

# Multi-Services & Emergencies

## CATHOLIC CHARITIES

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

Catholic Housing Communities 456-2279  
 Childbirth & Parenting Assist (CAPA) /  
 PREPARES 455-4986  
 Counseling Services 242-2308  
 Food for All/ Fresh Bucks 459-6163  
 Furnishings for Hope Retail Store 868-0062  
 Furniture Bank 991-9345  
 House of Charity 624-7821  
 Homeless Families Coordinated Assessment  
 325-5005  
 Parish Social Ministry 358-4273  
 Immigration & Refugee Legal Services 455-4960  
 Senior Services 459-6175  
 St Anne's Children & Family Center 232-1111  
 St Margaret's Shelter 624-9788  
 Volunteer Chore Services 459-6172  
 Catholic Charities Walla Walla 509-525-0572

## GOODWILL INDUSTRIES

130 E Third Ave 838-4246  
 Spokane 99202 TDD 344-0163  
[Discovergoodwill.org](http://Discovergoodwill.org) Clark Brekke  
 Career & Resource Center 444-4311  
 Employee & Training Services 344-0163  
 GoodGuides Youth Mentoring 444-4309  
 Housing & Essential Needs 344-0163  
 Next Generation Zone 340-7800  
 Payee Office 344-0163  
 Thrift Store:  
 -Spokane Downtown 444-2396  
 -Spokane South Hill 321-0478  
 -North Neveda 466-2012  
 -Spokane Valley 624-9788  
 -Colville 684-6162  
 -East Wenatchee 884-1906  
 -Moses Lake 765-1769  
 -Coeur d'Alene 208-773-6181  
 -Moscow 208-765-4520  
 -Lewiston 208-743-4528  
 -Ponderay 208-265-1980  
 -Post Falls 208-773-6181  
 Veterans Hotline 828-2449

## FRONTIER BEHAVIORAL HEALTH

SPOKANE MENTAL HEALTH DIVISION [fbhwa.org](http://fbhwa.org)  
 107 S Division St 838-4651  
 Spokane 99202  
 FAMILY SERVICE SPOKANE DIVISION 838-4128  
 7 S Howard, Ste 321, Spokane 99201

Adult Outpatient/Multicultural Svcs, Child &  
 Family Services, Crisis Response Svcs 838-4651  
 Evergreen Club 458-7354  
 First Call for Help 838-4428 / 877-678-4428

## LUTHERAN COMMUNITY SERVICES NORTHWEST

210 W Sprague Ave 747-8224  
 Spokane 99201  
[lcsnw.org](http://lcsnw.org) Dennis McGaughy

Child Welfare 747-8224  
 Crime Victim Service Center 877-751-7119  
 Crisis Response Hotline 624-7273  
 Human Trafficking 866-751-7119/ 624-7273  
 SAFeT (Sexual Assault & Family Trauma) 747-8224  
 Veterans PTSD Counseling 343-5091

## SALVATION ARMY

PO Box 9108 325-6810  
 Spokane 99209  
[MakingSpokaneBetter.org](http://MakingSpokaneBetter.org) Stephen Ball  
 Camp Gifford 233-2511  
 Community Garden 329-2753  
 Family Shelter 325-6814  
 Food Bank 325-6821  
 Link After School Program, Seasonal  
 Services, Salvantion Army Church 325-6810  
 Sally's House 325-6826  
 Transitional Housing 326-7288  
 Visitation & Counseling Services 325-2757

## SNAP

3102 W Ft George Wright Dr 456-SNAP  
 Spokane 99224  
[snapwa.org](http://snapwa.org) Julie Honekamp  
 Affordable Housing (Coast Property  
 Management 747-2914  
 Business Development 456-SNAP  
 Energy Assistance 456-SNAP  
 Energy Conservation Education 456-SNAP  
 Financial Access 456-SNAP  
 Home Repair/Weatherization 456-SNAP  
 Homeless Services Office/Homeless  
 Childcare Assistance 456-SNAP  
 Long Term Care Ombudsman 456-7133  
 Program 800-660-7133  
 Mortgage Assistance Programs 456-SNAP  
 Vehicle Emissions Repair Program 456-SNAP  
 Women's Business Center 456-SNAP

## SPOKANE REGIONAL HEALTH DISTRICT

1101 W College Ave 324-1600  
 Spokane 99201 [srhd.org](http://srhd.org)  
 ABCD & ABCDE Dental/Oral Health  
 Programs 324-1478  
 Breast, Cervical and Colon Health/SNAP-  
 ed 324-1553  
 Community Health Assessment Div. 323-2853  
 Emergency Preparedness 324-1442  
 Food Service Worker Permits 324-1560 x8  
 Healthy Communities Program 324-1530  
 HIV/AIDS Program 324-1542  
 Infant Toddler Network, Weaving Bright  
 Futures 324-1651  
 Liquid Waste Environment Resources  
 324-1560 x1  
 Neighborhood Matters 324-1650  
 Nurse Family Partnership 324-1621  
 Opioid Treatment Program 324-1420  
 Vital Records 324-1522  
 WIC (Women, Infants & Children Nutrition)  
 324-1420

## TRANSITIONS

3128 N Hemlock St 328-6702  
 Spokane 99205  
[help4women.org](http://help4women.org) Edie Rice-Sauer  
 EduCare 325-8632  
 Fairview & Hemlock Community Garden  
 328-2523  
 Miryam's House 747-9222  
 New Leaf Bakery & Cafe 496-0396  
 Transitional Living Center 325-2959  
 Women's Hearth 455-4249

## UNION GOSPEL MISSION

1224 E Trent 535-8510  
 Spokane 99202  
[ugmspokane.org](http://ugmspokane.org) Phil Altmeyer  
 Center for Women and Children (CDA)  
 208-665-4673  
 Crisis Shelter for Women and Children 535-0486  
 Men's Shelter/Recovery Prog 535-8510  
 UGM Camp 258-4257  
 UGM Thrift Stores 326-3316  
 - Spokane Valley 927-5905  
 UGM Motors 327-4357  
 UGM Youth Outreach 535-8510  
 Women's Recovery At Anna Ogden Hall  
 327-7737

## VOLUNTEERS OF AMERICA (VOA)

525 W 2nd Ave 624-2378  
 Spokane 99201  
[voaspokane.org](http://voaspokane.org) Marilee Roloff  
 About Face 328-4685  
 Alexandria's House 489-0349  
 Applewood Apartments 534-6562  
 Aston-Bleck Apartments 688-1116  
 Community Based Housing 328-4685  
 Country Heights Apartments 327-7132  
 Crosswalk 838-6596  
 Crosswalk North Idaho 208-676-0772  
 Emergency Services 624-2378  
 Flaherty House 489-4043  
 Hope House 455-2886  
 Independent Living 688-1139  
 Independent Youth Housing 688-1115  
 Meal Sites 838-6596  
 SETuP 688-1139  
 Trent Terrace Apartments 927-8102  
 Veteran's Housing 328-4685  
 VOA Thrift Store 327-4112  
 Work Ready 208-676-0772  
 YouthReach 838-6596

## YWCA

930 N Monroe 326-1190  
 Spokane 99210  
[ywcaspokane.org](http://ywcaspokane.org) Regina Malveaux  
 Alternatives to Domestic Violence 789-9297  
 -24-hour hotline 326-2255  
 Legal Advocates 477-3656  
 Our Sister's Closet 326-1190  
 Women's Opportunity Center 789-9280

# EMERGENCY/REFERRAL LISTINGS:

LISTED BELOW ARE SUGGESTED 24 HOUR CRISIS/HOTLINES  
OR FREQUENTLY CALLED NUMBERS

**WA INFORMATION NETWORK (WIN)** 211  
Eastern Washington 866-904-9060  
Greater Columbia 877-211-5445/ 248-6726

**IDAHO CARE LINE** (Dept of Health & Welfare) 211 or 800-926-2588

**NON-EMERGENCY CITY INFO** 311

**INFORMATION, PHONE - FRIENDS AND FAMILY** 411

**TRAVEL INFO (ROAD CONDITIONS)** 511

**PHONE PROBLEMS OR CELL PHONE CUSTOMER SERVICE** 611

**TELECOMMUNICATIONS RELAY SERVICE TO TRANSLATE FROM TDD FOR THE DEAF TO SPEECH** 711

**CALL BEFORE YOU DIG** 811

**EMERGENCIES** 911

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### CHILD CARE

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**CHILD CARE AWARE OF EASTERN WA** 484-0048/800-466-2229

**CHILD PROTECTIVE SERVICES (CPS)** 877-678-4428

**CHILD RESOURCE** 208-964-5511  
[childhoodresource.com](http://childhoodresource.com)

**EXPRESS CHILDCARE PROGRAMS** 354-7312

**FAMILY CARE RESOURCES & REFERRAL** 484-0048/800-446-2229

**HEAD START/EARLY HEAD START/ECEAP** 533-4800

**PARENT EDUCATION/COOPERATIVE PRESCHOOLS:** 533-4895/800 845-3324

**SNAP HOMELESS CHILDCARE ASSISTANCE** 624-4282

**VANESSA BEHAN CRISIS NURSERY** 535-3155

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### CHILDREN & TEENS

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**A CUP OF COOL WATER** 747-6686

**CROSSWALK** 838-6596

**DOMESTIC VIOLENCE AND SEXUAL ASSAULT**

**ALTERNATIVES TO DOMESTIC VIOLENCE** 326-2255

**SAFeT - SEXUAL ASSAULT** 624-7273

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### EDUCATION

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**BITS OF UNDERSTANDING**  
[bornlearning.org](http://bornlearning.org)

**COMMUNITY COLLEGES OF SPOKANE** 279-6060

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### EMERGENCY & HEALTH

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**AMERICAN RED CROSS** 326-3330

**FIRST CALL FOR HELP** 838-4428  
877 678-4428

**POISON CONTROL CENTER** 800 222-1222

**PROVIDENCE SACRED HEART MEDICAL CENTER & CHILDREN'S HOSPITAL**  
Emergency & Trauma 474-3344

**SPOKANE CRIME VICTIMS** 866-751-7119

**WASHINGTON HEALTH CARE PLAN FINDER**  
[wahealthplanfinder.org](http://wahealthplanfinder.org)

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### ENERGY & FINANCIAL ASSISTANCE

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**PARENT HELP 123** [www.help123.org](http://www.help123.org)

**SNAP ENERGY ASSISTANCE** 456-7111

**SNAP FINANCIAL ASSISTANCE** 456-710633

**WA CSO (COMMUNITY SERVICE OFFICE)** 866-501-2233

**VOLUNTEERS OF AMERICA** 624-2378

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### FOOD BANKS

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**SNAP (FOOD STAMPS)** 877-501-2233

**NORTHWEST HARVEST FOOD BANK** 891-7012  
294-2172

**SECOND HARVEST FOOD BANK** 534-6678  
800-662-3136

**WIC SRHD** 324-1620

**WIC WEST CENTRAL COMMUNITY** 323-7497

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### SENIORS

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**ALTCEW** 458-2509

**DSHS ABUSE HOTLINE** 866-END-HARM

**ELDER SERVICES** 458-7450

**SPOKANE'S AGING AND DISABILITIES HELP LINE** 960-7281

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

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### WEBSITE COMMUNITY RESOURCES

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[Spokane Cares](http://SpokaneCares) [spokanecares.org](http://spokanecares.org)

[Spokane County United Way](http://SpokaneCountyUnitedWay)  
[VolunteerSpokane.org](http://VolunteerSpokane.org)

[WA Counties \(4 People\)](http://WACounties(4People)) [4people.org](http://4people.org)

[WA Connection](http://WAConnection) [washingtonconnection.org](http://washingtonconnection.org)