



Family Resources

HOUSING SUPPORT

Skagit Community Action

Energy, Housing, WIC, Legal
Family Shelter

communityactionskagit.org

330 Pacific Place

360-416-7585

[PSE Assistance Program](#)

[Affordable Housing List](#)

Friendship House

Shelter, Free Meals, Clothing

skagitfriendshiphouse.org

108 Snoqualmie St

Mount Vernon

360-873-8022

Sack Lunches - 11:30-12pm

Dinner 5:30- 6:30 p.m.

Skagit Family Promise

Family Shelter

familypromiseskagit.com

Sedro Woolley, WA

360-854-0743

Anacortes Family Shelter

Family Shelter

Anacortesfamily.org

2707 Commercial Ave

Anacortes, WA

360-293-2993

Skagit DV SAS

Domestic Violence Support

Family Shelter

www.skagitdvsas.org

1521 Leigh Way Mount Vernon

360-336-9591

Nat DV Hotline: 800-799-7233

Teen DV Hotline: 866-331-9474

YMCA Oasis Teen Shelter

Teen Shelter (13-17 yrs)

skagitymca.org

Opens at 6:30 p.m

360-419-9058

Nat Teen Link: 800-273-8255

FOOD SUPPORT

Neighbors In Need

Food Bank

Tuesdays 1pm-6pm

svneighborsinneed.com

1615 S. 2nd St.

Mount Vernon, WA

360-982-2089

Helping Hands

Food Bank

helpinghandsfoodbank.org

24703 Wicker Rd

Sedro-Woolley

360-856-2211

Monday: 11:00 - 3:00 p.m.

Wednesday: 10:00 - 2:00 p.m.

Thursday: 12:00 - 4:00 p.m.

Friday: 2:00 - 6:00 p.m.

C.H.O.W

Free Weekend Meals

weekendfood.org

360-856-2211

Skagit Gleaners

Food/Clothing

skagitgleaners.org

1021 Riverside Dr,

Mount Vernon, WA

360-848-1045

MENTAL HEALTH SUPPORT

NAMI of Skagit

Support Groups

namiskagit.org

2222 Riverside Dr. Suite 403,

Mount Vernon, WA 98273

360-313-7080

WA Free 24/7 Crisis Support

Suicide Crisis Line: Text/Dial **899**

24-hour Hotline **800-584-3578**

Nat Suicide Hotline **800-273-8255**

Text HOME to **741741**

LGBTQ Suicide Hotline:

(Trevor Project) **866-488-7386**

Text START to **678-678**

COUNSELING SUPPORT

Brigid Collins

Trauma Counseling

Parenting Classes

Brigidcollins.org

917 S. 3rd

Mount Vernon

360-428-6622

Catholic Community Services

Family/Child Counseling

*Medicaid/Apple Health

Ccsww.org

614 Peterson Rd, Suite 200

Burlington, WA

360-856-3054

CCS (WiSe)

Intensive Wraparound

*Medicaid/Apple Health

ccsww.org

Hca.wa.gov

360-707-1688

Compass Health

Family/Child Counseling

*Medicaid/Apple Health

compasshealth.org

1100 S 2nd St

Mount Vernon, WA

(360) 419-3500

1-844-822-7609

Compass (WiSe)

Intensive Wraparound

compasshealth.org/wise

120 E Fir St #102,

Mount Vernon, WA

(360) 419-3555

Referral Line 425-349-8337

Consejo Counseling Center

Multilingual Family/Child
Counseling

*Medicaid/Non-insured

Consejocounseling.org

1601 E College Way,

Mount Vernon, WA

360-763-5595



Family Resources

COUNSELING SUPPORT

Skagit Behavioral Health

Family/Child Counseling
*Private Insurance
skagitbehavioralhealth.com
406 S. 1st Street, #308
Mount Vernon, WA
360-424-0400

Robin Bieri, LMHC
Skagitbehavioralhealth.com
360-389-3665

Dvorah Carrasco, LMHC
Skagitbehavioralhealth.com
360-504-8558

Anne Fons, LMHC
Skagitbehavioralhealth.com
360-421-2126

Susan Gardner, LCSW
skagitbehavioralhealth.com
360-336-2207

Brooke E. Hopley, MS, LMFT
skagitbehavioralhealth.com
360-391-9128

CeCe Thomas MA, LMHC
skagitbehavioralhealth.com
360-202-7129

CHILDCARE SUPPORT

United Way Skagit

Diaper Bank
Diaperbankskagit.org
360-746-6156

Childcare Aware NW

Finding Childcare
www.ccanorthwest.org
1-800-446-1114

Kid Insider Childcare

Finding Childcare
skagit.kidinsider.com

Skagit Counseling Center

Family/Child Counseling
LGBTQ Support Groups
*Private Insurance
Skagitcounselingcenter.com
1420 Roosevelt Ave Suite 2
Mount Vernon, WA
360-939-1450

Taylor Froling, LMHC
Psychologytoday.com
360-230-5664

Marla Johns, LMHC
Psychologytoday.com
360-230-1284

Kelly Waibel, LMHC
psychologytoday.com
360-526-6804

Abcde Matias, LMHC
Psychologytoday.com
360-504-4825

Barbara Starr, LCSW
Psychologytoday.com
360-543-4536

AFTER SCHOOL CARE

Boys & Girls Club of Skagit

Skagitclubs.org
360-419-3723

Kids N' Us

www.kidsnus.net
360-336-6800

Skagit YMCA

Skagitymca.org
360-336-9622

Small World Daycare

childcarecenter.us
360-419-7282

INTERNET

GetMyInternet.org
[ACP Flier](#)

SeaMar Mental Health

Family/Child Counseling
*Private/Medicaid/Apple
Seamar.org
2203 Old Highway 99 S Rd.
Mount Vernon, WA
360.542.8810
M-F 8:00-5:00 pm

Doug Chandler, CMHS

*Private Insurance
Counselingnps.com
1511 E Broadway
Mount Vernon, WA
360-708-9595

Denise Miller, LMHC

*Private Insurance
Nasomahcounseling.net
3317 S. 2nd St, Suite 128
Mount Vernon, WA
360-214-4397

Betsy Otterson, CMHS

*Private Insurance
Betsyottersoncounseling.com
720 Main St, Suite 224
Mount Vernon, WA
360-631-8050

WA Mental Health Referral Service for Youth & Teens

Seattlechildrens.org
Call 833-303-5437 (English)
1-866-583-1527 (Multilingual)
[Online Request Form](#)
[Info Flyer \(English\)](#)
[Info Flyer \(Spanish\)](#)
[Info Flyer \(Russian\)](#)
[Info Flyer \(Vietnamese\)](#)

Aracely Padilla

[Mental Health Navigator](http://MentalHealthNavigator)
Spanish/English Support
aracelyp@co.skagit.wa.us
Office Phone: 360-416-1544
Cell Phone: 360-391-7201
(accepts text)



Family Resources

APOYO A LA VIVIENDA

Skagit Community Action

Energía, vivienda, WIC, refugio familiar legal

communityactionskagit.org

330 Pacific Place

360-416-7585

[Lista de viviendas asequibles del Programa de Asistencia del PSE](#)

Casa de la Amistad

Refugio, Comidas gratis, Ropa

skagitfriendshiphouse.org

108 Snoqualmie St

Mount Vernon

360-873-8022

Sacos Almuerzos - 11:30-12 pm

Cena 5:30- 6:30 pm

Promesa de la familia

Skagit

Familia del refugio

Familypromiseskagit.com Sedro

Woolley, WA 360-854-0743

Anacortes Family Shelter

Refugio familiar

Anacortesfamily.org 2707

Avenida comercial

Anacortes, WA 360-293-2993

Skagit DVAS

Refugio familiar de apoyo a la violencia doméstica

www.skagitdvasas.org

1521 Camino de Leigh Mount Vernon

360-336-9591

Línea directa de Nat DV:

800-799-7233

Línea directa para adolescentes:

866-331-9474

YMCA Oasis Teen Shelter

Teen Shelter (13-17 años)

skagitymca.org

Abre a las 6:30 p.m

360-419-9058

Nat adolescente enlace:

800-273-8255

AYUDA ALIMENTARIA

Vecinos Necesitados

Banco de Alimentos

Martes 1pm-6pm

svneighborsinneed.com

1615 S. 2nd St.

Mount Vernon, WA

360-982-2089

Manos Amigas

Banco de Alimentos

Cómo ayudar a handsfoodbank.org

handsfoodbank.org

24703 Wicker Rd

Sedro-Woolley

360-856-2211

Lunes: 11:00 - 3:00 p.m.

Miércoles: 10:00 - 2:00 p.m.

Jueves: 12:00 - 4:00 p.m.

Viernes: 2:00 - 6:00 p.m.

C.H.O.W

Comidas de fin de semana gratis

weekendfood.org

360-856-2211

Skagit Gleaners

Comida/Ropa

skagitgleaners.org

1021 Riverside Dr.,

Mount Vernon, WA

360-848-1045

SALUD MENTAL NAMI de Skagit

Grupos de apoyo

namiskagit.org

2222 Riverside Dr. Suite 403,

Mount Vernon, WA 98273

360-313-7080

WA Free 24/7 Soporte de crisis

Suicide Crisis Line: Text/Dial 899

24 horas Hotline 800-584-3578

Nat Suicide Hotline

800-273-8255

Texto HOME to 741741

Línea directa de suicidio

LGBTQ: (Trevor Project)

866-488-7386 Texto START a

678-678

APOYO PSICOLÓGICO

Brigid Collins

Traumatología

Clases de crianza

Brigidcollins.org

917 S. Tercera

Mount Vernon

360-428-6622

Catholic Community Services

Asesoramiento familiar/infantil

*Medicaid/Apple Health

Ccsww.org

614 Peterson Rd, Suite 200

Burlington, WA 360-856-3054

CCS (WISE)

Intensivo

*Medicaid/Apple Health

ccsww.org

Hca.wa.gov

360-707-1688

Compass Health

Asesoramiento familiar/infantil

*Medicaid/Apple Health

compasshealth.org

1100 S 2nd St

Mount Vernon, WA

(360) 419-3500

1-844-822-7609

Compass (WISE)

Intensivo Wraparound

compasshealth.org/wise

120 E Fir St #102,

Mount Vernon, WA

(360) 419-3555

Línea de referencia

425-349-8337

Consejo Counseling Center

Multilingüe Familia/Niño

Asesoramiento

*Medicaid/Sin seguro

Consejocounseling.org

1601 E College Way,

Mount Vernon, WA

360-763-5595



Family Resources

APOYO PSICOLÓGICO

Skagit Salud del Comportamiento

Asesoramiento familiar/infantil
*Seguro privado
skagitalhealth.com
406 S. 1st Street, #308
Mount Vernon, WA
360-424-0400

Robin Bieri, LMHC
Skagitbehavioralhealth.com
360-389-3665

Dvorah Carrasco, LMHC
Skagitbehavioralhealth.com 360-504-8558

Anne Fons, LMHC
Skagitbehavioralhealth.com
360-421-2126

Susan Gardner, LCSW
skagitbehavioralhealth.com
360-336-2207

Brooke E. Hopley, MS, LMFT
skagitbehavioralhealth.com
360-391-9128

CeCe Thomas MA, LMHC
skagitbehavioralhealth.com
360-202-7129

APOYO PARA EL CUIDADO DE LOS NIÑOS

United Way Skagit
Banco de pañales
Diaperbankskagit.org
360-746-6156

Cuidado de niños Aware NW
Encontrar Childcare
www.ccanorthwest.org
1-800-446-1114

Kid Insider
Cuidado de los niños
Encontrar Childcare
skagit.kidinsider.com

Skagit Centro de Asesoramiento
Consejería Familiar/Infantil
Grupos de Apoyo LGBTQ
*Seguros Privados
Skagitcouningcenter.com
1420 Roosevelt Ave Suite 2
Mount Vernon, WA
360-939-1450

Taylor Froling, LMHC
Psychologytoday.com
360- 230-5664

Marla Johns, LMHC
Psychologytoday.com
360-230-1284

Kelly Waibel, LMHC
psycologytoday.com
360-526-6804

Abcde Matias, LMHC
Psychologytoday.com
360-504-4825

Barbara Starr, LCSW
Psychologytoday.com
360-543-4536

DESPUÉS DE LA ESCUELA

Boys & Girls Club de Skagit
Skagitclubs.org
360-419-3723

Kids N' Us
www.kidsnus.net
360-336-6800

Skagit YMCA
Skagitymca.org
360-336-9622

Small World Daycare
childcarecenter.us
360-419-7282

SeaMar Salud Mental

Asesoramiento familiar/infantil
*Privado/Medicaid/Apple
Seamar.org
2203 Old Highway 99 S Rd.
Mount Vernon, WA
360.542.8810 M-F 8:00-5:00 pm

Doug Chandler, CMHS

*Seguros privados
counselingnps.com
1511 E Broadway
Mount Vernon, WA
360-708-9595

Denise Miller, LMHC

*Seguros privados
Nasomahcounseling.net
3317 S. 2nd St, Suite 128
Mount Vernon, WA
360-214-4397

Betsy Otterson, CMHS

*Seguro privado
Betsyottersoncounseling.com
720 Main St, Suite 224
Mount Vernon, WA
360- 631-8050

WA Servicio de Referencia de Salud Mental para Jóvenes y Adolescentes

Seattlechildrens.org
Llame al 833-303-5437 (inglés)
1-866-583-1527 (Multilingüe)
[Formulario de solicitud en línea](#)
[Folleto informativo \(en inglés\)](#)
[Info Flyer \(Spanish\)](#)
[Info Flyer \(Russian\)](#)
[Info Flyer \(Vietnamese\)](#)

Aracely Padilla

[Mental Health Navigator](http://MentalHealthNavigator)
Español/Inglés Soporte
aracelyp@co.skagit.wa.us
Oficina Teléfono: 360-416-1544
Teléfono celular: 360-391-7201
(acepta texto)