June 18, 2020

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-Social Distancing and mask still recommended in public
-Spokane County currently in Phase 2 with limited business open and social distancing and sanitation in effect.
-Spokane Public Schools currently looking to reopen in Fall, CCS, EWU, WSU closed, Gonzaga currently reopening
-See page 2 for expanded list of Testing locations

Primer/dossier of COVID-19 by local community member

KEY FOR CHARTS
Please keep note things are still in flux call daily in advance for times and dates to be sure.
Organization Title: Closed/facility closure
Organization: No new information at this time
Organization: New information, hours open, service restrictions, requests for volunteers and donations

GOT CABIN FEVER!!!
For Gardening projects check out these resources:
https://www.facebook.com/The-Inland-Empire-Gardeners-280850692075853/
https://incgincommunitygardens.org http://spokanegardens.org
https://www.facebook.com/mastergardenersofspokane/
ifyoucouldsavejustone.org             https://growingneighbors.org

Artists
-Artists Trust Relief Fund - artisttrust.org/covid-19-response/
-Spokane Artist Relief Fund - spokanearts.kindful.com/artistrelief
https://www.facebook.com/events/2582889375360238/

Library, Literature and Archival Resources:
Aunties - online audiobook and mail delivery - auntiesbooks.com
Get Lit - Cancelled
Spokane - https://www.spokanelibrary.org/blog/library-resources-for-when-youre-cooped-up-at-home/
Spokane County - https://www.scld.org/digital-library/
Eastern WA Digital Archives - digitalarchives.wa.gov
Women's History Consortium - washingtonhistory.org/research/whc/
Washington state Labor History - depts.washington.edu/labhist/

Theatre and Music
Spokane Area Youth Choir - facebook.com/saychoirs
Spokane Civic Theater Streaming plays - facebook.com/
Spokane.Civic.Theatre/
Spokane Symphony - facebook.com/pg/SpokaneSymphony/
Spokane Folklore Society - Streaming short performances online - facebook.com/groups/169365626418185/
Spokane Youth Symphony - https://www.facebook.com/
Spokane-Youth-Symphony-109230391618/
Working Womens Blues - KYRS 88.1/92.3 FM
For TESTING drive in option at Spokane County Fairgrounds, also can be referred from below. Text “COVID” to 424-354-4956 and receive a text back with screening questions. Drive-through screening clinic Mon. - Fri. | 10 a.m. - 5 p.m.
Sat. | 11 a.m. - 3 p.m.
Closed on Sundays*  

Testing Emergency workers and vulnerable  

Providence Express  
9027 N Indian Trail Road  
If a patient meets the criteria for testing, the virtual provider will schedule them for an in-person test at the ExpressCare clinic. Testing will be conducted curbside with the patient remaining in their vehicle. testing for medical workers, first responders, and high-risk patients with quick results.  

Testing sites, General Public  
CHA S Denny Murphy Clinic  
1001 W 2nd Ave, Spokane  
444-8200  
24/7 Nurse Advice Hotline:  
866-418-1002  
CHA S Maple Street Clinic  
3919 N Maple, Spokane  
444-8200  
24/7 Nurse Advice Hotline:  
866-418-1002  

CHAS - Spokane Urgent Care  
North  
- Spokane Urgent Care-North, 5901 N Lidgerwood, Ste 126  
434-1990  
Franklin Park Urgent Care Center  
792-3474  
5904 N Division, 99208  
ipcc.com  
INDIGO  
- North Spokane  
9420 N Newport Hwy, Ste 103  
598-7744  
- Spokane  
2401 W Wellesley Ave, Ste C  
598-7810  
- South Hill  
4911 S Regal St, 99223  
Kaiser  
Consulting Nurse Srvc  
800-267-5677  
Member Services  
888-901-4636  
Social Work Services  
877-216-6216  
- Spokane - Riverfront  
324-4644  
322 W North River Dr, 99201  
Multicare  
- Moran Prairie  
724-4150  
3016 E 57th Ave, Ste 27, 99223  
Native Project Medical Clinic  
1803 W Maxwell, 99201  
nativeproject.org  
483-7535  
Providence-Urgent Care  
Downtown  
474-2100  
122 S Division, 99202  
North Spokane  
489-2369  
- Spokane Valley  
321 E Hawthorne Rd, 99218  
Unify-Mission  
120 W Mission Ave  
99201  
Fax: 329-2280  
Unify-East  
483-3427  
401 N Cook St  
Fax: 482-5062  
99207  
Dental 326-4382  
CHAS Spokane Valley  
444-8200  
15812 E Indiania, Spokane Valley  
24/7 Nurse Advice Hotline:  
866-418-1002  
INDIGO Millwood - Argonne  
2401 W Wellesley Ave, Ste 103, 99205  
598-7740  
INDIGO - Spokane Valley  
15605 E Sprague, 99216  
Multicare Cheney  
- Cheney Neighborhood Clinic & EWU Student Health Center  
19 N 7th St, 99004  
235-6151  
Multicare Airway Heights  
- Airway Heights Clinic  
342-3380  
10414 W Hw 2, Ste 10, 99224  
CHAS - North Country Clinic  
401 S Main St, Deer Park  
99006  
444-8200  
Citywide  
24/7 Nurse Advice Hotline:  
866-418-1002  

Spokane Regional Health District  
1101 W College Ave, 99201  
srhd.org  
324-1500  
Outreach Services is still open, including syringe exchange, case management, referrals to resources, and prevention education.  

CSO Office  
877-501-2233  
Now allowing individuals to apply for benefits over the phone, apply online at washingtonconnection.org  

Resource Referrals 211  
City of Spokane 311  
COVID 19 Non-Compliance reporting  
477-2644  
References and Resources:  
- cdc.gov  
https://www.cdc.gov/coronavirus-19/  
- doh.wa.gov  
- Washington COVID Response Facebook Page:  
https://www.facebook.com/  
SpokaneCOVIDResponse/  
- FEMA.gov  
- ready.gov  
- ss.gov  
- unitedwayspokane.org/COVID19Resources  
- thefigtree.org/connections/resources.html  

City Resources, Spokane Cnty  
Airway Heights:  
http://www.cawh.org  
Resource, Food support, utility bills, internet access, worker and business support, DOD restrictions, education resources  
Cheney WA  
https://www.cityofcheney.org/  
https://www.cheneywa.org/  
https://www.cheneywa.org/  

civicalerts.aspx?AID=181  
Deer Park  
https://www.cityofdeerparkwa.com  
City Hall closed till further notice will not receive visitors  
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Food Types</th>
<th>Clothing Types</th>
<th>Hygiene Items</th>
<th>Hours</th>
<th>Donations</th>
<th>qualifications/contact info</th>
</tr>
</thead>
</table>
| All Saints Gather Food Pantry (FP)   | 314 S Spruce, 99201               | 838-4409    | X                       | X              |              | 10-2, MW                                   | meats, eggs, canned goods, toiletries, hygiene items, baby food, call on arrival, gloves and masks | allsaintsgather.com Mark Reilly wsopo-

|                            |                                    |             |                         |                |              |                                            |                                                                          | wsotrancecommunitycenter/                          |
| American Indian Community Center    | Moved: 1025 W Indiana, 99205       | 533-0886    | X                       | X              |              | 9-till gone T                              | N/A                                                       | Native Americans (serving clients)                |
| Audubon UMC Food Bank & Bare Necessities | location or donations to: 3908 N Driscoll, 99205 |             |                         |                |              | 9:30-12:30, 2nd/last T                      | meat, fresh produce, bread and other food items & toiletries          | http://audubonpar-

|                            |                                    |             |                         |                |              |                                            |                                                                          | kumc.org/corona-virus/ideas-resources               |
| Better Living Center             | 25 E North Foothills, 99207        | 325-1258    | X                       | X              | X            | 9-4, T- 9:1 Th                             | contact Patty Marsh                                      | betterlivingcenter.org                             |
| Breaking Bread Rescue Market      | Family of Faith Community, 1304 W Grace, 99205 | 325-0343    | X                       |                |              | 10-12, T                                   |                                                                           | ffcc.us                                          |
| Caritas Outreach Ministries       | 1612 W Dalke, 99205                | 326-2249    | X                       | X              | X            | 11-1MWFTh                                  | Pay Pal on FB, bags, non-perishable, and dry goods, hygiene items, to Door 9-1:20 MWFTh, masks, gloves  | caritasoutreachministries.org                     |
| City Gate Food Bank               | 170 S Madison, 99201               | 455-9670    | X                       | X              | X            | call for an appt                           | to-go-meal containers, styrofoam cups, socks, pre-packed snacks 10-2, T-F | thecitygate-spokane.org                            |
| Cup of Cool Water (14-24)         | 1106 W Second                      | 747-6686    | X                       | X              | X            | 1-2 M-F                                   | monetary donations                                                  | cupofcoolwater.org FB                              |
| Heal Spokane                      | PO Box 28253, 99228                | 602-716-1174 | X                       |                |              | delivery only                              |                                                                           | healspokane.org healspokane@gmail.com Kat Bopp     |
| LC Community Food Drive           | Hart Field, 3508 S Grand, 99203    | 354-6888    | X                       | X              |              | call for pick or delivery 9 am           | donations W 11-1, 3-7, toiletries, personal hygiene           | for needs susanpow@spokaneschools.org, LC students and families |
| MLK Jr Center                     | 500 S Stone, 99202                 | 868-0856    | X                       |                |              | 1-3 MWFTh                                 | call for accounting rep, masks and gloves                         | mlkspokane.org                                    |
| New Hope Ranch                    | 2524 E Queen                       | 954-5145    | X                       |                |              | 12-2, MW, 12-1 F as food allows           | hand sanitizer for staff Donations to PO Box 162618, 99218       | thezahls@comcast.net                                |
| Northeast Community Food Pantry - NW Connect | 4520 N Crestline St PO Box 7398,99207 | 290-5691    | X                       | X              | X            | 9-11, MTh                                  | turning to a delivery service only                              | info@nwconnect.org, nwconnect.org, FB              |
| Off Broadway Outreach             | 2225 W Mallon Ave                  | 998-2630    | X                       |                |              | 9, TF                                     | donations, masks                                               |                                                                                  |
| Our Place Ministries              | 1509 W College, 99210              | 326-7267    | X                       | X              | X            | 10-1 Th                                   | produce & hygiene items                                          | ourplacenet@ct.com, ourplacespokane.org           |
| Salvation Army Family Svs         | 204 E Indiana, 99207               | 325-6810    | X                       | X              | X            | 9-4 MWF; 9-5 Th if a delivery fee listing | hand sanitizer, masks, toilet paper cleaning supplies donations via regional web | spokane.salvationarmy.org                          |
| Second Harvest                    | 1234 E. Front Ave., 99202          |             | X                       |                |              | 10-1, St                                  | White supplies last                                            |                                                                                   |
| Serve Spokane                     | 8303 N Division St, 99208          | 998-5722    | X                       | X              | X            | 1230-3:00, 12:30-3:30 Tu. 10:30-12:30 Th  | canned tomato, personal hygiene, soap, shampoo, toilet paper, baby food | ServeSpokane.org                                   |
| Southside Food Pantry             | 2934 E 27th Ave, 99223             | 535-2301    | X                       |                |              | 10:30-12, Sat                             | bread & produce                                                |                                                                                   |
| SPEAR                              | 1905 E Pacific, 99202              | 475-5470    | X                       | X              | X            | 3-4, TW; 10-noon Sat                       | Food and sundry donations to St. Mark’s Lutheran, 316 E 24th       | Donations: kruger5919@ comcast.net                  |
| Spokane Aids Network - SAN Food Pantry | 1121 S Perry St, 99202            | 844-1758    | X                       |                |              | 9-noon, 1-3, 3rd T                        | link to mailchimp fundraiser on their FB                    | www.san-nw.org Delivery to SAN clients              |
| Spokane Dream Center              | Ridpath, 515 W 1st Ave             | 926-7878    | X                       |                |              | Thursday Evening                          | N/A                                                     | spokandreamcenter.org                             |
| Spokane Falls Community College Food Bank | SFCC, Bldg. 17, #139             | 533-4198    | X                       |                |              | 9:30-4:30, Monday.                        | SFCC Students Only sfcc.spokane.edu                       | https://forms.gle/ v7zoqZ571KgY1b8z7 by 6pm F   |
| UGM Student Impact Team           |                                   |             |                         |                |              |                                            |                                                                          |                                                                                   |
| Westminster Presbyterian Food Pantry | 2705 W Boone                        | 329-0351    | X                       |                |              | 11-1:45, WF                                | masks, large gloves                                           | John Edmondson - west-presby@gmail.com              |
| Women and Children's Free Restaurant | 1408 N Washington St               | 324-1995    | X                       |                |              | 11-1, TW                                  | Grocery Box, “ways to give” on web                         | wcfspokane.org                                    |
| WSU Spokane Campus Pantry         | SAC Building Loading Dock/ Mail: Academic Center 107 |             | X                       |                |              | 12:45-2:45, TH                            | donations box outside the pantry: shelf-stable items, toiletries and school supplies. Volunteers sign up on FB | facebook.com/WSU-CampusPantry/WSU and EWU       |
## 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</td>
<td>N/A</td>
<td>eastvalleybaptist.org</td>
</tr>
<tr>
<td>HRC Ministries</td>
<td>14415 E. Sprague Ave</td>
<td>879-3773</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>distributor</td>
<td>mail donations</td>
<td>hrcministries.com</td>
</tr>
<tr>
<td>Intersection at the River</td>
<td>22421 Euclid, Otis Orchards</td>
<td>953-1519</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>1:30-4, Th</td>
<td></td>
<td>facebook.com/intersectionChurch/</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>X</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</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/npfoodbank</td>
</tr>
<tr>
<td>Otis Orchards Food Bank</td>
<td>4308 N Harvard Rd, 99027/POB 189</td>
<td>926-6196</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>11-2 M</td>
<td></td>
<td>otisorchardssa.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></td>
<td></td>
<td>232-0840</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9-12, 3-6, T-F</td>
<td></td>
<td></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>emergency food boxes</td>
<td></td>
<td>oursvdp.com</td>
</tr>
<tr>
<td>Spangle Food Bank</td>
<td>305 E 2nd, POB 239</td>
<td>701-4532</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>2-3 4th W</td>
<td></td>
<td>spanglecommunitychurch.org</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></td>
<td>org/spangle on FB</td>
</tr>
<tr>
<td>Spokane Dream-Ministry Resource Center</td>
<td>2128 N Pines, Ste 1 99216 Red Top Motel, 7217 E Trent Ave, Spokane Valley, WA 99212</td>
<td>926-7878</td>
<td>X</td>
<td></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 &quot;donate&quot;</td>
<td>spokaneedreamcenter.org</td>
</tr>
<tr>
<td>Spokane Valley Partners: Food and Diaper Bank Clothing Bank CLOSED</td>
<td>10814 E Broadway, 99206</td>
<td>927-1153</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>11-12:35, 130-3:15, W; 11-12:45 Th</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 (Donations drop off, front door M-F 9-3) Meals 5 W</td>
<td>canned &amp; dried goods. Donate on church web, mark as &quot;foodsite&quot;</td>
<td><a href="mailto:info@valleyassembly.org">info@valleyassembly.org</a></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</td>
<td>ahhc.us/AirwayHeights</td>
</tr>
<tr>
<td>Cheney Food Bank</td>
<td>Wren Pierson Community Ctrn 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 <a href="mailto:steward@cheryn.org">steward@cheryn.org</a></td>
</tr>
<tr>
<td>Feed Cheney</td>
<td>Wren Pierson Community Ctrn 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/feedcheney@gmail.com</td>
</tr>
<tr>
<td>Cleones’ Closet</td>
<td>13114 Sunset Hwy, Airway Hghts</td>
<td>321-7071</td>
<td>X</td>
<td>X</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:caemicorps@ewu.edu">caemicorps@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/ EWU students only</td>
</tr>
<tr>
<td>Medical Lake Food Bank</td>
<td>207 S Washington</td>
<td>299-3819</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>10-noon, F</td>
<td></td>
<td><a href="mailto:medicallake-communityoutreach@live.com">medicallake-communityoutreach@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 Damerville <a href="mailto:StutterAAt@gmail.com">StutterAAt@gmail.com</a></td>
</tr>
</tbody>
</table>
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>
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<tbody>
<tr>
<td>7:30/11</td>
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<td>7:30/4:30</td>
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<td>9-5</td>
<td>12-5p</td>
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</table>

**MEAL PROGRAMS THE WEEK & MEAL TYPES: SPOKANE HOMELESS & KIDS**

<table>
<thead>
<tr>
<th>Sun</th>
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<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td><strong>Breakfast</strong></td>
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**Site Name**
- House of Charity
- Shalom Ministries
- The City Gate
- Jewels Helping Hands
- UGM Men’ Shelter
- Crosswalk (teens)
- St Anns Sunday Lunch
- God’s Love Internat’l
- Feed Cheney
- Opportunity NE
- Recovery Cafe
- Women & Children’s Free Restaurant
- Blessings under the Bridge
- Food not Bombs
- SW Community Center
- Open Doors (0-18)
- MLK Center (0-18)
- NE Youth Center (0-18)
- One Heart (5-18)
- Boys & Girls Clubs (0-18)
compensation, unemployment, workers on leave, or those sick not for businesses, schools, workers, or visitors' exposure to good hand and respiratory 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 contains info for businesses, schools, workers, insurance, and veterans. And Links to local Health Districts. State offers of brochure for workers on leave, or those sick not able to work, to get on workers compensation, unemployment, and other social services. https://www.governor.wa.gov/issues/issues/covid-19-resources/ covid-19-resources-businesses-and-workers

MORATORIUM COMPLAINT FORM - WA State Office of ENERGY AND RENT ASSISTANCE

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
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.

Cheney 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.

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 Energy Asst.  456-7627
Spokane Area Tenants United (SATU)  578-5068
St Andrew’s Episcopal, 2404 N Howard spokaneareatenants@gmail.com
Spokane Area Tenants United 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  328-2953
Offers rental assistance through HUD Section 8 voucher program.

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, 3rd Flr C-1, 99201

Policies and practices. Improves tenants’ living conditions, and challenges and advocates for tenants’ rights to fair housing and quality living conditions.

In the 12 months prior to COVID-19, provided 128,279 tenant-led advocacy hours and intervened in over 4,200 cases.

Provides housing and rental assistance to low-income families, disabled and elderly people.

FAIRMARKETS: SPOKANE COUNTY

City  Farmers Market  Location  Phone  Dates  Hours  SV  Contact
Cheney  Cheney Farmers Market  1101 First St  235-9176  June-mid Oct  10-2, Sat  X  Cheney-Farmers-Market-on FB
Clayton  Clayton Farmers Market  4616 Wallbridge Dr  276-9644  June-end Oct  9-1, Sat  X  claytoncommunityfair.com
Liberty Lake  Liberty Lake Farmers Market  Town Square Park, 1421 N Meadowwood Ln  209-3839  mid-May - mid-Oct  9-1, Sun  X  libertylakefarmersmarket.com
Millwood  Millwood Farmers Market  Millwood Presbyterian, 3223 N Marguerite  924-2350  mid-May - Sept  3-7, W  X  millwoodpc.org/millwood-farmers-market/
Spokane  Emerson-Garfield FM  AEC, 2310 N Monroe  389-0964  June-end Sept  3-7, F  X  market.emersongarfield.org
Spokane  Fairwood Farmers Market  319 W Hastings Rd  466-0682  3-7, T  X  fairwood.farmersmarket@gmail.com
Spokane  Hillyard Farmers Market  5102 N Market, 99217  993-2104  June-end of Sept  3-6, M  X  brandywhine27@yahoo.com
Spokane  Kendall Yards Market  Summit Parkway, E of Cedar/ Mail: 1335 W Summit Pkwy, 99201  321-5888  mid-May to Sept  5-9, W  X  market@kendallyards.com
Spokane  Spokane Farmers Market  20 W 5th  995-0182  mid-June-Oct  8-1, W  X  spokanefarmersmarket.org
Spokane  Thursday Market  The Shop, 924 S Perry St  720-8449  May - Oct  3-7, Th  X  thursdaymarket.org
Spokane Vly  Spokane Valley Farmers Market  2426 N Discovery Pl, 99216  208-619-9916  June-end Sept  3-6, M  X  spokanefarmersmarket.org

FAIRMARKETS & LOCAL FARMERS
http://tilthproducers.org
https://gart.wa.gov/getmedia/14cdd035-2e49-4f16-9537-1de6dd4e4f50/1.pdf
https://www.pnw.coop/greenbluffgrowers.com

Christ Kitchen  325-4343
2410 N Monroe, Spokane 99205 chickstichen.org
Population it serves doesn’t need any more trauma in their lives, so staff have contacted each of them and working with them to

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FICL, 615 Richard Allen Ct, P.O. Box 99022 - 509-553-4112
### 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, TS, SL</th>
<th>H</th>
<th>Community Relations</th>
<th>Contacts</th>
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<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>V, G</td>
<td></td>
<td></td>
<td></td>
<td>Sustainability Project, food for Bailey’s</td>
<td>Erik Budsberg, <a href="mailto:edubsberg@ewu.edu">edubsberg@ewu.edu</a></td>
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<tr>
<td>Cheney</td>
<td>St Pauls Episcopal Community Garden 625 C St</td>
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<td></td>
<td>Food to Food Bank on Wed at 9a</td>
<td>Lori, stpaulschennywa.org</td>
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<tr>
<td>Spokane</td>
<td>All Saints' Lutheran Community Garden 314 S Spruce St #A</td>
<td>church</td>
<td>$15</td>
<td>V</td>
<td>TS</td>
<td>H</td>
<td></td>
<td>glenna <a href="mailto:allsaintsgarden@gmail.com">allsaintsgarden@gmail.com</a>, allsaintsgather.com</td>
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<tr>
<td>Spokane</td>
<td>Beautiful Savior Lutheran 4320 S Conklin 747-6806</td>
<td>4x10: $20</td>
<td>4x8 $25</td>
<td>MG TS</td>
<td>S</td>
<td>H</td>
<td>Free foraging food on perimeter, Volunteers and neighborhood watch</td>
<td><a href="mailto:mizgro@aol.com">mizgro@aol.com</a>, beautifulsaviorspokan.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Better Living Center</td>
<td>N/A</td>
<td>N/A</td>
<td>V</td>
<td>S</td>
<td></td>
<td>_OIDizing Community Garden on FB</td>
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<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>4x8 $15 (6)</td>
<td>MG TS SL</td>
<td>H S Drip</td>
<td></td>
<td>kiosk for excess, UGM Family if extra plots free or Food Bank</td>
<td>Donna Fagan, <a href="mailto:chiefgarycommunity-garden@gmail.com">chiefgarycommunity-garden@gmail.com</a> FB</td>
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<tr>
<td>Spokane</td>
<td>Finch Arboretum Community Garden 3404 W Woodland Blvd</td>
<td>280-6197</td>
<td>8x12 $20</td>
<td>MG TS SL</td>
<td></td>
<td></td>
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<td>Brenda Martinson, Steven Wilson</td>
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<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>MG TS SL</td>
<td></td>
<td></td>
<td>Free foraging food on perimeter, Volunteers and neighborhood watch</td>
<td>peggy@kensalumni@com, Peggy Parker, GrantParkCommunityGarden(Spokane) on FB</td>
</tr>
<tr>
<td>Spokane</td>
<td>Growing Neighbors 5508 N Alberta</td>
<td>327-5522</td>
<td>SL P</td>
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<td>Food give-aways: 5-6 T, 11:15 Sun</td>
<td>shadleparkpres.org</td>
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<tr>
<td>Spokane</td>
<td>Holy Cross Community Garden - 7307 N Nevada</td>
<td>953-4961</td>
<td>16x16</td>
<td></td>
<td></td>
<td></td>
<td>Gardening for Bhutanese families</td>
<td><a href="mailto:purple4shell@msn.com">purple4shell@msn.com</a>, holycrosslcms.net</td>
</tr>
<tr>
<td>Spokane</td>
<td>Kips Kipos Whitworth Community Garden Whitworth Campus, 300 W. Hawthorne Rd</td>
<td><a href="mailto:kips@kipswhitworthclub.com">kips@kipswhitworthclub.com</a></td>
<td>N/A</td>
<td>N/A</td>
<td>G</td>
<td>Composting</td>
<td>Kips Whitworth Community Garden on FB, whitworthclub.com</td>
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<tr>
<td>Spokane</td>
<td>Northeast Community Center -Liberty &amp; Lacy Ave -Pumphouse Garden, Crestline &amp; E Hoffman</td>
<td>487-1603 x217</td>
<td>4x20 $20, 4x10 $10</td>
<td>MG TS SL</td>
<td></td>
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<td>Free food distribution</td>
<td>Nick Bowcut, nbowcut@ necommunitycenter.com, necommunitycenter.com</td>
</tr>
<tr>
<td>Spokane</td>
<td>Polly Judd Park Community Garden W Cannon Pl Ln c844-2944 838-9860</td>
<td>4x8 $25 (waive fee this year)</td>
<td>H</td>
<td>Beefes dedicated to Community Garden Alliance</td>
<td>Philip Small, e.philip, <a href="mailto:small@gmail.com">small@gmail.com</a></td>
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<tr>
<td>Spokane</td>
<td>River City Youth Ops Mail: 1832 W Dean</td>
<td>703-7433</td>
<td>inground</td>
<td>V, G</td>
<td>D x4 S x1</td>
<td></td>
<td>food for Emerson-Cardfield Farmers Market and Kendal 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>, youyhops.org</td>
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<tr>
<td>Spokane</td>
<td>St John's Cathedral Community Garden, 127 E 12th Ave 99202/ Bicentennial Park</td>
<td>4x8 $5 (ADA)</td>
<td>4x8 $25</td>
<td>MG TS SL</td>
<td></td>
<td></td>
<td>Cathedral and clients of Canterbury Court</td>
<td>Kristi Philips, <a href="mailto:Kristi@stjohnscathedral.org">Kristi@stjohnscathedral.org</a>, <a href="mailto:sjchaten@cathedral.org">sjchaten@cathedral.org</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Sunshine Community Garden 1512 S Ash St</td>
<td>20x25</td>
<td>V</td>
<td></td>
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<td>Neighbors grow produce for each other</td>
<td>Wanda Daehlin</td>
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<tr>
<td>Spokane</td>
<td>The Commons Community Garden Spokane Water Dept, 3230 S Lamonte St</td>
<td>280-6854</td>
<td>4x8 $25</td>
<td>MG TS SL</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>
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<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 $15</td>
<td>MG TS SL</td>
<td>Drip H</td>
<td>Many from Karen ethnic community</td>
<td>Alexandra Montague, <a href="mailto:monale1955@gmail.com">monale1955@gmail.com</a></td>
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<tr>
<td>Spokane</td>
<td>Urban Eden Farm 2121 S Cherry St, 99224</td>
<td>425-269-9788</td>
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<td></td>
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<td></td>
<td>Farm Stand 9-12, Sat, area Farmers Markets</td>
<td><a href="mailto:mays@greenplaynw.org">mays@greenplaynw.org</a>, greenplaynw.org/urban-eden-farm-school</td>
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</table>
FOOD & HYGIENE DONATIONS

Blessings under the Bridge
10212 E 9th, Bldg 600 buttb.org
SPOKANE VALLEY 99206 869-6854
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 ceasterwa.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.ceasterwa.org/covid-19, and items can be dropped off at the Family Service Center located at 12 E 5th Ave

Dry Fly Distilling
Offers free hand sanitizer spray and distributes the product in Spokane for free. http://33purl.com/Byz_p1

Excelsior 328-7041
3754 W Indian Trail Rd, 99208
excelsioryouthcenter.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@feedsppokane.org
feedsppokane.org Exec Dir: Steven Brashears Networks meal providers and community partners in the greater Spokane area. Works to eliminate food waste through food rescue.

Food for Kidz 869-9260
Eastpoint Church Warehouse at, 15303 E Sprague 6009 N Haye, Newman Lake 99025 Jim Doodd foodforkidz.org jimmfoodforkidz.org

Giving Back Packs
info@gbpacks.org 389-2503
PO Box 30321, 99223 Is collecting toilet paper from business donations and individuals to give to homeless shelters.

Hispanic Business Professional Association hbpasppokane.net POB 3661, 99220 hbpasppokane@gmail.com
Offers mobile food banks. Anyone needing food during these difficult times, may write down the dates when several Spokane Latin organizations will join forces to serve the Latinx community! Information about health will also be distributed and how to protect oneself / avoid COVID-19. Also includes medical centers where people can go to be attended in case they do not have medical insurance. Finally, don’t forget to fill out Census 2020! Make Count! Those needing help filling out the census, can bring the form and be helped at the Mobile Food Banks: April 19, 3-5 p.m. St Joseph’s Catholic Church, 1503 W Dean Comunidad Cristiana 15303 E Sprague April 26/May 3 De Leon Foods 15530 E Sprague

HRC Ministries 879-3773
14415 E Sprague Ave POB 14257, Spokane Valley 99214 warehouse@hrcministries.com hrcministries.com 250-922-0939 Works to feed vulnerable seniors and at risk children. Food Drop-off Tuesday-Thursday.

Hoarding Amnesty Program
Bethany Presbyterian Church in Spokane and Veradeal UCC in Spokane Valley are offering a “hoarding amnesty” program. Call Bethany at 509-534-0600 or Veradeal UCC at 509-926-7173 to arrange to drop off the supplies, which will be taken to shelters and food banks.

LDS Welfare Home Storage Center - Bishop’s Store House
9423 East 4th Avenue

COMMUNITY GARDENS: SPOKANE VALLEY & NORTH SPOKANE

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<tr>
<th>City</th>
<th>Community Garden</th>
<th>Phone</th>
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<th>SL</th>
<th>H</th>
<th>Community Relations</th>
<th>Contacts</th>
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<td>Colbert</td>
<td>Garden of Hope Colbert Presbyterian</td>
<td>465-1373</td>
<td>N/A</td>
<td>X, orchard</td>
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<td>harvest for New Hope</td>
<td>colbertpres.org</td>
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<tr>
<td>Elk</td>
<td>Elk-Camden Garden Keepers</td>
<td>292-0326</td>
<td>S$10 member</td>
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<td>H*</td>
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<td></td>
<td></td>
<td>members enjoy harvest</td>
<td>elk-camdenegardenkeepers.blogspot.com</td>
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<tr>
<td>Liberty Lake</td>
<td>Arboreturn Community Garden/City</td>
<td>755-6700</td>
<td>4x8: $25</td>
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<td>H*</td>
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<td></td>
<td></td>
<td>one per household (40), Jan 1 no pre holds, Liberty Lake residents ONLY</td>
<td>Tait Hunter <a href="mailto:hunter@libertylakewa.gov">hunter@libertylakewa.gov</a> libertylakewa.gov</td>
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<td>Spokane Valley</td>
<td>East Valley School Farm and Community Garden, 15711 E Wellesley Ave (S Wellesley Ave)</td>
<td>230-9436</td>
<td>6x40</td>
<td>6x8</td>
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<td>SL</td>
<td>H</td>
<td>S</td>
<td><a href="mailto:communitygarden@gmail.com">communitygarden@gmail.com</a> East Valley Farm to School Program on FB</td>
<td><a href="mailto:communitygarden@gmail.com">communitygarden@gmail.com</a> East Valley Farm to School Program on FB</td>
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<td>donated to FB</td>
<td><a href="mailto:teresa@pumpkinpatchgarden.net">teresa@pumpkinpatchgarden.net</a> PumpkinPatchgarden.net</td>
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<td>Resurrection Community Garden</td>
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<td>2x8: $20</td>
<td>4x16: $35</td>
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<td>produce to Valley Partners</td>
<td><a href="mailto:office@ecorspokane.org">office@ecorspokane.org</a> resurrectionspokane.org</td>
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<td>927-1153</td>
<td>$25 (by June 15)</td>
<td>$10 (by June 15)</td>
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<td>for clients, farmers markets and FB</td>
<td><a href="mailto:ea@svpart.org">ea@svpart.org</a></td>
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<tr>
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<td>St Joseph Parish Community Garden</td>
<td>869-7661</td>
<td>4x8: free</td>
<td>N/A</td>
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<td></td>
<td>H</td>
<td>for FB</td>
<td><a href="mailto:markman@me.com">markman@me.com</a> stjoeparish.org</td>
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<tr>
<td>Spokane Valley</td>
<td>Veradeal United Church of Christ</td>
<td>926-7173</td>
<td>10x20: $25</td>
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<td>for FB, open to</td>
<td>veradealucc.org VeradealUCC on FB</td>
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VerandaelUCC.org
SPOKANE 99206  928-1035
Friday: 10 a.m. - 5 p.m.
Saturday: 10 a.m. - 3 p.m.
https://providentliving.
for member of LDS or friends in need

Little Free Pantry
http://www.littlefreepantry.org/
frequently-asked-questions
Located around town with food and hygiene items offered like a Little Free Library often
at churches. They offer items that individuals are willing to donate or trade. Those who
take may consider giving back immediately or down the line. Those with toiletries find it an
anonymous way to share.

When converting a little free library to a pantry have the pantry opening facing East or
North in the summer time to decrease food spoilage.

Locations:
Veterans Administration - Caritas
Shadle Presbyterian - Caritas
St Francis - Caritas
St Andrews - Caritas
Salem Lutheran - Caritas
Spokane Valley: 12 N University
Cheny: Emmanuel Lutheran
When converting Little Free
Libraries to use as Little free Pantries, keep in mind sanitation
issues, https://littlefreelibrary.org/
best-practices-
at-little-free-libraries-during-the-
coronavirus-outbreak/

Mission Community Outreach
1906 E Mission Ave, 99202
536-1084
mcoc.spokane@gmail.com
The volunteer-run clothing bank is closed at this time, but will support other agencies in need of supplies
at this time, offering clothing, limited hygiene items (no toilet paper at this time), diapers, wipes and
small housewares. Interested agencies may email their request.
Director will field requests based on supplies on hand.

Northwest Harvest Spokane
Warehouse
3808 N Sullivan Rd, Bldg 14-J,
Spokane Valley 99216 891-7013
Spokane only. Setting up drop off locations, but not there yet.

Pet Food Banks
Spokane Humane Society
schedule and appointment
509-467-5235 x0 or adoptions@
speakohumannesociety.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
makingspokanabetter.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 go 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
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 provide
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 gives 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
poindauge 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 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

Offering 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, mobile distribution of
food in the county still ongoing,
targeting high needs partners.
Depends on volunteers, and is making adjustments on how
volunteers can help, robust
its schedule to honor social distancing.

SNAP Cuisine for Clients
https://app.mobilecause.com/e/5
gOYxQh&lid=waAR2IfMVVX3
727DFpJ9xGLDD7kEslM
V0xX03RIHM6poxylUZg8DQ
N8m&mc_id=12b67a74d4&mc_
_id=ee665ebb5&vid=74gqm
Donations will be used to
purchase meals from SNAP-
suported restaurants and donated
to residents living at SNAP
affordable housing properties

Spokane Area Jewish Family Services
director@safs.org
1322 E 30th, 99203  747-7394
Exec Dir: Neal Schindler  
safs.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
some emergency funds but are
running low and awaiting possible
financial aid from SBA.
The event is now virtual, and info is here:
https://appsals.org/
virtualbenefitevent/

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 a organizations to see what needs
there are and to connect them with resources. Non-members
may also contact executive
director Katie Zinler to participate.

Spokane Food Fighters
https://spokanefoodfighters.org
People may outline a quick form
to submit their request for volunteers
to deliver food to their front step
(unless otherwise specified).
Deliveries are made between 4 - 9 p.m. daily.
Building capacity and are presently able to fulfill up
to 25 requests daily.

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
mutualaidspokanecounty.com.
Also on Twitter: @
spokymutualaid,
Facebook: Spokane County
Mutual Aid, and Instagram: @
spokanecountymutualaid,
or call the free hotline at
(503) 662-7912. Can also be reached via email at
spokanemutualaid@gmail.com.

Thrift Stores
Days & hours vary
Arc of Spokane, The
808 N Ruby, 99201
arc-spokane.org/arc-thrift
9a-8p M-Sat
Care & Share
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, Tree
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 444-2396
Coronavirus Impacts Blood Supply URGENT SHORTAGE: DONORS NEEDED
-210 W Cataldo Ave, Spokane
-North Spokane 10403 N Newport Hwy, 99218
-Valley 12117 E Mission Ave Spokane Valley 99216

MultiCare Indigo Urgent Care https://www.indigourgentcare.com/coronavirus
-Argonne 598-7860
2713 N Argonne Rd Millwood, WA 99201

Vitalant 800-423-0151
INLAND NW BLOOD CNTR Coronavirus Impacts Blood Supply
-210 W Cataldo Ave, Spokane

CHAS Health 444-8200
203 N Washington, Ste 300, 99201
https://chas.org/health-alerts

Franklin Park Urgent Care Center 792-3474
5904 N Division, 99208 fpucc.org
Offers minor emergency care, sports physicals (all levels) and injuries, work related injuries (L&W), minor shots, some disease testing and labs.

Kaiser Permanente Medical Centers https://www.kaiserpermanente.org
Consulting Nurse Srvc 800-267-6877
Member Services 888-901-4636
Social Work Services 877-216-6216

Native Project Medical Clinic 1803 W Maxwell, 99201
nativeproject.org 483-7535

Providence HealthClincs providence.org/patients-and-visitors/coronavirus-advisory

Smith Institute for Community Medical Research 10-5 M-Sat, 12-5 Sun

SNAP (Food Stamps) 877-501-2233

Women's Hearth - Transitions 920 W 2nd, Spokane 99201
info@help4women.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 Hearth closed. Posted on door relevant COVID-19 information and resources, and will keep voicemail message and notices on the door updated. Women's Hearth 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 transferred by blood.
Call 590-7691 or email ryan.rodin@redcross.org.
Offers the payment for, access to and integration of Medicaid services in WA: covers Adams, Ferry, Lincoln, Pend Oreille, Spokane and Stevens Counties. Navigator Network is in-person assistance helping residents enroll in WA HealthPlanFnder.

Community Health Plan of WA
866-907-1904
weicare.chpw.org

Empire Health Foundation
1020 W Riverside, 99201
PO Box 244, 99210  315-1323
empirehealthfoundation.org
Invests in ideas and organizations that improve access, education, research, public policy and wellness to improve overall health to the region’s residents. Partners with finovia 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 Serv  800-267-6877

**KIDS SUMMER MEALS AND PROG**

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**MEALS AND PROG**

- **Central Valley**
  - #354  228-5400
  - 19307 E Cataldo Ave
  - Spokane Valley 99016
  - Kids, age 18 and under, can enjoy a free, nutritious, hot lunch and grab-and-go breakfast by drive-through or walk-up this summer. Weekdays, 11 a.m.-12:30 p.m. at specific designated locations. Registration is not required. No ID or paperwork required. Children do not need to be a CVSD student to participate. Children must be present to pick up. Monday - Friday, June 15 - August 14, 2020 11:00 a.m. - 12:30 p.m. Both a grab-and-go breakfast & a hot lunch will be served between 11:00 a.m. and 12:30 p.m. Pick up in front of school Locations:
    - Broadway Elementary • 11016 E Broadway Ave.
    - Greenacres Elementary • 17915 E 4th Ave.
    - McDonald Elementary • 1512 S McDonald Rd.
    - Opportunity Elementary • 1109 S Willbur Rd.
    - Progress Elementary • 710 N Progress Rd.
    - University Elementary • 1613 S University Rd.

- **Cheney**
  - 12414 S Andrus, 99004  539-4599
  - The district will be serving meals to qualified children at three locations, beginning June 22 and ending July 31. The meals will be of the “grab and go” variety due to the ongoing issues surrounding the COVID-19 pandemic. Breakfast and lunch will be offered, M-F, 9:30-10:30
  - *Cheney Middle School, 740 Betz Road, Rene Mahaffy at 599-4424*
  - Lunch will be served between 11:30 a.m. and 12:30 p.m. Both a grab-and-go breakfast & a hot lunch will be served between 11:00 a.m. and 12:30 p.m. Pick up in front of school Locations:
    - Broadview Elementary - North Liberty
    - Galena Elementary
    - East Valley School District

- **East Valley**
  - 924-1830
  - 3830 N Sullivan Rd, Bldg 1
  - Spokane Valley 99216  evsd.org
  - East Valley School District will be delivering meals to ALL children 1 to 18 years of age. East Valley school buses loaded with sack lunches will drive to these locations where children will meet the bus to pick up their grab-and-go sack lunch along with breakfast for the next day. There is no cost for the lunch and children do not need to be students of East Valley School District.

**PACIFIC NORTHWEST**

- **Lifewise Health Plan of WA**
  - lifewise.com  844-961-9845
  - Offers assistance helping residents enroll in WA HealthPlanFinder.

- **Providence Health (insurance)**
  - Providence Foundation
  - 601 W 1st Ave, Ste 200, 99201
  - Mail: 101 W 8th Ave, 99204
  - Ph:foundationnew@providence.org
  - washington.providence.org  474-4917
  - Donations help care for the most vulnerable in the community and support breakthrough technology that saves lives.

- **Molina Healthcare of Washington - Spokane**
  - 1330 N Washington St, Ste 4000
  - Spokane 99201  (800) 869-7175

- **UnitedHealthcare, Community Outreach and Medicare Resources**
  - 481-1755
  - Offers the payment for, access to and integration of Medicaid services in WA: covers Adams, Ferry, Lincoln, Pend Oreille, Spokane and Stevens Counties. Navigator Network is in-person assistance helping residents enroll in WA HealthPlanFinder.
- Brentwood Elem, 406 W Regina
- Evergreen Elem, 215 W Eddy
- Shiloh Hills Elem, 505 E Stonewall

**COMMUNITY DISTRIBUTION LOCATIONS:**
- North Spokane Library
  44 E Hawthorne Rd. 10-10:20 a.m. Monday-Thursday
- Deer Run @ North Pointe
  1225 E Westview Ct. 10:30-11 a.m. Monday-Thursday

**MEDICAL**

116 W 3rd, 99022
Jill Howard, Nutrition Services Supervisor, by phone (509) 565-3131 or email jhoward@mlsd.org
2019/20
- Hallet Elementary 11:45-12:15, M-Th, June 29-Aug 13
  Please see the times and locations below for sack lunch distribution - Monday - Friday
- Hallett Elementary Bus Loop ~ 11:00 a.m.
- Medical Lake City Hall ~ 11:15 a.m.
- Medical Lake High School Bus Loop ~ 11:30 a.m.
- Michael Anderson Elementary ~ 11:40 a.m.
- Medical Lake Middle School Bus Loop ~ 11:45 a.m.

**NORTH MILL FALLS SMILE**

340-4300
10110 W Charles Rd, 99026
No Locations & times:

**ORCHARD PRAIRIE**

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

**RIVERSIDE**

464-8201 or 464-5540
Meals will be served at the following locations:
- Breakfast/Lunch 11:15 a.m.—noon, Monday-Friday.
- Breakfast/Lunch 11:30 a.m.—noon, Monday-Friday.
- Breakfast/Lunch 10:30-11 a.m., Monday-Friday.
- Breakfast/Lunch 10:30-11:15 a.m., Monday-Friday.

**VALLEY**

888-284-5719
3034 Huffman Rd, 99181
valleys.org
937-2413

**WEST VALLEY**

924-2150
2805 N Argonne Rd, 99216
Free for all children and teens 18 years and younger (21 years for anyone with a disability)
No adult meals. June 24, 2019-August 1, 2019
Monday-Thursday, Breakfast: 8:30 a.m.-10:00 a.m.
Lunch: 11:15 a.m.-12:45 p.m.
- West Valley High School
  3011 Buckeye Ave

**SPOKANE PUBLIC SCHOOLS**

200 N Bernard St, 99201
spokaneschools.org
354-5900
Meal program continues for children on reduced and low-income meal plans

**SAFE**

354-7320
**SCHOOL MEAL PROGRAM**

354-5976
Summer Grab & Go meals

**Mondays 11-noon**
- Flora Elementary, 2901 S Spruce, 99221
- North Spokane Library, 10th Ave NE & 2nd St, 99205
- Northwest Youth Center, 301 N River Rd, 99201
- River Rock Apartments, 503 N Division, 99202
- Riverside Elementary School, 4001 S Spruce, 99209
- St. Patrick's Catholic Church, 1107 N Perry, 99202
- Wells Fargo, 3901 S Division, 99205
- Western Washington University, 1919 E Riverside, 99209
- Western Washington University, 1919 E Riverside, 99209

**Community Food Banks**

Various locations offered by Sun City Church and Second Harvest open to anyone.

**Opportunity Elementary** - 1109 S Wilbur Rd., 99206
- Mondays 11-noon

University Elementary – 1613 S University Rd., 99206
- Friday May 8th 10a.m.-1p.m.
- Free (Food by Northwest Harvest)
- Shadle Park High School every Thursday from 11-12

**Communities In Schools of Spokane County**

413-1436
905 W Riverside, Ste 301, 99201
info@cisspokane.org
SPOKANE.CISAWA.org
Distributes food at various locations in Spokane and Cheney.

**The Zone Project**

487-1603 x223
Northeast Community Center
4001 N Cook St, 99207
avvalder@necommunitycenter.net
thezoneproject@necommunitycenter.com
Dir: 406.686.0467
A collaborative effort of community partners.

**Millwood Impact**

info@millwoodimpact.org

invests in the Holistic Wellbeing of youth and families in Millwood.
Great Fresh and Frozen distribution today for West Spokane Valley District Spokane.
- family, food, toiletries & safe places.

**Northeast Youth Center**

3004 E Queen, Spokane 99217
spokaneyc.org
482-0708
Passing out Grab-N-Go meals—breakfast and lunch—11 a.m. - 1 p.m., at Northeast Youth Center.
- Ready to eat, microwavable meals, first come, first served, for ages 18 years of age and under:
  - 3004 E Queen Ave, Spokane 99217

**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, lunches like in summer, meals from Shadle. Hand-out stuff during
  - week for those in need.

**Summer Meals:**
- Fairfield Community Center
  - 304 E Main St, Fairfield 99012
- Fairfield Town Hall 283-2414
- La Donna Kelly 291-3963
Free Lunch to children 18 yo and younger, lunch served from 12-1. From June 15 to Aug 14. Adults can also purchase a lunch for themselves for $4.
- American Indian Community Center, 1025 W Indiana: Breakfast/Lunch, 6/22 - 8/21, 9:30 a.m.-12:30 p.m.
- Boys & Girls Club 13120 N Pittsburgh (old Northwood building): Starting June 22, Monday-Friday, noon - 1 p.m. (closed July 3)
- Calvary Chapel @Takesa Village, Forest Creek Apartments & Woodhaven Apartments, Time TBD
- Galena Apartments, 13663 W 6th Ave., Airway Heights: Lunch only, 6/22 - 8/21, 11:30 a.m. - 12:30 p.m.
- Girl Scouts, 1404 N Ash; Lunch Only, 7/13 - 8/21, 12-12:30 p.m.
- Martin L King Center, 500 S Stone: Breakfast/Lunch, 7/6 - 8/21, 8:30-9 a.m./12:30 - 1 p.m.
- Pinerock Apartments, 3211 E 55th Ave.: Lunch only, 6/22 - 8/21, 1-2 p.m.
- Stone Soup Cafe (sponsored by the Episcopal Diocese & St. Andrew's) will be opening two Grab'n'Go Food sites, starting Monday, June 22, 11:30 a.m. - 12:30 p.m. Monday - Friday, until August 28. Meals, breakfast and lunch in one bag, are free. Children and/or parents can pick them up at St. Andrew's & West Central Episcopal Mission.
- West Central Community Center, 1603 N Belt: Breakfast/Lunch, 6/22 - 8/21, 9:15 - 9:45 a.m./12:15-12:45 p.m.
- Winter Heights, 2721 N Cherry St., Spokane Valley: Lunch only, 6/22 - 8/21, 11:30 a.m. - 12:30 p.m.
- YMCA North, 10727 N Newport Highway: Breakfast/Lunch, 6/22 - 8/21, 8:30-9 a.m./11:30-12 p.m.

Volunteers of America, 525 W Second, 99201
voaspokane@voaspokane.org voaspokane.org - 624-2378
Crosswalk maybe adding hours with Spokane Public Schools.

Restaurants (free food for kids: River City Pizza (call in advance) Brick West Brewing Company 279-2982 Cochinito Taqueria with adult order Burger King

WEEKEND MEALS/FOOD BACKPACKS
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 kit includes 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 252-6283 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

Childcare Aware - Family Center 800-446-1114 If your Child Care center closes from COVID-19 emergency, call here to help find an alternative. Warning capacity maybe an issue as some child care centers already. Now working remotely

Northeast Youth Center 3004 E Queen, Spokane 99217 spokaneyenyc.org - 482-0708
Childcare Openings, Starting Monday, March 23rd from 7 a.m. - 5:30 p.m. Safety of children and families is a priority. Work diligently to deep clean and disinfect the entire facility and vehicles. Aware parents need quality, affordable, fun childcare. Re-opened doors for the first 37 school age and 10 preschool children. Call and register through the main office: 482-0708.

Salvation Army 325-6810 222 E Indiana, 99207 spokane.salvationarmy.org The Youth Center is closed

The Nest Community School

Vanessa Behan Crisis Nursery 2230 E Sprague, 99202 533-3155 kristen@vanessabehan.org vanessabehan.org Fax: 534-7099
Concerned about the potential increase in child abuse and neglect during the COVID-19 crisis with schools closed six weeks, is offering support to children and families on its website and social media. Parents with limited support face difficult decisions about child care. Vanessa Behan is considering how to increase services for parents needing childcare. Supplying diapers, wipes and formula during business hours.

EDUCATION MATERIALS, SCIENCE
https://ksps.pblearningmedia.org/collection/ksps-public-televisio education-collection/ DIY Sun Science from Lawrence Hall of Science: https://www.lawrencehallofscience.org/do_science_now/science_apps_and_activities/diy_sun_science (13 activities you can do without a computer, half on sunny days and half anytime)


Kahn Academy Daily Schedule k-12: https://docs.google.com/document/d/e/2PAeX-1v5ZhODePAPW1JQpq DkVAhFwxxZ95a6zG OqtICNrm67Z7Dznq- tQW530huVCU/1bh-P Wmks4izbK9d/pub Lunch doodles with Mo Willems: Episodes 01 - 15 (end of series)

https://www.youtube.com/watch?v=RmzjCPQv3y8
 produced by the Kennedy Center: (Mo Willems is second one down) https://www.youtube.com/channel/UCjeesXuK5ERyhy-0Dw4APQ

These are fantastic daily “talks” with kids by Mo Willems and drawing lessons, activities!!
Cornell/Audubon quests: https://www.birds.cornell.edu/k12/quests/ https://www.birds.cornell.edu/k12/science-nature-activities-for-cooped-up-kids/

Ecologist School from "Families in Nature https://familiesinnature.org/ecologistschool/

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 on-line format for families from around the country.

geology, Week 1 – Geology Week 2 – Paleoentnoy 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 – Marine Biology Week 14 – Oceanography Week 15 – Anthropology Week 16 – Ecology

NWR live c.maras https://static1.squarespace.com/static/5c2a3500793923866cc1 9b8/567e09b9eeee533bfaf 4b6d/158524275691 virtually+ 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_c.a.maign=newsletter&utm_content=outings2020310

NWR live c.meras
**SHELTERS**

**The City Gate Women's Shelter**  
170 S Madison, 99201  
thecitygate@qwestoffice.net  
thecitygate@spokane.org  
Mngr Mysh Santos  
455-9670  
Offers 25 beds for homeless women. Daily 9 p.m.-7 a.m. Offers coffee and snack till 11 p.m.

**Family Promise**  
Mail: 904 E Hartson, 99202  
747-5487  
Open Doors: 2002 E Mission, 99202  
Familypromise@spokane.org  
Exec Dir: Joe Alder  
Neighbors/Bridges Prog Mngr: Susan Heitsman  
Open Doors Program Mgr: Serena Graves  
723-4663  
Village Program Mgr: Lynetta Lewis  
Volunteer Mgr: Marianne Steir  
Admin Coord: Hillary 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**  
jewels@helpinghands@spokane@gmail.com  
281-7120  
28285676255273 on FB  
Provides mobile showers for our homeless friends. Jewels provides a meal, hygiene products, basic needs supplies, and $10 laundry cards at our shower events (see attached schedule). $10 laundry card can be used at The Laundry Room (1725 N Ash) and Jewels provides soap, available at the front desk when you ask for Jewels soap.

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**  
2600A E Seltice Way, Ste 122  
Post Falls 83854  
208-449-1210  
mstheguardians@gmail.com  
theguardiansfoundation.org  
Direct assistance to veterans and families offering shelter, clothing household items, financial assistance and job opportunities. Offers two shelters in Spokane, and one shelter in Coeur d’Alene manages the shelter at Spokane Arena.

**House of Charity**  
Catholic Charities  
32 W Pacific, 99204  
ccoasternwa.org  
Meals: Breakfast, Lunch & Dinner: Sack meals and hot meals will be consumed at the House of Charity shelter site outside in the courtyards. No tables will be set up in dining room. Clients will line up, wash hands, grab food and go outside.

Other day services: 7:30 a.m. - 7 p.m.: Patrons will be asked to access the specific service they need and then be asked to hang out outside. Patrons will be allowed inside 5 people at a time, and may choose to access the showers/bathroom line and/or sign up for laundry & mail. There will be a line for bathrooms/showers, mail, and sign-ups at front desk for laundry. Laundry participants will be notified when laundry needs to be switched over. Clients can get in line for another service once their needs in the current line are met. The idea is to keep a flow going and not to have people laying down or sitting down inside. Fresh Air is the motto!

Staff will be cleaning inside, monitoring courtyards and neighborhood, and picking up litter outside. Sidewalks will be power-washed daily.

MAIL: One Exception for those who do not stay at HOC: Still handing out mail to people who do not sleep at the shelter Monday – Friday from 8-10:30 a.m.  
SHELTER CHECK-IN: All patrons are screened for COVID/Temps taken nightly at check-in.  
HOC Women’s Sleeping: Check in at 7:30 p.m. - Exit at 6 a.m. enter from the exterior of the properties through the gate on State Street. Our staff is there to greet them! Both sites offer a private shower and two private restrooms. Jacklin Haven Conference Room & Training Center on State Street: sandwiched nicely between Donna Hanson Haven apartments and CCEW’s Myrtle Wilson Institute aka The HOC Annex, on State Street.

**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  
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

**SPOKANE DOWN TOWN LIBRARY SHelter**  
Hope House VOA. The space will be available until May 15, possibly longer depending on the spread of COVID-19.

**St Margaret’s Shelter**  
624-9788  
Catholic Charities  
ccoasternwa.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 asked to think about who can watch their children if they get sick.

**Truth Ministries Spokane**  
1910 E Sprague, 99202  
456-2576  
jntruth@yahoo.com  
truthministries@spokane.org  
Marty & Julie McKinney  
990-8415  
Transitional shelter for 100 men 18+, may be reduced by city to 50. Open 8 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@unioneaglemission.org  
unioneaglemission.org  
Offering sack lunches daily for cooks temporarily out of work, UGM is hiring temporary kitchen help. Normal application process. Shelter and transitional Programs open but new clients screened on entry.

**Volunteers of America**  
525 W Second, 99201  
voaspokane@voaspokane.org  
624-2378  
Hope House accepting new clients daily at The Downtown Library

**SMALL BUSINESS & EMPLOYMENT**

facebook.com/groups/SaveSpokaneSmallBusinesses  
https://www.dol.gov/coronavirus  
https://esd.wa.gov/newsroom/covid-19  
insurance.wa.gov  
TANF (only Job Search)  
(509) 532-3127  
access.wa.gov/allegisgroup  
doc.wa.gov/about/jobs/default.htm  
careercast.com  
coolworks.com  
collaborrecruiter.com  
craiglist.org  
cybercoders.com  
dhr.idaho.gov  
dol.wa.gov  
egov.wa.gov  
gettinghired.com  
indeed.com  
hello@spokane.com  
tjobs.net  
insouces.com  
linkedin.com  
labor.idaho.gov  
my Spokane.org  
metrospokaner.com  
regionalhelpwanted.com  
simplyhired.com  
serviceidaho.com  
spokanenews.com  
classifieds.spokesman.com/search/employment/spokane/
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
nickerson@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 747-6011
expresspros.com

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.

The Next Generation Zone 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 opendoors Spokane.com to learn about CED 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 444-0871 (800) 805-0361
provisional.com

INBA - Inland NW Business Alliance (509) 402-4622
www.inbachamber.org
Local funding and focus on support for local small business.

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

Nations largest career technical training and education program for students 16-24
New Leaf Bakery Cafe Job Training - Transitions 930 N Monroe St. Spokane, 99201 496-0396 help4women.org
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 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.

Aspen Personnel Services 621 W Mallon Ave STE 601
In The Flour Mill 624-4858
aspen@mystix.net

Career Path Services 326-7520
10 N Post, Ste 200 888-326-7520 Spokan 99201
TTY 323-1243
careerpathservices.org Fax: 343-1244
No-fee, non-profit employment and training agency. Specializes 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 888-231-2170x20
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.

Crafter’s is a small business that 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 offices are closed and unstaffed.

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John Nickerson 808-8482
nickerson@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.

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Craft3 Eastern WA 10 N Post Street, Suite 220 99201 888-231-2170x20
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.
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 days.

Safeway, Albertsons
Senior citizens, and people with compromised immune systems 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
apicspokane.org
869-5660

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
ane@spokaneprogress.org
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

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 Covid-19 Pandemic

Spokane NAACP
Spokane Branch
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
SpokaneCIA@gmail.com 720-8825

Serves those of Chinese cultural heritage residing in the Spokane area. Added 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. DHS 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
sthorpe@arc-spokane.org
Fax: 328-6342

From March 17 until April 24 Suspending ALL activity

Disability Action Center-NW, Inc
Third Floor, West 9 995-765525
WM Main Ave 208-618-1191
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 (DHS)
1611 W Indiana, 99205 329-2900

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 - LULAC Chapter 991-5861
Downtown Library 901 W Main, 99201
4 p.m., 2nd & 4th Thursdays peoplefirstspokane@live 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 almost 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 853-473-3711 844-4peer1.

Project ID 475-7185
4209 E Pacific, 99202
PO Box 18703, 99228
projectidspokane.org

Closed but is providing clients with fun activities to stave of cabin fever.

SKILS’KIN 326-6760
4004 E Boone, 99202 skils-kin.org

Although the main office is currently closed, Skils’kin remains open to serve employment services and payee clients. Skils’kin is also actively hiring essential personnel to perform work at FAB.

Spokane Center for Independent Living (SCIL) 326-6355
8817 E Mission Ave, Ste 106
Spokane Valley 99212 scilwa.org

Due to 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
stlukesrehab.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/
To provide financial support to immigrant families who are impacted by the pandemic and don’t qualify for federal and state benefits. Please donate today to help us raise the money needed to help immigrant families pay rent and meet basic needs. Those who can afford may donate a portion of their $1,200 federal stimulus check. 100% of the donation will go directly to immigrant families in Spokane.

**Spokane International Translation**

104 S Freya, Ste 104, Lilac Flag Bldg, 99202  
Tel: 327-8064  
Fax: 327-8016

Continues to be available for interpreting and document translation needs. Staff available around the clock.

Continues to provide On-Site Oral Interpreting Services for all clients. Interpreters are receiving virtual training opportunities to increase their education on infection control and are learning how to keep patients/clients safe during these times. Continues to provide Telephonic Interpreting to anyone interested. Some partners are using virtual options, conferencing with clients by phone and video for whom they cannot meet with in-person and much more. Will provide telephonic interpreting services for both pre-scheduled appointments and urgent, on-demand appointments.

**World Relief Spokane** 484-9829  
1522 S Washington St, Ste #204, 99201  
Tel: 546-7279

Office is closed and volunteer activities are postponed, staff will work remotely to empower the community to serve the most vulnerable—knowing crises bring disproportionate impact. It is working to be sure public information is available in immigrants’ and refugees’ languages and will address financial, housing and food needs.

**Mental Health & Recovery**

aaspokane.org has resources for meetings  
www.wnirna.org has region wide NA meetings

www.newana.org, the local NA website, has resources for area’s NA services available at this time

24-Hour, 365-Day-A-Year Regional Behavioral Health Crisis Hotline: Serving Spokane, Adams, Ferry, Lincoln, Pend Oreille, and Stevens Counties

**The Spokane Regional Behavioral Health Crisis Hotline** operated by Frontier Behavioral Health is available to individuals in the Spokane Regional Service Area who are experiencing a mental health or a substance use crisis regardless of insurance or financial eligibility.

**Call Toll-Free:** 1-877-266-1818
If Hearing Impaired, call: TTY: 1-800-833-6384

SA.m.HSA’s 24/7 365-Day-A-Year Disaster Distress Helpline

SA.m.HSA’s National Disaster Distress Helpline provides immediate crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters disaster, including infectious disease outbreaks.

**The Toll-Free Disaster Distress Helpline:** 1-800-985-5990

**Text:** TalkWithUs to 66746

**Deaf/Hard of Hearing:**

- Use a preferred relay service to call the Disaster Distress Helpline at 1-800-985-5990
- TTY 1-800-846-8517

**Spanish Speakers:**

- Call 1-800-985-5990 and press “2”
- From the 50 States: Text Hablamos to 66746

**American Behavioral Health Systems (ABS)** 934-1078

715 S Sprague, Ste 107  
Spokane Valley 99216

Fax: 232-5770

New clients accepted that this time. Detox, inpatient, outpatient.

**Children’s Home Society Spokane**

747-4174

spokane@chfs-wa.org

www.newana.org, the local NA website, has resources for area’s NA services available at this time

Colonic Clinic

910 N Washington, Ste 210, 99201  
colonicide.com: 327-9831

All services still available, accepts Community 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 Medciaid, sees them anyway.

**Daybreak Youth Services**

960 E 3rd, 99202  
888-454-5506

Admin & Develop: 444-7033

admissions@daybreakinto.org

daybreakyouthservices.org

Inpatient & outpatient 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**

3754 W Indian Trail Rd, 99208

excelsioryouthcenter.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 anytimes, call Warming Line 877-500-9276

All services still available, accepts WA Apple Healthcare (Medicaid). Intake is first come, first served, intake from 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**

Compiled of regional partners across the state who operate teams of support specialists to help people deal with this uncertain and difficult time. Call our toll-free number from 9 a.m.-9 p.m. Monday-Friday, 9 a.m.-6 p.m. Saturday & Sunday or access us online at www.walisten.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 hladmin@healinglodge.org 535-2863 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.


Lutheran Community Svcs NW 210 W Sprague Ave, 99201 lcsnw.org/Spokane 747-8224 Our behavioral program is providing 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 pioneermanservices@pioneerservices.org All services still available, accepts WA Apple Healthcare (Medicaid). Provides recovery care and rehabilitation services such as Inpatient Drug Rehab, short term drug rehab, and others to clients in Spokane and its Surrounding areas to that they conquer their substance use disorders and achieve full recovery.

Pioneer Human Services - Boone 325-7232 PIONEER HUMAN SERVICES 910 W Boone, 99201 pioneermanservices@pioneerservices.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) 960-8525 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 lunch for members and the community from 12-1 Tuesday-Friday.

The Salvation Army 844-458-HOPE (4673). the first 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) sparcp.org 624-3251 or 241-3130 All services are still available. Accepts WA Apple Healthcare (Medicaid). Intensive inpatient, recovery house, counseling and psychotherapy, medication supervision, case management, intensive outpatient, abuse treatment, alcohol & drug info, 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 programs, case management, referrals to resources and prevention education.

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

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

YFA Connections Adult Services 22 S Thor, 99202 532-2000 info@yfaconnections.org yfaconnections.org Fax: 532-2005 Dir. Adult Services: Tom Murphy Adult outpatient treatment for Substance use and co-occurring disorders. Accepts Medicaid, most private insurance and self-pay.

YFA Connections 532-2000 PO Box 3344, 99200 yfaconnections.org Directions Dir: Angela Leavitt School based mental health services for Medicaid eligible children and youth in Deer Park, Riverside and Nine Mile School districts.

Crisis Residential 624-2868 201 W 6th, 99204 Dir: Angela Getz Fax: 747-1730 Shelter services for at-risk, homeless and runaway youth 12-17.

SENIORS

Aging & Long Term Care of Eastern WA - ALTCEW 1222 N Post St, Spokane 99201 action@altcew.org altcew.org See website for Programs and event cancellations. 458-2509

Catholic Charities Eastern Washington 800-831-1209 12 E 5th Ave, 99202 358-4250 ceasternwa.org 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@ceasternwa.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.ceasternwa.org/covid-19

Elder 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 County Meals On Wheels 924-6976 12101 E Sprague Ave, 99206 POB 14278, Spokane Valley 99214 gsmeaconsonwheels.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
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
-Disability 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.

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
MedTrans: (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
354-9760
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 to 7 to maintain social distancing. (Spokane to Deer Park, Ritzville, Davenport & Deer Park Dial-A-Ride)

SNAP Dental Transportation
Dental providers in are 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 if you have an appointment already CALL 509-619-1656.

Spokane Transit Authority 456-7277 328-RIDE
spokanetransit.com
Spokane Transit Authority: Spokane Transit (STA) will resume fare collection and front-door boarding on Wednesday, July 1. Transit passengers are strongly 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 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.

Women & Children: Infant Needs & DVSA
DVSA Text Line 220-3725
Child Welfare (DCYF) 800-557-9671
-Intake 800-557-9671
-After hrs 800-562-5623

Abuse Recovery Ministry Spokane (ARMS) 866-262-9284 abusivecovery.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 on FB
Canceled event at UGM for bra fitting event, call for future events or distribution.

Catholic Charities 455-4986
CAPA - Childbirth & Parenting Assistance
PREPARES
455-4986
Inland NW Diaper Bank
Spokane Valley Partners: 927-1153
10814 E Broadway, 99206
PO Box 141360  Fax: 928-8463
Sponsorship gives to needy families.

Lutheran Community Servs NW
210 W Sprague Ave, 99201
lcsnw.org/Spokane
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
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, offering pre-natal and postnatal education, mother/infant 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
projectbeautyspokane.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 441-1224
Sponsorship gives to needy families.

VETERANS
The Free Handyman for thre Disabled/Veterans Thrift Store
4705 W Wellesley, 99205 290-6891
theworkethic1@gmail.com
Freehandymanforthedisabledveterans.org freehandymanforthedisabledveterans.org On FB As an essential local community based nonprofit, remains open to provide services and supplies for veterans in need. Open to the public to accept donations during these trying times across the street from the VA Hospital, Spokane. Especially helpful is packed 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 the Goodwill Administration office located at 130 E 3rd Avenue in Spokane, Washington, Monday through Friday, 8:00 a.m. to 3:00 p.m.


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, our team is currently assigned to telework. For your safety, has suspended in-office appointments and classes at this time. Will continue to provide phone and email communication support at (509) 344-9280, (509) 344-9353. Call: (509) 477-3690, or email VETSTUDY@spokanecounty.org

Spokane Vet Center 444-8387
13109 E Mirabeau Pkwy 99216
vetcenter.wa.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.wa.gov/veteran-homes/spokane-veterans-home In full lockdown

VA Medical Center, Mann-Grandstaff
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.