

## SUPPORT GROUP RESOURCES

**Al-Anon/Alateen ,**

Phone: 1-800-344-2666, Web: <http://www.wa-al-anon.org/>

Support for families and friends of alcoholics. For meeting times and locations please call or see website

**Alcoholics Anonymous,**

Phone: (360) 734-1688, (360) 318-5764 (Español), Web: <http://www.whatcomaa.org/>

Support group for people dealing with alcohol addictions. Call or go online for a list of meeting times. Island County: (888) 360-1564 Skagit County: (360) 428-7155 South Whidbey: (360) 221-2070

**Alzheimer Society of Washington Support Center,** 1301 Fraser St. Suite A-1, Bellingham, WA 98229

Phone: (360) 671-3316, Web: <http://www.alzsociety.org>

Hrs. M-F 8am-4pm. Resources for people or caregivers of people with Alzheimer's or other dementia related illnesses.

**Bellingham Asthma, Allergy and Immunology Clinic,** 3015 Squalicum Parkway, #180, Bellingham, WA 98225

Phone: (360) 733-5733, Web: <http://www.belasthma.com>

Hrs. M-Th: 8:30am-5:30pm. Provides care to Whatcom County residents with the diagnosis and management of asthma, chronic cough, respiratory allergies, chronic rhinitis, sinusitis, eczema, allergies, hives, recurrent infections, and immunodeficiency problems.

**Boys & Girls Club of Oak Harbor,** 98 NE Barron Dr, Oak Harbor , WA 98277

Phone: 360-240-9273, Web: <https://bgcsc.org/snohomish-clubs/oak-harbor-club/>

Before school hrs: M-F: 6:45-9am, After school hrs: M: 2:30pm-6pm, T-F: 3pm-6pm, Summer/Non-School Days hrs: M-F: 6:45am-6pm. Programs are designed to meet the physical, emotional, cultural and social needs and interests of the community.

**Church on the Street,** 1310 G Street, Bellingham , WA 98225

Phone: (360) 671-5507, Web: <http://www.churchonthestreetbellingham.com/>

Hrs. W,F: 3:30 to 5pm. Free hot meal, hygiene items, socks, candles and blankets available, YMCA shower passes, WTA bus coupons. Activities and Fellowship.

**Early Learning and Family Services - Opportunity Council,** 1111 Cornwall, Suite 200 , Bellingham, WA 98225

Phone: (360) 734-8396, Web: <https://www.opppo.org/basic-needs/preschool-education/>

Hrs. M-F: 8am-5pm. Head Start Programs provide free educational, health, nutritional and parent involvement experiences for eligible children birth to 5, and their families.

**Family Caregiver Support Program-Northwest Regional Council**, 600 Lakeway Dr., Bellingham, WA 98225

Phone: (360) 676-6749, Web: <http://www.nwrcwa.org/family-caregiver-support-program/>

Hrs. M-F: 8am-5pm. Provides support and services for unpaid family caregivers in Island, San Juan, Skagit, and Whatcom counties. Island County Camano Island: 360-387-6201 Coupeville: 360-678-4886 Oak Harbor: 360-675-0311 South Whidbey: 360-321-1600 San Juan County Lopez, Shaw, Center, Decatur: 360-468-2421 Orcas, Blakely, Waldron: 360-376-2677 San Juan, Brown, Henry, Stuart: 360-378-2677 Skagit County: 360-428-1301 Whatcom County: 360-676-6749

**Kinship Navigator Program**, 1111 Cornwall Ave., Bellingham, WA 98225

Phone: (360) 734-5121 ext. 2171, Web: [www.opcco.org](http://www.opcco.org)

Hrs. M-F 8am-5pm. Provides short term services to eligible Kinship Caregivers who are experiencing financial hardship regarding their ability to provide care for their relative children.

**NAMI of Whatcom County (National Alliance on Mental Illness)**, 800 E. Chestnut St. Suite 1C, Bellingham, WA 98225

Phone: (360) 671-4950, Web: <http://www.namiwhatcom.org/support.html>

NAMI Whatcom offers free support groups and education classes to all those affected by mental illness including family members and friends. Visit website or call for more details about when and where groups and classes meet.

**New Beginnings Support Group- DVSAS** , 1407 Commercial St., Bellingham , WA 98225

Phone: (360) 671-5714, Web: <http://www.dvsas.org/>

Hrs. W: 6pm-8pm F: 10am-12pm (w/childcare) W:10am-12pm (at DSHS office, no childcare provided)  
Support group for women 18+ who have had or are experiencing abuse in an intimate relationship.  
Confidential, no registration required.

**New Leaf** , 660 SE Fidalgo Ave., Oak Harbor, WA 98277

Phone: 360-675-1989 , Web: <http://www.newleafinc.org/>

Hrs. M-F 8am-4pm, closed 12-1pm; New Leaf's mission is to promote independence and quality of life through employment. Provides jobs to people with disabilities and employment assessment. Programs for job training, independent living evaluation, and support service.

**PeaceHealth St. Joseph's Cancer Center**, 3301 Squalicum Parkway, Bellingham, WA 98225

Phone: (360) 788-8222, Web: <https://www.peacehealth.org/st-joseph/cancer-center>

The PeaceHealth St. Joseph Cancer Center offers a full-range of services in one convenient location. You can see cancer specialists and receive treatment without ever leaving the facility. This centralized care also provides doctors and other caregivers a common space to collaborate. Our team of experts is committed to providing the best possible cancer care. We offer some of the most advanced medical treatments, along with free support services and educational programs to enhance overall well-being and health.

**Preschool Head Start, Oak Harbor, 600 Cherokee St., Oak Harbor, WA 98277**

Phone: 360-279-5941, Web: <http://www.sih.s.kagit.edu/index.php>

Skagit/Islands Head Start & ECEAP, a Skagit Valley College program, provides high quality, happy, early-learning environments for children birth to five. We also provide culturally responsive services to the entire family, including home-based services to pregnant women. We understand that each child's first and most important learning happens in the home, so we strive to work in partnership with families to ensure we are reaching the best possible outcomes for each individual child and family. The program offers parents and guardians unique opportunities for support and growth. We believe the more adults participate, the more rewarding the experience will be for the child.

**Readiness to Learn Coupeville, 501 S. Main St., Coupeville, WA 98239**

Phone: 360-678-2404, Web: <http://www.readinesstolearn.org/>

The Readiness To Learn Foundation is a non-profit organization that works in partnership with schools, communities and families. Our goal is to help each child reach their potential regardless of their circumstances. The Readiness To Learn Foundation is your one stop shop when you need information, encouragement or support. We can help.

**Turning Point, Whatcom Community College, 237 W. Kellogg Rd., Bellingham, WA 98226**

Phone: (360) 383-3185 , Web: <http://whatcom.edu/academics/learning-options/turning-point>

For more than 20 years, Turning Point has been helping participants identify their skills and strengths, set goals and find their next steps along a career path. Workshops are available fall, winter and spring quarter. In friendly surroundings an individual can explore personal strengths and interests and learn how to present skills to current or prospective employers. Call or visit website for more information about workshop dates and times.

**Victim Support Services, P.O. Box 1949, Everett, WA 98206**

Phone: (360) 756-1780, 24 Hr. Crisis line:1-888-288-9221, Web: <http://victimsupportservices.org>

Criminal justice system advocacy, resources, referrals, educational and support services for victims of crime and their families. Victim Support Services has been providing peer support and advocacy for victims of crime since 1975. Services are free of charge. Serve victims of Adult Missing Persons, Arson, Assault, Burglary, Elder Abuse, Fraud, Gang Violence, Hate Crimes, Homicide, Human Trafficking, Identity Theft, Robbery, Vehicular Assault, Vehicular Homicide.

**Whatcom Alliance for Health Advancement End of Life Choices , 800 E. Chestnut St., Lower Level, Suite 2, Bellingham, WA 98225**

Phone: (360) 788-6594, Web: <http://whatcomalliance.org/end-of-life-care/>

WAHA End of Life Choices is a community-wide advance care planning program offering residents the opportunity to reflect on their wishes for medical care when they cannot speak for themselves, and record their wishes in an Advance Directive Document. We offer free community workshops and opportunities to meet with skilled and certified facilitators to help you identify personal goals for life-sustaining treatment. The facilitators can also help to recognize qualities that are important in choosing an effective Health Care Agent, and assist in documenting preferences for care in an Advance Directive.

**Whatcom Homeschool Association** , PO Box 5747 , Bellingham, WA 98227

Phone: (360) 671-3689, Web: <http://www.whatcomhomeschool.org>

Monthly support meetings.. Please call for time and location.