

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.

Printed 7/14/2020



COVID-19 Update — please contact the organizations in the booklet to verify any temporary changes due to pandemic.

<https://www.communityactionskagit.org/community-action-covid-19-response/>



Online version at www.skagitcrc.org rev 05/01/2020

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

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.

Printed 7/14/2020



COVID-19 Update — please contact the organizations in the booklet to verify any temporary changes due to pandemic.

<https://www.communityactionskagit.org/community-action-covid-19-response/>



Online version at www.skagitcrc.org rev 05/01/2020

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

Table of Contents

SUBJECT Listing (alphabetical)	Page
Alcohol & Drug Services	1-2
Basic Needs.....	3-4
Children, Youth & Parenting.....	4-5
Disabilities Resources	6-7
Domestic Violence	7-8
East Skagit County Resources	8
Education & Literacy.....	9-10
Employment & Job Training	10-11
Food & Nutrition	12-16
Health Resources.....	16-19
Information and Referral	20
Libraries	20
Mental Health	20-21
Housing & Shelter.....	22-24
Immigrant Resources.....	24-25
Legal.....	25-26
Native American Resources	26-27
Seniors	27-29
Transportation	30
Utilities	31
Veterans.....	32-33
Volunteerism	33

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.

Table of Contents

SUBJECT Listing (alphabetical)	Page
Alcohol & Drug Services	1-2
Basic Needs.....	3-4
Children, Youth & Parenting.....	4-5
Disabilities Resources	6-7
Domestic Violence	7-8
East Skagit County Resources	8
Education & Literacy.....	9-10
Employment & Job Training	10-11
Food & Nutrition	12-16
Health Resources.....	16-19
Information and Referral	20
Libraries	20
Mental Health	20-21
Housing & Shelter.....	22-24
Immigrant Resources.....	24-25
Legal.....	25-26
Native American Resources	26-27
Seniors	27-29
Transportation	30
Utilities	31
Veterans.....	32-33
Volunteerism	33

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.

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.

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.

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'wálic 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.

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'wálic 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
 Meeting schedule: www.npsana.org/schedule.html

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

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.

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.

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.

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.

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

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 Vernon 1-877-833-7285
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.

St. Vincent DePaul Assistance Lines: Mount Vernon 1-877-833-7285
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.

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

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

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.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) 1-800-772-1213
 710 E College Way, Suite #A, Mount Vernon
Apply for Social Security benefits and/or Medicare benefits.

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.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) 1-800-772-1213
 710 E College Way, Suite #A, Mount Vernon
Apply for Social Security benefits and/or Medicare benefits.

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.

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 Sound1-888-482-4839
114 West Magnolia St, Suite 104, Bellingham(360) 393-3890
Peer mentoring, support groups, advocacy, independent life skills & more.

Community Services for the Blind1-800-458-4888

Community Services for the Deaf/Hearing Impaired1-877-301-0006

WE State Dept. of Services for the Blind1-800-552-7103

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.

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.

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 Sound1-888-482-4839
114 West Magnolia St, Suite 104, Bellingham(360) 393-3890
Peer mentoring, support groups, advocacy, independent life skills & more.

Community Services for the Blind1-800-458-4888

Community Services for the Deaf/Hearing Impaired1-877-301-0006

WE State Dept. of Services for the Blind1-800-552-7103

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.

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.

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

Washington State Human Rights Commission1-800-233-3247
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.

26

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

Washington State Human Rights Commission1-800-233-3247
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.

26

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 Line 1-800-562-6078
Child Protective Services (360) 735-7038
Children and Family Services Division 1-800-785-5582

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 Line 1-800-562-6078
Child Protective Services (360) 735-7038
Children and Family Services Division 1-800-785-5582

7

7

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
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)

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
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)

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.

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.

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.

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.

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 & 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).

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 & 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).

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

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

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.

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.

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
<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>

22

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
<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>

22

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

11

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

11

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

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

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 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
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. 21

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 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
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. 21

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 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.

20

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 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.

20

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

13

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

13

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

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

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. 19

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. 19

- ⇒ 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).

- ⇒ 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).

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).

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.

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.mtvilions.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

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.mtvilions.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