

## SKY VALLEY FOOD AND MEALS CONT'D

### VOA Sky Valley Senior Center

LOW COST LUNCH PROGRAM

\$4 for those 62 and older | \$6 for those under 62

M-T-W-Th 11:30 am - 1:00 pm

PANCAKE BREAKFAST

8:00 am - 12:00 pm | FIRST SATURDAY OF MONTH

FREE BREAD PROGRAM

T-W-Th 9:00 am - 1:00 pm

617 1st St. (A-frame building), Sultan, WA 98294

360.863.3371

## LOCAL CHURCHES

### Cascade Community Church

360.794.4600

14377 Fryelands Blvd SE, Monroe, WA 98272

### Christ Church Monroe

360.794.8835

14118 Chain Lake Rd Monroe, WA

### Cross Water Community Church

360.799.1030

Services: Sun at Sultan High School at 9:00 & 10:45 am

Office: M-Th 10am-4pm 202 Birch Ave, Sultan, WA 98294

### First Baptist Church

360.794.8044

17922 149th St SE, Monroe, WA 98272

### Foot Hills Foursquare Church

360.794.9849

17310 W. Main St, Monroe, WA

### Monroe Bethel Assembly

360.794.7708

14920 Kast Rd, Monroe, WA 98272

### Monroe Nazarene Church

360.794.8059

322 W. Main St, Monroe, WA 98272

### Monroe Community Chapel

360.794.4440

14365 Fryelands Blvd SE, Monroe, WA 98272

### Monroe Covenant Church

360.805.8433

202 S. Sams St, Monroe WA 98272

## LOCAL CHURCHES CONTINUED ON BACK

## LOCAL CHURCHES CONTINUED

### Monroe SDA Church

360.805.9777

14118 Chain Lake Rd, Monroe, WA 98272

### Monroe United Methodist Church

360-794-8863

342 S. Lewis St, Monroe, WA 98272

### Morningstar Lutheran Church

360.794.2111, Office Hours 10:00am-2:00pm

342 S. Lewis St, Monroe, WA 98272

### New Hope Fellowship

360.794.8162

1016 W. Main St, Monroe, WA 98272

### New Horizon Christian Church

360.794.1000

Office: 20014 St RT 2 Suite C, Monroe, WA 98272

Worship Sundays at East County Senior Center

276 Sky River Park Way, Monroe, WA 98272

### Saint Mary of the Valley Catholic Church

360.794.8945

601 W. Columbia St, Monroe, WA 98272

\* We provide this list of churches as a place and source for spiritual care and comfort in your life.

\*Churches listed are only those that have agreed to be included in this guide. For a complete list of Sky Valley Churches, please see a local directory.



# A Sky Valley Resource Guide

## 24 HOUR CRISIS LINES

### **Crisis Care Line — Volunteers of America (VOA)**

Emergency outreach, involuntary commitment, and suicide prevention services

425.258.4357 or 800.584.3578

### **Domestic Violence Services of Sno County (DVSSC)**

Free and confidential services

425.25.ABUSE (425.252.2873)

### **Safe Place**

24/7 assistance for youth, ages 12-20

425.877.5171

## HOUSING AND SHELTER

### **Acres of Diamonds**

Shelter for women and children

26326 Kennedy Dr, Duvall, WA 98019

425.788.9999

### **Catholic Community Services (CCS)**

425.257.2111

### **Cocoon House**

Community outreach for youth, ages 12-24

East County Advocate: 425.359.3318

### **Everett Gospel Mission**

3711 Smith Ave, Everett, WA 98201

Men: 425.740.2550 Women: 425.740.2501

### **Sky Valley Volunteers of America (VOA)**

Hours: M-F 10am-4pm, Sat 10am-1pm

360.793.2400

### **Washington Information Network**

Complete a central housing intake for Snohomish County housing programs.

211 or 800.223.8145

### **Monroe Women's Gospel Mission**

450 South Lewis St, Monroe, WA 98272

360.863.9003

### **Saint Vincent DePaul**

Basic needs and limited financial assistance

425.355.3504

## MENTAL HEALTH & CHEMICAL DEPENDENCY

### **Catholic Community Services (CCS)**

Adult and youth mental health and chemical dependency services, Everett Adult mental health clinic

425.257.2111

## MENTAL HEALTH & CHEMICAL DEPENDENCY

### **Compass Health Crisis Triage and Stabilization**

Professional staff is positioned to see that help offered is appropriate for the crisis that someone is experiencing. 800.584.578

### **Horses Healing Heros (H3)**

Equine assisted psychotherapy (EAP) the horses are used to facilitate healing from combat trauma post-traumatic stress injury, traumatic-brain injury & military sexual trauma

425.346.7322

### **SeaMar**

Mental health and chemical dependency assessments and addiction treatment Center

360.805.3122 or 425.25.ABUSE (425.252.2873)

### **Sunrise Services**

Mental health services:

811 Madison St, Everett, WA 425.212.4200

2021 N. Broadway, Everett, WA 425.493.5800

Recovery services:

10407 Airport Rd, Everett, WA 425.353.7521

## PET SERVICES

### **Becks Place**

Beck's Place provides animal and human support services to low-income families in order to enable them stay together with their pets.

425.419.8992

## RESOURCE ASSISTANCE

### **Community Information Network**

Call 211 or 800.223.8145

or go online to win211.org

### **Monroe Public Library**

Open: M-Th at 9am-8pm, F-S at 10am-6pm, S at 1-5pm

1070 Village Way, Monroe, Wa 98272

360.794.7851

### **Take the Next Step (TTNS)**

A drop in resource center offering basic needs assistance and resource referrals.

Open: M-W-F 10am-5pm (closed 1-2pm for lunch)

202 S. Sams St, Monroe, WA 98272

360.794.1022

## SKY VALLEY FOOD & MEAL RESOURCES

### **Crosswater Community Church**

FREE FOOD DISTRIBUTION

Sunday 2:00 - 2:30 pm

Sultan High School Commons

13715 310th Ave. SE, Sultan, WA 98294

360.793.0731

### **Monroe United Methodist Church**

FREE BREAKFAST

9:00 am Every Saturday morning

342 S. Lewis Street, Monroe, WA 98272

360.794.8863

### **Mountain View Chapel**

FREE FOOD DISTRIBUTION

2:00 - 2:30 pm | 2nd & 4th Sunday each month

230 Lewis Ave, Gold Bar, WA 98251

### **Mountain View Christian Church**

FREE COMMUNITY DINNER

Wednesday at 6:00 pm

FREE FOOD DISTRIBUTION

Sunday 12:30 – 1:30 pm

211 6th St, Sultan, Wa 98294

360.793.0731

### **Sky Valley Food Bank**

FREE FOOD DISTRIBUTION

M-W-F 9:00 - 11:30 am

Mondays 6-7:00 pm

233 Sky River Parkway, Monroe, WA 98272

360.794.7959

### **Sultan Food Bank**

FREE FOOD DISTRIBUTION

Tues and Fri 5:00 - 7:00 pm

703 1st St, Sultan, WA 98294

360.793.8609

### **Take the Next Step Drop-In Resource Center**

FREE SACK LUNCHES AND SNACK BAGS

M-W-F Limited number served daily on a first come, first serve basis.

FREE COMMUNITY DINNER

Tuesdays 6:00 - 6:45 pm

(Served in the basement of the church next door to the drop-in center)

202 Sams St, Monroe, WA 98272

360.794.1022

### **The Rock Church**

FREE FOOD DISTRIBUTION

Fri 4:30 - 5:30 pm

16891 146th St. SE, Monroe, WA 98272

360.805.0699