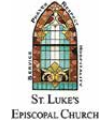


Guide to COVID-19 Resources



August 16, 2021 COVID Resources



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**RESOURCE DIRECTORY: GUIDE TO CONGREGATIONS AND
COMMUNITY RESOURCES: SUPPLEMENT ON COVID-19
RESOURCES IN SPOKANE COUNTY**

Aug 16, 2021

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Inclusion of agencies is for informational purposes, not as an endorsement of particular programs or dogmas of agencies. **This online directory offers** regularly 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. **The material is copyrighted.**

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We update information regularly through research, mailings, email, phone calls and web research.

Please send corrections to resource_directory@thefigtree.org.

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

dahocf.org/covid-19
 Idaho Kootenai County Mutual Aid Group
 FB: 764946094032284
 Kootenai County EMS System <http://kcemss.org>

WASHINGTON
coronavirus.wa.gov
covid19helpwa.org
 Department of Health doh.wa.gov/Emergencies/Coronavirus
 COVID-19 Hotline 800-525-0127 text "Coronavirus" to 211211
 Governor's Info & Resources <https://www.governor.wa.gov/issues/issues/covid-19-resources>
 NE Tri-County Health netchd.org
 Adams co.adams.wa.us/government/covid-19.php
 Asotin asotincountypublichealth.org
 Lincoln

co.lincoln.wa.us/public-health/coronavirus-covid-19-updates/

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

SPOKANE AREA
 Spokane COVID Response spokanecovidresponse@gmail.com
 FB: [SpokaneCOVIDResponse/](https://www.facebook.com/SpokaneCOVIDResponse/)
[InlandCOVIDResponse.org](https://www.facebook.com/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
spokaneutilityhelp.org

City of Spokane Valley ED spokanevalleyed.org/covid19/
 Greater Spokane Inc greaterspokane.org/covid-19/SRHD_srhhd.org/covid19
 Spokane County Community Services 477-5722
 Spokane Public Schools spokaneschools.org/covid
 The Fig Tree thefigtree.org
 United Way unitedwayspokane.org/COVID19Resources
 Civic Volunteers via Social Media: Helping Spokane Get Through COVID 19 FB: [Helping Spokane Get Through COVID 19](https://www.facebook.com/HelpingSpokaneGetThroughCOVID19)
 Spokane Area Coronavirus Aid FB: 261027208235464
 Spokane Mutual Aid 503- 662-7912 spokanecountymutualaid@gmail.com
 FB: [SpokaneCountyMutualAid mutualaidspokanecounty.com](https://www.facebook.com/mutualaidspokanecounty.com)
For Food 2-harvest.org

PUBLIC HEALTH/ EMERGENCY MNGT

Covid 19 Testing

CONTRACT TRACING
DOH 800-525-0127

[doh.wa.gov/Emergencies/
COVID19/WANotify](http://doh.wa.gov/Emergencies/COVID19/WANotify)
Look throughout the directory for
Covid - T for other locations
TXT "COVID" 424-354-4956
and receive a text back with
screening questions.

[doh.wa.gov/Emergencies/
COVID19/TestingforCOVID19/](http://doh.wa.gov/Emergencies/COVID19/TestingforCOVID19/)
Other listed in Health Care
listings, listing here are low and
No Cost locations.

CHAS
SPOKANE URGENT CARE – NORTH
5901 N. Lidgerwood Street Suite
126 Spokane, WA 99208
Monday – Friday: 9 am – 5 pm
Saturday – Sunday: 9 am – 3 pm
With Provider Appointment

SPOKANE URGENT CARE – VALLEY
1502 N. Vercler Rd, 99216
Monday – Friday: 9 am – 5 pm
Saturday – Sunday: 9 am – 3 pm
With Provider Appointment

NORTH COUNTY CLINIC
401 S Main St, Deer Park 99006
Monday – Friday: 9 am – 3 pm
NATIVE PROJECT MEDICAL CLINIC
1803 W Maxwell, 99201 **Covid - TV**

nativeproject.org 483-7535
RITE AID riteaid.com
SPOKANE 489-6010
5840 N Division St, 99208

SPOKANE VALLEY 924-4922
12222 E Sprague Ave, 99206
SATURN CLINIC 342-7411
826 N Mullan Rd, Ste B
Spokane Valley 99206 **Covid - T**

UNIFY COMMUNITY HEALTH
[YVFC.ORG](http://yfwc.org) . **Covid-T&V**
MISSION 326-4343
120 W Mission, 99201

NECC 4001 N Cook, 99207 483-3427
WALGREENS 800-925-4733
[https://www.walgreens.com/
findcare/covid19/testing](https://www.walgreens.com/findcare/covid19/testing)
SPOKANE 2105 E Wellesley, 99207
SPOKANE VALLEY
2702 N Argonne, Millwood 99212

Covid 19 Vaccine Locations

Look throughout the directory for
Covid- V for other locations
DOH 800-525-0127
Spanish option 888-856-5816
<https://vaccinelocator.doh.wa.gov>

6TH AVENUE MEDICAL PHARMACY
508 W 6th Ave, Ste 104, 99204
**ALBERTSONS/SAFEWAYmyhealth-
appointments.com/covidappt**
CONSISTENT CARE SERVICES
1235 N Post St, Ste 201, 99201

COSTCO [https://www.costco.com/
covid-vaccine.html](https://www.costco.com/covid-vaccine.html)
SPOKANE VALLEY
5601 E Sprague Ave, 99212

SPOKANE NORTH
12020 N Newport Hwy, 99218
CVS [cvs.com/immunizations/
covid-19-vaccine](http://cvs.com/immunizations/covid-19-vaccine)
9770 North Newport Highway,
Spokane, Washington 99218
Hart And Dilatush Pharmacy - Grp
601 W Riverside Ave, Ste 140, 99201
FRED MEYER [fredmeyer.com/
rx/guest/get-vaccinated](http://fredmeyer.com/rx/guest/get-vaccinated)
LATINOS EN SPOKANE POP-UP
VACCINATION CLINIC [facebook.com](http://facebook.com/CHAS)
CHAS - various locations 444-8200
COMMUNICATIONS@chas.org
MLK CENTER 500 S Stone, 99202
[prepmid.doh.wa.gov/
reg/5618229066](http://prepmid.doh.wa.gov/reg/5618229066)

NATIVE PROJECT MEDICAL CLINIC
1803 W Maxwell, 99201 **Covid - TV**
nativeproject.org 483-7535
Covid 19 Vaccination 209-6281
NORTHWEST ORTHOPAEDIC
SPECIALISTS
601 W 5th Ave, 99204

PROVIDENCE VACCINE CLINIC AT GU
Martin Centre Field House, 710 E
Lower Kennedy Dr, 99202
[providencecovidvaccinewam.t.
squarespace.com/spokane](http://providencecovidvaccinewam.t.squarespace.com/spokane)
RITE AID riteaid.com

INDIAN TRAIL
9007 N Indian Trail Rd, 99208
HILLYARD
2215 W Wellesley, 99205
NORTH DIVISION
5840 N Division St, 99208
9120 N Division St, 99218
12420 N Division St, 99218

SPOKANE 924-4922
112 N Howard St Ste 115, 99201
SOUTH HILL
2929 E 29th Ave, 99223
810 E 29th Ave, 99203
4514 S Regal St, 99223

SPOKANE VALLEY 924-4922
12222 E Sprague Ave, 99206
1443 North Argonne Rd, 99212
ROSAUERS PHARMACY
9414 N Division St, 99218
UNIFY COMMUNITY HEALTH
[YVFC.ORG](http://yfwc.org)

Experienced family practice
providers offer a full spectrum of

care, including prenatal care and
delivery, and care for children.
Dental, nutrition, behavioral
health, lab and pharmacy
services are available for patients.
Covid-T&V
MISSION 326-4343
120 W Mission, 99201

NECC 4001 N Cook, 99207 483-3427
OPPORTUNITY MEDICAL
16201 E Indiana Ave#2300,
Spokane Valley 99216
WALGREENS [walgreens.com/
findcare/vaccination/covid-19/
location-screening](http://walgreens.com/findcare/vaccination/covid-19/location-screening)

HILLYARD
2105 E Wellesley Ave, 99207
LIBERTY LAKE
1502 N Liberty Lake Rd, 99019
MILLWOOD
2702 N Argonne Rd, 99212

NORTH SIDE
12 E Empire Ave, 99207
NORTHWEST
1708 West NW Blvd, 99205
NORTH SPOKANE
7905 N Division St, 99208
12315 N Division St, 99218

SOUTH HILL
2830 S Grand Blvd, 99203
SPOKANE VALLEY
12312 E Sprague Ave, 99216
15510 E Sprague Ave, 99037
WALMART [walmart.com/cp/flu-
shots-immunizations/1228302](http://walmart.com/cp/flu-shots-immunizations/1228302)

YOKES [https://app.acuitytscheduling.
com/schedule.php?owner=21573064](https://app.acuitytscheduling.com/schedule.php?owner=21573064)
AIRWAY HEIGHTS
12825 W Sunset Hwy, 99001
DEER PARK
810 S Main St, 99006

LATAH CREEK
4235 South Cheney Spokane
Rd, Spokane 99224
LIBERTY LAKE
1233 N Liberty Lake Rd, 99019
SPOKANE VALLEY
9329 E Montgomery, 99206

INDIAN TRAIL
3321 W Indian Trail Rd, 99208
CSO Office 877-501-2233
washingttonconnection.org

Now allows individuals to apply
for benefits over the phone and
online.

City Resources, Spokane Cnty

Airway Heights:
<http://www.cawh.org>
CHENY
<https://www.cityofcheney.org/>
DEER PARK
www.cityofdeerparkwa.com
LIBERTY LAKE
www.libertylakewa.gov
MEDICAL LAKE
<https://medical-lake.org>
SPOKANE VALLEY
www.spokanevalley.org/covid19

Emergency Preparedness

SPOKANE REGIONAL HEALTH DISTRICT
1101 W College, 99201 324-1673
Works with other public health
staff, healthcare providers and
community agencies to respond
effectively to public health
emergencies in and around
Spokane County. srhd.org
COVID 19 INFO
covid.srhd.org 800-525-0127
TXT: Coronavirus 211-211

Governor, Washington State

[governor.wa.gov/issues/issues/
covid-19-resources](http://governor.wa.gov/issues/issues/covid-19-resources)

Medical Reserve Corps

mrc.hhs.gov/HomePage 206-615-2025
Region X Coord: Moji Obiako
MEDICAL RESERVE CORPS OF EASTERN WA
1101 W College, 99201 324-1451
Utilizes local health professionals
and volunteers to assist in local
medical emergencies.

Spokane C.O.P.S. Admin

6107 N Astor, 99208 625-3300
spokanecops.org
Offers volunteers.

Spokane County Emergency Management 477-3046

1121 W Gardner, 99201
cefox@spokanecounty.org
alertspokane.org
Deputy Dir: Chandra Fox
Local support for major
emergencies and disasters.

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 on agencies
needs for people and supplies.
volunteerspokane.org

Continued on p. 8

**MASK UP.
SIX FEET.
SMALL GROUPS.**

It takes all THREE

CovidVaccineWA.org

FOOD BANKS & CLOTHING BANKS: City of Spokane A-O

Key to charts: note use of X current offering, O=Occasional if items on hand, H=Homeless gear, C=Closed Covid 19

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Meals	Hours	Zip/Service Area/ Clients/Services	Contact Info
All Saints Gather Food Pantry (FP)	314 S Spruce, 99201	838-4409	X				C	10-2 MW	N/A	<i>allsaintsgather.com</i>
Southwest Community Center	314 S Spruce, 99201	993-1314 624-8634	X			X	X	8:30-5 T-Th	Anyone in SW Spokane	Mark Reilly, FB: <i>swspokanecommunitycenter</i>
American Indian CC	1025 W Indiana, 99205	535-0886	X	X	X		C	9-4:30 T-F	Native Americans clients	FB: <i>indiancenter610aiccinc.org</i>
Audubon UMC Food Bank & Bare Necessities	3908 N Driscoll, 99205	325-4541	X		X	X		8:30-11:30 2nd/4th T, brkfst	99205-W of Division, N of Montgomery; Nine Mile Falls	<i>http://audubonparkumc.org/</i>
Bethel AME Food Pantry	Richard Allen Apts, 600 S Richard Allen Ct	558-1148 994-3538	X					1p Th		<i>bethelamespokane.com</i>
-Kingdom of Christ Ministries	HUB 218 S Howard, 99201		X	X	X	X	X	4p Sun	H	FB: <i>KFC2Minitries</i>
Better Living Center	25 E N Foothills, 99207	325-1258	X	X	X	X		9-4 T; 9-1 Th	Nevada Heights, N Logan, NE Emerson/Garfield, E North Hill	Patty Marsh <i>betterlivingcenter.org</i>
Blessings under the Bridge - BUTB	I-90 overpass	869-6584		X		X	X	5:30 W	H	<i>butb.org</i>
Breaking Bread Rescue Market	Family of Faith Community 1504 W Grace, 99205	325-0343	X				X	FB: 10-12 T; MS: 5:30p F	Recovery	<i>ffcc.us</i>
Calvary Bapt Soup Kitchen	203 E 3rd Ave, 99202	747-8793					X	11 Sat		<i>Peggy Trout</i>
Caritas	1228 W Nebraska, 99205	326-2249	X		X	X		10:30-1:30 MWTh	NW Spokane	<i>caritasoutreachministries.org</i>
City Gate Food Bank	170 S Madison, 99201	455-9670	X	X		X	X	FB: by appt, Meals: 8 Sat, 12:30 T-F, & 7p WF-Sun	99201-S of Spokane River -204, 99224-N of I-90, E of Grove Rd, H	<i>thecitygate-spokane.org</i>
Crosswalk VOA	525 W 2nd Ave, 99201	838-6596	X	X			X	3-5, Th, CB: 3-3:30 daily	Ages 13-21, H	<i>voaspokane.org</i>
Cup of Cool Water	1106 W 2nd, 99201	747-6686	X	X		X	X	10-4 M-Th, 10-1 F	Ages 14-24, H	<i>cupofcoolwater.org</i>
Food not Bombs	Revival, 25 W Pacific					X	X	5:30 Sat	Sack meals	<i>spokanesfoodnotbombs@gmail.com</i> FB
Growing Neighbors Outdoor Community Dinners	Shadle Park Presbyterian 5508 N Alberta	327-5522	X				X	5:30 T	G&G, frozen meals, little free pantry	<i>growingneighbors.wordpress.com</i>
HBPA - Cosechando Esperanza Hispanic Food Pantry	308 W 1st Ave, 99201	389-6205	X		X	X		11-6,W	Diapers, case management referrals	<i>http://www.hbpspokane.net</i>
Jewels Helping Hands -The Revive Church -Our Place -Zion Lutheran -Messiah Lutheran -River City	25 W Pacific, 99201 1509 W College 8304 E Buckeye 4202 N Belt 708 Nora	281-7120				X	X	6-8 M 10-2 T 12-3 W 10-2 Th 10-2 F	Homeless shower & hygiene, street medicine on Sundays	FB <i>jewelshelpinghandsSpokane@gmail.com</i>
JITA Labor of Love	1803 E DeSmet, 99202	389-6205	X				X	MS: 11:30-1:30 W, FB:12-3 4thSt	Frozen meals, meats, bread canned, emergency food	<i>laboroflovejita@gmail.com</i> <i>jitacitychurch.us</i>
Liberty Park Food Pantry	Liberty Park Community Develop, 1417 E Hartson	534-0957	X					restocked M-Th	Little Free Pantry	<i>libertyparkcenter.org</i>
Logan Family Meal - Opportunity NE	Logan Elementary, 1001 E Montgomery	313-6095	X				X	Meal: 5 T	NE Spokane, 2nd Harvest mobile FB 1x 3-4 p	Trevor <i>iwata@gonzaga.edu</i>
MLK Jr Community Center	500 S Stone, 99202	868-0856	X					1-3 MWThF	Any, Seniors in 99202, -212	<i>mlkspokane.org</i> FB
El Mercadito	AM Cannon Park-1511 N Elm	558-9359	X					11-1 Sat	Free market, C-19 vaccine	FB: <i>Latinos en Spokane</i>
Mission Community Outreach	1906 E Mission Ave	536-1084		X	X	X		1-4, MTh, 10-1 W	Spokane	<i>4mission.org</i>
Mosaic - Changing Lives	HUB 218 S Howard		X				X	4p F; 12:30p Sun	Recovery, coffee/snacks 12p; groceries on FSat p.m.	<i>mosaicspokane.com</i>
New Hope Ranch	2524 E Queen 99207	954-5145	X				X	12-2 MW, Meal 5-6 F	no restriction, need based	<i>thezahls@comcast.net</i>
Northeast Community Food Pantry - NW Connect	4520 N Crestline St PO Box 7398,99207	290-5691	X			X		by appt	99207, 99217 W of Perry	<i>info@nwconnect.org</i> , <i>nwconnect.org</i> , FB
Off Broadway Family Outreach	Lighthouse HUB, 2225 W Mallon 99201 PO Box 9813, 99209	998-2630	X	X	X	X	X	FB: 8:30-10:30 TF; MS: 6p M	No ID, H, fellowship @ M dinner, offers gas voucher, bus pass, emergency assist.	Janice Foland <i>janicefoland@comcast.net</i> <i>offbroadwaylighthouse.com</i>

FOOD BANKS & CLOTHING BANKS: City of Spokane O-W

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Meals	Hours	Zip/Area/ Clients/Services	Contact Info
Our Place Community Outreach	1509 W College, 99201	326-7267	X	X		X	X	JHH: 10-2 T; Fresh Market 4-6:30 W; FB: 10-1 Th	River-Montgomery, H	ourplacespokane.org
Our Sister's Closet, Free Clothing Boutique- YWCA	930 N Monroe, 99201	789-9280		X		X		call for appt, 9-noon Fri	Women only, 1.5 hr apt for 3-5 outfits	oursisterscloset@ywcaspokane.org
Recovery Cafe	2001 N Division, 99207	960-8525					X	noon T-F	Recovery/H	community-minded.org
Revive Church	12 W Pacific, 99201	217-8453					X	noon, SatSun, 10-2 M, 6 M-F,	Homeless	therevivalnw@gmail.com therevivalishere.com
Revive Community Services	Morning Star Baptist 3909 W Rowan 99205	919-3587	X	X				FB: 9 Sat	Anyone in need	reviveministries@gmail.com ReviveCommunityServices.Com FB: ReviveUS2day
St Ann's Sunday Lunch	2116 E First Ave 99202	535-3031					X	1 Sun	Homeless	splspokane.org
Salvation Army Family Services Celebrate Recovery	204 E Indiana, 99207 222 E Indiana, 99207	325-6810 325-6751	X	X	X	X	C X	9-4 MWF; 9-5 TTh; Meal: 5:45 Th	Inland NW Celebrate Recovery	spokane.salvation-army.org
SCAR - Burritos for the People	Main Market						X	9-10, Sun	everyone	scarspokane.org
Serve Spokane	8303 N Division, 99208	998-5722	X	X	X	X		12:30-2:30 TTh 9-11:30 2nd/4th Sa	99208, H	ServeSpokane.org serve Spokane@gmail.com
Spokane Community College CARE Center	1810 N Greene - The Lair, 6-114K, 99217	533-7437	X					12-3 MTh, 9-3 WTh, 9-12 F	SCC students & rural extensions	scc.spokane.edu
Spokane Falls Community College Food Bank	3410 W Whistalks Wy, Bldg. 17, #139, 99224	533-4198	X					8:30-4:30 M; pick up 6 F	SCC Students	sfcc.spokane.edu
Shalom Ministries	518 W Third, 99201	455-9019		C		X		7:30 M-Th, 4:30 MT	H	shalommeal.org
Southside Food Pantry	2934 E 27th, 99223	535-2301	X					10:30-12 Sat	99203, 99223	southsidefoodpantry.com
SPEAR Food Bank	1905 E Pacific, 99202	475-5470	X		X	X		3-4, TW; 10-noon Sat		kruger5919@comcast.net
Spokane Aids Network - SAN	1121 S Perry St, 99202	844-1758	X					9-3 T	Delivery to clients	sannw.org
Spokane Dream Center	515 W 1st Ave, 99201	924-2630	X					Thursday Evening		spokanedreamcenter.org
Teen & Kids Closet	307 E Sprague, 99202	534-1151		X		X		appt by referral	For foster teens 12-18 yrs	teenkidcloset.org
UGM Shelter	1224 E Trent, 99202	535-8510					X	Meals: noon & 6 daily (East side door)	Homeless & low-income	uniongospelmission.org
West Central Abbey	1832 W Dean, 99201	309-6168 325-5252					X	5:30 W, noon M-F	Homeless; weekday Lunch, M-F, St Andrews 1224 N Howard	westcentralmission.org vicar@standrewsspokane.org
Westminster Presbyterian Food Pantry	2705 W Boone, 99201	329-0351 327-5522	X					11-1:45 WF		John Edmondson - westpresby@gmail.com
Women's & Children's Free Restaurant	1408 N Washington, 99205	324-1995	X				X	noon TW, summer W only	Meals & food boxes	wcferspokane.org
WSU Spokane Campus Pantry	Spokane Health Science Building (SHSB) 110Z	FB: WSU CampusPantry	X					8-10 T, 3-5 W	WSU and EWU	wsuhealth.campus-pantry@wsu.edu

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

SPOKANE AREA FOOD DELIVERY

Organization	Address	Phone	Hours	Contact Info
Heal Spokane	PO Box 28253, 99228	602-716-1174	delivery only	Kat Bopp heal.spokane.org heal.spokane@gmail.com
Jewels Helping Hands	5128 N Jefferson, 99205	263-5502	7, T	jewelshelpinghandsSpokane@gmail.com , FB
North Bridge Food Bank	22421 E Euclid, 99027		delivery Th	northbridge.life
SAJFS	1322 E 30th, 99203	747-7394	food delivery	sajfs.org , serves Jewish elderly, disabled and families in need
Spokane Quaranteam	Giving Back Packs Food PO Box 30321, 99223	FB: Spokane Quaranteam	Spokane area, location	helpsspokane@gmail.com - 100 free summer meals from food trucks Fridays at Sun City Church, 10920 E Sprague
SMS / Collaborative Food	707 N Napa, 99202	211/txt 898-211		hollyc@specialmobility.org
UGM Student Impact	1234 E Sprague, 99202	535-8510		uniongospelmission.org , Homebound

FREE MEAL SITES - Spokane County

Note: This is list of Grab and Go meal sites during Covid, below is list of shelters/transitional homes that offer food and shelter to daily residents

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Crosswalk (VOA) 9 525 W 2nd (13-17)	Crosswalk (VOA) 9 525 W 2nd (13-17)	Crosswalk (VOA) 9 525 W 2nd (13-17)	Crosswalk (VOA) 9 525 W 2nd (13-17)	Crosswalk (VOA) 9 525 W 2nd (13-17)	Crosswalk (VOA) 9 525 W 2nd (13-17)	Crosswalk (VOA) 9 525 W 2nd (13-17)
	Gods Love 9 Deer Park Youth Center 104 E Crawford (5-14)	Cup of Cool Water 10 (14-24) 1106 W 2nd	Cup of Cool Water 10 (14-24) 1106 W 2nd	Cup of Cool Water 10 (14-24) 1106 W 2nd	Cup of Cool Water 10 (14-24) 1106 W 2nd	Cup of Cool Water 10 (14-24) 1106 W 2nd	Cup of Cool Water 10 (14-24) 1106 W 2nd
	SCAR 9-10 Main Market	Shalom 7:30 200 S Howard	Shalom 7:30 200 S Howard	Shalom 7:30 200 S Howard	Shalom 7:30 200 S Howard	SW Comm Center 314 S Spruce 10:30	
L U N C H	Crosswalk noon (age 13-17) 525 W 2nd	Crosswalk noon (age 13-17) 525 W 2nd	City Gate 12:30 (not 1st Tues) 170 S Madison	City Gate 12:30 170 S Madison	City Gate 12:30 170 S Madison	City Gate 12:30 170 S Madison	Calvary Baptist Soup Kitchen 203 E 3rd 10 a.m. +
	Revival 12 12 W Pacific	Cup of Cool Water 1 pm (14-24) 1106 W 2nd	Crosswalk noon 525 W 2nd (13-17)	Crosswalk noon 525 W 2nd (13-17)	Crosswalk noon 525 W 2nd (13-17)	Crosswalk noon 525 W 2nd (13-17)	Crosswalk noon 525 W 2nd (13-17)
	St Ann's 1 2116 E First	God's Love 11:30 Deer Park Youth Center 104 E Crawford (5-14)	Cup of Cool Water 1 pm (14-24) 1106 W 2nd	Cup of Cool Water 1 pm (14-24) 1106 W 2nd	Cup of Cool Water 1 pm (14-24) 1106 W 2nd	Cup of Cool Water 1 pm (14-24) 1106 W 2nd	Revival noon 12 W Pacific
	Sons Redeemed 12:30pm Mosaic HUB Center, 218 S Howard	Stone Soup Café -St Andrews noon 2404 N Howard St	God's Love 11:30 Deer Park Youth Cntr 104 E Crawford (5-14)	God's Love 11:30 Deer Park Youth Center 104 E Crawford (5-14)	God's Love 11:30 Deer Park Youth Center 104 E Crawford (5-14)	God's Love 11:30 Deer Park Youth Center 104 E Crawford (5-14)	UGM Men 12 p.m. 1224 E Trent (E door)
	UGM Men noon 1224 E Trent (East door)	-West Central Abbey noon 1823 W Dean	JHH. 10-2 Our Place, 1509 W College	JHH. 12-3 Zion Lutheran 8304 E Buckeye	JHH 10-2 Messiah Lutheran 4202 N Belt	JHH 10-2 River City, 708 E Nora	Recovery Café 2001 N Division, 99207 noon
		SW Community Center (SWCC) noon - 314 S Spruce	Recovery Café 2001 N Division, 99207 noon	Recovery Café 2001 N Division, 99207 noon	Recovery Café 2001 N Division, 99207 noon	Recovery Café 2001 N Division, 99207 noon	Stone Soup Café -St Andrews noon 2404 N Howard St
		UGM Men 12 p.m. 1224 E Trent (E door)	-West Central Abbey noon 1823 W Dean	Stone Soup Café -St Andrews noon 2404 N Howard St	Stone Soup Café -St Andrews noon 2404 N Howard St	Stone Soup Café -St Andrews noon 2404 N Howard St	-West Central Abbey noon 1823 W Dean
			SWCC noon 314 S Spruce	SWCC noon 314 S Spruce	SWCC noon 314 S Spruce	SWCC noon 314 S Spruce	SWCC noon 314 S Spruce
			UGM Men noon 1224 E Trent (E door)	UGM Men noon 1224 E Trent (E door)	UGM Men noon 1224 E Trent (E door)	UGM Men noon 1224 E Trent (E door)	UGM Men 12 p.m. 1224 E Trent (E door)
			Women & Children's Free Restaurant 12 1408 N Washington	Women & Children's Free Restaurant 12 1408 N Washington	Women & Children's Free Restaurant 12 1408 N Washington	Women & Children's Free Restaurant 12 1408 N Washington	
D I N N E R*	City Gate 7 p 170 S Madison	Crosswalk 6 525 W 2nd (13-17)	Crosswalk 6 525 W 2nd (13-17)	City Gate 7 170 S Madison	Celebrate Recovery Dinner after 5:30 Salvation Army 222 E Indiana	Celebrate Recovery ROAR/FFCC 1504 W Grace 5:30	City Gate 7 170 S Madison
	Crosswalk 6 525 W 2nd (13-17)	Feed Cheney 5p/last Wren Pierson Community Center 615 4th St Cheney,	God's Love 5 (5-14) Deer Park Youth Center 104 E Crawford	Crosswalk 6 525 W 2nd (13-17)	Crosswalk 6 525 W 2nd (13-17)	Celebrate Recovery ONE* Mead Outreach 6 3707 E 3rd	Crosswalk 6 525 W 2nd (13-17)
	Kingdom of Christ Ministry Mosaic HUB Center, 218 S Howard	Feed Medical Lake 5:30(2nd/4th) St John's Lutheran 223 S Hallett	Growing Neighbors Shadle Park Prebyterian 5:30 5508 N Albert	Dinner Table WC Abbey 5:15-6:15 1823 W Dean	Crosswalk 6 525 W 2nd (13-17)	Changing Lives/ Celebrate Recovery Mosaic HUB Center, 218 S Howard 4:30 Dinner after 6	Food Not Bombs 6 12 W Pacific
	UGM Men 6 1224 E Trent (E door)	Gods Love (5-14) 5 Deer Park Youth Center 104 E Crawford	Holy Trinity Lutheran 6pm, Last T 2511 S Pines	BUTB 5:30 I-90 (b/w McClellan/Bernard)	God's Love 5 Deer Park Youth Center 104 E Crawford (5-14)	City Gate 7 170 S Madison	UGM Men 6 1224 E Trent (E door)
		JHH. 6-8 Revival, 12 W Pacific	Opportunity NE Logan Elem 5pm	God's Love 5 Deer Park Youth Cntr 104 E Crawford (5-14)	Revival 6 12 W Pacific	Crosswalk 6 525 W 2nd (13-17)	
		Off Broadway 6 2225 W Mallon	Revival 6 12 W Pacific	Revival 6 12 W Pacific	UGM Men 6 1224 E Trent (E door)	New Hope Ranch 2524 E Queen 5	
	Note: daily Jewels Helping Hands serves meal at various and random locations with Spokane Medical teams.	Recovery Ministry Valley Real Life 1831 S Barker 6:15	Shalom 4:30 200 S Howard	UGM Men 6 1224 E Trent (E door)	Valley Assembly 4-6 15618 E Broadway	Revival 6 12 W Pacific	
	+ still pending confirmation	Revival (The CAT Lady) 6 12 W Pacific	UGM Men 6 1224 E Trent (E door)			UGM Men 6 1224 E Trent (E door)	
		Shalom 4:30 200 S Howard					
		UGM Men 6 1224 E Trent (E door)					
		Shelters/Transitional Housing with Meals (DAILY to Residents only)					
		House of Charity, UGM Men, UGM Women, Truth Ministry, Cannon St, Family Promise, Transitions, St Margarets, Hope House, Catholic Charities (transitional housing), Young Adult Shelter					

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EFLC, 631 S Richard Allen Ct, #215 Spokane WA 99202 - 509-535-

FOOD BANKS & CLOTHING BANKS - Spokane Valley

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Area, Clients Services	Contact Info
East Valley Baptist	14516 E Wellesley Ave	928-4809	X				10-noon 4th Sat		eastvalleybaptist.org
Holy Trinity Lutheran Church	2511 S. Pines Rd	926-7966				X	6om, last T		holyltrinitylcmc.org
HRC Ministries	14415 E Sprague, 99206	879-3773	X				11-1 M, 4-6 W; by appt		hrcministries.com
Intersection at the River	22421 Euclid, 99216	202-6079	X				1:30-4 Th	Any one	FB: IntersectionChurch
Klothes Kloset - Opportunity Christian Fellowship	12321 E 14th, 99206	926-2673	X	X	X	X	10-2 WTh	Any one in need	opportunitychristian-fellowship.org
Liberty Lake Church Food Pantry	704 South Garry, 99019	255-6266	X		X	X	9-4 M-Th call 1st	Any one	libertylakechurch.com
Life River Fellowship FB	2810 N Park Rd, 99212	924-9510	X				5-7 1st & 3rd F	Any one	liferiver.org
North Bridge Food Bank	22421 E Euclid, 990227		X				1:30-4 Th		northbridge.life
Otis Orchards FB POB 189	4308 N Harvard, 99027	842-2355	X	X	O	O	11-2 1st & 3rd M	Any one	otisorchardsfoodpantry@gmail.com
Peace Pantry-Eastpoint Church	15303 E Sprague, Ste A, 99212	533-6800 x 130	X		X	O	10-2 Th	Any one	peace@eastpointchurch.org
Real Life Otis Ministries	4904 N Harvard, 99027	232-0840	X				9-12, 3-6 T-F		reallifeotis.church
St John Vianney Parish Poverty Fund	304 S Adams Rd, 99216	925-5428	X					Parish boundary; emergency food & assistance	oursvdp.com
St Vincent de Paul - St Mary's	304 S Adams Rd, 99216	928-3210	X					Parish boundary, emergency food	oursvdp.com
Spokane Dream-Ministry Resource Center	2128 N Pines, Ste 1 99216	924-2630	X				12:30-2 T; 12:30-3 W; 11:30-3 Th		spokanedreamcenter.org
Spokane Dream Cntr Mobile Food	7217 E Trent, 99212	924-2630	X				Friday Evenings		spokanedreamcenter.org
Spokane Valley Partners: Food and Diaper Bank	10814 E Broadway, 99206	927-1153	X	X	X		11-12:35, 1:30-3:15 W; 11-12:45 Th	Spokane Valley, SE Spokane Cnty	svpart.org
Spokane Valley Partners Mobile Bank	St Josephs, 4521 N Arden Rd, 99027	927-1153	X				3-5 1st TH		svpart.org
Valley Assembly of God Food Pantry	15618 E Broadway, 99037	924-0466	X				4-6 W; Dinner 5 W; JHH site; mobile dist 3-5 F	Meals in Spokane Valley	info@valleyassembly.org
Valley Real Life Ministries PO Box 397	1831 S Barker, 99016	232-0840	X			X	8-4 M-F, Recovery: meal 6:15, M w/FB		vrl.church

FOOD BANKS & CLOTHING BANKS - North Spokane County

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Meal Sites	Hours	Area, Clients Services	Contact Info
Clayton Community Closet	4494 Carlton Ave	276-5998		X						
God's Closet Admin	Deer Park SDA, 809 S Colville, 99006	991-1582		X				9:30-12:30 W	children, 0-18 yrs, \$1	deerpark@gods-closet.com
God's Love International	104 E Crawford, 99006	312-9875	X				X	Meal: noon Sun, 9, 11:30, 5 M-Th		godsloveinternational.com
GreenHouse, The	211 N Fir St, 99006 Mail: PO Box 62 The Porch	276-6897	X	X	X			FB: 1-4 MWF (anyone weekly)	99006, Deer Park 99110, Clayton	greenhousefoodbank@gmail.com thegreenhouse-online.org
Mead Food Bank	12611 N Wilson, 99021 PO Box 53	466-7068	X			X		4-6:45 W	Mead SD	facebook.com meadfoodbank.org
New Hope Resource Center	4211 E Colbert Rd, 99005	467-2900		X	X	X		9-1:30 TTh	North of Hawthorne not Deer Park, need based	Jeanna Swanson newhoperesource.org
North County Food Pantry	40015A N Collins Rd/ PO Box 388, Elk 99009	292-2530	X		X	X		11-2 M; 9-noon W	99003, -009,-156 (from Elk PO only)	Joe & Sandra Harvey ncfpantry@gmail.com
Spokane Christian Center Pantry	8409 E Bigelow Gulch Rd, 99217	924-4888	X							
Help-a-Pirate Program-Whitworth University	Lindaman center #201		X					8-5 M-F	Students in need	Robert Francis rfrancis@whitworth.edu whitworth.edu

WA Department of Health
doh.wa.gov 800-525-0127
 Has call center to address questions from the public about what is happening in Washington or how the virus is spread. Phone lines are staffed from 6 a.m. to 10 p.m., seven days a week. This call center can not access COVID-19 testing results. For testing inquiries or results, people should call their health care provider.

COMMUNITY CENTERS

American Indian Community Center 535-0886
 1025 W Indiana
 Limited access to Clients

Corbin Senior Activity Center 327-1584
 827 W Cleveland info@corbinseniorcenter.org
 99205 Jeff Edwards corbinseniorcenter.org
 Open with 50% capacity. **Covid V**

Hillyard Senior Center 482-0803
 NE COMMUNITY CENTER
 4001 N Cook, 99207
hillyardseniorcenter@yahoo.com
hillyardseniorcenter.org

reopened May 4, Lunch M-F G-n-G

Martin Luther King Jr Community Center Covid -V
 500 S Stone, 99202
mlkspokane.org 455-8722 x100
 New Food Bank hours 1 to 3 p.m., Monday, Wednesday, Thursday.
 Temporarily closed without an appointment. FAME and ECEAP programs are open 8 a.m. to 2:30 p.m. WIC is at the Broadway location. SNAP is by appointment. SCC Early Head Start and Gym are closed until further notice.

Northeast Community Center 487-1603
 4001 N Cook, 99207
necommunitycenter.com
 Implementing basic health screening at a single point of entry to the facility in conjunction with Unify Community Health for all agency staff and visitors. It includes basic health and recent travel questions, and taking temperatures. Anyone with signs and symptoms of illness may be denied entry or referred for further testing. The Zone will work to supply children and families with meals, food, toiletries and safe places.

Odyssey Youth Center 325-3637
 1121 S Perry St, 99202
odysseyyouth.org
 A resource for LGBTQ+ youth. Closed for the rest of the month. Will focus on connecting youth digitally.

Sinto Senior Activity Center 327-2861
 1124 W Sinto Ave
 Spokane 99201 sintocenter.com

Southside Community Center 535-0803
 3151 E 27th Ave, Spokane 99223
southsidescc.org
 Open with 50% capacity. **Covid V**

West Central Community Center
 1603 N Belt St, 99205
westcentralcc.org
 Before and after-school cancelled. Supportive services and many programs closed. Providing resource sheets for West Central and downtown. Youth Director is accepting food & hygiene donations for families. WIC needs: WIC site, but can't give out used formula anymore. Formula in general is a need.

YMCA the Inland Northwest 777-YMCA (9622)
 1126 N Monroe, 99201
ymca@ymcasinw.org

ymcasinw.org
 All locations partly open.
CENTRAL 930 N Monroe, 99201
NORTH 10727 N Newport Hwy, 99218
SOUTH 2921 E 57th, 99223
SPOKANE VALLEY 2421 N Discovery Pl, 99216

ENERGY AND RENT, HOUSING ASSISTANCE

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

Avista 800-227-9187
 1411 E Mission, 99252
 Customer Services, MSC- 34
 POB, Spokane 99220
avistautilities.com
 Has ended all utility cutoffs in WA, ID and OR

Black Realty Mngt, Inc 623-1000
 801 W Riverside, Ste 300, 99201
blackrealtymanagement.com
 Ellen Henry Offers Parkview Apartment in Cheney & Lincoln Heights Garden/Lincoln Heights Terrace Apartments for 62+ in Spokane.

FOOD BANKS & CLOTHING BANKS - West Plains

City	Organization	Address	Phone	Food	Clothes	Meals	Hours	Coverage Area	Contact Info
Airway Hghts	Airway Heights Baptist	12322 W Hwy 2	244-2474	X			10-noon Sat	99001, 99011, 99013, 99022, 99029, 99224	ahbc.us
Airway Hghts	Cleones' Closet	13114 Sunset Hwy, 99001	321-7071	X	X		noon-3 MWF	Airway Heights, H	cleonescloset.com
Airway Hghts	Heavenly Help, Cross-roads Airway Heights	1118 S King St, 99001	244-9343		X		11-4 3rd M, (every month/every other)		info2@crossroadswestplains.org household items
Cheney	Cheney Food Bank	Wren Pierson Center POB 614, 99004	235-2325 235-8900	X			9-11:30 1st-4th W	99004 (S of I-90); 99014, 99020; 99224, 99032 (SW)	cityofcheney.org
Cheney	EWU Central Food Bank	Tawanka Hall 129E, 99004		X			1-4:30 T	EWU students only	ceamericops@ewu.edu inside.ewu.edu
Cheney	Feed Cheney	Wren Pierson Center 204 4th, 99004	381-7002	X		X	meal and food box: 5:30 last M	West Plains	feedcheney.com feedcheney@gmail.com
Cheney	SkyTree Studios	545 E Wellesley, 99207	559-2183	X			Delivery only	50-60 West Plains	Stutter@gmail.com
Fairfield	North Palouse Community Food Bank	202 N Railroad, 99012		X			9-11 2nd/4th Sat	99018, 99030, 99039, 99012	npcfoodbank@gmail.com FB: npcfoodbank
Fairfield	SVP Mobile Food Bank	Fairfield Community Center, 304 E Main	927-1153	X			2-4 3rd TH	SE Spokane/N Palouse	svpart.org/
Medical Lake	Feed Medical Lake	St. John's, 223 S Hallet	714-1150			X	10-noon 2nd/4th M	West Plains	mlsd.org
Medical Lake	Medical Lake Food Bank	207 S Washington	299-3819	X	X		10-noon F	Medical Lake SD	medicallakecommunityoutreach@live.com
Reardan	We C.A.R.E. Food Bank	140 S Lake Rd POB 209, 99029	818-0146				1:30-3p, 2nd W; 5:30-7 4th Th	Reardan-Edwall SD, NW/Northern West Plains	emergency assistance, food vouchers
Spangle	Spangle Community Food Bank	Spangle Church 305 E 2nd, 99031	245-3431	X			2-3 4th T/W	99031, 99170 (Spokane Cnty)	
Valleyford	SVP Mobile Food Bank	Freeman, 14917 S Jackson	927-1153	X			2-4 4th Th, varies		svpart.org

Caritas Outreach Ministries

1228 W Nebraska, 99205 326-2249
staff@caritasoutreachministries.org
caritasoutreachministries.org
Prog Mngr: Kelsie Rowland
Provides emergency assistance for families in crisis, utility assistance, fuel vouchers.

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

Emergency homelessness prevention through loans and grants to pay rent. Rental unit must be with in City of Spokane limits.

Catholic Charities Emergency Financial Assistance

CATHOLIC CHARITIES 358-4963
12 E 5th, 99202
Rental & Utility assistance

Catholic Housing Communities

CATHOLIC CHARITIES 456-2279
12 E 5th, 99202 cceasternwa.org
Offers service enriched apartments to low-income seniors, disabled and chronically homeless individuals across Eastern WA.

Cheney Outreach 235-8900

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

City of Spokane Rental Assistance Program - LIVESTORIES

<https://insight.livestories.com/s/v2/city-of-spokane-rental-assistance-program-for-tenants/16f157a5-2f65-4996-a11f-9225ba2e9626#paper>
Offers an emergency rental assistance program intended for those impacted by COVID-19. Funds are available for past, current, future rent and utilities. For only residents of City of Spokane, who are at or below 80% of the poverty level.

Community Frameworks

907 W Riverside Ave 484-6733
Spokane 99201
communityframeworks.org
Develops affordable multi-family and supportive housing, provides home ownership opportunities for hard working families. Teaches and counsels families on budgeting, credit and home ownership topics. Works with other nonprofits to provide technical assistance and financing, or develop affordable housing for them.

Emmanuel Family Life Center - EFLC 443-4884

631 S Richard Allen Ct, 99202
info@eflc.org bethelamespokane.com
Offers rental assistance to help with back rent (up to 12 months) current rent and one month forward. Also offers utility assistance.

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 attempts to evict a tenant despite the moratorium, this resource could help. Participants can apply at SpokaneVLP.org. Clients connect directly with an attorney for free!

Family Promise of Spokane

Mail: 904 E Hartson, 99202 747-5487
Open Doors: 2002 E Mission, 99202
familypromiseofspokane.org
Exec Dir: Joe Ader
Aftercare Mngr: Susan Heitstuman
Prevention Mngr: Lynetta Lewis
Services include eviction prevention and emergency rental assistance based on funding available. Applications are at Housing Assistance Portal. Partners with City of Spokane to assist families impacted by COVID to prevent them from being homeless and provide stability for homeless families.

Financial Help line 625-6650

SPOKANE PUBLIC LIBRARIES
<https://www.spokanelibrary.org/financial-helpline/>
Helps Spokane County small businesses and individuals with financial recovery resources.

Furniture Banks

BED BUG FURNISHINGS 557-0751
3704 N Nevada, 99207 yourbff.org
bedbugfreefurnishings@gmail.com
Provides quality pest free furnishings and job skills for people in transition.
SLEEP IN HEAVENLY PEACE
3524 W Woolard Rd shpbeds.org
Colbert 99005 208-914-0937
jan.spackman@shpbeds.org
By request for families in need, kids with no beds. Builds bunk beds, provides bedding, pillows, blankets and quilts.

Goodale & Barbieri 459-6109

818 W Riverside, #300, 99201
g-b.com 800-572-9181
Provides quality low-income housing to the Inland NW. On behalf of nonprofit sponsors, it

develops and manages low-cost housing for the elderly.

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 and household items.

Habitat For Humanity

1805 E Trent, 99202 534-2552
habitat-spokane.org
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 also advocates for tenant protection during COVID-19 including the extension of eviction moratorium and rental assistance funding at the city or county level to allow people to stay in their homes.

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

Kiemle Hagood Co 755-7555

601 W Main, Ste 400, 99201
khco.com
Specializes in maintaining and operating apartment communities. In addition to market properties, offers expertise in developing and managing government subsidized projects for specific populations.

The Carl Maxey Center

3116 E 5th Ave, 99202 795-1964
carlmaxeycenter@gmail.com
carlmaxeycenter.org
Partners with City of Spokane to offer rental assistance to empower and transform Spokane's African American community impacted by COVID-19.

Medical Lake Outreach 299-3819

Rental and utility assistance for seniors, low-income and disabled.

The Next Generation Zone WORK SOURCE AFFILIATE 340-7800

901 E 2nd Ave, Ste 100, 99202
nextgenzone.org
Career center for those 16-24. Combines education, career skills training, community and employment resources to provide wrap-around support to inspire young adults in career goals.

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.

SNAP Housing Counseling

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

SNAP Rental Asst. 319-3035

456-SNAP
countryerap@snapwa.org
Program covers part of 3 month's rent. Call for criteria. Includes loss of income due to Covid 19

SNAP Energy Assistance

snapwa.org 456-SNAP
Helps eligible households with 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.

ENERGY OFFICES:

WHISTALKS WY 3102 W Whistalks Wy
ENERGY ON 2ND 705 W 2nd, 99201
NORTH EAST 4001 N Cook, 99207
VALLEY 10814 E Broadway, 99206
AIRWAY HEIGHTS COMMUNITY CENTER
13120 W 13th, 99001
CHENEY CITY HALL 609 2nd, 99004
DEER PARK CITY HALL
316 E Crawford, 99006
NEW HOPE RESOURCE CENTER
4211 E Colbert Rd, Colbert 99005

SNAP Rental Assistance 456-SNAP

snapwa.org/snap-rental-assistance/
Online application open for Spokane County residents outside the City of Spokane City limits only. Online application.

SNAP Energy Conservation Education 456-SNAP

212 W 2nd, 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.

Society of St Vincent De Paul - St Mary Parish

stvincent@email.com
304 S Adams Rd oursvdp.com
Spokane Valley 99216 **928-3210**
Serves residents in Spokane Valley
-ST ANTHONY **327-1162**
-MARY QUEEN **714-3260**
-ST FRANCIS OF ASSISI **202-8331**
-ST THOMAS **466-0220**
-ST MARY PARISH **928-3210**

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**
ptietz@spokanehousing.org
spokanehousing.org
Exec Dir: Pam Tietz
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.

Spokane Low Income Housing Consortium (SLIHC)

263-0883
POB 9231, 99209 kay@slihc.org
Exec Dir: Ben Stuckart slihc.org
Pres: Edie Rice-Sauer
Promotes availability of affordable housing in Greater Spokane. Has more than 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

130 S Arthur St, 2nd Flr, 99202
Jen Morrison **867-8188**
spokaneresourcecenter.org
housing@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.

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: rental/housing assistance, food bags, and emergency supplies after referral from local church.

Tenants Union of WA State

SPOKANE OFFICE 464-7620
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.

U-Help Program Spokane City Hall

808 W Spokane Falls Blvd 99201
Hours: Monday-Friday
8am - 5pm **311, 755-CITY (2489)**
ubill@spokanecity.org
Committed to helping citizens who are facing economic hardship because of COVID-19. Call 456-SNAP to access U-Help funding. SNAP also qualifies citizens for energy bill assistance through Project Share. Donations can be made at spokaneutilityhelp.org.

Utility Information Center

WA/ID 800-424-5555/811
callbeforeyoudig.org
Hotline for calling before digging to warn about any utility lines that might be a hazard in home repair projects. In WA call 2 business days before starting a project.

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.

EMPLOYMENT, JOB TRAINING & HIGHER EDUCATION

access.wa.gov allegisgroup.com
doc.wa.gov/about/jobs/default.htm

careercast.com coolworks.com
collegerecruiter.com craigslist.com
cybercoders.com dhr.idaho.gov
dol.wa.gov esd.wa.gov
everyoneon.org gettinghired.com
indeed.com internetessentials.com
hellospokane.com jobs.net
insourced.com linkedin.com
labor.idaho.gov myspokane.org
metrospokanejobs.com
regionallhelpwanted.com
simplyhired.com serviceidaho.com
spokanejobs.com spokanevalley.org
classifieds.spokesman.com/
search/employment/ usajobs.gov
spokanecounty.org washjobs.com
LIFELINE CELL PHONE PROGRAM
wennidibrea@gmail.com
Wenndi Brea **230-6360**

A Federal Program that offers free or reduced phones. Wireless companies in the area offer the Lifeline program based on the zip code. The program limits cell phones to one per household.

Adult Basic Education

SPOKANE COMMUNITY COLLEGE
scc.spokane.edu/ **533-4600**
Offers GED preparation for ages 19+ at NE Washington locations, English as a Second Language, math, reading, writing, computer and employment-focused skills.

AmeriCorps

Americorps.gov
Offers opportunities for adults of all ages/backgrounds to serve with local and national nonprofit partners. Service areas include education, economic opportunity, environmental stewardship, healthy futures, veterans and military families, emergency preparedness and anti-poverty programs.
SERVEWA Individual placement servewashington.wa.gov
Check web for specific placements and application process.
AMERICORPS VISTA vistacampus.gov
IDAHO serve.idaho.gov/
Americorps

Apprenticeship Spokane

apprenticeshipspokane.com
Career Seekers: WorkSource 130 S Arthur St, 99202
BSommerville@esd.wa.gov
Apprenticeship Coord: Beckie Sommerville **532-3145**
Businesses: Spokane Workforce Council, 140 S Arthur St, 99202
dkaschmitter@careerpathservices.org
Coord: Dani Kaschmitter **596-2220**
An industry-driven, career pathway where employers can develop and prepare their future workforce, and individuals can obtain paid work experience, classroom instruction, and portable, nationally-recognized credential.

Ash Street Station Project

FULCRUM INSTITUTE 838-2799
1935 N Ash/Mail: 211 Augusta, 99205
fulcrumdispute.com/ashstreetstation.jsp
A work force training site with pre-apprenticeships to retail sales. Location also includes low-income housing apartments.

BedBug Free Furnishings

557-0751
3704 N Nevada, 99207 yourbff.org
bedbugfreefurnishings@gmail.com
Provides pest free furnishings and job skills for those in transition.

Career Path Services

326-7520
10 N Post, Ste 200 **888-326-7520**
99201 **TTY323-1243**
careerpathservices.org
No-fee, nonprofit employment and training agency. Serves disadvantaged individuals in the NW by offering employment training.

SPOKANE RESOURCE CENTER
130 S Arthur, 99202 **867-8188**
spokaneresourcecenter.org
COLVILLE DSHS 99114 **685-6189**
1100 S Main

Career Transitions

533-4600
SPOKANE COMMUNITY COLLEGE
scc.spokane.edu
Offers six-week program to help math, writing, resume tips and computer skills for \$25.
MAGNUSON BUILDING
2917 W Whistalks Wy, 99224
WORKSOURCE 130 S Arthur, 99202

Computer Labs, Public (free)

See also community centers under Affordable Housing, Senior Affordable Housing and Retirement Communities. Many closed - Covid.
Goodwill Industries 838-4246
Latinos En Spokane 558-9359
MLK JR Comm Center 868-0856
Carl Maxey Center 795-1964
NE Community Center 487-1603
Spokane Housing Authority 328-2953
Spark Central 279-0299
WCCC 326-9540

Community-Minded Television (CMTV 14)

104 W 3rd, 99201 **960-7458**
cmtv@community-minded.org
community-minded.org/cmtv

Dept of Labor & Industries (WA)

lni.wa.gov **TTY 800-833-6388**
SPOKANE BRANCH 800-509-8847
901 N Monroe, Ste 100, 99201 **324-2600**
WAGE & HOUR INFO 866-219-7321
lni.wa.gov/Wages
WORKERS' COMP CLAIMS 877-561-FILE
lni.wa.gov/ORLI/ECS/FileFast.asp

DSHS Employment Pipeline

DSHS BASIC FOOD EMPLOYMENT AND TRAINING (BFET) PROGRAM
SWBFETPolicy@dshs.wa.gov

RIEPNavigators@dshs.wa.gov
dshs.wa.gov/BFET

Serves those receiving Basic Food Assistance, for free. TANF/WorkFirst clients must be referred by case manager. Helps with resume writing, interview skills, job prep, improving English language and literacy, math, GED, job skills, completing an AA or other certificates. Helps people find and keep employment, secure basic food and cash assistance, find childcare and receive cash assistance.

Employment Agencies

ASPEN PERSONNEL SERVICES 624-4858
The Flour Mill, 621 W Mallon, 601
aspens@aspenn-personnel.com
aspenn-personnel.com

COMPASS CAREER SOLUTIONS
John Nickerson 808-8482
jnickerson@careersbycompass.com
careersbycompass.com
EXPRESSPROS 747-6011
expresspros.com

MANPOWER SPOKANE
720 W Boone Ave, Ste 100, 99201
manpowerspokane.com 623-7100
PROVISIONAL RECRUITING
Northpark Bldg 420 W Dean Ave
#100, 99201 444-8871
provisional.com 800-805-0361

Eastern Washington University
526 5th St 359-6200
Cheney 99004 access.ewu.edu
ACADEMIC SUCCESS CENTER 359-2487
CAREER SERVICES 359-6365
THE EASTERNER 359-6737
easterneronline.com
KEWU FM 89.5 359-4226
TRIO-McNAIR SCHOLARSHIP 359-6200

EWU Catalyst for Success
COLLEGE OF SCIENCE, TECHNOLOGY,
ENGINEERING, & MATHEMATICS (CSTEM)
@ Catalyst Bldg, Spokane
130 Communications Bldg
Cheney 99004 smowatt@ewu.edu
ww2.ewu.edu/cstem 358-6244
Future location of departments of
technology and engineering in
Spokane to encourage Spokane's
growth in STEM careers.

EWU School of Social Work
EWU CHENEY ewu.edu 359-4244
Colleen Mastel cmastel@ewu.edu
Provides undergraduate and
graduate social work education to
enter a profession for people who
want to contribute to the lives of
others. Financial aid support
available to those who qualify.
EWU SPOKANE 828-1406
Stacey Chay schay@ewu.edu

EWU Spokane 358-7930
Public Administration 358-2230
668 N Riverpoint Blvd, Ste A, 99202
BUSINESS ADMINISTRATION 828-1232

EWU HEALTH & SAFETY 828-1384

Express Employment Professionals
331 W Main, 99201 747-6011
Owners/Operator: Ira & Susan
Amstader expresspros.com
Provides a full range of
employment solutions that
include full-time, temporary and
part-time employment in a wide
range of positions, including
professional, light industrial and
office services.

Freedom Consulting LLC
720 N Argonne Rd, Ste E
Spokane Valley 99212 241-3081
Info@FreedomConsultingLLC.com
FreedomConsultingLLC.com
Offers individual services
and classes for those seeking
vocational training, consulting or
employment placement in WA,
ID and MT. Clients referred from
DVR, Dept of Services for the
Blind, DVA, and IDVR.

Food Service Worker Training
See Women's, Employment for
similar employment training.
BASIC FOOD EMPLOYMENT & TRAINING
(BFAT - DSHS) basicfoodet.org
INLAND NW CULINARY ARTS ACADEMY
-SCC 533-7283
SRHD PERMITS 324-1560 x8
YWCA OF SPOKANE 789-9307 x8307

Gonzaga University
502 E Boone, 99258 328-4220
gonzaga.edu 800-986-9585
CATHOLIC STUDIES 313-6609/5973
COUNSELING & CAREER ASSESSMENT
CENTER 313-4054
GONZAGA BULLETIN 313-5865
gonzagabulletin.com
KAGU FM 88.7 313-6660
LAW SCHOOL 313-3700
law.gonzaga.edu

Foundational Community Support
COMMUNITY MINDED ENTERPRISES
fcs@community-minded.org
community-minded.org 496-2238
Specialist: Nina George

Goodwill Industries of the
Inland NW Workforce &
Family Services 838-4246
130 E 3rd, 99202
discovergoodwill.org TDD344-0163

Greater Minds 321-3623
801 W Riverside, 99201
jbrant@greaterspokane.org
greatermindsspokane.org
Regional collaboration of the
higher education and business
communities that help working
adults return to school and finish
their degrees or certificates.

High School Programs 533-4600

SPOKANE COMMUNITY COLLEGE
ABEInquiry@scc.spokane.edu
Running Start 279-6004
Offers paths to high school
completion: 1) High School+
offers completion for those 18
and younger, 2) a GED offers
completion for those 19+. Offers
classes in person, online or in
hybrid formats at community
colleges. Running Start in
Spokane and rural education
centers, offers high school and
college credits at the same time.

I-BEST (Integrated Basic
Education and Skills Training)
SPOKANE COMMUNITY COLLEGE
1810 N Greene St, 99217
scc.spokane.edu 533-4600
Teaches students literacy, work
and college-readiness skills so
they can move through school
and into living-wage jobs faster.
Both SCC and SFCC offer college-
credit classes that combine college
coursework with basic skills
training and assistance.

Spokane Job Corps jobcorps.gov
3012 N Nevada St, Ste 1, 99207
Russell.hugh@jobcorps.org 340-7813
Hugh Russell 638-5401
batt.brandie@jobcorps.org 340-7816
Brandie Batt 638-8773
Nation's largest career technical
training and education program
for students ages 16-24.

LDS Spokane Washington
Employment Resource Center
1620 E 29th, 99203 928-2534
wel-ec-spokane@ldschurch.org
Hours: 9-3, MT. LDSjobs.org
Entrance on the east side of the
building—ring the door bell.

NEW ESD 101 - AmeriCorps
2424 E Riverside, 99202
esd101.net 789-3708
SPOKANE SERVICE TEAMServes full and
part-time in low-income housing
construction, tutoring, volunteer
management and disaster services.
Education awards available.
YOUTHBUILD SPOKANE
youthbuild.org
Helps 18-24 year olds complete
GED or high school diploma
and earn wages while learning
construction skills. Participants
receive support for education,
hands-on training in construction
and a small wage.

Spark Central 279-0299
1214 W Summit Pkwy, 99201
programs@spark-central.org
spark-central.org
Ignites creativity, innovation and
imagination for people to forge the
path to their potential.

Spokane Community College
1810 N Greene St, 99217
scc.spokane.edu 533-7000
RUNNING START 533-8154
runningstart@scc.spokane.edu
THE SASQUATCH TIMES 533-7171
STUDENT SUCCESS & CAREER SERVICES
533-7249

Basic Food & Employment Training
(BFET) 533-8056
Corporate & Continuing Ed
ce@css.spokane.edu 533-8483
Opportunity Grants 533-8655
Passport to College 533-7345
washingtonpassportnetwork.org
Education for former foster
children up to 22.
WorkFirst - TANF 533-8210
Worker Retraining 533-8056
SPOKANE COMMUNITY COLLEGE
EDUCATION CENTERS
THE LODGE 533-6259
3305 W Whistalks Wy
MAGNUSON BUILDING 279-6030
2917 W Whistalks Wy
VALLEY CENTER 443-5508
11530 E Sprague Ave, Ste A&B
OTHER PROGRAMS AND LOCATIONS:
ADULT EDUCATION CENTER 533-4600
2310 N Monroe St, 99205
APPRENTICESHIP AND JOURNEYMAN
TRAINING CENTER 2110 N Fancher
Spokane Valley 99212 533-7178
FELTS FIELD - AVIATION MAINTENANCE
TECHNOLOGY 5829 E Rutter Ave
Spokane Valley 99212 533-7320

Spokane CREATE
spokanecreate.org
[FB: SpokaneCreate](http://FB:SpokaneCreate)
Provides a supportive, collaborative
environment, materials and
physical space to foster learning
and understanding in science,
technology, engineering and
mathematics.

Spokane Falls Community College
3410 W Whistalks Wy, 99224
spokanefalls.edu 533-3500
CAREER & COMMUNITY ENGAGEMENT
CENTER 533-3521
careers@sfcc.spokane.edu
BFET 533-3599
Continuing Education 533-8483
Opportunity Grants 333-3599
Passport to College 333-3599
washingtonpassportnetwork.org
Work First 533-3042
Worker Retraining 533-3599
THE COMMUNICATOR 533-4185
RUNNING START 533-3524/3435
SPOKANE FALLS COMMUNITY COLLEGE
EDUCATION CENTERS
FAIRCHILD AFB EDUCATION CENTER
6 W Castle St, Ste 126, 99011
Military/Veterans One-Stop
533-3900/533-3504
fairchildairforcebaseeducationcenter.sfcc@sfcc.spokane.edu
PULLMAN CENTER 332-2706
115 NW State St, Ste 305A, 99163

COMMUNITY GARDENS: SPOKANE & WEST PLAINS

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

City	Community Garden	Phone	regular plot	Raised Beds	V, G	TS, SL	H	Community Relations	Contacts
Cheney	Church of the Nazarene, 338 W Betz	235-6261		4x4, 4x8: \$0	V		S	food for church & day care families	cheneynaz@gmail.com cheneynaz.org FB:cheneynaz
Liberty Lake	Arboretum Community Garden/City Hall, 22710 E Country Vista Dr & Rocky Hill Park Community Garden	755-6700		4x8: \$25	G		H*	One per household Liberty Lake	Tait Hunter libertylakewa.gov thunter@libertylakewa.gov
Spokane	All Saints' Lutheran Community Garden 314 S Spruce St #A	838-4409	\$15		V	TS	H		allsaintsgarden@gmail.com allsaintsgather.com
Spokane	Beautiful Savior Lutheran 4320 S Conklin	747-6806	4x10: \$20					Food for members	Tom Lucke beautifulsaviorspokane.org
Spokane	The Commons Community Garden Spokane Water Dept, 3230 S Lamonte	280-6854	4x8: \$25	4x10: \$30	G	TS	H	Connected with Food for All Food	Dennis Anderson dennis_anderson@mac.com
Spokane	Adam K England Community Garden - Transitions, 3080 N Hemlock	795-8411	4x6: no fee	4 x6; no fee	G	TS SL	H	Daily food banks clients & alumni	Amanda Randall, arandall@help4women.org
Spokane	Chief Gary Community Garden, River of Life 2103 E Mission 99207	599-3035	4x4: \$15 4x4 \$15	4 x18 \$25 (20)	G	TS	S, Drip	Kiosk for excess, UGM/FB Plot \$5	Donna Fagan chiefgarycommunity-garden@gmail.com
Spokane	FaVS Center Community Garden 5115 S Freya	541-975-3509		4x8 \$15 (16)			S, H	\$25 for use	Christy Oliveri oliverichristy@gmail.com
Spokane	Garden of Eatn' Community Garden - New Horizons 3122 W Lincoln	993-7506	19x24: \$45	4x8: \$25				Church, neighbors and FB	Shauna Hood nhccspokane.com
Spokane	Grant Park Community Garden, 10th & Arthur	469-264-1059	4x12: \$35	4x8: \$25 (&ADA)	G V	TS, SL	S	Free foraging on perimeter	peggyparkersemail@gmail.com FB: GrantParkCommunityGarden
Spokane	Growing Neighbors/5508 N Alberta	327-5522				SL, P		Food give-aways: 5-6 T, 11:15 Sun	shadleparkpres.org
Spokane	Northeast Community Center NE Community Garden Liberty/Lacy Pumphouse Garden, Crestline/Hoffman	487-1603 x217	4x20: \$20,	4x10: \$10				Free distribution	Nick Bowcut, nbowcut@necommunitycenter.com necommunitycenter.com
Spokane	St Johns Cathedral Community Garden, Bicentennial Park, 127 E 12th, 99202	838-4277		4x8: \$5 (ADA)					Kristi Philips, stjohns-cathedral.org KristiP@stjohns-catedral.org,
Spokane	Spokane CGA, Polly Judd Park 1802 W 14th	560-6591	N/A	N/A	V	N/A	N/A	Produce boxes to signed up families in need, offers waiting list	Bianca Sanchez, spokanecga.org spokanecga@gmail.com
Spokane	Sunshine Community Garden 1512 S Ash	953-9843	20x25	X	V			Food for neighbors, organic	Joan Montgomery 7jmont@gmail.com
Spokane	Thornton Murphy Community Garden Southside Senior Center 151 E 27th	280-6854	4x8: \$25	4x10: \$30	G V	TS	H	Volunteers build raised beds	Dennis Anderson dennis_anderson@mac.com
Spokane	Underhill Community Garden E Hartson Ave & S Ralph St	720-0967	10x20: \$30 10x10: \$20	\$15	V	TS SL	H	Karen ethnic community garden	Alexandra Montegue monale1955@gmail.com
Spokane	Vinegar Flats Farm 2121 S Cherry St, 99224	425-269-9788			G			Farm Stand, 9-12, Sat, Farmers Markets	maya@greenplaynw.org greenplaynw.org
Spokane	West Central Community Garden River City Youth Ops 1832 W Dean	703-7433	X		G, V		D x4 S x1	Farmers Markets, meal WC Abbey,	info@rivercityyouthops.org youthops.org
Spokane	YMCA North Community Garden 10727 N Newport Hwy, 99218	777-9622			V			T 9-11, W 5-7, Growing Neighbors	Brent Gaither, bgraither@ymcainw.org
Spokane Valley	Pumpkin Patch Community Garden 9108 E Maringo Dr	928-7181	15x15: \$15	4x10: \$25	V		H	Donates to FB, organic	Teresa Sadler teresa@pumpkin-patchgarden.net pumpkin-patchgarden.net
Spokane Valley	Resurrection Community Garden 15319 E 8th Ave	926-6450 499-6995		2x8: \$20 4x16: \$35				Produce to Valley Partners	office@ecorspokane.org resurrectionspokane.org
Spokane Valley	St Joseph's Community Garden 4521 N Arden, Otis Orchards	926-7133	4x8: free	N/A	V	TS	H	Donates to FB	Cindy https://stjoeparish.org info@stjoeparish.org
Spokane Valley	Spokane Valley Partners Fresh Start Community Garden 11202 E Mission	927-1153 x12	\$25	\$10				For clients, farmers markets and FB	ea@svpart.org

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

Spokane Regional Labor Council, AFL-CIO 327-7637
510 S Elm St, Ste 1, 99201
wa.aflcio.org/spokanelabor
Offers apprenticeships programs through local unions.

Spokane Workforce Council
140 S Arthur St, Ste 300A, 99202
admin@spokaneworkforce.org
spokaneworkforce.org **960-6255**
CEO: Mark Matkke
Seeks to close the skills gap, create jobs, increase wages, improve productivity, reduce poverty and develop a responsive, effective workforce system.

The Big Table 979-1005
1411 W Garland, Ste E, 99205
POB 372, Spokane Valley 99210
information@big-table.com
Kevin Finch, Jill Lemon, Laura Lympus, Chris Deitz, Annee Compogno big-table.com
Transforms lives of those working in the restaurant and hospitality industry transformed by building community around shared meals and caring for those in crisis, transition or falling through the cracks.
Spokane Branch 979-1005
827 W First, Ste 725, 99201

UGM Motors 327-4357
7103 E Sprague, 99212
Mngr: Jim Stroh ugmmotors.org
Restores 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.

University of Washington School of Medicine - Gonzaga University Health Partnership
820 E Spokane Falls Blvd
Mail: 850 E Spokane Falls Blvd, Ste 124, 99202 **838-4689**
wspokane@uw.edu washington.edu/spokane/spokane-center

Washington State University - Pullman 335-3564
wsu.edu TTY/TDD 335-1566
ACADEMIC SUCCESS AND CAREER DEVELOPMENT 335-6000
BIAS HOTLINE 332-2427
CABLE 8 PRODUCTIONS 335-5219
cable8.org
THE DAILY EVERGREEN 335-3194
THE EDWARD R. MURROW COLLEGE OF COMMUNICATION 335-1556
EXTENSION OFFICES 335-4561
WSU College of Agricultural, Human and Natural Resources Sciences Hulbert 411 ext.wsu.edu
PO Box 646248, Pullman 99164
cahnrs.deans@wsu.edu
cahnrs.wsu.edu

WSU EXTENSION OFFICES
SPOKANE COUNTY 477-2048
222 N Havana, Spokane 99202

WSU University Center for Innovation 358-7897
Ignite Bldg, 120 N Pine St, 99201
ebingerm@wsu.edu
spokane.wsu.edu/about/university-center-for-innovation
Assists new businesses with technology and applied research.

WSU Spokane spokane.wsu.edu
412 E Spokane Falls Blvd, 99202
PO Box 1495, 99210 **358-7500**
24-hour Info Line: 323-2474
CAREER SERVICES 358-7537
SMALL BUSINESS DEVELOPMENT CENTER
wsbdc.org 358-7765
SPEECH & HEARING SCIENCES 358-7513

Whitman College
CAREER SERVICES - STUDENT
ENGAGEMENT CENTER 527-5183
WHITMAN WIRE whitmanwire.com

Whitworth University
300 W Hawthorne Rd, 99251
whitworth.edu 777-1000
ADULT DEGREE PROGRAM 777-3222
CAREER SERVICES 777-3272
CONTINUING STUDIES 777-3222
EDUCATIONAL SUPPORT SERVICES 777-3380
KRWS WEBCASTING 777-4560
whitworth.fm
THE WHITWORTHIAN 777-3248

Women's, Employment
CHRIST KITCHEN christkitchen.org
2410 N Monroe, 99205 **325-4343**
kim@christkitchen.org
ED/CEO: Kim Kelly
Nonprofit Christian ministry provides work, job training and fellowship for women in poverty in Spokane.
NEW LEAF BAKERY CAFE JOB TRAINING - TRANSITIONS
Kitchen: 3128 N Hemlock, 99205
Cafe: 12 E 5th, 99202 **496-0396**
newleaf@help4women.org
help4women.org

Helps women develop marketable skills for employment.
WOMEN TO WORK PROGRAM - YWCA
930 N Monroe, 99201
women2work@ywcaspokane.org
ywcaspokane.org **789-9299**
Provides a safe, welcoming space to empower women on the path to employment and economic stability. Enrollment based, free program with 1-on-1 appointments for resumes, mock interviews and coaching, as well as a networking and a computer lab for skill building and job honing. Free, on-site childcare for program participants. Services include a division of support for (DSHS) Basic Food Education & Training (BFET) recipients and/or survivors of domestic violence.
WA ST DSHS WORKFIRST LIFE SKILLS - ESSENTIALS PROGRAM - YWCA
930 N Monroe, 99201 **789-9299**
lifeskills@ywcaspokane.org
ywcaspokane.org
Helps women gain awareness, self confidence, self-confidence, motivation and the skills necessary to successfully obtain and retain employment while healing from trauma. DSHS case worker referral required. A partnership with DSHS to provide a 12-week intensive program for TANF recipients who have been exempt from actively participating in their normal WorkFirst activities.

WorkSource Spokane
worksourcewa.com **888-316-5627**
SPOKANE OFFICE Go2worksource.com
130 S Arthur, 99202 **532-3000**
Provides a wide range of no-cost employment and training resources and programs through state and local agencies and organizations.

FARMERS MARKETS & LOCAL FARMERS
<http://tilthproducers.org>

<https://agr.wa.gov/getmedia/14cdd035-2e49-4f16-9537-1de6dd4e4f50/1.pdf>
https://certified.naturallygrown.org/documents/Tilth_Directory.pdf
<https://www.pnw.coop/greenbluffgrowers.com>

Christ Kitchen 325-4343
2410 N Monroe, Spokane 99205
christkitchen.org
Population it serves don't need any more trauma in their lives, so staff contact them and works with them to ensure money continues to come in. Welcomes donations to support the ministry in this time. Seeks government funding. Products are still available for purchase at Yokes, Rosauers, and Super 1 Foods. Works to keep shelves stocked.

Community Supported Farm
VINEGAR FLATS FARM
2121 S Cherry St, 99224 **953-7863**
<https://www.facebook.com/Urban-Eden-Farm-163141713742296/?ref=hl3>
<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. Observe the 6 foot rule. Receive a vegetable bounty with \$400 membership for 12 weeks.

Farm Coop/Local Producer Hubs - Delivery
FULL CIRCLE
customerservice@fullcircle.com
1-866-206-8080 fullcircle.com
LINC FOODS 505-0446
3808 N Sullivan Rd. Bldg 12P
Spokane Valley 99216
info@lincfoods.com lincfoods.com
SHARE FARM - SPOKANE share.farm
COURAGE TO GROW FARMS
Shaneese Dunigan **270-7264**
Delivery as far as Nine Mile Falls, CdA and Fairchild AFB

New Leaf Bakery Cafe Job Training - Transitions
Kitchen: 3128 N Hemlock, 99205
Cafe: 12 E 5th, 99202 **496-0396**
newleaf@help4women.org
help4women.org

FOOD & HYGIENE DONATIONS

Bed Bug Furnishings 557-0751
3704 N Nevada St, 99207
bedbugfreefurnishings@gmail.com
<http://yourbff.org>

Questions about COVID vaccine?

CovidVaccineWA.org

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

Blessings under the Bridge

10212 E 9th, Bldg 600 *butb.org*
Spokane Valley 99206 **869-6584**
Blessingsunderthebridge@gmail.com
Works with other agencies to coordinate and distribute food and hygiene items.

Catholic Charities Eastern WA

12 E 5th Ave, 99202 **358-4250**
ceasternwa.org **800-831-1209**
Needs volunteers and emergency supplies for its programs. The list of needed items is at <https://www.ceasternwa.org/covid-19>.

Feast World Kitchen

1321 W 3rd Ave, 99201
admin@feastworldkitchen.org
feastworldkitchen.org
Serves a carry-out menu several nights a week featuring food by a rotating cast of former refugee and immigrant chefs.

Feed Spokane **216-7364**

PO Box 141674, 99214
admin@feedspokane.org
feedspokane.org
Exec Dir: Steven Brashears
Networks meal providers and community partners in the greater

Spokane area. Works to eliminate food waste through food rescue.

Food for Kidz **868-9260**

Eastpoint Church Warehouse at, 15303 E Sprague
Jim Dodd *foodforkidz.org*

Latinos en Spokane

1502 N Monroe, 99201 **558-9359**
latinosenspokane.org **Covid - V**
Online and in person resources for community development, activism and empowerment.

Hispanic Business Professional Association *hbaspokane.net*

POB 3661, 99220
hbaspokane@gmail.com
Offers mobile food banks. Anyone needing food may note dates when several Spokane Latin organizations will join forces to serve the Latinx community. Information on how to protect oneself and avoid COVID will be distributed, including a list of medical centers where people can go if they do not have medical insurance.

HRC Ministries **879-3773**

14415 E Sprague Ave
POB 14257, Spokane Valley 99214
warehouse@hrcministries.com
hrcministries.com **Off 922-0939**

Works to feed vulnerable seniors and at-risk children. Food drop-off Tuesday-Thursday.

Jewels Helping Hands

jewelshelpinghandsSpokane@gmail.com **263-5502**
282856762255273 on FB
Provides mobile showers for homeless friends. Provides meal, hygiene products, basic needs supplies.

Latinos en Spokane

1502 N Monroe, 99201 **558-9359**
latinosenspokane.org **Covid - V**
Online and in person resources for community development, activism and empowerment.

LDS Welfare Home Storage Center - Bishop's Store House

9423 E 4th, 99206 **928-1035**
Friday: 10 a.m. - 5 p.m.
Saturday: 10 a.m. - 3 p.m.
https://providentliving.churchofjesuschrist.org
For member of LDS or friends in need.

Little Free Pantry

http://www.littlefreepantry.org/frequently-asked-questions

Located around town with food and hygiene items, offered like a Little Free Library, often at churches. Offer items individuals are willing to donate or trade. Those who take items may give back immediately or down the line. Those with toiletries find it an anonymous way to share. When converting a little free library to a pantry have the pantry opening face East or North in the summer to decrease food spoilage. Locations:
Salem Lutheran - Caritas
1428 W Broadway Ave, 99201
Central Spokane YMCA - YMCA of the Inland Northwest
930 N Monroe St, 99201
2330 W Sharp Ave, 99201
Emmaus Church
1317 E 12th Ave, 99202
5018 N Driscoll Blvd, 99205
4017 W Queen Ave, 99205
2603 W Broad Ave, 99205
4315 W Winston Dr, 99205
3005 W Rowan Ave, 99205
2506 W Rowan Ave, 99205
3929 N Cannon St, 99205
1504 W Shannon, 99205
328 W Park Pl, 99205
Shadle Presbyterian - Caritas
5508 N Alberta St, 99205
Northside Church of Christ
5601 N Jefferson St, 99205
St Francis, 1104 W Heroy, 99205

FARMERS MARKETS: SPOKANE COUNTY

FMNP- Farmers Market Nutrition program, WIC and Senior Voucher, SNAP/EBT-food stamp/card, FA (Food Access) program (includes SNAP Market Match and KERNEL), under that column S-SNAP Market Match (formerly Fresh Bucks), K-KERNEL (kids activities and \$2 voucher)

City	Farmers Market	Location	Phone	Dates	Hours	FMNP	SNAP/EBT	FA prog	Contact
Cheney	Cheney Farmers Market	1101 First St	235-9176	June-mid Oct	10-2, Sat	X			FB: Cheney-Farmers-Market
Clayton	Clayton Farmers Market	4616 Wallbridge Dr	276-9644 951-4207	June-end Oct	noon-4, Sun				claytoncommunityfair.com
Liberty Lake	Liberty Lake Farmers Market	Town Square Park, 1421 N Meadowwood Ln	290-3839	mid-May - mid-Oct	9-1, Sat	X	X	S	libertylakefarmersmarket.com
Millwood	Millwood Farmers Market	Millwood City Park, 9300 E Frederick Ave, 99206	939-1083	mid May - mid Oct	3-7, W	X	X	X	info@millwoodnow.org farmersmarket.millwoodnow.org https://www.millwoodnow.org
Spokane	Emerson-Garfield FM	AEC, 2310 N Monroe	389-0964	June-end Sept	3-7, F	X	X	X	market.emersongarfield.org
Spokane	Fairwood Farmers Market	319 W Hastings Rd	466-0682	mid-May to mid-Oct	3-7, T	X	X	X	fairwood.market@gmail.com fairwoodfarmersmarket.org
Spokane	Garland Summer Market	Parking Lots: Post/Garland & Post/Providence	319-6873	mid-May-mid-Sept	3-7, T				garlanddistrict@gmail.com garlanddistrict.com
Spokane	Hillyard Farmers Market	5102 N Market, 99217 Mail: NECC 4001 N Cook,	993-2104 828-481-9616	June-end of Sept	3-6, M	X	X	X	flaherty.hannah@gmail.com hillyardfestival.com FB HillyardFarmersMarket
Spokane	Kendall Yards Market	1335 W Summit Pkwy	321-5888	mid-May to Sept	5-9, W	X	X	X	market@kendallyards.com kendallnightmarket.org
Spokane	Spokane Farmers Market	20 W 5th	995-0182	mid June-Oct	8-1, W,Sat	X	X	X	spokanefarmersmarket.org
Spokane	Thursday Market	The Shop, 924 S Perry St	720-8449	May - Oct	3-7, Th	X	X	X	thursdaymarket.org
Spokane Valley	Spokane Valley Farmers Market	2426 N Discovery Pl, 99216	208-619-9916	June-mid Sept	5-8, F	X	X	X	spokanevalleyfarmersmarket.org

Fowler UMC, 3928 N Howard St
Corbin Senior Activity Center
827 W Cleveland Ave, 99205
St Andrews, 2404 N Howard St
2438 N Madelia St, 99207
6718 N Wall St, 99208
Prince of Peace Lutheran
8441 N Indian Trail Rd, 99208
Spokane Valley: 12 N University
Cheney: Emmanuel Lutheran
Rockford: United Methodist

Mission Community Outreach

1906 E Mission, 99202 **536-1084**
4mission.org mcoc.spokane@gmail.com

Volunteer-run clothing bank is closed. Supports other agencies in need of supplies. Offers clothing, limited hygiene items (no toilet paper now), diapers, wipes and small housewares. Interested agencies may email their request. Director will field requests based on supplies on hand.

Northwest Harvest Spokane Warehouse

3808 N Sullivan Rd, Bldg 14-J
Spokane Valley 99216 **891-7013**
Spokane only. Setting up drop off locations.

Pet Food Banks

Included below. Check with the 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

Schedule an appointment:
adoptdontshop34@gmail.com
terena@spokanehumaneociety.org
spokanehumaneociety.org

PROJECT UNCONDITIONAL LOVE

1824 E Columbia 99208
pulspokane@yahoo.com
pulspokane.wixsite.com/homeless
FB: 893933834007786/

Avery Plank **443-3697**

Gives pet food to the homeless every week as part of Blessing Under The Bridge. Supplies Serve Spokane. Gives 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 **477-2532**
Spokane Valley 99212 Fax: 477-4745

Janet Dixon spokanecounty.org
SPOKANE HUMANE SOC 467-5235

6607 N Havana St, 99217
terena@spokanehumaneociety.org
spokanehumaneociety.org

Schedule an appointment

St John Vianney Parish Poverty Fund

503 N Walnut **926-5428**
PO Box 141125 sjvchurch.org
Spokane Valley 99214

Salvation Army 325-6821 x2202

222 E Indiana, 99207
spokane.salvationarmy.org
Continues regular operations at the Family Resource Center—food bank. Continues to operate, doubling the number of people. Asks people to donate extra toilet paper, hand sanitizer, tissue, cleaning wipes and surgical masks to give to people who come. Food bank operates with volunteers taking food boxes 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.

Second Harvest of the Inland Northwest 534-6678

1234 E Front, 99202 2-harvest.org
Offers instant help, money and volunteers to distribute more food for students. Evaluates needs of partner agencies as many of them made adjustments to keep everyone safe. Looks at ways to respond better to community need. Mobile distribution of food in the county targets high needs partners. Depends on volunteers, and is adjusting on how volunteers can help. Rebooting its schedule to honor social distancing.

Society of St Vincent De Paul - St Mary Parish

stvincent@email.com
304 S Adams Rd oursvdp.com
Spokane Valley 99216 **928-3210**
Serves residents in Spokane Valley
-ST ANTHONY **327-1162**
-MARY QUEEN **714-3260**
-ST FRANCIS OF ASSISI **202-8331**
-ST THOMAS **466-0220**
-ST MARY PARISH **928-3210**

Spokane Area Jewish Family Services

director@sajfs.org
1322 E 30th, 99203 **747-7394**
Exec Dir: Neal Schindler sajfs.org
Provides food to clients, usually delivering it to their doorsteps with no 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 outside the building with no contact. Helps clients negotiate the landscape of ongoing and emerging resources, and calls vulnerable clients. Disperses some emergency funds but are running low and awaiting possible financial aid from Small Business Association. Event is virtual, and info is here: <http://sajfs.org/virtualbenefitevent/>

Spokane County Mutual Aid

mutualaidspokanecounty.com
Hotline **503-662-7912**
spokanecountymutualaid@gmail.com
Twitter: [@spoctymutualaid](https://twitter.com/spoctymutualaid),
Facebook: Spokane County Mutual Aid, and Instagram: [@spokanecountymutualaid](https://www.instagram.com/spokanecountymutualaid)
A volunteer grassroots network operating in Spokane County. Formed as a response to the COVID-19 outbreak. Works in the community to build better neighborhood-based systems of support. Collective currently helps with needs such as grocery shopping, prescription pick-up and financial assistance. Those needing help or support can fill out a form.

Spokane Street Medicine

michelle.guerrero@wsu.edu
luis.manriquez@wsu.edu
Luis Manriquez **360-395-5825**
TJ Byrne **208-661-2106**
Testing: Kira Lewis **217-3514**
A collaboration between the WSU Elson S Floyd College of Medicine, SRHD, CHAS, SNAP, Jewels Helping Hands, Volunteers of America, and Catholic Charities, the team is from CHAS Denny Murphy clinic. Offers care to the homeless population where they are and facilitates the connection between homeless service organizations and healthcare. 9-12 and 4-7, M,W,F; and 2-5 Sat..

Thrift Stores Days & hours vary

ARC OF SPOKANE, THE **328-8100**
808 N Ruby, 99201
arc-spokane.org/arc-thrift
9a-8p M-Sat
CARE & SHARE **299-9024**
211 N LeFevre, Medical Lake 99022
DISCOVERY SHOP - AMERICAN CANCER SOCIETY 805 W Garland **328-9373**
cancer.org 10-5, T-Sat
GLOBAL NEIGHBORHOOD THRIFT
919 E Trent 99202 **868-0001**
global-neighborhood.org
GREENHOUSE, THE **276-8224**
31 N Main St, Deer Park 99006
GOODWILL RESALE/THRIFT:
Community service programs are funded by donations and sales at 11 regional Goodwill stores and shopgoodwill.com.
\$.85 of every dollar directly supports services in the community. Shop and donate at any locations.

-Downtown Spokane Goodwill Store **444-2396**

202 E Third Ave, 99202

-Goodwill Outlet Store, 1406 E Front Ave, 99202 **279-2916**

-North Nevada Goodwill Store 9832 N Nevada, 99218 **466-2012**
-Northwest Blvd Goodwill Store

2282 N Ash St, 99205 **321-0579**
-South Hill Goodwill Store
2927 E 27th, 99223 **321-0478**
-Spokane Valley **928-4032**
13721 E Sprague Ave, 99216
NW CHRISTIAN SCHOOL THRIFT STORE
6607 N Maple **326-1522**

nwcsthrift.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
11211 E Sprague, 99037 **928-9970**
spokanethriftstore.salvationarmy.org
10-5 M-Sat, donations till 4

UGM THRIFT STORE - DOWNTOWN
301 W Boone, 99201 **326-3316**
uniongospelmission.org/thrift-stores/
9-7, M-F. 9:30-6 Sat

Drop off or pick-up larger items
UGM THRIFT STORE - VALLEY
11921 E Sprague, 99206 **927-5905**
uniongospelmission.org/thrift-stores/
9-7, M-F. 9:30-6 Sat

Drop off or pick-up larger items
VETERANS THRIFT STORE
4507 West Wellesley Ave

SNAP (Food Stamps)
877-501-2233

Women's Hearth - TRANSITIONS
920 W 2nd, Spokane 99201
info@help4women.org **455-4249**
help4women.org

Closed temporarily space offered as Young Adult Shelter.

-North Spokane 10403 N Newport Hwy, 99218
-Valley: 12117 E Mission, 99216

CHAS Health 444-8200

203 N Washington, Ste 300, 99201
chas.org **Billing:** 444-7880
24/7 Nurse Hotline: 866-418-1002
Nonprofit system of community clinics providing medical, dental, behavioral health, pregnancy and pharmacy services to people of all

ages regardless of insurance status or ability to pay. Assists in enrolling patients in WA Apple Health and other marketplace insurance options. Bills private insurance or uses sliding fee scale based on income and household size.

Spokane City & County 444-8200

These locations offer medical, behavioral health and pharmacy:
5921 N Market St
3919 N Maple St
914 W Carlisle Ave
1001 W 2nd Ave
817 S Perry St, Ste B
15812 E Indiana Ave,
5620 S Regal St, Ste 11
1720 2nd St, Cheney
-only medical & behavioral health
401 S Main, Deer Park **Covid-T**

URGENT CARE CLINICS

Spokane Urgent Care-North 434-1990
5901 N Lidgerwood, Ste 126
Spokane Urgent Care - Valley
1502 N Vercler Rd **444-8204**

Concentra *concentra.com*

Urgent care, work injuries and employment listing. Discounts for cash for uninsured clients.
NORTHSIDE 467-4545
9222 N Newport Hwy, Ste 1
SOUTH HILL 2005 E 29th **747-0770**
SPOKANE VALLEY
15425 E Mission **924-7010**

Excelsior Health Clinic

3754 W Indian Trail Rd, 99208
excelsiorwellness.org **559-3100**
Offers wellness checks, health screenings, immunizations, preventive care, sports physicals, behavioral health and optometry. Takes most insurance.

Franklin Park Urgent Care Center 792-3474

5904 N Division, 99208 *fpucc.com*
Offers minor emergency care, sports physicals (all levels) and injuries, work related injuries (L&I), minor shots, some disease testing and labs. **Covid - T.**

Kaiser Permanente Medical Centers *kp.org*

Consulting Nurse Svcs **800-267-6877**
Member Services **888-901-4636**

Social Work Services **877-216-6216**

KENDALL YARDS 625-3700

546 N Jefferson Ln, Ste 200, 99201
LIDGERWOOD Covid - T&V **482-4402**
6002 N Lidgerwood St, 99208
RIVERFRONT Covid - T&V **324-6464**
322 W North River Dr, 99201

SOUTH HILL 535-2277

4102 S Regal St, Ste 101, 99223
VERADALE 922-2625
14402 E Sprague Ave, 99216

MultiCare Emergency Dept

multicare.org/coronavirus/
DEACONESS HOSPITAL
800 W Fifth, 99204 **458-5800**
DEACONESS NORTH EMERGENCY
8202 N Division, 99208 **473-3333**
VALLEY HOSPITAL **924-6650**
12606 E Mission
Spokane Valley 99216

MultiCare Hospitals *multicare.org*

DEACONESS HOSPITAL
800 W Fifth, 99204 **458-5800**
VALLEY HOSPITAL **924-6650**
12606 E Mission, 99216

MultiCare Indigo Urgent Care

indigourgentcare.com
Covid - T

ARGONNE/MILLWOOD 598-7870

2401 W Wellesley, Ste 103, 99205
NORTH SPOKANE 598-7744
9420 N Newport Hwy, Ste 103

SHADLE PARK

2401 W Wellesley Ave, Ste C

SOUTH HILL 598-7810

4911 S Regal St, 99223

VALLEY 598-7820

15605 E Sprague, 99216

MultiCare Rockwood Clinics

multicare.org **Covid - T**
AIRWAY HEIGHTS CLINIC 342-3380
10414 W Hwy 2, Ste 10, 99224
CHENEY NEIGHBORHOOD CLINIC
19 N 7th, 99004 **235-6151**
DEER PARK CLINIC 755-5424
20 E J St, 99006

MEDICAL LAKE CLINIC 755-5300

725 N Stanley St, Ste D, 99022

MORAN PRAIRIE 724-4150

3016 E 57th Ave, Ste 27, 99223

QUAIL RUN CLINIC 755-5250

2214 E 29th, 99203

VALLEY CLINIC 99216 744-5710

13221 E 32nd Ave, Ste 1

MultiCare Rockwood Urgent Care *multicare.org*

DOWNTOWN 342-3100

400 E 5th Ave, Ste 1 N, 99202

LIBERTY LAKE 342-3990

1326 N Stanford Ln, 99019

Native Project Medical Clinic

1803 W Maxwell, 99201

Covid - TV *nativeproject.org*

483-7535

Provides primary and preventive care sport physicals, well-child checks, immunizations, health education, chronic illness

management, treatment of minor diseases, women's/men's health care, mental health and substance abuse. Accepts Medicaid, Medicare and most private insurances. **Covid 19 Vaccination 209-6281**

Providence Family Medicine

INDIAN TRAIL Covid - T 385-0610

5011 W Lowell, Ste 100, 99208

HAWTHORNE (SPOKANE) 252-1900

551 E Hawthorne Rd, 99218

NORTH (SPOKANE) 252-9602

212 E Central, Ste 440, 99208

SPOKANE VALLEY - 99216

13102 E Mission Ave **928-0300**

Providence Hospitals

washington.providence.org

HOLY FAMILY HOSPITAL 482-0111

5633 N Lidgerwood, 99208

MOUNT CARMEL HOSPITAL 684-2561

982 E Columbia, Colville 99114

SACRED HEART MEDICAL CENTER & CHILDREN'S HOSPITAL 474-3131

101 W 8th Ave, 99204

ST JOSEPH'S HOSPITAL 99109

935-8211

500 E Webster/POB 197, Chewelah

ST. MARY MEDICAL CENTER 676-3743

401 W Poplar, Walla Walla **Covid-T**

Providence Primary Care

16528 E Desmet, Ste B2100/B3100

Spokane Valley **994-9440**

washington.providence.org

Providence Urgent Care

washington.providence.org

DOWNTOWN Covid - T 474-2100

412 S Division, 99202

NORTH SPOKANE Covid - T

489-2369

551 E Hawthorne Rd, 99218

WALLA WALLA 897-3000

1025 S. Second Ave **Covid - T**

SPOKANE VALLEY Covid - T **944-8910**

16528 E Desmet, Ste A1200, 99216

Saturn Clinic 342-7411

826 N Mullan Rd, Ste B

Spokane Valley 99206 **Covid - T**

Tribal Medical Centers

CAMAS CENTER CLINIC

1821 N LeClerc Rd #1 **447-7405**

Cusick 99119 **844-752-3027**

Covid - T&V 447-7111

LAKE ROOSEVELT COMMUNITY HEALTH CLINICS *lrhc.com* 722-7019

39 Short Cut Rd, Inchelium 99138

Covid - T 722-7006

MARIAMN HEALTH 800-325-7371

427 12th Covid-T&V **686-1931**

POB 388, Plummer 83851

NESPELEM HEALTH CENTER 634-2943

29 Nespelem/Sanpoil St (IHS)

Covid - T

OMAK HEALTH CENTER 422-7456

617 Benton, Omak 98841

Covid - T

SANPOIL VALLEY CENTER 634-7325

11665 S Hwy 21, Keller 99140

Covid - T 634-7300

WYNCOOP MEMORIAL CLINIC

6203 Wellpinit Agency Lp

PO Box 357, Wellpinit 99040

April Flores **258-4517 x103**

Unify Community Health

yvfwc.org
Experienced family practice providers offer a full spectrum of care, including prenatal care and delivery, and care for children. Dental, nutrition, behavioral health, lab and pharmacy services are available for patients.

Covid-T&V

MISSION 326-4343

120 W Mission, 99201

NECC 4001 N Cook, 99207 **483-3427**

WCCC 1603 N Belt St **327-4646**

INSURANCE AND FOUNDATIONS

wahealthplanfinder.org

OFFICE OF CIVIL RIGHTS 800-368-1019

US DEPT OF HEALTH & HUMAN SERVICES

701 5th Ave, Ste 600 *hhs.gov/ocr*

Seattle 98101 **TDD800-537-7697**

Teaching health, social

service workers and educating

communities about civil rights

laws, health privacy, patient

safety

confidentiality laws.

WA STATE HUMAN RIGHTS COMMISSION,

SPOKANE DISTRICT 800-233-3247

Rock Pointe Plaza III, 1330 N

Washington St, Ste 2460, 99201

hum.wa.gov **TTY 800-300-7525**

Investigates allegations of

discrimination in employment,

housing, public accommodation,

credit and insurance.

Some of the local medical

providers, like CHAS and

Providence, requested an easy

link to share with their members/

patients looking for Medicare

education and enrollment access

during COVID.

Oct. 15 -Dec 7 is Medicare's

Annual Enrollment Period (AEP)

with information about Medicare

options for themselves, and their

family and friends for 2021.

Medicare is complex and ever

changing, these options allow

direct access to the experts in this

field. In person and virtual.

<https://www.myuhcagent.com/>

Ambetter - from Coord Care

ambetter.coordinatedcarehealth.com

877-687-1197

TTY/TDD 877-941-9238

Amerigroup

705 5th Avenue S, Suite 300,

Seattle WA 98104 **405-1897**

Yoshunda Blunt, (Shanda),

Community Relations
Representative
shanda.blunt@amerigroup.com
An MCO for Washington Apple Health Medicaid. People can check eligibility, enroll or ask questions about their health insurance.

Better Health Together
1209 W 1st Ave, 99201
admin@betterhealthtogether.org
betterhealthtogether.org **321-7500**
Insurance call Help Line 340-9008
Offers the payment for, access to and integration of Medicaid services in WA: covers Adams, Ferry, Lincoln, Pend Oreille, Spokane and Stevens counties. Navigator Network is in-person assistance in helping residents enroll in WA HealthPlanFinder.

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

Empire Health Foundation
1020 W Riverside, 99201
PO Box 244, 99210 **315-1323**
empirehealthfoundation.org
Invests in ideas and organizations that improve access, education, research, public policy and wellness to improve overall health to the region's residents. Partners with Innovia area grant cycle in relationship to COVID 19 response.

Healthy Kids Together Program **270-1869**
1209 W 1st Ave, Spokane 99201
www.BetterHealthTogether.org
reeseb@betterhealthtogether.org
Offers assistance with health insurance enrollment through Washington HealthPlanFinder. COVID-19 Special Enrollment is extended to May 9. Individuals to select a Qualified Health Plan (QHP) off the Marketplace outside normal open enrollment.

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

Lifewise Health Plan of WA
lifewise.com **844-961-9845**
questions: **800-817-3056/TDD/TTY 711**

Pacific Source
855-931-0442 (TTY: 711)
pacificsourcemembersfirst.com

Providence (Health insurance)
healthplans.providence.org/
Customer Service
503-574-7500 800-878-4445

Providence Foundation

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

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

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

KIDS MEALS AND PROGRAMS

Summer Meal Programs
www.fns.usda.gov/meals4kids
USDA TXT FOOD 877-877
SEAMLESS SUMMER OPTION (SSO)
- OFFICE OF PUBLIC INSTRUCTION
Old Capitol Bldg **360-725-6200**
600 Washington SE
866-328-6325
PO Box 47200 **TTY 360-664-3631**
Olympia 98504
WA 866-348-6479 TEXT 97779
Check rural school districts offering free summer nutrition, **SPOKANE COUNTY SCHOOLS DISTRICTS:**
SPOKANE PUBLIC SCHOOLS 354-7270
spokanepublicschools.org/meals
Offers pickup locations through third week of August for free five-day meal kits for children 0-18, includes Breakfast and lunch. Pick up is offered once per week.
Audubon Elem, 2020 W Carlisle 11-12 T 6/29-8/17
Bemiss Elem, 2323 E Bridgeport 11-12, TTh 6/29 to 8/19
Ferris High School, 3020 E 37th 10-11, TTh 6/29 to 8/19
Finch Elementary, 3717 N Milton 11-12, M 6/28 to 8/16
Grant Elementary, 1300 E 9th 11-12, M 6/28 to 8/16
Holmes Elem, 2600 W Sharp 11-12, TTh 6/29 to 8/19
Hutton Elementary, 908 E 24th 11-12, Th 7/1 to 8/19
Indian Trail Elem, 4102 W Woodside 11-12, Th 7/1 to 8/19
Lewis & Clark HS, 521 W 4th 9-10, MF 6/28 to 8/20
Liberty Aquatic Cntr, 1300 E 5th 12:30-1:30, TF 6/29 to 8/20
Lidgerwood Elementary 5510 N Lidgerwood 11-12, F 7/2 to 8/20
Lincoln Heights Elem, 3322 E 22nd

11-12, W 6/30 to 8/18
Logan Elem, 1001 E Montgomery 11-12, M 6/28 to 8/16
Moran Prairie Elem, 4224 E 57th 11-12, Th 7/1 to 8/19
North Central HS, 1600 N Howard 11:30-12:30, MF 6/28 to 8/20
Regal Elementary, 2707 E Rich 11-12, W 6/30 to 8/18
Rogers High School 1622 E Wellesley 11-12, MTh 6/28 to 8/19
Roosevelt Elem 333 W 14th Ave 11-12, W 6/30 to 8/18
Salk Middle School 6411 N Alberta St 10-11, MF 6/28 to 8/20
Shadle Park High School 4327 N Ash 11-12, W 6/30-8/18
Sheridan Elementary 3737 E Fifth Ave 11-12, T 6/29 to 8/17
Whitman Elem, 5400 N Helena St 11-12, W 6/30 - 8/18
Witter Aquatic Center 6/28 - 8/18 1300 E Mission 12:30-1:30, MW
CENTRAL VALLEY SD 558-5417
lunch 11-1, take home breakfast, M-F
Liberty Lake Elem, 23909 E Country Vista Dr
McDonald Elem, 1512 S McDonald
Mica Peak HS, 15111 E Sprague
North Pines MS, 11900 E Broadway
Opportunity Elem, 1109 S Wilbur
Riverbend Elem 17720 E Mission
University HS, 12420 E 32nd Ave
CHENEY SD 559-4506
Sunset Elem, Cheney MS,
Westwood MS, Cheney HS June 28-July 30, Breakfast 8:20-9:20, M-F, lunch 11:30-12:30, M-F
DEER PARK SD 464-5545
June 21- July 22 Breakfast 8-8:30 & Lunch M-Th, Meal sites (also include lunch times).
Deer Park MS: (L-11-11:15)
Deer Park Elem: (L-11:45-noon)
Arcadia Elem: (L-11:45-noon).
EAST VALLEY SD 241-5905
East Farms Elem, 26203 E Rowan, Newman Lake 99025 11-11:45, M-Th
Otis Orchards Bus Garage - 22000 E Wellesley, 99027 12-12:45, M-Th
Parkside at Mirabeau Apartments 2820 N Cherry St, 99216 (11-11:45, M-Th
Trentwood Elem, 14701 E Wellesley, 99216 11-11:45M-Th
Pinecroft Mobile Home Park 11920 E Mansfield, 99216 12:00-12:45, M-Th
Eagle Point Apts, 2718 N Bowdish, 99206 12-12:45, M-Th
SPOKANE VALLEY PARKS & REC 720-5200
Edgecliff Park, 800 S Park Rd 11-11:30, M-Th
Terrace View Park, 13500 E 24th 11:30-noon, M-Th
Valley Mission Park, 11405 E Mission 11:15-11:45, M-TH
VALLEY YMCA

2421 N Discovery Pl, 99216
B 8:30-9/ L 11:30-noon, M-Th
MEAD SD 465-6100
Northwood MS, 12908 N Pittsburg 99208 mead345.org
Weekly meal kit 7 breakfasts and 7 lunches, pick up once a week. 3:30-6, T, 10:30-1, WTh
MEDICAL LAKE SD 565-3131
Hallett Elem, 524 S Hallett, Medical Lake 99022
June 28-Aug 12 (not July 5)
Pickup only breakfast and lunch 10:45 -11, M-Th.
RIVERSIDE SD 464-5540
Offers a 14-meal package weekly breakfast & lunch through Aug 12, Mon and Thurs pick up at the following locations:
Riverside Elem: 11-11:30, MTh
Aloha Pines: 11-11:15, MTh
The Elk Sentinel: 11:30-noon, MTh
WEST VALLEY SD 232-6092
Drive-up meal service locations:
West Valley HS 11 -noon
Centennial MS 12 - 1
COMMUNITY & YOUTH CENTER MEALS: CARITAS 326-2249
1228 W Nebraska, 99205
(note: new address as of July 1, 2021(Annex next to Northside Church of Christ)) June 22nd-August 27th, distributing weekly Grab & Go meal kits for kids. 5 breakfasts, 5 lunches, and healthy snacks. Pick up one a week during office hours: 10:30-1:30 MWTh.
FAIRFIELD COMMUNITY CENTER
304 E Main St, 99012 **283-2414**
Through Aug 13, 12 -1, M-F
NORTHEAST YOUTH CENTER 482-0708
3004 E Queen Ave, 99217
Breakfast 7:15-8, Lunch 11-12, M-F
STONE SOUP CAFE 481-1167
Dir: Tracey Waring
twaring728@msn.com
Meals Grab-n-Go, through Aug 27, 11:15-noon. Outdoor seating with Kid's Story time, adult meals at noon-12:15, M-F at:
WEST CENTRAL ABBEY 1823 W Dean
ST ANDREWS 1224 W Howard
WCCC 326-9540
AM Canon - 9:15-9:45, M-F
Breakfast, 12:15-12:45 M-F Lunch

KIDS FOOD PROGRAM - COMMUNITY

At the Core 994-3720
lifeatthecore.org
katey@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@cisspokane.org
Spokane.ciswva.org
Distributes food at various
locations in Spokane and Cheney.

Generation Alive 747-6054

418 W Sharp, 99201
info@generationalive.org
generationalive.org
FB: [generationalive1](https://www.facebook.com/generationalive1)

Partners with schools and youth
organizations to engage youth
in the needs of their community,
specifically with hunger/poverty
and anti-trafficking initiatives.

The Zone Project 487-1603 x223

Northeast Community Center
4001 N Cook St, 99207
awaldref@necommunitycenter.net
thezoneproject@necommunitycenter.com
thezoneproject.org

Dir: Amber Waldref

A place-based, community
initiative in the Hillyard
neighborhood. Seeks
transformational change by
empowering children, youth and
families to reach their potential.
Supplies children and families with
meals, food, toiletries and safe
places.

Millwood Impact

info@millwoodimpact.org
millwoodimpact.org

Invests in the holistic wellbeing of
youth and families in Millwood.
Fresh and frozen distribution
today for West Valley SD

Southwest Community Center

314 S Spruce, 99201 981-7797
Mark Reilly (Food Bank) 993-1314
Community Center is open.
Youth program during the day.
Food bank Friday – line up outside
and receive bags outside. For kids,
lunches like in summer; meals from
Shadle.

Volunteers of America

525 W Second, 99201
voaspokane@voaspokane.org
voaspokane.org 624-2378
Crosswalk may add hours with
Spokane Public Schools.

WEEKEND MEALS/ FOOD BACKPACKS

Second Harvest

Chris Sloan 252-6283
chris.sloan@2-harvest.org Partners
with schools and community for
Bite2Go weekend food supplies
for 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.
Milk, juice, cereal, entrees and
snacks are safe for children to
handle on their own because
they don't require any cooking
or preparation. Each week, staff
at participating schools put
packages of food discreetly in the
backpacks of students in need.

Spokane Valley Partners Food For Thought

10814 E Broadway,
Spokane Valley 99206
PO Box 141360, 99214

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

CHILD CARE & YOUTH CENTERS

Express child care continues for
children of first responders and
medical workers.
[https://www.excelsiorwellness.org/
care-team/](https://www.excelsiorwellness.org/care-team/)

Airway Heights Recreation Center 244-4845

11405 W Deno Rd, 99001
airwayheightsparksandrec.org
Offers before and after school
programs, summer day camps,
sports activities and youth
scholarships. Closed in Phase 3.

Boys & Girls Club of Spokane County bgcspokane.org

544 E Providence, 99207 489-0741
Empowers youth towards academic
success, good character, citizenship
and healthy lives.

LISA STILES-GYLLENHAMMER CENTER

12509 N Market St, Mead 99021
Dir: Connie Stark 368-9175
NORTHTOWN CLUB 489-0741
544 E Providence Ave, 99207

Dir: Corey Crownhart
WELLPINIT 258-4804
6194 Ford Wellpinit Rd, 99040

Childcare Aware - Family Center 800-446-1114

If a child care center closes from
COVID-19 emergency, call to help
find alternative locations. Capacity
maybe an issue as some child care
centers are working remotely.

Crosswalk Teen Shelter

525 W 2nd, 99201 838-6596
voaspokane.org
Emergency and multi-service
center for street, homeless and
high-risk youth 13-21. Shelter is
for 13-17. Other services include a
GED program, medical care,
counseling, recreation, referrals,

access to transitional housing and
substance abuse intervention up to
age 21. Currently closed for drop
ins but offer meals at the door 3
p.m.

Cup of Cool Water Ministries

1106 W 2nd, 99201 747-6686
cup@cupofcoolwater.org
Mark Terrell cupofcoolwater.org
Open for modified drop-ins
Monday-Friday.

Express Program

Spokane Public Schools
200 N Bernard St, 99201
spokaneschools.org 354-7312
Follows the SPS 2020-21 school
year schedule for days school is
closed.

Head Start/ECEAP/Early Head Start, Spokane 533-4800

3939 N Freya, 99217
ccs.spokane.edu/Head-Start
**EARLY HEAD START (EHS) &
HEAD START (HS)**

ADULT EDUCATION CENTER (to age 4)

2310 N Monroe, 99205 533-4650

CHILDREN'S HOME SOCIETY

childrenshomesociety.org

GALLAND-ASHLOCK FAMILY RESOURCE

CENTER 747-4174

2323 N Discovery, 99216 ages 0-3

HOLMES ELEMENTARY ages

3-4

2600 W Sharp, 99201 354-2994

LOGAN/LIDGERWOOD CENTER 279-6480

3704 N Nevada St, Ste 101,

99207 0-1, 3-4

Years

MARTIN LUTHER KING JR COMMUNITY

CENTER Age 1-3 838-0856

500 S Stone, 99202 279-6316

NE CHILD DEVELOPMENT CENTER/NECC

4001 N Cook, 99207 279-6351

Ages 0-3

SISTERS HAVEN COMMUNITY BUILDING

1935 N Holy Names Ct, 99224

Ages 0-1, 3-4 279-6490

SCC BIGFOOT CHILD CARE 533-7170

1810 N Greene Bldg 20, 99017

Ages 0-4

SFCC EARLY LEARNING CNTR 533-3624

3410 W Whistalks Wy, Bldg 16

Ages 0-4

WEST BOONE CENTER 279-6901

2427 W Boone, 99201 Ages 1-4

WEST CENTRAL COMMUNITY CENTER

1603 N Belt Ages 1-4 279-6340

WOODRIDGE SCHOOL 354-4593

5100 W Shawnee Ave Ages 3-4

EARLY CHILDHOOD EDUCATION AND

ASSISTANCE PROG (ECEAP): 3-4 years

CHENEY SCHOOL DISTRICT - 99004

BETZ ELEM 317 N 7th 559-4426

SALNAVE ELEM 1015 Salnave 559-4700

SNOWDEN ELEM 6323 S Holly 559-4300

SUNSET ELEMENTARY 559-4600

12824 W 12th, Airway Hghts 99001

WINDSOR ELEMENTARY 559-4200

5504 W Hallett, Spokane 99224

CHILDREN'S HOME SOCIETY

childrenshomesociety.org

EARLY LEARNING CENTER ages 3-4
LILAC CITY EARLY LEARNING CENTER
1020 E Cozza, 99208 315-8977
LITTLE SCHOLARS DEVELOPMENT

CENTER

2015 N Monroe, 99205 443-3752

PARKVIEW EARLY LEARNING CENTER

5122 N Division, 99207 362-2009

COMMUNITY-MINDED ENTERPRISES

NORTH SPOKANE 385-4896

2001 N Division, Ste 130,

99207

SOUTH 3007 E 55th, 99223 385-4896

DEER PARK SD POB 190 464-5680

1500 E D St, 99006

EAST VALLEY SD ENRICHMENT CENTER

EAST FARMS ELEMENTARY 893-4122

26703 Newman Lake

OTIS ORCHARDS ELEM 893-4125

22000 E Wellesley Ave, 99207

TRENT ELEMENTARY 893-4123

3303 N Pines, 99206

TRENTWOOD ELEMENTARY 893-4123

14701 E Wellesley Ave, 99216

GLOW CHILDREN EARLY LEARNING

CENTER 720 W Riverside 844-4241

LIBERTY PARK COMMUNITY DEVELOP

CENTER 1417 E Hartson 534-0957

libertyparkkids.org (age 3-4)

MARTIN LUTHER KING JR COMMUNITY

CENTER 868-0856

500 S Stone, 99202 ages 3-4

RIVERSIDE SD 464-8270

CHATTAROY ELEMENTARY

25217 N Yale Rd, 99003

RIVERSIDE ELEMENTARY

3803 E Deer Park Milan Rd

SALISH SCHOOL (ages 1-4) 325-2018

4125 N Maple, 99205

SPOKANE PUBLIC SCHOOLS

LINCOLN HEIGHTS ELEMENTARY

3322 E 22nd, 99223 354-3336

LOGAN ELEMENTARY 354-3434

1001 E Montgomery, 99207

REGAL ELEMENTARY 354-3900

2702 E Rich, 99207

ROOSEVELT ELEMENTARY 354-3336

333 W 14th, 99203

STEVENS ELEMENTARY 354-4180

1717 E Sinto 99202

SPOKANE CHILD DEVELOP CNTR 924-2850

3120 N Industrial Park 1st St

WEST VALLEY EARLY LEARNING CENTER

2523 N Park Rd 922-5478

YMCA EARLY CHILDREN'S CENTER

CENTRAL 930 N Monroe, 99201

YMCA - MANITO UMC 777-9622

3220 S Grand Blvd, 99203

YMCA/EWU CHILDREN'S CENTER

923 Washington, 99004 359-2025

HUB Sports Center

19619 E Cataldo Ave 927-0602

Liberty Lake 99016

PO Box 604, Greenacres 99016

info@hubsportscenter.org

hubsportscenter.org

Hosts outdoor drive-in movies
on Saturday nights. Gathers the
family for throwback experience.
We will have food trucks
available and will be following
all COVID rules.

Northeast Youth Center

3004 E Queen, 99217
spokanenec.org 482-0708
Organizing a day camp for 100 students from preschool and K-6. Charges \$660 per month, plus an activity fee, for a child to be in day camp. School starts at 8:30 a.m., so students need to come no later than 8:15 a.m. to log on and be prepared.

One Heart Spokane 535-3510

1827 E Pacific Ave, 99202
oneheartspokane.com
The pandemic changed the way children are learning, and changes what the program offers. Opened basement-level space to students from grades kindergarten through 12th grade. Lunch not provided.

Parent Cooperative Preschool

COMMUNITY COLLEGES OF SPOKANE
2917 W Whisalks Wy, 99224
janet.gunn@scc.spokane.edu
ccs.spokane.edu 279-6021
Provides preschool and infant/toddler programs for children 0-5. Provides parent education through involvement in parent cooperative preschools—where parents and children learn together.

St Anne's Children & Family Center 232-1111

CATHOLIC CHARITIES EASTERN WA
25 W 5th, 99202 stanneskids.com
Offers childcare, experiences and curriculum for ages 1-12 months.

Salvation Army 325-6810

222 E Indiana, 99207
spokane.salvationarmy.org
The Youth Center is closed.

Spark Central

1214 W Summit Pkwy, 99201
Programs@spark-central.org
spark-central.org 279-0299
With permission from Spokane Regional Health District, offers Saturday hours for up to 10 masked people at a time. Will offer more public hours eventually, but are reserving weekdays for new Level Up program in partnership with Spokane Public Schools.

Teen-Aid Family Center

723 E Jackson, 99207 482-2868
info@teen-aid.com
teen-aid.comFB: TeenAid WA
Offers a home-away-from-home M-F, 8 a.m.-5 p.m. for students grades 1-12. Offers a space to study online while parents are at work, outdoor recreation and physical activities.

The Nest Community School

3324 S Grand Blvd, 99203
www.bellacova.com 624-6378
https://www.spokanenest.com/
the-nest-community-school
Offers K-6 interim childcare 8 a.m.-3 p.m.

Vanessa Behan Crisis Nursery

2230 E Sprague, 99202 535-3155
kristena@vanessabehan.org
vanessabehan.org Fax: 534-7099
Concerned about the potential increase in child abuse and neglect during the COVID-19 crisis. Supports children and families on its website and social media. Parents with limited support face difficult decisions about child care. Considering how to increase services for parents needing childcare. Supplies diapers, wipes and formula during business hours.

YMCA Summer Day Camps

ymcasinw.org 777-9622

SHELTERS

Family Promise of Spokane

Mail: 904 E Hartson, 99202747-5487
Open Doors: 2002 E Mission, 99202
familypromiseofspokane.org
Exec Dir: Joe Ader
Aftercare Prog Mngr:
Susan Heitstuman
Emergency Shelter Program Mngr:
Serena Graves 723-4663
Prevention Program Mgr: Lynetta Lewis
Volunteer Mngr: Marianne Sfeir
Admin Coord: Hilary Beardslee
Prevents families from becoming homeless, provides services for families experiencing homelessness, and helps move families beyond homelessness.

Guardians Foundation, The

2600A E Seltice Way, Ste 122
Post Falls 83854 208-449-1210
mstheguardians@gmail.com
theguardiansfoundation.org
Direct assistance to veterans and families offering shelter, clothing household items, financial assistance and job opportunities. Offers two shelters in Spokane, and one shelter in Coeur d'Alene manages the shelter at Spokane Arena.
Cannon Street Warming Shelter
527 S Cannon St, 99201
208-449-1210 x 4

House of Charity

CATHOLIC CHARITIES 624-7821
cceasterwna.org

Meals: Breakfast, lunch and dinner. Sack meals and hot meals are consumed at the House of Charity shelter site outside in the courtyards. No tables are set up in dining room. Clients line up, wash hands, grab food and go outside.

Jewels Helping Hands

jewelshelpinghandsspokane@gmail.com 263-5502
282856762255273 on FB

Hope House - VOLUNTEERS OF AMERICA

1301 W Third Ave, 99201
hopehouse@voaspokane.org
voaspokane.org/housing 328-4685
EMERGENCY SHELTER
hthomas-taylor@voaspokane.org
Heather Thomas-Taylor 455-3491
Emergency Shelter for chronically homeless and disabled adults single women.

Mountain Top Management

14313 E Trent 208-930-3233
Spokane Valley 99216 Aliya Rushing
New male only transitional house with case management. Offers 12 beds with 2 kitchens, living area and bathrooms. Case management available 9-5, M-F, and over night staff. Also a site in Post Falls.

Rising Strong 960-8632

CATHOLIC CHARITIES
1960 N Holy Names Ct
Social distancing in 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 in quarantine. Families are 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
Closed for renovations.

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 not open to the public. Staff are working from home M-F from 8 a.m. to 4:30 p.m.

St Margaret's Shelter 624-9788

CATHOLIC CHARITIES cceasterwna.org
PO Box 2253, 99201
Social distancing in 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
jmktruth@yahoo.com
truthministries on FB
truthministriesspokane.org
Marty & Julie McKinney 990-8415
Transitional shelter for 100 men 18+, may be reduced by city to 50. Open 8 p.m. - 8 a.m. Provides a bed, meal, housing, job and treatment referrals.

Union Gospel Mission Ministries

1224 E Trent, 99202 535-8510
info@uniongospelmission.org
uniongospelmission.org
Offers sack lunches daily. Hired temporary kitchen help because cooks are temporarily out of work. Shelter and transitional programs open. New clients screened.

UGM Center for Women & Children uniongospelmission.org

196 W Haycraft 208-665-4673
Coeur d'Alene 83815
Offers 18-month, grace-based recovery program for single women and women with children to address the underlying causes of homelessness and establish new patterns of living.

UGM Women's Recovery at Anna Ogden Hall 327-7737

2828 W Mallon, 99201
uniongospelmission.org
Whole-person approach to breaking the cycle of homelessness, abuse and addiction.

Volunteers of America

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

Young Adult Shelter

VOLUNTEERS OF AMERICA 990-0579
Women's Hearth, 920 W 2nd, 99201
Gus Santos voaspokane.org
Serves 18-24 yrs olds (all genders and identities welcome). First come first serve, Open nightly 9:00 pm to 8:00 am. Offers 15 beds.

SMALL BUSINESS & EMPLOYMENT

https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers

facebook.com/groups/
SaveSpokaneSmallBusinesses/
-https://www.dol.gov/coronavirus
-https://esd.wa.gov/newsroom/
covid-19
-insurance.wa.gov

TANF (only Job Search) 532-3127
access.wa.gov [allegisgroup.com](#)
doc.wa.gov/about/jobs/default.htm
careerlist.com [coolworks.com](#)
collegerecruiter.com [craigslist.com](#)
cybercoders.com [dhr.idaho.gov](#)
dol.wa.gov [esd.wa.gov](#)
gettinghired.com [indeed.com](#)
hellospokane.com [jobs.net](#)
insourced.com [linkedin.com](#)
labor.idaho.gov [myspokane.org](#)
metrospokanejobs.com
regionalphelpwanted.com
simplyhired.com [serviceidaho.com](#)
spokanejobs.com [spokanevalley.org](#)
classifieds.spokesman.com/search/
employment/ [spokanecounty.org](#)
usajobs.gov [washjobs.com](#)

AHANA [bencabildo@gmail.com](#)
Ben Cabildo **999-5365**
[https://ahana-meba.org/](#)
Helps multi-ethnic, multi-cultural
businesses navigate state and
federal COVID-19 business
stimulus options.

Aspen Personnel Services
621 W Mallon Ste 601
In The Flour Mill **624-4858**
[aspen@aspen-personnel.com](#)
[aspen-personnel.com](#)

Career Path Services 326-7520
10 N Post, Ste 200 **888-326-7520**
99201 **TTY 323-1243**
[careerpathservices.org](#)
No-fee, nonprofit employment and
training agency. Specializes in
serving disadvantaged individuals
in the Pacific NW. Staff conducts
orientations, intakes, classes, and
workshops over the phone and/
or online via video conferencing
platforms.

Craft3 Eastern WA
10 N Post, Ste 220
99201 **888-231-2170x250**
[mhusley@craft3.org](#)
Existing clients and people seeking
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.
Business operations align with
current recommendations from
public health professionals—
reducing corporate travel,
instituting work-from-home
policies, and deep-cleaning all
physical office spaces.
With many employees operating
remotely, several of offices are
closed and unstaffed.

Compass Career Solutions
John Nickerson **808-8482**
[jnickerson@careersbycompass.com](#)
[careersbycompass.com](#)
Still supports FCS, supported
employment, supported housing
and FCSE. Services are over the
phone or by teleconference.

**Employment Agencies, Temp
or Long Term**
EXPRESSPROS **747-6011**
[expresspros.com](#)

Financial Help line 625-6650
SPOKANE PUBLIC LIBRARIES
Provides financial recovery
resources for Spokane County
small businesses and individuals.

Home Deliveries, Restaurants
Double check if the restaurant is
open and doing direct home
deliveries. Most restaurant
delivery apps
result in a charge of 30-40
percent of that meal to the app
and the delivery.
[https://docs.google.com/
spreadsheets/d/1-MwPtgncwVP_
N8zqGZ2SpQALdH2B1IZUY-
MgFpixBP4/edit#gid=0](#)
UberEats
GrubHub
DoorDash
#OrderUpSpokane
Tree House is a new local app
[treehousespokane.com](#)

**Hispanic Business Professional
Association and Foundation**
308 W First St, 99201
POB 3661, 99220
[hbpasspokane@gmail.com](#)
Pres: Fernanda Mazcot
[hbpasspokane.net](#)
Supports the Hispanic community
to promote cultural appreciation.
Includes an annual Graduate
and Young Scholar Recognition
Ceremony. Awards scholarships to
seniors and undergraduate college
students. Meets 11:30-1, 2nd W.
Offers COVID Relief Assistance
Wednesdays from 11 a.m.-5 p.m.,
help with food banks, DACA
Renewal guidance and other
assistance.

**INBA - Inland NW Business
Alliance 402-4622**
[www.inbachamber.org](#)
Provides local funding and
focus on support for local small
businesses.

Job Corps 800-733-5627
[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, 99201
[help4women.org](#) **496-0396**
Open for curbside pick up.

The Big Table 979-1005
POB 141510, Spokane Valley 99214
[information@big-table.com](#)
[big-table.com](#)
With business reduced, restaurants
already operating on tight margins
are struggling. Employees hours
are reduced, and in some cases,
establishments are closing. Both in
hotels and restaurants, the drop in
business means restaurant people
have their hours cut and wages
plummet with no way to make up
that money. Most live 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](#)
[opendoorsspokane.com](#)
Career center for those 16-24.
Combines education, career
skills training, community and
employment resources for wrap-
around support to inspire young
adults in career goals. While the
doors are closed, staff is providing
education, career services, GED
services, classes, access to tutoring,
and study packets on-line. Classes
on Facebook Live starting April
13. Young adults connect with
a Career Coach to help with
career exploration and training
opportunities.

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

Small Business Admin [sba.gov](#)
-WSU SPOKANE 353-2800
801 W Riverside Ste 444, 99201
Develops small business loan
and assistance programs, special
outreach efforts and initiatives to
aid and inform small businesses.

SNAP Financial Access 456-SNAP
500 S Stone, 99202 [snapwa.org](#)
SNAP THE BUSINESS CENTER
Nicolle Hansen **319-3030**
[hansen@snapwa.org](#)
One-on-one consulting, business
training and support services,
access to resources and networks
for business owners.

SNAP BUSINESS DEVELOPMENT
Technical assistance and financing
for people interested in starting or
expanding a small business.
SNAP WOMEN'S BUSINESS CENTER
Harry Birak **456-SNAPx4116**
[birak@snapwa.org](#)

**Spokane Independent Metro
Business Alliance**
[spokaneindependent.org](#)
Promotes best practices and
tactics for business stabilization
from other "Independent Business
Alliances" like SIMBA and
other national partners. Open
to community-identified needs in
shaping this virtual convening.

Spokane Resource Center
130 S Arthur St, Second Floor
[spokaneresourcecenter.org](#) **867-8188**
Although the doors of the Spokane
Resource Center are not open, teams
are answering phones to serve the
community. Referrals to agencies
and to provide resources where
needed. Community members visit
website for resources about housing,
financial stability, pre-employment,
health and wellness, reentry, and
benefits and basic needs. Free career
training and support to earn higher
wages.

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

WorkSource Spokane
888-316-5627
[worksourcewa.com](#)
SPOKANE OFFICE 532-3000
130 S Arthur, 99202
[Go2worksource.com](#)
[https://worksourcespokane.com/
covid-19](#) **532-3120**
Provides a wide range of no-
cost employment and training
resources. Programs provided
by state and local agencies and
organizations. WorkSource
Spokane campus and its partners,
the Spokane Resource Center,
Talent Solutions by WorkSource
Spokane, and the Next Generation
Zone are not available for in-
person appointments.

**VULNERABLE
POPULATIONS**

CRIMINAL JUSTICE

EWU Police
Made masks for Spokane area
immigrants and refugees.

Greater Spokane Progress

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

Peace & Justice Action League of Spokane - PJALS

35 W Main Ste 120, 99201
pjals@pjals.org **838-7870**
Dir: Liz Moore pjals.org
Works for a just and non-violent world via education, advocacy and organizing for peace, economic justice and human rights. Offers online educational events.

SCAR - Spokane Community Against Racism

scarspokane.org
@Morning Star Baptist
3909 W Rowan Ave, 99205
scarspokane@gmail.com
One of many organizations working on requesting additional early release and 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
Kiantha Duncan spokanenaacp.com
National Association for the Advancement of Colored Peoples addresses issues of civil rights violations and racism.

Spokane District & Superior Courts

Open at this time.

The Way to Justice

845 S Sherman, 99202
PO Box 7503, 99207
thewaytojustice.com **822-7514**
Community law firm led and created by women of color. Through direct representation, impact litigation, policy reform and advocacy work, we address the barriers facing individuals who have been negatively impacted by our justice system. Driver's relicensing, and post-conviction relief.

DISABILITIES

<https://informingfamilies.org/covid-plain-lang/>
<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

The Arc of Spokane 328-6326

320 E Second St, 99202
sthorpe@arc-spokane.org
arc-spokane.org
Activities are suspended.

Disability Action Center- NW, Inc

Third Floor, West 9 **995-7655**
25 W Main Ave. **208-618-1191**
Spokane 99201 dacnw.org
mels@dacnw.org
In COVID-19, offers information, referrals and consumer meetings by phone calls, email and texts. Video conference calls are 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 services for people 18+ with developmental disabilities such as cerebral palsy, epilepsy, autism or other neurological issues.

Joya

2118 W Garland Ave, 99205
joya.org **326-1651**
Services are provided through telehealth. Parents receive email updates. In-person appointments arranged as telehealth visits.

Project ID 475-7185

4209 E Pacific, 99202
PO Box 18703, 99228
projectidspokane.org
Closed, but provides clients with activities to stave of cabin fever.

SKILLS'KIN 326-6760

4004 E Boone, 99202 skills-kin.org
Although the main office is closed, Skills'kin remains open to serve employment services and payee clients. Hiring essential personnel to perform work at FAFB.

St Luke's Rehabilitation Institute

711 S Cowley St, 99202 **473-6000**
st-lukes.org
<https://www.st-lukes.org/locations/>
Implements visitor and therapy restrictions in accordance with recommendations of the Center for Disease Control and Prevention (CDC). Some hospital access is consolidated at hospital campus location. Provides inpatient rehabilitation services but continues to temporarily limit outpatient therapy services. Recap of outpatient services:

IMMIGRANTS & REFUGEES

AHANA bencabildo@gmail.com

Ben Cabildo **999-5365**
<https://ahana-meba.org/>
Helps multi-ethnic, multi-cultural businesses navigate state and federal COVID-19 business stimulus options.

Spokane Immigrant Rights Council

360-292-8540
c/o Jim Dawson, 907 E 8th, 99202
info@sirwa.org sirwa.org
Jim Dawson **326-9540**
Provides financial support to immigrant families who are impacted by the pandemic and don't qualify for federal and state benefits. Donations needed to help immigrant families pay rent and meet basic needs.

Spokane International Translation

sit@perciba.com
104 S Freya, Ste 104, Lilac Flag Bldg, 99202 **327-8064**
spokanetranslations.com
Staff are available for interpreting and document translation needs around the clock. Provides On-Site Oral Interpreting Services. Interpreters receive virtual training opportunities to increase their education on infection control and are learning how to keep patients/clients safe. Continues to provide Telephonic Interpreting. Some partners use virtual options, conferences with clients by phone and video if they cannot meet within-person and much more. Provides 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
wrspokane@wr.org
worldreliefspokane.org
Office is closed. Volunteer activities are postponed. Staff works remotely to empower the community to serve the most vulnerable—knowing the crisis brings disproportionate impact. Works to be sure information is available on immigrants' and refugees' languages and addresses financial, housing and food needs.

MENTAL HEALTH & RECOVERY

aaspokane.org has resources for meetings
www.wnirna.org has region wide NA meetings
www.newana.org, the local NA website, has resources available at this time 24-Hour, 365-Day-A-Year Regional Behavioral Health Crisis Hotline serves Spokane, Adams, Ferry, Lincoln, Pend Oreille, and Stevens counties

The Spokane Regional Behavioral Health Crisis Hotline

877-266-1818
TTY: 800-833-6384
Operated by Frontier Behavioral Health, it is available to individuals in the Spokane Regional Service

Area who are experiencing a mental health or a substance use crisis regardless of insurance or financial eligibility.
SMHSA's 24/7 365-Day-A-Year Disaster Distress Helpline
SAMHSA's National Disaster Distress Helpline provides immediate crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters disaster, including infectious disease outbreaks.

• **Toll-Free Disaster Distress Helpline: 1-800-985-5990**
• **Text: TalkWithUs to 66746**
Deaf/Hard of Hearing:
• **Text TalkWithUs to 66746**
• **Disaster Distress Helpline 800-985-5990**
• **TTY 800-846-8517**
Spanish Speakers: 800-985-5990 and press "2"
From the 50 States: **Text Hablanos 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 now:
Detox, inpatient, outpatient.

Children's Home Society

SPokane 747-4174
WEST PLAINS 795-8480
spokane@chs-wa.org
childrenshomesociety.org
Transferring in-home visiting services to virtual home visits. The Child Waiting Room is remain open. Continues to closely monitor the situation and watch for announcement when it will re-open to the public, and reinstate services in their usual capacity.

Colonial Clinic

910 N Washington, Ste 210, 99201
colonialclinic.com **327-9831**
All services available. Accepts Community Health Plan of WA, which is part of WA Apple Healthcare (Medicaid). Offers outpatient treatment.

Compassionate Addiction Treatment 919-3381

215 W 2nd Ave, 99201
Limited access. Offers support groups outside respecting social distancing. Provides medication assisted treatment (Suboxone, Vivitriol), substance use disorder assessments, intensive outpatient treatment and outpatient treatment. Accepts Medicaid plans for services, Medicare for medication assisted treatment. Sees those with no insurance even if they do not

qualify for Medicaid.

Daybreak Youth Services

960 E 3rd, 99202 **888-454-5506**

Admin & Develop: **444-7033**

admissions@daybreakinfo.org

daybreakyouthservices.org

Outpatient and inpatient alcohol/drug treatment youth program (ages 12-18) and their families.

Outpatient Services:

200 N Mullan **927-1688**

Inpatient treatment:

628 S Cowley, 99202 **475-4651**

Excelsior **328-7041**

3754 W Indian Trail Rd, 99208

excelsioryouthcenter.com

All behavioral health services on virtual platform, and accepting intakes for services offered statewide.

Frontier Behavioral Health

Walk-ins: 17 E 1st, 99201 **838-4651**

24/7 help line and Crisis Line

877-266-1818 fbhwa.org

Warming Line 877-500-9276 All

services available. Accepts WA Apple Healthcare (Medicaid). Intake is first come, first served, from 7:30 a.m.-3 p.m. After intake, wait is about one week to see a counselor with the option to start weekly sessions.

COVID-19 Related Stress call Washington Listens **833-681-0211** Support anyone in Washington experiencing stress from the COVID-19 pandemic.

Regional partners across the state operate teams of support specialists to help people deal with uncertainty. Toll-free line open 9 a.m.-9 p.m. Monday-Friday, 9 a.m.-6 p.m. Saturday and Sunday or www.walistens.org. Interpreter services available.

Genesis Institute, Inc **467-7913**

1220 N Howard St, 99201

genesisinstitute.org

Offers Telehealth appointments for mental health counseling on a sliding scale for those in need.

Healing Lodge of the Seven

Nations **hotline 533-6910**

5600 E 8th Ave, 99212

hladmin@healinglodge.org

healinglodge.org **535-2863**

All services 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.

New Horizon Care Centers
ADMIN BUILDING 838-6092
2317 W 3rd Ave, 99201
nhccspokane.org
All services still available. Assessments and mental health counseling session are available via phone. Accepts WA Apple Healthcare (Medicaid). Inpatient and outpatient treatment, short term drug rehab, intensive outpatient treatment, regular outpatient treatment.

Lutheran Community Svcs NW
210 W Sprague Ave, 99201
lcsnw.org/Spokane **747-8224**
Behavioral program provides clinical services via telehealth.

Partners with Families & Children **473-4810**
106 W Mission Ave, 99201
partnerswithfamilies.org
Services still available. Accepts WA Apple Healthcare (Medicaid). Treatment for mental health, substance use disorders and parenting support. Aims to meet 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**
Licensed outpatient mental health center offering services to children, youth and adults. Open and accepting new clients who are eligible for Medicaid. Services are provided via telephone and Telehealth.

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.

Embraces issues of mental health, chemical and behavioral addiction and chronic illness.

Services include peer coaching, peer support groups, supportive housing, employment and connections to community resources.

Pioneer Center East 325-2355
PIONEER HUMAN SERVICES
3400 W Garland, 99207
pioneerhumanservices.org

All services 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 and surrounding areas to help people conquer their substance use disorders and achieve full recovery.

Pioneer Human Services - Boone **325-7232**

910 W Boone, 99201

pioneerhumanservices.org

All services available. Accepts WA Apple Healthcare (Medicaid). Outpatient treatment accepts people with co-occurring mental health and substance abuse disorder.

Recovery Café Spokane

COMMUNITY-MINDED ENTERPRISES

214 N Cedar, Spokane 99201

Direct: **960-8525**

Client Services: **960-8529**

community-minded.org

Serves people in recovery. A program of Community-Minded Enterprises, it operates on state, federal and private funding as well as donations. Has 173 members and focuses on serving people in Spokane County. Takes phone calls for telephone support 9-4, Mon-Sat and provides take-out lunches to members and the community from 12-1 Tues-Fri.

The Salvation Army

844-458-4673

Nationwide hotline provides emotional and spiritual support to anyone impacted by the crisis. 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**

Inpatient: 812 S Walnut

Outpatient: 1508 W 6th, 99204

Services still available. Accepts WA Apple healthcare (Medicaid), intensive inpatient, recovery house, counseling and psychotherapy, medication supervision, case

management, intensive, outpatient, abuse treatment, alcohol and drug info, DUI assessment.

Spokane Regional Health District

1101 W College Ave, 99201

srhd.org

324-1500

Outreach Services are still open, including syringe exchange, case management, resource referrals and prevention education.

Spokane Treatment & Recovery Services - STARS

105 W 3rd Ave, 99201

spokanerecovery.org **570-7250**

Only detox services are available. Accepts WA Apple Healthcare (Medicaid). Intensive inpatient, recovery house, counseling and psychotherapy, medication supervision, case management, intensive outpatient, abuse treatment, alcohol and drug info, DUI assessment.

Sunshine Terrace

1102 S Raymond Rd **892-4342**

Spokane Valley 99206 shfi.com

Provides long-term living opportunities. Services still available. Accepts WA Apple Healthcare (Medicaid), inpatient and outpatient.

Workit Health **360-436-6594**

hello@workithealth.com

workithealth.com **855-659-7734**

Provides telemedicine medication assisted treatment and online therapy for opioid use disorder and alcohol use disorder in WA.

YFA Connections Adult Services

22 S Thor, 99202 **532-2000**

PO Box 3344, 99220

info@yfaconnections.org

yfaconnections.org

Dir. Adult Services: Tom Murphy

Directions Dir: Angela Leavitt

Adult outpatient treatment for Substance use and co-occurring disorders. Accepts Medicaid, most private insurance and self-pay. School based mental health services for Medicaid eligible children and youth in Deer Park, Riverside and Nine Mile Schools districts.

CRISIS RESIDENTIAL CENTER 624-2868

201 W 6th, 99204

Dir: Angela Getz **Fax: 747-1730**

Shelter services for at-risk, homeless and runaway youth 12-17.

SENIORS

Aging & Long Term Care of Eastern WA - ALTCEW

1222 N Post St, Spokane 99201

action@altcew.org altcew.org

See website for programs and event cancellations. **458-2509**

Catholic Charities of Eastern Washington **800-831-1209**
12 E 5th Ave, 99202 **358-4250**
ceasternwa.org
Volunteers are vital for work in the community. During COVID, seeks volunteers and assistance in other ways.

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

Greater Spokane County Meals On Wheels **924-6976**
12101 E Sprague Ave, 99206
POB 14278, 99214
gscmealsonwheels.org
Continues to serve daily hot meals throughout the COVID-19 crisis in Spokane County. In consultation with the Spokane Regional Health District on the status of the COVID crisis, GSC Meals on Wheels will adapt from daily hot delivery to delivery of seven frozen meals one day a week for two weeks.

Helpful Plates **362-6642**
3151 E 27th, 99223
Kerry, Brandy 216-6423,
Melinda 434-4303
Offers a weekly menu to seniors who call or email. Meals go in the freezer and are good up to three days. Delivers 2-5 p.m., Tuesdays, Wednesdays, Fridays and Saturdays. Accepts cash or checks.

Mid-City Concerns/Meals on Wheels Spokane **747-3257**
1222 W 2nd **MOW 232-0864**
99201 mowspokane.org
director@mowspokane.org

Center is closed until it is deemed safe for senior social gatherings to resume. Works with Senior Center members to coordinate care and sustenance of mind and body. Delivers warm meals to Senior Center members and allows them to pick-up to-go meal boxes between 11:30 a.m. -12:30 p.m.

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

SNAP Long Term Care Ombudsman Prog **456-7133**
3102 W Ft Wright Dr, 99224
snapwa.org **800-660-7133**
Continues to operate, but most services are provided by phone due to visitor restrictions at LTC facilities. Continues to offer home repairs, and does most intake and paperwork over the phone to reduce face to face visits.

United Healthcare, Community Outreach and Medicare Resources **481-1755**
Available by telephone only to assist those with Medicare resources.

TRANSPORTATION

Community Living Connections: AGING & LONG TERM-CARE OF EASTERN WA altcew.org
Helpline **960-7281**
Transportation services to older persons without their own transportation or unable to use existing transportation. Includes medical/health appointments and services, social services, meals, and occasionally senior centers, shopping, and recreation.

Personal assistance offered for clients with limited mobility, transportation may vary based on volunteer and accessibility.

Dial-A-Ride
COAST - SPOKANE **397-2935**
Provides medical transportation from southern Spokane County to STA services on the South Hill. Schedule 48 hours in advance. Transportation with paid drivers and volunteers to elderly and disabled for medical appointments, shopping, and more, includes Southeast WA and North Idaho.
DEER PARK DIAL-A-RIDE **534-7171**
877-64-7433

wheelchair accessible, schedule 1 day in advance. transportation services only offered in Deer Park.
PULLMAN TRANSIT **332-5471**
TDD 800-833-6388

RURAL RESOURCES COMMUNITY ACTION **684-2961** **800-776-9026**
Dial-a-ride and commuter routes in NE WA.
SMART (MOSCOW)
208-883-7747 TTY 800-377-1363
VALLEY TRANSIT
Walla Walla **527-3779**
VOLUNTEER CHORE SERVICES - CATHOLIC CHARITIES **459-6172**
ccsww.org **Intake 459-6171**

Schedule 48 hours in advance for travel in Spokane, Walla, Wilur, Colville. Offers door-to-door transportation once a month to Seniors 62+ and adults with disabilities for medical appointments and grocery visits. Offered to non-Medicaid. Service depends on volunteers.

Driver Licensing Offices
Open by appointment only for customers who cannot complete their transaction online, by phone or by mail. With social distancing, offices operate at significantly reduced capacity and appointments are limited.

-NORTHSIDE **482-3882**
9107 N Country Homes Blvd, 99218
-SPOKANE VALLEY **921-2358**
12801 E Sprague, 99212

Senior For-Profit Options
GO-GO GRANDPARENT: 855-464-6877
Same day affordable, service transportation provider, for medical appointments, groceries, and independent living.
JUST FOR YOU SENIOR SERVICES 939-9971
justforyouseniorservices.com
Transportation and personal assistant services for seniors in the Spokane metro area. \$30 round trip, \$20 one way, and medical appointments \$35 round trip.
MEDSTAR **800--236-2011**
gomedstar.com
door-to-door transportation with attendants, wheel chair accessible
Approved for after hour medicaid clients for medical appointments, errands, and relocation.
PRECIOUS CARGO **951-9380**
door-to-door, wheelchair/ stretcher/other specific accomodation. accessible, and schedule 24hrs before trip.
MEDTRAN **800-550-3782**
gomedtran.com
Schedule 24 hrs in advance, door-to-door transportation. Even serves weekends, nights, holidays

Moccasin Express **458-6564**
Masks required, limiting to seven passengers with priority for those commuting to work at essential services from Wellpinit, Ford, Two-Rivers to Spokane

SMS Medicaid
SPECIAL MOBILITY SERVICES **534-9760**
sms1.org **800-892-4817**
Schedule 2-30 business days in advance, transportation to Medicaid eligible medical appointments. Provides most cost-effective mode

SENIOR NUTRITION SITES: EASTERN WASHINGTON

HD - Meals on Wheels or Home Delivered Meals, SC - Senior Center (not listed in Senior Resources and Programs), SN - Senior meals and Senior nutrition sites, some offered by regional agencies, ACSRT - Asotin County Senior Round Table, COA in Whitman County. GSMOW - Greater Spokane MOW, OCTN - Okanogan County Transportation and Nutrition, SAS- Sandpoint Area Seniors, SVS - Silver Valley Seniors MOW, For Tri-County Area North of Spokane check with services offered by Rural Resources, WWSC - Walla Walla Senior Center.

City/Zip	Site Name	Location	Phone (509)	MD	SN	Hours	Agency	Fee & MOW
Cheney	Cheney Senior Center	2221 N 6th	542-3721	PU	55+	noon, TThF	pre-reg	G-n-G
Deer Park	Deer Park Senior Center	City Hall, E 316 Crawford, LL	327-1584			noon, F		potluck
Deer Park	St Mary's Presentation	602 E 6th St	276-2948			11-1, TTh	GSMOW	
Spangle	Spangle Service Club	165 N Main	701-4532			11-1, M	GSMOW	
Spokane	American Indian Community Center	1025 W Indiana	535-0886			11-1, TTh	GSMOW	SC
Spokane	Clare View Senior Living	4827 S Palouse Hwy	252-6500			11-1, T	GSMOW	
Spokane	Corbin Senior Activity Center	827 E Cleveland	327-1584		60+	11-1, WF	GSMOW	SC
Spokane	Hillyard Senior Center	NECC, 4001 N Cook	482-0803		60+	11-1, M-F	GSMOW	SC
Spokane	Mid-City Concerns Senior Center	1222 W 2nd, 99201	747-3257			11-1, MTF		

of transportation such as ambulatory, non-ambulatory, gas vouchers or bus passes

SMS COMMUNITY SHUTTLE:
534-7171/877-246-7433

Schedule 1 day in advance for shopping, hospital, airport STA connections, serves Hwy 2 and 395, Newport, Davenport, Ritzville. Runs twice daily. \$2 one way, \$3 round trip, \$5 Newport. Door-to-door service within a mile of routes.

SNAP Ride to Health 319-3050

Serves Spokane County residents 65+ or persons with disabilities, unable to qualify for public transit options. Rides offered for medical related transportation, such as medical appointments and pharmacy. Offers non-volunteer wheelchair options.

Spokane Transit Authority
456-7277 328-RIDE

spokanetransit.com
Resumes fare collection and front-door boarding. Passengers are to wear face coverings and social distance by spreading out on the bus. Masks available to passengers at the STA Plaza.

VANPOOL 326-POOL

Accepting new individuals. Offers up to five free vanpool rides for new, qualifying trial users.

STA ParaTransit 328-1552

spokanetransit.com/paratransit
Wheelchair-accessible shared ride transportation service for individuals with disabilities in paratransit service area.

RIDES FOR SENIORS

spokanetransit.com **328-1552**
For passengers 60+ with \$2/day pass, booking 1 day or within 2hrs. Maybe accompanied by one companion.

STA Vanpool 326-POOL

communtfindernw.org
Check for route availability on webpage. Trips begin or end in PTBA. Shared cost among members. No imposed changes, each group running based on if traveling to essential services. Still accepting new individuals. Offers up to five free rides for new, qualifying trial users.

Veterans Transportation Services (VTS) 434-7537

Beneficiant Travel (BT) 434-7517
Schedule one week in advance for Door-to-door transportation 40 miles or more outside Spokane VA to veterans for medical appointments

VETERANS

The Free Handyman for thre Disabled/Veterans Thrift Store

4705 W Wellesley, 99205 **290-6891**
theworkethic1@gmail.com
freehandymanfordisabledveterans.org
freehandymanfordisabledveterans.org
The local community based nonprofit remains open to provide services and supplies for veterans in need. Open to public across the street from the VA Hospital—seeks donations of sealed package food and sanitary items.

Goodwill Industries of the Inland NW 838-4246

130 E 3rd Ave, 99201
discoverygoodwill.org **344-0163**
24-hour Veteran hotline 828-2449
Supportive Services for Veteran Families (SSVF) is still serving homeless veterans. Provides rental assistance and emergency housing support to area veterans impacted by COVID-19. Veterans needing assistance should call the hotline rather than coming to the office. Veterans who need help should call the or walk-in to the Goodwill Administration office at 130 E Third Ave., 8-5 Monday to Friday.

Spokane County Regional Veterans Services Center

SPOKANE REGIONAL HEALTH DISTRICT
1117 N Evergreen, Ste 2, 99216
spokanecounty.org **477-3690**
Continues to provide phone and email communication support at **344-9280, 344-9353 or 477-3690** or vetstudy@spokanecounty.org
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 COVID, the team is assigned to telework. For safety, it has suspended in-office appointments and classes.

Spokane Vet Center 444-8387

13109 E Mirabeau Prkwy, 99216
vetcenter.va.gov **Fax: 444-8388**
Team Leader: David Baird
Admin: Robert Sturtevant
Counseling services for veterans and families of active duty.

VA Medical Center, Mann-Grandstaff 434-7000

4815 N Assembly St, 99205 va.gov
As a precautionary measure, MGVMC has implemented mandatory screening. Operating hours are reduced to 7 a.m. to 7 p.m. Offers COVID-19 testing to veterans.

WOMEN & CHILDREN: INFANT NEEDS & DVSA

DVSA Text Line 220-3725

Child WELFARE (DCYF) 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.

CAPA - Childbirth & Parenting Assistance/PREPARES

CATHOLIC CHARITIES 455-4986
25 W 5th Ave, Lower Lvl, 99202
cceasternwa.org
Open and doing diaper distribution from 9 a.m. to 2 p.m. Monday-Thursday.

Inland NW Diaper Bank

SPOKANE VALLEY PARTNERS 927-1153
10814 E Broadway, 99206
PO Box 141360 **Fax: 928-8463**
Spokane Valley 99214 svpart.org
Gives diapers to needy families.

Lutheran Community Svcs NW

210 W Sprague Ave, 99201
lcsnw.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 programs have moved to a telehealth model. Family violence victims are now isolated in dangerous circumstances and in more need for help to plan for their safety and navigating changing health and legal systems. Children and adults who already struggled with depression and anxiety are now alone and in more need for the lifeline provided by 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 are currently operating remotely. For a pregnancy consultation, call 327-0701, leave a detailed message and a nurse will callback. For other concerns call the N. Maple Street CHAS Clinic at 444-8200 for a same day appointment. For a medical emergency, call 911.

Nurse Family Partnership

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

Teen & Kids Closet 534-1151

307 E Sprague, 99202 teenkidscloset.org
PO Box 4099, 99220
contact@teenkidscloset.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 online. Teen & Kid Closet temporarily suspending operations, including receiving financial and physical donations.

WIC 800-322-2588
Text "WIC" to 96859

Calls for respecting those whose only food is provided through the WIC program. Provides breakfast cereal, infant cereal, infant food, fruits and vegetables, infant food, meat, infant formula, exempt infant formula, milk, cheese, tofu, soy-based beverage, mature legumes, peanut butter, fruits & vegetables, canned fish, whole wheat bread and other whole grains, juice, eggs, WIC-eligible nutritional and yogurt.

800-322-2588 TXT 96859

WIC - SRHD/ SPOKANE REGIONAL HEALTH DISTRICT 324-1620

1101 W College, 99201
srhd.org/programs-and-services/wic

WIC DEER PARK 99006 276-3770

United Methodist, 113 E 2nd St
WIC EAST CENTRAL 323-2830
500 S Stone, 99202

WIC NORTHEAST CC 323-2828

4001 N Cook, 99207

WIC SPOKANE VALLEY 323-2800

12213 E Broadway, Ste 5, 99206
WIC WEST CENTRAL COMMUNITY CENTER 323-7497
1603 N Belt, 99205

WIC AIRWAY HEIGHTS 244-9334

13120 W 13th Ave, 99001

WIC CHENEY 559-5839

Cheney UMC, 204 4th St, 99004
WIC FAIRCHILD AFB 247-2760
Bldg 2447 610 N Depot Ave, Rm 306
Fairchild AFB 99001

Women's Healing & Empowerment Network 323-2123

PO Box 9637, 99209

Pres: Mable Dunbar whenetwork.com

Because of the requirement to stay home, there has been an increase

in domestic violence. Victims feel stuck between avoiding the virus (staying home) and reaching out for help (calling 911, contacting law enforcement, going to the hospital). Encourages people to report abuse. Donations needed 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@ywcaspokane.org
ywcaspokane.org Fax: 326-1597
All onsite programs closed. Call 24 hours for Safe Shelter for Domestic Violence 326-2255 or help@ywcaspokane.org