

POLICE	911
Anacortes	360-293-4684
Burlington	360-755-0921
Concrete	360-853-8331
La Conner	360-466-3134
Mt. Vernon	360-336-6271
Sedro Woolley	360-855-0111
OUTSIDE CITY LIMITS	360-336-9450
Skagit Co. Sheriff	360-336-9450
WA State Patrol	360-757-8907
ABUSE	
Adult Protective Services	360-416-7410
Child Abuse Help Line	800-422-4453
Child Protective Services (CPS)	360-316-7200
Domestic Violence	800-562-6025
Parents Anonymous	800-932-4673
Senior Information & Assistance	360-336-9345
Skagit Community Mental Health	800-726-6050
WA Council for Prevention of Child Abuse/Neglect	206-464-6151
CHILD AND YOUTH SERVICES	
Cascade Job Corps	360-854-3400
Big Brothers Big Sisters	360-707-0404
Best Self	360-336-9491
Childcare Resource	360-416-8299
Catholic Comm. Services	360-416-7546
YMCA	360-336-9622
Youthnet- Foster Homes	360-336-1610
SPARC	360-416-7570
Youth Crisis Hotline	800-448-4063
EMERGENCY ASSISTANCE	
American Red Cross Anacortes	360-293-2911
American Red Cross Mt. Vernon	360-424-5291
CPS After Hours	360-416-7200 800-794-9402
Skagit Domestic Violence & Sexual Assault	360-336-9591 800-726-6010
CARE Crisis Response Services	800-584-3578
DSHS Community Resource Center	360-416-7283
DRUGS AND ALCOHOL	
Veteran's Treatment Center Alcohol Treatment	360-764-2467
Pioneer Center	360-856-3186
ARIS (At Risk Intervention)	360-336-9389
Adult Children of Alcoholics	360-293-6740
Alcoholics Anonymous	800-219-8416
Alcohol/Drug Hotline 24hrs.	800-562-1240
DETOX	360-428-7669
Narcotics Anonymous- Mt. Vernon	360-428-7171
Or Narcotics Anonymous	800-234-0420
Anacortes	360-293-6177
Sedro Woolley	360-856-4128
Cocaine Anonymous	206-467-8189
National Cocaine Hotline	800-662-4357
Outpatient Treatment Info/Ref.	360-428-7835
Skagit Community Mental Health	360-419-3500
Skagit Council on Alcoholism	360-428-7835
John King Recovery House	360-428-6011
Alco/Drug Lending Library	360-336-9309

EDUCATION	
Head Start	360-416-7590
Alternative School/Emerson	360-336-2618
American Red Cross Anacortes	360-293-2911
American Red Cross Mt. Vernon	360-424-5291
State Street Ed. Center	360-855-3550
ESL	360-416-7613
Cascade Job Corps	360-854-3400
Workforce Development Council	360-336-5781
Skagit Valley College	360-416-7600
Youth Dynamics	360-757-1337
WA State Division of Vocational Rehab.	360-416-3515
WA. State Employment Security Dept.	360-416-3500
HEALTH	
Sea Mar Community Health	360-428-4075
Dept. of Social & Health Services	360-416-7444
Dept. of Social & Health Services	800-735-7038
First Steps	360-416-7382
Island Prenatal Care Ctr.	360-299-1333
Mt. Baker Planned Parenthood	360-848-1744
SCCAA --	
Maternity Support Services	360-416-7585
Medical Asst. Program	360-416-7585
WIC Program (SCCAA- FAX)	360-416-7585 360-416-7599
Skagit County Health Dept.	360-336-9380
Skagit Valley Hospital	360-424-4111
Family Birth Center	360-428-2283
United General Hospital.	360-856-6021
UGH Prenatal Clinic	360-856-7318
Healthy Options	800-562-3022
Basic Health Plan	800-826-2444
WIC	
Affiliated United General	360-856-7318
Whidbey NAS Oak Harbor	360-257-8049
Skagit Health Dept.	360-336-9380
SCCAA	360-416-7585
Upper Skagit Indian Tribe	360-856-5501
Pregnancy Assistance	800-732-1887
HOUSING/SHELTER	
Dept. of Community Development	800-562-5677
Info/Referral	800-223-8145
Friendship House Office	360-336-6138
Men	360-336-2135
Women & Children	360-336-2418
Sea Mar Homeless Support	360-428-8912
Oasis Teen Shelter	360-419-9058
Energy Assistance Nov-June	360-416-7485
S. C. Housing Authority	360-428-1959
SW Housing Authority	360-855-0404
Anacortes Housing Authority	360-293-7831
Skagit Self Help Housing	360-424-0333
SCCAA Shelter	360-416-7585

LEGAL	
Columbia Legal Services	800-822-0225
NW Justice Hotline (CLEAR)	888-201-1014
Child Support Enforcement	800-729-7580
SCCAA Legal Aid Clinic	360-416-7585
PUBLIC LIBRARIES	
Anacortes	360-293-1910
Burlington	360-755-0760
La Conner	360-466-3352
Mt. Vernon	360-336-6209
Sedro Woolley	360-855-1166
SELF HELP AND SUPPORT GROUPS	
Catholic Community Services	360-416-7546
Bulimia/Anorexia Anonymous	800445-1906
Displaced Homemakers	360-416-7762
La Leche League	360-428-0416
26 th St. Project	360-848-1331
Overeaters Anonymous	360-428-7107
Parents Anonymous	800-932-4673
SIDS Support Group	800-533-0376
Teen Parent Support Group	360-856-7318
AIDS/HIV info & Support - local	360-422-5951
Pregnancy/Infant Loss	360-336-6883
Health Quest Referral	360-428-2424
Family Reconciliation	360-416-7200
Skagit Community Mental Health	360-419-3500
Options For Pregnancy	800-732-1887
Parent Trust	360-424-7790
Alcoholics Anonymous	800-219-8416
TRANSPORTATION	
NW Regional Council	800-860-6812
Dial A Ride	360-757-4433
SKAT	360-757-4433
WOMEN'S SERVICES	
Inter Island Pregnancy Care Ctr.	360-299-0568
Mt. Baker Planned parenthood	360-848-1744
Northwest Family & Children Services Mt. Vernon	360-416-7200
Skagit Valley College:	360-416-7600
GED Info H.S. Completion	360-416-7820
Career Services	360-416-7684
Displaced Homemaker	360-416-7762
Woman's Programs	360-416-7616
Swinomish Tribal Services	360-466-3163
Tribal Health Services	360-466-3167
800-REFERRAL NUMBERS	
AIDS (EVERGREEN)	800-249-2437
Alcohol/Drugs	800-562-1240
COMMUNITY INFORMATION LINE	800-223-8145
Domestic Violence Hotline	800-562-6025
National COCAINE Hotline	800-202-2463
POISON Hotline	800-222-1222
Suicide Prevention	800-784-2433
OTHER IMPORTANT NUMBERS	
SOLUTIONS	800-634-2227
Care Crisis Response Services	800-584-3578
Social Security	800-772-1213
OR	360-424-5527

CLOTHING AND HOUSEHOLD GOODS	
Anacortes	Inter Island Pregnancy Care Center 360-299-0568 906 7 th St. Mon. Wed. Fri. 9:00 – 2:00
	Kiwanis Thrift Shop 420 "O" Ave. 360-293-2921 Tues. 12-6 Fri. 12-9 Sat. 10-4
	Marti's Bearly Used 1005 8 th St. 360-293-6255
	Soroptomist Thrift Shop 1102 4 th St. 360-293-7251
Mt. Vernon	Emanuel Baptist Church 1515 College Way Mon. Sat. 10-6
	Humane Society Thrift Shop 360-424-5991 525 College Way
	Salvation Army Thrift Store, 360-424-6441 1101 College Way Mon. Sat. 9-6.
BURLINGTON	De Camp & Strafford Used Mattress 533 E. Fairhaven 360-755-0451
SEDRO WOOLLEY	St. Vincent de Paul 719 Ferry 360-855-1937
	Walnut Tree (Soroptomist Thrift Shop) 713 Puget St. 360-855-2337 Mon. 7pm.9pm. Thurs-Sat. 12-4

LENDING CENTER	
Crisis Pregnancy Center	617 W. Division 360-428-4777 Thurs. 12:30-3:00
Immaculate Conception, Church-Kiwanis	110 S. 5 th Mt. Vernon Tues. Sat. 10-12
Inter Island Pregnancy Care Center	913 6 th St. Anacortes 360-299-0568 Mon. Weds.
LOVE INC.	360-424-0871
SELF HELP FOOD PROGRAMS	
Skagit Gleaners	360-757-2765
FOOD BANKS	
Alger	1669 Parkview Lane Tues & Sat 10: 00 –2:00 360-724-5131
Anacortes	Anacortes 100 512 4 th St. Tues & .Fri 11:00 – 1:00 360-293-6445
	Anacortes Salvation Army 814 28 th Mon – Thurs. 12:00-4:00 360-293-6682
Concrete	112 Main 2 nd and last Thursday each month Commodities 1 st Friday 2:00 – 4:00 360-853-8505
Mt. Vernon	Neighbors in Need Food Bank 1615 S. Second Mondays 10:00-4:00 360-424-6829
	SEAMAR Food Bank 2500 E. College Way Suite 100 Mon. Fri. 8-5 360-428-8912
	St. Vincent de Paul, Knights of Columbus Bldg. 2502 N. La Venture Tues. 9-10 360-336-5874

SEDRO WOOLLEY	Helping Hands Food Bank, Bingham Park & Hwy. 20 Wed. 10:30-4 360-855-2211
HOT MEAL PROGRAMS	
Anacortes	Anacortes 100 512 4 th St 360-293-6445 Tues. Fri. 11-1
Mt. Vernon	Friendship House 1008 S. 3 rd 360-336-2135 Every Weekday: 7-8am Breakfast 11:30-12:30 Lunch 5:30-6:30 Dinner
Sedro Woolley	Central United Methodist Church, 1013 Polte Rd 360-856-6412 Open - Last full Week of the Month, Mon. Fri. 5-6 pm.

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Anacortes	Anacortes 100 512 4 th St. Tues & Fri 11:00 – 1:00 360-293-6445
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	SEAMAR Food Bank, Mt. Vernon, 2500 E. College Way Suite 100 Mon.- Fri. 8-5 360-428-8912
	St. Vicente de Paul, Knights of Columbus Bldg. 2502 N. La Venture Tues. 9-10 360-336-5874
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