

Contact Information

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



Community Action of Skagit County
communityactionskagit.org
Anacortes Office
819 Commercial Ave, Suite C
Anacortes WA 98221
360.770.4049

Suicide and Crisis Help Line: 988, call or text, English & Spanish
Domestic Violence Hotline: 1-888-336-9591 (local)
Crisis help is available 24 hours/day



Printed 11/2/2023

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Community Action of Skagit County Adult Education(360) 588-5734
Goal-based educational services: GED Prep Classes for adults, enrollment is ongoing; English Language Classes for adults and children in Burlington and online. Hablan español.

Anacortes Public Library.....(360) 293-1910
 220 10th St, Anacortes
Free library cards for Anacortes residents, includes access to magazines, newspapers, computers, Wi-Fi, printing, seed library, and study rooms.

ApprenticeshipUSA <https://www.apprenticeship.gov/>
The one-stop source to connect career seekers, employers, and education partners with apprenticeship resources.

Clearpoint Credit Counseling.....1-800-750-2227
<https://www.clearpoint.org/>
Programs for credit, bankruptcy, student loans, reverse mortgages, debt management, home buying, foreclosure prevention, Military Reconnect, and Hispanic Center for Financial Excellence.

Goodwill Job Training & Education Center.....(360) 848-6468
 242 E College Way, Mount Vernon
Free classes including English Speakers of Other Languages, Computer & Digital Literacy, and High School Completion (GED, HS21+).

Plaza Comunitaria(360) 424-8655
 2727 E College Way, Mount Vernon
Classes in basic Spanish literacy and basic adult education classes. Hablan español.

Refugee & Immigrant Services Northwest (RISNW).....(425) 388-9307
<https://risnw.org/>
Helps newly arrived refugees and immigrants. The Community Education & Social Services program provides assistance by addressing barriers to self sufficiency through orientation, education, and social services.

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Adult Education & Literacy

Skagit Valley College Basic Education for Adults..... (360) 416-7600
2405 E College Way, Mount Vernon
Apply online at <https://apply.ctc.edu/user>
Offers courses in: College and Career Bridge; High School Completion, GED Exam Preparation; English Language Acquisition; English for Academic Purposes; INVEST.

Washington College Grant 1-888-535-0747, option 3
Apply online at <https://wsac.wa.gov/apply>
WA Grant gives eligible people more money for more types of education like certificate programs, job training, apprenticeships, or college.

Basic Needs

(Food, Clothing, Household Items, Toiletries, Showers, Laundry, Diapers)

Community Action of Skagit County..... (360) 770-4049
819 Commercial Ave, Suite C, Anacortes
Monday — Friday, 9 am — 3 pm
⇒*Emergency help with food, clothes, hygiene, transportation.*
⇒*Assistance with education, information, applications & eligibility reviews for the Supplemental Nutrition Assistance Program (SNAP/EBT/Food Stamps).*

Anacortes Christian Church/Helping Hands Food Bank..... (360) 293-5300
Upper Parking Lot, 1211 M Ave, Anacortes
Every Tuesday, 11 am — 2 pm

Anacortes Family Center (360) 293-2993
2702 Commercial Ave, Anacortes
Showers by appointment; emergency help with food, clothes, hygiene, transportation.

Veterans Resources

Washington State Department of Veterans Affairs.....1-800-562-2308
<https://www.dva.wa.gov/>
Helps connect veterans and their family members to the benefits and services they earned through their military service.

Women Veterans Call Center.....1-855-829-6636
Services and resources for women Veterans, their families, and caregivers.

Volunteering

Many of the agencies in this booklet offer volunteer programs. Please reach out to any that may be of interest.

Skagit Volunteer Center (360) 416-7585 x1177
<https://www.skagitvolunteercenter.org/>
<https://www.communityactionskagit.org/volunteer/>
Volunteer opportunities throughout Skagit county, Community Action donation drives, and community engagement planning.

Anacortes Chamber of Commerce(360) 293-7911
819 Commerce St, Suite F, Anacortes
<https://anacortes.org/volunteer>
Volunteer at the Visitor Information Center, at events, or beautifying downtown; gain student work experience/community service hours; or participate in Chamber of Commerce committees.

City of Anacortes Volunteer Opportunities
<https://www.anacorteswa.gov/157/Volunteer-Opportunities>
Volunteer for the City of Anacortes or participate in an advisory committee, board, or commission.

Friends of the Forest(360) 293-3725
611 R Ave, Anacortes
Tuesday — Thursday, 10 am — 1 pm
<https://www.friendsoftheacfl.org/volunteer>
Trail work parties, fundraising and event planning, hike/science volunteers.

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Veterans Resources

National Call Center for Homeless Veterans..... 1-877-424-3838
24/7 access to information and resources for Veterans who are homeless or at risk of becoming homeless.

Skagit County Veterans Service Specialist (360) 391-1512
Drop in location: Anacortes Senior Center, 1701 22nd St, Anacortes
Drop in hours: last Friday of the month, 9 am — 3:30 pm
Programs for eligible veterans include: document support; disability compensation and pension claims; elderly & disabled veterans & widow programs; emergency assistance; and more.

SSG Fox Community Based Suicide Prevention..... 1-800-562-2308
<https://www.dva.wa.gov/sp/ssg-fox>
Outreach, peer support, suicide prevention services, and connection to VA and community resources.

VA Assistance Lines

⇒**My VA 411 main information line:** 1-800-698-2411

⇒**VA benefits hotline:** 1-800-827-1000

⇒**GI Bill Hotline:**..... 1-888-442-4551

⇒**VA Health Benefits Hotline:** 1-877-222-8387

⇒**MyHealtheVet Help Desk:**..... 1-877-327-0022

VA Health Care 1-877-222-8387
<https://www.va.gov/health-care/how-to-apply/>
Health care coverage for the services veterans need to get, and stay, healthy. Apply online, by phone, or by mail.

VA Puget Sound Health Care System..... 1-800-329-8387
Seattle VA Medical Center, 1660 S Columbian Way, Seattle, 98108

⇒**Eligibility Office** 1-800-329-8387 x61469
Seattle VA Medical Center, Building 100 (main entrance), Floor 1
Offers a wide range of health, support, and facility services for Veterans around Puget Sound and the Pacific Northwest.

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Basic Needs

Anacortes Farmers Market.....360-982-8092
611 R Ave, Anacortes
Summer hours: every Saturday from the first Saturday in May through the last Saturday in October, 9 am — 2 pm. Winter hours: every 2nd Saturday of the month in January, February, March, and April, 9 am — 2 pm.
Purchase fruit and vegetables directly from the farmers. Accepts EBT.

Anacortes First Baptist Clothes Closet(360) 293-5300
2717 J Ave, Anacortes
1st & 3rd Thursdays of the month, 4 pm— 6 pm
Provides free clothes for those in need.

Anacortes Laundry Love
Econowash Laundromat, 2016 Commercial Ave, Anacortes
1st Tuesday of the month. First load at 8:30 am. Last load at 10:30 am.
Free laundry for up to three loads. Soap, funds and dryer sheets provided. Coffee & light food provided for those using this service.

Anacortes Lutheran Church Christmas Dinner.....(360) 293-9586
2100 O Ave, Anacortes
Free community dinner on Christmas Day.

Department of Social & Health Services (DSHS).....1-877-501-2233
900 E College Way, Mount Vernon
www.washingtonconnection.org
Cash assistance, food stamps, child support.

Dinner at the Brick(360) 293-3880
Westminster Presbyterian Church, 1300 9th St, Anacortes
Every Sunday 4:30 pm— 5:30 pm
Free community dinner.

Food to Go Anacortes.....(360) 770-0235
..... ftganacortes.com (email)
Apply online at <https://foodtogoanacortes.com/delivery-signup>
A weekend/summer backpack food program for ASD school children.

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Basic Needs

(Food, Clothing, Household Items, Toiletries, Showers, Laundry, Diapers)

Help Me Grow Skagit

Services for expectant parents and families with young children.

⇒**Family Resource Navigator** (360) 630-8352

Food assistance

⇒**Family Resource Center** (360) 230-9129

Diapers, wipes, cleaning supplies

Lifelong (360) 932-3423

<https://www.lifelong.org/>

Services include access to food, stable housing, and health resources for people living with Diabetes, HIV, and other life-challenging illnesses.

Love INC Skagit County (360) 419-7061

Office Hours 9am to 3pm

Furniture; women’s work clothes; referrals.

Northwest Youth Services (360) 336-1988

427 N 4th St, Mount Vernon

Monday & Wednesday 9 am – 4 pm

Drop-in center for youth ages 13 – 24. Basic needs supplies & referrals.

Red Bag Pantry

Anacortes Senior Activity Center, 1701 22nd St, Anacortes

Monday – Friday 8 am — 4 pm

Anacortes Fire Department Station 1, 1016 13th St, Anacortes*

Anacortes Library, 1220 10th St, Anacortes*

*24 hours/day, outside of the building

Mini-food closets where anyone in need can find food.

St. Vincent DePaul Assistance Line (360) 293-9821

4001 St. Mary Dr, Anacortes

Food bank: every Friday 10 am — noon

Referral line for help with gas, clothes, utilities, other basic needs.

Veterans Resources

Community Action of Skagit County Robert M. Gates Vets Connect — Veteran’s Center(360) 588-5156

160 Cascade Pl, Burlington

⇒Crisis Support: provides emergency services to eligible veterans and their dependents such as food, gas, and clothing.

⇒Supportive Services: assists veterans in finding and maintaining housing, and advocating for their needs.

⇒Veterans Services Officers: assists with applying for VA benefits.

⇒Veterans Affairs Supportive Housing: serves veterans experiencing homelessness, partnering with the VA and Skagit Housing Authority.

⇒Seniors & Disabled Services: helps senior and disabled veterans get their bills paid.

⇒Compassionate Assistance: friendly, confidential services by people who know what you’re going through.

Disabled American Veterans Vans(253) 583-1343

<https://www.va.gov/puget-sound-health-care/dav-vans-transportation-for-veterans/>

Provides free van rides to and from Puget Sound health care facilities to Veterans who don’t have other transportation options. Schedule 48 hours in advance.

Mount Vernon VA Clinic Main Line.....(360) 848-8500

Mount Vernon VA Clinic Mental Health Care Line.....(206) 764-2007

307 S 13th St, Suite 200, Mount Vernon

Must be enrolled in VA health care.

Must be registered with VA Puget Sound Health Care, see below.

Services provided: advice nurse; audiology & speech; COVID-19 vaccines; laboratory & pathology; mental/behavioral health care; MyHealthVet coordinator; nutrition, food, and dietary care; primary care; social work; women veteran care.

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Services provided: advice nurse; audiology & speech; COVID-19 vaccines; laboratory & pathology; mental/behavioral health care; MyHealthVet coordinator; nutrition, food, and dietary care; primary care; social work; women veteran care.

Utilities Assistance

Low Income Cell Phone Programs

To find out if you qualify and to apply, visit:

- ⇒ **Cricket Wireless** (360) 399-7892
<https://www.cricketwireless.com/affordable-connectivity-program.html>
401 E College Way, Mount Vernon
- ⇒ **SafeLink Wireless** 1-800-SafeLink (1-800-723-3546)
<https://www.safelinkwireless.com/en/#!/newHome>
- ⇒ **TruConnect** 1-800-430-0443
<https://www.truconnect.com/>

Low Income Internet Program

To find out if you qualify and to apply, visit:

- ⇒ **Affordable Connectivity Program** 1-877-384-2575
<https://www.affordableconnectivity.gov/>

Veterans Resources

National Veterans Crisis Hotline (24/7, hablan español):

- ⇒ **988, then press 1**
- ⇒ **text 838255**
- ⇒ **chat online at <https://www.veteranscrisisline.net/>**
English — <https://www.veteranscrisisline.net/>
Spanish — <https://www.veteranscrisisline.net/es/>
You don't have to be enrolled in VA benefits or health care to connect.
- Department of Defense Safe Helpline (RAINN)..... 1-877-995-5247**
..... **chat online at <https://safehelpline.org/>**
The Department of Defense's sole hotline for adult members of the DoD community affected by sexual assault. Operated by RAINN and completely anonymous.

Basic Needs

(Food, Clothing, Household Items, Toiletries, Showers, Laundry, Diapers)

- Salvation Army Food Bank** (360) 293-6682
3001 R Ave, #100, Anacortes
Monday, Tuesday, Wednesday, 9 am — 12 pm; 1 pm — 4 pm
Thursday, 10 am — 12 pm; 1 pm — 6 pm
Food bank; clothing vouchers; bus vouchers.
- Transition Fidalgo Community Produce Stands**
Anacortes Library, 1220 10th St, Anacortes
Anacortes Senior Activity Center, 1701 22nd St, Anacortes
Harbor House, 719 Q Ave, Anacortes
June through October
Share-the-Bounty food stands where local gardeners put fresh produce that anyone in need can access.
- The Kitchen Table** (360) 293-5300
Anacortes First Baptist Church, 2717 J Ave, Anacortes
1st & 3rd Thursdays of the month, 5 pm — 6 pm
Free community dinner.

Children, Youth & Parenting

- Anacortes Club Discovery Center** (360) 545-9544
1017 26th St, Suite A, Anacortes
Preschool for young people aged 30 months to first day of Kindergarten. Operated by AFC, Boys & Girls Club of Skagit County, and Island Health.
- Anacortes ECEAP Preschool** (360) 873-8167
2201 H Ave, Anacortes
Early Childhood Education & Assistance Program for qualifying children ages 3 but not yet 5 years old on August 31st of the school year.

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401 E College Way, Mount Vernon
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<https://www.safelinkwireless.com/en/#!/newHome>
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1st & 3rd Thursdays of the month, 5 pm — 6 pm
Free community dinner.

Children, Youth & Parenting

- Anacortes Club Discovery Center** (360) 545-9544
1017 26th St, Suite A, Anacortes
Preschool for young people aged 30 months to first day of Kindergarten. Operated by AFC, Boys & Girls Club of Skagit County, and Island Health.
- Anacortes ECEAP Preschool** (360) 873-8167
2201 H Ave, Anacortes
Early Childhood Education & Assistance Program for qualifying children ages 3 but not yet 5 years old on August 31st of the school year.

Children, Youth & Parenting

Anacortes Public Library (360) 293-1910
Play and Learn Series (360) 293-1910 x3982
20 10th St, Anacortes
Free library cards for Anacortes residents. Programs for kids include craft classes, story times, STEAM kits, Family Place Library. Programs for teens include writing workshops, research tools, open mic nights, study rooms, and volunteering.

Anacortes School District
2200 M Ave, Anacortes

Homeless Student/Family Support Asst Superintendent .. (360) 503-1214
Foster Student Support Coordinator (360) 488-6399
Free and Reduced Meal Program (360) 503-1377
ATTIC Transition Program (360) 419-0910
503 E Fairhaven Ave, Burlington
Contracted with Anacortes School District. Provides training to students with disabilities aged 18 — 21 to develop work skills and increase students' abilities to live and work independently.

Boys & Girls Club of Skagit County — Anacortes (360) 419-3723
904 6th St, Anacortes
After school programs for children in grades 1 — 9.

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, Familia Latina.

Cascades Job Corps Center 1-800-733-5627
www.jobcorps.gov
Provides free career training and education for youth ages 16 — 24.

6

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Transportation

Skagit Transit
⇒Paratransit (360) 416-7585
<https://www.skagittransit.org/paratransit-fare/>
Paratransit is for individuals whose conditions and/or disabilities prevent them from using Skagit Transit's regular fixed-route buses.

⇒Reduced Fare Permits (360) 757-4433
<https://www.skagittransit.org/rider-info/fares/reduced-fares/>
Available for eligible people 65 years of age and older, Veterans, people with a Medicare card, and people with a disability.

Utilities Assistance

Community Action of Skagit County Energy & Utility Assistance Programs (360) 428-1011
160 Cascade Pl, Suite 10, Burlington
Monday — Friday, 8:30 am — 11:45 am & 1 pm — 5 pm
<https://www.communityactionskagit.org/energy-assistance/>
May provide eligible households assistance with past and future utility bills, including electricity, natural gas, and other heating sources.

City of Anacortes Utility Discount Program (360) 293-1909
<https://www.anacorteswa.gov/187/Utility-Discount-Program>
Provides discounts on city utility bills (water, sewer, refuse, storm, recycling, organics, and fiber) to eligible low income customers.

St. Vincent DePaul Assistance Line (360) 293-9821
4001 St. Mary Dr, Anacortes
Referral line for help with gas, clothes, utilities, other basic needs.

Low Income Cell Phone Programs

To find out if you qualify and to apply, visit:

⇒Assurance Wireless 1-888-321-5880
<https://www.assurancewireless.com/>

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Transportation

Community Action of Skagit County..... (360) 770-4049
819 Commercial Ave, Suite C, Anacortes
Monday — Friday, 9 am — 3 pm
Bus passes, gasoline vouchers (limited)

Community Action of Skagit County Medicaid Transportation Program ..
..... (360) 416-7585

Call NWRC first at (360) 738-4554 to enroll.
330 Pacific Pl Mount Vernon
Assists Medicaid clients with transportation to/from non-emergency medical appointments.

Anacortes Family Center (360) 293-2993
2702 Commercial Ave, Anacortes
Transportation assistance.

Northwest Regional Council (NWRC) Non-Emergency Medical Transportation (360) 738-4554
The Washington Health Care Authority uses NWRC to provide non-emergency transportation to Medicaid/Apple eligible recipients.

Skagit Transit

Customer Service, Scheduling & Dispatch (360) 757-4433

Business Office..... (360) 757-8801

Hearing Impaired 711 or email
..... custserv@skagittransit.org

Online fare purchase.... <https://www.skagittransit.org/online-fare-card/>
www.skagittransit.org
Provides traditional Fixed Route bus transportation to most shopping, medical, employment, recreational, and governmental locations in Skagit county with county connectors to Whatcom and Island counties. Children under age 18 ride free.

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Children, Youth & Parenting

Catholic Community Services Skagit & San Juan Counties.(360) 594-6446
614 Peterson Rd, Suite 200, Burlington
Pregnancy & Parenting Support (Prepares), Substance Use Disorder Treatment Services, Wraparound with Intensive Services (WISe).

Child Care Aware of Washington1-800-446-1114
www.wa.childcareaware.org
Assistance with finding high-quality, licensed child care near you. Assistance for families with young children experiencing homelessness.

Department of Social & Health Services (DSHS)1-877-501-2233
900 E College Way, Mount Vernon
www.washingtonconnection.org
Child Care Subsidy, Child Support Services, Child Protective Services, Temporary Assistance for Needy Families (TANF), Foster Care.

Dolly Parton's Imagination Library.....<https://imaginationlibrary.com/>
Free books for children from birth to age five. (English & Spanish)

Food to Go Anacortes.....(360) 770-0235
..... ftganacortes.com (email)
Apply online at <https://foodtogoanacortes.com/delivery-signup>
A weekend/summer backpack food program for ASD school children.

Fidalgo Pool & Fitness Center(360) 293-0673
1603 22nd St, Anacortes
Swim lesson scholarships for low income households with a free/reduced lunch letter from Anacortes School District.

Help Me Grow Skagit
Local services for expectant parents and families with young children.

⇒ **Pregnancy Connections Nurse**(360) 770-7743
Ask questions, receive guidance, classes and other supports.

⇒ **Family Resource Navigator**(360) 630-8352
Parenting groups, health care, food assistance.

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Help Me Grow Skagit

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⇒**Family Resource Center** (360) 230-9129

Diapers, wipes, cleaning supplies.

Northwest Youth Services (360) 336-1988

427 N 4th St, Mount Vernon

Monday & Wednesday 9 am – 4 pm

Services for youth ages 13 – 24 who are experiencing homelessness or unstable housing.

Oasis Teen Shelter (360) 419-9058

Oasis Teen Text Hotline (360) 230-0587

125 North Fifth Street, Mount Vernon

Provides youth ages 13 – 17 with a safe place to spend the night every day of the year.

Olive Crest**24 Hour Hotline: 1-877-341-7732**

..... **1-800-550-CHILD(2443)**

<https://www.olivecrest.org/>

Provides safe homes at no cost to families in crisis for children 0 – 18 years old for any length of time with no loss of parental rights.

Parent Resilience Program **1-888-404-7763**

<https://perinatalsupport.org/peer-support-program/>

Programs for pregnant people, new parents, and people who have experienced a loss/termination/removal, who are at risk of or currently experiencing mental health concerns related to childbearing.

Refugee & Immigrant Services Northwest (RISNW) (425) 388-9307

<https://risnw.org/>

Helps newly arrived refugees and immigrants. Programs include Support to Parents & Schools, interpretation and language translation, and tutoring.

Senior Resources

Skagit County Senior Citizens Property Tax Exemption(360) 416-1780

https://skagitcounty.net/Departments/Assessor/income_exemption.htm

Provides discounts on property taxes to low income seniors ages 61+.

Skagit County Senior Citizens Property Tax Deferral(360) 416-1780

<https://skagitcounty.net/Departments/Assessor/deferral.htm>

Provides low income seniors ages 61+ the ability to delay paying property taxes for a period of time. Property taxes are repaid in full with interest.

Social Security Administration**1-800-772-1213**

..... **TTY: 1-800-325-0778**

710 E College Way, Mount Vernon

<https://www.ssa.gov/onlineservices/>

Apply for Social Security and/or Medicare benefits.

Soroptimist International of Anacortes Home Health Equipment Loan/Return Program.....(360) 293-7251

1107 3rd St, Anacortes, SE corner of the building, accessed by the ally

Tuesdays, 9 am – 11:30 am; 1:30 pm – 4 pm; Fridays, 9 am – 3 pm

This program is available to anyone living in the 98221 zip code. Home health equipment is loaned free of charge and can be borrowed for any length of time. It is not available to care facility residents.

Statewide Health Insurance Benefits Advisors (SHIBA)**1-800-562-6900**

<https://www.insurance.wa.gov/medicare>

A free, unbiased and confidential service of the Washington state Office of the Insurance Commissioner, SHIBA volunteers help people of all ages and backgrounds with their Medicare questions and options.

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

⇒Adult Care Information

<https://www.dshs.wa.gov/adult-care>

Brigid Collins Family Support Center (360) 428-6622

917 S 3rd St, Mount Vernon

Services aimed at preventing/ending child abuse, including Kinship Caregiver Support Program.

Meals on Wheels (360) 416-1500

Hot meals delivered to homebound seniors Monday through Friday; frozen meals available for the weekend. Free or by donation as able.

Northwest Regional Council Aging & Disability Resources (360) 676-6749

301 Valley Mall Way, Mount Vernon

Provides assistance in obtaining services that support independence and health of older adults and people with disabilities.

Washington Healthplanfinder 1-855-923-4633

<https://www.wahealthplanfinder.org/>

Shop for a variety of health plans in Washington, including Apple Health.

Washington Community Living Connections 1-855-567-0252

<https://www.waclc.org/consite/index.php>

Washington residents can learn about and access the full range of private and public long-term service and support options.

Samish Indian Nation Elders Program (360) 293-6404

Summit Park, 8327 Summit Park Rd, Anacortes

Programs include: nutrition program providing congregate meals on Mondays, Tuesdays, and Thursdays at noon; chat and learn; virtual elders gatherings and bingo fun; caregiver resources; veterans program.

Children, Youth & Parenting

Salvation Army Family Services(360) 293-6682

3001 R Ave, #100, Anacortes

Monday, Tuesday, Wednesday, 9 am — 12 pm; 1 pm— 4 pm

Thursday, 10 am— 12 pm; 1 pm — 6 pm

Programs may include: emergency shelter; emergency financial assistance; clothing vouchers; bus vouchers.

Samish Longhouse Preschools(360) 588-8806

Head Start: free to income eligible families, children with special needs, and native families.

Early Learning Center: childcare program that serves children ages 12 months to 5 years.

Skagit County Breastfeeding Coalition.. <https://skagitbreastfeeding.org/>

Community resources to support you on your path to nourish your new baby: monthly coalition meetings; Skagit County Lactation Resource Guide.

Skagit County Public Health Pregnancy Connections.....(360) 770-7743

Call or text to learn about pregnancy-related services in Skagit County, or complete the online referral form at:

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Skagit County Public Health Nurse-Family Partnership(360) 770-7743

Qualifying first time pregnant people before 28 weeks partner with a nurse through pregnancy until the child turns 2. Call or text or complete the online referral form at:

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SPARC (Skagit Preschool and Resource Center).....(360) 416-7570

320 Pacific Place, Mount Vernon

Provides educational, therapeutic, and related services for children from birth to five years of age of all abilities.

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Children, Youth & Parenting

Women, Infants and Children (WIC)

Provides nutritious food to supplement diets, information on healthy eating, and referrals to health care for low-income parents, infants, and children up to age 5. Associated with the Skagit Valley Diaper bank.

⇒**Anacortes** (360) 770-4049

819 Commercial Ave, Suite C, Anacortes

Monday — Thursday 9:00 am — 3:00 pm or by appointment

⇒**Community Action of Skagit County**..... (360) 416-7595

330 Pacific Place, Mount Vernon

Monday — Thursday 8:30 am — 6 pm; Friday 8:30 am — 5 pm

Working Families Tax Credit..... (360) 763-7300

<https://workingfamiliescredit.wa.gov/apply>

Individuals and families may receive up to \$1200 back on taxes already paid if they meet certain eligibility requirements.

YOUTHConnect! (360) 293-2993

..... **YOUTHConnect@AnacortesFamily.org**

Pairs volunteers with young people to provide guidance for social, emotional, academic, and occupational goals.

YouthNet 1-888-996-8846

277 N 4th St, Mount Vernon

Programs include: Foster Care; Independent & Transitional Living; Family Preservation; El Sol Nace Para Todos (classes and services held in Spanish for the Skagit County Hispanic community.)

Youth Transition (360) 393-3890

Center for Independence, 502 State Ave, #102, Marysville

Works one-on-one with youth with disabilities ages 14 and up to develop and achieve independent living goals.

Senior Resources

Anacortes Senior Activity Center(360) 293-7473

1701 22nd St, Anacortes

Monday — Friday 8 am — 4 pm

<https://www.anacorteswa.gov/556/Senior-Activity-Center>

Offers classes, programs, coffee and tea, free computer use, a pool room, and a small library, Red Bag food pantry.

Anacortes Senior Activity Center Hot Lunches (360) 293-7473 press #2

1701 22nd St, Anacortes

Monday through Friday, 11:30 am — 12:30 pm

Seniors 60+, suggested donation is \$5. Under age 60, suggested donation is \$7. Meals are provided by the Skagit County Senior Nutrition Program.

City of Anacortes Resources for Seniors

<https://www.anacorteswa.gov/1516/Resources-for-Seniors>

CCS Home Care.....1-877-870-1582

Provides non-medical assistance to aging persons and those with disabilities living in their homes.

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

900 E College Way, Mount Vernon

www.washingtonconnection.org

Basic food assistance, cash assistance, Aged, Blind and Disabled medical program, assistance with paying medical bills.

⇒**Adult Protective Services (reporting line)**1-877-734-6277

or report to Adult Protective Services online at:

<https://www.dshs.wa.gov/altsa/adult-protective-services>

Investigates reports about abuse, abandonment, neglect, exploitation and self-neglect of vulnerable adults.

⇒**Long Term Care Services & Information**

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<https://www.dshs.wa.gov/altsa/adult-protective-services>

Investigates reports about abuse, abandonment, neglect, exploitation and self-neglect of vulnerable adults.

⇒**Long Term Care Services & Information**

<https://www.dshs.wa.gov/altsa/long-term-care-services-information>

Recovery Programs

Recovery Support Groups

- ⇒ **Alcoholics Anonymous**..... **1-888-360-1564**
Meeting schedule: <https://www.district46aawa.org/meetings.html>
- ⇒ **Al-Anon/Alateen**..... **1-888-425-2666**
Meeting schedule: <https://al-anon.org/al-anon-meetings/>
- ⇒ **Cocaine Anonymous** **(425) 244-1150**
Meeting schedule: <https://caofwa.org/meeting-schedule/>
- ⇒ **WA State Problem Gambling (ECPG) Helpline** **1-800-547-6133**
Call or text. Chat online at <https://www.evergreencpg.org/>
- ⇒ **Narcotics Anonymous** **(360) 647-3234**
Meeting schedule: <https://www.na.org/meetingsearch/>
- ⇒ **Overeaters Anonymous** **(505) 891-2664**
Meeting schedule: <https://oa.org/find-a-meeting/?type=0>

Senior Resources

Community Action of Skagit County Senior & Disabled Services

330 Pacific Pl, Mount Vernon

- ⇒ **Seniors & Disabled Services** **(360) 416-7585**
Matches seniors/disabled people with volunteers who may be able to assist with light tasks.
- ⇒ **Medicaid Transportation Program** **(360) 416-7585**
Call NWRC first at (360) 738-4554 to enroll.
Assists Medicaid clients with transportation to/from non-emergency medical appointments.
- ⇒ **Monthly Food Box for Seniors**..... **(360) 410-5023**
Provides monthly food boxes to low-income seniors (60 years+). Delivery to Anacortes is on the 4th Monday of each month.

Disabilities Resources

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Anacortes School District

2200 M Ave, Anacortes

- Inclusive Services and Special Education**.....**(360) 503-1218**
.....**inclusiveservices@asd103.org**

Anacortes Senior Center Low Vision Support Group**(360) 293-7473**
1701 22nd St, Anacortes

Fourth Thursday of each month, 10 am — 11 am

For people experiencing any level of vision loss and their friends/family.

Learn about available resources and services.

- ATTIC Transition Program**.....**(360) 419-0910**

503 E Fairhaven Ave, Burlington

Contracted with Anacortes School District. Provides training to students with disabilities aged 18 — 21 to develop work skills and increase students' abilities to live and work independently.

- Canine Companions**.....**1-800-572-2275**

www.canine.org

Provides service dogs to adults, children, and veterans with disabilities.

- CCS Home Care****1-877-870-1582**

Provides non-medical assistance to aging persons and those with disabilities living in their homes.

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Disabilities Resources

- Chinook Enterprises** (360) 428-0140
2026 N Laventure Rd, Mount Vernon
Provides career guidance, training, and follow up services to people with disabilities and other barriers who live in Skagit County. Also provides support to employers who hire their clients.
- Center for Independence** (360) 393-3890
502 State Ave, #102, Marysville
A non-residential organization serving people with disabilities ages 14 and up. Core services are: information and referrals; independent living skills training; peer support; advocacy; and transition services.
- Developmental Disabilities Administration (Skagit)** 1-800-567-5582
900 E College Way, #110, Mount Vernon
Provides support to people with developmental disabilities and their families so the individuals can live the lives that they want.
- Division of Vocational Rehabilitation** (360) 429-3097
900 E College Way, #120, Mount Vernon
Provides individuals with disabilities the tools, services, and supports required to achieve successful employment.
- Learning Disabilities Association of America WA** (425) 882-0820
Creates opportunities for success for all individuals affected by learning disabilities through support education, and advocacy.
- Northwest Regional Council Aging & Disability Resources** (360) 676-6749
301 Valley Mall Way, Mount Vernon
Provides assistance in obtaining services that support independence and health of older adults and people with disabilities.

Recovery Programs

- Clinics & Treatment Programs**
- Catholic Community Services Skagit & San Juan Counties.**(360) 757-0131
614 Peterson Rd, Suite 200, Burlington
Substance use disorder treatment services for youth, adults, and families.
- didg^wálič Wellness Center**.....(360) 588-2800
8212 S March Point Rd, Anacortes
<https://www.didgwalic.com/>
Outpatient treatment, medication assisted therapies, child care onsite.
- Sea Mar Anacortes Behavioral Health Clinic**(360) 542-8819
1004 M Ave, Anacortes
Substance use disorders & mental health services.
- Skagit County Mobile Syringe Exchange**(360) 416-1500
Salvation Army, 3001 R Ave, Anacortes
3rd Monday: 10 am — 11:30 am
Offers 1:1 syringe exchange, safe disposal containers, equipment, substance use disorder counseling, and referrals.
- Skagit Recovery Navigator Program Referral Number**.....(360) 982-9407
Works with clients to help them access and succeed in local mental health, substance use disorders, and detox programs.
- Other Resources**
- SAMHSA National Help Line**1-800-662-HELP (4357)
A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- 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 people with substance abuse disorders.

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Native American Resources

- Samish Indian Nation** (360) 293-6404
<https://www.samishtribe.nsn.us/>
- ⇒ **Administration** (360) 293-6404
2918 Commercial Ave, Anacortes
Administration, Planning, Archives
- ⇒ **Cannery Building** 1-877-470-8737
715 Seafarer's Way, Anacortes
Social Services, Housing, Vocation Rehabilitation, Health
- ⇒ **Summit Park**
8327 Summit Park Rd, Anacortes
- Chelángen, Enrollment, Samish Language Program** 1-877-711-8896
- Education** (360) 726-3423
- Elders** (360) 293-6404
Elders programs include: nutrition program providing congregate meals on Mondays, Tuesdays, and Thursdays at noon; chat and learn; virtual elders gatherings and bingo fun; caregiver resources; veterans program.
- Samish Department of Natural Resources** (360) 293-6404
- Samish Library** (360) 726-2208
- ⇒ **Longhouse Preschools** (360) 588-8806
1618 D Ave, Anacortes
Head Start and Early Learning Center

Disabilities Resources

- Office of the Deaf and Hard of Hearing** (360) 725-3450 (voice)
..... (360) 399-7382 (videophone)
..... 1-800-422-7930 (voice/TTY)
..... odhh@dshs.wa.gov (email)
Supporting and providing services to individuals who are Deaf, DeafBlind, Hard of Hearing, Late Deafened or Speech Disabled.
- Samish Vocational Rehabilitation Services** 1-877-470-8737
715 Seafarer's Way, #103, Anacortes
Provides services to American Indians/Alaskan Natives with disabilities who reside in the Samish Indian Nation's service delivery area.
- Skagit County Paratransit** (360) 757-9191 (eligibility)
..... 360-757-4433 (scheduling/dispatch/ops)
..... 360-757-8801 (admin office)
..... custserv@skagittransit.org (email/hearing impaired)
Paratransit is for individuals whose conditions and/or disabilities prevent them from using Skagit Transit's regular fixed-route buses.
- Skagit County Parent to Parent (SPARC)** (360) 416-7570
320 Pacific Place, Mount Vernon
Offers support, resources, seminars, and events for families whose children have developmental disabilities or ongoing health care needs.
- Skagit County Disabled Persons Property Tax Exemption** .(360) 416-1780
https://skagitcounty.net/Departments/Assessor/income_exemption.htm
Provides discounts on property taxes to low income disabled persons.
- Skagit County Disabled Persons Property Tax Deferral**(360) 416-1780
<https://skagitcounty.net/Departments/Assessor/deferral.htm>
Provides low income disabled persons the ability to delay paying property taxes for a period of time. Property taxes are repaid in full with interest.

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Disabilities Resources

Soroptimist International of Anacortes Home Health Equipment Loan/Return Program (360) 293-7251

1107 3rd St, Anacortes, SE corner of the building, accessed by the ally
Tuesdays 9:00 am — 11:30 am; 1:30 pm — 4:00 pm
Fridays 9:00 am — 3:00 pm

This program is available to anyone living in the 98221 zip code. Home health equipment is loaned free of charge and can be borrowed for any length of time. It is not available to care facility residents.

Skagit/Island Council of the Blind..... (425) 218-0190

Anacortes Senior Activity Center, 1701 22nd St
Fourth Thursday of each month 11 am — noon

Following the monthly Low Vision Support Group. Affiliated with the Washington Council of the Blind and the American Council of the Blind to connect with nation-wide experiences and resources.

WA State Department of Services for the Blind 1-800-552-7103

<https://dsb.wa.gov/contact-us>

Provides services for people of all ages who are blind or have low vision in the state of Washington.

Washington Vocational Services (360) 419-0910

503 E Fairhaven Ave, Burlington

Career counseling and vocational training for people with disabilities.

Disaster Recovery Resources

American Red Cross Northwest Region (206) 323-2345

Red Cross staff and volunteers assist with emergency aid, advice, and assistance to aid with recovery from a disaster, or to help with disaster preparedness.

Mental/Behavioral Health

Other Resources

Northwest Wraparound with Intensive Services – WISE ... (360) 856-3054

CCS NW's intensive outpatient mental health program, providing home and community based services for Medicaid-eligible youth (up to 20 years) with multiple and complex needs, and their families.

Sea Mar Anacortes Behavioral Health Clinic (360) 542-8819

1004 M Ave, Anacortes

Substance use disorders & mental health services.

Skagit County Behavioral Health Resources..... (360) 416-1509

Washington State Department of Health Online Resources:

<https://doh.wa.gov/you-and-your-family/injury-and-violence-prevention/suicide-prevention/hotlines-text-and-chat-resources>

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Suicide & Crisis Lifeline 988 (call or text)
..... chat online at <https://988lifeline.org/>
Deaf/Hard of Hearing ASL Users.....call 988 using Videophone
..... access ASL Now at
..... [https://988lifeline.org/help-yourself/for-deaf-hard-of-hearing/Deaf/Hard of Hearing TTY Users](https://988lifeline.org/help-yourself/for-deaf-hard-of-hearing/Deaf/Hard-of-Hearing-TTY-Users)..... use your preferred relay service
..... or dial 711 then 988
Español/Spanish Speakers 988, then press 2
Other Language Speakers..... 988, then say the language needed
Veteran's Crisis Line..... 988, then press 1
..... text 838255
..... chat online at <https://www.veteranscrisisline.net/>

Local Hotline (24/7)

Compass Health Crisis Line..... 1-800-584-3578

Other Resources

Catholic Community Services Northwest (CCS NW) Children's Mental Health Services (360) 856-3054
Provides children's mental health services to Medicaid eligible children and their families.

Compass Health 1-844-822-7609

or complete the online referral form at

<https://www.compasshealth.org/online-referral-form/>

A community-based healthcare agency, integrating behavioral health and medical care services to support clients and communities.

Office of Behavioral Health Advocacy.....1-800-366-3103

Supports individuals and their families who are being served and supported in the Washington State behavioral health system.

Disaster Recovery Resources

FEMA Disaster Recovery Center Locator
..... <https://egateway.fema.gov/ESF6/DRCLocator>
FEMA Disaster Recovery Centers (DRCs) are accessible facilities and mobile offices you can visit to learn more about FEMA and other disaster assistance programs. You may also visit to ask questions about your case. DRCs are set up in convenient areas after a disaster to make them easier to find.

Domestic Violence/Crime Victim Resources

National Hotlines (Available 24 hours/day in multiple languages)

Domestic Violence Hotline 1-800-799-7233

..... text START to 88788

Sexual Assault Hotline (RAINN) 1-800-656-4673

Department of Defense Sexual Assault Hotline (RAINN) .. 1-877-995-5247

Human Trafficking Hotline..... 1-888-373-7888

..... text BeFree to 233733

Teen Dating Violence Hotline 1-866-331-9474

..... text LOVEIS to 22522

Skagit Domestic Violence and Sexual Assault Services 1-888-336-9591

Help is available 24 hours/day

www.skagitdvsas.org

Emergency shelter, support groups, legal advocacy, advocacy-based counseling, community education, support services.

Other Resources

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

⇒ **WA State Dept of Children, Youth & Families** (360) 429-2993

⇒ **Child Protective Services (area reporting line)** 1-866-829-2153

⇒ **Child Protective Services (statewide reporting line)** 1-866-363-4276

⇒ **Adult Protective Services (reporting line)** 1-877-734-6277

or report to Adult Protective Services online at:

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Department of Defense Safe Helpline (RAINN)..... 1-877-995-5247
..... chat online at <https://safehelpline.org/>
The Department of Defense’s sole hotline for adult members of the DoD community affected by sexual assault. Operated by RAINN and completely anonymous.

Rape, Abuse and Incest National Network (RAINN) 1-800-656-4673
..... TTY: 1-800-810-7440
..... chat online at <https://hotline.rainn.org/online>
The nation’s largest organization fighting sexual violence, includes programs to prevent sexual violence, help victims, and ensure justice.

Victim Connect Resource Center call/text 1-855-484-2846
. chat online at <https://victimconnect.org/get-help/victimconnect-chat/>
Referral helpline where crime victims can learn about their rights and options confidentially and compassionately. Operated Monday – Friday 7 am—3 pm.

Victim Support Services (425) 252-6081
<https://victimsupportservices.org/>
Provides victims of crimes with advocacy services, courtroom support, medical advocacy, information, and referrals.

Washington State Office of Crime Victim Advocacy 1-800-822-1067
ocva@commerce.wa.gov
Serves as a voice within government for the needs of crime victims through advocacy, prevention, education, and treatment.

Employment & Job Training

Community Action of Skagit County Job Skills & Training . (360) 899-7959
Provides families with tools to reach their goals for employment and financial stability. Programs include: Job Board; WorkPathways Workshops; Life Skills Workshops; one-on-one job coaching; Career Jump.

LGBTQIA+ Resources

Other Resources

Department of Defense Safe Helpline (RAINN).....1-877-995-5247
.....chat online at <https://safehelpline.org/>
The Department of Defense’s sole hotline for adult members of the DoD community affected by sexual assault. Operated by RAINN and completely anonymous.

Rape, Abuse and Incest National Network (RAINN)1-800-656-4673
..... TTY: 1-800-810-7440
..... chat online at <https://hotline.rainn.org/online>
The nation’s largest organization fighting sexual violence, includes programs to prevent sexual violence, help victims, and ensure justice.

Trans Lifeline1-877-565-8860
Trans Lifeline connects trans people to the community support and resources needed to survive and thrive.

Washington Gender Alliance (WGA) Support Group Skagit County
..... <http://washingtongenderalliance.com/>
134 E Victoria Ave, Burlington
Wednesdays 7:30 pm — 9 pm
The WGA is an all-volunteer, community-oriented support and education organization dedicated to helping people deal with the issues of gender identity and/or expression, be it their own or of someone in their lives.

Domestic Violence/Crime Victim Resources

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Victim Connect Resource Center call/text 1-855-484-2846
. chat online at <https://victimconnect.org/get-help/victimconnect-chat/>
Referral helpline where crime victims can learn about their rights and options confidentially and compassionately. Operated Monday – Friday 7 am—3 pm.

Victim Support Services (425) 252-6081
<https://victimsupportservices.org/>
Provides victims of crimes with advocacy services, courtroom support, medical advocacy, information, and referrals.

Washington State Office of Crime Victim Advocacy 1-800-822-1067
ocva@commerce.wa.gov
Serves as a voice within government for the needs of crime victims through advocacy, prevention, education, and treatment.

Employment & Job Training

Community Action of Skagit County Job Skills & Training . (360) 899-7959
Provides families with tools to reach their goals for employment and financial stability. Programs include: Job Board; WorkPathways Workshops; Life Skills Workshops; one-on-one job coaching; Career Jump.

LGBTQIA+ Resources

Other Resources

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LGBTQIA+ Resources

National Hotlines

LGBT National Help Center

- ⇒LGBT National Hotline..... **1-888-843-4564**
- ⇒LGBT National Coming Out Support Hotline **1-888-688-5428**
- ⇒LGBT National Senior Hotline **1-888-234-7243**
- ⇒LGBT National Youth Talkline **1-800-246-7743**
<https://www.lgbthotline.org/>
Volunteers who identify as LGBTQIA+ provide free & confidential peer support, information, and local resources through national hotlines and online programs.

Trevor Project **1-866-488-7386**
..... **text START to 678678**
..... **chat online at <https://www.thetrevorproject.org/get-help/>**
The Trevor Project's mission is to end suicide among LGBTQ young people.

Other Resources

- Lifelong** **(360) 932-3423**
<https://www.lifelong.org/>
Services include access to food, stable housing, and health resources for people living with Diabetes, HIV, and other life-challenging illnesses.
- PFLAG Skagit County** **<https://pflagskagit.org/>**
Promotes the health and well-being of LGBTQIA+ people, their families, and friends through support, advocacy, and education.
- Queer Youth Services** **qys@nwys.org**
- Part of Northwest Youth Services**..... **(360) 336-1988**
Queer Youth Services provides education, advocacy, and support for Queer youth, their loved ones, and community providers.

Employment & Job Training

- ATTIC Transition Program**.....**(360) 419-0910**
503 E Fairhaven Ave, Burlington
Contracted with Anacortes School District. Provides training to students with disabilities aged 18 — 21 to develop work skills and increase students' abilities to live and work independently.
- ApprenticeshipUSA** **<https://www.apprenticeship.gov/>**
The one-stop source to connect career seekers, employers, and education partners with apprenticeship resources.
- Basic Food Employment & Training (BFET)**.....**1-877-501-2233**
900 E College Way, Mount Vernon
Provides employment and training services to Basic Food (SNAP) recipients who are not participating in TANF.
- Cascades Job Corps Center****1-800-733-5627**
www.jobcorps.gov
Provides free career training and education for youth ages 16 — 24.
- Chinook Enterprises****(360) 428-0140**
2026 N Laventure Rd, Mount Vernon
Provides career guidance, training, and follow up services to people with disabilities and other barriers who live in Skagit County. Also provides support to employers who hire their clients.
- Division of Vocational Rehabilitation**.....**(360) 429-3097**
900 E College Way, #120, Mount Vernon
Provides individuals with disabilities the tools, services, and supports required to achieve successful employment.
- Goodwill Job Training & Education Center**.....**(360) 848-6468**
242 E College Way, Mount Vernon
Free classes including Computer & Digital Literacy, Customer Service Essentials, and Work Readiness.

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Employment & Job Training

- Northwest Career & Technical Academy** (360) 848-0706
1606 R Ave, Anacortes
<https://www.nwtech.k12.wa.us/>
Works with local school districts to provide free technical and professional training for high-school-age students.
- Refugee & Immigrant Services Northwest (RISNW)** (425) 388-9307
<https://risnw.org/>
Helps newly arrived refugees and immigrants. The Employment, Training & ESL program provides employment, training, and support to help clients gain new job skills.
- Samish Vocational Rehabilitation Services** 1-877-470-8737
715 Seafarer's Way, #103, Anacortes
Provides services to American Indians/Alaskan Native with disabilities who reside in the Samish Indian Nation's service delivery area.
- Washington Vocational Services** (360) 419-0910
503 E Fairhaven Ave, Burlington
Career counseling and vocational training for people with disabilities.
- WorkSourceWA** <https://www.worksourcewa.com/>
A partnership of state, local, and nonprofit agencies that provides employment and training services to job seekers and employers .

Food Resources

- Community Action of Skagit County** (360) 770-4049
819 Commercial Ave, Suite C, Anacortes
Monday — Friday, 9 am — 3 pm
⇒ *Emergency help with food, clothes, hygiene.*
⇒ *Assistance with applications & eligibility reviews for the Supplemental Nutrition Assistance Program (SNAP/EBT/Food Stamps).*

Legal Resources

- Skagit Legal Aid**(360) 230-8101
⇒ *Eviction & Landlord Tenant Issues, Statewide Screening Line*
..... 1-888-201-1014 or
⇒ *Eviction & Landlord Tenant Issues, Housing Justice Project*.....
.....(360) 230-8100
⇒ *All Other Civil Legal Issues* use CLEAR hotline numbers
- Volunteers of America Dispute Resolution Center**(360) 542-8487
117 N 1st St, Suite 30, Mount Vernon
<https://www.voaww.org/drc>
Mediation, workplace conflict resolution, conciliation, small claims, fair housing, and training for Skagit county residents.
- Washington State Human Rights Commission**1-800-233-3247
or file a complaint online at
<https://www.hum.wa.gov/file-complaint>
Prevents and eliminates discrimination in housing through application of the law and community partnerships. Discrimination charges in housing must be filed within one year from the date of the alleged violation.
- Washington Law Help Online**
<https://www.washingtonlawhelp.org/>
A guide to free civil legal services for low-income persons and seniors, providing legal education materials and tools, and in some cases, detailed instructions and forms to help you represent yourself in court.

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- WorkSourceWA** <https://www.worksourcewa.com/>
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A guide to free civil legal services for low-income persons and seniors, providing legal education materials and tools, and in some cases, detailed instructions and forms to help you represent yourself in court.

Legal Resources

Northwest Justice Project

<https://nwjustice.org/home>

Provides free legal assistance to address housing, family safety, income security, health care, education, and more.

⇒**CLEAR Hotline** **1-888-201-1014**

Weekdays from 9:15 am — 12:15 pm

⇒**CLEAR**Sr* (age 60+)** **1-888-387-7111**

⇒**Eviction** **1-888--657-8387**

⇒**Foreclosure** **1-800-606-4819**

CLEAR (Coordinated Legal Education, Advice and Referral) is a toll-free legal hotline for people with low incomes.

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

<https://www.nwirp.org/>

Promotes justice by defending and advancing the rights of qualified immigrants, regardless of immigration status, through direct legal services, systemic advocacy, and community education.

Refugee & Immigrant Services Northwest (RISNW) **(425) 388-9307**

<https://risnw.org/>

Trained, accredited staff provide a range of legal immigration and naturalization services.

Food Resources

Community Action of Skagit County Senior & Disabled Services

Monthly Food Box for Seniors **(360) 410-5023**

Provides monthly food boxes to low-income seniors (60 years+). Delivery to Anacortes is on the 4th Monday of each month.

Anacortes Farmers Market **(360) 982-8092**

611 R Ave, Anacortes

Summer hours: every Saturday from the first Saturday in May through the last Saturday in October, 9 am — 2 pm. Winter hours: every 2nd Saturday of the month in January, February, March, and April, 9 am — 2 pm.

Purchase fruit and vegetables directly from the farmers. Accepts EBT/SNAP.

Anacortes Christian Church/Helping Hands Food Bank **(360) 293-5300**

Upper Parking Lot, 1211 M Ave, Anacortes

Every Tuesday, 11 am — 2 pm

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

2702 Commercial Ave, Anacortes

Emergency help with food, clothes, hygiene.

Anacortes Lutheran Church Christmas Dinner **(360) 293-9586**

2100 O Ave, Anacortes

Free community dinner on Christmas Day.

Anacortes Senior Activity Center Hot Lunches **(360) 293-7473 press #2**

1701 22nd St, Anacortes

Monday through Friday, 11:30 am — 12:30 pm

Seniors 60+, suggested donation is \$5. Under age 60, suggested donation is \$7. Meals are provided by the Skagit County Senior Nutrition Program.

Dinner at the Brick **(360) 293-3880**

Westminster Presbyterian Church, 1300 9th St, Anacortes

Sundays, 4:30 pm— 5:30 pm

Free community dinner.

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Food Resources

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

900 E College Way, Mount Vernon

www.washingtonconnection.org

Food benefits for low income households.

Food to Go Anacortes (360) 770-0235

.....ftganacortes.com (email)

Apply online at <https://foodtogoanacortes.com/delivery-signup>

A weekend/summer backpack food program for ASD school children.

Help Me Grow Skagit

Local services for expectant parents and families with young children.

⇒**Family Resource Navigator (360) 630-8352**

Food assistance.

⇒**Family Resource Center (360) 230-9129**

Diapers, wipes, cleaning supplies.

Lifelong..... (360) 932-3423

<https://www.lifelong.org/>

Services include helping people with Diabetes, HIV, and other life

challenging illnesses access nutritious food.

Meals on Wheels (360) 416-1500

Hot meals delivered to homebound seniors Monday through Friday; frozen

meals available for the weekend. Free or by donation as able.

Mom’s Closet & Pantry

Behind 812 Commercial Ave, Anacortes

Mondays, Thursdays, & Saturdays 10 am — 2 pm

Free clothes and food. Outside pantry with food and water, 24 hours/day.

Housing

Emergency/Drop-In Shelter — Outside of Skagit County

Lighthouse Mission Base Camp, Bellingham(360) 733-5120

<https://www.thelighthousemission.org/what-we-do/base-camp/>

Provides food & shelter to women and men, open 24/7, pets are welcome.

Immigrant Resources

Catholic Immigration Legal Services/CCS Family Immigration.....(360) 416-7095

.....(360) 416-7095

300 S 1st St, Suite C, Mount Vernon

Provides quality legal immigration assistance to low-income residents of

Washington. Services may be free or for a small fee.

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Various programs are available within Washington State to help refugees,

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English Language Classes

Instruction for non-native speakers of English. See the section called “Adult

Education & Literacy” for details.

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Housing

Skagit County Shelters

- Family Promise of Skagit Valley**..... (360) 854-0743
<https://www.familypromiseskagit.org/>
Provides prevention, shelter, and graduate support services to families experiencing homelessness.
- Friendship House** (360) 336-6138
<https://www.skagitfriendshiphouse.org/>
 ⇒Men’s Shelter (360) 336-2135
 ⇒Women/Children Shelter (360) 336-2418
 ⇒Skagit First Step Center (360) 755-9525
Provides shelters, Friendship House Café, Love & Laundry, Giving Room, and Hunger 2 Hope programs.
- Northwest Youth Services Skagit Housing** (360) 336-1988
<https://www.nwys.org/skagit-housing>
Offers shelter, transitional living, and rapid rehousing programs for young adults ages 18 — 24.
- Oasis Teen Shelter** (360) 419-9058
Oasis Teen Text Hotline (360) 230-0587
<https://www.skagitymca.org/oasis/>
Provides youth ages 13 — 17 with a safe place to spend the night every day of the year.
- Skagit Domestic Violence and Sexual Assault Services**..... 1-888-336-9591
www.skagitdvsas.org
Emergency shelter, support groups, legal advocacy, advocacy-based counseling, community education, support services.
- William J. Shuler Family Development Center** (360) 416-7585
<https://www.communityactionskagit.org/family-development-center/>
Provides homeless families with shelter and housing and helps them become self-sufficient.

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Food Resources

Red Bag Pantry

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 Monday – Friday 8 am — 4 pm
 Anacortes Fire Department Station 1, 1016 13th St, Anacortes*
 Anacortes Library, 1220 10th St, Anacortes*
 *24 hours/day, outside of the building.
Mini-food closets where anyone in need can find food.
- St. Vincent DePaul Food Bank**.....(360) 293-9821
 4001 St. Mary Dr, Anacortes
 Fridays 10 am — noon
- Salvation Army Food Bank**.....(360) 293-6682
 3001 R Ave, #100, Anacortes
 Monday, Tuesday, Wednesday, 9 am — 12 pm; 1 pm — 4 pm.
 Thursday, 10 am — 12 pm; 1 pm — 6 pm
- The Kitchen Table**(360) 293-5300
 Anacortes First Baptist Church, 2717 J Ave, Anacortes
 1st & 3rd Thursdays of the month, 5 pm — 6 pm
Free community dinner.
- Transition Fidalgo Community Produce Stands**
 Anacortes Library, 1220 10th St, Anacortes
 Anacortes Senior Activity Center, 1701 22nd St, Anacortes
 Harbor House, 719 Q Ave, Anacortes
 June through October
Share-the-Bounty food stands where local gardeners put fresh produce that anyone in need can access.

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 Anacortes Fire Department Station 1, 1016 13th St, Anacortes*
 Anacortes Library, 1220 10th St, Anacortes*
 *24 hours/day, outside of the building.
Mini-food closets where anyone in need can find food.
- St. Vincent DePaul Food Bank**.....(360) 293-9821
 4001 St. Mary Dr, Anacortes
 Fridays 10 am — noon
- Salvation Army Food Bank**.....(360) 293-6682
 3001 R Ave, #100, Anacortes
 Monday, Tuesday, Wednesday, 9 am — 12 pm; 1 pm — 4 pm.
 Thursday, 10 am — 12 pm; 1 pm — 6 pm
- The Kitchen Table**(360) 293-5300
 Anacortes First Baptist Church, 2717 J Ave, Anacortes
 1st & 3rd Thursdays of the month, 5 pm — 6 pm
Free community dinner.
- Transition Fidalgo Community Produce Stands**
 Anacortes Library, 1220 10th St, Anacortes
 Anacortes Senior Activity Center, 1701 22nd St, Anacortes
 Harbor House, 719 Q Ave, Anacortes
 June through October
Share-the-Bounty food stands where local gardeners put fresh produce that anyone in need can access.

Food Resources

Women, Infants and Children (WIC)

Provides nutritious food to supplement diets, information on healthy eating, and referrals to health care for low-income parents, infants, and children up to age 5. Associated with the Skagit Valley Diaper bank.

⇒ **Anacortes** (360) 770-4049

819 Commercial Ave, Suite C, Anacortes

Monday — Thursday 9:00 am — 3:00 pm or by appointment

⇒ **Community Action of Skagit County** (360) 416-7595

⇒ 330 Pacific Place, Mount Vernon

Monday — Thursday 8:30 am — 6 pm; Friday 8:30 am — 5 pm

Health Resources

Health Clinics

ABCD (Access to Baby & Child Dentistry) (360) 899-6208

Connects Apple Health (Medicaid) insured children from birth up to age six with specially-trained dentists in their communities.

C.A.R.E. Medical Center (360) 428-4777

110 N 15th St, Mount Vernon

No cost medical clinic that offers pregnancy testing, prenatal vitamins, limited obstetrical ultrasound, education, and resources.

DentistLink 1-844-888-5465

<https://dentistlink.org/>

Free non-profit referral service connecting everyone to dental care, whether uninsured or insured, including Apple Health (Medicaid).

Lifelong (360) 932-3423

<https://www.lifelong.org/>

Services include access to food, stable housing, and health resources for people living with Diabetes, HIV, and other life-challenging illnesses.

Housing

Housing Authority

Anacortes Housing Authority (360) 293-7831

719 Q Ave, Anacortes

<http://www.anacorteshousing.com>

Provides several low income housing programs and affordable public housing to qualified households, including Section 8 programs.

Programs for People Experiencing Homelessness or Housing Instability

Community Action of Skagit County Housing Resource Center (360) 416-7585

330 Pacific Place, Mount Vernon

Monday, Tuesday, Thursday, Friday 10 am — 3 pm

Coordinated Entry intakes, including screening for rental assistance programs and referrals to shelters in Skagit County.

Anacortes Family Center (360) 293-2993

2702 Commercial Ave, Anacortes

Coordinated Entry intakes, including screening for rental assistance programs and referrals to shelters in Skagit County.

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Skagit County Shelters

Anacortes Family Center (360) 293-2993

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Provides sheltering, caseworker services, and group and individual learning sessions to homeless women, children, and families.

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Housing

Fair Housing Advocacy

Fair Housing Center of Washington..... (253) 274-9523

or file a complaint online at

<https://fhc.washington.org/file-a-housing-complaint/>

Provides fair housing education, outreach, and enforcement services to residents, focusing on advocacy, education, & complaint investigation.

Office of Fair Housing and Equal Opportunity (HUD) 1-800-669-9777

..... TTY: 1-800-877-8339

Regional Office (Seattle)..... 1-800-877-0246

or file a complaint online at

https://www.hud.gov/program_offices/fair_housing_equal_opp/online-complaint

Works to eliminate housing discrimination, promote economic opportunity, and achieve diverse, inclusive communities.

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

or file a complaint online at

<https://www.hum.wa.gov/file-complaint>

Prevents and eliminates discrimination in housing through application of the law and community partnerships. Discrimination charges in housing must be filed within one year from the date of the alleged violation.

Homeowners

Washington Homeowner Assistance Fund 1-877-894-4663

<https://washingtonhaf.org/>

Connects homeowners with a housing counselor who provides free and confidential assessments that can assist with options to prevent foreclosure.

Health Resources

Health Clinics

Low Income Dental Services

<https://doh.wa.gov/you-and-your-family/oral-health/finding-dental-care>.

Low Income Vision Services

<https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/get-free-or-low-cost-eye-care>

Mount Vernon Health Center 1-877-714-1149

1805 E Division St, Mount Vernon

Provides affordable, high-quality health care to those with or without insurance. Services include primary care, women's health care, men's health care, pregnancy testing and services, and HIV services.

Sea Mar Community Health Centers

⇒ **Anacortes Behavioral Health Clinic**..... (360) 542-8819

1004 M Ave, Anacortes

Substance use disorders & mental health services.

⇒ **Healthcare for the Homeless Program**

1010 E College Way, Mount Vernon

Primary health services such as medical, preventative, substance abuse treatment and counseling, and mental health services.

⇒ **Migrant & Seasonal Farmworkers Promotores Program**

..... (360) 542-8898

125 N 18th St, Suite A, Mount Vernon

Health care services and health information for the farmworker Community. Hablan español.

⇒ **Mount Vernon Dental Clinic** (360) 542-8901

1400 N LaVenture, Mount Vernon

Family dentistry including preventative dental exams, emergency or urgent care, and referrals.

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Health Resources

Health Clinics

Sea Mar Community Health Centers

⇒ **Skagit Valley Women’s Medical Clinic**..... (360) 542-5550
 125 N 18th St, Suite A, Mount Vernon
Outpatient prenatal and post-partum care, women’s health exams, maternity support services.

⇒ **Mount Vernon Medical Clinic** (360) 542-8900
 1400 N LaVenture, Mount Vernon
Primary Care Family Medicine

Health Insurance and Medical Coverage

Apple Health..... 1-800-562-3022
<https://www.wahealthplanfinder.org/>
In Washington State, Medicaid is called Apple Health, which provides physical & behavioral health services for qualified residents.

Apple Health Enrollment Navigators
Navigators can help you get enrolled and answer any general questions you have about your health insurance options or the application process. Help from brokers and navigators is typically free for people of any income level.

⇒ **didgʷálič Wellness Center**..... (360) 588-2800

⇒ **Island Hospital**..... (360) 299-4924

⇒ **Sea Mar Community Health Centers** 1-855-289-4503

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

900 E College Way, Suite 100, Mount Vernon
<https://www.dshs.wa.gov/food-cash-medical>
<https://www.washingtonconnection.org/home/>
Programs include: Apple Health; Alien Emergency Medical Program; Aged, Blind and Disabled (ABD) Medical Program; Pregnancy Medical Program; Paying Medical Bills.

Health Resources

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Health Resources

Health Insurance and Medical Coverage

Statewide Health Insurance Benefits Advisors (SHIBA)1-800-562-6900
<https://www.insurance.wa.gov/medicare>
A free, unbiased and confidential service of the Washington State Office of the Insurance Commissioner, SHIBA volunteers help people of all ages and backgrounds with their Medicare questions and options.

Washington Healthplanfinder1-855-923-4633
<https://www.wahealthplanfinder.org/>
Shop for a variety of health plans in Washington, including Apple Health.

Housing

Affordable Housing Programs

Skagit Habitat for Humanity(360) 428-9402
 1022 Riverside Dr, Mount Vernon
Builds safe, healthy, affordable homes together with qualified future homeowners, volunteers, donors, sponsors, and community partners.

Home Trust of Skagit(360) 428-0014
 612 S 1st St, Mount Vernon
Programs to assist limited income individuals and families in Skagit county with becoming homeowners and renters.

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