



Community Resource Guide

BASIC NEEDS

Housing/Shelter

Catholic Charities	12 E 5th	358-4250	www.cceasternwa.org/housing
Crisis Residential Center (CRC)	201 W 6th	624-2868	www.yfaconnections.org
Crosswalk Teen Shelter (ages 13 - 17)	525 W 2nd	838-6596	www.voaspokane.org/crosswalk
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org
Homeless Families Coordinated Assessment	19 W Pacific	325-5005	
Housing Diversion Program	19 W Pacific	340-9329	diversion@ccspokane.org
Pad Mapper			www.padmapper.com/
SNAP Homeless Services (Spokane County Only)	212 S Wall	456-7627	www.snapwa.org/services-we-provide/i-need-help-with-housing/
Spokane Housing Authority	55 W. Mission	328-2953	http://www.spokanehousing.org/
UGM Crisis Shelter for Women and Children	1515 E Illinois Ave.	535-0486	www.uniongospelmission.org/
UGM Men's Shelter	1224 E Trent	535-8510	www.uniongospelmission.org/
YWCA Shelter for Domestic Violence Survivors		326-2255	ywcaspokane.org/programs/shelter-and-housing/

Food

2nd Harvest	1234 E Front	534-6678	www.2-harvest.org/5/get-help/
Catholic Charities	12 E 5th	358-4250	www.cceasternwa.org/foodforall
Cup of Cool Water (Age 24 and under)	1106 W. 2nd Ave.	747-6686	www.cupofcoolwater.org/
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Holy Trinity Lutheran Monthly Dinner	2511 S Pines	926-7966	
Klothes Kloset @ Opport. Christian Fellowship	12321 E 14th	926-2673	opportunitychristianfellowship.org/connect/klothes-kloset
Otis Orchards Food Bank	4308 N Harvard	555-5148	www.otisorchardssda.org/ministries/food-clothing-bank
Salvation Army Family Services	204 E Indiana	325-6821	spokane.salvationarmy.org/spokane_citadel/cure-hunger/
Spokane Regional Health District (WIC)	1101 W College	324-1420	https://srhd.org/programs-and-services/wic
Spokane Valley Food Bank	10814 E Broadway	927-1153; 928-7769	www.svpart.org/food-bank/
Spokane Valley Partners	10814 E Broadway	927-1153	www.svpart.org
Spok. Valley United Methodist Sunday Lunch	115 N Raymond	924-0460	spokanevalleychurch.org/sunday-free-lunch-at-svumc/
Washington Connection			www.washingtonconnection.org/home/
Women's and Children's Free Restaurant	1620 N Monroe	324-1995	www.wcfrspokane.org/wcfr3/
Free Summer Meal Locator (USDA)			www.fns.usda.gov/summerfoodrocks
Free Summer Meals		800-436-6392	resources.parenthelp123.org/service/summer-meals
Comm. of Christ Church/Free Summer Lunch	11515 E Broadway	535-2513	www.cofchrist-spokane.org

Clothing and Household Items

Catholic Charities	12 E 5th	358-4250	www.cceasternwa.org/
City Gate	170 S. Madison	455-9670	www.thecitygate.org
Cup of Cool Water (Age 24 and under)	1106 W. 2nd Ave.	747-6686	www.cupofcoolwater.org/
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Goodwill Store	13721 E Sprague	509-928-4032	http://discovergoodwill.org/where-to-shop/
Inland NW Baby	15303 E Sprague	499-0670	www.inlandnwbaby.org
Klothes Kloset @ Opport. Christian Fellowship	12321 E 14th	926-2673	opportunitychristianfellowship.org/connect/klothes-kloset
Mission Community Outreach	1906 E. Mission	536-1084	https://www.4mission.org/
Our Place	509 W. College	326-7267	http://ourplacespokane.org/about-us/
Salvation Army Thrift Store	11211 E Sprague	928-9970	spokane.salvationarmy.org/
Spokane Valley Partners Clothing Bank	10814 E Broadway	509-927-1153 x24	http://www.svpart.org/clothing-bank/
Teen & Kid Closet	307 E Sprague	509-534-1151	www.teenkidcloset.org/
Value Village	12205 E Sprague	509-321-1194	www.valuevillage.com/

Utilities/Energy Assistance

Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
SNAP Downtown	212 S Wall St.	456-7627	snapenergyassistance.org

Transportation

Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Spokane Transit Trip Planner		328-7433	www.spokanetransit.com/routes-schedules
Special Mobility Services	12615 E. Mission.	534-9760	http://www.sms1.org/contact

MEDICAL

Medical

Better Health Together (Health Plan Navigators)	1209 W. 1st Ave	960-8593	www.betterhealthtogether.org/
CHAS Medical	15812 E Indiana, Ste.200	444-8200	www.chas.org/services/medical
Patient Services Coordinator (Helps Apply for Health Insurance)		444-8200	
DSHS Pregnancy Medical Program	8517 E Trent	877-501-2233	www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/pregnant-women
Nurse-Family Partnership	1101 W College Ave	321-1621	srhd.org/programs-and-services/nurse-family-partnership
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Providence- House of Charity Free Medical Clinic	32 W. 2 nd Ave	626-9825	www.cceasternwa.org/houseofcharity
Spokane Regional Health District	1101 W College	324-1420	srhd.org/programs-and-services
Washington Connection (Disability and Medicare Savings Programs)			www.washingtonconnection.org/home/
Washington Health Plan Finder			www.wahealthplanfinder.org
Winston Center ADHD & Dyslexia Specialty Center	528 E Spokane Falls Blvd	465-1252	www.winstoncenter.com/

Mental Health

Catholic Charities	1960 N Holy Names Ct	242-2308	www.cceasternwa.org/counseling
Center for Family Development	1404 E 11th	744-1117	www.cffdspokane.com/
CHAS Behavioral Health		998-1667	www.chas.org/services/behavioral-health
Children's Home Society	2323 N Discovery Pl.	747-4174	www.childrenshomesociety.org/spokane
Crisis Text Line (free 24/7 crisis support via text message)		Text HELLO to 741741	
Daybreak Youth Services (Outpatient/Counseling)	200 North Mullan Rd.	927-1688	daybreakyouthservices.org/
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Frontier Behavioral Health	107 S Division	838-4651	www.fbhwa.org
Lutheran Community Services	210 W Sprague	747-8224	lcsnw.org/office/spokane/
National Alliance of Mental Illness Spokane	10 N. Post St., #638	838-5515	www.namispokane.org/
National Suicide Prevention Lifeline		800-273-8255	
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
New Horizon Counseling Services	15407 E. Mission Ave	927-1543	www.nhccspokane.org/contact
Regional Crisis Line		877.266.1818.	
Spokane Mental Health (Frontier Behavioral Health)		838-4651	www.fbhwa.org/
Suicide Hotline		838-4428	
The Center for Children & Families (Theresa Thompson)	483-1866		
Washington Health Plan Finder			www.wahealthplanfinder.org
Youth Family Adult (Frontier Behavioral Health)	107 S Division	838-4128	fbhwa.org/programs/
Wrap around with Intensive Services (WISe)		838.4651, Ext: 377737	fbhwa.org/programs/

Dental

Access to Baby and Child Dentistry (ABCD)	1101 W College Ave	324-1478	www.srhd.org/abcd
CHAS Dental		444-8200	www.chas.org/services/dental
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Spokane Regional Health District	1101 W College	324-1420	www.srhd.org/services
Washington Health Plan Finder			www.wahealthplanfinder.org

Vision

Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Washington Health Plan Finder			www.wahealthplanfinder.org

Substance Abuse

Alcoholics Anonymous		624-1442	
Al-Anon Family Group Headquarters		456-2125	
CHAS Behavioral Health		444-8200	www.chas.org/behavioral-health
Crisis Residential Center (CRC)	201 W 6th	624-2868	www.yfaconnections.org
Daybreak Youth Services (inpatient)	628 South Cowley St.	624-3227	daybreakyouthservices.org/
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Narcotics Anonymous		325-5045	
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
New Horizon Care Center Isabella (Women)	2308 W 3rd Ave	624-1244	https://www.nhccspokane.org/
New Horizon Care Center Sun Ray Ct (Men)	518 S. Browne St	456-5465	https://www.nhccspokane.org/sun-ray-court-1
Partners with Families & Children	1321 W Broadway Ave	473-4810	partnerswithfamilies.org/
Spokane Addiction Recovery Centers at DSHS East	1508 W. 6th Ave	241-3130	sparcop.org/
SPARC Residential Services	812 S. Walnut	624-3251	sparcop.org/
Spokane Treatment and Recovery Services	312 West 8th Ave	477-4631	www.spokanerecovery.org/
Tobacco Quitline		1-800-QUIT- NOW (784-8669)	
Washington Connection			www.washingtonconnection.org/home/
Washington Recovery Helpline		1-866-789-1511	
YFA Connections	22 S Thor	532-2000 x15	www.yfaconnections.org

EMERGENCY & CRISIS

Emergency Assistance

2 nd harvest	1234 E Front	534-6678	www.2-harvest.org/5/get-help/
24 Hour Crisis Hotline (First Call for Help)		838-4428	
Catholic Charities	12 E 5th	358-4250	www.catholiccharitiesspokane.org/programs
Crisis Residential Center (CRC)	201 West 6th	624-2868	www.yfaconnections.org
Crisis Text Line		741741	
Crosswalk Teen Shelter (ages 13 - 17)	525 W 2nd	838-6596	www.voaspokane.org/Services/Homelessness/Crosswalk-Teen-Shelter
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Excelesior Youth Services	3754 W Indian Trail	328-7041	www.excelsioryouthcenter.com
Holy Trinity Lutheran Monthly Dinner	2511 S Pines	926-7966	
Klothes Kloset @ Opport. Christian Fellowship	12321 E 14th	926-2673	www.opportunitychristianfellowship.org/#/ministries
National Runaway Safeline		800-621-4000	www.1800runaway.org/
National Sexual Assault Crisis Hotline		800-656-4673	
National Suicide Prevention Line		800-273-8255	
Regional Crisis Line		877.266.1818.	
Sexual Assault 24-hour Crisis Line:		509-624-7273 (Call /Text)	
SNAP Energy Assistance		242-2376	www.snapwa.org/services/energy/energy-assistance/appointment
Spokane Valley Partners Emergency Assistance		927-1153 x12	www.svpart.org/programs.html
Vanessa Behan Crisis Nursery	1004 E 8th	535-3155	www.vanessabehan.org/for-parents/
Washington Connection (DSHS Emergency Assistance)			www.washingtonconnection.org/home/

Domestic Violence

24-hour Domestic Violence Help Line	930 N Monroe	326-2255	wycaspokane.org/programs/help-with-domestic-violence/
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
National Domestic Violence Hotline		800-799-7233	
WSCADV Economic Justice Program		800-799-SAFE	wscadv.org/projects/economic-justice/
YWCA Local Domestic Violence Hotline/Shelter		326-2255	wycaspokane.org/programs/shelter-and-housing/
YWCA Family Justice Center	930 N Monroe	326-1190	wycaspokane.org/partners/the-family-justice-center/
YWCA Safety Planning Counseling		789-9297	

Legal

Catholic Charities Immigration Legal Services	12 E. 5th Avenue	455-4961	
Child Support Enforcement	1608 W Boone	363-5000	www.dshs.wa.gov/esa/faq?field_topic_value=childenforce
Child Support Modification	1608 W Boone	363-5000	dshs.wa.gov/esa/division-child-support/child-support-modification
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Northwest Justice	1702 W Broadway	324-9128; 888-201-1012	www.nwjustice.org
Partners with Families & Children	1321 W Broadway Ave	473-4810	partnerswithfamilies.org/
TeamChild	1704 W. Broadway	323-1166	
YWCA Family Justice Center	930 N Monroe	326-1190	wycaspokane.org/partners/the-family-justice-center/

Child Abuse

Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
WA State Dept. of Children, Youth & Families - (CPS)		381-3737; 800-363-4276	www.dcyf.wa.gov/safety/report-abuse

Adult Abuse

Aging & Long-Term Support Administration	1330 N Washington	800-459-0421	www.dshs.wa.gov/altsa
End Harm Hotline (866-ENDHARM)		866-363-4276	www.dshs.wa.gov/report-abuse-and-neglect

PARENTS

Parenting Resources

Child Support Enforcement		363-5000	www.dshs.wa.gov/esa/faq?field_topic_value=childenforce
Child Support Modification	1608 W Boone	363-5000	dshs.wa.gov/esa/division-child-support/child-support-modification
Children's Home Society	2323 N Discovery Pl.	747-4174	www.childrenshomesociety.org/spokane
Different Not Less (Liberty Lake)	23123 E Mission	230-6771	(Support Group for Families Affected by Neurological Disorders)
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Northwest Autism Center	25 W 5th	328-1582	www.nwautism.org/
Partners with Families & Children	1321 W Broadway Ave	473-4810	partnerswithfamilies.org/
People Accessing Careers & Education (PACE)		279-6000	scc.spokane.edu/Become-a-Student/PACE-%E2%80%9494-People-Accessing-Careers-Education/PACE
Parent Help 123 Resource Finder			www.parenthelp123.org/resources/resource-finder
Transitions	3128 N Hemlock	328-6702	www.help4women.org/
Vanessa Behan Crisis Nursery	1004 E 8th	535-3155	www.vanessabehan.org/for-parents/
WA State Department of Early Learning			www.dcyf.wa.gov/services/early-learning-providers

Childcare

Childcare Aware of Washington		800-446-1114	www.childcareaware.org/state/washington/
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Vanessa Behan Crisis Nursery	1004 E 8th	535-3155	www.vanessabehan.org/for-parents/
WA State Department of Early Learning			www.del.wa.gov/parents-family/
Washington Connection			www.washingtonconnection.org/home/

CHILDREN and YOUTH

Birth -3

Infant Toddler Network	1101 W College	324-1651	srhd.org/programs-and-services/infant-toddler-network
Vanessa Behan Crisis Nursery	1004 E 8th	535-3155	www.vanessabehan.org/for-parents/
WA State Department of Early Learning			www.dcyf.wa.gov/services/early-learning-providers
Spokane Regional Health District (WIC)	1101 W College	324-1420	https://srhd.org/programs-and-services/wic

PreSchool - 5 (K - 5th grades - Ages 4-11)

Central Valley ECEAP (Preschool)	10304 E 9th	228-5810	elc.cvsd.org/
ChildFind - Central Valley School District		228-5860	www.cvsd.org/apps/pages/index.jsp?uREC_ID=1234595&type=d&pREC_ID=1465349
ChildFind - East Valley School District		927-9511	
ChildFind - West Valley School District		927-1138	
National Runaway Safeline		800-621-4000	www.1800runaway.org/
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Salvation Army	222 E Indiana	325-6810	www.salvationarmyspokane.org/services/
Spokane Regional Health District (WIC)	1101 W College	324-1420	srhd.org/programs-and-services/wic
Vanessa Behan Crisis Nursery	1004 E 8th	535-3155	www.vanessabehan.org/for-parents/
WA State Department of Early Learning			www.dcyf.wa.gov/services/early-learning-providers

Middle School (6-8 grades - Ages 11 - 14)

Crosswalk Teen Shelter (Ages 13 - 17)	525 W 2nd	838-6596	www.voaspokane.org/Services/Homelessness/Crosswalk-Teen-Shelter
Cup of Cool Water (Age 24 and under)	1106 W. 2nd Ave.	747-6686	www.cupofcoolwater.org/
Daybreak Youth Services	10814 E Broadway	927-1688	daybreakyouthservices.org/
Excelsior Youth Services	3754 W Indian Trail	328-7041	www.excelsiorwellness.org/
Juvenile Rehabilitation (JRA)	1626 W Boone	363-4995	www.dshs.wa.gov/node/316/
National Runaway Safeline		800-621-4000	www.1800runaway.org/
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Salvation Army (Ages 11 - 12)	222 E Indiana	325-6810	spokane.salvationarmy.org/

High School (9 - 12 grades - Ages 14 - 18)

Cup of Cool Water (Age 24 and under)	1106 W. 2nd Ave.	747-6686	www.cupofcoolwater.org/
Crosswalk Teen Shelter (Ages 13 - 17)	525 W 2nd	838-6596	https://www.voaspokane.org/crosswalk
Daybreak Youth Services	10814 E Broadway	927-1688	daybreakyouthservices.org/
Excelsior Youth Services	3754 W Indian Trail	328-7041	www.excelsiorwellness.org/
Job Corp	901 E. 2nd Ave Ste. 100	534-2269	www.jobcorps.gov
Juvenile Rehabilitation (JRA)	1626 W Boone	363-4995	www.dshs.wa.gov/node/316/
National Runaway Safeline		800-621-4000	www.1800runaway.org/
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Next Generation Zone	901 E 2nd, #100	340-7800	nextgenzone.org/
NewTech Skills Center	4141 N Regal	354-7470; 354-7440	www.spokaneschools.org/newtech
Odyssey Youth Movement (LGBTQ)	1121 S. Perry St	325-3637	www.odysseyyouth.org/
Teen Line		1-877-345-TEEN (8336)	teenlineonline.org/
The Trevor Project (LGBTQ)		1-866-488-7386	www.thetrevorproject.org/
Youth Family Adult (Frontier Behavioral Health)	107 S Division	838-4128	www.fbhwa.org/

Ages 18 - 24

Excelsior Youth Services	3754 W Indian Trail	328-7041	https://www.excelsiorwellness.org/
National Runaway Safeline		800-621-4000	www.1800runaway.org/
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Next Generation Zone	901 E 2nd, #100	340-7800	nextgenzone.org/
PACE (People Accessing Careers & Education)		279-6000	scc.spokane.edu/Become-a-Student/PACE-%E2%80%94-People-Accessing-Careers-Education/PACE

Summer Activities/Recreation

Comm. of Christ Church - Free Lunch Program	11515 E Broadway	535-2513	www.cofchrist-spokane.org
Free Summer Meals		800-436-6392	https://resources.parenthelp123.org/service/summer-meals
HUB Sports Center	19619 E Cataldo	927-0602	www.hubsportscenter.org/
Spokane Parks and Recreation	808 W Spokane Falls	625-6200	www.my.spokanecity.org/recreation
Spokane Public Library	906 W Main Ave	444-5300	Spokanelibrary.org
YMCA of the Inland Northwest	2421 N. Discovery Place	777-9622	ymcainw.org

EMPLOYMENT

Community Minded Enterprises Hub Pathways		209-2634	https://community-minded.org/services/
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Employment Security Department			www.esd.wa.gov
Goodwill Industries	130 E 3rd	344-0163	www.goodwill.org/find-jobs-and-services/
Next Generation Zone	901 E 2nd, #100	340-7800	www.nextgenzone.org
PACE (People Accessing Careers & Education)		279-6000	scc.spokane.edu/Become-a-Student/PACE-%E2%80%94-People-Accessing-Careers-Education/PACE
Spokane County Employment	116 W. Broadway		www.spokanecounty.org/1002/employment
WorkSource	130 S Arthur	532-3000	worksourcewa.com/

OTHER

Disability Services

Aging & Long-Term Support Administration	1330 N Washington	800-459-0421	www.dshs.wa.gov/altsa
Arc of Spokane	320 E 2nd	789-2247	www.arc-spokane.org/
Developmental Disabilities Administration (DDA)	1611 W Indiana	329-2900	www.dshs.wa.gov/dda
Different Not Less (Liberty Lake)	23123 E Mission	230-6771	(Support Group for Families Affected by Neurological Disorders)
Division of Vocational Rehabilitation (DVR)	1313 N Atlantic	363-4700	dshs.wa.gov/office-of-the-secretary/division-vocational-rehabilitation
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Goodwill Industries	130 E 3rd	344-0163	http://www.goodwill.org/
Infant Toddler Network	1101 W College	324-1651	srhd.org/programs-and-services/infant-toddler-network
Northwest Autism Center	25 W 5th	328-1582	www.nwautism.org/
PACE (People Accessing Careers & Education)		279-6000	scc.spokane.edu/Become-a-Student/PACE-%E2%80%94-People-Accessing-Careers-Education/PACE
Spokane Center for Independent Living	8817 E. Mission Ave	326-6355	scilwa.org/
Washington Connection			www.washingtonconnection.org/home/

English as a Second Language

Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
Language Line Services		866-874-3972	

Interpreter Services

Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
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Senior/Elderly Resources

Catholic Charities	12 E 5th	509-358-4250	cceasternwa.org/
Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/

Miscellaneous Numbers

Eastern WA Information Network (211)		2-1-1; 877-211-9274	win211.org/
End Harm Hotline (866-ENDHARM)		866-363-4276	www.dshs.wa.gov/endharm.shtml
Greater Valley Support Network			http://padlet.com/wall/valleyhomelessboard
National Runaway Safeline		800-621-4000	www.1800runaway.org/
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Parent Help 123 Resource Finder			www.parenthelp123.org/resources/resource-finder
Regional Crisis Line		1.877.266.1818.	
Salvation Army	222 E Indiana	325-6810	www.salvationarmyspokane.org/services/
Spokane County Resource Directory			www.thefigtree.org/connections-resources.html
Spokane Regional Health District	1101 W College	324-1420	www.srhd.org/services
Spokane Valley Partners	10814 E Broadway	927-1153	www.svpart.org
Suicide Hotline		838-4428	www.spokanecares.org/depression-suicide-prevention-spokane.php
The Center for Children and Families	200 North Mullan Rd	483-1866	www.facebook.com/The-Center-for-Children-and-Families-330897457007956/
Washington Connection (TANF, Food, Childcare, etc)			www.washingtonconnection.org/home/
WA State Child Protective Services (CPS)		363-3333; 800-562-5624	www.dshs.wa.gov/ca/safety/abusereport.asp

Summer Resources

Free Summer Meal Locator (USDA)			www.fns.usda.gov/summerfoodrocks
Free Summer Meals		800-436-6392	resources.parenthelp123.org/service/summer-meals
Comm. of Christ Church/Free Summer Lunch	11515 E Broadway	535-2513	www.cofchrist-spokane.org
Spokane County Library Summer Programs 2019			www.sclcd.org/engage/
Spokesman-Review Summer Camps List 2019			www.spokesman.com/marketing/summer-camps/
Spokane Cares			spokanecares.org/