



# PREGNANCY RESOURCES IN SKAGIT COUNTY



## Information Lines

2-1-1 can help you find a variety of community services

Baby Line at Skagit Valley Hospital Family Birth Center	428-BABY (428-2229)	
Healthy Mothers/Healthy Babies (WithinReach)	1-800-322-2588	<a href="http://www.withinreachwa.org">www.withinreachwa.org</a>
March of Dimes Resource Center		<a href="http://www.marchofdimes.com/professionals/681_1453.asp">http://www.marchofdimes.com/professionals/681_1453.asp</a>
Toxic Exposure Info for pregnant women (free)	(866) 626-6847	Available 7 a.m. to 5 p.m.
Welcome Baby warm line	419-3324	<a href="http://www.welcomebabywa.org">www.welcomebabywa.org</a>

## First Steps Medical Coverage

Pays for pregnancy health care, baby's health care the first year, a year of family planning services after pregnancy ends and more.

Department of Social & Health Services Community Services Office	900 E. College Way, Mount Vernon	416-7444
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## Pregnancy Counseling (also see First Steps MSS, below)

Catholic Community Services	1-800-499-5979	Northwest Family Services	336-5244
New Hope	1-800-228-3150	Pregnancy Choices	428-4777 or 1-800-862-4777

## Prenatal Care Providers

Prenatal Care is available from Obstetricians (specialists), Family Practice Physicians and/or Midwives

The listings, below, do not imply any recommendation, endorsement, or guarantee of competence of any health care professional.

Burlington Boulevard Clinic	1162 S. Burlington Blvd, Burlington	757-9030	
Fidalgo Medical Associates	1213 – 24 <sup>th</sup> Street #100, Anacortes	293-3101	
Island Family Physicians	2511 M. Avenue #A, Anacortes	293-9813	
Island Prenatal Care Center	1020 26 <sup>th</sup> Street, Anacortes	293-6973	<a href="http://www.islandhospital.org">www.islandhospital.org</a>
La Conner Medical Center	528 E. Myrtle, La Conner	466-3136	
Winni McNamara, ARNP, Licensed Midwife	827 S. Burlington Blvd, Burlington	757-4101	
Mount Vernon Women's Clinic (OB/GYN)	111 N. 17 <sup>th</sup> Street, Mount Vernon	424-4627	
North Cascade Family Physicians	2116 East Section Street, Mount Vernon	428-1700	<a href="http://www.ncfp.net">www.ncfp.net</a>
Physicians Care	1990 Hospital Drive, Sedro-Woolley	856-4141	
Sea Mar Community Health Center—Medical Clinic	1400 N. LaVenture St, Mount Vernon	428-4075	
Sea Mar Community Health Center—OB/GYN	110 N. LaVenture St, Ste D, Mount Vernon	424-5344	<a href="http://www.seamar.org">www.seamar.org</a>
Skagit Natural Family Medicine	916 S. 3 <sup>rd</sup> , Mount Vernon	336-5658	<a href="http://www.skagitdocs.net">www.skagitdocs.net</a>
Skagit Valley Medical Center—Family Medicine	1400 East Kincaid, Mount Vernon	428-2501	<a href="http://www.svmc.net">www.svmc.net</a>
Skagit Valley Medical Center—Women's Health	1400 East Kincaid, Mount Vernon	428-2575	<a href="http://www.svmc.net">www.svmc.net</a>

## First Steps Maternity Support Services (MSS) & Infant Case Management (ICM)

Individualized nursing, nutrition, behavioral health support and case management for pregnant women and infants with First Steps (Medicaid) medical coverage. **First-time mothers** can enroll in the Nurse-Family Partnership program at Skagit County Public Health

Island Prenatal Care Center	293-6973	Skagit County Community Action Agency	416-7595
Mother-Baby Services @ United General (SCPH)	856-7725	Skagit County Public Health Department	336-9383
Sea Mar Community Health Center	428-4075	Swinomish Health Clinic	466-3167

## Women, Infants, & Children (WIC) Nutrition Program

Food vouchers, nutrition education, breastfeeding support, links to other health & social services

Mother-Baby Services at United General	856-7138	Swinomish Health Clinic	466-3167
Skagit Co. Community Action Agency	416-7595	Upper Skagit Tribal Health	856-4200
Skagit County Public Health Department	336-9392		

## Pregnancy Housing

Hannah's House	424-6797	<a href="http://www.mseed.org/program.htm">www.mseed.org/program.htm</a>	Housing & support for unexpected pregnancy
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## Baby Items

Kiwanis Maternity Lending Center	Immaculate Conception Church, 110 S. 5 <sup>th</sup> , Mount Vernon		Tues/Sat 10 am - Noon
Inter Island Pregnancy Care Center	906 – 7 <sup>th</sup> St., Anacortes	299-0568	M/W/F 9 am – 2 pm
Pregnancy Choices	617 W. Division, Mount Vernon	428-4777	
Baby Basics-Crossroads Covenant Church	351 Pease Road, Burlington	707-5424	Wed 9 - 2 (by referral)

## Childbirth Education

Register early!

Island Hospital	299-1309	Skagit Valley Hospital	428-2424
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## Emergency Numbers

<b>Police, Fire, Ambulance</b>	<b>911</b>
<b>Community Crisis Line</b>	<b>1-800-584-3578</b>
<b>Child Protective Services (CPS)</b>	<b>1-866-409-4649</b>
<b>Poison Control</b>	<b>1-800-222-1222</b>
<b>Skagit Domestic Violence &amp; Sexual Assault Services</b>	<b>1-800-726-6010</b>

**This is not an exhaustive list of resources, nor do these listings imply any endorsement or recommendation.**

**Check the local phone book for more information**

Skagit County Public Health Department

Always working for a safer & healthier Skagit County