

# Special Education

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## **Disability**

[www.makoa.org](http://www.makoa.org)

Information and resources for students, parents and educators.

## **Portable Assisted Study Sequence (PASS)**

[www.semy.org](http://www.semy.org)

PASS is a correspondence program for students grades 6 through 12 who need to make up school credits. The program provides curricula accredited through Prosser School District and has been funded by the Office of the Superintendent of Public Instruction for migrant students since 1981. There are similar PASS programs in 28 other states.

## **School Psychology Resources**

[www.schoolpsychology.net](http://www.schoolpsychology.net)

School Psychology resources for psychologists, parents and educators. Research learning disabilities, ADHD, functional behavioral assessment, autism, adolescence, parenting, psychological assessment, special education, mental retardation, mental health, and more.

## **Special Education Resources on the Internet (SERI)**

[www.seriweb.com](http://www.seriweb.com)

SERI is a collection of internet accessible information resources of interest to those involved in the fields related to Special Education. This collection exists in order to make on-line Special Education resources more easily and readily available in one location.

## **Lakewood Middle School Address**

### Mailing Address

P.O. Box 9  
N. Lakewood, WA 98259

### Street Address

16800 16th Drive NE  
Arlington, WA 98223

### Website

[www.lwsd.wednet.edu](http://www.lwsd.wednet.edu)

## **Counseling Staff**

Mrs. Sharon Gilbert

Counselor for students with last names starting with A-L  
(360) 652-4510, x3092  
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# Recreational Activities

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## **Boys and Girls Club, Arlington**

(360) 435-4442  
18513 59th Ave. N.E. Arlington, WA 98223  
Includes after school program

## **Campfire USA**

(425) 258-5437  
4312 Rucker Avenue Everett, WA  
[www.campfireusasnohomish.org](http://www.campfireusasnohomish.org)

## **Marysville Library**

(360) 658-5000  
6120 Grove Street, Marysville, WA 98270

## **Marysville Parks and Recreation Department**

(360) 651-5085  
6915 Armar Road, Marysville

## **Snohomish County Parks and Recreation**

(425) 388-6600/(425) 388-6601  
9623 32nd St SE, Everett, WA 98205

## **YMCA**

(360) 653-9622  
6420 60th Drive NE Marysville, WA 98270

YMCA offers the Hang Time recreational program to Lakewood Middle School students during the school year. Students meet at Lakewood Middle School from 2:15 to 5:00 on school days.



# Military Assistance

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## **Counseling, Advocacy, and Prevention Services (CAPS)**

(866)854-0638

e-mail: [caps@subase.nsb.navy.mil](mailto:caps@subase.nsb.navy.mil)

[www.navylifepnw.com](http://www.navylifepnw.com)

Navy Region Northwest's Child Counselors support active duty military members, their children, and their families in dealing with a wide range of child related concerns such as: discipline challenges, school behavior problems, anger management, social withdrawal, aggressive behavior, witness to domestic violence, and child abuse or neglect. Some of the services provided are: individual therapy, family therapy, group therapy, parent consultations, and education and prevention.

## **Fleet and Family Information Centers**

(425) 304-3367

[www.navylifepnw.com](http://www.navylifepnw.com)

Provides a wide range of assistance and counseling services to Navy and DoD personnel and their families. Services include assistance with: life skills, leisure activities, bachelor and family housing, and relocation.



# Anger Management Programs

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## **The Center for Counseling and Health Resources**

(888) 771-5166

## **Compass Health**

(425) 349-7300

Six-week anger management courses for teens: Taming Teen Tempers.

## **Learning Disabilities Association of Washington**

(425)882-0820



# Chemical Dependency

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## 24-Hour Alcohol/Drug Help Line

(800) 562-1240

(206) 722-3700

## Al-Anon/AlAteen

(888) 425-2666

[www.al-anon.org/alateen.html](http://www.al-anon.org/alateen.html)

For families and friends of alcoholics.

## Alcoholics Anonymous

(360) 252-2525

[www.alcoholics-anonymous.org/](http://www.alcoholics-anonymous.org/)

## American Council for Drug Education

(800) 488-DRUG

[www.acde.org](http://www.acde.org)

## Girl Power!

(800) 729-6686

[www.health.org/gpower](http://www.health.org/gpower)

## In The Know

[www.intheknowzone.com](http://www.intheknowzone.com)

Education, interactive learning, and links to additional resources about alcohol, drugs, and sexually transmitted diseases (STD's).

## Marijuana Anonymous (MA)

[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

# Housing

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## Housing

### Department of HUD

(206) 220-5140

### Everett Housing Authority

(425) 259-9222

### Habitat for Humanity

(425) 428-9341

### Housing Hope

(425) 347-6556

### Snohomish County Housing Authority

(425) 290-8499

## Shelter for Youth

### Avanti House

(425) 347-6556

Shelter for pregnant and parenting teens.

### Cocoon House

(425) 259-6042

[www.info@cocoonhouse.org](mailto:www.info@cocoonhouse.org)

Shelter for youth 13 to 17 years old.

### Friends of Youth

(425) 486-6774

[www.houseofyouth.org](http://www.houseofyouth.org)

Shelter for pregnant or parenting youth age 18-24.

### New Century House

(425) 347-6556

Shelter for pregnant women age 16-20.

# Housing

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## Emergency Shelter

### **American Red Cross**

(425) 252-4103

[www.redcrossno.co.org](http://www.redcrossno.co.org)

### **Catholic Community Services**

(425) 337-7817

### **Center for Battered Women**

(425) 252-2873

### **Everett Gospel Mission Women's Refuge**

(425) 252-1206

[www.egmission.org](http://www.egmission.org)

### **Housing Hope—Stanwood**

(360) 629-5080

### **Pathways for Women**

(425) 774-9843

Shelter for single mothers and children

### **Salvation Army**

(425) 259-8129

### **Volunteers of America**

(425) 259-3131

### **YMCA Emergency Shelter**

(425) 774-9843

Emergency housing, transitional housing, & homelessness prevention.



# Chemical Dependency

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## **Mothers Against Drunk Driving (MADD)**

(360) 459-1334

[www.maddwashington.org](http://www.maddwashington.org)

## **Narcotics Anonymous (NA)**

(425) 210-2424

[www.na.org](http://www.na.org)

## **National Clearinghouse for Alcohol and Drug Information**

(800) 729-6686

[www.health.org](http://www.health.org)

## **National Drug and Alcohol Treatment Referral Service**

(800) 662-HELP

## **State Funded Youth Inpatient Treatment Programs**

(360) 438-8089

Steve Bogan, Division of Alcohol & Substance Abuse (DASA)

## **Students Against Destructive Decisions (SADD)**

(800) 787-5777

[www.saddonline.com](http://www.saddonline.com)

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

[www.wa.gov/dshs/](http://www.wa.gov/dshs/)



# Chemical Dependency

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## Youth Outpatient Treatment Centers

### Alpine Recovery Services Inc.

(360) 658-1388

16404 Smokey Point Blvd. Suite 109, Arlington, WA 98223

### FOCUS

(360) 349-8130

436 West Avenue North, Suite 4, Arlington, WA 98223

### Northwest Alternatives

(360) 349-7490

1410 7th Street, Marysville, WA 98270

### Pacific Treatment Alternatives

(425) 259-7142

1114 Pacific Avenue, Everett, WA 98201-4247

### Stillaguamish Tribe Social and Health Services Program

(360) 435-9338

3439 Stoluckquamish Lane, Arlington, WA 98223

### Tulalip Tribes Youth Chemical Dependency Program

(360) 651-3350

8223 Verle Hatch Drive, Marysville, WA 98271

(serves Native Americans only)

## Youth Residential Treatment Providers

Healing Lodge of Seven Nations (Spokane) (509) 533-6910

Lakeside-Milan (Burien) (206) 241-0890

Sea Mar Des Moines (206) 878-7393

Sundown (Yakima) (509) 457-0990

Thunderbird (Seattle) (206) 722-7152

# Health Care/Medical Services

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### Planned Parenthood

(360) 658-7871

3704 172nd Street NE, Suite P2, Arlington, WA 98223

[www.ppww.org](http://www.ppww.org)

(425) 339-3389

1509 32nd Street, Everett

### Pregnancy Aid

(425) 252-6444

Free confidential counseling and practical help during and after pregnancy.

### Pregnancy Resurce Center of Snohomish County

(425) 339-2175

920 North Broadway

Everett, WA 98201

[www.realchoices.com](http://www.realchoices.com)

[www.relationshipstuff.com](http://www.relationshipstuff.com)

# Health Care/Medical Services

**AIDS/HIV Information Hotline**  
(800) 272-2437

**Cancer Information**  
(800) 422-6237

**Community Health Center**  
(425) 258-1830  
1410 Broadway, Everett

**Compass Health—Primary Care Services**  
(425) 349-8740  
Children and youth extended care services

**Healthy Kids Now!**  
(877) 543-7669 (toll free)  
Free or low-cost health insurance for Washington’s kids & teens

**Kids Health**  
[www.kidshealth.org](http://www.kidshealth.org)  
Information on health topics including health problems, staying safe, food & fitness, body basics, and more.

**Stevens Hospital Resource Line**  
(425) 640-4370

**WIC (Women/Infant/Child) Services**  
(800) 841-1410

# Counseling and Crisis Services

**CARE Crisis Response Services**  
(800) 584-3578  
(425) 258-HELP (4357)  
24-hour service provided by Compass Health and Volunteers of America. Counseling support and stabilization for people facing crisis situations and in need of emergency mental health services.

**CHANGES Parent Support Network**  
(800) 212-6842  
[www.changesparent.org](http://www.changesparent.org)  
Education services to parents with unruly teenagers.

**Children’s Services (DSHS)**  
(800) 562-5624 or (866) 280-6714

**Compass Health**  
(888) 693-7200  
(425) 349-7300  
3320 173rd Place NE, Smokey Point, WA 98223

**Project Safe**  
(425) 317-9898  
2929 Pine Street, Everett, WA 98201  
Resources for parents of teens: phone consultation, support groups, and behavior workshops.

**Teenline**  
(800) 562-1240  
24-hour service for teens to talk with someone.

**Youth Crisis Hotline / National Help-line Network**  
(800) 784-2433



# Domestic Violence

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## Domestic Violence Hotline

(800) 562-6025

## Family Violence Prevention Fund

[www.fvvpf.org/fund](http://www.fvvpf.org/fund)

Facts and statistics, local and regional hotline numbers, domestic violence education and prevention, and public policy information.

## Mothers Against Violence

(800) 897-7697

## National Domestic Violence Hotline

(800) 799-SAFE (7233)

## Providence Sexual Assault Center

(425) 252-4800

## Snohomish County Center for Battered Women

(425) 252-2873

Domestic violence counseling: Emergency shelter, transitional housing, legal advocacy, women's support groups, children's groups and activities for victims of domestic violence and their children. Prevention education for schools, professionals, and others.

## Women's and Children's Shelter / Everett Gospel Mission

(425) 252-1206

5126 S 2nd Avenue, Everett

Support groups, counseling, emergency services, and job skills training.



# Grief and Loss

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## GriefNet

[www.griefnet.org](http://www.griefnet.org)

GriefNet.org is an Internet community of persons dealing with grief, death, and major loss. They have 37 e-mail support groups and two web sites. Their integrated approach to on-line grief support provides help to people working through loss and grief issues of all kinds. Their companion site, KIDSAID, provides a safe environment for kids and their parents to find information and ask questions.

## The Compassionate Friends

[www.compassionatefriends.org](http://www.compassionatefriends.org)

The Compassionate Friends is a national non-profit, self-help organization that offers friendship and understanding to families who are grieving the death of a child of any age, from any cause. There is no religious affiliation. There are no membership fees or dues, and all bereaved family members are welcome.

## Providence Hospice and Home Care of Snohomish County

(425) 261-4807

Offers support workshops for kids and teens who are grieving. Saturday Gatherings are offered monthly and are held at the First Presbyterian Church in Everett. This will be a safe place and time for children and teens to meet, share, and be with others who have lost a loved one. This is a 4-hour Saturday support workshop. Call the Bereavement Services line above for further information.



# Food Banks

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## Arlington Food Bank

(360) 435-1631  
126 West Cox  
Open Tuesdays 6-7 PM and Fridays 1-2 PM. Must bring picture I.D. and proof of Arlington residency.

## Marysville Food Bank

(360) 658-1054  
6518 60th Drive NE (behind YMCA)  
Open Tuesdays 9-12 Noon and Saturdays 9-11 AM.

## Stanwood Food Bank

(360) 629-2789  
Next to Twin City Collision  
Open Mondays and Fridays 10-12 PM and 1-3:30 PM. Must live in Stanwood

## Free and Reduced Lunch Program

Provides students in need with free or reduced fee breakfast and lunch. Applications are available in any school office.

# Educational/Vocational Planning

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## Career Futures

[www.bridges.com](http://www.bridges.com)

Students use this program to learn more about themselves and how their education relates to their career path. The Likes and Dislikes section helps students to recognize their strengths and possible career choices. Looking at Occupations allows students to access detailed information about specific careers. In this part of the program they learn information such as education level required, potential job market, salary ranges, etc. The On To High School section assists students in planning for their high school career, selecting appropriate courses to prepare them for their career path.

Students may access this comprehensive program by contacting their counselor and scheduling an appointment for the computer lab.

## Washington Occupational Information Systems (WOIS)

[www.wois.org](http://www.wois.org)

This site is available to everyone who has internet access, whether it is from the household, school, library, etc. This site helps students to search occupations, colleges, scholarships and grants. Students may also choose to create a portfolio that will help to organize the high school years.

Contact your school counselor for the User ID and Password.

## College Admission Requirements

English	4 years
Math (algebra, geometry, trig/alg 2)	3 years
Science	2 years
Social Studies	3 years
Foreign Language	2 years of same language
Fine arts or academic elective	1 year*

\* WWU and UW specify that one-half year must be in the fine, visual, or performing arts.

\*\* WWU specifies that the science requirement must include one year of algebra-based chemistry, physics, or applied physics.

Admission requirements may change periodically; it is recommended that you contact the college of your choice directly for current requirements.

# Family Mediation

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## **Dispute Resolution Center of Snohomish and Island Counties**

(425) 339-1335

(800) 280-4770

Mediation is an opportunity for both teens and parents to meet with two mediators to resolve differences.

## **Family Reconciliation Services**

(360) 651-6950

3906 172nd Street NE, Suite 200, Arlington (east of Safeway)

Any youth and parent who are having serious differences, any parent whose child has run away or any runaway youth may ask for Family Reconciliation Services. These services consist of intake/assessment, crisis counseling, and, when appropriate, short-term placement of the youth.

## **Project Safe**

(425) 317-9898

[www.cocoonhouse.org](http://www.cocoonhouse.org)

2929 Pine Street, Everett, WA 98201

Resources for parents of teens: phone consultation, support groups, behavior workshops. Project Safe is a prevention project of Cocoon House.

## **The Family Connection**

(425) 388-7400

Helping families find the support to manage life's many challenges. Provides connections to services such as Children Alternative Respite Program, Parent to Parent Support, and more.



# Financial Assistance

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## Financial Assistance

### **Temporary Assistance for Needy Families (TANF)**

Apply at local DSHS office in Smokey Point

You do not have to be unemployed to receive assistance. Many working/ single income families qualify for a partial or full grant. Families who qualify for TANF are eligible to receive other services such as vouchers for personal care, food, medical care, work clothes, and transportation assistance.

## Legal Assistance

### **Northwest Justice Project**

(888) 201-1014

Clearinghouse of legal self-help materials and tools that provide information about non-criminal legal problems affecting low-income people in Washington state.

## Utilities Assistance

### **PUD**

(425) 783-1000

Offers assistance with utilities to low-income families

### **Verizon**

(800) 483-4000

Offers the Lifeline program to assist people with telephone service. If a family receives services from DSHS, they qualify for the \$4.00 per month Lifeline Plan.

