

# Community Education List

SNOHOMISH COUNTY  
WASHINGTON



<b>ADULT ED .....</b>	<b>5</b>
<i>English as Second Language .....</i>	<i>5</i>
<i>Citizenship Classes.....</i>	<i>5</i>
<i>Basic Literacy Tutoring .....</i>	<i>6</i>
<i>GED classes .....</i>	<i>6</i>
<i>Adult High School.....</i>	<i>7</i>
<i>College Success/Study Skills .....</i>	<i>7</i>
<b>CHILDCARE .....</b>	<b>7</b>
<i>Public Assistance Denial/Termination/Reduction Help.....</i>	<i>7</i>
<b>CHILDREN'S EDUCATION.....</b>	<b>8</b>
<i>Getting Back to School/Access to Special Education .....</i>	<i>8</i>
<b>COMMUNITY INVOLVEMENT .....</b>	<b>8</b>
<i>Persons with Disabilities.....</i>	<i>8</i>
<i>Latino Community.....</i>	<i>8</i>
<i>Eastern European Community.....</i>	<i>8</i>
<i>Women's Support Group.....</i>	<i>8</i>
<i>Caregiver (Chronic Illness) Support Group.....</i>	<i>8</i>
<i>Parent Support Group .....</i>	<i>9</i>
<i>Kinship Caregiver Support Group .....</i>	<i>9</i>
<i>Disability Support Group (for siblings).....</i>	<i>10</i>
<i>Disability Support Group (for parents) .....</i>	<i>10</i>
<i>Physical and Mental Health Support Groups (AA, depression, memory loss, cancer, etc.).....</i>	<i>10</i>
<i>Cancer Support Group.....</i>	<i>10</i>
<i>Sexual Assault Victims Support Group.....</i>	<i>10</i>
<i>Bereavement Support Groups .....</i>	<i>11</i>
<i>Disability Advocacy (self-advocacy).....</i>	<i>11</i>
<i>Disability Advocacy (family coalition).....</i>	<i>11</i>
<i>Senior Center.....</i>	<i>11</i>
<i>Weight Loss Support Group.....</i>	<i>12</i>
<b>CREDIT HISTORY .....</b>	<b>12</b>
<i>Community Member Service Representative .....</i>	<i>12</i>
<i>Financial Education .....</i>	<i>12</i>
<i>Opening a Bank Account .....</i>	<i>13</i>
<i>Free Tax Preparation .....</i>	<i>13</i>
<i>Credit Repair and Debt Reduction .....</i>	<i>13</i>
<b>ONLINE CLASSES .....</b>	<b>13</b>
<i>Savings Awareness Video.....</i>	<i>13</i>
<i>Investing in Yourself (personal finance).....</i>	<i>13</i>
<b>EMPLOYMENT .....</b>	<b>13</b>
<i>Job Coaching and Training.....</i>	<i>13</i>
<b>ONLINE CLASSES.....</b>	<b>15</b>
<i>Immigrants in the Job Market .....</i>	<i>15</i>
<b>FAMILY RELATIONS.....</b>	<b>15</b>
<i>Divorce/Custody/Parents Counseling, Advocacy, Legal Representation, and Self- Help .....</i>	<i>15</i>
<i>Parent Support Group .....</i>	<i>16</i>
<i>Family Life .....</i>	<i>16</i>
<i>Caregiver .....</i>	<i>16</i>
<i>Children and Parental Conflict.....</i>	<i>16</i>
<i>Couples Communication.....</i>	<i>16</i>

<b>FOOD</b> .....	<b>16</b>
<i>DSHS Application Assistance</i> .....	16
<i>Horticulture Classes</i> .....	17
<i>Nutrition and Cooking Classes</i> .....	17
<b>HEALTH CARE</b> .....	<b>17</b>
<i>Preventing and Managing Illness in Child Care</i> .....	17
<i>Health Education</i> .....	18
<i>Oral Health Education</i> .....	18
<i>Application Assistance</i> .....	18
<i>Sexual Health Education</i> .....	18
<i>Wellness (diabetes control, pain management, etc.)</i> .....	18
<b>INCOME</b> .....	<b>18</b>
<i>Application Assistance</i> .....	18
<i>Child Care/Baby Sitting Class</i> .....	19
<i>Housekeeping Class</i> .....	19
<i>Horticulture Classes</i> .....	19
<b>LEGAL</b> .....	<b>19</b>
<i>Free Legal Aid</i> .....	19
<b>LIFE SKILLS</b> .....	<b>20</b>
<i>Babysitting and Sewing (Youth)</i> .....	20
<i>Housekeeping</i> .....	20
<i>Music and Art (Youth)</i> .....	20
<i>Knitting</i> .....	20
<i>Economic Well Being, Health &amp; Wellness</i> .....	20
<i>Communication and Problem Solving in the Work Place, Dealing with Difficult People</i> .....	20
<i>Anxiety, Anger Workout, Holiday Blues</i> .....	20
<i>Independent Living Training (Disability)</i> .....	21
<i>Read to Work Class</i> .....	21
<i>Self-Discovery Class</i> .....	21
<i>Self-Discipline Class</i> .....	21
<i>TechSTEP (assistive technology)</i> .....	21
<i>Independent Living Training (Youth)</i> .....	21
<i>Responsible Living Skills (Youth)</i> .....	21
<b>MENTAL HEALTH</b> .....	<b>21</b>
<i>Youth Mental Health Access</i> .....	21
<i>Autism Spectrum Disorders Classes</i> .....	22
<i>Older Adult Mental Health Access</i> .....	22
<i>Suicide Prevention</i> .....	22
<i>PTSD/Brain Injury</i> .....	22
<b>TRANSPORTATION</b> .....	<b>22</b>
<i>How to Use Buses</i> .....	22
<i>Independent Living Skills Training (general mobility &amp; bus travel)</i> .....	23
<i>Senior Driver Safety Classes</i> .....	23
<i>Vehicle Ownership Program</i> .....	23
<i>Bicycle Repair</i> .....	23
<b>PARENTING SKILLS</b> .....	<b>23</b>
<i>Immigrant Parents</i> .....	23
<i>Child Care/Baby Sitting Class</i> .....	23
<i>Parenting Classes</i> .....	24
<i>Extended Parenting Program</i> .....	24

<i>Storytime Class</i> .....	24
<i>New Parents</i> .....	25
<i>Children with Disability</i> .....	25
<b>SAFETY</b> .....	<b>25</b>
<i>Self-Defense</i> .....	25
<i>Child Physical and Sexual Abuse</i> .....	25
<i>Community Education</i> .....	26
<i>Safe Housing for Youth</i> .....	26
<i>CPR</i> .....	26
<b>SHELTER</b> .....	<b>26</b>
<i>Application Assistance</i> .....	26
<i>Tenant Readiness</i> .....	26
<i>Senior Housing</i> .....	26
<i>Home Buyers</i> .....	27
<i>Foreclosure Counseling</i> .....	27
<b>SUBSTANCE ABUSE</b> .....	<b>27</b>
<i>Alcohol, Tobacco, and Other Drug education</i> .....	27
<i>Families of Substance Abuser</i> .....	29

# Adult Ed

## English as Second Language

- Big Brothers Big Sisters of Snohomish County  
(360) 651-7000  
[www.bbbs-snoco.org/site/c.ajJULeNPJkL6H/b.7512687/k.FD99/Workshops.htm](http://www.bbbs-snoco.org/site/c.ajJULeNPJkL6H/b.7512687/k.FD99/Workshops.htm)
- Stanwood Camano Community Resource Center  
(360) 629-5257  
[www.stanwoodcamanoresources.org/resource-center.html](http://www.stanwoodcamanoresources.org/resource-center.html)
- Hopelink  
(425) 250-3007  
<http://adulthoodeducation.hope-link.org/>
- Lutheran Community Services: Familias Unidas  
(425) 355-6005 English & Russian  
(425) 513-2880 Spanish  
<http://www.familiasunidaseverett.com/>
- Edmond Community College  
(425) 640-1032  
<http://www.edcc.edu/vlp/default.php>
- Everett Community College  
(425) 388-9291  
<http://www.everettcc.edu/learning/abe/index.cfm?id=64>

## Citizenship Classes

- Big Brothers Big Sisters of Snohomish County  
(360) 651-7000  
[www.bbbs-snoco.org/site/c.ajJULeNPJkL6H/b.7512687/k.FD99/Workshops.htm](http://www.bbbs-snoco.org/site/c.ajJULeNPJkL6H/b.7512687/k.FD99/Workshops.htm)
- Lutheran Community Services: Familias Unidas  
(425) 355-6005 English & Russian  
(425) 513-2880 Spanish  
<http://www.familiasunidaseverett.com/>
- Ukrainian Community Center of Washington North Branch  
(360) 658-2523  
[http://www.uccwa.us/index.php?option=com\\_content&view=article&id=47&Itemid=133](http://www.uccwa.us/index.php?option=com_content&view=article&id=47&Itemid=133)

- Hopelink  
(425) 250-3007  
[http://www.hope-link.org/get\\_help/adult\\_education/citizenship\\_classes/](http://www.hope-link.org/get_help/adult_education/citizenship_classes/)

### **Basic Literacy Tutoring**

- Hopelink  
(425) 533-8963  
<http://adulthoodeducation.hope-link.org/>
- Edmond Community College  
(425) 640-1032  
<http://www.edcc.edu/vlp/default.php>
- Everett Community College  
(425) 388-9291  
<http://www.everettcc.edu/learning/abe/index.cfm?id=64>
- Youthnet  
(360) 336-1610  
<http://www.youthnetnw.net/>

### **GED classes**

- Work Source: Work Readiness (Youth)  
(425) 374-2796  
<http://www.worksourceonline.com/y/>
- Job Corps (Youth ages 16-24)  
(425) 388-0166  
<http://www.jobcorps.gov/home.aspx>
- Hopelink  
(425) 457-9685  
<http://adulthoodeducation.hope-link.org/>
- Cascadia Community College  
(425) 352-8000  
<http://www.cascadia.edu/Default.aspx>
- Edmond Community College  
(425) 640-1032  
<http://www.edcc.edu/vlp/default.php>

- Everett Community College  
(425) 388-9291  
<http://www.everettcc.edu/learning/ged/index.cfm?id=3120>
- Youthnet  
(360) 336-1610  
<http://www.youthnetnw.net/>

### **Adult High School**

- Edmonds Community College  
(425) 640-1593  
<http://ahs.edcc.edu/>
- Everett Community College  
(425) 388-9291  
<http://www.everettcc.edu/learning/hsc/index.cfm?id=3112>

### **College Success/Study Skills**

- Work Source: Work Readiness (Youth)  
(425) 374-2796  
<http://www.worksourceonline.com/y/>
- Edmond Community College  
(425) 640-1358  
<http://www.edcc.edu/counseling/>
- Everett Community College: Help Center-Low-Income/Nontraditional  
(425)388-9100  
<http://www.everettcc.edu/>

## **Childcare**

### **Public Assistance Denial/Termination/Reduction Help**

- Northwest Justice Project: CLEAR  
(888) 201-1014  
<http://nwjustice.org>

## Children's Education

### Getting Back to School/Access to Special Education

- TeamChild (low-income youth between 12-18, who are involved, or at risk of involvement in the juvenile system)  
(206) 322-2444  
<http://www.teamchild.org/index.php/whatwedo/130/>

## Community Involvement

### Persons with Disabilities

- Service Alternatives for Washington, Inc.-Snohomish County: Community Integration/Disabled (425) 710-0107  
<http://www.servalt.com/>

### Latino Community

- Lutheran Community Services: Familias Unidas  
(425) 355-6005 English & Russian  
(425) 513-2880 Spanish  
<http://www.familiasunidaseverett.com/>

### Eastern European Community

- Ukrainian Community Center of Washington North Branch  
(360) 658-2523  
[http://www.uccwa.us/index.php?option=com\\_content&view=article&id=47&Itemid=133](http://www.uccwa.us/index.php?option=com_content&view=article&id=47&Itemid=133)

### Women's Support Group

- Lutheran Community Services: Familias Unidas  
(425) 355-6005 English & Russian  
(425) 513-2880 Spanish  
<http://www.familiasunidaseverett.com/>

### Caregiver (Chronic Illness) Support Group

- Lutheran Community Services: Edmond Community College Staff and Student Caregiver Support Group  
(425) 670-8984 ext. 22  
<http://www.lcsnw.org/seattle/lynnwood.html>



- Lutheran Community Services: Edmond Caregiver Support Group  
(425) 670-8984 ext. 22  
<http://www.lcsnw.org/seattle/lynnwood.html>
- Lutheran Community Services: Family Center Caregiver Support Group  
(425) 670-8984 ext. 22  
<http://www.lcsnw.org/seattle/lynnwood.html>
- Lutheran Community Services: East County Caregiver Services (Monroe, Snohomish, Lake Stevens)  
(425) 670-8984 ext.22  
<http://www.lcsnw.org/seattle/lynnwood.html>

#### **Parent Support Group**

- Changes Parent Support Network (behavioral issues including drugs, cutting, and ADHD)  
(888) 468-2620  
<http://www.cpsn.org/>
- Lutheran Community Services: Family Center of South Snohomish County (Asperger Support Group)  
(425) 670-8984  
<http://www.lcsnw.org/seattle/lynnwood.html>
- Washington and Oregon Tourette Syndrome Association: Tourette Parents Support Group  
(253) 318-4645  
<http://tsa-waor.org/find-support>
- Dawson Place: Providence Intervention Center for Assault and Abuse (parents & caregivers of sexually abused children)  
(425) 388-7497  
[http://dawsonplace.org/?page\\_id=58](http://dawsonplace.org/?page_id=58)
- La Leche League of Washington (breastfeeding)  
(425) 303-0311  
<http://www.llofwa.org/groups>

#### **Kinship Caregiver Support Group**

- Lutheran Community Services (Grandparents and other relatives raising children)  
(425) 670-8984 ext. 12

- East County Senior Center (Grandparents raising children)  
(360) 794-6359 (English and Spanish)  
<http://www.eastcountyseniorcenter.org/>
- Lutheran Community Services: Family Center of South Snohomish County (Grandparents and other adults raising children)  
(425) 670-8984 ext. 12  
<http://www.lcsnw.org/seattle/lynnwood.html>
- Northshore School District: Grandparents Support Group  
(425) 408-5570  
<http://www.nsd.org/education/components/scrapbook/default.php?sectionid=1>

#### **Disability Support Group (for siblings)**

- The Arc of Snohomish County  
(425) 258-2459/ ext.104  
<http://www.arcsno.org/index.php/programs>

#### **Disability Support Group (for parents)**

- The Arc of Snohomish County  
(425) 258-2459  
<http://www.arcsno.org/index.php/programs>

#### **Physical and Mental Health Support Groups (AA, depression, memory loss, cancer, etc.)**

- Northshore Senior Center  
(425) 286-1035  
<http://www.northshoreseniorcenter.org/programsservices/socialservices/supportgroups.aspx>

#### **Cancer Support Group**

- Valley General Hospital  
(360) 794-7497  
[http://www.valleygeneral.com/classes\\_events/support\\_group.asp](http://www.valleygeneral.com/classes_events/support_group.asp)

#### **Sexual Assault Victims Support Group**

- Providence Regional Medical Center Everett  
(425) 297-5771/5782  
<http://washington.providence.org/>

- Dawson Place: Providence Intervention Center for Assault and Abuse (adult, teen, male)  
(425) 388-7497  
[http://dawsonplace.org/?page\\_id=58](http://dawsonplace.org/?page_id=58)

#### **Bereavement Support Groups**

- Widowed Information and Consultation Services  
(425) 252-7617 Everett/ (425) 776-8073 Lynnwood  
<http://www.kcwics.org/>
- Valley General Hospital  
(360) 794-7497  
[http://www.valleygeneral.com/classes\\_events/support\\_group.asp](http://www.valleygeneral.com/classes_events/support_group.asp)

#### **Disability Advocacy (self-advocacy)**

- The Arc of Snohomish County  
(425) 258-2459/ ext. 103  
<http://www.arcsno.org/index.php/programs>

#### **Disability Advocacy (family coalition)**

- The Arc of Snohomish County  
(425) 258-2459  
<http://www.arcsno.org/index.php/programs>

#### **Senior Center**

- East County Senior Center  
(360) 794-6359  
<http://eastcountyseniorcenter.org/>
- Stillaguamish Senior Center  
(360) 653-4551  
<http://stillycenter.com/classes.shtml>
- Lutheran Community Services: Familias Unidas  
425) 355-6005 English & Russian  
(425) 513-2880 Spanish  
<http://www.familiasunidaseverett.com/>

### **Weight Loss Support Group**

- Take Off Pounds Sensibly (TOPS)  
(800) 932-8677  
<http://www.tops.org/FindAMeeting.aspx>
- Snohomish County Overeaters Anonymous  
(425) 258-5080  
<http://www.oa.org/>

## **Credit History**

### **Community Member Service Representative**

- Express Credit Union  
(206) 554-1534 English, Amharic, Tigrigna  
(206) 734-5008 English, Spanish, Swahili  
<http://expresscu.org/educational-resources/community-member-service-representatives/>

### **Financial Education**

- Housing Hope  
(425) 353-8112  
<http://www.housinghope.org>
- Hopelink  
(425) 250-3003  
[http://www.hope-link.org/get\\_help/adult\\_education/financial\\_education/](http://www.hope-link.org/get_help/adult_education/financial_education/)
- Stanwood Camano Community Resource Center  
(360) 629-5257  
[www.stanwoodcamanoresources.org/resource-center.html](http://www.stanwoodcamanoresources.org/resource-center.html)
- Lake Stevens Family Center  
(425) 397-7433
- Volunteers of America: Financial Literacy  
(425) 259-3191
- BECU  
(206) 439-5788  
<http://www.becu.org/learn-and-plan/seminars.aspx?topic=-1>

### **Opening a Bank Account**

- Bank On  
2-1-1  
1-800-621-4636  
<http://everyoneiswelcome.org/new/managing-your-finances/>

### **Free Tax Preparation**

- United Way Snohomish County  
2-1-1  
<http://www.uwsc.org/012312.php>

### **Credit Repair and Debt Reduction**

- ClearPoint Financial Solutions  
(877) 412-2227  
<http://www.clearpointfinancialsolutions.org>

## **Online Classes**

### **Savings Awareness Video**

- Hopelink  
[http://www.hope-link.org/get\\_help/adult\\_education/saving\\_awareness\\_video/](http://www.hope-link.org/get_help/adult_education/saving_awareness_video/)

### **Investing in Yourself (personal finance)**

- American Financial Solutions  
[www.myfinancialgoals.org](http://www.myfinancialgoals.org)

## **Employment**

### **Job Coaching and Training**

- Work Source (Career Services, WIA & Youth Program)  
(425) 258-6300 Everett  
(425) 673-3300 Lynnwood  
(360) 794-1358 Monroe  
<http://www.worksourceonline.com/index.html>
- Edmond Community College: Workfirst  
(425) 640-1686  
<http://www.edcc.edu>

- Work Source: Work Readiness (Youth)  
(425) 374-2796  
<http://www.worksourceonline.com/y/>
- A Gift for Life Consulting (Disability)  
(425) 380-3518  
<http://www.agiftforlifeconsulting.org/Services.html>
- Bridgeways (Adults with mental illness)  
(425) 513-8213  
<http://www.bridgeways.org>
- Diversified (Individuals with barriers to employment)  
(425) 355-1253  
<http://www.godiversified.com/>
- Boots to Shoes Foundation: Veteran Employment Support  
(425) 284-1453  
<http://www.bootstoshoes.org>
- Community Trades And Careers (disabilities/developmental disabilities)  
(425) 353-7521  
<http://sunrisecommunityliving.com/services/community-trades-careers/>
- Job Corps (Youth ages 16-24)  
(425) 388-0166  
<http://www.jobcorps.gov/home.aspx>
- Refugee and Immigrant Services Northwest  
(425) 388-9307
- Skills, Inc. (Manufacturing training and employment)  
(206) 782-6000  
<http://www.skillsinc.com>
- Washington State Employment Security Department: AmeriCorps  
(888) 713-6080  
<http://www.esd.wa.gov/washingtonservicecorps>

- Washington Vocational Services (disabled)  
(425) 774-3338  
<http://www.wvs.org>
- Work Opportunities, Inc. (disabled)  
(425) 778-5054 Lynnwood  
(425) 778-5051 Mountlake Terrace  
<http://www.workopportunities.org/>
- Sherwood Community Services (transition students ages 18-22 and disability)  
(425) 334-4071  
<http://www.sherwoodcs.org/programs-career-connection.php>
- Village Community Services (disability)  
(360) 653-7752  
<http://www.villagecommunitysvcs.org/VCS/VocSvcs.htm>
- Stillaguamish Tribe: Apprenticeship Training  
(360) 652-7362  
<http://www.stillaguamish.com/>
- Seattle Goodwill Industries  
(360) 657-4418  
<http://www.seattlegoodwill.org/jobtraining/jitecenters/marysville>
- Shoreline Community College: Extended Learning Programs  
(206) 533-6700  
<http://new.shoreline.edu/workforce/default.aspx/continuing-education.aspx>

## Online Classes

### Immigrants in the Job Market

- Hopelink  
[http://www.hope-link.org/get\\_help/adult\\_education/financial\\_education/](http://www.hope-link.org/get_help/adult_education/financial_education/)

## Family Relations

### Divorce/Custody/Parents Counseling, Advocacy, Legal Representation, and Self- Help

- Kelly, Russell Paralegal  
(360) 421-9333

## **Parent Support Group**

- Changes Parent Support Network  
(888) 468-2620  
<http://www.cpsn.org/>

## **Family Life**

- Housing Hope  
(425) 353-8112  
<http://www.housinghope.org/programs/education.html#COH>

## **Caregiver**

- Lutheran Community Services: Edmond Senior Center Caregiver Consultation (Chronic Illness)  
(425) 670-8984  
<http://www.lcsnw.org/seattle/lynnwood.html>

## **Children and Parental Conflict**

- YWCA-Minimizing the Effects of Domestic Violence (for children and non-abusive parents)  
(425) 258-2766/ ext. 119  
<https://www.ywcaworks.org/NetCommunity/Page.aspx?pid=392>
- Lutheran Community Services: For The Kids' Sake  
(425) 977-4767  
<http://www.lcsnw.org/forthekidsake/>

## **Couples Communication**

- Compass Health  
(425) 349-7209  
<http://www.compasshealth.org/classes-training/parenting-and-life-skill-education/>

# **Food**

## **DSHS Application Assistance**

- Lutheran Community Services-North Puget Sound Area  
(425) 513-2880 (English, Russian, Spanish)  
<http://www.lcsnw.org/>
- Refugee Women's Alliance (English, Amharic, Arabic, Burmese, Cambodian, Cantonese, Cham, French, Khmer, Nepali, Romanian, Somali, Swahili, Tagalog, Thai, Tigrigna, Ukrainian, Vietnamese)  
(206) 957-2029  
<http://www.rewa.org/>
- Korean Women's Association  
(253) 535-4202  
<http://www.kwacares.org/>



- Citrine Health  
(425) 259-9899  
<http://www.citrinehealth.org/assistance.asp>
- WithinReach  
(800) 322-2588  
<http://www.withinreachwa.org/what>

### **Horticulture Classes**

- Stanwood Camano Community Resource Center (Community Garden)  
(360) 629-5257  
<http://www.stanwoodcamanoresources.org/resource-center.html>
- Snohomish County Washington State University Cooperative Extension Service (commercial horticulture: food production and landscaping)  
(425) 338-2400  
<http://www.snohomish.wsu.edu/>
- Snohomish County Washington State University Cooperative Extension Service (home horticulture)  
(425) 338-2400  
<http://www.snohomish.wsu.edu/>

### **Nutrition and Cooking Classes**

- Snohomish County Washington State University Extension  
(425) 338-2400  
<http://www.snohomish.wsu.edu/>
- Washington Conference of Seventh Day Adventists-Health Ministries  
(253) 681-6008 ext. 4220  
<http://www.washingtonconference.org/>
- Volunteers of America Western Washington  
(425) 259-3191  
<http://www.voaww.org/>
- Citrine Health  
(425) 259-9899  
<http://www.citrinehealth.org/assistance.asp>

## **Health Care**

### **Preventing and Managing Illness in Child Care**

- Snohomish Health District Communicable Disease Outreach Program  
(425) 339-5278  
[http://www.snohd.org/Shd\\_CH/ChildCareHealth.aspx](http://www.snohd.org/Shd_CH/ChildCareHealth.aspx)

## Health Education

- Sea Mar Community Health Centers  
(360) 657-3057  
[http://www.seamar.org/static\\_pages/preventive\\_snohomish.php](http://www.seamar.org/static_pages/preventive_snohomish.php)
- Korean Women's Association (breast cancer, tobacco cessation, chronic disease self-management)  
(253) 535-4202  
<http://www.kwacares.org/services/community-health-care-education/>

## Oral Health Education

- Sea Mar Community Health Centers – Marysville Dental Clinic  
(360) 657-3091  
<http://www.seamar.org/location.php?xloc=11&xser=2&xcty=3&xserloc=25>

## Application Assistance

- WithinReach (Apple Health for Kids, Pregnancy Medical)  
(800) 322-2588  
<http://www.withinreachwa.org/what>
- TeamChild (low-income youth between 12-18, who are involved, or at risk of involvement in the juvenile system)  
(206) 322-2444  
<http://www.teamchild.org/index.php/whatwedo/130/>

## Sexual Health Education

- Cedar River Clinics (teen)  
(425) 255-0471  
<http://www.cedarriverclinics.org/>

## Wellness (diabetes control, pain management, etc.)

- Everett Clinic: Community Classes  
(425) 339-5431  
<http://www.everettclinic.com/PatientResourceCenter/Classes.ashx?p=937>

## Income

### Application Assistance

- Ukrainian Community Center of Washington North Branch  
(360) 658-2523  
[http://www.uccwa.us/index.php?option=com\\_content&view=article&id=47&Itemid=133](http://www.uccwa.us/index.php?option=com_content&view=article&id=47&Itemid=133)

## **Child Care/Baby Sitting Class**

- American Red Cross-Snohomish County (age 11 and up)  
(425) 252-4103  
<http://www.redcross.org/wa/everett>
- Lutheran Community Services Northwest-Lake Stevens Family Support Center  
(425) 397-7433  
<http://www.lcsnw.org/>
- Seattle Children's (Youth, ages 11 through 14)  
(206) 987-9879  
<http://www.seattlechildrens.org/classes-community/classes-events/better-babysitters/>
- Volunteers of America Child Care Provider Classes  
(360) 542-8478  
<http://www.voaww.org/>

## **Housekeeping Class**

- Volunteers of America  
(425) 259-3191  
<http://www.voaww.org/>

## **Horticulture Classes**

- Snohomish County Washington State University Cooperative Extension Service (commercial horticulture: food production and landscaping)  
(425) 338-2400  
<http://www.snohomish.wsu.edu/>

# **Legal**

## **Free Legal Aid**

- Northwest Justice Project  
(888) 201-1014  
<http://nwjustice.org>
- Columbia Legal Services (LFO)  
(206)287-8625  
<http://www.columbialegal.org/>
- Seattle's Union Gospel Mission  
(206) 682-4642  
<http://snocolegal.org/>
- Catholic Immigration Legal Services (360) 416-7095  
[http://www.ccsww.org/site/PageServer?pagename=refugeeimmigration\\_index](http://www.ccsww.org/site/PageServer?pagename=refugeeimmigration_index)

- TeamChild (low-income youth between 12-18, who are involved, or at risk of involvement in the juvenile system)  
(206) 322-2444  
<http://www.teamchild.org/index.php/whatwedo/130/>

## **Life Skills**

### **Babysitting and Sewing (Youth)**

- Stanwood Camano Community Resource Center  
(360) 629-5257  
<http://www.stanwoodcamanoresources.org/resource-center.html>

### **Housekeeping**

- Volunteers of America  
(425) 259-3191  
<http://www.voaww.org/>

### **Music and Art (Youth)**

- Stanwood Camano Community Resource Center  
(360) 629-5257  
<http://www.stanwoodcamanoresources.org/resource-center.html>

### **Knitting**

- Stanwood Camano Community Resource Center  
(360) 629-5257  
<http://www.stanwoodcamanoresources.org/resource-center.html>

### **Economic Well Being, Health & Wellness**

- Housing Hope  
(425) 353-8112  
<http://www.housinghope.org/programs/education.html#COH>

### **Communication and Problem Solving in the Work Place, Dealing with Difficult People**

- Compass Health  
425-349-7209  
<http://www.compasshealth.org/classes-training/parenting-and-life-skill-education/>

### **Anxiety, Anger Workout, Holiday Blues**

- Compass Health  
425-349-7209  
<http://www.compasshealth.org/classes-training/parenting-and-life-skill-education/>

### **Independent Living Training (Disability)**

- The Arc of Snohomish County  
(425) 258-2459  
<http://www.arcsno.org/index.php/programs>

### **Read to Work Class**

- Volunteers of America Western Washington  
(425) 259-3191  
<http://www.voaww.org/>

### **Self-Discovery Class**

- Volunteers of America Western Washington  
(425) 259-3191  
<http://www.voaww.org/>

### **Self-Discipline Class**

- Volunteers of America Western Washington  
(425) 259-3191  
<http://www.voaww.org/>

### **TechSTEP (assistive technology)**

- Sherwood Community Services  
(425) 334-4071  
<http://www.sherwoodcs.org/programs-techstep.php>

### **Independent Living Training (Youth)**

- Youthnet  
(360) 336-1610  
<http://www.youthnetnw.net/>

### **Responsible Living Skills (Youth)**

- Youthnet  
(360) 336-1610  
<http://www.youthnetnw.net/>

## **Mental Health**

### **Youth Mental Health Access**

- TeamChild (low-income youth between 12-18, who are involved, or at risk of involvement in the juvenile system)  
(206) 322-2444  
<http://www.teamchild.org/index.php/whatwedo/130/>

## **Autism Spectrum Disorders Classes**

- Autism Society of Washington  
(360) 515-8910  
<http://www.autismsocietyofwa.org/resources/asw-event-calendar>

## **Older Adult Mental Health Access**

- Senior Services of Snohomish County  
(425) 290-1260  
(888) 422-2024  
<http://www.sssc.org/index>

## **Suicide Prevention**

- Volunteers of America  
(425) 259-3191  
<http://www.voaww.org/>

## **PTSD/Brain Injury**

- Defense Centers of Excellence For Psychological Health & Traumatic Brain Injury (active military and veterans)  
(866) 966-1020  
<http://www.dcoe.health.mil/>

# **Transportation**

## **How to Use Buses**

- Community Transit  
(425) 348-2379  
<http://www.communitytransit.org/>
- Everett Transit  
(425) 257-7777  
<http://www.ci.everett.wa.us/default.aspx?ID=290>
- Hope-link Travel Training Program (North King County)  
mobility@hope-link.org  
[http://www.hope-link.org/get\\_help/transportation/travel\\_programs/](http://www.hope-link.org/get_help/transportation/travel_programs/)
- SNOTRAC: Bus Buddy Program  
(425)265-2226  
<http://www.sssc.org/snotrac.htm>

## **Independent Living Skills Training (general mobility & bus travel)**

- Community Services for the Blind & Partially Sighted  
(800) 458-4888  
<http://www.csbps.com>

## **Senior Driver Safety Classes**

- East County Senior Center  
(360) 794-6359  
<http://eastcountyseniorcenter.org>
- Northshore Senior Center  
(425) 286-1035  
<http://northshoreseniorcenter.org>
- Stillaguamish Senior Center  
(360) 653-4551  
<http://stillycenter.com>

## **Vehicle Ownership Program**

- Express Credit Union  
(206) 622-1850  
<http://expresscu.org/member-services/vehicle-ownership-program/>

## **Bicycle Repair**

- Sharing Wheels  
(425) 252-6952  
[www.sharingwheels.org](http://www.sharingwheels.org)

# **Parenting Skills**

## **Immigrant Parents**

- Lutheran Community Services: Familias Unidas  
(425) 355-6005 English & Russian  
(425) 513-2880 Spanish  
<http://www.familiasunidaseverett.com/>
- Ukrainian Community Center of Washington North Branch  
(360) 658-2523  
[http://www.uccwa.us/index.php?option=com\\_content&view=article&id=47&Itemid=133](http://www.uccwa.us/index.php?option=com_content&view=article&id=47&Itemid=133)

## **Child Care/Baby Sitting Class**

- American Red Cross-Snohomish County (age 11 and up)  
(425) 252-4103  
<http://www.redcross.org/wa/everett>

- Lutheran Community Services Northwest-Lake Stevens Family Support Center  
(425) 397-7433  
<http://www.lcsnw.org/>
- Seattle Children's (Youth, ages 11 through 14)  
(206) 987-9879  
<http://www.seattlechildrens.org/classes-community/classes-events/better-babysitters/>
- Volunteers of America Child Care Provider Classes  
(360) 542-8478  
<http://www.voaww.org/>

### **Parenting Classes**

- Compass Health  
(425) 349-7209  
<http://www.compasshealth.org/classes-training/parenting-and-life-skill-education/>
- Stanwood Camano Community Resource Center  
(360) 629-5257  
[www.stanwoodcamanoresources.org/resource-center.html](http://www.stanwoodcamanoresources.org/resource-center.html)
- Changes Parent Support Network  
(888) 468-2620  
<http://www.cpsn.org/>
- Youthnet  
(360) 336-1610  
<http://www.youthnetnw.net/>
- Lutheran Community Services: Latina Women's Group (early childhood development and other health concerns)  
(425) 225-5032  
<http://www.lcsnw.org/seattle/lynnwood.html>

### **Extended Parenting Program**

- Break Through Learning Center  
(206) 992-2831  
<http://btpinstitute.org/>

### **Storytime Class**

- Volunteers of America Western Washington  
(425) 259-3191  
<http://www.voaww.org/>



## **New Parents**

- Edmond Community College  
(425) 640-1665  
<http://www.edcc.edu/pared/Infant-Toddler%20Program/default.php>
- Friends of Youth (for young parents under 23)  
(425) 844-9669/ ext. 102  
<http://www.friendsofyouth.org/>
- Parent Trust for Washington Children (skills for new dads, childbirth and early parenting)  
(206) 233-0156  
<http://parenttrust.org/>
- Providence Regional Medical Center Everett: Birth and Family Education  
(425) 304-6000  
<http://washington.providence.org/>
- Fleet and Family Support-Snohomish County (expectant/new Navy parents)  
(866) 854-0638  
<http://www.navylifepnw.com/site/251/New-Parent.aspx>

## **Children with Disability**

- Sherwood Community Services (birth-to-three)  
(425) 334-4071  
<http://www.sherwoodcs.org/>
- PAVE (Partnerships for Action Voices for Empowerment): Parent Training Program  
(253) 565-2266/(509) 439-9864 Spanish  
<http://www.wapave.org/>

## **Safety**

### **Self-Defense**

- Dawson Place: Providence Intervention Center for Assault and Abuse  
(425) 388-7497  
[http://dawsonplace.org/?page\\_id=58](http://dawsonplace.org/?page_id=58)

### **Child Physical and Sexual Abuse**

- Dawson Place: Providence Intervention Center for Assault and Abuse-Prevention Education  
(425) 388-7497  
[http://dawsonplace.org/?page\\_id=58](http://dawsonplace.org/?page_id=58)

## Community Education

- Bothell Police Department: Crime Prevention Services  
(425) 486-1254  
<http://www.ci.bothell.wa.us/cityservices/publicsafety/police.ashx?p=1286>

## Safe Housing for Youth

- TeamChild (low-income youth between 12-18, who are involved, or at risk of involvement in the juvenile system)  
(206) 322-2444  
<http://www.teamchild.org/index.php/whatwedo/130/>

## CPR

- Sea Mar Community Health Centers  
(360) 657-3057  
[http://www.seamar.org/static\\_pages/preventive\\_snohomish.php](http://www.seamar.org/static_pages/preventive_snohomish.php)
- Valley General Hospital  
(360) 794-7497  
[http://www.valleygeneral.com/classes\\_events/classes.asp](http://www.valleygeneral.com/classes_events/classes.asp)

# Shelter

## Application Assistance

- WithinReach  
(800) 322-2588  
<http://www.withinreachwa.org/what>

## Tenant Readiness

- Northwest Justice Project  
<http://www.washingtonlawhelp.org/>
- Tenants Union of Washington State  
(206) 723-0500  
<http://www.tenantsunion.org/>
- Volunteers of America Western Washington: Renter Certification Program  
(425) 339-1335  
<http://www.voaww.org/>

## Senior Housing

- Everett Housing Authority (seniors with mental health or behavioral issues who are in jeopardy of losing their housing)  
(425) 303-1106  
<http://www.evha.org/>

## Home Buyers

- HomeSight  
(206) 723-4355  
<http://www.homesight.org>
- Everett Community College  
(425) 388-9100  
<http://www.everettcc.edu/>
- Parkview Services (disability)  
(206) 529-4114  
<http://parkviewservices.org/>

## Foreclosure Counseling

- Parkview Services (disability)  
(206) 529-4114  
<http://parkviewservices.org/>

# Substance Abuse

## Alcohol, Tobacco, and Other Drug education

- A New Spirit Recovery Program  
(425) 771-1194  
<http://www.ansrp.info/>
- Ace Counseling  
(425) 438-8200  
<http://allforyoucounseling.wix.com/washington>
- Alpha Center for Treatment  
(425) 483-4664  
<http://alphacenterfortreatment.com/>
- Alpine Recovery Services  
(360) 658-1388 Arlington  
(425) 778-1136 Lynnwood  
<http://www.alpinerecovery.com/>
- Alternative Counseling (425) 776-6414  
<http://www.alternativecounseling.com/>

- Asian Counseling and Referral Service  
(206) 695-7506  
<http://www.acrs.org/>
- Assessment & Treatment Associates  
(425) 289-1600  
<http://www.assesstreat.com/>
- Bowen Recovery Center  
(425) 787-5833  
<http://www.bowenrecoverycenter.net/>
- Burnham Education Center  
(425) 776-4555
- Center for Human Services  
(206) 362-7282 Shoreline  
(425) 205-2004 Bothell  
(206) 631-8846 Bothell (Teens)  
<http://www.chs-nw.org/>
- CRC Health  
(425) 672-293  
<http://www.washingtondrugtreatment.com/>
- Everett Treatment Services  
(425) 347-9070  
<http://www.providence.org/everett>
- Evergreen Manor  
(425) 259-5842/(425) 259-5842 Everett  
(425) 248-4900 Lynnwood  
<http://www.evergreenmanor.org/>
- La Esperanza Health Counseling Services  
(425) 248-4534  
<http://www.laesperanzahcs.org/>
- Options Treatment and Evaluations, Inc.  
(425) 742-6410
- Port Gardner Bay Recovery  
(425) 252-4656

- Providence Regional Medical Center Everett  
(425) 258-7390  
<http://www.providence.org/everett>
- Sea Mar-Snohomish County  
(425) 609-5505 Everett  
(425) 977-2560 Lynnwood  
(360) 805-3122 Monroe  
<http://www.seamar.org/>
- Sunrise Recovery Services  
(425) 740-3200  
<http://www.sunrisecommunityliving.com/>
- Therapeutic Health Service  
(206) 546-9766 Shoreline  
(425) 347-5121 Everett  
<http://www.ths-wa.org/>
- Valley General Hospital  
(360) 794-1405  
<http://www.valleygeneral.com/>

#### **Families of Substance Abuser**

- Valley General Hospital  
(360) 794-1405  
<http://www.valleygeneral.com/>