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Federal, State & Local Resources - Covid 19

FEDERAL PROGRAMS
Coronavirus.gov usa.gov/coronavirus
ssa.gov
CDC cdc.gov/
Nat’l Institutions of Health nih.gov
Department of Health and Human Services hhs.gov

IDAHO
coronavirus.idaho.gov
Panhandle Health District panhandlehealthdistrict.org/covid-19/877-415-5225
Benewah, Bonner, Boundary, Kootenai, Shoshone
Central Idaho 866-736-6632
idahopublichealth.com
Nez Perce, Lewis, Idaho
Clearwater, Latah
Idaho Community Foundation dahocf.org/covid-19
Idaho Kootenai County Mutual Aid Group FB: 764946094032284
Kootenai County EMS System http://kcems.org
WASHINGTON
coronavirus.wa.gov covid19helpwa.org
Department of Health
Doh.wa.gov/Emergencies/Coronavirus COVID-19 Hotline 800-525-0127
text “Coronavirus” to 211211
Governor’s Info & Resources
https://www.governor.wa.gov/issues/issues/covid-19-resources
NE Tri-County Health netchd.org
Adams co.adams.wa.us/government/covid-19.php
Asotin asotincountypublichealth.org
Lincoln
co.lincoln.wa.us/public-health/coronavirus-covid-19-updates/
Whitman
whitmancountypublichealth.org/covid-19.html
Walla Walla
co.walla-walla.wa.us/government/health_department/index.php
SPOKANE AREA
Spokane COVID Response
spokanecovidresponse@gmail.com
FB: SpokaneCovidResponse/InlandCOVIDResponse
Spokane Resource Center HUD
spokaneresourcecenter.covid-19
City of Spokane
my.spokanecity.gov/covid19/
-Financial Help line 625-6650
-UHelp Program 311
ubill@spokanecity.org 755-2489
spokaneutilityhelp.org
City of Spokane Valley ED
spokanevalleyed.org/covid-19/
Greater Spokane Inc
greaterspokane.org/covid-19/SRHD
srhd.org/covid-19
Spokane County Community Services 477-5722
Spokane Public Schools
spokanenewspapers.org/covid
The Fig Tree hefigtree.org
United Way unitedwayspokane.org/COVID19Resources
Civic Volunteers via Social Media: Helping Spokane Get Through COVID 19 FB: Helping Spokane Get Through COVID 19
Spokane Area Coronavirus Aid
FB: 261027208235464
Spokane Mutual Aid 503-662-7912
spokanecounty互助@gmail.com
For Food 2-harvest.org
northwashington.org/eastern-washington
Food Banks & Clothing Banks North Spokane County

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Food</th>
<th>Household Hygiene</th>
<th>Hours</th>
<th>Donations</th>
<th>qualifications/contactinfo</th>
</tr>
</thead>
<tbody>
<tr>
<td>God's Love International</td>
<td>4006 W Staley Rd</td>
<td>312-9875</td>
<td>X</td>
<td></td>
<td></td>
<td>Drop-off 9-4, MWF food and monetary donations only at this time. diary, bread, snacks</td>
<td>godslovieinternational.com</td>
</tr>
<tr>
<td>GreenHouse, The</td>
<td>211 N Fir St, 99006</td>
<td>276-6987</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>FB: 1-4, MWF drive thru - 1x or by client list. The Porch (anyone weekly)</td>
<td><a href="mailto:greenhousefoodbank@gmail.com">greenhousefoodbank@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Mail: PO Box 62</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>thegreenhouse-online.org</td>
</tr>
<tr>
<td>New Hope Resource Center</td>
<td>4211 E Colbert Rd, 99005</td>
<td>467-2900</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-11, TTh toothpaste, shaving cream, shampoo, toilet paper and baby wipes</td>
<td>newhoperesource.org</td>
</tr>
<tr>
<td>North County Food Pantry</td>
<td>4001A N Collins Rd/PO Box 388, Elk 99009</td>
<td>292-2530</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>11-2, M, 9-noon W baking bread, jelly, chili, toiletries, toilet paper</td>
<td>Joe &amp; Sandra Harvey <a href="mailto:ncl-parnty@gmail.com">ncl-parnty@gmail.com</a></td>
</tr>
<tr>
<td>Tum Tum Food Pantry</td>
<td>6424 Hwy 291, Nine Mile Falls 99026</td>
<td>276-5472</td>
<td>X</td>
<td></td>
<td></td>
<td>9-noon, 1st/3rd Sat 3rd Sat only barrel at Roseauas and out front peanut butter, cereal &amp; canned beans/com</td>
<td>TumTumPantry on FB</td>
</tr>
<tr>
<td>Lake Spokane Community Clothing Closet</td>
<td>6418-A Hwy 291, Annex</td>
<td>276-5472</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>clothinglake-spoakencommunitychurch.org</td>
</tr>
<tr>
<td>Organization</td>
<td>Address</td>
<td>Phone</td>
<td>Food</td>
<td>Clothing</td>
<td>Household</td>
<td>Hygiene</td>
<td>Hours</td>
</tr>
<tr>
<td>--------------</td>
<td>---------</td>
<td>-------</td>
<td>------</td>
<td>----------</td>
<td>-----------</td>
<td>---------</td>
<td>-------</td>
</tr>
<tr>
<td>All Saints Gather Food Pantry (FP)</td>
<td>314 S Spruce, 99201</td>
<td>838-4409</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>N/A</td>
<td>10-2, MW; 7:30-5:30, M-F</td>
</tr>
<tr>
<td>Southwest Community Center</td>
<td>314 S Spruce, 99201</td>
<td>624-8634</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>N/A</td>
<td>9:30-12:30, 2nd/last T</td>
</tr>
<tr>
<td>American Indian CC</td>
<td>Merged: 1025 W Indiana, 99205</td>
<td>535-8886</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>1-4:30 T-TH</td>
</tr>
<tr>
<td>Audubon UMC Food Bank &amp; Bane Necessities</td>
<td>Location or donations to: 3900 N Driscoll, 99205</td>
<td>Dan Masters/ karen Parace 325-4341</td>
<td>X</td>
<td>X</td>
<td>1 p, Th</td>
<td>N/A</td>
<td>11-1MWTh</td>
</tr>
<tr>
<td>Bethel AME Food Pantry</td>
<td>Richard Allen Apts Main Office, 600 S Richard Allen Ct</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>11-1MWTh</td>
<td>11-1MWTh</td>
<td>9-4, T; 9-1 Th</td>
</tr>
<tr>
<td>Better Living Center</td>
<td>25 E North Foothills, 99207</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>10-12, T</td>
</tr>
<tr>
<td>Breaking Bread Rescue Market</td>
<td>Family of Faith Community, 1504 W Grace, 99205</td>
<td>325-0343</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>1-3 MWTh</td>
</tr>
<tr>
<td>Caritas Outreach Ministries</td>
<td>1612 W Dalke, 99205</td>
<td>326-2249</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9:30-12:30, W</td>
</tr>
<tr>
<td>City Gate Food Bank</td>
<td>170 S Madison, 99201</td>
<td>455-9670</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>10-1, Sat</td>
</tr>
<tr>
<td>God’s Closet Admin - Central SDA 804 W Spofford, 99205/ POB 9297, 99209</td>
<td>Deer Park SDA, 809 S Colville, Deer Park</td>
<td>991-1582</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>9-30-12:30, W</td>
</tr>
<tr>
<td>Heal Spokane</td>
<td>PO Box 28253, 99208</td>
<td>602-716-1174</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
</tr>
<tr>
<td>LC Community Food Drive</td>
<td>Hart Field, 3508 S Grand, 99203</td>
<td>354-6888</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>1-3 MWTh</td>
</tr>
<tr>
<td>MLK Jr Center</td>
<td>500 S Stone, 99202</td>
<td>868-0856</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
</tr>
<tr>
<td>New Hope Ranch</td>
<td>2524 E Queen</td>
<td>954-5145</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
</tr>
<tr>
<td>Northeast Community Food Pantry - NW Connect</td>
<td>4520 N Crestline St PO Box 7398, 99207</td>
<td>290-5691</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
</tr>
<tr>
<td>Off Broadway Outreach</td>
<td>2225 W Mallon Ave</td>
<td>998-2630</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
</tr>
<tr>
<td>Our Place Ministries</td>
<td>1509 W College, 99201</td>
<td>326-7267</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>10-1 Th, Free Fresh Market, 4-6:30, W</td>
</tr>
<tr>
<td>Revive Ministries</td>
<td>3909 W Rowan Ave, 99205</td>
<td>919-3387</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-5 MWTh</td>
</tr>
<tr>
<td>Salvation Army Family Svcs</td>
<td>204 E Indiana, 99207</td>
<td>325-6810 325-6751</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-4 MWTh; 9-5 TTh</td>
</tr>
<tr>
<td>Second Harvest MFB</td>
<td>1234 E. Front Ave., 99202</td>
<td>325-6534 325-6751</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>10-1, Sat</td>
</tr>
<tr>
<td>Serve Spokane</td>
<td>8303 N Division St, 99208</td>
<td>998-5722</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>10-1, Sat</td>
</tr>
<tr>
<td>Southside Food Pantry</td>
<td>2934 E 27th Ave, 99223</td>
<td>535-2301</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>10-12, Sat</td>
</tr>
<tr>
<td>SPEAR</td>
<td>1905 E Pacific, 99202</td>
<td>475-5470</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>3-4, TW; 10-noon Sat</td>
</tr>
<tr>
<td>Spokane Aids Network - SAN Food Pantry</td>
<td>1121 S Perry St, 99202</td>
<td>844-1758</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-noon, 1-3, 3rd T</td>
</tr>
<tr>
<td>Spokane Community College CARE Center</td>
<td>1810 N Greene St Lair Student Center, 6-114K</td>
<td>533-7435</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>12:30-2:30; T; 12:30-3:30; Th; 8:30-11:30, Sat</td>
</tr>
<tr>
<td>Spokane Dream Center</td>
<td>Ridpath, 515 W 1st Ave</td>
<td>926-7878</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Thursday Evening</td>
</tr>
<tr>
<td>Spokane Falls Community College Food Bank</td>
<td>SFCC, Bldg. 17, #139</td>
<td>533-4198</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-30-4:30, Monday</td>
</tr>
<tr>
<td>UGM Student Impact Team</td>
<td>1234 E Sprague 1224 E Trent Ave</td>
<td>535-8510</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>12:30-2:30; T; 12:30-3:30; Th; 8:30-11:30, Sat</td>
</tr>
<tr>
<td>Westminster Presbyterian Food Pantry</td>
<td>2705 W Boone</td>
<td>329-0351 327-5522</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>11-1:45, W</td>
</tr>
<tr>
<td>WSU Spokane Campus Pantry</td>
<td>SAC Building Loading Dock/Mail: Academic Center 107</td>
<td><a href="mailto:wsuhealth.campuspantry@wsu.edu">wsuhealth.campuspantry@wsu.edu</a></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>12:45-2:45, TH</td>
</tr>
</tbody>
</table>
## FOOD BANKS & CLOTHING BANKS IN SPOKANE VALLEY AND RURAL SOUTH

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hygiene</th>
<th>Hours</th>
<th>Donations</th>
<th>qualifications/contactinfo</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Valley Baptist</td>
<td>14516 E. Wellesley Ave</td>
<td>928-4809</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>10-11:30, Sat</td>
<td>N/A</td>
<td>eastvalleybaptist.org</td>
</tr>
<tr>
<td>Intersection at the River</td>
<td>22421 Euclid, Otis orch 99216</td>
<td>953-1519</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>1:30-4, Th</td>
<td>facebook.com/IntersectionChurch/</td>
<td></td>
</tr>
<tr>
<td>Life River Fellowship Food Bank</td>
<td>2810 N Park Rd, 99212</td>
<td>924-9510</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>5-7, 2nd &amp; 4th F</td>
<td>kids items</td>
<td>liferiver.org</td>
</tr>
<tr>
<td>North Palouse Community Food Bank</td>
<td>202 N. Railroad Ave, Fairfield</td>
<td>283-4250</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9-11, 2nd and 4th Sat</td>
<td>N/A</td>
<td>facebook.com/npcfoodbank</td>
</tr>
<tr>
<td>Otis Orchards Food Bank</td>
<td>4308 N Harvard Rd, 99027/POB189</td>
<td>926-6196</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>11-2 M</td>
<td>otisorchardssda.org</td>
<td>uccsd.org</td>
</tr>
<tr>
<td>Peace Pantry</td>
<td>Eastpoint, 15303 E Sprague Ave, Ste A</td>
<td>533-6800</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>10-1, M, 3-6 TH</td>
<td>soups, pastas, canned meats, peanut butter.</td>
<td><a href="mailto:peace@eastpointchurch.org">peace@eastpointchurch.org</a></td>
</tr>
<tr>
<td>Real Life Ministries Po Box 397</td>
<td>Barker Rd Campus: 1831 S Barker Rd Otis Orchards 4904 N Harvard Rd</td>
<td>232-0840</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>8-4 M-F</td>
<td>donations vrl.church/give/</td>
<td><a href="https://www.vrl.church">https://www.vrl.church</a></td>
</tr>
<tr>
<td>St Vincent de Paul - St Marys</td>
<td>304 S Adams Rd, 99216</td>
<td>928-3210</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9-11:30, 1st-4th W</td>
<td>meal and food box: 5:30 last M</td>
<td></td>
</tr>
<tr>
<td>Spokane Christian Center Pantry</td>
<td>8409 E Bigelow Gulch Rd, 99217</td>
<td>924-4888</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>by appt only</td>
<td>emergency food boxes</td>
<td>oursdp.com</td>
</tr>
<tr>
<td>Spokane Dream-Ministry Resource Center</td>
<td>2128 N Pines, Ste 1 99216 Red Top Motel, 7217 E Trent Ave, 99212</td>
<td>926-7878</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>12:30-3, T; 11:30-3, W; 1-3 Th Friday Evenings</td>
<td>masks, dry goods, cheese, meat, PayPal “donate”</td>
<td>spokanederdreamcenter.org</td>
</tr>
<tr>
<td>Spokane Valley Partners: Food and Diaper Bank</td>
<td>10814 E Broadway, 99206</td>
<td>927-1153</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>11-12:35, 1:30-3:15, W; 11-12:45 Th CB: 10-noon M-TH, 12:30-2:45 TM, noon-1TH</td>
<td>Donate food or diapers, fundraiser towards $10,000 matching grant</td>
<td>svpart.org</td>
</tr>
<tr>
<td>Valley Assembly of God Food Pantry</td>
<td>15618 E Broadway Ave, 99037</td>
<td>924-0466</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>4-6, W</td>
<td>Donations drop off, front door M-F 9-3, Meals 5-6:30, W</td>
<td>canned &amp; dried goods, Donate on church web, mark as “foodsite”</td>
</tr>
</tbody>
</table>

## FOOD BANKS & CLOTHING BANKS IN WEST PLAINS

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hygiene</th>
<th>Hours</th>
<th>Donations</th>
<th>qualifications/contactinfo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airway Heights Baptist</td>
<td>12322 W Hwy 2</td>
<td>244-2474</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>10-noon, Sat</td>
<td>dry goods, home delivery dry goods, home delivery</td>
<td>ahlic.aaimc/heights</td>
</tr>
<tr>
<td>Cheney Food Bank</td>
<td>Wren Piersson Community Ctr, 630 3rd, 99004 Mail: POB 614, 99004</td>
<td>235-2325</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9-11:30, 1st-4th W</td>
<td>peanut butter, canned tuna, and chili and monetary donations</td>
<td>jerry Stewart cityofcheney.org</td>
</tr>
<tr>
<td>Feed Cheney</td>
<td>Wren Piersson Community Ctr 215 4th St</td>
<td>381-7002</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>meal and food box: 5:30 last M</td>
<td>Volunteers</td>
<td>contact Cheney Outreach 235-8900 1st time feedcheney.com <a href="mailto:feedcheney@gmail.com">feedcheney@gmail.com</a></td>
</tr>
<tr>
<td>Cleones’ Closet</td>
<td>13114 Sunset Hwy, Airway Hights</td>
<td>321-7071</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>noon-3, MWF</td>
<td>freezer, donate at whenetwork.com</td>
<td>cleonescloset.com</td>
</tr>
<tr>
<td>EWU Tawanka Pantry</td>
<td>Showalter 115</td>
<td><a href="mailto:ceamicorps@ewu.edu">ceamicorps@ewu.edu</a></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>FB: 1-4:30, T</td>
<td>NO donations accepted on site, donate via web</td>
<td>inside.ewu.edu EGU students only</td>
</tr>
<tr>
<td>Medical Lake Food Bank</td>
<td>207 S Washington</td>
<td>299-3819</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>10-noon, F</td>
<td><a href="mailto:medicallakecommunityoutreach@live.com">medicallakecommunityoutreach@live.com</a></td>
<td><a href="mailto:medicallakecommunityoutreach@live.com">medicallakecommunityoutreach@live.com</a></td>
</tr>
<tr>
<td>SkyTree Studios</td>
<td>10510 W Richland RD LOT 29, Cheney</td>
<td>559-2183</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>deliver boxes 50-60 families a week in the metro cheney-airway heights area</td>
<td>50-60 families a week in the metro cheney-airway heights area</td>
<td>Christina Damer-ville <a href="mailto:StutterAtAt@gmail.com">StutterAtAt@gmail.com</a></td>
</tr>
</tbody>
</table>
MEAL PROGRAMS AND SITES: SPOKANE

Many locations are turning to Grab and Go = GG, others that have cancelled their program are either not do to facility restrictions and crowd size and vulnerable group of volunteers and sanitation issues. Please use this list, but there may be changes.

<table>
<thead>
<tr>
<th>Sun</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>House of Charity</td>
</tr>
<tr>
<td>7:30a/4:30</td>
<td>7:30a/4:30</td>
<td>7:30a</td>
<td>7:30a</td>
<td>7:30a</td>
<td>7:30a</td>
<td>Shalom Ministries</td>
</tr>
<tr>
<td>10/12</td>
<td>10/12</td>
<td>10/12</td>
<td>10/12</td>
<td>10/12</td>
<td>10/12</td>
<td>The City Gate</td>
</tr>
<tr>
<td>10-2</td>
<td>10-2</td>
<td>10-2</td>
<td>10-2</td>
<td>10-2 (2nd/4th)</td>
<td>10-2</td>
<td>Jewels Helping Hands</td>
</tr>
<tr>
<td>12/6</td>
<td>12/6</td>
<td>12/6</td>
<td>12/6</td>
<td>12/6</td>
<td>12/6</td>
<td>UGM Men’ Shelter</td>
</tr>
<tr>
<td>3-5</td>
<td>3-5</td>
<td>3-5</td>
<td>3-5</td>
<td>3-5</td>
<td>3-5</td>
<td>Crosswalk (teens)</td>
</tr>
<tr>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>St Anns Sunday Lunch</td>
</tr>
<tr>
<td>12</td>
<td>9/11:30/5</td>
<td>9/11:30/5</td>
<td>9/11:30/5</td>
<td>9/11:30/5</td>
<td>9/11:30/5</td>
<td>God’s Love Internat’l</td>
</tr>
<tr>
<td>5:30, last</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>Feed Cheney</td>
</tr>
<tr>
<td>12-1</td>
<td>12-1</td>
<td>12-1</td>
<td>12-1</td>
<td>12-1</td>
<td>12-1</td>
<td>Recovery Cafe</td>
</tr>
<tr>
<td>11-1</td>
<td>11-1</td>
<td>11-1</td>
<td>11-1</td>
<td>11-1</td>
<td>11-1</td>
<td>Women &amp; Children’s Free Restaurant</td>
</tr>
<tr>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>Blessings under the Bridge</td>
</tr>
<tr>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>West Central Abbey</td>
</tr>
<tr>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>Food not Bombs</td>
</tr>
<tr>
<td>12-1</td>
<td>12-1</td>
<td>12-1</td>
<td>12-1</td>
<td>12-1</td>
<td>12-1</td>
<td>MLK Center (0-18)</td>
</tr>
<tr>
<td>F 10-4</td>
<td>M 10-4</td>
<td>F 10-4</td>
<td>M 10-4</td>
<td>F 10-4</td>
<td>M 10-4</td>
<td>Cup of Cool Water (14-24)</td>
</tr>
<tr>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>One Heart (5-18)</td>
</tr>
<tr>
<td>Street Ministry</td>
<td>Wall &amp; Riverside</td>
<td>448-6425</td>
<td>uccsda.org, South Hill Adventist: downtown</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

MEAL SITE WEEKLY CALENDAR: SPOKANE

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>House of Charity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>UGM Men &amp; Women</td>
</tr>
<tr>
<td></td>
<td>Shalom Ministries</td>
</tr>
<tr>
<td></td>
<td>Wall &amp; Riverside</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
<th>House of Charity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>UGM Men &amp; Women</td>
</tr>
<tr>
<td></td>
<td>SW Com Center</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dinner</th>
<th>House of Charity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>UGM Men &amp; Women</td>
</tr>
<tr>
<td></td>
<td>Shalom Ministries</td>
</tr>
</tbody>
</table>

## Contact Information
- **Shalom Ministries**: 518 W 3rd, 455-9019, shalommeal.org GG
- **The City Gate**: 170 S Madison, 455-9670
- **Jewels Helping Hands**: various locations (see listing under shelters), facebook 30/day
- **UGM Men’ Shelter**: 1224 E. Trent Ave, east side entrance, 535-8510, uniongospelmission.org/100/day
- **Crosswalk (teens)**: 525 W 2nd, 241-1640, voaspokane.org
- **St Anns Sunday Lunch**: 2116 East First Ave, 535-3031
- **God’s Love Internat’l**: 4006 W Staley Rd, Dear Park, 312-9875, godslievinternational.com
- **Feed Cheney**: 204 4th St, 381-7002, krigehja@gmail.com, feedcheney.com GG
- **Opportunity NE**: Logan Elementary Shaw MS, 313-6095, hahn@gonzaga.edu
- **Recovery Cafe**: 214 N Cedar, 960-8525, community-mined.org
- **Women & Children’s Free Restaurant**: 1408 N Washington, 324-1995, volunteer@wcfrspokane.org
- **Blessings under the Bridge**: I-90 overpass, 869-6584, butb.org GG, sanitation items, food, snacks
- **West Central Abbey**: 1832 W Dean, vicar®, westcentralmission.org
- **Food not Bombs**: across from House of Charity, facebook.com, hygiene items spokanestoodnotbombs@gmail.com
- **MLK Center (0-18)**: 500 S Stone, 868-0856, www.facebook.com/mlkspokane
- **Cup of Cool Water (14-24)**: 1106 W Second, 747-6686, showers, laundry, clothing, internet access, mail, lunches cupofcoolwater.org FB
- **One Heart (5-18)**: 1827 E Pacific Ave, 535-3510, onehearts Spokane.com
- **Street Ministry**: Wall & Riverside, 448-6425, uccsda.org, South Hill Adventist: downtown

## MEAL PROGRAMS AND SITES: SPOKANE

- **Cup of Cool Water** (14-24): 1106 W Second
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- **Crosswalk (teens)**: 525 W 2nd
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- **Feed Cheney**: 204 4th St
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- **Recovery Cafe**: 214 N Cedar
- **Women & Children’s Free Restaurant**: 1408 N Washington
- **Blessings under the Bridge**: I-90 overpass
- **West Central Abbey**: 1832 W Dean
- **Food not Bombs**: across from House of Charity
- **MLK Center (0-18)**: 500 S Stone
- **Cup of Cool Water (14-24)**: 1106 W Second
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Please note that some locations have canceled their programs due to facility restrictions, crowd size, and vulnerable group of volunteers and sanitation issues. Use this list as a reference, but be aware of potential changes.

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Please note that some locations have canceled their programs due to facility restrictions, crowd size, and vulnerable group of volunteers and sanitation issues. Use this list as a reference, but be aware of potential changes.
On Monday, March 16, City Manager Mark Calhoun signed action of emergency/disaster which enables the city to utilize additional resources and tools to slow the spread of the coronavirus. The action will allow the city to exercise emergency powers during the COVID-19 outbreak to preserve and maintain the health, safety, and welfare of its citizens, and seek federal financial assistance to support resources that may be used in an effort to restrict the spread of the virus.

In addition, the city has an emergency response plan for situations such as infectious disease. The city is taking steps to educate employees about the disease and ensure that protocols are being followed in regard to good hand and respiratory hygiene, and proper cleaning of city buildings. In addition, the city will work with the Spokane Regional Health District to implement procedures to reduce employees’ or visitors’ exposure to COVID-19, such as social distancing.

**Governor, Washington State**

governor.wa.gov/issues/issues/covid-19-resources/resources/coordinate-businesses-schools-workers

**Medial Reserve Corps**

mrc.fhs.gov/HomePage 260-615-2025

Region X Coord: Moji Obiako

*WA State Dept of Health Office of Emergency Preparedness and Response*

PO Box 47960 360-236-4090

Olympia 98504 360-236-4090

Coord: Kimberly Butowicz
kim.butowicz@doh.wa.gov

**Medical Reserve Corps of Eastern WA**

1101 W College, 99201 324-1451

Utilizes local health professionals and volunteers to assist in local medical emergencies.

**Spokane C.O.P.S. Admin**

6107 N Astor, 99208 625-3300
spokanecops.org

*Offers volunteers.*

**Spokane County United Way**

920 N Washington, Ste 100, 99201 838-6581

Spokanecountunitedway.org

Brings together expertise, funding and volunteer support to positively impact health, education and financial stability.

**Volunteer Spokane** setting up a COVID-19 Community Forum to share information on agencies needs for people and supplies.

Individuals are looking for ways to help. That information can be submitted in the COVID-19 Community Forum section of the VolunteerSpokane website volunteerspokane.org

**WA Department of Health**

doh.wa.gov

The Washington State Department of Health has established a call center to address questions from the public. Those with questions about what is happening in Washington, or how the virus is spread may call 1-800-525-0127. Phone lines are currently staffed from 6 a.m. to 10 p.m., seven days a week. Please note that this call center cannot access COVID-19 testing results. For testing inquiries or results, people should call their health care provider.

**Washington Needs Health Practitioners for the COVID-19 State of Emergency**

Health professionals licensed in other states may practice in Washington by registering through the emergency volunteer health practitioner process or by applying for a WA license, which may result in the department issuing a temporary practice permit.

**COMMUNITY CENTERS**

American Indian Community Center 535-0886

1025 W Indiana

No indoor activities, basic needs food bank and other supplies can be received outdoors.

Community Building 232-1950
25-35 W Main Ave, 99201

www.community-building.org
Closed to public since March 20.

Corbin Senior Activity Center 327-1584
827 W Cleveland
Spokane 99205
Fax: 327-9162
info@corbinseniorcenter.org
/Jeff Edwards corbinseniorcenter.org
Closed March 17 - March 31

Deer Park Senior Center
Deer Park City Hall, Lower Level E 316 Crawford St 276-2411
PO Box 842, Deer Park 99006

Hillyard Senior Center
1603 N Belt St, 99202
westcentralcc.org
Fax: 326-2347
Before and after-school cancelled. Supportive services and many Programs closed March 17. Providing Resource Sheets for West Central & downtown

**Hillyard Senior Center**

NE Community Center 482-0803
4001 N Cook, Spokane 99207
hillyardseniorcenter@yahoo.com
hillyardseniorcenter.org

Cancelling major events, Clients can call into staff.

Martin Luther King Family Outreach Center
500 S Stone, 99202
453-8722 x100

New Food Bank hours 1 to 3 p.m., Monday, Wednesday, Thursday and Friday. The building is temporarily closed without an appointment. FAME and ECEAP Programs are open 8 a.m. to 2:30 p.m. WIC is at the Broadway location. SNAP is by appointment. The SCC Early Head Start and Gym are closed until further notice. Call 868-0856 or see mlspsokane.org.

**Northeast Community Center**

4001 N Cook, 99207 487-1603
ncencommunitycenter.com
Fax: 489-3849

Since March 19, have begun implementing basic health screening at a single point of entry to the facility. In conjunction with Unity Community Health, ALL agency staff and visitors to the Northeast Community Center will be subjected to a brief non-invasive health screening prior to entering the facility. It includes basic health and recent travel questions, and taking temperatures. Anyone exhibiting signs and symptoms of illness may be denied entry or referred for further testing. The Zone - will work to supply children and families with meals, food, toiletries & safe places.

Odyssey Youth Center 325-3637
1121 S Perry St, 99202
odysseyyouth.org

A resource for LGBTQ+ youth. Closed for the rest of the month. Will focus on connecting youth digitally.

Sinto Senior Activity Center 328-2861
Spokane 99201 sintoncenter.com
Closed until further notice.

Southside Community Center
3151 E 27th Ave, Spokane 99223
southsidecc.org 535-0803
Closed

**West Central Community Center**

1603 N Belt St, 99202
westcentralcc.org
Fax: 326-2347

Before and after-school cancelled. Supportive services and many Programs closed March 17. Providing Resource Sheets for West Central & downtown

**Moratorium on Evictions (Spokane)**

The city of Spokane expanded its emergency order to include a moratorium on evictions and foreclosures. The Spokane moratorium halts all notices to terminate and all evictions and foreclosures and stops late fees for April rent. It applies to both commercial and residential evictions. It also provides an exception for notices to terminate for the safety of residents in the building. This order fills the gaps left in the statewide moratorium on evictions.

**(Washington State)**

**COVID-19 EVICTION MORATORIUM COMPLAINT FORM - WA State Office of Attorney General**

https://fortress.wa.gov/atg/COVID19EVICTIONMORATORIUMCOMPLAINTFORM.aspx

**AVISTA** myavista.com/safety/covid-19-response

Has ended all utility cutoffs in WA, ID, OR

**Caritas** 326-2249

Emergency assistance for families in crises.

**Chenyen Outreach** 235-8900

Basic Emergency Assistance for low income, elderly, disabled, must live in Cheney

**Catholic Charities Coordinated Housing and Homeless Families Assessment of Spokane 325-5005**

Emergency homelessness prevention through loans and grants to pay rent.

**Eviations Defense Project** 477-2674
1116 W Broadway, 4th Flr Annex
Those facing eviction at the end of the moratorium may apply for support from the Eviction Defense Project. If or a landlord
is attempting to evict a tenant despite the moratorium, this resource could help. Participants can apply at SpokaneVLP.org. This is an opportunity for clients to connect directly with an attorney for free!

Financial Help line 625-6650
Spokane Public Libraries
Getting started with financial recovery resources for Spokane County small businesses and individuals

Greenhouse 276-6897
Info and referral for North Spokane County, includes emergency services, household items, etc.

Medical Lake Outreach 299-3819
Rental. Utility assistance for seniors, low-income, disabled

MLK Center 455-8722
Rental. Utility assistance

Parish Social Ministries 455-2253
During COVID-19, provides emergency assistance to families and individuals in need, rent/housing assistance, food bags, and emergency supplies after referral from local church.

Project Share spokaneutilityhelp.org
During COVID-19, provides emergency assistance to families and individuals in need, rent/housing assistance, food bags, and emergency supplies after referral from local church.

Spokane Valley Partners 927-1153
During COVID-19, provides emergency assistance to families and individuals in need, rent/housing assistance, food bags, and emergency supplies after referral from local church.

SNAP Rental Asst. 456-SNAP
SNAP Energy Asst. 456-SNAP
SNAP Energy Conservation Education 456-SNAP
212 W 2nd Ave, 99201
spowpa.org
Provides low-cost, no-cost techniques to conserve energy and reduce household costs. These techniques are shared through SNAP's weatherization program, workshops and online.

Spokane Area Tenants United (SATU) 578-5068
St Andrew’s Episcopal, 2404 N Howard
spokaneareateenants@gmail.com
Spokane Area Tenants United on FBpage Eastern Washington Tenants on FBgroup Engages in the tenant-led fight for housing justice in Eastern Washington through advocacy and community projects. 2nd & 4th Wednesdays @ 6 p.m.

Spokane County Community Services 477-5722
Rental and utility assistance to county’s low income and moderate-income residents.

Spokane Housing Authority
Offers rental assistance through HUD Section 8 voucher program. 328-2953

Spokane Valley Partners 10814 E Broadway, 99206
PO Box 141360 927-1153
Spokane Valley 99214 svpart.org
Provides housing and rental assistance to low-income families, disabled and elderly people.

Tenants Union of WA State
Spokane Office
25 W Main, 3rd Flr C-1, 99201
Mail: Box 310, 25 W Main Creates housing Justice through grassroots education, organizing and advocacy. Improves tenants’ living conditions, and challenges and transforms unjust housing policies and practices. 464-7620

UHelp Program
Spokane City Hall
808 W Spokane Falls Blvd
Spokane, WA 99201
Hours: Monday-Friday 8 a.m. – 5 p.m.
Phone: 311, or for outside city limits, 509.755.CITY (2489)
7 a.m. – 6 p.m.
Email: ubill@spokanecity.org

The U-Help program is committed to helping citizens who are facing economic hardship because of the response to COVID-19. Please call SNAP at 456-SNAP during this crisis to access U-Help funding. SNAP also qualifies citizens for energy bill assistance through Project Share. Donations can be made at spokaneutilityhelp.org.

FARMERS MARKETS & LOCAL FARMERS
http://tilthproducers.org
https://agr.wa.gov/getmedia/14cdd035-2e49-4f16-9537-1de6ed4e4f50/1.pdf
https://www.powcoop.org/greenbulbfarmers.com

Christ Kitchen 325-4343
2410 N Monroe, Spokane 99205
christkitchen.org
Population it serves doesn’t need any more trauma in their lives, so staff have contacted each of them and is working with them to ensure money continues to come in. Welcomes donations support the ministry in this time. Hopes to receive government funding. Products are still available for purchase at Yokes, Rosauers, and Super 1 Foods. Working to keep those shelves stocked.

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**FARMERS MARKETS: SPOKANE COUNTY**

<table>
<thead>
<tr>
<th>City</th>
<th>Farmers Market</th>
<th>Location</th>
<th>Phone</th>
<th>Dates</th>
<th>Hours</th>
<th>SV</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheney</td>
<td>Cheney Farmers Market</td>
<td>1101 First St</td>
<td>235-9176</td>
<td>June-mid Oct</td>
<td>10-2, Sat</td>
<td>X</td>
<td>Cheney-Farmers-Market on FB</td>
</tr>
<tr>
<td>Clayton</td>
<td>Clayton Farmers Market</td>
<td>4616 Wallbridge Dr</td>
<td>276-9444 951-4207</td>
<td>June-end Oct</td>
<td>noon-4, Sun</td>
<td>ClaytonCommunityFair.com</td>
<td></td>
</tr>
<tr>
<td>Liberty Lake</td>
<td>Liberty Lake Farmers Market</td>
<td>Town Square Park, 1421 N Meadowood Ln</td>
<td>290-3839</td>
<td>mid-May - mid-Oct</td>
<td>9-1, Sat</td>
<td>X</td>
<td>LibertyLakeFarmersMarket.com</td>
</tr>
<tr>
<td>Millwood</td>
<td>Millwood Farmers Market</td>
<td>Millwood Presbyterian, 3223 N Marguerite</td>
<td>924-2350</td>
<td>mid May - end Sept</td>
<td>3-7, W</td>
<td>X</td>
<td>millwoodpc.org/millwood-farmers-market/</td>
</tr>
<tr>
<td>Spokane</td>
<td>Emerson-Garfield FM</td>
<td>AEC, 2310 N Monroe</td>
<td>389-0964</td>
<td>June-end Sept</td>
<td>3-7, F</td>
<td>X</td>
<td>market.emersongarfield.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Fairwood Farmers Market</td>
<td>319 W Hastings Rd</td>
<td>466-0682</td>
<td>3-7, T</td>
<td>X</td>
<td><a href="mailto:fairwood.market@gmail.com">fairwood.market@gmail.com</a> fairwoodfarmersmarket.org</td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Hillyard Farmers Market</td>
<td>5102 N Market, 99217</td>
<td>993-2104</td>
<td>June-end of Sept</td>
<td>3-6, M</td>
<td>X</td>
<td><a href="mailto:brandywhine27@yahoo.com">brandywhine27@yahoo.com</a> FB HillyardFarmersMarket</td>
</tr>
<tr>
<td>Spokane</td>
<td>Kendall Yards Market</td>
<td>Summit Parkway, E of Cedar/ Mail: 1335 W Summit Pkwy, 99201</td>
<td>321-5888</td>
<td>mid-May to Sept</td>
<td>5-9, W</td>
<td>X</td>
<td><a href="mailto:market@kendallyards.com">market@kendallyards.com</a> kendall-nightmarket.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Spokane Farmers Market</td>
<td>20 W 5th</td>
<td>995-0182</td>
<td>mid June-Oct</td>
<td>8-1, WSat</td>
<td>X</td>
<td>spokanefarmersmarket.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Thursday Market</td>
<td>The Shop, 924 S Perry St</td>
<td>720-8449</td>
<td>May - Oct</td>
<td>3-7, Th</td>
<td>X</td>
<td>thursdaymarket.org</td>
</tr>
<tr>
<td>Spokane Vly</td>
<td>Spokane Valley Farmers Market</td>
<td>2426 N Discovery Pl, 99216</td>
<td>208-619-9916</td>
<td>June-mid Sept</td>
<td>5-8, F</td>
<td>spokanevalleyfarmersmarket.org</td>
<td></td>
</tr>
</tbody>
</table>
## COMMUNITY GARDENS: SPOKANE COUNTY

**Key:** G - Gardening classes, V - Volunteer, TS - Tool sharing, SL - Seed Library, H - Hose, S - Sprinkler, I - Irrigation, PRH - Plant a row for the Hungry, *watering is supervised; see also spokanegardens.org. Covid 19 recognize restriction may very may have 1 person or family in the garden at time, or pratice social distancing, or wearing of masks.

<table>
<thead>
<tr>
<th>City</th>
<th>Community Garden</th>
<th>Phone</th>
<th>regular plot</th>
<th>Raised Beds</th>
<th>V</th>
<th>TS</th>
<th>SL</th>
<th>H</th>
<th>Community Relations</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheney</td>
<td>EWU Campus Garden - behind the EWU Police Station (big red barn)</td>
<td><a href="mailto:sustainability@ewu.edu">sustainability@ewu.edu</a></td>
<td></td>
<td></td>
<td>G</td>
<td></td>
<td></td>
<td></td>
<td>Sustainability Project, food for Balby's</td>
<td>Erik Buddberg <a href="mailto:eubdberg@ewu.edu">eubdberg@ewu.edu</a> EWU.CommunityGarden on FB, inside ewu.edu/sustainability/garden/</td>
</tr>
<tr>
<td>Cheney</td>
<td>St Pauls Episcopal Community Garden</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Food to Food Bank on Wed at 9a</td>
<td>Lori, stpaulschaneywa.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>All Saints’ Lutheran Community Garden</td>
<td>church</td>
<td>$15</td>
<td></td>
<td>V</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:glenna.allsaintsgarden@gmail.com">glenna.allsaintsgarden@gmail.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Beautiful Savior Lutheran</td>
<td>747-6806</td>
<td>4x10: $20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>food for members</td>
<td>Tom Lucke beautifulsavior.spokean.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Better Living Center</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
<td>V</td>
<td></td>
<td></td>
<td></td>
<td>food for Better Living Center</td>
<td>BetterLiving CommunityGarden on FB</td>
</tr>
<tr>
<td>Spokane</td>
<td>Chief Gary Community Garden @ River of Life, 2103 E Mission/PO Box 7620, Spokane Wa. 99207</td>
<td>599-3035</td>
<td>4x4: $15 (6), ADA 4x4 $15 (deposit $5)</td>
<td>4x18: $25 (20)</td>
<td>MG</td>
<td></td>
<td></td>
<td></td>
<td>kiosk for excess, UGM Family if extra plots free or Food Bank</td>
<td>Donna Fagan <a href="mailto:chiefgar-sycgarden@gmail.com">chiefgar-sycgarden@gmail.com</a> F B</td>
</tr>
<tr>
<td>Spokane</td>
<td>Finch Arboretum Community Garden</td>
<td>280-6197</td>
<td>8x12: $20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Brenda Martinson, Steven Wilson</td>
</tr>
<tr>
<td>Spokane</td>
<td>Grant Park Community Garden, 10th &amp; Arthur, Mail: 2411 E Hartson, 99202</td>
<td>469-264-1059</td>
<td>4x12: $35</td>
<td>4x8: $25 (ADA)</td>
<td>MG</td>
<td>V</td>
<td></td>
<td></td>
<td>Free foraging food on perimeter, Volunteers and neighborhood watch</td>
<td><a href="mailto:peggyparkenemail@gmail.com">peggyparkenemail@gmail.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Growing Neighbors 5508 N Alberta</td>
<td>327-5522</td>
<td></td>
<td></td>
<td>SL</td>
<td></td>
<td></td>
<td></td>
<td>Gardening for Bhutanese families</td>
<td><a href="mailto:purple4shell@msn.com">purple4shell@msn.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Holy Cross Community Garden - 7387 N Nevada</td>
<td>953-4961</td>
<td>16x16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>holycrosslcms.net</td>
</tr>
<tr>
<td>Spokane</td>
<td>Northeast Community Center -Liberty &amp; Lacy Ave -Pumphouse Garden, Crestline &amp; E Hoffman</td>
<td>487-1603x217</td>
<td>4x20: $20, 4x10: $10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>free food distribution</td>
<td>Nick Bowcut, <a href="mailto:nbowcut@necommunitycenter.com">nbowcut@necommunitycenter.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Polly Judd Park Community Garden W Cannon Pl Ln</td>
<td>c844-2944-838-9860</td>
<td>4x8: $25 (waive fee this year)</td>
<td></td>
<td>H</td>
<td></td>
<td></td>
<td></td>
<td>beds dedicated to Community Garden Alliance</td>
<td>Philip Small e.philip. <a href="mailto:small@gmail.com">small@gmail.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>River City Youth Ops Mail: 1832 W Dean</td>
<td>703-7433</td>
<td>inground</td>
<td></td>
<td>G</td>
<td>D 4</td>
<td>S 1</td>
<td></td>
<td>food for Emerson-Garfield Farmers Market and Kendall Yard Market, and donate food to Wed night meal West Central Mission, Catholic Charities Food For All</td>
<td><a href="mailto:info@rivercityyouthops.org">info@rivercityyouthops.org</a> y youthops.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>St Johns Cathedral Community Garden, 127 E 12th Ave 99202/ Bicentennial Park</td>
<td></td>
<td>4x8: $5 (ADA)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Cathedral and clients of Canterbury Court</td>
<td>Kristi Philips, <a href="mailto:KristiP@stjohns-catedral.org">KristiP@stjohns-catedral.org</a>, stjohns-cathedral.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Sunshine Community Garden 1512 S Ash St</td>
<td>20x25</td>
<td>V</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>neighbors grow produce for each other</td>
<td>Wanda Daehlin</td>
</tr>
<tr>
<td>Spokane</td>
<td>The Commons Community Garden Spokane Water Dept, 3230 S Lamont St</td>
<td>280-6854</td>
<td>4x8: $25 4x10: $30</td>
<td></td>
<td>MG</td>
<td></td>
<td></td>
<td></td>
<td>Connected with Food for all Food for surplus</td>
<td>Dennis Anderson <a href="mailto:dennis_anderson@mac.com">dennis_anderson@mac.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Underhill Community Garden E Hartson Ave &amp; S Ralph St, near Fred Meyer 5th &amp; Thor</td>
<td>720-0967</td>
<td>10x20: $30  $15</td>
<td></td>
<td>MG</td>
<td></td>
<td></td>
<td></td>
<td>many from Karen ethnic community</td>
<td>Alexandra Montegue <a href="mailto:monale1955@gmail.com">monale1955@gmail.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Urban Eden Farm 2121 S Cherry St, 99224</td>
<td>425-269-9788</td>
<td>G</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:maya@greenplaynw.org">maya@greenplaynw.org</a></td>
</tr>
</tbody>
</table>
**Bed Bug Furnishings**
557-0751
3704 N Nevada St, 99207
bedbugfurnishings@gmail.com
https://www.facebook.com/BedBugFurnishingsWA

Reclaiming furniture and people by providing quality pest free furnishings and job skills for those in transition.

**Blessings under the Bridge**
10212 E 9th, Bldg 600, 99206
bub.org
Spokane Valley 99206 869-6584
blessingsunderthebridge@gmail.com

Works with other agencies to coordinate and distribute food and hygiene items.

**Catholic Charities Eastern WA**
12 E 5th Ave, 99202 358-4250 creasternwa.org 800-831-1209

- Needs volunteers
- EMERGENCY SUPPLIES: Needs emergency supplies for its Programs. The list of needed items can be found at https://www.cceasternwa.org/covid-19, and items can be dropped off at the Family Service Center located at 12 E 5th Ave

**Dry Fly Distilling**
328-7041
3754 W Indian Trail Rd, 99208
excelsoryouthcenter.com
Built a care team to deliver food and hygiene supplies to families, taking hourly employees to sustain Programs and put them in other Programs to keep them employed. Offered help to Second Harvest.

**Feed Spokane**
216-7364
PO Box 141674, 99214 admin@feedspokane.org
feedspokane.org
Exec Dir: Steven Brashers
Networks meal providers and community partners in the greater Spokane area. Works to eliminate food waste through food rescue.

**Food for Kidz** 868-9260
Eastpoint Church Warehouse at, 15303 E Sprague 6009 N Haye, Newman Lake 99025
Jim Dodd foodforkidz.org
Jim@foodforkidz.org

Is collecting toilet paper from business donations and individuals to give to homeless shelters.

**Government**

- **City Community Garden**
- **Phone**
- **Regular Plot**
- **Raised Beds**
- **V**
- **T5**
- **SL**
- **H**
- **Community Relations**
- **Contacts**

<table>
<thead>
<tr>
<th>City</th>
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<th>SL</th>
<th>H</th>
<th>Community Relations</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colbert</td>
<td>Garden of Hope</td>
<td>465-1373</td>
<td>N/A</td>
<td>X, orchard</td>
<td>V</td>
<td>G</td>
<td>I</td>
<td>H</td>
<td>harvest for New Hope vol.</td>
<td>colbertpres.org</td>
</tr>
<tr>
<td>Liberty Lake</td>
<td>Arboratum Community Garden/City Hall, 22710 E Country Vista Dr &amp; Rocky Hill Park Community Garden</td>
<td>755-6700</td>
<td>4x8: $25</td>
<td>G</td>
<td>H* one per household (40), Jan 1 no pre holds, Liberty Lake residents ONLY</td>
<td>Tait Hunter <a href="mailto:thunter@libertylakewa.gov">thunter@libertylakewa.gov</a></td>
<td>libertylakewa.gov</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spokane Valley</td>
<td>Pumpkin Patch Community Garden 9,00 E Maringo Dr</td>
<td>924-2350</td>
<td>$20</td>
<td>$20</td>
<td>I</td>
<td>donated to FB</td>
<td><a href="mailto:teresa@pumpkinpatchgarden.net">teresa@pumpkinpatchgarden.net</a></td>
<td>pumpkinpatchgarden.net</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spokane Valley</td>
<td>Spokane Valley Partners Fresh Start Community Garden 11202 E Mission Ave</td>
<td>927-1153 x12</td>
<td>$25 (by June 15)</td>
<td>$10 (by June 15)</td>
<td>for clients, farmers markets and FB</td>
<td><a href="mailto:ea@svpart.org">ea@svpart.org</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Northwest Harvest Spokane Warehouse
3808 N Sullivan Rd, Blvd 14-J
Spokane Valley 99216 891-7013
Spokane only. Setting up drop-off locations, but not there yet.

One Heart Spokane
oneheartsponake.com
free even for K-12 graders and families, free shoes, and hygiene items

Pet Food Banks
Spokane Humane Society schedule and appointment 509-467-5235 x0 or adoptions spokanehumane.org

Salvation Army 325-6821 x2202
222 E Indiana, 99207 spokane.salvationarmy.org
All the regular operations are going on. The Family Resource Center—food bank—continues to operate, helping double the number of people. They are requesting that people donate extra toilet paper, hand sanitizer, tissue, cleaning wipes and surgical masks for them to give to people who come. Food bank operates by food boxes volunteers deliver to waiting cars. Encourages people who are unemployed to use money for rent, not food. Needs donations to purchase items and needs volunteers 55 and younger to work four-hour shifts. They can sign up at makingspokanebetter.org.

FOOD BOX Delivery Program
The Salvation Army is willing to temporarily schedule and deliver perishable and non-perishable food boxes to those that are afraid to venture out, are facing food insecurities currently due to layoff, or do not have the transportation to make a trip to a local food bank. Here are the guidelines for the delivers/pick-ups DELIVERY
There have to be ten (10) or more deliveries to one spot. Unfortunately, with the lack of staffing or volunteer base, it does only one (1) or two (2) food boxes at various locations. Due to the large amount of food that The Salvation Army is processing, it is unable to customize food boxes to meet dietary or allergy restrictions. Asks that the recipient gift the food item to someone else if they are unable to use it. The Salvation Army is trying to help as many community members as possible so please only list individuals that are living in the household.

Each household needs to fill out and sign the Food Box Delivery/ Pick-Up Registration Form. PICK-UP Those who are picking up for a complex, need to have each household fill out and sign the Food Box Delivery/Pick-Up Registration Form. By signing the form, it is given permission to pick up for their household. ALL HOUSEHOLDS Each household needs to fill out and sign the Food Box Delivery/ Pick-Up Registration Form. All households must be willing to give The Salvation Army demographic information so they can track statistics and gross poundage leaving its food pantry. Forms need to be filled out for both Delivery and Pick-up. If The Salvation Army does not receive a form, it will be unable to provide any food boxes.
If this is something that would be beneficial to guests, call The Salvation Army Family Resource Center and ask for Elisha Roberts, Monday through Friday 12:30 to 4:30 p.m., to set up a time to pick-up or set-up a delivery option for neighbors or guests. The Family Resource direct line is (509) 325-6821.

Second Harvest of the Inland NW
1234 E Front, 99202 534-6678 2-harvest.org Fax: 534-8252
Offers instant help, money and volunteers to distribute more food for students, evaluating needs of partner agencies as many of them made adjustments to keep everyone safe. Looking at ways to respond better to community needs, mobilize distribution of food in the county still ongoing, targeting high needs partners. Depends on volunteers, and is making adjustments on how volunteers can help, retool its schedule to honor social distancing.

SNAP Cuisine for Clients
https://app.mobilecause.com/e/5ggOyq2bclid=IwAR2fKmKv3X772FWfWp1xGLlDDjOEgF3LmV0Xs3lRhM6gpdxUZ8gkT0NR8mc cider=126ek7a7d4e6xmemid=eeb6e5bb5&vid=74gpm Donations will be used to purchase meals from SNAP-supported restaurants and donated to residents living at SNAP affordable housing properties.

Spokane Alliance 389-1750
1526 E 11th Ave, 99202 katie@spokanealliance.org spokanealliance.org Works with its member congregations and unions to build teams to reach out in their organizations to see what needs there are and to connect them with resources. Non-members may also contact executive director Katie Zioner to participate.

Spokane Area Jewish Services
director@sajas.org
1322 E 30th, 99203 747-7394
Exec Dir: Neal Schindler sajas.org Provides food to clients, usually delivering it to their doorsteps but not having contact. Call to schedule the drop and call right after to let them know it’s there. Accepts food donations at the temple; drop-off can be arranged right outside the building with no contact. Helps clients negotiate the landscape of ongoing and emerging resources, and does reassurance calls to vulnerable clients. Dispersed several emergency funds but are running low and awaiting possible financial aid from SBA. The event is now virtual, and info is here: http://sajas.org/virtualbenefitevent/

Spokane County Mutual Aid is an all-volunteer grassroots network operating in Spokane County. Formed as a response to the COVID-19 outbreak and are working within the community to build better neighborhood-based systems of support. The collective can currently help with needs such as grocery shopping, prescription pick-up and financial assistance. Those needing help or support can fill out a quick form. For information, please visit mutualaidspokcounty.com. Also on Twitter: @ spopcymutualaid, Facebook: Spokane County Mutual Aid, and Instagram: @ spokaneout county mutualaid, or call the free hotline at (509) 662-7912. Can also be reached via email at spokaneoutcounty mutualaid@gmail.com.

Spokane Street Aid
spokanestreetmed@gmail.com FB: Spokane-Street-Aid
Rebecca Daignault-Walker offering a female hygiene item drive Saturday noon at Lewsi and Clark.

TOP: .299-9024
211 N LeFevre, Medical Lake 99022
DISCOVERY SHOP - AMERICAN CANCER SOCIETY 805 W Garland 328-9373 cancer.org 10-5, T-Sat
GLOBAL NEIGHBORHOOD THRIFT 919 E Trent 868-0001 global-neighborhood.org
GREENHOUSE, THE 276-8224
31 N Main St, Deer Park 99006
GOODWILL RESALE/THRIFT: Goodwill’s community service Programs are funded by donations and sales at 11 regional Goodwill stores and shopgoodwill.com. $.85 of every dollar directly supports services in the community. Shop and donate at any locations.
-Downtown Spokane Goodwill Store 444-236
202 E Third Ave, 99202
-Goodwill Outlet Store, 1406 E Front Ave, 99202 279-2916
-North Nevada Goodwill Store 9832 N Nevada, 99218
-Goodwill Food Pantry 2282 N Ash St, 99205 321-0579
-South Hill Goodwill Store 2927 E 27th 321-0478
-Spokane Valley 928-4032
13721 E Sprague Ave, 99216
NW CHRISTIAN SCHOOLS THRIFT STORE 6607 N Maple 326-1522
nwcstrthrift.org/location/ 9-6 M-Sat, 12-5 Sun
SALVATION ARMY THRIFT STORE
-Spokane 2020 Division 99207 325-6805 spokanethriftstore.salvationarmy.org 10-5 M-Sat, donations till 4
-Spokane Valley 11211 E Sprague, 99037 928-9970 spokanethriftstore.salvationarmy.org 10-5 M-Sat, donations till 4
UGM THRIFT STORE - DOWNTOWN 301 W Boone, 99201 326-3316 unioneospensionission.org/thrift-stores/ 9-7, M-F, 9:30-6 Sat dropoff or pick-up larger items
UGM THRIFT STORE - VALLEY 11921 E Spokane, 99206 927-5905 unioneospensionission.org/thrift-stores/ 9-7, M-F, 9:30-6 Sat dropoff or pick-up larger items
VETERANS THRIFT STORE 4507 West Wellesley Ave
SNAP (Food Stamps) 877-501-2233
Women’s Hearth - TRANSITIONS 920 W 2nd, Spokane 99021 info@welshemo.org 455-4249 help4women.org
Due to the risk associated with women traveling around town for different services, the city and homeless service organizations are working together to minimize this type of movement and shift to 24/7 options for folks experiencing homelessness.
To support that goal, Women’s Heath closed. Posted on door relevant COVID-19 information and resources, and will keep voicemail message and notices on the door updated. Women’s Heath is supporting other shelter projects behind the scenes, be it supplies, staffing or other needs. Will still assist community’s most vulnerable, but it will look different for the time being.

HOSPITALS & RESOURCES

Blood Donation:
American Red Cross
redcross.org
315 W Nora 877-272-7337
Has experienced a severe shortage of blood collection because of COVID-19. The Red Cross collects more than 40 percent of the nation’s supply and has had more than 2,700 drives cancelled across the U.S. in two weeks resulting in a loss of more than 86,000 units. There is no evidence COVID-19 can be transmitted by blood. Call 590-7691 or email ryan.radin@redcross.org.

CSL Plasma, Inc
csplasma.com
Pays for blood plasma donations.
-2126 N Monroe St 340-6404
-9621 E Sprague Ave 922-1861

Vitalant
800-423-0151
vitalant.org
Coronavirus Impacts Blood Supply. URGENCY SHORTAGE: DONORS NEEDED.
-210 W Cataldo Ave, 99201
-North Spokane 10403 N Newport Hwy, 99218
-Valley: 12117 E Mission Ave Spokane Valley 99213

CHAS Health
444-8200
203 N Washington, Ste 300, 99201
https://chas.org/health-alerts
24/7 Nurse Advice: 866-418-1002
Fax: 509-429-0602

Kaiser Permanente Medical Centers
https://www.kaiserpermanente.org
Consulting Nurse Svc 800-267-6877
Member Services 888-901-4636
Social Work Services 877-216-6216
-Spokane - Lidgerwood 482-4402
- Spokane - Riverfront 324-6464
-Spokane - South Hill 535-2277
-4105 S Regal St, Ste 101, 99208
-Spokane Valley - Veranda 922-2625
-14402 E Sprague Ave, 99216

MultiCare Urgent Care Center
792-3474
5904 N Division, 99208
Offers minor emergency care, surgery physicals (all levels), and work related injuries (L&I), minor shots, some disease testing and labs.

Kaiser Permanente Medical Centers
https://www.kaiserpermanente.org
Consulting Nurse Svc 800-267-6877
Member Services 888-901-4636
Social Work Services 877-216-6216
-Spokane - Lidgerwood 482-4402
- Spokane - Riverfront 324-6464
-Spokane - South Hill 535-2277
-4105 S Regal St, Ste 101, 99208
-Spokane Valley - Veranda 922-2625
-14402 E Sprague Ave, 99216

MultiCare Emergency Dept
multicare.org/coronavirus/
-Deaconess Hospital
800 W Fifth, 99204 458-5800
-Deaconess North Emergency
820 N Division, 99208 473-3333
-Valley Hospital
924-6650
12606 E Mission Spokane Valley 99216

MultiCare Hospitals
multicare.org
-Deaconess Hospital
800 W Fifth, 99204 458-5800
-Valley Hospital
924-6650
12606 E Mission Spokane Valley 99216

MultiCare Indigo Urgent Care
https://www.indigourgentcare.com/coronavirus/
-Argonne
2713 N Argonne Rd
Millwood, WA 99212
-North Spokane
9420 N Newport Hwy, Ste 103
-Deadeye Park
4901 W Wellesley Ave, Ste C
-South Hill
598-7810
598-7820
15605 E Sprague Ave, 99216

MultiCare Rockwood Urgent Care
https://www.multicare.org/coronavirus/
-Downtown
400 E 5th Ave, Ste 1 N, 99202
-Liberty Lake
1326 N Stanford Ln, 99019

MultiCare Rockwood Urgent Care
https://www.multicare.org/coronavirus/
-Downtown
342-3100
400 E 5th Ave, Ste 1 N, 99202
-Liberty Lake
342-3990

Native Project Medical Clinic
1803 W Maxwell, 99201
nativeproject.org
483-7535
Call in advance in case of suspected exposure to COVID-19 or symptoms On arrival patients may be immediately triaged.

Providence Health Clinics
providence.org/patients-and-visitors/coronavirus-advisory
Providence Express Care
Lincoln Heights
2923 E 29th Ave, 99223

Providence Family Medicine
-Indian Trail (Spokane)
385-0610
5011 W Lowell Ave, Ste 100, 99208
-Hawthorne (Spokane)
252-1900
551 E Hawthorne Rd, 99218
-North (Spokane)
252-9602
212 E Central Ave, Ste 440, 99208
-Residence Clinic - Spokane
626-9900
Teaching Health Clinic. Fax: 626-9917
624 E Front Ave, 99202
-Spokane Valley - 99216
1312 Mission Ave 928-0300

Providence Family Physicians
Providence Medical Park
16258 E Desmet, Ste B100, Spokane Valley 994-9440

Providence Hospitals
https://www.providence.org/patients-and-visitors/coronavirus-advisory
Note visiting hours are cancelled
Holy Family Hospital
482-0111
5633 N Lidgerwood, 99208

Sacred Heart Medical Center & Children’s Hospital
474-3131
101 W 8th Ave, 99204

Providence Urgent Care Downtown
474-2100
412 S Division, 99202
-North Spokane
551 E Hawthorne Rd, 99218

Unity Community Health
ywvc.org
-Mission
150 W Mission Ave 326-4343
Fax: 329-2230
-Northeast
489-3427
4001 N Cook St 327-4062
-Dental 326-4382

-WEST CENTRAL CC
327-4646
1603 N Belt St 327-7209

INSURANCE AND FOUNDATIONS
wahealthplanfinder.org
Ambetter - from Coord Care
ambetter.coordinatedcarehealth.com
877-687-1197
TTY/TDD 1-877-941-9238

Amerigroup
705 5th Avenue S, Suite 300, Seattle WA 98104
405-1897
Yoshinda Blunt, (Shanda), Community Relations Representative shanda.blunt@amerigroup.com
A.m.erin.group is one of the MCO’s for Washington Apple Health Medicaid. Some people may want to check eligibility, enroll or have questions regarding their health insurance.

Better Health Together
1209 W 1st Ave, 99201
admin@betterhealthtogether.org
betterhealthtogether.org 321-7500

Emprise Health Foundation
1020 W Riverside, 99201
PO Box 244, 99210
315-3123
Empirehealthfoundation.org

Empire Health Foundation
1020 W Riverside, 99201
PO Box 244, 99210
315-3123
Empirehealthfoundation.org

Invests in ideas and organizations that improve access, education, research, public policy and well-being to improve overall health to the region’s residents. Partners with innova area grant cycle in relationship to COVID-19 response.

Healthy Kids Together Program
270-1869
1209 W 1st Ave, Spokane 99201
www.BetterHealthTogether.org e: reese@betterhealthtogether.org

Offers assistance with health insurance enrollment through Washington HealthPlanFinder. COVID-19 Special Enrollment is Extended to May 9. This allows individuals to select a Qualified Health Plan (QHP) off the Market Place outside normal Open Enrollment.

Kaiser Permanente
https://www.kaiserpermanente.org
Consulting Nurse Svc 800-267-6877
Member Services 888-901-4636

Lifewise Health Plan of WA
lifewise.com 844-961-9845

Questions: 800-817-3056/TDD/TTY 711

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KIDS MEALS AND PROGRAMS

Text “food” or “comida” to 877-877
nokidhungry.org/find-free-meals

USDA has extended their waiver for all students to receive free meals through December 31, 2020.

Central Valley #354
19307 E Cataldo
Spokane Valley 99016
Free Breakfast & Lunch Program
Offered this fall
Daily Pick-Up: 1 lunch & 1 breakfast
Weekly Pick-Up: 5 breakfasts & 5 lunches
Pick up locations pending

 Cheney
12414 S Andrus, 99004 599-4599
Re-opening

East Valley
924-1830
3830 N Sullivan Rd, Bldg 1
Spokane Valley 99216 cvsd.org
Re-opening

Freeman
15001 S Jackson Rd 291-3695
Rockford 99030
Tuesday pickup for 2 days, Thursday pickup for 3 days, locations:
• Freeman High School 12-1pm
• Rockford City Park 12:15-12:45pm

• Valleyford Community Church
parking lot 12:15pm-12:45 pm
• Liberty 624-4415
S 29818 North Pine Creek Rd
Spangle 99031 libertysd.us
Re-opening

MeAD SD mead354.org 465-6000
233 E Fairwell Rd, 99021
Re-opening

MEDical Lake
565-3100
116 W 3rd, 99022
Medical Lake School District vans
will be distributing meals along the
“lunch delivery routes” listed on the
nutrition services home page. Meals will be available for pick up at each school building,
begins Tuesday, September 8, at the times below:
• Michael Anderson Elementary – 10:00 AM
• Middle School – 10:00 AM
• High School – 10:00 AM
• Hallett Elementary – 11:15 AM

Nine Mile Falls 9mile.org 340-4300
10110 W Charles Rd, 99026
Re-opening?!

orchard Prairie
467-9517
7626 N Orchard Prairie Rd, 99217
orchardprairie.org

WEST Valley wsvd.org 924-2150
2805 N Argonne Rd, 99216
Any child 0-18 years can receive free breakfast and lunch
from any of the district meal sites. Grab and Go meals will be
distributed from all four elementary schools, Centennial
Middle School and West Valley High School beginning the first
day of school, September 9th.
• Ness Elementary School
9612 E Cataldo, Spokane, WA
99206
• Orchard Center Elementary
School 7519 E Buckeye, Spokane, WA
99212
• Pasadena Park Elementary
8508 E Upriver Dr, Spokane, WA
99212
• Seth Woodard Elementary
School 7401 E. Mission, Spokane, WA
99212
• Centennial Middle School
915 N Ella, Spokane, WA 99212
• West Valley High School
8301 E Buckeye, Spokane, WA
99212

SPOKANE PUBLIC SCHOOLS
200 N Bernard St, 99201
spokaneschools.org 354-5900
354-5976
5 breakfasts and 5 lunches packed in
a box, ready to go!
Free for all children 18 and
younger. Choose traditional or
vegetarian meals. Special diet
accommodations available for
students with approved Digestive
Disorder or Severe Allergic
Reaction health care plan on
file. NOTE: Those with a special
dietary request may complete the
pre-order survey each week.
Any child 18 years and younger
(Express and Day Camp students
can eat for free at school and
should not access 5-day meal kits.)
Help us ensure we have enough
meal kits available at each site.
Preorder by Thursday for the
following week’s meal kit.
Choose a pick-up time
Mondays from 11:50 a.m.-12:50 p.m. or 5:30 p.m.
Wednesdays from 8-9 a.m. or 11:50 a.m.-12:50 p.m.
Choose a pick-up location
Please keep the same pick-up place for the whole time we’re
distance learning.
• Adams, 2909 East 37th Ave.
• Arlington, 6363 N. Smith
• Audubon, 2020 W. Carlisle
• Balboa, 3010 W. Holyoke
• Bemiss, 2323 E. Bridgeport
• Browne, 5102 N Driscoll Blvd.
• Cooper, 3200 N. Ferrall
• Finch, 3717 N. Milton
• Franklin, 2627 East 17th Ave
• Garfield, 222 W. Knox
• Grant, 1300 E. 9th
• Hamblen, 2121 East Thurston
• Holmes, 2600 W. Sharp
• Hutton, 908 E. 24th
• Indian Trail, 4102 W Woodside
• Jefferson, 123 E 37th Ave
• Lidgerwood, 5510 N. Lidgerwood
• Lincoln Heights, 3322 E. 22nd
• Linwood, 906 West Welles Ave.
• Longfellow, 800 E. Providence
• Logan, 1001 E. Montgomery
• Madison, 319 W Nebraska Ave.
• Moran Prairie, 4224 E. 57th
• Mullan Road, 2612 E. 63rd
• Regal, 2707 East Rich Ave.
• Ridgeview, 5610 N. Maple
• Roosevelt, 333 W. 14th
• Sheridan, 3737 E. 5th
• Stevens, 1717 E. Sinto
• Westview, 3520 W Bismark
• Whitman, 3400 N Helena
• Willard, 500 West Longfellow
• Wilson, 3612 S. Grand Blvd.
• Woodridge, 5100 West Shawnee Ave.
• Chase MS, 4747 East 37th Ave.
• Garry MS, 725 East Joseph Ave.
• Glover MS, 2404 West Longfellow Ave.
• Sacajawea MS, 401 East 33rd
• Salk MS, 6411 North Alberta St.
• Shaw MS, 4106 N. Cook
• Lewis & Clark HS, 521 W. 4th
• North Central HS, 1600 N.
Howard St.
• Rogers HS, 1622 E. Wellesley
• Shadle Park HS, 4327 N. Ash
• Ferris HS, 3020 E. 37th

KIDS FOOD PROG - COMMUNITY

At the Core 994-3720
lifethecore.org FB
gatey@lifethecore.org
https://secure-q.net/Donations/
AtTheCore/4510
Provides weekend meals, “A Bite
2 Go,” to hungry kids who depend
on free breakfast and lunch during
the week at their school.

Community Food Banks
Various locations offered by Sun
City Church and Second Harvest
open to anyone.
Shadle Park High School every
Thursday from 11-12

Communities In Schools of
Spokane County 413-1436
905 W Riverside, Ste 301, 99201
info@icsispokane.org
Spokane.csiva.org
Distributes food at various
locations in Spokane and Cheney.

The Zone Project 487-1603 x223
Northeast Community Center
4001 N Cook St, 99207
awaldref@necommunitycenter.net
thenzoneproject.com
Dir: A.m.ber Waldref
A place-based, community
initiative in the neighborhoods of
Hillyard. Seeks transformational
change by empowering children,
youth and families to reach their
full potential. will work to supply
children and families with meals,
food, toiletries & safe places.

Millwood Impact
info@millwoodimpact.org
millwoodimpact.org
invests in the Holistic Wellbeing
of youth and families in
Millwood. Great Fresh and
Frozen distribution today for
West Valley School District
Spokane. families, food
Second Harvest Inland Northwest. Wednesday 11-1.

SW Community Center
314 S Spruce, 99201 981-7797
Mark Reilly (Food Bank) 993-1314
Community Center is open.
Youth program during day; food
bank Friday – line up outside &
receive bags outside. For kids,
breakfasts like in summer; meals
are distributed from Shadle.
Hand-out stuff during

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EFLC, 6315 Richard Allen Ct, 99215
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As schools reopen and start distance learning programs for their students, the Clubs are here to help support kids & their families by doing whatever it takes for members and community. The Care Project is a daytime academic support program for students in 1st-8th grades where Club staff will facilitate access to distance learning programs. Cohorts are split by grade level with limited numbers in each classroom to encourage social distancing.

**Second Harvest**
Partners with schools and community partners for Bite2Go to get weekend food supplies to children in need during the school year. The Bite2Go kits include a good mix of healthy, kid-friendly, easy-to-open, single-serving, nonperishable food items to cover meals and three snacks over the weekend. The shelf-stable milk, juice, cereal, entrees and snacks are safe for children to handle on their own because they don’t require any cooking or other preparation. Each week, staff members at participating schools put the packages of food discreetly in the backpacks of students in need. For information, contact Chris Sloan at 522-6283 or chris.sloan@2-harvest.org.

**Spokane Valley Partners Food For Thought**
10814 E Broadway, Spokane Valley 99206
PO Box 141360, 99214
Food For Thought provides weekend meals for over 500 students each week to help improve school performance, academic success and cognitive development.

**CHILD CARE & YOUTH CENTERS**

**Airway Heights Recreation Center**
244-4845
11405 W Deno Rd, 99001
airwayheightsparkandrec.org
Offers before and after school, summer day camps, sports activities and youth scholars.
Remains Closed til Phase 3.

**Boys & Girls Club of Spokane County**
bgcspokane.org
544 E Providence, 99207
489-0741
Offers the Care Project, 8-3, M-F.

Express will be open Thursday, September 8, 2020, until school returns to in-person learning.

The Express program will follow the SPS 2020-21 school year schedule for days school is closed.

Available Locations:
• Lincoln Heights (South)
• Finch (North)
6:30 a.m. to 6:00 p.m., Monday - Friday

Registration fee: $55 per child
Tuition: $49 per day, per child, with a required minimum three-week enrollment and a minimum schedule of three days per week. Full-day rates apply with no hourly rate.

Meals
The USDA extended the Summer Food Service Program until December 31, for all children 18 and under. As such, breakfast and lunch will be provided during this time for the program. The Express Child Care program will provide an afternoon snack for Express children.

**S P S D A Y C A M P I N F O R M A T I O N**
S P S D a y C a m p is available for district-enrolled students and children of SPS staff, and will cover the real-time distance learning schedule for students in grades K-6 who are registered in school. Additional sites will open based on registration numbers.

Enrollment will be closely managed to provide high levels of social distancing and strict adherence to safety protocols. Students will receive structure and routines that help them engage in their real-time distance learning.

Due to the high volume of registrations, a completed registration may not guarantee entry. If, after registration is received, the billing staff notices that a requested site and program are already full or not offered, they will notify the applicant. To provide a safe and healthy environment, registered students will not be able to change camp locations without a two-week suspension of care.

All locations will be subject to change due to COVID-19 protocols, current enrollment, and lowered capacities. In the event of a COVID exposure the site may be closed for a two-week period.

S P S D a y C a m p begins Monday, Sept. 14, 2020, and runs until December 31, for ALL children 18 and under. As such, breakfast and lunch will be provided during this time for the program. Applicants will not need to schedule a pick up for a five-day meal kit for students that are being served at school. Program locations will be introduced in three stages. Dates of when sites will open are listed below.

Sites that still have vacancies to fill:
Sites opening Sept. 14
Logan
Willard
Woodridge

S P S D a y C a m p C l o s e d
• Finch (North) – Closed

**Food For Thought**
PO Box 141360, 99214
10814 E Broadway, Spokane Valley 99206
foodforthoughtwa.org.

Food For Thought provides weekend meals for over 500 students each week to help improve school performance, academic success and cognitive development.

**Crosswalk Teen Shelter**
525 W 2nd, 99201 838-6596
voaspokane.org Fax: 624-2378
Emergency and multi-service center for street, homeless and high-risk youth 13-21. Shelter is for 13-17. Other services, GED program, medical care, counseling, recreation, referrals, access to transitional housing and substance abuse intervention up to 21. Currently closed as drop in but offer meals at the door 3pm.

**Cup of Cool Water Ministries**
3101 W 2nd, 99201 747-6686
cupofcoolwater.org
Mark Terrell
cupofcoolwater.org
Just a reminder that we are now open for modified drop-in!
Monday/Wednesday (10-4) - FEMALES ONLY
Tuesday/Thursday (10-4) - MALES ONLY
Open For:
- Showers
- Laundry
- Clothing
- Internet Access
- Mail
- Take Out Lunches
*Limit 2 youth at a time*
** FIRST COME FIRST SERVE BASIS**

**HUB SPORTS CENTER**
19619 E Cataldo Ave 927-0602
Liberty Lake 99016
Fax: 927-0622
PO Box 604, Greenacres 99016
hubsportscenter.org

We will be hosting a series of outdoor drive-in movies on Saturday nights between September 12 – October 24th. So gather the family, make a date, and join us for this unique throwback experience. We will have food trucks available and will be following all COVID rules.

BUY TICKETS NOW (first come first serve); https://www.hubspotscorner.org/drive-in-movies/
The Youth Center is closed
spokane.salvationarmy.org
222 E Indiana, 99207
community-school
www.spokanenest.com/the-nest-
Website for more info: https://
childcare through the school
Offers K-6th grade interim
www.bellacova.com
3324 S Grand Blvd, 99203
and families of color in need
with T-mobile to provide hotspots
Spokane NAACP  209-2425
Spokane Public Schools.
Up program in partnership with
reserving weekdays for new Level
Y Learning Academy - YMCA
ymcanw.org  777-9622
supports the children and families
in the community, during the
unique and uncertain 2020-21
academic year.
The Y Learning Academy is
designed to provide a safe, fun,
and nurturing environment for
children kindergarten through 6th
grade who are taking part in virtual
learning with their school district.
Academy’s goal is to provide
students with a supportive setting
to engage with their respective
school teachers and curriculum
and to enhance that learning with
Y fun such as physical activity,
healthy snack, mindfulness &
movement time, social peer time,
and enrichment after school clubs
like art, STEM, and games.
Details at https://ymcanw.org/
programs/child-care/
EDUCATION, MATERIALS, SCIENCE
https://ksps.pblearningmedia.
org/collection/ksps-public-
television-education-collection/
DIY Sun Science from Lawrence
Hall of Science:
https://www.lawrencehalloff.
sence.org/do_science_now/
science_apps_and_activities/
diy_sun_science
(13 activities to do without a
computer, half on sunny days
and half anytime)
Audubon Kids - Get to Know
Birds: https://www.audubon.
org/get-outside/activities/
audubon-for-kids/rss/digital-
eng-email ea-newsletter-
engagement_20200325_
wingspan_medium&utm_
source=ea&utm_
medium=email&utm_campaign-
20200325_wingspan&utm_
content=medium&emci=
dc8f42a-cdbfe-ae1-a94c-
00155003b1e8&emdi=
abe96e7-d76e-ea1-a94c-
00155003b1e8&emcid=329075
Kahn Academy Daily Schedule k-12:
https://docs.google.com/
document/d/e/2PACX-
1vS2ZbOdEPAWUIQpoq
DkJkVzWxxs926aGZ
Q6QCNRmstZ7ZDqNw-
tQWS3OhuVCUhz-P-
WkHkA2skr9d/pub
Lunch doodles with Mo
Willems: Episodes 01 - 15 (end of
series)
https://www.youtube.com/
watch?v=RNzjCPQyz3y8
produced by the Kennedy
Center: (Mo Willems is second
one down)
https://www.youtube.com/
channel/UCLejesXuEK5ERSyh-
0DvM4PQ
these are daily “talks” with kids
by Mo Willems and drawing
lessons, activities!!
Cornell/Audubon quests:
https://www.birds.cornell.edu/
k12quests/
https://www.birds.cornell.edu/
k12science-nature-activities-for-
cooped-up-kids/
Ecologist School from "families
in Nature"
https://familiesinnature.org/
ecologist/school/
Weekly lessons with 6 activities
- each week a different science
slice (program operates in Texas
and one can earn “badges by
completing several activities in
each “slice”) shared here in
online format for families from
around the country.
Week 1 - Geology
Week 2 - Paleontology
Week 3 - Hydrology
Week 4 - Geography
Week 5 - Botany
Week 6 - Meteorology
Week 7 - Astronomy
Week 8 - Climatology
Week 9 - Entomology
Week 10 - Ichthyology
Week 11 - Herpetology
Week 12 - Ornithology
Week 13 - Mammalogy
Week 14 - Oceanography
Week 15 - Anthropology
Week 16 - Ecology
NWR live cameras
https://static1.squarespace.com/
static/5c2a3300079392386e6fc1
9b0/5e7e90b9e00000333abf
4b6/1585242725691virtually-
visit-national-wildlife-refuges.pdf
Sierra Club kids activities list:
(cool list including the “online
storybooks” site and PBS Kids)
https://www.sierraclub.org/
articles/2020/03/keeping-our-
kids-curious-and-engaged-
home?utm_source=insider&utm_
medium=email&utm_campaign=
newsletter&utm_
content=outings20200310
SHELTERS
Family Promise
Mail: 904 E Hartson, 99202 747-5487
Open Doors: 2002 E Mission, 99202
Familypromiseofspokane.org
Exec Dir: Joe Ader
Neighbors/Bridges Prog Mngr:
Susan Heitstuman
Open Doors Program Mngr:
Serena Graves 723-4663
Village Program Mgr: Lynetta Lewis
Volunteer Mngr: Marianne Sfeir
Admin Coord: Hilary Beardslee
strives to preserve the safety and
health of its guests, volunteers,
staff and Spokane community.
It has not had any confirmed or
suspected cases of COVID-19
among anyone connected to the
organization, but is monitoring
developments of the virus
closely, implementing a social
distancing plan to help slow
the spread of this virus in the
community. Those staying home
can help by donating financially,
buying groceries, offering an
RV or trailer, and advocating for
homeless people. Check their
facebook page for a check list of
items.
Jewels Helping Hands
jewelshelpinghands@spokane@
google.com  509-281-7120
28285676252737
Provides mobile showers for
homeless friends. Jewels provides
a meal, hygiene products, basic
needs supplies, and $10 laundry
cards at shower events (see
attached schedule). $10 laundry
card can be used at The Laundry
Room (1725 N Ash) and Jewels
provides soap on request
Tues 10-2 Our Place
1509 W College
Wed 10-2 Salem Lutheran
1428 W Broadway
Thurs 10-2 Messiah Lutheran
4202 N Belt
Fri 10-2 River City Church
708 Nora
Sat (2nd & 4th - City Gate
170 S Madison
Sun - Monroe Room
2003 N Monroe
Guardians Foundation, The
Rising Strong 960-8632
Catholic Charities
1960 North Holy Names Ct. Social distancing is easier, given the private room/environment. Pandemic protocols provide clear guidance on implementing isolation and distancing interventions, as well as ways to ensure meals can be accomplished while on quarantine. Families are being asked to think about who can watch their children, in the event they get sick.

Salvation Army Family Emergency Shelter 325-6810
204 E Indiana, 99207 spokane.salvationarmy.org The Emergency Shelter, where people can stay up to 40 days, and Stepping Stones for families staying up to a year, are operating. Staff are checking guests’ health every day.

SNAP Homeless Services 212 S Wall, 99201 456-SNAP snapwa.org In the interest of the overall health and safety of clients and staff due to COVID-19, office is locked and is not open to the public. However, Homeless Services staff are still working from home during normal business hours, M-F from 8 a.m. to 4:30 p.m. Committed to ensuring that the needs of clients are met and communicate with clients in a multitude of ways, including: phone calls, email, texts and video conferencing. Continues to advocate on their behalf and use wrap-around services by communicating with other providers and landlords. SNAP staff still able to check voicemails remotely a few times a day, so continue to call/email and leave a message and they will call back as soon as they can. The below phone numbers are being answered by SNAP Homeless Services staff and can be handed out to clients if they have any questions or if they would like to have a housing conversation.
828-3149, 385-1860, 202-3830

St Margaret’s Shelter 624-9788
Catholic Charities cceasternwa.org PO Box 2253, 99201 Social distancing is easier, given the private rooms. Pandemic protocols provide guidance on implementing isolation and distancing, as well as ways to ensure meals are provided while on quarantine. Families are to think about who can watch their children if they get sick.

Truth Ministries Spokane 1910 E Sprague, 99202 456-2576 jonktruth@yahoo.com truthministries on FB truthministriesspokane.org Marty & Julie McKinney 990-8415 Transitional shelter for 100 men 18+, may be reduced by city to 50. Open 6 p.m. - 8 a.m. Provides a bed, meal, housing, job and treatment referrals.

Union Gospel Mission Ministries 1224 E Trent, 99202 535-8510 info@uniongospelmmission.org uniongospelmmission.org Offering sack lunches daily UGM is hiring temporary kitchen help—cooks temporarily out of work. Normal application process. Shelter and transitional programs open. New clients screened.

Volunteers of America 525 W Second, 99201 vaospokane@vaospokane.org vaospokane.org 624-2378 Hope House accepting new clients daily at 312 W 8th


We’re here to help multi-ethnic, multi-cultural businesses navigate state and federal COVID-19 business stimulus options. AHANA has been contracted by the Department of Commerce through their Small Business Resiliency Assistance program to assist and provide technical support for small businesses in underserved and under-represented communities affected by the COVID-19 pandemic. Underserved communities include ethnic and/or racial minorities, immigrants and refugees, Native Americans, youth, individuals with disabilities or deafness, and who identify as LGBTQ.

• Technical support and assistance may include:
  • Navigational and technical assistance with contracts and applications
  • Translating and distributing information
  • Mentorship, education and/or training
  • Planning for recovery and re-opening and support of their workforce
  • Potential COVID-19 recurrences

Volunteers of America accepting new clients through August 31, 2020. These services are available through August 31, 2020.

Aspen Personnel Services 621 W Mailion Ave STE 601 - In The Flour Mill 624-4858 aspen@aspen-personnel.com aspen-personnel.com

Career Path Services 326-7520 10 N Post, Ste 200 888-326-7520 Spokane 99201 TTY 323-1243 careerpathservices.org Fax: 343-1244 No-fee, nonprofit employment and training agency. Specialize in serving disadvantaged individuals in the Pacific NW. Requests staff to conduct orientations, intakes, classes, and workshops over the phone and/or online via video conferencing platforms.

Craft3 Eastern WA 10 N Post Street, Suite 220 99201 888-231-2170x250 mhusley@craft3.org Existing clients and those exploring ways to bridge a downturn in revenues may visit the website and use the navigation tabs, to find COVID-19 resources and information for businesses, nonprofits and individuals. Craft3 has also changed business operations to align with current recommendations from public health professionals—reducing corporate travel, instituting work-from-home policies, and deep-cleaning all physical office spaces.
With many employees operating remotely, several of offices are closed and unstaffed. 

**Compass Career Solutions**  
John Nickerson  
808-8482  
jnicken@careersbycompass.com  
careersbycompass.com  
Still supports FCS, supported employment, supported housing and FCSE during this time. All services are over the phone or teleconference and everything is running smoothly plus successfully.

**Employment Agencies, Temp or Long Term**  
expresspros.com  
747-6011

**Financial Help line**  
625-6650  
Spokane Public Libraries  
getting started with financial recovery resources for Spokane County small businesses and Individuals.

**Home Deliveries, Restaurants**  
Heard a good suggest before going with an app check with the restaurant if they are open and offering direct home deliveries. Most restaurant delivery app result in loss of 30-40 percent of that meal to the app and the delivery.  
https://docs.google.com/spreadsheets/d/1-MwPygmcwVp-NBzqGZ2spQALdH2B1IZUY-MgFpixBP4/edit?gid=0  
UberEats  
GrubHub  
DoorDash  
#OrderUpSpokane

**Tree House is a new local app**
treehousespokane.com

**Hispanic Business Professional Association and Foundation**  
308 W First St, 99201  
POB 3661, 99220  
HHBPaspokane@gmail.com  
Pres: Isabel Mazcot  
hhbpaspokane.net  
Supports the Hispanic community to promote appreciation of the culture. Includes an annual Graduate and Young Scholar Recognition Ceremony, awarding scholarships to area seniors and undergraduate college students.  
Meets 11:30-1, 2nd W.  
Offers Covid Relief Assistance, every Wednesday from 11a.m.-5p.m. to help with food banks.  
DACA Renewal, provides guidance and assistance on any support needed during this pandemic.

**INBA - Inland NW Business Alliance**  
402-4622  
www.inbachamber.org  
Local funding and focus on support for local small business.

**Job Corps**  
800-733-JOBS (5627)  
jobcorps.gov  
**Spokane Job Corps**  
3012 N Nevada St, Ste 1, 99207  
Hugh Russell  
340-7813  
Russell.hugh@jobcorps.org  
Brandie Batt  
340-7816  
batt.brandie@jobcorps.org

**New Leaf Bakery Cafe Job Training - Transitions**  
930 N Monroe St. Spokane, 99201  
help4women.org  
496-0396  
reopen pick up curbside

**The Big Table**  
979-1005  
POB 141510, Spokane Valley 99214  
information@big-table.com  
big-table.com

With business reduced, restaurants that already operate on tight margins are struggling. Employees hours are reduced, and in some cases, establishments are closing their doors altogether. Both in hotels and restaurants, the massive drop in business will mean that restaurant people will have their hours cut and wages plummet with no way to make up that money. Most live financially day to day or week to week and have no safety net. Seeks gifts to keep people in crisis from falling.

**The Next Generation Zone**  
WorkSource Affiliate  
340-7800  
901 E 2nd Ave, Ste 100, 99202  
nextgenzone.org  
Fax: 893-5426

Career center for those 16-24. Combines education, career skills training, community and employment resources to provide wrap-around support to inspire young adults in career goals. While the doors of the Next Generation Zone are currently closed, staff is providing education and career services to young adults. Visit opendoorspokane.com to learn about GED services, classes, access tutoring, and receive study packets on-line. Classes will be available on Facebook Live starting April 13th. Young adults can also connect with a Career Coach to help with career exploration and training opportunities. Please visit nextgenzone.org, stay tuned to Facebook for updates, or call at 340-7800 for information.

**Provisional Recruiting**  
Northpark Building 420 W Dean Ave #100, 99201  
444-8871  
(800) 805-0361  
provisional.com

**Small Business Admin**  
SBA.gov  
-WSU Spokane  
353-2800  
801 W Riverside Ste 444, 99201  
Develops small business loan and assistance Programs, special outreach efforts and initiatives to aid and inform small businesses.

**SNAP Financial Access**  
456-SNAP  
500 S Stone, 99202  
snapwa.org  
**SNAP The Business Center**  
Nicole Hansen  
319-3030  
hansen@snapwa.org  
One-on-one consulting, business training and support services, access to resources, and networks for business owners.

**SNAP Business Development**  
Technical assistance and financing for people interested in starting or expanding a small business.

**SPAN Women's Business Center**  
Harry Birak  
456-SNAPX4116  
birak@snapwa.org

**Spokane Independent Metro Business Alliance**  
spokeindependent.org  
Focuses time learning best practices and tactics for business stabilization from other “Independent Business Alliances” like SIMBA and other national partners. Will report back on that as strategies emerge. SIMBA will be likely hosting a digital open to all community summit on local economy and consumer/ community member needs on April 11. Event planned with “disaster resilience” as a topic in mind before COVID broke out. Open to community-identified needs in shaping this virtual convening.

**Spokane Resource Center**  
130 S Arthur, 99202  
Go2worksource.com  
Fax: 532-3110

Provides a wide range of no-cost employment and training resources and Programs provided by state and local agencies and organizations. After March 19, the WorkSource Spokane Campus and its partners at WorkSource Spokane, the Spokane Resource Center, Talent Solutions by WorkSource Spokane, and the Next Generation Zone were not available for in-person appointments. WorkSource Spokane continues to be available by phone at 532-3120. https://worksource Spokane.com/covid-19

**UHM Motors**  
327-4357  
7103 E Sprague, Spokane 99212  
Mngr: Jim Stroh  
ugmmotors.org

Restoring cars, rebuilding lives. Men and women in transition receiving job training and Christian discipleship. Donated cars are reconditioned and sold to fund UGM’s homeless services. Still open as an essential services as of March 26.

**Washington State Commission on Asian Pacific American Affairs**  
During trying times, please note there are places currently hiring - good union job opportunities that are above minimum wage, with benefits. Apply here directly with the employer:  
http://abm.jobs.jobaline.com/index.html

**WA Small Business Development Center**  
901 E 2nd, Ste 210  
358-7894  
sheryl.mcgrath@wsbdc.org

**WorkSource Spokane**  
888-316-5627  
worksourcewa.com  
**Spokane Office**  
532-3000  
130 S Arthur, 99202  
Go2worksource.com  
Fax: 532-3110

Provides a wide range of no-cost employment and training resources and Programs provided by state and local agencies and organizations. After March 19, the WorkSource Spokane Campus and its partners at WorkSource Spokane, the Spokane Resource Center, Talent Solutions by WorkSource Spokane, and the Next Generation Zone were not available for in-person appointments. WorkSource Spokane continues to be available by phone at 532-3120. https://worksource Spokane.com/covid-19

**VULNERABLE POPULATIONS**

Call each one to check hours or current restrictions

**Huckleberries**  
Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

**Rosauers**  
Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

**Pharmacies open at 8 a.m. those mornings**  
Rosaures  
- 9 a.m. Tuesdays and Thursdays from 7 - 9 a.m.

**Closed and unstaffed**  
Although the doors of the Spokane Resource Center are not physically open, teams are still answering phones as they seek to serve the community. Available to assist with referrals to agencies and to provide resources where needed. Community members visit website to find resources about housing, financial stability, pre-employment, health and wellness, reentry, and benefits and basic needs. Call 867-8188. Earn Family-Supporting Wages, receive free career training and support to earn higher wages.

**UGM Motors**  
327-4357  
7103 E Sprague, Spokane 99212  
Mngr: Jim Stroh  
ugmmotors.org
and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.  

**Super 1 Foods**  
Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.  

**Target**  
Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.  

**Walmart**  
One hour Tuesdays before opening for 60+  
**Whole Foods**  
One hour before opening for 60+  

### CRIMINAL JUSTICE

**Asian-Pacific Islander Coalition - APIC**  
apispokane.org  
vsahzoo@uol.com  
apic.spokane@gmail.com  
Offered Anti-Asian Racism Bystander Intervention Training  

**EWU Police**  
Made masks for Spokane area immigrants and refugees  

**Greater Spokane Progress**  
25 W Main Ave, Ste 222, 99201  
anne@spokaneprogress.org  
spokaneprogress.org  
Dir: Anne Martin  
624-5657  
A collaborative network united to build political strength and equity in the community.  

**Peace & Justice Action League of Spokane - PJALS**  
35 W Main Ste 120, 99201  
pjals@pjals.org  
838-7870  
Dir: Liz Moore  
pjals.org  
For a just and non-violent world via education, advocacy and organizing for peace, economic justice and human rights. Check pjals.org for online educational events.  

**SCAR - Spokane Community Against Racism**  
scarspokane.org  
@Morning Star Baptist  
3909 W Rowan Ave, 99205  
scarspokane@gmail.com  
One of many organization working on Requesting Additional Early Release & Reduced Custody In Spokane County Jail As Public Health Protection During pandemic.  

**Spokane NAACP**  
209-2425  
25 W Main, Ste 239, 99201  
SpokaneNAACP@gmail.com  
Kurtis Robinson  
spokanenaacp.com  
Stands for National Association for the Advancement of Colored Peoples. Addresses issues of civil rights violations and racism.  

**Spokane Chinese Assn**  
SpokaneChineseAssn@gmail.com  
720-8825  
spokanechinese.org  
Serves those of Chinese cultural heritage residing in the Spokane area.  
Add collected money and donated 400 masks to Police Department, and to 600 others in need in the community  

**Spokane District Court**  
Received order that state and local courts are prohibited from holding civil hearings, only emergency hearings via video are allowed. Geiger jail is closed and no longer taking new people. Looking for less restrictive ways to engage those in jail, only one person in jail at this time. Staff working from home to continue providing support. County not prepared. Virtual network tightened by County. DSHS emergency provisions in place for DV perpetrators. Continuing treatment electronically  

**DISABILITIES**  
https://informingfamilies.org/covid-plain-lang/  

**The Arc of Spokane**  
328-6326  
320 E Second St, 99202  
thorpe@arc-spokane.org  
arc-spokane.org  
Fax: 328-6342  
From March 17 to April 4  
SUSpending ALL activity  

**Disability Action Center - NW, Inc**  
Third Floor, West 9  
995-765525  
WM Ave.  
Spokane 99201  
dacnw.org  
mels@dacnw.org  
For updated services due to COVID-19: The Disability Action Center will continue offering information, referrals, and consumer meetings through phone calls, email and text. Video conference calls will be made by appointment.  

**DDA - Developmental Disabilities Admin (DSHS)**  
1611 W Indiana, 99205  
329-2901  
800-462-3018  
Supports and services for people 18+ with developmental disabilities such as, cerebral palsy, epilepsy, autism or other neurological issues.  

**Joya Childhood & Family Development**  
2118 W Garland Ave, 99205  
joya.org  
326-1651  
Effective March 19, all services are provided through telehealth. Parents will receive an email update. In-person appointments will be arranged as telehealth visits.  

**People First of Washington - LILC Chapter**  
991-5861  
Downtown Library 901 W Main, 99201  
4 p.m., 2nd & 4th Thursdays  
peoplefirstspokane on FB  
John Lemus  
Spokane county online peer support for those living with disabilities and their families will be available each morning informing on resources available. A peer to peer chat to help those with anxiety, resources, food, water, transportation is from 10 a.m. to 5 p.m. in Spokane and Seattle with hopes of going 24 hours immediately. Seeking volunteers to help emergencies. Wednesdays will hold online student first club meetings for existing clubs to support each other. Tuesdays live broadcast at 5 p.m. to share and then again a live update at 7 p.m. with a full list of peer support for those with disabilities. Toll free number for Spokane County peer support is 855-473-3711 844-4peer11.  

**Project ID**  
475-7185  
4209 E Pacific, 99202  
PO Box 18703, 99228  
projectid@spokane.org  
Closed but is providing clients with fun activities to stave of cabin fever.  

**SKILLS’KIN**  
326-6760  
4004 E Boone, 99202  
skills-kin.org  
Although the main office is currently closed, Skills’kin remains open to serve employment services and payee clients. Skills’kin is also actively hiring essential personnel to perform work at FABF.  

**Spokane Center for Independent Living (SCIL)**  
326-6355  
8817 E Mission Ave, Ste 106  
Spokane Valley 99212  
siclwa.org  
Due the circumstances surrounding COVID-19, all appointments with Independent Living Specialists will take place over the phone or through email until further notice.  

**St Luke’s Rehabilitation Institute**  
711 S Cowley St, 99202  
473-6000  
st-lukes.org  
Fax: 473-6097  
St. Luke’s Rehabilitation Institute is implementing visitor and therapy restrictions in accordance with recommendations from the Center for Disease Control and Prevention (CDC). Some hospital access points will be consolidated at hospital campus location. https://www.st-lukes.org/locations/  
St. Luke’s is providing inpatient rehabilitation services but continues to temporarily limit outpatient therapy services. Recall of outpatient services: Outpatient Clinics including North, Valley, Pediatrics and Cardiac & Pulmonary clinics will be temporarily closed beginning March 23.  

### IMMIGRANTS & REFUGEES  

**AHANA**  
bencabildo@gmail.com  
Ben Cabildo  
999-5365  
https://ahana-meha.org/  
We’re here to help multi-ethnic, multi-cultural businesses navigate state and federal COVID-19 business stimulus options.  

AHANA has been contracted by the Department of Commerce through their Small Business Resiliency Assistance program to assist and provide technical support for small businesses in underserved and under-represented communities affected by the COVID-19 pandemic.  
Underserved communities include ethnic and/or racial minorities, immigrants and refugees, Native Americans, youth, individuals with disabilities or deafness, and who identify as LGBTQ.  
- Technical support and assistance may include:  
  - Navigational and technical assistance with contracts and applications  
  - Translating and distributing information  
  - Mentorship, education and/or training  
  - Planning for recovery and re-opening and support of their workforce  
  - Potential COVID-19 recurrences

**Refugee Connections Spokane**  
35 W Main Ave #205, 99201  
209-2384  

RECOVERY financial, housing and food needs. Public information is available on infection control and are no new clients accepted. The Adult Drug Treatment Program offers services in their usual capacity. Chemical Health Plan of WA, which is part of WA Apple Healthcare (Medicaid). Offers Outpatient treatment.

Compassionate Addiction Treatment 919-3381
215 W 2nd Ave, 99201 Limiting access and offering support groups outside with respect to social distancing. Provides Medication Assisted Treatment (Suboxone, Vivitrol), Substance Use Disorder Assessments, Intensive Outpatient Treatment, and Outpatient Treatment. Accepts all plans under medicaid for all services, Medicare for Medication Assisted Treatment, and if they have no insurance and do not qualify for Medicaid, sees them anyway.

Daybreak Youth Services 960 E 3rd, 99202 888-454-5506 Admin & Develop: 444-7033 admissions@daybreakinfo.org daybreakyouthservices.org Outpatient & inpatient alcohol/drug treatment youth program (ages 12-18) and their families. Outpatient Services: 200 N Mullan 927-1688 Inpatient treatment: 628 S Cowley, 99202 475-4651

Excelsior 328-7041 3754 W Indian Trail Rd, 99208 excelsiorouthcenter.com All behavioral health services on virtual platform, still accepting intakes for services being offered statewide.

Frontier Behavioral Health Walk-ins: 17 E 1st, 99201 838-4651 24/7 help line and Crisis Line 877-266-1818 To any one anytime, call Warming Line 877-500-9276 All services still available, accepts WA Apple Healthcare (Medicaid). Intake is first come, first served, intake form 7:30 a.m.-3 p.m. After intake, the wait is approximately one week to see a counselor with the option to start weekly sessions. COVID-19 Related Stress call Washington Listens 833-681-0211 Support anyone in Washington experiencing stress due to the COVID-19 pandemic.

Composed of regional partners across the state who operate teams of support specialists to help people deal with this uncertain and difficult time. Toll-free line open from 9 a.m.-9 p.m. Monday-Friday, 9 a.m.-6 p.m. Saturday & Sunday or access us online at www.wallistens.org. Interpreter services available.

Genesis Institute, Inc 467-7913 1220 N Howard St, 99201 genesisinstitute.org Offers Telehealth appointments. Mental Health Counseling, offers a sliding scale to those in need.

Healing Lodge of the Seven Nations hotline 533-6910 5600 E 8th Ave, 99212 hlaadmin@healinglodge.org healinglodge.org 533-2863 All services still available, accepts WA Apple Healthcare (Medicaid). Provides an intensive 90 to 120-day inpatient experience for youth ages 13 through 17 with chemical dependency.

Inland NW Behavioral Health 104 W 5th Ave, 99204 992-1888 inlandnorthwestthb.org Fax: 795-5966 Offers inpatient behavioral health acute-care in-patient psychiatric hospital providing patient-centered treatment for severe persistent mental and emotional illness. Free initial assessment. Provides services to adults needing inpatient care to manage severe depression, anxiety and other mood disorders. Treatment programs and daily structured activities are based on Cognitive Behavioral Therapy and Dialectical Behavioral Therapy. Accept all insurances, Medicare, commercial insurance and TriCare/TriWest. Open 24/7. INTENSIVE OUTPATIENT PROGRAM Fax: 628-5274 PH: 992-1301 inbhiof.referrals@uhsiinc.com Structured, therapeutic program that transitions patients from an inpatient hospital setting to a more independent life in the community as well as patients seeking an outpatient environment. Increases and maintains the therapeutic gains individuals made as patients in the hospital and addresses mental health issues. Helps prevent future hospitalizations. Tailors to meet each individual’s needs and provides direction and tools that each participant can use in their daily lives. Currently accepts all insurances, Medicare, commercial insurance and TriCare/TriWest.
New Horizon Care Centers  
ADMIN BUILDING  838-6092  
2317 W 3rd Ave, 99201  
nhccspokane.org  
All services still available,  
Assessments and mental health  
counseling session are available  
via phone. Accepts WA Apple  
Healthcare (Medicaid). Inpatient  
and outpatient treatment, short  
term drug rehab, intensive  
outpatient treatment, regular  
outpatient treatment.  

Lutheran Community Svcs NW  
210 W Sprague Ave, 99201  
lcswn.org/Spokane  
747-8224  
Behavioral program provides  
clinical services via telehealth.  
Business/Intake Line 509-747- 
8224 Programming has move to  
Telehealth

Partners with Families &  
Children  
473-4810  
106 W Mission Ave, 99201  
partnerswithfamilies.org  
All services still available, accepts  
WA Apple Healthcare (Medicaid).  
Treatment for mental health,  
substance use disorders, and  
parenting support. Aims to meet  
the needs of Family members  
to support wellness and Family  
reunification.

Passages - Family Support  
1700 S Assembly, Ste 300,  
Spokane 99224  
info@passages-spokane.org  
892-9241  
a licensed outpatient mental  
health center offering services  
to children, youth and adults.  
Passages is open and is accepting  
new clients who are eligible for  
Medicaid. Services are being  
provided at this time via telephone  
and Telehealth. Please contact  
Passages at 509.892.9241.

Peer Spokane  
867-3778  
425 West First, 99201  
peerspokane.org/  
Cultivates healthy lives through  
peer emotional support and  
development services to the  
greater Spokane community  
embracing issues of mental  
health, chemical and behavioral  
addiction, and chronic illness.  
Services include Peer Coaching,  
Peer Support Groups, Supportive  
Housing, Employment and  
connections to community  
resources.

Pioneer Center East  
325-2355  
Pioneer Human Services  
3400 W Garland, 99207  
pioneerhumanservices.org  
All services still available, accepts  
WA Apple Healthcare

Pioneer Human Services -  
Boone  
325-7232  
PIONER HUMAN SERVICES  
910 W Boone, 99201  
pioneerhumanservices.org  
All services still available, accepts  
WA Apple Healthcare (Medicaid).  
Outpatient treatment that accepts people  
with co-occurring mental health  
and substance abuse disorder.

Recovery Café Spokane  
COMMUNITY-MINDED ENTERPRISES  
214 N Cedar, Spokane 99201  
Direct: (509) 960-8625  
Client Services: (509) 960-8529  
Fax: (509) 290-6986  
community-minded.org  
Recovery Café Spokane is a  
nonprofit organization serving  
people in recovery. A program of  
Community-Minded Enterprises,  
it operates on state, federal  
and private funding as well as  
donations. Has about 173 active  
members and focuses on serving  
people in Spokane County.  
Is taking phone calls for telephone  
support Monday – Saturday from  
9-4 and providing take out lunches  
to members and the community  
from 12-1 Tuesday-Friday.

The Salvation Army  
844-456-HOPE (4673).  
Nationwide hotline to provide  
emotional and spiritual support to  
anyone impacted by the crisis.  
The service is open to anyone  
looking for spiritual guidance, local  
services, or just someone to talk to.

SPARC (Spokane Addiction  
Recovery Centers)  
sparcop.org  
624-3251 or 241-3130  
http://sparcop.org  
Accepts WA Apple Healthcare  
(Medicaid), intensive inpatient,  
recovery house, counseling  
and psychotherapy, medication  
supervision, case management,  
intensive, outpatient, abuse  
treatment, alcohol & drug  
into, DUI assessment.  
Inpatient: 812 S Walnut  
Outpatient: 1508 W 6th Ave, 99204

Spokane Regional Health  
District  
1101 W College Ave, 99201  
srhd.org  
324-1500  
Spokane Regional Health District  
Outreach Services is still open,  
including syringe exchange,  

case management, referrals  
to resources and prevention  
education.

Spokane Treatment &  
Recovery Services - STARS  
105 W 3rd Ave, 99201  
spokane.recovery.org  
570-7250  
Only Detox services are available  
this at time, accepts WA Apple  
Healthcare (Medicaid). Intensive  
inpatient, recovery house,  
counseling & psychotherapy,  
médication supervision, case  
management, intensive outpatient,  
abuse treatment, alcohol & drug  
to, DUI assessment.

Sunshine Terrace  
1102 S Raymond Rd  
892-4342  
Spokane Valley 99206  
shi.com  
Provides long-term living  
opportunity. All services still  
available, accepts WA Apple  
Healthcare (Medicaid), inpatient  
and outpatient.

Workit Health  
360-436-6594  
855-659-7734  
hello@workithealth.com  
workithealth.com  
Fax: 855-716-4494  
Provides telemedicine medication  
supported treatment and online  
therapy for opioid use disorder  
and alcohol use disorder  
anywhere in WA.

YFA Connections Adult Services  
22 S Thor, 99202  
532-2000  
PO Box 3344, 99220

Be a part of something Greater.

For over forty years, Greater Spokane County Meals on Wheels has helped provide fresh made meals from our local kitchen, companionship and eyes-on wellness checks and a connection to other senior services.

Our mission is to help seniors stay independent and in the home they love.

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Volunteers are vital to Catholic Charities’ work in the community. During this situation, seeks volunteers and assistance in other ways:

- FRIENDLY CHAT Program reaches out to seniors who have been asked to shelter in place due to their underlying health conditions. Staff and volunteers make daily phone calls to seniors to ensure they have food, supplies and know that someone cares about them. To volunteer with this endeavor, email volunteer@ccceasternwa.org.

- SHOPPING ANGELS: Volunteers shop for a bag of basic needs, essential items for seniors who are unable to leave their homes. To assist, visit https://www.cceasternwa.org/covid-19

- Elders Services 458-7450
  5125 N Market St, Spokane 99217
  Needs Family and friends to train and build support during crises.
  FAMILY CAREGIVER 458-7450

- Greater Spokane Meals On Wheels 924-6976
  12101 E Sprague Ave, 99206
  POB 14278, Spokane Valley 99214
  gscmealsonwheels.org
  Continues to serve daily hot meals throughout the COVID-19 crisis throughout Spokane County. On consultation with the Spokane Regional Health District and given that the expected crest of the virus will come in the next few weeks, GSC Meals on Wheels will be adapting from daily hot delivery to delivery of seven frozen meals one day a week for two weeks.

- Helpful Plates 362-6642
  3151 E 27th, 99223
  Kerry Brandy 216-6423,
  Melinda 434-4303
  Offers a weekly menu to seniors who call or email. These meals are to go in the freezer, and good up to three days. They deliver on Tuesday, Fridays, and Saturdays, and every Wednesday from 2-5 p.m. Only accepting cash or checks.

- Mid-City Concerns/Meals on Wheels Spokane 747-3257
  1222 W 2nd MOW 232-0864
  Spokane 99201 mowspokane.org
  director@mowspokane.org
  Closed as of March 17 until it is deemed safe for senior social gatherings to resume. Working with Senior Center members to coordinate care and sustenance of mind and body during this time. Delivering warm meals to Senior Center members and also allowing them to pick-up to go meal boxes between 11:30-12:30 from its location. Remains in constant communication with them to assure they are healthy and not in need of any extra resources. Also creating Gift Boxes for senior to pass the time taking donations of puzzles, large print reading materials, word search puzzles, activity books, knitting supplies, crossword puzzles, soap, hand sanitizer, and special touches like blankets, socks and pillows. With many in the community in quarantine or limiting social interactions, there is need for volunteers willing to visit the homes of seniors. To volunteer, contact Patricia at (509)862-6367 or patricia.robinson@mowspokane.org.

- RSVP - Retired Senior Volunteer Program YMCA 1126 N Monroe, Spokane 99201
  Programs cancelled 344-7787

- SNAP Long Term Care Ombudsman Program 456-7133
  3102 W Rt Wright Dr, 99224
  snapwa.org 800-660-7133
  Continues to operate, but most services are being provided telephonically due to visitor restrictions at LTC facilities. SNAP continues to offer home repairs, and are able to do most intake and paperwork over the phone to reduce face to face visits. Clients are encouraged to call 456-SNAP.

- STA ParaTransit 328-1552 spokanetransit.com
  On April 18th, GSC Meals on Wheels and the STA Paratransit have combined their resource to roll out a plan that keeps STA drivers moving and makes sure meals are delivered to seniors all across the 1,800 miles of Spokane County.

- UnitedHealthcare, Community Outreach and Medicare Resources 481-1755
  Community Outreach (Medicare Resources), available by telephone only to assist those with Medicare resources.

- TRANSPORTATION
  Note: Services suspended or not accepting new clients at this time:
  -ACS Road to Recovery
  -Disabled American Veterans
  -New Hope Resource Center

- Community Living Connections:
  Those with questions about obtaining food, transportation or supplies may call the helpline (509) 960-7281.
  The helpline will continue to operate and answer questions during these challenging times.”
  The reason being they have new resources internally for the delivery of groceries and pharmacy to the door of the client, and essential services on a case by case situation. No target population for expanded service.

- COAST 397-2935
  COAST is running normally, though shared rides will be avoided when possible. Volunteer drivers needed. (Southern Spokane County to transit in Spokane)

- Driver licensing offices:
  Will reopen by appointment only in a series of stages beginning Monday, June 22. Appointments are for customers who cannot complete their transaction online, by phone, or by mail. With social distancing in place, offices will be operating at significantly reduced capacity and appointments will be limited.
  -Northside 482-3882
  9107 N Country Homes Blvd, 99218
  -Spokane Valley 9 921-2358
  12801 E Sprague, 99212

- For-Profit Options, Call for estimates
  GoGoGrandparent (Lyft/Uber concierge):
  GoGoGourmet: (855) 754-5328
  GoGoGroceries: (855) 222-4919
  Precious Cargo: (509) 951-9380
  MedStar: 1-800-236-2011
  Just For You Senior Services: (509) 939-9971
  MedTRAN: (800) 550-3782

- The Mocassin Express:
  (509) 458-6564
  Masks required, limiting to 7 passengers with priority given to those commuting to work at essential services. (Wellpinit, Ford, Two-Rivers to Spokane)

- SMS Medicaid sms1.org 534-9760
  Non-Emergency Medical Transportation, download a form to request a ride or apply for a fuel voucher or bus pass.

- SMS Community Shuttle:
  (509) 534-7171
  Fares resume July 1. Limiting to passengers 7 to maintain social distancing. (Spokane to Deer Park, Ritzville, Davenport & Deer Park Dial-A-Ride)

- SNAP Dental Transportation
  Dental providers in area reopening for appointments, though scheduling may take time. Call Medstar dispatch and reference the SNAP program.
  A CALL DENTIST LINK 1-844-888-5465, or for those with appointments 619-1656.

- Spokane Transit Authority 456-7277 328-RIDE spokanetransit.com
  Spokane Transit Authority: Spokane Transit (STA) will resume fare collection and front-door boarding Wednesday, July 1. Transit passengers are encouraged to wear face coverings and practice social distancing by spreading out on the bus. STA began making face coverings available to passengers on Monday, June 15, at the STA Plaza.

- Vanpool 326-POOL
  Still accepting new individuals. Try Vanpool offers up to 5 free vanpool rides for new, qualifying trial users.

- STA ParaTransit 328-1552 spokanetransit.com
  Rides for Seniors: (509) 328-1552. Fares return July 1. If a disability prevents easily wearing or removing a face mask please inform the driver. Rides to people age 60 and over who must travel to essential destinations. Passengers will ride door-to-door service and passengers per vehicle will be limited to maximize social distancing during travel. Trips can be scheduled the day before or the same day with at least two hours of advance notice. Customers will be required to show proof of age.

- STA Vanpool 326-POOL
  communityfinderw.org
  Check for route availability on webpage. Trips begin or end in PTBA. Shared cost among members. No imposed changes, each group running based on if traveling to essential services. Still accepting new individuals.
  Vanpool offers up to 5 free rides for new, qualifying trial users.

- Veterans Transportation Services (VTS) 434-7537
  Service area typically 40 miles from the VA, now limited to the local footprint. Currently unable to transport from Post Falls or CDL.

- Volunteer Chore Services 459-6172/459-6171 ccsww.org
Providing rides subject to availability. (Must be Non-Medicaid & low income) No wheel chair accessibility

**WOMEN & CHILDREN: INFANT NEEDS & DVSA**

**DVSA Text Line**  220-3725
Child WELFARE (DCFY)  800-557-9671
- Intake  800-557-9671
- After hrs  800-562-5624

**Abuse Recovery Ministry**
Spokane (ARMS)  866-262-9284
abuserecovery.org
Brings healing and transformation, from a faith perspective, to those impacted by domestic violence and controlling relationships.
Continuing services through zoom calls and more.

**Breast Intentions**  995-1295
1922 S Stanley Ln
Spokane, Washington 99212
breastintentionswa.org
Cancelled event at UGM for bra fitting event, call for future events or distribution.

**CAPA - Childbirth & Parenting Assistance/PREPARES**
Catholic Charities  455-4986
25 W 5th Ave, Lower Lvl, 99202
cceasternwa.org
CAPA is open and doing diaper distribution from 9 a.m. to 2 p.m. Monday through Thursday. Please share with folks struggling to find diapers and wipes. Call (509) 455-4986 with questions.

**Inland NW Diaper Bank**
Spokane Valley Partners  927-1153
10848 E Broadway, 99206
PO Box 141360
Fax: 928-8463
Spokane Valley 99214
svpart.org
Gives diapers to needy families.

**Lutheran Community Services NW**
210 W Sprague Ave, 99201
cjnw.org/Spokane
747-8224
24/7 Sexual Violence & Crime Victim Support Line is operational.
24/7 Sexual Assault Support Line  624-7273
Behavioral Health, Crime Victim Advocacy and Foster Care programming have all moved to a telehealth model best suited for clients during this time of isolation and fear. Family violence victims are now largely isolated in dangerous circumstances, and in more need than ever for help planning for their safety, and navigating changing health and legal systems. Children and adults alike who already struggled with depression and anxiety now find themselves alone and in more need than ever for the lifetime provided by their therapists, peer support specialists, and case managers.

**MyChoice**  462-4000
2659 N Ash St, 99205
info@mychoicespokane.org
Mychoicespokane.org
To protect clients, MyChoice Clinics is currently operating remotely. For a pregnancy consultation, call 509-327-0701, leave a detailed message and a nurse will call back. For other concerns please call the N. Maple Street CHAS Clinic at 509-444-8200 for a same day appointment. For a medical emergency, call 911.

**Nurse Family Partnership**
Spokane Regional Health District
1101 W College, 99201
srhd.org
324-1621
Continues to visit and enroll clients using Telehealth to maintain contact with enrolled clients and provide support and education over the phone or via video conferencing. Offers pre- and post-natal 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, health, home safety and nutrition.

**Project Beauty Share**  455-3537
216 N Bernard St, 99201
projectbeautyshare.org
Collects cosmetics and beauty products for agencies to give out. Shelters need these services more than ever. Still accepting products via mail and financial donations through website to help continue its mission and operations.

**Teen & Kids Closet**  534-1151
307 E Sprague, 99201
teenkids closet.org
Sponsor: Spokane Valley 99202
PO Box 4099, 99220
contact@teenkids closet.org
Offers 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. Teen & Kids Closet will temporarily suspend operations, including receiving financial and physical donations.

**WIC** 800-322-2588
Text “WIC” to 96859
When going to the grocery store be kind to those whose only food are provided for through the WIC program. This is the only food under that program they can receive. Provides breakfast cereal, infant cereal, infant food fruits & vegetables, infant food meat, infant formula, exempt infant formula, milk, cheese, tofu, soy-based beverage, mature legumes, peanut butter, fruits & vegetables, canned fish, whole wheat bread and other Whole grains, juice, eggs, WIC-eligible nutritional. yogurt.

**Women’s Healing & Empowerment Network**
PO Box 9677, 99209
Pres: Mabul Darhan whenetwork.com
Because of the requirement to stay home, there has been a large increase in domestic violence incidents. Victims feel stuck between avoiding the virus (staying home) and reaching out for help (calling 911, contact with law enforcement, going to the hospital). Encourages people to report abuse. Call 911. Consider donating to help when continue to provide services, food, shelter for victims, and Programs for victims and their children.

**YWCA Spokane** 326-1190
930 N Monroe, 99201
YWCA Spokane 326-1190
24-hr Helpline 326-CALL (2255)
connect@ywcaspokane.org
ywcaspokane.org
Fax: 326-1597
All onsite programs closed. Call 24 hours for Safe Shelter for Domestic Violence 326-2255 or help@ywcaspokane.org

**VETERANS**

**The Free Handyman for thrice Disabled/Veterans Thrift Store**
4705 W Wellesley, 99205 290-6891
theworkethetic@gmail.com
freehandymantodisabledveterans.org
freehandymantodisabledveterans.org
On FB
As an essential local community based nonprofit, remains open to provide services and supplies for veterans in need. Open to public to accept donations during these trying times across the street from the VA Hospital, Spokane. Especially helpful is sealed package food and sanitary items.

**Goodwill Industries of the Inland NW** 838-4246
130 E 3rd Ave, 99201
discoverygoodwill.org 344-0163
Supportive Services for Veteran Families (SSVF) is still able to serve homeless veterans. Provides rental assistance and emergency housing support to area Veterans impacted by COVID-19. Any veteran in need of assistance should call the Hotline phone number rather than coming to the office. Veterans who need help should call the 24-hour Veteran hotline (509) 828-2449 or walk-in to the Goodwill Administration office located at 130 E Third Avenue in Spokane, Washington, Monday through Friday, 8:00 a.m. to 5:00 p.m.

**Spokane County Regional Veterans Services Center**
Spokane Regional Health District
1117 N Evergreen, Ste 2, 99216
spokaneywca.org 477-3690
Emergency aid to indigent veterans and/or widowers. Gas vouchers to working veterans to and from work. Due to current restrictions for public safety regarding coronavirus, the team is currently assigned to telework. For safety, it has suspended in-office appointments and classes at this time. Continue to provide phone and email communication support at (509) 344-9280, (509) 344-9353 Call: (509) 477-3690, or email VETSTUDY@spokaneywca.org

**Spokane Vet Center**
444-8387
13109 E Mirabeau Pkwy, 99216
vcenter.va.gov
Fax: 444-8388
Team Leader: David Baird Admin: Robert Sturtevant Counseling services for veterans and the families of active duty.

**Spokane Veterans Home**
WA DVA 222 E 5th Ave
Spokane 99202
344-5770
https://www.dva.gov/veterans-homes/spokane-veterans-home
In full lockdown

**VA Medical Center, Mann-Grandstaff**
434-7000
4815 N Assembly St, 99205
va.gov
Patients and visitors to Mann-Grandstaff VA Medical Center: As a precautionary measure, MGVAMC has implemented mandatory screening. Until further notice, normal operating hours for the facility are reduced to 7 a.m. to 7 p.m. Offers COVID-19 testing to veterans.