

Contact Information

Community Action of Skagit County
330 Pacific Place, Mount Vernon, WA 98273
Phone: (360) 416-7585
Email: coalition@skagitcrc.org

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.



Community Action of Skagit County (communityactionskagit.org)



rev 10/16/2023

Printed 10/16/2023

For more information and resources call North Sound 2-1-1 or 1-800-223-8145.

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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.

Suicide and Crisis Lifeline988

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.

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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) 588-5156
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.
- 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.

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Alcohol & Drug Counseling

Clinics & Treatment Programs

- CCS Recovery Center**(360) 757-0131
Substance Abuse Outpatient Services
614 Peterson Rd, Burlington
Adult and youth assessments, group and individual sessions, Medication Assisted Treatment, Access to Recovery.
- didgʷálič 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.
- Recovery Care Coordination**(360) 428-1301 ext. 1411
Northwest Regional Council
301 Valley Mall Way, Mount Vernon
Navigation services for people with substance abuse disorder.
- Sea Mar Mount Vernon Behavioral Health Clinic**.....(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

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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) 466-1024
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 (Lifeline)1-888-898-4888
www.assurancewireless.com
Free mobile phone and 250 free minutes for eligible households.

Energy and Utility Assistance Program.....(360) 428-1011
Community Action of Skagit County
330 Pacific Place, Mount Vernon
Assistance with utilities such as electric, gas, water, propane, and wood.

Safelink (Lifeline).....1-800-723-3546
www.safelink.com
Free mobile phone with 1,000 free minutes + unlimited texts. Must go through eligibility confirmation.

Lifeline (Frontier Communications)1-800-234-9473
Provides discounted landline phone service for low-income households.

WA Utilities and Transportation Commission1-888-333-9882
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.

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Outpatient substance use disorder assessment and treatment.
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44942 State Route 20, Concrete.....(360) 630-5430

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Transportation

Barrier Breakers.....(360) 391-5501
Burlington, WA www.bfbbarrierbreakerfoundation.com
Transportation to treatment, job referrals, resume help, drivers license re-statement help, some court issues, assistance in education enrollment, community service hours and much more

Community Action of Skagit County(360) 416-7585
330 Pacific Place, Mount Vernon
Assistance with transportation when other resources have been exhausted.

Paratransit (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
Youth 18 and under ride free!!*

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

Reduced Fare Program.....(360) 757-4433
*Reduced fares for veterans, people over 65, people with a Medicare card, and people with disabilities. Check medical eligibility here: <https://www.skagittransit.org/rider-info/fares/reduced-fares/>
Individuals and Families can enroll in the Reduced Fare program at Community Action of Skagit County as well. Clients must bring proof of eligi-*

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

Barrier Breakers..... (360) 391-5501
Burlington, WA www.bfbbarrierbreakerfoundation.com
Emergency help with food, hygiene, toiletries, bus passes. (Transportation)
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: 1st & 3rd Thursdays of the month, 4 pm - 6:30 pm
Provides free clothes for those in need.

Friendship House (Clothing Bank, Showers) (360) 336-2418
1002 S. Third Street, Mount Vernon
*Clothing bank: Tuesdays and Thursdays 10:00 am - 3:00 pm
Showers for women and children: Monday—Friday 1:00 pm - 3:00 pm
Showers for men: Tuesdays, Thursdays, & Sundays 9:45 am -11:00 am*

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

Community Action of Skagit County (360) 416-7585
*Emergency help with food, clothes, hygiene, transportation.
Monday—Friday, 8:30am-4:00pm*

St. Vincent DePaul Assistance Line: Anacortes (360) 293-9821
Referral line for help with food, gas, clothes, utilities, other basic needs.

Salvation Army..... (360) 293-6682
3001 R Ave #100, Anacortes

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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
Mon - Fri 8:00 - 5:00 (closed 12:00 -1:00 for lunch)

Children, Youth & Parenting

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 St., Mount Vernon
Parenting and life skills classes for the next generation of mothers.

Skagit County Parent to Parent Program.....
320 Pacific Place, Mount Vernon
⇒ English (360) 416-7570 ext 2999
⇒ Spanish (360) 416-7570 ext 3999
Support group, resources, seminars, and events for parents/caregivers of children with special needs.

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.

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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.

Senior & Disabled Volunteer Services Program(360) 416-7585
Community Action of Skagit County
160 Cascade Place, Burlington
Volunteer assistance to help low income seniors and disabled adults stay in their homes by providing direct services like transportation to medical appointments, running errands, yard care and more.

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

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17395 Reservation Road, La Conner

900 East College Way, Mount Vernon www.washingtonconnection.org
Cash assistance, Medicare Savings Program, long-term care,
disabilities.

Skagit SHIBA(360) 826-8828
220 Railroad Ave, Edmonds
Assistance with Medicare enrollment and supplemental insurance plans.

Grandparents Raising Grandchildren..... <https://www.facebook.com/helpforgmaandgpa/>
Ongoing support group, parenting re-education and in-home coaching.

Meals on Wheels and Senior Lunch Program(360) 416-1500
Home delivered meals for seniors (age 60 plus).

Northwest Regional Council(360) 428-1301
301 Valley Mall Way, Suite 100, Mount Vernon www.nwrcwa.org
Information and referral for seniors, Medicaid transportation, COPES in-home care services for seniors, referrals for skilled nursing facilities.

Samish Elders Program.....(360) 588-8806
1618 D. Ave, Anacortes
Senior lunch program for elders.

Skagit Adult Day Program
www.skagitadultdayprogram.org
For senior adults who need support and assistance during the day and are still living in a home environment (see below).

⇒ The Bradford House
116 North Skagit St, Burlington360-755-1235

⇒ The Gentry House
1208 7th St, Anacortes360-293-4466

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

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

Child Care Resource and Referral1-800-446-1114
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 Services1-877-501-2233
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) 416-2580
320 Pacific Place, Mount Vernon
⇒ Text line: 844-218-7271
Preschool programs and early childhood programs from birth to age 5. We provide children and their families with health, nutrition, and social servisu

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

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

Child Care Resource and Referral1-800-446-1114
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Northwest Youth Services(360) 336-1988
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Transitional and supportive housing for homeless youth age 18-21.

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125 North Fifth Street, Mount Vernon
Shelter for teens age 13-17. Opens at 5:30 pm every night.

Skagit Preschool and Resource Center (SPARC)(360) 416-7570
320 Pacific Place, Mount Vernon
Education, therapy, and behavioral programs for special needs children.

Thriving Heart(360) 428-4777
Program of Pregnancy Choices
617 W Division Street , Mount Vernon
Parenting and life skills classes for the next generation of mothers.

Disabilities Resources

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

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

Center for Independence North Sound 1-888-482-4839
502 State Ave. Suite 102 Marysville, WA 98270.....(360) 393-3890

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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) 854-7030

⇒ **Child Development Center** (360) 854-7092
25782 Coyote Drive, Sedro-Woolley

⇒ **Education Department**(360) 854-7032
25782 Coyote Drive, Sedro-Woolley

Senior Resources

Adult Protective Services1-877-734-6277
To report abuse, abandonment, neglect, self-neglect and financial exploitation of vulnerable adults living in the community and in facilities.

CCS Home Care Administration1-877-870-1582
Homecare workers for seniors/disabled; can provide help with household tasks and shopping.

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

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

Washington State Human Rights Commission 1-800-233-3247
www.hum.wa.gov
Investigates claims of discrimination and human rights violations.

WA Law Help Online
www.washingtonlawhelp.org/WA/index.cfm
Web-based resource to help you find solutions to legal and civil problems.

Native American Resources

Samish Indian Nation Social Services.....(360) 899-5282
715 Seafarers Way, 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.

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Peer mentoring, support groups, advocacy, independent life skills & more.

Community Services for the Blind1-800-458-4888
Community Services for the Deaf/Hearing Impaired.....1-877-301-0006
WA State Dept. of Services for the Blind.....1-800-552-7103

Department of Social and Health Services (DSHS)1-877-501-2233
900 East College Way, Mount Vernon www.washingtonconnection.org or dshs.wa.gov
Vocational rehab (see below), cash assistance, medical assistance.
⇒ Division of Vocational Rehabilitation(360) 429-3097
Employment and training for persons with disabilities who want to work.

Paratransit (formerly Dial-a-Ride).....(360) 757-4433
Specialized transport for elderly or persons with disabilities.
Learning Disability Association of WA.....(425) 882-0820
Provides a referral service for individuals with learning disabilities.

Skagit County Parent to Parent Program
English (360) 416-7570 ext 2999 **Spanish** (360) 416-7570 ext 3999
320 Pacific Place, Mount Vernon
Support group, resources, seminars, and events for parents/caregivers of children with special needs.

Samish Vocational Rehabilitation Services.....1-877-470-8737
715 Seafarer’s Ave, Anacortes(360) 899-5282
Counseling and employment services for disabled Native Americans.

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

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Domestic Violence Resources

Skagit Domestic Violence and Sexual Assault Services1-888-336-9591
1521 B Leigh Way, Mount Vernon www.skagitdvsas.org
Counseling, crisis intervention, legal advocacy, emergency room assistance, and support groups for adults facing domestic violence.

Department of Social & Health Services (DSHS)1-877-501-2233
900 East College Way, Mount Vernon www.washingtonconnection.org
or www.dshs.wa.gov
Adult Protective Services (DSHS).....1-800-487-0416
Aging and Adult Services Complaint Line1-800-562-6078
Child Protective Services(360) 735-7038
Children and Family Services Division1-800-785-5582

Victim Support Services(425)252-6081
Support and advocacy for victims of crime and families of missing persons.

Domestic Violence Hot Lines

Domestic Violence Hotline (Washington)1-800-562-6025
Sexual Assault Hotline1-800-656-4673
Sexual Assault Support Group.....(360) 336-9591
Washington State Crime Victim Advocacy1-800-822-1067

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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.

Welcome Home Skagit.....(360) 336-6392
Peer Support, Advocacy, Emergency Duffle Bag Kits, etc

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 Project1-800-445-5771
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.

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Shelter for teens age 13-17. Open 5:00 pm nightly. After 9:30 pm enter at rear of building.

Skagit Domestic Violence Shelter (360) 336-9591
Confidential shelter program for victims of intimate partner violence.

Skagit First Step Shelter (360) 755-9525
Temporary homeless center which will include 45 individual Pallet Shelter Cabins.

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 Base Camp (360) 733-5120
1530 Cornwall Ave, Bellingham
Low barrier shelter for homeless men and women, pets welcome
Day services 7:00 am—6:00 pm
Overnight shelter opens 7:00 pm

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.
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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) 853-7716
45952 Main St, Concrete
www.upperskagit.lib.wa.us

Concrete Community Center (360) 416-1376
45821 Railroad Avenue, Concrete

East County Food Banks , page 12

Adult Education & Literacy

Clearpoint Credit Counseling 1-800-750-2227
Financial and credit education, debt and money-management.

English as a Second Language (ESL)

Instruction for non-native speakers of English. Classes emphasize beginning to advanced listening, speaking, reading, writing. Locations below:

- ⇒ Community Action of Skagit County (360) 588-5735
330 Pacific Place, Mount Vernon
 - ⇒ Goodwill ESOL (360) 848-6468
242 E College Way, Mount Vernon
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Espanol.....(360) 416-7740
2405 E College Way, Mount Vernon

Goodwill Industries (360) 848-6468
242 E College Way, Mount Vernon
Adult Basic Education, English as Second Language, Cashier & customer service training, computer classes, Citizenship prep, case management.

Plazas Comunitarias (360) 428-6116
LaVenture Middle School, 1200 LaVenture Road, Mount Vernon
Adult-education courses in Spanish.

Community Action of Skagit County..... (360) 416-7585
330 Pacific Place, Mount Vernon
Adult Basic Education, English as a Second Language (ESL), High School Equivalency classes (formerly GED).

Skagit Valley College (360) 416-7600
2405 East College Way, Mount Vernon www.skagit.edu

- ⇒ Adult Basic Education (360) 416-7640
- ⇒ Career Services Center..... (360) 416-7654
- ⇒ GED (360) 416-7640
- ⇒ IBEST and BFET..... (360) 416-7723
- ⇒ 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) 416-7723
Assists food stamp recipients with obtaining basic education, skills training, support services, and job searching to find employment.

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 and referrals to shelters.

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Barrier Breakers..... (360) 391 5501
Outreach services 7 days per week, support for post-incarceration re-entry housing, employment, etc. Call for more information.

Shelters

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. For families with children. 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

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Friendship House—Women and Children(360) 336-2418
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Housing

Affordable Housing Programs

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

Home Trust of Skagit(360) 428-0014
612 South First St, Mount Vernon
Helps low-income families secure affordable homes.

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

Disaster-Related Assistance

American Red Cross Northwest Region(360) 733-3290
Disaster-related assistance (includes house fires, floods), health & safety training, disaster preparation services.

Housing Authorities

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

⇒ **Anacortes Housing Authority**(360) 293-7831
719 Q Avenue, Anacortes
<http://www.anacorteshousing.com>

⇒ **Housing Authority of Skagit County**.....(360) 428-1959
1650 Port Drive, Burlington
<http://www.skagitcountyha.org>

⇒ **Sedro-Woolley Housing Authority**1-800-417-9875
830 Township St, Sedro-Woolley
<http://www.sedrowoolleyha.org/housing>

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22

⇒ Goodwill Job Training & Education Center(360) 848-6468

⇒ Skagit Valley College(360) 416-7623

Job Skills and Training Program(360) 588-5724
Community Action of Skagit County—330 Pacific Place, Mount Vernon

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

Hunger to Hope Job Training Program(360) 336-6138
Program of Friendship House
Free 12-week kitchen apprenticeship certification program. Application and interview required. Participation limited to 8 apprentices.

OIC of Washington(360) 416-3505
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. 11

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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 S. Burlington Blvd, Burlington www.labormax.net
- ⇒ **People Ready** (360) 424-3205
2222 Riverside Drive Suite 202, Mount Vernon
- ⇒ **Hire Quest Direct** (360) 336-9993
720 West Division St, Mount Vernon
- ⇒ **Express Employment Professionals**..... (360) 336-1980
1806 Riverside Drive Suite D, Mount Vernon
- ⇒ **Human Resources Inc** (360) 424-7134
2124 Riverside Drive Suite 107, Mount Vernon

Food Resources

Alger: Alger Food Bank (360) 724-5131
18731 Parkview Lane, Alger
Tuesdays 10am—2pm

Anacortes: Helping Hands Anacortes(360) 856-2211
1211 M Ave, Anacortes (Anacortes Christian Church Parking Lot)
Tuesday 11am—2pm

Anacortes: Salvation Army Food Bank(360) 293-6682
3001 R Drive, #100, Anacortes
Mondays 9:00 am—12pm Thursday 1:00 pm-4:00 pm

Anacortes: St. Vincent DePaul Food Bank(360) 293-9821
4001 St. Mary's Drive, Anacortes

WorkSource Skagit (360) 416-3600
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Catholic Community Services NW.....(360) 856-3054
614 Peterson Road, Burlington
Mental health counseling for children and youth.

Compass Health (360) 419-3500
1005 South 3rd Street, Mount Vernon
Mental health counseling and psychiatric services for adults and children
⇒ For persons with Washington Apple Health1-888-693-7200
⇒ For persons with other insurance or with questions(425) 349-8200
⇒ **Crisis Prevention & Intervention Teams**(360) 419-3640
Crisis intervention and prevention for mental health and chemical dependency situations.

Sea Mar CHC - Mount Vernon Behavioral Health Center(360) 542-8920
1010 East College Way, Suite 100, Mount Vernon
Assessments, medication assessments, family/group therapy.

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.

Office of Behavioral Health Advocacy.....(800) 366-3103
Free and confidential assistance and advocacy for those experiencing issues with their mental/behavioral health provider.

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Information & Referral

Skagit County Parent to Parent Program

English (360) 416-7570 ext 2999 **Spanish** (360) 416-7570 ext 3999

320 Pacific Place, Mount Vernon

Support group, resources, seminars, and events for parents/caregivers of children with special needs.

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 <https://www.cityofanacortes.org/220/Library>
- ⇒ Burlington Public Library(360) 755-0760
820 East Washington Ave, Burlington www.burlingtonwa.gov/library
- ⇒ Sedro Woolley Library(360) 755-3985
100 W State St, Suite C, Sedro-Woolley www.centalskagitlibrary.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
- ⇒ Upper Skagit Library.....(360) 853-7939
45770 B Main St, Concrete www.upperskagit.lib.wa.us

Mental Health

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Distribution: Fridays, 10:00 am -11:00 am—bring photo ID

Burlington: Tri-Parish Food Bank(360) 757-0128

935 Peterson Road, Burlington

Saturdays 10am—2pm

Burlington: Helping Hands Food Bank.....Fridays 3:00 pm - 6:00 pm

Pick-up location: Inspire Church of Burlington

1551 E Rio Vista Ave Burlington

Non-food life essentials, every 2nd Friday of the month 3:00 pm- 6:00 pm

Clear Lake: Community Covenant Food Bank(360) 419-7061

Mondays— 10:30 am—12:30 pm

Concrete: Concrete Food Bank(360) 853-8505

45942 Main Street, Concrete

2nd, 3rd, and 4th Tuesdays 12-3pm of each month

Hamilton: Helping Hands Hamilton(360) 826-4090

951 Petit St., Hamilton

Tuesdays 1:00 pm - 4:00 pm

La Conner: La Conner Sunrise Food Bank(360) 488-3878

601 South 2nd, La Conner

Mondays 2:30 pm - 5:00 pm

Marblemount: Helping Hands Marblemount

Inspire Church, 59850 Hwy 20 Marblemount.....(360) 856-2211

Wednesdays 11:00 am - 2:00 pm

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Inspire Church, 59850 Hwy 20 Marblemount.....(360) 856-2211

Wednesdays 11:00 am - 2:00 pm

13

Mount Vernon: Neighbors In Need (360) 982-2089
1615 South 2nd Street, Mount Vernon
Tuesdays 11:00 am - 6:00 pm website: <https://svneighborsinneed.com/>

Sedro-Woolley: Helping Hands Food Bank (360) 856-2211
24703 Wicker Rd, Sedro-Woolley.
Mon & Tues 12:00 pm - 3:00 pm, Thursdays 1:00 pm - 4:00 pm
Website: <http://helpinghandsfoodbank.org/>

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

Mount Vernon

Friendship House Café (360) 873-8022
108 Snoqualmie St, Mount Vernon
Dinner to go: Daily, 5:30—6:30
Sack lunch to go: 11:30—12:00, next to Mr. T's restaurant

Concrete

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) 826-8828
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
Mon—Sat 7:00 am—5:30 pm

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

Hilde Family Dentistry (360) 707-5353
Offering low-cost dental coverage through enrollment in their in-house dental coverage plan. Membership Fee.

Other Health Resources

Pregnancy Choices, CARE Medical Center (360) 428-4777
110 N 15th 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.

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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

Assistance by phone 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) 814-7575

Washington Health Plan Finder 1-855-923-4633

www.wahealthplanfinder.org

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

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

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

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

Lifelong (360) 932-3420

115 Unity St., Suite 302, Bellingham
M-TH: 9:00am-5:00pm

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Concrete Community Center.....(360) 416-1376

45821 Railroad Avenue, Concrete

Monday-Friday: Lunch 11:45 am -12:45 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.

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Basic Food Education & Assistance (360) 416-7585
 Community Action of Skagit County
 330 Pacific Place, Mount Vernon
Assistance with education, information, 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
 Sedro-Woolley.....(360) 770-8197
 Mount Vernon.....secretary@mtvlions.org
Provides glasses and hearing aids to those who cannot afford them. website with form to request contact is http://www.mtvliions.org

Skagit County Public Health (360) 416-1500
 700 South 2nd St, Suite 301, Mount Vernon
Food handlers permits, restaurant permits, birth/death certificates, Nurse Family Partnership.

Hospitals

- ⇒ Island Hospital (360) 299-1300
 1211 24th Street, Anacortes
- ⇒ Skagit Valley Hospital – main campus (360) 428-2500
 1400 East Kincaid Street, Mount Vernon
- ⇒ United General..... (360) 856-7318
 2000 Hospital Drive, Sedro-Woolley

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