

Medical Health

HOLISTIC RESOURCES

bodymindspiritdirectory.org
equalstandingspokane.com
gogreendirectory.com
inholistichealth.com thinkitout.net

Holistic Associations

COEUR D'ALENE HOLISTIC CHAMBER OF COMMERCE
 POB 1323, Coeur d'Alene 83816
lauriegoesgreen@aol.com
cdaholisticchamber.org
 Pres: Laurie Philips 208-829-1716
 HOLISTIC FESTIVALS, SPOKANE
Clg500@outlook.com 468-9001
 Cindy Gardner holisticfestivals.com
 Vendor Info: Sybil Vaughn 624-1865
Sybil@holisticfestivals.com
 INTERNATIONAL ASSN OF MEDICAL INTUITIVES medical-intuitives.net
 METAPHYSICAL RESEARCH SOCIETY
 Unity Church, 29th & Bernard
 PO Box 4061, Spokane 99220
info@mrsspokane.com 838-8155
mrsspokane51@gmail.com
 Luann Stallcop mrsspokane.com
 SPOKANE HERBAL FESTIVAL
facebook.com/events/1388578944789027/

Training & Certification Progs

INTUITIVE HEALING ARTS TRAINING PROGRAM
 PO Box 30752 389-7290
 Spokane 99223 thefamilyoflight.net

MASSAGE THERAPY & SCHOOL OF MASSAGE
 Wellness Education Cntr 280-0839
 922 S Cowley St, Spokane 99202
wellnesseducationcenter.com
 Dylan Patterson, LMP
 MELLOW MONKEY YOGA TEACHER
 TRAINING PROGRAM 270-0001
 9017 E Euclid, Spokane Valley 99212
mellowmonkeyyoga.com
 THERAPEUTIC CONNECTIONS: MASSAGE
 SCHOOL 919-2482
 505 E 24th Ave, Spokane 99203
rebecca@tcmessageschool.com
tcmessageschool.com
 Rebecca Dragseth, LMP, BA Ed
 THE YOGA SCHOOL OF SPOKANE
 c/o City Yoga on the Hill 869-4121
 505 E 24th Ave, Spokane 99203
spokaneyogashala.com

MEDICAL & DENTAL HEALTH RESOURCES

Adams County Health Dept

RITZVILLE SATELLITE OFFICE
 108 W Main 659-3315
 Ritzville 99169 co.adams.wa.us/departments/health.asp

Alzheimer's Association

alzwa.org
 CDA BRANCH OFFICE 208-666-2996

SPOKANE OFFICE 456-0456 x8313
 SEATTLE HEADQUARTERS: 456-0456
 Provides information, education, referral and support services to all families effected with any type of dementia. Territory is all of Washington and North Idaho.

Benewah Wellness Center

427 N 12th St 208-686-1931
 PO Box 388 Fax: 686-2833
 Plummer ID 83851 bmcwc.com

Blood Banks/Centers:

AMERICAN RED CROSS 326-3330
spokaneredcross.org
 INLAND NW BLOOD CNTR 624-0151
 210 W Cataldo Ave 800-423-0151
 Spokane 99201 Fax: 232-4532
inbcasaves.org
 Independent, nonprofit blood provider. Serves more than 35 hospitals and medical centers. Call or visit website for referral to other locations and mobile drives.
 Coeur d'Alene 405 W Neider Ave, Ste 102, Coeur d'Alene 83815
 Lewiston
 1213 21st St, Lewiston 83501
 CSL PLASMA, INC 327-2197
 2126 N Monroe St Spokane 99205 cslplasma.com
 Pays for blood plasma donations.
 Also at 9621 E Sprague 926-1881

Brain, Sleep, and Nervous System Disorders/Health

AMERICAN HEART/STROKE 536-1500
 140 S Arthur, Ste 610
 Spokane 99201 heart.org
 DEACONESS SLEEP LAB 473-7750
 EPILEPSY FOUNDATION NW 325-1128
 1314 S Grand Blvd, #2-193
 Spokane 99202 epilepsynw.org
 NATIONAL HEADACHE FOUNDATION 888-643-5552
 NATIONAL SLEEP FOUNDATION
sleepfoundation.org 703-243-1697
 NATIONAL SPINAL CORD INJURY ASSN
spinalcord.org 718-803-3782
 NATIONAL STROKE ASSN 800-787-6537
 NEUROPATHY ASSN
neuropathy.org 212-692-0662
 PROVIDENCE EPILEPSY CENTER 474-6650
 105 W 8th Ave, Ste 318C
 Spokane 99204
 PROVIDENCE NEUROSCIENCE CENTER
 105 W 8th Ave, Ste 350C 474-2894
 Spokane 99204
 SLEEP & PERFORMANCE RESEARCH CENTER (WSU-SPOKANE) 358-7500
 SLEEP DISORDERS CENTER-PROVIDENCE
 HOLY FAMILY HOSPITAL 482-2116
 SLEEP INSTITUTE OF SPOKANE 474-4895
Bonner General Health
 520 N 3rd Ave 208-263-1441
 PO Box 1448, Sandpoint 83864
bonnergeneral.org

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 1323 S. Perry St. - Spokane WA 99202 - 509-535-1813

Yes, we serve
Everyone

Medical
 Dental
 Pharmacy
 Behavioral Health
 Midwifery
 OB/Gyn
 and more



12 Locations | Spokane County | Lewis-Clark Valley | 444.8200



Bonner Partners in Care Clinic

2101 Pine St. **208-255-9099**
Sandpoint 83864 **Fax: 263-6963**
bonnerpartnersincareclinic.org
Volunteer doctors, practitioners and others provide health care to residents who have no medical insurance and meet eligibility criteria. Clinics T & Th.

Boundary Community Hospital

6640 Kaniksu St, Bonners Ferry 83805
boundaryhospital.org **208-267-3141**
BOUNDARY COUNTY CLINICS
6641 Kaniksu St

Boundary Regional Community Health Center

6635 Comanche St **Fax: 267-9197**
PO Box Q, Bonners Ferry 83805
Comprehensive medical, dental and behavioral health to rural areas. Serves 1,500+ patients a month regardless of insurance.

Cancer Support/Treatment

AMERICAN CANCER SOCIETY **455-3440**
920 N Washington St Ste 200
Spokane 99201 cancer.org

COACHES VS CANCER **242-8281**

920 N Washington, Spokane 99201
coachesvscancerspokane.com/

AMERICAN HEAD & NECK SOCIETY
www.ahns.info/index.php

AMERICAN PROSTATE SOC **410-837-3735**
americanprostatesociety.com

BREAST, CERVICAL, & COLON HEALTH
Spokane Regional Health District
1101 W College Ave srhd.org
Spokane 99201 **888-461-8876**
Provides eligible men and women with free cancer screenings.

CANCER CARE NW **228-1300**
5105 E 3rd, Spokane Valley 99212
Admin: Pam Goforth **866-696-3149**
cancercarenorthwest.com

DOWNTOWN **228-1600**
910 W 5th Ave, Ste 102 & 130

NORTH SIDE **228-1400**
605 E Holland, Ste 100

NORTH SPOKANE **228-1400**
Providence Holy Family
5633 N Lidgerwood St, 99208

SOUTH HILL
601 S Sherman, 99202 **228-1000**

SOUTH SPOKANE **228-1000**
Providence Sacred Heart Medical Center

101 E 8th Lower Level 3, 99204

SPOKANE VALLEY **228-1200**
1204 N Vercler Rd, 99216

COEUR D'ALENE **208-754-3100**
Kootenai Clinic Cancer Services,
700 W Ironwood Dr, Ste 130
Coeur d'Alene 83814

POST FALLS **208-754-3100**
Kootenai Clinic Cancer Services,
1440 E Mullan Ave, Post Falls 83854

OUTREACH CLINICS:
CHEWELAH **228-1000**
410 E King, Chewelah 99109

COLVILLE **228-1400**

982 E Columbia, 99114

DAVENPORT **228-1400**
100 Third St, Ste 1, 99122

RITZVILLE
903 Adams, 99169 **228-1000**

CANCER RESPONSE HELPLINE
800-227-2340

COMMUNITY CANCER FUND
621 W Mallon Ave, Ste 605
Spokane 99201 **855-998-4CCF**

communitycancerfund@gmail.com
communitycancerfund.org

COMMUNITY CANCER SERVICES
1215 Michigan St, Ste B
Sandpoint 83864 **208-255-2301**

communitycancerservices.org
CORPORATE ANGEL NETWORK (CAN)
866-328-1313

corpangelnetwork.org
Provides free air transportation to or from recognized cancer centers.

HEAD AND NECK CANCER ALLIANCE
headandneck.org **866-762-4622**

LEUKEMIA & LYMPHOMA SOCIETY
lls.org **800-955-4572**

NATIONAL CANCER INSTITUTE cancer.gov
ORAL CANCER FOUNDATION
oralcancerfoundation.org

PROVIDENCE HEALTH CARE CANCER CENTER SUPPORT, TREATMENT INFO
474-5490

ROCKWOOD CANCER TREATMENT
838-2531

SKIN CANCER FOUNDATION
skincancer.org **212-725-5176**

CHAS Health **444-8200**
203 N Washington, Ste 300
Spokane 99201 **Billing: 444-7880**

chas.org **Fax: 444-7806**
Nonprofit system of community clinics providing medical, dental, and behavioral health and pharmacy services to families and individuals of all ages, regardless of insurance status. Assists in enrolling patients in Washington Apple Health and other marketplace insurance options. Bills private insurance or uses sliding fee scale based on income for uninsured patients.

SPOKANE CITY & COUNTY
5921 N Market - medical/
pharmacy/ behavioral health
3919 N Maple - medical/dental/
pharmacy/behavioral health
1001 W 2nd Ave - medical/dental/
pharmacy/behavioral health
817 S Perry, Ste B - medical/
pharmacy/ behavioral health
924 S Pines - medical/pharmacy/
behavioral health
401 S Main St, Deer Park 99006
- medical/dental/pharmacy/
behavioral health
1720 2nd St, Cheney 99004 -
medical/behavioral health
Spokane Urgent Care-North **434-1990**
5901 N Lidgerwood, Ste 126
Spokane Urgent Care - Valley
1502 N Vercler Rd **444-8204**
LATAH COMMUNITY HEALTH **208-848-8300**

719 S Main, Moscow 83843
medical/pharmacy/behavioral health
LEWIS & CLARK VALLEY **208-848-8300**
338 6th St, Ste 101, Lewiston
medical/pharmacy/behavioral health
OTHER SERVICES:
Healthcare for Homeless **444-8200**
Pharmacy Services: **343-1116**
Healthy Living classes:
www.chas.org/healthy-living

Christ Clinic **325-0393**
914 W Carlisle, Spokane 99205
admin@christclinic.org
christclinic.org **Fax: 325-7209**
Provides quality primary medical and mental health care to under-insured, Medicare and most Medicaid patients.

CPR & First Aid Classes
Offers classes in the Spokane area. Call for specifics on class size, schedule, fees and age of participants.

ABC TRAINING CENTER **534-0826**
12310 E Mirabeau Parkway, Ste 100
AMERICAN RED CROSS **326-3330**
spokaneredcross.org

CPR SAFETY SERVICES **638-8828**
North Spokane: 1104 W Wellesley Ave, B-1 **888-415-8870**
Spokane Valley: 9212 E Montgomery Rd, Ste 104
<http://cprsafetysevice.com>
<http://cprsafetysevice.com>

HEALTH TRAINING NETWORK **638-8828**
866-630-4033

INFANT/CHILD CPR/FIRST AID
Providence Women's Health **474-2400**

MEDICWORKS TRAINING CENTRE
28 W 3rd Ave, 99201
<http://medicworks.org> **954-6555**

THE SAFETY CENTER **979-0849**
1317 W Kiernan Ave
<http://www.thesafetycenter.us/>
[first-aid-crp-training/](http://www.thesafetycenter.us/)

SHERI'S FIRST AID/CPR CLASSES
12308 E Broadway Ave, Ste 7
Spokane Valley **995-4879**
sheris-americanheartfirstaid-cprclasses.com

SPOKANE VALLEY FIRE DEPT **928-1700**
ST LUKE'S REHAB **232-8138**
wellness.inhs.org

Deer Park Family Care Clinic
905 E D St dpfcc.com **466-5346**
PO Box 1529, Deer Park 99006
Sliding fee scale. Accepts Medicare, Medicaid and all insurances.

Dental/Oral Hygiene

ASSOCIATED DENTISTS **326-5620**
BRIGHT NOW DENTAL CLINIC **464-2001**
7407 N Division St, Ste K
Spokane 99208 brightnow.com

CHAS DENTAL CLINIC chas.org
3919 N Maple **444-8200**
1001W 2nd Ave
401 S Main St, Deer Park
844 6th St, Clarkston **208-848-8300**
EWU DENTAL HYGIENE CLINIC **368-6510**
310 N Riverpoint Blvd
Spokane 99202 ewuxrays@ewu.edu
ewu.edu/cshe/programs/dental-hygiene/dental-patients.xml

GRINS & GIGGLES **928-4746**
10814 E Broadway Ave, Ste 017
Spokane Valley 99206
dentalgrinsandgiggles.com
50% off for patients without insurance. ABCD certified.

HERITAGE HEALTH DENTAL **208-292-0697**
myheritagehealth.org **Fax: 292-0357**
CLINIC & PEDIATRIC DENTAL
1090 W Park Pl, Coeur d'Alene 83814

DENTAL: WALLACE
413 Pine St, Wallace ID 83873
NE WASHINGTON DENTAL CLINICS
Colville Community Dental Clinic
370 N Main **684-1440**
Colville 99114 **Fax: 684-1277**
Lake Spokane Community Dental Clinic **464-0002**
5952 Blackstone Way, Ste 100
Nine Mile Falls 99026 **Fax: 464-2378**
Springdale Community Dental Clinic
105 N Second **258-7543**
PO Box 429 **Fax: 258-7524**
Springdale 99173

RIVERSIDE DENTAL CLINIC **292-2211**
34705 N Newport Hwy, Ste A
Chattaroy 99003 riversidemdc.com
Weekdays and 9 - noon, Sat.
Accepts medical coupons and insurance.

SE WASHINGTON DENTAL PARTNERSHIP
N 310 Main St **332-6752**
Colfax 99111
Pullman **397-6280**
121 S Tenth St **843-3412**
PO Box 130, Pomeroy 99347

SPOKANE DISTRICT DENTAL SOCIETY
23403 E Mission Ave, Ste 218
Libery Lake, 99019
spokanedentalsociety.org **838-0436**
MISSION AVE DENTAL CLINIC **326-4382**
WA DENTAL REFERRAL **800-800-1850**
WA DENTURISTS ASSN **800-680-9255**
Outside of WA **360-657-1940**
wadenturist.com

WA STATE DENTAL OUTREACH PROGRAM **458-2509**



Now Accepting
Under-Insured, Medicare
& Most Medicaid Patients

Call 509.325.0393
for appointment

www.christclinic.org



www.srhd.org



General Information: (509) 324-1500

Toll Free: 1 (888) 535-0597

TDD: (509) 324-1464

1101 West College Avenue, Spokane, WA 99201-2095

Administration

Health Officer, Administrator	324-1501
Finance	324-1511
Client Services (billing)	324-1601
Human Resources	324-1558
Job Line	324-1506
Vital Records (birth and death certificates)	324-1601

Community & Family Services

Dental/Oral Health (ABCD/ABCDE)	324-1478
Early Intervention Program.....	324-1696
Infant Toddler Network - Birth to 3 Program	324-1651
Neighborhoods Matter/Weaving Bright Futures.....	324-1650
Nurse Family Partnership	324-1621

Disease Prevention & Response

Data Center.....	323-2853
Communicable Disease Epidemiology	324-1442
HIV/AIDS & STDs	324-1542
Immunization Outreach/Vaccine Accountability.....	324-1611
Public Health Emergency Preparedness & Response....	324-1442

Environmental Public Health (324-1560)

Animal-Carried Diseases (including animal bites)	Ext. 7
Food Safety (restaurants)	Ext. 2
Food Worker Cards	Ext. 8
Liquid Waste (septic systems)	Ext. 1
School Safety Program	Ext. 4
Solid Waste (inspections and complaints)	Ext. 3
Water Recreation (public pool/spa inspections)	Ext. 4
Environmental Resources: Land Use, EnviroStars, Site Hazard Assessment, Water Well Drilling	324-1560

Health Promotion

Breast Cervical & Colon Health/SNAP-Ed.....	324-1553
Healthy Communities	324-1530
WIC (Women, Infants & Children Nutrition)	324-1620

Treatment Services

Opioid Treatment Program	324-1420
Tuberculosis.....	324-1613

Always working for a safer and healthier community

East Adams Rural Hospital

ADAMS CNTY PUBLIC HOSPITAL DISTRICT #2
903 S Adams St **659-1200**
Ritzville 99169 *earh.com*
Ritzville Clinic **659-1200**
903 South Adams
Washtucna Clinic **646-3290**
545 SE Church

Family Medical Center 525-6650

1120 W Rose St **Dental: 525-0247**
Walla Walla 99362 *yvfwc.com*
Clinic Dir: Matthew Davy
Diagnosis and treatment of acute and chronic illness, pediatric care, immunizations, sports physicals, prenatal care, diabetes education, family planning, adolescent counseling and health education. Additional Services: dental care, with an emphasis on treating children, medical laboratory, WIC nutrition program and Community Health Services.

Ferry County Memorial Hospital

FERRY COUNTY PUBLIC HOSPITAL DISTRICT
36 Klondike Rd, **775-3333**
Republic 99166 *fcphd.org*
Curlew Medical Clinic **779-4049**
9 Kettle River Rd, Curlew 99118
Republic Medical Clinic **775-3153**
10 Ros Circle, 99166

Financial Assistance or Health Insurance

AFFORDABLE HEALTH CARE (ACT), INFORMATION AND HEALTH INSURANCE MARKETPLACE
www.healthcare.gov

Covers essential benefits, pre-existing conditions and more. Also in Spanish.

WASHINGTON HEALTH PLAN FINDER
wahealthplanfinder.org **877-425 1441**
In partnership with Community-Minded Enterprises **855-487-7686**
community-minded.org

YOUR HEALTH IDAHO
YourHealthIdaho.org

COMMUNITY SERVICE OFFICES DSHS - WASHINGTON COUNTIES
dshs.wa.gov/onlinecaso/applying.shtml **877-980-9220**

SEE UNDER FINANCIAL AND PUBLIC ASSISTANCE IN HUMAN RESOURCES

EMPIRE HEALTH FOUNDATION
111 N Post St, Ste 301, 99201
PO Box 244, Spokane 99210
empirehealthfoundation.org

Pres: Anthony Chiang **315-1323**
Vice Pres (Grant Prog): Kritsen West
An independent, nonprofit grant-making foundation that serves seven counties of Eastern Washington.

IDAHO DEPT HEALTH & WELFARE REGION 1 - HEALTH AND WELFARE ADMINISTRATIVE SUPPORT

healthandwelfare.idaho.gov
Helps families, vulnerable children and adults in crisis situations.

Provides the basics of food, health care, job training and other temporary assistance to put families back on their feet and build self-reliance.

Child Support Services: **800-356-9868**

Family Medical/Medicaid Services: **866-326-2485**

Financial Assistance & Food Stamps: **877-456-1233**

Nursing Home Svcs: **866-255-1190**
Home Based Svcs: **866-818-6463**

REGION 1 FIELD OFFICES:

1120 Ironwood Dr
Coeur d'Alene 83814
Kellogg: 35 Wildcat Way, Ste B, 83837
Ponderay (Sandpoint):
207 Larkspur St, 83852

REGION 2 FIELD OFFICES:

Moscow: 1350 Troy Hwy, 83843
Lewiston: 1118 F St
PO Drawer B, 83501
Grangeville: 216 South C St
PO Box 548, 83530

Kootenai County Assistance
451 Government Way, 83814
PO Box 9000 **208-446-1880**
Coeur d'Alene 83816 *kcgov.us*

Offers payment of some non-medical and medical expenses.

IDAHO STATEWIDE SOCIAL SERVICES ASSISTANCE PROGRAMS BY COUNTY

Offer temporary, limited emergency assistance for county residents, including medical and dental needs/bills, burial costs, rent or utility assistance, and low-cost prescriptions. Provides referrals to other resources.

BONNER COUNTY INDIGENT OFFICE
1500 Hwy 2, Ste 122 **208-255-5291**
Sandpoint 83864 **208-255-3630**
assistance@co.bonner.id.us
bonnercounty.us/indigent-assistance-program **Fax: 255-2554**

Assists qualified Bonner County residents in paying hospital, medical and certain non-medical costs. Available only when no alternative exists. Does not supplement any other type of assistance, such as Medicare, Medicaid, SSI, private insurance, workman's compensation and veteran benefits.

BOUNDARY COUNTY 208-267-1870
6452 Kootenai **Fax: 267-1870**
PO Box 419, Bonners Ferry 83805
Contact: Nancy Ryals

KOOTENAI COUNTY
451 Government Way, 83814
PO Box 9000 **208-446-1880**
Coeur d'Alene 83816 **Fax: 446-1887**
kcgov.us/departments/countyassistance

Assistance Mngr: Beverly Hannibal
LATAH COUNTY 208-883-7209
522 S Adams **Fax: 883-7204**
PO Box 8068, Moscow 83843

latah.id.us/socialservices
SHOSHONE COUNTY 208-752-8601
700 Bank St, Ste 210 **Fax: 752-8881**
Wallace 83873 *shoshonocounty.org*

TRI-COUNTY COMMUNITY HEALTH FUND
1200 E Columbia **684-3701x7733**
Colville 99114 **Fax: 684-5817**
Lynnetta *www.tcchf.org*

Benefits those in NE Washington without insurance, covers up to 75% of follow-up care. Partners with dentists to offer sliding fee scale and TCCHF cover 75% of bill up to \$500 per patient.

Franklin Park Urgent Care & Walk-in Clinic 482-6010

5904 N Division St, Spokane 99208
Medical Clinic Services: Minor Emergency Care, Sports Physicals (all levels) and Injuries, Work Related Injuries (L&I), Minor Fracture Care, Lacerations Repair, DOT Physicals, Ear Washes, Drug Screening, TB Testing, Flu Shots, HEP A & B Shots, X-Rays, Family Care.

Gritman Medical Center

700 S Main St **208-882-4511**
Moscow ID 83843 **800-526-CARE**
gritman.org
Kendrick Clinic **208-289-3841**
606 E Main St
Potlatch Clinic **208-875-2380**
156 N 6th St
Troy Clinic, 412 S Main **208-835-5550**

Heritage Health Center

1090 Park Pl **208-292-0292**
Coeur d'Alene 83814
myheritagehealth.org **Fax: 292-0705**

Medical, dental and mental health services, regardless of income or insurance. Sliding scale and payment plans for uninsured.

CLINIC LOCATIONS:

Mullan Clinic **208-783-1267**
119 Terrill Lp, 83846
Post Falls **208-618-0787**
925 E Polston Ave, 83854
RATHDRUM 208-620-5250
16760 N Hwy 41, Rathdrum 83835
SILVER VALLEY MOUNTAIN HEALTH SERVICES 208-783-1267
740 McKinley Ave, Kellogg 83837

HIV/AIDS Programs

CHIV (CHAS HIV CLINIC) 444-8200
chas.org/services/medical/hiv-program
a Ryan White-funded HIV program in Eastern WA & North ID.

NATIVE PROJECT MEDICAL CLINIC THE NATIVE PROJECT 483-7535
1803 W Maxwell, 99201

PROVIDENCE HIV CLINIC 744-3750
Fifth & Browne Medical Center Bldg
104 W 5th Ave, Ste 200W
Spokane 99204

SPOKANE AIDS NETWORK 455-8993
905 S Monroe St **Fax: 455-9743**
info@san-nw.org *spokaneaids.org*

Exec Dir: Gaye Weiss
Provides direct care services to people living with HIV/AIDS; reduces spread of HIV through prevention programs and free HIV testing in the Inland NW.

WALLA WALLA OFFICE
sharig@wacare.org

The poster features the Heritage Health logo at the top, which includes a stylized cross and a person icon. Below the logo, the text reads "Here for your health" and "Services & Locations". The poster is divided into sections for Medical, Dental, Mental Health, X-rays, and Mobile Clinics. Each section lists specific locations and their addresses. At the bottom, the website "myheritagehealth.org" and the phone number "208.620.5250" are provided.

Medical
1090 W. Park Place Coeur d'Alene
16760 N. Hwy 41 Rathdrum
925 E. Polston Ave. Post Falls
117 Terrill Loop Mullan
740 McKinley Ave Kellogg

Dental
1090 W. Park Place Coeur d'Alene
413 Pine St. Wallace

Mental Health
(Psychiatric) - 2201 Ironwood Place Coeur d'Alene
(Therapy) - 2025 W. Park Place, Suite B Coeur d'Alene

X-rays
1090 W. Park Place Coeur d'Alene
40 McKinley Ave Kellogg

Mobile Clinics
Homeless Outreach Coeur d'Alene
School Based Rathdrum/Spirit Lake

myheritagehealth.org  208.620.5250

Care Coord: Shari Goodson
Spokane Regional Health District
HIV/AIDS Program 324-1542
1101 W College Ave, Rm 372
Spokane 99201 srhd.org
HIV and hepatitis C testing, partner notification, needle exchange, case management, education and health-care provider training. Resources about HIV/AIDS.

In Health NW - The Inlander
1227 W Summit Pkwy **325-0634**
Spokane 99201 inlander.com
Ed: Anne McGregor
Bi-monthly local health and wellness magazine, supplement to The Inlander.

Inland Northwest Health Services - INHS 232-8100
601 W 1st Ave, 99201
PO Box 469, 99210 inhs.info
Human Resources: 232-8128
Billing Inquiries:
- Community Wellness: 232-8165
- St Luke's Rehab Inst: 232-8160
Offers forward-thinking solutions, unique partnerships and innovative technologies. Provides safer, more cost-effective and higher quality health care, educating patients, improving access to health care, facilitating the sharing of resources among providers, and developing other new efficiencies.
INHS COMMUNITY WELLNESS
501 N Riverpoint Blvd, Ste 245
Spokane 99202 **232-8138**
PO Box 469 Spokane 99210
wellness.inhs.org
Health Training **242-4264**
Resources for public and professional health education, screenings, interventions and wellness assessments.

Internal - Digestive, Diabetes, and Food Allergies
AMERICAN DIABETES ASSN 624-7478
315 W Mission Ave, Ste 20
Spokane 99201 **800-342-2383**
diabetes.org/in-my-community/local-offices/spokane-washington/
AMERICAN LIVER FOUNDATION
liverfoundation.org **800-465-4837**
CROHN'S AND COLITIS FOUNDATION OF AMERICA ccf.a.org 800-932-2423
-NW Chapter 425-452-8455
northwest@ccfa.org
EASTERN WASHINGTON DIABETES NETWORK Polellj@cherspokane.org
Jennifer Polello **232-8145**
GRITMAN MEDICAL DIABETES 208-883-6341
INHS DIABETES 232-8145
<https://wellness.inhs.org>
INSTITUTE OF DIABETES, DIGESTIVE & KIDNEY DISEASE niddk.nih.gov
NATIONAL KIDNEY FOUNDATION kidney.org 800-622-9010
NATIONAL ASSOCIATION FOR

CONTINENCE 800-252-3337
POISON CONTROL CENTER
TTY/Voice 800-222-1222
PROVIDENCE CONTINENCE CNTR 474-3750
Providence Sacred Heart Medical Center, 101 W 8th Ave, 99204
ROCKWOOD DIABETES & ENDOCRINOLOGY CENTER 838-2531
Fax: 755-6580
400 E Fifth Ave, 99202
SIMON FOUNDATION FOR CONTINENCE 800-237-4666
Spokane Valley Specialty Center
1415 N Houk Rd, Ste D **755-5560**
Spokane Valley 99216

Internal - Heart and Lungs
AMERICAN HEART/STROKE 536-1500
AMERICAN LUNG ASSN 800-586-4872
HEART ATTACK PREVENTION CLINIC 747-8000
PROVIDENCE Spokane Heart Institute
122 W 7th Ave, 99204 **474-3278**

Life Flight Network
Admin: 678-4364
800-422-2440 800-232-0911
www.lifeflight.org

Interpreter Services 534-9760 800-892-4817
Broker for oral interpreting in Spokane County/NE Wash. DSHS provides certified interpreters for Medicaid-paid appointments only. Medicaid providers can request service. Need 24-hour notice with client's name, medical coupon number, phone number, doctor's/dentist's name, address and phone, and appointment.
Spokane International Translation & Language Services, Inc 327-8064
105 S Freya St, Ste 116
Spokane 99202

Kaniksu Health Services kaniksuhealthservices.org
Low Cost Clinic, for those facing barriers elsewhere, such as the uninsured, migrant and seasonal farm workers, those living in rural areas, and the homeless. Accepts most insurances including Medicaid and Medicare. A sliding discount program is available for those meeting income guidelines.
Bonniers Ferry Clinic 208-267-1718
6615 Comanche St.
Bonniers Ferry, 83805
Priest River Clinic 208-448-2321
6509 Hwy 2, Ste 101
Priest River, 83856
Sandpoint Clinic 208-263-7101
30410 Hwy 200, Ponderay 83852

Kootenai Health 208-666-2000
Kootenai Medical Center
2003 Kootenai Health Way
Coeur d'Alene 83814 KH.org
URGENT CARE LOCATIONS: 208-667-9110
-700 Ironwood Dr, Ste 120 E
Coeur d'Alene 83814

-Hayden, 566 W Prairie Ave, CdA 83815
-Post Falls, 1300 E Mullan Ave, Ste 600
OTHER CLINIC LOCATIONS:
-920 W Ironwood Dr, Ste 201, CdA
Internal Medicine 208-664-9205
-1701 Lincoln Way, Coeur d'Alene 83814
Family Medicine 208-625-4955
Internal Medicine 208-667-7845
-1919 Lincoln Way, Ste 315
Coeur d'Alene 83814
Residency 208-625-6000
Internal Medicine 208-625-4515
-1300 E Mullan Ave, Ste 1300,
Post Falls 83854
Family Medicine 208-773-9913
Internal Medicine 208-773-0721
-16760 N Hwy 41, Rathdrum 83858
Family Medicine 208-687-9113
-566 W Prairie Ave **208-772-8263**
Coeur d'Alene 83815
-925 E Polston Ave **208-618-0787**
Post Falls 83854
-6641 Kaniksu St, Ste A
Bonniers Ferry 83805 **208-267-3655**

Lincoln County Health Dept
90 Nicholls St, Davenport 99122
co.lincoln.wa.us/health **725-9213**
Community Health 725-1001
Environmental Health: 725-2501

Lincoln Hospital
10 Nichols St **725-7101**
Davenport 99122 lincolnhospital.org
Clinic **725-7501/888-747-2728**
100 Third St
Reardan Health Clinic **796-2737**
550 E Broadway/Box 629
Wilbur Clinic **647-5321**
214 SW Main/Box 582

Native Project Medical Clinic
THE NATIVE PROJECT
1803 W Maxwell **483-7535**
Spokane 99201 nativeproject.org
Provides primary and preventive care for all ages: sport physicals, well-child checks, immunizations, health education, chronic illness management, treatment of minor diseases, women's/men's health care, mental health and substance abuse. Helps patients secure medical coverage. Sliding fee.

Newport Hospital & Health Services
c/o Newport Community Hospital
714 W Pine St **447-2441**
Newport 99156 phd1.org
Family Health Center **447-4885**
Family Medicine Newport **447-3139**

NE Tri-County Health District
240 E Dominion **800-827-3218**
Colville 99114 **684-1301**
Community Health/Clinic **684-5048**
Family Planning: **684-6209**
Environmental Health **684-2262**
Community & Environmental Health
147 N Clark Suite 1 **775-3111**
PO Box 584 **800-876-3319**

Republic, WA 99166
Community & Environmental Health
605 Hwy 20 **447-3131**
Newport, WA 99156 **800-873-6162**
netchd.org

NE Washington Health Programs
509 E Main Ave **935-6001**
PO Box 808 **Fax: 935-4196**
Chewelah 99109
newhp.org **Billing: 935-4730**
CHEWELAH COMMUNITY HEALTH CNTR
518 E Clay St **935-8424**
PO Box 198 **Fax: 935-8402**
Chewelah 99109
COLVILLE COMMUNITY HEALTH CENTER
358 N Main St **684-1440**
Colville 99114 **Fax: 684-2745**
KETTLE RIVER COMMUNITY HEALTH CENTER
141 Third Ave **Fax: 684-1464**
PO Box 1384, Orient 99160
LAKE SPOKANE COMMUNITY HEALTH CENTER
5952 Blackstone Wy **Fax: 466-9517**
Nine Mile Falls 99026
LOON LAKE COMMUNITY HEALTH CENTER
3994 Colville Rd **Fax: 233-2864**
PO Box 303, Loon Lake 99148
NORTHPORT COMMUNITY HEALTH CENTER
411 Summit **Fax: 732-4252**
PO Box 178, Northport 99157
SELKIRK COMMUNITY HEALTH CENTER
208 Cedar Creek Ter **442-3514**
POB 197, Ione 99139 **Fax: 442-3436**
SPRINGDALE COMMUNITY HEALTH CENTER
114 S Main, POB 126 **258-4234**
Springdale 99173 **Fax: 258-4499**

Northwest Specialty Hospital
Corner of Mullan & Syringa
1593 E Polston Ave **208-262-2300**
Post Falls 83854 **Fax: 262-2700**
NWSHinfo@nshinc.com
northwestspecialtyhospital.com
Owned and operated by a team of local physicians with a shared mission of delivering patients superior care at an affordable rate.
NORTHWEST URGENT CARE
<http://nwwurgent.com>
Coeur d'Alene **208-209-2060**
315 W Dalton Ave, Ste A, 83815
Post Falls **208-262-2600**
750 Syringa St, Ste 100

Northern Idaho Advanced Care Hospital 208-262-2800
600 N Cecil, Post Falls 83854
nich.ernesthealth.com
Long term acute care & critical care services for patients recovering from serious illness/injuries.

NP Clinics of Spokane 326-6474
823 W 7th Ave, Ste 102, 99204
Lance Varns npclinicspokane.com

Odessa Memorial Healthcare Center
 502 E Amende Dr **982-2611**
 PO Box 368 omhc.org
 Odessa 99159
 Odessa Rural Health Clinic **982-2614**
 510 E Amende Dr
 PO Box 190, Odessa 99159

Panhandle Health District
 8500 N Atlas Rd **208-415-5100**
 Hayden 83835 **Fax: 415-5106**
phd1.idaho.gov
 Environmental **208-415-5200**
 Family and Community Health
 Division **208-415-5241**
 Home Health **208-415-5160**
 Public Health Preparedness
208-415-5180
BENEWAH COUNTY 208-245-4556
 711 Jefferson, St Maries 83861
BONNER COUNTY 208-263-5159
 1020 Michigan, Sandpoint 83864
BOUNDARY COUNTY 208-267-5558
 7402 Caribou, Bonners Ferry 83805
SHOSHONE COUNTY 208-786-7474
 114 W Riverside, Kellogg 83837

**Providence Northeast
 Washington Medical Group**
 Main Clinic: 1200 Columbia Ave
 Colville **684-3701**
FAMILY MEDICINE - CHEWELAH
 100 W South Ave **935-8111**
COLVILLE
 143 Garden Homes Dr **684-3701**
 KETTLE FALLS 840 S Meyers **685-7848**

**Providence Family Medicine
 Indian Trail 385-0610**
 5011 W Lowell Ave, Ste 100
 Spokane 99208

**Providence Family Medicine
 Hawthorne 252-1900**
 551 E Hawthorne Rd, 99218

**Providence Family Medicine
 North 252-9602**
 212 E Central Ave, Ste 440
 Spokane 99208

**Providence Family Medicine,
 Spokane Valley 928-0300**
 13102 E Mission Ave **928-0300**
 Spokane Valley 99216

Providence Family Physicians
 Providence Medical Park
 16528 E Desmet Ste B3100
 Spokane Valley **994-9440**

Providence Family Practice
 380 Chase Ave **522-5522**
 Walla Walla 99362

Providence Holy Family Hospital
 5633 N Lidgerwood **482-0111**
 Spokane 99208 phc.org
 Full-service, 272-bed hospital
 offering advanced medical and
 surgical care, specialty support
 and outpatient services.

**Providence Mount Carmel
 Hospital 684-2561**
 982 E Columbia, Colville 99114
<http://washington.providence.org/hospitals/mount-carmel-hospital/>

**Providence Sacred Heart Medical
 Center & Children's Hospital**
 101 W 8th Ave **474-3131**
 Spokane 99204 shmc.org
 Medical and surgical care,
 specialty support and outpatient
 services with 623 beds.

Providence St Joseph's Hospital
 500 E Webster **935-8211**
 PO Box 197, Chewelah 99109
sjhospital.org

Pullman Regional Hospital
 835 SE Bishop Blvd, Pullman 99163
pullmanregional.org **332-2541**

Rare/Chronic Disorders
AMERICAN CHRONIC PAIN ASSOC
theacpa.org **800-533-3231**
LUPUS FOUNDATION OF AMERICA
 Pacific NW Chapter **877-774-2992**
lupus.org **800-558-0121**
NATIONAL ORGANIZATION FOR RARE
DISORDERS 203-744-0100
V800-999-6673 Fax 203-798-2291
rarediseases.org
PROVIDENCE SACRED HEART GENETICS
CLINIC 474-3810
SCLERODERMA FOUNDATION
206-285-9822

TUBERCULOSIS SERVICES-SRHD 324-1613
 Information lab-only confirmed
 active TB, treatment of active
 cases only.
WA INTRACTABLE CHRONIC PAIN 328-8534

Rockwood Clinic 838-2531
 400 E 5th Ave PO Box 3649
 Spokane 99202 rockwoodclinic.com
 CEO: Craig Whiting
 Family Medicine **755-5965**
 Outside Spokane **800-776-4048**
 Urgent Care Center **838-2531**
CHENEY CLINIC & EWU STUDENT
HEALTH CENTER 755-5915
 19 N 7th St, Cheney 99004
MEDICAL LAKE CLINIC 755-5300
 725 N Stanley St, Ste D
 Medical Lake 99022 **Fax: 299-5154**
ROCKWOOD NORTH CLINIC 755-5340
 9001 N Country Homes Blvd
 Spokane 99218 **Fax: 466-8208**
NORTHPOINT SPECIALTY CENTER
 605 E Holland Ave, Ste 200
 Spokane 99218 **342-3010**
QUAIL RUN CLINIC 755-5250
 2214 E 29th **Fax: 755-5251**
 Spokane 99203
VALLEY CLINIC 744-1744
 14408 E Sprague **Fax: 928-6025**
 Spokane Valley 99216
DEACONESS HOSPITAL
ROCKWOOD HEALTH SYSTEM
 800 W Fifth Ave, 99204 **458-5800**
deaconessspokane.com
 Acute-care hospital in downtown
 with 388 beds and offers a Chemical
 Dependency Unit.



we are family



We believe every individual has the right to quality healthcare.

- Prenatal care and delivery
- Free pregnancy testing
- First Steps services
- Immunizations
- Well-child and adolescent care
- School and sports physicals
- Same-day appointments available
- Medicaid and private insurance accepted

Unify Community Health

Three Spokane locations to serve you:

Northeast: 4001 North Cook Street | (509) 483-3427

Mission Avenue: 120 West Mission Avenue | (509) 326-4343

West Central: 1603 North Belt Street | (509) 327-4646

unifycommunityhealth.org

VALLEY HOSPITAL 924-6650
ROCKWOOD HEALTH SYSTEM
12606 E Mission, Spokane Valley 99216
spokanevalleyhospital.com

**School of Nursing & Human
Physiology - Gonzaga University**
502 E Boone Ave 313-3569
Spokane 99258 gonzaga.edu/SNHP
zaranski@gu.gonzaga.edu
Shannon Zaranski

Shoshone Medical Center
25 Jacobs Gulch 208-784-1221
Kellogg 83837 shoshonehealth.org

Spokane County Medical Society
104 S Freya, Ste 114 325-5010
Spokane 99202 spcms.org
Provides telephone-only referrals
to physicians who accept medical
coupons, serve low-income or
provide services for a reduced fee.
PROJECT ACCESS 532-8877
Orange Flag Bldg, 104 S Freya, Ste 114
Spokane 99202 Fax: 532-1375
spcms.org/projectaccess
Operation Mgr: Sarah Bates
Patient Care Coord: Margie Locher
Coordinates medical services to
low-income, uninsured residents
of Spokane.
CHEWELAH ASSOCIATED PHYSICIANS
410 E King, 99109 935-8711
<https://chewelaphysicians.com/portalforpatients.com/portal/default.aspx>

Spokane Regional Health District
1101 W College Ave 324-1600
Spokane 99201 srhd.org
DATA CENTER 323-2853
Data-analysis, focus group facilitation.
HEALTHY COMMUNITIES PROG 324-1530
Physical activity, nutrition, suicide
prevention, senior fall prevention,
pedestrian and bicycle safety.
NEIGHBORHOOD MATTERS
Community-based approach to
reducing health disparities.
VITAL RECORDS 324-1522
Birth and death certificates or
order online at srhd.org

**Spokane Teaching Health
Center - WSU Spokane**
624 E Front St 358-7504
Spokane WA 99210
<https://spokane.wsu.edu/sthc/>
Residency program with students
in Health Sciences from WSU and
EWU in family medicine, internal
medicine, psychiatry. Offers rural
Training track.
Empire Health Foundation 315-1323
Providence Health Care 474-3091

Total Health Physician Group
619 S Washington, Ste 203
Moscow 83843 208-892-1346
825 SE Bishop Blvd, Ste 901
Pullman 99163 332-6688
totalhealthphysicians.com

Unify Community Health
UNIFY COMMUNITY HEALTH, ON MISSION
120 W Mission Ave 326-4343
Spokane 99201 Fax: 329-2280
Clinic Dir: Kai Nevala yvfwc.org
UNIFY COMMUNITY HEALTH,
NORTHEAST 483-3427
4001 N Cook St Fax: 482-5062
Spokane 99207 **Dental** 326-4382
Clinic Dir: Kai Nevala yvfwc.org
UNIFY COMMUNITY HEALTH - WEST
CENTRAL 327-4646
1603 N Belt St Fax: 327-7209
Clinic Dir: Kai Nevala yvfwc.org
Experienced family practice
providers offer a full spectrum of
care, including prenatal care and
delivery, and care for children.
Dental, nutrition, behavioral
health, lab and pharmacy
services are available for patients
of record.

**University of Washington -
Spokane/Gonzaga University
- School of Medicine**
Office of External Affairs
UW Spokane Center 358-7997
201 W Main Ave, Spokane 99201
carolw7@uw.edu uwmedicine.org

US Health Medical Clinics
9222 N Newport Hwy, Ste 1 467-4545
Spokane 99218 Fax: 467-2304
Urgent care, work injuries and
employment listing. Discounts for
cash for uninsured clients.

Hrs: 8-7, M-F; 9-5, Sat; 10-5 Sun.
Other clinics at:
2005 E 29th Ave 747-0770
15425 E Mission 924-7010

Vision/Eye Clinics
LIONS LOW VISION CLINIC 484-4259
4001 N Cook St, Spokane 99207
ROCKWOOD CLINIC EYE CENTER
rockwoodclinic.com 800-776-4048
510 S Cowley, 99202 342-3870
-Northpointe Specialty Center
605 E Holland, Ste 200
Spokane 99218 342-3010
-Vercler Rockwood Clinic
1512 N Vercler, Ste 103
Spokane 99216 755-5551
SPOKANE EYE CLINIC 456-8121
spokaneeye.com 800-824-0664
Outside of WA 800-523-1384
South Clinic 456-0107
427 S Bernard, 99204
North Clinic 489-1270
31 E Central, 99207
Valley Clinic 924-7271
Riverview Corporate Center
16201 E Indiana Ave, Ste 5000
Spokane Valley 99216

**WA Assn of Community &
Migrant Health Centers**
510 Plum St SE 101 360-786-9722
Olympia 98506 Fax: 786-9723
wacmhc.org



**Here for planning.
Here for parenthood.
And experts for everything in between.**

We accept insurance.

During construction at our Spokane location, please check online
availability for Spokane and Spokane Valley Health Centers.

Spokane
123. E. Indiana Ave.
Spokane Valley
12104 E. Main Ave.

Schedule online today.
PPGWN.ORG
1.800.230.PLAN



Greater Washington and North Idaho

Advocates for low-income, uninsured and under-served populations of WA state served by community health centers. Services in Spokane at CHAS, NATIVE Project and Yakima Valley Family Wellness Centers.

Washington Rural Health Assn
PO Box 882 **489-4641**
Spokane 99210 wrha.com
Rural health services & advocacy.

Whitman County Public Health
310 N Main St **397-6280**
Colfax 99111 **Fax: 397-6239**
Dir: Troy Henderson whitmancounty.org
Health Officer: Brad Bowman
Provides immunizations, WIC, First Steps maternity support, emergency preparedness, school health and environmental health.

Whitman Hospital & Medical
1200 W Fairview **397-3435**
Colfax 99111 **TDD/TDY 397-2379**
whitmanhospital.com

WSU Health Sciences
103 E Spokane Falls Blvd
Spokane 99202 **324-7360**
Mail: PO Box 1495, 99210
Shipping: 412 E Spokane Falls Blvd, 99202 **Fax: 324-7341**
<http://spokane.wsu.edu>

WSU ELSON S FLOYD COLLEGE OF MEDICINE **358-7944**
PO Box 1495, Spokane 99210
wsu.medicine@wsu.edu
<https://medicine.wsu.edu>

Women's Health

HEALTHY WOMAN
WellsS@EmpireHealth.org
BEYOND PINK **863-7776**
PO Box 30895
Spokane 99223 BeyondPink.net
info@beyondpink.net

An education, fund raising, public charity that was started to teach others about thermography and providing women, who would not otherwise have it, the opportunity and funds for certified breast exams.

BREAST & CERVICAL HEALTH srhd.org
888-461-8876

NATIVE PROJECT **483-7535**
BREAST CANCER SUPPORT GROUPS
PROVIDENCE REGIONAL CANCER CENTER **474-5490**

ROCKWOOD CLINIC **838-2531**
BREAST HEALTH PROGRAM **888-461-8876**
ROCKWOOD MIDWIFERY CENTER
Deaconess Health and Education Center, 910 W Fifth Ave, Ste: 300
Spokane 99204 **755-5205**
rockwoodclinic.com **Fax: 755-6580**
Lauren Armstrong, Kathleen Bentley, Valerie Elwert, Renata Gruber, Nita Kofjchock, & Leanne Zilar

Menopause care, Breast and Cervical Program, and Management of common health illnesses.

WHITMAN COUNTY PUBLIC HEALTH
310 N Main St, Colfax 99111
FAYE'S HOUSE-BECAUSE THERE IS HOPE
7594 Hwy 291 **258-6851**
Ford 99013 **Fax: 258-7005**
btih@becausethereishope.org
becausethereishope.org

Temporary charitable housing to patients who have been touched by cancer.

MY SISTER'S TEMPLE - THE LINKS INC
mysisterstemple@yahoo.com
mysisterstemple.org **217-6670**

Prog Mngr: Andrea Blake Hubbard
Provides education and screenings to low-income minority women and offers fellowship. Engages the community and networks with organizations and faith groups.

PINK SHAMROCK FOUNDATION
1304 N River Vista **922-1504**
Spokane 99224

mmurphy@pinkshamrock.com
Megan Murphy pinkshamrock.com
Access treatment for breast cancer to women of low income.

PLANNED PARENTHOOD
1117 Tieton Dr **866-904-7721**
Yakima 98902

plannedparenthood.org/ppgwni/
Pres/CEO: Karl Eastlund
Provides reproductive health care,

honest education and fearless advocacy for all.

-DOWNTOWN SPOKANE
123 E Indiana Ave, 99207
-SPOKANE VALLEY HEALTH CENTER
12104 E Main St, 99206
-PULLMAN HEALTH CNTR
1205 SE Pro Mall Blvd, Ste 105
PO Box 128 Pullman 99163
-WALLA WALLA HEALTH CENTER
828 S First Ave, Walla Walla 99362
PROVIDENCE WOMEN'S SRVCS **474-2400**
101 W 8th Ave, Spokane 99204
Inpatient and outpatient programs. Osteoporosis and other screening, including mammography and education.

SUSAN G KOMEN FOR THE CURE
1315 N Napa, Ste 3 **315-5940**
Spokane 99202 Claudia Bell
claudia@komeneasternwashington.org
komeneasternwashington.org
Breast cancer awareness, education and screening.
IDAHO AFFILIATE **208-665-9888**
1409 Main St, Ste 120
Boise 83702 komenidaho.org