

## Family & Parenting Resources

### FAMILY PLANNING, REPRODUCTION, INFANT AND MATERNITY CARE

#### Alexandria's House 489-0349

VOLUNTEERS OF AMERICA FAX: 489-3863  
Mail: 525 W 2nd Ave, Spokane 99201

[bcannon@voaspokane.org](mailto:bcannon@voaspokane.org)

[voaspokane.org/alexandriashouse](http://voaspokane.org/alexandriashouse)

Dir: Bridget Cannon

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

POB 14594, Spokane Valley 99214

[contactus@basketsforbabies.org](mailto:contactus@basketsforbabies.org)

[www.basketsforbabies.org](http://www.basketsforbabies.org)

Dir: Tamara McClellan

Newborn program: child safety, layettes and crib program.

#### Birthing Options

[birthingnaturally.net](http://birthingnaturally.net) [idahomidwives.org](http://idahomidwives.org)

[spokanebirthsupport.com](http://spokanebirthsupport.com)

[washingtonmidwives.org](http://washingtonmidwives.org) [dona.org](http://dona.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](http://birthright.org)

Offers an emergency pregnancy service and offers free pregnancy tests, maternity and baby clothes in a loving atmosphere.

#### Bloom Spokane

PO Box 21005, Spokane 99201

[info@bloomspokane.org](mailto:info@bloomspokane.org)

[bloomspokane.org](http://bloomspokane.org) 944-0089

Provides information, options, and resources about pregnancy, childbirth and the postpartum year to parents in the Spokane/CDA region.

#### Bun in the Oven Bakery

2127 E 5th Ave, Spokane 99202

[kevin@bunintheovenbakery.org](mailto:kevin@bunintheovenbakery.org)

[bunintheovenbakery.org](http://bunintheovenbakery.org) 244-1925

[bunintheovenbakery.wordpress.com/](http://bunintheovenbakery.wordpress.com/)

An outreach to pregnant teens to provide support, education and other resources needed to make positive choices for the mom and her newborn.

#### CAPA - Childbirth & Parenting Assistance/PREPARES

CATHOLIC CHARITIES 455-4986

POB 2253, Spokane 99210

12 East 5th Ave, 99202, lower lvl

[catholiccharitiesspokane.org](http://catholiccharitiesspokane.org)

Lisa Green [lgreen@ccspokane.org](mailto:lgreen@ccspokane.org)

CAPA/Prepares works with vulnerable families with children ages five and under providing counseling, referrals and resources, parenting and childbirth classes, support groups, mother and father mentors, clothing, and diapers.

#### First Steps/Community Health Services

Enrollment 800-322-2588

Supportive care offering maternity support care and infant case management for Spokane's Medicaid-eligible women through pregnancy and baby's first year. Associated with CHAS Maternity Support Services 444-8200  
Riverstone Family Health 483-3427  
Spokane Falls Family Clinic 326-4343 x4316

#### Gritman Family Birth Center

700 S Main, Moscow 83843

[Alyssa.martsching@gritman.org](mailto:Alyssa.martsching@gritman.org)

[gritman.org](http://gritman.org) 208-883-2229

Dir: Alyssa Martsching Fax: 883-2239

Offers breast feeding, post-birth baby clinic and motherhood support group. First Steps offers birth and prenatal support, education, and parental resources.

#### Inland NW Baby 499-0670

15303 E Sprague [InlandNWbaby.org](http://InlandNWbaby.org)

PO Box 22, Spokane Valley 99037

[info@inlandnwbaby.org](mailto:info@inlandnwbaby.org)

Provides basic necessities of diapers, new and gently used clothing through size 8, and hygiene items through community partner agencies.

#### La Leche League

LLL Breastfeeding Helpline-US

877-4-LALECHE (877-452-5324)

WA LLL [lllofwa.org](http://lllofwa.org)

Provides support and information for breast-feeding mothers and their families. Meets monthly.[llli.org](http://llli.org)

Spokane Hotline 534-3674

SPOKANE NORTHSIDE 484-0340

Health Education Center

Holy Family Medical Building,

235 E Rowan, 99208

SPOKANE CITY 484-0340

Women's Club of Spokane

1428 West 9th Ave

SPOKANE VALLEY 716-512-5475

Embracing Your Birth, 9003 E

Euclid, Ste B, Millwood 99212

WEST PLAINS 244-4191

Airway Heights Library

PALOUSE 208-310-3038

St James Episcopal, 1410 NE

Stadium Way, Pullman 99163

Uma Center, 414 South Jefferson

St, Moscow ID 83843

COLVILLE Mt Carmel Health

Education Center, 1169 E Columbia

[crtslIII@gmail.com](mailto:crtslIII@gmail.com) 680-8944

IDAHO LLL [III.sara.carney@gmail.com](mailto:III.sara.carney@gmail.com)

[III.org/web/idaho.html](http://III.org/web/idaho.html)

COEUR D'ALENE

Mother's Haven 208-772-9880

2112 N Government Way

Coeur d'Alene 83814 800-525-3243

LEWIS-CLARK VALLEY- CLARKSTON

Our Savior's Lutheran, 1115 13th St,

208-790-4646

#### Lamaze International 800-368-4404

[lamazeinternational.org](http://lamazeinternational.org) Fax 202-367-2128

Local referrals for expectant couples on Lamaze childbirth method. Promotes normal birth through education and advocacy.

#### Life Services' iCHOICE Clinics

[lifeservices.org](http://lifeservices.org) 327-0701

Provides pregnancy medical crisis resolution for unplanned pregnancies, STD and STI testing and treatment. Post abortion counseling, licensed maternity home and host homes for pregnant and parenting young women, life skills classes and a young moms' support group.

#### Mission Community Outreach Center

536-1084

1906 E Mission Ave

PO Box 3581, Spokane 99220

[mcoc.spokane@gmail.com](mailto:mcoc.spokane@gmail.com)

Dir: Ruth Wagley [4mission.org](http://4mission.org)

Provides clothing, household goods, hygiene and infant items to low income residents in 99202, -203, -207, -217, -223.

#### NARAL Pro-Choice WA

811 First Ave, Ste 456 206-624-1990

Seattle 98104 Fax: 624-4505

[info@prochoicewashington.org](mailto:info@prochoicewashington.org)

[prochoicewashington.org](http://prochoicewashington.org)

Exec Dir: Rachel Berkson

Grassroots network of pro-choice

activists in Washington to

preserve and expand safe

reproductive health care in

Washington state.

#### Nurse Family Partnership

SPOKANE REGIONAL HEALTH DISTRICT

1101 W College 324-1621

Spokane 99201 [srhd.org](http://srhd.org)

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 PPC & Real Choices Clinic

208-667-5433

1800 Lincoln Way, Ste 201

Coeur d'Alene 84814

[info@realchoicesclinic.com](mailto:info@realchoicesclinic.com)

[realchoicesclinic.com](http://realchoicesclinic.com) Fax: 667-4007

Confidential pregnancy help.

#### Palouse Care Network

1515 West A 208-882-2370

Moscow 83843 Fax: 882-3462

24 hr Line 800-395-HELP

[office@palousecarenetwork.com](mailto:office@palousecarenetwork.com)

[palousecarenetwork.com](http://palousecarenetwork.com)

A 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.

#### Planned Parenthood 866-904-7721

1117 Tieton Dr, Yakima 98902

[plannedparenthood.org/ppgwni/](http://plannedparenthood.org/ppgwni/)

Pres/CEO: Karl Eastlund

Provides reproductive health care,

honest education and fearless

advocacy for all.

SPOKANE HEALTH CENTER

123 E Indiana Ave, 99207

SPOKANE VALLEY HEALTH CENTER

12104 E Main St, 99206

PULLMAN HEALTH CENTER

1525 SE King Dr, Pullman 99163

WALLA WALLA HEALTH CENTER

828 S First Ave, Walla Walla 99362

#### Right to Life (Human Life Education Foundation) 208-664-4919

PO Box 282, Hayden Lake 83835

[righttolifecoeurdalene.org](http://righttolifecoeurdalene.org)

RIGHT TO LIFE OF IDAHO PREGNANCY

CRISIS HOTLINE 800-395-4357

[www.rtli.org](http://www.rtli.org) [rtli@rtli.org](mailto:rtli@rtli.org)

Pro-life education & lobbying.

Saves lives one life at a time.

#### Rockwood Midwifery Center

Deaconess Health and Education

Center, 910 W Fifth Ave, Ste 300

Spokane 99204 755-5205

[rockwoodclinic.com/services/](http://rockwoodclinic.com/services/midwifery-center)

[midwifery-center](http://midwifery-center) Fax: 755-6580

Lauren Armstrong, Kathleen Bentley,

Valerie Ewert, Renata Gruber, Kendra

Johnson, Kelli Shannon

Provides health care for women

throughout their lives including

contraceptive care, pre-conception

counseling, family planning,

menopausal management,

management of common health

illness, Infection screening and

treatment, well woman and annual

gynecological exams, prenatal,

labor, delivery and postpartum

care, presence throughout labor,

breast feeding education, breast

and cervical program, and The

Midwife Childbirth Experience.

## SIDS Resources & Support

**INLAND NW SIDS/SUIDS FOUNDATION**  
103 South 4th St, 2nd flr  
Coeur d'Alene 83814  
[inwsids.org](http://inwsids.org) **208-557-4371**

Seeks to reduce the risk of sudden infant deaths through education. Provide Safe Infant Sleep education makes parents, childcare providers and health professionals aware of current evidence-based practices to reduce the risk of sudden infant death. Also offers emotional and informational support to anyone affected by a sudden infant death.

## **NORTHWEST INFANT SURVIVAL & SIDS ALLIANCE** **800-533-0376**

4649 Sunnyside Ave N, Ste 350  
Seattle 98103 **206-548-9290**  
Exec Dir: Krista Sandberg [nwsids.org](http://nwsids.org)  
[execdirector@nwsids.org](mailto:execdirector@nwsids.org)

Provides individuals and families touched by SIDS with support through peer companions, grief packets and professional referrals. Promotes safe sleep education in the community and supports research efforts to prevent and ultimately eliminate SIDS.

## **Vanessa Behan Crisis Nursery**

1004 E 8th Ave **535-3155**  
Spokane 99202 [vanessabehan.org](http://vanessabehan.org)  
SEE CHILDREN & YOUTH CRISIS

## **WISH Medical** **208-892-WISH**

1515 West A St, Moscow 83843  
[wishmedical.com](http://wishmedical.com)

**Fax: 208-892-3588**

Provides specialized medical, educational and practical support for those facing pregnancy, sexual health and abortion related issues.

## **WIC (Women, Infants & Children Supplemental Food Program)**

Pregnant and breast feeding women and children 0-5, receive education and help finding services. Free food checks for healthy foods.

**WIC SPOKANE REGIONAL HEALTH DISTRICT**  
SRHD, 1101 W College **324-1620**  
Spokane 99201

[spokanewic.org](http://spokanewic.org) 8-5 M-F

**WIC Deer Park** **276-3770**

Deer Park UMC, E 113 2nd St

Deer Park 99006 8-4:30 Th

**WIC East Central**

500 S Stone **323-2830**

Spokane 99202 8-5 M-F

**WIC North Spokane** **323-2818**

5901 N Lidgerwood, Ste 21B

Spokane 99208 8-5 M-F

**WIC Northeast CC**

4001 N Cook **323-2828**

Spokane 99207 8-5 M-F

**WIC Spokane Valley**

12213 E Broadway, Ste 5 **323-2800**

Spokane 99206 9-5 M-F

**WIC WEST CENTRAL COMMUNITY CENTER**

1603 N Belt **323-7497**

Spokane 99205 8:30-4:45 M-F

**westcentralcc.org**

**WIC Airway Heights** **244-9334**

13120 W 13th Ave

Spokane 99001 9-4 W

**WIC Cheney** **559-5839**

Cheney UMC, 204 4th St

Cheney 99004 9:30-4 Th

WIC Fairchild AFB, Bldg 2447 Rm

306, 610 N Depot Ave Fairchild

AFB 990011 **247-2760** 9-3:30 T

**WIC ADAMS COUNTY HEALTH DEPT**

108 W Main St **488-2031**

Ritzville 99169 8:20-12 & 1-4:30 W

**WIC ASOTIN COUNTY HEALTH DISTRICT**

102 1st St **243-3344**

PO Box 306, Asotin 99402

**WIC LINCOLN COUNTY HEALTH DEPT**

90 Nicholls St **725-9213 x26**

Davenport 99122 9-5 T-Th, 4th Fri

[bcassidy@co.lincoln.wa.us](mailto:bcassidy@co.lincoln.wa.us)

**WIC WHITMAN COUNTY HEALTH DEPT**

**WIC COLFAX** **397-6280**

Public Health Bldg, N 310 Main St

Colfax 99111 Every Tues

**WIC Pullman** **332-6752**

1205 SE ProMall Blvd # 203

Pullman 99163 MW1stF

**WIC NORTHEAST TRI-COUNTY HEALTH DISTRICT** **684-5048**

240 E Dominion

Colville 99114 8-4:30 M-F

**WIC Newport** **447-3131**

605 Hwy 20 **Fax: 447-5644**

Newport 99156 8-4:30 WTh

**WIC Republic** **775-3111**

147 N Clark Ave #1

Republic 99166 8-4, M-Th

**WIC PANHANDLE REGIONAL HEALTH**

Hayden 8-5 M-F **208-415-5130**

**WIC Benewah County-St. Maries**

8-12 & 1-5 W; 8-12 F **844-415-5130**

**WIC Bonner County - Sandpoint**

8-5 M-F **844-415-5130**

**WIC Boundary County - Bonners Ferry**

8-12 & 1-5 TW **844-415-5130**

**WIC Shoshone County - Kellogg**

8-5 M-F **844-415-5130**

**WIC PUBLIC HEALTH IDAHO NORTH CENTRAL DISTRICT**

[idahopublichealth.com](http://idahopublichealth.com)

**WIC LATAH COUNTY** **208-882-7353**

E 333 Palouse River Dr

Moscow 83843 8-5 M, W-F

**LEWISTON** **208-799-3100**

215 10th St 83501 8-5 M-F

**GRANGEVILLE** **208-983-2842**

903 E Main 83530

**OROFINO** **208-476-7850**

105 115th St 83544

**KAMIAH** **208-935-2124**

132 N Hill St 83536

**FOSTER CARE & ADOPTIONS**

[antiochadoptions.org](http://antiochadoptions.org) [awaa.org](http://awaa.org)

[dshs.wa.gov/ca/adoption-and-adoption-support/adoption](http://dshs.wa.gov/ca/adoption-and-adoption-support/adoption)

[http://healthandwelfare.idaho.gov/Children/AdoptionFosterCareHome/](http://http://healthandwelfare.idaho.gov/Children/AdoptionFosterCareHome)

[Children/AdoptionFosterCareHome/tabid/75/Default.aspx](http://Children/AdoptionFosterCareHome/tabid/75/Default.aspx)

[kingdomkidsadoption.org](http://kingdomkidsadoption.org)  
[itsaboutlove.org/ial/ct/eng/site/adopting-families](http://itsaboutlove.org/ial/ct/eng/site/adopting-families)  
[spokane-wa.adoption.com](http://spokane-wa.adoption.com)  
[spokaneconsultants.com](http://spokaneconsultants.com)

## **Child & Family Services**

**ID DEPT OF HEALTH & WELFARE - REGION 1** **208-769-1515**

1250 Ironwood Dr, Ste 100

Coeur d'Alene 83814

[healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)

Child Protection Reporting (24

hour), adoptions, foster care

licensing, child mental health.

**KELLOGG** **208-784-1352**

**PONDERAY** **208-265-4523**

**REGION 2**

**GRANGEVILLE** **208-983-2522**

**LEWISTON** **208-799-4360**

**MOSCOW** **208-882-0670**

## **Family Foster Parent Association of Eastern Washington**

**Spokane:** **363-3555**

**FIRST Support:** **253-219-6782**

**FP Support:** **800-301-1868**

**Omsbudsmen Family & Children:** **800-571-7321**

[fpas.org/supportgroups.php](http://fpas.org/supportgroups.php)

Online search for area foster

parent support groups.

## **Foster Family Support Services WA (DSHS)**

Families for Kids Regional Dir:

Dennis MCGaughy **747-8224**

[dshs.wa.gov/ca/fosterparents/index.asp](http://dshs.wa.gov/ca/fosterparents/index.asp)

Counseling, training, support and

home visits for families providing

short-term foster care.

## **FosteringWA (DSHS/EWU)**

**877-620-5748** **359-6130**

[ewu.edu/fosteringwa](http://ewu.edu/fosteringwa)

[fosteringwa.in.facebook.com](http://fosteringwa.in.facebook.com)

traingsd to become a foster parent.

## **Fulcrum Institute Dispute**

**Resolution Clinic** **838-2799**

211 W Augusta, Spokane 99205

[fulcrumdispute.com](http://fulcrumdispute.com) **Fax: 838-5588**

The Interchange offers programs

providing a safe and neutral

environment for parents and their

children. Serves as an outreach

program in which supervised

visitation and/or exchanges of

children between custodial and

non-custodial parents can occur.

## **Hutton Settlement Children's Home**

9907 E Wellesley Ave **926-1027**

Spokane 99206 **Admin: 838-2789**

[mbutler@huttonsettlement.org](http://mbutler@huttonsettlement.org)

[huttonsettlement.org](http://huttonsettlement.org)

Exec Dir: Michael Butler

Nurtures, educates and prepares

children who are in need of a

safe and healthy home. Provides

residential care for children ages 5-18.

## **Independent Youth Housing**

**VOLUNTEERS OF AMERICA** **688-1115**

525 W 2nd Ave, 2nd Flr, Spokane 99201

[smack@voaspokane.org](mailto:smack@voaspokane.org)

[voaspokane.org/independentliving](http://voaspokane.org/independentliving)

Dir: Sara Mack **Fax: 624-2275**

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.

## **Institute for Family Development**

720 W Boone, Ste 200 **328-3802**

Spokane 99201 [institutefamily.org](http://institutefamily.org)

Homebuilders and Phase II program

includes crisis intervention, family

counseling, parenting and life

skills. Educates families whose

children are at risk of placement or

engaging in risk-taking behaviors.

Referrals through DCFS social

workers only.

## **LDS Family Services**

**WASHINGTON SPOKANE OFFICE**

11707 E Sprague **926-6581**

Ste 202 **800-453-3860**

Spokane 99206 **x2, x1711**

[providentliving.org](http://providentliving.org) **Fax: 921-1375**

Handles adoptions, addiction

recovery and counseling.

## **Morning Star Foster Care Services**

4511 S Glenrose Rd, Spokane 99223

PO Box 8087, 99203 **448-1202**

**Referrals** **448-1202x201**

[morningstarfamilycenter.org](http://morningstarfamilycenter.org)

Nadya Hinson [nhinson@msbranch.org](mailto:nhinson@msbranch.org)

Provides dedicated,

compassionate assistance to

foster/adoptive parents and foster/

adoptive children. Training foster

parents year-round.

## **Neutral Ground**

PO Box 1763 **208-772-1967**

Hayden 83835 **208-772-4977**

Sandra Davis, Virginia Balsler

A safe place for children in

transition from one parent to

another.

## **Sally's House** **325-6810**

Mail: 222 E Indiana, Spokane 99207

[makingspokanebetter.com](http://makingspokanebetter.com)

Coord: Becky Hoogstad

Emergency foster care receiving

facility for children ages 2-12,

removed from their home due to

abuse or neglect.

## **Service Alternatives Inc**

1303 N Division, Ste B **325-4390**

Spokane 99205 **Fax: 325-7280**

[cdepiro@servalt-cfs.com](mailto:cdepiro@servalt-cfs.com) [servalt.com](http://servalt.com)

Licenses foster care homes,

provides ILS, FPS, safe care,



respite, Roads to Community & Living transitions services.

### Spokane Consultants in Family Living

800-828-6274

1623 W Gardner, Spokane 99201  
**Birthparent 24-Hour 863-4640/1**  
[maureen@spokaneconsultants.com](mailto:maureen@spokaneconsultants.com)  
[spokaneconsultants.com](http://spokaneconsultants.com)  
[Facebook.com](https://www.facebook.com) **328-6274**

Dir: Nancy Johnson Fax: 326-2341  
Family therapy, diagnostic group and licensed child-placing agency specializing in attachment and open adoption for birth parents, adoptive parents and adoptees.

### WA State Dept of Social and Health Services - Children's Administration (Division of Children and Family Services)

Child Abuse/Neglect reporting  
Hotline: 866-363-4276  
(866-END-HARM)

Services for parents and children under age 18, includes adoption, foster parenting, child protective services, family reconciliation, receiving care and medical coupons for foster children, and licensing for day care/foster homes.

SPOKANE DCFS OFFICE - REGION 1  
NORTH HQ 363-3500/800-557-9671  
1313 N Atlantic, Ste 2000

Spokane 99201 Fax: 363-4601  
Intake Only/Reception: 800-557-9671  
CPS Intake Number (24 Hours)  
800-562-5624

CLARKSTON DCFS OFFICE 751-4686  
525 - 5th St Fax: 758-4588  
Clarkston WA 99403

Intake 800-557-9671  
Reception 866-234-6313

COLFAX DCFS OFFICE 397-5040  
418 S Main, Ste 2 Fax: 397-4583  
PO Box 31, Colfax 99111

Intake 800-557-9671

COLVILLE DCFS OFFICE 685-5660  
1100 South Main Fax: 685-5666  
PO Box 537, Colville 99114

Intake 800-557-9671  
Reception 800-544-0543

MOSES LAKE DCFS OFFICE 764-5757  
1651 S Pilgrim St Fax: 764-5685  
Moses Lake 98837

Intake 800-557-9671  
Reception 800-749-5965

NEWPORT DCFS OFFICE 447-6216  
1600 West First St Fax: 447-5256  
PO Box 570, Newport 99156

Intake 800-557-9671  
Reception 800-473-6022

OMAK DCFS OFFICE 846-8700  
130 S Main Fax: 826-7440  
PO Box 3729, Omak WA 9884

Intake 800-557-9671  
Reception 800-869-4018

REPUBLIC DCFS OFFICE & LINCOLN CO  
89 E Delaware 775-2220  
PO Box 1037, Republic 99166

Intake 800-557-9671  
WALLA WALLA DCFS OFFICE 524-4900

206 W Poplar Fax: 527-4655  
Walla Walla 99362  
Intake 800-557-9671  
After Hours 800-562-5624

## PARENTING COURSES

### Adventures in Motherhood

FAMILY & PARENTING RESOURCES, LIFE CNTR  
1202 N Government Way  
Spokane 99224 327-4422x245  
Recovery group to nurture women and men. Groups meet once or twice a month. Bible Studies for women of all ages.

### CAPA - Childbirth & Parenting Assistance Program

CATHOLIC CHARITIES 455-4986  
POB 2253, 99210 Fax: 358-4259  
12 East 5th Ave, Spokane 99202  
[catholiccharitiesspokane.org](http://catholiccharitiesspokane.org)

### Car Seat Safety Resources:

CHENEY FIRE DEPT 498-9291  
LIBERTY LAKE POLICE 755-1140  
KOOTENAI HEALTH 208-625-4000  
KOOTENAI COUNTY FIRE RESCUE -  
Outside CdA 208-676-8739  
KOOTENAI MEDICAL CENTER -SAFE KIDS  
COALITION 208-666-2511  
2003 Lincoln Way, CdA 83814  
SHRINER'S HOSPITAL 342-0110  
PREVENTION PROGRAM  
SUCCESS BY 6 PALOUSE 208-882-7162  
[successby6@gmail.com](mailto:successby6@gmail.com)  
WA CHILD PASSENGER SAFETY  
PROGRAM 800-BUCK-L-UP

A Safe Haven for Abused, Neglected & Abandoned Children  
Donate Today!



Every child deserves a safe and loving place to call

# HOME

509.926.1027 • [www.huttonsettlement.org](http://www.huttonsettlement.org) • [facebook.com/huttonsettlement](https://www.facebook.com/huttonsettlement)

9907 E. Wellesley in the Spokane Valley

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

\* Note full listings with more contact information and descriptions can be found by looking them up in the index. Some will be found in this section, others in employment training, job-training and housing.

### MEN'S REOURCES

[fatherhood.gov](http://fatherhood.gov)

#### Addiction:

NEW VISION @ HOLY FAMILY HOSPITAL 252-6488  
SUN RAY COURT DRUG ADDICTION TREATMENT 456-5465

#### Children & Teens

MORNING STAR BOYS RANCH 4511 S Glenrose 448-1411  
Spokane 99223 Referrals 448-12032  
TEEN CHALLENGE INTERNATIONAL SPOKANE MEN'S CENTER 244-5610  
2400 N Craig Rd, 99224

#### Employment:

I-BEST (INTEGRATED BASIC EDUCATION SKILLS TRAINING) - SCC-OFF CAMPUS PROGRAM 279-6226  
2617 W Ft George Wright Dr

#### Fatherhood Resources:

CAPA FATHERING PROG 455-4970  
12 E 5th Ave, Spokane  
SPOKANE FATHERS NETWORK, ARC OF SPOKANE 328-6326  
320 E 2nd Ave, 99202

#### Housing: (no children)

HOUSE OF CHARITY 624-7821  
32 W Pacific, Spokane  
SET FREE OUTREACH RANCH 292-5082  
2111 Sargent Rd, Elk c218-4006  
SPOKANE DREAM CENTER 624-2636  
29 W 2nd Ave, Spokane  
TRUTH MINISTRIES 990-8415  
1910 E Sprague 456-2576  
UGM MEN'S SHELTER 1224 E Trent 535-8510

#### Idaho Resources: (208)

NURTURING FATHERS PARENTING CLASS IN COEUR D'ALENE 676-1515  
HELP center, 201 E Harrison, ST VINCENT DE PAUL EMERGENCY SHELTER 664-3095 x309  
HELP Center 201 E Harrison Ave, Coeur d'Alene  
THE PROGRAM 667-6606  
421 E Coeur d'Alene Ave, Ste 1-A

#### Employment Services:

CAREER TRANSITIONS (SCC-OFF CAMPUS PROG) 279-6065  
Magnuson Bldg  
2917 W Ft Wright, MS3027  
CHRIST KITCHEN 325-4343  
2410 N Monroe, Spokane 99205  
NEW LEAF BAKERY CAFE JOB TRAINING - TRANSITIONS 496-0396  
3104 W Fort George Wright  
WOMEN'S OPPORTUNITY CENTER (YWCA) 930 N Monroe 326-1190

#### Housing: Pregnant Women

ALEXANDRIA'S HOUSE (VOA) Mail: 525 W 2nd Ave 489-0349  
LIFE SERVICES CLINIC AND MATERNITY HOME 2659 N Ash St 327-0701

#### Housing: Single Women

HOPE HOUSE WOMEN'S SHELTER (VOA) 455-2886  
111 W 3rd Ave, Spokane  
MIRYAM'S HOUSE - TRANSITIONS 1805 W Ninth Ave 747-9222

#### Housing: Women with Children

ASTON-BLECK APARTMENTS 688-1116  
2311 E Boone, Spokane  
FIELD OF DIAMONDS HOUSE OF BLESSING TRANSITIONAL LIVING PO Box 1143, 99210 879-8070  
HEARTH HOMES [info@hearth-homes.org](mailto:info@hearth-homes.org)  
11302 E Broadway, Spo Valley  
ST MARGARET'S SHELTER PO Box 2253, 99210 624-9788  
TRANSITIONAL LIVING CENTER - TRANSITIONS 325-2959  
3128 N Hemlock  
UGM CENTER FOR WOMEN & CHILDREN 535-8510  
196 W Haycraft, Coeur d'Alene  
UGM'S CRISIS SHELTER FOR WOMEN & CHILDREN 1234 E Sprague Ave 535-0486  
UGM WOMEN'S CENTER ANNA OGDEN HALL 2828 W Mallon 327-7737

#### Pre and Post-Pregnancy Resources:

ALEXANDRIA'S HOUSE (VOA) Mail: 525 W 2nd Ave 489-0349  
BASKETS FOR BABIES 9410 E Sprague 214-2634  
BIRTHRIGHT OF COEUR D'ALENE 923 E Sherman 208-664-1390

### WOMEN'S RESOURCES

#### CAPA - CHILDBIRTH & PARENTING ASSISTANCE PROGRAM

12 East 5th Ave 455-4986  
CHILD CARE AWARE OF EASTERN WA 484-0048 800-466-2229  
Supports child care providers in Eastern WA and provides child care referrals to families.  
INLAND NW BABY 15303 E Sprague 499-0670  
LA LECHE LEAGUE

Alicia 484-0340  
Laura 244-4191  
Catherine 340-3875  
Shannon 258-6850

#### LAMAZE INTERNATIONAL

Dawn 217-6673  
MISSION COMMUNITY OUTREACH CENTER 536-1084

1906 E Mission Ave  
OPEN ARMS PPC & REAL CHOICES CLINIC 208-667-5433

1111 Ironwood Dr, Ste B, CDA  
PLANNED PARENTHOOD 123 E Indiana, Ste 100 866-904-7721

POSTPARTUM DEPRESSION (SUICIDE CRISIS) [ppdmoms.org](http://ppdmoms.org) 800-773-6667

POSTPARTUM SUPPORT INTERNATIONAL 800-994-4773

POSTPARTUM SUPPORT INTERNATIONAL OF WASHINGTON PO Box 15535 888-404-PPMD  
Seattle WA 98115

[ppmmsupport.com](http://ppmmsupport.com)  
SPOKANE VALLEY HEALTH CENTER 12104 E Main St 904-7721

WIC PANHANDLE REGIONAL HEALTH 8500 N Atlas Rd 208-415-5130  
Hayden

WIC SPOKANE REGIONAL HEALTH DISTRICT 1101 W College 324-1620

WIC WEST CENTRAL COMMUNITY CENTER 1603 N Belt 323-7497  
WITHIN REACH [parent123.org](http://parent123.org)

Support Hotline: 866-585-1123  
Assistance with food, health, utility, housing, unemployment, cash legal and parenting resources.

#### Support Services:

ADVENTURES IN MOTHERHOOD Life Center Foursquare, 1202 N Government Way 327-4422x245

ALTERNATIVES TO DOMESTIC VIOLENCE - YWCA 930 N Monroe 789-9297

BREAST INTENTIONS [breastintentions@comcast.net](mailto:breastintentions@comcast.net)  
[breastintentionswa on facebook.com](http://breastintentionswa.on.facebook.com)

BUN IN THE OVEN BAKERY 244-1925  
CLEONE'S CLOSET 244-6215  
13514 W Sunset Hwy, Stes B&C  
Airway Heights 99001

FAMILY HELP LINE 800-932-4673  
Washington DSHS-funded

program by Parents Trust, provides emotional support, resources, family problem solving and referrals 9 am-11 pm daily.

HOME PROGRAM (HELPING OURSELVES MEANS EDUCATION) 326-1190

PROJECT BEAUTY SHARE 455-3537  
216 N Bernard St, 99201

[info@projectbeautyshare.org](mailto:info@projectbeautyshare.org)  
[projectbeautyshare.org](http://projectbeautyshare.org)

Collects cosmetics and beauty products and distributes them through local agencies.

SAFET RESPONSE CENTER Crisis Hotline 624-7273

SPOKANE ARMS - ABUSE RECOVERY MINISTRY & SERVICES 484-0600

SPOKANE DREAM CENTER 2005 W 4th 536-6444

ST MARGARET'S SHELTER CATHOLIC CHARITIES 624-9788  
PO Box 2253, Spokane 99210

WOMEN'S & CHILDREN FREE RESTAURANT 1620 N Monroe St 324-1995

WOMEN'S BUSINESS CENTER, INW 500 S Stone 456-7106

WOMEN'S HEARTH - TRANSITIONS 906 W 2nd 455-4249

WOMEN'S HEALING & EMPOWERMENT NETWORK 323-2123

YWCA OUR SISTER'S CLOSET 930 N Monroe 326-1190



Mission Community Outreach Center

Reaching Out With Care

Free Clothing Bank and Infant Care Supplies

(509) 536-1084 • [www.4mission.org](http://www.4mission.org)

1906 E. Mission Ave. Open 1:30 to 4 p.m., Mon, Wed, Thurs

[800buckleup.org](http://800buckleup.org)

### Children's Home Society

2323 N Discover Pl 747-4174  
Spokane Valley 99216  
[childrenhomesociety.org](http://childrenhomesociety.org)

Contact: Christie Richardson  
Offers family, parent and child programs, information and education.

**NURTURING PARENTING PROGRAM**  
Interactive family enrichment program designed to increase parenting skills, decrease family management problems and reduce child abuse and neglect.

**STRENGTHENING FAMILIES PROGRAM**  
Parenting and family enrichment program for children 10-14 with problem behaviors, delinquency and or alcohol and drug abuse.

#### PARENTS AS TEACHERS

Home visiting program for families with children from prenatal to kindergarten entry that provides child development information and parent education, school readiness and family support services. Also: Adoptive Resource Center, Galland-Ashlock Family Resource Center, Relatives Raising Relatives.

### Family Development Program

**COMMUNITY ACTION PARTNERSHIP**  
428 W 3rd St, Ste 4 800-326-4843  
Moscow 83843

[l.stoddard@cap4action.org](mailto:l.stoddard@cap4action.org)  
[cap4action.org](http://cap4action.org)

Family-centered program helps participants set goals, remove barriers and achieve self-sufficiency. Certified family development specialists help participants work toward goals.

#### LATAH COUNTY

428 W 3rd St, Ste 4 208-882-3535  
Moscow 83843 Fax: 883-3888

#### KOOTENAI COUNTY

4144 W Industrial Lp 208-664-8757  
Coeur d'Alene 83815

#### BONNER COUNTY 208-255-2910

1506 Baldy Mountain Rd  
Sandpoint 83864

### Family Development Services

#### COMMUNITY ACTION CENTER

350 SE Fairmont Rd 334-9147  
Pullman 99163 [cacwhitman.com](mailto:cacwhitman.com)  
[cac@cacwhitman.org](mailto:cac@cacwhitman.org)

Family enrichment with parent support and education, and age-appropriate children's activities.

### Fulcrum Institute Dispute Resolution Clinic 838-2799

211 W Augusta, Spokane 99205  
[fulcrumdispute.com](http://fulcrumdispute.com) Fax: 838-5588

Fulcrum's Children First - A Program for Parents is a three-hour class that focuses on issues including Development Stages of Children, Impact of Divorce, Abuse and Neglect, and Financial Obligations. For details and a schedule of class dates and times visit the website.

### Life Skills NW- Life Line Resources

2023 Sandpoint West Dr  
Sandpoint 83864 208-265-6796  
[lifeskillsnw@frontier.com](mailto:lifeskillsnw@frontier.com)  
[lifeskillsnw.org](http://lifeskillsnw.org) Fax: 255-5269

### Mothers of Preschoolers - MOPS

[mops.org](http://mops.org)

Group for women with children in preschool to kindergarten. Nurtures women to be good mothers. Meets once or twice a month. Free child care for children ages 0-kindergarten. Locations:

**CALVARY CHAPEL DEER PARK**  
831 S Main St, Deer Park 99006  
[calvarychapeldeerpark.shutterfly.com](http://calvarychapeldeerpark.shutterfly.com)

**CHRIST THE KING LUTHERAN CHURCH**  
1700 E Pennsylvania Ave 208-  
Coeur d'Alene 83814 664-9231

**COLBERT PRESBYTERIAN 468-9923**  
4211 E Colbert Rd, Colbert 99005  
[mops.org/groups/colbert-presbyterian-church-mops](http://mops.org/groups/colbert-presbyterian-church-mops)  
[colbertpres.org/CB/woms-CPC.htm](http://colbertpres.org/CB/woms-CPC.htm)

**FIRST PRESBYTERIAN 747-1058**  
318 S Cedar, Spokane 99204  
[www.spokanefpc.org](http://www.spokanefpc.org)

**LIFE CENTER NORTH MOPS/MOMS NEXT**  
8303 N Division 444-8445  
Spokane 99208

[mops.org/lifecenternorthmomsnext](http://mops.org/lifecenternorthmomsnext)  
[www.facebook.com/LCNMOPS](http://www.facebook.com/LCNMOPS)

**ST MARIES CHURCH OF THE NAZARENE**  
**MOPS/MOMS NEXT**  
175 Grandview Dr 208-245-4594  
Saint Maries ID 83861  
[www.stmariesnazarene.com](http://www.stmariesnazarene.com)

**SPOKANE VALLEY CHURCH OF THE NAZARENE/ MOMS NEXT 926-1545**  
15515 E 20th, Spokane Valley 99037

[mops.org/groups/svncmomsnext](http://mops.org/groups/svncmomsnext)

[mops.org/groups/svncmops](http://mops.org/groups/svncmops)

[mops.org/vhmops](http://mops.org/vhmops)

**VALLEY HARVEST 979-7079**

1108 N Argonne Rd, Spokane Valley 99212  
[www.mops.org/vhmops](http://www.mops.org/vhmops)

### Nurse Family Partnership

**SPOKANE REGIONAL HEALTH DISTRICT**  
1101 W College 324-1640  
Spokane 99201 [srhd.org](http://srhd.org)

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.

### Parent Education/Cooperative Preschools 800-845-3324

**SCC-OFF CAMPUS PROG 279-6020**

2917 W Ft George Wright Dr

MS 1030, Spokane 99224

[janet.gunn@scc.spokane.edu](mailto:janet.gunn@scc.spokane.edu)

<http://sccel.spokane.edu/Parent-Cooperative-Preschools>

Provides preschool and infant/toddler programs for children, birth to 5 years. Provides parent education through parent involvement in parent cooperative preschools—where parents and children learn together. Offers quarterly home schooling. Qualifying Courses and other parent enrichment classes.

### PEPS (Program for Early Parent Support) 279-6021

**SCC-OFF CAMPUS**

2917 W Ft George Wright Dr

MS 1030, Spokane 99224

[janet.gunn@scc.spokane.edu](mailto:janet.gunn@scc.spokane.edu)

[sccel.spokane.edu/Parent-Education/Other-parent-education-programs](http://sccel.spokane.edu/Parent-Education/Other-parent-education-programs)

Support group that meets weekly for new parents with infants from birth to 10 months. Focus on child development, family changes, support and sharing experiences. Led by Parent Educator instructor.

### Planned Parenthood 866-904-7721

1117 Tieton Dr, Yakima 98902

[plannedparenthood.org/ppgwni/](http://plannedparenthood.org/ppgwni/)

Pres/CEO: Karl Eastlund

Provides reproductive health care, honest education and fearless advocacy for all.

#### SPOKANE HEALTH CENTER

123 E Indiana Ave, 99207

#### SPOKANE VALLEY HEALTH CENTER

12104 E Main St, 99206

#### PULLMAN HEALTH CENTER

1525 SE King Dr, Pullman 99163

#### WALLA WALLA HEALTH CENTER

828 S First Ave, Walla Walla 99362

### Right to Life (Human Life Education Foundation)

PO Box 282 208-664-4919

Hayden Lake ID 83835

[Mary@righttolifecoeurdalene.org](mailto:Mary@righttolifecoeurdalene.org)

[righttolifecoeurdalene.org](http://righttolifecoeurdalene.org)

### Spokane Parent Advocacy Network (SPAN) 228-3242

35 W Main, Spokane 99201

[Spokane.PAN on facebook.com](http://Spokane.PAN.on.facebook.com)

Corrie Andra

A volunteer group, helping families bridge the gap between child welfare and community. Offers free Child Dependency 101 class upon service provider request. Developing parent-to-parent mentoring program.

### Vanessa Behan Crisis Nursery

1004 E 8th Ave 535-3155

Spokane 99202 Fax: 534-7099

[vanessabehan.org](http://vanessabehan.org)

SEE CHILDREN & YOUTH CRISIS