

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", "Veterans", "Mental Health", "Volunteerism", "GED", "Food Banks", "Utilities", "Children & Youth", and "Clothing".

# Skagit County Community Resource Guide

Revised 2/13/2018

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](http://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

*Assessments, group and individual sessions, Medication Assisted Treatment, Access to Recovery.*

**didg<sup>w</sup>álič Wellness Center** ..... (360) 588-2800

8212 S March Point Rd, Anacortes [www.swinomishwellnesscenter.com](http://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.*

**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](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 bus passes.*

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

900 East College Way, Mount Vernon [www.washingtonconnection.org](http://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)** ..... (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.*

**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*

**Rice Bowl Ministries** .....(360) 720-7702

*Clothing, toiletries, hygiene, other items. Call for assistance.*

**St. Vincent DePaul Assistance Line** .....1-877-833-7285

*Referral line for help with food, gas, clothes, utilities and 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

*Provides help with healing, justice and prevention when child abuse does occur.*

**Cascade Job Corps (ages 16-24)** ..... 1-800-733-5627

[www.cascades.jobcorps.gov](http://www.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 [www.wa.childcareaware.org](http://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](http://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

*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  
*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  
*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 (DSHS)** ..... 1-877-501-2233  
900 East College Way, Mount Vernon [www.washingtonconnection.org](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.*

**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.*

**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](http://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](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

**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) 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

**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**..... 1-877-412-2227  
*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:*

- ⇒ 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](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 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** *See page 4 for description.* ..... (800) 733-5627

**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](http://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.*

**Washington Vocational Services** ..... (360) 419-0910

503 E Fairhaven Ave, Burlington [www.wvs.org](http://www.wvs.org)

*Career counseling, vocational rehab, and services for disabled persons.*

**WorkSource Skagit** ..... (360) 416-3500

2005 East College Way, Mount Vernon

[www.fortress.wa.gov/esd/worksource/Employment.aspx](http://www.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

## 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  
571 Petit St., Hamilton  
Distribution: Tuesdays 11:00 am -12:00 pm & 1:00 pm-3:00 pm
- Helping Hands Food Bank** ..... (360) 856-2211  
601 Cook Rd, Sedro-Woolley  
Distribution: Wednesdays 10:00 am-11:45 am & 12:30 pm-4:00 pm

- La Conner Sunrise Food Bank**..... (360) 466-3277  
 601 South 2nd, La Conner  
 Distribution: Mondays 2:00 pm-3:00 pm
- Neighbors In Need** ..... (360) 420-0558  
 1615 South 2nd Street, Mount Vernon  
 Distribution: Tuesdays 1:00 pm-6:00 pm
- Shepherd's Heart Care Center / Food Bank** ..... (360) 422-3765  
 8334 S Main Street, Lyman  
 Distribution: Thursdays 10:30 am—1:00 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 September, 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*

### **Mount Vernon**

**Christ the King Church** ..... (360) 848-5116

2111 Riverside Dr, Mount Vernon

*Tuesdays — free dinner and a movie, 6:00 pm*

*Saturdays — dinner and service (optional) , 5:30 pm-7:30 pm*

*Sundays — food ministry, hot breakfast 9:30 am-11:30 am*

**Friendship House Café** ..... (360) 873-8022

108 Snoqualmie St, Mount Vernon

#### Monday thru Friday

Breakfast 7-8 am, Lunch 11:30 am-12:30 pm, Dinner 5:30 pm-6:30 pm

#### Weekends

Breakfast 8-8:30 am, Lunch 12:30 pm - 1 pm, 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
- ⇒ **United General WIC**.....(360) 856-7318  
2000 Hospital Dr., 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](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

1021 Riverside Drive, Mount Vernon [www.skagitgleaners.org](http://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

*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](http://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-9:00 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** ..... (360) 770-9096  
*Provides glasses and hearing aids to those who cannot afford them.*

**Skagit County Public Health** ..... (360) 416-1500  
700 South 2nd St, Suite 301, Mount Vernon  
*Tuberculosis clinic, STD partner treatment, food handlers permits, restaurant permits, birth/death certificates, Nurse Family Partnership.*

### Hospitals

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

- ⇒ Skagit Valley Hospital ..... (360) 424-4111  
1415 East Kincaid Avenue, Mount Vernon
- ⇒ United General ..... (360) 856-7318  
2000 Hospital Drive, Sedro-Woolley

### 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.*

- ⇒ 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](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)** ..... 1-877-501-2233  
900 East College Way, Mount Vernon [www.washingtonconnection.org](http://www.washingtonconnection.org) or  
[www.dshs.wa.gov](http://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).*

**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**

**Safe Harbor Free Clinic**..... (425) 870-7384  
7209 265th St NW #203, Stanwood [www.safeharborfreeclinic.org](http://www.safeharborfreeclinic.org)  
*Free emergency dental care (no cleanings or dentures)*

**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](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 [www.cityofanacortes.org/library\\_1.php](http://www.cityofanacortes.org/library_1.php)
- ⇒ Burlington Public Library .....(360) 755-0760  
820 East Washington Ave, Burlington [www.burlingtonwa.gov/library](http://www.burlingtonwa.gov/library)
- ⇒ Central Skagit Library .....(360) 755-3985  
100 W State St, Suite C, Sedro-Woolley [www.centralskagitlibrary.org](http://www.centralskagitlibrary.org)
- ⇒ La Conner Regional Library .....(360) 466-3352  
614 Morris, La Conner [www.lclib.lib.wa.us](http://www.lclib.lib.wa.us)
- ⇒ Mount Vernon City Library.....(360) 336-6209  
315 Snoqualmie St, Mount Vernon [www.mountvernonwa.gov/library](http://www.mountvernonwa.gov/library)
- ⇒ Sedro-Woolley Public Library .....(360) 855-1166  
802 Ball St, Sedro-Woolley [www.youseemore.com/sedro-woolley](http://www.youseemore.com/sedro-woolley)
- ⇒ Upper Skagit Library .....(360) 853-7939  
45770 B Main St, Concrete [www.upperskagit.lib.wa.us](http://www.upperskagit.lib.wa.us)

## Mental Health

**Behavioral Health Ombuds Program** .....1-888-336-6164  
*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**

1100 South 2nd Street, Mount Vernon  
*Mental health counseling and psychiatric services for adults and children*  
⇒ For persons with Washington Apple Health ..... 1-888-693-7200  
⇒ 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  
*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 Housing** .....1-888-360-0223

### **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

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

1650 Port Drive, Burlington

*Also provides home weatherization services.*

⇒ **Sedro-Woolley Housing Authority** .....(360) 855-0404

830 Township St, Sedro-Woolley



## 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)**

108 Snoqualmie St, Mount Vernon

*Overnight shelter open on a first-come first-serve basis. Guests check in at Friendship House Café from 5:30PM-6:00PM*

**Anacortes Family Center** ..... (360) 293-2993

1011 27th St, Anacortes

*Provides shelter for homeless families with children.*

**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/](http://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  
705 2nd Ave, Seattle

**Washington State Human Rights Commission** ..... 1-800-233-3247  
[www.hum.wa.gov](http://www.hum.wa.gov)  
*Investigates claims of discrimination and human rights violations.*

**WA Law Help Online**

[www.washingtonlawhelp.org/WA/index.cfm](http://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) 466-7216  
[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 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
- ⇒ **Commodities Program**..... (360) 854-7040  
*Small food bank run by the tribe. Restrictions apply.*

## **Senior Resources**

**Dept. of Social & Health Services (DSHS)**..... 1-877-501-2233  
900 East College Way, Mount Vernon [www.washingtonconnection.org](http://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  
1650 Port Drive, Burlington [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.*

**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**  
[www.skagitadulthoodprogram.org](http://www.skagitadulthoodprogram.org)  
*For senior adults who need support and assistance during the day and are still living in a home environment (see below).*

⇒ The Bradford House  
116 North Skagit St, 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.*

**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](http://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

**Critical Needs Program** .....(360) 416-7585

Community Action of Skagit County

330 Pacific Place, Mount Vernon

*Emergency assistance with gas, volunteer transport (Seniors) or bus passes.*

**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](http://www.skagittransit.org)

*Skagit's public bus transportation system. Plan your trip using the trip planner feature—[www.skagittransit.org/trip-planner](http://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](http://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](http://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.*

**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 am - 4 pm  
*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.*
- 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](http://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.*

**Retired Senior Volunteer Program** ..... (360) 542-8485  
Volunteers of America  
117 N 1st Street, Ste 30, Mount Vernon [www.voaww.org](http://www.voaww.org)  
*Local volunteer opportunities and services for people 55 and older.*

## Contact Information

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

### **Online Resource Directory**

[www.skagitcrc.org](http://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.

2/13/2018

