# Family & Parenting Resources

## Family Planning: Pregnancy, Infant, and Maternity Resources

**AbAnon**  
joinus@abanon.org  
abanon.org/findchapter  
A free, 8-week recovery program that involves small groups of women or men who seek to recover from the emotional pain caused by abortion.

**Alexandria’s House**  
489-0349  
Volunteers of AMERICA  
Mail: 525 W 2nd Ave, 99201  
vaospokane.org  
Bakery  
Bun in the Oven  
244-1925  
WAllA WAllA trAffic sAfety tAsK  
Asotin cnty heAlth dist  
KootenAi heAlth  
Child Seat Safety Education  
Gives diapers to needy families.  
Newborn program: child safety, nurses, and security between parents and children.  
Focusing on the early intervention models to increase attachment and security between parents and children.  
Serves Whitman and Garfield counties. Provides birth to three-year-olds with developmental screenings, early intervention services, parenting supports and referrals to community resources.  
Offers help to parents to soothe, care for and enjoy their babies.  
Provides hope and support.  
Focusing on the early intervention models to increase attachment and security between parents and children.

**Baskets for Babies**  
214-2634  
Spokane Valley Partners, 10814 E Broadway, 99214  
POB 14594, Spokane Valley 99214  
contactus@basketsforbabies.org  
Baskets for Babies  
Baskets for Babies  
35 W Main, Ste 313, 99201  
info@circleofsecurityinternational.com  
Focusing on the early intervention models to increase attachment and security between parents and children.

## Birthright Options

**Birthright of Coeur d’Alene**  
923 E Sherman  
208-664-1390  
Coeur d’Alene 83814  
24-hour free hotline  
800-550-4990  
Dorothy Benoit  
birthright.org  
Birthright of Coeur d’Alene offers an emergency pregnancy service and free pregnancy tests, maternal and baby clothes in a loving atmosphere.

## CAPA - Childbirth & Parenting Assistance/PREPARES

**Catholic Charities**  
455-4986  
25 W 5th Ave, Lower Lvl, 99202  
cceasternwa.org  
Serves expecting and parenting individuals with children ages newborn to five years of age with parent mentors, The Fatherhood Project, parenting classes, support groups, diapers and clothing.

## Child Child Safety Education

**800buckleup.org/carseat/inspections.asp**  
**Kids Spokane**  
**IHNS**  
844-1854  
Renee.Witmer@providence.org  
inhs.org  
**Kootenai Health**  
208-625-4642  
kh.org/community-involvement/car-seat-safety/  
**Asotin Cnty Health Dist**  
758-3344  
**Walla Walla Traffic Safety Task Force** - Deup of Human Serices  
524-4425  
nmc kennedy-walters@co.walla-walla.us  
College Place Police Dept  
525-7778  
renae.mtner@providence.org  
Washington, Providence  
**Child Passenger Safety**  
232-2985  
**Spokane Regional Health District**  
mw@spokanecounty.org  
324-3613  
Church @ Planned Parenthood  
info@thechurchatplannedparenthood.com  
 posicion@plannedparenthood.com  
Circleville  
310-3038  
Circle of Security  
462-2024  
35 W Main, Ste 313, 99201  
info@circleofsecurityinternational.com  
Focusing on the early intervention models to increase attachment and security between parents and children.

## Developmental Disabilities, Screenings, Assessments, Treatment - Birth to 3 y.o.

**BOOST COLLABORATIVE CHILDREN AND FAMILY SUPPORT SERVICES**  
332-6561  
588 SE Bishop Blvd, Ste A  
Pullman 99163  
sue@boostcollaborativewawa.com  
boostcollaborativewawa.com  
Sue Kreikemeyer, Zoila Mendez  
Serves Whitman and Garfield counties. Provides birth to three-year-olds with developmental screenings, early intervention services, parenting supports and referrals to community resources.

## Center for Pediatric Therapy

6710 N Country Homes Blvd, 99208  
PO Box 48070, 99228  
487-2959  
spokanept.com  
Children FIRST  
315-5711  
Kamloops Pediatric Therapy: Spokane  
Gymnastics, 2515 N Locust Rd  
Mail: 2510 N Pines, Ste 3  
Spokane Valley 99206  
childrenfirstspokane.org  
Serves Whitman and Garfield counties. Provides birth to three-year-olds with developmental screenings, early intervention services, parenting supports and referrals to community resources.  
Offers help to parents to soothe, care for and enjoy their babies.  
Offers help to parents to soothe, care for and enjoy their babies.  
Provides hope and support.

## Developmental Disabilities Division - Spokane County Community Services, Housing & Community Development (CSHD)

477-5722  
312 W 8th, 99204  
Fax: 477-2561  
bnci@spokanecounty.org  
spokanecounty.org  
Serves Whitman and Garfield counties. Provides birth to three-year-olds with developmental screenings, early intervention services, parenting supports and referrals to community resources.

## Infant/Child CCR/First Aid

1101 W College, 99201  
srh.org  
324-1651  
Public health nurses care for children with chronic conditions, delays and disabilities.

## March of Dimes Foundation

PO Box 3580  
Spokane Valley 99016  
328-1920  
marchofdimes.com/washington  
Milestones Pediatric Therapy  
835-4404  
THERAPY SERVICES  
Fax: 835-4400  
801 E 2nd Ave, Ste 100, 99202  
milestonespediatrictherapy.net  
Public health nurses care for children with chronic conditions, delays and disabilities.

## Stepping Stones Pediatric Therapy

319 S Cedar St  
209-7429  
ssteptherapy.com  
University Hearing & Speech Clinic  
828-1323  
WA DEPT OF SERVICES FOR THE BLIND  
456-4458  
WSEA Service Program for Children - WA State EHS Assn  
PO Box 110760  
233-472-6223  
Tacoma 98411  
800-825-3557  
mychoicespokane.org  
WATe S Sensory Disability Services - Deaf-Blindness Project  
800-572-7000  
wsdonline.org  
YOUTHFUL HORIZONS  
921-9798  
325 S University Rd  
Spokane Valley 99206  
youthfulhorizonstherapy.com  
Pediatric, physical, occupational and speech therapy.

## Fussy Baby Network Spokane

Partnering with Families & Children  
partnerswithfamilies.org  
472-4810  
Offers help to parents to soothe, care for and enjoy their babies.

## First Steps/Community Health Svcs

Enrollment 800-322-2588  
Supportive care offering maternity care and infant care case management for Medicaid-eligible women through pregnancy and 1st year.

## CHAS Maternal Support Services

chas.org/first-steps  
United Health - YAKIMA VALLEY FARM WORKERS  
ywvc.org  
326-1343x436  
Fussy Baby Network Spokane  
Offers help to parents to soothe, care for and enjoy their babies.

## Idaho Midwives

**Baskets for Babies**  
214-2634  
PO Box 580  
Spokane Valley 99206  
324-1621  
Home visits for pre- and post-natal

## Lamaze International

202-367-1128  
lamazeinternational.org  
Local referrals for expectant couples on Lamaze childbirth method. Promotes normal birth through education and advocacy.

## Mission Community Outreach Center

536-1084  
1906 E Mission Ave  
4mission.org  
PO Box 3581, 99220  
mcc Spokane@gmail.com  
Provides clothing, housewares, hygiene items & diapers to low-income individuals & families in Spokane: 1:30-4, MWTh.

## Midwifery Center

755-5205  
MULTICARE ROCKWOOD CLINIC  
Multicare Deaconess Health and Educ Cntr, 910 W Fifth, Ste 300, 99204  
multipared.org  
Fax: 755-6580  
Services include well woman and gynecological exams; preconception, contraceptive counseling and child management, and family planning; free pregnancy testing; STI screening and treatment. At Deaconess - Birthwise in-hospital birth center or Deaconess Hospital offers prenatal, labor, delivery, and postpartum care and birth services.

## MyChoice

462-4000  
2659 N Ash St, 99205  
info@mychoicespokane.org  
Mychoicespokane.org  
Provides hope and support to empower those facing an unplanned pregnancy.

## Mobile Clinics

204 E Indiana  
9606 W 3rd  
Includes Pregnancy & STD testing.

## NARAL Pro-Choice WA

Fax: 624-4505  
206-624-1990  
info@prochoicewashington.org  
prochoicewashington.org  
Exec Dir: Tiffany Hankins  
Grassroots network of pro Choice activists in Washington to preserve and expand safe reproductive health care.

## National Helpline for Abortion Recovery

877-HOPE 4ME(467-3463)

## NEW Family Life Services

144 W 5th  
Covallis 97324  
newfamilylifeservices.com  
Pro-life pregnancy resource center and maternity home (for homeless women). Offers educational classes for unplanned pregnancies and providing material items.

## Nurse Family Partnership

324-1621  
Home visits for pre- and post-natal
Fostering.org

Independence Living
Services offered to foster children turning age 18. Upon leaving the system, individual assessment and service planning, counseling and independent living training. Connects to employment programs, financial assistance, education, health care, prevention programs, and transitional and permanent housing.

Independent Youth Housing
Transitional living apartments for foster youth 18-22. Help with budgeting, grocery shopping, finding furniture and all the things foster youth need to live successfully on their own.

Mockingbird Society
Works with youth and foster families, empowering youth to make positive changes in public policy that strengthen and improve the foster care system.

SETuP - Volunteers of America
As foster children reach their junior year in high school, VOA’s Supplemental Education Transition Planning, or “SETuP” program works in partnership with teachers, foster families (or birth families), schools and others to motivate foster youth to go to college, and make sure they succeed when they are there.

FosteringWA
121 Senior Hall, Cheney 99004

Fostering@ewu.edu
ewu.edu/fosteringwa
fosteringwa on FB
877-620-3748
Training to become a foster parent.

Hutton Settlement Children’s Home
Admin: 838-2789
9907 E Wellesley, 99206
Exec Dir: Chud Wendle
Nurtures, educates and prepares children who are in need of a safe and healthy home. Provides residential care for children 5-18.

Idaho Wednesday’s Child
2005 Ironwood Parkway, Ste 200
CDA 83814
800-745-1185
idahowednesdaychild.org

Independence for WA State
Foster Youth
kathy.ramsay@dshs.wa.gov
independence.wa.gov
Provides education and training voucher program, extended foster care, apple health care connections and independent living program for foster youth and adults older than 18.

Institute for Family Development
328-3802
720 W Boone, Ste 200, 99201
institutefamily.org
Provides services for intensive family preservation, reunification and evidence based child welfare programs.

Kinship Navigator
458-7450
elder.services-frontier.org
Provides support, info and referral.

LDS Family Services
WA Spokane Office
11707 E Sprague, Ste 202, 99206
926-6581 x2
800-453-3860 x1711
providentliving.org
Fax: 921-1375
Handles adoptions.

Morning Star Boys’ Ranch
4511 S Glenrose Rd, 99223
kmorin@msbranch.org
458-1202
morningstarboysranch.org
Offers youth stabilization for boys ages 6 to 12.

MSBR Residential Care
Offers placement for foster children aged 6 to 12.

MORNING STAR FOSTER CARE
A child placement agency for all ages and genders of foster youth.

Morning Star CARE
An in-home prevention program for all ages and genders of youth.

MSBR In-Home WRAP AROUND CARE
A continuum of care for foster children who are need full support in the home.

Safety Net
POB 13706, Spokane Valley 99213
safetynetspokane.org
Safetynetspokane.org
Supports former foster youth in post-foster care years with resources to stay in school, job training and minor financial emergencies.

Sally’s House
325-6810
Mail: 222 E Indiana, 99207
sallyshouse.org
Emergency foster care receiving facility for children ages 2-12, removed from their home due to abuse or neglect.

Service Alternatives Inc
325-4390
2703 N Pittsburgh St, Ste B, 99205
101 N 5th, Walla Walla
servalt.com
Licenses foster care homes, provides ILS, FPS, safe care, respite, Roads to Community & Living transitions services.

Teen & Kids Closet
534-1151
307 E Sprague
Teenkidcloset.org
Spokane Valley 99202
PO Box 4099, 99220
contact@teenkidcloset.org
Provides Clothing and Household items for foster kids and teens or those of low-income. Appointment only by referral from school official or social worker, referral can be made online.

For more information, please contact
509.926.1027
9907 E. Wellesley Avenue, Spokane, WA 99206
www.huttonsettlement.org

100 YEARS • EST. 1919
HUTTON SETTLEMENT
Providing hope, opportunity & life to children and families in Spokane for 100 years.

HUTTON SETTLEMENT

19
## Women's Resources (Spokane & Kootenai County)

### Women's Resources

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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<tbody>
<tr>
<td>Family Planning &amp; Parenting</td>
<td>Baby &amp; Toddler Child Care Aware of Eastern WA 480-0440/800-466-2229</td>
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<tr>
<td></td>
<td>Midwifery Center 755-5205 910 W Fifth Ave, Ste 300</td>
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<td>MyChoice 462-4000 2659 N Ash St, 99205</td>
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<td>Mothers of Preschoolers mops.org</td>
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<td>Path of Life Spokane 444-9036 103 E Indiana Ave, Ste B, 99207</td>
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<td>Planned Parenthood 866-904-7721 Spokane: 123 E Indiana, 99207</td>
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<td>Valley: 12104 E Main St, 99206 103 E Indiana Ave, Ste B, 99207</td>
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<td>Rachel's Vineyard Min. 994-4355 103 E Indiana, Ste B, 99207</td>
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<td>Housing: Maternity &amp; Baby</td>
<td>Alexandria's House (VOA) 525 W 2nd, 99201 489-0349</td>
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<td>GraceSon Housing 939-5370 PO 825, Liberty Lake 9901</td>
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<td>MyChoice 462-4000</td>
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<td>Parent-Child Assistance Program (PCAP) 838-6092 x123 701 E 3rd Ave, 99202</td>
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<td>Housing: Recovery</td>
<td>Isabella House 624-1244 2308 W 3rd Ave, 99201</td>
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<td>Naomi 926-6492 11302 E Broadway, Spo Valley</td>
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<td>Oxford Housing 216-0331 POB 8701, Spokane 99203</td>
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<td>Spokane Dream Cntr 624-1363 2005 W 4th 536-6444</td>
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<td>UGM Women's Center Anna Ogden Hall 327-777</td>
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<td>2828 W Mallon, 99201</td>
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<td>Housing: Single Women</td>
<td>Home Yard Cottages 795-8400 3080 N Hemlock, 99205</td>
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<td>Hope Housing Shelter (VOA) 111 W 3rd, 99201 455-2886</td>
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<td>Miryam's House - Transitions 1805 W 9th, 99201 747-9222</td>
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<tr>
<td>Housing: Women with Kids</td>
<td>Asthon-Blek Apartments 2311 E Boone, 99202 688-1116</td>
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<td>Isabella House 624-1244 2308 W 3rd Ave, 99201</td>
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<td>St Margaret's Shelter 101 E Hartford, 99201 624-9788</td>
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<td>Transitional Living 325-2959 3128 N Hemlock, 99205</td>
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<td>UGM's Crisis Shelter for Women &amp; Children 1234 E Sprague Ave 535-0486</td>
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### Men's Resources

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<tr>
<td>Addictions &amp; Recovery</td>
<td>Final Freedom lifecenter.net/care/LDS Family Services 926-6581</td>
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<td>11707 E Sprague, Ste 202</td>
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<td><a href="mailto:donnataggart1967@yahoo.com">donnataggart1967@yahoo.com</a></td>
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<td>Teen Challenge International Spokane Men's Center 244-5610</td>
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<td>2400 N Craig Rd, 99224</td>
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<td>Spokane Dream Cntr 624-1363 2005 N 4th 536-6444</td>
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<td>Sun Ray Court 456-5465</td>
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<td>518 S Browne, 99204</td>
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<td>Men's Recovery Program 1224 E Trent, 99201 535-8510</td>
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<td>Children &amp; Teens</td>
<td>Morning Star Boys Ranch 448-1411</td>
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<td>Fatherhood Resources:</td>
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<td>fatherhood.gov</td>
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<td>CAPA Fathering Program 455-4970</td>
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<td>12 E 5th Ave, 99201</td>
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<td>Dowd M.O.V.E. 425-242-7028</td>
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<td>253-230-3558</td>
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<td>Spokane Father Network, Arc of Spokane 328-6326</td>
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<td>320 E 2nd Ave, 99202</td>
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<td>Women's Health &amp; Empowerment Network 323-2123</td>
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<tr>
<td>Housing: No Children</td>
<td>House of Charity 624-7821</td>
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<td>32 W Pacific, 99201</td>
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<td>Mountaintop Mntg 290-2771</td>
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<td>14313 E Trent, 9921</td>
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<td>Truth Ministries 990-8415</td>
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<td>1910 E Sprague 456-2576</td>
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<td>UGM Men's Shelter 1224 E Trent, 99201 535-8510</td>
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- **Path of Life Spokane:** 444-9036 103 E Indiana Ave, Ste B, 99207
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- **Valley:** 12104 E Main St, 99206 103 E Indiana Ave, Ste B, 99207
- **Rachel’s Vineyard Min:** 994-4355 103 E Indiana, Ste B, 99207

**Housing: Maternity & Baby**

- **Alexandria’s House (VOA):** 525 W 2nd, 99201 489-0349
- **GraceSon Housing:** 939-5370 PO 825, Liberty Lake 99019
- **MyChoice:** 462-4000

**Housing: Recovery**

- **Isabella House:** 624-1244 2308 W 3rd Ave, 99201
- **Naomi:** 926-6492 11302 E Broadway, Spo Valley
- **Oxford Housing:** 216-0331 POB 8701, Spokane 99203
- **Spokane Dream Cntr:** 624-1363 2005 W 4th 536-6444
- **UGM Women’s Center Anna Ogden Hall:** 327-7777 2828 W Mallon, 99201

**Housing: Single Women**

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- **Miryam’s House - Transitions:** 1805 W 9th, 99201 747-9222

**Housing: Women with Kids**

- **Aston-Blek Apartments:** 2311 E Boone, 99202 688-1116
- **Home Yard Cottages:** 795-8400 3080 N Hemlock, 99205
- **Isabella House:** 624-1244 2308 W 3rd Ave, 99201
- **St Margaret’s Shelter:** 101 E Hartford, 99201 624-9788
- **Transitional Living:** 325-2959 3128 N Hemlock, 99205

**UGM’s Crisis Shelter for Women & Children:** 1234 E Sprague Ave 535-0486

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**Men’s Resources**

- **Addictions & Recovery**
  - **Final Freedom lifecenter.net/care/LDS Family Services:** 926-6581 11707 E Sprague, Ste 202
  - **Spokane Men’s Dream Center:** 624-1363 2005 N 4th 536-6444

- **Children & Teens**
  - **Morning Star Boys Ranch:** 448-1411

- **Fatherhood Resources:**
  - **fatherhood.gov**

- **Housing:** No Children
  - **House of Charity:** 624-7821 32 W Pacific, 99201
  - **Mountaintop Mntg:** 290-2771 14313 E Trent, 99216
  - **Oxford Housing POB 8701:** 99203 216-0331

- **Housing:** Women & Children
  - **YWCA Spokane Men’s Center:** 2255 W 1st Ave, Ste 318 24-hr Helpline 536-2576

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**Mission Community Outreach Center**

- **Reaching Out With Care**

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**We provide free clothing, housewares, hygiene items and diapers to Spokane’s low income families & individuals. Please join our mission by donating items, funds and volunteering. Thank you!**

(509) 536-1064 | www.4mission.org | 1906 E Mission Ave. Business Hours: 1:30 to 4 p.m., M-W-Th