

SPOKANE AREA RESOURCE LIST

FIRST CALL FOR HELP 838-4428

YWCA ALTERNATIVES TO DOMESTIC VIOLENCE 326-2255

WA INFO NETWORK 2-1-1
or go online to : win211.org

FOOD BANKS:

Second Harvest Food Bank of Inland Northwest
(www.shfoodbank.org) 534-6678
Call or check online at <http://2-harvest.org/5/get-help/> for location serving your zip code. **You will be turned away if you don't go to the food bank that services your zip code.** Most food banks require Picture ID, current proof of address, and Social Security cards for household members. Must be over 18.

- ***Airway Heights Baptist Church Food Bank**
12322 Sunset Hwy, Airway 244-2474
- ***Airway Heights Food Bank,**
13120 W 13th, Airway Heights 244-4845
- ***American Indian Community Center**
905 E. 3rd, Spokane 535-0886
- ***Better Living Center**
25 E North Foothills Drive, Spokane 325-1258
- ***Caritas Center,** 2919 N Monroe, Spokane 326-2249
- ***Cheney Food Bank,** 616 3rd St, Cheney 235-2325
- ***City Gate,** 170 S Madison, Spokane 455-9670
- ***East Central Food Bank,** 500 S. Stone, Sp. 625-6699
- ***Greenhouse,** 222 E. Crawford, Deer Park 276-8224
- ***Mead Food Bank,** 12611 N Wilson, 466-7068
- ***Medical Lake Food Bank,** 211 N. Lefevre 299-3819
- ***New Hope Ranch Urban Center**
1827 E Pacific Ave 455-5444
- ***North County Food Bank**
40015A North Collins Rd, Elk 292-2530
- ***Northeast Food Pantry,** 4001 N. Cook, Sp 487-1114
- ***Northwest Ecumenical Food Bank**
3908 N. Driscoll Blvd, Spokane 325-4541
- ***Otis Orchards Food Bank,** 4308 N Harvard 926-3526
- ***Our Place,** 1509 W. College, Spokane 326-7267
- ***The Salvation Army Food Bank**
204 E Indiana, Spokane 325-6821
- ***Southside Food Bank,** 2934 E 27th, Sp. 535-2301
- ***SNAP Food Bank,** 4001 N. Cook, Spokane 487-1114
- ***Spangle Food Bank-Comm Church**
305 E 2nd, Spangle 245-3362
- ***Spokane Valley Partners Food Bank**
10814 E. Broadway, Spokane Valley 927-1153
- ***Westminster Presbyterian Church Food Bank**
2705 W.Boone, Spokane 328-5002

CLOTHING BANKS

Days & hours vary; call for information. Call individual locations regarding their specific services. These agencies also provide other services.

- 1. Central Lutheran Church, 512 S. Bernard 624-9233
- 2. Cheney Clothing Exchange, 630 3rd St 235-2325
- 3. City Gate, 170 S. Madison 455-9670
- 4. Greenhouse, 222 E. Crawford Road, Deer Park 276-8224
- 5. Klothes Kloset 926-2673
- 6. Mission Community Outreach 536-1084
1906 E. Mission
- 7. NE Neighborhood Action Program 487-1114
4001 N Cook
- 8. Our Place, 1509 W. College 326-7267
- 9. Peaceful Valley Community Center 624-8634
214 N. Cedar
- 10. Spokane Community Warehouse 991-9345
- 11. Spokane Valley Partners 927-1153
10814 E. Broadway Ave, Spokane Valley
- 12. Union Gospel Mission, 1224 E. Trent 535-8510
- 13. Valley Center, 11922 E. 1st Ave. 927-1153
- 14. YWCA Our Sisters Closet 789-9280
930 N Monroe, Spokane

CHILD CARE INFORMATION

- 1. DSHS Child Care Application 1-877-501-2233
- 2. Family Care Resources 484-0048
- 3. Head Start/ ECAP Administration 533-4800

- 4. SNAP's Homeless Childcare 624-4282

CHILD SUPPORT

www.acf.hhs.gov/programs/css

- 1. Washington (local #) 363-5000
- 2. Idaho 1-800-356-9868
- 3. Montana 1-406-444-9855
- 4. Oregon 1-503-947-4388

CHILDREN

- 1. Adoption Services
 - * Antioch Adoptions 328-2700
 - * Children's Home Society 747-4174
 - * Lutheran Comm. Services 747-8224
 - * Olive Crest 468-0700
 - * Open Adoption Services 328-6274
- 2. CAPA, 12 E 5th, Spokane 455-4956
- 3. Child Protective Serv(CPS) 1-866-END-HARM (1-866-363-4276)
- 4. Child Support Office (DCS) 363-5000
- 5. Children's Home Society 747-4174
- 6. DSHS Developmental Disabilities 329-2900
- 7. Division of Child & Family Services 363-3500
- 8. Family Care Resources/childcare 484-0048
- 9. Family Law Center 477-2486
- 10. Foster Care Licensing 363-3510
- 11. Guild School & Neuromuscular Center
Disabled newborns to age 3 326-1651
- 12. Head Start for info & phone numbers:
<http://sccel.spokane.edu/>
- 13. Infant Crisis Needs, 536-1084
- 14. Lutheran Community Services 747-8224
- 15. Mission Comm Outreach, 536-1084
- 16. Partners for Families & Children 473-4810
- 17. Shriners Hospital for Children 455-7844
- 18. Vanessa Behan Crisis Nursery 535-3155
Newborns to age 6, Capacity - 14

CRIME RESPONSE

- 1. Crime Check 456-2233
- 2. Secret Witness 327-5111
- 3. Spokane Police Tip line 242-8477

DENTAL

- 1. ABCD for children-call for referral 324-1478
- 2. CHAS Clinic—Main Line 444-8200
Downtown, 2nd and Monroe 434-0308
Maple Clinic, 3919 N. Maple 242-1821
Deer Park CHAS 434-0212
- 3. Elderly Dental Access Program 458-2509
- 4. EWU Clinic 310 N Riverport Blvd 828-1300
- 5. Spokane Falls/Riverpnt Family Clinic 326-4343
4001 N Cook, Spokane
- 6. Veteran Affairs -VETERANS- 434-7000
- 7. Native Health 1806 W Maxwell 483-7535

DISABLED SERVICES

- 1. Adult Protective Services 1-800-459-0421
Local 323-9400
- 2. Aging & Long Term Care 458-2509
- 3. CHORE (Volunteer-Based) 358-4270
- 4. COPES Personal Care Program 458-7450
- 5. CORD 326-6355
*Coalition of Responsible Disabled People;
Information and referrals for people with disabilities*
- 6. Meals on Wheels Spokane 456-6597
- 7. Meals on Wheels Spokane Valley 924-6976
- 8. Wheelchair Transport-Quality 535-2475
Private Pay-call for prices

DSHS/CSOs

- DSHS Call Center 1-877-501-2233
- EBT Card (replacement) 1-888-328-9271
- Welfare Fraud Hotline 1-800-562-6906

DROP-IN CENTER

- 1. Cup of Cool Water (22 and under) 747-6686
- 2. Odyssey Youth Center (14 to 21) 325-3637
- 3. Women's Hearth 920 W 2nd Ave 455-4249

- 4. Mid-City Senior Cente (60 and older) 747-3257
- 5. Hall of Change—Shalom Ministries 838-1431
- 6. House of Charity 624-7821

DRUG AND ALCOHOL TREATMENT

- 1. Alcohol/Drug Help Line 1-800-562-1240
- 2. Alcohol/Drug Network (ADN) @ SRHD 324-1420
- 3. Alanon/Alteen Family Groups 456-2125
- 4. Daybreak of Spokane [youth] Inpatient 624-3227
Outpatient 444-7033
- 5. Community Detox, 312 W 8th 477-4631
- 6. Healing Lodge of the Seven Nations (13-17 yrs), 5600 E 8th, Spokane Valley 533-6910
- 7. YFA Connections -Adult- 22 S Thor St 532-2000
(CRC Teens) – 201 W 6th 747-1730
- 8. Van Services-Sobering Unit 477-4625

EMPLOYMENT ASSISTANCE/TRAINING

- 1. AmeriCorp 1-800-942-2677
- 2. AARP Title 5 325-7712
- 3. BFET-Employment & Training www.basicfoodet.org
Spokane Community College: 533-8056
Spokane Falls Community College: 533-3599
- 3. Career Path Services 326-7520
- 4. Christ Kitchen 2410 N Monroe (for women) 325-4343
- 5. Division of Vocational Rehab 363-4700
Toll free: 1-800-548-0941
- 6. Job Corps 1-800-733-5627
- 7. TANF-only Job Search 532-3127
- 8. Work Source: Employment Security 532-3000

HOUSING/SHELTERS

- 1. YWCA – Alternatives to Domestic Violence 326-CALL (326-2255)
- 2. Crosswalk Teen Shelter (13-17) 838-6596
*Alexandria's House teen moms 489-0349
*Ashton-Beck 535-8267
- 3. Life Services Spokane 327-0701
2659 N Ash, for pregnant young women
- 4. Hope House, 111 W. Third 455-2886
single women – hot showers; clean beds; nutritional food in a safe, caring environment
- 5. Flaherty House for men (18-24) 489-4043
- 6. Hearth-Homes 926-6492
- 7. House of Charity, 32 W. Pacific 624-7821
108 adult males; Mon-Sat daily meal at 11 am; clothing bank; laundry; showers; property storage; mail drop. Free; Open to all. Medical clinic open noon –2:00 pm. Tuesday and Fridays. Open 8:00 am to 3:30 pm, Mon-Sat
- 8. Union Gospel Mission 535-8510
1224 E Trent. 200 Adult males.
3 daily meals; case management; counseling; clothing; shower; eye care services; program for chemical dependence rehabilitation; doctor appointments available. No stay limit.
- 9. UGM Women & Children's Shelter 535-0486
1234 E Sprague
- 10. Anna Ogden Hall 2828 N Mallon 327-7737
women & children; boys under 10; daily meals; case management;
- 11. Salvation Army, 204 E Indiana 325-5005
*Family Promise Spokane 747-5487
*Salvation Army Family Emergency Shelter 325-6814
*St Margaret's 624-9788
*Transitional Living Center 325-2959
*SNAP Housing 624-4282
- 12. Miryam's House (women 18+) 747-9222
- 13. Community Detox Services of Spokane 477-4631
- 14. Spokane Housing Authority 328-2953
- 15. Community-Based Housing (VOA) 328-4685

NORTH IDAHO EMERGENCY SHELTERS

- 1. St Vincent de Paul – Cda 208-664-3095
- 2. UGM Women and Children's Shelter in Cda
196 W Haycraft Ave, Couer d'Alene, ID 208-665-4613

SPOKANE AREA RESOURCE LIST

HOUSING ASSISTANCE/LOW INCOME

Online: housingsearchNW.org

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|------------------------------|----------------------|
| 1. City Gate, 170 S Madison | 456-5466 |
| 2. Community Frameworks | 484-6733 |
| 3. HUD Housing & Urban Dev | 368-3200 |
| 4. Spokane Housing Authority | 328-2953 |
| 5. NW Fair Housing Alliance | 325-2665 |
| 6. Senior & Family Housing | 459-6102 |
| 7. SNAP Offices | 624-4282 or 456-7106 |
| 8. Spokane Housing Ventures | 232-0170 |
| 9. Summit View Apartments | 327-9524 |
| 10. Spokane Urban Ministries | 328-6280 |
| 11. Westfall Village | 487-5244 |

LAUNDRY

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| House of Charity | 624-7821 |
| Our Place | 326-7267 |
| Peaceful Valley Community Center | 624-8634 |

LEGAL SERVICES

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|---|----------------------------|
| 1. Center for Justice 35 W Main #300 or online at cforjustice.org | 835-5211 |
| 2. NW Justice Project or online at nwjustice.org | 1-888-201-1019 |
| 3. Courthouse relicensing Program | 835-5951 |
| 4. Court Facilitator (Family Law) | 477-7612 |
| 5. Fulcrum Institute 211 W Augusta | 838-2799 |
| 6. Human Rights Commission Toll Free | 568-3196 1-800-233-3247 |
| 7. Volunteer Lawyers 1704 W Broadway Family Law, Income Advice, Divorce Seminar, Housing, Bankruptcy Clinic: M:1-6; R:1-4 | 324-0144 |
| 8. YWCA DV Attorney: Legal Advocates: | 789-9297 477-3656 |

Other websites that may be helpful:

www.courts.wa.gov
www.washingtonlawhelp.org
www.svlawhelp.org
www.nwirp.org
www.diabilityrightswa.org
www.columbialegal.org
www.tenantsunion.org
www.homeownership.wa.gov

MEAL SITES (Call for Days and times):

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| 1. Anna Ogden Hall, 2828 W. Mallon | 327-7737 |
| 2. Central United Methodist, 518 W 3 rd Ave | 838-1431 |
| 3. City Gate, 170 S Madison | 455-9670 |
| 4. Crosswalk, 525 W. 2 nd 13-18yo | 838-6596 |
| 5. Cup of Cool Water, 1106 W 2 nd (under 22) | 747-6686 |
| 6. House of Charity, 32 W. Pacific | 624-7821 |
| 7. Meals-on-Wheels, 1222 W 2 nd , Seniors(60+) | 747-3257 |
| 8. Shalom Ministries, 518 W 3 rd | 838-1431 |
| 9. St. Ann's Parish, 2120 E. First | 535-3031 |
| 10. Union Gospel Mission, 1224 E. Trent | 535-8510 |
| 11. Women's Kitchen & Children's Free Restaurant 1620 N. Monroe | 324-1995 |

MEDICAL

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| 1. Washington Health Benefit Exchange 1-855-WA-FINDER (1-855-923-4633) or online at http://www.wahbexchange.org/ | |
| 2. Christ Clinic, 914 W Carlisle | 325-0393 |
| 3. CHAS Clinics call to schedule: Denny Murphy, 1101 W 2 nd Ave., Spokane Maple St. Clinic, 3919 N. Maple, Spokane Market St. Clinic, 5921 N. Market, Spokane Valley Clinic, 924 S Pines, Spo Valley North County, 401 S Main, Deer Park | 444-8200 |
| 4. Deer Park Family Clinic, 905 East D Street, Deer Park | 276-5005 |
| 5. ECCO, 500 S. Stone | 536-9031 |
| 6. Greenacres Health Care Center 18215 E. Appleway, Greenacres | 924-3374 |
| 7. Homeless Vet Health Care 705 W 2 nd Ave, Spokane | 462-2500 |
| 8. Life Services, 2659 N Ash | 327-0701 |
| 9. Valley Crisis Pregnancy Center | 891-2850 |
| 10. NATIVE Health Clinic | 483-7535 |
| 11. NATIVE PROJECT | 325-5502 |
| 12. Planned Parenthood City: 123 E Indiana Valley: 12104 E Main | 326-6292 922-2528 |

MEDICAL, CONT.

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| 13. Project Access, 104 S Freya | 532-8877 |
| 14. Shriners Hospital for Children | 455-7844 |
| 15. Spokane AIDS Network | 455-8993 |
| 16. Spokane Central Lions Children/Adults glasses & eye exams | 328-6900 |
| 17. Spokane Falls Family Clinic Riverstone Family Health | 326-4343 483-3427 |
| 18. VA Hospital 4815 N. Assembly | 434-7000 |
| 19. Women's Clinic, 1603 N. Belt | 473-7060 |

MENTAL HEALTH ASSISTANCE

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| Nationwide Toll Free | 1-800-782-9264 |
| 1. Catholic Charities Counseling | 242-2308 |
| 2. Eastern State Hospital | 565-4000 |
| 3. Frontier Behavioral Health | 838-4128 |
| CRISIS LINE | 892-9241 |
| 4. Lutheran Community Services Victim Crisis & Sexual Assault Victim Line | 747-8224 624-7273 |
| 5. Passages Family Support | 892-9241 |
| 5. RSN – Regional Support Network | 477-5722 |
| 6. Sunshine Health Facilities | 892-4342 |
| 6. Tamarack Center | 326-8100 |
| 7. United Behavioral Health | 777-8900 |

NATIVE AMERICAN

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| 1. American Indian Community Center 610 E North Foothills Dr, Spokane | 535-0886 |
| 2. NATIVE Project, 1803 W. Maxwell | 325-5502 |
| 3. Spokane Tribal TANF, 232 E Lyons | 533-1360 |

OTHER/MULTI-SERVICE AGENCIES

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|---|----------------|
| 1. Catholic Charities, 12 E 5 th Ave | 358-4250 |
| 2. SCC-IEL GED Classes | 533-4600 |
| 3. Goodwill Employment Services | 462-0513 |
| 4. Labor & Industries | 324-2600 |
| 5. Unemployment Office | 1-800-318-6022 |
| 6. Welfare & Fraud Hotline | 1-800-562-6906 |
| 7. Transitions | 328-6702 |
| 8. World Relief 1522 N Washington #204 Refugee and immigrant services including: Resettlement, employment, citizenship classes, | 484-9829 |
| 9. Prevention Center | 922-8383 |
| 10. CHER Comm Health Ed Resources | 232-8138 |
| 11. Medical Lake Comm. Outreach Limited help for eviction/disconnection | 299-3819 |
| 12. Mid-City Senior Center (60+) | 747-3257 |
| 13. Scottish Rite | 624-5491 |
| 14. Shalom Ministries | 838-1431 |

OUT OF HOME YOUTH

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| 1. Alexandria's House | 489-0349 |
| 2. Crosswalk (VOA), 525 W. 2 nd (↓17) | 838-6596 |
| 3. Cup of Cool Water (22 & under) | 747-6686 |
| 4. Crisis Residential Center For Youth, runaways and teens in conflict with family – 201 W 6 th Ave | 624-2868 |
| 5. Life Services Maternity Home | 327-0701 |
| 6. Odyssey Youth Center (14 to 21) | 325-3637 |
| 7. Juvenile Rehabilitation Administration | 456-3250 |

PRESCRIPTION ASSISTANCE (LIMITED)

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|------------------------------|----------------|
| 1. Medicare Prescription Q's | 1-800-633-4227 |
| 2. Spokane Valley Partners | 927-1153 |
| 3. VOA | 624-2378 |
| 4. WDPD Program | 1-800-913-4146 |

SOCIAL SECURITY + RR Retirement-

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|---|----------------|
| 1. Social Security Office www.ssa.gov 714 N Ironbridge Way, Suite 100 | 1-800-772-1213 |
| 2. Railroad Retirement 920 W Riverside, Suite 492B | 1-877-772-5772 |

TELEPHONE ASSISTANCE

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|---|---------------|
| 1. SNAP Comm Voice Mail | 624-4282 x206 |
| <i>For homeless and low income families to receive messages for employment, housing, and safety 212 S Wall, Spokane</i> | |

2. Assurance Wireless 1-888-898-4888

THRIFT SHOPS

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| 1. Care & Share, 211B Lefevre, Medical Lake | 299-9024 |
| 2. Discovery Shop, 805 W Garland | 328-9373 |
| 3. Global Neighborhood Thrift, 902 W Indiana | 868-0001 |
| 4. Goodwill, 202 E. Third | 458-0396 |
| 5. Goodwill in Valley, 13721 E Sprague | 928-4032 |
| 6. Goodwill North, 9832 N Nevada | 466-2012 |
| 7. Northwest Christian Thrift Store 6607 N. Maple | 326-1522 |
| 8. Salvation Army Thrift Store 2020 N Division | 325-6805 |
| 9. Salvation Army Valley Store 10623 E Sprague | 892-0841 |
| 10. Teen Challenge, 1919 E Sprague | 534-0443 |
| 11. UGM Thrift Store, 301 W Boone | 326-3316 |
| 12. UGM Thrift Store, 11921 E Sprague | 927-5905 |
| 13. Value Village, 708 W. Boone | 325-7569 |
| 14. Value Village, 3112 E. Sprague | 921-7889 |
| 15. VOA Thrift Store, 6206 E Trent | 327-4112 |

TRANSPORTATION RESOURCES

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| 1. Care Cars 60+ and self-ambulatory | 458-7450 |
| 2. Paratransit Elderly & disabled | 328-1552 |
| 3. Special Mobility Services Use Medicaid coupons. Transportation to and from health provider; *Prefer 24 hour notice. | 534-9760 |
| 4. Reduced STA Fare Card, 701 W. Riverside | 456-7277 |
| 5. STA Bus Schedule | 328-RIDE |
| 6. Volunteer Chore Services Contact for more information | 358-4270 |

UTILITY ASSISTANCE (LIMITED)

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| SNAP | 456-7111 |
| <i>Energy assistance, minor home repairs, Project U-Help, Traveler's Assistance, Weatherizing, New Hope Resource Center Must live in service area</i> | |
| VOA (depends on availability of funds) | 624-2374 |

VETERANS SERVICES

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|--|--------------------------|
| Veteran Crisis Line | 1-800-273-8255 (Press 1) |
| VA Customer service (Nat'l) | 1-800-827-1000 |
| VA Customer service (local) | 1-800-325-7940 |
| Veterans Outreach | 444-8387 |
| Goodwill SSVF Program | 444-4320 |
| More information: www.spokane.va.gov | |

WEBSITES FOR MORE RESOURCES:

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| 1. 4 People Online Database for Resources: http://mobile.4people.org/countydocs/spokane.pdf |
| 2. Fig Tree Links to community resources: http://www.thefigtree.org/connections-resources.html |
| 3. New Hope Resource Center-Serving Northern Spokane County: http://www.newhoperesource.org/ |
| 4. Parent Resources: https://resources.parenthelp123.org/ |
| 5. Spokane County Prevention Services Eligibility Survey: www.spokanecountyhprp.com |
| 6. Spokane Homeless Coalition: spokanehc.org |
| 7. Spokane Regional Health District: http://srhd.org/ |
| 8. Brigid's Cloak: www.brigidscloak.org |

WIC (Women, Infants & Children Supp Food Program)

Days & Hours vary, call for information. Free

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| 1. AWH Comm Center, 13120 W. 13th | 244-9334 |
| 2. Cheney, 204 4th Street | 559-5839 |
| 3. Deer Park, 113 East 2 nd Street | 276-3770 |
| 4. East Central Comm Cntr, 500 S. Stone | 323-2830 |
| 5. Fairchild AFB, Bldg 2447, Rm 306, 610 N Depot Fairchild AFB | 247-2760 |
| 6. NE Community Center, 4001 N. Cook | 323-2828 |
| 7. N Spokane, 5901 N. Lidgerwood #224 | 323-2818 |
| 8. SRHD, 1101 W College, Spokane | 324-1620 |
| 9. Valley WIC, 10814 E. Broadway | 323-2800 |
| 10. WC Community Center, 1603 N. Belt | 323-7497 |

FIRST CALL FOR HELP 838-4428

YWCA ALTERNATIVES TO DOMESTIC VIOLENCE WA INFO NETWORK 326-2255 2-1-1