



Institute for a Healthier Community



2016

Updated 6.10.2016

# Snohomish County Living Well Community Resource Guide



Center For  
Health Education and Healing

Special acknowledgments to UW Bothell  
Health Studies fieldwork students for their  
assistance in building this resource guide



Institute for a Healthier Community



# Living Well Community Resource Guide

Healthy body, healthy relationships, healthy communities. Created Together.

## About Providence Institute for a Healthier Community

The Providence Institute for a Healthier Community was founded in 2014 and is a partnership between Providence, the Snohomish County Health Leadership Coalition, business, government, non-profits, and the people of Snohomish county.

Its aim is to find the ways and facilitate the behavior for all of us in the community to improve our health, honoring the mind, body, and spirit. The benefit to the individual will be to live a longer, healthier, happier life. The benefit to the community will be to become the healthiest community in the country with the lowest healthcare costs, so we can invest more of our resources in what matters. For more information go to [www.pihcsnohomish.org](http://www.pihcsnohomish.org) or [www.facebook.com/pihcsnohomish](https://www.facebook.com/pihcsnohomish)



*Assisting our community in identifying and supporting health and healing assets for ALL in our community*

## Introduction

The Living Well Resource Guide is designed to assist in linking individuals and providers to assets in our community that can support wellbeing and enhance the quality of life for individuals, families, and communities in Snohomish County.

Providence Institute for a Healthier Community recognizes that when it comes to protecting, promoting and enhancing quality of life - taking good care today in our community is taking better care of all those we may serve tomorrow.

It is clear that the daily conditions, environments and habits that individuals - our patients, our community - experience and develop today have the greatest impacts on health status and quality of life both now and throughout each stage life. Basically, most of health happens (or doesn't happen) outside of healthcare. The wellbeing areas of social connection, basic security, safety and opportunities for purpose and meaning greatly affect physical health and are the most important underlying drivers of health outcomes. These needs frequently exceed the health system's direct role in health care delivery - but are critical in supporting patient care, keeping health care cost down and connecting to a healthier community

This edition of the Community Resource Guide is accessible countywide and all categories are available to print. We welcome private and professional members of our community to utilize this resource.

*Coming soon Phase II (anticipated fall 2016) - an online open sourced searchable clearinghouse, in partnership with North Sound 211.*

# How to use the guide

Categories and subcategories are identified and color-coded under a larger theme according to wellbeing interest or need. Many resources cross over multiple categories.

Resources/agencies offering a web site can be accessed directly by clicking the available website link listed under the noted resource.



All users are invited to print off as many pages of this guide as needed or you may save the entire guide in its PDF format.

Please see the Table of Contents to help identify the location of needed resources.

Inclusion of any links is not meant as an endorsement by PIHC of any specific event, product, or service. Content accessed from this section is the property of the organization whose website it is posted on - PIHC does not own or control those offerings.

**A Collaborative Clearinghouse:** This guide will remain a work in progress; not all categories may be complete. We will continue to source this guide with available resources and *hope you will join in* - with additions and/or revisions to help create a robust and accurate Living Well Resource Guide for our community, together.

Please contact Jessica Burt at [Jessica.burt@providence.org](mailto:Jessica.burt@providence.org) for edits or additions

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## Crisis Intervention & Abuse



[win211.org/](http://win211.org/) – search online

WIN211 maintains a statewide database of community resources.

## Volunteers of America

### Behavioral Health Services

24 Hour Crisis Line | 1-800-484-3578

[www.voaww.org/behavioralhealth](http://www.voaww.org/behavioralhealth)

In crisis or considering suicide & Care Crisis Chat - online outreach.

Non-emergency behavioral Health 211 or WIN211 to search online

### Regional Call Center (Region 1 – North Sound)

211 Regional Call Center

[www.voaww.org/gethelp](http://www.voaww.org/gethelp)

### Access to Mental health Services

1-888-693-7200

Mental health eligibility and enrollment to contracted services

### Homeless Services

[www.voaww.org/housingservices](http://www.voaww.org/housingservices)

### Food Bank

[www.voaww.org/foodbank](http://www.voaww.org/foodbank)

### Dispute Resolutions & Mediations

[www.voaww.org/drc](http://www.voaww.org/drc) (Includes Spanish)

### Child and Youth Services (ECEAP)

[www.voaww.org/youth](http://www.voaww.org/youth)

Free preschool for limited income families

### Developmental Disability Support Services

[www.voaww.org/personalsupport](http://www.voaww.org/personalsupport)

## Emergency Situations Call 9-1-1

9-1-1 should be used in reporting emergency situations. An emergency is any situation that requires immediate assistance from the Police/Sheriff, and/or Fire/EMS.

Be aware of your location. Technology can't always provide the information 9-1-1 needs to get you help.

### Text to 911 is available

### Call if You Can Only Text if You Can't

### Create your free Safety Profile today:

[www.smart911.com](http://www.smart911.com)

If you live, work or travel in Snohomish County you can now create a free online Safety Profile which provides vital information to emergency responders when you call 911. **Smart911 is a free service.**

## Community Resources

### Prepare, Plan, Be Informed

<http://www.snopac911.us/CommunityResources.html>

## Poison Control

For poisoning questions and emergencies,

Please contact 1-800-222-1222

## Domestic Violence Services of Snohomish County

[www.dvs-snoco.org](http://www.dvs-snoco.org)

Provides free and confidential services: emergency shelter, legal advocacy, support groups and domestic violence education.

For information, please call our 24-hour crisis hotline:

**425-25-ABUSE (425-252-2873)**

**Administration: 425-259-2827**

**Thrift Shoppe** – support a great cause

3116 Rucker Ave Everett, WA 98201 | 425-258-4428

## Providence Intervention

### Center for Assault and Abuse

[Providence Assault and Abuse Services Website](http://ProvidenceAssaultandAbuseServicesWebsite)

Crisis Response to emergency rooms (medical & advocacy)

Crisis Lines (Hotlines) for sexual assault, child abuse survivors, trafficking and more

Dawson Place Child Advocacy Center

1509 California St. Everett, 98201

(425)-297-5776

**24/7 Crisis Response Line: 425-252-4800**

**Trafficking Hotline: 425-258-9037**

**Medical Daytime Line: 425-297-5776**

**Advocacy Daytime Line: 425-297-5771**

**Legal Advocate Line: 425-297-5781**

### National Domestic Violence Hotline

**1-800-787-3224**

## Child Protective Services Reporting

Hotline: 866-ENDHARM (866-363-4276) - if you see someone abusing a child: Call 911

- Daytime - Local CPS Office, for Snohomish County: 866-829-2153
- Nights and Weekends: 800-562-5624
- TTY Callers: 800-624-6186

## Protection Order Programs/Forms

[snohomishcountywa.gov/439/Protection-Orders](http://snohomishcountywa.gov/439/Protection-Orders)

SECURITY/  
SAFETY



## Clothing

### **Catholic Community Services**

1918 Everett | 257-2111 | <http://www.ccsww.org>  
Baby layette program

### **Central Lutheran Church**

2702 Rockefeller Ave Everett 98201 | 425-252-8291  
[www.centrallutheraneverett.org](http://www.centrallutheraneverett.org)

### **Clothes for Kids**

16725 52nd Ave West, Suite B Lynnwood, WA 98037  
425-670-7285 | [Clothes for Kids](#)

Any child who attends school in Snohomish County or the North shore School District and qualifies for free/reduced lunch at their school automatically qualifies

### **Everett Gospel Mission**

2222 52nd St Se Everett 98203 | 425-740-2500 |  
<http://www.egmission.org>  
Men/Women/Children Clothing Fridays 1-5pm

### **Hand In Hand**

14 E. Casino Road #E, Everett, WA 98204 | 425-374-2461  
<http://www.handinhandkids.org/#/home/welcome>

Clothes for the Community

First Saturday of each Month 11am-1pm

### **Operation School Bell**

252-86711 [Website](#)

Contact Your Elementary, Middle or High School for Assistance

Provides new clothing, hygiene kits and, when needed, vouchers to purchase new shoes.

### **Pregnancy Aid**

2913 W Marine Dr, Everett 98201 | 425-252-6444  
<http://www.pregnancyaidsc.org/home.aspx>  
Maternity and baby clothing  
Mon-Thurs 9:30-12:30, Fri 9:30-4

### **Pregnancy Resource Center**

4310 Hoyt Ave, Everett, WA 98203 | 339-2175  
[Baby-Boutique](#)

The boutique will now serve clients who have participated in our classes, support groups, and workshops. Workshops are free, earn points to spend in our Baby & Maternity Boutique!

### **Salvation Army**

2525 Rucker Ave, Everett 98201 | 425-259-8129  
[Community Center](#)  
Back to School Supplies and Clothing

### **St. Vincent de Paul**

6430 Broadway Everett | 355-3504  
171 W. Main St. Monroe | 360-863-8063  
<http://www.svdpmmonroe.org/assistance.html>  
Low cost clothing and household goods for those in need.

### **Westgate Chapel**

22901 Edmonds Way, Edmonds, 98020  
425-775-2776 or 425.977.4500  
[www.westgatechapel.com](http://www.westgatechapel.com)

Clothing is free of charge, but recipients must register in the Food Bank for this service. School supplies  
Open Thursdays from 11am – 2pm in The Commons

### **Working Wardrobe/Pathways for Women**

3301 Broadway Everett 98201 | 425-258-2766  
<http://www.ywcaworks.org>  
Tuesday/Thursdays by appt only

## Disaster & Severe Weather

### **American Red Cross**

2530 Lombard Ave. Everett, WA 98201 | 425-252-4103  
[www.redcross.org/local/wa/northwestregion](http://www.redcross.org/local/wa/northwestregion)

### **City of Everett Office of Emergency Management**

Phone: 425-257-8109  
[City of Everett Emergency Management](#)

### **FEMA Disaster Assistance**

800-621-3362 | [www.disasterassistance.gov/](http://www.disasterassistance.gov/)

### **Medical Reserve Corps**

720 - 80th Avenue SW, Building 1, Everett, WA 98203  
<http://snohomishcountymrc.org/>

A partnership of Snohomish County Emergency Management and the Snohomish Health District. Actively assists the community with its health-related care during crisis, emergency, and disasters, including pandemic situations.

### **Public Health Emergency Preparedness**

Snohomish Health District | 425.339.8612 | [Website](#)

### **Snohomish County Emergency Management**

720 80th St. S.W. Bldg A, Everett, WA 98203  
425-388-5060 | [Website](#)

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**Tulalip Tribes of Washington**

6406 Marine Dr, Tulalip, WA 98271 | 360-651-4580.

Involved in the FEMA emergency food and shelter program. This can offer assistance with paying rent or the security deposit on a new apartment. Other resources for tribal members can include food or even a partial mortgage payment.

**Drop-In Centers****Cocoon House – Teens (12-20)****Uturn Drop In Center**

1421 Broadway Ave, Everett 98201

<http://www.cocoonhouse.org/outreach/>

A Place to sleep, do laundry, take a shower, eat and get help getting a job.

Weekdays from 2:00 PM-6:30 PM

Weekends from 10:00 AM-1:00 PM

**24/7 Help Line – Call or Text | 425-877-5171**

Email – [safeplace@cocoonhouse.org](mailto:safeplace@cocoonhouse.org)

**Everett Gospel Mission**

<http://www.egmission.org>

**Men's Shelter & Donation Center | 425-740-2550**

3711 Smith Ave. Everett, 98201

**Women's Shelter | 425-740-2501**

5126 S 2<sup>nd</sup>. Ave. Everett, 98201

Day Shelter, Meals, Showers, Laundry

**Esther's Place**

<http://www.hofffoundation.org/esthers-place/>

2936 Rockefeller Ave. Everett | 425-512-0749

Day center for women and children. It provides breakfast, lunch, personal care items, clothing, support groups, life skills classes, job training, haircuts, community resources and medical and dental care.

Monday-Friday from 10 AM - 2 PM

**Everett Recovery Cafe**

2212 Broadway Everett 98201 | 425-258-5630

<http://everettrecoverycafe.org/>

Everett Recovery Cafe's therapeutic community model provides integrated support, and addresses addiction and other mental health challenges (co-occurring disorders.. Monday-Friday 12:00 PM – 4:00 PM

**First Presbyterian Church**

2936 Rockefeller Avenue Everett, WA 98201

425-259-7139 | <http://www.firstpreschurch.com/>

Showering facilities for Men and Women are available on Wednesdays from 5:15-7:00 pm – Dinner also served.

**Our Common Ground**

2624 Rockefeller Ave., Everett

[www.ocgeverett.org/](http://www.ocgeverett.org/)

Hospitality space

Monday-Thursdays from 8 am - 12 noon.

**South Everett Neighborhood Center**

215 W Mukilteo Blvd Everett, WA 98203 (Behind Our Savior's Lutheran Church) | 425 513-2880 | [Website](#)

In Person:

Tuesdays and Thursdays from 1:30 – 5:30pm

Wednesdays from 10:00am – 2:00pm

By Phone:

Monday through Thursday, 9:30am – 5:30pm

(425) 513-2880

During drop-in hours, we support participants with a variety of services including:

- Filling out forms, including DSHS, school enrollment, child support, and more.
- Linking to community resources (housing, legal, health, etc.)
- Resume writing
- Document translation
- Emergency food

**Financial Assistance****American Red Cross**

2530 Lombard Ave, Everett, WA, 98201 | 425-252-4103

[www.redcross.org/local/wa/northwestregion](http://www.redcross.org/local/wa/northwestregion)

Help with payment on Snohomish County Public Utility District bills. Income guidelines are in place. The applicant needs to also have a disconnect notice and have previously applied for government energy bill assistance from LIHEAP.

**Arlington Resource Center**

18308 Smokey Pt. Blvd., Arlington, WA 98223

360-386-7989 | <https://arlingtonresourcecenter.org/>

e-mail: [sjensen@lcsnw.org](mailto:sjensen@lcsnw.org)

Must have a disconnect or eviction notice. The not-for profit can provide one-time emergency financial assistance or cash grants to help pay rent or utility bills to residents of the greater Arlington area. Other support may be provided too, such as bus tickets or food.

**Catholic Community Services**

1918 Everett Ave, 98201 | (425) 257-2111 |

<http://www.ccsww.org>

Home care and repair program; volunteer program for - retired and seniors, chore services, and transportation

**ClearPoint Financial Solutions**

1-800-750-2227 | [www.clearpoint.org/about-us/](http://www.clearpoint.org/about-us/)

Non-profit credit and foreclosure counseling agency. Negotiate lower interest rates, offer debt management programs, and refer people to lenders assistance programs.

SECURITY/  
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## DSHS - Community Services Offices- Snohomish

(Monroe Washington dial 1-877-501-2233)

- **Emergency Financial Assistance:** They help TANF/WorkFirst clients apply for supplemental financial assistance and government programs when faced with an emergency caused by circumstances out of their control. Electric, utility, gas, heating fuel, water/sewer or telephone utility shut-off notices; and other emergencies.
- **Temporary Assistance for Needy Families (TANF/WorkFirst):** The agency can provide monthly to qualified people cash grants, financial aid and medical assistance to eligible low to moderate income families with minor children in the home.
- **Rent help -** They administer their own programs, and can also refer individuals to additional agencies.

Other programs run are Diversion Cash Assistance (DCA), General Assistance (GAU, GAX), and Refugee Cash Assistance (RCA).

### Domestic Violence Services

425-252-2873 | [Website](#)

Victims of domestic violence, in particular women, children, and their families, may receive financial help for paying their mortgage, rent, and other basic needs.

### Edmonds United Methodist Church

828 Casper St. Edmonds, Washington 98020  
425-778-5833

May from time to time have money for rent and utilities for South Snohomish County residents.

### Family Center of South Snohomish County

6330 195th St SW, Lynnwood WA 98036  
425-670-8984

Provides cash grants and financial assistance for relatives raising children that are not their own. For example, grandparents, aunts or uncles raising a child may benefit.

Assistance provided by the non-profit can include rent, car repairs, utilities, food, clothing, etc.

### Human Services Department

3000 Rockefeller Ave, Everett, WA, 98201  
425-388-3360

[www.snohomishcountywa.gov/191/Human-Services](http://www.snohomishcountywa.gov/191/Human-Services)

- **Wide range of assistance programs** and services for those who are most at risk, including veterans, families with children, seniors, and others.
- **Veterans** can receive emergency financial assistance. Aid is offered for their immediate family members too. Authorized items that are included include rent, food and sundries, utilities, medical, transportation (bus), heating bills and vehicles or gasoline
- **Housing and Essential Needs (HEN).** Cash and grant funds can be used to support eligible clients that are faced with eviction, qualify as homeless or at-risk of homelessness. Allowable financial assistance for housing may include security deposits, monthly rent, overdue rent, and even service animal deposits. Utilities assistance is limited to the following bills, such as electricity, natural gas, sewer, water, utility deposits, and garbage. Essential Needs assistance also includes help with obtaining personal health and hygiene items, bus passes, and cleaning supplies (such as laundry and dish soap).

### Community Action Partnership

[Community Action Partnership](#)

Includes Interpreter services, heating bills, veteran Assistance, weatherization services

- **Energy Assistance** the Energy Assistance Program provides a one-time per heating season assistance in paying the heat bill for eligible households Please call our Energy Line at 425-388-3880 for current Energy Assistance Program information and updates.  
<http://www.snohomishcountywa.gov/552/Energy-Assistance>

The Low-Income Home Energy Assistance Program (LIHEAP) usually opens around November 15 (depending on the availability of funding) and closes when funds are spent, usually around April 1. This component helps with all fuel types and has a maximum benefit of \$1,000.

The Puget Sound Energy HELP program is usually open from October 1 to September 15 and has a maximum benefit of \$1,000.

The Cascade Natural Gas Washington Energy Assistance Fund (WEAF) program is usually open from October 1 to September 15 and has a maximum benefit of \$500.

### Snohomish County Energy Assistance

Energy Line at 425-388-3880

<http://snohomishcountywa.gov/552/Energy-Assistance>

One-time per heating season assistance in paying the heat bill for eligible household

### Holy Cross Catholic Church

360-691-2273

Can provide help for rent and utilities to Granite Falls and Lake Stevens families only.

### Stanwood Camano

#### Community Resource Center,

360-629-5257 | [Website](#)

Non-profit that may be able to offer limited financial assistance and cash grants to persons and families residing within the boundaries of the Stanwood-Camano School District. The aid offered is targeted at preventing evictions or disconnection of essential services (such as heat or utilities), or for basic needs in emergency situations or a crisis.

SECURITY/  
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**Millionaires Club – Seattle**

2515 Western Ave. Seattle, WA 98121  
206-728-JOBS (5627)  
<https://millionairclub.org/>

Provides jobs, meals and other essential support services to individuals who are experiencing homelessness, unemployment or underemployment in the greater Seattle area.

**Pathways for Women - YWCA**

425-774-9843 Lynnwood | <https://www.ywcaworks.org/>

Emergency assistance may be offered for heating and energy bills, housing, and other needs.

**Saint Vincent De Paul**

6430 Broadway Everett | 425 355-3504.

Call them to apply. Funds for paying utilities and heating bills. Other resources include household items, food, medications and prescription drug assistance as well as some help with lodging and transportation to those in emergency situations on a case by case basis. The aid may be provided using low interest loans, and funds may assist with other bills and expenses on a case-by-case basis to those who qualify

**Salvation Army**

2525 Rucker Ave, Everett | 425-259 – 8129

Low-income families with infants or the elderly can qualify for help. Programs can help with energy bills, rent, medications, and other basic needs.

**Sewer, water, and utility discounts**

Most towns and cities in Snohomish County Washington can help low-income, elderly, and disabled residents pay utility bills, including sewer and water. You will need to call and apply, and meet low-income qualifications.

[Senior Services Utility Discounts PDF Listings \(2/1/2016\)](#)

- City of Arlington, 238 N Olympic Ave, Arlington, 360 403-3421

- City of Bothell, 18305 101st Ave NE, Bothell City Hall, 425-486 – 6250
- City of Edmonds, 121 5th Ave N, Edmonds. 425-771-0241
- City of Everett, 2930 Wetmore Ave, Everett, 425 257-8999
- City of Granite Falls, 206 S Granite Ave, call the town 360-691-6441
- City of Lake Stevens, 1812 Main St, Lake Stevens, WA, 98258 | 425-334-1012
- City of Lynnwood, 19100 44th Ave W, Lynnwood, 425-670-5146
- City of Marysville, 1635 Grove, Marysville, 360-651-5000
- City of Monroe, 806 W Main St, Monroe 360-794-7400
- City of Mountlake Terrace, 6100 219th St. SW Suite 200, Mountlake Terrace | 425-744-6214
- City of Mukilteo, 11930 Cyrus Way, Mukilteo, 425-263-8060
- City of Snohomish, 116 Union Ave, Snohomish 360-568-3115
- City of Stanwood, 10220 270th St NW, Stanwood 360-629-9617

**Snohomish County Public Utilities**

PO Box 1107, Everett, WA 98206-1107 | 425-783-1000 or toll free 1-877-783-1000 | [PUD Discount Programs](#)

Discount programs ranging from 20-60 percent for low income and elderly individuals and families. Application available on the website or at the Public Utility District Office. Mail to address above.

**Take the Next Step**

360-794-1022

Only for the Monroe - Sky Valley region. Get information on programs free medical care, rent and utility bill assistance, housing education services, and security deposit fees.

**Westgate Chapel**

Edmonds region only. 425-977-4500

Has limited resources. Helps with rent, electric bills, gas and motel vouchers for those in the Edmonds region

**Volunteers of America**

<http://www.voaww.org/gethelp>

Emergency assistance rent mortgage utilities. One-time emergency rental assistance or cash can remain in their home or apartment.

**Developmental Disability**

[ARC Resource Guide 2015](#)

**The Arc of Snohomish County**

2500 Hewitt Ave Suite 300, Everett, WA, 98201  
425-258-2459

Provides limited emergency financial assistance to individuals with Intellectual/Developmental Disabilities and their families/caregivers. Some assistance may include a utility bill or rent payment (will not fund security or damage deposits). Eligible recipients may only receive financial assistance every two calendar years.

SECURITY/  
SAFETY



## Refugee and Immigrant

### Refugee Forum

2000 Tower St, Everett, WA 98201 | 425-388-9307

### Catholic Refugee and Immigration Services (CRIS)

206-725-2090, Ext. 12 | [www.ccsww.org/CRIS](http://www.ccsww.org/CRIS)

Provides a range of legal immigration services for immigrants, refugees and their families living in Snohomish County

### Lutheran Community Services

North Puget Sound Main Line 206 694-5700

#### Locations

Help refugees and immigrants access resources and gain skills to successfully transition to their new communities, attain self-sufficiency and begin lives of new hope and promise. Cash donations and donations of furniture and household items

## Veterans Assistance

### Navy-Marine Corps Relief Society

13910 45th Ave NE, Marysville, WA, 98271 | 425-304-3203  
Grants or interest free loans. Assistance is for either active duty or retired members. The uses of the money can be for child care expenses, transportation, medical/dental bills, vehicle repairs, food/rent/utilities, burial and funeral costs and more.

### The American Legion

#### Department (states) Headquarters

Contact your local post. Temporary Financial Assistance (TFA) program has awarded cash grants to minor children of veterans who are eligible for American Legion membership

### Therapeutic Health Services

#### Veterans Assistance

For more information, please call the Rainier Branch at 206-723-1980

## Food Assistance

Additional resources may be found under Food Banks

### Food Help

Web site will help connect you with Food Assistance, Nutrition Information and other valuable resources to help make ends meet for you and your family  
<http://foodhelp.wa.gov/>

### Citrine Health

2940 W Marine View Dr. Everett, WA 98201  
425-259-9899 | <http://citrinehealth.org/assistance.asp>

We connect people to the Washington Basic Food Education Program by providing eligible recipients applications and information on food assistance programs in their local community. Contact our office at (425) 259-9899 or (888) 651-8931 to learn more about eligibility and to start the application process.

### Women Infants and Children WIC

WIC is for women, infants and children with limited income [Locations:](#)

#### Snohomish Health District

For Everett, Lynnwood and South Snohomish County  
[Directions](#)

3020 Rucker Avenue, Suite 100  
Everett, WA 98201 | 425-258-8400

#### Directions

6101 200th SW, Suite 100  
Lynnwood, WA 98036 | 425-252-5303

<http://www.snohd.org/Children-Family/WIC-Nutrition>

#### Pregnancy Aid (for rural communities)

<http://pregnancyaidsc.org/home.aspx>

3202 Hoyt Avenue, Everett, Washington 98201 | 425-316-8929

### Senior Services of Snohomish County

11627 Airport Rd., Suite B, Everett WA 98204  
425.355.1112

<http://www.sssc.org/nutrition>

[Senior Dining](#) | [Meals on Wheels](#) | [Healthy Living Workshops](#) | [Basic Food Assistance](#) | [Nutrition Updates](#) | [Farmers Market List](#)

## Food Banks (listings updated as of 3/1/2016)

### Arlington

#### Arlington Community Food Bank

19118 63rd Ave. NE, Arlington, WA, 98223 |  
360-435-1631  
<http://www.arlingtonwafoodbank.org/>

A food pantry and government surplus food distribution site for residents of the Arlington area. Commodities are distributed during food bank hours. Clients can receive food twice a month

**Hours:** M, Noon-1pm (Seniors 62+ and those with disabilities only) W, 5:30-6:30pm; F, Noon-1pm

#### Stillaguamish Seniors Food Bank

360-653-4551 | M,W,Th,F; 10:30am-12pm

SECURITY/  
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## The Stillaguamish Tribe of Indians

<http://www.stillaguamish.com/>

3310 Smokey Point Blvd, Arlington 98223 | 360-652-7362

Provides a food pantry and government surplus food distribution site which are primarily for members of the Stillaguamish Tribe, but which are accessible to other needy individuals as well.

**Hours:** M-F, 8am-4pm – Food Vouchers for Tribes Only

## Bothell

### Canyon Hills Community Church Food Bank

22125 17th Ave. SE Suite 111, Bothell 98021

425-488-4121

[Canyon Hills Community Church Food Bank](#)

Food bank offered to those in need that meet certain income guidelines and other factors who live within the CHCC Food Bank geographic boundaries.

**Hours:** Tu, 5:30-7:30pm

## Darrington

### Darrington Food Bank

1045 Montague Ave, Darrington, WA 98241

360-436-1833

Usually open Wed/Thurs of the 1<sup>st</sup> and 3<sup>rd</sup> Full week of each month – Call to verify.

## Edmonds

### Carol Rowe Memorial Food Bank – Edmonds United Methodist Church

828 Casper St. Edmonds, Washington 98020

425-778-5833 | [Carol-Rowe Memorial Food Bank](#)

A weekly food pantry and a pet food program for residents of the Edmonds area. Will serve those outside of Edmonds also per schedule.

**Hours:** Tu, 9:30-11:00 Edmonds residents. 11:30-12 Any non-Edmonds residents. Check for sessions. Line begins 15-30 minutes before each session.

### Edmonds Community Services (Food Bank at Baptist church)

121 5th Avenue North, Edmonds | 425-775-7724

Canned goods and more, such as Christmas meals and clothing, is distributed from the center. Call for hours and information.

### Westgate Chapel

Westgate Chapel Food & Clothing Bank

22901 Edmonds Way, Edmonds 98020 | 425-977-4500

[Westgate Chapel Emergency Services](#)

FOR EDMONDS RESIDENTS ONLY - Provides food for those in need. Free canned food, formula, and other assistance is available. Gently used clothing may also be passed out

**Hours:** 11:00AM-2:00PM, Thursdays. Also offers emergency food bags in the church office Monday through Thursday 8:30am-5:00pm. Bring utility bill and ID

## Everett

### Central Lutheran Church

Parking Lot Dinners

2702 Rockefeller Ave | 425-252-8291 | Rockefeller &

Everett Ave in the alley next to the north Everett Y.M.C.A

**Hours:** ALL SUNDAYS - 4:00 PM Winter OR 5 PM during day light savings time

(1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> sponsored by Gold Creek Community Church; 2<sup>nd</sup> & 4<sup>th</sup> sponsored by Central Lutheran, 7<sup>th</sup> Day Adventist, Our Savior's Lutheran, Trinity Lutheran)

## Bethel Baptist Church

2625 Hoyt Ave, Everett 98201 | 425-252-0249

<http://www.betheleverett.org/>

Provides a food pantry for persons in need. Clients can receive food once a month. **Hours:** Tu-F, 10am-2pm

### First Presbyterian Church

2936 Rockefeller Avenue Everett, WA 98201

425-259-7139 | <http://www.firstpreschurch.com/>

**Dinner at the Bell** Wednesdays from 5:15-7:00 pm.

Showering facilities for Men and Women are also available

### Everett United Church of Christ

2624 Rockefeller Ave, Everett 98201 | 425-252-7224

<http://everettucc.org/>

**Food pantry open to anyone in need.**

**Hours:** Walk-in only. Last two M, 9:00-1:00pm

Donations to the food pantry are always welcome

**Dinner Bell Meal** is served every Thursday at 5:30 pm

The meal is open to all, made especially available to those who are homeless and /or have a low income.

Volunteers always needed to cook, serve, cleanup and visit with the guests. Food preparation begins at 2:30 pm

### Everett Gospel Mission & Day Center

2222 52nd ST SE Everett 98203 | 425-740-2500

[www.egmission.org/](http://www.egmission.org/)

**Hours:** Lunch 11:30-12:50 M-F, Dinner 4-6pm M-F

### Faith Lutheran Church

6708 Cady Rd, Everett 98203 | 425-353-4758

[www.faitheverett.com/our-community](http://www.faitheverett.com/our-community)

**Food pantry for persons in need.**

**Hours:** walk in. Th-Sa, Noon-2p

**Community**

**Dinner.** ALL

Welcome 5-

6:30pm

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### Our Common Ground Church

Held at Everett United Church of Christ.

2624 Rockefeller Ave, Everett 98201

<http://www.ourcommontablechurch.org/gatherings.html>

**Hours:** Sunday nights. Dinner at 5pm. Worship at 6pm.

We're done by 7pm.

### Salvation Army Food Bank

<http://www.everettsarmy.org>

2525 Rucker Ave, Everett 98201 | 425-259-8129

Provides one food bag per month, for adult only households who meet the low-income guidelines.

If you go to VOA, you cannot also go to S.A. Once a month you get enough food for 3 days at S.A. Commodities are available during the same hours as the food pantry.

**Hours:** M-Th, 10am-5:30pm (Closed 1-1:30pm for lunch)

Hours: Mon & Tues 11:30am-3:30pm and Thurs 1-5:30pm

Other: Numerous emergency assistance and food programs are offered from the pantry. Seniors, children, and the poor are the main recipients. Other assistance includes financial help for energy bills, Christmas assistance, winter coats, and referrals.

### South Everett Community Center

425-355-6005 | [Resource and Referral Drop In](#)

Monday-Thursday 10:00am-3:00pm

- Job search, assistance with applications, forms, resumes and translations
- Basic needs assistance and referrals
- Emergency Food Pantry
- Assistance navigating local and federal services

### You may pick up an Everett Calendar of Meals Schedule @

- Everett Library 2702 Hoyt on the 2nd floor.

### Volunteers of America Food Bank

Provides food and USDA government commodities to families, senior citizens, developmentally disabled persons, and physically disabled persons residing in the city of Everett.

[VOA Basic Needs Food](#)

#### Everett

1230 Broadway Everett | 425-259-3192 Ext: 13000

**Hours:** M-Th, 9am-3pm (closed 11:45am-12:30pm); 3rd Sa, 10am-1pm. Donations accepted M-F, 8am-3:30pm.

805 W. Casino Rd. Bible Baptist Church, Everett 98204

425-259-3191

**Hours:** Tu, 3-5pm. Donations accepted during client services hours. Please call ahead to schedule a donation drop off.

### Granite Falls

#### Father's House Community Food Bank

402 S Granite Ave, Granite Falls 98252 | 360-691-5290

[Father's House](#)

Provides food to the needy in Granite Falls. Also provides a home delivery services to those that qualify.

**Hours:** 1st and 3rd F, 4:30-6:30pm; Seniors and handicapped clients are welcomed to the front of the line if they show up before 4:15pm.

#### Granite Falls Food Bank

215 S Granite Ave Granite Falls 98252 | 360-691-4253

Emergency food is available by calling 691-6441.

[Information](#)

Food pantry and government surplus food distribution site for residents of the Granite Falls School District. Commodities are available during the same hours as the food pantry.

**Hours:** 2nd and 4th Wed of every month, 9:30-11 AM

### Lake Stevens

#### Evergreen Food and Goods Rescue

PO Box 811, Lake Stevens 98258

[www.efgr.org](http://www.efgr.org)

Membership required. Gleaning or food recovery is the collection of wholesome food for distribution to those in need who are helping themselves and others. Application found on website.

#### Holy Cross Catholic Church

6915 SR 92, Lake Stevens 98258 | 360-691-2273

[Holy Cross Outreach](#)

Non-perishable food and supplies.

**Hours:** M, 3:30-5:30pm; Th, 10am-Noon

#### Lake Stevens Food Bank

[Lake Stevens Food Bank](#)

Ebenezer Lutheran Church 2111 117th Ave NE Lake Stevens 98258 | (425) 334-3430

Food pantry and government surplus food distribution site for residents of the Lake Stevens area (zip code 98258). Persons may receive assistance twice a month. Recent proof of address, valid photo ID, proof of children under 18 required. **Hours:** Th, 1:30-6pm

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## Lutheran Community Services Northwest North Puget Sound Area

1803 123rd Dr NE, Lake Stevens 98258 | 425-397-7433  
<http://www.lcsnw.org>

Has a limited amount of emergency food for individuals who are eligible. Basics are stocked, and will provide a FEMA Emergency Food Voucher, which can be used for food, diapers, baby food, and formula. There is a LIMITED AMOUNT.

**Hours:** M-Th, 9am-Noon and 1-5pm; F, by apt. only  
**Community Supper:** Every second Thursday of the Month. Held at Ebenezer Lutheran Church 2111 117<sup>th</sup> Ave NE, Lake Stevens 98258 from 4:30-7:00

## Lynnwood

### Lynnwood Food Bank

5320 176th St SW, Lynnwood 9803 | 425-745-1635  
[Lynnwood Food Bank](#)

Serves residents of the Lynnwood area (Zip Codes 98036, 98037, 98087). Also the Government surplus food distribution site for this area. An approximate 6 day supply of food is given to each household every other week.

**Hours:** W, 2:30-6:15pm; Assisted Service for those needing special help through the line- W, 2-2:30pm

## Marysville

### Allen Creek Community Church

#### Resource Exchange

7302 44th Ave NE Suite B-2, Marysville, WA, 98270  
360-659-7335  
[Compassion and Outreach](#)

The Resource Exchange food program is open to everyone. Clients will be encouraged to participate in our two-way exchange plan.

**Hours:** Sa, 9-10am; W, 2-3pm for seniors (65+) and people with disabilities (with state id)

## Victory Foursquare Gospel Church

Telephone - 425-651-1110

### Marysville Community Food Bank

4150 88th St NE, Marysville 98270 | 360-658-1054  
[Marysville Food Bank](#)

A food bank serving residents of 98270, 98271 and 98259.

**Hours:** M, 9-11am for age 62+ and disabled only; Tu, 3-6pm all clients; F, 9-11am all clients

## Mill Creek

### Volunteers of America Food Bank

Provides food and USDA government commodities to families, senior citizens, developmentally disabled persons, and physically disabled persons residing in the city of Everett. [VOA Basic Needs Food](#)

#### Mill Creek

17903 Bothell-Everett Hwy #E101 N Creek Business Park, Bothell 98012 | 425-582-5154

**Hours:** Th, 4-6pm. Donations accepted during client services hours. Please call ahead to schedule a donation drop off.

## Monroe

### Monroe (Sky Valley) Food Bank

233 Sky River Parkway, Monroe 98272 | 360-794-7959  
[Sky Valley Food Bank](#)

A food bank and government surplus food distribution site for residents of the Monroe School District, except the Maltby area (Maltby Food Bank). Photo ID required and proof of address.

**Hours:** M W F, 9-11:30am; M, 6-7pm for employed individuals and students only.

## Take the Next Step

202 S Sams St, Monroe 98272 | 360-794-1022

### [Take the Next Step](#)

Provides emergency food bags for those in need in Sky Valley area.

**Hours:** M W F, 10am-5pm

**Free dinner:** Tuesday's at 6pm

## Mountlake Terrace

### CedarWood International

23010 66th Ave. West, Mountlake Terrace 98043  
VivianD@worldforjesus.org  
206-883-5132  
[CedarWood International](#)

Provide food help for people and families who genuinely need assistance.

**Hours:** Stop by the chapel. M, 1-2:30pm

## Mountlake Terrace Food Bank – Concern for Neighbors

4700 228th St SW, Mountlake Terrace 98043  
425-778-7227  
[Facebook Concern for Neighbors](#)

Provides a food pantry and government surplus food distribution site for residents who live in Brier or Mountlake Terrace. Bring your own bags or boxes.

**Hours:** T, 9:30-11:30am

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## Mukilteo

### **Mukilteo Food Bank**

4514 84th St SW, Mukilteo 98275 | 425-366-8229  
[www.mukilteofoodbank.org](http://www.mukilteofoodbank.org)

A food pantry and government surplus food distribution site for residents of the Mukilteo School District. Food pantry is located in the Mukilteo Presbyterian Church

**Hours:** 2nd/4th M, 3-5pm; 2nd/4th Tu, 9-10:30am;  
 2nd/4th W, 11:30am-2:30pm

## Snohomish – City Of

### **Maltby Food Bank**

21104 86th Ave. SE Snohomish, WA 98296  
 360-668-7900 | <http://maltbyfoodbank.org/>

Provides a food pantry and government surplus food distribution site for residents of the Snohomish, Maltby and Echo Lake area.

**Hours:** Th, 2-5pm

### **Snohomish Community Food Bank**

1330 Ferguson Pk Rd, Snohomish 98290 | 360-568-7993  
[Snohomish Community Food Bank](http://SnohomishCommunityFoodBank.org)

A food pantry and government surplus food distribution site for residents of the Snohomish School District area.

**Hours** T, 3-6:45pm; F, 10am-1:45pm

## Snohomish County

### Multiple Locations

#### **Meals on Wheels - Senior Services of Snohomish County**

11627 Airport Rd #B Everett 98204  
 425-347-1229 or 800-824-2183  
[www.sssc.org/nutrition/meals\\_on\\_wheels](http://www.sssc.org/nutrition/meals_on_wheels)

**Office Hours:** M-F 8-4:30pm

Must be at least 60 years old: Call for details  
 The homebound in Snohomish may receive free or low cost hot meals and lunches.

#### **Snohomish County WIC program (Women, Infants, Children)**

This federal and state funded program is run out of several offices in the region. This can provide free food, groceries, and nutritional supplements to low income women, families, and their children.

- Pregnancy Aid of Snohomish County  
425-316-8929
- Snohomish Health District – 3020 Rucker, Everett  
425-252-5303
- Snohomish Health District - 6101 200th St SW  
Suite 100 Lynnwood WA 98036 | 425-258-8400

### **Snohomish County DSHS Department of Social & Health Services**

The local government agency runs the Food Stamps program, SNAP, and can administer other forms of assistance. For example, they have information on and partner with local pantries, food banks, and churches, and are a great place to learn about both state of Washington and federal government food assistance programs.

<https://www.dshs.wa.gov/food-cash-medical>

Dial 1-877-501-2233, or stop by one of the offices below. Click to read more on [SNAP](#)

**Alderwood** 20311 52nd Ave W, Suite 100, Lynnwood  
**Everett** 840 N Broadway, Suite 200, Everett  
**King Eastside** 805 156th Ave NE, N40-1, Bellevue  
**Mount Vernon** 900 E College Way, Suite 100, Mt Vernon  
**Skykomish Valley** 19705 State Route 2, Monroe  
**Smokey Point** 3704 172nd St NE, Arlington

### **Summer Meals Programs**

<http://www.fns.usda.gov/summerfoodrocks>

Nutritious free meals are available for children and teens 18 and younger at many locations in our county throughout the summer while school is out of session. Use the mapping tool below to find a site near you on this USDA website

Or Call **Hunger Hotline:** 1 (866) 3 Hungry or 1 (877) 8 Hambre

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### Volunteers of America Food Bank

Provides food and USDA government commodities to families, senior citizens, developmentally disabled persons, and physically disabled persons residing in the city of Everett. [VOA Basic Needs Food](#)

#### Everett

1230 Broadway Everett | 425-259-3192 Ext: 13000

**Hours:** M-Th, 9am-3pm (closed 11:45am-12:30pm); 3rd Sa, 10am-1pm. Donations accepted M-F, 8am-3:30pm.

805 W. Casino Rd. Bible Baptist Church, Everett 98204  
425-259-3191

**Hours:** Tu, 3-5pm. Donations accepted during client services hours. Please call ahead to schedule a donation drop off.

#### Mill Creek

17903 Bothell-Everett Hwy #E101 N Creek Business Park, Bothell 98012 | 425-582-5154

**Hours:** Th, 4-6pm. Donations accepted during client services hours. Please call ahead to schedule a donation drop off.

#### Sultan

703 1st St., Sultan, WA, 98294 | 360-793-2400

**Hours:** Tu, 5-7pm; F, 9:30am-Noon. Donations accepted during client service hours. Call ahead to schedule drop off.

### Stanwood

#### Stanwood Camano Food Bank

<http://www.Stanwoodcamanofoodbank.org/>

27030 102nd Ave NW, Stanwood 98292 | 360-629-2789

A food pantry and government surplus food distribution site for the Stanwood/Camano area. Hours for receiving commodities are the same as those of the food bank.

**Hours:** W F, 10-am-1pm; Sa, 10am-Noon

### Sultan

#### Sonrise Food Bank (Sultan VOA)

360-793-8609

Tuesdays 5:00pm - 7:00pm & Fridays 9:00am 12:00pm, Government Commodities - 1st Friday of each month.

#### Volunteers of America Food Bank

Provides food and USDA government commodities to families, senior citizens, developmentally disabled persons, and physically disabled persons residing in the city of Everett. [VOA Basic Needs Food](#)

#### Sultan

703 1st St., Sultan, WA, 98294 | 360-793-2400

**Hours:** Tu, 5-7pm; F, 9:30am-Noon. Donations accepted during client service hours. Call ahead to schedule drop off.

### Housing

#### ColdWeather/Emergency Preparedness

##### Snohomish Health District

425.339.8612 | [Emergency Preparedness](#)

Cold Weather Shelter Listing and Public Health Emergency Preparedness

#### Housing Authority & Coordinated Entry

##### Everett Housing Authority

3107 Colby Ave., Everett, WA 98201 | 425-258-9222

<http://www.evha.org/>

Reliable source of assistance for affordable housing in the greater Everett area.

#### Housing Authority of Snohomish County HASCO

1265 4<sup>th</sup> Ave West, Suite 200 | 425-290-8499

<http://hasco.org>

Rental assistance and Homeownership opportunities, Rehab and Repair Loans to those who qualify and partners with U.S Dept. of Veteran Affairs to provide homeless vouchers in Snohomish County.

[Does not provide emergency housing](#)

**Provides the following list of Emergency Shelters**

[http://hasco.org/housing\\_assistance/resources](http://hasco.org/housing_assistance/resources)

#### Snohomish County Investing in Futures Coordinated Entry

##### Homeless Housing Navigations Sites

[Investing-In-Futures](#)

Available to all individuals and families in Snohomish County who are currently living in homeless shelters or places not meant for human habitation: the streets, in cars, tents or structures without plumbing or running water; are eligible to work with a homelessness prevention navigator. **Call or go to any coordinated entry site for an intake assessment.** If eligible to work with a navigator, a referral will be made to the navigation site that is best able to meet the household's needs

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## Housing Programs and Resources

### ARC of Snohomish County

[www.arcsno.org](http://www.arcsno.org)

Provides housing support for Everett residents with developmental disabilities.

### Apartment Finder

[www.aptfinder.org](http://www.aptfinder.org)

Website to assist you in finding affordable, accessible apartments in your community

### Catholic Community Services

1918 Everett Ave, 98201 | (425) 257-2111

[www.ccsww.org/](http://www.ccsww.org/)

- Housing programs serve low income individuals, families, seniors, and person with special physical and mental needs
- addiction recovery and jail transition;
- disabled veteran's transportation and support services;
- home care and repair program; volunteer program for - retired and seniors, chore services, and transportation;
- adoption, foster care, foster grandparents and layette services and Project Rachel - support after abortion.

### Everett Housing Authority

[www.evha.org/](http://www.evha.org/)

Provides rent subsidies and public housing in Everett for persons who meet program eligibility requirements  
Contact to obtain a current list of subsidized and affordable housing.

[Community Housing Improvement Program \(CHIP\)](#)

425-257-8735

This program provides low interest and deferred loans to rehabilitate single family homes in the City of Everett. Rental renovation loans also available.

### Habitat for Humanity Snohomish County

[www.habitatsnohomish.org](http://www.habitatsnohomish.org)

Sweat equity home construction for low income families.

### Mercy Housing and Housing Consortium of Everett and Snohomish County

<http://housingsnohomish.org/>

<https://www.mercyhousing.org/Northwest-Properties>

\*Scroll through to find Snohomish County Housing

Mercy Housing provides a variety of different affordable housing options, but our main types of housing include multifamily, senior (age 65+) and special needs housing (people with HIV/AIDS, formerly homeless and people with physical and mental impairments)

Each Mercy Housing property has its own leasing office and its own application process. If you or your family would like to rent an apartment at one of our communities, please call the property directly

### Master Builders Care Foundation

[Rampathon Website](#)

Free Wheelchair Ramps. Disabled homeowner or live with someone with disabilities in King or Snohomish counties and need a wheelchair ramp. No Cost. See application process.

### Senior Services Snohomish County

11627 Airport Rd., Suite B, Everett WA 98204-8714

425.355.1112

[HOUSING](#) | [Senior Housing](#) | [Minor Home Repair](#)

Assistance for low income senior and disabled homeowners

### Regional Access Mobility Program (RAMP) <sup>2812</sup>

Lombard Ave. #107, Everett, WA 98201

425-220-5452 | Ramp Coordinator (206) 448-9277

[Wheelchair Ramp Program](#)

PSLA RAMP makes it possible for wheelchair-bound individuals to have the freedom and ability to access their homes unassisted.

### United Way Snohomish County

[www.uwsc.org/get\\_help\\_resources.php](http://www.uwsc.org/get_help_resources.php)

Contact information includes Help for Hard Times: Survival Guide to Unemployment: Phone numbers and links to unemployment benefits, employment programs, job training, retraining, credit counseling, rent & mortgage assistance, utility assistance, health and caregiver assistance

## Shelter & Transitional

(some include permanent options)

### Cocoon House (youth)

<http://www.cocoonhouse.org/>

Outreach to young people (12-24) proving emergency supplies, hygiene packs, food packs; access to short or long term housing and local resources; parent education and supportive programming to parent and guardians.

**24/7 Help Line – Call or Text (425) 877-5171**

**Email – [safepace@cocoonhouse.org](mailto:safepace@cocoonhouse.org)**

421 Broadway Ave, 98201

### Emergency Shelters

2726 Cedar Street, Everett 98201

15302 Plainview Place, Monroe 98272

### Long Term Housing for Pregnancy and Parenting Teen Mothers

521 E. Highland Dr., Arlington, 98223 | 425-259-5802 x 202

### Outreach Center and Uturn Drop in Center

1421 Broadway, Everett 98201

### Advocates

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## Domestic Violence Services of Snohomish County

[www.dvs-snoco.org](http://www.dvs-snoco.org)

Provides free and confidential services: emergency shelter, legal advocacy, support groups and domestic violence education.

For information, please call our 24-hour crisis hotline:  
**425-25-ABUSE (425-252-2873)**

## Everett Gospel Mission (men/women/children)

[www.egmission.org/what-we-provide/](http://www.egmission.org/what-we-provide/)

Provides shelter services for men, women and children. Housing and essential needs assistance. Long term housing for those completing Everett Gospel Mission recovery program or low income former shelter residents.

### Men's Shelter & Donation Center | 425 740-2550

3711 Smith Ave. Everett, 98201

### Women's Shelter (425) 740-2501

5126 S 2<sup>nd</sup>. Ave. Everett, 98201

### Administration: (425) 740-2500

222 52<sup>nd</sup> St. Everett 98203

### Essential Needs Program

In order to be eligible for the program individuals need to go to DSHS and have them determine the basic HEN eligibility | [www.egmission.org/hen-essential-needs/](http://www.egmission.org/hen-essential-needs/)

## Friends of Youth (youth and parenting youth)

### Headquarters

13116 NE 132nd Street Kirkland, WA 98034-2306 | 425-869-6490 | [info@friendsofyouth.org](mailto:info@friendsofyouth.org)  
[www.friendsofyouth.org/newGround.aspx](http://www.friendsofyouth.org/newGround.aspx)

**Two Snohomish County Sites:** Bothell and Silver Lake Areas

**New Ground Transitional Living Program** provides safe housing, supportive case management services, life skills training, educational and employment guidance, counseling and parenting education for homeless young adults.

## Hand in Hand/Safe Place (Children)

14 E Casino Road, Suite E, Everett, WA 98208  
425-374-2461

Support for children who have been removed from their homes. Support foster families, offer prevention, and family stabilization resources. Resource center for the Casino Road/Madison neighborhood in Everett and through our Village Impact Project (VIP) Community clothing exchange, emergency food program, school supplies, after school homework clubs special field trips and resource referrals for families.

## Housing Hope

5830 Evergreen Way, Everett, WA 98203 | 425-347-6556  
[www.housinghope.org](http://www.housinghope.org)

Supports families transitioning from emergency shelter to transitional housing and on to permanent housing

## Interfaith Association of NW WA

### Interfaith Family Shelter

2507 Cedar Avenue, Everett | 425-252-6672 or  
425-303-9774 ext. 7

[www.interfaithwa.org](http://www.interfaithwa.org)

<http://www.interfaithwa.org/familyshelter/>

The shelter welcomes families with children birth through 17 years and pregnant women. Families may be headed by a single parent (mother, father or other guardian) or two adults. We work closely with our local housing, emergency and social services agencies to provide referrals, placement and access to regional resources.

## Monroe Gospel Women's Mission

450 S. Lewis ST Monroe 98272 | 360-863-9003

<http://monroegospelmission.org/About.html>

Provides food and shelter to single women, who-for a variety of reasons-need temporary shelter and help to move them from homelessness into self-sufficiency. We serve the entire spectrum of the homeless population including but not limited to, releases from hospitals, crisis beds and inpatient treatment centers, domestic violence situations, and those living in situations not fit for human habitation.

## Salvation Army (Men and Women)

### Housing Assistance

2525 Rucker Everett WA 98201 | 425-259-8129

- **Housing:** Emergency Shelters, transitional living, group homes and overnight lodging, cold weather shelter
- **Food:** Food Bank, Fellowship Meals to anyone in need
- **Financial Help:** Utility Assistance
- **Health Care:** Prescriptions Assistance
- **Disaster Services:** Relief and Cold Weather Shelter
- **Seasonal Assistance:** Back to School, Summer Camp, Thanksgiving and Christmas Assistance
- **Church Ministry and Sunday Service**

## Volunteers of America

### Homeless Services

[www.voaww.org/housingservices](http://www.voaww.org/housingservices)

Contact our Coordinated Entry Intake Line at  
425-212-3233.

SECURITY/  
SAFETY



**YWCA – Seattle | King | Snohomish**[www.ywcaworks.org](http://www.ywcaworks.org)**Everett Regional Center**

3301 Broadway Everett Ave, 98201 | 425-258-2766

**Pathways for Women**6027 208<sup>th</sup> Street SW, Lynnwood 98036 | 425-774-9843

Emergency shelter from domestic violence and DV programs and legal services; Pathways for Women in Snohomish County Emergency Shelter and Transitional Housing, and employment support classes; Permanent housing; Housing support for disabled adults and families (for this shelter plus care program you must enter through Snohomish County Coordinated Care Entry). Working Wardrobe, Pathways to Work, Children's Domestic Violence Program, and Pathways Counseling.

**Identification and Licenses****WA. State Department of Licensing****Snohomish County Offices**<http://www.dol.wa.gov/driverslicense/steps.html>**Everett**5313 Evergreen Way Everett, WA 98203-3631  
425-356-2966**Lynnwood**18023 Hwy 99 N Suite E Lynnwood, WA 98037-4492  
425-672-3406**Social Security Administration**3809 Broadway, Everett 98201 | 1-800-772-1213  
<https://www.socialsecurity.gov/onlineservices/>**Washington State Department of Labor and Industry**729 100<sup>th</sup> Street SE Everett WA 98208 | 425-290-1300  
<http://www.lni.wa.gov/>**Crime Victims Compensation Information Line**

1-800-762-371

**Internet and Phone Access****Assurance Wireless**

(Free for low income) 1-888-898-4888

**Safelink Wireless**

Free for low income 1-800-723-3546

**Sno-Isle Library's**Click Link for All Locations (Serves all cities except Everett)  
<http://www.sno-isle.org/locations/>**Everett Public Library**<http://epls.org/resources/community-resources>  
2702 Hoyt Ave, Everett, WA 98201 | 425 257-8000

Library computers with Internet access can be reserved online from home or at the library. You can reserve a PC for up to two hours per day. If you need assistance with a reservation, call your library directly.

**Washington Access Fund****Free and Low Cost Computers**

Provides a listing of agencies that provide free and reduced cost computers.

**WorkSource**

Click Link Below for: address, phone, and services offered at each location

[www.worksourceonline.com/js/Locations.aspx](http://www.worksourceonline.com/js/Locations.aspx)

Free access to computers, the Internet, phones, fax machines and copiers for job search activities. Assistance with setting up a free e-mail account

**Legal Services****Volunteers of America Dispute Resolution**<http://snohomishcountywa.gov/437/Legal-Resources>

Mediation and training. Spanish mediation services also available. Contact our Spanish Outreach and Services Coordinator at 425-212-3933 for more information.

**Snohomish County Prosecutor Office**3000 Rockefeller, M/S 504 Everett, WA 98201  
First floor of Mission Building | 425-388-3333  
[www.snohomishcountywa.gov/202/Prosecutor](http://www.snohomishcountywa.gov/202/Prosecutor)**Legal Voice**907 Pine Street, Suite 500 Seattle 98101  
206-682-9552  
Law that affects women and their families**Pathways for Women – YWCA**6027 208th Street SW, Lynnwood 98036 |  
425-774-9843 | <https://www.ywcaworks.org>**Snohomish County Family Law Facilitator Program**<http://snohomishcountywa.gov/437/Legal-Resources>**Snohomish County Legal Services**PO Box 5675 | Everett, WA 98206  
888-201-1014 or 425-258-9283  
[www.SnoCoLegal.org](http://www.SnoCoLegal.org)

Free legal aid program serving Snohomish County Residents experiencing poverty

SECURITY/  
SAFETY

**Northwest Justice Project**

2731 Wetmore Avenue, Suite 410  
 Everett, WA 98201  
 (425) 252-8515  
 1-888-201-1017  
 1-888-201-1014 (CLEAR - 60 and over)  
<https://nwjustice.org/get-legal-help>

**Team Child – (legal advocacy for Youth)**

2731 Wetmore Ave, Suite 410  
 Everett, WA 98201 | 425-258-3132  
 e-mail: [snohomishinfo@teamchild.org](mailto:snohomishinfo@teamchild.org)  
[Team Child Website](#)

Legal expertise and community partnerships to break overcome the root causes of a youth’s involvement in the juvenile justice system

**Re-Entry**

**Catholic Community Service**

252-2111 or 1-888-240-8572 | [www.ccsww.org/](http://www.ccsww.org/)

Jail Transition Program. Provides case management services to individuals with mental health illness incarcerated within the county.

**Snohomish County - Everett District Court**

Mental Health Court Liaisons  
 425-513-8213

**Compass Health - Everett**

4526 Federal Ave, Buildings 1-9 Everett, WA 98203  
 425-349-6200 | [offender re-entry community safety program](#)

Short-term transitional services to adults transitioning moving back to the community from jail. Individuals will be referred to this program prior to leaving the jail.

**Sunrise Community Mental Health**

1021 N. Broadway Everett, WA 98201  
 425-493-5800 or 1-877-493-5890  
[Sunrise Mental Health](#)

**Everett Community Justice Center**

Everett Field Unit 8625 Evergreen Way, Suite 108  
 Everett, WA 98208 | 425-356-2800  
[www.doc.wa.gov/facilities/cjc/everettcjc/default.asp](http://www.doc.wa.gov/facilities/cjc/everettcjc/default.asp)  
 Program Schedule and Landscaping

**New Life Prison Ministry**

P.O. Box 148, Everett, WA 98206-0148 | 425-344-1239 | [prisonministry.net/NewLifePrison](http://prisonministry.net/NewLifePrison)

**Transitions Offenders Program TOP**

<http://www.topwa.org/forms.html>  
 Listing of felon-friendly resources specifically for the county an inmate is returning to.

**Washington State Corrections**

**Offender Reentry**

[www.washingtonci.com/offender-reentry.html](http://www.washingtonci.com/offender-reentry.html)  
 Workplace training resources, vocational education and skill building

**Transportation**

**Dial a Ride DART**

425-347-5912

**American Cancer Society -Road to Recovery**

1-800-227-2345  
[www.cancer.org/treatment/supportprogramsservices/road-to-recovery](http://www.cancer.org/treatment/supportprogramsservices/road-to-recovery)

Volunteer transport to treatment & related medical appointment. 3-business day notice.

**Catholic Community Service**

[www.ccsww.org/](http://www.ccsww.org/)  
**Volunteer Transport**  
 425-374-6336 or 1-888-240-8572

Volunteer transport for health care, shopping & essential errands. Priority to medical appts .during funding constraints. Contingent on volunteer availability. Application required.

**Veterans Transport**

425-374-6336 or 1-888-240-8572

Transportation for disabled veterans living in rural Snohomish County to doctor appointment and other essential needs. Will transport to King County.

**Community Transit**

<https://communitytransit.org/reducedfarepermit/>

**Fixed Fare**

425-353-7433 or 1-800-562-1375

Bus Transportation. Reduced fares for seniors and disabled persons in Snohomish County. Wheelchair accessible on all routes.

**Regional Reduced Fare Permit**

1-425-348-2350

Permit reduced fare for seniors 65+ and disabled persons. Used for a variety of counties and transit systems. Call for information and application.



**Everett Transit System**

**Fixed**

425-257-(TTY- 711)-7777

[www.everetttransit.org/158/Everett-Transit-Fixed-Route-Bus-Fare](http://www.everetttransit.org/158/Everett-Transit-Fixed-Route-Bus-Fare)

Bus transportation in Everett area. Reduced fares for seniors and disabled persons. Wheelchair accessible on all routes.

**Para Transit**

425-257-(TTY-711)-8801

[www.everetttransit.org/159/Everett-Para-Transit-Fare](http://www.everetttransit.org/159/Everett-Para-Transit-Fare)

Wheelchair accessible shared ride transportation service when effects of functional disability prevent from using fixed route bus service.

**Hopelink Medicaid Transportation**

1-855-766-7433

Medicaid recipients needing rides to and from medical, dental, and counseling appointments. Must be arranged a least one day in advance. Out of County, trips must be pre-authorized. No Fee.

**Senior Service of Snohomish County**

425-423-8517

11627 Airport Rd., Suite B, Everett WA 98204-8714

425-355-1112

[TRANSPORTATION | Dial-A-Ride \(DART\)](#)  
[Transportation Assistance Program \(TAP\)](#)  
[SNOTRAC / Pay Your Pal Transportation](#)

**Snohomish County Transportation Coalition**

[Transportation Coalition](#)

For those in rural parts of the Snohomish County, have disability, and need transport for employment, education, or medical care. Volunteer drivers reimbursed for miles driven.

**Stanwood Community & Senior Center**

360-629-7403 | [www.stanwoodseniorcenter.org/](http://www.stanwoodseniorcenter.org/)

Transport for seniors and disable persons in the Stanwood area to medical appointment in Stanwood, Mt. Vernon, Arlington, Maryville, and Everett. Must be ambulatory. Fee range from \$10-\$25 for round trip transportation

**Veterans Transportation Network**

206-277-3893

Transport for disabled veterans with medical appointments scheduled at the Veterans Puget Sound Health Care Center in Seattle. Must be ambulatory. Vans are not wheelchair equipped. No Fee.



## Activity and Recreation

### Biking and Hiking

#### Bike Trails and Trail Maps Snohomish County

- [Community Transit Bike Maps I Bike Maps FAQ](#)
- [Snohomish County Bike Map \(full map - 12.4 MB pdf\)](#)
- [Interurban Trail Map](#)
- [Centennial Trail Map](#)
- [City of Mill Creek Bike Map](#)
- [Evergreen Mountain Bike Alliance](#)
- [Japanese Gulch Mukilteo](#)
- [King County Bicycling Guide map](#)
- [Puget Sound Area Trail Guide](#)

#### Sharing Wheels Community Bike Shop

2531 Broadway, Everett, WA | 425-252-6952

##### Programs

- Community Bike Shop – Free tools, help and guidance to fix or tune up your bike
- Low-Cost Bike Sales and Repairs
- Christmas House
- Kids Bike Sway
- Mechanics Class – Learn to work on your own bike
- Work for Wheels – Repairs Only
- Village Bike Project

#### Bayside Bike Rentals

2707 Colby Ave Suite H Everett, WA 98201 | 425.789.1886

[www.baysidebikeseverett.com/service/](http://www.baysidebikeseverett.com/service/)

#### B.I.K.E.S. Club of Snohomish County

2320 California St, Everett, WA, 98201

[www.bikesclub.org/](http://www.bikesclub.org/)

Club Meetings are 7pm second Thursday of the month September through May. No summer meetings.

Snohomish County PUD

Annual Event – [McClinchy Mile Ride - March](#)

#### Cascade Bicycle Club

Bike Maps (King, Kitsap, Pierce, Snohomish)

[www.cascade.org/explore/bike-maps](http://www.cascade.org/explore/bike-maps)

Bike Rentals in Seattle

[www.cascade.org/bike-rentals](http://www.cascade.org/bike-rentals)

#### Snohomish Bicycles

Locations

##### Snohomish

[1007 1st Street Snohomish WA 98290](#) | 360-862-8300

##### Lake Stevens

517C State RT 9 Lake Stevens, WA 98258 | 425-322-5554

Rentals

<http://snohomishbicycles.com/rentals/>

### Hikes in Snohomish County

[Hiking in Snohomish County 3rd Edition PDF](#)

#### Washington Trails Association

[Children and Kids Hikes Snohomish County](#)

#### Herald Hiking Guide and GIS Map

Description/directions/difficulty level of hiking around Puget Sound – Interactive Guide

<http://www.heraldnet.com/section/hikingguide>

### City Parks and Recreation (class guides)

Links to Department and Recreation Guides. Guides include classes on fitness, cooking, crafts, music, health and safety, and special interests. Group recreation outings and information on community events, such as the summer entertainment and other activities.

#### Arlington Parks & Recreation

238 N Olympic Ave, Arlington, WA 98223 | 360 403-3448

[Parks I Trails](#)

#### Edmonds Park & Recreation

700 Main St, Edmonds, WA 98020

425 771-0230

[Edmonds Parks and Recreation](#)

#### Everett Parks & Recreation

802 E. Mukilteo Blvd., Everett | 425-257-8300

[Parks I Activities I Swimming/Beaches I Parks and Rentals](#)

#### Lake Stevens Parks and Recreation

1812 Main St. Lake Stevens | need phone

[Lake Stevens Parks and Recreation](#)

List of City Parks, Boat Launch, and Swimming Beaches.

Includes County Parks and Trail in Lake Stevens

#### Lynnwood Parks & Recreation

18900 44th Ave. W., Lynnwood | 425-670-5732

[Play Lynnwood](#)

Activities, Recreation Center and Pool, Fitness, Arts, Parks and Trails, Facilities, Golf Course, Senior Center, Healthy Communities, Events

#### Marysville Parks & Recreation

6915 Armar Road Marysville | 360-363-8400

[Marysville Parks-Recreation](#)

#### Mill Creek Parks & Recreation

15728 Main St. Mill Creek | 425-551-7254

[Mill Creek Parks and Rec](#)

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**Mountlake Terrace Parks & Recreation**

5303 228th St. SW, Mountlake Terrace | 425-776-9173

[Mountlake Terrace Recreation](#)

**Mukilteo Parks & Recreation**

304 Lincoln Avenue Mukilteo | 425.263.8180

[Mukilteo Parks and Recreation](#)

**Snohomish Parks & Recreation**

116 Union Avenue Snohomish, WA 98290-2943

360-568-3115

[Snohomish Parks and Rec](#)

## County Parks

**Snohomish County Parks and Recreation**

425-388-6600

[Snohomish County Parks and Recreation](#)

[Trails](#) | [Parks](#) | [Programs and Classes](#) | [Camping](#) | [Facility Rental](#)

## Dance, Drama, Gymnastics

Additional classes may be found in the County and City Parks Programs and Class Guides Listings

Classes and Performances

**Arlington**

- [Arlington School of Dance](#) | 360-435-4541
- [Northwest Dance and Acro Center](#) | 360) 435-5300

**Edmonds/Lynnwood/Bothell**

- [Alderwood Dance Spectrum](#) | 425-771-2994
- [Olympic Ballet](#) | 425-774-7570
- [Ballet Academy of Performing Arts](#) | 425 771-4525
- [Barclay-Shelton Dancer Ctr](#) | 425-776-8111
- [Latino Education Training Institute](#) | 425-672-4255
- [Pacific Chamber Ballet](#) | 425-778-1600
- [Dance Elite](#)
- [Kontagious Dance](#) | 425-835-9935
- [Morning Star Korean Cultural](#) | 425.745.9977

**Everett/Mill Creek**

- [Reflections](#) | 425- 338-9056
- [Arthur Murray](#) | 425 348-3610

- [Leading Edge Gymnastics Academy](#) | 425-407-1480
- [The Little Gym](#) | 425-348-4848
- [The Dance School](#) | 425-259-6861
- [First Class Ballroom](#) | 425-320-3955
- [Kids Stage](#) | 425 740-5035

**Lake Stevens/Snohomish**

[Pacific West Performing Arts](#) | 425-334-3000

**Marysville**

[Marysville Performing Art Center](#) | 360-651-9000

## Disabilities

**Providence Children's Center**

Pavilion for Women & Children

900 Pacific Everett WA | 425-258-7311

Phone | [Children Center Website](#)

**Camp Prov: Special Day Summer Camp**

For Children with Special Needs and their Siblings

**Quilceda Community Services**

9610 - 48 Drive NE, Marysville, WA 98270

360-653-2324 | 360-572-0537

[Specialized Recreation Program and Schedule](#)

**Special Olympics Washington**

[www.sowa.org](http://www.sowa.org)

## Frisbee Golf Courses

**Ferguson Park**

1330 Ferguson Park Road, Snohomish WA 98290

- In pleasant city park with playground. Short holes weave through trees. Great for families, beginners and practice

**Lake Stevens Disc Golf Course**

13000 20<sup>th</sup> Street NE Lake Stevens WA 98258

- Challenging technical course. Uses Catching Target's Park Series – a different target format at every hole.

**Strawberry Fields for Rover Disc Golf Course**

6100 152<sup>nd</sup> St NE Marysville, WA 98271

- Description: Course is flat and open. The course uses length as challenges as there are little obstacles.

**Silver Lake Excalibur Disc Golf Course**

11405 Silver Lake Road Everett, WA 98208

- Short, semi-technical course, with plenty of elevation and little underbrush. The course plays near the lake and up on the hillside near the parks and rec shed on the far end of the park. Caution for wildlife: Geese may roam around holes 1, 2, and 9. Park closes at 8pm

**Tall Firs Disc Golf Course**

22110 Old Owen Road Monroe, WA 98272

- Description: One of Washington's first golf courses. Great variety of hole types and shots; par 63 design with Red tees for beginner to rec players and blue tees for intermediate, advanced, and pro players. Pro shop and bathrooms on site, mountain views, etc. First HouckDesign course in the state. \$5 per person.

**Twin Rivers**

Arlington, WA – Zip code 98223

- Description: In tight woods along the river. 4 open longer holes
- Directions: I-5, exit #208. Go east 2 miles into town. Follow signs to Darrington on WA-530. As you leave town, the park is on left just after the bridge over the Stillaguamish River. Park all the way back near 1<sup>st</sup> tree.

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## Karate and Martial Arts

Additional classes may be found in the County and City Parks Programs and Class Guides Listings

### Arlington

- [Family Karate Ronin Dojo](#) | 360-657-2222
- [Kung Fu Northwest](#) | 360-651-2126
- [USTA Martial Arts Smokey Point](#) | 360-659-9999

### Edmonds/Lynnwood/Bothell

- [ATA Taekwondo Karate for Kid](#) | 425-772-4282
- [Aikido Heiwa-Martial Arts for Peace](#) | 425-774-0915
- [Samurai Karate Academy](#) | 425-697-3300

### Everett/Mill Creek

- [Family Karate Center](#) | 425-344-9798
- [JK Martial Arts & Learning](#) | 425-338-0825
- [Pacific Karate Organization](#) | 425 327-9798
- [White Tiger Martial Arts](#) | 425-357-0357
- [Z-Ultimate Self Defense](#) | 425 337-8270

### Lake Stevens/Snohomish

- [Team Mean MMA](#) | 425-337-4047

### Marysville

- [Kung Fu Northwest](#) | 360-651-2126
- [USTA Martial Arts Smokey Point](#) | 360-659-9999

## Outdoor Track, Fields, Courts & Playgrounds

Additional outdoor spaces may be found under County and City Parks Programs and Class Guides Listings

### Arlington

#### Lakewood High School

17023 11th Ave NE, Arlington, WA 98223

- Track field- turf
- Baseball field - dirt
- Tennis Courts
- athletic fields are open until 10:30

#### Cougar Creek Elementary

16216 11th Ave NE, Arlington, WA 98223

- 4 uncovered basketball courts
- Playground

#### Twin Rivers (aka Stilly Fields)

- WA-530 Arlington, WA 98223
- 2 baseball fields

### Everett

#### Cascade High School

801 E Casino Rd, Everett, WA 98203

- Track field - turf
- Baseball field
- Tennis Courts

#### Eisenhower Middle School

10200 25<sup>th</sup> Ave. SE. Everett, WA 98208

- Track - dirt

#### Everett High School

Lincoln Field - 1898 25th St, Everett, WA 98201

- Soccer and Softball – Turf
- Clark Park Tennis Courts  
2400 Lombard Ave., Everett, WA 98201
- 6 Tennis Courts – Lighted

#### Explorer Middle School

10200 25<sup>th</sup> Ave SE Everett, WA 98208

- Track field - dirt
- 2 small baseball fields
- Soccer field

#### Henry M Jackson High School

1508 136<sup>th</sup> ST SE., Mill Creek WA

- 8 Tennis Courts - Lighted

#### Mariner High School

200 120<sup>th</sup> ST. SW, Everett, WA 98204

- Track field
- 6 Tennis Courts - Lighted

#### Kasch Park

8811 Airport Rd. Everett, WA 98204

- 2 Baseball Fields – Dirt/Grass
- 3 Lacrosse/Soccer Fields – Turf
- 4 Softball Field – Dirt/Grass

#### Legion Memorial Park

145 Alverson Blvd., Everett WA 98201

- Baseball Field – Grass
- Softball Field – Grass
- Basketball Court – Uncovered/Full Court
- Pickle Ball Court
- 1 Tennis Court

#### Senator Henry M. Jackson Park

1700 State St Everett, WA 98201

- Soccer Field - Grass
- Softball Field - Dirt/Grass
- Baseball Field - Dirt/Grass
- Basketball Court -Uncovered/ Full Court

#### Walter E. Hall Park

1226 W Casino Rd Everett, WA 98204

- Softball Field (Dirt/Grass)
- Baseball Field (Dirt/Grass)
- Soccer Field (Grass)

#### Wiggums Hollow Park

2808 10<sup>th</sup> St Everett, WA 98201

- Softball Field - Dirt/Grass
- Baseball Field - Dirt/Grass
- Basketball Field - Uncovered/ Full Court

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**Lynnwood**Meadowdale High School6002 168<sup>th</sup> ST. SW, Lynnwood, WA 98037

- Track field- turf
- Tennis Courts

Alderwood Middle School20000 28<sup>th</sup> Ave W Lynnwood, WA

- Track - dirt
- Playground

College Place Middle School7501 208<sup>th</sup> ST SW., Lynnwood WA 98036

- Track - dirt

Lynndale Park18927 72<sup>nd</sup> Ave. W, Lynnwood WA 98036

- 3 Lighted Baseball Fields – grass
- 4 Tennis Courts – cement
- Basketball Courts - uncovered/full court

South Lynwood Park20915 61<sup>st</sup> Ave. W. Lynnwood, WA 98036

- 2 Tennis Court - cement
- Basketball Courts - cement/full court

**Lake Stevens**Lake Stevens HS

2908 113th Ave NE, Lake Stevens, WA 98258

Fields kept locked but can purchase a \$30 annual pass

- 2 Baseball fields
- Track field – turf
- Tennis Courts

Cavelero Mid High School

8220 24th Street Southeast, Lake Stevens, WA 98258

- Track Field- turf
- 2 baseball fields
- Tennis Courts

**Marysville**Asberry Field

Sixth Street and Union Avenue Marysville, WA 98270

- Dirt track field
- Baseball field

Strawberry Fields Athletic Centers6100 152<sup>nd</sup> St. NE Marysville, WA 98271

- 3 lighted full-size soccer fields
- Restrooms
- Trails and picnic area
- Open from Dawn to Dusk
- Open to public if fields aren't in use

Marysville Getchell High School Campus8103 84<sup>th</sup> ST NE, Marysville WA

- 8 Tennis Courts

Marysville Pilchuck High School55<sup>th</sup> Ave NE., Marysville WA

- 8 Tennis Courts

Totem Middle School

798 Quinn Ave, Marysville WA

- 8 Tennis Courts

**Monroe**Monroe HS Stadium

17001 Tester Rd, Monroe, WA 98272

locked at 5pm

**Recreation Centers/Activities/Gyms****City Drop In Rec Centers**

Call for hours, drop in prices and amenities – may include basketball court time, fitness and weight equipment, video or table games.

Edmonds Park & Recreation

700 Main St, Edmonds, WA 98020

425 771-0230

[Parks and Recreation](#)Lynnwood Parks & Recreation

18900 44th Ave. W., Lynnwood | 425-670-5732

[Play Lynnwood](#)

Recreation Center and Pool, Fitness, Golf Course,

Mountlake Terrace Parks & Recreation

5303 228th St. SW, Mountlake Terrace | 425-776-9173

[Mountlake Terrace Recreation](#)Mukilteo Parks & Recreation

304 Lincoln Avenue Mukilteo | 425.263.8180

[Parks and Recreation](#)**Everett Skate Deck**

9700 19th Ave SE, Everett WA 98208 | 425-337-0202

[Everett Skate Deck](#)**YMCA of Snohomish County**

All Activities and Programs Guides for the following locations listed at: [YMCA Program Guides](#)

**Everett Y**2720 Rockefeller Avenue Everett WA 98201 | 425 258 9211  
Marysville Y

6420 60th Drive NE Marysville WA 98270 | 360 653 9622

**Mill Creek Y**

13723 Puget Park Drive Everett WA 98208 | 425 337 0123

**Monroe Y**

14033 Fryelands Boulevard Monroe WA 98272

360 805 1879

**Mukilteo Y**

10601 47th Place West Mukilteo WA 98275 | 425 493 9622

**See other Healthy Living Program Offerings**[YMCA Healthy Living](#)**Summit Everett – Climbing Gym**

2820 Rucker Avenue | 425-349-031

<http://www.summiteverett.com/>**Vertical World – Climbing Gym**425-336-8041 | <http://everett.verticalworld.com/>PHYSICAL  
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## Seniors- Recreation & Groups

Additional classes may be found in the County and City Parks Programs and Class Guides Listings

### Snohomish County Senior Centers

425-388-6433

[Snohomish County Senior Centers](#)

Some centers include social services, health and nutrition programs, exercise, educational classes, trainings, and workshops, and classes in personal growth.

#### Listing of Locations

[Carl Gipson Senior Center of Everett](#) | 3025 Lombard Everett, WA 98201 | 425-257-8780

[Cascade Seniors/Darrington](#) | 1115 Darrington St Darrington, WA 98241 | 360-436-0646

[City of Mukilteo Seniors](#) | 304 Lincoln Ave. Mukilteo, WA 98275 | 425-263-8180

[East County Senior Center](#) | 276 Sky River Parkway Monroe, WA 98272 | 360-794-6359

[Edmonds Senior Center](#) | 220 Railroad Ave Edmonds, WA 98020 | 425-774-5555

[Granite Falls Senior Center](#) | PO Box 1066 Granite Fall, WA 98252 | 360-691-7177

[Ken Baxter Senior/Community Center](#) | 14 Delta Ave Marysville, WA 98270 | 360-363-8450

[Lake Stevens Senior Center](#) | 425-334-7042

2302 Soper Hill Road Lake Stevens, WA 98258

[Lynnwood Senior Center](#) | 19000 44th Ave W Lynnwood, WA 98036 | 425-670-5050

[Mill Creek Senior Center](#): | 15720 Main St, Ste 210 Mill Creek, WA 98012 | 425-948-7170

[Mountlake Terrace Seniors](#) | 5605 235th St SW Mountlake Terrace, WA 98043 | 425-771-8969

[Multicultural Senior Center](#) | 11627 Airport Rd, Ste F Everett, WA 98208 | 425-290-1263

[Northshore Senior Center](#) | 10201 E Riverside Drive Bothell, WA 98011-3708 | (425-487-2441

[Snohomish Senior Center](#) | 506 Fourth Street Snohomish, WA 98290 | 360-568-0934

[Stanwood Community and Senior Center](#) | 7430 276th Street Northwest Stanwood, WA 98292-5947  
360-629-7403

[Stillaguamish Senior Center](#) | 18308 Smokey Point Boulevard Arlington, WA 98223-7825 | 360-653-4551

### Silver Sneakers

Partners with health clubs to offer free gym and fitness club memberships and the following Silver Sneakers classes

The following health clubs participate with Silver Sneakers in Snohomish County

#### Arlington

[Stillaguamish Athletic Club](#) | 4417 172nd St. N.E. 360-435-9404

#### Edmonds

[Harbor Square Athletic Club](#) | 160 W. Dayton St. 425-778-3546

[Snap Fitness](#) | 505 5th Ave. S. | 425-778-7627

#### Everett

[24-Hour Fitness](#) | 11014 19th Ave. S.E., Suite 4 425-347-1077

[Women's Wellness Center](#) | 2940 W Marine View Dr. Everett, WA 98201 | 425-259-9899

[Peak Health and Wellness](#) | 2902 Rucker Ave 425-258-3862

#### Lake Stevens

[Team Fitness](#) | 1109 Frontier Circle E., Suite A 425-397-8326

#### Lynnwood

[24-Hour Fitness](#) | 18930 29th Ave. W 425-697-5007

#### Mountlake Terrace

[Mountlake Terrace Recreation Pavilion](#) 5303 228th St. S.W. | 425-776-9173

#### Stanwood

[Anytime Fitness](#) | 7104 265th St. N.W., Suite 130 360-939-2288

**YMCA's of Snohomish County- All Locations**  
[YMCA Silver Sneakers Locations](#)

## Snohomish County Tourism Bureau

1133 164th Street SW, Suite 204 (Administration Office)  
Lynnwood, WA 98087 | 425-348-5802

[Snohomish County Visitor Information Centers](#)

### Future of Flight

8415 Paine Field Blvd. (I-5 Exit 189 West)  
Mukilteo, WA | 425-438-8100

### South Snohomish County Branch at Heritage Park

19921 Poplar Way (I-5 exit 181)  
Lynnwood, WA | 425-776-3977

### East Snohomish County Branch

1301 First St. Snohomish, WA 98290  
360-862-9609

Recreation Resource Listings

[Stand Up Paddle Locations](#) | [Hiking Camping Nature Outdoor Activities](#) | [Family and Child Activities](#)

## Swimming Pools and Spray Parks

### Forest Park Swim Center and Outdoor Water Playground/ City of Everett

802 E. Mukilteo Blvd., Everett | 425-257-8309

[Forest Park Swim Center](#) | [Outdoor Water Playground](#)

### City of Lynnwood Recreation Center and Pool

18900 44th Ave W. Lynnwood | 425-670-5732

[Play Lynnwood](#)

Swimming Pool: includes shallow, lap and wellness pools and waterslides

### Lake Stevens High School District Pool

2908 113 Ave NE, Lake Stevens, WA 98258 | 425-335-1526

[Lake Stevens School/Community Pool](#)

### City of Mountlake Terrace Pool and Recreation Pavilion

5303 228th Street SW Mountlake Terrace | 425-776-9173

[Mountlake Terrace Pool Schedule](#)

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**YMCA of Snohomish County – Pool Locations**

Everett, Marysville, Mill Creek, Monroe, and Mukilteo

**YMCA Pool Locations****Yost Pool - City of Edmonds**

9535 Bowdoin Way, Edmonds | 425-771-1346

**Edmonds Yost Park Pool****Snohomish Aquatic Center/Snohomish School District**

516 Maple Ave, Snohomish, WA | 360-568-8030

**Snohomish Aquatic****Willis Tucker Park Spray Pad/Snohomish County Parks**

6705 Puget Park Drive, Snohomish | 425-388-6600

**Spray Pad****McCollum County Park**

600 129th St. SE, Everett | 425-357-6036

The outdoor swimming pool with water slide open seasonally

**McCollum Park Pool****North Lynnwood Park Spray Park**

18510 44th Ave. W, Lynnwood

6.3-acre Neighborhood Park

[www.ci.lynnwood.wa.us](http://www.ci.lynnwood.wa.us)

**Comeford Park Spray Park**

514 Delta Ave., Marysville

**Daleway Park Spray Park**

19015 64th Ave W, Lynnwood

Free children's water playground is in the 7.2-acre park

[www.ci.lynnwood.wa.us](http://www.ci.lynnwood.wa.us)

**Yoga and Tai Chi**

Additional classes may be found in the County and City Parks Programs and Class Guides Listings

**Yoga****Yoga Circle Studio**

707 Pine Ave Snohomish, WA 98290 | 360-799-3175

**Spark Hot Yoga**

2603 Bickford Ave Snohomish, WA 98290 | 425-610-4421

**Bikram Yoga Everett**

520 128<sup>th</sup> St SW WA 98290 | 425-265-9500

**Hot Yoga of Mill Creek**

16521 13<sup>th</sup> Ave W, WA 98037 | 425-741-6858

**Providence Regional Cancer Partnerships**

1717 13th St. | 425-297-5500

Gentle yoga | 425-297-5521 (no fee & reduced fee)

**Yoga in the Center**

15117 Main St. Mill Creek, WA 98290 | 425-949-9190

**Tai Chi****Providence Regional Cancer Partnerships**

Tai Chi Self-Cultivation | 425-297-5521 (No fee)

**Youth Recreation/Sports Groups**

Additional classes may be found in the County and City Parks Programs and Class Guides Listings

**Boys and Girls Clubs**

Sports and Recreation Opportunities

[www.bgccsc.org/programs/sports/](http://www.bgccsc.org/programs/sports/)

**Girls on the Run of****Snohomish County**

P.O. Box 994 Lynnwood, WA 98046

206-931-7551 | [Girls on the Run](#)

The 20-lesson Girls on the Run curriculum combines training for a 5K (3.1 miles) running event with lessons that inspire girls to become independent thinkers, enhance their problem solving skills and make healthy decisions. All of this is accomplished through an active collaboration with girls and their parents, schools, volunteers, staff, and the community.

**Little League**

[Find Your League](#)

**Snohomish County District 1 Little Leagues**

[Alderwood LL](#) | [Everett LL](#) | [Granite Falls LL](#) |

[Lake Stevens LL](#) | [Marysville LL](#) | [Mill Creek LL](#) | [Mukilteo LL](#) |

[North Snohomish LL](#) | [Pacific LL](#) | [Sky Valley LL](#) | [South](#)

[Snohomish LL](#) | [Stanwood Camano LL](#) | [Stilly Valley LL](#)

**Providence Children's Center**

Pavilion for Women & Children

Address | 425-258-7311 | [Children Center Website](#)

- **Camp Prov: Special Day Summer Camp**  
For Children with Special Needs and their Siblings.
- **Community Play & Learning Groups**
- **Music Class** No Fee.
- **Sensory Play Hour!**
- **Kid Fit Class** No Fee.
- **Fine Motor Fun**  
Develop the fine motor skills children need for success in preschool and kindergarten including focus on beginning writing, drawing, and scissor skills.  
No Fee.
- **Sports Club**
- **Get Together!**

**Washington Youth Soccer**

[Directory](#)

**Local Clubs**

[Everett Youth Soccer Club](#) | [Granite Falls Youth Soccer Club](#)

[Irish Soccer Club](#) | [Lake Stevens Youth Soccer Club](#)

[Mukilteo Youth Soccer Club](#) | [Pilchuck Soccer Alliance](#)

[Pilchuck Soccer Alliance](#) | [Silver Lake Youth Soccer Club](#)

[Sky River Soccer Club](#) | [Snohomish Youth Soccer Club](#)

[Sno-King Soccer Club](#) | [Terrace Brier Soccer Club](#)

[Washington Rush](#)

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## YMCA of Snohomish County

All Activities and Programs Guides for the following locations listed at: [Locations](#)

### Everett Y

2720 Rockefeller Avenue Everett WA 98201 | 425 258 9211

### Marysville Y

6420 60th Drive NE Marysville WA 98270 | 360 653 9622

### Mill Creek Y

13723 Puget Park Drive Everett WA 98208 | 425 337 0123

### Monroe Y

14033 Fryelands Boulevard Monroe WA 98272 | 360 805 1879

### Mukilteo Y

10601 47th Place West Mukilteo WA 98275 | 425 493 9622

## Women

### Latina Well Being Network

#### Latino Educational Training Institute

6605 202nd Street SW Suite 300, Lynnwood, WA 98036 US  
425-775-2688 | [http://letiwa.org/index\\_leti.html](http://letiwa.org/index_leti.html)

This FREE program prepares Latinas to better understand key nutrition concepts and be able to create their future well-being, not only in the kitchen, but also in many of the most important areas of life.

### Women's Wellness Center

2940 W Marine View Dr. Everett, WA 98201  
888-651-8931 | 425-259-9899  
[www.womenswellnesscenter.org/](http://www.womenswellnesscenter.org/)

## Chronic Disease Management

\*Additional resources may be found in the County and City Parks Programs and Class Guides Listings

## Cancer

### Providence Regional Cancer Partnerships

1717 13th St. | 425-297-5500 | [Support Resources](#)

### The Cancer Resource Center - 425-297-5500

A convenient source for the latest information on cancer tests, treatments, clinical trials, and local resources for support groups and transportation services. A wide variety of literature on cancer and treatment is here for you. No Fee.

### Look good. Feel better - 425-297-5507

PRCP/American Cancer Society

The class focuses on skin and hair care, cosmetics, wigs and head wraps, dealing with hair loss, and getting healthy nutrition. Cosmetic samples and makeovers are available. All cosmetic products for your makeover are complimentary and provided for you to enjoy and take home with you. No Fee.

### Nutrition - 425-297-5523

Learn about the foods that can strengthen your immune system, improve your energy, and maintain a healthy weight. Our free monthly nutrition class is dedicated to helping patients, survivors, family members and other caregivers improve their health through better eating. No Fee.

## Cardiac Rehab

### Providence Regional Medical Center

425-261-3780 | [Website](#)

Exercise therapy and education program for persons with recent heart attack, heart surgery, stent, or heart failure. Utilizing **CHIP Complete Health Improvement Program** – features lifestyle choices, motivation for change, and tips for success. This a hospital outpatient service so requires physician referral and will be billed to insurance and/or patient.

### Pulmonary Rehab

Exercise therapy and education program for persons with lung disease. This a hospital outpatient service so requires physician referral and will be billed to insurance and/or patient.

### Stop Smoking Tool Shop

The class series provides you with the tools needed to quit smoking. You will learn how to identify quitting barriers and develop strategies to overcome them. Call for date, time and cost.

## Family and Youth Classes

### YMCA's Snohomish County

#### Healthy Living – Youth Program

<http://www.ymca-snoco.org/>

Tailored Community Based Program for Youth: ACT! Actively Changing Together. Nutrition, Activity and Self-Improvement program for youth and their parents

## Joint Health and Support

### Joint Classes and Seminars

Providence Regional Medical Center  
425-404-6135

### Verdant Health Commission

4710 196th St. S.W. Lynnwood, WA 98036 | 425-582-8600  
[www.verdanthealth.org](http://www.verdanthealth.org)

Check website for most current listing of local offerings and onsite sponsored classes.

## Kidney Disease Management

### Puget Sound Kidney Centers

Classes for kidney patients and their friends and family  
[www.pskc.net/for-patients/classes/](http://www.pskc.net/for-patients/classes/)

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## Living Well/Self-Management Programs

### Senior Services of Snohomish County

Living Well Workshops

11627 Airport Rd., Suite B, Everett WA 98204

425-347-1299 | [www.sssc.org/nutrition](http://www.sssc.org/nutrition)

The Living Well workshops are designed to build skills and provide tools to individuals who have ongoing health conditions (such as diabetes, asthma, heart disease, chronic pain, arthritis, and hypertension). All workshops are part of the evidence-based Chronic Disease Self-Management Education programs developed by Stanford University, [Healthy Living Workshops](#)

Co-sponsored w/Everett Clinic [Living with Chronic Conditions](#)

### The Everett Clinic

#### Living with Chronic Conditions

The Everett Clinic | 425-265-2283 | [Everett Clinic Classes](#)

Offers a variety of educational opportunities; community classes and support groups. Some are open to the public and others require a referral from your provider. For all classes and support groups, space is limited and registration is required.

### Verdant Health Commission

4710 196th St. S.W. Lynnwood, WA 98036 | 425-582-8600

[www.verdanthealth.org](http://www.verdanthealth.org)

Check website for most current listing of local offerings and onsite sponsored classes.

## Pre-Diabetes and Diabetes Classes

### American Diabetes Association

Stop Diabetes Initiative, South Snohomish County:

206-300-3343 | [www.diabetes.org](http://www.diabetes.org)

Diabetes Camp Sealth

Youth camp for children with diabetes | 206-282-4616

### Karen I. Fryberg Tulalip Tribes Health Clinic

7520 Totem Beach Rd, Tulalip, Washington, 98271

360-716-4511

[Diabetes Wisdom W360arriors](#)

### Sea Mar Medical Clinic Everett

425-312-0202

Diabetes education

### Swedish Diabetes Education Center

425-640-4395

[Swedish Diabetes Education Center](#)

Pre-diabetes and diabetes classes

### Senior Center Edmonds

425-265-2283 | [www.sssc.org](http://www.sssc.org)

Living Well with Diabetes

### Verdant Health Commission

4710 196th St. S.W. Lynnwood, WA 98036 | 425-582-8600

[www.verdanthealth.org](http://www.verdanthealth.org)

Check website for most current listing of local offerings and onsite sponsored classes.

### Western Washington Medical Group

[Diabetes and Nutrition](#)

Comprehensive diabetes and nutrition program

Pre-Diabetes and Nutrition Education Classes

Bothell, Marysville and Snohomish Locations

### YMCA's Snohomish County

Offered at all five branches | 360-453-2190

Pre -Diabetes Prevention Program—if you are at risk for type 2 diabetes. [YMCA Prevent Diabetes](#)

## Weight Management

### The Everett Clinic - Weight Loss for Life

The Everett Clinic | 425-265-2283

[Everett Clinic Classes](#)

The Everett Clinic offers a variety of educational opportunities, including community classes and support groups. Some are open to the public and others require a referral from your provider. For all classes and support groups, space is limited and registration is required.

### TOPS—Take Pounds Off Sensibly

Area Captain Darlene Wascher | 360-658-1311

[www.tops.org](http://www.tops.org)

### Weight Watchers

[Location Directory](#)

7725 Evergreen Way Ste. 11, Everett, WA 98203

2902 164TH ST SW Ste. B5, Lynnwood, WA 98087

Snohomish Senior Center

506 4<sup>th</sup> ST. Snohomish, WA 98290

11605 State Ave., Ste 103

Marysville, WA 98271

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## Healthy Food

### Farmers Markets and Community Gardens

#### **Puget Sound Fresh**

Farmers Market Finder Search

<http://www.pugetsoundfresh.org/markets>

#### **Snohomish County Master Gardener**

##### **Foundation - Community Garden Grant Program**

600 128th St SE Everett, WA 98208 | 425 357-6010

Applications may be submitted year-round. There is no

deadline. [Community Garden Grants](#)

#### **Snohomish Market**

List of Farmers Markets

<http://www.snohomishmarkets.com/>

Bothell | Edmonds | Everett | Marysville Mukilteo |

Snohomish

#### **Washington State Farmers Market Association**

Washington State Farmers Market Directories

<http://www.wafarmersmarkets.com/>

#### **Washington State University**

##### **Snohomish County Extension**

600 128th Street SE, Everett, WA 98208,

425-338-2400,

[Growing Groceries](#)

[PDF List of Community Gardens](#)

## **Nutrition & Healthy Eating/Cooking**

#### **Providence Children's Center**

##### **Pavilion for Women & Children**

900 Pacific Ave | 425-258-7311 | [Children Center Website](#)

##### **Food, Fun & Conversations**

Share a small meal or snack and engage in interaction with new friends. Opportunities to practice or generalize new communication or eating skills in a small supportive group. No Fee.

##### **Feeding Group** No Fee.

Class focuses on successful feeding in-group setting. Helps children who do not like eating become more comfortable with trying foods. No Fee.

#### **Sea Mar Medical Center Everett**

1920 100<sup>th</sup> St. SE Bldg. B Everett, WA 98208

425-312-0202 | [Website](#)

Healthy Cooking Classes

#### **Washington State University**

##### **Snohomish County Extension**

600 128th Street SE, Everett | [425-338-2400](tel:425-338-2400)

[WSU Cooperative Extension](#)

##### Families and Food

WSU Extension serves Snohomish County's families and individuals through collaborative outreach work and learning opportunities in the following program areas: Food and Nutrition, Healthy Living, Food Preservation and Food Safety. [Family Living Classes](#)

## Health Care

[Whatcom Alliance or Health Advancement](#)

Provides resources to those who need assistance getting health care or obtaining health insurance.

## **Dental**

#### **Dental Resource Line**

Snohomish Health District

425-339-5219

[Low Cost Dental Resources in Snohomish County \(PDF\)](#)

## **Home Care**

#### **Sunrise Home Care Agency**

7003 Evergreen Way Everett, WA 98203

425-374-5880 or 1-800-808-9940

<http://www.sunrisecommunityliving.com/services/>

- Adult Family Homes
- Caregiver Training
- Community Trades and Careers
- Geriatric Transitions
- Home Care
- Supported and Community Living
- Financial Management and Payee Services
- Roads to Community Living and Washington Roads Program

## **Hospice**

#### **Providence Hospice & Home Care of Snohomish County**

2731 Wetmore Suite 500 Everett, WA 98201

425.261.4807 | [Website](#)

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## Hospitals

### Cascade Valley Hospital

330 S Stillaguamish Ave Arlington, WA 98223  
360-435-2133 | [Services](#)

### Evergreen Health Monroe

(Formerly Valley General Hospital)  
14701 179th Ave SE Monroe, WA 98272 | 360-794-7497  
[Services](#)

### Providence Regional Medical Center

Colby Campus  
1700 13th Street Everett, WA 98201 | 425-261-2000  
[Location](#)

### Swedish Edmonds Campus

21601 76th Ave. W. Edmonds, WA 98026 | 425-640-4000  
[Services](#)

## Medical – Community Clinics

### Snohomish County community clinics.

#### Sliding Fee or Free

These community clinics may be able to offer general medical, dental, prescriptions and counseling services to uninsured, low-income or underinsured individuals across Snohomish. In addition, if a community clinic can't meet your need they will refer patients to specialists. For the lowest income or uninsured persons, a sliding fee scale provides discounted medical bills and fees

#### 10 Minute Walk-in Clinic

540 W Ave C/O Arlington Pharmacy  
Arlington, Washington, 98223 | 360-435-8262  
<http://10minuteclinic.com/>

A second clinic is located at:

9528A State Ave C/O Quilceda Pharmacy, Marysville | 360-658-0233.

Basic medical care can be offered very quickly at this clinic. Some basic immunizations and prescriptions for common ailments can be provided too. 10 Minute Walk-in Clinic is

an affordable health care community clinic that is open 7-days a week. Locations: Marysville and Arlington.

### Cascade Valley Hospital Local Clinics

<http://www.cascadevalley.org/clinics/> | Arlington and North Snohomish County Areas | 360-435-0514

### Community Health Center of Snohomish County – Medical and Dental

Federally Qualified Health Plan Designation: must serve an underserved area or population, offer a sliding fee scale, and provide comprehensive services

Those without health insurance are charged for their medical bills based on a sliding fee scale. Services offered at the center include smoking cessation, general physical exams, nutrition info, immunizations, medications, contraception, well baby care, treatment for minor illnesses, and pregnancy testing.

Appointments Call: 425-789-3700

<http://www.chcsno.org/appointment/>

- **Arlington:** 326 S. Stillaguamish Ave., Arlington, WA 98223 | 360-572-5400
- **Edmonds** 23320 Hwy. 99, , Edmonds, WA 98026 | 425-640-5500
- **Everett North:** 1424 Broadway Ave Suite 218, Everett, Telephone – 425-789-2000
- **Everett South:** 1019 112th St SW, Everett | 425-551-6200
- **Lynnwood:** 4111 194th St SW, Suite 101, Lynnwood, 425-835-5200

### Health Point Bothell Clinic

10414 Beardslee Blvd. Bothell, WA 98011  
<http://www.healthpointchc.org/health-centers/bothell>  
Medical: 425-486-0658 | Dental: 425-424-6350,  
After hours: 425-486-0658

Community-based, community-supported and community-governed network of non-profit health centers dedicated

to providing expert, high-quality care to all who need it, regardless of circumstances

### Molina Healthcare of Washington

15 SW Everett Mall Way, Everett, WA, 98204  
800-665-4623 Ext: 425-249-4822 | [Website](#)  
English and Spanish spoken

### Providence Regional Medical Center Everett

#### Providence Everett Healthcare Clinic

1001 N Broadway Ave, Suite A3, Everett, WA  
425-317-0300 | [Website](#)

Provides high quality and compassionate care to all, regardless of their financial situation. Treat patients covered by all Medicaid programs, Medicare patients with or without supplemental coverage, as well as uninsured or under-insured individuals and families

### Safe Harbor Free Clinic

9631 269th Street, Stanwood, WA 98292 | 425-870-7384  
[www.safeharborfreeclinic.org/](http://www.safeharborfreeclinic.org/)

Free care is offered for income qualified individuals and families, or those without insurance coverage. This free health care clinic provides for the diagnosis and management of acute care conditions including basic office laboratory testing and referral for more complex problems requiring ongoing care or additional diagnostic work-ups.

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**Sea Mar Medical Clinics- Snohomish County**

Federally Qualified Health Plan Designation: must serve an underserved area or population, offer a sliding fee scale, and provide comprehensive services. [Seamar Services](#)

**Arlington** 3310 Smokey Point Blvd, Arlington  
360-435-9338 ext. 229

**Everett** 1920 100<sup>th</sup> St. SE, Bldg. B Everett  
425-312—0202

**Monroe** 17707 W Main St, Suite 100, Monroe  
360-282-3885

**Marysville** 9710 State Ave, Marysville. 360-653-1742

**Karen I. Fryberg Tulalip Tribes Health Clinic**

7520 Totem Beach Rd, Tulalip, Washington, 98271  
360-716-4511 | [Health Clinic](#)

**Medical Clinics and Groups****Cascade Valley Clinics**

[Locations](#)

**Community Health Center**

[Snohomish County Locations](#)

**Group Health Medical Centers**

[All Locations](#) | [Everett Location](#) | [Lynnwood Location](#)  
[Western Washington Classes](#)

**Molina HealthCare**

[Everett Location](#)

**Providence Medical Groups**

[Locations and Services](#)

**SeaMar Community Health Centers**

[Locations](#)

**Swedish Edmonds Hospital**

[Locations and Services](#)

**The Everett Clinic**

[Locations](#)

**UW Neighborhood Clinics**

[All Locations](#)

[Smokey Point Location](#)

**Virginia Mason**

[Lynnwood Location](#)

**Western Washington Medical Group**

[Locations](#)

**Mobile and Outreach Clinics and Screenings - Sliding Fee or Free****Everett Gospel Mission Outreach Clinic**

3711 Smith Ave. Everett, WA - 98203-4168 | 435-250-0954

Prenatal care, Preventive services, Annual screening exams, Well-child visits, Immunizations, Ongoing care for chronic diseases such as diabetes and hypertension, Nutrition services, Behavioral health services, Same-day appointments (for more urgent needs).

**Puget Sound Christian Clinic****Mobile Medical Clinic Sites**

[Mobile Medical Clinic Sites](#)

**Snohomish @ Cross View Church**

604 Avenue C East  
Snohomish, WA 98290

[Click here for directions.](#)

**Appointments:** call 425-679-1232.

**Hours:** 1st and 2nd Thursdays 5—9 p.m.

**Suggested Donation:** \$10 per visit.

**Lynnwood @ Trinity Lutheran Church****Family Support Center of Snohomish County**

6330 195th St SW  
Lynnwood WA 98036

[Click here for directions.](#)

**Appointments:** call 206-353-4105.

**Hours:** Every Tuesday, 9 a.m. – 1 p.m.

**Suggested Donation:** \$10 per visit.

**Prescriptions**

[Discount Card Free for ALL Washington Residents](#)

**National Association of Counties**

Snohomish County Participates. Use link below to find print a discount card.

Search for local Pharmacy's: <http://nacorx.org/>  
[For More Information](#) on Snohomish County Participation

**Specialized Clinics and Screenings**  
**Sliding scale/vouchers/free (may be based on eligibility)****Cancer Health Screenings****Citrine Health****Partnership with Providence Pavilion for Women & Children**

2940 W Marine View Dr. Everett, WA 98201  
425-259-9899 or 888-651-8931 to learn more about the program qualifications | [Health Screenings](#)

Underinsured and uninsured women and men can receive yearly health exams that include cervical screening, mammograms and colon screenings throughout; Island, San Juan, Skagit, Snohomish, Pierce and Whatcom Counties.

Citrine's breast health program connects women to free or low-cost preventative healthcare services

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## Family Planning, STD, HIV & Viral Hepatitis

### **AIDS Outreach Program**

1625 East Marine View Drive, Suite #4, Everett WA 98201-1975 | AIDS Outreach Worker: 425-514-9306 and 425-514-9316 | [www.facebook.com/aidsoutreachproject](http://www.facebook.com/aidsoutreachproject)

No appointments are needed. Once a week drop-in clinic.

Come and enjoy a hot meal, sympathetic ears, consultation, education, HIV/AIDS and Hepatitis screenings and HIV/AIDS transmission reduction methods and supplies.

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### **Planned Parenthood of Western Washington**

**Everett:** 1509 32nd St. Everett, WA 98201  
1-800-769-0045 | [Planned Parenthood Everett](#)

**Marysville:** 10210 State Ave. Marysville, WA 98271  
1-800-769-0045 | [Planned Parenthood Marysville](#)

**Lynnwood:** 19505 76<sup>th</sup> Ave W. 200 Lynnwood, WA 98036  
1-800-769-0045 | [Planned Parenthood Lynnwood](#)

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### **Snohomish Health District**

3020 Rucker, Everett, WA 98201 | 425-339-5298

#### [HIV/STD Program](#)

Free confidential and anonymous HIV/STD testing for those who qualify

#### [Viral Hepatitis Outreach](#)

Viral Hepatitis Outreach program helps the community by offering education, testing, and vaccines at select locations to those who qualify.

## Low Dose CT Lung Cancer Screening

### **Providence Regional Medical Center**

#### **Colby Campus**

Information: 425-297-LUNG

No Fee. Open to Public.

Available: Monday-Friday, 8 a.m. - 4 p.m

## Injury Prevention & Safety

### **Safe Kids**

Providence Regional Medical Center and Safe Kids  
Snohomish County Partnership

For upcoming classes, or to register for a class

Contact: Shawneri Guzman at 425-304-6157

[www.providence.org/nw-safekids](http://www.providence.org/nw-safekids)

### **School and Group Presentations**

School and other group presentations are available on car safety, pedestrian safety, drowning prevention, bike helmet safety, fire/burn prevention and more.

### **Inside Out Organ Show**

Actual human organs are shown. Some are healthy; others have been damaged by substance abuse, poor eating habits, and unsafe behaviors. Viewers see first-hand what really happens to their bodies when they choose harmful habits and lifestyles.

### **Car Seat Awareness Class**

Attend this class to receive training on basic car seat instruction, car seat laws in Washington State, best practices and more. The class is intended for medical professionals, DSHS transporters, social workers, police officers, firefighters, parents, and more.

### **Newborn and Toddler Class**

This class is intended for new or expecting parents and caregivers.

### **Safe Kids Meeting**

To learn more about injury prevention and how you can help

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## Behavioral Health

### Anger Management

Additional resources may be found under Counseling and Trauma Support

[Anger Management Listings PDF 2010](#)

### Evergreen Recovery

[Domestic Violence and Anger Management](#)

#### Everett Outpatient (New Location)

3019 Colby, Everett, WA 98201 | 425-493-5310

### Dispute Resolution Center – Volunteers of America

#### America

2801 Lombard St., Everett | 425-339-1335

<https://www.voaww.org/drc>

Non-profit Community mediation center that helps people and organizations in Washington State, to resolve conflicts peacefully.

### Compass Health

Everett | 425-349-8388 | [www.compasshealth.org/classes-training/](http://www.compasshealth.org/classes-training/)

Held once a month (3 class total), not court approved sliding scale

### Catholic Community Services

1918 Everett Avenue Everett, WA 98201 | 425.257.2111

<http://www.ccsww.org/>

Court Certified

## Substance Use Treatment

Behavioral health programs, treatment programs & sliding scale services | [Outpatient Chemical Dependency Treatment Programs June 15 Resource List](#)

### Catholic Community Services

#### Adult/ADATSA/Youth

[Family and Recovery Services](#)

#### Everett CCS Behavioral Health Center

2610 Wetmore Avenue, Everett, WA 98201

425-258-5270

Adult and Youth Substance Abuse Treatment Services

#### Marysville (includes women specific)

CCS Recovery Center, Marysville

1227 2nd St. Marysville, WA 98270 | 360-651-2366

Adult and Youth Substance Abuse Treatment Services

CCS Recovery Center

### Center for Human Services

[Substance Abuse Prevention, Intervention & Treatment Locations](#)

#### Shoreline – 170th

17018 15th Ave NE Shoreline, WA 98155 | 206-362-7282

ADULT & YOUTH - Assessment | Treatment | Alcohol Drug

Information School (ADIS)

#### Northshore – 103rd

18414 – 103rd Ave NE Bothell, WA 98011 | 206-362-7282

ADULT - Assessment | Treatment

#### Northshore – 23rd

Northshore School District Support Services Center

22105 23rd Dr SE Bothell, WA 98021 | 206-362-7282

YOUTH - Assessment | Treatment | ATOD class

#### Scriber

Scriber Lake High School

23200 100th Ave W Edmonds, WA 98020 |

425-431-5825

YOUTH - Assessment | Treatment | Scriber Lake HS

Students

#### MLT – 220th

21907 64th Ave W Mountlake Terrace, WA 98043

206-362-7282 - By appointment only

### Evergreen Recovery Centers

[Website](#)

#### Administration Offices (New Location)

3019 Colby Ave Everett, WA 98201 | 425-493-5310

#### Everett Recovery Centers Detox

2601 Summit Avenue – Bldg. C Everett, WA 98201

425 258-3255

#### Evergreen Recovery Centers Outpatient

Adult ADATSA

[Women's Residential & Outpatient](#)

2601 Summit Ave. – Bldg. A Everett, WA 98201

425 258-2407

[Everett Outpatient](#) (New Location)

2732 Grand Avenue Everett, WA 98201 | 425 259-5842

[Evergreen Recovery Centers Treatment & ITA](#)

Adult/ADATSA 3810 196th St SW, Ste 11

Lynnwood, WA 98036 | 425 248-4900

### Providence Behavioral Health

[Drug and Alcohol Addiction Treatment](#)

PRMC – Pacific Information: 425-258-7390

Our program is hospital-based and comprised of inpatient, outpatient and day treatment programs. We provide medical detoxification, if needed, as well as rehabilitative treatment for alcoholism and other drug dependencies.

MENTAL/  
EMOTIONALS  
& SPIRIT



**Sea Mar Behavioral Health****Chemical Dependency Treatment**

Outpatient Treatment English and Spanish  
Accepts medical coupons, ADATSA, private insurance, and private pay

**Everett Sea Mar Chemical Dependency Services**

5007 Claremont Way, Everett WA 98203  
425-609-5505 | [Everett Location](#)

**Monroe**

14090 Freyland Boulevards SE Suite 347  
Monroe, WA 98272 | 360-805-9180 | [Monroe Location](#)

**Lynnwood Chemical Dependency Services**

19707 44<sup>th</sup> Ave W. Suite 101, Lynnwood WA 98036  
425-977-2560 | [Lynnwood Location](#)

**Stillaguamish Tribe of Indians**

Adult/ADATSA

**Island Crossing Counseling Center**

Assessment/Treatment and Methadone Program/Opiate Replacement  
21123 Smokey Point Blvd. Arlington, WA 98223  
360-652-9640

**Sunrise Recovery Services**

1021 N. Broadway, Everett, WA 98201  
425-740-3200 | [Services](#)

- DUI Assessment
- Outpatient Services
- Intensive Outpatient Services
- Alcohol and Drug Information School
- Individual Therapy and Group Therapy

[Brochure Download](#)

**Therapeutic Health Services Outpatient**

Adult/ADATSA/Opioid Dependency Services

**Snohomish/Everett Branch**

9930 Evergreen Way, Building Z150, Everett, WA 98204  
425) 347-5121 | [www.ths-wa.org/](http://www.ths-wa.org/)

Front Office Hours: Monday – Friday 7:00AM – 4:30PM

**Youth & Family Services – Everett**

9930 Evergreen Way, Building Z154, Everett, WA 98204  
425 263-3006 | [www.ths-wa.org/](http://www.ths-wa.org/)

Front Office Hours: Monday, Tuesday, Thursday and Friday  
9:00AM – 5:00PM; Wednesday 9:00AM – 5:30PM

**Counseling & Trauma Support****Depression/Suicide Resources**

\*See also depression screenings under Mental & Counseling & Trauma Recovery help

**Compass Health**

425-349-8200 | [www.compasshealth.org](http://www.compasshealth.org)

**Depression and Bipolar Support Alliance**

**Snohomish County Chapter** | 425-405-0786  
[www.dbsasnoco.org/snohomish-county-dbsa/](http://www.dbsasnoco.org/snohomish-county-dbsa/)

**Senior Services of Snohomish County**

11627 Airport Rd., Suite B, Everett WA 98204 |  
425.355.1112

**SOCIAL SERVICES**

[Depression Screening and Counseling](#) | [Family Caregiver Support](#) | [Older Adult Mental Health Access](#)  
[Senior Peer Counseling](#) | SHIBA | [Speakers Bureau](#)

**Snohomish Health District**

[Suicide Information and Resource Listings](#)

**Volunteers of America****Regional Call Center**

211 Regional Call Center

**Behavioral Health Services**

**24 Hour Crisis Line | 1-800-484-3578**

[www.voaww.org/behavioralhealth](http://www.voaww.org/behavioralhealth)

In crisis or considering suicide & Care Crisis Chat - online outreach. Non-emergency behavioral Health 211 or WIN211 to search online

**Mental Health, Counseling & Trauma Recovery****Affordable Counseling**

7907 212th St. SW, Suites 200B/201/209 Edmonds, WA 98026 | 425-778-5544 | [Website](#)

Serves children, teens, adults, couples, and families with a wide variety of mental health needs.

**Catholic Community Services**

To access services, please contact North Sound Mental Health Administration at (888) 693-7200.

**[Family's Community Mental Health](#)**

- Community mental health services to Medicaid eligible children and their families in Whatcom, Skagit and Snohomish Counties.
- After an initial assessment and determination of need for ongoing help, core mental health services available at CCS include individual and/or family counseling, therapy, medication evaluation/management and coordination with primary care physicians, and case management.
- Also provides groups for children and adolescents that focus on managing behaviors and emotions, and developing self-care and interpersonal relationship skills.



**Compass Health**[www.compasshealth.org/locations/](http://www.compasshealth.org/locations/)**Edmonds - 20903 70th Ave W | 425-672-3333**

- Psychiatric Services
- Aurora House

**Everett - 3322 Broadway | 425-349-6800**

- CPIT (Crisis Prevention and Intervention Teams)
- Housing and Recovery through Peer Services (HARPS)
- Expanded Community Services of Older Adults (ESCOA)
- Adult Intensive Outpatient Program (IOP)
- Projects for Assistance in the Transition from Homelessness (PATH)
- Group Therapy - Adults
- Program of Assertive Community Treatment (PACT)
- Psychiatric Services
- Genoa Pharmacy Overview
- Crisis Triage & Stabilization
- Voluntary Crisis Outreach & Stabilization
- Older Adult Services
- The GROWTH Center
- Expanded Community Services (ESC) - Adults
- Adult Outpatient Services
- Adult Intensive Outpatient Program (IOP)

**Everett - Dawson Place | 425-388-7497**[www.dawsonplace.org/](http://www.dawsonplace.org/)

- Children's Advocacy Program (CAP) and Children's Sexual Abuse Recovery Program
- Psychiatric Services

**Everett - 4526 Federal Ave | 425-349-6200**

- Camp Mariposa<sup>®</sup>
- Clinic-based Services
- Non-Medicaid Transitions Program (Snohomish County)
- Health Homes
- Care Transitions
- Children's Intensive Outpatient Treatment (WISe/Wraparound)
- Foster Parenting (Snohomish County) - How Can I Become a Foster Parent in Snohomish County?

- Foster Parenting (Snohomish County) - Is Foster Parenting a Good Fit for You?
- Group Therapy - Adults
- Psychiatric Services
- Foster Parenting (Snohomish County) - Change Lives. Foster Parent.
- Child and Family Outpatient Services
- Jail Transition Services

**Everett - 2735 10th Street | 425-258-4802**

- Psychiatric Services
- Greenhouse

**Everett - 2613 W Marine View Drive | 425-349-6700**

- Psychiatric Services
- Haven House
- Lynnwood - 4807 196th SW Children's Advocacy Program (CAP) and Children's Sexual Abuse Recovery
- Group Therapy - Adults
- Psychiatric Services
- Older Adult Services
- Child and Family Outpatient Services
- Adult Outpatient Services
- Marysville - 4308-76th Street NE (425) 349-7352
- Pre-Admission Screening and Resident Review (PASRR)
- Group Therapy - Adults
- Psychiatric Services
- Older Adult Services
- Adult Outpatient Services

**Monroe - 1022 W Main (425) 349-8810**

- Children's Advocacy Program (CAP) and Children's Sexual Abuse Recovery Program
- Group Therapy - Adults
- Psychiatric Services
- Child and Family Outpatient Services

**Mukilteo - 10710 Mukilteo Speedway | 425-349-8888**

- Psychiatric Services
- Evaluation & Treatment Facility

**Smokey Point - 3320 173rd Place NE**1st Floor | 425-349-87002nd Floor | 425-349-8740

- Children's Advocacy Program (CAP) and Children's Sexual Abuse Recovery Program
- Group Therapy - Adults
- Psychiatric Services
- Child and Family Outpatient Services
- Adult Outpatient Services

**Snohomish - 221 Avenue B | 425-349-7244**

- Group Therapy - Adults
- Psychiatric Services
- Offender Re-entry Community Safety Program (ORCSP)
- Adult Outpatient Services

**Counseling Centers of North Puget Sound**

2936 Rockefeller Ave. Everett, WA 98201

[Office Locations](#)[Programs](#)

- Individual Counseling for patients of all ages
- Family Counseling
- Couple's Counseling
- Workshops and Classes ([link](#))

They can be scheduled by churches or other interested organization--- or by contacting the presenter directly Parenting, emotional and spiritual balance and EI, making relationships work, attachment and loss, Process Theology and Self Psychology. Relaxation meditation, prayer, incest support

**Legacy of Healing: Advocacy Center & Safe House—Tulalip Tribes**

7720 Waterworks Road Tulalip, WA 98271 | 360-716-4100

[Legacy of Healing Advocacy Center Safe House](#)

Advocacy center that will serve past and present victims of violence



## Lutheran Counseling Network

LCN is an extension of the church's ministry to the community. We provide therapy for individuals, couples, families and groups addressing such areas as depression, anxiety, recovery from trauma, behavioral problems, parenting, sexuality and spirituality.

### Local Offices

#### Everett/Marysville

2702 Rockefeller Ave, Everett, WA 98201 | 425-258-2955  
[www.lutherancounseling.net/about.php](http://www.lutherancounseling.net/about.php)

## Mill Creek Family Services

### Mill Creek Location

16000 Bothell-Everett Hwy Suite #360 Mill Creek, WA 98012 | 425-357-9111

### Everett Location

2230 Rucker Avenue | Everett, WA 98201 | 425-357-9111

[www.millcreekfamilyservices.com/](http://www.millcreekfamilyservices.com/)

Comprehensive counseling services for adults and youth

## National Alliance on Mental Illness

### Snohomish County

[www.namishomishcounty.org/](http://www.namishomishcounty.org/)

[Education Programs](#) | [Support Groups](#) | [Calendar/Event](#)

Mental Health Support Groups, Education, Advocacy and Research for families and their loved ones living with a mental health disability. Education and training programs for consumers, family members, providers, and the public.

## Northshore Youth and Family Services

10309 NE 185th St, Bothell, WA 98011 | 425-485-6541

Alcohol, drug and substance abuse treatment facility also focuses concurrently on mental health diseases and conditions in addition to substance abuse, alcohol and drug treatment. This rehab facility offers programs specifically for the treatment of dual diagnosis (co-occurring disorders) and treatment of teens.

## North Sound Mental Health Administration

You can access public mental health services through the  
**Access Line: 1.888.693.7200**

### [Provider Listing of Snohomish County Mental Health Services](#)

[Center for Human Services](#) - 206.362.7282

[Compass Health](#) - 425.349.6200 / 800.457.9303

- Bailey Peer Center | 425.349.6800
- Triage Center | 425.349.7289

[Bridgeways](#) (Employment Services) - 425.513.8213

[Sea Mar Clinic](#) - 425.347.5415 / 866.923.2312

[Catholic Community Services](#)- 425.257.2111 /

888.240.8572

[Sunrise Service](#)

## Presbyterian Counseling Service

1306 Lakeview Dr., Snohomish | 360-568-8737

[www.counselingnps.com/locations/snohomish-office](http://www.counselingnps.com/locations/snohomish-office)

Counseling for individuals, families, couples, and groups.  
 Mo.-Fr. 9am-9pm (by appointment)

## Providence Everett

### Intervention Center for Assault and Abuse

[Dawson Place Child Advocacy Center](#)

Crisis Response to emergency rooms (medical & advocacy)

Crisis Lines (Hotlines) for sexual assault, child abuse survivors, trafficking and more

Dawson Place Child Advocacy Center

1509 California St. Everett | 425-297-5776

24/7 Crisis Response Line: 425-252-4800

Trafficking Hotline: 425-258-9037

Medical Daytime Line: 425-297-5776

Advocacy Daytime Line: 425-297-5771

Legal Advocate Line: 425-297-5781

## Rainbow Counseling and Equine Connections

<http://www.brendanewell.com> | 425-280-6508

Counseling services for individuals, couples and families facing a variety of challenges General Counseling, GSBT Counseling, Equine facilitated learning and psychotherapy. Consultation services for schools, organizations and businesses. MSW Licensing Supervision.

## Sea Mar Behavioral Health

### Mental Health Services

5007 Claremont Way, Everett WA 98203 | 425-609-5505

### Locations

[Lynnwood](#) 19707 44<sup>th</sup> Ave W. Suite 101, Lynnwood WA 98036 | 425-977-2560

[Monroe](#)- 14090 Freyland Boulevards SE Suit 347 W 98272 360-805-9180

Assessments, case management adults and children, psychiatric medication assessment and management, individual, group, and dual-diagnosis groups

## Senior Services Snohomish County

### Older Adult Mental Health Access

11627 Airport Rd., Suite B, Everett, WA 98204-8714

425.290.1260 or 1- 800.422.2024

[Older Adult Mental Health Access](#)

The Older Adult Mental Health Access program is designed to assist Snohomish County residents, age 60 and older, in accessing available mental health or chemical dependency services



**Sno-King Counseling LLC**

4202 198th St. SW, Ste. 1, Lynnwood | 425-744-0300  
<http://www.sno-kingcounseling.com/>

ATSA member, Community Outpatient Treatment of Sex Offenders. Clinical Member. Certified Domestic Violence perpetrator program.

**Sunrise Services**

1021 N. Broadway, Everett, WA 98201  
 425-493-5800 or 1-877-493-5890

**[Sunrise Mental Health Services](#)**

- Outpatient treatment and medication management
- Intensive outpatient treatment
- Supported employment and education
- Therapeutic and Interest Groups
- Jail transition services
- Mental health case management
- Individual therapy
- Specialty Groups (DBT, Women's socialization, Wellness and Nutrition, Dual Diagnosis, Skill Building)

**[Brochure Download](#)****Therapeutic Health Services Outpatient**

Adult/ADATSA/Opioid Dependency Services

**Snohomish/Everett Branch**

9930 Evergreen Way, Building Z150, Everett, WA 98204  
 425) 347-5121 | [www.ths-wa.org/](http://www.ths-wa.org/)

**Front Office Hours:** Monday – Friday 7:00AM – 4:30PM

**Youth & Family Services – Everett**

9930 Evergreen Way, Building Z154, Everett, WA 98204  
 425 263-3006 | [www.ths-wa.org/](http://www.ths-wa.org/)

**Front Office Hours:** Monday, Tuesday, Thursday and Friday  
 9:00AM – 5:00PM; Wednesday 9:00AM – 5:30PM

**Volunteers of America Regional Call Center**

211 Regional Call Center | [www.voaww.org/gethelp](http://www.voaww.org/gethelp)

**Behavioral Health Services****24 Hour Crisis Line | 1-800-484-3578**

[www.voaww.org/behavioralhealth](http://www.voaww.org/behavioralhealth)

In crisis or considering suicide & Care Crisis Chat - online outreach. Non-emergency behavioral Health 211 or WIN211 to search online

**Access to Mental health Services**

1-888-693-7200

Mental health eligibility and enrollment to contracted services

**Empowerment, Mind/Body****Art and Music Therapy**

\*See also organizations listed in Activity & Recreation or under Support Groups

**Snohomish County Music Project**

PO Box 1006 Everett, WA 98206 | 425 -258-1605

[www.scmusicproject.org](http://www.scmusicproject.org)

Use the power of music to inspire people to do good things for their communities and for themselves. Artistic Citizenship –we are bringing music therapy to healthcare in Snohomish County and using music as a tool to help people thrive.

**Art therapy****Providence Regional Cancer Partnerships**

425-297-5521 | [Support Resources](#)

Art therapy increases your awareness of yourself and others and is a great therapeutic tool for cancer patients. It is fun and life affirming, and enhances cognitive abilities. This class offers a supportive, nonjudgmental environment, and no artistic ability is required. Our art therapists, trained in both art and therapy, offer guidance and support, as well the opportunity to explore a variety of art materials. NO FEE.

**Mindfulness & Meditation**

additional listing may be in **Recreation** program guides or under **Support Groups**

**CDM Spiritual Center**

Meditation Center

2402 Summit Ave | (425-258-1449 | [Website](#))

**Body & Brain Everett**

1319 Hewitt Ave | 425-512-9277 | [Website](#)

**Mill Creek - Body & Brain Yoga·Tai Chi**

13416 Bothell Everett Hwy | 425-357-6060 | [Website](#)

**KADAMPA Meditation Center Washington**

6556 24th Avenue NW, Seattle, WA 98117 | 206-526-9565

**Snohomish County Classes**

Everett Public Market Building | 2804 Grand Ave, Room 311 | Everett, WA 98201

WEDNESDAYS 7:00-8:30PM

This is a practical course designed to show us how to apply simple meditation techniques and basic Buddhist psychology in the midst of a normal, modern lifestyle. Everyone is welcome; no previous meditation experience is necessary.

Class is \$10, \$5 for students/seniors [Free for supporting members](#). We are a non-profit organization and teachers are volunteers.

**The Gated Sanctuary, Centre for Healing**

16404 14th St. NE Snohomish, WA 98290

[www.thegatedsanctuary.com/](http://www.thegatedsanctuary.com/)

MENTAL/  
EMOTIONALS  
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**Vision Quest Bookstore and Wellness Center**

3602 Colby Ave Everett, WA 98201 | 425-252-1591

[www.visionquestcenter.com/classes\\_\\_events](http://www.visionquestcenter.com/classes__events)**Specific Issues/Populations****Disease/Condition Support Groups****Everett Clinic**[Conquering Anxiety Group](#)[DBT Skills Training Group](#)[Dementia Caregiver Support Group](#)[Empowerment Group](#)[Getting Better Group](#) cope with chronic or injury-related pain.[Teen Skills Group](#) help with anxiety, depression and conflict resolution for teens[The Parenting Group](#)

Both parents and children have feelings, and the opportunities for conflict abound! Kids don't need to learn how to be kids but parents do need to learn how to parent effectively

**Cancer****Providence Regional Cancer Partnerships**425-297-5520 | [Support Resources](#)

Please note that all of our groups are open anyone, regardless of where they received treatment

**Women with Cancer Support Group**

Support, information and understanding. NO FEE.

**Prostate Cancer Support Group**

Education and information sharing exclusively for men who have been diagnosed with, or who have had, prostate cancer. No FEE.

**You Are Not Alone**

All cancer patients and survivors who have been diagnosed with any type of cancer. NO FEE.

**Survivorship Series**

This eight-week series is open to anyone with any type of cancer, regardless of where they received treatment.

NO FEE.

**Support Group for Cancer Patients and Survivors**

Ongoing and available to all cancer patients and survivors.

NO FEE.

**Individual, Group, and Family Counseling Services**

425- 297-5500

Available to patients and family members. Here to address the psychological, social, cultural, financial and continuing care needs of you and your family. NO FEE.

**Young Breast Cancer Support Group**

For women who have or have had breast cancer. Targeted at women in their 20s, 30s, and 40s. NO FEE.

**Therapeutic Care for Children & Teens – Youth**

425-261-4800

Children and teens who are dealing with a loved one's cancer diagnosis or the loss of a family member have many concerns and questions.

**HIV/AIDS****Evergreen Wellness Advocates**

3305 Oakes Avenue Suite 100 Everett, WA 98201

425-740-3000 | [website](#)

Care, Prevention, outreach peer services case management and client advocacy, EAF also provides community outreach, education, prevention outreach, counseling and testing, mental health counseling, clinical support groups, emergency financial assistance, food assistance, housing assistance, peer advocacy, volunteer services and psychosocial support for persons with HIV disease and their families

**Babes Network - YWCA**A peer support program for women and families affected by HIV. [www.ywcaworks.org/babesnetwork](http://www.ywcaworks.org/babesnetwork)**Sleep Support Groups****Sleep Health Institute**

Providence Women and Children's Pavilion

425-258-7400 | [Website](#)

AWAKE (Alert, Well, and Keeping Energetic), meets monthly to offer education and support to patients with sleep disorders, as well as their family members and friends.

**Stroke****Stroke Support Group**

Providence Regional Medical Center Neurosciences Institute

425-404-6842 or [Register Online](#)

Designed to offer you and your caregivers, family and friends the opportunity to talk with other stroke survivors and learn how to make the most life after stroke.

**Grief Support****Camp Fire USA- Snohomish County Council**

Camp Willie 4312 Rucker Ave. Everett, WA 98203

425-258-5437 | [www.campkilloqua.org](http://www.campkilloqua.org)

Camp Willie is a week-long summer camp for children who have experienced a loss due to the death of a loved one.

**Group Health**[Group Health Bereavement Groups](#)

## Providence Hospice & Home Care of Snohomish County

2731 Wetmore Suite 500 Everett, WA 98201 | 425.261.4807 | [Website](#)

Provides information on grief and loss and offers support groups and counseling. Anger management classes

### Adults

**Individual Support:** Short-term grief support and education is available to individuals and families following the death of a significant person. No Fee

### Group Support

Drop-In Groups (*No Registration Required*). No Fee

- Newly Bereaved Workshop
- Everett Spouse Loss Drop-In
- Loss-Specific Support Groups (Registration required)

### Children and Teens

- **Individual and Family Support**  
Short-term grief support for children and teens who have experienced the death of a loved one. Please contact our office.
- **Standing Together**  
Youth age four to 17 - Anyone can refer families to this group. NO FEE.
- **Camp Erin**  
For youth ages six to 17 who have experienced a loss, Camp Killoqua . No Fee
- **Kids Have Many Kinds of Losses**  
Dedicated to youth ages four to 17 who have had big losses in their lives such as a family illness, divorce, separation from a loved one, moving, or problems with school or friends. This group is free, and participants do not have to talk about anything they do not want to.
- **Critical Incident Stress Management - Spiritual Care**  
Crisis, trauma, disaster support to community  
For families that experience the death of loved one.  
Sessions: On Request 425-261-4550

## Swedish Edmonds

425.640.4404

Provides information on grief and loss and offers support groups, counseling, bereavement

### Senior Support

#### Senior Services of Snohomish County

11627 Airport Rd., Suite B, Everett WA 98204425.355.1112

#### SOCIAL SERVICES

[Resource Lists](#) | [Information & Assistance](#)  
[Depression Screening and Counseling](#) | [Family Caregiver Support](#) | [Multicultural Services](#) | [Older Adult Mental Health Access](#) | [Senior Peer Counseling](#)  
[SHIBA](#) | [Speakers Bureau](#)

### Women/Children

#### YWCA Pathways for Women

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

Everett Regional Center

3301 Broadway Everett, WA 98201 | 425-258-2766

Pathways for Women

6027 208th Street SW Lynnwood, WA 98036

**Children's Domestic Violence Program:** specialized counseling for children and non-abusive parents to minimize the effects of domestic violence.

**Pathways Counseling:** supportive mental health counseling on a sliding scale for low-income women and families.

### Youth Empowerment & Support

#### 4-H Youth Development

Washington State University Snohomish County Extension  
600 128th Street SE Everett, WA 98208 | 425-338-2400

[WSU Snohomish County 4H](#)

Partner groups of young people with caring adults as they pursue their interests - opportunity to learn many new skills and gain self-confidence.

## Cocoon House

<http://www.cocoonhouse.org/>

Outreach to young people (12-24) providing emergency supplies, hygiene packs, food packs; access to short or long term housing and local resources; parent education and supportive programming to parent and guardians.

**24/7 Help Line – Call or Text (425) 877-5171**

**Email – [safeplace@cocoonhouse.org](mailto:safeplace@cocoonhouse.org)**

1421 Broadway Ave, 98201

**Outreach Center and Uturn Drop in Center**

1421 Broadway, Everett 98201

**Advocates**

### Friends of Youth (youth and parenting youth)

**Friends of Youth Headquarters**

13116 NE 132nd Street Kirkland, WA 98034-2306

425-869-6490

[info@friendsofyouth.org](mailto:info@friendsofyouth.org)

**Two Snohomish County Sites**

Bothell and Silver Lake Areas

**New Ground Transitional Living Program** provides safe housing, supportive case management services, life skills training, educational and employment guidance, counseling and parenting education for homeless young adults.

**Access Information**

<http://www.friendsofyouth.org/newGround.aspx>

MENTAL/  
EMOTIONALS  
& SPIRIT





## Girls on the Run Of Snohomish County

P.O. Box 994 Lynnwood, WA 98046

206-931-7551

<http://www.girlsontherunsnoco.org/who-we-are/our-people>

The 20-lesson Girls on the Run curriculum combines training for a 5K (3.1 miles) running event with lessons that inspire girls to become independent thinkers, enhance their problem solving skills and make healthy decisions. All of this is accomplished through an active collaboration with girls and their parents, schools, volunteers, staff, and the community.

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## GLOBE

[globeleaders@globeyouth.com](mailto:globeleaders@globeyouth.com)

<http://globeyouth.com/advice.php>

GLOBE meets every Wednesday from 6 - 8 PM in a safe, confidential, youth-friendly location in urban central Snohomish County. Serves gay, lesbian, bisexual, transgender, or questioning youth and allies.



## City Centers

### **Arlington Business Association**

[Events and Services](#)

[Cow Tipper](#) - News and Events Magazine Arlington, Darrington, Granite Falls

**Darrington** | [Town Connections](#)

**Downtown Everett** | [Live, Work, Play, Shop, Dine Events Calendar](#) | [Office of Neighborhoods](#)

**Bothell** | [Explore Bothell](#)

Sponsored by the City of Bothell – a list of things to do

**Edmonds** | [Edmonds Happenings](#)

**Granite Falls** | [City Resources](#)

**Lake Stevens** | [Community Connections](#)

**Maryville** | [Chamber of Commerce](#)

**Mill Creek** | [Town Center](#)

**Monroe** | [Adventure Starts Here](#)

**Mountlake Terrace** | [Town Center](#)

**Mukilteo** | [Explore Mukilteo](#)

**Stanwood** | [Chamber of Commerce](#)

[CrabCracker](#) – News and Events Magazine Camano and Stanwood

**Sultan** | [News and Events](#)

## Community Gathering Places

### **CaféWorks**

3331 Broadway, Everett, WA 98201 | 425-404-3462

[Website](#)

Mission-based coffee shop, which partners with [Housing Hope](#) and [Cocoon House](#) to provide job training for homeless and at-risk youth, ages 16-24. There is a room available for rent in which holds up to 12 people. It is equipped with WiFi and a TV monitor. Please no outside food or drink. [Book Space](#)

### **Library Events and Class Calendar**

**Everett Library** | <http://epls.org/calendar>

**Sno-Isle Library's** | <http://sno-isle.org/events/>

- Civic engagement programming
- Community learning programming
- Early literacy programming birth through third grade five practices of Reading Readiness (talking, singing, reading, writing and playing).

#### **Ongoing programs**

[Book discussions](#) | [Catalog search classes](#)

[Issues That Matter](#) | [Storytimes](#) | [Teen programs](#)

### **Mountain Loop Books & Coffee**

1085 Darrington St, Darrington | 360-630-7673

[www.facebook.com/Mountain-Loop-Books-and-Coffee-llc](http://www.facebook.com/Mountain-Loop-Books-and-Coffee-llc)

Coffee shop and bookstore, book and poetry readings.

### **Red Cup Cafe**

619 4th St, Mukilteo | 425-348-4825

[www.facebook.com/redcupcafe](http://www.facebook.com/redcupcafe)

Vegetarian and vegan treats. Fun and comfortable vibe. Live music.

### **The Living Room Coffee House**

1212 State Avenue Suite D Marysville, WA 98270

360-658-8646 | <http://www.lrcoffeehouse.com/>

We created a "third space" for people to gather in. We are a non-profit, providing a creative, fun space to drink coffee, tea and taste sweet treats! We have a large gathering space to rent for parties, events and seminars too!

Study. Catch up. Have a meeting. Think, dream, and create. Whatever you need today!

### **The Maltby Community Club**

8711 206th St SE Snohomish, WA

<http://www.maltbyclub.org/>

The Club is incorporated as a non-profit dedicated to providing for our community and promoting culture, wholesome entertainment, recreation and educational values for children, teens and adults. The Club also serves as a forum for discussions and meetings on topics of interest of the surrounding community for the enhancement of family living. With membership open to everyone.

#### **Maltby Bluegrass Jams and Shows**

FREE - Acoustic music and family entertainment is offered at this event. Call 360-568-3685

### **Zippy's**

2811 Wetmore Ave, Everett WA

[Community Resources](#) | [Community Calendar](#)

- Part of Everett Art Walk
- Children's activities
- Live music

## Disability Connections

### **Arc of Snohomish County**

2500 Hewitt Ave Suite 300, Everett, WA 98201

425-258-2459

The Arc of Snohomish County is open for appointments:

Monday - Friday from 10am - 3pm

[www.arcsno.org](http://www.arcsno.org) | [Programs](#)

The Arc is the largest advocacy group in the US working for people with intellectual and developmental disabilities to be fully included as citizens who live, learn, work, and play in their community.

RELATIONSHIPS/  
SOCIAL



**All Aboard** [see also recreation listing](#)

2913 W Marine View Dr, Everett, WA 98201,  
in the lower level of the Knights of Columbus building  
425-327-5533

Staff is available to answer the phone on  
M, W, TH – 10 am to 4 pm

<http://www.allaboardwa.org/>

An activities program for special needs adults (18 and over). Provides recreational, social, and educational activities for adults with special needs and help them develop an active, positive, and inclusive lifestyle.

[Schedule of Daily Activities](#)

**Eagle's Wings Ministries**

1624 Grove Street, Suite D Marysville, WA 98270  
360-658-6093

[www.eaglewingsministries.org/](http://www.eaglewingsministries.org/)

Volunteering and Internships, Mobile Dental Clinic, Eagle Card, Project Hello

**National Down Syndrome Society**

[Buddy Walk](#)

The goal of the Buddy Walk® is to promote understanding and acceptance of people with Down syndrome. Events held at various locations in Washington State.

**Village Community Services**

Royal Pacific Building  
3210 Smokey Point Drive, Suite 200  
Arlington, WA 98223 | 360-653-7752

<http://villagecommunitysvcs.org/>

Quality Residential Supported Living and Employment Services to adults with disabilities for more than 50 years, and operate Village Music and Arts

**Quilceda Community Services**

Mail: PO Box 425, Marysville, WA 98270  
Corporate: 9610 - 48 Drive NE, Marysville, WA 98270  
360-653-2324 | 360-572-0537

**Specialized Recreation Program and Schedule**

Quilceda Community Services is a caregiving service provider for adults with developmental disabilities. Several locations in Marysville, WA.

**Ethnic & Diversity Connections****African American****NAACP Snohomish County 10AA**

P.O. Box 5676 Everett, WA 98206-5676  
Phone: 425-259-1930 or 425-876-2530  
President, Ms. Janice Greene | [president@naacp-snoco.org](mailto:president@naacp-snoco.org)  
<http://www.naacp-snoco.org/>

**American Indian/Native Americans****Karen I. Fryberg Tulalip Health Clinic**

8825 34th Ave NE, Suite A  
Tulalip, WA 98271 | 360-716-2660  
[Health Clinic](#)

**Hibulb Cultural Center & Natural History Preserve**

6410 23rd Avenue NE, Tulalip, WA 98271  
360-716-2600  
<http://www.hibulbculturalcenter.org/>

The Interactive cultural center features a main exhibit, a temporary exhibit, two classrooms, a longhouse, a research library, gift shop, and a 50-acre natural history preserve.

**Stillaguamish Tribe**

3310 Smokey Point Drive Arlington, WA 98223  
360-652-7362  
[www.stillaguamish.com/home.asp](http://www.stillaguamish.com/home.asp)  
[Festival of the River & Pow Wow](#)

**Sauk-Suiattle Indian Tribe**

5318 Chief Brown Lane Darrington, WA 98241  
360-436-0131 | [www.sauk-suiattle.com/](http://www.sauk-suiattle.com/)

**Asian and Pacific Islander****Korean Women's Association**

4629 168th St. SW, Ste. G  
Lynnwood, WA 98037 | 425-742-6396  
1-888-800-6396 | [www.kwaoutreach.org](http://www.kwaoutreach.org)

There is a full range of services available from senior meal sites and Legal Aid referral to Health Care outreach, ESL classes and recreational activities

**College Centers for Diversity/Equity****Everett Community College Diversity and Equity Center**

Parks Student Union (PSU)  
3rd Floor (310) | 425-388-9306  
<http://www.everettcc.edu/students/diversity>

**Edmonds Community College, Equity and Diversity Center**

TUB 132, Edmonds Community College  
20000 68th Ave. West, Lynnwood, WA 98036  
425-640-1538 | [www.edcc.edu/equity](http://www.edcc.edu/equity)

**Churches****Ethnic Harvest**

<http://www.ethnicarvest.org/index.htm>  
The following is a list of ethnic churches that we have identified in Washington State  
<http://www.ethnicarvest.org/regions/states/WAchurches.htm>



## GLBTQI

### **Gay City**

517 East Pike Street  
Seattle, WA 98122  
206-860-6969

<https://www.gaycity.org/>  
[Gay City Social Resources](#)

Gay City promotes wellness in LGBTQ communities by providing health services, connecting people to resources, fostering arts, and building community.

### **GLOBE**

globeleaders@globeyouth.com |  
<http://globeyouth.com/advice.php>

Confidential, youth-friendly location in urban central Snohomish County. Serves gay, lesbian, bisexual, transgender, or questioning youth and allies.

## Latino

### **Latino Educational Training Institute**

6605 202nd Street SW Suite 300, Lynnwood, WA 98036 US  
425-775-2688 | [www.letiwa.org/index\\_leti.html](http://www.letiwa.org/index_leti.html)

GED en Espanol | Financial Literacy | Training for Injured Workers | Latina Well Being Network | Leadership | English Conversation | Basic Computing | College Readiness | Tutorials in English & Spanish | Community Services en Espanol | Lynnwood University | Mexican Folklore and Regional Dance

### **Lutheran Family Support Centers**

#### **Familias Unidas**

215 W Mukilteo Blvd Everett, WA 98203 (Behind Our Savior's Lutheran Church) | 425-513-2880  
[www.familysupport.lcsnw.org/familias-unidas/](http://www.familysupport.lcsnw.org/familias-unidas/)

Family Support Center focused on the Latino community of Snohomish County. We provide a variety of community-building classes, activities, and events throughout the year.

- Alateen
- Annual Cinco de Mayo Festival-all free to the public.
- National Night Out Against Crime
- Raices Latinas- cultural heritage summer camp
- Ongoing ELL (English Language Learners) Classes
- Citizenship Preparation Classes
- Advocacy Training
- Strengthening Multi-Ethnic Families and Communities
- Leadership Training Financial Literacy Programs for Youth and Adults

## Multicultural Events and Groups

### **Community of Color Coalition – C3**

P O Box 472, Everett, WA 98206 | 425-258-8828  
<http://www.c3coalition.org/>

### **Multicultural Family Fair Celebration**

Spring each year in South Snohomish County, this event is sponsored by the City of Lynnwood, Edmonds Community College, the Edmonds School District, and the Family Support Centers of South Snohomish County and Lutheran Social Services. For more information, call 425-670-8984.

## Multicultural Employment Fairs and Resources

### **Everett Community College Multilingual & Multicultural Job Fair**

Jackson Conference Center, 2000 Tower Street,  
Everett, WA 98201  
[www.everettcc.edu/calendar/2015/11/multilingual-multicultural-job-fair](http://www.everettcc.edu/calendar/2015/11/multilingual-multicultural-job-fair)

This is a great opportunity to connect with potential future employers! Serving limited English speakers and multi-ethnic communities.

### **WorkSource Snohomish County Multicultural Guide**

[WorkSource Multicultural Guide \(PDF\)](#)

## Multicultural Senior Centers

### **Multicultural Senior Center**

The Center for Healthy Living  
4100 Alderwood Mall Blvd, Suite 1 Lynnwood, WA 98036-6734 | 425-290-1263

#### Multicultural Services

- Bilingual staff assist Korean, Chinese, Filipino, Vietnamese and Hispanic older adults and their families.
- SIRS also provides culturally specific meal programs to seniors from different ethnic communities within Snohomish County.
- ESL classes, citizenship classes and guest speakers are provided as part of these Senior Meals

#### Services Meal Programs.

Senior Services Multicultural Senior Center provides older adults, age 60+, with access to services including: a nutritious hot meal

RELATIONSHIPS/  
SOCIAL



## Refugee and Immigrants

### **Catholic Refugee and Immigration Services (CRIS)**

206-725-2090, Ext. 12 | [www.ccsww.org/CRIS](http://www.ccsww.org/CRIS)

### **Refugee & Immigrant Services Northwest (RISNW)**

2000 Tower St Everett, WA 98201 | 425 388-9307

### **Interpreter Services**

See [Learning and Growth Language](#)

## **Family Resources & Activities**

See also resources under [Recreation](#) and [Learning & Growth](#) and see [Snohomish County Family Activities](#) Listings (Program for Early Parent Support – PEP)

### **A Tour of Health Care & The Human Body**

Providence Regional Medical Center  
425-261-4599

Come discover how nurses and doctors team up to take care of you and people in our community. This 90-minute educational interactive tour of Providence's Healthcare Simulation Unit will give your group bedside time with SimMan and SimJr. These high fidelity mannequins can talk & breathe. Open to Public. Call for fees and schedule.

### **Imagine Children's Museum**

1502 Wall Street Everett, Washington 98201  
425-258-1006 | [www.imagineCM.org](http://www.imagineCM.org)

### **Phoenix Games in Mukilteo**

9700 Harbour Pl #218, Mukilteo, WA 98275  
425-353-5584 | [www.phoenixgamesandgifts.com](http://www.phoenixgamesandgifts.com)

### **Open Board Game Night**

Every Wednesday, 6:00-10:00 pm at 4 Feel free to bring one from home or play one of the many on hand. Most games are euro-style, but often a large party game or

heavy strategy game is played simultaneously as well. Families are always welcome!

### **Northshore Family Center**

18315 Bothell Way NE Bothell, WA 98011  
425-205-2004 | [www.chs-nw.org/northshore.htm](http://www.chs-nw.org/northshore.htm)

### **Warm Beach Camp and Conference Center**

20800 Marine Drive Stanwood, WA 98292  
360-652-7575 or 800-228-6724 (toll free)

[Giving and volunteering](#) | [Camps and events](#)  
[Facilities and Rentals](#)

## **Child Care Resources**

### **ChildCare Aware**

1111 Cornwall Ave, Ste 200, Bellingham, WA 98225  
Phone: (360) 734-8396 | [ChildCare Aware of Northwest Washington](#) | [ChildCare Aware of Washington](#)

- connects families to [high-quality child care](#) and early learning programs, and we support child care
- providers provide [scholarships](#) for early learning professionals to enrich their expertise
- [Advocate](#) for safe, high-quality childcare for every child in Washington

### **Housing Hope Day Care**

5910 Evergreen Way, Everett, WA 98203 | 425-212-3255  
[Tomorrow's Hope Child Development Center](#)

Only licensed childcare program in Snohomish County serving the very critical needs of homeless and low-income children. The Center is located on the Housing Hope campus

### **VOA Child Care Resource & Referral for Snohomish County**

(425) 258-4213 | [www.voaww.org](http://www.voaww.org)

### **Snohomish Health District**

#### **3020 Rucker Ave. Everett WA**

3020 Rucker Ave. Everett WA | 425-339-5228 |  
[Child Care Provider Resources](#)

### **YMCA's Snohomish County**

#### **Child Care and Education**

See other healthy Living Program Offerings  
[YMCA Healthy Living](#)

## **Grandparents Resources/Support**

### **Kinship Care Services and Support**

#### **WA State DSHS Website**

[Resource Listings by County](#)

## **Pregnancy and Parent Support**

### **Catholic Community Services**

1918 Everett Ave Everett, WA 98201-3607  
425-257-2111 | 888 240-8572 | [CCSW Snohomish County](#)

#### [Child, Youth and Family Services](#)

Adoption Foster Care, Foster Grandparents, Layette Services

[Snohomish County Family Services Resources \(PDF\)](#)



## Changes Parent Support Network

4634 Alger Ave, Everett, WA 98203  
1-888-468-2620 | <http://cpsn.org/>

Or simply come to one of our meetings.\* Everett  
Thursdays 6:30-9:00 pm

A structured, peer-led program that provides support to parents struggling with children who are engaging in oppositional and self-destructive behaviors - Changes offers hope, help, support and relief from feeling overwhelmed and alone

## Child Strive

<http://www.childstrive.org/>

### Lynnwood Site

3210 200th Place SW Lynnwood, WA 98036  
425-353-5656

### Everett Site and Administrative

14 E Casino Road, "C" Everett, WA 98208  
425-353-5656

Our staff help advances the quality of life for ALL children, focusing primarily on children ages birth to three years with, or at risk of developmental delays and disabilities. We provide services to all eligible families, regardless of their ability to pay | [Programs](#)

## Early Childhood Education and Assistance

### Program - ECEAP | [Overview and Locations](#)

## Friends of Youth

### Parent Resources

3116 NE 132nd Street Kirkland, WA 98034-2306 | 425-869-6490  
<http://www.friendsofyouth.org/parentingResources.aspx>

## Lutheran Family Services/Family Support Centers

Family Support Centers offer a strength-based approach to programs and services, empowering individuals and families to increase their competency and resiliency.

## Locations

### [Arlington Community Resource Center](#)

18308 Smokey Point Boulevard Arlington, WA 98223 (360) 386-7989

[Familias Unidas](#) Everett Family Support Center focused on the Latino community of Snohomish County.

215 W Mukilteo Blvd Everett, WA 98203 (Behind Our Savior's Lutheran Church) | 425-513-2880

### [South Everett Neighborhood Center](#)

215 W Mukilteo Blvd Everett, WA 98203 (Behind Our Savior's Lutheran Church) | 425-355-6005

### [Family Center of South Snohomish County](#)

6330 195th St. SW Lynnwood, WA 98036  
425-670-8984

[For The Kids' Sake](#) | 425-977-4767

### [Granite Falls Family Center](#)

9424 Portage Ave. Granite Falls, WA 98252 | 360-386-9282

### [Lake Stevens](#)

1803 123rd Ave. NE Lake Stevens, WA 98258 |  
425-397-7433

## Parent 123 Website and Hotline

<http://www.parenthelp123.org/resources>

Hotline: 1-800—322-2588

Assists in finding resources like food banks, play and learnings groups, free or low-cost health clinics

## Providence Children's Center

Pavilion for Women & Children

900 Pacific Ave. Everett WA | 425-258-7311

### [Children Center Website](#)

Several offering are No Fee

### After Your Baby is Born

- Family Classes
- New Dad's Class
- Sibling Preparation
- Living with Baby
- Living with Toddler
- Learning with Preschooler

## Parenting

- Positive Parenting Series
- Postpartum Clinic
- Parent-Driven Social Group For families who have been part of Providence Autism Centers' Day

## Social Learning and Friendships Groups

- Hanen – It Takes Two to Talk No Fee.
- Hanen – More than Words
- Social Language & Friendship
- Tumble Tunes Class
- Building Friendships through

## Seattle Children's Hospital: Classes & Events

206-987-2000 | [www.seattlechildrens.org](http://www.seattlechildrens.org)

Growing Up Female/Growing Up Male  
Snohomish County Classes

## Snohomish Health District

### 3020 Rucker Ave. Everett WA

3020 Rucker Ave. Everett WA | 425-252-5303 | Lynnwood –  
425-258-8400 | [Parenting Resources](#)

[First Steps](#) Program helps pregnant and parenting women.

[Women, Infants & Children](#) is a nutrition and education program that helps low-income pregnant women and families of children up to age 5 buy healthy food and provides breastfeeding support

[Children with Special Health Care Needs](#) | 425-339-8652

Program offers support to families for a range of health problems — from educating parents to assessing children's needs and linking families to the resources they need | [Brochure](#) (PDF)

RELATIONSHIPS/  
SOCIAL



### WithinReach

<http://www.withinreachwa.org/what-we-do/overview/>

Online, in-person or over-the-phone, WithinReach strives to make every connection we possibly can for Washington families. Food, Health and Basic Needs.

## Senior Connections

### Snohomish County Senior Centers

425-388-6433

[Senior Centers](#)

See Individual Listings under **Activity and Recreation - Seniors**

Some centers include social services, health and nutrition programs, exercise, educational classes, trainings, and workshops, and classes in personal growth.

### Senior Services of Snohomish County

11627 Airport Rd., Suite B, Everett WA 98204425.355.1112

[SOCIAL SERVICES](#)

[Resource Lists](#) | [Information & Assistance](#)

[Depression Screening and Counseling](#) | [Family Caregiver Support](#) | [Multicultural Services](#) | [Older Adult Mental Health Access](#) | [Senior Peer Counseling](#) | [SHIBA](#)

[Speakers Bureau](#)

## Volunteering/Civic Connect

### League of Women Voters

<http://www.lwvsnoho.org/>

### Providence Regional Medical Center

Registration and Information: 425-261-4580

Location: PRMC – Colby | [Volunteer](#)

There are many reasons volunteers decide to join the Providence team. Many of our volunteers are looking for new opportunities and experiences in the community. Others are planning for their future in the healthcare industry

### United Way of Snohomish County

[Snohomish County Volunteer Opportunities](#)

### VolunteerMatch

<http://www.volunteermatch.org/>

Strengthens communities by making it easier for good people and good causes to connect

Made possible by Volunteers of America and the Major League Baseball Players Trust, Youth Action Team is a group of high school students who want to make a difference in their communities. It is designed to build character, cultivate leadership, and inspire collaborative thinking through volunteering.

### Volunteers of America - Western Washington

<http://www.voaww.org/volunteer>

Incredible importance volunteering has in our community. Our services would not be possible without the hard work, dedication, and talent our volunteers bring to the agency

(Adult Opportunities, Youth Opportunities, One-Time Event and Group Opportunities, Gleaning Program Opportunities, Speaker's Bureau Opportunities, Court-Ordered Opportunities)

### Zonta Everett

<http://www.zontaeverett.org/>

## Youth and Teen Connections

### Youth Clubs and Groups

#### 4-H Youth Development

Washington State University

Snohomish County Extension

600 128th Street SE Everett, WA 98208 | 425-338-2400

[4-H Website](#)

Partner groups of young people with caring adults as they pursue their interests. While in 4-H, you will have the

opportunity to learn many new skills and gain self-confidence as you progress through the program.

### Big Brothers and Big Sisters

2722 Colby Ave., Suite 415, Everett, WA 98201

425.252-2227 | [Website](#)

Help children realize their potential and build their futures. We nurture children and strengthen communities

#### Core Programs

- Community-Based Mentoring
- School-Based Mentoring

#### Special Programs

- Mentoring At-Risk Youth
- Kids Book Club-Literacy Enhancing Program
- Beyond School Walls
- Spark's Clubs

### Boys and Girls Clubs

<http://bgcsc.org/snohomish-clubs/>

#### Programs

[Academic Success](#) | [Character and Citizenship](#)  
[Childcare and Summer Care](#) | [Sports](#)  
[Youth of the year](#)

Locations All Over Snohomish County

RELATIONSHIPS/  
SOCIAL



**Camp Fire -Snohomish County**

4312 Rucker Ave., Everett, WA 98203 | 425-258-KIDS |  
[www.campfiresnoco.org/](http://www.campfiresnoco.org/)

**Club Program**

Clubs are small groups of youth led by trained adult volunteers

**Teen Leadership Program**

One-day field trips or multi-day retreats camp-based, school year programs that build leadership skills in teen participants, grades 6-12.

**Day Camps and Specialty Camps**

Variety of general and theme activities

**Camp Fire's Self-Reliance programs**

Helping children learn to take care of themselves in specific situations is the goal of each Self-Reliance courses targeted to specific skills are the newest and fastest growing Camp Fire programs. These courses are designed to require a short-term commitment – usually from six to eight weeks. Self Reliance Coordinator | 425 258 KIDS.

**After School Program** for Lakewood School District We offer flexible payment plan options to meet your needs. – accept DSHS subsidies.

– Call 425-258-KIDS for more information

**Youth Support/Resource Centers****Cocoon House - Teens**

<http://www.cocoonhouse.org/>

Outreach to young people (12-24) proving emergency supplies, hygiene packs, food packs; access to short or long term housing and local resources; parent education and supportive programming to parent and guardians.

In Partnership with Families Unidas

**Latino Parent Support Group** : 425-339-4179 for details.

**WayOUT**: A two-day seminar designed to help parents of adolescent teens through the difficult years of adolescence. Call Project SAFE 425-317-9898

**24/7 Help Line – Call or Text (425) 877-5171**

Email – [safeplace@cocoonhouse.org](mailto:safeplace@cocoonhouse.org)

1421 Broadway Ave, 98201

**Emergency Shelters** : 2726 Cedar Street, Everett 98201

15302 Plainview Place, Monroe 98272

**Long Term Housing for Pregnancy and Parenting**

**Teen Mothers**

521 E. Highland Dr., Arlington, 98223 | 425-259-5802 x202

**Outreach Center and Uturn Drop in Center**

1421 Broadway, Everett 98201

**Advocates**

**Domestic Violence Services of Snohomish County - Teen Group**

1310 Pacific Ave, Everett | 425-259-2827

<http://www.dvs-snoco.org/index>

Every Thursday 3:00-4:30 pm

All youth ages 13-18 who have witnessed domestic violence at home, or have been involved in abusive dating relationships with peers are welcome to attend this peer support group. You may bring friends, drop in without notice. Snacks will be provided.

**GLOBE**

[globeleaders@globeyouth.com](mailto:globeleaders@globeyouth.com)

<http://globeyouth.com/advice.php>

GLOBE meets every Wednesday from 6 - 8 PM in a safe, confidential, youth-friendly location in urban central Snohomish County.

**Youthnet**

227 North 4th Street Mount Vernon, WA 98273

360-336-1610 | 888-996-8846 | <http://youthnetnw.net/>

Provides community leadership in building a foundation for healthy individuals and families for a stronger community – serving youth and families in Snohomish, Skagit, Island, San Juan and Whatcom counties.

**YMCA's Snohomish County Teen Programs**

Volunteer Opportunities, MAP, Teen Late Nights, Youth Development Center, afterschool programs

[YMCA Healthy Living](#)

[YMCA Youth Development](#)





## Arts and Museums

Additional resources may be found under  
[Recreation](#)

### ART

#### Arts Councils & Commissions

[Website](#)

Classes, Community Events, Galleries

[Click Links](#)

- Arlington Arts Council
- Arts Council of Snohomish County
  - (Schack Art Center, Everett)
- Edmonds Arts Commission
- Everett Cultural Arts Commission
- Historic Preservation Commission
- Lake Stevens Arts Commission
- Lynnwood Arts Commission
- Monroe Arts Council
- Mountlake Terrace Arts Advisory Commission
- Sister City Commission

#### ArtWorks

201 2nd Avenue, Edmonds, WA 98020 | 425-774-6049

[Calendar of Classes & Events](#), [Rent Facility](#), [Open Studios](#)

#### Cole Art Studio

107 5th Avenue South, Edmonds, WA 98020

425-697-2787

Encourage and inspire our students in their artistic process no matter their level or preferred style in a warm and inviting environment

[Workshops and Classes](#)

#### Aria Studio Gallery

535 Main St Edmonds WA 98020 | 425-774-5811

[Class Listings](#)

#### Art Spot

408 Main Street, Edmonds, WA 98020 | 425-640-6408

Artist materials, super supportive classes, contemporary art by local artists

[Classes \(adult and youth\)](#), [Demos & Lectures](#)

#### Irina's Art Studio & Gallery

Mukilteo Mirror & Frame

12201 Cyrus way, Mukilteo WA 98275 | 425-308-8184

Mukilteo and Bothell Classes

<http://irinamilton.com/workshops>

#### Sculptors Workshop of Edmonds

A Potter's Cooperative

Frances Anderson Center, Edmonds | 425-774-8282

<https://www.facebook.com/Sculptors-Workshop-of-Edmonds-197903463587056/timeline/>

#### Snohomish County Senior Centers

425-388-6433

[Senior Centers](#)

Some centers include social services, health and nutrition programs, exercise, educational classes, trainings, and workshops, and classes in personal growth.

#### The Art Workshop

425-971-5521 | [Website](#)

The Art Workshop is an award-winning fine art program that teaches the fundamentals fine art through drawing, painting and sculpting using various mediums and techniques.

Classes, birthday parties, after school programs and pre-school art classes

## Written Word

#### Edmonds Bookshop

111 5th Ave South Edmonds, WA 98020 | 425-775-2789 |

<http://edmondsbookshop.com/>

#### Epic Group

<http://www.epicliteraryseries.com/index.html>

EPIC Group's mission is to support those who create, communicate and connect through cultural and artistic endeavors, especially the literary arts. EPIC Group is a State of WA nonprofit corporation

#### Something Special Press

<http://somethingspecialpress.com/index.php>

Committed to creating braille and paper embossment books and booklets. Our goal is to provide unique educational material to children and adults who are blind or visually disabled

#### Write on Calligraphers

[ArtWorks](#) | 200 Dayton Street Edmonds, WA 98020

Write On Calligraphers is a society of people who love letters, people and philosophy and who enjoy opening new avenues to add more dimension to their lives.

#### Write on the Sound

Frances Anderson Center

700 Main St | Edmonds WA 98020 | 425-771-0228

<http://www.writeonthesound.com/>

Writers' Conference, held in the historic Frances Anderson Center in Edmonds WA, is one of the premier conferences in the Pacific Northwest. Presented the first weekend in October each year.

LEARNING/  
GROWTH



## Museums

### Free Museum Day's Seattle Area

<http://freemuseumday.org/sea.html>

### Edmonds-South Snohomish County Historical Society and Museum

118 5th Avenue North P.O. Box 52  
Edmonds, WA 98020 | 425-774-0900

[Exhibits](#) | [Events](#) | [Volunteer](#)

### Granite Falls Historical Museum

109 E. Union St P.O. Box 1414.  
Granite Falls, WA 98252 | 360-691-2603  
Open Sundays, 12 to 5 p.m., and by appointment

<http://www.gfhistory.org/index.html>

[Volunteer](#)

### HIBUB Cultural Center

6410 23rd Avenue NE, Tulalip, WA 98271  
360-716-2600 | <http://www.hibulbculturalcenter.org/>

### Imagine Children's Museum

1502 Wall Street Everett, Washington 98201  
425/258-1006, Ext. 1000

[Imagine Children's Museum](#)

### Monroe Historical Society Museum

Monroe Historical Museum  
207 East Main Street Monroe, WA 98272  
360-217-722 | <http://www.monroehistoricalsociety.org/>

Hours: 12 - 3 pm Monday, Wednesday, Saturday

[Resources](#) (walking tour, education opportunities)

[Volunteer](#)

### Mukilteo Lighthouse Museum

608 Front Street, Mukilteo, WA | 425-513-9602

Weekends and Holidays, 12pm-5pm, April - September

**Free admission** donations are greatly appreciated

[Exhibits](#) | [Education and Outreach](#)

[Reenactments](#) | [Volunteer and Activities](#)

### Blackman House Museum

118 Avenue B Snohomish, WA 98291 | 360-568-5235

[Website](#) | [Rental](#)

### Stanwood Area History Society

Stanwood, WA 98292 | Street Address (no mail)

**Pearson House/Museum** 27108-112 102nd Ave N.W.

**Tolin House** 27122 102nd Ave N. W.

**Floyd Norgaard Cultural N.W.Center or "The Floyd"**

27128-130 102nd Ave

[Exhibits](#) | [Rental](#)

### Stillaguamish Valley Pioneer Museum\_–

20722 67th Ave NE Arlington WA 98223 | 360-435-7289

[Activities](#) | [Hall Rental](#)

Offers special tours and volunteer opportunities

### League of Snohomish County Heritage

#### Organizations

<http://www.snocoheritage.org/>

[History Programs, Events, and Heritage Organizations](#)

### Future of Flight Aviation Center & Boeing Tour

8415 Paine Field Blvd Mukilteo, WA 98275

1-800-464-1476

[Exhibits](#) | [Calendar](#) | [Volunteer](#)

### Flying Heritage Collection – Paine Field

3407 109th Street SW Everett, WA 98204 | 877-FHC-3404

[Visit](#) | [Events, Education, Camps](#)

Flying Heritage Collection is a premier aviation attraction, with something of interest for visitors of all ages

## Education

### Early Learning Programs

- [Born Learning](#)
- [Edmonds Community College Co-Op Preschool](#)
- [Everett Community College Early Learning Center](#)
- [Head Start & Early Childhood Education and Assistance Program \(ECEAP\)](#)
- [Snohomish County Early Childhood Education and Assistance Program \(ECEAP\)](#)
- [Thrive by Five Washington](#)

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## Higher Education

### Edmonds Community College - Public

20000 68th Ave W Lynnwood, WA 98036  
425-640-1459 | <http://www.edcc.edu>

#### Workforce Development

- Job and Technical Skills Training
- Tuition Assistance Programs
- Employment and Career Development Resources
- College Credit for Work, Life and Learning Experiences
- High School to College Academic and Career Programs
- Community Education
- Business Training and Professional Development
- Veterans Training Support Center
- Small Business and Entrepreneurship Technical Assistance
- Rent Facilities

#### Diversity and Equity Center

<http://www.edcc.edu/equityandinclusion/default.html>  
Strengthening our diverse community by helping students access educational and career opportunities in a supportive environment that encourages success, innovation, service, and lifelong learning. We seek to be more intentional about social justice and the active engagement towards equity and inclusion addressing issues of systemic inequity, power, and privilege

#### University Partnerships

[Central Washington University – Lynnwood](#)

#### Online Bachelor's Degrees

[University of Washington](#)

[Washington State University](#)

### Everest College

Private for-profit  
906 SE Everett Mall Parkway Everett, WA 98208  
425-789-7960 | [www.everett.everestcollege.edu/](http://www.everett.everestcollege.edu/)

### Everett Community College - Public

2000 Tower Street Everett, WA 98201 | 425-388-9100  
<http://www.everettcc.edu/>

#### Workforce Training and Development

<http://www.everettcc.edu/students/workforce-training>  
Provides retraining opportunities for unemployed workers, displaced homemakers, low-wage working parents, TANF recipients, and those looking to enhance their skills in the advanced manufacturing area. Workforce Training has tuition assistance to help students gain skills through professional/technical programs at Everett Community College.

#### Employer Resources

<http://www.everettcc.edu/ccec/resources/employer/>

#### Diversity and Equity Center

<http://www.everettcc.edu/students/diversity>  
Combines the programs and services of the Multicultural Student Success Center and Women's Programs and Services to recruit, retain, and graduate students of color, re-entry women, and LGBTQ students. The Center also serves as a campus resource center on diversity and coordinates institutional diversity initiatives

### Everett University Center

Everett University Center, Gray Wolf Hall  
2000 Tower Street, Everett, WA 98201 | 425-405-1600

Partnerships with other colleges and universities for the purpose of providing baccalaureate and graduate degrees for the residents of North Snohomish, Island and Skagit Counties and to provide the services and facilities that deliver these education opportunities.

Everett University Center offers on-line and in-class courses from the following colleges and universities:

- [Washington State University](#)
- [Western Washington University](#)
- [Hope International University](#)
- [University of Washington – Bothell](#)
- [Eastern Washington University](#)
- [The Evergreen State College](#)
- [Central Washington University](#)

### ITT Technical Institute - Private for-profit

1615 75th Street SW Suite 220 Everett, WA 98203  
425-583-0200 | <https://www.itt-tech.edu/>

### Cascadia Community College

18345 Campus Way NE Bothell WA 98011  
<http://www.cascadia.edu/>

### University of Washington, Bothell

18115 Campus Way NE Bothell WA 98011  
425-352-5000 | <http://www.uwb.edu/>

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## Entertainment and Leisure

Additional resources may be found under [Recreation](#), [Relationships](#) and [Learning and Growth](#)

[Snohomish County Family Activities](#)

(Program for Early Parent Support – PEP)

### **Red Rooster Route Farms**

<http://www.redroosterroute.com/>

We are an association of [12 Arlington farms and agricultural activities](#) formed to introduce families to heritage opportunities in north Snohomish County. Follow our Red Rooster Route to family-friendly farms and festivals and start your traditions in Arlington, Bryant and Oso. [Farms along the Route](#) | [Festivals](#)

### **Village Theatre**

2710 Wetmore Avenue | 425-257-8600 | [website](#)

### **Everett Silvertips**

2000 Hewitt Ave | 425-252-5100 | [website](#)

### **Historic Everett Theatre**

2911 Colby Avenue | 425-258-6766 | [website](#)

### **Xfinity Arena**

2000 Hewitt Avenue | 425-322-2600 | [website](#)

### **Snohomish County Tourism Bureau**

[Family and Child Activities](#)

## Professional Development and Training

### General Population

#### **American Red Cross Snohomish County**

2530 Lombard Ave. Everett, WA 98201 | 425-252-4103

#### Take a Class

- First Aid
- AED
- Babysitting & Child Care
- Lifeguarding
- Certified Nurse Assistant Training
- CPR
- BLS
- Swimming & Water Safety
- EMT
- Train My Employees

#### Programs and Services

- Disaster Relief
- Contact & Locate Loved Ones
- Services to the Armed Forces
- Disaster Preparedness
- International Services
- Interpretation and Translation

#### **Compass Health Workshops**

[www.compasshealth.org/classes-training](http://www.compasshealth.org/classes-training)

Continuing education opportunities at a reasonable price to behavioral health professionals, social service professionals and educators.

#### **Goodwill**

Local Job Training and Education Centers

##### Everett

210 SW Everett Mall Way Suite D  
Everett, WA 98204 | 425-267-9718

<http://www.seattlegoodwill.org/job-training-and-education/centers/everett-south>

##### Marysville

9315 State Ave. Marysville, WA 98270  
360-657-4418

<http://www.seattlegoodwill.org/job-training-and-education/centers/marysville>

FREE classes in a wide range of subjects, including English for Speakers of Other Languages (ESOL), Computers, GED Preparation, and Retail and Customer Service.

[Job Training](#) | [Hire a Student](#) | [Programs and Classes](#)  
[Job Seeker Resources](#)

#### **The Human Services Council (HSC)**

**Partnership with Citrine Health**

[http://www.hsc-sc.org/Important\\_Events.html](http://www.hsc-sc.org/Important_Events.html)

A professional association of agencies and individuals who foster networking and partnerships in Snohomish County. Dedicated to providing opportunities to share information and learn from the experiences of others. Through networking and educational activities, the organization creates a support network that fosters partnerships and brings together public sector agencies, nonprofit organizations and the business community.

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## Sno-Isle Libraries

[Sno Isle Libraries](#) | [Sno Isle Business](#)

Whether you're an entrepreneur just starting out, an experienced business owner or a manager, Sno-Isle Libraries has services to help you save time and money. Think of us as your partner on the road to success. We are a library district committed to being a partner in the economic growth of Snohomish and Island counties.

### Issues that Matter Forums

Meant to encourage community conversations on high-profile issues

### U.S. citizenship Exam Classes. Free classes to prepare.

Taught at the Darrington, Edmunds, Freeland, Lynnwood, Marysville, Mountlake Terrace, Oak Harbor and Snohomish Libraries.

## Work Source

<http://worksourceonline.com/js/about.aspx>

### Career Transitions

WorkSource is your one-stop solution to finding a new job!

An innovative partnership of organizations dedicated to addressing Washington State's employment needs

### Business and Employers

WorkSource is your one-stop place for employer services.

With WorkSource online, you can post a job on the state's largest online job matching system.

### Personalized Assistance

- Computer job-matching
- Electronic job posting and resume banks
- Help with recruitment and layoffs
- Information on business, industry, and economic trends
- Hiring events

### Menu of Services

- Labor Market Information
- Assessment and Skill Development
- Training and Opportunities Resource

- Job Search and Placement Assistance
- Onsite Resources and Tools
- Community Resources and Supportive Services (community workshops, free voicemail, referrals)
- Filing for Unemployment Insurance

## Language

### ESL CLASSES or USA Citizenship

## Everett Community College - Bridges Center

425-388-9140

[www.everettcc.edu/students/bridges-center](http://www.everettcc.edu/students/bridges-center)

Classes on English communication, U.S. culture, pronunciation and developmental grammar  
Employment navigator services that offer career coaching (resume, interview prep and networking)

## Everett Community College - Volunteer

### Literacy Program

425-388-9085

[www.everettcc.edu/programs/academic-resources/transitional-studies/vlp](http://www.everettcc.edu/programs/academic-resources/transitional-studies/vlp)

Tutoring for students in basic reading, writing, math and English language and communication skills. Students enrolled in ABE, ESL or GED classes are eligible for tutoring.

## Goodwill

Program and Classes for Speakers of Other Languages

[Programs and Classes](#)

## Libraries Sno-Isle/Everett -ESL Talk Time

A time for adults to practice speaking English in a friendly and supportive setting. Free! Look for information at your local Sno-Isle library for an ESL Talk Time near you [Learn More](#) - Call 360-651-7000 for more information

## Familias Unidas with Faith Lutheran Church

6708 Cady Road Everett, Washington 9820 | 425 353-4758

<http://www.faitheverett.com/our>

### English Language Learners

Every Thursday from 6:30-8pm people gather at the Fellowship Hall to practice their English. Students come from all over the world: Mexico, Japan, Russia, Latin American countries, and beyond.

Local high school students provide childcare so the adults can concentrate on their studies. Classes are free and everyone is invited to attend.

## Latino Educational Training Institute

6605 202nd Street SW Suite 300, Lynnwood, WA 98036 US

425-775-2688 | [http://letiwa.org/index\\_leti.html](http://letiwa.org/index_leti.html)

English Conversation.

See additional Programs under [Relationships - Latino](#)

## Everett Community College - ESL

2000 Tower Street Everett, WA 98201

Línea en Español - 425-388-9257

425-388-9291 | [Website](#)

## Edmonds Community College

### Intensive ESL

20000 68th Ave. W Lynnwood, WA 98036 | 425-640-1478

[Intensive ESL](#) | [Adult Basic ESL](#)

## Producciones Pino

2609 198th Pl SW Lynnwood, WA 98036 | 425-774-7772

[www.producciones.com](http://www.producciones.com)

## Red Cross Language Bank: Interpretation & Translation

[Translation and Interpretation](#)



## Special Populations

### Disability Resources

#### Washington Vocational Services

Everett Office - Corporate Office  
Snohomish County and Administration  
111 SE Everett Mall Way SE Building C Suite 100  
Everett, WA 98208 | 425-774-3338 | <http://www.wvs.org/>

Non-profit staffing agency providing valuable work force development services within Washington State & in Anchorage, Alaska. Provide employment services to persons with a variety of skills and abilities, specializing in services to persons who are deaf or hard of hearing and persons with disabilities who desire customized employment services.

#### ARC of Snohomish County

2500 Hewitt Ave Suite 300 Everett, WA 98201  
425-258-2459 | <http://www.arcsno.org/programs>

- Sibling Support
- Self-Advocacy: L.E.A.D. Coalition
- Parent-to-Parent
- Parent Family Coalition
- Independent Living
- Special Education

#### PAVE

[www.wapave.org/](http://www.wapave.org/)

Parent directed organization that works with families, individuals with disabilities, professionals and community members in all walks of life and with all types of disabilities.

#### Snohomish County

##### Developmental Disabilities Division

3000 Rockefeller Ave., M/S 305 Everett, WA 98201  
425-388-7208 | [Website](#)

- Awareness Resources
- Services Overview
- Resources and Information

### Latino Resources

#### Lutheran Family Support Centers

##### Familias Unidas

215 W Mukilteo Blvd Everett, WA 98203 (Behind Our Savior's Lutheran Church) | 425-513-2880 | <http://familysupport.lcsnw.org/familias-unidas/>

Family Support Center focused on the Latino community of Snohomish County. We provide a variety of community-building classes, activities, and events throughout the year.

Raices Latinas- cultural heritage summer camp

- Ongoing ELL (English Language Learners) Classes
- Citizenship Preparation Classes
- Advocacy Training
- Strengthening Multi-Ethnic Families and Communities
- Leadership Training Financial Literacy Programs for Youth and Adults

#### Latino Educational Training Institute

6605 202nd Street SW Suite 300, Lynnwood, WA 98036 US  
425-775-2688 | [http://letywa.org/index\\_leti.html](http://letywa.org/index_leti.html)

GED en Espanol | Financial Literacy | Training for Injured Workers | Latina Well Being Network | Leadership | English Conversation | Basic Computing | College Readiness | Tutorials in English & Spanish | Community Services en Espanol | Lynnwood University | Mexican Folklore and Regional Dance

### Offender Re-Entry Resources

See also listing under [Security and Basic Needs](#)

<http://www.washingtonci.com/offender-reentry.html>

### Women

#### YWCA Pathways for Women

##### Everett Regional Center

3301 Broadway Everett, WA 98201  
425-258-2766

##### Pathways for Women

6027 208th Street SW  
Lynnwood, WA 98036

**Working Wardrobe:** clothing for homeless and low-income women in need of outfits for job interviews or new employment.

**Pathways to Work:** workshops and classes teach people the skills they need to return to the workforce or school. Held at several Snohomish County locations. Call 425.258.2766 ext. 226, **Email:** [bpatrykus@ywcaworks.org](mailto:bpatrykus@ywcaworks.org)  
[Children's Domestic Violence Program](#) | [Pathways Counseling](#) | [Emergency Shelter and Transitional Housing](#)

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## Youth

### Job Corps

3201 Broadway, Everett WA 98201 98284 | 425-388-0166

<http://www.jobcorps.gov/home.aspx>

Education and career technical training program that helps young people ages 16 through 24 improve the quality of their lives through career technical and academic training

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**Well-Being:** Health is multi-dimensional. A spirit of learning, and growing in each of these well-being dimensions is important if we are to feel fulfilled and whole as individuals and communities. Understanding the various aspects of well-being and how they fit together to create our lives is a key tool in discovering who we are and why we feel the way that we do.

*Well-being dimension adapted from the 'The Six Dimensions of Wellness' by Bill Hettler, MD, Co-Founder, National Wellness Institute.*

**Having enough, being enough and freedom from worry.** We



need enough money for food, rent or mortgage, health care, medical bills and basic expenses of daily living. Research shows that 'extras' don't really contribute to our well-being-

unless it is for fun activities and friends, or expenses that match our values and not necessarily more and bigger things.

**Paralyzing fear or anxiety that we don't have or are not enough threatens our sense of safety.** This affects our ability to be resilient - to bounce back physically, mentally, and emotionally during experiences of mild or extreme stress.

**Be a self-care master.** One of the most important things you



can do is to make wise decisions that keep you safe and healthy—helping you to maintain an independent, productive, and social life. **A physically**

**healthy person strives to maintain their body in times of sickness and good health.** Diet, exercise, sleep and stress have a profound effect on disease conditions and well-being. Physical health also includes; hygiene routines, use of tobacco, alcohol and other drugs, the use of personal protective gear, following safety guidelines, not taking unnecessary risks, and the wise use of healthcare resources— including regular checkups and recommended screenings.

**Recognizing your own and others emotions and responding appropriately makes a difference.**



It is the ability to cultivate positive thoughts, practice self-compassion, to learn to express (in a healthy way) your full range of

emotions and consciously choose your responses; including, engaging in support systems to help cope. **A strong sense of spirituality provides important benefits to health. It is linked with a sense of meaning and purpose** which helps guide life decisions, influences behavior, shapes goals, offers a sense of direction, and provides comfort during life's challenges.

**Healthy relationships are vital to health.** Strong family ties,



friendships, and partnerships can increase our sense of security, self-esteem, belonging and provide a buffer against stress, anxiety, and depression. **Our**

**larger social and community networks also provide a sense of connection** where people can share their interests and be advocates in their community, which also supports resilience.

Using available resources to **develop and create opportunities**



**that contribute to your unique gifts, skills, and talents—** contributes to meaning and purpose and helps you remain active and involved throughout life. In-

cluding, appreciation and acceptance of the process of change, growth and learning while seeking to improve. **A career which is consistent with your personal values, interests, beliefs and balances both work and play contributes greatly to all the dimensions of well-being.**

Being in nature not only **makes you feel better emotionally,**



**it contributes to your physical wellbeing—it soothes, restores and connects.** People who live near parks and natural areas are more physically active live longer

and these open spaces draw people together and can enhance social connections. Wellbeing also relies our **ability to be stewards of our natural environment—**aware of the earth's natural resources and their respective limits, accountable to environmental needs, both now and in the future.