

# NEED HELP?

**Take The Next Step:** providing assistance with immediate needs, food, utilities, housing and more. Connection to other resources throughout the community and county, and ongoing support and care for families and individuals.

9am - 5pm Monday - Friday.  
(360) 794-1022



**Sky Valley Food Bank:** volunteers are delivering food every Thursday. Drive-thru market the 2nd and 4th Wednesday 9am-11am. (360) 794-7959



**St. Vincent de Paul:** offering rental and utility payment assistance. (425) 355-3504



**Cascade Community Church:** providing emergency assistance and aid including utilities assistance. (206) 486-2681



**Salvation Army:** (425) 259-8129

**Volunteers of America:** (425) 259-3192

**City of Monroe:** utility payment arrangements - please leave a message. (360) 794-7400



More information about Monroe Service Providers and Social Services can be found online at:

**[monroewa.gov/937/additional-resources](http://monroewa.gov/937/additional-resources)**

# WANT TO HELP?

**Take The Next Step:** to donate money, procured items or to volunteer please contact  
Sarah Lunstrum  
9am - 5pm Monday - Friday.  
(360) 794-1022



**Sky Valley Food Bank:** to volunteer for delivery teams contact  
Phil Spirito at PSpirito@sno-isle.org  
To donate money, procured items or host a food drive contact  
Cindy. (360) 794-7959



**St. Vincent de Paul:** to donate money toward helping neighbors  
in need. (425) 355-3504



**YMCA:** to volunteer contact Jamie Williams  
jwilliams@ymca-snoc.org  
(206) 486-2681



**#WeAreMonroe campaign:**  
[www.facebook.com/WeAreMonroeWA](http://www.facebook.com/WeAreMonroeWA)  
submit your stories with pictures of Acts of Kindness  
happening in Monroe to  
[wearemonroewa@monroewa.gov](mailto:wearemonroewa@monroewa.gov)

