

ISLAND COUNTY QUICK REFERENCE GUIDE



Island County Public Health WIC Program

WIC is more than just food! WIC provides nutrition education, breastfeeding support, health screenings and referrals to other resources you may need as well as healthy foods each month for your growing family. Call **(360) 240-5554 press 4** or text **(360)544-2239** or go to **signupwic.com** to see if you qualify. This institution is an equal opportunity provider. Washington WIC doesn't discriminate.

Website: signupwic.com

Phone: **(360)240-5554 press 4 or text (360)544-2239**

Steps



Early childhood is a time when young children are building the foundations for the rest of their lives, which includes their mental health. Infant and Early Childhood Mental Health Therapists and Parent Support Specialists support families and children's social-emotional skills and development through fostering strong relationships, expressing and managing emotions, and learning and developing new skills. Reach out at **(360)679-1039** if you have any questions or concerns about your child's social and emotional skills or development, Steps can help!

Website: takingstepstogether.org

Phone: **(360)679-1039**

ChildCare Aware of Washington



Looking for child care? Child Care Aware of Washington's Family Center helps families find licensed child care with a free database and multilingual support. We provide information and guidance to help parents choose the best care for their children. Search our database of child care providers by region, type of care, and special needs accommodations. Reach out at **1-800-446-1114** if you have any questions.

Website: <https://ccawa.my.salesforce-sites.com/providerupdate/CAWAOnlineLookUpg>

Phone: **1(800)446-1114**

Sno-Isle Libraries



Sno-Isle Libraries is a public library system serving Island and Snohomish Counties, with 5 locations on Whidbey Island. Come visit our libraries for baby storytimes to wiggle, giggle and bond with your baby through stories, happy songs, rhymes, and activities that inspire a love of reading. Tired of reading the same books? Our librarians will help you find new books for your child's interests. To find your library and more of what we offer call **360-651-7000** or visit sno-isle.org

Website: sno-isle.org

Phone: **(360)651-7000**

Access to Baby & Child Dentistry



The Island County Access to Baby and Child Dentistry program (ABCD) focuses on preventive and restorative dental care for Medicaid-eligible children. Our goal is "First Tooth, First Birthday, First Dental Exam" by a dentist or a doctor, as recommended by the Academy of Pediatric Dentistry. For services, please complete our referral form.

Website: <https://www.cognitofrms.com/IslandCounty1/PublicHealthReferralForServices>

Phone: **(360)682-7942**

Mother Mentors

Whidbey Island



Mother Mentors

Mother Mentors of Whidbey Island provides parents and caregivers of children birth to age 5 with resources, including: Playscape, a facilitated, drop-in play and learn program, Mother Mentors Parent Pantry, a fully donation based pantry stocked with clothing, baby items, diapers, formula, shoes, and more, and Mentoring. where families are matched with a volunteer mentor who visits the family in their home. Our programs are supported by volunteers and offered free of charge to all families with children ages 0-5 years.

Website: mothermentors.org

Phone: (360)321-1484

New Baby, New Family

Public Health nurses provide parenting support, breastfeeding and nutritional counseling, care referrals, and health assessments. Services are available for all pregnant women and families with newborns. There are no income restrictions on receiving services. All clients are assigned a public health nurse for care. For Whidbey Island, call **360-320-5000**. For Camano Island, call **360-499-9559**. Or fill out our website to submit a referral.

Website: <https://www.islandcountywa.gov/184/New-Baby-New-Family>

Phone: Whidbey: (360)320-5000
Camano: (360)499-9559

New Parent Support Home Visitation Program

The New Parent Support Home Visitation Program (NPSHVP) is a team of professionals providing supportive and caring services to military families with children 0-48 months of age. This program offers expectant parents and parents of newborn and young children the opportunity to learn new skills as parents and to improve existing parenting skills, in the privacy of their home. NPSHVP program also offers pregnancy/postpartum support groups and playgroups for families with young children.

Please call : **360-257- 6779 or 360-257-4013** for more information.

Phone: (360)257- 6779 or (360)257-4013

Opportunity Council

The Opportunity Council offers a broad scope of services. We shelter people who are homeless, feed people who are hungry, prepare young children for school, help keep people safe and warm through the winter, offer quality childcare resources, and more. We have programs that serves families and individuals that are low-income and/or homeless with utilities, emergency shelter, transitional housing, case management, Veterans Services, access to food benefits, financial wellness and serve our community as an information and referral hub. For any needs, families can call us or visit our website for program information.

Website: <https://www.opcco.org/locations/island-county/>

Phone: (360) 679-6577

CADA

Citizens Against Domestic & Sexual Abuse (CADA) serves residents of Island County who are survivors of domestic violence, sexual abuse, elder abuse, stalking, child abuse or neglect. CADA services include an Emergency women's shelter, crisis intervention, trauma-informed advocacy, legal advocacy, medical advocacy, support groups, parenting classes, and community education and prevention.

Phone:

(360) 675-7168 24/7 Help Line
Toll Free (800) 215-5669

Website: cadacanhelp.org



COMMUNITY & FUN!



Camp Casey YMCA

YMCA Camp Casey provides inspiring group getaways, Y Programs, and Summer Camps to beautiful Whidbey Island. As a charitable organization the Y is pleased to offer financial assistance for membership and programs based on household income. Visit our website or call **360-678-5050** for more information on our programs, camps and financial assistance.

Website: ymcacampcasey.org

Phone: (360) 678-5050



Langley Whale Center

The Langley Whale Center is a free museum that gives visitors the opportunity to learn more about the marine mammals that inhabit the Salish Sea through interactive exhibits. The whale center also offers regular, FREE events for youth. Check out our website for more information and upcoming events.

Website: orcانetwork.org/langley-whale-center

Phone: (360) 221-7505



Pamoja Place

Pamoja Place is an organization dedicated to growing community and a sense of belonging for BIPOC individuals on Whidbey Island. This is achieved through community education, BIPOC youth mentoring and engagement, community resilience and adult BIPOC affinity groups. Check out our website for information on programs and events.

Website: pamojaplace.org



Macaroni KID Whidbey Island

Macaroni KID's mission is to bring the local pulse of a community to families. We do that by maintaining websites and producing hyperlocal newsletters in thousands of communities nationwide. We share local events, review businesses and attractions, and curate lists of everything from local summer camps to restaurants where kids eat free.

Website: <https://whidbeyisland.macaronikid.com/about-us>