## Family & Parenting Resources

### Pregnancy, Infant & Maternity Resources

<table>
<thead>
<tr>
<th>Website</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>birthingnaturally.net</td>
<td>509-535-4112, <a href="mailto:info@prochoicewashington.org">info@prochoicewashington.org</a></td>
</tr>
<tr>
<td>idahomidwives.org</td>
<td>208-747-3256, <a href="mailto:info@prochoicewashington.org">info@prochoicewashington.org</a></td>
</tr>
<tr>
<td>dora.org</td>
<td>208-747-3256, <a href="mailto:info@prochoicewashington.org">info@prochoicewashington.org</a></td>
</tr>
<tr>
<td>Spokanemidwives.org</td>
<td>208-747-3256, <a href="mailto:info@prochoicewashington.org">info@prochoicewashington.org</a></td>
</tr>
<tr>
<td>NARAL Pro-Choice Washington</td>
<td>206-624-1990, <a href="mailto:info@prochoicewashington.org">info@prochoicewashington.org</a></td>
</tr>
<tr>
<td>National Helpline for Abortion Recovery</td>
<td>877-467-3463</td>
</tr>
</tbody>
</table>

### Bereaved Parents

<table>
<thead>
<tr>
<th>Organization</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>IIAR</td>
<td>(208) 454-8311, <a href="mailto:info@bereavedparents.org">info@bereavedparents.org</a></td>
</tr>
<tr>
<td>20204</td>
<td>208-232-1969, <a href="mailto:info@bereavedparents.org">info@bereavedparents.org</a></td>
</tr>
<tr>
<td>20204</td>
<td>208-232-1969, <a href="mailto:info@bereavedparents.org">info@bereavedparents.org</a></td>
</tr>
<tr>
<td>20204</td>
<td>208-232-1969, <a href="mailto:info@bereavedparents.org">info@bereavedparents.org</a></td>
</tr>
<tr>
<td>20204</td>
<td>208-232-1969, <a href="mailto:info@bereavedparents.org">info@bereavedparents.org</a></td>
</tr>
</tbody>
</table>

### Baby Needs & Diaper Banks

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby Needs &amp; Diaper Banks</td>
<td>610 Washington Ave</td>
<td>208-217-2639</td>
</tr>
<tr>
<td>Spokane Baby Pantry</td>
<td>308 E 2nd Ave</td>
<td>208-322-2588</td>
</tr>
</tbody>
</table>

### Volunteer Opportunities

<table>
<thead>
<tr>
<th>Organization</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteers of America</td>
<td>208-322-2588, <a href="mailto:stansimee@yahoo.com">stansimee@yahoo.com</a></td>
</tr>
<tr>
<td>Inland NW Diaper Bank</td>
<td>208-322-2588, <a href="mailto:stansimee@yahoo.com">stansimee@yahoo.com</a></td>
</tr>
</tbody>
</table>

### Circle of Security

<table>
<thead>
<tr>
<th>Program</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Circle of Security</td>
<td>208-676-1515</td>
<td>208-322-2588</td>
</tr>
</tbody>
</table>

### Covenant Homes & Resources

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coeur d'Alene</td>
<td>208-664-1390, birthright.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>509-867-8594, birthright.org</td>
</tr>
</tbody>
</table>

### Developmental Disabilities

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developmental Disabilities Division</td>
<td>208-923-1153, <a href="mailto:info@deafblind.org">info@deafblind.org</a></td>
</tr>
</tbody>
</table>

### Family Infant House

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Promise of Spokane</td>
<td>208-747-5487, familypromiseofspokane.org</td>
</tr>
</tbody>
</table>

### First Steps/Community Health Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Infant House</td>
<td>208-322-2588, spokanebirthsupport.com</td>
</tr>
</tbody>
</table>

### Hope

<table>
<thead>
<tr>
<th>Contact Information</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Steps/Community Health Services</td>
<td>208-747-5487, spokanebirthsupport.com</td>
</tr>
</tbody>
</table>

### Infant Care

<table>
<thead>
<tr>
<th>Program</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant CPR/First Aid</td>
<td>208-747-4458, wseakls.net</td>
<td></td>
</tr>
</tbody>
</table>

### Life Choices Pregnancy Center

<table>
<thead>
<tr>
<th>Contact Information</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Choices Pregnancy Center</td>
<td>208-263-7621, lifechoicespc.org</td>
</tr>
</tbody>
</table>

### Multicare Rockwood

<table>
<thead>
<tr>
<th>Contact Information</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multicare Rockwood</td>
<td>208-747-5487, rockwood.org</td>
</tr>
</tbody>
</table>

### WA State Sensory Disability Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>WA State Sensory Disability Services</td>
<td>208-880-4550, waussd.net</td>
</tr>
</tbody>
</table>

### WA State Special Education

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>WA State Special Education</td>
<td>208-880-4550, waussd.net</td>
</tr>
</tbody>
</table>

### WA State Special Olympics

<table>
<thead>
<tr>
<th>Program</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special Olympics</td>
<td>208-880-4550, waussd.net</td>
<td></td>
</tr>
</tbody>
</table>

### WA State Vocational Rehabilitation

<table>
<thead>
<tr>
<th>Program</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vocational Rehabilitation</td>
<td>208-880-4550, waussd.net</td>
<td></td>
</tr>
</tbody>
</table>

### WSDS School District

<table>
<thead>
<tr>
<th>Contact Information</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>WSDS School District</td>
<td>208-880-4550, wsdsschool.org</td>
</tr>
</tbody>
</table>

### WA State Department of Social Services

<table>
<thead>
<tr>
<th>Program</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>WA State Department of Social Services</td>
<td>208-880-4550, wsdsschool.org</td>
<td></td>
</tr>
</tbody>
</table>

### WA State University

<table>
<thead>
<tr>
<th>Contact Information</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>WA State University</td>
<td>208-880-4550, wsu.edu</td>
</tr>
</tbody>
</table>

### Youthful Horizons

<table>
<thead>
<tr>
<th>Program</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youthful Horizons</td>
<td>208-880-4550, youthfulhorizons.com</td>
<td></td>
</tr>
</tbody>
</table>
pregnancy testing; STI screening and treatment. Deaconess
Birthwise in-hospital birth center or Deaconess Hospital offers prenatal,
labor, delivery and postpartum care and
birth services.

MyChoice Mychoice Spokane 2659 N Ash, 99205 462-4000
info@mychoice spokane.org
Provides hope and support to empower those facing an
unplanned pregnancy. Free
Boutique offered for baby clothes
0-12, blankets, diapers, formula,
baby food, books & toys and
nursing items.

MOBILE CLINICS Pregnancy/STD tests
204 E Indiana 9606 W 3rd

NEW Family Life Services
144 W 5th, Colville 99114
newfamilyliveservices.com 684-9895
Pro-life pregnancy resource
center and maternity home (for
homeless pregnant women). Offers
educational classes for unplanned
pregnancies and providing
maternal and baby items.

Northwest Infant Survival &
SDS Alliance support@nwsids.org
Berereavement Support nwsids.org
24 Hr Support Line 208-357-4371
Call or text for support to anyone
affected by pregnancy, infant or
child loss.

CHILDHOOD HEALTH AND SAFETY
Safe Start 206-582-6191
Providing education and
resources associated with safe
infant sleep, child CPR and first
aid and child passenger safety.
Car seats, cribs and sleep sacks
may be available.

Nurse Family Partnership/SRHD
1101 W College, 99201
srhd.org 324-1621
Home visits for pre- and postnatal
education, mother/infant/child
care coordination, follow-up for
families with children. Health
education, screenings; support
and education on infant/child
care, growth and development,
parenting, safety and nutrition.

Okanogan County 422-7140

Open Arms & Real Choices
Clinic 208-667-5433
1800 Lincoln Way, Ste 201
Coeur d’Alene 84814
realchoicesclinic.com
Confidential pregnancy help.

Palouse Care Network 208-882-2370
1515 W A, Moscow 83843
office@palousecarenetwork.com
palousecarenetwork.com
Faith-based nonprofit that provides
free social services and specialized
medical care to the Palouse region.
Offers medical, practical and
spiritual support to those facing
pregnancy, parenting, sexual health
and abortion issues.

Path of Life Spokane 444-9035
103 E Indiana Ave, Ste B, 99207
info@pathoffilespokane.org
pathoffilespokane.org
Christ-centered resources
and support for sexual health
and relationship wholeness; Pregnancy testing/ultrasound,
STD/STI screening, treatment & support
services, post abortion recovery, relationship resources,
unwanted same sex attraction and
gender identity.

Planned Parenthood 800-230-7526
plannedparenthood.org/apppwnt/
Pre/CEO: Karl Eastlund
Provides reproductive health care,
education and fearless advocacy.

Safe Start 213 E Indiana Ave, 99207
Safe Start 1210 E Main St, 99206
Pullman Health Center
1525 SE King Dr, 99163
Walla Walla Health Center
828 S First Ave, 99362
Wenatchee Health Center
900 Ferry St, 98801

Rachel’s Vineyard Ministries
103 E Indiana Ave, Ste B, 99207
rsvspokane.org
994-4355
healing@rsvspokane.org
Post-abortive care in Spokane.

Vanessa Behan Crisis Nursery
2230 E Sprague, 99202 353-3155
vanessa@vanessa.org

WIC Nutrition Program
TNT 96859
signupwic.com 800-322-2588
Pregnant and breastfeeding
women and children 0-5, receive
education and help finding
services. Food checks for health.

WIC - SRHD/ Spokane Regional
Health District 324-1620
1101 W College, 99201
srhd.org/programs-and-services/wic

WIC Deer Park 99006
276-3770
United Methodist, 113 E 2nd St
WIC - East Central
323-2830
500 S Stone, 99202

WIC - Northeast CC
323-2830
4001 N Cook, 99207
WIC Spokane Valley
323-2800
12213 E Broadway, Ste 5, 99206
WIC West Central Community Center
1603 N Belt, 99205 323-7497
WIC Airway Heights
244-9334
13120 W 13th Ave, 99001

WIC - Cheney
539-5839
Cheney UMC, 204 4th St, 99004

WIC Fairchild AFB
247-2760
Bldg 2447 610 Depot Ave, Rm 306
Fairchild AFB 99001

WIC Adams County Integrated
Health Services 659-3315
WIC Othello
415 E Main #600
WIC Richland 108 W Main 659-3319
Columbia Basin Health-Othello
Family Clinic 488-5256
WIC Asotin County Health District
WIC Asotin 102 1st St, 99402
243-3344

WIC - Clarkston
935 6th St, 99403 552-4122
WIC- Columbia County Public Health
270 E Main 382-2181
Dayton 99328
WIC Garfield County Health Dept
1215 10th 843-3412
Pomeroy 99347
WIC - Lincoln County Health Dept
90 Nicholls 725-9213 x26
Davenport 99122

WIC NE Tri-County Health Dist
WIC - Colville
684-1361
240 E Dominions 800-827-3218
WIC Newport
543-3131
800-873-6162
WIC Republic
800-876-3319
147 N Clark #1, 99166 775-3111

WIC Northwest Infant Survival
Ogden Center
518 E Clay, 99109

WIC Okanogan - Family Health
Centers myfamilyhealth.org
WIC Brewster
422-7636
520 West Indian Ave, 98812
WIC Bridgeport
422-7636
1015 Columbia, 98813 322-2676
WIC Omak
422-7626
1003 Koala Ave, 98841
WIC Oroville
476-4400
FHC Dental, 1321 Main St 98840
WIC Tonasket Site
422-7616
17 S Western, Tonasket 98855
WIC Twisp
997-2050
Room One, 315 Lincoln, 98856
WIC Walla Walla County
Health Dept 524-2680
co.walla-walla.wa.us

WIC Whitman County Health Dept
WIC Colfax
397-6280
310 N Main, 99111
WIC Pullman
332-6752
1205 SE Profes Mall Blvd #203

Idaho (208)

WIC Panhandle Regional Health
Hayden
415-5130
panhandlehealthdistrict.org

Benewah County
245-3692
Bonneville County
263-5159
Boundary County
267-5558
Kootenai County
413-5130

WIC Public Health Dist - North
CDA Public Health
786-7474
Central ID idahopubhealth.com

Clearwater County
476-7850

Idaho County
983-2842
Latah County
882-7335
Lewis County
935-2124
Nez Perce County
799-0390

WIC Tribal
800-322-2588
txt 96859
WIC - Grand Coulee
634-2391
City Hall 306 Midway, 99207

WIC Nespelem
364-2391
21 Colville St, 99155

Inchelium Community Health
39 Short Cut Rd 888-881-7684 x006
Sanpoil Valley Community Health
1166 S Hwy, Keller 99410 634-7304

WIC Wellpunt
258-7502
6228 E Old School Rd, 99040

WISH Medical
208-892-WISH
1515 West A St, Moscow 83843
wishmedical.com
Provides specialized medical,
educational and practical support
for those facing pregnancy, sexual
health and abortion related issues.

FOSTER CARE & ADoptions
adoption.com awaa.org
dcyf.wa.gov/serives/adoption
healthandwelfare.idaho.gov
itsaboutlove.org/ial/ct/eng/site/
adoptions-kids ksy.com/house-
and-home/wednesdays-child
kingdomkidsadoption.org
rnwae.org/about.php?tn=2
spokane-wa.adoption.com

A Child’s Hope Spokane
228-2700
222 W Mission, Ste 250, 99201
achildshospokane.org
Places infants and children,
regardless of ethnicity, age or
special needs, into Christian
adoptive homes.

Adoption Services of Spokane
921 W Broadway, Ste D
328-6274
maureen@adoptionservicesspokane.com
adoptionservicesspokane.com
24hr birth parent lines 863-4640/1
A licensed child-placing agency
offering open and confidential
placements. Support and care
for the birth parents.

Better Futures Together
901 E Nora, 99207 309-3397
general@betterfutureset.org
Works directly with WA DCYF
to provide court ordered visitation
in Eastern WA.

Children Services
Idaho Dept of Health & Welfare
Child Support Services
800-356-9868
Child Protection Reporting
24/7 line 855-552-5437
healthandwelfare.idaho.gov
Adoptions & foster care licensing.
Region 1 208-769-1515
Region 2 208-799-4360

Domestic & Unaccompanied
Refugee Minors
Lutheran Community Services NW
210 W Sprague Ave, 99201
lcsw.org/Spokane
474-8224
Provides stable homes and support
for youth who cannot live with
Men’s & Women’s Resources (Spokane)

WOMEN’S RESOURCES

* Find listings with more contact info and descriptions in the index. Some are in this section, others in employment and job-skills, women’s resources, addictions and housing.

Domestic Violence & Abuse

- NEGLECT: reporting hotline: 866-363-4276/END-HARM
- Our Kids, Our Business - ourkids.spokane.org
- Spokane Arms - Abuse Recovery
- Ministry & Services - 484-0600
- Victim Advocacy - LCSNW - 24/7 Sexual Assault Support Line - 624-7273

Women’s Health & Emergency Network

- YWCA Spokane Domestic Violence Programs/Services
- 930 N Monroe, 99201
- 24-hour Hotline - 326-CALL (2255)
- Vanessa Behan Crisis Nursery - 2230 E Sprague, 99202

Housing

1) Maternity & Baby
   - Alexandria’s House (VOA)
   - 525 W 2nd, 99201
   - 489-0349

2) Mothers with Kids
   - Aston-Bleck Apartments
     - 3211 E Boone, 99202
     - 688-1116
   - Home Yard Cottages
     - 3080 N Hemlock, 99202
   - IsaBella House
     - 2308 W 3rd Ave, 99201
     - 624-1244

3) Recovery
   - IsaBella House
     - 2308 W 3rd Ave, 99201
     - 359-2847
   - Naomi
     - 11302 E Broadway, 99206

Support Services

1) Employment/Professional
   - American Assn of University Women
     - 343-5123
     - spokane-wa.aauw.net
   - Christ Kitchen
     - 325-4343
     - 2410 N Monroe, 99205
   - futureADA
     - futurada.org
     - hello@futurada.org
   - STEM prog
     - Junior League of Spokane
     - Saranac Bldg, Ste E302, 99201P0
     - Box 4563, 99220
     - 328-2801
   - League of Women Voters
     - info@lwvspokane.org
   - National Education for Women
     - New Leadership - EWU
     - 359-2847
     - Monroe 207, Cheney 99004
   - National Assn of Women Business Owners
     - 731-3309
     - info@nawbow.org
     - nawbow.org
   - NOW - National Organization for Women
     - SpokaneNOW@gmail.com
   - Spokane SoRoptimist
     - SisSpokane@Soroptimist.net
   - Women Helping Women Fund
     - 1235 W 1st Ave, Ste 318
     - whwfspokane.org
   - Women to Work Program - YWCA
     - 930 N Monroe, 99201
     - 799-2929
     - women2work@ywcaspokane.org
   - WA ST DSHS WorkFirst Life Skills – Essential Program - YWCA
     - 930 N Monroe, 99201
     - 799-2929
     - lifeskills@ywcaspokane.org

2) Food & Clothing
   - Breast Intentions
     - 995-1295
     - Breastintentionswa
   - Cleone’s Closet
     - 244-6215
     - 13114 Sunset Hwy
     - Airway Heights 99001
   - Project Beauty Share
     - 455-3537
     - 216 N Bernard St, 99201
     - projectbeautyshare.org
   - UGM Men’s Shelter
     - 1224 E Trent, 99204
     - 535-8510

Addictions & Recovery

- LDS Family Services
  - 926-6581
  - 11707 E Sprague, Ste 202

- Teen Challenge International
  - Spokane Men’s Center
    - 244-5610
    - 2400 N Craig Rd, 99224
  - Spokane Dream Center
    - 624-1363
    - 2005 W 4th
    - 533-6444
  - Sun Ray Court
    - 454-5465
  - 518 S Browne, 99204
  - UGM Men’s Recovery Program
    - 1224 E Trent, 99204
    - 535-8510

Children & Teens

- Morning Star Boys Ranch
  - 4511 S Glenrose
  - 448-1411

Fatherhood Resources

- fatherhood.gov
- APC of Spokane
  - 328-6326
  - CAPA Fathering Program
    - 455-4970
    - 215 E 5th Ave, 99201
  - DADS M.O.V.E.
    - School Programs
      - 800-736-0979
    - 1903 W Garland Ave
    - 429-6704
  - Strong Fathers - MyChoice27-0701
  - Spokane Fatherhood Initiative
    - PO Box 8266, 99203
    - spofi.org

Housing (no children)

- House of Charity
  - 624-7821
  - 32 W Pacific, 99201
- MountainTop Mntg
  - 290-2771
  - 14313 E Trent, 99216
- Oxford Housing
  - 216-0331
- Spokane Dream Center
  - 624-1363
  - 29 W 2nd Ave
  - 624-2636
- Spokane Dream Center
  - 624-2636
- Sun Ray Court
  - 456-5465
  - 518 S Browne, 99204
  - Truth Ministries
    - 990-8415
  - 1910 E Sprague
  - 456-2576
  - UGM Men’s Shelter
    - 1224 E Trent
    - 535-8510

Contact Information

**Men's Health - Transitions**
- 906 W 2nd, 99201
- 455-4249

**Young Lives**
- 570-3971

**YWCA Our Sister’s Closet**
- 930 N Monroe, 99201
- 326-1190

**Contact Information**

- 509.926.1027
- 9907 E. Wellesley in the Spokane Valley

www.huttonsettlement.org • facebook.com/huttonsettlement
their families. Recruits, licenses and supports foster parents.

**Embrace Washington** 381-5370  
418 W Sharp, 99201  
info@embracewa.org  
Cares for and supports children in foster care within the community. Raises awareness of vulnerable children's needs, identifies how to meet those needs by connecting individuals and organizations with a heart to serve the foster care community.

**Foster Parenting & Kinship Care**  
WA Dept of Children, Youth, and Families 888-KIDS-414  
dcyf.gov/services/foster-parenting  
Services for parents and children under 18, foster parenting and family reconciliation. Kinship Care offers a grandparent or other family the option of fostering a family member. Licensing for day care/foster homes.

**Foster Youth Programs**  
Volunteers of America 340-9071  
525 W 2nd Ave, 2nd Flr, 99201  
smack@voaspokane.org 688-1115  
voaspokane.org/foster-youth-services  
Independent Living  
Offered to foster children turning 18. Upon leaving the system, assessments and service planning, counseling and independent living training. Connects to employment programs and financial assistance, education, health care, prevention programs, and transitional and permanent housing.

**Kinship Navigator** 458-7450  
Elder Services - Frontier Behavioral Health  
Helps family members, particularly grandparents, raising children through Kinship Support Program. Provides support, info and referral. In Spokane and Tri-County area.

**LDS Family Services** 926-6581 x2  
WA Spokane 800-453-3860 x1711  
11707 E Sprague, Ste 202, 99206  
providentliving.org  
Offers adoptions.

**Morning Star Boys’ Ranch**  
4511 S Glenrose Rd, 99223  
morningstarboysranch.org 458-1202  
FB: MorningStarBoysRanch  
Offers four service programs for WA State dependent children. BRS Therapeutic. Residential care for WA State dependent boys ages 6 to 13 and a half. Foster Care agency places child for all ages and genders of foster youth. 3) Case Aide is a prevention program for WA State dependent for all ages and genders of youth. In-Home Wrap Around Care is a continuum of care for foster children who are need full support in the home.

**Salvation Army** 863-9431  
POB 13706, Spokane Valley 99213  
Safetynetspokane.org  
Supports former foster youth with resources to stay in school, job training and minor financial emergencies.

**Teen & Kids Closet** 534-1151  
307 E Sprague, Spokane Valley 99202  
POB 4099, 99220  
teenkiddolset.org  
contact@teenkidcloset.org  
Offers clothing and household items for foster kids and teens, or low-income people. Appointment only by online referral.