

Skagit County Community Resource Guide

Education Libraries Seniors Health Employment
Food Banks Utilities Children & Youth Clothing Veterans Basic Needs Housing & Shelter Mental Health GED Volunteerism



www.CommunityActionSkagit.org

ResourceCenter@CommunityActionSkagit.org

*This Resource Guide is provided as a free service
of Community Action of Skagit County in
partnership with SCOG*



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Alcohol & Drug Services



Crisis Support

Skagit Rising

 www.skagitrising.org

 Crisis line: 988
 (360) 416-1500

Washington Recovery Line

 www.crisisconnections.org

 24/7, Texting: 9am-9pm

 1(866) 789-1511

Help for substance abuse, problem gambling, & mental health

Clinics & Treatment Programs

CCS Recovery Center

 www.ccsww.org

 614 Peterson Rd, Burlington

Outpatient treatment services, counseling, suboxone, vivitrol, methadone therapies; childcare onsite

 (360) 757-0131

Consejo Counseling

 www.consejocounseling.org

 1601 E College Way, Mount Vernon

 M-F: 8am-5pm

Mental health outpatient services, substance use disorder outpatient services, children, youth, and family services

 (360) 763-5595

Didg^wálíč Wellness Center

 www.didgwalic.com

 8212 S March Point Rd, Anacortes

Outpatient treatment services, counseling, suboxone, vivitrol, methadone therapies; childcare onsite

 (360) 588-2800

Swinomish Wellness Program

 17337 Reservation Rd, La Conner

 M-F: 8am-4pm

Assessments, group and individual sessions, Medication Assisted Treatment, help with problem gambling

 (360) 466-1024

Evergreen Recovery Outpatient Treatment & Men's Residential Program

 www.evergreenrc.org

Outpatient treatment for adults and comprehensive residential program for men ages 18+

Lifeline Connections

 (360) 397-8246

 www.lifelineconnections.org

 1413 E College Way, Mount Vernon

Treatment for substance use disorders; outpatient mental health & youth

Northwest Regional Council

 (360) 676-6749

 www.nwrcwa.org

 301 Valley Mall Way, Mount Vernon

 M-F: 8:30am-4:30pm

Recovery care coordination and navigation services

R.I.S.E. Recovery

 (360) 826-2661

 www.riserecoveryskagit.org

Operates several recovery houses within Skagit for men who want to live in recovery

Sea Mar Behavioral Health Clinic

 (360) 542-8920

 www.seamar.org

 2203 Old Highway 99 S Rd, Mount Vernon

 M-F: 8am-5pm

Drug and alcohol evaluations (English & Spanish), DUI assessments, intensive outpatient treatment, family counseling, and living skills group

Skagit County Crisis Center (Pioneer Human Services)

 (360) 757-7738

 www.pioneerhumanservices.org

 201 Lila Lane, Burlington

16-bed crisis mental health stabilization and sub-acute detox program

Sunrise Behavioral Health Services ☎ (360) 336-3762

 www.sunriseservicesinc.com

📍 2500 E College Way, Mount Vernon

Outpatient substance use disorder assessment and treatment

Other Drug and Alcohol Addiction Help

New Earth Recovery

☎ (360) 848-9281

 www.nerecovery.org

8 structured, faith-based recovery homes in Mount Vernon, serving men and women. Contact to check on current availability or to start the application process

Parent Child Assistance Program (PCAP)

☎ (360) 428-6622

Intervention and counseling program for pregnant and parenting women with substance abuse

Upper Skagit Chemical Dependency Program

☎ (360) 854-7070

 www.upperskagittribe-nsn.gov/departments/health-services

📍 25959 Community Plaza Way, Sedro-Woolley

🕒 Fridays: Dinner 6pm, Meeting 7pm

Substance abuse counseling

Recovery Support Groups

Alcoholics Anonymous

☎ (360) 734-1688

 www.district4aa-wa.org

Cocaine Anonymous

☎ (425) 244-1150

 www.caofwa.org

Narcotics Anonymous

☎ (360) 647-3234

 www.nwscna.org

Recovery Café

☎ (360) 899-4466

 www.rcskagit.org

Recover at the Well

☎ (360) 336-8988

📍 123 Evergreen St, Mount Vernon

🕒 Fridays: Dinner 6pm, Meeting 7pm



Basic Needs

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



Anacortes Family Center

☎ (360) 293-2993

 www.anacortesfamily.org

📍 2702 Commercial Ave, Anacortes

Showers, diapers, hygiene items, some clothing

Barrier Breakers

☎ (360) 391-5501

 www.bbfbarrierbreakerfoundation.com

Emergency help with food, hygiene, toiletries, bus passes, and phone service

Community Action of Skagit County ☎ (360) 416-7585

🕒 M-F: 8:30am-4pm

Emergency help with food, clothes, hygiene, and transportation

Department of Social & Health Services (DSHS)

☎ 1(877) 501-2233

 www.dshs.wa.gov

📍 900 E College Way #100, Mount Vernon

Cash assistance, food stamps, child support. Visit www.washingtonconnection.org to apply for a variety of public benefit programs

First Baptist Church of Anacortes Clothes Closet

☎ (360) 293-5300

📍 2717 J Ave, Anacortes

🕒 1st & 3rd Thursday of the month, 4-6:30pm

Free clothing. Free meal served in conjunction

Love I.N.C

☎ (360) 419-7061

🕒 Office hours: 9am-3pm

Furniture ministry, clearing house ministry - referral to church ministries based on need, Let's Dress For Your Success - women's work clothes

Friendship House (Clothing Bank, Showers) ☎ (360) 336-6138

Clothing Closet & Women's House:

📍 922 S 3rd St, Mount Vernon

🕒 Showers (women & children): Tues, Thurs, Sun 9:45-11am

🕒 Clothing closet: Tues, Thurs 10am-3pm

Laundry Facility & Men's House:

📍 1008 S 3rd St, Mount Vernon

🕒 Showers (men): Tues, Thurs, Sun 9:45-11am

🕒 Laundry: Tues, Weds, Thurs 1-3pm

Salvation Army ☎ (360) 293-6682

🌐 www.anacortes.salvationarmy.org

📍 3001 R Ave #100, Anacortes

Help with basic needs such as food. Serves Anacortes, La Conner, Bow and 98273 zip code residents only

Sea Mar Healthcare for Homeless ☎ (360) 542-8899

📍 1010 E College Way, Mount Vernon

🕒 M-F: 8am-5pm

Food vouchers, bus and shower passes, referrals to other Sea Mar services and community agencies

Skagit County Crisis Center (Pioneer Human Services) ☎ (360) 336-8988

📍 123 Evergreen St, Mount Vernon

🕒 Mondays: 12-3pm and by appointment

Free clothing for all ages. Enter at NW corner of building



Children, Youth & Parenting



Anacortes ECEAP Preschool

 (360) 679-5290

 www.skagit.edu/eceap

 2201 H Ave, Anacortes

A comprehensive family-focused preschool designed for children ages 3-5

Aspire Academy

 (360) 428-6216

 www.mountvernonschools.org/aspire

 3302 Cedardale Rd #B300, Mount Vernon

Choice high school for Mount Vernon and La Conner Students

Boys & Girls Clubs of Skagit County (360) 419-3723

 <https://skagitclubs.org/>

 3302 Cedardale Rd, Suite A-100, Mount Vernon

The Clubs provide a safe, fun, and positive space for youth ages 6-18. Clubs are available in Anacortes, Burlington, Concrete, Mount Vernon, and Sedro Woolley

Brigid Collins Family Support Center

 (360) 428-6622

 www.brigidcollins.org

 917 S 3rd St, Mount Vernon

Services aimed at preventing/ending child abuse. Programs include Parenting Academy, Parent-Child Interaction Therapy, Foster Child Program, Kinship Caregiver Support Program

Cascades Job Corps College & Career Academy (ages 16-24)

 (360) 854-2111

 <https://cascades.jobcorps.gov>

 2060 Powerhouse Dr, Sedro-Woolley

No-cost education and career technical training program

Catholic Community Services NW

 (360) 594-6446



www.ccsww.org



614 Peterson Road #200, Burlington

Mental health counseling for children and youth, pregnancy support, and wrap-around services

Childcare Resource & Referral

 1(800) 446-1114



www.childcareaware.org

Child Care Aware of WA - Referrals to providers of childcare and resources to help pay for services

Department of Social & Health Services (DSHS)

 1(877) 501-2233



www.dshs.wa.gov



900 E College Way #100, Mount Vernon

Child Care Subsidy, Child Support Services, Child Protective Services, Temporary Assistance for Needy Families (TANF). Visit www.washingtonconnection.org to apply for a variety of public benefit programs

Inspire Development Centers

 (360) 428-3993



www.inspirecenters.org



2405 Kulshan View Drive, Mount Vernon

Early Childhood Education and Assistance Program (ECEAP), Migrant Seasonal Head Start (MSHS)

Northwest Youth Services

 (360) 336-1988



www.nwys.org



134 E Victoria Ave, Burlington



M-W: 9am-4pm

Drop-in center with basic needs supplies, connection to services, and housing support for homeless youth

Skagit/Island Head Start

 (360) 416-2580



www.sih.sskagit.edu



(844) 218-7271



Multiple locations in Burlington, Mount Vernon, and Sedro-Woolley

Preschool and early childhood programs from birth - age 5

Oasis Teen Shelter



www.nwys.org



125 N 5th St, Mount Vernon



Daily 3pm-8am

Shelter for teens age 13-17. Low barrier, first come first serve. Access to meals, showers, laundry, clothes, and case management for finding permanent housing

 (360) 419-9058

Text Hotline: (360)

 230-0587

Skagit County Parent to Parent Program



www.p2pskagit.org



110 N 15th St, Mount Vernon

Parenting and life skills classes for the next generation of mothers and support groups in English and Spanish

 (360) 416-7570

English: ext 2999

Spanish: ext 3999

Skagit Preschool and Resource Center (SPARC)



www.sparckids.org



320 Pacific Place, Mount Vernon

Education, therapy, and behavioral programs for special needs children

 (360) 416-7570

WA State Department of Children, Youth & Families



www.dcyf.wa.gov/services

Explore services for childcare and child development, child welfare, foster and adoption



Disabilities Resources



Center for Independence (CFI) North Sound

 (360) 393-3890

 www.cfi-wa.org

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

Chinook Enterprises

 (360) 428-0140

 www.chinookenterprises.org

 2026 N LaVenture Rd, Mount Vernon

 M-F: 7:30am-4pm

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

Department of Social & Health Services (DSHS)

 1(877) 501-2233

 www.dshs.wa.gov

 900 E College Way #100, Mount Vernon

Office of the Deaf and Hard of Hearing

 (425) 461-4603 (Videophone)

 (800) 422-7930 (Voice/TTY)

 www.dshs.wa.gov/altsa/odhh

 (360) 725-3450 (Voice)

 odhh@dshs.wa.gov

Vocational Rehabilitation.....  (360) 429-3097

 M-F: 8am-5pm

Employment and training for persons with disabilities

Paratransit (operated by Skagit Transit)

 (360) 757-4433

 www.skagittransit.org/paratransit

For individuals with disabilities that prevent them from using regular transit. Call to schedule. \$2 per trip (one way)

***More accessible transportation options are in the
Transportation chapter on Page 41***

Samish Vocational Rehabilitation Services

 (360) 393-3890

 www.samishtribe.nsn.us/departments/vocational-rehabilitation
Help for Samish citizens and other tribal members who have barriers to employment to identify their strengths in order to gain, maintain, or advance employment

Skagit County Parent to Parent Program

 (360) 416-7570

 www.p2pskagit.org
Support group, resources, seminars, and events for parents/caregivers of children with special needs

English: ext 2999
Spanish: ext 3999

Skagit Valley College - INVEST Program

 (360) 416-7958

 www.skagit.edu/invest
Individualized Next Step Vocational Education and Social Skills Training for post-secondary students with intellectual and developmental disabilities

WA State Dept. of Services for the Blind

 1(800) 552-7103

 www.dsb.wa.gov
Skills, training and support for people of all ages who are Blind, Deaf-Blind or Low Vision for employment, education, or independent living

Washington Vocational Services

 www.wvs.org
ATTIC - Adult Transition to Independence Center Services.....  (360) 419-0910
 503 E Fairhaven Ave, Burlington
For people with disabilities ages 18-21. Skill development opportunities, class and computer lab, kitchen and laundry training areas
Skagit County Employment Office.....  (360) 708-5680
 901 Cleveland Ave, Suites 101 & 102, Mount Vernon



Domestic Violence



Department of Social & Health Services (DSHS)

☎ 1(877) 501-2233

 www.dshs.wa.gov or www.washingtonconnection.org

📍 900 E College Way #100, Mount Vernon

Adult Protective Services..... ☎ 1(877) 734-6277

Aging & Adult Services Complaint Line..... ☎ 1(800) 562-6078

Child Protective Services..... ☎ 1(866) 363-4276

Children & Family Services Division..... ☎ 1(800) 785-5582

Victim Support Service ☎ (425) 252-6081

Support and advocacy for victims of crime and families of missing persons

Skagit Domestic Violence and Sexual Assault Services

☎ 1(888) 336-9591
24hr hotline

 www.skagitdvsas.org

📍 1521B Leigh Way, Mount Vernon

Counseling, crisis intervention, legal advocacy, emergency room assistance, and support groups

Domestic Violence Hot Lines

Domestic Violence Hotline (WA)

☎ 1(800) 562-6025

National Sexual Assault Hotline

☎ 1(800) 656-4673

Skagit DVSAS

☎ 1(800) 336-9591

WA State Crime Victim Advocacy

☎ 1(800) 822-1067



Adult Education & Literacy



Plazas Comunitarias

☎ (360) 428-6116

📍 1200 LaVenture Rd, Mount Vernon (LaVenture MS)

Adult Education courses in Spanish offered by Catholic Community Service's Farmworker Center

Skagit Valley College

☎ (360) 416-7600 (English)

🌐 www.skagit.edu

☎ (360) 416-7740 (Spanish)

📍 2405 E College Way, Mount Vernon

Adult Basic Education, GED & ESL..... ☎ (360) 416-7640

Career Services Center..... ☎ (360) 416-7654

IBEST & 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 separations



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

Skagit Valley College.....☎ (360) 416-7623

Cascades Job Corps College & Career Academy (ages 16-24)

☎ (360) 854-2111

🌐 <https://cascades.jobcorps.gov>

📍 2060 Powerhouse Dr, Sedro-Woolley

No-cost education and career technical training program

Chinook Enterprises

☎ (360) 428-0140

🌐 www.chinookenterprises.org

📍 2026 N LaVenture Rd, Mount Vernon

🕒 M-F: 7:30am-4pm

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

Division of Vocational Rehabilitation ☎ (360) 429-3097

🌐 www.dshs.wa.gov/dvr

📍 900 E College Way #120, Mount Vernon

Helps individuals with disabilities become employed

Go Skagit (Online Job Listings)

🌐 Jobs.skagit.org/jobs

Hunger to Hope Job Training Program (Friendship House)

☎ (360) 336-6138

Call to inquire about availability. Prioritizes shelter residents

Job Skills & Training Program - Community Action

 (360) 899-0536

 160 Cascade Pl, Suite B, Burlington

 M-F: 8:30am-4:30pm

Must call to schedule an appointment

Opportunities Industrialization Center (OIC) of Washington

 (509) 665-3715

 www.oicofwa.org/locations/mt-vernon

 2005 E College Way, Mount Vernon

 M-F: 8am-5pm

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

 www.wvs.org

 503 E Fairhaven Ave, Burlington

Employment services, job development and support

Samish Career Education Pathway Program

 (360) 419-0910

 www.samishtribe.nsn.us

 715 Seafarer's Way Suite 103

Job search, career advancement, college and education planning, cultural learning opportunities, financial literacy, job readiness, employment barrier support for Tribal citizens

Temporary & Day Labor Agencies

Express Employment Professionals

 (360) 336-1980

 www.expresspros.com/us-washington-mount-vernon

 1806 Riverside Dr Suite D, Mount Vernon

 M-F: 7am-5pm

Human Resources Inc

 (360) 424-7134

 2124 Riverside Dr #107, Mount Vernon

 M-F: 12-5pm

WorkSource Skagit

 (360) 416-3600

 2005 E College Way, Mount Vernon

 M-F: 12-5pm



Food & Nutrition



Anacortes

Helping Hands Anacortes

☎ (360) 856-2211

📍 1211 M Ave, Anacortes

🕒 Tuesdays: 11am-2pm

Salvation Army Food Bank

☎ (360) 293-6682

📍 3001 R Dr #100, Anacortes

🕒 M-W: 9am-12pm & 1-4pm, Thurs: 10am-12pm & 1-6pm

Commodities available on 1st Wednesday of each month

St. Vincent DePaul Food Bank

☎ (360) 293-9821

📍 4001 St. Mary's Dr, Anacortes

🕒 Fridays: 10-11am

Bring photo ID

The Kitchen Table

☎ (360) 293-9821

📍 2717 J Ave, Anacortes (Anacortes First Baptist Church)

🕒 Thursdays: 5-6pm

Dinner at the Brick

☎ (360) 293-9821

📍 1300 9th St, Anacortes (Westminster Presbyterian Church)

🕒 Sundays: 4:30-5pm

Burlington

Helping Hands Food Bank

☎ (360) 856-2211

📍 1551 E Rio Vista Ave, Burlington (Inspire Church)

🕒 Fridays: 3-5:30pm

Tri-Parish Food Bank

☎ (360) 757-2563

🌐 <http://eatlocalfirst.org/listing/burlington/tri-parish-food-bank>

📍 935 Peterson Rd, Burlington (St. Charles Catholic Church)

🕒 Saturdays: 10am-2pm

Clear Lake

Community Covenant Food Bank

 (360) 419-7051

 12605 Hwy 9, Clear Lake

 Mondays: 9:30-12:30pm

Appointments are required to receive food. Schedule through LOVE inc by calling 360-419-7051 M-F 9:30am-2:30pm

Concrete

Concrete Food Bank

 (360) 853-8505

 45942 Main St, Concrete

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

Concrete Community Center

 (360) 416-1733

 45821 Railroad Ave, Concrete

 M-F: 12-1pm

Everyone welcome. \$5 meal suggested donation

Hamilton

Helping Hands Hamilton

 (360) 856-2211

 951 Petit St, Hamilton

 Tuesdays: 12-3pm

La Conner

Helping Hands Swinomish

 (360) 856-2211

 17444 Snee Oosh Rd, La Conner (Inspire Church)

 Thursdays: 2-5pm

La Conner Sunrise Food Bank

 (360) 488-3878

 602 S 3rd St, La Conner

 Mondays: 2:30-5pm

Marblemount

Helping Hands Marblemount

 (360) 856-2211

 59850 Hwy 20, Marblemount (Inspire Church N Cascade)

 Wednesdays: 11am-2pm

Mount Vernon

Neighbors in Need Food Bank

☎ (360) 982-2089

 www.svneighborsinneed.com

📍 1615 S 2nd St, Mount Vernon

🕒 Tuesdays: 11am-5pm

Friendship House Café

☎ (360) 982-2089

📍 108 Snoqualmie St, Mount Vernon

🕒 Dinner: Daily 5:30-6:30pm

🕒 Sack Lunch: 11:30am-12pm, *next to Mr. T's restaurant*

Sedro-Woolley

Helping Hands Sedro-Woolley

☎ (360) 856-2211

 www.helpinghandsskagit.org

📍 9386 Fruitdale Rd, Sedro-Woolley

🕒 M: 11am-3pm, W: 10am-2pm, Th: 12-4pm, F: 2-6pm

Other Food Resources

Basic Food Education & Assistance ☎ (360) 416-7585

 www.communityactionskagit.org/food

📍 330 Pacific Place, Mount Vernon

Assistance with education, information, applications & eligibility reviews for Basic Food or SNAP

Meals on Wheels & Senior Lunch ☎ (360) 872-7395

Home-delivered meals for seniors (60+)

Senior Centers

See listings under Seniors on page 38

Skagit Gleaners ☎ (360) 848-1045

 www.skagitgleaners.org

📍 1021 Riverside Dr, Mount Vernon

Reclaims food products for distribution. Membership fee. Free to those in need Saturdays 3:30-6:30pm

Tribal Elders Lunches

See listings under Native American Resources on page 35

Washington Basic Food (SNAP)

☎ 1(877) 501-2233



www.washingtonconnection.org



900 E College Way, Mount Vernon

Department of Social and Health Services: *Supplemental Nutrition Assistance Program or Food Stamps. Benefits for low-income people to buy food at the grocery store*

Women, Infants & Children (WIC)

Provides checks for nutritious foods for women who are pregnant, breastfeeding or have children up to age 5

Anacortes WIC (Community Action).....☎ (360) 770-4049



819 Commercial Ave, Suite C, Anacortes



M-F: 9am-3pm

Concrete WIC Clinic.....☎ (360) 854-0435



45770 A Main Street, Concrete (United General)



2nd & 4th Thurs: 9am-3pm

Mount Vernon WIC (Community Action).....☎ (360) 416-7595



330 Pacific Place, Mount Vernon



M-Th: 8:30am-6pm, F: 8:30am-5pm

Naval Air Station WIC Whidbey Island.... ☎ (360) 679-8049



Building #13 on Seaplane Base, 260 Pioneer Way,
Oak Harbor WA 98278



Monday, Wednesday, Thursday 8:30am-4:30pm

Sedro Woolley WIC (United General).....☎ (360) 466-7269



2031 Hospital Dr, Sedro-Woolley



M-F: 9am-4:30pm

Swinomish Health Clinic WIC.....☎ (360) 466-7269



M-F: 8:30am-5:30pm, closed 12-1pm

Serves Native American tribal members only



Health Resources



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. Form to request contact is on www.mtvlions.org

Planned Parenthood

☎(877) 714-1149

🌐 www.plannedparenthood.org/get-care

📍 1805 E Division St, Mount Vernon

🕒 Tues: 8:30am-6pm, W-F: 8am-6pm

Provides reproductive healthcare services for men and women. Also provides hormone therapy and other services specific to transgender persons

Safe Harbor Free Clinic

☎(360) 419-0910

🌐 www.safeharborfreeclinic.org

📍 7209 265th NW Suite 203/204, Stanwood

Free faith-based medical clinic. Chronic care, women's health, podiatry and walk-in service. Call for days/hours

Sea Mar CHC - Concrete

☎(360) 853-8183

🌐 www.seamar.org/skagit-medical-concrete

📍 7438 S D Ave, Concrete

🕒 M, W, Th, F: 8am-5pm, Tues: 9am-6pm

Family medicine, immunizations, urgent care. Sliding scale available

Sea Mar CHC - Mount Vernon

☎(360) 542-8900

🌐 www.seamar.org/skagit-medical-mountvernon

📍 1400 N LaVenture, Mount Vernon

🕒 M-Sat: 8am-5pm

Family medicine, OBGYN specialty care, immunizations, urgent care. Sliding scale available

Sea Mar - Skagit Women's Clinic

 (360) 588-5550



www.seamar.org/skagit-medical-skagit

 125 N 18th St, Suite A, Mount Vernon



M-F: 8am-5pm

Skagit County Public Health

 (360) 542-8900



www.skagitcounty.net/departments/health

 301 Valley Mall Way, Suite 110, Mount Vernon



M-Sat: 8:30am-4:30pm

Food handlers permits, restaurant permits, birth/death certificates, Nurse Family Partnership

Unity Care NW

 (877) 235-6850



www.unitycarenw.org

 220 Unity St, Bellingham



M-F; 7:45am-6pm, Sat: 7:45am-12:30pm & 1:30-5pm

Provides medical, dental, pharmacy and mental health services. Sliding-scale clinic for those without insurance. Accepts Apple Health

Women, Infants & Children (WIC)

Health information and screening, vouchers for WIC-approved foods. See WIC locations under Food Resources on page 18

Hospitals

Island Hospital

 (360) 299-1300

 1121 24th St, Anacortes

Skagit Valley Hospital - main campus

 (360) 428-2500

 1400 E Kincaid St, Mount Vernon

United General

 (360) 856-7318

 2000 Hospital Dr, Sedro-Woolley

Health Insurance & Medical Coverage

Apple Health for Kids, Adults & Families (ages 0-64)

☎ 1(800) 562-3022

 www.wahealthplanfinder.org

Free Health insurance for individuals or families under 135% of the federal poverty level.

See In-Person Assister sites (below) for help applying or go to the Washington Health Plan Finder website to compare and enroll in Medicaid or Health Insurance Premium Tax Credits

Department of Social & Health Services (DSHS)

☎ 1(877) 501-2233

 www.dshs.wa.gov or www.washingtonconnection.org

📍 900 E College Way #100, Mount Vernon

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

In-Person Assister (IPA) or Enrollment Navigators

☎ (360) 416-7723

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

Planned Parenthood.....☎ (360) 299-1300 ext 3822

Sea Mar Community Health Centers.....☎ 1(855) 289-4503

Skagit Valley Hospital.....☎ (360) 424-2613

Lifelong

☎ (360) 932-3420

 www.lifelong.org/insurance

📍 115 Unity St, Suite 302, Bellingham

🕒 M-Th: 8:30-5pm

Case management services for individuals living with HIV/AIDS as well as free testing. Services available in Skagit

SHIBA Statewide Health Insurance (360) 826-8828

Benefits Advisors

Assistance navigating Medicare A & B and supplemental plans, explanation of benefits, and open-enrollment questions

Dental

Community Health Center - Arlington Clinic

 (425) 789-3789

 www.chcsno.org/clinics/arlington
 326 S Stillaguamish Ave, Arlington
 M-Sat: 7am-5:30pm

Hilde Family Dentistry

 (360) 707-5353

 www.hildefamilydentistry.com
 239 S Burlington Blvd, Burlington
 M-Th: 10am-7:30pm, F-Sun: 8am-4pm
Offers low-cost dental coverage through enrollment in their in-house dental coverage plan. Membership Fee

Sea Mar CHC - Mount Vernon Dental (360) 542-8901

 www.seamar.org/skagit-dental-mountvernon
 1400 N LaVenture, Mount Vernon
 M-Sat: 8am-5pm (Saturdays children only)
Full service for children, adults with private health insurance or self pay

Swinomish Dental Clinic

 (360) 466-3900

 www.swinomish-nsn.gov/dental
 17395 Reservation Rd, La Conner
 M-W: 8am-6pm, Thurs: 8am-5:30pm

 Text 360-466-7222

Option 1 Only for Tribal Members and qualified patients

Phone Number for Option 1: (360) 466-3900

Option 2 for the *dəxʷəyəbus* Student Clinic- when there are students in the clinic they can see patients for basic care such as routine cleanings, fillings, and simple extractions. This program is for patients from the broader community, please contact Skagit Valley College for specifics.



Housing & Shelter



Affordable Housing Programs

Anacortes Family Center's Affordable Housing Complexes

(360) 293-2993

www.anacortesfamily.org/affordable-housing

See the housing complexes and fill out an application on the website

Home Trust of Skagit

(360) 428-0014

www.htskagit.org

241 S Burlington Blvd, Burlington

Helps low-income families secure affordable homes

Skagit Habitat for Humanity

(360) 428-9402

www.skagithabitat.com

1022 Riverside Dr, Mount Vernon

Builds safe, affordable, permanent houses with families in need

Skagit-Whatcom Housing

(360) 398-0223

www.whatcomskagithousing.com

Assists families in building their own affordable homes

Disaster-Related Assistance

American Red Cross NW Region

(206) 323-2345

www.redcross.org/local/washington/get-help

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

Community Action Resource Centers

See back of guide

www.communityactionskagit.org/emergency-response

Anacortes, Mount Vernon, and Concrete Centers

Able to help with access to essentials; food, clothing, fuel, transportation, hygiene supplies, and critical home or medical needs

Skagit County Department of Emergency Management

 (360) 416-1850

 2911 E College Way, Suite B, Mount Vernon

 M-F: 7:30am-4:30pm

Available in person by appointment only.

River Level Hotline: (360) 416-1404

United Way Disaster Response

 (360) 755-9521

 www.unitedwayskagit.org/response

Distributes supplies and connects families/individuals to resources

Housing Authorities

Section 8, Subsidized housing programs for low-income families

Anacortes Housing Authority

 (360) 293-7831

 www.anacorteshousing.com

 719 Q Ave, Anacortes

 M-Th: 8am-3pm

Housing Authority of Skagit County

 (360) 428-1959

 www.skagitcountyha.org

 1650 Port Dr, Burlington

 M-F: 9am-4pm

Sedro-Woolley Housing Authority

 1(800) 417-9875

 www.sedrowoolleyha.org

 830 Township St, Sedro-Woolley

 Phone Hours: T-Th: 9am-4pm

No office hours, only phone calls. Can drop off applications in the drop box

Programs for People Experiencing Homelessness

Barrier Breakers

 (360) 391-5501

 www.bbfbarrierbreakerfoundation.com

Outreach services 7 days per week, support for post-incarceration re-entry housing, employment, etc. Call for more info

Northwest Youth Services

 (360) 336-1988

 www.nwys.org

 427 N 4th St, Mount Vernon

 M-W: 9am-4pm

Drop-in center with basic needs supplies, connection to services, and housing support for homeless youth

Street Outreach Services

 (360) 399-8283

 www.communityactionskagit.org/outreach

 330 Pacific Pl, Mount Vernon

 In person @ Community Action: M, W, F: 12-3:30pm

Coordinated intake and screening for referrals to shelters and other basic needs items

Welcome Home Skagit

 (360) 755-6186

 www.welcomehomeskagit.com

 2529 N LaVenture Rd, Mount Vernon

 M-W: 9am-4pm

Drop-in resource and referral day shelter. Call or see schedule online for showers, lunch, and medical care

Shelters

Family Promise of Skagit County

 (360) 854-0743

 www.familypromiseskagit.org

 M-F: 9am-4:30pm

Overnight shelter for families with children that rotates among churches in the county

Friendship House (Clothing Bank, Showers)

 (360) 336-6138

Clothing Closet & Women & Children Shelter:

 922 S 3rd St, Mount Vernon

 Showers (women & children): Tues, Thurs, Sun 9:45-11am

 Clothing closet: Tues, Thurs 10am-3pm

Emergency shelter for single women and women with children under 12 years of age. Fill out the form on the website or call to apply for the program

Laundry Facility & Men's Shelter:

 1008 S 3rd St, Mount Vernon

 Showers (men): Tues, Thurs, Sun 9:45-11am

 Laundry: Tues, Weds, Thurs 1-3pm

Provides shelter for homeless men. Fill out the form on the website or call to apply for the program

Oasis Teen Shelter

 (360) 419-9058

 www.nwys.org

Text Hotline:

 125 N 5th St, Mount Vernon

 (360) 230-0587

 Daily 3pm-8am

Shelter for teens age 13-17. Low barrier, first come first serve. Access to meals, showers, laundry, clothes, and case management for finding permanent housing

Skagit Domestic Violence Shelter

 (888) 336-9591

Confidential shelter program for victims of intimate partner violence

24hr hotline

Skagit First Step Shelter

 1(800) 223-8145

 www.burlingtonwa.gov/821/Skagit-First-Step

 465 Pease Rd, Burlington

Low-barrier shelter offering temporary emergency services. Number is for Volunteers of America to access the Shelter. Phone line available M-F: 8:30am-4:30pm

Volunteers of America - Coordinated Entry System

 1(800) 223-8145

 M-F: 7:30am-4pm

First step towards accessing shelter and low-income housing options that have eligibility requirements

**William J. Shuler Family
Development Center**

 (360) 832-4357

 www.communityactionskagit.org/family-development-center
Provides shelter and case management for homeless families with children. Use Volunteers of America's Coordinated Entry System for entry

**Anacortes Family Center-Emergency
Shelter**

 (360) 293-2993

 www.anacortesfamily.org
 2702 Commercial Ave Anacortes, WA 98221
 Admin Office Hours: Mon.-Fri., 9am-5pm

Serves homeless women, children, and families. Individuals and families can apply directly through our website or through Coordinated Entry.

Drop-In Services: *showers, food and hygiene supplies, condoms and Narcan, Assistance with Coordinated Entry.*

Outreach Services with Community Resource Coordinator: *Resource navigation and referrals, affordable housing application assistance, SNAP and other benefits enrollement assistance, additional support accessing community resources and services. Outreach services are available to single men.*

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

Lighthouse Mission Base Camp

 (360) 733-5120

 www.thelighthousemission.org
 1312 F St, Bellingham
 24/7

Low barrier shelter for men & women, pets welcome

Everett Gospel Mission

 (425) 740-2500

 www.egmission.org
Men's Shelter..... (425) 740-2550

 3711 Smith Ave, Everett

 Phone lines open M-F: 8am-4pm to schedule intake

Family Shelter.....  (425) 740-2501

 922 S 3rd St, Mount Vernon

 Phone lines open T-Th: 9am-3pm to schedule intake

For men and women with children and single women. Calls are only returned if space is available



Immigrant Resources



Catholic Community Services Farmworker Center

(360) 424-8655

2727 E College Way, Mount Vernon

Catholic Immigration Legal Services

(360) 416-7095

www.ccsww.org/services/catholic-immigration-legal-services

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 an appointment

English as a Second Language (ESL)

Instruction for non-native speakers of English. Classes emphasize beginning to advanced listening, speaking, reading, and writing. See Education & Literacy Chapter on page 12 for programs

Immigrant Resources and Immediate Support (IRIS)

(360) 935-1688

M-F: 8:30am-4:30pm

IRIS primarily serves immigrant women and children who are survivors of violence in Whatcom and Skagit counties

NW Immigration Rights Project

1(800) 445-5771

www.nwirp.org

M-F: 9:30am-12pm & 1-4:30pm

Provides direct legal services for low-income immigrants



Community Action Resource Centers



www.communityactionskagit.org/basic-needs



Anacortes, Mount Vernon, & Concrete

Contact information listed on the back of the guide

Help Me Grow Skagit - Family Resource Center

 (360) 416-7570



www.helpmegrowskagit.com/resource-center



432 Fashion Way, Burlington



M-F: 10am-4pm for phone calls

Available to families with young children seeking items such as diapers, wipes, and cleaning products. Must call before picking up items

Northsound 211

 Dial 211 or (360) 419-0910

Volunteers of America - Western Washington



www.voaww.org/211

Statewide information and referral by phone and online database

Skagit County Parent to Parent Program

 (360) 416-7570

English: ext 2999

Spanish: ext 3999



www.p2pskagit.org

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



ACLU - American Civil Liberties Union (Know Your Rights)

☎ (206) 624-2184



www.aclu-wa.org/know-your-rights

Free guides and resources about legal rights

CLEAR Legal Services



www.nwjustice.org/clear-hotline

Low-income..... ☎ 1(888) 201-1014

Seniors (over age 60)..... ☎ 1(888) 387-7111

🕒 M-F: 9:15am-12:15pm

Free legal assistance with civil legal problems

NW Immigration Rights Project

☎ 1(800) 445-5771



www.nwirp.org

🕒 M-F: 9:30am-12pm & 1-4:30pm

Provides direct legal services for low-income immigrants

Skagit Legal Aid

☎ (360) 230-8100



www.skagitlegalaid.org/contact-us

Apply online or leave a voicemail. Support for eviction and landlord/tenant issues. Primarily work with Indigenous/tribal communities, farmworkers/immigrant families, people impacted by the criminal legal system, and rural residents facing housing instability

Volunteers of America Dispute Resolution Center

☎ (360) 416-7095



www.voaww.org/drc

📍 117 N 1st St, Mount Vernon

Home foreclosure mediation, group facilitation, arbitration, conflict resolution training. Mediation for landlords and tenants

WA Law Help Online



www.washingtonlawhelp.org

Web-based resource to help you find solutions to legal and civil problems

Washington State Human Rights Commission

 1(800) 233-3247



www.hum.wa.gov

*Investigates claims of discrimination and human rights
violations. File a complaint online*



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

 www.cityofanacortes.org/220/Library

 (360) 205-9088

 1220 10th St, Anacortes

 M-F: 10am-6pm, Sat: 10am-4pm

Burlington Public Library

 (360) 755-0760

 www.burlingtonwa.gov/934/Library

 820 E Washington Ave, Burlington

 T-Th: 10am-8pm, M, F, & Sat: 10am-5pm

Central Skagit Library

 (360) 755-3985

 www.centralskagitlibrary.org

 110 W State St, Sedro-Woolley

 M-Sat: 10am-6pm

La Conner Swinomish Library

 (360) 466-7301

 www.laconnerswinomishlibrary.org

 17395 Reservation Rd, La Conner

 M-W: 8am-6pm, Thurs: 8am-5:30pm

Mount Vernon Library Commons

 (360) 336-6209

 www.mountvernonwa.gov/175/Library

 208 W Kincaid St, Mount Vernon

 M-F: 10am-6pm, Sat: 10am-4pm

Upper Skagit Library

 (360) 853-7716

 www.upperskagitlibrary.org

 45952 Main St, Concrete

 T-Th: 10am-7pm, F-Sat: 10am-5pm



Mental Health



Crisis Support

988 Suicide & Crisis Lifeline

 988



www.988lifeline.org

24/7 support. Call or text

Skagit Regional Crisis Line

 1(800) 584-3578

24/7. Available regardless of insurance or income level

Other Mental Health Resources

Catholic Community Services NW

 (360) 856-3054



www.ccsnw.org/our-services/mental-health-services



614 Peterson Rd, Burlington

Mental health counseling for children and youth

Consejo Counseling

 (360) 763-5595



www.consejocounseling.com



1601 E College Way, Mount Vernon



M-F: 8am-5pm

Mental health outpatient services, substance use disorder outpatient services, children, youth, and family services

Sea Mar Behavioral Health Clinic

 (360) 542-8920



seamar.org/skagit-bh-mountvernon-mental-health.html



2203 Old Highway 99 S Rd, Mount Vernon



M-F: 8am-5pm

Assessments, medication assessments, family/group therapy

Sunrise Behavioral Health Services

 (360) 336-3762



www.sunriseservicesinc.com



2500 E College Way, Mount Vernon

Recovery-oriented services for those living with mental illness

 www.compasshealth.org

 1100 S 2nd St, Mount Vernon

 M-F: 8:30am-5pm

Mental health and psychiatric services for adults and children on Medicaid

Adult Outpatient Services..... (360) 678-5555

 1100 S 2nd St, Mount Vernon

 M-F: 8:30am-4:30pm

Provides a broad spectrum of counseling and medication services to adult clients struggling with mental health issues

Skagit WISe (Wraparound & Intensive Services)..... (360) 419-3555

 120 E Fir St, Suite 102, Mount Vernon

Provides in home and community-based treatment programs for youth with complex behavioral health needs and their families

Mobile Crisis Outreach Team (MCOT).... 1(800) 584-3578

 Available 24/7

Community-based outreach team to respond to individuals in crisis and provide intervention in the community



Native American Resources



988 Suicide & Crisis Lifeline



www.988lifeline.org

24/7 support. Call or text



988 (press 4)



text N8V to 988



Samish Indian Nation

www.samishtribe.nsn.us



Samish Early Learning Center & Longhouse



1618 D Ave, Anacortes

Head start, Early Learning Center, and an Elders Program



(360) 588-8806

Samish Indian Nation Elders Transportation Program

Transportation for Native American elders to Samish congregate meals, health appointments, grocery shopping, and cultural gatherings. Call for questions about eligibility



(360) 899-5282

Samish Indian Nation Elders Program



715 Seafarer's Way, Suite 100E Anacortes

Congregate meals and activities for Native American elders. Call for program information and eligibility



(360) 899-5282

Samish Indian Nation Health and Human Services



715 Seafarer's Way, Suite 100E Anacortes

Housing, social services, food and energy assistance. Some assistance is specifically for Samish members; other programs are for all Native Americans



(360) 899-5282



Sauk-Suiattle Tribe of Indians

www.sauk-suiattle.com



Elders Food Program



5318 Chief Brown Ln, Darrington



M-F: 12-1pm

\$5 donation for lunches.

35 All welcome to elder lunches

Mobile Market Foodbank



www.arlingtonfoodbank.org/the-mobile-market



5318 Chief Brown Ln, Darrington



3rd Thursday of the Month: 2-2:30pm



Upper Skagit Tribe

www.upper-skagit-tribe-nsn.gov



Education Department

(360) 854-7032



25782 Coyote Dr, Sedro-Woolley



M-F: 8am-4:30pm

Employment Services/Tribal TANF & Behavioral Health

(360) 854-7149



25944 Community Plaza Way, Sedro-Woolley



M-F: 8am-4:30pm

Array of services to assist people in overcoming many of the barriers that prevent self-sufficiency

Upper Skagit Elders Lunch

(360) 854-7090



25944 Community Plaza Way, Sedro-Woolley

Upper Skagit Medical Clinic

(360) 854-7070



25959 Community Plaza Way, Sedro-Woolley



M-F: 8am-4:30pm

Health services for Upper Skagit Tribal Members, community members, and members of other Federally Recognized Indian Tribes within the Tribe's service area



Swinomish Indian Tribal Community

www.swinomish-nsn.gov



A variety of culturally relevant programs that serve Swinomish and other Native Americans

Didgwálic Wellness Center

(360) 588-2800



www.didgwalic.com



8212 S March Point Rd, Anacortes

Outpatient treatment services, counseling, suboxone, vivitrol, methadone therapies; childcare onsite

Swinomish Wellness Program..... ☎ (360) 466-1024

📍 17337 Reservation Rd, La Conner

🕒 M-F: 8am-4pm

*Assessments, group and individual sessions, Medication
Assisted Treatment, help with problem gambling*

Domestic Violence Services..... ☎ (425) 542-7626

Domestic Violence Shelter..... ☎ (360) 708-4432

Emergency Financial Assistance..... ☎ (360) 466-3167

*Emergency financial assistance (housing, hotel, food, or bills)
to escape abuse*

Victim Counseling Services..... ☎ (360) 466-7375

*Call to leave a private and confidential message and a
counselor will contact you asap during M-Th 8am-6pm*

Swinomish Clinics..... ☎ (425) 740-2500

Dental Clinic..... ☎ (360) 466-3900

📍 17395 Reservation Rd, La Conner

☎ (360) 866-4840

🕒 M-W: 8am-6pm, Th: 8am-5:30pm

Medical Clinic..... ☎ (360) 466-3167

📍 17400 Reservation Rd, La Conner

🕒 M-Th: 8am-6pm, F: 8am-5:30pm

DV -Emergency Financial Assistance (360)466-7222

*Clinics serve all enrolled Native Americans from federally
recognized tribes. Non-emergency transportation provided on
a limited basis to registered patients by appointment only*

Swinomish Counseling Services..... ☎ (360) 466-7375

📍 17400 Reservation Rd, La Conner

🕒 M-Th: 9am-5pm

*Call to leave a private message and a counselor will contact
you or come to drop-in appointments on Mon or Wed. Call
(360) 466-3167 to schedule or just come in*

**Swinomish Elders Lunch & Meals
on Wheels**..... ☎ (360) 661-2384

📍 17395 Reservation Rd, La Conner

🕒 Daily: 11-12:30pm

Home delivery available to those who are homebound



Senior Resources



Adult Protective Services

☎ 1(877) 734-6277



www.dshs.wa.gov/altsa/adult-protective-services

To report abuse, abandonment, neglect, self-neglect and financial exploitation of vulnerable adults living in the community and in facilities

CCS Home Care Administration

☎ 1(877) 870-1582



www.ccsww.org/services/home-care

Homecare workers for seniors/disabled; can provide help with household tasks and shopping

Department of Social & Health Services (DSHS)

☎ 1(877) 501-2233



www.washingtonconnection.org



900 E College Way #100, Mount Vernon

Cash assistance, Medicare Savings Program, and long-term care

Meals on Wheels & Senior Lunch

☎ (360) 872-7395

Home-delivered meals for seniors (60+)

Northwest Regional Council

☎ (360) 676-6749



www.nwrcwa.org



301 Valley Mall Way, Mount Vernon



M-F: 8:30am-4:30pm

Information and referral for seniors, Medicaid Transportation, COPES in-home care services for seniors, referrals for skilled nursing facilities

Skagit Adult Day Program - Bradford House

 (360) 848-9281

 www.skagitadultdayprogram.org

 116 N Skagit St, Burlington

For senior adults who need support and assistance during the day and are still living in a home environment

Skagit SHIBA (State Health Insurance Benefits Advisors)

 (425) 290-1276

 M-F: 8am-4pm

Assistance with Medicare enrollment and supplemental insurance plans

Senior & Disabled Volunteer Services Program (Community Action)

 (360) 588-5745

 www.communityactionskagit.org/senior-disabled-services

 330 Pacific Pl, Mount Vernon

Volunteer assistance to help low income seniors and disabled adults stay in their homes by providing direct services like transportation to medical appointments, errands, yard care and more

Social Security Administration

 1(800) 772-1213

 www.ssa.gov

 710 E College Way, Suite A, Mount Vernon

 M-F: 8am-4pm

Apply for Social Security benefits and/or Medicare benefits.

Senior Centers

*Activities & meals for seniors. Contact each center for details and calendar.
www.skagitcounty.net/Departments/HumanServices/SeniorCenters*

Anacortes Senior Center

 (360) 293-7473

 1701 22nd St, Anacortes

 M-F: 8am-4pm

Burlington Senior Center

 (360) 755-0121

 1011 Greenleaf Ave, Burlington

 M-F: 8am-4pm

Concrete Community Center (360) 416-1733 45821 Railroad Ave, Concrete M-F: 9am-3pm**Mount Vernon Senior Center** (360) 416-1585 1401 Cleveland Ave, Mount Vernon M-F: 8am-4pm**Sedro-Woolley Senior Center** (360) 855-1531 715 Pacific St, Sedro-Woolley M-F: 8am-4pm**Swinomish Senior Center** (360) 499-4056 17395 Reservation Rd, La Conner

See Native American Resources on Page 35 for more Elders Services



Transportation



Military or Veterans
specific program



Wheelchair accessible
transportation

Public Transit

Skagit Transit

(360) 757-4433

www.skagittransit.org



Skagit's public bus transportation system. \$1 per trip (one-way), \$2 one-way for 80X & 90X. Plan your trip using the trip planner feature - www.skagittransit.org/trip-planner



Reduced Fare

(360) 757-4433

Youth 18 and under ride free!



50% off of fixed-route fare for seniors, Medicare card holders, Veterans and people with disabilities. Application required

Skagit Transit Travel Training

(360) 757-4433

Free program, designed to help people learn how to use the bus system

Ext:1407

Paratransit (Operated by Skagit Transit)

(360) 757-9191



www.skagittransit.org



For individuals with disabilities that prevent them from using regular transit. Call to schedule. \$2 per trip (one-way)

Community Transit Zip Shuttle

(360) 757-9191

(Darrington Area Only)

(Microtransit)



www.communitytransit.org/services/zip-shuttle/Darrington



On-demand shared ride service in Darrington. \$2.50 per ride, \$1 for reduced fare, free for 18 and under

Sauk-Suiattle DC (Darrington-Concrete) Direct Shuttle Bus

(360) 436-2214



www.sauk-suiattle.com/transit



Free fixed-route service open to all operating M-F. See full schedule online. Vans are ADA accessible

Apps for Navigating Public Transit

Transit App

Free app for planning public transit, walking, and biking trips

UMO App

Used to pay for Skagit Transit fares digitally. Fare capping ensures you never pay more than a day or month pass

Volunteer Medical & Non-Medical Transportation Services

Barrier Breakers

 (360) 391-5501

 www.bbfbarrierbreakerfoundation.com

Services for homeless or recently homeless people. Free 1-day bus passes and rides to and from health & mental health appointments and addiction treatment

Community Action of Skagit County

 www.communityactionskagit.org

Assistance with transportation when other resources have been exhausted. See contact info for each location on the back of this guide

Senior & Disabled Volunteer Services

 (360) 588-5745

Provides low-income seniors (60+) and disabled adults with volunteer transportation to medical appointments and other essential services

Robert M. Gates Skagit Vets Connect

 (360) 588-5156

 160 Cascade Pl, Burlington

Help for veterans with basic needs, including transportation. (Also listed under veterans resources)

Disabled American Veterans (DAV) Vans

 (260) 277-3884

 307 S 13th, Suite 200, Mount Vernon



Transportation for eligible clients from Skagit Station to VA medical center in Seattle

Non-Emergency Medical Transport (NEMT) (360) 738-4554

 www.nwrcwa.org/non-emergency-medical-transportation

 *Healthcare transportation, bus pass assistance, gas vouchers, and door-to-door rides for Medicaid recipients*

Road to Recovery 1(800) 227-2345

 *American Cancer Society's free volunteer-based transportation to cancer treatment*

Private Medical Transportation Services

Care-E-Me (360) 755-3239

 www.careeme.org

 *Non-emergency medical transport services. Priced \$50+ per trip depending on distance and needs. \$\$\$*

Care Route (425) 250-9898

 www.careroute.net

 *Non-emergency medical transportation (NEMT) with wheelchair and broda chair/stretchers accessible options*

Cascade Specialized Transport (360) 380-3144

 www.cascadeambulance.com

 *Wheelchair accessible transportation to medical appointments. \$\$\$*

Heartsong Homecare Cooperative (360) 474-2560

 www.heartsong.coop

In home care provider service also offering some transportation services. Transportation without additional care starts at \$80/hour plus mileage. \$\$\$

Medstar Transportation 1(877) 916-3729

 www.gomedstar.com

 *Non-emergency medical transportation (NEMT) providing ambulatory and wheelchair-accessible rides for medical appointments, hospital discharges, treatments, dialysis, and healthcare visits. Mention this guide for a discount. \$\$\$*

Other Paid Transportation Services

App-Based On-Demand Rides

Service may be limited in rural areas

Lyft.....  www.lyft.com

Uber.....  www.uber.com  1(833) 873-8237

Long-Distance Transportation

Amtrak

 1(800) 872-7245

 www.amtrak.com

 105 E Kincaid, Mount Vernon



Youth 18 and under ride free on Amtrak Cascades trains and buses in WA. Discounts for seniors, students, people with disabilities, military, and veterans

Bellair

 (866) 235-5247

 www.airporter.com



Charter bus with services to SeaTac Airport and Paine Field, and the Anacortes Ferry Terminal. Book tickets in advance online or over the phone

Greyhound

 1(800) 231-2222

 www.greyhound.com

 105 E Kincaid, Mount Vernon



Bus service with routes across the US. Discounts for military and veterans

Mert's Taxi

 (360) 708-6358

(Anacortes Area Only)

 www.mertsanacortestaxi.com

Taxi Service for rides starting or ending in Anacortes. Also offers deliveries and transport to the hospital or pharmacy



Utilities Assistance



Energy and Utility Assistance Program (Community Action)

 (360) 428-1011



www.communityactionskagit.org/energy-assistance



330 Pacific Pl, Mount Vernon



M-F: 8:30am-12pm & 1-5pm

Assistance with utilities such as electric, gas, oil, propane, and wood

Home Weatherization (Housing Authority of Skagit County)

 (360) 757-6509

Ext: 231



www.skagitcountyha.org



1650 Port Dr, Burlington



M-F: 9am-4pm

Free energy audit consultation, insulation and home weatherization programs for low-income customers who own their homes

WA Utilities and Transportation Commission

 1(888) 333-9882



www.utc.wa.gov



M-F: 9am-12pm & 1:30-4pm (closed Tues & Thurs)

Assists with billing disputes, service complaints, disconnections, deposits for landline phone services

Lifeline Phone Services

Federal Communications Commission’s program to make services accessible to low-income consumers in WA State

Access Wireless

 www.accesswireless.com (apply online)

Assurance Wireless.....  1(888) 321-5880

 M-F: 5am-5pm

EnTouch Wireless.....  1(866) 488-8719

 www.entouchwireless.com/eligibility-services

 M-F: 8am-5pm

Life Wireless.....  1(888) 543-3620

 M-F: 6am-3pm

SafeLink Wireless.....  1(800) 723-3546

 www.safelinkwireless.com (apply online)

 M-Sa: 5am-7pm, Su: 5am-4pm



Veterans



Crisis Support

988 Suicide & Crisis Lifeline



www.988lifeline.org

24/7 support. Call or text



988 (press 1)



Veterans Specific text line:

838255

Volunteers of America -



1(800) 223-8145

Coordinated Entry System



M-F: 7:30am-4pm

First step towards accessing assistance and housing with eligibility requirements

Other Veterans Resources

Dept of Veterans Affairs Info Line



1(800) 698 2411



www.va.gov



24/7

Access line for VA benefits regional offices, disability compensation, disability pension education, medical care, etc. For a full list of helpful VA phone numbers visit www.va.gov/resources/helpful-v-a-phone-numbers

Disabled American Veterans (DAV) Vans



(206) 310-7893

Transportation for eligible clients from Skagit Station to VA Medical Center in Seattle

Sedro-Woolley American Legion, Post 43



(360) 855-0520



701 Murdock St, Sedro-Woolley



M-F: 9am-3pm

Burlington American Legion, Post 91



(360) 755-1202



724 E Fairhaven Ave, Burlington



W: 10am-12pm

**Community Action's Robert M.
Gates Skagit Vets Connect**

 (360) 588-5156

 www.skagitcounty.net/Departments/HumanServices/vets

 160 Cascade Place, Suite 104, Burlington

 M-F: 8:30am-4:30pm

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 St, Suite 200, Mount Vernon

 M-F: 8am-4:30pm

Offers primary care, vision, mental health, social services, lab work, and prescriptions

VA Benefits Hotline

 1(800) 827-1000

 M-F: 8am-9pm ET

VA Health Benefits Hotline

 1(877) 222-8387

 M-F: 8am-8pm ET

Veterans Benefits Specialists

Veterans Benefits Specialists for  (360) 588-5156
Skagit County: Chris Diaz & Cori Bryant

 [www.skagitcounty.net/Departments/Human Services/vets](http://www.skagitcounty.net/Departments/Human_Services/vets)

Main Office: Community Action's Skagit Vets Connect

 160 Cascade Pl, Suite 104, Burlington

 Drop-in Mon 1-3pm and Tues 9-11am

Drop-In Locations:

Anacortes Senior Center Veterans Hangout

 1701 22nd St, Anacortes

 Last Fri of the month: 10-11:30am

East County Community Resource Center

 45770 Main St, Concrete

 1st & 3rd Fri of the month: 9am-3pm

Helping Hands Food Bank

 9386 Fruitdale Rd, Sedro Woolley

 2nd Fri of the month: 9am-3:30pm

Recovery Cafe

 1908 Riverside Dr, Mount Vernon

 2nd Weds of the month: 12-3:30pm

Veterans Benefits Specialists,  (206) 842-5726
Washington State Dept of Veterans
Affairs: Michael Till

Drop-In Locations:

Anacortes Senior Center

 1701 22nd St, Anacortes

 Tuesdays: 8am-12pm

Community Action's Skagit Vets Connect

 160 Cascade Pl, Suite 104, Burlington

 Thursdays 9am-3pm by appointment only, Mondays 1-3pm walk-ins

American Legion Post 163

 110 First St N, Friday Harbor

 1st and 3rd Weds of the month: 10am-2:30pm



Need help navigating resources? Contact a friendly Resource Center

Mount Vernon Resource Center

330 Pacific Place, Mount Vernon, WA 98273

Phone: (360) 416-7585

Email: ResourceCenter@CommunityActionSkagit.org

Anacortes Resource Center

819 Commercial Ave Ste C, Anacortes, WA 98221

Phone: (360) 770-4049

Email: Anacortes@CommunityActionSkagit.org

East County Resource Center

45770 Main Street, Concrete, WA 98237

Phone: (360) 416-1733

Email: ECRC@CommunityActionSkagit.org

Community Action Volunteer Center

Contact us to learn about active volunteer & internship opportunities

Phone: (360) 588-5753

Email: VolunteerCenter@CommunityActionSkagit.org

Updates & Learn More

To add your organization, update your listing, or learn more about the guide contact Community Action by calling (360) 416-7585 or emailing ResourceCenter@communityactionskagit.org