

Family & Parenting Resources

FAMILY PLANNING: PREGNANCY, INFANT & MATERNITY RESOURCES

AbAnon joinus@abanon.org
abanon.org/findchapter

A free, 8 week recovery program that involves small groups of women or men who seek to recover from the emotional pain caused by abortion.

Alexandria's House 489-0349
VOLUNTEERS OF AMERICA

Mail: 525 W 2nd Ave, 99201
voaspokane.org Fax: 489-3863
Transitional living facility for pregnant and parenting teens. Young moms and babies live in a safe, supportive, nurturing home for up to 18 months or until the mother's 20th birthday. 24-hour staff supervision, independent living and parenting skills.

Baskets for Babies 214-2634
Spokane Valley Partners, 10814 E Broadway, 99214
POB 14594, Spokane Valley 99214
contactus@basketsforbabies.org
basketsforbabies.org
Dir: Tamara McClellan
Newborn program: child safety, layettes and crib program.

Birthing Options
birthingnaturally.net
idahomidwives.org
dona.org_spokanebirthsupport.com
washingtonmidwives.org

Birthright of Coeur d'Alene
923 E Sherman 208-664-1390
Coeur d'Alene 83814
24-hour free hotline 800-550-4900
Dorothy Benoit birthright.org
Offers an emergency pregnancy service and free pregnancy tests, maternity and baby clothes in a loving atmosphere.

CAPA - Childbirth & Parenting Assistance/PREPARES
CATHOLIC CHARITIES 455-4986
25 W 5th Ave, Lower Lvl, 99202
cceasternwa.org
Serves expecting and parenting individuals with children ages newborn to five years of age with parent mentors, The Fatherhood Project, parenting classes, support groups, diapers and clothing.

Child Seat Safety Education
800bucklup.org/carseat/inspections.asp
KIDS SPOKANE - INHS 844-1854
Renee.Witmer@providence.org_inhs.org
KOOTENAI HEALTH 208-625-4642
kh.org/community-involvement/car-seat-safety/
ASOTIN CNTY HEALTH DIST 758-3344
WALLA WALLA TRAFFIC SAFETY TASK FORCE - DEPT OF HUMAN SRVCS 524-4425

smccleddy-walters@co.walla-walla.wa.us
COLLEGE PLACE POLICE DEPT 525-7778
PROVIDENCE - SHMC 844-1854
renee.mtmer@providence.org
washington.providence.org
CHILD PASSENGER SAFETY 232-2985
SPOKANE REGIONAL HEALTH DISTRICT
mlree@spokanecounty.org 324-3613

Church @ Planned Parenthood
info@thechurchatplannedparenthood.com
thechurchatplannedparenthood.com

Circle of Security 462-2024
35 W Main, Ste 313, 99201
info@circleofsecurityinternational.com
circleofsecurityinternational.com
Focusing on the early intervention models to increase attachment and security between parents and children.

Developmental Disabilities, Screenings, Assessments, Treatment - Birth to 3 y.o.
BOOST COLLABORATIVE CHILDREN AND FAMILY SUPPORT SERVICES 332-6561
588 SE Bishop Blvd, Ste A Pullman 99163
suek@boostcollaborativewa.org
boostcollaborativewa.org
Sue Kreikemeier, Zoila Mendez Serves Whitman and Garfield counties. Provides birth to three-years-old with developmental screenings, early intervention services, parenting supports and referrals to community resources.

CENTER FOR PEDIATRIC THERAPY
6710 N Country Homes Blvd, 99208
PO Box 48070, 99228 487-2958
spokanecpt.com
CHILDREN FIRST 315-5711
Pediatric Therapy: Spokane
Gymnastics, 2515 N Locust Rd
Mail: 2510 N Pines, Ste 3
Spokane Valley 99206
childrenfirstspokane.org

DEVELOPMENTAL DISABILITIES DIVISION - SPOKANE COUNTY COMMUNITY SERVICES, HOUSING & COMMUNITY DEVELOPMENT (CSHCD) 477-5722
312 W 8th, 99204 Fax: 477-2561
bnichols@spokanecounty.org
spokanecounty.org
DD/INFANT TODDLER PROG - IDHW
healthandwelfare.idaho.gov
REGION 1 208-769-1403
REGION 2 208-883-8575
INFANT TODDLER NETWORK - SRHD
1101 W College, 99201
srhd.org 324-1651
Public health nurses care for children with chronic conditions, delays and disabilities.

MARCH OF DIMES FOUNDATION
PO Box 580 328-1920
Spokane Valley 99016
marchofdimes.com/washington
MILESTONES PEDIATRIC 835-4404
THERAPY SERVICES Fax: 835-4400
801 E 2nd Ave, Ste 100, 99202
milestonespediatrictherapy.net

STEPPING STONES PEDIATRIC THERAPY
319 S Cedar St 209-7429
ssptherapy.com
UNIVERSITY HEARING & SPEECH CLINIC 828-1323
WA DEPT OF SERVICES FOR THE BLIND 456-4458

WSEA THERAPY PROGRAM FOR CHILDREN - WA STATE ELKS ASSN
PO Box 110760 253-472-6223
Tacoma 98411 800-825-3557
waelks.net Fax: 472-6217
WA STATE SENSORY DISABILITY SERVICES - DEAF-BLINDNESS PROJECT 800-572-7000
wsdsonline.org 425-921-9798
YOUTHFUL HORIZONS 921-9798
325 S University Rd
Spokane Valley 99206
youthfulhorizonstherapy.com
Pediatric, physical, occupational and speech therapy.

First Steps/Community Health Svcs
Enrollment 800-322-2588
Supportive care offering maternity care and infant case management for Medicaid-eligible women through pregnancy and 1st year.
COLUMBIA BASIN HEALTH ASSN
-Othello Clinic 488-5256
CHAS MATERNITY SUPPORT SERVICES
chas.org/first-steps 444-8200
UNIFY HEALTH - YAKIMA VALLEY FARM WORKERS yvwf.com 326-4343x436

Fussy Baby Network Spokane
PARTNERS WITH FAMILIES & CHILDREN
partnerswithfamilies.org 472-4810
Offers help to parents to soothe, care for and enjoy their babies.

Gritman Family Birth Center
700 S Main 208-883-2229
Moscow 83843 gritman.org
Offers breast feeding, post-birth baby clinic and motherhood support group. First Steps offers birth and prenatal support, education and parental resources.

Infant/Child CPR/First Aid
washington.providence.org 474-2400

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.

La Leche League lli.org
LLL Breastfeeding Helpline-US
877-4-LALECHE (877-452-5324)
Provides support and information for breast-feeding mothers and their families. Meets monthly.
WASHINGTON llwa.org
-SPOKANE aceemiller89@yahoo.com
eamaloney32@gmail.com
-PALOUSE - PULLMAN/MOSCOW LLL
310-3038 334-5439
-WALLA WALLA 701-9775

Lamaze International 202-367-1128
lamazeinternational.org
Local referrals for expectant couples on Lamaze childbirth method. Promotes normal birth through education and advocacy.

Mission Community Outreach Center 536-1084
1906 E Mission Ave 4mission.org
PO Box 3581, 99220
mcoc.spokane@gmail.com
Provides clothing, housewares, hygiene items & diapers to low-income individuals & families in Spokane. 1:30-4, MWTh.

Midwifery Center 755-5205
MULTICARE ROCKWOOD CLINIC
Multicare Deaconess Health and Educ Cntr, 910 W Fifth, Ste 300, 99204
multicare.org Fax: 755-6580
Services include well woman and gynecological exams; preconception, contraceptive counseling and child management, and family planning; free pregnancy testing; STI screening and treatment. At Deaconess Birthwise in-hospital birth center or Deaconess Hospital offers prenatal, labor, delivery, and postpartum care and birth services.

MyChoice 462-4000
2659 N Ash St, 99205
info@mychoicespokane.org
MyChoicespokane.org
Provides hope and support to empower those facing an unplanned pregnancy.
MOBILE CLINICS
204 E Indiana 9606 W 3rd
Includes Pregnancy & STD testing.

NARAL Pro-Choice WA
Fax: 624-4505 206-624-1990
info@prochoicewashington.org
prochoicewashington.org
Exec Dir: Tiffany Hankins
Grassroots network of pro-choice activists in Washington to preserve and expand safe reproductive health care.

National Helpline for Abortion Recovery 877-HOPE 4ME(467-3463)

NEW Family Life Services
144 W 5th 684-9895
Colville 99114
newfamilyliveservices.com
Pro-life pregnancy resource center and maternity home (for homeless women). Offers educational classes for unplanned pregnancies and providing material items.

Nurse Family Partnership
SPOKANE REGIONAL HEALTH DISTRICT
1101 W College, 99201
srhd.org 324-1621
Home visits for 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.

Open Arms & Real Choices Clinic realchoicesclinic.com
1800 Lincoln Way, Ste 201
CdA 84814 208-667-5433
Confidential pregnancy help.

Palouse Care Network
1515 West A 208-882-2370
Moscow 83843
office@palousecarenetwork.com
palousecarenetwork.com
Faith-based, nonprofit corporation that provides free social services and specialized medical care to the Palouse region. Offers medical, practical and spiritual support to those facing pregnancy, parenting, sexual health and abortion issues.

Path of Life Spokane 444-9036
103 E Indiana Ave, Ste B, 99207
info@pathoflifespokane.org
pathoflifespokane.org
Offers Christ-centered resources and support for sexual health and relationship wholeness: Pregnancy testing & Support Services, post abortion recovery, relationship resources, unwanted same sex attraction and gender clarification.

Planned Parenthood
800-230-7526
plannedparenthood.org/ppgwini/
Pres/CEO: Karl Eastlund
Provides reproductive health care, education and fearless advocacy.
SPOKANE HEALTH CENTER
123 E Indiana Ave, 99207
SPOKANE VALLEY HEALTH CENTER
12104 E Main St, 99206
PULLMAN HEALTH CENTER
1525 SE King Dr, 99163
WALLA WALLA HEALTH CENTER
828 S First Ave, 99362

Rachel's Vineyard Ministries
103 E Indiana Ave, Ste B, 99207
rvspokane.org 994-4355
healing@rvspokane.org
Post-Abortive Care in Spokane

SIDS Resources & Support
Provides individuals and families touched by SIDS with support through individual emotional and professional referrals. Promotes safe infant sleep education and research to prevent and eliminate.
INLAND NW SIDS/SUIDS FOUNDATION 208-557-4371
103 South 4th St, Ste 250
Coeur d'Alene 83814 inwsids.org
NORTHWEST INFANT SURVIVAL & SIDS ALLIANCE 800-533-0376

4649 Sunnyside Ave N, Ste 350
Seattle 98103 206-548-9290
Exec Dir: Krista Sandberg
execdirector@nwsids.org nwsids.org

Spokane United Against Religious Extremism and the Church @ PP
SpokaneUniteTogether.on.FB

Twins & Company
NORTH ID TWIN & TRIPLETS
3974 N Chase Rd 699-0705
twinsandcompany@yahoo.com
bigtent.com/groups/twinsnco/

Vanessa Behan Crisis Nursery
1004 E 8th Ave, 99202 535-3155
vanessabehan.org

WIC Nutrition Prog TXT 96859
Pregnant and breast feeding women and children 0-5, receive education and help finding services. Free food checks for healthy foods. 800-322-2588

WIC SPOKANE REGIONAL HEALTH DISTRICT
1101 W College, 99201 324-1620
srhd.org/programs-and-services/wic
-WIC DEER PARK 99006 276-3770
United Methodist, 113 E 2nd St
-WIC EAST CENTRAL 323-2830
500 S Stone, 99202
-WIC NORTHEAST CC 323-2828
4001 N Cook, 99207
-WIC SPOKANE VALLEY 323-2800
12213 E Broadway, Ste 5, 99206
WIC WEST CENTRAL COMMUNITY CENTER
1603 N Belt, 99205 323-7497
-WIC AIRWAY HEIGHTS 244-9334
13120 W 13th Ave, 99001
-WIC CHENEY 559-5839
Cheney UMC, 204 4th St, 99004
-WIC FAIRCHILD AFB Bldg 2447
610 N Depot Ave, Rm 306 247-2760
Fairchild AFB 99001

WIC ADAMS COUNTY INTEGRATED HEALTH SERVICES 659-3315
-WIC Othello 415 E Main #600
-WIC Ritzville 108 W Main
-Columbia Basin Health-Othello Family Clinic 488-5256
WIC ASOTIN COUNTY HEALTH DISTRICT
-WIC Asotin 243-3344
102 1st St, 99402
-WIC Clarkston 552-4122
935 6th St, 99403

WIC COLUMBIA COUNTY PUBLIC HEALTH DEPT 382-2181
270 E Main, Dayton 99328
WIC GARFIELD COUNTY HEALTH DEPT
1215 10th 843-3412
Pomeroy 99347

WIC LINCOLN COUNTY HEALTH DEPT
90 Nicholls 725-9213 x26
Davenport 99122

WIC NE TRI-COUNTY HEALTH DIST
-WIC Colville 684-1361
240 E Dominion 800-827-3218
-WIC Newport 447-3131
800-873-6162
-WIC Republic 775-3111
800-876-3319

-Chewelah Comm Health Cntr,
518 E Clay, 99109 684-5048
WIC WALLA WALLA COUNTY HEALTH DEPT 524-2680

co.walla-walla.wa.us
WIC WHITMAN COUNTY HEALTH DEPT
-WIC Colfax 397-6280
-WIC Pullman 332-6752

WIC PANHANDLE REGIONAL HEALTH
Hayden 208-415-5130
panhandlehealthdistrict.org
-BENEWAH CNTY 208-245-3692
-BONNER COUNTY 208-263-5159
-BOUNDARY COUNTY 208-267-5558
-KOOTENAI COUNTY 208-415-5130
-SHOSHONE COUNTY 208-786-7474
WIC PUBLIC HEALTH DIST - NORTH CENTRAL ID idahopublichealth.com
-CLEARWATER CNTY 208-476-7850
-IDAHO COUNTY 208-983-2842
-LATAH COUNTY 208-882-7353
-LEWIS COUNTY 208-935-2124
-NEZ PERCE 208-799-0390

WISH Medical 208-892-WISH
1515 West A St, Moscow 83843
wishmedical.com Fax: 892-3588
Provides specialized medical, educational and practical support for those facing pregnancy, sexual health and abortion related issues.

Young Lives 570-3971
8314 E Marietta, 99212
spokaneyounglives@gmail.com
Mentors and supports teen moms, offers diapers, other baby hygiene items, gift items and cards.

FOSTER CARE & ADOPTIONS

Adoption.com awaa.org
dcyf.wa.gov/services/adoption
healthandwelfare.idaho.gov/itsaboutlove.org/ial/ct/eng/site/adopting-families kxly.com/house-and-home/wednesdays-childkingdomkidsadoption.org
nwae.org/about.php?tn=2
spokane-wa.adoption.com

Adoption Services of Spokane
921 W Broadway, Ste 304, 99201
maureen@adoptionervicesspokane.com
adoptionervicesspokane.com 328-6274
Dir: Nancy Johnson Fax: 326-2341
24 hr birth parent cell lines
863-4640 863-4641
A licensed child-placing agency offering open and confidential placements. Support and care for the birth parents.

A Child's Hope Spokane
723 W Indiana, 99205 328-2700
achildshopespokane.org Fax: 325-7845
Places infants and children, regardless of ethnicity, age or special needs, into Christian adoptive homes and removes barriers to adoption (financial, perceptual and practical).

Better Futures Together
901 E Nora, 99207 309-3397
general@betterfuturestogether.org
betterfuturestogether.org
Stacey Ceder, Cathy Eirls, Candace Ahern, Diana LaBlanc

Works with directly with WA Dept of Children, Youth, and Families to provide court ordered visitation in Eastern WA.

Children Services
IDAHO DEPT OF HEALTH & WELFARE
Child Support Svcs 800-356-9868
Child Protection Reporting
24/7 line 855-552-5437
healthandwelfare.idaho.gov
adoptions, foster care licensing.
REGION 1 208-769-1515
REGION 2 208-799-4360

Domestic & Unaccompanied Refugee Minor
LUTHERAN COMMUNITY SERVICES NW
210 W Sprague Ave, 99201
lcsnw.org/Spokane 747-8224
Provides stable homes and support for youth who cannot live with their families. Recruits, licenses and supports foster parents.

Embrace Washington 381-5370
418 W Sharp, 99201
info@embracewa.org embracewa.org
Pres: Shannon Boniface
Exec Dir: Alene Alexander
Provides, cares and supports children in foster care within our community. Raises awareness of vulnerable children's needs, identifies how to meet those needs by connecting individuals and organizations with a heart to serve the foster care community.

Evangeline's House 325-6810
Mail: 222 E Indiana, 99207
spokane.salvationarmy.org
Emergency foster care receiving facility for children ages 10-17, and post foster transition 18-20, removed from their home due to abuse or neglect.

Family Foster Parent Assn of Eastern WA 877-620-5748
1315 N Napa, 99207
fostering@ewu.edu
sites.ewu.edu/fosteringwa
Online search for area foster parent support groups. Strengthens foster families through training and education, publications, networking among foster parents, legislative advocacy, and linkage with local and state parent associations and child welfare organizations.

Foster Parenting & Kinship Care
WA DEPT OF CHILDREN, YOUTH, AND FAMILIES 888-KIDS-414
dcyf.gov/services/foster-parenting
Services for parents and children under 18, foster parenting, family reconciliation, Kinship care offers a grandparent or other family member the option of fostering a family member. Licensing for day care/foster homes.

Foster Youth Programs
VOLUNTEERS OF AMERICA 340-9071
525 W 2nd Ave, 2nd Flr, 99201

Prog Mngr: Sara Mack 688-1115
smack@voaspokane.org Fax: 624-2275
voaspokane.org/foster-youth-services

INDEPENDENT LIVING

Services offered to foster children turning age 18. Upon leaving the system, individual assessment and service planning, counseling and independent living training. Connects to employment programs, financial assistance, education, health care, prevention programs, and transitional and permanent housing.

INDEPENDENT YOUTH HOUSING

Transitional living apartments for foster youth 18-22. Help with budgeting, grocery shopping, finding furniture and all the things foster youth need to live successfully on their own.

MOCKINGBIRD SOCIETY

Works with youth and foster families, empowering youth to make positive changes in public policy that strengthen and improve the foster care system.

SETUP - VOLUNTEERS OF AMERICA

As foster children reach their junior year in high school, VOA's Supplemental Education Transition Planning, or "SETuP" program works in partnership with teachers, foster families (or birth families), schools and others to motivate foster youth to go to college, and make sure they succeed when they are there.

FosteringWA

121 Senior Hall, Cheney 99004

fostering@ewu.edu
ewu.edu/fosteringwa
fosteringwa on FB 877-620-5748
Training to become a foster parent.

Hutton Settlement Children's Home

Admin: 838-2789
9907 E Wellesley, 99206 926-1027
chudwendle@huttonsettlement.org
huttonsettlement.org
Exec Dir: Chud Wendle
Nurtures, educates and prepares children who are in need of a safe and healthy home. Provides residential care for children 5-18.

Idaho Wednesday's Child

2005 Ironwood Parkway, Ste 200
CdA 83814 800-745-1185
idahowednesdayschild.org

Independence for WA State Foster Youth

kathy.ramsay@dshs.wa.gov
independence.wa.gov
Provides education and training voucher program, extended foster care, apple health care connections and independent living program for foster young adults older than 18.

Institute for Family Development

328-3802
720 W Boone, Ste 200, 99201
institutefamily.org
Provides services for intensive

family preservation, reunification and evidence based child welfare programs.

Kinship Navigator 458-7450

ELDER SERVICES - FRONTIER
BEHAVIORAL HEALTH fbhwa.org
Helps family members (particularly grandparents) raising children through Kinship Support Program. Provides support, info and referral. In Spokane and Tri-County area.

LDS Family Services

WA SPOKANE OFFICE
11707 E Sprague, Ste 202, 99206
926-6581 x2 800-453-3860 x1711
providentliving.org Fax: 921-1375
Handles adoptions.

Morning Star Boys' Ranch

4511 S Glenrose Rd, 99223
kmorin@msbranch.org 458-1202
morningstarboysranch.org
MorningStarBoysRanch on FB
Dir of Quality Assurance: Kim Morin
Offers four service programs for foster children in WA.
MSBR RESIDENTIAL Offers youth stabilization for boys ages 6 to 12.
MORNING STAR FOSTER CARE
A child placement agency for all ages and genders of foster youth.
MORNING STAR CASE AIDE
An in-home prevention program for all ages and genders of youth.
MSBR IN-HOME WRAP AROUND CARE
A continuum of care for foster children who are need full support

in the home.

Safety Net 863-9431

POB 13706, Spokane Valley 99213
madison@safetynetspokane.org
Safetynetspokane.org
Supports former foster youth in post-foster care years with resources to stay in school, job training and minor financial emergencies.

Sally's House 325-6810

Mail: 222 E Indiana, 99207
spokane.salvationarmy.org
Emergency foster care receiving facility for children ages 2-12, removed from their home due to abuse or neglect.

Service Alternatives Inc 325-4390

2703 N Pittsburgh St, Ste B, 99205
101 N 5th, Walla Walla servalt.com
Licenses foster care homes, provides ILS, FPS, safe care, respite, Roads to Community & Living transitions services.

Teen & Kids Closet 534-1151

307 E Sprague teenkidcloset.org
Spokane Valley 99202
PO Box 4099, 99220
contact@teenkidcloset.org
Offers Clothing and Household items for foster kids and teens or those of low-income. Appointment only by referral from school official or social worker, referral can be made online.



Providing
hope, opportunity & life

to children and families in Spokane
for 100 years.

For more information, please contact

509.926.1027

9907 E. Wellesley Avenue, Spokane, WA 99206

www.huttonsettlement.org

Men's & Women's Resources (Spokane & Kootenai County)

WOMEN'S RESOURCES

* Note full listings with more contact info and descriptions can be looked up in the index. Some will be found in this section, others in employment and job-skills, women's resources, addictions and housing.

Baby Basics

CAPA - CHILDBIRTH & PARENTING ASSISTANCE/PREPARES -CATHOLIC CHARITIES 455-4986
LA LECHE LEAGUE
LLL Breastfeeding Helpline-US 877-4-LALECHE (877-452-5324) -SPOKANE
llofwa.org/la-leche-league-spokane
IDAHO LLL lli.org/web/idaho.html
LAMAZE INTERN'L 217-6673
lamazeinternational.org

MISSION COMMUNITY OUTREACH
 1906 E Mission, 99202 536-1084
WIC SRHD 324-1620
 1101 W College, 99201
WIC WEST CENTRAL COMMUNITY CNTR
 1603 N Belt, 99205 323-7497

Employment/Professional

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN - SPOKANE
spokane-wa.aauw.net 434-5123
CHRIST KITCHEN 325-4343
 2410 N Monroe, 99205
FUTUREADA futureada.org
hello@futurada.org **STEM prog**
HOME PROGRAM (HELPING OURSELVES MEANS EDUCATION) 326-1190
NATIONAL EDUCATION FOR WOMEN NEW LEADERSHIP - EWU 359-2847
 Monroe 207 Cheney 99004
cmartin22@ewu.edu
NEW LEAF BAKERY CAFE JOB TRAINING - TRANSITIONS 496-0396
 3104 W Ft Wright Dr
SPOKANE SOROPTIMIST
SISpokane@Soroptimist.net
soroptimistspokane.org
NATIONAL ASSN OF WOMEN BUSINESS OWNERS 731-3309
info@nawbonw.org nawbonw.org
WOMEN HELPING WOMEN FUND
 1325 W 1st Ave, Ste 318
info@whwfspokane.org
whwfspokane.org
WOMEN TO WORK PROGRAM - YWCA
 930 N Monroe, 99201 789-9299
women2work@ywcaspokane.org
WA ST DSHS WORKFIRST LIFE SKILLS - ESSENTIAL PROG - YWCA
 930 N Monroe, 99201 789-9299
lifeskills@ywcaspokane.org
WID - WOMEN IN COMPUTING DEGREES ewu.edu/givewicd

Family Planning &

Parenting, Baby & Toddler
CHILD CARE AWARE OF EASTERN WA 484-0048/800-466-2229
MIDWIFERY CENTER 755-5205
 910 W Fifth Ave, Ste 300
MyCHOICE 462-4000
 2659 N Ash St, 99205
MOTHERS OF PRESCHOOLERS mops.org
NURSE FAMILY PARTNERSHIP - SRHD
 1101 W College, 99201 324-1621
PATH OF LIFE SPOKANE 444-9036
 103 E Indiana Ave, Ste B, 99207
PLANNED PARENTHOOD 866-904-7721
 Spokane: 123 E Indiana, 99207
 Valley: 12104 E Main St, 99206
 103 E Indiana Ave, Ste B, 99207
RACHEL'S VINEYARD MIN. 994-4355
 103 E Indiana, Ste B, 99207

Housing: Maternity & Baby

ALEXANDRIA'S HOUSE (VOA)
 525 W 2nd, 99201 489-0349
GRACESON HOUSING 939-5370
 PO 825, Liberty Lake 99019
MyCHOICE 462-4000
 2659 N Ash St, 99205
PARENT-CHILD ASSISTANCE PROG (PCAP) 838-6092 x123
 701 E 3rd Ave, 99202

Housing: Recovery

ISABELLA HOUSE 624-1244
 2308 W 3rd Ave, 99201
NAOMI 926-6492
 11302 E Broadway, Spo Valley
OXFORD HOUSING 216-0331
 POB 8701, Spokane 99203
SPOKANE DREAM CNTR 624-1363
 2005 W 4th 536-6444
UGM WOMEN'S CENTER ANNA OGDEN HALL 327-7737
 2828 W Mallon, 99201

Housing: Single Women

HOME YARD COTTAGES 795-8400
 3080 N Hemlock, 99205
HOPE HOUSING SHELTER (VOA)
 111 W 3rd, 99201 455-2886
MIRYAM'S HOUSE - TRANSITIONS
 1805 W 9th, 99201 747-9222

Housing: Women with Kids

ASTON-BLECK APARTMENTS
 2311 E Boone, 99202 688-1116
HOME YARD COTTAGES 795-8400
 3080 N Hemlock, 99205
ISABELLA HOUSE 624-1244
 2308 W 3rd Ave, 99201
ST MARGARET'S SHELTER
 101 E Hartson, 99201 624-9788
TRANSITIONAL LIVING 325-2959
 3128 N Hemlock, 99205
UGM'S CRISIS SHELTER FOR WOMEN & CHILDREN
 1234 E Sprague Ave 535-0486

Post-Partum Resources:

MIDWIFERY CNTR - MULTICARE
 910 W Fifth, Ste 300 755-5205
PARENT-CHILD ASSISTANCE PROGRAM
 701 E 3rd, 99202 838-6092 x123
POSTPARTUM DEPRESSION-SUICIDE CRISIS
ppdmoms.org 800-773-6667
POSTPARTUM SUPPORT INTERNAT'L
 800-994-4773
-WA.ppmdsupport.com 888-404-PPMD

Support Services:

Food & Clothing
BREAST INTENTIONS 995-1295
[breastintentionswa on FB](http://breastintentionswa.on.fb)
CLEONE'S CLOSET 244-6215
 13114 Sunset Hwy
 Airway Heights 99001
PROJECT BEAUTY SHARE 455-3537
 216 N Bernard St, 99201
projectbeautyshare.org
 Collects cosmetics and beauty products for agencies to give out.
WOMEN'S & CHILDREN FREE RESTAURANT 324-1995
 1620 N Monroe St, 99205
WOMEN'S HEARTH - TRANSITIONS
 906 W 2nd, 99201 455-4249
YOUNG LIVES 570-3971
YWCA OUR SISTER'S CLOSET
 930 N Monroe, 99201 326-1190

Family Crisis: Domestic

Violence and Abuse
CHILD ABUSE/NEGLECT REPORTING
Hotline: 866-363-4276/END-HARM
OUR KIDS, OUR BUSINESS
ourkidsspokane.org
SPOKANE ARMS - ABUSE RECOVERY
MINISTRY & SERVICES 484-0600
VICTIM ADVOCACY & EDUCATION - LCSNW - 24/7 Sexual Assault Support Line 624-7273
WOMEN'S HEALING & EMPOWERMENT NETWORK 323-2123
YWCA SPOKANE DOMESTIC VIOLENCE PROGRAMS/SERVICES
 930 N Monroe, 99201
24-hr Helpline 326-CALL (2255)
VANESSA BEHAN CRISIS NURSERY
 1004 E 8th, 99201 535-3155

MEN'S RESOURCES

Addictions & Recovery

FINAL FREEDOM lifecenter.net/care/
LDS FAMILY SERVICES 926-6581
 11707 E Sprague, Ste 202
 -208-457-0412
donnataggart1967@yahoo.com
TEEN CHALLENGE INTERNATIONAL
SPOKANE MEN'S CENTER 244-5610
 2400 N Craig Rd, 99224
SPOKANE DREAM CNTR 624-1363
 2005 W 4th 536-6444
SUN RAY COURT 456-5465
 518 S Browne, 99204 UGM
MEN'S RECOVERY PROG
 1224 E Trent, 99202 535-8510

Children & Teens

MORNING STAR BOYS RANCH
 4511 S Glenrose 448-1411

Fatherhood Resources:

fatherhood.gov
CAPA FATHERING PROG 455-4970
 12 E 5th Ave, 99201
DADS M.O.V.E. 425-242-7028
 253-230-3558
SPOKANE FATHERS NETWORK, ARC OF SPOKANE 328-6326
 320 E 2nd Ave, 99202
WOMEN'S HEALING & EMPOWERMENT NETWORK 323-2123

Housing: (no children)

HOUSE OF CHARITY 624-7821
 32 W Pacific, 99201
MOUNTAINTOP MNGT 290-2771
 14313 E Trent, 99216
OXFORD HOUSING 216-0331
 POB 8701, 99203
SPOKANE DREAM CNTR 624-1363
 29 W 2nd Ave 624-2636
SUN RAY COURT 456-5465
 518 S Browne, 99204
TRUTH MINISTRIES 990-8415
 1910 E Sprague 456-2576
UGM MEN'S SHELTER
 1224 E Trent 535-8510



Mission Community Outreach Center

Reaching Out With Care

We provide free clothing, housewares, hygiene items and diapers to Spokane's low income families & individuals. Please join our mission by donating items, funds and volunteering.

Thank you!

(509) 536-1064 | www.4mission.org | 1906 E. Mission Ave.
 Business Hours - 1:30 to 4 p.m., M-W-Th