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EMERGENCIES
(POIMAWH NAK)

Emergencies, Ambulance, Fire & Police
(Hung Langhnak, Mizaw Phorh Motor, Mei & Police)

Alternatives to Domestic Violence
(Innchung khar buai nak um tikah)

Child Protective Services (CPS)
(Hngakchia run ven nak)

Emergency response for children, foster care, child abuse and neglect.
(Hngakchia har sat nak ton tik ah bawm chan nak bu)

Crosswalk
Emergencies for teens, and support and resources for homeless teens.
(Inn leh lo nei lo tlei rawl pawl caah bawm nak)

First Call for Help
(Hawi Hlan Hmasa Bawmhnak)
Free 24-hour telephone assistance, referrals, supportive listening, and links to individuals/community agencies. Service offered by Spokane Mental Health.
(Lung zawt nak he pehtlai in sunmilam 24 chung bawm nak)

Poison Control Center
(Sivai kham Nak Hmun)
800-222-1222

SAFeT-Sexual Assault
(Nupa Kallak Thuat Um Tikah)
24/7 Crisis Response Hotline
624-7273

Senior Abuse Hotline
(Upa Volhpamh Hotline)
866-END-HARM (363-4276)
Hotline for abuse in senior care facilities.
(n harsat tawn tikah Hotline in bawm nak)

Spokane COPS Administration
(Community Oriented Policing Services)
(Spokane COPS Zohkhenh Nak)
Provides a combined community-police effort to restore the safety of neighborhoods and business districts.
(Khuaram zohkhenk nak leh police lei in bawh chanh nak zung)
901 N Monroe
835-4592

Spokane COPS Administration
(s pokanecops.org)
COPS EAST CENTRAL
625-3330
COPS GREATER SPOKANE
755-2677
COPS LEWIS & CLARK
354-6941
COPS LOGAN
625-3333
COPS MISSION
625-3301
COPS NEVA-WOOD
625-3353
COPS NORTH CENTRAL
625-3348
COPS NORTH EAST
625-3343
COPS NORTH HILL
625-3346
COPS NORTHWEST
625-3336
COPS SOUTHEAST
625-3326
COPS WEST
625-3340
Spokane County Sheriff
(Spokane Uktu Bik Zung)
1100 W Mallon  911
Spokane 99260  477-2240
spokanesheriff.org

Neighborhood Watch 477-3055
(InnPa Chak Thlang Zok Khawm Nak)

Crime Prevention 477-2592
(Sualnak Donhnak)

Spokane Police
Public Safety Bldg  911
1100 W Mallon, Spokane 99260
spokanepolice.org  477-5980

Crime Prevention 625-4079
(Sualnak Donhnak)

Crime Reporting Center 456-2233
(Sualnak Theihter Nak Zung)
spokanecounty.org/crimereportingcenter/

Ombudsman 625-6742

Vanessa Behan Crisis Nursery
535-3155

Free 24 Hour crisis child care
(from birth-6 years).
(Hangahcia caah 24 zoh khenh
nak hmun)

Washington State Patrol
(Washington State Ralvengtu)
227-6566
dshs.wa.gov/onlinecso

Provides financial, food
and medical assistance to
low-income families and
individuals. Helps low-income
parents find employment.
Provides subsidized child care
for working families.
(Phaisa, eidin, sii ai lei bomh
nak, fa le zoh khenh piak nak le
rian kawl piak nak hmun a si)

Internal Revenue Service (IRS)
(Ngunkhuai Bawm Nak Zung)
930 W Riverside  353-0508
Spokane 99201  irs.gov

- Federal tax questions
800-829-1040 TTY 800-829-4059
- Refund info 800-829-4477
- Tax forms 800-829-3676

Responsible for examinations,
collections, taxpayers services
and criminal investigation.
Information and referrals
provided on other questions. No
tax assistance provided over the
phone.
(Acozah sin ii thawh bur tax piak
tik ah a dik le dik lo chek hlet nak
zung. Bawn nak tam piin an piak
lai)

Spokane City
(Spokane Khaw)

Switchboard 755-CITY
Spokanecity.org

Business Licenses 625-6070
(Cipuazi (Licenses) Zung)

Parks & Recreation 625-6200
(Pangpar le Zawkkhan Nak)

Neighborhood Services 625-6730
(Mi bawm nak bu)

Utilities Bill Info & Questions

GOVERNMENT (ACOZAH)

DSHS Community Service
Offices (CSO)
(DSHS Mibu Bawm Nak)

Access Spokane CSO
(Spokane CSO Luhnak Lam)
1313 N Maple  877-501-2233
Spokane 99201

Provides financial, food
and medical assistance to
low-income families and
individuals. Helps low-income
parents find employment.
Provides subsidized child care
for working families.
(Phaisa, eidin, sii ai lei bomh
nak, fa le zoh khenh piak nak le
rian kawl piak nak hmun a si)

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for working families.
(Phaisa, eidin, sii ai lei bomh
nak, fa le zoh khenh piak nak le
rian kawl piak nak hmun a si)
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Notes</th>
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<tbody>
<tr>
<td><strong>Spokane County</strong></td>
<td></td>
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<tr>
<td>(Spokane Uknak Khua)</td>
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<tr>
<td>1116 W Broadway</td>
<td>477-2265</td>
<td>Spokane 99260 spokanecounty.org</td>
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<tr>
<td><strong>Assessors</strong></td>
<td>477-3698</td>
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<td>(Man Khing Thlaitu)</td>
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<td><strong>Property Taxes, Treasury</strong></td>
<td>477-4713</td>
<td>(Thilri Ngunkhuai Kholh)</td>
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<td><strong>Voting (Registration)</strong></td>
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<td>(Kuthler Nak)</td>
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<td><strong>Birth &amp; Death Certificates</strong></td>
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<td>(Chuah &amp; Thihnak Ca)</td>
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<td>Spokane Regional Health District</td>
<td>324-1522</td>
<td>Spokane 99201</td>
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<td>$30 for Vital Records</td>
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<td><strong>Marriage Licenses</strong></td>
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<td><strong>Family Law Center</strong></td>
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<td>Superior Court Clerk</td>
<td>477-2211</td>
<td>Divorce Info</td>
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<tr>
<td>Divorce</td>
<td>477-7612/5702</td>
<td>Divorce records, parenting plan,</td>
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<td>(Nu le pa kan ii then tik ah theih a herh mi zung) 477-2211</td>
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<td><strong>Parks and Recreation</strong></td>
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<td>(PanGPar le Thingkung Hawi Hna</td>
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<td>(PanGPar le Thingkung Hawi Hna</td>
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<td>An Phunnak Hmun)</td>
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<td><strong>Spokane Public Schools</strong></td>
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<td>(Spokane Acozah Sianginn)</td>
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<tr>
<td>200 N Bernard St</td>
<td>354-5900</td>
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</tbody>
</table>

Spokane 99201 spokaneschools.org

Spokane Regional Solid Waste (Spokane Khuachung Tianfim Nak)
solidwaste.org/ 625-7878

Utilities, Electricity - Avista (Mei le Meikawng Lam)
Customer Service & Power Outage 800-227-9187
Energy Assistance (SNAP) (Mei lei in Bawm nak zung) 456-7164
Senior Outreach 888-700-2757
lisa.lee@avistacorp.com
Translation Services 800-227-9187

Washington Telephone Assistance Program - WTAP (Washington Telephone Bomh Nak WTAP) 888-700-8880
Customer Help-line 800-562-6150
Citizen’s Utility Alliance
Enrollment questions or billing 744-3370 x247
Community Service Voice Mail, Spokane Office 456-7106
dshs.wa.gov/wtap.shtml
DSHS public assistance program, offers monthly discount on basic telephone service. Clients contact a provider upon receiving a DSHS client ID number. (Telephone bill piak khawk lo mi caah DSHS lei in thla chiar bomh piak nak)
**FINANCIAL ASSISTANCE**

(Phaisa lei in bomh nak)

Medicare/Medicaid Services
(Damnak lei si lei bomh nak)

Centers for Medicaid & Medicare Services
(Damnak lei bomh nak a hmuniq)
cms.gov 800-633-4273

Medicare Customer Services
(Damnak lei si lei caah bomh nak zung)
medicare.gov 800-663-4227

Washington Medicare & Medicaid
(Washington damnak le si lei bomh nak)
800-737-0617
Visit local CSO office of DSHS.

Prescription Assistance
(Si din ding tialpiak nak hmun)

Benefits Check Up benefitscheckup.org

Prescription Drug Assistance Program
(MTGmeds)
(Si din ding cawnpiak nak hmun)
mtgmeds.org 981-6420

Washington Prescription Drug Program
(Washington si din dan tialpiak nak hmun)
rx.wa.gov 800-913-4146

RxHelp for Washington
(Washington bomh nak lei caawktu pawl caah huaphenhnak)
rxhelpforwa.org 877-923-6779

Protective Payee Program
(Caawktu pawl caah huaphenhnak)
Receives/disburses funds for clients on Disability Life Line and SSI (Supplemental Security Income) because of mismanagement of funds or mental incapacity. Provides self-sufficiency training in money management and financial counseling.

(Arc of Spokane, the 328-6326
CORD - Coalition of Responsible
Disabled 326-6355
Goodwill 462-0513
Skills'kin 327-9134

Social Security Administration
(Mibu himnak zung)
714 N Ironbridge Way, Suite 100
Spokane 99202 800-772-1213
socialsecurity.gov TDD 800-325-0778
Provides elderly, survivors and disabled with Social Security benefits. Supplemental Security Income (SSI) provides for the aged and those with limited incomes.

(SSI bomh nak cu tar pawl le pum tlum lo mi pawl caah an hnauh ning he peh tlei in zoh khank nak hmun hma si lai)

Spokane County Assessor’s,
Senior Citizen’s, Disabled
Persons Exemption Section
(Spokane khuachung kum upa pitar le putar, thil tikho lo pawl caah bomh nak)
1116 W Broadway 477-5754
Spokane 99260spokanecounty.org
Provides property tax relief for seniors and/or disabled people in financial need.
(Ter pawl le pum tlam tling lo mi caah tax lei bomh nak)

**Statewide Health Insurance Benefits Advisors (SHIBA)**
(Dam Nak lei Insurance Lei in Ruahnak Peh tu)

**AGING & LONG TERM CARE OF EASTERN WASHINGTON (ALTCEW)**
(WASHINGTON UM CAAH KUM KHUA LEI BOMH NAK)
1222 N Post
625-4801
Spokane 99201

Trained volunteers provide seniors information on health insurance rights and options.
(Tar pawl ngan dam nak an hmuh khawh nak hnga insurane lei bomh nak)

**Washington Helpline**
444-3066 or 800-562-1240
Alcohol and drug treatment, support groups, and domestic violence response. Makes referrals for free low-cost, and sliding fee health care.
(Rit hai sii he pehtlei in, innhung khar buaibai nak tawn tikah bawm nak hmun. Mi zaw caah phaisa tlawm pel te hezohkhent khawh nak)

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**IMMIGRATION & REFUGEE SERVICES (PEMNAK LE REFUGEE CAAH BOMH NAK)**

**Catholic Charities Immigration Services**
(pemtu pawl ca Catholic khrifa lei bomh nak)
12 E 5th Ave
455-4960
Spokane 99202
catholiccharitiesspokane.org
Offers referral services, counseling and immigration benefits to refugees.
(Layaka lei in refugees minung bomh nak)

**Global Neighborhood**
(Vawleimi Duhdawt nak zung)
108 N Washington, Suite 418
482-6500
global-neighborhood.org
Improves lives of refugees through building relationships, English, employment and cultural awareness.
(Refugees caah miring ca, nung phung, rian lei in bomh chank nak)

**Immigration and Refugee Services of America (IRSA)**
(America Refugee pemtu bomh nak bu)
refugeeusa.org
202-797-2105

**US COMMITTEE FOR REFUGEES AND IMMIGRANTS (USCRI)**
202-347-3507

**International Refugee Council of Spokane**
(Vawleichung Refugee bomh nak Council)
901 E 2nd Ave, Suite 207
Spokane 99202  536-7878
ircsonline.org
Helps refugees become self-sufficient citizens by providing social and referral services.
(Refugees pawl caah citizenship hmuh khawh nak hnga bomh chanh nak)

Jacob’s Well Community Resources Center
(Jacob’s Well Mibu Bomhnak Bu)
500 S Stone  535-3858
Spokane 99202
jacobswellspokane.com
Resettles and helps Burmese refugees with food, clothing, household items, transportation, English classes, scheduling, applications, housing, schools, doctors and dentists.
(kawl ram mi refugees caah inn le lo, ei din, thil puan, fenh eih, sianginn kai nak, ngan dam nak a za tein zoh khenh nak zung)

Refugee Connections Spokane
(Refugee petlei nak Spokane)
500 S Stone St #105  625-6958
Spokane 99202
refugeeconnections@spocom.com
Projects, programs and resources to benefit refugees, immigrants and their communities.
(Refugees caah that hnem nak hmuh khawh nak ding caah peh tleih piak tu bu)

US Citizenship and Immigration Services (USCIS)
US CITIZENSHIP LE LAYAKA BOMHNAK
US Courthouse  800-375-5283

920 W Riverside, Room 691
Spokane 99201  uscis.gov
Immigration and naturalization adjudication. Establishes immigration policies & priorities.
(US citizen kawng he peh tlei in Layaka lei zung)

World Relief Spokane
1522 N Washington St, Suite 204
Spokane 99201  484-9829
worldreliefspokane.org
Resettles refugees in Spokane under contract with U.S. State Department. Provides refugee resettlement assistance, employment services, micro-enterprise loans and immigration services, and works to raise awareness and serve victims of human trafficking.
(Refugees in Spokane kan rak phan tikah US acozah lei bomh nak in hmunhma inn le lo tuah tan piak nak le chaw leh thal nak, rian kawl piak nak leh minung le minung ii zuar nak um ti lo ding in cawn piak nak zung)

— HOUSING RENTAL (INN HLANH NAK) —

Catholic Housing Communities
(Inn kawnglam in bomh nak)
12 E 5th Ave  459-2279
Spokane 99202
catholiccharitiesspokane.org

Goodale & Barbieri
818 W Riverside, #300  459-6102
Spokane 99201  800-572-9181
g-b.com
Kiemle & Hagood Co (K&H)
601 W Main Ave, Suite 400
Spokane 99201 755-7555
khco.com

Northeast Washington Housing Solutions (NEWHS)
(Inn lei ruatchan nak peh tu bu)
55 W Mission, Suite 104  328-2953
Spokane 99201  TDD323-9502
spokanehousing.org
Wait List Hotline  252-7122

SNAP Affordable Rental Program
(lei innhlan kong cawnpik tu bu)
snapwa.org
Coast Management Services -
Call 747-2914 or 487-7701 for an application.

Spokane Housing Ventures
(Spokane inn kong theih pi nak)
715 E Sprague, Suite 102  232-0170
Spokane 99202
spokanehousingventures.org

Spokane Low Income Housing Consortium (SLIHC)
(Hmuhmi tanga a niam mi hna caah)
720 W Boone Ave, Suite 101
Spokane 99201  325-3235
slihc.org  onestophousing.org

HOME MAINTENANCE
(INN RUN VEN NAK)

Recycling Hotline or Info
(Hnawn bul le thawngpang)
625-6800  800-732-9253
ACTION RECYCLING  483-4094
911 E Marietta

EARTHWORKS RECYCLING, INC
1904 E Broadway  534-1638
SPOKANE RECYCLING PRODUCTS
3407 E Main  535-0284

SNAP Energy Resource Assistance
(Mei caah SNAP I bomh nak)
3102 W Ft George Wright Dr
Spokane 99224  242-2376
snapwa.org
Teaches energy reduction and cost management in classes offered from November to May.
(Mei bill a tlawm khawh nak ding caah SNAP lei bomh nak.)

SNAP Minor Home Repair/Weatherization
(SNAP Lei in Inn Remh Tikah Bomh nak)
212 W Second Ave  744-3370
Spokane 99201
snapwa.org
Makes modifications from fixing broken pipes to repairing heating systems and building handicap ramps. Provides improvements such as insulation and draft reduction.
(Inn chung thil pakhat khat a rawh tik ah SNAP lei bomh nak)

SustainableWorks
(Rian Doh Nak)
5317 N Market St  443-3471
Spokane 99217
sustainableworks.com
Does energy efficiency audits and retrofits for residential homes in Spokane.
(Spokane um kan caah mei a tha khawh nak ding zoh kham nak zung)

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<table>
<thead>
<tr>
<th>Apartment Name, Address, Zip</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>5th &amp; Washington 419 S Washington St, 99204</td>
<td>838-6936</td>
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<tr>
<td>Alexandria Apts 623 S Howard, 99204</td>
<td>456-7106</td>
</tr>
<tr>
<td>Bel Franklin Apts 225 N Division St, 99202</td>
<td>443-4055</td>
</tr>
<tr>
<td>Belamy 2108 E First, 99202</td>
<td>456-7106</td>
</tr>
<tr>
<td>Bernadette Place 925 N A St, 99201</td>
<td>325-1847</td>
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<tr>
<td>Casas Salvadas 1024 W Boone Ave, 99201</td>
<td>232-0170 x 205</td>
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<tr>
<td>Casas Salvadas 1314 W Maxwell Ave, 99201</td>
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<td>Casas Salvadas 704 S Sherman St, 99202</td>
<td>232-0170 x 205</td>
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<td>Casas Salvadas 1420 N Post St, 99205</td>
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<tr>
<td>Casas Salvadas 807 W Augusta Ave, 99207</td>
<td>232-0170 x 205</td>
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<tr>
<td>Catherine Johnson Ct 6321 E 4th Ave, 99202</td>
<td>532-8191</td>
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<tr>
<td>City Tri-Plex 818 W Riverside, 99201</td>
<td>459-6102</td>
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<td>Cedar West 4018 W Rowan, 99205</td>
<td>327-2233</td>
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<td>City Tri-Plex 818 W Riverside, 99201</td>
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<td>College Terrace Apts 4140-4160 W Ft Wright, 99224</td>
<td>327-2304</td>
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<td>Collins Apts 204 S Wall, 99201</td>
<td>456-7106</td>
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<td>Cornerstone Courtyard 151 S Adams, 99201</td>
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<td>Apartment Name, Address, Zip</td>
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<td>Canterbury Court 1010 S Rockwood Blvd, 99202</td>
<td>624-1999/5678</td>
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<tr>
<td>Cathedral Plaza 1120 W Sprague Ave, 99201</td>
<td>747-6777</td>
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<tr>
<td>Coeur d’Alene Plaza 228 N Howard, 99201</td>
<td>456-8726</td>
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<td>Cornerstone Courtyard 151 S Adams, 99201</td>
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<td>County Heights 6709 N Country Homes, 99208</td>
<td>327-7132</td>
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<td>Courtview 1217 N Madison, 99201</td>
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<td>Coventry Court 1600 W Pacific, 99204</td>
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<td>D’Arcy Lee Apts 6120-6130 N Lidgerwood, 99208</td>
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<td>The Delaney Apts 242 W Riverside, 99201</td>
<td>747-5081</td>
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<tr>
<td>El Estero Apartments 2303 N Stone St, 99207</td>
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<tr>
<td>Fahy Gardens 1411 W Dean Ave, 99201</td>
<td>326-6759</td>
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<tr>
<td>Fahy West 1523 W Dean Ave, 99201</td>
<td>326-6759</td>
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<tr>
<td>Friendship Gardens 201 E 5th Ave, 99204</td>
<td>536-1134</td>
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<td>Green Court 3207 E Carlisle, 99217</td>
<td>456-7106</td>
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<td>Hamilton House 902 E Boone, 99202</td>
<td>483-9453</td>
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<td>Hart Terrace 3308 E 11th Ave, 99202</td>
<td>888-763-5368</td>
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<td>Heritage Heights 3818 N Cook, 99207</td>
<td>487-5530</td>
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<td>HiFumi En 826 E 8th Ave, 99202</td>
<td>534-2339</td>
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<td><strong>Hope House</strong></td>
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<td>111 W Third Ave, 99201</td>
<td>455-2886</td>
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<td>2232 E 1st/24 S Crestline, 99202</td>
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<td><strong>Liberty Park Terrace</strong></td>
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<td>1401 E Hartson, 99202</td>
<td>534-7392</td>
</tr>
<tr>
<td><strong>Lilac Plaza</strong></td>
<td></td>
</tr>
<tr>
<td>7007 N Wiscomb St, 99208</td>
<td>489-7612</td>
</tr>
<tr>
<td><strong>Manito Gardens</strong></td>
<td></td>
</tr>
<tr>
<td>500 E 29th Ave, 99202</td>
<td>624-7326</td>
</tr>
<tr>
<td><strong>Metropole Apts</strong></td>
<td></td>
</tr>
<tr>
<td>178 ½ S Howard, 99201</td>
<td>838-6541</td>
</tr>
<tr>
<td><strong>Mt Vernon Terrace</strong></td>
<td></td>
</tr>
<tr>
<td>3102 S Mt Vernon St, 99223</td>
<td>536-1168</td>
</tr>
<tr>
<td><strong>The Newark Apts</strong></td>
<td></td>
</tr>
<tr>
<td>1104 E Newark, 99202</td>
<td>328-2953</td>
</tr>
<tr>
<td><strong>The O’Malley</strong></td>
<td></td>
</tr>
<tr>
<td>707 E Mission, 99202</td>
<td>624-7326</td>
</tr>
<tr>
<td><strong>Park Tower</strong></td>
<td></td>
</tr>
<tr>
<td>217 W Spokane Falls Blvd, 99201</td>
<td>487-1150</td>
</tr>
<tr>
<td><strong>Patrician Apts</strong></td>
<td></td>
</tr>
<tr>
<td>102 E. Second, 99201</td>
<td>456-7106</td>
</tr>
<tr>
<td><strong>The Parsons</strong></td>
<td></td>
</tr>
<tr>
<td>108 S Jefferson, 99201</td>
<td>624-0329</td>
</tr>
<tr>
<td><strong>Pine Villa</strong></td>
<td></td>
</tr>
<tr>
<td>33 E Graves Rd, 99218</td>
<td>467-6865</td>
</tr>
<tr>
<td><strong>Resident Court</strong></td>
<td></td>
</tr>
<tr>
<td>1203 W Fifth, 99201</td>
<td>456-7106</td>
</tr>
<tr>
<td><strong>Richard Allen</strong></td>
<td></td>
</tr>
<tr>
<td>600 S Richard Allen Ct, 99202</td>
<td>536-4497</td>
</tr>
<tr>
<td><strong>Riverwalk I &amp; II</strong></td>
<td></td>
</tr>
<tr>
<td>5008 E Buckeye, 99217</td>
<td>456-7106</td>
</tr>
<tr>
<td>Apartment Name, Address, Zip</td>
<td>Phone</td>
</tr>
<tr>
<td>-----------------------------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Resident Court</td>
<td>456-7106</td>
</tr>
<tr>
<td>1203 W Fifth, 99201</td>
<td></td>
</tr>
<tr>
<td>Richard Allen</td>
<td>536-4497</td>
</tr>
<tr>
<td>600 S Richard Allen Ct, 99202</td>
<td></td>
</tr>
<tr>
<td>Riverwalk I &amp; II</td>
<td>456-7106</td>
</tr>
<tr>
<td>5008 E Buckeye, 99217</td>
<td></td>
</tr>
<tr>
<td>Scattered-Sites Rental Project (VOA)</td>
<td>232-0170 x 206</td>
</tr>
<tr>
<td>715 E Sprague Ste 102, 99201</td>
<td></td>
</tr>
<tr>
<td>Sharon Lord Apts</td>
<td>624-5133</td>
</tr>
<tr>
<td>1203 &amp; 1207 N Madison, 99201</td>
<td></td>
</tr>
<tr>
<td>St Andrews Court</td>
<td>326-6506</td>
</tr>
<tr>
<td>808 W Nora, 99205</td>
<td></td>
</tr>
<tr>
<td>St Ann’s Apts</td>
<td>456-7106</td>
</tr>
<tr>
<td>2117-23 E Pacific, 99202</td>
<td></td>
</tr>
<tr>
<td>Triplex Project</td>
<td>535-0898</td>
</tr>
<tr>
<td>1708-1730 E Boone, 99202</td>
<td></td>
</tr>
<tr>
<td>Triplex Project</td>
<td>535-0898</td>
</tr>
<tr>
<td>1721-1731 E Desmet, 99202</td>
<td></td>
</tr>
<tr>
<td>Triplex Project</td>
<td>535-0898</td>
</tr>
<tr>
<td>801-807 E Hartson, 99202</td>
<td></td>
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<tr>
<td>Vintage at Spokane</td>
<td>487-7070</td>
</tr>
<tr>
<td>43 E Weile Ave, 99208</td>
<td></td>
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<tr>
<td>Walnut Corners</td>
<td>327-2133</td>
</tr>
<tr>
<td>1423 W Broadway, 99205</td>
<td></td>
</tr>
<tr>
<td>Westfall Village</td>
<td>487-5244</td>
</tr>
<tr>
<td>3724 N Cook, 99207</td>
<td></td>
</tr>
<tr>
<td>Wilton Apts</td>
<td>624-9778</td>
</tr>
<tr>
<td>156-1/2 S Browne St, 99201</td>
<td></td>
</tr>
<tr>
<td>Winchester Court</td>
<td>979-7886</td>
</tr>
<tr>
<td>4101 N Cook, 99207</td>
<td></td>
</tr>
<tr>
<td>Woodhaven Apts</td>
<td>466-8444</td>
</tr>
<tr>
<td>12424 N Fairwood Dr, 99201</td>
<td></td>
</tr>
</tbody>
</table>
### HOME OWNERSHIP (INN NGEITU)

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Frameworks (Mi Bu Tlangkamh Nak)</td>
<td>315 W Mission, #100</td>
<td>484-6733 x116/117</td>
<td>communityframeworks.org</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Builds and preserves homes for renters, first-time home buyers and people with special shelter and service needs.</td>
</tr>
</tbody>
</table>
| | | | (Inn kan hlan tik ah si she, kan cawk tik ah si she acozah upadi lei in bomh chank nak)
| Habitat For Humanity (Bu Umnak Hmun le Kua) | 732 N Napa St | 534-2552 | habitat-spokane.org |
| | | | Builds decent affordable homes for low-income families, which purchase the home of cost of the land/construction at 0% interest 20 year loan. |
| | | | (Kan hmuh mi phaisa a tlawm deuh i inn kan cawk duh than tik ah kum 20 chung duh sa tein piak than khawh ding in bomh nak hmun)
| SNAP Mortgage Assistance Programs (SNAP Lei in Tangka Aamakhkan Piak Nak) | 500 S Stone | 456-7106 x3 | snapwa.org |
| | | | HUD-approved comprehensive housing counseling agency provides mortgage default and foreclosure prevention counseling, pre-purchase counseling and education for prospective home buyers, and reverse mortgage counseling for senior citizens. |
| | | | (Tar nu tar pa caah inn cawk duh ah siseh hlan duh ah siseh inn ne tu he ii rem tein I chonh biak khawh nak hnga bom chant u)

### TRANSPORTATION (PHORHNAK)

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bus &amp; Train, Regional &amp; National (Bus le Tlanglawng, Hmunhма he a Pehtlaimi)</td>
<td>221 W 1st Ave, Spokane 99201</td>
<td>800-872-7245</td>
<td>amtrak.com</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>greyhound.com TDD 800-345-3109</td>
</tr>
<tr>
<td>Care Cars For Elders (Upa Caah Motor Phorhnak)</td>
<td>5125 N Market St</td>
<td>458-7450</td>
<td></td>
</tr>
<tr>
<td>ELDER SERVICES (KUM UPA CAAH BOMH NAK)</td>
<td>5125 N Market St</td>
<td>458-7450</td>
<td></td>
</tr>
<tr>
<td>City Bus - Spokane Transit Authority</td>
<td>1130 W Boone Ave</td>
<td>325-6000</td>
<td>spokanetransit.com</td>
</tr>
</tbody>
</table>
**Paratransit Division**
(Motor Phorhnak Lein Bomh Nak)
325-6026 or TDD 327-6055
Provides shared-ride, wheelchair-accessible transportation for ADA-eligible persons unable to use Spokane Transit Authority (STA) accessible, life-equipped buses. Pre-schedules services. Same-day trip requests are on a space available basis.
(Bus ai cit kho lo mi pawl caah ATS lei in bomh chank nak)
**Mobility Center** 232-6303

**Drivers’ Licenses**
(Drivers’ Licenses Zung)
**Northside** 482-3882
6519 N Lidgerwood St, 99208

**Special Mobility Services**
(Fawitein I Thial Khamhnak)
3102 E Trent, Suite 210534-9760
Spokane 99202 800-892-4817
sms1.org TDD 800-821-7167
Arranges transportation for people with medical coupons who don’t have transportation. Non-emergency services only. Each ride application must be authorized two working days in advance of appointment.
(Mi dam lo caah medical coupons calap ai tleih in motor Leiinbomh khawh nak si)

**Vehicle Licensing**
(Motor Licensing)
**Spokane County Court** 477-2222
1116 W Broadway
1st Floor Annex, 99260
**Hillyard** - 5202 N Market St
Spokane 99217 487-1085

**North Division** - 6212 N Division
Spokane 99208 484-7416

**Downtown** 455-8320
613 S Washington, Suite 105
Spokane 99204

**South Hill** 534-6022
2727 S Mount Vernon St, Suite 3B
Spokane 99223

**Hospitals & Clinics**
(Sii Zung Le Clinics Lei)

**CHAS - Community Health Association of Spokane**
(CHAS – Spokane Um Ngandamnak Bu)
203 N Washington, Suite 300
Spokane 99201 444-8200
chas.org Billing: 444-7880

Nonprofit system of community clinics providing medical and dental health care to families and individuals of all ages, regardless of insurance status. Enrolls patients in Healthy Options, Basic Health Plan, First Steps, Medicare, Medicaid; bills private insurance, or uses a sliding-fee scale based on income for uninsured patients.
(Innhchung khal caah siseh, pumpak caah siseh, ngan dam nak lei bomh nak. Hmuh nak a tlawm deuh mi pawl caah acozah sin ah tlawm deuh in lian khawh nak hnga bomh nak hmun si)

**Medical Clinics (Ngandamnak Hmun)**
9227 E Main 434-0313
5921 N Market 487-1604
3919 N Maple 444-7801
1001 W 2nd Ave 444-8200
Dental Clinics
(Ha Le Hk Paetlainak Hmun)
3919 N Maple 444-8200
1001W 2nd Ave 434-0308

Christ Clinic
(Christ Sikhan)
914 W Carlisle 325-0393
Spokane 99205 christclinic.org
Christian-centered nonprofit medical clinic care for low-income persons with limited or no medical insurance.
(Insurance nei lo mi caah tlawn tein bomh khawh nak khrifa sii khan a si)

Deaconess Medical Center
(Deaconess Si Zung)
800 W Fifth Ave 458-5800
Spokane 99204 deaconessmedicalcenter.org
Acute-care hospital in downtown Spokane. Identified as one of the top heart hospitals. Offers a Chemical Dependency Unit.
(Spokane ah bomh nak a that nak bik le sii lei in a that bik sii zung pa khat a si ve)

Grace Clinic
(Grace Sikhan)
823 W 7th Ave, Suite 102
Spokane 99204 326-6474 graceclinics.com

Project Access
Orange Flag Bldg 532-8877
104 S Freya, Suite 114
Spokane 99202 spcms.org/projectaccess
Arranges for more than 800 physicians and all five hospitals to donate health-care services: specialty-level office visits, surgeries and treatments, hospitalizations, lab and radiology services, durable medical equipment, translation, low-cost medication and transportation.
(Sizung tuan vo ngai mi nung 800 nih sizung um mi caah operation lei in siseh, radiology, x-ray lei siseh phaisa tlawn tein bomh khawh nak pik mi hmun a si)

Providence Adult Day Health
(Upa Ngandamnak le Bomhnak Hmun)
6018 N Astor 482-2475
Spokane 99208 phc.org
Offers support and rehabilitative services for frail, vulnerable elderly and impaired adults.
(Pum tlam tling lo le mi zeng pawl vial te dam khawh nak sizung a si)

Providence Holy Family Hospital
(Holy Family Sizung)
5633 N Lidgerwood 482-0111
Spokane 99208 holy-family.org
Provides full-service, advanced medical and surgical care, specialty support and outpatient services.
(Dam lo mi hna caah siseh a bik in a leng hni mi zaw pawl caah operation tiang in tuahkhawh zoh khenh nak sizung asi)

2012-13 Elder Refugee Resource Directory 15
Providence Sacred Heart Medical Center & Children’s Hospital
(Ngakchia Le Damlo Pawl Ca I Sacred Heart Sizung)
101 W 8th Ave 474-3131
Spokane 99204 shmc.org
Offers comprehensive, advanced medical and surgical care, specialty support and outpatient services.
(A leng lei mi zaw Pawl Caah siseh a chung um mi zaw operation an tuah mi si hna seh an ngan dam nak caah zoh khenh tu sizung a si)

Regional Support Networks
(Khuachung Lei Bomh nak Networks)
DSHS Mental Health Division - Spokane Regional Support Networks
(Lunghthin Lei Damlo Pawl Caah
DSHS Bomh Nak - Spokane Chuachung Lei Bomh Nak)
312 W 8th Ave, 4th Flr 477-5722
Spokane 99204 800-273-5864
24 Hr Crisis Line 877-678-4428
spokanecounty.org/mentalhealth

Riverstone Family Health, Northeast Clinic
(Riverstone Family Sizung, Northeast lei)
4001 N Cook St 483-3427
Spokane 99207 yvfwc.org
Provides a full range of medical services, prenatal care and delivery. Includes dental clinic.
(Ngan dam nak a dik lak in an zoh dih, a biapi bik cu nau pawi, nau nei hna caah tha tein zoh khawnh nak sizung a si)

Rockwood Clinic
(Rockwood Sikhan)
400 E 5th Ave 838-2531
Spokane 99202 rockwoodclinic.com
Outside Spokane 800-776-4048
Urgent Care Center 838-2531

Rockwood North Clinic
9001 N Country Homes Blvd

Northpointe
342-3010
605 E Holland Ave, Suite 200

Quail Run Clinic
755-5250
2214 E 29th

Spokane Community Care
(Spokane Zawnruahnak Bu)
1330 N Washington, Suite 3500 Spokane 99201 800-984-5710 spokanecommunitycare.com
Includes more than traditional Medicare: preventive health services, worldwide emergency and prescription coverage with doctors and hospitals in Spokane County.
(Mi zawt nak chung kan sii chonk khawh nak hnga lo ding in doctors te nih poimawh a um tikah zoh khanh nak hmun a si)

Spokane County Community Services, Housing, Community Development Dept
(Spokane Khua Inn le Hmunhma Thanchonak Bu)
312 W 8th Ave 477-5722
Spokane 99204 spokanecounty.org
Makes referrals for substance abuse treatment and prevention, developmental disabilities and mental health.
Spokane County Medical Society
104 S Freya, Suite 114  325-5010
Spokane 99202
www.spcms.org
Provides telephone-only referrals to physicians who accept medical coupons, serves low-income or provides services for a reduced fee.
Provides information about physicians based on location, medical speciality and medical insurance requirements.
(Hmuh nak lei a tlawm deuh pawl caah phaisa man fawi tein ii piak khawh nak le ii thlop khawh nak sizung a si)

Spokane Falls Family Clinic (Spokane Falls Family Sikhan)
120 W Mission Ave  326-4343
Spokane 99201
yfwc.org
Offers a full range of medical services, prenatal care and delivery. Includes dental clinic and pharmacy.
(Nau pawi lio can le nau neih caan ah zoh khenh nak hmun a si)

Spokane Regional Health District Public Health Clinic (Spokane Acozah Sizung)
1101 W College Ave  324-1600
Spokane 99201
srhd.org
Offers immunizations, flu shot and travel vaccines; HIV and tuberculosis testing; head lice checks, refugee screening.
Fees may be reduced. Medical coupons accepted. Clinic hours: T-Th 8-5, F 9:30-5.
(Kakuisii chunk, HIV le TB test nak hmun asi, a bik in refugees caah man fawi tein zoh khawh nak le check khawh nak hmun a si)

US Health Medical Clinics
(US Health Medical Zikhan)
9222 N Newport Hwy, Suite 1
Spokane 99218  467-4545
Provides urgent care, work injuries, employment-listing. Discounts cash pay program, available for uninsured clients.
(Emergency he a peh tlei mi a si, a bik in rian tuan awl ii hleim khuai tikah bawm chan nak clinic a si)

Other Medical Clinics
2005 E 29th Ave  747-0770
Washington State Dental Association Outreach Program
(Washington State Ha Lei Bomh Nak Program)  458-2509
action@altcew.org  altcew.org
Provides a reduced-fee dental program for seniors, disabled adults and Alzheimer’s patients. Volunteer WASDA members reduce fees by at least 25% for patients meeting criteria.
(Pu tar, pi tar kut ke tlam tling lo caah siseh lung zawt nak angai mi hna caah ha lei zoh khenh nak hmun a si)
FOOD & CLOTHING (EI LE DIN)

Second Harvest of the Inland Northwest
(Ei le Din Caah Bomh Nak Inland Northwest)
1234 E Front 534-6678
Spokane 99202 800-662-3136
2-harvest.org

Supplies free food for hungry people. Call for distribution times and locations.
(Ei din lei cham bau mi caah a lak in bomh ve nak hmun a si)

Brown Bag Program 534-6678
memberservices@2-harvest.org

Delivers commodities and food items to low-income, home-bound persons once a month.
(Hmuh nak a tlawn mi caah tla khat vui khat bomh khauh nak hmun a si)

Commodity Supplemental Food Program (CSFP)
(Ei Le Din Fonh Chih Chap Nak Hmun) 534-6678

Provides commodities and food items to low-income children younger than five years old and seniors 60 years and over. Once a month supplemental food package with nutritional

Continued on page 20

FOOD & CLOTHING BANKS/EI DIM LE PUAN LEI BOMH NAK

<table>
<thead>
<tr>
<th>Organization Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>All Saints Lutheran Pantry 314 S Spruce St, 99201</td>
<td>838-4409</td>
<td>X</td>
<td></td>
<td></td>
<td>10-2, M-Th</td>
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<tr>
<td>American Indian Center 801 E 2nd, Suite 10, 99202</td>
<td>535-0886</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-4:30 MTF, 1-4:30 Th</td>
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<tr>
<td>Berachah Food Bank 1225 N Cochran, 99201</td>
<td>747-6035</td>
<td>X</td>
<td></td>
<td></td>
<td>1st W</td>
</tr>
<tr>
<td>Better Living Center 25 E North Foothills, 99207</td>
<td>325-1258</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-6, T; 9-2 Th</td>
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<tr>
<td>Caritas Outreach Ministries 2919 N Monroe, 99205</td>
<td>326-2249</td>
<td>X</td>
<td></td>
<td></td>
<td>10-1, MWTh</td>
</tr>
<tr>
<td>Clothes Closet - Central Lutheran, 512 S Bernard St, 99204</td>
<td>624-9233</td>
<td>X</td>
<td></td>
<td></td>
<td>1-3, W</td>
</tr>
<tr>
<td>Clothing Closet - St Andrews, 2404 N Howard</td>
<td>481-1167</td>
<td>X</td>
<td></td>
<td></td>
<td>11:30-1, M-Th</td>
</tr>
<tr>
<td>East Central Community Center 500 S Stone, 99202</td>
<td>625-6699</td>
<td>X</td>
<td>X</td>
<td></td>
<td>8:30-4, M-F</td>
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<tr>
<td>Organization Address</td>
<td>Phone</td>
<td>Food</td>
<td>Clothes</td>
<td>Household</td>
<td>Hours</td>
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<tr>
<td>Labor of Love - Jesus is the Answer, 1803 E DeSmet, 99202</td>
<td>536-4803</td>
<td>X</td>
<td></td>
<td></td>
<td>varies</td>
</tr>
<tr>
<td>New Hope Ranch Food Bank Connections Church, 2524 E Queen, 99217</td>
<td>487-2160</td>
<td>X</td>
<td></td>
<td></td>
<td>12-4, MW</td>
</tr>
<tr>
<td>NW Ecumenical Food Bank - Audubon UMC, 3908 N Driscoll, 99205</td>
<td>325-4541</td>
<td>X</td>
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<td></td>
<td>9:30-12:30, 2nd/last T</td>
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<tr>
<td>Off-Broadway Family Outreach Broadway &amp; Nettleton, 99201</td>
<td>998-4096, 998-2630</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9:30-1, M</td>
</tr>
<tr>
<td>Our Place Ministries 1500 W College, 99201</td>
<td>326-7267</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>10-12:30, MTTh</td>
</tr>
<tr>
<td>Peaceful Valley Center 214 N Cedar St, 99201</td>
<td>624-8634</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>FB:10:30-12:30, F CB: 9-3, M-F</td>
</tr>
<tr>
<td>St Peter Lutheran Food Bank 4620 N Regal, 99207</td>
<td>487-4843</td>
<td>X</td>
<td>X</td>
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<td>8-11:30, F</td>
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<tr>
<td>Salvation Army 204 E Indiana, 99207</td>
<td>325-6821</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-5, MTThF, 1-7 W</td>
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<tr>
<td>Serve Spokane 8303 N Division St, 99208</td>
<td>444-8445</td>
<td>X</td>
<td>X</td>
<td></td>
<td>10-noon, 2nd &amp; 4th Sat</td>
</tr>
<tr>
<td>SNAP Northeast Food Bank 4001 N Cook, 99207</td>
<td>487-1114</td>
<td>X</td>
<td></td>
<td>1-3, M-F, 2-4, T</td>
<td></td>
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<tr>
<td>Spokane Community Warehouse 800 N Hamilton, 99201</td>
<td>991-9345</td>
<td>X</td>
<td></td>
<td>N/A</td>
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</tr>
<tr>
<td>Store House, The - Calvary Bapt., 207 E 3rd St, 99202</td>
<td>747-8793</td>
<td>X</td>
<td>X</td>
<td></td>
<td>9-1, MW</td>
</tr>
<tr>
<td>Union Gospel Mission 1224 E Trent, 99202</td>
<td>535-8510</td>
<td>X</td>
<td></td>
<td>8-9, M-WF; 9-10, Th</td>
<td></td>
</tr>
<tr>
<td>Westminster Presbyterian Food Bank 2705 W Boone, 99201</td>
<td>329-0351</td>
<td>X</td>
<td></td>
<td>11-1:45, W,F</td>
<td></td>
</tr>
<tr>
<td>YWCA Our Sister's Closet 930 N Monroe, 99201</td>
<td>326-1190</td>
<td>X</td>
<td></td>
<td>9-4:30, M-F</td>
<td></td>
</tr>
</tbody>
</table>
and community resource information may be picked up at CSFP food pantries or delivered to home-bound individuals.
(Hmuh nak a tlawn mi kum (60) cung le kum (5) tang lei pawl caah CSFP lei in eiin bomh nak si)

**Thrift Stores**
*(Khiaamak Dawr)*
Days & hours may vary:

**Discovery Shop**
805 W Garland, Spokane 99202
328-9373

**Goodwill Industries**
130 E 3rd Ave
9832 N Nevada
13721 E Sprague
928-4032

**Global Neighborhood**
868-0001
902 W Indiana Ave

**NW Christian School Thrift Store**
6607 N Maple
326-1522

**Salvation Army Thrift Store**
2020 N Division
325-6805

**Teen Challenge Thrift Stores**
2006 N Ash St
1919 E Sprague
534-0443

**The Windfall - St John’s Cathedral**
1024 S Perry
534-3888

**UGM Thrift Stores**
301 W Boone
11921 E Sprague
927-5905

**Value Village**
708 W Boone
13112 E Sprague
921-7889

**VOA Thrift Store**
6206 E Trent
327-4112

<table>
<thead>
<tr>
<th>ENGLISH CLASSES</th>
<th>(MIRANG CA CAWN)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Barton School</strong></td>
<td></td>
</tr>
<tr>
<td>318 S Cedar St 747-1058 x251</td>
<td></td>
</tr>
<tr>
<td>Spokane 99201</td>
<td></td>
</tr>
<tr>
<td>Offers one-on-one and small groups are tutored by a volunteer staff. Students are interviewed to establish needs, goals and individual programs of study.</td>
<td></td>
</tr>
<tr>
<td>(Mirang ca, mirang holh caah a leng lei in saya hnga nik pum pek in mi bomh nak hmun a si)</td>
<td></td>
</tr>
</tbody>
</table>

| **Country Homes ESL School** |
| 8415 N Wall 466-3414 |
| Spokane 99208 chchristian.org |
| Volunteers tutor immigrant adults and refugees in English. |
| (Upa refugees mi caah mirang ca lei in bomh nak hmun a si) |

| **Daily Dose** |
| hjcav@byu.net 448-5312 |
| LDS volunteers provide free, conversational English lessons to function in the community. |
| (Mirang Ca Cawn duh mi Caah) |

| **Institute for Extended Learning ESL Program** |
| *(Upa Caah Mirang Ca Cawn Nak Hmun)* |
| **Adult Education Center** *(Zing Lei Caan Le Zaan Lei Caan Ah Si Lai)* |
| 2917 W Ft George Wright Dr |
| Spokane 99224 533-4671 |
| ESL Online Courses 533-8522 iel.spokane.edu/abe/esl.php |
| Offers English language classes providing competency in |
listening, speaking, writing, and observing. Prepares for job readiness, retention and advancement. Provides computer literacy and ESL specific software programs. (Rian caah siseh, miring ca le computer lei in cawn piak nak hmun si)

**ADULT EDUCATION CENTER**
2310 N Monroe

**HILLYARD EDUCATION CENTER**
4410 N Market St

**MAGNUSON BUILDING**
2917 W Ft George Wright Dr

**SPOKANE COMMUNITY COLLEGE**
1819 N Greene St

Spokane Public Schools
(Spokane Acozah Sianginn)
spokanepublicschools.org

**ENGLISH LANGUAGE DEVELOPMENT - ELD PROGRAM**
(Mirang Ca Thangchohnak)
354-7304

**FAMILY REGISTRATION AND ORIENTATION CENTER**
(InnChungkhar Tleihhngalhnak Pek Nak Hmun)
354-5128

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**INTERPRETATION & TRANSLATION**
(HOLHLEHNAK LE CA LEHTHLEN NAK)

**DSHS Interpreter & Translation Services**
(DSHS Lei I Holh le Caleh Piak Nak) 800-605-5126

---

**Interpreter Services: Special Mobility Services**
(Holh le Ca Leh Nak Lei In Bomh Nak)
534-9760  800-892-4817
Serves as a broker for oral interpreting in Spokane County/NE Wash. DSHS provides certified interpreters for Medicaid-paid appointments only. Medicaid providers can request service. Need 24-hour notice with client’s name, medical coupon number, phone number, doctor’s/dentist’s name, address and phone, and appointment. (DSHS lei bawm nak in appointment kan neih tik ah fawi tein holh let tu lak piak khawh nak a si, kan hmmin, kan address le phone te hna piak a helh si)

Spokane International Translation (Perciba)
(Spokane Holhleh Bomh Nak Bu)
502 E Third Ave 327-8064
Spokane 99201
spokanetranslations.com
Does legal, business, medical, state court-ordered, phone and in-person translation. Written translation to or from any language. (Nunphung lei siseh ngan dam nak lei in siseh tlan tling tein ca lei in leh piak nak language hmun hma si)
<table>
<thead>
<tr>
<th><strong>LEGAL SERVICES (UPADI LEI BOMH NAK)</strong></th>
</tr>
</thead>
</table>
| **Center for Justice**  
(Dinnak Lei A Sang Bik Zung) |
35 W Main, Suite 300  835-5211  
Spokane 99201  
cforjustice.org  
Focuses on civil rights, discrimination, government accountability, poverty and the environment. Offers drivers relicensing and expungement.  
(Acozah lei in, mi pi le mi pe kar lak ah thlèi dai nahn a um tikah report pek kawnh nahn zung si) |
| **Gonzaga School of Law - Elder Law Clinic**  
(Gozaga Sianginn Lei Bomh Nak Upadi Zung) |
721 N Cincinnati  323-5791  
Spokane 99258  
Free to seniors 60+. |
| **HUD - Housing and Urban Development**  
(HUD – Inn le Khuate Lei Thanchohnak Bu) |
920 W Riverside, Suite 588  
Spokane 99201  368-3200  
hud.gov  
Housing Discrimination Hotline  800-669-9777  
Housing Counseling and Referral Line  
(Inn kawng na theih duh tik ah)  800-569-4287 |
| **Northwest Fair Housing Alliance**  
(Northwest Fair Inn Bomh Nak Bu) |
35 W Main Ave, #250  325-2665  
Spokane 99202  800-200-FAIR  
nwfairhouse.org  
Offers assistance/education on federal housing laws. Provides housing counseling/information to landlords and tenants.  
(Inn cawk na duh ah siseh na hlan duh ah siseh acozah upadi lei in zoh khenh nak a si) |
| **Northwest Justice Project**  
(Rian A Nei Lo Pawl Ca Project) |
1702 W Broadway  324-9128  
Spokane 99201  888-201-1014  
wjustice.org  
Provides free civil (non-criminal) federally funded legal assistance to low-income residents of Washington.  
(Acozah lei in income a trawn deuh mi caah bomh nak hmun si) |
| **Office of Civil Rights**  
(Ramchung Mi Sinak He A Pehtlaimi Zung) |
2201 Sixth Ave  TDD206-615-2296  
MS RX-11  800-537-7697  
Seattle 98121  800-368-1019  
hhs.gov/ocr  
Assures equal access to Health and Human Services (HHS). Investigates disability discrimination complaints on federal, state or local health and social services programs.  
(Ngan dam nak lei siseh, za tláng nun siseh thlèi dai nahn um ño tein zoh khenh nak si lai) |
| **Unemployment Law Project**  
(Rian A Nei Lo Pawl Ca Project) |
Community Bldg/East  624-9178  
35 W Main Ave, Suite 370E  
Spokane 99201  800-940-9178 |
Spanish-speaking: **888-441-9178**  
unemploymentlawproject.org  
Offers free legal assistance and info to people denied unemployment benefits. Offers services to anyone with a Washington State claim.  
(Rian tuan nak hmun ah siseh, na um nak in kong ah siseh thlei dan nak a um tik ah nu hrin co vo bu nih chek hlet nak an tuah te lai, report khawh a si)

**Volunteer Lawyers Program**  
(Caan Piak Sihni)  
**Spokane Bar Association**  
(SPOkanE Upadi Zung)  
1704 W Broadway  
324-0144  
PO Box 9357, Spokane 99201  
spokanebar.org  
Offers Bankruptcy Information Clinic, Divorce Advice Clinic, Family Law Advice and Housing Justice Project 1-4 pm, M-Th. Individual consultations, limited/full representation in civil law matters provided by volunteer attorneys. Available to low-income residents of Spokane County.  
(Inn kong he peh tlei in sihnii na herh tik ah pumpek sibbi a lak in hmuh khawk nak hmun hma a si)

**Washington State Human Rights Commission**  
(Washington State Human Rights Zung)  
Rock Pointe Plaza III  
568-3196  
1330 N Washington St, Suite 2460  
Spokane 99201  
800-233-3247  
hum.wa.gov  
Investigates allegations of discrimination in employment, housing, public accommodation, credit and insurance. Offers educational programs on civil rights.  
(Rian tuan nak hmun ah siseh, na um nak in kong ah siseh thlei dan nak a um tik ah nu hrin co vo bu nih chek hlet nak an tuah te lai, report khawh a si)

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**SENIOR PROGRAMS**  
(UPA PAWL CAAH)

**AARP - American Association of Retired Persons**  
(American I Pinsin lah Cang Mi Upa Pawl Bomh Nak)  
aarp.org  
800-424-3410  
A membership organization for people 50+ provides positive social change and deliveries value through advocacy and information on health, Medicare and Social Security.  
(Kum 50 cung lei mi nung caah ngan dam nak siseh, zatlang nun ah deih nak rem nak zer piak nak hmun a si)

**Aging & Long Term Care of Eastern WA - ALTCEW**  
(Caan Saupi Zokh Kham Nak Hmun)  
1222 N Post St  
458-2509  
Spokane 99201  
altcew.org  
Provides community planning and advocacy. Funds a network of services to help seniors and adults with disabilities stay at home.  
(Dam lo le kum upa pawlcaah bomh nak hmun a si)
Elder Services
(Upa Bomh)
5125 N Market St 458-7450
Spokane 99217
Strives to prevent premature or unnecessary hospitalization or nursing home placement through in-home assessment, psychiatric care, respite care, family caregiver support and its 24-hour Information and Assistance Line for elders:
TTY 835-1282
(Dam lo nain sizung kai a hau lo mi caah suimilam 24 chung zoh khenh nak hmun asi, a bik in tar nu tar pa pawl caah a si)

COPES PERSONAL CARE PROGRAM
LONG TERM CASE MANAGEMENT
(COPES Mipakhat Hrang Bomh Nak Program) 323-9400
Medicaid program provides personal care/household assistance to impaired persons 18+ in their homes, adult family homes, care or assisted living facilities.
(Kum 18 chung lei mi nung dam lo pawl caah an inn te ah zoh khenh khawn nak si lil)

INFORMATION & ASSISTANCE/CASE MANAGEMENT
(THAWNGPANG LEI LE PUMPAK CAAH Bomh Nak) 458-7450
Focal point of aging and long-term care service system, linking people to community services to maintain independence as long as possible.
(Kan kum he peh tlei in na nun chung long-term zoh khent khawh nak hmun hma a si)

Prevention Education & Development Programs for Successful Aging - PED
(Fintiangnak le Thanchohnak Lei Bomh Nak - PED)
315 W Mission, #22 326-1471
Spokane 99201 pedspokane.org
Researches, develops and offers educational programs to enhance aging for those 50+.
(Kum 50 chung upa pawl caah fim thian nak lei in researches tuah piak nak hmun si)

RSVP - Retired & Senior Volunteer Program YMCA
(Upa Pawl Caah YMCA Lei In Caan Piak in Bomh Nak)
1126 N Monroe 777-YMCA(9622)
Spokane 99201 ymcaspokane.org
Respects connection between volunteering, spiritual growth and community health.
Matches member interests and talents with one-time and ongoing volunteer opportunities in more than 100 Spokane County nonprofit and public organizations.
(Tak sa, thlarau lei caah than cho khawh nak hnga bomh nak hmun si. Spokane ah mah bantuk hmun hma 100 leng an um)
### Employment & Small Business Support

**Food Service Worker Permits**  
Spokane Regional Health District  
(Spokane Acozah Sizung In Ei Le Din Ca Bomh Nak)  
1101 W College Ave, #402  
Spokane 99201  
324-1563  
www.srhd.org

**Opportunity Center - YWCA**  
(YWCA – Nu Bu)  
930 N Monroe  
789-9280  
Spokane 99201  
ywcaspokane.org

**SNAP Refugee Business Development**  
(Refugees Mi Pawl Caah SNAP Lei Bomh Nak)  
franson@snapwa.org  
456-7106  
Offers business establishment, development and expansion assistance through programs including free courses and small business loans.  
(Refugees caah chaw leh thal nak a hme te siseh a ngan ah siseh dirh na duh tik ah fim chim tu le cawn piak nak hmun si)

**WorkSource (Riankawl)**  
130 S Arthur  
532-3000  
Spokane 99202  
Go2worksource.com  
Connects job seekers and employers with enhanced services to empower the community.  
(Rian tuan duh mi caah rian kawl piak nak hmun pa khat a si)

### In-Home Care & Retirement Homes

**DSHS Residential Care Services**  
(DSHS Inn Um Caah Bomh Nak)  
323-7304

Licenses and oversees adult family homes, boarding homes, nursing facilities and residential programs.  
(DSHS lei in license hmuh a si ah, bawn piak nak nawl neih khawn nak programs asi)

**Home & Community Services - DSHS Spokane**  
(Inn Kong Ah DSHS Lei In Bomh Nak)  
1330 N Washington, Suite 3000  
Spokane 99201  
323-9400  
aasa.dshs.wa.gov  
800-459-0421  
TTY456-2827

Services for elderly, functionally disabled and vulnerable adults.  
(Dam lo le kum upa pawl caah bomh nak hmun si)

**Home Care Referral Registry of Washington**  
(Washington Inn Zawnruahnak Bu)  
AGING & LONG TERM CARE (ALTCEW)  
(ALTCEW Caan Saupi Bomh Nak)  
1222 N Post  
458-2909  
Spokane 99201  
altcew.org

Helps find providers based on care needs, schedules and preferences.  
(A helh bantuk in bawn nak hmun hma a si)
Medical Equipment & Supplies, 
& Mobility 
(Silei In Bomh Nak) 

Hospital Equipment Loan- Scottish Rite 
(Sizung Lei Bomh Nak) 635-5491  
1108 W Riverside, Spokane 99201 

MediAlert & Safe Return 
(MediAlert le Safe Return) 
alz.com 473-3390 

Medicare Durable Medical Equipment 
(Zawnruahnak le Si Lei) 
800-583-2236 

Mid-City Concerns/Meals on Wheels Spokane 
1222 W 2nd 747-3257  
Spokane 99201 MOW 456-6597 mowspokane.org 
Serves seniors and disabled in need of nutrition, advocacy, recreation and education. 
(Kum upa pawl caah eiin ah siseh, upadi le fim thian nak lei in bomh nak hmun a si) 

Senior & Vulnerable Adult Services - Catholic Charities 
(Caan Piak Bomh Nak – Catholic Charities) 
12 E 5th Ave 459-6184  
Spokane 99202 catholiccharitiesspokane.org 
Support services for low-income elderly and adults with disabilities to improve quality of life and to promote independent living in their homes. Includes Senior Nutrition, Foster Grandparents and Volunteer Chore Services. 
(Kum upa cang mi le pum tlam ting lo pawl caah mah le mah thut dir khawh nak ding caah le eiin lei in bomh nak hmun a si) 

Volunteer Chore Service 
(Caan Piak Bomh Nak) 328-8400 catholiccharitiesspokane.org 
Provides transportation, yard work and housekeeping to low-income seniors and adults with disabilities. 
(Phaisa lei chungboi mi le mi dam lo caah bomh khenh nak hmun hma a si) 

SNAP Long Term Care Ombudsman Program 
(SNAP Leiin Caan Saupi Bomh Nak Program) 
3102 W Ft George Wright 
Spokane 99224 456-7133 800-660-7133 
SNAPwa.org  
Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities. 
(Kum upa pawl caah upadi lei in siseh thudam lei in siseh bawm piak nak hmun hma a si) 

Title XIX Medicaid Personal Care Program (MPC) 
(Medicaid Neimi Caah XIX Lei Bomh Nak) 

Aging & Long Term Care of Eastern Washington (ALTCEW) 
(Eastern Washington Lei Bomh Nak) 
1222 N Post 458-2509 
Spokane 99201 altcew.org 
Provides personal care/ household assistance to individuals 18+ with
functional impairments such as bathing, dressing, shopping, walking, housekeeping, eating and transportation to medical providers.
(Tak kholh, thil thlen, an duh nak ah kal pi, inn thianh piak etc…. bawm nak lei in tuan voi lak piak nak hmun si lai)

**Washington Residential Care Council (WSRCC)**
(Washington Ummi Caah Zohkhamp nak Council)
Spokanewsrcc.org  888-439-8999
Adult Family Home Locator.

**COMMUNITY CENTERS**

Neighborhood-based support services and outreach, including gymnasium, conference rooms senior center/senior nutrition, after and before schools programs, computer centers. Publishes a monthly newsletter.
(Kum upa pawl caah ca zual, computer, nuamh nak hmun kal pi nak ti bantuk lei in bawm nak hmun asi)

*Continued on page 28*

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### **SENIOR MEAL SITES/UPA PAWL CAAH HMUH HMA**

<table>
<thead>
<tr>
<th><strong>American Indian Center</strong></th>
<th>535-0886</th>
<th>noon, M-F</th>
</tr>
</thead>
<tbody>
<tr>
<td>801 E 2nd Ste 10, 99202</td>
<td></td>
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<thead>
<tr>
<th><strong>Clare House</strong></th>
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</thead>
<tbody>
<tr>
<td>4827 S Palouse Hwy, 99223</td>
<td>11:30, M-F</td>
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<table>
<thead>
<tr>
<th><strong>Corbin Senior Center</strong></th>
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</thead>
<tbody>
<tr>
<td>827 W Cleveland, 99201</td>
<td>noon, M-Th</td>
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<table>
<thead>
<tr>
<th><strong>Delaney Apts</strong></th>
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</thead>
<tbody>
<tr>
<td>242 W Riverside Ave, 99201</td>
<td>11:30, M-Th</td>
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</table>

<table>
<thead>
<tr>
<th><strong>East Central Senior Center</strong></th>
<th>625-6693</th>
<th>noon, M-F</th>
</tr>
</thead>
<tbody>
<tr>
<td>500 S Stone, 99202</td>
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<td></td>
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<table>
<thead>
<tr>
<th><strong>Hillyard Senior Center</strong></th>
<th>482-0803</th>
<th>noon, M-Th; 11:45, F</th>
</tr>
</thead>
<tbody>
<tr>
<td>4001 N Cook, 99207</td>
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<table>
<thead>
<tr>
<th><strong>Mid City Concerns Senior Center</strong></th>
<th>747-3257/456-6597</th>
<th>11:30, M-F</th>
</tr>
</thead>
<tbody>
<tr>
<td>1222 W 2nd, 99202</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Sinto Senior Activity Center</strong></th>
<th>327-2861</th>
<th>11:30, M-F</th>
</tr>
</thead>
<tbody>
<tr>
<td>1124 W Sinto, 99201</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Southside Senior Activity Center</strong></th>
<th>535-0803</th>
<th>noon, MWF</th>
</tr>
</thead>
<tbody>
<tr>
<td>3151 E 27th Ave, 99223</td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>St Aloysius Senior Center</strong></th>
<th>313-5896</th>
<th>lunch, 1st Th $6.00, RSVP</th>
</tr>
</thead>
<tbody>
<tr>
<td>330 E Boone, 99201</td>
<td></td>
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</tr>
</tbody>
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East Central Community Center (East Lei Um Mibu Center)
500 S Stone  625-6699
Spokane 99202
ecccspokane.org

Northeast Community Center (Northeast Mibu Center)
4001 N Cook  487-1603
Spokane 99207
http://necca.myspokane.net

West Central Community Center (West Central Mibu Center)
1603 N Belt St  326-9540
Spokane 99205
myspokane.net/wccc

ARTS & CULTURE/NUMPHUNG

Libraries, City & County (Libraries, Khuachung le Khualen)
Call for hours and services.

SPOKANE PUBLIC LIBRARIES
(s Spokane Acozah Libraries)
spokanelibrary.org  444-5300
Downtown - 906 W Main
Spokane 99201  444-5300
East Side - 524 S Stone
Spokane 99202  444-5375
Hillyard - 4005 N Cook
Spokane 99207  444-5380
Indian Trail - 4909 W Barnes
Spokane 99208  444-5395
Shadle-2111 W Wellesley
Spokane 99205  444-5390
South Hill - 3324 S Perry
Spokane 99203  444-5385
North Spokane (County)  893-8350
44 E Hawthorne  scld.org
Spokane 99218

HOSPICE CARE & GRIEF (RIAHNAK INN LE BUK)

Horizon Hospice LLC
123 W Cascade Way  489-4581
Spokane 99208

Hospice of Spokane
121 S Arthur  456-0438
PO Box 2215R  888-459-0438