Family & Parenting Resources

PREGNANCY, INFANT & MATERNITY RESOURCES

birthnaturally.net
idahomidwives.org
dona.spokanebirthsupport.com
washingtonmidwives.org

AbAnon - joinus@abanon.org
abanon.org/findachapter

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.

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


Asotin County Health Dist 758-3344
Child Passenger Safety 232-2985
College Place Police Dept 525-7778
Providance - SHMC 844-1854
Renée: Wittmer@providence.org

Kootenai Health 208-625-4642
kt.ko/community-involvement/car-seat-safety/

Walla Walla Traffic Safety Task Force - Dept of Human Services 524-4425
rmccleary-waltes@co.walla-walla.wa.us

Sporke Regional Health District nrlee@spokanecounty.org 324-3613

Circle of Security 462-2024
35 W Main, Ste 313, 99201
info@circleofsecurityinternational.com
circleofsecurityinternational.com

Focusing on early intervention models to increase attachment and security between parents and children.

Developmental Disabilities, Screenings, Assessments, Treatment - Birth to 3 years old

BOOST Collaborative Children and Family Support Services 332-6561
588 SE Bishop Blvd, Ste A, Pullman 99163
boostcollaboratewithwa.org
suek@boostcollaboratewithwa.org

Sue Kreikemeyer, Zoila Mendez Services Whitman and Garfield counties. Provides birth to 3 years 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
spokanept.com

Children First 315-5711

Pediatric Therapy: Spokane Gymnastics, 2515 N Locust Rd
Mail: 2510 N Pines, Ste 3
Spokane Valley 99206
childrenfirstspokane.com

Developmental Disabilities Division - Spokane County Community Services, Housing & Community Development (CSHCD) 477-5722
312 W 8th, 99204 Fax: 477-2561
bnichols@spokanecounty.org

DD/Infant Toddler Prog - IDHW healthandwellfare.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.

Milestones Pediatric Therapy 835-4404

Therapy Services Fax: 835-4400
801 E 2nd Ave, Ste 100, 99202
milestonespediatrictherapy.net

Stepping Stones Pediatric Therapy 319 S Cedar 209-7429
ssptherapy.com

University Hearing & Speech Clinic 828-1233

WA DEPT OF SERVICES FOR THE BLIND 456-4458

WSEA Therapist Program for Children - WA State Eats Assn PO Box 110760 253-472-6223
Tacoma 98411 800-825-3557
vaews.net Fax: 762-6217

WA State Sensory Disability Services - Dear-Bunadous项目 Pox 800-572-7000
wsodline.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 Services 800-322-2588

Supportive care offering maternity care and infant case management for Medicaid-eligible women through pregnancy and 1 year.

Columbia Basin Health Assn
-Othello Clinic 488-5256

CHAS Maternity Support Services chas.org/first-steps

Unity Health - Yakima Valley Farm Workers ywvf.com 326-4334x436

Fussy Baby Network Spokane Partners with Families & Children partnerswithfamilies.org 472-4810

Offers help to parents to soothe, care for and enjoy their babies.

Griffin Family Birth Center 700 S Main 208-883-2229
Moscow 83843 griffin.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 Illi.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
ealmonkey32@gmail.com

Paule - 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, 99201
info@mychoicespokane.org

Provides hope and support to anyone affected by pregnancy, infant or child loss.

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 877-467-3463

NEW Family Life Services 144 W 5th, Colville 99114
newfamilylifeservices.com 684-9895

Pro-life pregnancy resource center and maternity home (for homeless pregnant women). Offers educational classes for unplanned pregnancies and providing maternal and baby items.

Northwest Infant Survival & SIDS Alliance nwslids.org

Bereavement Support 24 Hr Support Line 208-557-4371
support@nwslids.org

Call or Text for support to anyone affected by pregnancy, infant or child loss.

CHILDDHOOD HEALTH AND SAFETY

Safe Start 206-582-6191

Providing education and resources associated with safe infant sleep, child CPR and first aid and child passenger safety. Car seats, cribs and sleep sacks may be available.

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
1315 West A
208-882-2370
Moscow 83843
office@palousecarenetwork.com
palousecaresn.com
Faith-based, nonprofit 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
444-9035
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, ultrasound, SDD/STD screening, treatment & support services, post abortion recovery, relationship resources, unwanted same sex attraction and gender identity.

Planned Parenthood
800-230-7526
plannedparenthood.org/ppgwni/
Pres/CEO: Karl Eastlund
Provides reproductive health care, education and fearless advocacy.

Spokane Health Center
123 E Indian Ave
99207
Spokane Valley Health Center
12104 E Main St
99206
Pullman Health Center
1525 SE King Dr,
99109
Walla Walla Health Center
828 S First Ave
99362
Rachel's Vineyard Ministries
103 E Indiana Ave, Ste B
99207
rsvspokane.org
healing@rsvspokane.org
Post-Abortion Care in Spokane.

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

Vanessa Behan Crisis Nursery
2230 E Sprague, 99202
535-3155
vanessabehan.org

WIC Nutrition Program
signupwic.com
Pregnant and breast feeding women and children 0-5, receive education and help finding services. Food checks for healthy foods.

Foster Care & Adoptions
adoption.com
awaa.org
dcyf.wa.gov/services/adoption
healthandwelfare.idaho.gov/
itsaboutlove.org/ail/cn/form/adopting-families/kly.com/house-and-home/wednesdays-child
kingdomkidsadoption.org
nwaa.org/about.php?tn=2
sokane-wa.adoption.com

Adoption Services of Spokane
921 W Broadway, Ste 304
99201
mae.smc/spokaneadoptions
mace.smc/balladofhope
mae.smc/tension
Fax: 326-2341

A Child's Hope Spokane
328-2700
222 W Mission, Ste 250
99201
achildshospokane.org
Fax: 325-7845

A licensed child-placing agency offering open and confidential placements. Support and care for the birth parents.

Better Futures Together
901 E Nora
99207
309-3397
general@betterfutures Together.org
Stacey Ceder, Kathy Eirls, Candace Ahern, Diana LaBlanc
Works 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 852-552-5437
healthandwelfare.idaho.gov
Adoptions & foster care licensing.
REGION 1 208-769-1515
REGION 2 208-799-4360

Domestic & Unaccompanied Refugee Minors
LUTHERAN COMMUNITY SERVICES NW
210 W Sprague Ave
99201
lcsw.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
embracewa.org
info@embracewa.org
Pres: Shannon Boniface
Exec Dir: Alene Alexander
Provides, cares and supports children in foster care within the 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.

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

Foster Parenting & Kinship Care
WA DEPT of CHILDREN, YOUTH, and FAMILIES
888-KIDS-414
dcyf.wa.gov/services/foster-parenting
Services for parents and children under 18, foster parenting, family reconciliation. Kinship care offers a grandparent or other family 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
Pres Mgr: Sara Mck
info@voaspookane.org
voaspokane.org/foster-youth-services
Fax: 624-2275

Independent Living
Services offered to foster children turning 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 apt's for foster youth 18-22. Help with budgeting, grocery shopping, finding furniture and the things foster youth need to live 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, birth families, schools and others to motivate foster youth to go to college, and
**WOMEN’S RESOURCES**

* Find listings with more contact info and descriptions in the index. Some are in this section, others in employment and job-skills, women’s resources, addictions and housing.

**Baby Basics**
- CAPA - Childbirth & Parenting Assistance/Prepares - Catholic Charities 434-5196
- Le Leche League
- LLL Breastfeeding Helpline-US 877-4-LALECHE (877-452-5324)
- Spokane illofwa@la-leche-league-spoake
- Lamaze International

**Employment/Professional**
- American Association of University Women - Spokane spokane-wa.aauw.net 434-5123
- Christ Kitchen 325-4343
- FutureAEDA futurada.org/STEM prog
- Home Program (Helping Ourselves Mean 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
- Spokane Soroptimist 518 S Browne, 99204
- Spokane Arms - Abuse Recovery 326-1190
- Spokane: 123 E Indiana, 99207
- Planned Parenthood 866-904-7721
- Spokane: 123 E Indiana, 99207
- Valley: 12104 E Main St, 99206
- MyChoice 462-4000
- Spokane: 123 E Indiana, 99207
- Project Bevault Share 455-3357
- 216 N Bernard St, 99201

**Housing: Maternity & Baby**
- Alexidra's House (VOA) 525 W 2nd, 99201 489-0349
- Grace Center Housing 939-5370
- PO 825, Liberty Lake 99019
- MyChoice 462-4000
- 2659 N Ash St, 99205

**Housing: Recovery**
- Isabella House 624-1244
- 2308 W 3rd Ave, 99201
- Naomi 926-6492
- 11302 E Broadway, Spoly
- Oxford Housing 216-0331
- POB 8701, Spokane 99203
- Spokane Dream Center 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 455-2866
- Miryam's House - Transitions 1805 W 9th, 99201 747-9222

**Housing: Women with Kids**
- Aston-Basha 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 533-0468

**Post-Partum Resources:**
- Midwifery Center - 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 Internatl' 800-994-4773

**Support Services:**
- Food & Clothing
- Breast Intenstions 995-1295
- FB: breastintentionswa
- Cleone's Closet 244-6215
- Project Beauty Share 455-3357
- 216 N Bernard St, 99201

**Post-Partum Support:**
- Midwifery Center - MultiCare 910 W Fifth, Ste 300 755-5205
- Parents-Child Assistance Program
- 701 E 3rd, 99202 838-6092 x123
- Postpartum Depression-Suicide Crisis ppdmoms.org 800-773-6667
- Postpartum Support Internatl' 800-994-4773

**Support Services:**
- Food & Clothing
- Breast Intenstions 995-1295
- FB: breastintentionswa
- Cleone's Closet 244-6215
- Project Beauty Share 455-3357
- 216 N Bernard St, 99201

**Women & Children's Free Restaurant**
- 324-1995

**Women & Children Free Restaurant**
- 324-1995

**Women's & Children's Free Restaurant**
- 324-1995

**Women's Resources (Spokane)**

**Addictions & Recovery**
- Final Freedom lifecenter.net/care/ LDS Family Services 926-6581
- 1107 E Sprague, Ste 202 208-457-0412
donnataggart1967@yahoo.com
- Teen Challenge International Spokane Men's Center 244-5610
- 210 N Craig Rd, 99224
- Spokane Dream Center 624-1363
- 2005 W 4th 536-6444
- Sun Ray Court 546-5465
- 518 S Browne, 99204 UGM
- Women's Recovery Proj 1224 E Trent, 99202 535-8510

**Children & Teens**
- Morning Star Boys Ranch 4571 S Glenrose 448-1411

**Fatherhood Resources**
- fatherhood.gov
- 247 DAD - SpOfi PO Box 8266, 99203 Spofil.org/24-7
- CAPA Fathering Program 455-4970
- 12 E 5th Ave, 99201
- Dads M.O.V.E. 425-242-7028
- 253-230-3558
- Spokane Fathers Network, Inc. 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
- Mountain Top Ministries 290-2771
- 14313 E Trent, 99216
- Oxford Housing 216-0331
- POB 8701, 99203
- Spokane Dream Center 624-1363
- 29 W 2nd Ave 624-2366
- 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

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**Mission Community Outreach**

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: 8:30 to 5 p.m., M-W-Th
Hutton Settlement Children’s Home  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 Prky, Ste 200, Couer d’Alene 83814  800-745-1185
idahowednesdayschild.org

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
720 W Boone, Ste 200, 99201
institutefamily.org  328-3802

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  926-6581 x2
11707 E Sprague, Ste 202, 99206  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

FB: MorningStarBoysRanch
Dir of Quality Assurance: Kim Morin
Offers four service programs for WA State dependent children.

1) MSBR BRS Therapeutic Residential. Therapeutic care for WA State dependent boys ages 6 to 13.5. 2) Morning Star Foster Care A child placement agency for all ages and genders of foster youth. 3) Morning Star Case Aide. Prevention program for WA State dependent for all ages and genders of youth. 4) 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
hayley@safetynetspokane.org
Safetynetspokane.org

Supports former foster youth 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
2703 N Pittsburgh St, Ste B, 99205
101 N 5th, Walla Walla
servalt.com  325-4390

Licenses foster care homes, provides ILS, FPS, safe care, respite, Roads to Community & Living transitions services.

Spokane 127 info@spokane127.org
POB 8266, 99203  spokane127.org

Works with WA Children’s Administration unit of DCYF and foster care and adoption recruitment and training agencies, connects families in the body of Christ to serve the needs of broken families and children.

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 made online.

509.926.1027

9907 E. Wellesley in the Spokane Valley

www.huttonsettlement.org • facebook.com/huttonsettlement