CATHOLIC CHARITIES
12 E 5th Ave, 99202 358-4250 cceasternwa.org
800-831-1209
- Spokane Housing Communities 456-2279
- Childbirth & Parenting Assistance (CAPA) / PREPARES 455-4986
- Christmas Bureau 358-4254
- Counseling Services 242-2308
- Emergency Financial Assistance 358-4963
- House of Charity 624-7821
- Homeless Families Coordinated Assessment 325-5005
- Immigration Legal Services 455-4960
- Parish Social Ministry 358-4273
- Providence House of Charity Clinic 626-9825
Rising Strong 960-8632
- Senior Services/Volunteer Chore Services 459-6175
- St. Anne’s Children & Family Center 232-1111
- St Margaret’s Shelter 624-9788

GOODWILL INDUSTRIES
130 E Third Ave, 99202 838-4246
discovergoodwill.org
- Career & Resource Center 838-4246
- Employee & Training Services 838-4246
- Housing & Essential Needs 838-4246
- Next Generation Zone 344-7800
- Protective Payee Office 838-4246
- Thrift Stores:
  - Spokane Downtown 444-2396
  - Spokane South Hill 321-0478
  - Spokane Downtown 444-2396
  - Spokane Downtown 444-2396

FRONTIER BEHAVIORAL HEALTH
107 S Division St, 99202 838-4651
fbhwa.org
- 24/7 Regional Crisis Line 877-266-1818
- Child & Family Services 838-4651
- Crisis Response Services 838-4651
- Elder Services 458-7450
- Evergreen Club 458-7354
- Homeless Outreach Team 838-4651
- Washington Listens 833-681-0211

LUTHERAN COMMUNITY SERVICES NORTHWEST
210 W Sprague Ave, 99201 747-8224
lcsnw.org
- 24/7 Sexual Assault Support Line 624-7273
- Behavioral Health & Victim Advocacy 747-8224
- Domestic & Unaccompanied Refugee Care 747-8224
- Foster Care 747-8224
- Family Outreach Crisis Intervention Services 747-8224
- Victim Advocacy & Education 747-8224
- Wraparound with Intensive Services (WiSe) 747-8224

SALVATION ARMY
222 E Indiana Ave, 99207 325-6810
spokane.salvationarmy.org
- Camp Gifford 233-2511
- Family Shelter 325-6814
- Food Bank 325-6821
- Seasonal Services 325-6810
- Salvation Army Church 325-6810
- Sally’s House 325-6826
- Transitional Housing 326-7288
- Visitation & Counseling Services 325-2737

SNAP
3102 W 3rd Ave, 99224 456-SNAP
snapwa.org
- Affordable Housing
- Coast Property Management 747-2914
- Business Development 456-SNAP
- Energy Assistance 456-SNAP
- Energy Conservation Education 456-SNAP
- Financial Access 456-SNAP
- Home Repair/Weatherization 456-SNAP
- Homeless Services Office/ 456-SNAP
- Long Term Care Ombudsman 456-7133
1-800-660-7133
- Mortgage Assistance Programs 456-SNAP
- Vehicle Emissions Repair Program 456-SNAP

SPOKANE REGIONAL HEALTH DISTRICT
1101 W College Ave, 99201 324-1500
srhd.org 888-535-0957/TDD 324-1424
- ABCD & ABCDE Dental/oral Health 324-1478
- Breast, Cervical and Colon Health 324-1553
- Children & Youth w/ Special Needs 324-1696
- Emergency Preparedness 324-1673
- Environmental Public Health 324-1560
- Healthy Living 324-1530
- HIV Case Management 324-1542
- -HIV/STD Testing 324-1494
- Immunization Assessment/Promotion 324-1611
- Infant Toddler Network 324-1651
- Neighborhoods Matter 324-1666
- Nurse-Family Partnership 324-1621
- Opioid Treatment Program 324-1420
- Quality Planning & Assessment 324-1668
- -Data Center 324-2853
- -Health Equity 324-1555
- -Syringe Services 324-1666
- SNAP-ed 324-3630
- Tuberculosis 324-1613
- Vital Records 324-1601
- WIC 324-1620

TRANSITIONS
3128 N Hemlock St, 99205 328-6702
help@women.org
- EduCare 325-8632
- Home Yard Cottages 747-9222/SNAP 456-7267
- Mirryan’s House 747-9222
- New Leaf Bakery & Cafe 496-0396
- Transitional Living Center 325-2959
- Women’s Hearth 455-4249

UNION GOSPEL MISSION
(UGM)
1224 E Trent, 99202 535-8510
uniongospelmission.org
- Crisis Shelter for Women & Children 535-0486
- Men’s Shelter/Recovery Program 535-8510
- Thrift Stores:
  - Downtown 326-3316
  - Spokane Valley 927-5905
- UGM Camp 258-4257
- UGM Motors/Motor Services 327-4337
- UGM Youth Outreach 535-8510
- Women’s Recovery - Anna Ogden Hall 327-7737

VOLUNTEERS OF AMERICA (VOA)
525 W 2nd Ave, 99201 624-2378
voaspokane.org
- Alexandria’s House 489-0349
- Applewood Apartments 534-6562
- Aton-Able Apartments 688-1116
- Country Heights Apartments 327-7132
- Crosswalk 838-6596
- Hope Housing 455-2866
- Foster Youth Programs 340-9071
- Medical Respite 455-2886
- Scholarships 624-2378
- Trent Terrace Apartments 927-8102
- Veteran’s Housing 328-4685
- YouthReach 838-6596

YMCA
930 N Monroe, 99201 777-YMCA (9622)
ymspokane.org
- Act 6 Leadership Initiative 720-5613
- Camp Goodtimes 777-9622
- Camp Reed 344-7787
- Centers & Programs 777-9622
- Out-side of the Box 777-9622 x412/720-5612
- RSVP - Retired Senior Volunteer Prog 344-7787
- Project Warm-up 777-9622
- Safe Sitter 777-9622
- School Age Program x106
- Summer Day Camps/Meals x409
- Teen Program x415
- Y Youth Investment Program x215

YWCA
930 N Monroe, 99201 326-1190
ywcaspokane.org
- 24-Hour Domestic Violence Help Line 326-CALL (2255)
- Alternatives to Domestic Violence 789-9297
- Domestic Violence Legal Advocates 477-3656
- Domestic Violence Mental Health Therapy 789-9291
- Domestic Violence Support at DSHS 227-2629
- Our Sister’s Closet 789-9280
- Women to Work Program & BFET Prog 789-9299
- WA ST DSHS WorkFirst Life Skills – Essential Program 789-9299
### Federal And State Resources

#### FEDERAL PROGRAMS
- **Health Care**
  - Civil Rights (HHS) 800-368-1019
  - TDD 800-537-7697
- **Idaho**
  - Department of Health
    - Phone: 800-829-0459
  - Veteran Affairs
    - Phone: 866-582-0132

#### WASHINGTON
- **Children and Families**
  - Child Support Services - IDHW 800-536-9868
  - Child Protection - IDHW 855-532-5437

#### IDAHO STATE
- **Children and Families**
  - Child Support Services - IDHW 800-536-9868
  - Child Protection - IDHW 855-532-5437
- **Financial & Public Assistance**
  - IDAHO STARS 800-926-2588
  - Food Stamps - IDHW 877-456-1233

#### IDAHO
- **ID Department of Health and Human Services**
  - Phone: 208-665-6850
  - VA Medical Centers
    - Phone: 866-299-5515
  - Vet Centers
    - Phone: 888-867-8863

#### WHITMAN COUNTY
- **Service & Support**
  - Child Care
    - Phone: 877-456-1233

#### BANBURY POINT
- **Residential Care Services**
  - Phone: 800-459-0421

#### Kootenai County
- **Children and Families**
  - Child Care
    - Phone: 877-456-1233

#### HEDGEROWS
- **FCI**
  - Phone: 511

### Federal, State & Local Resources - Covid 19

#### FEDERAL PROGRAMS
- **Coronavirus.gov** usa.gov/coronavirus
- **CDC** cdc.gov
- **Nat’l Institutions of Health** nih.gov/National-Institutes-of-Health

#### IDAHO
- **coronavirus.idaho.gov**
  - Phone: 866-366-6632
- **Kootenai County**
  - Phone: 877-494-0929

#### WASHINGTON
- **Coronavirus.wa.gov**
  - Phone: 877-501-2233

#### WIC Nutritional Program – DOH
- **Washington**
  - Phone: 877-266-1818

#### WIC Nutritional Program – DOH
- **Washington**
  - Phone: 877-266-1818

#### WHITMAN COUNTY
- **Service & Support**
  - Child Care
    - Phone: 877-456-1233

#### BANBURY POINT
- **Residential Care Services**
  - Phone: 800-459-0421

#### Kootenai County
- **Children and Families**
  - Child Care
    - Phone: 877-456-1233

#### HEDGEROWS
- **FCI**
  - Phone: 511

### For Food
- **2-harvest.org**
  - Phone: 877-266-1818

### Civic Volunteers via Social Media:
- **United Way** unitedways.wa.org/CORONAVIRUS/Resources

### Greater Spokane Inc
- **greater Spokane**
  - Phone: 800-562-0132

### Spokane Public Schools
- **spokanescs.org**
  - Phone: 877-249-0516
Columbia Basin & Southeast Washington (509)

ADAMS 659-3257

Community Services
Food
Lind Sr. Center 677-3620
Othello FB 488-6044
Ritzville FB 659-4449
WIC Adams County 659-3315
WIC Columbia Basin Health (Othello) 488-5256

HOUSING - Othello Housing Authority 488-3527

Early Learning & Education
Child Care Aware 877-965-7109

Lind Preschool 456-7086
Othello
-Othello Child Develop Center 488-3503
-MacFarland MS 893-4125
Ritzville Preschool 456-7086

SCHOOL DISTRICT
Lind-Ritzville
677-3481/659-1660
Othello SD 488-2659/4682
Othello SD 677-3481/659-1660

Employment & Job Skills
DVR Spokane 363-4700
TTY 888-468-9736
Goodwill 765-1768
SkillSource (Othello) 488-1670
WSU Extension 659-3209

Family Crisis
DCFS Moses Lake 747-5757/800-749-5965
DV Crisis Line: 888-560-6027
New Hope DV Services (Othello) 488-2699

Health Care
24/7 Regional Crisis Line 877-266-1818

Adams County Public Health District - Integrated Health Services 488-2031/659-3315
Bx Health Services -Adams Cnty Integrated Health Care Services 488-5611

Columbia Basin Health Association 488-5256
DPA Spokane 329-2900
800-462-3038

East Adams Rural Hospital & Clinic
525-1200
-Ritzville Clinic 659-1200
-Washtucna Clinic 646-3290
Othello Community Hospital 488-2636
-Pioneer Clinic 765-1538

Seniors
Aging & Adult Care of Central WA 766-2563/800-572-2563
Assessor’s Seniors Tax Exemption 659-3200

HCS Moses Lake 764-5657
800-671-8902 TTY 800-833-6388
Lind Senior Center 677-3620
Othello Senior Cntr 488-5700
Washtucna Senior Cntr 646-3485

Outdoors & Recreation
Columbia Plateau Trail SP 646-9218
Palouse Falls SP (Washtucna) 624-9218

Transportation
Palouse Falls 765-9249
Vetern Assist 659-8045/3247

COLUMBIA 524-2780

Community Services
Project Timothy, SVDP 352-2943
Food
-BMAC FB 529-3561
-Dayton FB 386-9827
-Salvation Army 529-9470
-Presbyterian Pantry Food Shelf 529-4169
-WIC Columbia 382-2181

HOUSING
-WW Housing Authority 527-4542
-BMAC 529-4980

Early Learning & Education
Child Care Aware 800-446-2229/242-3405

Child Care Resource & Referral (WWCC) 529-5744/800-446-2229
ECEAP-Dayton 464-5880

School Districts
Dayton SD 382-2543
Starbucks 399-2381

Employment & Job Skills
DVR WW 527-1815
080-548-8755/TTY 800-548-8755
Goodwill WW 523-5992
WSU Extension 882-4741/2
Walla Walla CC - Walla Walla 877-922-9922/522-2500

Family Crisis
DCFS WW 524-4900/TTY 524-4950
YWCA WW-Dayton 382-9922

Health Care
24 Hr Crisis line 888-544-9986
Blue Mountain Counseling 382-1164/866-382-1164
Dietary Assistance 394-1069

Columbia County Health Service
-Columbia Clinic 382-3200
-Washtucna Clinic 337-6311
Dayton Hospital 382-2531

Blue Mountain Counseling 382-1164/866-382-1164

Outdoors & Recreation
CAMP WOOTEN RETREAT CTR 843-5091
Umatilla NFS
-Pomeroy Dist 843-1891
-Wenaha-Tucannon Wilderness 843-1891

Seniors
Dial-a-ride (Valley Transit) 527-3779
HCS Walla Walla 524-4960
800-310-5678

HCS Dayton 382-4787
Indigent Seniors/Tax Exemption, Assessor’s 382-2131
SE Aging and Longterm Care Council 382-4787/800-965-2582
Walla Walla MOW 541-938-548

Transportation
Columbia County 382-1647
Valley Transit - WW 525-9140

Vetern Assist 382-2239

WALLA WALLA 524-2780

Community Services
Blue Mt Mtn Action Council 529-3561
Christian Aid Center 527-7153
United Way of WW 529-1183
Food
BMAC FB 529-3561
Farmers Market 240-2898/529-8755
Helpline 529-3377
Presbyterian Pantry Shelf 529-4169
Salvation Army 529-9470
St Vincent de Paul 525-3903
WIC Walla Walla 524-2680

HOUSING
-BMAC 529-4980

Catholic Charities
Council on Housing (cnty) 529-2436
Housing Authority 527-4542

Meals
Christian Aid Center 527-7153
M-F, Dinner 5:30, Sat, Bkfst 7:30

Early Learning & Education
Child Care Aware 800-446-2229/242-3405

Child Care Resource & Referral (WWCC) 529-5744/800-446-2229
ECEAP-Dayton 464-5880

School Districts
Dayton SD 382-2543
Starbucks 399-2381

Employment & Job Skills
DVR WW 527-1815
080-548-8755/TTY 800-548-8755
Goodwill WW 523-5992

WSU Extension 882-4741/2
Walla Walla CC - Walla Walla 877-922-9922/522-2500

Family Crisis
DCFS WW 524-4900/TTY 524-4950
YWCA WW-Dayton 382-9922

Health Care
24 Hr Crisis line 888-544-9986
Blue Mountain Counseling 382-1164/866-382-1164
Dietary Assistance 394-1069

Columbia County Health Service
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-Washtucna Clinic 337-6311
Dayton Hospital 382-2531

Blue Mountain Counseling 382-1164/866-382-1164

Outdoors & Recreation
CAMP WOOTEN RETREAT CTR 843-5091
Umatilla NFS
-Pomeroy Dist 843-1891
-Wenaha-Tucannon Wilderness 843-1891

Seniors
Dial-a-ride (Valley Transit) 527-3779
Catholic Charities Volunteer Chore Services 525-0572
Dial-a-Ride (Valley Transit-WW) 527-3779

HCS Walla Walla 524-4960
800-310-5678

Indigent Seniors/Tax Exemption- Assessors 524-2560
Senior Citizens Cntr 527-3775
SE Aging and Longterm Care Council 529-6470
800-965-2582

Walla Walla MOW 541-938-5481

Veterans Assistance
Helpline 529-3377

VA Medical Center 525-5200
888-687-8863

Veteran Center 526-8381

The Fig Tree

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Idaho, Panhandle North (208)

BENEFICIAL 245-3212

Community Services
Community Action Partnership - CAP 245-0900
WIC 245-3692

Early Learning & Education
NIC HS - St Maries 245-6519
-Plummer-Worley 686-1621
-St Maries 245-2579

Employment & Job Skills
UI Extension 245-2422

Family Crisis
Crisis Intervention (Benewah Cnty Sheriff's Dept) 245-4260

Health Care
Alliance Medical Svcs 245-5427
Benewah Medical Center 686-1449x342
Benewah Community Hospital 245-5551
Benewah County Panhandle Health District 245-4556
Outdoors & Recreation
Heyburn SP 686-1308
McKosrey SP 686-1308
ID Panhandle NFRS - St Joe River Dist 245-2531

Seniors
Area Agency on Aging of North Idaho 667-3179
BAT (Medicaid) 245-4517

Transportation
City Link 877-941-RIDE

BONNER 245-1437

Community Services
Community Action Partnership - CAP 255-2910/800-326-4843
Sandpoint Community Resource Center 920-1840

Food
Bonner County Food Bank 263-3663
Clark Fork Food Bank 266-0321
Pioneer River Food Pantry 448-2352
West Bonner Cnty Food Bank 437-0143
WIC Bonner County 263-5159

HOUSING
CAP 255-2910/800-326-4843
Bonner Gospel Mission 263-6698

Bonner Homeless Transitions 263-6485
Habitat for Humanity 265-5313

Meal Sites
Pioneer River (T dinner) 263-2676
Sandpoint (only) 263-2913
Sun - 12-4 - VFW Hall 263-2913

Community Services
Community Action Partnership - CAP 267-3663/800-725-3663
Community Coalition for Families 267-0900
Housing - Fuller Center for Housing 946-6582
Food - Bonners Ferry (CAP) 267-3663
-WIC Boundary 267-5558

Family Crisis
Life Skills NW 265-6796
Lilly Brooke Family Justice Center 265-3586
Priest River Ministries Advocates for Women 448-2800

Health Care
Bonner County Indigent Office 255-3291/3630
Bonner County Panhandle Health District 263-5159
Bonner General Health 263-1441
Bonner Partners in Care Clinic 259-9099
Inclusion Inc 217-2414
Kaniksu Health Services 263-7101
-Mental Health Services IDHW 265-4535
North Idaho Community Mental Health 265-6798

Human Rights
263-0275

Outdoors & Recreation
Bonner Cnty Parks 255-5681x14
ID Panhandle NFRS - Pioneer River (Pleasant Lake) 443-2512
-Sandpoint District 263-5111
Friends of Scotchman Peaks Wilderness 290-1281
Pleasant Lake 443-2200
Round Lake 263-3489

Seniors
Area Agency on Aging of North Idaho 667-3179
Panhandle Senior Companions 415-5160/800-878-2364
Senior Centers - Clark Fork Hope 266-1653
- Blanchard 437-1037
- Sandpoint 263-6860
-Senior Hospitality Center 267-5554
-Sagle Senior Inc 265-2627
White Tail Transportation 448-0848/877-1261

Transportation
SPOT Bus - Ponderay 263-3774
-Dover 597-7606
-Sandpoint Amtrak Station 800-872-7245

Veterans
Cnty Services 255-5291
Sandpoint CBOC 263-0450

BOUNDARY 245-3212

Community Services
Community Action Partnership - CAP 267-3663/800-725-3663
Community Coalition for Families 267-0900
Housing - Fuller Center for Housing 946-6582
Food - Bonners Ferry (CAP) 267-3663
-WIC Boundary 267-5558

Family Crisis
Julien Bucher Early Learning Center - NIC 267-5756
Boundary County SD 267-3146

Employment & Job Skills
UI Extension 267-3235
NIC Extension 769-3300
877-404-4536
ID Dept of Labor 267-5581

Family Crisis
Youth Crisis & Domestic Violence Crisis Line 267-5581

Health Care
Boundary Community Hospital 267-3141
Boundary County Panhandle Health District 267-5558
Kaniksu Health Services Clinic 263-7101
-Mental Health Services IDHW 265-4335

Outdoors & Recreation
Cty Parks & Rec 304-3603
ID Panhandle NFRS - Bonners Ferry Dist 267-5561
Kootenai NWR 267-3888

Seniors
Area Agency on Aging of North Idaho 667-3179
Discount Rx 877-321-2652
Senior Hospitality Ctr 267-5553

Veterans
Cnty Services 267-8611
Sandpoint CBOC 263-0450

SHOSHONE 752-1264

Community Services
Shoshone County Indigent Services 752-8601
Silver Valley Community Resource Center 784-8891
Sy Vincent de Paul 556-1460
Food
Community Action Partnership - CAP Food Bank 783-4901
Pinehurst - Real Life Ministries 682-4944
Wallace UMC FB 784-3102
WIC Shoshone 786-7474

HOUSING
CAP 255-2910/800-326-4843
Fuller Center for Housing 786-6013

Early Learning & Education
Shoshone HHS - NIC 784-5581

School District
Kellogg Joint 784-1348
Mullan 744-1118
Wallace 753-4515

Family Crisis
Shoshone County Crisis and Resource Center 784-8891

Health Care
Mental Health Services IDHW 784-1352 x217
Shoshone Cnty Indigent Office 752-8601
Shoshone Clinic 784-1221
Shoshone County Panhandle Health 786-7474

Outdoors & Recreation
Friends of the Coeur d’Alene Trails 691-9169
Idaho Panhandle NF - Avery Office 245-4517
Silver Valley Off 783-2363
Shoshone Cnty Parks 753-5475

Seniors
Area Agency on Aging of North Idaho 667-3179

Transportation
Silver Express 853-495-7325
Veterans 752-3331
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<td>UI Extension</td>
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<td>Health Care</td>
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<td>Clearwater County Public Health</td>
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<td>Clearwater Valley Hospital</td>
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<td>-Pioneer Medical Clinic - Pierce</td>
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<td>Dworshak Dam &amp; SP</td>
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<td>Nez Perce-Clearwater NFS</td>
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<td>-North Fork District</td>
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<td>Selway-Bitterroot Wilderness</td>
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<td>Area Agency on Aging of North Central ID</td>
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<tr>
<td>800-786-5536</td>
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<tr>
<td>COAST (COA)</td>
<td>800-873-9996</td>
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<tr>
<td>800-967-2899</td>
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<td>Weippe</td>
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<td>Veterans</td>
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<td>Property Tax Exemption for Disabled Vets</td>
<td>332-1033</td>
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**Clearwater Valley (208), Rural North Central Idaho**

**CLEARWATER 476-5615**

**Community Services**
- Community Action Partnership - CAP: 476-4949/800-326-4843
- County Assistance: 476-3864

**Food**
- Elk River FB: 826-3305
- Orofino FB: 476-7840
- WIC Clearwater: 476-7850

**Employment & Job Skills**
- Orofino ECEAP: 476-3481
- Weippe ECEAP: 435-4289
- Orofino JSD: 476-5593

**Early Learning & Education**
- Grangeville ECEAP: 983-1671
- Kooska Ctr ECEAP: 926-4311
- School Districts:
  - Cottonwood JSD: 962-3791
  - Mountain View SD: 983-0990
  - Salmon River SD: 630-6025

**Employment & Job Skills**
- LCSC Grangeville Outreach Center: 983-2164
- UI Extension: 983-2667

**Environmental**
- Clearwater Resource Conservation & Development Council: 882-4960

**Family Crisis**
- YWCA Lewiston/Clarkston:
  - Craigmont Crisis: 924-5221
  - Highland JSD: 924-5211
  - Kamiah Joint SD: 935-2991

**Employment & Job Skills**
- UI Extension: 937-2311

**Health Care**
- Clearwater Valley Medical Clinics:
  - Kooska Clinic: 926-7801
  - Idaho County Public Health: 983-2842
- St. Mary’s Hospital:
  - Cottonwood Clinic: 962-3267
  - Elk City Medical Clinic: 842-2652
  - Grangeville Clinic: 983-6027
- Syringa Hospital:
  - Grangeville Clinic: 983-0530
  - Kooska Clinic: 926-4776

**Outdoors & Recreation**
- BLM Field Office: 962-3245
- Clearwater NFS:
  - Lochsa Ranger Station: 926-4274
  - Moose Creek District: 926-4258
  - Powell Ranger Station: 942-3113
  - Red River District: 842-2245
  - Salmon River District: 839-2211
- Gospel-Hump Wilderness:
  - Red River District: 842-2245
  - Salmon River District: 839-2211
  - Selway-Bitterroot Wilderness
  - Lochsa Ranger Station: 926-4274
  - Moose Creek District: 926-4258
  - Red River District: 842-2245

**Seniors**
- Area Agency on Aging of North Central ID: 667-3179
  - 800-786-5536
  - COAST (COA) 800-873-9996
  - 800-967-2899

**Veterans**
- Property Tax Exemption for Disabled Vets: 332-1033

**Idaho (IDAHO)**
- 983-2751

**Community Services**
- Food
  - Grangeville – Canas Prairie FB

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  - Spokane, WA 99202
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- www.thefigtree.org
EMERGENCY/REFERRAL LISTINGS:
LISTED BELOW ARE SUGGESTED 24 HOUR CRISIS/HOTLINES

WA INFORMATION NETWORK  211
- Eastern WA 211 (Frontier)  866-904-9060
MY SPOKANE, CITY INFO/SVCS  311
DIRECTORY ASSISTANCE  411
TRAVEL INFO (RD CONDITIONS)  511
PHONE PROBLEMS OR CELL CUSTOMER SERVICE  611
WA RELAY (TDD)  711
CALL BEFORE YOU DIG
- Utility Notification Center  811
EMERGENCIES  911
NATIONAL SUICIDE CRISIS (2022)  988

CHILD WELFARE (DCYF)
- Intake  800-557-9671
- After hrs  800-562-5624

CROSSWALK  838-6596
EXCELSIOR  328-7041
ODYSSEY  325-3637
LCSNW BEHAVIORAL HEALTH & VICTIM ADVOCACY  747-8224
TAMARACK  326-8100

DOMESTIC VIOLENCE & SEXUAL ASSAULT
TXT LINE  220-3727
SEXUAL ASSAULT 24 HR CRISIS LINE - LCSNW VICTIM ADVOCACY & EDUC 624-7273
YWCA DOMESTIC VIOLENCE 24-hr Helpline 326-CALL (2255)

AMERICAN RED CROSS  326-3330
CHAS CLINIC 24/7 Hotline:  866-418-1002
MULTICARE DEACONESSE HOSPITAL  458-5800
POISON CONTROL CNTR  800-222-1222
PROVIDENCE SACRED HEART MEDICAL CENTER  474-3344
UNIFY CLINICS 24/7  483-3427

FOOD BANKS AND WIC
FEED SPOKANE  216-7304
NORTHWEST HARVEST  891-7012
SECOND HARVEST  534-6678/800-662-3136
SNAP (FOOD STAMPS)  877-501-2233
WIC - Family Health Hotline  800-322-2588
- TXT “WIC” to 96859

CHILD CARE & DEVELOPMENT
CHILD CARE AWARE OF EASTERN WA  484-0048/800-446-2229
EXPRESS CHILD CARE  354-7312
FAMILY CARE RESOURCES & REFERRAL  484-0048/800-446-2229
HEAD START/EARLY HEAD START/ECSEP  533-4800
LIBERTY PARK COMMUNITY DEVELOPMENT CENTER  534-0957
MARTIN LUTHER KING JR FAMILY CENTER:  455-8722
SPOKANE CHILD DEVELOPMENT CENTER  924-2850
JOYA CHILD & DEVELOPMENT CENTER  326-1651
SOUTHWEST SPOKANE COMMUNITY CENTER FREE ECSEP (CME)  385-4896
VANESSA BEHAN CRISIS NURSERY  535-3155

COMMUNITY RESOURCE DIRECTORIES & GUIDES IN PRINT & ONLINE
211 Washington Info  http://win211.org
Aging and Long Term Care  altcew.org
Family Fun Guide  thefamilyguide.org
Housing Referrals, Affordable
BUILDINGINW.com  HousingIdaho.com
HousingSearchNW.org  inlander.com
Parent help 123  parenthelp123.org
Prime - Bozzi Media  bozziimedia.com
Spokane Senior Living Guide  spokanewa.innovaging.com
Senior Pages - Spokane  SeniorPages.com
SpokaneCares.org
Spokane Cnty United Way  VolunteerSpokane.org

SENIORS
ALTCEW  458-2509
COMMUNITY LIVING CONNECTIONS  960-7281
DSHS
- Abuse Hotline  866-END-HARM
- APS Intake  800-459-0421/TTY568-3206
- Family Caregiver Support:  458-7450
- Residential Care Services  323-2303
- Spokane HCS  568-3700/800-459-0421
ELDER SERVICES  458-7450
GOLDEN SHERPA  920-2023
SILVER ALERT (MUPU)  800-543-5678
SNAP LONG-TERM CARE OMBUDSMAN  456-7133/800-660-7133

SUICIDE & MENTAL HEALTH CRISIS
24/7 REGIONAL CRISIS LINE  877-266-1818
24/7 TEXT LINE:  741741
FAILSAFE FOR LIFE  475-7334
FIRE DEPARTMENT  911
INLAND NW Bx HEALTH  992-1888
PROVIDENCE SACRED HEART ADULT PSYCHIATRY  474-3131
SOBERING UNIT SERVICES  570-7250
TREVOR  866-488-7386
- TXT “Start” to 678678
VETERANS CRISIS LINE
- 800-273-8255
- TXT 838255

WELFARE & FINANCIAL ASSISTANCE
CATHOLIC CHARITIES  358-4963
COMMUNITY SERVICE OFFICE (DSHS)  washingtonconnection.org  877-501-2233
FAMILY PROMISE  747-5487
SNAP Energy Assistance  456-7111
SSI/SSDI  800-772-1213/TDD 800-325-0778
UNEMPLOYMENT  800-318-6022
WORKERS COMP  800-4BE-SAFE

COMMUNITY RESOURCE DIRECTORIES & GUIDES IN PRINT & ONLINE
211 Washington Info  http://win211.org
Aging and Long Term Care  altcew.org
Family Fun Guide  thefamilyguide.org
Housing Referrals, Affordable
BUILDINGINW.com  HousingIdaho.com
HousingSearchNW.org  inlander.com
Parent help 123  parenthelp123.org
Prime - Bozzi Media  bozziimedia.com
Spokane Senior Living Guide  spokanewa.innovaging.com
Senior Pages - Spokane  SeniorPages.com
SpokaneCares.org
Spokane Cnty United Way  VolunteerSpokane.org

Arc of Spokane  arc-spokane.org/Resource_Guide
WA Connection  washingtonconnection.org
Within Reach  withinreachwa.org
North Idaho Services  niservicesdirectory.com
Sandpoint  sandpointcommunityresource.com
Senior Care  seniorcare.com