

## 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  
 -West Northwest Blvd 321-0579  
 -Spokane Valley 928-4032  
 -Colville 684-6162  
 -East Wenatchee 884-1906  
 -Moses Lake 765-1769  
 -Coeur d'Alene 208-765-4520  
 -Moscow 208-883-4280  
 -Lewiston 208-743-4528  
 -Ponderay 208-265-1980  
 -Post Falls 208-773-6181  
 Veterans Hotline 828-2449

### FRONTIER BEHAVIORAL HEALTH

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

Adult Outpatient 838-4651  
 Child & Family Services, 838-4651  
 Crisis Response Svcs 838-4651  
 Elder Services 458-7450  
 Care Cars, COPES, Family Caregiver Support  
 Service, Kinship Navigator  
 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

222 E. Indiana Ave 325-6810  
 Spokane 99207  
[spokane.salvationarmy.org](http://spokane.salvationarmy.org) Kenneth Perine

Camp Gifford 233-2511  
 Community Garden 329-2753  
 Family Shelter 325-6814  
 Food Bank 325-6821  
 Link After School Program, Seasonal Services,  
 Salvation 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 324-1553  
 Emergency Preparedness 324-1442  
 Food Service Worker Permits 324-1560 x8  
 Healthy Communities Program 324-1530  
 HIV/STD Services 324-1542  
 Infant Toddler Network 324-1651  
 Liquid Waste Environment Resources  
 324-1560 x1  
 Neighborhoods Matter 324-1650  
 Nurse Family Partnership 324-1621  
 Opioid Treatment Program 324-1420

Vital Records 324-1601  
 WIC (Women, Infants & Children Nutrition)  
 324-1620

### 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  
[uniongospelmission.org](http://uniongospelmission.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 - Downtown 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)

Alexandria's House 489-0349  
 Applewood Apartments 534-6562  
 Aston-Bleck Apartments 688-1116  
 Country Heights Apartments 327-7132  
 Crosswalk 838-6596  
 Hope Housing 455-2886  
 Foster Youth Programs 340-9071  
 Medical Respite 455-2886  
 Scholarships 624-2378  
 Trent Terrace Apartments 927-8102  
 Veteran's Housing 328-4685  
 VOA Thrift Store 327-4112  
 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

<b>WA INFORMATION NETWORK (WIN)</b> 211 Eastern Washington 866-904-9060 Greater Columbia 877-211-5445/ 248-6726 <a href="http://win211.org">http://win211.org</a>	<b>VANESSA BEHAN CRISIS NURSERY</b> 535-3155	<b>WASHINGTON HEALTH CARE PLAN FINDER</b> <a href="http://wahealthplanfinder.org">wahealthplanfinder.org</a>	
<b>IDAHO CARE LINE (Dept of Health &amp; Welfare)</b> 211 or 800-926-2588	<b>CHILDREN &amp; TEENS SHELTERS</b>		
<b>NON-EMERGENCY CITY INFO</b> 311	<b>A CUP OF COOL WATER</b> 747-6686	<b>ENERGY &amp; FINANCIAL ASSISTANCE</b>	
<b>INFORMATION, PHONE - FRIENDS AND FAMILY</b> 411	<b>CROSSWALK</b> 838-6596	<b>SNAP ENERGY ASSISTANCE</b> 456-7111	
<b>TRAVEL INFO (ROAD CONDITIONS)</b> 511	<b>DOMESTIC VIOLENCE AND SEXUAL ASSAULT</b>		
<b>PHONE PROBLEMS OR CELL PHONE CUSTOMER SERVICE</b> 611	<b>ALTERNATIVES TO DOMESTIC VIOLENCE</b> 326-2255	<b>SNAP FINANCIAL ASSISTANCE</b> 456-710633	
<b>TELECOMMUNICATIONS RELAY SERVICE TO TRANSLATE FROM TDD FOR THE DEAF TO SPEECH</b> 711	<b>DOMESTIC VIOLENCE - NORTH ID</b> 208-664-9303	<b>WA CSO (COMMUNITY SERVICE OFFICE)</b> 866-501-2233	
<b>CALL BEFORE YOU DIG</b> 811	<b>SAFeT - SEXUAL ASSAULT</b> 624-7273	<b>VOLUNTEERS OF AMERICA</b> 624-2378	
<b>EMERGENCIES</b> 911	<b>FOOD BANKS &amp; WIC</b>		
<b>CHILD CARE</b>			
<b>CHILD CARE AWARE OF EASTERN WA</b> 484-0048/800-466-2229	<b>AMERICAN RED CROSS</b> 326-3330	<b>SNAP (FOOD STAMPS)</b> 877-501-2233	
<b>CHILD PROTECTIVE SERVICES (CPS)</b> 877-678-4428	<b>DEACONESS HOSPITAL - ROCKWOOD</b> Emergency & Trauma 458-5800	<b>NORTHWEST HARVEST FOOD BANK</b> 891-7012/294-2172	
<b>EXPRESS CHILDCARE</b> 354-7312	<b>FIRST CALL FOR HELP</b> 838-4428 877 678-4428	<b>SECOND HARVEST FOOD BANK</b> 534-6678/800-662-3136	
<b>FAMILY CARE RESOURCES &amp; REFERRAL</b> 484-0048/800-446-2229	<b>KOOTENAI COUNTY CRISIS</b> 208-664-1443	<b>WIC SRHD</b> 324-1620	
<b>HEAD START/EARLY HEAD START/ECEAP</b> 533-4800	<b>MENTAL ILLNESS HOTLINE - NORTH ID</b> 800-572-9940	<b>WIC WEST CENTRAL COMMUNITY</b> 323-7497	
<b>PARENT EDUCATION/COOPERATIVE PRESCHOOLS:</b> 533-4895/800 845-3324	<b>POISON CONTROL CENTER</b> 800 222-1222	<b>SENIORS</b>	
	<b>PROVIDENCE SACRED HEART MEDICAL CENTER &amp; CHILDREN'S HOSPITAL</b> Emergency & Trauma 474-3344	<b>ALTCEW</b> 458-2509	
	<b>SPOKANE CRIME VICTIMS</b> 866-751-7119	<b>ID ADULT PROTECTION SERVICES</b> 208-667-3179/ 208-664-9303	
		<b>DSHS ABUSE HOTLINE</b> 866-END-HARM	
		<b>ELDER SERVICES</b> 458-7450	
		<b>SPOKANE'S AGING AND DISABILITIES HELP LINE</b> 960-7281	

### COMMUNITY RESOURCE DIRECTORIES & GUIDES IN PRINT & ONLINE

**Aging and Long Term Care**  
<http://www.altcew.org/links/>

**Family Fun Guide** [thefamilyguide.org](http://thefamilyguide.org)

**Housing Referrals, Affordable BUILDINGINW.com** [HousingIdaho.com](http://HousingIdaho.com)  
[HousingSearchNW.org](http://HousingSearchNW.org)

**In Health NW** [inlander.com](http://inlander.com)

**North Idaho Services:** [niservicesdirectory.com](http://niservicesdirectory.com)

**Parent help 123** [parenthelp123.org](http://parenthelp123.org)

**Prime - Bozzi Media** [bozzimedia.com](http://bozzimedia.com)

**Spokane's Aging and Disabilities Help Line**  
[Spokanehelpline.org](http://Spokanehelpline.org)

**Spokane Senior Living Guide**  
<http://spokanewa.innovaging.com>

**Senior Pages - Spokane** [SeniorPages.com](http://SeniorPages.com)

**SpokaneCares.org**

**Spokane Cnty United Way Volunteer Spokane.org**  
**The Arc of Spokane**  
[http://www.arc-spokane.org/Resource\\_Guide](http://www.arc-spokane.org/Resource_Guide)

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

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

**Within Reach** [withinreachwa.org](http://withinreachwa.org)