329-8387, Ext. 71234
Days/Hours: Monday thru Friday, 8 am - 4 pm
Regional health care services. Emergency, urgent care, primary care, cancer treatment and more. See also Community Based Outpatient Clinic.
- 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.
- Sedro-Woolley American Legion, Post 43**..... (360) 855-0520
701 Murdock St, Sedro-Woolley
Veterans service office open: Monday - Friday from 9 am-3 pm. Please call the Service Office at (360)-855-2225 for an appointment or for information.

East County Veterans Service Officer(360) 416-1733
45770 Main Street, Concrete
*Veterans Assistance Benefits, Disability Compensation and Pension Claims,
Elderly & Disabled Veteran & Widow Programs and more.*

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 www.skagitvolunteercenter.org
*Find a volunteer opportunity that best meets your schedule and interest.
Includes VISTA and AmeriCorps opportunities.*

Skagit Habitat for Humanity(360) 428-9402
1022 Riverside Drive, Mount Vernon
Builds safe, affordable, permanent houses with families in need.

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.

Sponsorship

To inquire about sponsoring this guide or purchasing large quantities, call us at (360) 416-7585.

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