January 16, 2021

Resource Directory

Published by

The Fig Tree Covid 19: Resource Supplement

connecting the faith and nonprofit communities in the Inland Northwest - online at thefigtree.org
1323 S. Perry St. Spokane, WA 99202-3571
RESOURCE DIRECTORY: GUIDE TO CONGREGATIONS AND COMMUNITY RESOURCES: SUPPLEMENT ON COVID-19 RESOURCES IN SPOKANE COUNTY

A Supplement of The Resource Directory: Guide to Congregations and Community Resources that is published annually by The Fig Tree, a nonprofit 501(c)(3) organization, © 2020 at 1323 S. Perry St., Spokane, 99202, (509) 535-4112, resourcedirectory@thefigtree.org

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Inclusion agencies is for informational purposes, not as an endorsement of particular programs or dogmas of agencies. This online directory offers constantly changing coverage of social services, in the greater Spokane Area during the COVID-19 Emergency.

We endeavor to be inclusive while respecting those not interested in participating.

We do not sell or distribute mailing lists.

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We update information regularly through research, mailings, email, phone calls and web research. Send corrections to us.

Jan 16, 2021

Federal, State & Local Resources - Covid 19

FEDERAL PROGRAMS

Coronavirus.gov usa.gov/coronavirus
https://www.fema.gov/coronavirus-rumor-control
ready.gov
ssa.gov
CDC cdc.gov/
Nat’l Institutions of Health nih.gov
Department of Health and Human Services hhs.gov

IDAHO

coronavirus.idaho.gov
Panhandle Health District panhandlehealthdistrict.org/covid-19/877-415-5225
Benewah, Bonner, Boundary, Kootenai, Shoshone
Central Idaho 866-736-6632 idahopublichealth.com
Nez Perce, Lewis, Idaho
Clearwater, Latah
Idaho Community Foundation dahofc.org/covid-19

WASHINGTON
coronavirus.wa.gov covid19helpwa.org
Department of Health doh.wa.gov/Emergencies/Coronavirus COVID-19 Hotline 800-525-0127 text “Coronavirus” to 211211
Governor’s Info & Resources https://www.governor.wa.gov/issues/issues/covid-19-resources
NE Tri-County Health metochd.org
Adams co.adams.wa.us/government/covid-19.php
Asotin asotincountypublichealth.org
Lincoln co.lincoln.wa.us/public-health/coronavirus-covid-19-updates/

Whitman whitmanpublichealth.org/covid-19.html
Walla Walla co.walla-walla.wa.us/government/health_department/index.php

SPokane AREA
Spokane COVID Response spokanecovidresponse@gmail.com FB: SpokaneCovidResponse /InlandCOVIDResponse.org
Spokane Resource Center HUD spokaneresourcecenter.org/covid-19
City of Spokane my.spokanecity.org/covid19/
- Financial Help line 625-6650
-UHelp Program 311 ubill@spokanecity.org 755-2489 spokanecityutilityhelp.org
City of Spokane Valley ED spokanevalleyed.org/covid19/ Greater Spokane Inc greaterspokane.org/covid-19/SRHD srhd.org/covid19
Spokane County Community Services 477-5722

Spokane Public Schools spokanecourts.org/covid
The Fig Tree hefigtree.org
United Way unitedwayspokane.org/COVID19Resources

Civic Volunteers via Social Media: Helping Spokane Get Through COVID 19 FB: Helping Spokane Get Through COVID 19
Spokane Area Coronavirus Aid FB: 26107208235464
Spokane Mutual Aid 503-662-7912 spokanecountymutualaid@gmail.com FB: SpokaneCounty/MutualAid mutualaidspokanecounty.com
For Food 2-harvest.org
northwestharvest.org/eastern-washington

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We are only vaccinating phase 1A providers at this time. Phase 1A providers may make contact through Multicare’s website to schedule an appointment.

-Spokane
MT. SPOKANE PEDIATRICS
9425 N Nevada Ste 300, 99218
vaccines@mtspokanepediatrics.com
Call or email
MultiCare - MAIN PEDIATRICS
910 W 5th Ave
Spokane, WA 99204
We are only vaccinating phase 1A providers at this time. Phase 1A providers may make contact through Multicare’s website to schedule an appointment.

NORTHPOINTE FAMILY MEDICINE
605 E Holland, Suite 200, 99218
We are only vaccinating phase 1A providers at this time. Phase 1A providers may make contact through Multicare’s website to schedule an appointment.

PREVENTION NORTHWEST/ Northwest Neurological
26E 5th, 99202
We are only vaccinating phase 1A providers at this time. Phase 1A providers may make contact through Multicare’s website to schedule an appointment.

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 hours
Mon. - Fri. | 10 a.m. - 5 p.m.
Sat. | 11 a.m. - 3 p.m.
Closed on Sundays*

Testing Emergency workers
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.

<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>Clayton Closet</td>
<td>Clayton Community 4494 Carlton Ave</td>
<td>276-5998</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9:30-12:30, W</td>
<td>area children, 0-18yrs, $1 fee</td>
<td>godsclotus.deerpark@ or <a href="mailto:spokane@godsclotus.com">spokane@godsclotus.com</a></td>
</tr>
<tr>
<td>God's Closet Admin - Central SDA 804 W Spofford, 99205/POB 9297, 99209</td>
<td>Deer Park SDA, 809 S Colville, Deer Park</td>
<td>991-1582</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>God's Love International</td>
<td>4006 W Staley Rd</td>
<td>312-9875</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>godsofalvinter-national.com</td>
</tr>
<tr>
<td>GreenHouse, The</td>
<td>211 N Fir St, 99006 Mail: PO Box 62</td>
<td>276-6897</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:greenhousefoodbank@gmail.com">greenhousefoodbank@gmail.com</a> thegreenhouse-online.org</td>
</tr>
<tr>
<td>Mead Food Bank - POB 53</td>
<td>12611 N Wilson, 99021</td>
<td>466-7068</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>4-6:45, W, bread &amp; produce 4-5, Sun</td>
<td>canned fruits, soups, personal hygiene, toilet paper, baby wipes, diapers 12:30-6:45 pm, W, Sun 3-5</td>
<td>facebook.com find donation link</td>
</tr>
<tr>
<td>New Hope Resource Center</td>
<td>4211 E Colbert Rd, 99005</td>
<td>467-2900</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-11, TTh</td>
<td>toothpaste, shaving cream, shampoo, toilet paper and baby wipes</td>
<td>newhope-resource.org</td>
<td></td>
</tr>
<tr>
<td>North County Food Pantry</td>
<td>40015A N Collins Rd/ PO Box 388, Elk 99009</td>
<td>292-2530</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>11-2, M; 9-noon W</td>
<td>baking food, jelly, chili, toiletries, toilet paper</td>
<td>joesandraharveycc@<a href="mailto:pantry@gmail.com">pantry@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Open Door Congregational</td>
<td>205 N Main St</td>
<td>534-6678</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>3, M</td>
<td>2-harvest.org</td>
<td></td>
</tr>
<tr>
<td>Tum Tum Food Pantry</td>
<td>6424 Hwy 291, Nine Mile Falls 99026</td>
<td>276-5472</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9-noon, 1st/3rd Sat</td>
<td>barrel at Rousauer’s and out front; peanut butter, cereal &amp; canned green beans</td>
<td>TumTumPantry on FB</td>
</tr>
<tr>
<td>Lake Spokane Community Clothing Closet</td>
<td>6418-A Hwy 291, Annex</td>
<td>276-5472</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>3rd Sat only</td>
<td></td>
<td><a href="mailto:clothing@lakespokanecommunitychurch.org">clothing@lakespokanecommunitychurch.org</a></td>
</tr>
<tr>
<td>Organization</td>
<td>Address</td>
<td>Phone</td>
<td>Food</td>
<td>Clothing</td>
<td>Household</td>
<td>Hygiene</td>
<td>Hours</td>
<td>Donations</td>
<td>qualifications/contact info</td>
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<td>---------------------------------------------------------------</td>
<td>-------------------------------------------------------------------</td>
</tr>
<tr>
<td>All Saints Gather Food Pantry (FP)</td>
<td>314 S Spruce, 99201</td>
<td>838-4409</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>10-2, MW</td>
<td>N/A eggs, canned goods, toiletries, hygiene items, baby food, call on arrival, gloves and masks</td>
<td>allsaintsgather.com/Mark Reilly/wspokanecommunitycenter/</td>
</tr>
<tr>
<td>Southwest Community Cntr</td>
<td>314 S Spruce, 99201</td>
<td>624-8634</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>7:30-5:30, M-F</td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Indian CC</td>
<td>Moved: 1025 W Indiana, 99205</td>
<td>535-0886</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>1-4:30 T-TH</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Audubon UMC Food Bank &amp; Bare Necessities</td>
<td>location or donations to: 3900 N Driscoll, 99205</td>
<td>Dan Masters/ Karen Parock 325-4541</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>9:30-12:30, 2nd/last T</td>
<td>meat, fresh produce, bread and other food items &amp; toiletries</td>
<td><a href="http://audubonparkumc.org/coronavirus/coronavirus-resources/">http://audubonparkumc.org/coronavirus/coronavirus-resources/</a></td>
</tr>
<tr>
<td>Bethel AME Food Pantry</td>
<td>Richard Allen Apt Office, 600 S Richard Allen Ct</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 p, Th</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Better Living Center</td>
<td>25 E North Foothills, 99207</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>9-4, T; 9-1 Th</td>
<td>contact Patty Marsh</td>
<td>betterlivingcenter.org</td>
</tr>
<tr>
<td>Breaking Bread Rescue Market</td>
<td>Family of Faith Community, 1504 W Grace, 99205</td>
<td>325-0343</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>10-12, T</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caritas Outreach Ministries</td>
<td>1612 W Dalke, 99205</td>
<td>326-2249</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>11-1 MWTh</td>
<td>Pay Pal on FB, 9-1:20 MWTh,</td>
<td>caritasoutreachministries.org</td>
</tr>
<tr>
<td>Chase MS</td>
<td>4747 E 37th Ave</td>
<td>534-6678</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>11, F</td>
<td>2-harvest.org</td>
<td></td>
</tr>
<tr>
<td>City Gate Food Bank</td>
<td>170 S Madison, 99201</td>
<td>455-9670</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>call for an appt, Meal site G+n-G, Breakfast 7am, Sat (2nd &amp; 4th), Lunch Tue-Fri, 12:30pm; Dinner Wed, Dinner-Sunday 7pm</td>
<td>Drop off 10-2, T-F</td>
<td>thecitygate-spokane.org</td>
</tr>
<tr>
<td>MLK Jr Center</td>
<td>500 S Stone, 99202</td>
<td>868-0856</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>1-3 MWTh</td>
<td>call for accounting rep, masks and gloves</td>
<td>mlkspokane.org FB</td>
</tr>
<tr>
<td>New Hope Ranch</td>
<td>2524 E Queen</td>
<td>954-5145</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>12-2, MW, 12-1 F</td>
<td>Donations to PO Box 16262, 99218</td>
<td><a href="mailto:thezhals@comcast.net">thezhals@comcast.net</a></td>
</tr>
<tr>
<td>Northeast Community Food Pantry - NW Connect</td>
<td>4520 N Crestline St PO Box 7398, 99207</td>
<td>290-5691</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>9-11, MTTh</td>
<td>turning to a delivery service only</td>
<td><a href="mailto:info@nwconnect.org">info@nwconnect.org</a>/nwconnect.org, FB</td>
</tr>
<tr>
<td>Off Broadway Outreach</td>
<td>2225 W Mallon Ave</td>
<td>998-2630</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9, TF</td>
<td>donations, masks</td>
<td></td>
</tr>
<tr>
<td>Our Place Ministries</td>
<td>1509 W College, 99201</td>
<td>326-7267</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>10-1 Th, Free Fresh Market, 4-6:30, W</td>
<td>produce &amp; hygiene items</td>
<td><a href="mailto:office@ourplacespokane.org">office@ourplacespokane.org</a>/ourplacespokane.org</td>
</tr>
<tr>
<td>Revive Ministries</td>
<td>3909 W Rowan Ave, 99205</td>
<td>919-3387</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>9, Sat</td>
<td></td>
<td><a href="mailto:revive2017@gmail.com">revive2017@gmail.com</a>/ReviveCommunityServices.com</td>
</tr>
<tr>
<td>Salvation Army Family Svcs</td>
<td>204 E Indiana, 99205</td>
<td>325-6810</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>9-4 MWF; 9-5 TTh</td>
<td>donations via regional web</td>
<td>spokane.salvationarmy.org</td>
</tr>
<tr>
<td>Serve Spokane</td>
<td>8303 N Division St, 99208</td>
<td>998-5722</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>12:30-2:30 T, 12:30-3:30 Th; 8:30-11:30, Sat</td>
<td>canned tomato, personal hygiene, soaps, diapers, toilet paper, baby food</td>
<td>ServeSpokane.org</td>
</tr>
<tr>
<td>Southside Food Pantry</td>
<td>2934 E 27th Ave, 99223</td>
<td>535-2301</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>10:30-12, Sat</td>
<td>bread &amp; produce</td>
<td>southsidefoodpantry.com</td>
</tr>
<tr>
<td>SPEAR</td>
<td>1905 E Pacific, 99202</td>
<td>475-5470</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>3-4, TW; 10; noon Sat</td>
<td>donations to St. Mark’s Lutheran, 316 E, 24th</td>
<td>Donations: <a href="mailto:kruger5919@comcast.net">kruger5919@comcast.net</a></td>
</tr>
<tr>
<td>Spokane Aids Network - SAN Food Pantry</td>
<td>1121 S Perry St, 99202</td>
<td>844-1758</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9-noon, 1-3, 3rd T</td>
<td>link to mailchimp fundraiser on their FB</td>
<td><a href="http://www.san-nw.org/Delivery">www.san-nw.org/Delivery</a> to SAN Clients</td>
</tr>
<tr>
<td>UGM Student Impact Team</td>
<td>1234 E Sprague</td>
<td>535-8510</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>deliveries boxes to home bound families</td>
<td>uniongospelmission.org/</td>
<td></td>
</tr>
<tr>
<td>Westminster Presbyterian Food Pantry</td>
<td>2705 W Boone</td>
<td>329-0351</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>11-1:45, WF</td>
<td>masks, large gloves</td>
<td>John Edmondson - <a href="mailto:west-presby@gmail.com">west-presby@gmail.com</a></td>
</tr>
<tr>
<td>Food</td>
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<td>Clothes</td>
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<td>Hygiene</td>
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</tbody>
</table>
## FOOD BANKS & CLOTHING BANKS IN SPOKANE VALLEY AND RURAL SOUTH

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hygiene</th>
<th>Hours</th>
<th>Donations</th>
<th>qualifications/contactinfo</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Valley Baptist</td>
<td>14516 E. Wellesley Ave</td>
<td>928-4809</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10-11:30, Sat</td>
<td>N/A</td>
<td>eastvalleybaptist.org</td>
</tr>
<tr>
<td>Intersection at the River</td>
<td>22421 Euclid, Otis Orchard 99216</td>
<td>953-1519, 924-3705</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1:30-4, Th</td>
<td></td>
<td>facebook.com/Intersection-Church/</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>Millwood Community Presbyterian</td>
<td>3223 N Marguerite Rd</td>
<td>534-6678</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>11,,W</td>
<td>2 harvest</td>
<td></td>
</tr>
<tr>
<td>North Palouse Community Food Bank</td>
<td>202 N. Railroad Ave, Fairfield</td>
<td>283-4250</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9-11, 2nd and 4th Sat</td>
<td>N/A</td>
<td>facebook.com/npfoodbank</td>
</tr>
<tr>
<td>Otis Orchards Food Bank</td>
<td>4308 N Harvard Rd, 99027/POB 189</td>
<td>926-6196, 842-2355</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>11-2 M</td>
<td></td>
<td>otisorchardssda.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@east-point-church.org">peace@east-point-church.org</a></td>
</tr>
<tr>
<td>Real Life Ministries Po Box 397</td>
<td>Barker Rd Campus: 1831 S Barker Rd Otis Orchards: 4904 N Harvard Rd</td>
<td>232-0840</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>8-4 M-F</td>
<td>donations vrl;church/give/now non-perishables, toiletries, baby supplies, cleaning supplies, disinfectant, gloves</td>
<td><a href="https://www.vrl.church">https://www.vrl.church</a></td>
</tr>
<tr>
<td>St Vincent de Paul - St Marys</td>
<td>304 S Adams Rd, 99216</td>
<td>928-3210</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>emergency food boxes</td>
<td>oursvdp.com</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></td>
</tr>
<tr>
<td>Spokane Dream-Ministry Resource Center</td>
<td>2128 N Pines, Ste 1 99216 Red Top Motel, 7217 E Trent Ave, 99212</td>
<td>926-7878</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>12:30-3; T; 11:30-3, W; 1-3 Th Friday Evenings</td>
<td>masks, dry goods, cheese, meat, paypal “donate”</td>
<td>spokane Dream-Ministry Center.org</td>
</tr>
<tr>
<td>Spokane Valley Partners: Food and Diaper Bank</td>
<td>10814 E Broadway, 99206</td>
<td>927-1153</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>11-12:35, 1:30-3:15, W; 11-12:45 Th CB: 10-noon M-Th, 12:30-2:45 TW, noon-1TH</td>
<td>donate food or diapers, fundraiser towards $10,000 matching grant</td>
<td>svpart.org</td>
</tr>
<tr>
<td>Valley Assembly of God Food Pantry</td>
<td>15618 E Broadway Ave, 99037</td>
<td>924-0466</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>4-6, W (Donations drop off,front door M-F 9-3) Meals 3-6:30, W</td>
<td>canned &amp; dried goods. Donate on church web, mark as “foodsite”</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>
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<tbody>
<tr>
<td>Airway Heights Baptist</td>
<td>12322 W Hwy 2</td>
<td>244-2474</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10-noon, Sat</td>
<td>dry goods, home delivery</td>
<td>abbc.us, Airway-Heights</td>
</tr>
<tr>
<td>Cheney Food Bank</td>
<td>Wren Pierson Community Cntr, 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>jeny Stewart cityofcheney.org</td>
</tr>
<tr>
<td>Feed Cheney</td>
<td>Wren Pierson Community Cntr 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>feedcheney.org</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>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><a href="mailto:medicallake-communityoutreach@live.com">medicallake-communityoutreach@live.com</a></td>
<td></td>
</tr>
<tr>
<td>SkyTree Studios</td>
<td>545 E Wellesley</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 Damerille <a href="mailto:Stuster@gmail.com">Stuster@gmail.com</a></td>
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</table>
### MEAL PROGRAMS AND SITES: SPOKANE

<table>
<thead>
<tr>
<th>Sun</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>Sat</th>
<th>Site Name</th>
<th>Location</th>
<th>Phone</th>
<th>Contacts and Area</th>
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<tbody>
<tr>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>House of Charity</td>
<td>32 W Pacific</td>
<td>624-7821</td>
<td>cceasterwa.org, for clients only</td>
<td></td>
</tr>
<tr>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>Shalom Ministries</td>
<td>518 W 3rd</td>
<td>455-9019</td>
<td>shalommeal.org GG</td>
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<td>10/12</td>
<td>10/12</td>
<td>10/12</td>
<td>10/12</td>
<td>10/12</td>
<td>10/12</td>
<td>The City Gate</td>
<td>708 S Madison</td>
<td>various locations (see listing under shelters) see sites under Food section</td>
<td>263-5502</td>
<td>facebook 50/day</td>
</tr>
<tr>
<td>10-2</td>
<td>10-2</td>
<td>10-2</td>
<td>10-2</td>
<td>10-2</td>
<td>10-2</td>
<td>Jewels Helping Hands</td>
<td>708 S Madison</td>
<td>various locations (see listing under shelters) see sites under Food section</td>
<td>263-5502</td>
<td>facebook 50/day</td>
</tr>
<tr>
<td>12/6</td>
<td>12/6</td>
<td>12/6</td>
<td>12/6</td>
<td>12/6</td>
<td>12/6</td>
<td>UGM Men's Shelter</td>
<td>1224 E. Trent Ave, east side entrance</td>
<td>535-8510</td>
<td>uniongospelmission.org/100day</td>
<td></td>
</tr>
<tr>
<td>3-5</td>
<td>3-5</td>
<td>3-5</td>
<td>3-5</td>
<td>3-5</td>
<td>3-5</td>
<td>Crosswalk (teens)</td>
<td>525 W 2nd</td>
<td>241-1640</td>
<td>voaspokane.org</td>
<td></td>
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<td>12</td>
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<td>12</td>
<td>12</td>
<td>St Ann's Sunday Lunch</td>
<td>2116 East First Ave</td>
<td>535-3031</td>
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<td></td>
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<tr>
<td>12</td>
<td>9/13/5</td>
<td>9/13/5</td>
<td>9/13/5</td>
<td>9/13/5</td>
<td>9/13/5</td>
<td>God's Love Intern'l</td>
<td>4006 W Staley Rd, Dear Park</td>
<td>312-9875</td>
<td>godsloveinternational.com</td>
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<tr>
<td>5:30, last</td>
<td>5:30, last</td>
<td>5:30, last</td>
<td>5:30, last</td>
<td>5:30, last</td>
<td>5:30, last</td>
<td>Feed Cheney</td>
<td>204 4th St</td>
<td>381-7002</td>
<td>facebook.com/FeedCheney</td>
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</tr>
<tr>
<td>12</td>
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<td>12</td>
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<td>UGM Men's Shelter</td>
<td>1224 E. Trent Ave, east side entrance</td>
<td>535-8510</td>
<td>uniongospelmission.org/100day</td>
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<td>12-1</td>
<td>12-1</td>
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<td>12-1</td>
<td>12-1</td>
<td>Recovery Cafe</td>
<td>214 N Cedar</td>
<td>960-8525</td>
<td>community-minded.org</td>
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<td>11-1</td>
<td>11-1</td>
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<td>11-1</td>
<td>11-1</td>
<td>11-1</td>
<td>Women &amp; Children's Free Restaurant</td>
<td>1408 N Washington</td>
<td>324-1995</td>
<td><a href="mailto:volunteer@wcfspokane.org">volunteer@wcfspokane.org</a></td>
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<tr>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>Blessings under the Bridge</td>
<td>1-90 overpass</td>
<td>869-6584</td>
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<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>West Central Abbey</td>
<td>1832 W Dean</td>
<td><a href="mailto:vicar@westcentralmission.org">vicar@westcentralmission.org</a></td>
<td></td>
<td></td>
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<tr>
<td>12</td>
<td>12</td>
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<td>12</td>
<td>12</td>
<td>Food Not Bombs</td>
<td>across from House of Charity</td>
<td>facebook.com, hygiene items</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>5:30</td>
<td>Food Not Bombs</td>
<td>across from House of Charity</td>
<td>facebook.com, hygiene items</td>
<td></td>
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<tr>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>SW Community Center</td>
<td>314 S Spruce, 99201</td>
<td>624-8634</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12-1</td>
<td>12-1</td>
<td>12-1</td>
<td>12-1</td>
<td>12-1</td>
<td>12-1</td>
<td>MLK Center (0-18)</td>
<td>500 S Stone</td>
<td>868-0856</td>
<td><a href="http://www.facebook.com/mlkspokane">www.facebook.com/mlkspokane</a></td>
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<tr>
<td>7:30/11:15</td>
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<td>7:30/11:15</td>
<td>7:30/11:15</td>
<td>7:30/11:15</td>
<td>7:30/11:15</td>
<td>Northeast Youth Center</td>
<td>3004 E Queen Ave, 99217</td>
<td>482-0708</td>
<td>spokaneneyc.com</td>
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</tr>
<tr>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>One Heart (5-18)</td>
<td>1827 E Pacific Ave</td>
<td>535-3510</td>
<td>oneheartspokane.com</td>
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### MEAL SITE WEEKLY CALENDAR: SPOKANE

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<thead>
<tr>
<th>Sun</th>
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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>Breakfast</td>
<td>House of Charity</td>
<td>House of Charity</td>
<td>House of Charity</td>
<td>House of Charity</td>
<td>House of Charity</td>
<td>House of Charity</td>
</tr>
<tr>
<td>UGM Men &amp; Women</td>
<td>UGM Men &amp; Women</td>
<td>UGM Men &amp; Women</td>
<td>UGM Men &amp; Women</td>
<td>UGM Men &amp; Women</td>
<td>UGM Men &amp; Women</td>
<td>UGM Men &amp; Women</td>
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<tr>
<td>Shalom Ministries</td>
<td>Shalom Ministries</td>
<td>Shalom Ministries</td>
<td>Shalom Ministries</td>
<td>Shalom Ministries</td>
<td>Shalom Ministries</td>
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<table>
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<th>House of Charity</th>
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<th>House of Charity</th>
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</thead>
<tbody>
<tr>
<td>UGM Men</td>
<td>UGM Men &amp; Women</td>
<td>UGM Men &amp; Women</td>
<td>UGM Men &amp; Women</td>
<td>UGM Men &amp; Women</td>
<td>UGM Men &amp; Women</td>
<td>UGM Men &amp; Women</td>
</tr>
<tr>
<td>The City Gate</td>
<td>Recovery Cafe</td>
<td>SW Community Center</td>
<td>WCFR</td>
<td>Jewels Helping Hands</td>
<td>The City Gate</td>
<td>Recovery Cafe</td>
</tr>
<tr>
<td>Jewels Helping Hands</td>
<td>SW Community Center</td>
<td>WCFR</td>
<td>Jewels Helping Hands</td>
<td>Jewels Helping Hands</td>
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<table>
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<tr>
<th>Dinner</th>
<th>House of Charity</th>
<th>House of Charity</th>
<th>House of Charity</th>
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<th>House of Charity</th>
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</thead>
<tbody>
<tr>
<td>UGM Men</td>
<td>UGM Men</td>
<td>UGM Men</td>
<td>UGM Men</td>
<td>UGM Men</td>
<td>UGM Men</td>
<td>UGM Men</td>
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<tr>
<td>Shalom Ministries</td>
<td>Shalom Ministries</td>
<td>Shalom Ministries</td>
<td>Shalom Ministries</td>
<td>Shalom Ministries</td>
<td>Shalom Ministries</td>
<td>Shalom Ministries</td>
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<tr>
<td>Opportunity Northeast</td>
<td>Valley Assembly</td>
<td>The City Gate</td>
<td>The City Gate</td>
<td>The City Gate</td>
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<table>
<thead>
<tr>
<th><strong>Breakfast</strong></th>
<th>House of Charity</th>
<th>House of Charity</th>
<th>House of Charity</th>
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<th>House of Charity</th>
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<tbody>
<tr>
<td><strong>Location</strong></td>
<td>UGM Men &amp; Women</td>
<td>UGM Men &amp; Women</td>
<td>UGM Men</td>
<td>UGM Men</td>
<td>UGM Men</td>
<td>UGM Men</td>
</tr>
<tr>
<td><strong>Phone</strong></td>
<td>624-7821</td>
<td>455-9019</td>
<td>263-5502</td>
<td>535-8510</td>
<td>312-9875</td>
<td>381-7002</td>
</tr>
<tr>
<td><strong>Website</strong></td>
<td>cceasterwa.org, for clients only</td>
<td>shalommeal.org GG</td>
<td>facebook.com/FeedCheney</td>
<td>uniongospelmission.org/100day</td>
<td>godsloveinternational.com</td>
<td></td>
</tr>
<tr>
<td><strong>Contact</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>facebook.com, hygiene items <a href="mailto:spokanefoodnotbombs@gmail.com">spokanefoodnotbombs@gmail.com</a></td>
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SPOKANE MOBILE MEALS, PICK UP OR DELIVERY

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Hours</th>
<th>Donations</th>
<th>qualifications/contact info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Growing Neighbors</td>
<td>5508 N Alberta</td>
<td>327-5522</td>
<td>X</td>
<td>5-6 T</td>
<td>Groceries and frozen meals</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:jedmonsson77@gmail.com">jedmonsson77@gmail.com</a></td>
</tr>
<tr>
<td>Heal Spokane</td>
<td>PO Box 28253, 99228</td>
<td>602-716-1174</td>
<td>X</td>
<td>delivery only</td>
<td>[Kat Bopp healspokane.org](mailto:Kat Bopp healspokane.org)</td>
</tr>
<tr>
<td></td>
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<td></td>
<td><a href="mailto:healspokane@gmail.com">healspokane@gmail.com</a></td>
</tr>
<tr>
<td>Jewels Helping Hands</td>
<td>5128 N. Jefferson</td>
<td>263-5502</td>
<td>X</td>
<td>7am-7</td>
<td>Octo To Des</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:jewelshelpinghandsSpokane@gmail.com">jewelshelpinghandsSpokane@gmail.com</a></td>
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<tr>
<td></td>
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<td><a href="https://growingneighbors.org">FB: growingneighbors.org</a></td>
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<tr>
<td>SMS / Collaborative Food</td>
<td>211/txt 898-211</td>
<td>X</td>
<td></td>
<td></td>
<td><a href="mailto:holly@specialmobility.org">holly@specialmobility.org</a></td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>St Andrews Episcopal</td>
<td>2404 N Howard St</td>
<td>325-3252</td>
<td>X</td>
<td>11-12, Th</td>
<td><a href="mailto:traceywaring@gmail.com">Tracey Waring</a></td>
</tr>
<tr>
<td></td>
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</tr>
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</table>

SPOKANE AREA UNIVERSITY AND COLLEGE FOOD BANKS

<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/contact info</th>
</tr>
</thead>
<tbody>
<tr>
<td>EWU Tawanka Pantry</td>
<td>Showalter 115</td>
<td><a href="mailto:creameri-cors@ewu.edu">creameri-cors@ewu.edu</a></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>FB: 1-4:30, T</td>
<td>NO donations accepted on site, donate via web inside.ewu.edu EWU students only</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>LC Community Food Drive</td>
<td>Hart Field, 3508 S Grand, 99203</td>
<td>354-6888</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>call for pick or delivery F 9am</td>
<td>donations W 11-1, 5-7, L <a href="mailto:Booster.info@gmail.com">Booster.info@gmail.com</a> for needs <a href="mailto:susanpow@spokaneschools.org">susanpow@spokaneschools.org</a> LC students and families</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spokane Community College CARE Center</td>
<td>1810 N Greene St Lair Student Center, 6-114K</td>
<td>533-7435</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>SCC students &amp; rural extns</td>
<td>scc.spokane.edu</td>
</tr>
<tr>
<td>Spokane Falls Community College Food Bank</td>
<td>SFCC, Bldg. 17, #139</td>
<td>533-4198</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:30-4:30, Monday.</td>
<td>SFCC Students Only scc.spokane.edu</td>
</tr>
<tr>
<td>WSU Spokane Campus Pantry</td>
<td>SAC Building Loading Dock/Mail: Academic Center 107</td>
<td><a href="mailto:wsuhealth.campuspantry@wsu.edu">wsuhealth.campuspantry@wsu.edu</a></td>
<td>X</td>
<td>12:45-2:45, Th</td>
<td>12:45-2:45, TH</td>
<td>donotions box outside the pantry: shelf-stable items, toiletries and school supplies. Voluntee sign up on FB facebook.com/WSUCampusPantry/WSU and EWU</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
On Monday, March 16, City Manager Mark Calhoun signed action of emergency/ disaster which enables the city to utilize additional resources and tools to slow the spread of the coronavirus. The action will allow the city to exercise emergency powers during the COVID-19 outbreak to preserve and maintain the health, safety and welfare of its citizens, and seek federal financial assistance to support resources that may be used in an effort to restrict the spread of the virus. In addition, the city has an emergency response plan for situations such as infectious disease. The city is taking steps to educate employees about the disease and ensure that protocols are being followed in regard to good hand and respiratory hygiene, and proper cleaning of city buildings. In addition, the city will work with the Spokane Regional Health District to implement procedures to reduce employee’s 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.

Medical Reserve Corps
mrc.hhs.gov/HomePage 206-615-2025
Region X Coord: Moji Obiako
WA State Dept of Health Office of Emergency Preparedness and Response PO Box 47960  360-236-4090
Olympia 98504 doh.wa.gov Coord: Kimberly Butowicz kim.butowicz@doh.wa.gov
Medical Reserve Corps of Eastern WA 1101 W College, 99201 324-1451

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

Spokane C.O.P.S. Admin 607 N Astor, 99208 625-3300
spokancops.org

Spokane County United Way 920 N Washington, Ste 100, 99201 unitedwayspokane.org 838-6581
Brings together expertise, funding and volunteer support to positively impact health, education and financial stability. Volunteer Spokane is setting up a COVID-19 Community Forum to share information about agencies needs for people and supplies.

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

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

WASHINGTON NEEDS HEALTH PRACTITIONERS FOR THE COVID-19 STATE OF EMERGENCY Health professionals licensed in other states may practice in Washington by registering through the emergency volunteer health practitioner process or by applying for a WA license, which may result in the department issuing a temporary practice permit.

American Indian Community Center 535-0886
1025 W Indiana
No indoor activities, basic needs food bank and other supplies can be received outdoors.

Community Building 232-1950
25-35 W Main Ave, 99201 www.community-building.org
Closed to public since March 20.

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

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

Hilliard Senior Center
NE Community Center 482-0803
4001 N Cook, Spokane 99207
hilliardseniorcenter@yahoo.com
hilliardseniorcenter.org
Cancelling major events. Clients can call into staff.

Martin Luther King Family Outreach Center
500 S Stone, 99202
mlkspokane.org 455-8722 x100
New Food Bank hours 1 to 3 p.m., Monday, Wednesday, Thursday

FARMERS MARKETS: SPOKANE COUNTY

SV - Farmers Market Nutrition program, WIC and Senior Voucher, F - Free Produce

<table>
<thead>
<tr>
<th>City</th>
<th>Farmers Market</th>
<th>Location</th>
<th>Phone</th>
<th>Dates</th>
<th>Hours</th>
<th>SV</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheney</td>
<td>Cheney Farmers Market</td>
<td>1101 1st St</td>
<td>235-9176</td>
<td>June-mid Oct</td>
<td>10-2, Sat</td>
<td>X</td>
<td>Cheney-Farmers-Market on FB</td>
</tr>
<tr>
<td>Clayton</td>
<td>Clayton Farmers Market</td>
<td>4616 Wallbridge Dr</td>
<td>276-9644</td>
<td>June-end Oct</td>
<td>noon-4, Sun</td>
<td></td>
<td>claytoncommunityfair.com</td>
</tr>
<tr>
<td>Liberty</td>
<td>Liberty Lake Farmers Market</td>
<td>Town Square Park, 1421 N Meadowood Ln</td>
<td>290-3839</td>
<td>mid-May - mid-Oct</td>
<td>9-1, Sat</td>
<td></td>
<td>libertylakefarmersmarket.com</td>
</tr>
<tr>
<td>Spokane</td>
<td>Emerson-Garfield FM</td>
<td>AEC, 2310 N Monroe</td>
<td>389-0964</td>
<td>June-end Sept</td>
<td>3-7, F</td>
<td>X</td>
<td>market.emersongarfield.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Fairwood Farmers Market</td>
<td>319 W Hastings Rd</td>
<td>466-0682</td>
<td>3-7, T</td>
<td></td>
<td>X</td>
<td><a href="mailto:fairwood.market@gmail.com">fairwood.market@gmail.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Hillyard Farmers Market</td>
<td>5102 N Market, 99217</td>
<td>993-2104</td>
<td>June-end of Sept</td>
<td>3-6, M</td>
<td>X</td>
<td><a href="mailto:brandywhtine27@yahoo.com">brandywhtine27@yahoo.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Kendall Yards Market</td>
<td>Summit Parkway, E of Cedar/ Mail: 1335 W Summit Pkwy, 99203</td>
<td>321-5888</td>
<td>mid-May to Sept</td>
<td>5-9, W</td>
<td></td>
<td><a href="mailto:market@kendallyards.com">market@kendallyards.com</a> kendall-nightmarket.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Spokane Farmers Market</td>
<td>20 W 5th</td>
<td>995-0182</td>
<td>mid June-Oct</td>
<td>8-1, WSat</td>
<td>X</td>
<td>spokanefarmersmarket.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Thursday Market</td>
<td>The Shop, 924 S Perry St</td>
<td>720-8449</td>
<td>May - Oct</td>
<td>3-7, Th</td>
<td>X</td>
<td>thursdaymarket.org</td>
</tr>
<tr>
<td>Spokane Vly</td>
<td>Spokane Valley Farmers Market</td>
<td>2426 N Discovery Pl, 99216</td>
<td>208-619-9916</td>
<td>June-mid Sept</td>
<td>5-8, F</td>
<td></td>
<td>spokanevaleyfarmersmarket.org</td>
</tr>
</tbody>
</table>
**COMMUNITY GARDENS: SPOKANE COUNTY**

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

<table>
<thead>
<tr>
<th>City</th>
<th>Community Garden</th>
<th>Phone</th>
<th>regular plot</th>
<th>Raised Beds</th>
<th>V</th>
<th>TS</th>
<th>SL</th>
<th>Community Relations</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheney</td>
<td>EWU Campus Garden - behind the EWU Police Station (big red barn)</td>
<td>sustainability @ewu.edu</td>
<td>V, G</td>
<td></td>
<td></td>
<td></td>
<td>kiosk for excess, UGM Family if extra plots free or Food Bank</td>
<td>Donna Fagan <a href="mailto:chiefgarry-community-garden@gmail.com">chiefgarry-community-garden@gmail.com</a> FB</td>
<td></td>
</tr>
<tr>
<td>Cheney</td>
<td>St Pauls Episcopal Community Garden - 625 C St</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lori, stpaulscheneywa.org</td>
</tr>
<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></td>
<td></td>
<td>food give-aways: 5-6T, 11:15 Sun</td>
<td><a href="mailto:purple4shell@msn.com">purple4shell@msn.com</a> holycrossclms.net</td>
</tr>
<tr>
<td>Spokane</td>
<td>Chief Gary Community Garden @ River of Life, 2103 E Mission/PO Box 7620, Spokane Wa. 99207</td>
<td>599-3035</td>
<td>4x4: $15 (6), ADA 4x4 $15 (deposit $5)</td>
<td>MG</td>
<td>TS</td>
<td>S</td>
<td>Drip</td>
<td>Donna Fagan <a href="mailto:chiefgary-community-garden@gmail.com">chiefgary-community-garden@gmail.com</a> FB</td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Finch Arboretum Community Garden 3404 W Woodland Blvd</td>
<td>280-6197</td>
<td>8x12: $20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Brenda Martinson, Steven Wilson</td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Grant Park Community Garden, 10th &amp; Arthur, Mail: 2411 E Hartson, 99202</td>
<td>469-264-1059</td>
<td>4x12: $35 4x8: $25 (ADA)</td>
<td>MG</td>
<td>V</td>
<td>TS</td>
<td>SL</td>
<td>free foraging food on perimeter, volunteer</td>
<td><a href="mailto:peggyparkemail@gmail.com">peggyparkemail@gmail.com</a> <a href="mailto:Peggy.Parker@ewu.com">Peggy.Parker@ewu.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Growing Neighbors 5508 N Alberta</td>
<td>327-5522</td>
<td>SL, P</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>food for Emerson- Garfield FM and Kendal Yard Market, food to West meal West Central Mission</td>
<td>Philip Small <a href="mailto:ephilip.small@gmail.com">ephilip.small@gmail.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Holy Cross Community Garden - 7307 N Nevada</td>
<td>953-4961</td>
<td>16x16</td>
<td>V, G</td>
<td></td>
<td></td>
<td></td>
<td>gardening for Bhutanese families</td>
<td>Kristi Philips, <a href="mailto:Kristi@stjohns-cathedral.org">Kristi@stjohns-cathedral.org</a>, stjohns-cathedral.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Northeast Community Center - Liberty &amp; Lacy Ave -Pumphouse Garden, Crestline &amp; E Hoffman</td>
<td>407-1603 x217</td>
<td>4x20: $20, 4x10: $10</td>
<td>MG</td>
<td>V</td>
<td>TS</td>
<td>SL</td>
<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</td>
<td>c844-2944 838-9860</td>
<td>4x8: $25 (waive fee this year)</td>
<td>H</td>
<td></td>
<td></td>
<td></td>
<td>beds dedicated to Community Garden Alliance</td>
<td></td>
</tr>
<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></td>
<td>D x4 S x1</td>
<td></td>
<td>food for Emerson- Garfield FM and Kendal Yard Market, food to West meal West Central Mission</td>
<td><a href="mailto:info@rivercityyouthops.org">info@rivercityyouthops.org</a> youthops.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>St Johns Cathedral Community Garden, 127 E 12th Ave 99202/ Bicentennial Park</td>
<td>4x8: $5 (ADA)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(Cathedral and clients of Canterbury Court</td>
<td>Kristi Philips, <a href="mailto:Kristi@stjohns-cathedral.org">Kristi@stjohns-cathedral.org</a>, stjohns-cathedral.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Sunshine Community Garden 1512 S Ash St</td>
<td>20x25</td>
<td>V</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>neighbors grow produce for each other</td>
<td>Wanda Daehlin</td>
</tr>
<tr>
<td>Spokane</td>
<td>The Commons Community Garden Spokane Water Dept, 3230 S Lamont St</td>
<td>280-6854</td>
<td>4x10: $30</td>
<td>MG</td>
<td>TS</td>
<td>H</td>
<td></td>
<td>Connected with Food for all Food for surplus</td>
<td>Dennis Anderson <a href="mailto:dennis_anderson@mac.com">dennis_anderson@mac.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Underhill Community Garden E Hartson Ave &amp; S Ralph St, near Fred Meyer Sth &amp; Thor</td>
<td>720-0967</td>
<td>10x20: $30</td>
<td>MG</td>
<td>TS</td>
<td>SL</td>
<td></td>
<td>many from Karen ethnic community</td>
<td>Amanda Montague <a href="mailto:mcale1955@gmail.com">mcale1955@gmail.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Urban Eden Farm 2121 S Cherry St, 99224</td>
<td>425-269-9788</td>
<td>G</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Farm Stand 9-12, Sat, area Farmers Markets</td>
<td><a href="mailto:maya@greenplaynw.org">maya@greenplaynw.org</a>, greenplaynw.org/urban-eden-farm-school/</td>
</tr>
</tbody>
</table>

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<th>SL</th>
<th>Community Relations</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colbert</td>
<td>Garden of Hope Colbert Presbyterian 4211 E Colbert</td>
<td>465-1373</td>
<td>N/A</td>
<td>X, orchard</td>
<td>V, G</td>
<td>I</td>
<td></td>
<td>harvest for New Hope vol.</td>
<td>colbertpres.org</td>
</tr>
<tr>
<td>Liberty Lake</td>
<td>Arboretum Community Garden/City Hall, 22710 E Country Vista Dr &amp; Rocky Hill Park Community Garden</td>
<td>755-6700</td>
<td>4x8: $25</td>
<td>G</td>
<td>H*</td>
<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:thunter@libertylakewa.gov">thunter@libertylakewa.gov</a> libertylakewa.gov</td>
</tr>
<tr>
<td>Spokane</td>
<td>Pumpkin Patch Community Garden 900 E Maringo Dr</td>
<td>924-2350</td>
<td>$20</td>
<td></td>
<td></td>
<td></td>
<td>I</td>
<td>donated to FB</td>
<td><a href="mailto:teresa@pumpkinpatchgarden.net">teresa@pumpkinpatchgarden.net</a> pumpkinpatchgarden.net</td>
</tr>
<tr>
<td>Spokane</td>
<td>Spokane Valley Partners Fresh Start Community Garden 11202 E Mission Ave</td>
<td>927-1153 x12</td>
<td>$25 (by June 15)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>for clients, farmers markets and FB</td>
<td><a href="mailto:ea@svpart.org">ea@svpart.org</a></td>
</tr>
</tbody>
</table>

*Please note that contact information and garden details may have changed since the publication of this list.*
ENITY AND RENT, HOUSING 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 Attorney General

https://fortress.wa.gov/atg/COVID19EvictionComplaintForm.aspx

Emergency Financial Assistance

Rental assistance.
CATHOLIC CHARITIES 358-4963
12 E 5th Ave, 99202
SOCIETY OF ST VINCENT DE PAUL - ST MARY PARISH 564-7282
304 S Adams Rd 1-888-297-7667
SPOKANE VALLEY 92016 928-3210
Serves residents in Spokane Valley

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

Family Promise of Spokane
Mail: 904 E 1st Ave
Participants can apply at SpokaneVLP.org. This is an opportunity for clients to connect directly with an attorney for free!

Goodwill Industries of the Inland NW Workforce & Family Services 838-4246
130 E 3rd, 99202 discovergoodwill.org

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

Habitat for Humanity
habitat.org  (Washington State) 832-4632
- HABITAT FOR HUMANITY - SPOKANE 1805 E Trent, 99202 534-2552
habitat-spnk.org Fax: 530-3832
Builds homes in partnership with qualifying families and the community. Homes are sold at no-profit with a 0% interest mortgage. Equips partner families with knowledge and skills to be successful homeowners

HEART - Housing Equity Action Research Team
1526 E 11th Ave
Serves residents in Spokane Valley

HUD - Housing and Urban Development 206-220-5101
Seattle Federal Office Bldg
909 First Ave, Ste 200, 98104
Sustains home ownership; creates affordable housing opportunities; supports the homeless, elderly and people with disabilities. Promotes community development and enforces fair housing laws.

Housing Discrimination Hotline 800-877-0246

ENERGY AND RENT, HOUSING ASSISTANCE

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304 S Adams Rd 1-888-297-7667
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Seattle Federal Office Bldg
909 First Ave, Ste 200, 98104
Sustains home ownership; creates affordable housing opportunities; supports the homeless, elderly and people with disabilities. Promotes community development and enforces fair housing laws.

Housing Discrimination Hotline 800-877-0246
Inland Empire Residential Resources 534-9999
208 N Crestline, 99202
POB 3123, 99220  Darryl Reber
housingservices@erin11.com
Facilitates creating and preserving long-term affordable housing, primarily for persons with developmental disabilities and low-income families.

Kimble Hagood Co 755-7555
601 W Main, Ste 400, 99201
khco.com  Fax: 458-4014
Specializes in maintaining and operating apartment communities. In addition to market properties, offers expertise in developing and managing government subsidized projects for specific populations.

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

MLK Center 455-8722
rental. Utility assistance

Northwest Fair Housing Alliance 35 W Main Ave, #250, 99201
execdir@nwfairhouse.org 325-2665
nwfairhouse.org 800-200-FAIR
Works to ensure equal housing opportunities through advocacy, education and counseling.

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.

SNAP Housing Counseling 500 S Stone, 99202 456-SNAP
snapwa.org
HUD-approved housing counselors provide mortgage default, foreclosure prevention, and pre-purchase counseling and education for prospective home buyers.

SNAP Rental Asst. 319-3035 456-SNAPX3315
countryrap@snapwa.org
Opens 2nd week of Oct, program will cover 70% of 3 mont’s rent, call for criteria, includes lost income due to Covid 19

SNAP Energy Assistance snapwa.org 456-SNAP
Helps eligible households ease the financial impact of a portion of heating costs. Households are eligible for this program once per heating season or while funding lasts. Emergency assistance is available for households with a shut-off notice or less than 10 days of heating oil, wood or propane.

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

Spokane Area Tenants United (SATU) 578-3068
St Andrew’s Episcopal, 2404 N Howard
snapwa@SATU@gmail.com
Spokane Area Tenants United on FB page
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 25 W Nora, 99205 328-2953
ptetz@sppokanehousing.org
Exec Dir: Pam Tetz
Manages several multi-family communities and administers the area’s Housing Choice Voucher program. Serves Lincoln, Pend Oreille, Spokane, Stevens and Whitman counties.

Spokane Housing Ventures (SHV) SpokaneHousingVentures.org
2001 N Division, 99207 232-0170
Affordable rental units for people with low-incomes, special needs and seniors; studio to 4 bedroom apartments and single-family homes. For people needing permanent, handicapped-accessible and large-family housing.

SNAP Low Income Housing Consortium (SLHC) 263-0883
POB 9231, 99209 kay@slhc.org
Exec Dir: Ben Stuckart slhc.org
Pres: Edie Rice-Sauer
Promotes availability of affordable housing in Greater Spokane. Has over 30 nonprofit and public members that develop and promote affordable housing, and more than 15 supportive members that include lenders, private sector firms, contractors, attorneys and others who support affordable housing.

Spokane Resource Center HUD EnVision Centers 130 S Arthur St, 2nd Flr, 99202
Jen Morrison 867-8188
spokaneresourcecenter.org
hlp@spokaneresourcecenter.org
Improves access to HUD-assisted services for those seeking to achieve self-sufficiency. Partners with Spokane Housing Authority, City of Spokane, Spokane Area Workforce Development Council and other agencies, offering direct services. Offers economic empowerment, educational advancement, health and wellness and character leadership. HHAA Offers Rent and utility assistance in Spokane County till end of June 2021, criteria includes individual 30% AMI, families up to 50% and applications online. TGRA open now till Dec 31 offers month’s rent to residents in the city of Spokane, due to loss of income up to 60% AMI

Spokane Valley Partners 10814 E Broadway, 99206
PO Box 141360 927-1153
Spokane Valley 99214 svpart.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.

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

UHelp Program Spokane City Hall 808 W Spokane Falls Blvd 99201
Hours: Monday-Friday 8 a.m. - 5 p.m.
Phone: 311, 755-CITY (2489)
ubill@spokanecity.org
The U-Help program is committed to helping citizens who are facing economic hardship because of the response to COVID-19. Please call SNAP at 456-SNAP during this crisis to access U-Help funding. SNAP also qualifies citizens for energy bill assistance through Project Share. Donations can be made at spokaneutilityhelp.org.

WA State Human Rights Commission, Spokane District Rock Pointe Plaza III, 1330 N Washington St, Ste 2460, 99201
hum.wa.gov 800-233-3247
TTY 800-300-7525
Investigates allegations of discrimination in employment, housing, public accommodation, credit and insurance.

FARMERS MARKETS & LOCAL FARMERS
http://tilthproducers.org
https://agr.wa.gov/getmedia/14cd035-2e49-4f16-9537-1fede454f501/l.pdf
https://www.pnw.coop/greenbluffgrowers.com

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

Community Supported Farm Urban Eden Farms 2121 S Cherry St, 99224 953-7863
http://urbanedenfarm.com
Offers local, organically grown greens. Has Farm Stand Saturdays 9 a.m. to noon.

Greens, beans, arugula, mizuna, watercress, nettles, spring lettuce mix. Plant starts: chard, kale, raspberries, rhubarb, marjoram.
FARM COOP/LOCAL PROVIDER HUBS - DELIVERY

FULL CIRCLE

customerservice@fullicircle.com
1-866-206-8080 fullicircle.com

LINC FOODS
505-0446
3808 N Sullivan Rd, Bldg 12P
SPOKANE 99216
info@lincfoods.com lincfoods.com

SHARE FARM - SPokane
https://sharefarm.org

COURAGe TO GROW FARMs
Shaneese Dunigan 270-7264
Delivery as far as Nine Mile Falls, CDA, And Fairchild AFB

FOOD & HYGIENE DONATIONS

Bed Bug Furnishings 557-0751
3704 N Nevada St, 99207
bedbugfurnishings@gmail.com
http://yourbfr.org

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

Blessings under the Bridge
10212 E 9th, Bldg 600 buth.org
SPOKANE 99206 869-6584
Blessingsunderthebridge@gmail.com
Works with other agencies to coordinate and distribute food and hygiene items.

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

Needs volunteers

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

Dry Fly Distilling

Offers free hand sanitizer spray and distributes the product in Spokane for free. http://33purl.com/hYz_p1

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

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

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

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

Hispanic Business Professional Association
hbaspaspoke.net POB 1661, 99220
hbaspaspoke@gmail.com
Offers mobile food banks. Anyone needing food during these times, may write the dates when Spokane Latin organizations will join forces to serve the Latinx community! Information about health will be distributed and how to protect oneself / avoid COVID-19.
Includes medical centers where people can go in case they do not have medical insurance.

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

Jewels Helping Hands
jewelshelpinghandsspokane@gmail.com 282856762255273 on FB
Provides mobile showers for homeless friends. Jewels provides a meal, hygiene products, basic needs supplies, and $10 laundry cards at shower events (see attached schedule). $10 laundry card can be used at The Laundry Room (1725 N Ash) and Jewels provides soap on request.
Tues 10-2 Our Place
1509 W College
Wed 10-2 Valley Assembly of God
15618 E 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

Mission Community Outreach
1906 E Mission, 99202 536-1084
4mission.org mcor.scokane@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 99216 891-7013
Spokane only. Setting up drop off locations, but not there yet.

Pet Food Banks
Including below check with a local food bank by calling to see if they provide this service or have pet food available

ADOPT DON'T SHOP RESCUE
467-5235
6607 N Havana St, 99217
adoptdontshop34@gmail.com
spokanehumanesociety.org
schedule an appointment

Project UNCONDITIONAL LOVE
1824 E Columbus 99208
pulspokane@yahoo.com pulspokane.wixsite.com/homeless
433-3697
Every week I give pet food to the homeless as part of Blessing Under The Bridge, supply Serve Spokane, and give to other local groups that help low income people with pets such as Meals on Wheels.

SCRAPS - SPOKANE COUNTY REGIONAL ANIMAL PROTECTION SERVICE
6815 E Trent
SPOKANE 99212 477-4745
Janet Dixon spokanecounty.org

SPokane Humane SOc 467-5235
6607 N Havana St, 99217
terena@spokanehumanesociety.org
spokanehumanesociety.org
schedule an appointment

Salvation Army 325-6821 x2202
222 E Indiana, 99207
spokane.salvationarmy.org

All the regular operations are going on. The Family Resource Center—food bank—continues to operate, helping double the number of people. They are requesting that people donate extra toilet paper, hand sanitizer, tissue, cleaning wipes, and surgical masks for them to give to people who come. Food bank operates by food boxes volunteers deliver to waiting cars. Encourages people who are unemployed to use money for rent, not food.

Needs donations to purchase items and needs volunteers 55 and younger to work four-hour shifts. They can sign up at makingspokanebetter.org.

FOOD BOX Delivery Program
The Salvation Army is willing to temporarily schedule and deliver perishable and non-perishable food boxes to those that are afraid to venture out, are facing food insecurities currently due to lack of, or do not have the transportation to make a trip to a local food bank. Here are the guidelines for the delivers/pick-ups DELIVERY
There have to be ten (10) or more deliveries to one spot. Unfortunately, with the lack of staffing or volunteer base, it does only one (1) or two (2) food boxes at various locations.

Due to the large amount of food that The Salvation Army is processing, it is unable to customize food boxes to meet dietary or allergy restrictions. Asks that the recipient gift the food item to someone else if they are unable to use it.

The Salvation Army is trying to help as many community members as possible so please only list individuals that are living in the household.

Each household needs to fill out and sign the Food Box Delivery/Pick Up Registration Form. If this is something that would do not receive a form, it will be unable to provide any food boxes.

If this is something that would be beneficial to guests, call The Salvation Army Family Resource Center and ask for Elisha Roberts, Monday through Friday 12:30 to 4:30 p.m., to set up a time to pick-up or set-up a delivery option for neighbors or guests. The Family Resource direct line is (509) 325-6821.

Monday:
Cheney Middle School
740 Betz Rd, Cheney, 99004
7:30 am - 8:30 am
Rogers High School
1622 E Wellesley Ave, 99020
11:00 am - 12:00 pm

Tuesday:
North Central High School
1620 W 12th, Airway Heights, 2:30 pm - 3:30 pm
Sun City Church
10920 E Sprague Ave
11:00 am - 12:00 pm
Logan Elementary School
1001 E Montgomery Ave, 99027
5:00 pm - 6:00 pm

Wednesday:
Millwood Community Presbyterian
3223 N Marguerite Rd
Spokane, WA 99207
10:30 am - 11:30 am
Stevens Elementary
1717 E Sinto Ave, 99020
11:00 am - 12:00 pm
Open Door Church
205 N Main St, Deer Park 99006
3:00 pm - 4:00 pm

Thursday:
Ferris High School
3020 E 37th Ave, 99223
11:00 am - 12:00 pm
Shadle Park High School
4327 N Ash St, 99205
11:00 am - 12:00 pm
Lakeside Middle School - 6169
WA-291, Nine Mile Falls, 99026
3:00 pm - 4:00 pm
Gonzaga Prep
1224 E Euclid Ave, 99027
3:00 pm - 4:00 pm

Friday:
Chase Middle School
4747 E 37th Ave, 99223
11:00 am - 12:00 pm
Arlington Elementary
6363 N Smith St, 99217
11:00 am - 12:00 pm

SNAP Cuisine for Clients
https://app.mobilecause.com/e/5gOYxQfblcldlw/Awr2FkMkV3X
727TWff9pxGLDDEoEgF3Lm
V0xVaixRIHM6gpxdUZe8sDO
N8&mc_cid=12b6a7a74e&mc_mmc_id=eebf65bd5b&id=74gpm
Donations will be used to purchase meals from SNAP-supported restaurants and donated to residents living at SNAP affordable housing properties

Spokane Alliance 389-1750
1526 E 11th Ave, 99020
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 Area Jewish Family Services 1322 E 30th, 99203 474-7394
Dir: Neil Schindler sajs@gmail.com
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: http://sajs.org/virtualbenefitevent/

Spokane County Mutual Aid is an all-volunteer grassroots network operating in Spokane County. Formed as a response to the COVID-19 outbreak and are working within the community to build better neighborhood-based systems of support. The collective can currently help with needs such as grocery shopping, prescription pick-up and financial assistance. Those needing help or support can fill out a quick form.

For information, please visit mutualaidspokanecounty.com. Also on Twitter: @ spoptcmutualaid, Facebook: Spokane County Mutual Aid, and Instagram: @spokane Mutual Aid, or call the free hotline at (509) 662-7912. Can also be reached via email at spokane Mutual Aid@gmail.com.

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

Thrifty Stores Days & hours vary ARC of Spokane, The 828-8100
808 N Ruby, 99201
arc-spokane.org/arc-thrift
9a-8p M-Sat
CARE & SHARE 299-9024
211 N LeFeve, Medical Lake 99022
Discoveryshop.com - American Cancer Society 805 W Garland 328-9373
cancer.org 10-5, T-Sat
Global Neighborhood Thrift 868-0001
global-neighborhood.org
Greenhouse, The 276-8224
31 N Main St, Deer Park 99006
Goodwill Resale/Thrift: Goodwill’s community service Programs are funded by donations and sales at 11 regional Goodwill stores and shopgoodwill.com. $85 of every dollar directly supports services in the community. Shop and donate at any locations.

-Downtown Spokane Goodwill
244-2396
202 E Third Ave, 99202
Goodwill Outlet Store, 1406 E Front Ave, 99202
279-2916
-North Idaho Goodwill
8932 N Idaho 99218 466-2012
-Northwest Blvd Goodwill Store 2282 N Ash St, 99205 321-0579
-South Hill Goodwill
2927 E 27th 321-0478
-Spokane Valley
928-4032
13721 E Sprague Ave, 99216
NW Christian School Thrift Store
6607 N Maple 326-1522
nwcsnorth.org/location/
9-6 M-Sat, 12-5 Sun

Salvation Army Thrift Store
-Spokane
2020 N Division 99207 325-6805
spokanethriftstore.salvationarmy.org
10-5 M-Sat, donations till 4
-Spokane Valley
11121 E Sprague, 99037 928-9970
spokanevalley.salvationarmy.org
10-5 M-Sat, donations till 4

UGM Thrift Store - Downtown
301 W Boone, 99201 326-3316
uniongospelmission.org/thrift-stores/
9-7, M-F, 9:30-6 Sat dropoff or pick-up larger items
-UGM Thrift Store - Valley
110 E 12th Ave, 99206 927-5905
uniongospelmission.org/thrift-stores/
9-7, M-F, 9:30-6 Sat dropoff or pick-up larger items

Veteran's Thrift Store
4507 West Wellesley Ave

SNAP (Food Stamps) 877-501-2233
Women's Hearth - Transitions 920 W 2nd, Spokane 99201
info@4women.org 455-4249
help@4women.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 Heath is supporting other shelter projects behind the scenes, be it supplies, stabling 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 donation 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 canceled 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.

CSL Plasma, Inc.
csplasma.com
Pays for blood plasma donations.
-2126 N Monroe St 340-6404
-2661 E Sprague 926-1881

**Vitalant**
800-423-0151
INIAN NW BLOOD CNTR
vitalant.org
Coronavirus Impacts Blood Supply URGENT SHORTAGE: DONORS NEEDED
-210 W Cataldo Ave, 99201
-North Spokane 10403 N Newport Hwy, 99201
-Valley: 12117 E Mission Ave Spokane Valley 99216

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

**24/7 Nurse Advice:**
866-418-1002
5921 N Market, Spokane 3919 N Maple, Spokane 914 W Carlisle Ave, Spokane
1001 W 2nd Ave, Spokane 817 S Perry, Ste B, Spokane
15812 E Indiana, Spokane Valley 5620 S Regal St., Suite 11
401 S Main St, Deer Park 99006
1720 2nd St, Cheney 99004 (medical and behavioral health)

**Nurse Practitioner Residency Clinic**
15812 E Indiana Ave, Ste 101

**MultiCare Urgent Care**
https://www.multicare.org/urgent-care/
-Deaconess Hospital
800 W Fifth, 99204 458-5800
-Deaconess North Emergency
8202 N Division, 99208 473-3333
-Valley Hospital
9204 E Indiana Ave, Ste 101 99223

**MultiCare Rockwood Urgent Care**
https://www.multicare.org/urgent-care/
-Deaconess Hospital
400 E 5th Ave, Ste 1 N, 99202
-Liberty Lake
342-3990
3201 S Division St, Ste D, 99020

**Native Project Medical Clinic**
1803 W Maxwell, 99201
888-227-3312
-Deaconess Hospital
3919 N Division, Ste 101, 99024

**Providence Health Clinics**
https://providence.org/patients-and-visitors/coronavirus-advisory

**Providence Express Care**
Lincoln Heights
2923 E 29th Ave, 99223

**Providence Family Medicine**
-Indian Trail (Spokane)
385-0610
-White River
512 W Lowell Ave, Ste 100, 99208
-Hawthorne (Spokane)
252-1900
512 E Hawthorne Rd, 99208
-North (Spokane)
252-9602
212 E Central Ave, Ste 440, 99208
-Residency Clinic - Spokane
626-9900
Teaching Health Clinic
Fax: 626-9917
240 E Front Ave, 99202
-Valley Hospital
994-8490

**Providence Urgent Care**
https://providence.org/patients-and-visitors/coronavirus-advisory
-Deaconess Hospital
5633 N Lidgerwood, 99208

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

**Providence Family Physicians**
Providence Medical Park 16528 E Desmet, Ste B3100

**Providence Health**
https://www.providence.org/patients-and-visitors/coronavirus-advisory
Note visiting hours are cancelled

**Holy Family Hospital**
482-0111
5633 N Lidgerwood, 99208

**Honeycomb Collaborative**
212 E Central Ave, Ste 440, 99208

**Providence HandCare**
800-382-3000

**Providence Orthopedic Surgery**
5633 N Lidgerwood, 99208

**Community Health Plan of WA**
memberServices@communityhealthplanwa.org

**Enroll or have questions**
HealthcareMedicaid@alaska.gov

**Regional Health Plan**
252-1908
1209 W 1st Ave, 99201

**Empire Health Foundation**
1020 W Riverside, 99201

**Ambetter - from Coord Care**
ambetter.coordinatedcarehealth.com

**Better Health Together**
1209 W 1st Ave, 99201

**Healthy Kids Together**
270-1869
1209 W 1st Ave, Spokane 99201

**Healthy Kids Together**
270-1869
1209 W 1st Ave, Spokane 99201

**Empire Health Foundation**
1020 W Riverside, 99201
PO Box 244, 99210

**HealthcareMedicaid@alaska.gov**

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memberServices@communityhealthplanwa.org

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memberServices@communityhealthplanwa.org

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ambetter.coordinatedcarehealth.com

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1209 W 1st Ave, 99201

**Healthy Kids Together**
270-1869
1209 W 1st Ave, Spokane 99201

**Empire Health Foundation**
1020 W Riverside, 99201
PO Box 244, 99210
Kaiser Permanente
https://www.kaiserpermanente.org
Consulting Nurse Svc  800-267-6877
Member Services  888-901-4636

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

Pick up locations pending

Spokane Public Schools
Free Breakfast & Lunch Program
CentrAl vAlley #354
2020.

for all students to receive free
nokidhungry.org/find-free-meals
877–877
Text “food” or “comida” to

Medicare Resources
481-1755
Community Outreach and
Spokane 99201
1330 N Washington St, Ste 4000
Washington - Spokane
Molina Healthcare of
10110 W Charles Rd, 99026

Providence Foundation
601 W 1st Ave, Ste 200, 99201
Mail: 101 W 8th Ave, 99204
Ph:foundationew@providence.org

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
Community Outreach (Medicare Resources), available by telephone only to assist those with Medicare resources.

KIDS MEALS AND PROGRAMS

Text “food” or “comida” to 877–877
nokidhungry.org/find-free-meals
USDA has extended their waiver for all students to receive free meals through December 31, 2020.

Central Valley #354  228-5400
19307 E Cataldo  cvsds.org
Spokane Valley 99016
Free Breakfast & Lunch Program
Offered this Fall
Daily Pick-Up: 1 lunch & 1 breakfast
Weekly Pick-Up: 5 breakfasts & 5 lunches
Pick up locations pending

Cheney
cheneysd.org
12414 S Andrus, 99004  559-4599
Re-opening

East Valley
924-1930
3830 N Sullivan Rd, Bldg 1
Spokane Valley 99216 evsd.org
Re-opening
Freeman  freemands.org
15001 S Jackson Rd
Rockford 99030
Tuesday pick up for 2 days,
Thursday pickup for three days,
Freeman High School 12-1pm
Rockford City Park 12-15:12-45pm.
Valleymoor Community Parking lot 12:15pm-12:45 p.m.

Liberty
624-4415
S 29818 North Pine Creek Rd
Spangle 99031 libertiesd.us
Re-opening

Mead SD mead354.org  465-6000
2323 E Farrell Rd, 99021
Re-opening

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

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

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

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

SPOKANE PUBLIC SCHOOLS
200 N Bernard St, 99201
spokaneschools.org  354-5900
Meal Program  354-3976
5 breakfasts and 5 lunches packed in a box, ready to go!
For all children 18 and younger. Choose traditional or vegetarian meals. Special diet accommodations available for students with approved Digestive Disorder or Severe Allergic Reaction health care plan on file. NOTE: Those with a special dietary request may complete the pre-order survey each week.
Any child 18 years and younger (Express and Day Camp students can eat for free at school and should not access 5-day meal kits).
Help us ensure we have enough meal kits available at each site:
Preorder by Thursday for the following week’s meal kit.
Choose a pick-up time Mondays from 11:50 a.m.-12:50 p.m. or 5-6 p.m.
Wednesdays from 8-9 a.m. or 11:50 a.m.-12:50 pm.
Please keep the same pick-up place for the whole time we’re distance learning. Dec 1
Reopening for 2nd grade
• Adams, 2909 East 37th Ave.
• Arlington, 6363 N. Smith
• Audubon, 2020 W. Carlisle
• Balboa, 3010 W. Holyoke
• Bemiss, 2323 E. Bridgeport
• Browne, 5102 N Driscoll Blvd.
• Cooper, 3200 N. Ferrall
• Finch, 3717 N. Milton
• Franklin, 2627 East 17th Ave
• Garfield, 222 W. Knox
• Grant, 1300 E. 9th
• Hamblen, 2612 East Thurston
• Holmes, 2600 W. Sharp
• Hutton, 908 E. 24th
• Indian Trail, 4102 W Woodside
• Jefferson, 123 E 37th Ave
• Lidgerwood, 5510 N. Lidgerwood
• Lincoln Heights, 3322 E. 22nd
• Linwood, 906 West Welge Ave.
• Longfellow, 800 E. Providence
• Logan, 1001 E. Montgomery
• Madison, 319 W Nebraska Ave.
• Moran Prairie, 4224 E. 57th
• Mullan Road, 2612 East 17th Ave
• Regal, 2707 East Rich Ave.
• Ridgeway, 5610 N. Maple
• Roosevelt, 333 W. 14th
• Sheridan, 3737 E. 5th
• Stevens, 1717 E. Sinto
• Westview, 3520 W Bismark
• Whitman, 5400 N Helena
• Willard, 500 West Longfellow
• Wilson, 3612 S. Grand Blvd.
• Woodridge, 5100 West Shawnee Ave.
• Chase MS, 4747 East 37th Ave.
• Garry MS, 725 East Joseph Ave.
• Glover MS, 1404 West Longfellow Ave.
• Sacajawea MS, 401 East 33rd
• Salk MS, 6411 North Alberta St.
• Shaw MS, 4106 E. Cook
• Lewis & Clark HS, 521 W. 4th
• North Central HS, 1600 N. Howard St.
• Rogers HS, 1622 E. Wellesley
• Shadle Park HS, 4327 N. Ash
• Ferris HS, 3020 E. 37th

KIDS FOOD PROG - COMMUNITY

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

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

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

Millwood Impact
info@millwoodimpact.org
millwoodimpact.org

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.

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

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 kits include a good mix of healthy, kid-friendly, easy-to-open, single-serving, nonperishable food items to cover meals and three snacks over the weekend. The shelf-stable milk, juice, cereal, entrees and snacks are safe for children to handle on their own because they don't require any cooking or other preparation. Each week, staff members at participating schools put the packages of food discreetly in the backpacks of students in need. For information, contact Chris Sloan at 252-6283 or chris.sloan@2-harvest.org.

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

CHILD CARE & YOUTH CENTERS


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

Boys & Girls Club bgcspokane.org 544 E Providence, 99207 489-0741 Offers the Care Project, 8-3, M-F. As schools reopen and start distance learning programs for their students, the Clubs are here to help support kids & their families by doing whatever it takes for members and community. The Care Project is a daytime academic support program for students in 1st-8th grades where Club staff will facilitate access to distance learning programs. Cohorts are split by grade level with limited numbers in each classroom to encourage social distancing.

LSG Club 368-9175 13120 N Pittsburgh, 99208 NorthNorthClub 489-0741 544 E Providence Ave, 99207 Dir: Corey Crownhart

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

Parkview Early Learning Center CHILDREN'S HOME SOCIETY 5122 N Division 747-4174 Offers childcare, subsidy program new openings Oct 19. Child must be 30 days old to 3rd year. Preference given to applicants with certain risk factors or other professional status

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

Cup of Cool Water Ministries 1106 W 2nd, 99201 474-6686 cupofcoolwaterorg Mark Terrell cupofcoolwater.org Just a reminder that we are now open for modified drop-in! Monday/Wednesday (10-4) - FEMALES ONLY Tuesday/Thursday (10-4) - MALES ONLY Open For: - Showers - Laundry - Clothing - Internet Access - Mail - Take Out Lunches *Limit 2 youth at a time* **FIRST COME FIRST SERVE BASIS**

Express Program SPOKANE PUBLIC SCHOOLS 200 N Bernard St, 99201 spokaneschools.org 354-7312 Express will be open Thursday, September 8, 2020, until school returns to in-person learning. The Express program will follow the SPS 2020-21 school year schedule for days school is closed.

Available Locations:

- Lincoln Heights (South)
- Finch (North)

6:30 a.m. to 6:00 p.m., Monday - Friday Registration fee: $55 per child Tuition: $49 per day, per child, with a required minimum three-week enrollment and a minimum schedule of three days per week. Full-day rates apply with no hourly rate.

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

SPS DAY CARE INFORMATION SPS Day Camp is available for district-enrolled students and children of SPS staff, and will cover the real-time distance learning schedule for students in grades K-6 who are registered in school. Additional sites will open based on registration numbers. Enrollment will be closely managed to provide high levels of social distancing and strict adherence to safety protocols. Students will receive structure and routines that help them engage in their real-time distance learning.

Due to the high volume of registrations, a completed registration may not guarantee entry. If, after registration is received, the billing staff notices that a requested site and program are already full or not offered, they will notify the applicant. To provide a safe and healthy environment, registered students will not be able to change camp locations without a two-week suspension of care. All locations will be subject to change due to COVID-19 protocols, current enrollment, and lowered capacities. In the event of a COVID exposure the site may be closed for a two-week period.

SPS Day Camp begins Monday, Sept. 14, 2020, and runs until school returns to in-person learning. SPS Day Camp will follow the SPS 2020-21 school year schedule for days school is closed.

Monday - Friday, 7:45 a.m. - 3:45 p.m.

The USDA extended the Summer Food Service Program until December 31, for ALL children 18 and under. As such, breakfast and lunch will be provided during this time for the program. Applicants will not need to schedule a pick up for a five-day meal kit for students that are being served at school. Program locations will be introduced in three stages. Dates of when sites will open are listed below. Sites that still have vacancies to fill:

- Sites opening Sept. 14 Logan
- Sheridan Willard
- Woodridge

- Logan, 1001 E. Montgomery
- Sheridan, 3737 E. 5th
- Willard, 500 W. Longfellow
- Woodridge, 5100 W. Shawnee
- Sites Opening Sept. 21

- Arlington, 6363 N. Smith
- Browne, 5102 N. Driscoll Blvd.
- Cooper, 3200 N. Ferrall
- Garfield, 222 W. Knox
- Lidgerwood, 5510 N. Lidgerwood
- Longfellow, 800 E. Providence
- Regal, 2707 East Rich Ave.
- Stevens, 1717 E. Sinto
- Whitman, 5400 N. Helena
- Sites Opening Sept. 28
- Adams, 2909 East 37th Ave.
- Balboa, 3010 W. Holyoke
- Grant, 1300 E. 9th
- Holmes, 2600 W. Sharp
- Indian Trail, 4102 W. Woodside
- Linwood, 906 West Welle Ave.
- Madison, 319 W. Nebraska Ave.
- Westview, 3520 W. Bismark
- Montessori, 1300 W Knox Ave.
- Spokane, WA 99205
- Libby Center, 2900 E 1st Ave.
- Spokane, WA 99202

HUB Sports Center 19619 E Cataldo Ave 927-0602 Liberty Lake 99016 Fax: 927-0622 PO Box 604, Greenacres 99016 info@hubsporthcenter.org hubsporthcenter.org We will be hosting a series of outdoor drive-in movies on Saturday nights between September 12 – October 24th.
So gather the family, make a date, and join us for this unique throwback experience. We will have food trucks available and will be following all COVID rules.

BUY TICKETS NOW (first come first serve): https://www.hubsportscenter.org/drive-in-movies/  *$20 per car*

**Northeast Youth Center**
3004 E Queen, 99217
spokanenyc.org  482-0708

Much like everyone else right now, the youth center is preparing for the new, virtual school year. Except, the center is organizing a day camp for 100 students from preschool and K-6.

“They will just come in like a regular school day, sit down, start communicating with the teacher, and then we will have leaders walking around and assisting,” Hövlad said.

The center charges $660 per month, plus an activity fee, for a child to be in day camp. They are making their day at camp resemble a typical school day as much as possible.

School starts at 8:30 a.m., so they need to be here no later than 8:15 a.m. to log on and be prepared.

**One Heart Spokane**
1827 E Pacific Ave., Spokane, WA 99202
(509) 533-3510
oneheartspokane.com

With the COVID-19 pandemic changing the way kids are learning we, also, need to change the way we can be a resource to kids. Therefore, we have opened up basement-level space to students from grades kindergarten through twelfth grade. Lunch not provided

**Salvation Army**
325-6810
222 E Indiana, 99207
spokane.salvationarmy.org

The Youth Center is closed

**Shine Youth Center**
263-6828
10409 N Newport Hwy
shineartcenter.org

Offers introductory classes in art, dance, drama and music. Health, safety and 50 capacity in effect.

**Spark Central**
1214 W Summit Pkwy, 99201
Programs@spark-central.org
spark-central.org  279-0299

With permission from Spokane Regional Health District, the station will offer Saturday open hours for up to 10 masked people at a time beginning mid-September. We hope to offer more public hours eventually, but are reserving weekdays for new Level Up program in partnership with Spokane Public Schools.

**Spokane NAACP**
209-2425
Received a grant from the Front & Centered to help mitigate the impact of Covid-19 on communities of color. Team with T-mobile to provide hotspots and service to the homes of people and families of color in need

**Teen Aid Family Center**
723 E Jackson, 99207
482-2868
info@teen-aid.com

Offers a home-away-from-home-M-F, 8a.m.-5p.m. for student grades 1-12 offers a space to study online while parents are at work. Offers outdoor recreation and physical activities. Will open from Nov 16-Dec 30

**The Nest Community School**
3324 S Grand Blvd, 99203
(509) 624-6378 (NEST)
www.bellacova.com

Offers K-6th grade interim childcare through the school closure duration 8 a.m.-3 p.m. Website for more info: https://www.spokanenest.com/the-nest-community-school

**Vanessa Behan Crisis Nursery**
2230 E Sprague, 99202
353-3155
krisenia@vanessabehan.org
vanessabehan.org

Fax: 543-7099

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 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 the COVID-19 crisis with schools closed six weeks, is offering support to children and families on its website and social media.

**Y Learning Academy - YMCA**
ymcainw.org

777-9622

Supports the children and families in the community, during the unique and uncertain 2020-21 academic year.

The Y Learning Academy is designed to provide a safe, fun, and nurturing environment for children kindergarten through 6th grade who are taking part in virtual learning with their school district. Academy’s goal is to provide students with a supportive setting to engage with their respective school teachers and curriculum and to enhance that learning with fun such as physical activity, healthy snack, mindfulness & movement time, social peer time, and enrichment after school clubs like art, STEM, and games.

Details at https://ymcainw.org/programs/child-care/

**EDUCATION MATERIALS, SCIENCE**


**DIY Sun Science from Lawrence Hall of Science:**

https://www.lawrencehallofscience.org/do_science_now/science_apps_and_activities/diy_sun_science

(13 activities to do without a computer, half on sunny days and half anytime)

**Audubon Kids - Get to Know Birds:**


Kahn Academy Daily Schedule k-12: https://docs.google.com/document/d/e/2PACX-1vZ2hODP8AUP/AkqDkVFAlfFwxxZ95af6ZGQoqCNOuNsm6Z7DZNgtQW53OuVuCUbJh8-P-WmkshA2bks9dp

Lunch doodles with Mo Willems: Episodes 01 - 15 (end of series)

https://www.youtube.com/watch?v=RnzjCP0y3y8 produced by the Kennedy Center: (Mo Willems is second one down)

https://www.youtube.com/channel/UCejesXueKESryh-0DvM4PQ

These are daily “talks” with kids by Mo Willems and drawing lessons, activities!!

Cornell/Audubon: 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 online format for families from around the country.

Week 1 – Geology
Week 2 – Paleontology
Week 3 – Hydrology
Week 4 – Geography
Week 5 – Botany
Week 6 – Meteorology
Week 7 – Astronomy
Week 8 – Climatology
Week 9 – Entomology
Week 10 – Ichthyology
Week 11 – Herpetology
Week 12 – Ornithology
Week 13 – Mammology
Week 14 – Oceanography
Week 15 – Anthropology
Week 16 – Ecology

NWR live cameras
https://zoomstatic.com/static/5c2a3500f793923866cf19b8b75e70b9e333a8f4b1/1585242757691+Virtually+Visit+National+Wildlife+Refuges.pdf

Sierra Club kids activity list: (cool list including the “online storybooks” site and PBS Kids) https://www.sierraclub.org/articles/2020/03/keeping-our-kids-curious-and-engaged-home&utm_source=insider&utm_medium=email&utm_campaign=outings20200310

**SHELTERS**

**Family Promise**
Mail: 904 E Hartson, 99202  747-5487
Open Doors: 2002 E Mission, 99202
Familypromiseofspokane.org

Exec Dir: Joe Ader
Neighbors/Bridges Program Mgr: Susan Heitstuman
Open Doors Program Mgr: Serena Graves  723-4663
Village Program Mgr: Lynetta Lewis

Volunteer Mgr: Marianne Sfeir

Family Promise of Spokane

July 2020

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EFLC, 631 Richard Allen Ct, 215 Spokane WA 99202 - 509-535-4112
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.

Guardians Foundation, The
2600A E Selvage 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.

Cannon Street Warning Shelter
527 S Cannon St, 99201
208-449-1210 x 4

House of Charity
CATHOLIC CHARITIES  624-7821
32 W Pacific, 99204
ccceستernwa.org
Meals- Breakfast, Lunch & Dinner: Sack meals and hot meals will be consummed 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 are asked to access the specific service they need and then be asked to wait outside. Patrons will be allowed inside 5 people at a time, and may choose to access the showers/haircut 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 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. 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.

Jewels Helping Hands
Warming Centers
City Church
1047 W Garland Ave, Spokane, WA 99205
Donations: 3816 N Madison
jewelshelpinghandsSpokane@gmail.com 262-5502
282856762255273 on FB
Offers warming center for 30-40 people, will operate to end of Feb (longer if needed). Seeks other churches to

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 The Way Out Shelter
55 W Mission, 99207
866-5476
thewayoutshelter@usw.salvationarmy.org
Adults age 18+ guests arrive at 7pm each night. Low barrier shelter. Serves 102 guests. Offers meals three times daily, 7:30am, 12:30pm, & 5:30pm)

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.

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

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

Union Gospel Mission Ministries
1224 E Trent, 99202 533-8510
info@uniongospelmission.org
uniongospelmission.org
Offering sack lunches daily UGM is hiring temporary kitchen help—cooks temporarily out of work. Normal application process. Shelter and transitional programs open. New clients screened.

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

TANF (only Job Search) (509) 532-3127
access.wa.gov allegisgroup.com
doc.wa.gov/about/jobs/default.htm
careercast.com cooolworks.com
collegerecruiter.com craigslist.org
cybercoders.com dhr.idaho.gov
dol.wa.gov esd.wa.gov
gethinghired.com indeed.com
heliospokane.com jobs.net
insourced.com linkedin.com
labor.idaho.gov myspokane.org
metrospokeejobs.com
regionalhelpwanted.com
simplyhired.com serviceidaho.com
spokeajobs.com spokanevalley.gov
classifieds.spokane.com/search/employment/spokeajobs.com
usajobs.gov washjobs.com

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

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

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

These services are available through August 31, 2020.

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

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

Craft3 Eastern WA
10 N Post Street, Suite 220
99201
888-231-2170x250
mhusley@craft3.org

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

Compass Career Solutions
John Nickerson
808-8484
jnickerson@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. https://docs.google.com/spreadsheets/d/1-MwPtgcnwPV-NBZgZ2S5qQaLdhI281z2UY-MgFpXsBP/edit?gid=0
UberEats
GrubHub
DoorDash
#OrderUpSpokane
Tree House is a new local app treehousespokane.com

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

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

Job Corps 800-733-JOBS (5627)
jobcorps.gov

Spokane Job Corps
3012 N Nevada St, Ste 1, 99207
Hugh Russell
340-7813
Russell.hugh@jobcorps.org
Brandie Batt
340-7816
batt.brandie@jobcorps.org
Nation’s 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

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

The Next Generation Zone Work Source Affiliate 340-7800
901 E 2nd Ave, Ste 100, 99202
nextgenzone.org Fax: 893-5426
Career center for those 16-24. Combines education, career

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

Spokane Resource Center
130 S Arthur St, Second Floor
spokaneresourcecenter.org

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

UGM Motors 327-4357
7103 E Sprague, Spokane 99212
Mngr: Jim Sroh ugmotors.org
Restoring cars, rebuilding lives.

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

Washington State Commission on Asian Pacific American Affairs

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

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

WorkSource Spokane 888-316-5627
worksourcewa.com

Spokane Office
130 S Arthur, 99202
Go2worksource.com Fax: 332-3110

Provides a wide range of no-cost employment and training resources and Programs provided by state and local agencies and organizations. After March 19, the WorkSource Spokane Campus and its partners at WorkSource Spokane, the Spokane Resource Center, Talent Solutions by WorkSource Spokane, and the Next Generation Zone were not available for in-person appointments. WorkSource Spokane continues to be available by phone at 532-3120. https://worksource.spokane.com/covid-19
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 scar@scar.org
@Morning Star Baptist 3909 W Rowan Ave, 99205 scar@scar.org
One of many organization working on Requesting Additional Early Release & Reduced Custody In Spokane County Jail As Public Health Protection During pandemic

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

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

Spokane District & Superior Courts
Reopen at this time.

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

The Arc of Spokane 328-6326 320 E Second St, 99202 sthorpe@arc-spokean.org arc-spokean.org Fax: 328-6342
From March 17 to April 24 Suspending ALL activity

Disability Action Center- NW, Inc
Third Floor, West 9 995-76525 WMain 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 (DSHS) 1611 W Indiana, 99205 329-2900 https://www.dshs.wa.gov/dda/consumers-and-families/dda-coronavirus-information 800-462-3038 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 - LBC Chapter peoplesfirstspokane on FB Spokane county online peer support for those living with disabilities and their families will be available each coming 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 855-473-3711 844-4peer11.

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 FABF.

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

St Luke’s Rehabilitation Institute 711 S Cowley St, 99202 473-6000 st-lukes.org Fax: 473-6097

Be a part of something Greater.
For over forty years, Greater Spokane County Meals on Wheels has helped provide fresh made meals from our local kitchen, companionship and eyes-on wellness checks and a connection to other senior services.
Our mission is to help seniors stay independent and in the home they love.

GSMMealsOnWheels.org • 509-924-6976
St. Luke’s Rehabilitation Institute is implementing visitor and therapy restrictions in accordance with recommendations from the Center for Disease Control and Prevention (CDC). Some hospital access points will be consolidated at hospital campus location. https://www.st-lukes.org/locations/ St. Luke’s is providing inpatient rehabilitation services but continues to temporarily limit outpatient therapy services. Recap of outpatient services: Outpatient Clinics including North, Valley, Pediatrics and Cardiac & Pulmonary clinics will be temporarily closed beginning March 23. Adult outpatient services at the main campus will continue to remain open for urgent and emergent patients as designated by the patient’s health care provider. These visits will be on a staggered schedule in adherence to social-distancing guidelines.

IMMIGRANTS & REFUGEES

AHANA  bencabildo@gmail.com  Ben Cabildo  999-5365  https://ahana-meba.org/  We’re here to help multi-ethnic, multi-cultural businesses navigate state and federal COVID-19 business stimulus options. AHANA has been contracted by the Department of Commerce through their Small Business Resiliency Assistance program to assist and provide technical support for small businesses in underserved and under-represented communities affected by the COVID-19 pandemic. Underserved communities include ethnic and/or racial minorities, immigrants and refugees, Native Americans, youth, individuals with disabilities or deafness, and who identify as LGBTQ.  • Technical support and assistance may include:  • Navigational and technical assistance with contracts and applications  • Translating and distributing information  • Mentorship, education and/or training  • Planning for recovery and re-opening and support of their workforce  • Potential COVID-19 recurrences  

Refugee Connections Spokane  35 W Main Ave #205, 99201  209-2384  RCS@RefugeeConnectionsSpokane.org  refugeconnectionsspokane.org  Exec. Dir. Marijke Fakasieki  Deliver food to refugees children.  

Spokane Immigrant Rights Council  360-292-8540  c/o Jim Dawson, 907 E 8th, 99202  info@swira.org  jim.dawson@swira.org  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 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  327-8064  spokaneinternationaltranslations.com  Provides interpreting services to anyone interested. Some partners are using virtual options, conferences with clients by phone and video for whom they cannot meet within-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 N Washington St, Ste #204, 99201  wrsokane@wr.org  worldreliefspokane.org  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  

Daybreak Youth Services  960 E 3rd, 99202  888-454-5506  www.daybreakinfo.org  To assist and provide technical support to people experiencing emotional distress related to natural or human-caused disasters, including infectious disease outbreaks. The Toll-Free Disaster Distress Helpline: 1-800-985-5990  Text: TalkWithUs to 66746  

American Behavioral Health Systems (ABS)  934-1078  715 E Sprague, Ste 107  Spokane Valley 99216  abhsinc.net  Fax: 232-5770  No new clients accepted that this time. Detox, inpatient, outpatient.  

Frontier Behavioral Health  747-4174  701 W 2nd Ave, 99201  childrenshomesociety.org  Transferring in-home visiting services to virtual home visits. The Child Waiting Room will remain open until further notice. Continues to closely monitor the situation and watch for announcement when it will re-open to the public, and restate services in their usual capacity.
Composed of regional partners across the state who operate teams of support specialists to help people deal with this uncertain and difficult time. Toll-free line open from 9 a.m. - 9 p.m. Monday-Friday, 9 a.m. - 6 p.m. Saturday & Sunday or access us online at www.walistens.org. Interpreter services available.

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

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

Inland NW Behavioral Health 104 W 5th Ave, 99204 992-1888 inlandnorthwestbh.org Fax: 795-5966 Offers inpatient behavioral health acute-care in-patient psychiatric hospital providing patient-centered treatment for severe persistent mental and emotional illness. Free initial assessment. Provides services to adults needing inpatient care to manage severe depression, anxiety and other mood disorders. Treatment programs and daily structured activities are based on Cognitive Behavioral Therapy and Dialectical Behavioral Therapy. Accept all insurances, Medicare, commercial insurance and TriCare/TriWest. Open 24/7.


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

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

Passages - Family Support 1700 S Assembly, Ste 300, Spokane 99224 info@passages-spokane.org 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 Human Services - Spokane 325-7232 PIONEER HUMAN SERVICES 3400 W Garland, 99207 pioneerehumanervices.org All services still available, accepts WA Apple Healthcare (Medicaid). Provides recovery care and rehab services such as Inpatient Drug Rehab, short term drug rehab and others to clients in Spokane in its Surrounding areas to that they conquer their substance use disorders and achieve full recovery.

Pioneer Human Services - Spokane 325-7232 PIONEER HUMAN SERVICES 910 W Boone, 99201 pioneerehumanervices.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 take out lunches to members and the community from 12-1 Tuesday-Friday.

The Salvation Army 844-458-HOPE (4673). Nationwide hotline to provide emotional and spiritual support to anyone impacted by the crisis. The service is open to anyone looking for spiritual guidance, local services, or just someone to talk to.

SPARC (Spokane Addiction Recovery Centers) sparcop.org 624-3251 or 241-3130 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 exchange, case management, referrals to resources and prevention education.

Spokane Treatment & Recovery Services - STARS 105 W 3rd Ave, 99201 spokanerecovery.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 shtl.com Provides long-term living opportunity. All services still available, accepts WA Apple Healthcare (Medicaid), inpatient and outpatient.

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

YFA Connections Adult Services 22 S Thor, 99202 532-2000 PO Box 3344, 99220 info@yacconnections.org yacconnections.org Fax: 532-2005 Dir. Adult Services: Tom Murphy Adutl outpatient treatment for Substance use and co-occurring disorders. Accepts Medicaid, most private insurance and self-pay.

YFA Connections 532-2000 PO Box 3344, 99220 Fax: 532-2005 yacconnections.org Directions Dir: Angela Leavitt School based mental health services for Medicaid eligible children and youth in Deer Park, Riverside and Nine Mile Schools districts.

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
Spokane 99201
1222 W 2nd
coordinate care and sustenance of
with Senior Center members to
gatherings to resume. Working
Closed as of March 17 until it
director@mowspokane.org
administrative ways:
Mid-City Concerns/Meals on
checks.
-5 p.m.  Only accepting cash or
meals one
day a week for two weeks
Resource Center (Southern Spokane County to
keepers and districts.
FRIENDLY CHAT Program reaches
visits to seniors with physical
or mental conditions.
Continues to serve daily hot meals
throughout the COVID-19 crisis
throughout Spokane County. On
consultation with the Spokane
Regional Health District and
that the expected crest of the virus
will come in the next few weeks,
GSC Meals on Wheels will be
adjusting from daily hot delivery to
delivery of seven frozen meals
one day a week for two weeks
362-6642
Kerry
3151 E 27th, 99223
Brendy 216-6423,
Melinda 434-4303
offers a weekly menu to seniors
who call or email. These meals are
to be in the freezer, and good
up to three days. They deliver on
Tuesday, Friday, and Saturdays,
and every Wednesday from 2
-5 p.m. Only accepting cash or
checks.
Mid-City Concerns/Meals
on Wheels Spokane 747-3257
1222 W 2nd 99201
mowspokane.org
director@mowspokane.org
Closed as of March 17 until it
is deemed safe for senior social
gatherings to resume. Working
with Senior Center members to
coordinate care and sustenance of
UnitedHealthcare,
Community Outreach and
Medicare Resources 481-1755
Community Outreach (Medicare Resources), available
by telephone only to assist those
with Medicare resources.
TRANSPORTATION
Note: Services suspended or
not accepting new clients at this
time:
-ACS Road to Recovery
-Disabled American Veterans
-New Hope Resource Center
Community Living Connections:
Those with questions about obtaining food, transportation
or supplies may call the helpline
(509) 960-7281.
The helpline will continue to
operate and answer questions
during these challenging times.”
The reason being they have
new resources internally for
the delivery of groceries and
pharmacy to the door of the
client, and essential services on
a case by case situation. No target
population for expanded service.
COAST 397-2935
COAST is running normally,
though shared rides will
be avoided when possible.
Volunteer drivers needed.
(Southern Spokane County to
transit in Spokane)
Driver licensing offices:
Will reopen by appointment only
in a series of stages beginning
Monday, June 22. Appointments
are for customers who cannot
complete their transaction
online, by phone, or by mail.
With social distancing in place,
offices will be operating at
significantly reduced capacity
and appointments will be
limited.
-Northeaze 482-3882
9107 N Country Homes Blvd. 99218
12801 E Sprague, 99212
For-Profit Options, Call for
estimates
GoGoGrandparent (Lyft/Uber
conierge):
GoGoGourmet: (855) 754-5328
GoGoGourmets: (855) 222-4919
Precious Cargo: (509) 951-9380
MedStar: 1-800-236-2011
Just For You Senior Services:
(509) 939-9971
MedTrans: (800) 350-3782
The Moccasin Express:
(509) 458-6564
Masks required, limiting to 7
passengers with priority given
to those commuting to work at
esential services. (Wellpinit,
Ford, Two-Rivers to
Spokane)
SMS Medicaid
sms1.org 534-9760
Non-Emergency Medical
Transportation, download a form
to request a ride or apply for a
fuel voucher or bus pass.
SMS Community Shuttle:
(509) 534-7171
Fares resume July 1. Limiting to
passengers to 7 to maintain
close 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 for those with
appointments 619-1656.
Spokane Transit Authority
456-7277 328-RIDE
spokanetransit.com
Spokane Transit Authority:
Spokane Transit (STA) will
resume fare collection and front-
boarding on Wednesday, July 1. Transit passengers
are encouraged to wear face
coverings and practice social
distancing by spreading out on
the bus. STA began making face
coverings available to passengers
on Monday, June 15, at the STA
Plaza.
Vanpool: 326-POOL
Still accepting new individuals.
Try Vanpool offers up to 5 free
vanpool rides for new, qualifying
trial users.
STA ParaTransit 328-1552
spokanetransit.com
Rides for Seniors: (509) 328-
1552. Fares return July 1. If a
disability prevents easily wearing
or removing a face mask please
inform the driver. Rides to people
age 60 and over who must
to travel to essential destinations.
Passengers will ride door-to-door
service and passengers per vehicle
will be limited to maximize social
distancing during travel. Trips can
be scheduled the day before or
the same day with at least two hours of
advance notice. Customers will be
required to show proof of age.
STA Vanpool 326-POOL
commutefindernw.org
Check for route availability on
webpage. Trips begin or end
in PTBA. Share cost among
members. No imposed changes,
each group running based on if
traveling to essential services. Still
accepting new individuals.
Vanpool offers up to 5 free rides
for new, qualifying trial users.
Veterans Transportation
Service (VTS) 434-7537
Service area typically 40 miles
from the VA, now limited to
the local footprint. Currently unable
to transport from Post
Falls or CDL.
Volunteer Chore Services 439-6172/459-6171 cccsww.org Providing rides subject to availability. (Must be Non-Medicaid & low income) No wheel chair accessibility

WOMEN & CHILDREN: INFANT NEEDS & DVSA

DVSA Text Line 220-3725 Child WELFARE (DCFy) 800-557-9671 -Intake 800-557-9671 -After hrs 800-562-56234

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

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

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

Enland NW Diaper Bank
SPokane Valley Partners 927-1153 10814 E Broadway, 99206 PO Box 141360 Fax: 982-8463 Spokane Valley 99214 svpart.org Gives diapers to needy families.

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

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

Nurse Family Partnership
SPokane REGIONAL HEALTH DISTRICT 1101 W College, 99201 srhd.org 324-1621 Continues to visit and enroll clients using Telehealth to maintain contact with enrolled clients and provide support education over the phone or via video conferencing. Offers pre and postnatal education, mother/infant/child care coordination, follow-up for families with children. Health education, screenings, support and education on infant/child care, growth and development, parenting, health, home safety and nutrition.

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

Teen & Kids Closet 534-1151 307 E Sprague teenkiddocloset.org Spokane Valley 99202 PO Box 4099, 99220 contact@teenkiddocloset.org Offers clothing and household items for foster kids and teens or those of low-income. Appointment only by referral from school official or social worker, referral can be made online. Teen & Kid Closet will temporarily suspend operations, including receiving financial and physical donations.

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

WIC SPokane REGIONAL HEALTH DISTRICT srhd.org/Programsand-services/wic SRHD WIC clinics are providing all services by telephone only. WIC representatives will call participants with scheduled appointments. Persons interested in applying for WIC should call the individual clinics.

-WIC SRHD 324-1620 x4 -WIC WEST CENTRAL COMMUNITY CENTER 323-7497

Women’s Healing & 323-2123 Empowerment Network PO Box 9637, 99209 Pres: Mabie Dunbar whennetwork.com Because of the requirement to stay home, there has been a large increase in domestic violence incidents. Victims feel stuck between avoiding the virus (staying home) and reaching out for help (calling 911, contact with law enforcement, going to the hospital). Encourages people to report abuse. Call 911. Consider donating to help WHEN continue to provide services, food, shelter for victims, and Programs for victims and their children.

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

VETERANS

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

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

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

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

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

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