

# Multi-Services Agencies - Spokane

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

## CATHOLIC CHARITIES

|  |                     |
|--|---------------------|
| 12 E 5th Ave, 99202                      | 358-4250            |
| <i>ccceasterwna.org</i>                  | <b>800-831-1209</b> |
| Catholic Housing Communities             | 456-2279            |
| Childbirth & Parenting Assistance (CAPA) | 455-4986            |
| Christmas Bureau                         | 358-4254            |
| Counseling Services                      | 242-2308            |
| Emergency Financial Assistance           | 358-4963            |
| House of Charity                         | 624-7821            |
| Homeless Resources                       | 325-5005            |
| Immigration Legal Services               | 455-4960            |
| Parish Social Ministry                   | 358-4273            |
| Providence House of Charity Clinic       | 626-9825            |
| Rising Strong                            | 960-8632            |
| Senior Services/Volunteer Chore Services | 459-6175            |
| St Anne's Children & Family Center       | 232-1111            |
| St Margaret's Shelter                    | 624-9788            |
| Veterinary Clinic (Donna Hanson Haven)   | 455-3042            |

## COMMUNITY-MINDED ENTERPRISE

|   |              |
|---|--------------|
| 2001 N Division St, Ste 130                         | 242-3405     |
| <i>community-minded.org</i>                         |              |
| Child Care Assistance Program (Recovery)            | 326-2521     |
| Child Care Aware of Eastern WA                      | 435-1657     |
| Community-Minded ECEAP                              | 385-2521     |
| Community-Minded TV (CMYV14)                        | 960-7452     |
| Family, Friends, & Neighbors Play & Learn           | 385-2950     |
| Foundational Community Support                      | 496-2238     |
| Plan to Work  | 866-497-9443 |
| Recovery Cafe Spokane                               | 960-8529     |
| State Opioid Response - Recovery Community Services | 385-5266     |

## GOODWILL INDUSTRIES

|                              |          |
|------------------------------|----------|
| 130 E Third Ave, 99202       | 838-4246 |
| <i>Discovergoodwill.org</i>  |          |
| Career & Resource Center     | 838-4246 |
| Employee & Training Services | 838-4246 |
| Housing & Essential Needs    | 838-4246 |
| Next Generation Zone         | 344-7800 |
| Protective Payee Office      | 838-4246 |
| Thrift Stores:               |          |
| -Spokane Downtown            | 444-2396 |
| -Spokane South Hill          | 321-0478 |
| -North Nevada                | 466-2012 |
| -Northwest                   | 321-0579 |
| -Spokane Valley              | 928-4032 |
| Veterans Hotline             | 828-2449 |
| Workforce & Family Services  | 838-4246 |

## FRONTIER BEHAVIORAL HEALTH

|                           |              |
|---------------------------|--------------|
| 107 S Division St, 99202  | 838-4651     |
| <i>fbhwa.org</i>          |              |
| 24/7 Regional Crisis Line | 877-266-1818 |
| Child & Family Services   | 838-4651     |
| Crisis Response Services  | 838-4651     |
| Elder Services            | 458-7450     |
| Evergreen Club            | 458-7354     |
| Homeless Outreach Team    | 838-4651     |
| Washington Listens        | 833-681-0211 |

## LUTHERAN COMMUNITY SERVICES NORTHWEST

|  |          |
|--|----------|
| 210 W Sprague Ave, 99201                     | 747-8224 |
| <i>lcsnw.org</i>                             |          |
| 24/7 Sexual Assault Support Line             | 624-7273 |
| Behavioral Health & Victim Advocacy          | 747-8224 |
| Domestic & Unaccompanied Refugee Minor       |          |
| Foster Care                                  | 747-8224 |
| Family Outreach Crisis Intervention Services | Victim   |
| Advocacy & Education                         | 747-8224 |
| Wraparound with Intensive Services (WiSe)    | 747-8224 |

## SALVATION ARMY

|                                  |          |
|----------------------------------|----------|
| 222 E Indiana Ave, 99207         | 325-6810 |
| <i>spokane.salvationarmy.org</i> |          |
| Camp Gifford                     | 233-2511 |
| Evangeline's House/Sally's House | 325-6810 |
| Family Shelter                   | 325-6814 |
| Food Bank                        | 325-6821 |
| Seasonal Services                | 325-6810 |
| Salvation Army Church            | 325-6810 |
| Transitional Housing             | 326-7288 |
| Visitation & Counseling Services | 325-2757 |

## SNAP

|   |                       |
|---|-----------------------|
| 3102 W Whistalks Wy, 99224              | 456-SNAP              |
| <i>snapwa.org</i>                       |                       |
| Affordable Housing (Coast)              | 747-2914              |
| Business Development/Financial Access   | 456-SNAP              |
| Energy & Rental Assistance              | 456-SNAP              |
| Financial Access                        | 456-SNAP              |
| Home Repair/Weatherization/Conservation | 456-SNAP              |
| Homeless Services Office                | 456-SNAP              |
| Long Term Care Ombuds                   | 456-7133/800-660-7133 |
| Mortgage Assistance Programs            | 456-SNAP              |
| Rental Assistance                       | 456-SNAP              |
| Vehicle Emissions Repair Program        | 456-SNAP              |

## SPOKANE REGIONAL HEALTH DISTRICT

|   |                                  |
|---|----------------------------------|
| 1101 W College Ave, 99201                     | 324-1500                         |
| <i>srhd.org</i>                               | <b>888-535-0957/TDD 324-1424</b> |
| Breast, Cervical and Colon Health             | 324-1553                         |
| Children & Youth w/ Special Needs             | 324-1696                         |
| Covid - 19 Info                               | 800-525-0127                     |
| Data Center                                   | 324-2853                         |
| Early Support for Infants and Toddlers (ESIT) | 324-1651                         |
| Emergency Preparedness                        | 324-1673                         |
| Environmental Public Health                   | 324-1560                         |
| Health Equity                                 | 324-1690                         |
| HIV Case Mngt/STD Testing                     | 324-1542/324-1494                |
| Living Active & Active Transportation         | 324-1555                         |
| Immunization Assessment/Promotion             | 324-1611                         |
| Nurse-Family Partnership                      | 324-1621                         |
| Opioid Treatment Prog                         | 324-1420/ TDD 324-1464           |
| Oral Health Program - ABCD                    | 324-1452                         |
| REDi Healthcare Coalition                     | 324-1688                         |
| SNAP-ed                                       | 324-1520                         |
| Syringe Services                              | 324-1686                         |
| Tobacco, Marijuana & Vaping Program           | 232-1707                         |

|               |          |
|---------------|----------|
| Tuberculosis  | 324-1612 |
| Vital Records | 324-1601 |
| WIC           | 324-1620 |

## TRANSITIONS

|                            |                        |
|----------------------------|------------------------|
| 3128 N Hemlock St, 99205   | 328-6702               |
| <i>help4women.org</i>      |                        |
| EduCare                    | 325-8632               |
| Home Yard Cottages         | 747-9222/SNAP 456-7627 |
| Miryam's House             | 747-9222               |
| New Leaf Bakery & Cafe     | 496-0396               |
| Transitional Living Center | 325-2959               |
| Women's Hearth             | 455-4249               |

## UNION GOSPEL MISSION (UGM)

|                                     |          |
|-------------------------------------|----------|
| 1224 E Trent, 99202                 | 535-8510 |
| <i>uniongospelmision.org</i>        |          |
| Crisis Shelter for Women & Children | 535-0486 |
| Men's Shelter/Recovery Program      | 535-8510 |
| Thrift Store Downtown               | 326-3316 |
| Thrift Store Spokane Valley         | 927-5905 |
| UGM Camp                            | 258-4257 |
| UGM Motors/Motor Services           | 327-4357 |
| UGM Youth Outreach                  | 535-8510 |
| Women's Recovery - Anna Ogden Hall  | 327-7737 |

## VOLUNTEERS OF AMERICA (VOA)

|                                    |          |
|------------------------------------|----------|
| 525 W 2nd Ave, 99201               | 624-2378 |
| <i>voaspokane.org</i>              |          |
| Alexandria's House                 | 489-0349 |
| Community Based Supportive Housing | 328-4685 |
| Crosswalk                          | 838-6596 |
| Hope House                         | 455-3491 |
| Foster Youth Programs              | 340-9071 |
| Veteran's Housing                  | 328-4685 |
| Young Adult Shelter                | 990-0579 |

## YMCA

|   |                 |
|---|-----------------|
| 930 N Monroe, 99201                     | 777-YMCA (9622) |
| <i>yincaspokane.org</i>                 |                 |
| Act 6 Leadership Initiative             | 720-5613        |
| Camp Reed                               | 344-7787        |
| Centers & Programs                      | 777-9622        |
| RSVP - Retired Senior Volunteer Program | 344-7787        |

## YWCA

|   |          |
|---|----------|
| 930 N Monroe, 99201                       | 326-1190 |
| <i>ywcaspokane.org</i>                    |          |
| 24-Hour Domestic Violence Help Line       | 326-CALL |
| Alternatives to Domestic Violence         | 789-9297 |
| Domestic Violence Legal Advocates         | 477-3656 |
| Domestic Violence Mental Health Therapy   | 789-9291 |
| Domestic Violence Support at DSHS         | 227-2629 |
| Racial & Social Justice                   | 326-1190 |
| Our Sister's Closet                       | 789-9280 |
| Women to Work Program & B4ET Prog         | 789-9299 |
| WorkFirst Life Skills - Essential Program | 789-9299 |

# Federal And State Resources

## FEDERAL PROGRAMS

### Health Care

Civil Rights (HHS) **800-368-1019**  
**TDD 800-537-7697**  
 Idaho [Yourhealthidaho.org](http://Yourhealthidaho.org)  
 WA [wahealthplanfinder.org](http://wahealthplanfinder.org)

### Housing

HUD **206-220-5101**  
**Discrimination Hotline 800-877-0246**  
 USDA Rural Develop **924-7350x114**

### Public & Financial Assistance

IRS **353-0508**  
 -Federal tax Questions  
**800-829-1040 TTY 800-829-4059**  
 -Refund Info **800-829-4477**  
 -Tax forms **800-829-3676**  
 SSI/SSDI

-Spokane/Walla Walla  
**800-772-1213 TDD 800-325-0778**  
 -Coeur d'Alene **866-931-2523**  
 -Lewiston **877-405-9796**

### Safety & Security, National

ICE and Border Patrol (Page 176)  
 Law Enforcement (page 176)  
 Military (page 176)  
 US Courthouse/Federal Building  
 -Spokane **458-3400**  
 -Walla Walla **376-7262**  
 -Coeur d'Alene **208-665-6850**  
**866-299-5515**  
 -Lewiston **208-882-7612**

### Veterans Affairs

[va.gov](http://va.gov)  
 Benefits **800-222-1000**  
 Employment Svcs **206-554-1491**  
 Health Care for Homeless Veterans  
**462-2500**

### VA Medical Centers

-Spokane **434-7000**  
 -Walla Walla **525-5200**  
**888-687-8863**

### Vet Centers

-Spokane **444-8387**  
 -Walla Walla **526-8381**

## IDAHO STATE

### Children and Families

Child Support Services - IDHW  
**800-536-9868**

Child Protection - IDHW  
 -24 hrs **855-552-5437**

-Coeur d'Alene **769-1515**  
 -Grangeville **983-2522**  
 -Kellogg **784-1352**  
 -Lewiston **779-4360**  
 -Moscow **882-0670**

Mental Health (Children) -  
 IDHW Behavioral Health

-Region 1 **888-926-25888**  
 -24 hrs crisis line **769-1405**  
 -CdA/Kellogg & **769-1406**

-Region 2  
 -Grangeville **983-2300**  
 -Lewiston **799-4440**  
 -Moscow **882-0562**

DD/Infant Toddler Prog - IDHW

-North **769-1403**  
 -North Central **883-8575**

IdahoSTARS **800-926-2588**  
 24 hr DV Hotline **800-669-3176**

Idaho Coalition against Sexual &  
 Domestic Violence **384-0419**  
 ID Council on DV & Victim Assist  
**332-1540/800-291-0463**

### Financial & Public Assistance

-Financial Assistance & Food  
 Stamps - IDHW **877-456-1233**  
 IDVR **334-3390**  
 Unemployment **332-8942**  
 -Appeals **800-621-4938/**  
**332-3572**  
 Worker's Comp Claim **334-6000**

### Housing

Housing & Finance Association  
 -Coeur d'Alene  
**866-621-2995/208-621-2994**  
 -Lewiston **866-566-1727**  
**743-0251**

### Health Care

Medicaid IDHW **877-456-1233**  
 ID Bureau of Vital Records &  
 Health Statistics - IDHW **334-5980**  
 ID Medicaid **866-686-4272**  
 -24/7 Hotline **866-635-7515**  
 ID Suicide Prevention Hotline  
**398-3457**

Prescription Cards [Idahocard.com](http://Idahocard.com)  
 Suicide Prevention Prog IDHW  
**334-4983**

Substance Abuse Services IDHW  
**922-2406**

### Seniors

Bureau of Long Term Care **769-1567**  
 Medicaid Enrollment & Assistance  
 IDHW **877-456-1233**  
 Nursing Home Services - IDHW  
**866-255-1190**

### Transportation

**772-1200**

### Veterans Services

**334-3513**

## WASHINGTON

### Children & Families

Apple Care (Medicaid) **800-562-3022**  
 Child Care Aware [childcarenet.org](http://childcarenet.org)

Child Care/Child Crisis/Neglect [dcyf.wa.gov](http://dcyf.wa.gov)  
 Child Support - DSHS **363-5000**  
**800-345-9982**

-KIDS General Info **800-442-KIDS**  
 -Alternative Solutions **800-604-1146**

Children, Youth & Families -DCFS  
**363-3550 TTY 363-4601**  
 -Mandatory Reporting **800-557-9671**  
 -After hrs **800-562-5625**

-Child Abuse/Neglect Hotline  
**866-END-HARM**

DV Hotline **800-562-6025**  
 Foster Parenting & Kinship Care  
**888-KIDS-414**

Juvenile Rehab **363-4995**

### Health Care

DDA **329-2900**

**800-462-3038 TTY 568-3038**

Human Rights Commission  
**800-233-3247 TTY 800-300-7525**

Suicide Hotlines  
 -Frontier **877-266-1818**  
 -Greater Columbia **888-544-9986**  
 Vital Records - DOH **360-326-4300**

**Housing & Finance**  
 Housing Finance Commission  
**206-464-7139 800-767-4663**

**Public Assistance & Employment**  
 Community Service Office CSO-DSHS  
**877-501-2233 TTY 800-833-6384**  
 -Food, medical, public assistance  
 DVR **323-4700/888-468-9736**  
 Unemployment -ESD **800-318-6022**  
[esd.wa.gov/unemployment](http://esd.wa.gov/unemployment)  
 -questions website **855-682-0875**  
 WIC Nutritional Program - DOH  
 -Family Health Hotline **800-322-2588**  
 Workers Comp Claims - L&I  
**800-4BE-SAFE**

-Health And Safety Issues  
**800-423-7233**

-Overtime Info **866-219-7321**  
 Work Source - ESD **888-316-5627**  
 -Next Generation Zone **340-7800**

**Transportation - DOT 324-6015**  
 CommuteSmart NW **477-7650**  
 Travel and Trip Alerts **511**

**Senior**  
 Home Care Referral **800-970-5456**  
 Adult Protective Svcs **800-459-0421**  
 Residential Care Svcs **323-7304**  
 SHIBA (Medicare) **800-562-6900**

**Veterans Affairs**  
 WADVA **800-562-0132**  
**TDD360-725-2199**

-Assistance **877-249-0516**  
**800-562-2308**  
 -Spokane Home **344-5770**  
**877-838-7787**

-Walla Walla Home **994-6800**  
 WS Veterans Employment **535-3101**

# Federal, State & Local Resources - Covid 19

## FEDERAL PROGRAMS

[Coronavirus.gov](http://Coronavirus.gov) [usa.gov/coronavirus](http://usa.gov/coronavirus)  
 CDC [cdc.gov/](http://cdc.gov/)  
 Nat'l Institutions of Health [nih.gov](http://nih.gov)  
 Department of Health and  
 Human Services [hhs.gov](http://hhs.gov)

## IDAHO

[coronavirus.idaho.gov](http://coronavirus.idaho.gov)  
**Panhandle Health District**  
[panhandlehealthdistrict.org/covid-19/877-415-5225  
 Benewah, Bonner, Boundary,  
 Kootenai, Shoshone  
\*\*Central Idaho 866-736-6632\*\*  
\[idahopublichealth.com\]\(http://idahopublichealth.com\)  
 Nez Perce, Lewis, Idaho  
 Clearwater, Latah  
\*\*Idaho Community Foundation\*\*  
\[dahocf.org/covid-19\]\(http://dahocf.org/covid-19\)  
\*\*Idaho Kootenai County Mutual\*\*](http://panhandlehealthdistrict.org/covid-19/877-415-5225)

### Aid Group

FB: [764946094032284](https://www.facebook.com/764946094032284)  
**Kootenai County EMS System**  
[http://kcemss.org](http://http://kcemss.org)

## WASHINGTON

[coronavirus.wa.gov](http://coronavirus.wa.gov)  
[covid19helpwa.org](http://covid19helpwa.org)

**Department of Health**  
[doh.wa.gov/Emergencies/Coronavirus](http://doh.wa.gov/Emergencies/Coronavirus)

**COVID-19 Hotline 800-525-0127**  
 text "Coronavirus" to 211211

**Governor's Info & Resources**  
<https://www.governor.wa.gov/issues/issues/covid-19-resources>

**NE Tri-County Health** [netchd.org](http://netchd.org)

**Adams** [co.adams.wa.us/government/covid-19.php](http://co.adams.wa.us/government/covid-19.php)

**Asotin** [asotincountypublichealth.org](http://asotincountypublichealth.org)

**Lincoln**  
[co.lincoln.wa.us/public-health/coronavirus-covid-19-updates/](http://co.lincoln.wa.us/public-health/coronavirus-covid-19-updates/)

### Whitman

[whitmancountypublichealth.org/covid-19.html](http://whitmancountypublichealth.org/covid-19.html)

**Walla Walla**  
[co.walla-walla.wa.us/government/health\\_department/index.php](http://co.walla-walla.wa.us/government/health_department/index.php)

## SPOKANE AREA

**Spokane COVID Response**  
[spokanecovidresponse@gmail.com](mailto:spokanecovidresponse@gmail.com)

FB: [SpokaneCovidResponse/](https://www.facebook.com/SpokaneCovidResponse/)  
[InlandCOVIDResponse.org](http://InlandCOVIDResponse.org)

**Spokane Resource Center HUD**  
[spokaneresourcecenter.org/covid-19](http://spokaneresourcecenter.org/covid-19)

**City of Spokane**  
[my.spokanecity.org/covid19/](http://my.spokanecity.org/covid19/)

**-Financial Help line 625-6650**  
**-UHelp Program 311**

[ubil@spokanecity.org](mailto:ubil@spokanecity.org) **755-2489**  
[spokaneutilityhelp.org](http://spokaneutilityhelp.org)

**City of Spokane Valley ED**  
[spokanevalleyed.org/covid19/](http://spokanevalleyed.org/covid19/)

### Greater Spokane Inc

[greaterspokane.org/covid-19/SRHD\\_srh.org/covid19](http://greaterspokane.org/covid-19/SRHD_srh.org/covid19)

**Spokane County Community Services 477-5722**

**Spokane Public Schools**  
[spokaneschools.org/covid](http://spokaneschools.org/covid)

**The Fig Tree** [hefigtree.org](http://hefigtree.org)

**United Way** [unitedwayspokane.org/COVID19Resources](http://unitedwayspokane.org/COVID19Resources)

**Civic Volunteers via Social Media:**  
**Helping Spokane Get Through COVID 19** FB: [Helping Spokane Get Through COVID 19](https://www.facebook.com/HelpingSpokaneGetThroughCOVID19)

**Spokane Area Coronavirus Aid**  
 FB: [261027208235464](https://www.facebook.com/261027208235464)

**Spokane Mutual Aid 503-662-7912**  
[spokanecountymutualaid@gmail.com](mailto:spokanecountymutualaid@gmail.com)

FB: [SpokaneCountyMutualAidmutualaidspokanecounty.com](https://www.facebook.com/SpokaneCountyMutualAidmutualaidspokanecounty.com)

**For Food** [2-harvest.org](http://2-harvest.org)  
[northwestharvest.org/eastern-washington](http://northwestharvest.org/eastern-washington)



# Native American Nations

## COEUR D'ALENE TRIBE 686-1800

**Education** 686-5013  
 Early Learning Center 686-6507  
 Higher Education 686-1800  
 UofI Extension 686-5605

**Social Services**  
 BIA Assistance 686-1887  
 Commodity Food Prog 686-4041  
 Housing 686-1927  
 DV 686-0900  
 TANF 686-6306

**Health & WIC - Marimn Health**  
 -Medical Center 686-1931  
 -WIC 686-1931 x323/412

**Natural Resources**  
 CdA Lake Mngt Dept 686-5302

**Seniors**  
 Meal Site 686-3013  
 Older Persons' Prog 686-6306

**Veterans Assist** 686-5602

## CONFEDERATED TRIBES OF COLVILLE

**Inchelium District** 722-7620  
**Education and Employment**  
 Early Learning  
 -Keller HS 634-7516  
 -Inchelium HS 722-7025  
 SCC/ ABE 533-4660  
 -Inchelium 772-3702

**Social Services** 422-7023  
 -Inchelium TANF 722-7069/7043  
 -Keller TANF 634-2199  
 BIA Assistance 634-2316  
 Commodity Food Dist 634-2796

**Health & WIC**  
 Lake Roosevelt Community  
 -Inchelium Clinic 722-7019  
 -Keller - San Poil Valley Clinic 634-7325

**Seniors** Area Agency on Aging  
 -Inchelium 722-7074  
 -Keller 634-2829/2803

**Transportation**  
 -Keller Ferry (WADOT) 843-3778  
 -Inchelium Transit & Ferry 722-4224

## KALISPEL TRIBES 447-1147

**Education** 447-7141  
 Early Learning Center 447-7210  
 Career Training Center 447-7440  
 WSU Extension 447-7436

**Social Services**  
 BIA Assistance 258-4561 x29  
 Camas Path - North  
 -Employment Assistance 499-7412  
 -Housing 447-7270  
 -South (Airway Heights) 789-7630

**Health & WIC**  
 Camas Center Clinic 447-7405

**Seniors**  
 Camas Path 789-7630  
 KALTRAN 447-7247

## KOOTENAI TRIBE 267-3519

**Social Services** 267-3519  
 BIA Assist-Northern ID 843-9410  
 Child Welfare 267-3519  
 Housing 267-3519

**Health**  
 Tribal Health Clinic 267-5223

**Natural Resources** 267-3519

## NEZ PERCE RESERVATION 843-2253

**Education** 621-4610  
 Early Childhood learning  
 -Kamiah 935-2888  
 -Lapwai 621-3791  
 UI Extention 621-3514

**Housing Authority** 888-334-5167  
 -Kamiah 935-2144  
 -Lapwai 843-2229

**Natural Resources**  
 Nimipuu Protecting the Environment 790-4296

**Nimipuu Health**  
 -Kamiah 888-891-2924/935-0733  
 -Lapwai 888-891-2920/ 843-2271

**Social Services** 843-2463  
 Includes BIA Assistance, Financial Assistance, and Tribal TANF  
 Commodity Foods Program  
 -Kamiah 935-4115  
 -Lapwai 843-7305  
 WIC 843-2271

Women's Outreach 621-4690  
**Senior Citizens**  
 -Kamiah 935-2526  
 -Lapwai 843-7311  
 Senior Meal 843-7311  
**Transportation** 621-4691  
**Veterans Rep** 621-4738  
 Veterans Benefits 843-4738

## SPOKANE TRIBE 458-6500

**Education & Employment**  
 458-6556/458-8009  
 Day Care Center 533-1360x263  
 Head Start 258-7229  
 Work Training 458-6529  
 Tribal Campus 257-9202

**Health & Human Svcs** 258-7502

**FOOD**  
 -Ford FB/Meal site 258-4531  
 -Wellpinit FB 258-7145  
 -WIC Spokane Tribe 258-7129

**WYNECOOP CLINIC IHS** 258-4517  
 Radiation Exposure & Education Program 258-7502

**SOCIAL SERVICES** 458-6500  
 -BIA Assistance 258-4561 x29  
 -Senior Program 258-7129  
 -TANF Wellpinit 458-8000  
 -TANF Spokane 533-1360

**Natural Resources**  
 Housing Authority 258-4523  
 888-642-8055

**Transportation** 458-6549

# Kootenai County (208) 446-1660

## KOOTENAI

**Community Services**  
 Kaleidoscope Community Services 699-2250  
 St Vincent de Paul 664-3095

**FOOD**  
 Athol ABC FB 683-3244  
 CAP Food Bank 664-8757  
 CDA Bible 664-4883  
 CDA Community Svcs\* 664-5473  
 Harrison FB 689-3506/689-3900  
 Heart of the City \* 665-7808  
 Lake City Community 676-0632  
 Love Pantry - Christ the King Lutheran 664-9231  
 NIC FB 769-3299/665-5086  
 Hayden Adventist 762-5718  
 Real Life Min 446-2420x184  
 Rathdrum Food Bank 687-3696  
 WIC Panhandle Health 415-5130

**HOUSING**  
 CAP 664-8757/800-326-8443  
 Habitat for Humanity 762-4663  
 SVDP 664-3095  
 Kootenai Cnty Assist 446-1886  
 Kootenai County Property Tax Reduction 334-7736  
 St Pius Outreach \* 765-5108  
 UGM Center for Women & Children 665-4673

**MEALS**  
 Sun Lunches  
 -Lutheran Church 765-1002  
 -CDA Bible\* @ Harding Center  
 M-F Dinner St Vincent de Paul \*

T Lunch -Athol Adventist 683-3672  
 T Dinner St Thomas 664-9259  
 Wed Dinners  
 -Rathdrum Bible 687-0303  
 -CdA Community Services \*  
 Thurs Dinners  
 -Heart of the City\*  
 -St Georges (PF) 773-4715  
 Fri Dinner - St Pius Outreach  
 Sat Dinner - Cherished Ones 704-0908

### Early Learning & Education

**EARLY LEARNING**  
 CdA Licensing 769-2229  
 Mountain States EHS 765-6955  
 NIC Head Start 666-6755

**SCHOOL DISTRICT**  
 CdA SD 664-8241  
 Lakeland SD  
 Kootenai SD 689-3631  
 Post Falls SD 773-1658

### Employment & Job Skills

Goodwill (PF) 773-6181  
 ID Dept of Labor 457-8789  
 IDVR 769-1441  
 LCSC Outreach Center 666-6707  
 NIC 769-3300/877-404-4536  
 Small Business Development Center 665-5085  
 UI Extension 446-1680

### Environmental & Animal Rights

Dept of Environmental Quality 877-370-0017  
 Idaho Native Plant Society 762-2575  
 Kootenai Cnty Humane Soc 772-4019  
 Kootenai Environmental Alliance 265-9565  
 Lake CdA Waterkeeper 667-9093

## Family Crisis

ICARE Children & Family  
 Advocacy 676-1515 x315  
 Safe Passage 664-9303  
 -Children's Advocacy 664-9303  
 Coeur d'Alene Counseling 755-7114

**Human Rights**  
 Human Rights Education Institute (HREI) 883-7155  
 Kootenai Cnty Task Force on Human Relations 765-3932

## Health Care

Disability Action Center 457-3891/800-854-9500  
 Heritage Health Cntr 620-5200  
 Inclusion 762-0119  
 Kootenai County Panhandle Health Dist 415-5100/800-878-2364  
 -Clinical Services 414-5270  
 Kootenai County Medical Assistance 446-1886  
 Kootenai County Substance Abuse Council 773-2118  
 Kootenai Recovery Center 953-8005  
 Kootenai Health 625-4000  
 -Behavioral Health 665-4800  
 -Rehab 665-5008  
 Mental Health IDHW 265-4535  
 North ID Crisis Center 625-4884  
 NW Specialty Hospital 626-2300  
 -CdA Urgent Care 209-2060  
 -Post Falls Urgent Care 262-2600  
 Port of Hope 664-3300/800-245-6132  
 Rehabilitation Hospital 262-8700  
 SL Start Idaho 772-4639  
 Tesh Inc 765-5105

## Outdoors & Recreation

Coeur d'Alene's Old Mission SP 682-3814  
 BLM CdA District & Field Office 769-5000  
 Farragut Sp 683-2425  
 ID Dept Fish & Game 769-1414  
 ID Panhandle NFS 765-7223  
 - Fernan Off 664-2318  
 Kootenai County Parks 446-1275  
 North ID Centennial Trail 292-1634  
 Panhandle Parks Foundation 446-4613  
 Salvation Army Kroc Center 667-1895

**Seniors**  
 Area Agency on Aging of North Idaho 667-3179  
 Elder Help of North ID 661-8870  
 Paratransit (City Link) 446-1616  
 Senior Companions - Panhandle Health 415-5160/800-878-2364

**Senior Centers**  
 Bayview 683-8040/2951  
 Harrison 689-3557  
 Hayden 762-7052  
 Lake City Senior Center 667-4628  
 Post Falls Senior Center 773-9582  
 Rathdrum Senior 687-2028  
 Spirit Lake Seniors 623-6125

**Transportation**  
 City Link 877-941-RIDE  
 Greyhound 800-229-9429

**Veterans Assistance**  
 Coeur d'Alene CBOC 665-1700  
 Veterans Counseling & Service Center - SVDP 664-3095  
 Veterans Svcs (county) 446-1090

# Palouse Country

## WHITMAN 397-6240

### Community Services

Pullman Civic Trust  
[pullmannccivictrust.org](http://pullmannccivictrust.org)  
United Way of Pullman 332-3691

### FOOD

Colfax Pantry - COA 397-4305  
Colton/Uniontown Pantry - COA 397-4305

Endicott Pantry - COA 397-4305

Garfield FB 287-2001

Malden Pantry - COA 397-4305

Oakesdale Baptist FB - COA 397-4305

St John Pantry - COA 397-4305

Tekoa Pantry - COA 397-4305

Palouse - Calvary Chapel FB 397-4305

- COA 397-4305

Palouse Cares 208-310-1745

Pullman Child Welfare 338-0801

Rosalia Baptist Pantry - COA 397-4305

The Sharing Closet 284-3401

Wandering Island Ministries 553-2207

WSU Cougs Feeding Cougs 335-1280 / 6849

WIC Colfax 397-6280

WIC Pullman 332-6752

### HOUSING

Community Action Center - CAC 334-9147

Family Promise 208-882-0165

Habitat For Humanity 208-883-8502

### Early Learning & Education

Child Care Aware 242-3405

800-446-2229

Child Care Resource & Referral (WSU) 335-7625 / 800-446-2229

YMCA of the Palouse 332-3524

Pullman EHS/HeadStart/ ECEAP Center 877-909-7005

Community Child Care Center 334-9290

Colfax HS 397-2181

Endicott SD ECEAP 657-3523

Garfield SD ECEAP 635-1331

Palouse SD ECEAP 878-1921

Rosalia SD ECEAP 523-3061

St James Cntr 332-7005

Tekoa SD ECEAP 284-3281

### SCHOOL DISTRICT

Colfax SD 397-3042

Colton SD 229-3385

Endicott SD 657-3523

Garfield-Palouse SD 635-1331 / 878-1921

Lacrosse SD 545-3591

Sprague-Lamont SD 257-2511

Oakesdale SD 285-5296

Pullman Public Schools 332-3581

Rosalia SD 523-3061

St. John SD 648-3336

Steptoe SD 397-3119

Tekoa SD 284-3281

### Employment & Job Skills

DVR Colfax WS 397-5071

Boost Collaborative 332-6561

Rural Resources - Pullman Off 334-2375

WSU Pullman 335-3564

-Extension 397-6260

WS Pullman 332-6549

SFCC Education Cntr 332-2706

### Environmental & Animal Rights

Citizen's Climate Lobby [palousregion@citizenclimatelobby.org](mailto:palousregion@citizenclimatelobby.org)

Palouse-Clearwater Environmental Institute 208-883-1444

Whitman County Humane Society 332-3422

WSU Veterinary Training Hospital 335-0711

### Family Crisis

DCFS Colfax 397-5040

800-557-9671

DV - Alternatives to Domestic Violence of the Palouse 332-HELP/877-334-2887

### Health Care

24 hr Regional Crisis Line 888-544-9986

Boost Collaborative 332-6561

DDA Whitman 397-5053

Palouse CHAS Clinic 208-848-8300

Palouse River Counseling 334-1133

Planned Parenthood 866-904-7721

Pullman Fitness & Aquatic Center 338-3290

Pullman Regional Hospital 332-2541

Total Health Physician Group 332-6688

Whitman County Developmental Disabilities 397-6238

Whitman Hospital and Medical Center (Colfax) 397-3435

Whitman County Public Health District 397-6280

-Colfax Office 332-6752

-Pullman Office 335-3587

WSU Psychology Clinic 332-3524

YMCA of the Palouse 332-3524

### Diversity Centers

Elson S Floyd Cultural Center (WSU) 335-2584

Gender Identity/Expression and Sexual Orientation Resource Center (WSU) 335-8841

### Outdoors & Rec

Pullman Civic Trust [pullmannccivictrust.org](http://pullmannccivictrust.org)

Pullman Parks & Rec 338-3227

Whitman County 397-4622

-Wawawai CP 334-3774

-Klemgard CP/Kamiak Butte CP 397-6238

WSU Outdoor Rec 335-1892

State Parks -Palouse to Cascades SP Trail 337-6457

-Steptoe Battlefield SP 337-6457

-Steptoe Butte SP 360-902-8844

### Seniors

Assessor's Seniors/Disabled Tax Exemption 397-6220

Council on Aging & Human 397-4305

COAST Transportation 397-2935

Dial-A-Ride (Pullman Transit) 332-5471 800-833-6388

HCS Colfax 397-5091

800-459-0421

Pullman Community Council on Aging 339-4000

-Pullman MOW 334-4000

Rural Resources 332-0325

800-873-5889

### Transportation

COUG Bikes [gotchabike.com/ws](http://gotchabike.com/ws)

Pullman Transit 332-6535

Wheatland Express 334-2200

800-334-2207

### Veterans Assistance 397-6270

### Women's Groups

LWV [lwvpull@yahoo.com](mailto:lwvpull@yahoo.com)

NEW Leadership (WSU) 335-4359

WSU Women\*s Center 335-6849

### LATAH (208) 882-8580

### Community Services

Latah Cnty Social Svcs 883-7209

### FOOD

-Deary FB 877-7414

-J-K Good Samaritan FB 276-4510

-Moscow FB 882-4813

-Potlatch FB 875-0708

-Troy FB 835-3000

-Salvation Army 883-4823

-The Hope Center 883-4144

-Vandal Food Pantries 885-9442

-WIC 882-7353

Housing 883-8585

-CAP 883-8502

-Habitat for Humanity 208-882-0165

-Family Promise 883-3438

### Early Learning & Education

EARLY LEARNING

Moscow Licensing 883-7001

Moscow ECEAP 883-3940

### SCHOOL DISTRICT

-Gensee Joint SD 235-1161

-Kendrick SD 289-4211

-Moscow SD 882-1120

-Potlatch SD 875-1658

-Troy SD 835-3791

-Whitepine JSD 877-1408

### Employment & Job Skills

Hope Cntr 882-4144/569-4470

IDVR 882-8550

University of Idaho 885-6111

UI Extension 883-2267

### Environmental & Animal Rights

Citizen's Climate Lobby [palousregion@citizenclimatelobby.org](mailto:palousregion@citizenclimatelobby.org)

Clearwater Resource Conservation & Development Council 882-4960

Environ Defense Inst 835-5407

Humane Society of the Palouse 883-1166

Native Plant Society 883-2638

Palouse-Clearwater Environmental Institute 883-1444

Palouse Land Trust 596-4496

Palouse Prairie Fdn 883-1444

Rural Roots [ruralroots.org](http://ruralroots.org)

Sierra Club- Palouse Group [palouse.sierra.club@gmail.com](mailto:palouse.sierra.club@gmail.com)

Wild Idaho Rising Tide 301-8039

### Family Crisis

Alternatives to DV of the Palouse 883-HELP

-24/7 hotline 877-334-2887

### Health Care

Center on Disabilities and Human Development (Uof) 885-6000

Disability Action Center 883-0523/800-475-0070

Gritman Medical Center 882-4511/800-526-CARE

-Kendrick Clinic 289-3841

-Potlatch Clinic 875-2380

-Troy Clinic 835-5550

ID Assistive Technology 800-432-8324

Latah CHAS Clinic 848-8300

Latah County Panhandle Health District 882-7353

Latah Recovery Cntr 883-1045

Mental Health Services IDHW 882-0562

Rural Crisis Center Network 883-1045

### Human Rights

Latah County Task Force 882-3648

NW Coalition for Human Rights 885-4285

### Outdoors & Recreation

Clearwater NFS

-Palouse Ranger Dist 875-1131

Idler's Rest 596-4496

Latah Cnty Park & Rec 883-5709

Latah Trails Foundation 874-3860

1700 Highway 6, Potlatch 83855

Moscow Prks & Rec 883-7084

University of Idaho Outdoor Prog 885-6810

### Seniors

Area Agency on Aging of North Central Idaho (CAP) 667-3179/800-786-5536

Dial-a-Ride (SMART) 883-774

TDD 800-833-6388

Moscow Senior Cntr 882-1542

Potlatch Senior Citizens 875-1071

### Transportation

Smart transit 883-7747

Palouse Bicycle Collective/UI 208-254-0094

Wheatland Express 334-2200

800-334-2207

### Veterans Assist 883-2274



# Upper Columbia Region - NEWA, Lincoln County

Services for Ferry, Stens, Pend  
Oreille in common

**Community Services**  
Rural Resources 684-8421/  
877-219/5542

**Early Learning & Education**  
Child Care Aware  
800-446-2229/242-3405

**Family Crisis**  
Rural Resources (DV) 684-6139  
844-509-SAFE 844-509-7233

**Community Services**  
**HOUSING**  
NEWA Housing Solutions 328-2953  
Rural Resources 775-0912

**Health Care**  
24/7 Crisis Line 877-266-1818  
NEW Alliance Counseling -  
-Chewelah 935-4808  
-Colville 684-4597  
-Davenport 725-3001

**Seniors**  
Rural Resources  
-Community Living Connections  
775-0912  
-Dial-a-Ride 800-776-9026  
-Senior Nutrition 684-8421

## FERRY COUNTY 775-5225

**Community Services**  
**FOOD**  
-Republic-People's Pantry 207-  
0435  
-WIC 775-3111/800-876-3319

**HOUSING**  
Republic-Ferry County Housing  
Authority) 775-3924

**Early Learning & Education**  
**EARLY LEARNING**  
Child Care Aware 877-965-7109  
Curlw ECEAP 779-4931  
Republic ECEAP 775-3327 x125

**SCHOOL DISTRICTS**  
Curlw SD 779-4931  
Inchelium SD 722-6181  
Keller SD 634-4325  
Orient SD 684-6873  
Republic SD 775-3171

**Employment, Job Skills**  
ABE - SCC 533-4600  
DVR 775-2230/TTY 800-442-2061  
Job Corps 800-513-4884  
Rural Resources 775-2009  
SCC Republic 800-276-8040x6405  
WSU Extension 775-5225x116

**Family Crisis**  
Republic DCFHS 775-2220  
TTY 800-544-0543

**Health Care**  
County Public Hospital 775-3333  
-Republic Clinic 775-3153  
DDA 685-5646/866-715-3646  
Public Health 775-3111  
800-876-3319

**Outdoors & Recreation**  
Colville NFS - Republic 775-  
7400  
Curlw Lake SP 775-3592

**Seniors**  
HCS - DSHS 775-2227  
888-437-0516 TTY 775-2661

The People's Pantry 775-3874  
PUD (seniors) 775-3325  
Seniors/Disabled Exemption-  
Assessor office 775-5225 x2502  
**Veterans Assistance** 775-5229

## LINCOLN 725-1401

**Community Services**  
Rural resources 215-1420

**FOOD**  
Davenport - Lincoln County  
Care & Share FB 725-0437  
Harrington FB 253-4588  
Sprague Food Bank 993-5490  
Wilbur Uniting FB 647-5781  
WIC Lincoln Cnty 725-9213 x26

**Early Learning & Education**  
**EARLY LEARNING**  
Davenport ECEAP 725-1261 x3300  
Harrington ECEAP 323-2720  
Reardan ECEAP 796-2511 x306

**SCHOOL DISTRICT**  
Almira SD 639-2414  
Coulee-Hartline SD 639-2611  
Creston SD 636-2721  
Davenport SD 725-1481  
Harrington SD 253-4331  
Lamont SD 257-2511  
Odessa SD 982-2668  
Reardan-Edwall SD 796-2701  
Sprague SD 257-2511  
Wilbur SD 647-2221

**Employment & Job Skills**  
DVR Spokane 363-4700  
TTY 888-468-9736  
WSU Extension 725-4121

**Family Crisis**  
DCFHS Spokane 363-3550  
TTY 363-4601  
Family Resource Center (DV)  
725-4358

**Outdoors & Recreation**  
Lake Roosevelt NRA 754-7800

**Health Care**  
DDA Spokane 329-2900  
800-462-3038  
Lincoln County Alcohol & Drug  
725-2111

Lincoln County Developmental  
Disabilities 725-1086  
Lincoln County Public Health  
District 725-1001  
Lincoln Hospital 725-7101  
-Davenport Clinic 725-7501  
-Reardan Clinic 796-2737  
-Wilbur Clinic 647-5321  
Odessa Memorial Health 982-2611  
-Odessa Rural Clinic 982-2614

**Seniors**  
Aging & Adult Care of Central WA  
886-0700 800-572-4459  
Assessors Seniors/Disabled Tax  
Exemption 596-1454/725-7011  
Davenport Senior Cntr 725-7055  
HCS Spokane 568-3700  
800-459-0421  
Odessa Meal Site 982-2654  
People for People 765-9249  
800-851-4204  
Sprague Senior Cntr 257-2997

Wilbur Senior Center 647-5503  
**Transportation** 800-851-4204  
**Veterans Assistance** 725-4971

## PEND OREILLE 447-2435

**Community Services**  
Rural Resources 447-9997

**FOOD**  
Cusick FB 447-5249/939-3227  
lone FB 442-3223/442-3654  
WIC 447-3131/800-873-6162

**HOUSING**  
Assessors Low-Income  
Exemptions 447-4312  
Family Crisis Network 447-2274

**Early Learning & Education**  
**ECEAP**  
Metaline Falls - ESD 101 456-4225  
Rural Resources 447-2826/2340/4627

**SCHOOL DISTRICTS**  
Cusick SD 445-1125  
Selkirk Consolidated 446-2951  
Newport SD 447-3167

**Employment, Job Skills**  
DVR 447-6269/800-624-7222  
SCC/lone 442-4290  
SCC/Newport 447-3835  
WS Newport 800-451-1549  
WSU Extension 447-2401

**Family Crisis**  
24 Hr (DV) Help Line 447-5483  
DCFHS Newport 447-6216/800-473-6022  
Family Crisis Network 447-2274

**Health Care**  
DDA 685-5649/866-715-3646  
Newport Hospital 447-2441  
Pend Oreille Counseling 447-5651  
Public Health 447-3131  
800-873-6162

**Outdoors & Recreation**  
Crawford SP 446-4065  
Salmo-Priest Wilderness 446-7500

**Seniors**  
Assessors Seniors/Disabled  
Exemptions/Deferrals 447-4312  
HCS 447-6223/888-436-0516

**Transportation**  
Carpool Matching Prog 684-2961  
**Veterans Assist** 447-3943/6474  
WADVA 462-2500

## STEVENS COUNTY 684-7575

**Community Services**  
Loon Lake Food Bank and  
Resource Center 233-8450  
Rural Resources 684-8421  
Volunteer Food & Resource  
Center 684-2971

**FOOD**  
Chewelah FB 935-6204  
Colville FB 684-4441  
Reachout Food Min 685-9272  
Fond Food Bank 258-4531  
Hunters Food Bank 722-3332  
Kettle Falls FB 738-2326  
WIC 684-1361/800-827-3218

**HOUSING**  
Assessor Low-Income 684-6161  
Colville Shelter 684-8421  
HfH 684-2319/684-2385  
Hope Street 634-3701  
Daren Thompsons Community  
Warming Center 684-8480  
**MEAL SITES** (all Lunches)  
M - Colville Community 684-4441  
T-Colville Adventist 684-5845  
T-Colville Assembly of God 684-4721  
W - Free Methodist 684-2480  
Th - Colville A/G 684-4721  
F - Congregation UCC 684-4213

**Early Learning & Education**  
**EARLY LEARNING**  
NEW ESD 101 323-2720  
Rural Resources 684-8421

**SCHOOL DISTRICTS**  
Chewelah SD 685-6800  
Columbia SD 722-3311  
Colville SD 684-7850  
Evergreen SD 722-6384  
Kettle Falls SD 738-6625  
Loon Lake SD 233-2212  
Mary Walker SD 258-4534  
Northport SD 732-4251  
Onion Creek SD 732-4240  
Summit Valley SD 935-6362  
Valley SD 937-2413  
Wellpinit SD 258-4535

**Employment & Job Skills**  
SCC Colville 685-2120  
WS Colville 685-6158  
800-451-1549  
WSU Extension 684-2588

**Family Crisis**  
DCFY 685-5660/ TTY 684-2321

**Health Care**  
DDA 685-5649/866-715-3646  
DVR WS 685-6147  
800-330-5739 TTY 685-6146

NEW Alliance Counseling  
- Chewelah 935-4808  
- Colville 684-4597  
Mnt Carmel Hospital 685-5100  
St. Joseph's Hospital 935-8211  
NE Washington Health 935-6001  
Providence Clinics 935-8111  
684-3701

Public Health District  
684-1301/800-827-3218  
Tri-County Health Fund 634-3701

**Outdoors & Recreation**  
Colville NF 684-7000  
Little Pend Oreille NWR 684-8384  
Northeast WA Trails 684-4571

**Seniors**  
Assessor Senior/Disabled  
Exemption 684-6161  
Chewelah Senior Center 935-6204  
Colville Senior Center 684-3407  
HCS 685-5644/888-437-0516

**Transportation**  
Carpool Matching Prog 684-2961  
Gold Line 888-739-5395

**Veterans Assistance** 684-7511  
WADVA 462-2500

# Columbia Basin & Southeast Washington (509)

**ADAMS** 659-3257

**Community Services**

**FOOD**  
Lind Sr. Center 677-3620  
Othello FB 488-6044  
Ritzville FB 659-4449  
WIC Adams County 659-3315  
WIC Columbia Basin Health (Othello) 488-5256  
**HOUSING** - Othello Housing Authority 488-3527

**Early Learning & Education**

Child Care Aware 877-965-7109

**EARLY LEARNING**

Lind Preschool 456-7086  
Othello  
-Othello Child Develop Center 488-3503

-MacFarland MS 893-4125  
Ritzville Preschool 456-7086

**SCHOOL DISTRICT**

Lind -Ritzville 677-3481/659-1660

Othello SD 488-2659/4682  
Washtucna SD 646-3237

**Employment & Job Skills**

DVR Spokane 363-4700  
TTY 888-468-9736

Goodwill 765-1768  
SkillSource (Othello) 488-1670  
WSU Extension 659-3209

**Family Crisis**

DCFS Moses Lake 747-5757/800-749-5965  
DV Crisis Line: 888-560-6027  
New Hope DV Services (Othello) 488-2699

**Health Care**

24/7 Regional Crisis Line 877-266-1818

Adams County Public Health District - Integrated Health Services 488-2031/659-3315  
Bx Health Services -Adams Cnty Integrated Health Care Services 488-5611

Columbia Basin Health Association 488-5256  
DDA Spokane 329-2900  
800-462-3038

East Adams Rural Hospital & Clinic 659-1200  
-Ritzville Clinic 659-1200  
-Washtucna Clinic 646-3290  
Othello Community Hospital 488-2636  
-Pioneer Clinic 765-1538

**Seniors**

Aging & Adult Care of Central WA 766-2563/800-572-2563  
Assessor's Seniors Tax Exemption 659-3200  
HCS Moses Lake 764-5657  
800-671-8902 TTY 800-833-6388  
Lind Senior Center 677-3620  
Othello Senior Cntr 488-5700  
Washtucna Senior Cntr 646-3485

**Outdoors & Recreation**

Columbia Plateau Trail SP 646-9218  
Palouse Falls SP (Washtucna) 624-9218

**Transportation** 765-9249

**Veterans Assist** 659-8045/3247

**COLUMBIA** 524-2780

**Community Services**

Project Timothy, SVDP 382-2943

**FOOD**

-BMAC FB 529-3561  
-Dayton FB 386-9827  
-Salvation Army 529-9470  
-Presbyterian Pantry Food Shelf 529-4169  
-WIC Columbia 382-2181

**HOUSING**

-WW Housing Authority 527-4542  
-BMAC 529-4980

**Early Learning & Education**

Child Care Aware 800-446-2229/242-3405

Child Care Resource & Referral (WWCC) 529-5744/800-446-2229  
ECEAP-Dayton 464-5880

**SCHOOL DISTRICTS**

Dayton SD 382-2543  
Starbuck SD 399-2381

**Employment & Job Skills**

DVR WW 527-1815  
800-548-8755/TTY 800-548-8755  
Goodwill WW 525-5992  
WSU Extension 382-4741/2  
Walla Walla CC - Walla Walla 877-922-9922/522-2500

**Family Crisis**

DCFS WW 524-4900/TTY 524-4950  
YWCA WW-Dayton 382-9922

**Health Care**

24 Hr Crisis line 888-544-9986  
Blue Mountain Counseling 382-1164/866-382-1164

DDA 394-1069

Columbia County Health Service  
-Columbia Clinic 382-3200  
-Waitsburg Clinic 337-6311  
Dayton Hospital 382-2531  
Blue Mountain Counseling 382-1164/866-382-1164

**Outdoors & Recreation**

Camp Wooten Retreat Cntr 843-5091  
Umatilla NFS  
-Pomeroy Dist 843-1891  
-Wenaha-Tucannon Wilderness 843-1891

**Seniors**

Dial-a-ride (Valley Transit) 527-3779  
HCS Walla Walla 524-4960  
800-310-5678  
HCS Dayton 382-4787  
Indigent Seniors/Tax Exemption, Assessor's 382-2131  
SE Aging and Longterm Care Council 382-4787/800-965-2582  
Walla Walla MOW 541-938-548

**Transportation**

Columbia County 382-1647

Valley Transit - WW 525-9140

**Veterans Assistance** 382-2239

**WALLA WALLA** 524-2780

**Community Services**

Blue Mtn Action Council 529-3561  
Christian Aid Center 525-7153  
United Way of WW 529-1183

**FOOD**

BMAC FB 529-3561  
Farmers Market 240-2898/529-8755  
Helpline 529-3377  
Presbyterian Pantry Shelf 529-4169  
Salvation Army 529-9470  
St Vincent de Paul 525-3903  
WIC Walla Walla 524-2680

**HOUSING**

BMAC 529-4980  
Catholic Charities 525-0572  
Council on Housing (cnty) 524-2936  
Housing Authority 527-4542

**MEAL SITES**

Christian Aid Center 525-7153  
M-F, Dinner 5:30, Sat, Bkfst 7:30

**Early Learning & Education**

Child Care Aware 800-446-2229/242-3405

Child Care Resource & Referral (WWCC) 529-5744/800-446-2229

Early Learning  
-Blue Ridge Elem 527-3066

-Children's Home Society - WW 529-2130/3532

-College Place Child Development Center 522-0610

**School Districts**

College Place SD 525-4827  
Prescott SD 849-2217  
Waitsburg SD 337-6301  
Walla Walla SD 527-3000

**Employment & Job Skills**

DVR WW 527-1815  
800-548-8755 TTY 800-548-8755  
Walla Walla CC 522-2500  
877-922-9922

WSU Extension 524-2685  
Whitman College 527-5111  
WS Walla Walla 527-4393  
524-5230

**Family Crisis**

Childrens Home Society 529-2130  
DCFS WW 524-4900/TTY 524-4950  
Service Alternatives 325-4390  
The HUB (youth shelter) -  
Catholic Charities WW 525-0572  
YWCA Walla Walla 525-2570  
-Crisis Line 529-9922

**Health Care**

24 Hr Crisis line 888-544-9986  
Blue Mountain 382-1164  
866-382-1164

**Catholic Charities Counseling**

525-0572  
Christian Aid Center 525-7153  
DDD Walla Walla 394-1069  
Family Medical Center - YVFWC 525-6650

Planned Parenthood 866-904-7721  
Providence St. Mary Medical Center 897-3320

WW Public Health 524-2650

**Outdoors & Recreation**

Fort Walla Walla 525-7703  
Walla Walla Dist - Umatilla NFS 522-5290

WW City Parks & Rec 527-4527  
Whitman Mission NHS 684-8384

**Seniors**

Adult Day Care 527-3775  
Catholic Charities Volunteer Chore Services 525-0572  
Dial a Ride (Valley Transit-WW) 527-3779

HCS Walla Walla 524-4960  
800-310-5678

Indigent Seniors/Tax Exemption-Assessors 524-2560

Senior Citizens Cntr 527-3775  
SE Aging and Longterm Care Council 529-6470  
800-965-2582

Walla Walla MOW 541-938-5481

**Transportation**

Valley Transit 525-9140

**Veterans Assistance**

Helpline 529-3377  
VA Medical Center 525-5200  
888-687-8863  
Vet Center 526-8381

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# Idaho, Panhandle North (208)

## **BENEWAH 245-3212**

### **Community Services**

Community Action Partnership - CAP **245-9090**  
WIC **245-3692**

### **Early Learning & Education**

NIC HS - St Maries **245-6519**  
-Plummer-Worley SD **686-1621**  
-St Maries SD **245-2579**

### **Employment & Job Skills**

UI Extension **245-2422**

### **Family Crisis**

Crisis Intervention (Benewah Cnty Sheriff's Dept) **245-4260**

### **Health Care**

Alliance Medical Svcs **245-5427**  
Benewah Medical Center **686-1449x342**  
Benewah Community Hospital **245-5551**

Benewah County Panhandle Health District **245-4556**

### **Outdoors & Recreation**

Heyburn SP **686-1308**  
McCroskey SP **686-1308**  
ID Panhandle NFS - St Joe River Dist **245-2531**

### **Seniors**

Area Agency on Aging of North Idaho **667-3179**  
BAT (Medicaid) **245-4576**  
East Benewah Council for Aging **245-3545**

Senior Center  
-Fernwood **245-3392**  
-Plummer **686-1863**  
-Tensed **274-2851**  
-Worley **686-1258**

### **Transportation**

City Link **877-941-RIDE**

## **BONNER 245-1437**

### **Community Services**

Community Action Partnership - CAP **255-2910/800-326-4843**  
Sandpoint Community Resource Center **920-1840**

### **FOOD**

Bonner Community FB **263-3663**  
Clark Fork FB **266-0321**  
Priest River FB **448-2352**  
West Bonner Cnty FB **437-0143**  
WIC Bonner Cnty **263-5159**

### **HOUSING**

CAP **255-2910/800-326-4843**  
Bonner Gospel Mission **263-6698**

Bonner Homeless Transitions **265-6485**

Habitat for Humanity **265-5313**

### **MEAL SITES**

Priest River (T dinner) **263-2676**  
Sandpoint (only)  
Sun - 12-4 - VFW Hall **263-2913**

Monday (vacant)

Tuesday

-Lunch- Agape Cafe **263-0221/3648**  
-Dinner - A/G Church **263-2676**  
Wed-Lunch - Gardenia Center **263-4450/263-7625**

Thurs - Dinner - UMC **263-4234**  
Fri - Dinner - St Joseph **263-3720**  
Sat- 12-4 - VFW Hall **263-2913**

### **Early Learning & Education**

Mountain States HS **263-2569**  
Sandpoint HS - NIC **263-6232**  
Lake Pend Oreille SD **263-2184**  
Sandpoint SD **265-9737**  
West Bonner Cnty SD **448-4439**

### **Employment & Job Skills**

Goodwill **265-1900**  
ID Dept of Labor **263-7544**  
IDVR **263-2911**  
NIC Extension **769-3300**  
**877-404-4536**  
UI Extension **263-8511**

### **Environmental**

Clark Fork Coalition **406-546-0532**  
ID Conservancy League **265-9565**  
Lake Pend Oreille Waterkeeper **597-7188**  
Rock Creek Alliance **610-4895**  
Selkirk Outdoor Leadership and Education (SOLE) **928-351-7653**  
Twin Eagles Wilderness School **208-265-3685**

### **Family Crisis**

Life Skills NW **265-6796**  
Lilly Brooke Family Justice Center **265-3586**  
Priest River Ministries Advocates for Women **448-2800**

### **Health Care**

Bonner County Indigent Office **255-5291/3630**  
Bonner County Panhandle Health District **263-5159**  
Bonner General Health **263-1441**  
Bonner Partners in Care Clinic **255-9099**

Inclusion Inc **217-2414**

Kaniksu Health Services  
-Priest River/Sandpoint **263-7101**  
Mental health Services IDHW **265-4535**

North Idaho Community Mental Health **265-6798**

Human Rights **263-0275**

### **Outdoors & Recreation**

Bonner Cnty Parks **255-5681x4**  
ID Panhandle NFS -Priest River (Priest Lake) Dist **443-2512**  
-Sandpoint Dist **263-5111**

Friends of Scotchman Peaks  
Wilderness **290-1281**  
Priest Lake SP **443-2200**  
Round Lake SP **263-3489**

### **Seniors**

Area Agency on Aging of North Idaho **667-3179**  
Panhandle Senior Companions

**415-5160/800-878-2364**

Senior Centers

-Clark Fork Hope **266-1653**  
-Blanchard **437-1037**  
-Sandpoint **263-6860**  
-Senior Hospitality Center **267-5554**

-Sagle Senior Inc **265-2627**  
White Tail Transportation **448-0848/877-1261**

### **Transportation**

SPOT Bus  
-Ponderay **263-3774**  
-Dover **597-7606**  
Sandpoint Amtrak Station **800-872-7245**

### **Veterans**

Cnty Services **255-5291**  
Sandpoint CBOC **263-0450**

## **BOUNDARY 245-3212**

### **Community Services**

Community Action Partnership - CAP **267-3663/800-725-3663**  
Community Coalition for Families **267-0900**

Housing- Fuller Center for Housing **946-6582**

### **FOOD**

-Bonners Ferry (CAP) **267-3663**  
-WIC Boundary **267-5558**

### **Early Learning & Education**

Julien Bucher Early Learning Center - NIC **267-5756**  
Boundary County SD **267-3146**

### **Employment & Job Skills**

UI Extension **267-3235**  
NIC Extension **877-404-4536**  
ID Dept of Labor **267-5581**

### **Family Crisis**

Youth Crisis & Domestic Violence Crisis Line **267-5211/267-7334**

### **Health Care**

Boundary Community Hospital **267-3141**

Boundary County Panhandle Health District **267-5558**  
Kaniksu Health Services Clinic **263-7101**  
Mental Health Services IDHW **265-4335**

### **Outdoors & Recreation**

Cnty Parks & Rec **304-3603**  
ID Panhandle NFS - Bonners Ferry Dist **267-5561**  
Kootenai NWR **267-3888**

### **Seniors**

Area Agency on Aging of North Idaho **667-3179**  
Discount Rx **877-321-2652**  
Senior Hospitality Cntr **267-5553**

### **Veterans**

Cnty Services **267-8611**  
Sandpoint CBOC **263-0450**

## **SHOSHONE 752-1264**

### **Community Services**

Shoshone County Indigent Services **752-8601**  
Silver Valley Community Resource Center **784-8891**  
Sy Vincent de Paul **556-1460**

### **FOOD**

Community Action Partnership - CAP Food Bank **783-4901**  
Pinehurst - Real Life Ministries **682-4944**

Wallace UMC FB **784-3102**  
WIC Shoshone **786-7474**

### **HOUSING**

CAP **255-2910/800-326-4843**  
Fuller Center for Housing **786-6013**

### **Early Learning & Education**

Shoshone HS - NIC **784-5581**

### **SCHOOL DISTRICT**

Kellogg Joint **784-1348**  
Mullan **744-1118**  
Wallace **753-4515**

### **Employment & Job Skills**

IDVR **769-1441**  
NIC Extension **769-3300**  
**877-404-4536**  
UI Extension- Kootenai **446-1680**

### **Environmental**

Silver Valley Community Resource Center **784-8891**

### **Family Crisis**

Shoshone County Crisis and Resource Center **556-0500**

### **Health Care**

Mental Health Services IDHW **784-1352 x217**  
Shoshone Cnty Indigent Office **752-8601**

Shoshone Clinic **784-1221**  
Shoshone County Panhandle Health **786-7474**

### **Outdoors & Recreation**

Friends of the Coeur d'Alene Trails **691-9169**

Idaho Panhandle NFS  
-Avery Office **245-4517**  
-Silver Valley Off **783-2363**  
Shoshone Cnty Parks **753-5475**

### **Seniors**

Area Agency on Aging of North Idaho **667-3179**  
Paratranist **855-495-7325**  
Silver Valley MOW **623-6125**  
Senior Centers  
-Kellogg **783-4581**  
-Wallace **752-1194/5411**

### **Transportation**

Silver Express **855-495-7325**

**Veterans 752-3331**

# Clearwater Valley (208), Rural North Central Idaho

## CLEARWATER 476-5615

### Community Services

Community Action Partnership - CAP 476-4949/800-326-4843  
County Assistance 476-3864

### FOOD

Elk River FB 826-3305  
Orofino FB 476-7840  
WIC Clearwater 476-7850

### Early Learning & Education

Orofino ECEAP 476-3481  
Weippe ECEAP 435-4289  
Orofino JSD 476-5593

### Employment & Job Skills

ID Dept of Labor 476-5506  
IDVR 476-5574  
LCSC Orofino Outreach Center 476-5731  
UI Extension 476-4434

### Environmental

Clearwater Resource Conservation & Development Council 882-4960

### Family Crisis

DV YWCA Lewiston/Clarkston Crisis 746-9655/800-669-3176  
-Support Group 476-0155

### Health Care

Clearwater County Public Health 476-7850  
Clearwater Valley Hospital 476-4555  
-Orofino Health Cntr 476-5777  
-Pioneer Medical Clinic - Pierce 464-2578  
Mental Health Services IDHW 882-0562

### Outdoors & Recreation

Dworshak Dam & SP 476-5994  
Nez Perce-Clearwater NFS -North Fork Dist 476-4541  
Selway-Bitterroot Wilderness 476-4541

### Seniors

Area Agency on Aging of North Central ID 667-3179  
800-786-5536  
COAST (COA) 800-873-9996  
800-967-2899

### SENIOR CENTERS

Orofino 476-4328  
Weippe 435-4553

### Veterans

Property Tax Exemption for Disabled Vets 332-1033

## IDAHO 983-2751

### Community Services

FOOD  
Grangeville - Camas Prairie FB

507-2365  
Kooskia FB 926-7128  
WIC 983-2842  
HOUSING - Community Action Partnership - CAP 983-0437  
800-326-4843

### Early Learning & Education

EARLY LEARNING  
Grangeville ECEAP 983-1671  
Kooskia Cntr ECEAP 926-4311  
SCHOOL DISTRICTS  
Cottonwood JSD 962-3791  
Mountain View SD 983-0990  
Salmon River SD 630-6025

### Employment & Job Skills

LCSC Grangeville Outreach Center 983-2164  
UI Extension 983-2667

### Environmental

Clearwater Resource Conservation & Development Council 882-4960

### Family Crisis

YWCA Lewiston/Clarkston Crisis 746-9655/800-669-3176  
-Support Group 983-0888

### Health Care

Clearwater Valley Medical Clinics  
-Kooskia Clinic 926-7801  
Idaho County Public Health 983-2842  
St. Mary's Hospital 962-3251  
-Cottonwood Clinic 962-3267  
-Elk City Medical Clinic 842-2652  
-Grangeville Clinic 983-6027  
Syringa Hospital 983-1700  
-Grangeville Clinic 983-8530  
-Kooskia Clinic 926-4776

### Outdoors & Recreation

BLM Field Off 962-3245  
Clearwater NFS  
-Lochsa Ranger Station 926-4274  
-Moose Creek Dist 926-4258  
-Powell Ranger Station 942-3113  
-Red River Dist 842-2245  
-Salmon River Dist 839-2211  
Gospel-Hump Wilderness  
-Red River Dist 842-2245  
-Salmon River Dist 839-2211  
Selway-Bitterroot Wilderness  
-Lochsa Ranger Station 926-4274  
-Moose Creek Dist 926-4258  
-Red River Dist 842-2245

### Seniors

Area Agency on Aging of North Central Idaho 667-3179  
800-786-5536  
COAST (COA) 800-873-9996  
800-967-2899

Senior Center Grangeville 983-2033

**Veterans**  
Cnty Services 983-0239  
Grangeville CBOC 983-4671

## LEWIS 937-2261

### Community Services

Lewis Cnty Social Svcs 937-9248

### FOOD

Craigmont FB 924-6649  
Kamiah FB 926-7128  
Nezperce FB 937-9006  
WIC Lewis 985-2124

HOUSING - Community Action Partnership - CAP 935-2412  
800-326-2412

### Early Learning & Education

Craigmont ECEAP 924-5221  
Highland JSD 924-5211  
Kamiah Joint SD 935-2991

### Employment & Job Skills

UI Extension 937-2311

### Environmental

Clearwater Resource Conservation & Development Council 882-4960

### Family Crisis

YWCA Lewiston/Clarkston Crisis 746-9655/800-669-3176  
-Support Group 935-0044

### Health Care

Lewis Cnty Social Svcs 937-9248  
Lewis County Public Health 935-2124

St. Mary's Clinics  
-Craigmont Clinic 924-5504  
-Nezperce Clinic 937-2496  
-Kamiah Clinic 935-2585

### Outdoors & Recreation

Clearwater NFS HQ 935-2513

### Seniors

Area Agency on Aging of North Central Idaho 667-3179/  
800-786-5536  
COAST (COA) 800-873-9996  
800-967-2899

### SENIOR CENTER

Kamiah 935-0244  
Nezperce 957-2465

**Veterans** 937-9248



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# LC Valley

## ASOTIN 243-2081

### Community Services

Goodwill 208-743-4528  
Salvation Army 208-746-9654  
United Way, Twin County  
208-743-6594

### FOOD

Asotin County FB 758-7085  
Community Action Partnership -  
CAP Nez Perce County  
208-746-3351 208-748-4210  
Farmers Market *clarkston-*  
*farmersmarket@gmail.com*

St Vincent de Paul 758-8361  
WIC Asotin 243-3344  
WIC Clarkston 552-4122

### HOUSING

Housing Authority 758-5751  
CAP 208-746-3351  
Family Promise 208-882-0165  
Fuller 208-254-4081  
HfH 758-7396  
YWCA 208-743-1535  
Meal Sites see Nez Perce Cnty

### Early Learning & Education

Child Care Aware  
800-446-2229/242-3405  
Child Care Resource & Referral  
(WSU) 800-446-2229  
Lewis Clark Early Childhood  
208-743-6573

### SCHOOL DISTRICTS

Asotin-Anatone SD 243-1100  
Clarkston SD 769-2531

### Employment & Job Skills

DVR 751-4668/800-657-2929  
Goodwill (L) 208-743-8285  
Lewis-Clark State College  
208-792-5272  
Rural Resources/WS 758-5461  
Walla Walla CC - Clarkston  
Campus 758-3339  
WSU Extension 243-2009  
WorkSource 758-1716

### Family Crisis

Cnty Child Support 243-2065  
DCFS Clarkston  
751-4686/800-234-6313  
YWCA of Lewiston-Clarkston  
208-743-1535  
-DV Crisis Line 208-746-9655  
800-669-3176

### Outdoors & Recreation

Field Springs SP 256-3332

### Health Care

24 Hr Crisis line 888-544-9986  
Asotin Cnty Community  
Services 758-8349  
DDA Clarkston 751-4637  
People First of WA 800-758-1133  
Public Health District 243-3344  
LC Valley CHAS 208-848-8300  
St Joseph Medical Center  
208-743-2511/800-678-2511  
Quality Bx Health 758-3341

### Seniors

Accessors Seniors/Disabled

## Exemption 243-2016

Area Aging on Aging of North  
Central Idaho (CAP)  
208-746-3335/800-746-5450  
COAST Transportation 397-2935  
Dial-a-Ride (Valley Transit -  
Idaho) 208-743-2545  
HCS Clarkston 751-4672  
-Aging and Disability Resource  
Center 758-2355  
-Family Caregiver 758-2355  
SE Aging and Longterm Care  
Council 758-2355/800-965-2582  
Senior Round Table Nutrition  
Program (MOW) 208-758-3816  
Veterans Assistance 758-3959  
Transportation 758-3567

## GARFIELD 843-3731

### Community Services

FOOD  
Garfield County FB 843-6158  
WIC Garfield Cnty 843-3412  
HOUSING  
Asotin Cnty Housing Authority  
758-5751

Blue Mountain Action Council  
(homeless) 529-4980/800-244-5908  
STEP Women's Shelter 529-3377  
YWCA 208-743-1535

### Early Learning & Education

Child Care Aware  
800-446-2229/242-3405  
Lewis Clark Early Childhood  
208-743-6573

Pomeroy SD 843-3393

### Employment & Job Skills

DVR 751-4668/800-657-2929  
Goodwill (L) 208-743-8285  
Rural Resources - WS 758-5461  
WSU Extension 843-3701

### Family Crisis

DCFS 751-4686/800-234-6313  
Helpline Walla Walla 529-3377  
YWCA 208-743-1535  
DV Crisis Line 208-746-9655  
800-669-3176

### Health Care

24 Hr Crisis line 888-544-9986  
Garfield County Public Health  
District 843-3412  
Garfield County Public Hospital  
843-1591  
Quality BH-Pomeroy 843-3791

### Outdoors & Recreation

Lewis & Clark Trail SP 684-7000

### Seniors

COAST Transportation  
397-2935 or 800-873-9996  
HCS Clarkston 751-4672  
888-310-4881  
-HCS Pomeroy 843-3563  
Pomeroy Senior Cntr 843-3008  
SE Aging and Longterm Care  
Council 843-3563/800-965-2582  
Transportation 843-3563 /0200  
Veterans Assistance 843-1391

## NEZ PERCE 476-5615

### Community Services

FOOD  
Blessed Hope A/G 743-9501  
Community Action Partnership -  
CAP 746-3351/798-4210  
Culdesac - Raising Hope FB  
843-2773  
Episcopal Church\* 743-9121  
Nazarene Church - The Roc  
Rescue Mission\* 743-9501  
New Bridges Community 799-0858  
Orchards Baptist\* 743-5302  
St Vincent de Paul 746-7860  
Salvation Army 746-9653  
Valley Christian 746-0401  
WIC Nez Perce 799-0398

### HOUSING

Assessor's Programs 799-3010  
-Circuit Breaker, Homeowners  
Tax Exemption  
Community Action Partnership -  
CAP 798-4210  
800-326-4843  
Fuller Center for Housing 254-4081  
Family Promise 798-3349

### MEALS

MTF (lunch) Roc Rescue Mission\*  
MTWF (dinner) Salvation Army  
Thurs, 2nd/4th (dinner) Orchards  
Baptist\*  
Sat, 2nd/4th (dinner) Episcopal\*

### Early Learning & Education

EARLY LEARNING  
Lewiston Cntrs ECEAP 743-6573  
Whitman Cntr ECEAP 743-3882

### SCHOOL DISTRICT

Culdesac Joint 843-5413  
Lapwai SD 843-2622  
Lewiston Indep. 748-3000

### Employment & Job Skills

Goodwill 743-4528  
ID Dept of Labor 799-5000  
IDVR 799-5070  
TDD 799-5072

Lewis-Clark State College  
208-792-5272

## UI Extension 799-3096

### Environmental

Clearwater Resource Conservation &  
Development Council 882-4960  
Hells Canyon Inst- LCSC 793-2529  
ID Dept of Environmental Quality  
799-4370 877-541-3304  
Snake River Alliance 344-9161  
Snake River Waterkeeper 806-1303

### Family Crisis

YWCA of Lewiston-Clarkston  
743-1535  
-DV Crisis Line 746-9655  
800-669-3176

### Health Care

First Step 4 Life 717-3881  
Disability Action Center  
208-746-9033 800-746-9033  
LC Valley CHAS Clinic 848-8300  
Nez Perce Cnty Social Services  
799-3020  
North Central Idaho Public Health  
799-3100/866-736-6632  
Mental Health Services IDHW  
799-4440

St Joseph Regional Medicine  
743-2511/800-678-2511

### Outdoors & Recreation

Hells Canyon Nat'l Rec 758-0616  
Lewiston Parks 746-2313  
Nez Perce Parks & Rec 799-3089

### Seniors

Area Agency on Aging of North  
Central Idaho  
667-3179/800-786-5536  
COAST (COA) 800-873-9996  
800-967-2899

Lewiston Community Center  
743-6983

Valley MOW 799-5767

### Transportation 298-1340

### Veterans

Veterans Advocacy 799-5084  
Veterans Home 750-3638  
Lewiston CBOC 746-7784  
County services 799-30

## Resource Directory Community Partners

### Directory Partners help us share these resources

to enrich the quality of life in this region

### Many Thanks to the 2020 Partners

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Catholic Charities of Eastern Washington, Community Foundation,  
Greater Spokane County Meals on Wheels, Aging & Long Term Care  
of Eastern Washington, Dennis Cronin Attorneys at Law and  
St. Luke's Episcopal Church Cda

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# 2021-22 EMERGENCY / REFERRAL LISTINGS

## N11 CODES

|   |     |
|---|-----|
| WA INFORMATION NETWORK                  | 211 |
| MY SPOKANE, CITY INFO/SVCS              | 311 |
| DIRECTORY ASSISTANCE                    | 411 |
| TRAVEL INFO (RD CONDITIONS)             | 511 |
| PHONE PROBLEMS OR CELL CUSTOMER SERVICE | 611 |
| WA RELAY (TDD)                          | 711 |
| CALL BEFORE YOU DIG                     | 811 |
| EMERGENCIES                             | 911 |
| NATIONAL SUICIDE CRISIS (2022)          | 988 |

## CHILD CARE & DEVELOPMENT

|   |                       |
|---|-----------------------|
| CHILD CARE AWARE OF EASTERN WA<br>484-0048/800-466-2229 |                       |
| EXPRESS CHILD CARE                                      | 354-7312              |
| FAMILY CARE RESOURCES & REFERRAL                        | 484-0048/800-446-2229 |
| HEAD START/EARLY HEAD START/ECEAP                       | 533-4800              |
| MARTIN LUTHER KING JR FAMILY CENTER:                    | 455-8722              |
| JOYA  | 326-1651              |
| VANESSA BEHAN   | 535-3155              |

## CHILDREN & TEEN CRISIS

|                         |              |
|-------------------------|--------------|
| A CUP OF COOL WATER     | 747-6686     |
| AMBER ALERT (MUPU)      | 800-543-5678 |
| CHILD WELFARE (DCYF)    | 800-557-9671 |
| CHILDREN'S HOME SOCIETY | 747-4174     |
| CROSSWALK               | 838-6596     |
| EXCELSIOR               | 328-7041     |
| ODYSSEY                 | 325-3637     |

|   |           |
|---|-----------|
| LCSNW BEHAVIORAL HEALTH & VICTIM ADVOCACY | 747-8224  |
| PARTNERS WITH FAMILIES & CHILDREN         | 473-4810  |
| SUMMER FREE MEALS<br>WA 866-348-6479      | TXT 97779 |
| TAMARACK                                  | 326-8100  |

## DOMESTIC VIOLENCE/SEXUAL ASSAULT

|  |          |
|--|----------|
| TXT LINE                                 | 220-3727 |
| SEXUAL ASSAULT 24 HR CRISIS LINE - LCSNW | 624-7273 |
| YWCA DV 24 HR HELPLINE                   | 326-CALL |

## EMERGENCY

|  |              |
|--|--------------|
| AMERICAN RED CROSS                     | 326-3330     |
| CHAS CLINIC 24/7 Hotline:              | 866-418-1002 |
| MULTICARE DEACONESS HOSPITAL           | 458-5800     |
| POISON CONTROL CNTR                    | 800-222-1222 |
| PROVIDENCE SACRED HEART MEDICAL CENTER | 474-3344     |
| THE NATIVE PROJECT                     | 483-7535     |
| UNIFY CLINICS 24/7                     | 483-3427     |

## FOOD BANKS AND WIC

|  |                       |
|--|-----------------------|
| FEED SPOKANE                           | 216-7304              |
| NORTHWEST HARVEST                      | 891-7012              |
| SECOND HARVEST                         | 534-6678/800-662-3136 |
| SNAP (FOOD STAMPS)                     | 877-501-2233          |
| WIC                                    |                       |
| TXT "WIC" to                           | 96859                 |
| SRHD/ SPOKANE REGIONAL HEALTH DISTRICT | 324-1620              |
| WEST CENTRAL COMM CENTER               | 323-7497              |

## SENIORS

|        |          |
|--------|----------|
| ALTCEW | 458-2509 |
|--------|----------|

|                               |                          |
|-------------------------------|--------------------------|
| COMMUNITY LIVING CONNECTIONS  | 960-7281                 |
| DSHS                          |                          |
| Abuse Hotline                 | 866-END-HARM             |
| APS Intake                    | 800-459-0421/TTY568-3206 |
| Residential Living Oversight  | 323-7303                 |
| Home Comm Svcs                | 568-3700/800-459-0421    |
| ELDER SERVICES                | 458-7450                 |
| GOLDEN SHERPA                 | 920-2023                 |
| GREATER SPOKANE MOW           | 924-6976                 |
| MID-CITY CONCERNS MOW         | 747-3257                 |
| SILVER ALERT (MUPU)           | 800-543-5678             |
| SNAP LONG-TERM CARE OMBUDSMAN | 456-7133/ 800-660-7133   |

## SUICIDE & MENTAL HEALTH

|  |              |
|--|--------------|
| 24/7 REGIONAL CRISIS LINE                | 877 266-1818 |
| 24/7 Txt LINE:                           | 741741       |
| CARES SPOKANE FIRE DEPT                  | 911          |
| INLAND NW Bx HEALTH                      | 992-1888     |
| PROVIDENCE SACRED HEART ADULT PSYCHIATRY | 474-3131     |
| SOBERING UNIT SERVICES                   | 570-7250     |
| TREVOR                                   | 866-488-7386 |
| TXT "Start" to                           | 678678       |
| VETERANS CRISIS LINE                     | 800-273-8255 |
| TXT                                      | 838255       |

## FINANCIAL ASSISTANCE

|                                 |                               |
|---------------------------------|-------------------------------|
| CATHOLIC CHARITIES              | 358-4963                      |
| COMMUNITY SERVICE OFFICE (DSHS) | 877-501-2233                  |
| <i>washingtonconnection.org</i> |                               |
| FAMILY PROMISE                  | 747-5487                      |
| SNAP Assistance Programs        | 456-SNAP                      |
| SSI/SSDI                        | 800-772-1213/TDD 800-325-0778 |
| UNEMPLOYMENT                    | 800-318-6022                  |
| WORKERS COMP                    | 800-4BE-SAFE                  |

## COMMUNITY RESOURCE DIRECTORIES & ONLINE NETWORKS

|                          |  |
|--------------------------|--|
| 211 Washington Info      | <a href="http://win211.org">http://win211.org</a>                                  |
| Arc of Spokane           | <a href="http://arc-spokane.org/Resource_Guide">arc-spokane.org/Resource_Guide</a> |
| Aging and Long Term Care | <a href="http://altcew.org">altcew.org</a>   |
| El-Vinculo - Arcora      | <a href="http://el-vinculo.com">el-vinculo.com</a>                                 |
| Family Fun Guide         | <a href="http://thefamilyguide.org">thefamilyguide.org</a>                         |
| Housing Referrals        | <a href="http://HousingSearchNW.org">HousingSearchNW.org</a>                       |
| BUILDINGINW.com          | <a href="http://HousingIdaho.com">HousingIdaho.com</a>                             |

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|--|--|
| Parent help 123                          | <a href="http://parenthelp123.org">parenthelp123.org</a>               |
| Spokane Senior Living Guide - Providence | <a href="http://spokanewa.innovaging.com">spokanewa.innovaging.com</a> |
| Senior Pages - Spokane                   | <a href="http://SeniorPages.com">SeniorPages.com</a>                   |
| Spokane Cnty United Way                  | <a href="http://VolunteerSpokane.org">VolunteerSpokane.org</a>         |
| United WA Network                        | <a href="http://washington.uniteus.com">washington.uniteus.com</a>     |
| WA Connection                            | <a href="http://washingtonconnection.org">washingtonconnection.org</a> |

|                       |  |
|-----------------------|--|
| WA Non-profits        | <a href="http://501commons.org">501commons.org</a>                                 |
| Within Reach          | <a href="http://withinreachwa.org">withinreachwa.org</a>                           |
| North Idaho Services: | <a href="http://niseservicesdirectory.com">niseservicesdirectory.com</a>           |
| Sandpoint:            | <a href="http://sandpointcommunityresource.com">sandpointcommunityresource.com</a> |
| Senior Care           | <a href="http://seniorcare.com">seniorcare.com</a>                                 |