

Community Resource & Support Guide





The City of Monroe strives to support those in our community who are struggling in their everyday lives. This guide lists agencies that offer services for persons of all ages and families facing housing, mental health, and crisis issues.

Housing *See “Basic Needs” section for more resources.

Acres of Diamonds (Duvall) (425) 788-9999

Provides non-traditional community-based transitional housing for unhoused mothers and children in Duvall, WA.

info@acresofdiamonds.org | [acresofdiamonds.org](https://www.acresofdiamonds.org)

Cocoon House (360) 805-9282

Provides short-term shelter for young people between the ages of 12 to 17 located in Monroe, WA.

info@cocoonhouse.org

Housing Hope (425) 347-6556

Offers affordable housing, employment and life-skills training, child and family services, and case management to help individuals and families.

info@housinghope.org | [housinghope.org](https://www.housinghope.org)

Monroe Gospel Women’s Mission (360) 863-9003

Provides needed assistance of housing, educational direction, counseling, and spiritual help to homeless women.

monroegospel@aol.com | [monroegospelmission.com](https://www.monroegospelmission.com)

Social Emotional Wellness

2-1-1 Washington

Dial 2-1-1

Offers crisis intervention assistance. WA211.org

988 Crisis Lifeline

Call or Text 988

Provides free and confidential emotional support 24 hours/day- 7 days/ week to people in suicidal or emotional distress. Dial options available to assist veterans, those who speak Spanish, 2SLGBTQ+ youth, and American Indians and Alaska Natives.

Or Chat at: www.988lifeline.org

Beck's Place

(425) 419-8992

Removes pet-related barriers to human services by providing temporary foster care for pets while families access housing, medical, or safety support.

lrubin@becksplace.org | becksplace.org

Domestic Violence Services of Snohomish County

(425) 252-2873

Provides diverse and equitable services for individuals impacted by Intimate Partner Violence (IPV), including their children, and by facilitating social change.

info@dvs-snoco.org | dvs-snoco.org

24/7 support line: 425-25-ABUSE

Faith Community Partners

A network of local faith-based organizations that provide community-wide resource support and encourage community volunteerism.

ccmrev@hotmail.com

Miracles and Memories Academy

(425) 315-6783

A community center designed to support families of adults with intellectual and developmental disabilities.

tinna@miraclesandmemoriesacademy.org

miraclesandmemoriesacademy.org

Social & Emotional Wellness

Monroe Equity Community

Envisions a diverse and inclusive Monroe where everyone is honored, safe, and represented. Embodies a collaborative commitment to do the work necessary so that all people have access to opportunities according to their need.

mec@monroeequitycouncil.org | monroeequitycommunity.org

Monroe Senior Center

(360) 794-6359

Promotes the physical, emotional, and economic well-being of older adults and their participation in all aspects of community life.

info@mcsc.org | mcsc.org

Scooter's Place

A nonprofit adaptive horseback riding program serving children and adults with physical or developmental challenges.

scootersplacenp@gmail.com | scootersplace.org

The Compassionate Friends

(360) 348-6221

Provides support to bereaved families after the death of a child. (Snohomish County Chapter).

tcfsnoco@gmail.com | compassionatefriends.org

Assistance with Basic Needs

St. Vincent de Paul North Sound Council

(360) 294-8485

Provide resources to meet the needs of low- income and unhoused people in Snohomish County.

monroe@svdpnsc.com | svdpnsc.com

Volunteers of America (VOA)

(360) 793-2400 ext.1408

(Sultan, WA) Connects families in crisis and those experiencing homelessness with available basic need resources, including other local services to support them back to stability.

skyvalley@voaww.org | voaww.org/skyvalley

Assistance with Basic Needs

Take the Next Step

(360) 794-1022

A Family Resource Center providing resource navigation, rental and utility assistance, transportation support, and referrals to additional services.

sarah.morgan@ttns.org | sarah@ttns.org | ttns.org

Washington State Department of Social & Health Services (DSHS)

(877) 501-2233

Provides program information for food, cash, childcare, long term care and Medicare Savings (Skykomish Valley Community Services Office).

debbie.black@dshs.wa.gov | washingtonconnection.org/home/

Addiction Treatment

Conquer Clinic

(206) 552-0882

Offers comprehensive, co-occurring, outpatient mental health and addiction treatment.

info@conquerclinics.com | conquerclinics.com

EvergreenHealth Recovery Center

(360) 794-1405

(24/7) Acute medical detoxification, a 21-day residential treatment program, and outpatient options.

recoverycenter@evergreenhealth.com | recoverycentermonroe.com

Ideal Option

(877) 522-1275 ext. 2114

Provides office-based medication-assisted treatment for addiction to opioids, alcohol, and other substances.

erinlopez@idealooption.net | idealooption.com

SeaMar Community Health Center

(360) 512-2044

Provides quality, comprehensive health, human, housing, educational and cultural services to diverse communities, specializing in service to Latinos.

erickalume@seamarchc.org | seamar.org

Youth Services

Monroe Boys and Girls Club

(360) 794-4775

Provide youth aged 6 to 18 with after-school and summer programs and a FREE Teen Program. Programs aim to help young people succeed academically, lead healthy lives, and become responsible, caring citizens.

jcarmel@bgcsc.org | bgcsc.org/clubs/monroe-club/

Monroe Community Coalition

Dedicated to improving the health and wellness of our community by reversing risk factors that actually predict a variety of problem behaviors.

neigelj@monroe.wednet.edu | monroecommunitycoalition.org

Monroe School District

360-804-2500

Assists children and youth experiencing homelessness to enroll and succeed in school. Contact your local school counselor to learn about services available.

www.monroe.wednet.edu

Monroe/Sky Valley YMCA

(360) 805-1879

The YMCA provides a wide range of services focused on youth development, healthy living, and social responsibility. Many locations also offer housing support, mental health services, and substance use recovery programs to meet local community needs. FREE Teen Program.

ymca-snoco.org (Search: Monroe Sky Valley location)

Sky Valley Early Childhood Education & Assistance Program

(425) 212-2941

Provides high-quality preschool to children from low-income households, along with home visiting and parenting support for families serving families with children ages 3 to 5. Available in Monroe and Sultan.

rhoover@voaww.org | voaww.org/skyvalley



“In Monroe, everyone feels at home, and everyone feels they belong.”

– Imagine Monroe Vision Statement

Food

Provide Hope

(360) 805-0699

Provide locally focused food program to families in greater Snohomish and King counties through specific food donation organizations.

info@trclife.com | providehope.org

Sky Valley Food Bank

(360) 794-7959

Provides equitable access to nutritious food in our community through its food distribution programs and food bank.

endhunger@svfoodbank.org | svfoodbank.org

WIC Program - Pregnancy Aid

(360) 805-0633

Offers a nutrition program for pregnant, postpartum and breastfeeding women, infants and children under 5 years old.

wicinfo@pregnancyaid-wic.org



We're Here to Help.

City of Monroe

Rachel Adams, Human Services
Coordinator

(360) 913-4817 | RAdams@monroewa.gov

Monroe Police Department Community Outreach Team

Elisa Degado, Social Worker

Elisa.Delgado@co.snohomish.wa.us

**Service providers and services change frequently.
For an up-to-date list, visit MonroeWA.gov.**

