## Whatcom Community College Counseling Office offers:

- Career planning
- Academic success strategies Stress management Test anxiety College transition
- Problem solving and decision making
- Communication skills
- Crisis management
- Chemical dependency issues
- Referral to community services

To schedule an appointment, contact:

Margaret Vlahos, Counselor or Paul Curd, Counselor

at the

Entry & Advising Center Laidlaw Center, Room 116 360.383.3080



#### **Notice of Non-Discrimination**

Whatcom Community College does not discriminate on the basis of race, color, national origin, religion, sex, disability, honorably discharged veteran or military status, sexual orientation, gender identity, gender presentation, ancestry, ethnicity, family status, immigration status, socioeconomic status, genetic information or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Director for Human Resources, 237 W. Kellogg Road, Bellingham, WA 98226, 360.383.3400. For Title IX compliance, contact: Vice President for Student Services, 237 W. Kellogg Road, Bellingham, WA 98226, 360.383.3070. WCC publications are available in alternate formats upon request by contacting the Disability Support Services Office at 360.383.3080; VP 360.255.7182. A complete list of Whatcom Community Resources can be found at:

### Whatcom Information Network

www.whatcomcounts.org A one-stop site for community resource information in Whatcom County.

> **Community Resource List** www.211.org 800.223.8145 • TTY 425.339.3301

Free and confidential information and referral. Help with food, housing, employment, health care, counseling, and more.

### ADDITIONAL NUMBERS

# Whatcom

237 West Kellogg Road, Bellingham, WA 98226

360.383.3000 VP: 360.255.7182 Fax: 360.383.4000 www.whatcom.ctc.edu

For campus map, see: www.whatcom.ctc.edu/campusmap



# Whatcom Community Resources



# 1-800-584-3578 CRISIS CARE LINE Emergency Counseling



# WHATCOM COMMUNITY RESOURCES

#### **ABUSE ASSAULT / DOMESTIC VIOLENCE**

#### **Domestic Violence and Sexual Assault Services**

- www.dvsas.org 360.715.1563 or 877.715.1563 • Confidential Services
  - Support for domestic violence victims
  - Support for sexual assault victims
  - Emergency shelter for victims of domestic violence
  - Advocacy for victims of domestic violence

#### **ALCOHOL / SUBSTANCE ABUSE**

#### Alcohol/Drug Help Line

www.adhl.org

#### Alcoholics Anonymous (AA) Whatcom County

www.whatcomaa.org

Local group meetings

#### Narcotics Anonymous

www.nwwana.org 360.647.3234 – 24-hour help line • Local group meetings

#### Substance Abuse & Mental Health Services Administration

www.samsha.gov/find-help 800.662.4357

#### **CAREER AND JOB INFORMATION**

Whatcom Community College Career Center 360.383.3055

#### WorkSource – Whatcom Career Center

www.go2worksource.com 360.676.1521

#### Goodwill

www.goodwill.org

1115 E. Sunset Drive 360.738.0483

206.722.3700

360.734.1688

#### **DENTAL CARE**

#### Bellingham Technical College Dental Clinic

www.btc.edu <ul> <li>Low cost dental care for the public</li> </ul>	360.752.8349
Interfaith Family Health Center www.interfaithchc.org • Dental care for low income • Sliding scale fee	360.676.6177
Sea Mar Community Health Center www.seamar.org • Dental care for low income • Sliding scale fee	360.738.3016

#### FAMILY AND YOUTH SERVICES

#### **Catholic Community Services**

- www.ccsww.org
  - Mental health services for children and families

360.676.2164

360.734.9862

360.788.7328

360.714.4000 or 877.501.2233

#### Northwest Youth Service

- www.nwys.org
  - Short-term crisis intervention for youth and family
  - Long-term services for youth and family
  - Free and/or sliding scale fee

#### FINANCIAL

#### **Department of Social and Health Services**

www.dshs.wa.gov

Food stamps, financial assistance, medical coupons
 Many other services and resources

#### **FOOD / NUTRITION**

#### **Bellingham Food Bank**

www.bellinghamfoodbank.org 360.676.0392

- Weekly emergency food for those in need
- Referrals to other county food banks

#### **Opportunity Council**

www.oppco.org

Food and Nutrition Program

#### HOUSING

#### Opportunity Council – Community Resource Center www.oppco.org 360.734.5121, ext. 370

- Emergency shelter and rental assistance
- Referrals to other resources

LEGAL

#### Law Advocates

www.lawadvocates.org 360.671.6079 • Free legal assistance to eligible residents of

Whatcom County

#### Northwest Justice Project

www.nwjustice.org 888.201.1014 or 360.734.8680 • Free civil legal services for low income

#### MEDICAL / COUNSELING

#### **Interfaith Family Health Center**

#### www.interfaithchc.org

360.676.6177

- Primary medical care for low income
- Mental health care for low income
- Sliding scale fee

#### Sea Mar Community Health Center

www.seamar.org

- 360.671.3225
- Medical care for low income
- Mental health care for low income
- Sliding scale fee

#### St. Joseph's Medical Center

www.peacehealth.org

#### 360.734.5400

- Emergency medical care
- Emergency mental health care

#### Western Washington University

Psychology Department 360.650.3184 • Free counseling for the public January through June

#### Whatcom Alliance for Health Advancement

Behavioral Health Access Program 360.788.6594 www.whatcomalliance.org

#### **Compass Health**

www.compasshealth.org 360.676.2220 Emergencies: 800.584.3578

Counseling and psychiatric outpatient services

#### TRANSPORTATION

#### Whatcom Transportation Authority

www.ridewta.com
• County bus service

### 360.676.RIDE (7433)

Sober Rovers

#### 360.734.9111

Sober driver takes you and your car home