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

A Supplement of The Resource Directory: Guide to Congregations and Community Resources that is published annually by The Fig Tree, a nonprofit 501(c)(3) organization, © 2021 at 1323 S. Ferry St., Spokane, 99202, (509) 535-4112, resourcedirectory@thefigtree.org

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Directory Editor: Malcolm Haworth • The Fig Tree Editor: Mary Stamp • Webmaster: Lorna Kropp

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.

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Donations may be made at www.thefigtree.org/donate.html or send check to The Fig Tree, 1323 S. Perry St., Spokane WA 99202

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

Please send corrections to resource directory@thefigtree.org.

Aug 16, 2021

Federal, State & Local Resources - Covid 19

FEDERAL PROGRAMS

Coronavirus.gov usa.gov/coronavirus

CDC cdc.gov/

Nat’l Institutes 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 dahiocf.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 netchel.org

Adams co.adams.wa.us/government/covid-19.php

Asotin asotincountypublichealth.org

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

Whitman whitmanpublichealth.org/covid-19.html

Walla Walla co.walla-walla.wa.us/government/health_department/index.php

SPOKANE AREA

Spokane COVID Response spokaneCOVIDresponse@gmail.com FB: SpokaneCOVIDResponse

InlandCOVIDResponse.org

Spokane Resource Center HUD spokaneresourcercenter.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
srh.org/covid19

Spokane County Community Services 477-5722

Spokane Public Schools spokanecountywashington.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

Spokane Area Coronavirus Aid FB: 261027208235464

Spokane Mutual Aid 503-662-7912

spokanecountymutualaid@gmail.com FB: SpokaneCountyMutualAid

mutualaidspokanecounty.com

For Food 2-harvest.org
Covid 19 Testing
CONTRACT TRACING
DOH 800-525-0127
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/
Other listed in Health Care
listings, listing here are low and
No Cost locations.

Chas SpokAnE urGenT Care – North
5901 N. Lidgetwood 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
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
Unity Community Health
ywvc.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/
tfindcare/covid19/testing
Spokane2105 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://vaccine_locator.doh.wa.gov
6th Avenue Medical Pharmacy
508 W 6th Ave, Ste 104, 99204
Albertsons/Safeway/myhealth
appointments.com/covidappt
Consistent Care Services
1235 N Post St, Ste 201, 99201
Costco https://www.costco.com/
covid-vaccine.html
Spokane Valley
5601 E Sprague Ave, 99212

Spokane North
1220 N Newport Hwy, 99218
CVS cvs.com/immunizations/
covid-19-vaccine
9770 North Newport Highway,
Spokane, Washington 99218
Hart And Dilatush Pharmacy - Gnp
601 W Riverside Ave, Ste 140, 99201
Fred Meyer fredmeyer.com/
x/guest/get-vaccinated
Latinos En Spokane Pop-Up
Vaccination Clinic facebook.com
CHAS - various locations 444-8200
communications@chas.org
MLK Center 500 S Stone, 99202
prepmod.doh.wa.gov/
reg/561829066
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
providencetxvaccine.wa.gov
Squarespace.com/spokane
Rite Aid
Indian Trail
9007 N Indian Trail Rd, 99208
Hillyard
2215 W Wellesley, 99205
North Division
5840 N Division St, 99208
19120 Division St, 99218
12420 N Division St, 99218
Spokane
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
Rouderers Pharmacy
9414 N Division St, 99218
Unity Community Health
ywvc.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, 99216
Walgreens walgreens.com/
tfindcare/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
Yokes http://app.acuitiescheduling.
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

CovidVaccineWA.org

It takes all THREE
MASK UP.
SIX FEET.
SMALL GROUPS.

Continued on p. 8

City Resources, Spokane Cnty
Airway Heights:
http://www.cawh.org
Cheney
https://www.cityofcheney.org/
Deer Park
www.cityofdeerparkwa.com
Liberty Lake
www.libertylakewa.gov
Medical Lake
https://medical-lake.org
Spokane Valley
www.spokanecounty.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. srdh.org
Covid 19 Info
covid.srdh.org 800-525-0127
TXT: Coronavirus 211-211

Governor, Washington State
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
alerts Spokane.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.
Volunteers Spokane is setting up a
COVID-19 Community Forum
to share information on agencies
needs for people and supplies.
volunteerspokane.org

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

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hygiene</th>
<th>Meals</th>
<th>Hours</th>
<th>Zip/Service Area/ Clients/Services</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Saints Gather Food Pantry (FP)</td>
<td>314 S Spruce, 99201</td>
<td>838-4409</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>C</td>
<td>10-2 MW</td>
<td>N/A</td>
<td>allsaintsgather.com</td>
<td></td>
</tr>
<tr>
<td>Southwest Community Center</td>
<td>314 S Spruce, 99201</td>
<td>993-1314</td>
<td>624-8634</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>8:30-5 T-Th</td>
<td>Anyone in SW Spokane</td>
<td>Mark Reilly, FB: spokanecommunitycenter</td>
<td></td>
</tr>
<tr>
<td>American Indian CC</td>
<td>1025 W Indiana, 99205</td>
<td>533-0886</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9:4-30 T-F</td>
<td>Native Americans clients</td>
<td>FB: indiancenter610 aicc.org</td>
<td></td>
</tr>
<tr>
<td>Audubon UMC Food Bank &amp; Bare Necessities</td>
<td>3908 N Driscoll, 99205</td>
<td>325-4541</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>8:30-11:30 2nd-4th T, brkfst</td>
<td>99205-W of Division,N of Montgomery; Nine Mile Falls</td>
<td><a href="http://audubonpar-kumc.org/">http://audubonpar-kumc.org/</a></td>
<td></td>
</tr>
<tr>
<td>Bethel AME Food Pantry</td>
<td>Richard Allen Apts, 600 S Richard Allen Ct HUB 218 S Howard, 99201</td>
<td>558-1148</td>
<td>994-3338</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>1p Th</td>
<td>bethelamesspokane.com</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Better Living Center</td>
<td>25 E N Foothills, 99207</td>
<td>325-1258</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-4 T; 9-1 Th</td>
<td>Nevada Heights, N Logan, NE Emerson/Garfield, E North Hill</td>
<td>Patty Marsh</td>
<td>betterlivingcenter.org</td>
</tr>
<tr>
<td>Blessings under the Bridge - BUTB</td>
<td>I-90 overpass</td>
<td>869-6584</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>5:30 W</td>
<td>H</td>
<td>butb.org</td>
<td></td>
</tr>
<tr>
<td>Breaking Bread Rescue Market</td>
<td>Shadle Park Presbyterian 5508 N Alberta</td>
<td>327-5522</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>FB: 10-12 T; MS: 5:30p F</td>
<td>Recovery</td>
<td>ffc.us</td>
<td></td>
</tr>
<tr>
<td>Calvary Baptist Soup Kitchen</td>
<td>203 E 3rd Ave, 99202</td>
<td>747-8793</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>11 Sat</td>
<td>Peggy Trout</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caritas</td>
<td>1228 W Nebraska, 99205</td>
<td>326-2249</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>10:30-1:30 MWTh</td>
<td>NW Spokane</td>
<td>caritasoutreachministries.org</td>
<td></td>
</tr>
<tr>
<td>City Gate Food Bank</td>
<td>170 S Madison, 99201</td>
<td>455-9670</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>FB: by appt, Meals: 8 Sat, 12:30 T-F, &amp; 7p WF-Sun</td>
<td>99201-S of Spokane River-204, 99224-N of I-90, E of Grove Rd, H</td>
<td>thecitygate-spokane.org</td>
<td></td>
</tr>
<tr>
<td>Crosswalk VOA</td>
<td>525 W 2nd Ave, 99201</td>
<td>838-6396</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>3-5, Th, CB; 3-3:30 daily</td>
<td>Ages 13-21, H</td>
<td>veaspokane.org</td>
<td></td>
</tr>
<tr>
<td>Cup of Cool Water</td>
<td>1106 W 2nd, 99201</td>
<td>747-6686</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>10-4 M-Th, 10-1 F</td>
<td>Ages 14-24, H</td>
<td>cupofcoolwater.org</td>
<td></td>
</tr>
<tr>
<td>Food not Bombs</td>
<td>Revival, 25 W Pacific</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>5:30 Sat</td>
<td>Sack meals</td>
<td><a href="mailto:spokanesfoodnot-bombs@gmail.com">spokanesfoodnot-bombs@gmail.com</a></td>
<td>FB</td>
</tr>
<tr>
<td>Growing Neighbors Outdoor Community Dinners</td>
<td>Shadle Park Presbyterian 5508 N Alberta</td>
<td>327-5522</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>5:30 T</td>
<td>G&amp;G, frozen meals, little free pantry</td>
<td>growingneighbors. wordpress.com</td>
<td></td>
</tr>
<tr>
<td>HBPA - Cosechando Esperanza Hispanic Food Pantry</td>
<td>308 W 1st Ave, 99201</td>
<td>389-6205</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>11-6, W</td>
<td>Diapers, case management referrals</td>
<td><a href="http://www.hbpaspo-kane.net">http://www.hbpaspo-kane.net</a></td>
<td></td>
</tr>
<tr>
<td>Jewels Helping Hands -The Revive Church</td>
<td>25 W Pacific, 99201</td>
<td>281-7120</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>6-8 M</td>
<td>Homeless shower &amp; hygiene, street medicine on Sundays</td>
<td>FB</td>
<td>Jewels Helping Hands</td>
</tr>
<tr>
<td>-Our Place</td>
<td>1509 W College</td>
<td>313-6095</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>10-2 T</td>
<td>Homeless shower &amp; hygiene, street medicine on Sundays</td>
<td>FB</td>
<td>Jewels Helping Hands</td>
</tr>
<tr>
<td>-Zion Lutheran</td>
<td>8304 E Buckeye</td>
<td>4202 N Belt</td>
<td>708 Nora</td>
<td>3-3:30 daily</td>
<td>Ages 13-21, H</td>
<td>veaspokane.org</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-Messiah Lutheran</td>
<td>4202 N Belt</td>
<td>708 Nora</td>
<td>3-3:30 daily</td>
<td>Ages 13-21, H</td>
<td>veaspokane.org</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-River City</td>
<td>708 Nora</td>
<td>3-3:30 daily</td>
<td>Ages 13-21, H</td>
<td>veaspokane.org</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>JITA Labor of Love</td>
<td>1803 E DeSmet, 99202</td>
<td>389-6205</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>MS: 11:30-1:30 W, FB:12-3 4thSt</td>
<td>Frozen meals, meals, bread canned, emergency food</td>
<td>laborofflowe@<a href="mailto:jita@gmail.com">jita@gmail.com</a></td>
<td>jitafoodcenter.org</td>
</tr>
<tr>
<td>Liberty Park Food Pantry</td>
<td>Liberty Park Community Develop, 1417 E Hartson</td>
<td>534-0957</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>restocked M-Th</td>
<td>Little Free Pantry</td>
<td>libertyparkcenter.org</td>
<td></td>
</tr>
<tr>
<td>Logan Family Meal - Opportunity Né</td>
<td>Logan Elementary, 1001 E Montgomery</td>
<td>313-6095</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Meal: 5 T</td>
<td>NE Spokane, 2nd Harvest mobile FB 1x 3-4 p</td>
<td>Trevor <a href="mailto:iwata@gonzaga.edu">iwata@gonzaga.edu</a></td>
<td></td>
</tr>
<tr>
<td>MLK Jr Community Center</td>
<td>500 S Stone, 99202</td>
<td>868-0856</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>1-3 MWThF</td>
<td>Any, Seniors in 99202,-212</td>
<td>mlkspokane.org</td>
<td>FB</td>
</tr>
<tr>
<td>El Mercadito</td>
<td>AM Cannon Park-1511 N Elm</td>
<td>558-9359</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>11-1 Sat</td>
<td>Free market, C-19 vaccine</td>
<td>FB: Latinos on Spokane</td>
<td></td>
</tr>
<tr>
<td>Mission Community Outreach</td>
<td>1906 E Mission Ave</td>
<td>536-1084</td>
<td>X X X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>1-4, MTh, 10-1 W</td>
<td>Spokane</td>
<td>4mission.org</td>
<td></td>
</tr>
<tr>
<td>Mosaic - Changing Lives</td>
<td>HUB 218 S Howard</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>4p F; 12:30p Sun</td>
<td>Recovery, coffee/snacks</td>
<td>mosaiscspokane.com</td>
<td></td>
</tr>
<tr>
<td>New Hope Ranch</td>
<td>2524 E Queen 99207</td>
<td>954-5145</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>12-2 MW, Meal 5-6 F</td>
<td>no restriction, need based</td>
<td><a href="mailto:thezahls@comcast.net">thezahls@comcast.net</a></td>
<td></td>
</tr>
<tr>
<td>Northeast Community Food Pantry - NW Connect</td>
<td>4520 N Crestline St PO Box 7389,99207</td>
<td>290-5691</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>by appt</td>
<td>99207, 99217 W of Perry</td>
<td><a href="mailto:info@nwconnect.org">info@nwconnect.org</a>, nwconnect.org, FB</td>
<td></td>
</tr>
<tr>
<td>Off Broadway Family Outreach</td>
<td>Lighthouse HUB, 2225 W Mallion 99201 PO Box 9813, 99209</td>
<td>998-2630</td>
<td>X X X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>FB: 8:30-10:30 TF, MS: 6p M</td>
<td>No ID, H, fellowship @ M dinner, offers gas voucher, bus pass, emergency assist.</td>
<td>Janice Roland</td>
<td><a href="mailto:janiceRoland@comcast.net">janiceRoland@comcast.net</a></td>
</tr>
</tbody>
</table>
### FOOD BANKS & CLOTHING BANKS: City of Spokane O-W

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hygiene</th>
<th>Meals</th>
<th>Hours</th>
<th>Zip/Area/Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our Place Community Outreach</td>
<td>1509 W College, 99201</td>
<td>326-7267</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>JHH: 10-2; Fresh Market 4-6.3; FB: 10-1 Th</td>
<td>River-Montgomery, H <a href="http://ourplacespokane.org">ourplacespokane.org</a></td>
</tr>
<tr>
<td>Our Sister’s Closet, Free Clothing</td>
<td>930 N Monroe, 99201</td>
<td>789-9280</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>call for appt, 9-noon Fri</td>
<td>Women only, 1.5 hr apt for 3-5 outfits <a href="mailto:oursisterscloset@ywcaspokane.org">oursisterscloset@ywcaspokane.org</a></td>
</tr>
<tr>
<td>Boutique-YWCA</td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Recovery Cafe</td>
<td>2001 N Division, 99207</td>
<td>960-8525</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>noon T-F</td>
<td>Recovery/H <a href="http://community-minded.org">community-minded.org</a></td>
<td></td>
</tr>
<tr>
<td>Revive Church</td>
<td>12 W Pacific, 99201</td>
<td>217-8453</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>noon, SatSun, 10-2 M, 6 M-F</td>
<td>Homeless <a href="mailto:therevivalnw@gmail.com">therevivalnw@gmail.com</a> <a href="http://therevivalsalvation.com">therevivalsalvation.com</a></td>
<td></td>
</tr>
<tr>
<td>Revive Community Services</td>
<td>Morning Star Baptist</td>
<td>919-3587</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>FB: 9 Sat</td>
<td>Anyone in need <a href="mailto:reviveministries@gmail.com">reviveministries@gmail.com</a> <a href="http://ReviveCommunityServices.com">ReviveCommunityServices.com</a></td>
</tr>
<tr>
<td>Our Place</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>St Ann’s Sunday Lunch</td>
<td>2116 E First Ave 99202</td>
<td>535-3031</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>1 Sun</td>
<td>Homeless <a href="http://spilspokane.org">spilspokane.org</a></td>
<td></td>
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<tr>
<td>Salvation Army Family Services</td>
<td></td>
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</tr>
<tr>
<td>Celebrate Recovery</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>C</td>
<td></td>
<td>9-4 MWF; 9-5 TTh; Meal: 5-45 Th</td>
<td>Inland NW Celebrate Recovery <a href="http://spokane.salvation-army.org">spokane.salvation-army.org</a></td>
<td></td>
</tr>
<tr>
<td>SCAR - Burritos for the People</td>
<td>Main Market</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9-10, Sun</td>
<td>everyone <a href="http://scarspokane.org">scarspokane.org</a></td>
<td></td>
</tr>
<tr>
<td>Serve Spokane</td>
<td>8303 N Division, 99208</td>
<td>998-5722</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>12:30-2:30 Th M 9-11:30 2nd/4th Sa</td>
<td>99208, H <a href="http://ServeSpokane.org">ServeSpokane.org</a> <a href="mailto:serveSpokane@gmail.com">serveSpokane@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Spokane Community College CARE Center</td>
<td>1810 N Greene - The Lair, 6-114K, 99217</td>
<td>533-7437</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>12-3 MTh, 9-3 WTh, 9-12 F</td>
<td>SCC students &amp; rural extensions <a href="http://scc.spokane.edu">scc.spokane.edu</a></td>
<td></td>
</tr>
<tr>
<td>Spokane Falls Community College Food Bank</td>
<td>3410 W Whittlackes Wy, Bldg. 17, 99224</td>
<td>533-4198</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>8:30-4:30 M, pick up 6 F</td>
<td>SCC: Students <a href="http://sffcc.spokane.edu">sffcc.spokane.edu</a></td>
<td></td>
</tr>
<tr>
<td>Shalom Ministries</td>
<td>518 W Third, 99201</td>
<td>455-9019</td>
<td>C</td>
<td>X</td>
<td></td>
<td></td>
<td>7:30 M-Th, 4:30 MT</td>
<td>H <a href="http://shalomm%C3%A9al.org">shalomméal.org</a></td>
<td></td>
</tr>
<tr>
<td>Southside Food Pantry</td>
<td>2934 E 27th, 99223</td>
<td>533-2301</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>10:30-12 Sat</td>
<td>99203, 99223 <a href="http://southsidefoodpantry.com">southsidefoodpantry.com</a></td>
<td></td>
</tr>
<tr>
<td>SPEAR Food Bank</td>
<td>1905 E Pacific, 99202</td>
<td>475-5470</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>3-4, TW; 10-noon Sat</td>
<td><a href="mailto:kruge5919@comcast.net">kruge5919@comcast.net</a> <a href="http://spokedreamcenter.org">spokedreamcenter.org</a></td>
<td></td>
</tr>
<tr>
<td>Spokane Aids Network - SAN</td>
<td>1121 S Perry St, 99202</td>
<td>844-1758</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9-3 T</td>
<td>Delivery to clients <a href="http://sannw.org">sannw.org</a></td>
<td></td>
</tr>
<tr>
<td>Spokane Dream Center</td>
<td>515 W 1st Ave, 99201</td>
<td>924-2630</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>Thursday Evening</td>
<td><a href="http://spokedreamcenter.org">spokedreamcenter.org</a></td>
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<tr>
<td>Teen &amp; Kids Closet</td>
<td>307 E Sprague, 99202</td>
<td>534-1151</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>appt by referral</td>
<td>For foster teens 12-18 yrs <a href="mailto:teenkidcloset.org">teenkidcloset.org</a></td>
<td></td>
</tr>
<tr>
<td>UGM Shelter</td>
<td>1224 E Trent, 99202</td>
<td>535-8510</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>Meals: noon &amp; 6 daily (East side door)</td>
<td>Homeless &amp; low-income <a href="http://unionsgospelmission.org">unionsgospelmission.org</a></td>
<td></td>
</tr>
<tr>
<td>West Central Abbey</td>
<td>1832 W Dean, 99201</td>
<td>309-6168</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>5:30 W, noon M-F</td>
<td>Homeless; weekday Lunch, M-F, St Andrews 1224 N Howard <a href="http://westcentralmission.org">westcentralmission.org</a> <a href="mailto:vicar@standrewsspokane.org">vicar@standrewsspokane.org</a></td>
<td></td>
</tr>
<tr>
<td>Westminster Presbyterian Food Pantry</td>
<td>2705 W Boone, 99201</td>
<td>329-0351</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>11-1:45 WF</td>
<td>John Edmondson - <a href="mailto:westpresby@gmail.com">westpresby@gmail.com</a> <a href="mailto:westpresby@gmail.com">westpresby@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Women’s &amp; Children’s Free Restaurant</td>
<td>1408 S Washington, 99205</td>
<td>324-1995</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>noon TW, summer W only</td>
<td>Meals &amp; food boxes <a href="http://wcrfspokane.org">wcrfspokane.org</a></td>
<td></td>
</tr>
<tr>
<td>WSU Spokane Campus Pantry</td>
<td>WSU Health Science Building (SHSB) 110Z</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8-10 T, 3-5 W</td>
<td>WSU and EWU <a href="mailto:wsuhealth.campus-pantry@wsu.edu">wsuhealth.campus-pantry@wsu.edu</a></td>
<td></td>
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</table>

### SPOKANE AREA FOOD DELIVERY

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Hours</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heal Spokane</td>
<td>PO Box 28253, 99228</td>
<td>602-716-1174</td>
<td>delivery only</td>
<td>Kat Bopp <a href="http://healspokane.org">healspokane.org</a> <a href="mailto:healspokane@gmail.com">healspokane@gmail.com</a></td>
</tr>
<tr>
<td>Jewels Helping Hands</td>
<td>5128 N Jefferson, 99205</td>
<td>263-5502</td>
<td>7, T</td>
<td><a href="mailto:jewelshelpinghandsSpokane@gmail.com">jewelshelpinghandsSpokane@gmail.com</a>, FB <a href="mailto:northbridge.life">northbridge.life</a></td>
</tr>
<tr>
<td>North Bridge Food Bank</td>
<td>22421 E Euclid, 99027</td>
<td>329-0351</td>
<td>delivery Th</td>
<td><a href="mailto:northbridge.life">northbridge.life</a></td>
</tr>
<tr>
<td>SAIFS</td>
<td>1322 E 30th, 99203</td>
<td>747-7394</td>
<td>food delivery</td>
<td><a href="http://sajfs.org">sajfs.org</a>, serves Jewish elderly, disabled and families in need</td>
</tr>
<tr>
<td>Spokane Quaranteam</td>
<td>Giving Back Packs Food</td>
<td></td>
<td></td>
<td><a href="http://spokanecare.org">spokanecare.org</a></td>
</tr>
<tr>
<td></td>
<td>PO Box 30321, 99223</td>
<td></td>
<td></td>
<td><a href="http://spokanecare.org">spokanecare.org</a></td>
</tr>
<tr>
<td>SMS / Collaborative Food</td>
<td>707 N Napa, 99202</td>
<td>211/text 898-211</td>
<td></td>
<td><a href="mailto:hollyc@specialmobility.org">hollyc@specialmobility.org</a></td>
</tr>
<tr>
<td>UGM Student Impact</td>
<td>1234 E Sprague, 99202</td>
<td>535-8510</td>
<td></td>
<td><a href="http://uniongospelmission.org">uniongospelmission.org</a>, Homebound</td>
</tr>
</tbody>
</table>
# Free Meal Sites - Spokane County

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

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Crosswalk (VOA) 9</td>
<td>Crosswalk (VOA) 9</td>
<td>Crosswalk (VOA) 9</td>
<td>Crosswalk (VOA) 9</td>
<td>Crosswalk (VOA) 9</td>
<td>Crosswalk (VOA) 9</td>
<td>Crosswalk (VOA) 9</td>
</tr>
<tr>
<td>525 W 2nd (13-17)</td>
<td>525 W 2nd (13-17)</td>
<td>525 W 2nd (13-17)</td>
<td>525 W 2nd (13-17)</td>
<td>525 W 2nd (13-17)</td>
<td>525 W 2nd (13-17)</td>
<td>525 W 2nd (13-17)</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
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<tr>
<td>525 W 2nd</td>
<td>525 W 2nd</td>
<td>525 W 2nd</td>
<td>525 W 2nd</td>
<td>525 W 2nd</td>
<td>525 W 2nd</td>
<td>525 W 2nd</td>
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<tr>
<td><strong>Dinner</strong></td>
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<tr>
<td>City Gate 7</td>
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<td>City Gate 7</td>
<td>City Gate 7</td>
<td>City Gate 7</td>
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<td>p.m.</td>
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<tr>
<td>170 S Madison</td>
<td>170 S Madison</td>
<td>170 S Madison</td>
<td>170 S Madison</td>
<td>170 S Madison</td>
<td>170 S Madison</td>
<td>170 S Madison</td>
</tr>
</tbody>
</table>

Note: daily Jewels Helping Hands serves meal at various and random locations with Spokane Medical teams. + still pending confirmation.

**Shelters/Transitional Housing with Meals**

- House of Charity, St Margaret’s, Hope
- GM Men, UGM Women, Truth Ministry, House, Catholic Charities (transitional housing), Baptist Church, Young Adult Shelter

**Daily to Residents only**

- Cannon St, Family Promise, Transitions, Housing, Young Adult Shelter

**Contact Information**

EFLC, 631 S Richard Allen Ct, #215, Spokane WA 99202 - 509-535-
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hygiene</th>
<th>Hours</th>
<th>Area, Clients</th>
<th>Services</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Valley Baptist</td>
<td>14516 E Wellesley Ave</td>
<td>928-4809</td>
<td>X</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td><a href="http://eastvalleybaptist.org">eastvalleybaptist.org</a></td>
</tr>
<tr>
<td>Holy Trinity Lutheran Church</td>
<td>2511 S. Pines Rd</td>
<td>926-7966</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td>[holytrinity lcmc.org](<a href="http://holytrinity">http://holytrinity</a> lcmc.org)</td>
</tr>
<tr>
<td>HRC Ministries</td>
<td>14415 E Sprague, 99206</td>
<td>879-3773</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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<td><a href="http://hrcministries.com">hrcministries.com</a></td>
</tr>
<tr>
<td>Intersection at the River</td>
<td>22421 Euclid, 99216</td>
<td>202-6079</td>
<td>X</td>
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<tr>
<td>Clothes Klosset - Opportunity Christian Fellowship</td>
<td>12321 E 14th, 99206</td>
<td>926-2673</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td></td>
<td><a href="http://opportunitychristianfellowship.org">opportunitychristianfellowship.org</a></td>
</tr>
<tr>
<td>Liberty Lake Church Food Pantry</td>
<td>704 South Garvy, 99019</td>
<td>255-6266</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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<td><a href="http://libertylakechurch.org">libertylakechurch.org</a></td>
</tr>
<tr>
<td>Life River fellowship FB</td>
<td>2810 N Park Rd, 99212</td>
<td>924-9510</td>
<td>X</td>
<td></td>
<td></td>
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<td></td>
<td><a href="http://liferiverchurch.com">liferiverchurch .com</a></td>
</tr>
<tr>
<td>North Bridge Food Bank</td>
<td>22421 E Euclid, 99022</td>
<td>X</td>
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<td></td>
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<td><a href="http://northbridge.life">northbridge.life</a></td>
</tr>
<tr>
<td>Otis Orchards Food Bank</td>
<td>4308 N Harvard, 99027</td>
<td>842-2355</td>
<td>X</td>
<td>X</td>
<td>O</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peace Pantry-Eastpoint Church</td>
<td>15303 E Sprague, Ste A, 99212</td>
<td>533-6800 X 130</td>
<td>X</td>
<td>X</td>
<td>O</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://peaceeastpointchurch.org">peaceeastpointchurch.org</a></td>
</tr>
<tr>
<td>Real Life Otis Ministries</td>
<td>4904 N Harvard, 99027</td>
<td>232-0840</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://realmotis.church">reallifetootis.church</a></td>
</tr>
<tr>
<td>St John Vianney Parish Poverty Fund</td>
<td>304 S Adams Rd, 99216</td>
<td>925-5428</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://oursvdp.com">oursvdp.com</a></td>
</tr>
<tr>
<td>St Vincent de Paul - St Mary's</td>
<td>304 S Adams Rd, 99216</td>
<td>928-3210</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://oursvdp.com">oursvdp.com</a></td>
</tr>
<tr>
<td>Spokane Dream-Ministry Resource Center</td>
<td>2128 N Pines, Ste 1 99216</td>
<td>924-2630</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://spokanedreamcenter.org">spokanedreamcenter.org</a></td>
</tr>
<tr>
<td>Spokane Dream Ctr Mobile Food</td>
<td>7217 E Trent, 99212</td>
<td>924-2630</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://spokanedreamcenter.org">spokanedreamcenter.org</a></td>
</tr>
<tr>
<td>Spokane Valley Partners: Food and Diaper Bank</td>
<td>10814 E Broadway, 99206</td>
<td>927-1153</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td></td>
<td></td>
<td></td>
<td><a href="http://svpart.org">svpart.org</a></td>
</tr>
<tr>
<td>Spokane Valley Partners Mobile Bank</td>
<td>St Josephs, 4521 N Arden Rd, 99027</td>
<td>927-1153</td>
<td>X</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td><a href="http://svpart.org">svpart.org</a></td>
</tr>
<tr>
<td>Valley Assembly of God Food Pantry</td>
<td>15618 E Broadway, 99037</td>
<td>924-0466</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://info@valleyassembly.org">info@valleyassembly.org</a></td>
</tr>
<tr>
<td>Valley Real Life Ministries PO Box 397</td>
<td>1831 S Barker, 99016</td>
<td>232-0840</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://vrl.church">vrl.church</a></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hygiene</th>
<th>Meals Sites</th>
<th>Hours</th>
<th>Area, Clients</th>
<th>Services</th>
<th>Contact Info</th>
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</thead>
<tbody>
<tr>
<td>Clayton Community Closet</td>
<td>4494 Carlton Ave</td>
<td>276-5998</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://deerpark@gods-closet.com">deerpark@gods-closet.com</a></td>
<td></td>
</tr>
<tr>
<td>God's Closet Admin</td>
<td>Deer Park SDA, 809 S Colville, 99006</td>
<td>991-1582</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://deerpark@gods-closet.com">deerpark@gods-closet.com</a></td>
<td></td>
</tr>
<tr>
<td>God's Love International</td>
<td>104 E Crawford, 99006</td>
<td>312-9875</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://godsloveinternational.com">godsloveinternational.com</a></td>
<td></td>
</tr>
<tr>
<td>GreenHouse, The</td>
<td>211 N Fir St, 99006</td>
<td>Mail: PO Box 62</td>
<td>276-6897</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://thegreenhouse-online.org">thegreenhouse-online.org</a></td>
<td></td>
</tr>
<tr>
<td>Mead Food Bank</td>
<td>12611 N Wilson, 99021</td>
<td>PO Box 53</td>
<td>466-7068</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://meadfoodbank.org">meadfoodbank.org</a></td>
<td></td>
</tr>
<tr>
<td>New Hope Resource Center</td>
<td>4211 E Colbert Rd, 99005</td>
<td>467-2900</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td><a href="http://newhoperesource.org">newhoperesource.org</a></td>
<td></td>
</tr>
<tr>
<td>North County Food Pantry</td>
<td>40015A N Collins Rd/ PO Box 388, Elk 99009</td>
<td>292-2530</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://ncfpantry@gmail.com">ncfpantry@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Spokane Christian Center Pantry</td>
<td>8409 E Bigelow Gulch Rd, 99217</td>
<td>924-4888</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://joecanadaycenter@gmail.com">joecanadaycenter@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Help-a-Pirate Program Whitworth University</td>
<td>Lindaman center #201</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://rfrancis@whitworth.edu">rfrancis@whitworth.edu</a></td>
<td></td>
</tr>
</tbody>
</table>
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.

COMMODITY

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

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

Hillyard Senior Center
NE COMMUNITY CENTER 482-803
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
4001 N Cook, 99207
487-1603 necommunitycenter.com
Implementing basic health
screening at a single point of entry
to the facility in conjunction with
Unity 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

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

Santo Senior Activity Center
1124 W Sinto Ave 327-2861
Santo 99201 sintoncenter.com

Southside Community Center
3151 E 27th Ave, Santo 99223
southsidescc.org  535-0803
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
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
1126 N Monroe, 99201 777-YMCA
ymca@ymcasinw.org

ENERGY AND RENT, HOUSING ASSISTANCE

https://nortress.wa.gov/agr/ COVID19EvictionComplaint
Form.aspx

Avista 800-227-9187
1141 1 E Mission, 99252
Customer Services, MSC- 34
POB, Santo 99220
avistautilities.com
Has ended all utility cutoffs in WA,
ID and OR

Black Realty Mngt, Inc 623-1000
801 W Riverside, Ste 100, 99201
blackrealtymanagement.com
Ellen Henry  Offers Parkview
Apartmetn in Cheney & Lincoln
Heights Garden/Lincoln Heights
Terrace Apartments for 62+ in
Santo.

FOOD BANKS & CLOTHING BANKS - West Plains

<table>
<thead>
<tr>
<th>City</th>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Meals</th>
<th>Hours</th>
<th>Coverage Area</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airway Hghts</td>
<td>Airway Heights Baptist</td>
<td>12322 W Hwy 2</td>
<td>244-2474</td>
<td>X</td>
<td></td>
<td></td>
<td>10-noon Sat</td>
<td>99001, 99011, 99013, 99022, 99029, 99124</td>
<td>abbc.us</td>
</tr>
<tr>
<td>Airway Hghts</td>
<td>Cleone’s Closet</td>
<td>13114 Sunset Hwy, 99001</td>
<td>321-7071</td>
<td>X X</td>
<td></td>
<td></td>
<td>noon-3 MWF</td>
<td>Airway Heights, H</td>
<td>cleonecloset.com</td>
</tr>
<tr>
<td>Airway Hghts</td>
<td>Heavenly Help, Crossroads Airway Heights</td>
<td>1118 S King St, 99001</td>
<td>244-9343</td>
<td>X</td>
<td></td>
<td></td>
<td>11-4 3M, (every month/every other)</td>
<td><a href="mailto:info@crossroadswest-plains.org">info@crossroadswest-plains.org</a></td>
<td>household items</td>
</tr>
<tr>
<td>Cheney</td>
<td>Cheney Food Bank</td>
<td>POB 614, 99004</td>
<td>235-2235</td>
<td>235-8900</td>
<td>X</td>
<td>9-11:30 1st-4th W</td>
<td>99004 (S of I-90); 99014, 99020; 99024, 99032 (SW)</td>
<td>cityofcheney.org</td>
<td></td>
</tr>
<tr>
<td>Cheney</td>
<td>EWCU Central Food Bank</td>
<td>Tawanka Hall 129E, 99004</td>
<td>381-7002</td>
<td>X</td>
<td></td>
<td></td>
<td>1-4:30 T</td>
<td>EWU students only</td>
<td><a href="mailto:eawmcorps@ewu.edu">eawmcorps@ewu.edu</a></td>
</tr>
<tr>
<td>Cheney</td>
<td>Feed Cheney</td>
<td>Wren Pierson Center 204 4th, 99004</td>
<td>559-2183</td>
<td>X</td>
<td>meal and food box: 5:30 last M</td>
<td>West Plains</td>
<td>feedcheneycom</td>
<td><a href="mailto:feedcheney@gmail.com">feedcheney@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Cheney</td>
<td>Skytree Studios</td>
<td>545 E Wellesley, 99207</td>
<td>559-2183</td>
<td>X</td>
<td>Delivery only</td>
<td>50-60 West Plains</td>
<td><a href="mailto:Stutter@gmail.com">Stutter@gmail.com</a></td>
<td></td>
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</tr>
<tr>
<td>Fairfield</td>
<td>North Palouse Community Food Bank</td>
<td>202 N Railroad, 99012</td>
<td>99011737</td>
<td>X</td>
<td>9-11 2nd/4th Sat</td>
<td>99018, 99030, 99039, 99012</td>
<td>npccfoodbank@gmail. com FB: npccfoodbank</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fairfield</td>
<td>SVP Mobile Food Bank</td>
<td>Fairchild Community Center, 304 E Main</td>
<td>927-1153</td>
<td>X</td>
<td>2-4 3rd TH</td>
<td>SE Spokane/N Palouse</td>
<td>svpart.org/</td>
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<td></td>
</tr>
<tr>
<td>Medical Lake</td>
<td>Fee Medical Lake</td>
<td>St. John’s, 223 S Hallet</td>
<td>714-1150</td>
<td>X</td>
<td>10-noon 2nd/4th M</td>
<td>West Plains</td>
<td>mdlb.org</td>
<td></td>
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</tr>
<tr>
<td>Medical Lake</td>
<td>Medical Lake Food Bank</td>
<td>207 S Washington</td>
<td>299-3819</td>
<td>X X</td>
<td>10-noon F</td>
<td>Medical Lake SD</td>
<td><a href="mailto:medicallakecommunityoutreach@live.com">medicallakecommunityoutreach@live.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reardan</td>
<td>We C.A.R.E. Food Bank</td>
<td>140 S Lake Rd POB 209, 99029</td>
<td>818-0146</td>
<td>X</td>
<td>1:30-3p, 2nd W; 5:30-7 4th Th</td>
<td>Reardan-Ew2all SD, NW/Northern West Plains</td>
<td>emergency assistance, food vouchers</td>
<td></td>
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</tr>
<tr>
<td>Spangle</td>
<td>Spangle Community Food Bank</td>
<td>Spangle Church 305 E 2nd, 99031</td>
<td>245-3431</td>
<td>X</td>
<td>2-3 4th TAW</td>
<td>99031, 99170 (Spokane Cnty)</td>
<td>svpart.org</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Valleyford</td>
<td>SVP Mobile Food Bank</td>
<td>Freeman, 14917 S Jackson</td>
<td>927-1153</td>
<td>X</td>
<td>2-4 4th Th, varies</td>
<td>svpart.org</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Washington State Food Bank
777-YMCA
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
Catholic Charities Coordinated Housing and Homeless Families Assessment of Spokane 325-5005
12 E 5th, 99202
Rental & Utility assistance
Catholic Housing Communities
Catholic Charities 456-2279
12 E 5th, 99202
cceasternwa.org
Offers service enriched apartments for low-income seniors, disabled and chronically homeless individuals across Eastern WA.

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@eflcz.bethlamespokane.com
Offers rental assistance on behalf of City of Spokane 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 Hawthorn, 99202 747-5487
Open Doors: 2002 E Mission, 99202
familypromiseofspokane.org
Exec Dir: Joe Adler
Aftercare Mgr: Susan Heitsman
Prevention Mgr: 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 yourbfrf.org
bedbugfurnishings@gmail.com
Provides quality pest free furnishings and job skills for people in transition.
SLEEP IN HEAVENLY PEACE 3524 W Woolard Rd sbphbeds.org
Colbert 99005 208-914-0937 jan.spackman@sbphbeds.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, 900, 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
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 carlmaceymcenter@gmail.org carlmaceymcenter.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
exedcr@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
HUB-approved housing counselors provide mortgage default, foreclosure prevention, pre-purchase counseling and education for prospective home buyers.

SNAP Rental Asst. 319-3035
456-SNAP
countryrentalsnapwa.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
WHITSTAIRS WY 3102 W Whitstair WY
ENERGY ON 2ND 705 W 2nd, 99201
NORTH EAST 4001 N Cook, 99207
VALLEY 10814 E Broadway, 99206
AIRWAY HEIGHTS COMMUNITY CENTER 3130 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 Assistance456-SNAP
snapwa.org/snap-rental-assistance/
Online application open for Spokane County residents outside the City of Spokane County limits only. Online application.

SNAP Energy Conservation Education 456-SNAP
212 W 2nd, 99201
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**

svincent@email.com

304 S Adams Rd ourswp.org

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

ptetz@spokanehousing.org

spokanehousing.org

Exec Dir: Pam Tetz
Manages several multi-family communities and administers the area’s Housing Choice Voucher program. Serves Lincoln, Pend Oreille, Spokane, Stevens and Whitman counties.

**Spokane Housing Ventures (SHV)**

spokanehousingventures.org

2001 N Division, 99207 232-0170

Affordable rental units for people with low-incomes, special needs and seniors; studio to 4 bedroom apartments and single-family homes. For people needing permanent, handicapped-accessible and large-family housing.

**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) uhl@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**

WAD: 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

human.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 allegigroup.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

indiemedialiteratures.com hellospokane.com jobs.net

insouced.com linkedin.com

labor.idaho.gov myspokanejobs.org

metropolkajobs.com

regionalhelpwanted.com

rhwjobs.com

**LIFELINE CELL PHONE PROGRAM**

wenndibrea@gmail.com

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**

ssc.spokane.edu/ 533-4600

Offers GED preparation for ages 19+ at NE Washington locations, English as a Second Language, math, reading, writing, computing 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 service.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: Becky Sommerville 532-3145

Businesses: Spokane Workforce Council, 140 S Arthur St, 99202

dkaschmitter@careerpathwayservices.com

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 AshMail: 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

yourbiff.org

bedbugfreelurnishings@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

98201

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

**Corville 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 Whittalks Wy, 99224

**WorshipSource**

130 S Arthur, 99202

**Computer Labs, Public (free)**

See also community centers under Affordable Housing, Senior Affordable Housing and Retirement Communities. Many closed - Civid.

Goodwill Industries 838-4246

Latinos En Spokane 538-9539

MLK JR Community Center 868-0856

Carl Maxey Center 795-1964

NE Community Center 487-1603

Spokane Housing Authority 328-2953

Spark Central 279-0999

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)**

Inj.wa.gov 800-509-8847

TTY 800-833-6388

99201

324-2600

1935 N Monroe, Ste 100,

Wage & Hour Info 866-219-7321

Inj.wa.gov/Wages

WORKERS’ COMP CLAIMS 877-561-FILE

Inj.wa.gov/ORU/ECF/FileFast.asp

**DSHS Employment Pipeline**

DSHS Basic Job Employment and Training (BFET) Program SWBFETPolicy@dshs.wa.gov
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.

Gonzaga University
502 E Boone, 99205  328-4220
gonzaga.edu  800-986-9585
CATHOLIC STUDIES 313-6609/9737
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
jbranch@greaterspokane.org
greaterminds.spokane.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
ABEnquiry@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.

Job Corps Job Corps.jobcorps.gov 3012 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  298-2534
wel-e-c-spc@ldschurch.org
Hours: 9-3, MT. LDSJobs.org
Entrance on the east side of the building—ring the door bell.

NEW ESD 1 - AmeriCorps
2424 E Riverside, 99202
esd101.net  789-3708
SPOKANE SERVICE TEAM
Passport to College
Opportunity Grants
Corporate & Continuing Ed
Community-Based Education Centers
Military/Veterans One-Stop
Worker Retraining
Student Success & Career Services
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
SPOKANE COMMUNITY COLLEGE
EDUCATION CENTERS
533-7249
Basic Food & Employment Training (BFET) 533-8056
Corporate & Continuing Ed
cell@css.spokane.edu  533-8483
Opportunity Grants 533-8655
Passport to College
WASHINGTON PASSPORT NETWORK
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 Whistlows Wy
MAGNUSON BUILDING 2917 W Whistlows Wy 443-5508
VALLEY CAMPUS 11530 E Sprague Ave, Ste A&B
O ther Programs and Locations:
ADULT EDUCATION CENTER 533-4600
2310 N Monroe St, 99205
APPRENTICESHIP AND JOURNEYMEN TRAINING CENTER 2110 N Fancher Spokane Valley 99212 533-7178
FLIGHT FIELD - AVIATION MAINTENANCE TECHNOLOGY 5829 E Rutter Ave Spokane Valley 99212 533-7320

SPOKANE CREATE
speakoncreate.org
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 Whistlows Wy, 99224
spokanefalls.edu  533-3500
CAREER & COMMUNITY ENGAGEMENT CENTER 533-3521
careers@scc.spokane.edu
BFET 533-3599
Continuing Education 533-8483
Opportunity Grants 533-3599
Passport to College
WASHINGTON PASSPORT NETWORK
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
PULLMAN CENTER 332-2706
115 NW State St, Ste 305A, 99163

RNPNavigators@dhs.wa.gov
RNPNavigators@dhs.wa.gov
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 aspen@aspen-personnel.com aspen-personnel.com
COMPASS CAREER SOLUTIONS
John Nickerson 808-8482
jnickerson@careersbycompass.com careersbycompass.com
Expresspros.com 747-6011

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 EASTERN 359-6737
easternonline.com
KEWU FM 89.5 359-4226
Trio-McNair Scholarship 359-6200

EWU Catalyst for Success
COLLEGE OF SCIENCE, TECHNOLOGY, ENGINEERING, & MATHEMATICS (CSTEM) @ Catalyst Blvd. Spokane 130 Communications Bldg
Cheney 99004 smowatt@ewu.edu
ww2.ewu.edu/cstem 356-6244
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 mastel@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
<table>
<thead>
<tr>
<th>City</th>
<th>Community Garden</th>
<th>Phone</th>
<th>regular plot</th>
<th>Raised Beds</th>
<th>V, G, TS, SL</th>
<th>H</th>
<th>Community Relations</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheney</td>
<td>Church of the Nazarene, 338 W Betz</td>
<td>235-6261</td>
<td>4x4, 4x8: $0</td>
<td>V</td>
<td>S</td>
<td>food for church &amp; day care families</td>
<td><a href="mailto:cheneynaz@gmail.com">cheneynaz@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Liberty Lake</td>
<td>Arboretum Community Garden/City Hall, 22710 E Country Vista Dr &amp; Rocky Hill Park Community Garden</td>
<td>755-6700</td>
<td>4x8: $25</td>
<td>G</td>
<td>H*</td>
<td>One per household Liberty Lake</td>
<td>Tait Hunter libertylakewาว.gov</td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>All Saints' Lutheran Community Garden 314 S Spruce St #A</td>
<td>838-4409</td>
<td>4x8: $25</td>
<td></td>
<td>S</td>
<td>SL Seed Library</td>
<td><a href="mailto:allsaintsgarden@gmail.com">allsaintsgarden@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Beautiful Savior Lutheran 4320 S Conklin</td>
<td>747-6806</td>
<td>4x10: $20</td>
<td></td>
<td>G</td>
<td>TS</td>
<td>Tom Lucke</td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>The Commons Community Garden Spokane Water Dept, 3230 S Lamonte</td>
<td>280-6854</td>
<td>4x8: $25</td>
<td>G</td>
<td>TS, S, H</td>
<td>Food members</td>
<td>Dennis Anderson</td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Adam K England Community Garden - Transitions, 3080 N Hemlock</td>
<td>795-8411</td>
<td>4x6: no fee</td>
<td>G</td>
<td>SL</td>
<td>SL Routine</td>
<td>Amanda Randall, <a href="mailto:arandall@help4women.org">arandall@help4women.org</a></td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Chief Gary Community Garden, River of Life 2103 E Mission 99207</td>
<td>599-3035</td>
<td>4x4: $15</td>
<td>4x4: $15</td>
<td>G, S</td>
<td>Daily food banks clients &amp; alumni</td>
<td>Donna Fagan <a href="mailto:chiefgarycommunity-garden@gmail.com">chiefgarycommunity-garden@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>FaVS Center Community Garden 5115 S Freya</td>
<td>541-975-3509</td>
<td>4x8: $15</td>
<td></td>
<td>SL, P</td>
<td>Food for members</td>
<td>Chrisy Oliveri <a href="mailto:oliverchris-ty@gmail.com">oliverchris-ty@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Garden of Eatin’ Community Garden - New Horizons 3122 W Lincoln</td>
<td>993-7506</td>
<td>19x24: $45</td>
<td>4x8: $25</td>
<td></td>
<td>Church, neighbors and FB</td>
<td>Shauna Hood</td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Grant Park Community Garden, 10th &amp; Arthur</td>
<td>469-264-1059</td>
<td>4x12: $35</td>
<td>4x8: $25</td>
<td>G</td>
<td>S, H</td>
<td>Free foraging on perimeter</td>
<td><a href="mailto:peggyparkersemail@gmail.com">peggyparkersemail@gmail.com</a> FB: GrantParkCommunityGarden</td>
</tr>
<tr>
<td>Spokane</td>
<td>Growing Neighbors/5508 N Alberta</td>
<td>327-5522</td>
<td>SL, P</td>
<td></td>
<td></td>
<td>Food give-aways: 5-6 T, 11:15 Sun</td>
<td>shadeparkpres.org</td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Northeast Community Center NE Community Garden Liberty/Lacy Pumpthouse Garden, Crestline/ Hoffman</td>
<td>487-1603 x217</td>
<td>4x20: $20, 4x10: $10</td>
<td></td>
<td></td>
<td>Free distribution</td>
<td>Nick Bocut, nbocut@ necommunitycenter.com, necommunitycenter.com</td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>St Johns Cathedral Community Garden, Bicentennial Park, 127 E 12th, 99202</td>
<td>838-4277</td>
<td>4x8: $5</td>
<td></td>
<td></td>
<td></td>
<td>Kristi Philips, sjohnscathedral.org <a href="mailto:Kristi@stjohnschatedral.org">Kristi@stjohnschatedral.org</a>,</td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Spokane CGA, Polly Judd Park 1802 W 14th</td>
<td>560-6591</td>
<td>N/A</td>
<td>N/A</td>
<td>V</td>
<td>N/A</td>
<td>Produce boxes to signed up families in need, offers waiting list</td>
<td>Bianca Sanchez, <a href="mailto:spokaneega@gmail.com">spokaneega@gmail.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Sunshine Community Garden 1512 S Ash</td>
<td>953-9843</td>
<td>20x25</td>
<td>X</td>
<td>V</td>
<td>Food for neighbors, organic</td>
<td>Joan Montgomery, <a href="mailto:7jmont@gmail.com">7jmont@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Thornton Murphy Community Garden Southside Senior Center 151 E 27th</td>
<td>280-6854</td>
<td>4x8: $25</td>
<td>4x10: $30</td>
<td>G</td>
<td>TS</td>
<td>Volunteers build raised beds</td>
<td>Dennis Anderson</td>
</tr>
<tr>
<td>Spokane</td>
<td>Underhill Community Garden E Harrison Ave &amp; S Ralph St</td>
<td>720-0967</td>
<td>10x20: $30 10x10: $20</td>
<td>15</td>
<td>V</td>
<td>SL, S, H</td>
<td>Karen ethnic community garden</td>
<td>Alexandra Montegue, <a href="mailto:monale1952@gmail.com">monale1952@gmail.com</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Vinegar Flats Farm 2121 S Cherry St, 99224</td>
<td>425-269-9788</td>
<td>G</td>
<td></td>
<td></td>
<td></td>
<td>Farm Stand, 9-12, Sat, Farmers Markets</td>
<td><a href="mailto:maya@greenplaynw.org">maya@greenplaynw.org</a>, greenplaynw.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>West Central Community Garden River City Youth Ops 1832 W Dean</td>
<td>703-7433</td>
<td>X</td>
<td></td>
<td>V</td>
<td>S</td>
<td>Farmers Markets, meal WC Abbey</td>
<td><a href="mailto:info@rivercityouthops.org">info@rivercityouthops.org</a>, youhtops.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>YMCA North Community Garden 10727 N Newport Hwy, 99218</td>
<td>777-9622</td>
<td>V</td>
<td></td>
<td></td>
<td></td>
<td>Brent Gaither, <a href="mailto:bgaither@ymcauw.org">bgaither@ymcauw.org</a></td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Pumpkin Patch Community Garden 9108 E Maringo Dr</td>
<td>928-7181</td>
<td>15x15: $15</td>
<td>4x10: $25</td>
<td>V</td>
<td>H</td>
<td>Donates to FB, organic</td>
<td>Teresa Sadler <a href="mailto:teresa@pumpkin-patchgarden.net">teresa@pumpkin-patchgarden.net</a> pumpkin-patchgarden.net</td>
</tr>
<tr>
<td>Spokane</td>
<td>Resurrection Community Garden 15319 E 8th Ave</td>
<td>926-6450 499-6995</td>
<td>2x8: $20</td>
<td></td>
<td></td>
<td>Produce to Valley Partners</td>
<td><a href="mailto:office@ecospokane.org">office@ecospokane.org</a>, resurrectionspokane.org</td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>St Joseph’s Community Garden 4521 N Arden, Olits Orchards</td>
<td>926-7133</td>
<td>4x8: free</td>
<td>N/A</td>
<td>V</td>
<td>S</td>
<td>Donates to FB</td>
<td>Cindy <a href="https://stjoeparish.org">https://stjoeparish.org</a> <a href="mailto:info@stjoeparish.org">info@stjoeparish.org</a></td>
</tr>
<tr>
<td>Spokane</td>
<td>Spokane Valley Partners Fresh Start Community Garden 11202 E Mission</td>
<td>927-1153 x12</td>
<td>$25</td>
<td></td>
<td>S</td>
<td>H</td>
<td>For clients, farmers markets and FB</td>
<td><a href="mailto:ea@svpart.org">ea@svpart.org</a></td>
</tr>
</tbody>
</table>

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, * waterings
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, Bidg 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
cceasterwa.org
Admin@feedspokane.org
PO Box 141674, 99214
Feed Spokane 216-7364
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
feeds Spokane Exec Dir: Steven Brashears
Needs volunteers and emergency supplies for its programs. The list of needed items is at https://www.cceasterwa.org/covid-19.

 Feast World Kitchen
1321 W 3rd Ave, 99201行政部门：Steven Brashears

Feast World Kitchen
1321 W 3rd Ave, 99201
行政部门：Steve Brashears

Serves a carry-out menu several nights a week featuring food by a rotating cast of former refugee and immigrant chefs.

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 acivities and $2 voucher)

**FARMERS MARKETS: SPOKANE COUNTY**

<table>
<thead>
<tr>
<th>City</th>
<th>Farmers Market</th>
<th>Location</th>
<th>Phone</th>
<th>Dates</th>
<th>Hours</th>
<th>FMNP</th>
<th>SNAPEBT</th>
<th>FA prog</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheney</td>
<td>Cheney Farmers Market</td>
<td>1101 First St</td>
<td>235-9176</td>
<td>June-mid Oct</td>
<td>10-2, Sat</td>
<td>X</td>
<td></td>
<td></td>
<td>FB: Cheney-Farmers-Market</td>
</tr>
<tr>
<td>Clayton</td>
<td>Clayton Farmers Market</td>
<td>4616 Wallbridge Dr</td>
<td>276-9644</td>
<td>June-end Oct</td>
<td>noon-4, Sun</td>
<td>ClaytonCommunityFair.com</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Liberty Lake</td>
<td>Liberty Lake Farmers Market</td>
<td>Town Square Park, 1421 N Meadowood Ln</td>
<td>290-3839</td>
<td>mid-May - mid-Oct</td>
<td>9-1, Sat</td>
<td>X</td>
<td>X</td>
<td>S</td>
<td>libertylakefarmersmarket.com</td>
</tr>
<tr>
<td>Millwood</td>
<td>Millwood Farmers Market</td>
<td>Millwood City Park, 9300 E Frederick Ave, 99206</td>
<td>939-1083</td>
<td>mid May - mid Oct</td>
<td>3-7, W</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td><a href="mailto:info@millwoodnow.org">info@millwoodnow.org</a>, farmersmarket.millwoodnow.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Emerson-Garfield FM</td>
<td>AEC, 2310 N Monroe</td>
<td>389-0964</td>
<td>June-end Sept</td>
<td>3-7, F</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>market.emersongarfield.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Fairwood Farmers Market</td>
<td>319 W Hastings Rd</td>
<td>466-0682</td>
<td>mid-May to mid-Oct</td>
<td>3-7, T</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td><a href="mailto:fairwood-market@gmail.com">fairwood-market@gmail.com</a>, fairwoodfarmersmarket.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Garland Summer Market</td>
<td>Parking Lots: Post/Garland &amp; Post/Providence</td>
<td>319-6873</td>
<td>mid-May-mid-Sept</td>
<td>3-7, T</td>
<td><a href="mailto:GarlandDistrict@gmail.com">GarlandDistrict@gmail.com</a>, garlanddistrict.com</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spokane</td>
<td>Hillyard Farmers Market</td>
<td>5102 N Market, 99217 Mail: NECC 4001 N Cook,</td>
<td>993-2104 828-4810-9616</td>
<td>June-end of Sept</td>
<td>3-6, M</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td><a href="mailto:flaherty.hannah@gmail.com">flaherty.hannah@gmail.com</a>, hillyardfestival.com, FB HillyardFarmersMarket</td>
</tr>
<tr>
<td>Spokane</td>
<td>Kendall Yards Market</td>
<td>1335 W Summit Pkwy</td>
<td>321-5888</td>
<td>mid-May to Sept</td>
<td>5-9, W</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td><a href="mailto:market@kendallyards.com">market@kendallyards.com</a>, kendallnightmarket.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Spokane Farmers Market</td>
<td>20 W 5th</td>
<td>995-0182</td>
<td>mid June-Oct</td>
<td>8-1, W,Sat</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>spokanefarmersmarket.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Thursday Market</td>
<td>The Shop, 924 S Perry St</td>
<td>720-8449</td>
<td>May - Oct</td>
<td>3-7, Th</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>thursdaymarket.org</td>
</tr>
<tr>
<td>Spokane</td>
<td>Spokane Valley Farmers Market</td>
<td>2426 N Discovery Pl, 99216</td>
<td>208-619-9916</td>
<td>June-mid Sept</td>
<td>5-8, F</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>spokanevalleyfarmersmarket.org</td>
</tr>
</tbody>
</table>

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 drop a 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: Spokane Thursday Market 1428 W Broadway Ave, 99201
Central Spokane YMCA - YMCA of the Inland Northwest 930 N Monroe St, 99201
2330 W Sharp Ave, 99201
Ennemaus 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

For member of LDS or friends in need.

Little Free Pantry
http://www.littlefreetrashpantry.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 drop a 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.

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For member of LDS or friends in need.

Little Free Pantry
http://www.littlefreetrashpantry.org/

frequently-asked-questions
Salvation Army 325-6821 x202
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@gmail.com
304 S Adams Rd ourselp.com
Sppokane 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 477-7394
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. Dispenses some emergency funds but are running low and awaiting possible financial aid from Small Business Administration.
Event is virtual, and info is here: http://sajfs.org/virtualbenefitevent/

Spokane County Mutual Aid
mutualaid@spokanecounty.com
Hotline 503-662-7912
spokanecountymutualaid@gmail.com
Twitter: @spoctymutualaid,
Facebook: Spokane County Mutual Aid, and Instagram: @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
Tj Byrne 360-395-5823
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 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 funds support services in the community. Shop and donate at any locations.
-Downtown Spokane Goodwill Store 444-2396
202 E Third Ave, 99202
-Gooldwill Outlet Store, 1406 E Front Ave, 99202 279-2916
-North Idaho Goodwill Store 9832 N Nvada, 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 982-4032
13721 E Sprague Ave, 99216
NW CHRISTIAN SCHOOL THRIFT STORE 6607 N Maple 326-1522
nwchristiastore@location/ 9-6 M-Sat, 12-5 Sun
SAVING 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
unuongospelmin.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, 99026 927-5905
unuongospelmin.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

Womens’s Hearth - TRANSITIONS 920 W 2nd, Spokane 99201 info@help4women.org 455-4249
help4women.org

HOSPITALS & RESOURCES

Blood Donation:
American Red Cross redcross.org

COVID-19. The Red Cross collects more than 40 percent of the nation’s supply. More than 2,700 drives have been cancelled across the U.S., resulting in a loss of more than 86,000 units. There is no evidence COVID-19 can be transferred by blood.
Call 590-7691 or email ryan.

rodin@redcross.org.

Csl Plasma, Inc cslplasma.com

Pays for blood plasma donations.

Coronavirus impacts blood supply. Urgent shortage; donors needed.

Vitalant 800-423-0151

Inland NW Blood Center Vitalant.org

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EFLC, 631 S Richard Allen Ct, P.O. Box 99021 - 509-515-4112
- 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: 444-7780 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 County & City Health District 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 444-2200
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 Franklin Park Urgent Care 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 888-267-6077 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 & TV 482-4402 6002 N Lidgerwood St, 99208
Riverfront Covid - T & TV 324-6464 322 W North River Dr, 99201
South Hill 535-2277 4102 S Regal St, Ste 101, 99223
Verdant 922-2625 14402 E Sprague Ave, 99216

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

MultiCare Indigo Urgent Care 924-7010
COVID - T
Argonne/Millwood 598-7870 2401 W Wellesley, Ste 103, 99205
North Spokane 598-7744 9420 N Northport Hwy, Ste 103
Shadle Park 2401 W Wellesley Ave, Ste C 598-7810
South Hill 4911 S Regal St, 99223
Valley 598-7820 15605 E Sprague, 99216

MultiCare Rockwood Clinics multiare.org
COVID - T
Airway Heights Clinic 342-3380 10141 W Hwy 2, Ste 10, 99224
Cheney Neighborhood Clinic 235-6151 19 N 7th, 99004
Deer Park Clinic 755-5424 20 E St, 99006
Medical Lake Clinic 755-5300 775 N Stanley St, Ste D, 99002
Morian Prairie 724-4150 3016 E 57th Ave, Ste A, 99002
Quail Run Clinic 755-5250 2214 E 29th, 99203
Valley Clinic 744-5710 13231 E 32nd Ave, Ste 1

MultiCare Rockwood Urgent Care 342-3100
downtown 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 nativencare.org
North Spokane 483-7525

Providence Family Medicine 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 Hospitals 684-2561 982 E Columbia, Coalville 99114
Sacred Heart Medical Center & Children's Hospital 474-3131 101 W 8th Ave, 99204
St Joseph's Hospital 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

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 LeClare Rd #1 447-7405
Cusick 99119 844-752-3027
Covid - T & TV 447-7111
Lake Roosevelt Community Health Clinics lrcbc.com 722-0709
39 Short Cut Rd, Inchelium 99138
Covid - T 722-0706
Marion Health 800-325-7371
427 12th Covid-T & TV 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
Wincoer Memorial Clinic 6203 Wellpinit Agency Lp PO Box 357, Wellpinit 99040
April Flores 258-4517 x103

Unify Community Health
yyhc.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 & TV 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 800-366-1019
US Department of Health & Human Services
701 5th Ave, Ste 600 hhs.gov/ocr
Seattle 98101
TDDBP 800-537-7697
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/

Amberet - from Coord Care ammeter.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 Health Plan of WA
wecare.chpw.org 866-907-1904

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

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 TTX 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 COUNTRY 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 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
Hones 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 Ctr, 1300 E 5th 12:30-1:30, TF 6/29 to 8/20
Linderwood Elementary 5510 N Linderwood 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 Helen 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 Spokane North Pines MS, 11900 E Broadway Opportunity Elem, 1109 S Wilbur Riverbend Elem 17720 E Mission University HS, 12420 E 32nd Ave
CHENY SD 559-4506
Sunset Elem, Cheney MS, Westwood MS, Cheney HS June 28-30, 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) Arcadia Elem: (L-11:45-noon)
Deer Park Elem: (L-11:45-noon)
EAST VALLEY SD 241-5905
East Farms Elem, 26203 E Rowan, Newman Lake 99005 11:45-noon, M-Th
Otis Orchards Bus Garage - 22000 E Wellesley, 99027 12-12:45, M-Th
Parkside at Mirabeau Apartments 2820 N Cherry St, 99216 (L-11-11:45, M-Th)
Trentwood Elem,14701 E Wellesley, 99216 11-11:45M-Th
Pinecroft Mobile Home Park 11920 E Mansfield, 99216 11-12, W 6/30 to 8/18
Witter Aquatic Center 6/28-8/18
1300 E Mission 12:30-1:30, MW

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

Communities in Schools of Spokane County 413-1436

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

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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
Generation Alive

418 W Sharpe, 99201
info@generationalive.org
generationalive.org

FB: generationalive/
Partners with schools and youth organizations to engage youth specifically with hunger/poverty initiatives.

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.

Chad Shadle
Food BackPacks

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 outside and receive bags outside. For kids, lunches like in summer; meals from Shadle.

Chad Shadle
Food BackPacks

Serves, nonperishable food items 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
cupofcoolwater.org

Mark Terrell cupofcoolwater.org
Open for modified drop-ins Monday through 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 Start, Spokane

533-4800
3939 N Freya, 99217
ccs.spokane.edu/Head-Start/ECEAP/Early-Start/\&

Homes Elementary

ages 3-4
2600 W Sharpe, 99201
354-2994

LOGAN/LEHIGH/EDCENTER (to age 4)

1935 N Holy Names Ct, 99224

SISTERS HAVEN COMMUNITY BUILDING

710 W Riverside

FOOD BACKPACKS

Individuals 60 years older.  May have some issue as well, but none of the children care centers are working remotely.

Chad Shadle
Food BackPacks

Serves, nonperishable food items 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
cupofcoolwater.org

Mark Terrell cupofcoolwater.org
Open for modified drop-ins Monday through Friday.

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spokaneschools.org

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FOOD BACKPACKS

Individuals 60 years older.  May have some issue as well, but none of the children care centers are working remotely.
The Nest Community School  
3324 S Grand Blvd, 99203  
www.bellacowo.com  
624-6378  
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  
Catholic Charities Eastern WA  
2917 W Whisalks Wy, 99224  
janet.gunn@scc.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  
Catholic Charities Eastern WA  
232-1111  
23 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  
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.com/FB: Teen-Aid 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.

Vanessa Behan Crisis Nursery  
2230 E Sprague, 99202  
353-3155  
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 Hartford, 99202  
familypromiseofspokane.org  
Exec Dir: Joe Ader  
Aftercare Prog Mgr: Susan Heitstuman  
Emergence Shelter Program Mgr: Serena Graves  
Prevention Program Mgr: Lynetta Lewis  
Volunteer Mgr: Marianne Steir  
Admin Coord: Hilary Beardslee  
Prevent 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  
mstheguardiansfoundation.org  
Direct assistance to veterans and families offering shelter, clothing household items, financial assistance and job opportunities. Offers two shelters in Spokane, and one shelter in Coeur d’Alene manages the shelter at Spokane Arena.

House of Charity  
Catholic Charities  
32 W Pacific, 99204  
cceasternwa.org  
624-7821  
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  
jewelshelpinghands@spokane@gmail.com  
2828367262255273 on FB  
Provides parent education through toddler programs for children 0-5. Provides preschool and infant/toddler programs for children 0-5.

Hope House - Volunteers of America  
1301 W Third Ave, 99201  
househope@voaspokane.org  
voaspokane.org/housing  
328-4685  
Emergency Shelter  
Emergence Shelter Program Mgr: Heather Thomas-Taylor  
455-3491  
Emergence Shelter for chronically homeless and disabled adults single women.

Mountain Top Management  
14313 E Trent  
208-930-3233  
Spackle Valley 99216  
Aliya Rushing  
Mountain Top Management  
14313 E Trent  
208-930-3233  
Spackle Valley 99216  
Aliya Rushing  
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  
212 S Wall, 99201  
8:00 am. Offers 15 beds.

Salt Lake  
328-4685  
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.

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janet.gunn@scc.spokane.edu  
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232-1111  
23 W 5th, 99202  
stanneskids.com  
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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  
279-0299  
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482-2868  
info@teen-aid.com  
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www.bellacowo.com  
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Compass Career Solutions
John Nickerson 808-8482
nickerson@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 expresspros.com
747-6011

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-MvwPgnwvwP-N02zzC2SpQALH12B1IzUY-MgfpXBP4/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
hbpaspokane@gmail.com
Pres: Fernanda Mazcot
hbpaspokane.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
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@the-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@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
Nicole Hansen 319-3030
hansen@snapwa.org
One-on-one consulting, business training and support services, access to resources and networks for business owners.

SNAP BUSINESS DEVELOPMENT
Technical assistance and financing for people interested in starting or expanding a small business.
SNAP Women's Business Center
Harry Birak 456-SNAPx4116
birak@snapwa.org

Spokane Independent Metro Business Alliance
spokaneindependent on FB
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
spokaneressourccenter.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
Co2worksource.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
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
Liz Moore
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@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 NAACP 209-2425
25 W Main, Ste 239, 99201
SpokaneNAACP@gmail.com
Kiantha Duncan
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
208-77514
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/

The Arc of Spokane
328-6326
320 E Second St, 99202
sbrohe@arc-spokane.org
arcspokane.org
Activities are suspended.

Disability Action Center- NW, Inc
Third Floor, West 9
25 W Main Ave. 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 (DHS)
1611 W Indiana, 99205 329-2900
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
4290 E Pacific, 99202
PO Box 18703, 99228
projectidspokane.org
Closed, but offers clients with activities to stave off cabin fever.

SKILLSKIN
326-6760
4004 E Boone, 99202 skillskin.org
Although the main office is closed, SKILLSKIN 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

Imported SCIENCE programs and limited outpatient therapy services. Recap of outpatient services:

IMMIGRANTS & REFUGEES

AHANA ben cabildo@gmail.com
999-5365

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.

Spokane Immigrant Rights Council
360-292-8240
info@siwra.org
tinyurl.com/spokane-immigrant-rights-
council
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@percibina.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

aaaspokane.org has resources for meetings
www.wwnina.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, 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: 1-800-985-5990
• TTY: 800-846-8517

Spanish Speakers:
800-985-5990 and press “2”

From the 50 States: Text Hablemos 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
795-8480
spokane@chs-wa.org
childrensoutherncityscape.org

Transferring in-home visiting services to virtual home visits.

The Child Waiting Room is 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, Vivitrol), 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
quality 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 877-266-1018
Warning 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-Related Stress call Washington Listens 833-681-0211
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.walklisten.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  922-1888
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
rhccspokane.org

Lutheran Community Srvcs 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-spbk.org
passages-spbk.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). Intensive outpatient 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 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 eastewnwa.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 mowspokane.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 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 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 Care 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 960-7281 Helpline 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.

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.

Personal assistance offered for clients with limited mobility, transportation my 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 604-2961 Dial-a-ride and commuter routes in NE WA. SMART (MOSCOW) 208-883-7747TTY 800-377-1363 Walla Walla Valley Transit 527-3779

Volunteer Chore Services - CATHOLIC CHARITIES 459-6172 cccsw.org Intake 459-6171

MEDSTAR gomedtran.com
Schedule 24 hrs in advance, door-to-door transportation. Even serves weekends, nights, holidays

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 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 justforyouniservices.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
dor-to-door transportation with attendents, wheel chair accessible
Approved for after hour medicaid clients for medical appointments, errands, and relocation.
Precious Cargo 951-9380 door-to-door, wheelchair/ stretchers/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

If you are interested in adding personal care or other services to your offer, please indicate them here. Include

SENOR 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 Regional Resources, WWSW - Walla Walla Senior Center.
of transportation such as ambulatory, non-ambulatory, gas vouchers or bus passes

**SMS Community Shuttle**

534-7717/877-246-7433

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 Health319-3050**

Serves Spokane County residents 65+ or persons with disabilities, unable to qualify for public transport 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 communtofindernw.org

Check for route availability on webpage. Trips begin or end in PTBA. Shared cost among members. No imposed charges, 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

Beneficiari 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 the Disabled/Veterans Thrift Store**

4705 W Wellesley, 99205 290-6891 theworkethec@gmail.com

**Veterans Thrift Store** on FB

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 spokanevets.org 477-3690

Continues to provide phone and email communication support at 344-9280, 344-9353 or 477-3690 or vetsupply@spokanevets.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 Pkwy, 99216 Vetcenter.va.gov Fax: 444-8387

Team Leader: David Baird Admin: Robert Sturtevant Counseling services for veterans and families of active duty.

**WA 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 (DCFY) 800-557-9671

-Intake 800-557-9671

-After hrs 800-562-5634

**Abuse Recovery Ministry Spokane (ARMS)**

866-262-9284 abusercovery.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 Svrcs 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 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 lifelong provided by therapists, peer support specialists and case managers.

**MyChoice**

462-4000

2659 W 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.

**WIC**

-300-322-2588

Text “WIC” to 96859

Calls for respecting those whose only food is provided through the WIC program. Provides breast milk, 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 physical donations.

**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 physical donations.

**WIC Family Partnership**

Spokane Regional Health District 1101 W College, 99201 sbhd.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.

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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)