

Community Resources		
Addiction/Substance Use/Recovery...1-6		
Child Care/After School Programs...6-9		
Clothing/Food/Basic Needs...9-15		
Community Support...15-34		
Crises Lines...34-35		
Culturally Responsive...35-43		
Disability Services...43-52		
Domestic Violence Support...52-56		
Faith Based...43-52		
Foster Youth...62-64		
HIV/AIDS Programs...64-65		
Homeless Support...65-70		
Housing Assistance...70-74		
Human Rights and Diversity...74-77		
Human Trafficking Outreach...77-79		
Immigration and Refugee Services...79-82		
Legal Services...82-85		
Medical/Dental/Vision...85-95		
Mental Health...95-115		
Parent Support/Education...115-121		
Scholarships/Mentorships...121-129		
Senior Support...129-133		
Transitional Housing/ Shelters...133-144		
Transportation...144-146		
Veteran/Military Family Services...146-152		
Youth Specific Services...152-161		
* = Community Partner		
Addiction/Substance Use/Recovery		
Resource	Contact/Website	Services Offered
* American Indian Community Center Goodheart Behavioral Health	1025 W Indiana Ave, Spokane, WA 99205 Phone: (509) 487-2062 Fax (509) 487-4264 Email: shelleye@aiccinc.org website: aiccinc.org	Substance Use Disorder Treatment , Intensive Outpatient , SUD Assessments, Outpatient Treatment.
American Behavioral Health Systems	44 E Cozza Dr. Spokane, WA 99208 Phone: (509) 232-5766 Email:info@abhsinc.net Website: americanbehavioralhealth.net	Assessments, Detox, Inpatient, Residential, Referrals, Case Management, Mental Health.

CIS Resource Guide

* Catholic Charities Rising Strong	1960 N Holy Names Ct, Spokane, WA 99224 Phone:(509)960-8632 Website: https://www.cceasternwa.org/risingstrong	Detox, Recovery Coaching,Counseling, Parenting Skills,Education Support,Vocational Training, Family Inclusive Residential Treatment.
Celebrate Recovery	Spokane Locations: Family of Faith Community Church 1504 W. Grace Spokane, WA 99205 Phone: (509)325-0343 Open Heart Chapel 4123 N. Monroe St. Spokane, WA 99205 Phone:(509)399-4716 Valley Real Life Church 1831 S. Barker Rd. Green Acres, WA 99016 Phone:(509) 590- 9219	Celebrate Recovery is a Christ- centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Celebrate Recovery is a safe place to find community and freedom from the issues that are controlling our life.
Colonial Clinic	910 N Washington St #210, Spokane, WA 99201 Phone: (509)327-9831 Email: Form on Website Website: https://www.colonialclinic.co m/	Closed Group Therapy, Substance Abuse Evaluations, Family and Friends Therapy,Mental Health Counseling,Relapse Prevention Counseling
Compassionate Addiction Treatment	168 S Division St. Spokane, WA 99202 Phone: (509)919-3362 Website: catspokane.org	Outpatient, Individual Counseling,Peer Support,Family Counseling,Group Therapy,Supportive of Harm Reduction and Zero Barrier Treatment, Substance Use Disorder Assessments
Daybreak Youth Services	628 S Cowley St, Spokane, WA 99202 Phone: (509)927-1688 Toll Free: (888)454-5506 Fax:(509)444-7038 Website: https://daybreakyou thservices.org/	Inpatient Treatment, Outpatient Treatment, Mental Health, Psychiatric Evaluations and Treatment

CIS Resource Guide

Excelsior Wellness Center	3754 W Indian Trail Rd. Spokane, WA 99208 Phone: (509)559-3100 Fax: (509)588-7437 Website: https://www.excelsiorwellness.org/	Mental Health, Substance Use, Individual Counseling, Group Counseling, Substance Use Assessments, Intensive Outpatient Treatment, Day Treatment, Crisis Stabilization, Psychiatric Evaluations, Medication Monitoring and Support, Health and Wellness Education.
Excelsior Integrated Care Center	3754 W Indian Trail Rd. Spokane, WA 99208 Phone: (509)559-3100 Fax: (509)588-7437 Website: https://excelsiorintegratedcare.org/	A trauma-informed and holistic approach to inpatient services, Stabilization in the community.
Lutheran Community Services Northwest	210 W Sprague Ave, Spokane, WA 99201 Phone: (509) 747-8224 Fax: (509) 747-0609 Email: Through Website Website: https://lcsnw.org/office/spokane/	Individual, Family and Group Therapy including counselors trained in ACT, CBT, CBT Plus, CPT, CETA, EMDR, MI, PCIT, and Trauma Focused CBT. Wrap Around with Intensive Services (WISe). Family Outreach Crisis Intervention, Problematic Sexualized Behaviors, Family and Community Support, Refugee and Immigrant Support, Child Welfare, Aging and Independent Living, Crime Victim Services.
New Horizon Care Centers-PCAP	Phone: (509)838-6092 or (509)954-0170 Website: https://www.nhccspokane.org/pcap	Home visitation model of treatment for extremely high-risk substance abusing women including chronic alcohol/drug use during pregnancy.
New Horizon Care Centers-Isabella House	Phone: (509)624-1244 ext.108 Website: https://www.nhccspokane.org/isabella-house	Six month inpatient treatment program serving women with children or currently pregnant. Offering parenting programs, therapeutic childcare, group/individual therapy, life/employment skills, HIV/AIDS education, transitional housing.

CIS Resource Guide

New Horizon Care Centers-Sun Ray Court	701 E 3rd Ave, Spokane, WA 99202 Phone: (509) 456-5465 ext.402 website: https://www.nhccspokane.org/sun-ray-court-1	Men's residential treatment program including intensive inpatient treatment with potential for referral to Recovery House, Long-Term residential treatment, case management services and referrals, outpatient counseling referrals, clean and sober housing resources and referrals
* Partners With Families and Children	106 W Mission Ave, Spokane, WA 99201 Phone:(509) 473-4810 Fax: (509) 473-4840 Email:partners@partnerswithfamilies.org Website: https://partnerswithfamilies.org/	Substance Use Disorder Treatment, Assessments, Women's and Men's Individual and group therapy including options for EMDR, PCIT, and Family Counseling.
Planned Parenthood, Primary Care Treatment Assistance	123 E Indiana Ave Bldg A, Spokane, WA 99207 Phone: (866)904-7721 Fax:(509)248-3644 Ability to book online through website: https://www.plannedparenthood.org/health-center/washington/spokane/99207/spokane-health-center-2794-91850	General Healthcare, patient education
Riverside Recovery Center	3710 N Monroe St, Spokane, WA 99205 Phone:(509)328-5234 Email:staff@riversidespokane.com Website: https://riversidespokane.com/	Intergrative team of physicians and mental health clinicians dedicated to treatment and recovery, Medically assisted treatment using Suboxone and Subutex, Outpatient drug and alcohol rehab.
Social Treatment Opportunity Programs (STOP)	104 S Freya St Suite 209D, Spokane, WA 99202 Phone: (509) 927-3668 Fax: (509) 892-6661 Email: arth.clerical@stopwa.com Website: https://www.stopwa.com/spokane-treatment-center/	Alcohol and Drug Information School, Anger Management Treatment, Substance Use Disorder Treatment, Domestic Violence Treatment, DUI Assessments, Evaluations and Assessments, Mental Health Therapy, Cognitive Behavioral Therapy (CBT).

CIS Resource Guide

SPARC-Spokane Addiction Recovery Center	1508 W 6th Ave, Spokane, WA 99204 Residential Services Phone: (509)624-3251 Fax: (509)624-4505 Outpatient Services Phone:(509)624-5228 Fax: (509)624-7620 Mental Health Services Phone: (509)241-3130 Fax:(509)315-5780 Website: https://sparcop.org/	Residential Intensive Inpatient and Recovery House, Intensive Outpatient, Outpatient, DUI Assessment, Abuse Treatment, Alcohol and Drug Information School, Counseling and Psychotherapy, Medication Supervision, Case Management.
Spokane Falls Recovery Center	101 E Magnesium Rd, Spokane, WA 99208 Phone: Admissions (833)288-3283 Office(509)368-9021 Website: https://www.spokanefallsrecoverycenter.com/contact-spokane-falls-recovery/	Detox including medical, alcohol, opioid, and methamphetamine. Residential Treatment, Partial Hospitalization Program, Intensive Outpatient Program, Outpatient Program, Assessment and Intervention, Legal Support.
Spokane Regional Health District Opioid Treatment Program	1101 W. College Ave. Spokane, WA 99201 Phone: (509)324-1420 Fax: (509)327-0163 Website: https://srhd.org/programs-and-services/opioid-treatment-program	Medication assisted treatment program for adults with an opioid addiction including heroin, morphine, hydrocodone, and oxycodone. Must be 18 years of age or older to participate.
Spokane Treatment and Recovery Services	105 W 3rd Ave, Spokane, WA 99201 Phone: (509)570-7250 Fax:(509)982-8989 Email: information@spokanerecovery.org Website: spokanerecovery.org	Assessments, Sobering/Withdrawal Management, Karen's House Women's Residential Treatment, Cub House Men's Residential Treatment, Outpatient Services.
The Native Project	1803 W Maxwell Ave, Spokane, WA 99201 Phone: Behavioral Health: (509) 325-5502 Clinic Health: (509)483-4797 Website: https://nativeproject.org/our-services/behavioral-health/	Mental Health and Substance Use treatment plans for all children. Youth Substance Use Assessments, Substance Use Outpatient Treatment, Intensive Outpatient Treatment, Aftercare/Relapse Prevention, Youth Mental Health Services, Co-Occurring Disorder

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The Healing Lodge of the Seven Nations	5600 E 8th Ave, Spokane Valley, WA 99212 Phone: (509)533-6910 Email: Can be reached through website. Website: https://healinglodge.org/	45 bed adolescent residential chemical dependency treatment center. Serving males and females from ages 13-17. The primary focus is the Native American population but treatment is open to all.
Childcare/After School Programs		
Resource	Contact/Website	Services Offered
* Boys and Girls Clubs of Spokane County	Northtown Club: 544 E. Providence Ave. Spokane, WA 99207 Lisa Styles Gylenhammer Club: 13120 N. Pittsburg Spokane, WA 99208 Phone:(509)489-0741 Fax: (509) 487-1464 Registration Online via Website: bgspokane.org	Fun, safe,constructive environment for kids and teens during out-of-school hours. Programs designed to help kids succeed in school, leadership, and maintain healthy lifestyles.
Child Care Aware Washington	Phone:(866)416-4321 Fax:(253) 572-4140 Website: https://childcareawarewa.org/about-us/	A non-profit dedicated to helping families find quality childcare.Childcare resources and referrals.
Express Childcare-Spokane Public Schools	Phone: (509)354-7312 Fax:(509) 353-5464 Website: https://www.spokaneschools.org/express	Express School Age Childcare programs provides quality, convenient childcare to all students 5 to 12 years of age enrolled in Spokane Public Schools. Hours are 6:30-8:30 am, and 3:00 - 6:00 pm.
Head Start/ECEAP	All contact information found through website links, including locations and process to register. Website: https://www.dcyf.wa.gov/services/earlylearning-childcare/eceap-headstart	Early Childhood Education and Assistance Program funded by Washington State for children 3 and 4. Includes free early learning childcare and preschool, Family Support and parent involvement,Child health and nutrition coordination,culturally sensitive services.

CIS Resource Guide

* HUB/Afterschool Programs	19619 E Cataldo Ave, Liberty Lake, WA 99016 Phone:(509) 927-0602 Fax: (509) 927-0622 Email: info@hubsportscenter.org Website: hubsportcenter.org	Our After-School Program is a safe space for K-8 students to come after school hours. Kids can meet new friends and engage in enrichment activities, be active, hangout and play games. 30 minutes each day will be dedicated to studying and homework time.
One Heart Spokane	1827 E Pacific Ave, Spokane, WA 99202 Phone: (509) 535-3510 Email: contact@oneheartspokane.com Website: https://www.oneheartspokane.com/	Safe and healthy environment for children between the grades of kindergarten to eighth grade for afterschool care. Open Monday and Thursday from 3-8 pm, and Wednesdays from 5:30-8:00 pm.
Spokane Northeast Youth Center	3004 E Queen Ave, Spokane, WA 99217 Phone: (509) 482-0708 Email: info@spokaneyc.org	A state-licensed facility that provides safe, affordable childcare and transportation for children ages 2.5 to 13. Offerings include recreational activities, art and craft, special events, meals, summer camps, and programs during spring and winter breaks for Spokane children.
The Martin Luther King Jr. Family Outreach Center	500 S Stone St. Spokane, WA 99202 Phone: (509) 868-0856 Email: info@mlkspokane.org Website: mlkspokane.org	Non-profit community based social services center located in East Central Spokane. Offering comprehensive educational services, social services, and cultural enrichment programs for children and families. Individual programs include FAME (afterschool k-6), SYA(summer youth program),ECEAP (early childhood ed), and Teen Tech.

CIS Resource Guide

* Vanessa Behan Crisis Nursery	2230 E Sprague Ave, Spokane, WA 99202 Phone:(509)535-3155 Emergency Line: (509) 598-7490 Email: vbcn@vanessabehan.org Website: vanessabehan.org	Open 24 Hours a day, 7 days a week. Providing family support with childcare for children ages birth to six years of age. Specializing in crisis care, and emergency need but open to all families and children. Confidentiality guaranteed.
* West Central Community Center	1603 N Belt St. Spokane, WA 99205 Phone:(509)326-9540 Email: info@westcentralcc.org Website: westcentralcc.org	Youth Development programs,24/7 Library, summer youth camps, and ECEAP early childhood education.
Working Connections Childcare (WCCC)	Website: https://dcyf.wa.gov/services/earlylearning-childcare/getting-help/wccc	Helps eligible families pay for childcare. Application process and submittal found on website.
YMCA of the Inland Northwest	Phone: (509)777-9622 Website: https://ymcainw.org/programs/child-care/	EWU Children's Center (ages Infant to 10, ECEAP), Central YMCA Early Learning Center (Infant to 5 Years), YMCA Children's Center South (ECEAP), Summer Day Camps, Youth Development (Select schools in Mead School District, Spokane International Academy, Riverside School District, East Valley School District, Central Valley School District, West Valley School District. Check website for schools).
* YWCA Safe Haven Classroom	Multiple Locations Found on Website Phone: (509) 638-8107 Website: https://ywcaspokane.org/programs/children-and-youth/free-on-site-childcare/	Free onsite childcare for individuals accessing YWCA services in person. Ages 3 months to 12 years of age. Open Monday through Thursday, 9 am -12:00 noon, and 12:30 - 4:00 pm.
Clothing Banks/Food Banks/Basic Needs Supplies		
Resource	Contact/Website	Services Offered
* American Indian Community Center	1025 W. Indiana Ave, Spokane Phone: (509)535-0886 Email: Online form Website: aiccinc.org	Food and household necessities. All are welcome! Open Tuesday through Friday from 9:00 to 12:00 and 1:00 - 4:30.

CIS Resource Guide

* At the Core	4903 E. Peone Pines Dr. Mead, WA 99021 Phone:(509) 994-3720 Website:lifeatthecore.org	At The Core partners with businesses, churches, and organizations to help fight childhood hunger through our Bite2Go and Bite2GoXL programs in conjunction with Second Harvest.
Baskets for Babies	10814 E Broadway Ave, Spokane Valley, WA 99206 Phone:(509) 214-2634 Email: contactus@basketsforbabies.org	Provides basic baby supplies and clothing to new parents who can't afford to do so. By appointment only.
Better Living Center	25 E. North Foothills Drive, 99207 Phone:(509) 325-1258 Website: betterlivingcenter.org	Partnered with Second Harvest Food Bank. Providing food for those living within a specific service area (Perry on the east, Monroe on the West, Francis on the North, and Mission on the South). ID Required. Open Tuesday from 9:00 - 12:00 and 1:00 -4:00, and Thursday from 9:00 - 1:00.
Blessings Under the Bridge	Phone: (509) 294-7265 Website: https://butb.org/about-us/	Local faith-based Non-profit providing food and supplies to the homeless population in Spokane. "Weekly Feed" every Wednesday.
* Boy Scouts - Inland Northwest Council	411 W Boy Scout Way, Spokane, WA 99201 Phone:(509)325-4562 Email: Inland.Northwest@scouting.org Spokane.Store@scouting.org Website:nwscouts.org	Our vision is to inspire youth to become honorable men and women, prepared to face the challenges of tomorrow and lead others to make a positive impact on the world.Offering programing for youth and summer camps. Boy Scouts operates 3 camps regionally: Camp Easton(Lake Coeur d' Alene), Camp Cowles(Diamond Lake), and Camp Grizzly (Palouse River). Scholarships available for youth in need.
Central Lutheran Church	512 S. Bernard St. Spokane, WA 99204 Phone:(509) 624-9233	Food and basic necessities. Call to arrange time.

CIS Resource Guide

City Gate	170 South Madison Spokane, WA 99201 Phone: (509) 455-9670 Fax:(509)747-0336 Email: thecitygate@qwestoffice.net	Second Harvest food distribution provider. Food bank: serving zip codes 99201, 99204,99224 every 30 days. Clothing Bank: Open Tuesday through Friday from 10:00 am to 3:00 pm. "The Kitche" where pastries, coffee, breakfast and lunch are served is open Tuesday through Friday.
Communities In Schools Clothing Closets	Locations: Opportunity Elementary North Pines Middle Medical Lake Middle Medical Lake High Michael Anderson (FAFB) Hallett Elementary Sunset Elementary Cheney Middle Westwood Middle Limited Supplies: McDonald Elementary Broadway Elementary	Clothing closets, food pantries, school and hygiene supplies.
* Crosswalk Clothing Closet, Volunteers of America	525 W, 2nd Ave Main Floor Spokane, WA 99201 Phone: (509) 688-1112 Fax:(509) 241-1840 Email:crosswalk@voaspokane.org	Clothing, showers, personal hygiene products, and three meals offered a day. Open 24 hours, 7 days a week.
Cup of Cool Water	1106 W. 2nd Ave Spokane, WA 99201 Phone:(509) 747-6686 Email: Form on website Website: cupofcoolwater.org	Drop in for youth and young adults ages 14-24. Hot meals, laundry, showers, internet, clothing, and referral services.

CIS Resource Guide

* Food for Thought-Spokane Valley Partners	10814 E Broadway Spokane Valley, WA 99206 Phone(509) 927-1153 Email:admin@scpart.org Schools Served: Adams, Bowdish, Broadway, Chester, CVHS Alternative, CVHS, Dishman Hills, Early Learning Center, Evergreen Middle, EVSD, Green Acres, Liberty Creek, Libterty Lake, Mc Donald, Mica Peak, North Pines, Opportunity, Ponderosa, Progress, South Pines, Spokane Valley Tech, Summit, Sunrise, University Elementary, University High.	Food For Thought provides weekend meals for over 500 students each week to help improve school performance, academic success and cognitive development.
Infant Bank, Mission Community Outreach Center	1906 E. Mission Ave Spokane, wa 99202 Phone: (509) 536-1084 Website: 4mission.org	Provides diapers, wipes, and other infant supplies. Customers can receive items every 30 days. All items are free of charge. Proof of address and form of ID needed. Hours: Monday 1:00-4:00 Wednesday:10:00-1:00 Thursday:1:00-4:00
Mission Community Outreach Center	1906 E. Mission Ave Spokane, wa 99202 Phone: (509) 536-1084 Website: 4mission.org	Provides clothing, houseware, & hygiene items for low-income families
My Choice Spokane Free Boutique	2659 N. Ash Spokane, WA 99205 Phone: (509) 462-4000 Website: mychiocespokane.org	Fully stocked, free Boutique for babies. Offering baby clothes 1-12 months, blankets, diapers, wipes, formula, baby food, books, diaper bags, toys, and nursing items. Open Monday-Thursday 9 am-5pm.
Off Broadway Family Outreach	2223 W. Mallon Spokane, WA 99201 Phone (509)998-2630 (509) 688-5497 Email: offbroadwaylighthouse@gmail.com	Monday Food Bank: Mondays 2:00-4:00 Monday Night Dinner:Mondays 4:00 - 5:00.

CIS Resource Guide

Our Place Community Outreach	1509 W. College Ave Spokane, WA 99201 Phone:(509)326-7267 Website: ourplacespokane.org	Food bank, personal hygiene, laundry center, utilities, clothing bank, and bus passes. All services are free with no documentation required. Hours of Distribution: Wednesdays 4:00 - 6:00 Thursdays 10:00 - 12:30
* Our Sister's Closet, YWCA	YWCA Spokane 930 N Monroe St. Spokane WA 99201 Phone:(509) 326-1190 Website: ywcaspokane.org/programs/clothing/	Free, donation-based clothing boutique for anyone who identifies as a women or for non-binary individuals who are in transition in their life. Offering 90 minute 1-on-1 sessions. On average each client receives between 3 to 5 outfits, plus shoes, makeup, accessories, and personal hygiene products. Call on Friday mornings between 9:00 and 12:00 to schedule an appointment for the following week. Free on-site childcare is available upon request.
Revive Community Services/Morning Star Baptist	Morning Star Baptist Church 3909 W Rowan Ave Spokane, WA 99205 Email: revivecommunityservices@gmail.com Website: revivecommunityservices.com Intake and Email forms on website	Food pantry serving everyone regardless of income or residence. Come as often as needed. Clothing outlet offering clothes to all in need.
*Second Harvest	Spokane Hunger Solution Center 1234 E. Front Ave. Spokane, WA 99202 Phone: (509) 534-6678 Fax: (509) 534-8252 Email: info@2-harvest.org Wolff Family Child Hunger Solution Center 402 N Perry Street Spokane, WA 99202 Phone: (509) 534-6678 Email: info@2-harvest.org	Second Harvest knows there is no "one size fits all" solution to hunger. That's why we use a variety of strategies to get food to people who need it. We make sure our services are innovative, collaborative and practical to best serve our community. Mobile Food sites, dates, and times updated on the website.

CIS Resource Guide

Serve Spokane	8303 N Division St. Spokane, WA 99208 Phone:(509)998-5722 Email: servespokane@gmail.com Website: servcespokane.org	Clothing Bank and food bank with drive through and walk up Food distribution. In addition to regular food distribution, Serve Spokane has partnered with Second Harvest to operate The Emergency Food Assistance program, and the Commodity Supplemental Food program (Senior Boxes). In addition they facilitate Bite To Go meals for kids in local schools. Distribution Days: Tuesdays 1:00-2:30 Thursdays 1:00-2:30 2nd and 4th Saturdays 9:30 - 11:30 am.
Spokane Valley Partners	10814 E Broadway Spokane Valley, WA 99214 Phone:(509) 927-1153 Email:admin@svpart.org Website:svpart.org	Food bank, clothing bank, diaper bank, mobile food bank, emergency assistance. Monday through Friday, 9:00 am -3:00 pm.
* Teen and Kid Closet	307 E Sprague Spokane, WA 99202 Phone:(509)534-1151 Email: contact@teenkidcloset.org Website: teenkidcloset.org	Quality clothing, shoes, and accessories for kids and teens in need, free of charge. Store Hours: 1st and 3rd Saturdays 8:00 am-2:00 pm, 2nd and 4th Wednesdays 4:00 pm -7:00 pm.
The Klothes Kloset, Opportunity Christian Fellowship	1313 S Pines Rd. Spokane Valley, WA 99206 Phone:(509) 926-2673 Email: ocffice@hotmail.com Website:opportunitychristianf ellowship.org	Clothing, food, household goods, and small appliances.

CIS Resource Guide

* The Salvation Army Spokane	204 E Indiana Ave. Spokane, WA 99207 Phone:(509)325-6810 Website: https://spokane.salvationarmy.org/spokane_citadel/cure-hunger/	One of the largest food banks in the Spokane community. Offering free fresh produce, canned goods and valuable meal supplementation. Walk Up Hours: Monday 9:00 am -4:00 Tuesday:9:00-5:00 Wednesday: 9:00 - 4:00 Thursday: 9:00 - 5:00 Friday: 9:00 -4:00
* Union Gospel Mission Food Distribution Center	1224 E Trent Ave. Spokane, WA 99202 Phone:(509)535-8510 Email: info@uniongospelmission.org Website : uniongospelmission.org	Food Distribution. Office Hours are Monday-Friday 8:30 am - 4:30. Contact UGM for more information.
* Vanessa Behan Crisis Nursery	2230 E. Sprague Ave. Spokane, WA 99202 Phone:(509)598-7490 Emergency Services: (509) 535-3155 Email: vbcan@vanessabehan.org Website: vanessabehan.org	Diaper and Formula Assistance, 24 hours a day, 7 days a week.
Community Support		
Resource	Contact/Website	Services Offered
* Associated Builders and Contractors	1760 E. Trent Ave. Spokane, WA 99202 Phone:(509)534-0826 Fax: (509) 535-9967 Website: abcipc.org	Our work includes government representation, legal advocacy, education, workforce development, communication, technology, networking, recognition through our chapter awards programs, employee benefits, best practices information, and business development.

CIS Resource Guide

Adult Protective Services	Phone:(877)734-6277 Fax:(833)866-5590 TTY:(833)866-5595 Email:apscentralintake@dshs.gov Website: https://www.dshs.wa.gov/alt-sa/home-and-community-services/report-concerns-involving-vulnerable-adults	Helping to protect vulnerable adults. Online reporting encouraged via web.
Aging and Long-Term Care of Eastern Washington	1222 N. Post Spokane, WA 99201 Phone:(509)458-2509 Helpline(509)960-7281 Email: ACTION@ALTCEW.ORG Website:altcew.org	A social service agency that helps older adults and adults living with disabilities discover the resources needed to plan, prepare for and support living independently. This agency provides services such as case management for people needing a caregiver, information and referrals, answers to questions about Medicare and Medicaid, and more.
AmeriCorps, Spokane Service Team	4202 S Regal St. Spokane, WA 99223 Phone:(509)789-3800 Fax: (509)323-2765 Website: https://www.esd101.net/learning/spokane_service_team_-_ameri_corps	AmeriCorps is a network of national-service programs that engages more than 80,000 members each year to meet education, public safety, health, human, and environmental needs. This may include mentoring youth, building affordable housing, assisting veterans and military families, providing health services, running after-school programs, helping communities respond to disasters, and much more.

CIS Resource Guide

BFET-Employment and Training	Phone: 877-501-2233 Website: https://www.dshs.wa.gov/es-a/community-partnership-program/basic-food-employment-training-bfet	Program provides employment readiness opportunities to Basic Food (SNAP) recipients who are not participating in the Temporary Assistance for Needy Families. BFET services are provided through contracted community & technical colleges and/or community based organizations (CBO).
Career Path Services	Phone: 509-343-1319 Website: https://careerpathservices.org/	Career Path Services is an equity-centered, workforce development and human services non-profit corporation.
* Catholic Charities	12 E. 5th Ave. Spokane, WA 99202 Phone:(509)358-4250 Fax: (509)358-4259 Website: https://www.cceasternwa.org/	Programs include: Capa/Prepares, Christmas Bureau, Counseling, Food for All, Homeless services, Housing, House of Charity, Integrated case management, Immigration services, Rising Strong, Senior Services, St. Anne's Center, St. Margaret's Shelter.
Children's Home Society	2323 N. Discovery Pl. Spokane Valley, WA 99216 Phone:(509)747-4174 Website: https://www.childrenshomesociety.org/spokane	Washington's oldest and largest non-profit dedicated to improving the lives of children. Offering child and family counseling, early learning/headstart, and Children's Waiting Room. Open 8:30 -5:00 pm, Monday through Friday.

CIS Resource Guide

* Community Colleges of Spokane	501 N Riverpoint Blvd. MS 1009 PO Box 6000 Spokane, WA 99217-6000 Phone:(509) 434-5162 Website: https://ccs.spokane.edu/	Community Colleges of Spokane (CCS) is a dynamic community college district serving over 30,000 students a year in Eastern Washington between our two accredited institutions, Spokane Community College (SCC) and Spokane Falls Community College (SFCC). CCS is a vibrant, comprehensive learning community with educational opportunities for students of all ages and abilities.
* Community-Minded Enterprises	PO BOX 48150, Spokane, WA 99228 Phone:(509) 242-3405 Email: info@community-minded.org	We lead statewide outreach to low-income, multi-ethnic and marginalized communities, through partnerships and direct communication. We work with individuals in a variety of innovative programs, to help you overcome barriers that stand between you and your goal of reaching your full potential.
Crisis Residential Center	201 W 6th Avenue Spokane, WA 99204 24-hour help line: (509) 624-2868 Fax: (509) 747-1730 Website: https://www.yfaconnections.org/services/	The Crisis Residential Center (CRC) is co-located with the HOPE Center and is operated by YFA Connections through a contract with the Department of Commerce. Provides a short-term residential youth program that offers shelter and mediation services for youth and families. Ages 12-17

CIS Resource Guide

Crosswalk Youth Shelter	525 W 2nd Ave, Main Floor, Spokane, WA 99201 Phone: (509) 688-1112 Fax: (509) 241-1840 Email: crosswalk@voaspokane.org Website: https://www.voaspokane.org/crosswalk	Crosswalk is one of two licensed emergency shelters serving runaway and homeless youth in Eastern Washington. Services include: Family Reconciliation Services Clothing, Showers and Personal Hygiene Products Three meals a day, Employment-Readiness, Program and Job-Placement Assistance, Computer lab, Independent Living Training Including Life-Skills, Medical Advocacy, GED tutoring with onsite testing, College prep, Behavioral Health, Counseling, Recreational Activities, College Scholarship Opportunities (Donor Funded), Transportation, Access to Transitional Housing Program.
Department of Children, Youth and Families	To report abuse, neglect, unlicensed child care and child care concerns call : 1-866-ENDHARM (1-866-363-4276) 3 offices in Spokane can be found on Website: https://www.dcyf.wa.gov/contact-us	Services offered: Child Care/Early Learning, Child Development Supports, Child Welfare System, Foster Parenting/Kinship Care, Adoption, Adoption support, Education for Foster Care, Extended Foster Care, Health for Youth, At-Risk Youth/Runaway Youth, Independent Living Skills, Juvenile Rehabilitation.
* Division of Child Support	1608 W Boone Ave, Spokane, WA 99201 Phone: (509) 363-5000 Website: dshs.wa.gov/esa/division-child-support	Offering support services for those receiving or providing child support.

CIS Resource Guide

DSHS- Washington State Department of Social and Health Services.	All numbers and contacts for specific DSHS departments found on website. (Too many to list) Website: https://www.dshs.wa.gov/	Services Offered: Food/Cash/Medical, Housing Assistance, Child Support, Vocational Rehabilitation, Adult Care, Mental Health and Addiction, Disability Support.
* Eastern Washington University	EWU Visitor Center 326 6th Street Cheney, WA 99004 Visitor Center Phone: (509) 359-6555 Website: ewu.edu	Public University located in Cheney Washington offering over 150 programs of study. Bachelor, Master, and Doctoral levels of education. Locations housed in Cheney and Spokane.
East Valley Community Coalition	Kirsten Fuchs, East Valley Community Coalition Coordinator Phone: 509-280-1889 Email: Kfuchs@esd101.net Website: eastvalleycc.com	The East Valley Community Coalition formed in early 2013 in response to the statewide Prevention Redesign Initiative (PRI), now called the Community Prevention and Wellness Initiative (CPWI). This initiative allowed the community of East Valley to maintain their diverse substance abuse prevention coalition and continue providing resources to East Valley families with continued funding. As a part of the initiative, the Northeast Washington Educational Service District (NEWESD 101) also places a full time Student Assistance Professional at East Valley High School to provide direct prevention and intervention services to students.

CIS Resource Guide

* ESD 101	4202 S Regal St, Spokane, WA 99223 Phone(509)789-3800 Website: esd101.net	A regional education unit in the U.S. state of Washington. Organizationally different from a school district, a single ESD in Washington serves dozens of school districts. ESDs are established to allow school districts to work, plan, and buy equipment collectively.
Fig Tree	1323 S. Perry St. Spokane, WA 99202 Phone: (509)535-4112 (509)535-1813 Website: thefigtree.org	Supporting ecumenical, interfaith, nonprofit and community efforts by connecting people, sharing stories, building understanding, stirring compassion, exploring issues, offering reflection, opening dialogue, networking people and inspiring people. Weekly print publication and online resources.
* Food \$ense-WSU Coop Ext.	Website: https://wsuextensionfoodsense.wordpress.com/	The goal of Food \$ense is to provide nutrition education experiences that increase the likelihood that people eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the Dietary Guidelines for Americans and Food Guidance System (MyPyramid.gov). Healthy Recipes and Advice found on website.
* Gonzaga University	502 E Boone Ave Spokane, WA 99258 Phone:(509) 328-4220 Website: gonzaga.edu	A Jesuit, Catholic, Humanistic University offering 16 Undergraduate degrees, 49 majors, 58 minors, and 49 concentrations. Also offering 24 Master's degrees and 5 doctoral level degrees.

CIS Resource Guide

Goodwill	130 East Third Avenue Spokane, WA 99202 Phone: (509) 838-4246 Fax: (509) 838-0176 Email: discovergoodwill.org	Non-profit offering social services to help serve those who might have physical or developmental disabilities, individuals seeking to overcome mental health impairments, a lack of work skills/history, a record of incarceration, or homelessness. Still others are transitioning from dependence on public assistance to self-sufficiency.
* Greater Spokane Inc.	801 W Riverside Ave Suite 200, Spokane, WA 99201 Phone: (509) 624-1393 Email: info@greaterspokane.org Website: greaterspokane.org	Joining Greater Spokane Inc. will put you in touch with new potential customers and clients, drive down business costs, provide practical business training for you and your staff and increase your visibility in the community.
* Greater Spokane Valley Chamber of Commerce	10808 E Sprague Ave, Spokane Valley, WA 99206 Phone: (509) 924-4994 Website: spokanevalleychamber.org	We are the catalyst for building relationships, driving collaboration, and championing opportunity for the Greater Spokane Valley.
Hope House	318 South Adams Spokane, WA 99201 Phone: (509)-217-7592 Email: hhleaders@voaspokane.org Website: voaspokane.org/hope-house	Hope House offers safety from the dangerous streets to any woman. 100 shelter beds are available each night. Each woman receives personal care including: nutritious food, a hot shower clean, clean and dry clothing, hygiene items, a warm bed, onsite case management, resource information, connection to permanent housing, and referrals to community resources.

CIS Resource Guide

* Inland Northwest Business Alliance	Phone:(509)464-9452 Email: inbachamber@gmail.com Website: inbachamber.org	Inland Northwest Business Alliance (INBA) is Spokane's LGBTQ+ Chamber of Commerce with members in Eastern Washington and North Idaho. INBA was established in 1994 with a charter group of 25 members as a 501(c) 6 non-profit organization to network and socialize in a safe environment.
Job Corps	3012 N Nevada St Ste #1, Spokane, WA 99207 Phone:(509)638-8773 Website: https://www.jobcorps.gov/	Helps eligible young people ages 16 through 24 complete their high school education, trains them for meaningful careers, and assists them with obtaining employment.
* Junior League of Spokane	P.O. Box 4563 Spokane, Washington 99220 Phone: (509) 328-2801 Email:info@jlsokane.org Website:jlsokane.org	The Junior League of Spokane is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Our purpose is exclusively educational and charitable. We reach out to women of all races, religions and national origins who demonstrate an interest in and commitment to voluntarism.
Juvenile Rehabilitation Administration	1626 W Boone Ave Spokane, WA 99201 Phone (509) 363-4995 FAX (509) 363-4993 Website https://www.dcyf.wa.gov/fin-d-an-office/jr-offices	Aftercare and reentry support services to the families of youth who are releasing from a Juvenile Rehabilitation residential facility.

CIS Resource Guide

* KREM	Website: krem.com	KREM 2 is the CBS affiliate serving the Inland Northwest. Rooted in Spokane, the station has a rich history of serving the Spokane-Coeur d'Alene region for nearly 60 years.
Lutheran Community Services	210 W Sprague Ave Spokane, WA 99201 Phone:(509)747-8224 Fax:(509)747-0609 Email form on website: https://lcsnw.org/office/spokane/	Individual, Family and Group Therapy including counselors trained in ACT,CBT,CBT Plus, CPT, CETA,EMDR,MI,PCIT, and Trauma Focused CBT. Wrap Around with Intensive Services (WISe).Family Outreach Crisis Intervention, Problematic Sexualized Behaviors, Family and Community Support, Refugee and Immigrant Support, Child Welfare, Aging and Independent Living, Crime Victim Services.
NAMI Spokane, National Alliance for Mental Illness	10 N Post St #638 Spokane, WA 99201 Phone: (509) 838-5515 Website: https://namispokane.org/	NAMI Spokane is dedicated to three cornerstone activities that offer hope and help to people impacted by mental health conditions: support, education, and advocacy. Everything we do is led by people who have been there too — you are not alone.
* Odyssey Youth Movement	1121 S Perry St. Spokane, WA 99202 Phone:(509) 325-3637 Email: oym@odysseyyouth.org Website: odysseyyouth.org	Odyssey Youth Movement promotes equity for LGBTQ+ youth in the Inland Northwest through youth-driven programs and community education. Odyssey Youth Movement offers a variety of programs designed to improve the lives of LGBTQ youth and young adults in the Inland Northwest, as well as basic needs items such as food, clothing, and hygiene supplies.

CIS Resource Guide

* Partners With Families and Children	106 W Mission Ave, Spokane, WA 99201 Phone: (509) 473-4810 Fax: (509) 473-4840 Email: partners@partnerswithfamilies.org Website: https://partnerswithfamilies.org/	Partners is a social safety net for abused and neglected children with the capability to provide holistic supportive family services to all families across the Inland Northwest. Services include: Children's Advocacy Center, Mental Health, Substance Use Disorders, and Parenting Support.
* Priority Spokane	Office Phone: (509) 499-0536 Email: priorityspokane@outlook.com Website: priorityspokane@outlook.com	Reducing the harmful impact of trauma and violence on children and families across Spokane County through the expansion of Peer Support.
Rural Resouce Community Action	956 S Main Colville, WA 99114 Specific area phone numbers found on website: https://ruralresources.org/contact/	Rural Resources Community Action has helped residents of Northeastern Washington help themselves and each other. Through education, resources and support, we offer real hope to children, seniors and families, by working to create a stronger and more stable community for us all. Many community supports provided for those in Lincoln, Stevens, and Pend Orielle counties.
*SCC-IEL GED Classes-Adult Education Center	2310 N Monroe St, Spokane, WA 99205 Phone: (509) 533-7221 Email: abeinquiry@scc.spokane.edu Website: https://scc.spokane.edu/Become-a-Student/I-Need-Basic-Education	Many programs to help adults get ahead, including, completing a high school diploma through our High School+ Program, GED Preparation classes, English Language classes, College Preparation classes, and so much more.

CIS Resource Guide

Shriner's Children's Hospital	911 W 5th Ave, Spokane, WA 99204 Phone:(509) 455-7844 Email form on Website Websites: https://www.shrinerschildrens.org/en/locations/spokane	A highly-skilled team of physicians that specialize in orthopedics, fractures, orthotic and prosthetic care, and scoliosis and spine care. We are deeply committed to caring for children and families in our community and beyond. Services offered beyond medical:Camps, FutureFest, LightUpTheNight, Patient Ambassador Program, Teen Group, On-Site public school, Therapeutic Recreation and Child Life, and Pet Therapy.
Social Security Administration Office	714 N Iron Bridge Way Ste. 100, Spokane, WA 99202 Phone: (800) 772-1213 Website:	Retirement, Disability, SSI, Medicare.
Spectrum Center Spokane	25 W Main Ave, Ste. 210, Spokane WA 99201 Online contact form on Website: https://www.spectrumcenter.spokane.org/contact	Spectrum’s mission is to create a safe, intersectional, intergenerational, LGBTQIA2S+ community gathering space that celebrates a resilient, healthy community through social connectedness and support, arts and culture, access to resources, and leadership development.
Spokane County Counseling and Recovery Services, Family Promise	2002 E Mission Ave, Spokane, WA 99202 Phone:(509) 747-5487 Website: https://www.familypromiseofspokane.org/	Equipping families & communities to end the cycle of homelessness. Because every child deserves a home. Services offered: Housing Assistance, Emergency Triage shelter that transitions into stable housing.
* Spokane County Sheriff's Office	1100 W Mallon Ave, Spokane, WA 99260 Phone: (509) 477-2240 Contact form on Website: spokanecounty.org/4616/Sheriff	Partnering with our community and our professional staff, we will deliver the premier level of public safety through integrity, training, diverse capability, innovation, accountability, and respect for all.

CIS Resource Guide

Spokane Homeless Coalition	Email: Online Form Website: http://www.spokanehc.com/	The Spokane Homeless Coalition is made up of more than 1300 individuals representing more than 200 agencies, meal sites, churches and ministries in the Greater Spokane area, all committed to serving those in need throughout our community.
Spokane Neighborhood Action Partners (SNAP)	3102 W Whistalks Wy, Spokane, WA 99224 Phone: (509) 456-7627 Email: Online Form Website: snapwa.org	SNAP is the local and regional advocate for the most vulnerable people living within our community. Services offered: Affordable Housing, Downpayment/Closing Cost Assistance, Energy Assistance, Essential Home Repairs, Foreclosure Prevention, Home Loans, Homeless Services, Mortgage Default Counseling, Homeless Street Outreach, Second Chance Banking, Small Business Loans, SNAP Ride to Health.
* Spokane Police Department	1100 W Mallon Ave, Spokane, WA 99260 Crime Check: (509) 456-2233 Tipline: (509) 242-8477 Email: spdwebmail@spokanepolice.org Website: my.spokanecity.org/police/	Patrol, Investigations of Crimes and Drugs, Prevention Programs, Accountability, Information, News, Careers, Volunteers,, Citizen programs and training, and Community Outreach.
* Spokane Regional Health District	1101 W College Ave, Spokane, WA 99201 Phone: (509) 324-1500 Email: Online Form Website: https://srhd.org/	Programs and Services: Animals& Insects, Community & Family Health, Disease Prevention, Drowning Prevention, Emergency Preparedness, Environmental Hazards and Resources, Food Safety, Healthy Behaviors, Opioid Treatment, Pools and Water Recreation Facilities, School Health & Safety, and On-Site Sewage.

CIS Resource Guide

Spokane Resource Center	130 S Arthur St. Spokane, WA 99202 Phone:(509) 867-8188 Email:info@spokaneresource center.org Website:	Services: Housing,Training, Healthcare,Justice- Involved,General Basic Needs
* Spokane Valley Partners	10814 E Broadway Ave, Spokane Valley, WA 99206 Phone:(509) 927-1153 Email:admin@svpart.org Website:svpart.org	When local families, vulnerable youth, and impoverished elderly face significant obstacles Spokane Valley Partners is here to provide a safety net for those in need. With roots of compassion dating back over 60 years, Spokane Valley Partners has grown to meet the needs of the community as the largest social services agency in Spokane Valley.
Spokane Workforce Council	140 S Arthur St Suite 300A, Spokane, WA 99202 Phone:(509) 960-6255 Website: spokaneworkforce.org	Workforce Council advises and funds the WorkSource system in Spokane, which consists of two career centers and 19 affiliated sites across Spokane county. Providing leadership and guidance for more than 100 workforce professionals from a variety of agencies, all working together toward the common goal of helping workers find good jobs, and helping businesses find the right talent.

CIS Resource Guide

*Stand for Children- Washington	Email Contact on Website: stand.org	We advocate at the state and local levels for proven policies and funding primarily focused on helping every student reach graduation. We organize teams of parents, educators, and community members to become strong education advocates and support every student's academic journey.
* The Salvation Army	222 E Indiana Ave, Spokane, WA 99207 Phone:(509) 325-6810 Website: spokane.salvationarmy.org	Food Bank, Youth Programs,Sally's House Emergency Foster Care,Evangeline's House Foster Care, Nurturing &Visitation Center,Camp Gifford,Emergency Homeless Shelter,Transitional Homeless Housing.
Transitions	3128 N Hemlock St, Spokane, WA 99205 Phone: (509) 328-6702 Email: info@help4women.org Website: help4women.org	Ending homelessness for women and children in Spokane. No woman is ever turned away due to gender, sexual orientation, religious beliefs, ethnicity or disability. Women from every walk of life are welcome at Transitions. Programs and Services:Housing, New Leaf Kitchen and Cafe, EduCare, Home Yard Cottages, Miryam's House, Transitional Living Center, Women's Hearth.

CIS Resource Guide

2-1-1	Phone: 211 or dial 1(877)211-9274 Website: https://wa211.org/about-2-1-1/	2-1-1 is a free confidential community service and your one-stop connection to the local services you need, from utility assistance, food, housing, health, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you in finding the help you need.
* Vanessa Behan Crisis Nursery	2230 E Sprague Ave, Spokane, WA 99202 Phone:(509)535-3155 Emergency Line: (509) 598-7490 Email: vbcn@vanessabehan.org Website: vanessabehan.org	Vanessa Behan helps parents who are having difficulty providing safe shelter and care for their children. Primary services: 24-hour child care for infants and children under the age of seven, Parent education, Crisis counseling for parents, Referrals to other community agencies.
* Volunteers of America of Spokane	525 W 2nd Ave, Spokane, WA 99201 Phone: (509) 624-2378 Email: info@voaspokane.org Website: voaspokane.org	Devoted to ending homelessness by uplifting people and meeting needs. Adult Programs: Mental Health, Community Based Housing, Hope House Women's Shelter, Veteran's Housing, Young Adult Shelter. Youth Programs: Alexandria's House Licensed Maternity Home, Crosswalk Teen Shelter, Foster Youth Services, inReach, Youth Reach.
Washington State Department of Licensing	Website: dol.wa.gov	Licensing for drivers, vehicles and boats, and professions.

CIS Resource Guide

Washington State University	Pullman, Washington Phone:(509) 335-3564 Website: wsu.edu	WSU Cougs are creators, innovators, builders, and authors. We are motivators, self starters, and scholars. We look to the stars while staying down-to-earth. Above all else, we live our lives and pursue our studies with purpose. We are determined to change the world, and we're not afraid to roll up our sleeves and lead the way.
* West Central Community Center	1603 N Belt St, Spokane, WA 99205 Phone:(509) 326-9540 Website:westcentralcc.org	The West Central Community Center serves the West Central, Emerson-Garfield, and Audubon/Downriver neighborhoods of Spokane; providing childcare, health and nutrition services, a medical clinic, programs for developmentally disabled adults, and recreation activities for youth and adults.
* Whitworth University CCE	300 W Hawthorne Rd, Spokane, WA 99251 Phone:(509) 777-1000 Website: whitworth.edu	Whitworth University is a private Christian university affiliated with the Presbyterian Church and located in Spokane, Washington.
World Relief Spokane	1522 N Washington St #204, Spokane, WA 99201 Phone:(509) 484-9829 Email:wrspokane@wr.org Website: https://worldrelief.org/spokane/	Helping refugees and other immigrants in vulnerable situations rebuild their lives in a new country. Offering: Immigration Legal Services, Refugee Resettlement, Employment and Economic Empowerment, Children and Youth Support, Community Ambassadors, Citizenship Classes.
Worksource	130 S Arthur St, Spokane, WA 99202 Phone:(509) 532-3120 Email: wsspokane@esd.wa.gov	Provides employment opportunities and solutions. Assessments, Apprenticeships, Career Training, Job Opportunities, Layoff Services, Workshops.

CIS Resource Guide

YMCA	Customer Information Center: 509 777 9622 Email: ymca@ymcainw.org Fax: 509 343 4096 Branch Locations on Website: https://ymcainw.org/	Programs: Financial Assistance, Active Older Adults, Aquatics, Camp Reed, Child Care, Corporate Wellness, Health and Fitness, Healthy Living, Military, Parties and Rentals, Sports, Teen and Youth.
* YWCA	930 N Monroe St, Spokane, WA 99201 Phone: 509.326.1190 Fax: 509.326.1597 DV Helpline: 509-326-2255 Website: ywcaspokane.org	YWCA Spokane is dedicated to eliminating racism, empowering women, standing up for social justice, helping families, and strengthening communities. Programs: Shelter, Legal, Mental Health, 24-Hour Help Line, Child & Youth, Job Readiness, Domestic Violence Support.
Crisis Lines		
Resource	Contact/Website	Services Offered
Adult Protective Services	1(877)734-6277	Reporting abuse, abandonment, neglect, exploitation and self-neglect of vulnerable adults in Washington State.
Child Protective Services	1(866)(363-4276 Local (509)363-3550	Reporting abuse, abandonment, neglect, and exploitation of children.
Crime Check	1(509)456-2233	Reporting of Crime
Crime Victim and Sexual Assault 24-Hour Support	1(509)624-7272 or 1(509)747-8224	Reporting for victims of crimes and sexual assault.
Crisis Text Line	Text NAMI to 741-741	For those in crises needing mental health support, or to report concern for another.
Elder Services	1(509)458-7450	Help for the Elderly and Senior Population.
* Frontier Behavioral Health	First Call for Help 1(509)838-4428 Mental Health Service 1(509)838-4651	Mental Health/Suicide help line.
Lutheran Community Services	Rape/Sexual Assault Center 1(509)747-8224 Sexual Abuse/DV Hotline 1(509)624-7373	Crises line and support for sexual assault, domestic violence and abuse victims
M.E.E.T Excelsior	1(509)559-3100	Crisis and stabilization help
Nation Center for Missing and Exploited Children	1(800) 543-5678	Help and tip line for missing and exploited children.

CIS Resource Guide

National Human Trafficking Hotline	1(888)373-7888 Text 233733	Help and tip line for Human Trafficking.
National Suicide Prevention Lifeline	1(800) 273-TALK(8255) *Starting July 16, 2022 988 will be the new three-digit dialing	Suicide prevention/help
National Teen Crisis Line	1(877)345-8386	Helping teens in crisis.
Nine one oneEmergency Help Line	9-1-1	Immediate and Urgent Help
Pediatric Family Stabilization & Respite Regional Crises Line	1(877)266-1818	Stabalization and respite help.
Secret Witness	1(509)327-5111	Annoymous tip line for those with information on crimes.
Spokane Police Tip Line	1(509)242-8477	Tips on crimes
Spokane Public Schools Hotline	1(509)354-SAFE(7233)	Mental Health/Safety concerns in Spokane Public Schools.
Trans Lifeline	1(877)565-8860	Help and support for Transgender Individuals.
Trevor Project LGBTQIA2S+ Youth Crisis Line	1(866)488-7386 or text START to 678-678	Mental Health/Crisis support for the LGBTQIA2S+ population.
True Colors United Homeless Hotline	1(212)461-4401	Innovative solutions to youth homelessness that focus on the unique experiences of LGBTQ young people.
* YWCA 24 Hour Domestic Violence Help Line	1(509)326-2555 or text 1(509)220-3725	Domestic Violence Crisis/Help Line.
Culturally Responsive		
Resource	Contact/Website	Services Offered
AHANA-MEBA, Multi-Ethnic Business Association	2525 E 29th Ave, STE 10B #368 Spokane, WA 99223 Website:www.ahana-meba.org	Support and resources for multi-ethnic, multicultural businesses.
Amerasians Without Borders	609 S PROGRESS RD Spokane Valley WA 99037-9748 Website:http://amerasianswithoutborders.us/ Email: jamillerawb@gmail.com	Helps sponsor Amerasians emigrating to the United States, also provides DNA testing for Amerasians living in Vietnam to locate American parents.

CIS Resource Guide

* American Indian Community Center	1025 W Indiana Ave, Spokane, WA 99205 Phone: (509) 487-2062 Fax (509) 487-4264 Email: shelleye@aiccinc.org website: aiccinc.org	Helps clients with basic needs including food, shelter, and safety. Houses the Goodhear Behavioral Health Program that provides quality and culturally sensitive treatment services, working towards sobriety.
Blackspokane	Phone: (509)795-1886 Website: Blackspokane.org	Spokane's Black Business Directory
Bureau of Indian Affairs	201 Agency Square Road, Wellpinit, WA 99040 Phone:(509)258-4561	Indian Affairs provides services directly or through contracts, grants, or compacts to 567 Federally recognized tribes with a service population of about 1.9 million American Indian and Alaska Natives.
DSHS Office of Refugee and Immigrant Assistance	Website: https://www.dshs.wa.gov/es-a/office-refugee-and-immigrant-assistance	Help with cash, food, medical, employment and training, health screening and mental health, naturalization, PRIME, Youth.
Filipino American Association of the Inland Empire	Website: faaie.org	A Washington state non-profit 501 (c) (3) organization whose mission is to preserve and promote Filipino culture and heritage in the community.
* Hispanic Business Professional Association	308 W 1st Ave Spokane, WA 99201 Phone: (509) 557- 0566 Website: hbpaofspokane.org	Serving and promoting business growth, professional development, education opportunities, cultural preservation, and social justice for the Hispanic community in the Inland Northwest.

CIS Resource Guide

* Immigration Legal Services, Catholic Charities of Washington	12 E 5th Ave. Spokane, WA 99202 Phone: (509) 455- 4961 Website: https://www.cceasternwa.org/ /legal-services	Promoting the reunification of families and to assist the integration of newcomers successfully into our community. Confidentiality is guaranteed. Providing high- quality legal consultations, representation, and assistance to documented and undocumented immigrants of all nationalities, ehnicities, and religions.
* Inland Northwest Business Alliance	Phone:(509)464-9452 Email: inbachamber@gmail.com Website: inbachamber.org	Inland Northwest Business Alliance (INBA) is Spokane's LGBTQ+ Chamber of Commerce with members in Eastern Washington and North Idaho. INBA was established in 1994 with a charter group of 25 members as a 501(c) 6 non- profit organization to network and socialize in a safe environment.
Latinos en Spokane	1502 N Monroe St, Spokane, WA 99201 Phone:(509)558- 9359 Website: latinosenspokane.org	An organization that supports citizen participation, integration, community development, and empowerment of the Latino population in Spokane.

CIS Resource Guide

Latino Hope Foundation	Email: latinohopefoundation@outlook.com Website: latinohopefoundation.org	Strengthening and fostering understanding and appreciation of the Latino Community. Hosts events in Spokane that educate the community about Latino culture and heritage through the arts, music, cultural celebrations and the sharing of historical contributions Latinos have made building our country and communities. Scholarship program supporting students attending Gonzaga, EWU, Whitworth, WSU Spokane, UW Spokane, SFCC, and SCCC through financial support and mentorship.
Lutheran Community Refugee Services	210 W Sprague Ave, Spokane, WA 99201 Phone: (509) 747-8224 Fax: (509) 747-0609 Email: Through Website Website: https://lcsnw.org/office/spokane/	Helping refugees and immigrants with the skills, resources, and support they need to live fulfilling lives. Offering mental health counseling in different languages, English learning opportunities, assistance finding places to live and work, help gaining citizenship.
Mujeres in Action-MIA Spokane	318 E Rowan Ave Suite 208, Spokane, WA 99207 Phone: (509) 869-0876 Email: info@miAspokane.org Website: miaspokane.org	Non-profit dedicated to serving survivors of domestic violence and sexual violence from the Latinx communities. MIA also provides help with immigrant rights.
* NAACP Spokane	25 W Main Ave #239 Spokane, WA 99201 Phone: (509) 209-2425 Website: naacpspokane.com	Protecting and expanding the rights of marginalized people by prioritizing education, criminal justice needs, and civil engagement. Services for Education, Economic Justice, Environmental Justice, Youth and Young Adult Engagement, Legal Redress, Civic Engagement, Criminal Justice, and Healthcare.

CIS Resource Guide

Native Project	1803 W Maxwell Ave, Spokane, WA 99201 Phone: Behavioral Health: (509) 325-5502 Clinic Health: (509)483- 4797 Website: https://nativeproject.org/our-services/behavioral-health/	Providing services that promote wellness and balance of mind, body and spirit for all people. Offering Medical, Pharmacy, Dental, Behavioral Health, Prevention and Wellness, Children and Youth , and Care Coordination.
* Odyssey Youth Movement	1121 S Perry St, Spokane, WA 99202 Phone:(509)325- 3637 Website: odysseyyouth.org	Odyssey Youth Movement promotes equity for LGBTQ+ youth in the Inland Northwest through youth-driven programs and community education. Programs offered:Basic Needs, peer support, youth drop in, community events such as Queer Prom, Pride in Perry, and Masquerade.
PICA-Pacific Islander Community Association	Phone: (206)686-5221 Email: contact@picawa.org Website: picawa.org	An organization that seeks to live out the indigenous values of Pasifika communities here in Washington State through community organizing, and speaking our truth fiercely to systems of power while providing social supports and cultural spaces for the community to gather in dignity.
PFLAG Spokane	Phone: (509) 593-0191 Email: info@pflagspokane.org www.pflagspokane.org	Support for LGBTQ+ people and their parents, families, and allies.

CIS Resource Guide

Raiz of Spokane	<p>Website: https://www.plannedparenthoodaction.org/communities/latinos-planned-parenthood/raiz Text: Latinos4PP to22422</p>	<p>Program that works to build sustainable, community-organizing teams in mutual partnerships with Latinx communities, by Latinxs and for Latinxs. Working with Planned Parenthood affiliates and community partners to develop volunteer leaders, bring attention to the issues affecting their communities, and push for public policies that truly represent the Latinx community and protect access to health care.</p>
Refugee Connections Spokane (RCS)	<p>35 W Main Ave, Ste#205 Spokane, WA 99201 Phone:(509)209-2384 Website:rcs@refugeeconnections.org</p>	<p>A non-profit which works to identify and address barriers to the successful resettlement of refugees and immigrants in the Spokane area.</p>
Salish School of Spokane	<p>4125 N Maple St, Spokane, WA 99205 Phone: (509) 325-2018 Email: info@salishschoolspokane.org</p>	<p>Serves children and youth aged 1-18 years of age. Offering: Language Nest for ages 1-3, Preschool/ECEAP for ages 3-5, elementary school class combined grades k-2 and combined grades 3-5, Secondary class for grades 8-10. Also offering community language classes.</p>
SCAR-Spokane Community Against Racism	<p>Contact through website: scarspokane.org</p>	<p>100% Black-owned LLC working to identify and address racial disparities through community efforts, education, advocacy, research, community engagement, and policy impact.</p>

CIS Resource Guide

Spectrum Center Spokane	25 W Main Ave, Ste. 210, Spokane WA 99201 Online contact form on Website: https://www.spectrumcenter.spokane.org/contact	Spectrum's mission is to create a safe, intersectional, intergenerational, LGBTQIA2S+ community gathering space that celebrates a resilient, healthy community through social connectedness and support, arts and culture, access to resources, and leadership development.
Spokane Tribal TANF	232 E Lyons Ave Spokane, WA 99208 Phone: (509) 533-1360 Fax: 509-533-0699 Website: stoi-tanf.com	The TANF program provides assistance to needy families to become self-sufficient or reduce their dependency on government subsidies. Assistance can come in the form of cash assistance, job preparation, prevention and referrals.
Spokane Area Jewish Family Services	Temple Beth Shalom 1322 E 30th Ave Spokane, WA 99203 Phone: (509)747-7394 Email: director@sajfs.org Website: sajfs.org	Services: Help with crisis and emergency resources, counseling, immediate and basic needs, Food Bank, Financial assistance for rent or utility bills, transportation assistance for medical appointments, medical lending closet, senior programs.
Spokane Coalition of Color	Facebook Page: https://www.facebook.com/SpokaneCoalitionOfColor/	Spokane Coalition of Color is comprised of the Asian and Pacific Islander Coalition of Spokane, the * Hispanic Business/Professional Association and *NAACP.
Spokane County Human Rights Task Force	PO Box 4552 Spokane, WA 99220 Website: https://www.spokanecountyhumanrightstaskforce.org/	Advocacy for human rights.
Spokane Human Rights Commission	1330 N Washington St # 2460, Spokane, WA 99201 Phone: (509) 568-3196 Website: hum.wa.gov	Protecting equal rights through services that help with employment, fair housing, public accommodation, credit and insurance, and policy.

CIS Resource Guide

* Spokane NAACP	25 W Main Ave #239 Spokane, WA 99201 Phone:(509) 209-2425 Website: naacpspokane.com	Protecting and expanding the rights of marginalized people by prioritizing education, criminal justice needs, and civil engagement. Services for Education, Economic Justice, Environmental Justice, Youth and Young Adult Engagement, Legal Redress, Civic Engagement, Criminal Justice, and Healthcare.
Spokane AIDS Network-SAN	1121 S Perry St Spokane, WA 99202 Phone: (509) 844-1758 Website: sannw.org	Empowering people at risk of, or affected by, HIV/AIDS through education, outreach and advocacy. Offering emergency support, pantry and basic needs, education and outreach advocacy, support groups, prevention and testing, Avista cares assistance, and community events.
Spokane Pride	428 W Riverside Ave, Spokane, WA 99201 Phone:(509)720-7609 Website: spokanepride.org	Spokane Pride, a volunteer organization, promotes and empowers visible diversity for Spokane's Lesbian, Gay, Bisexual, Transgender, Queer, and citizens with identities beyond the binaries (LGBTQIA2S+). Through supportive education and the annual collaborative production of the area's family-friendly Pride Parade and Festival, we provide progressive cultural opportunities and experiences for the greater Inland Northwest community.

CIS Resource Guide

The Carl Maxey Center	3114 E 5th Ave Spokane, WA 99202 Phone(509) 795-1886 Website: carlmaxeycenter.org	The Carl Maxey Center (CMC) is a Black-led and Black-centered non-profit based in the East Central neighborhood of Spokane. Programs and Services: Rental Assistance,Business Support, Student Tech Fund, Covid-19 Services, Legal Access, Community Outreach.
Urban Indian Health Institute	Phone: (206) 812-2020 Email: info@uihi.org Website: uihi.org	Resources and Programs serving Native Survivors of Violence.
World Relief	1522 N Washington St #204, Spokane, WA 99201 Phone:(509) 484-9829 Email:wrspokane@wr.org Website: https://worldrelief.org/spokane/	Helping refugees and other immigrants in vulnerable situations rebuild their lives in a new country. Offering: Immigration Legal Services,Refugee Resettlement,Employment and Economic Empowerment, Children and Youth Support,Community Ambassadors, Citizenship Classes.
Disability Services		
Resource	Contact/Website	Services Offered
ARC of Spokane	320 E. Second Avenue Spokane, WA 99202 Phone:(509) 328-6326 Email: info@arc-spokane.org Website: are-spokane.org	Promoting independence and choice and enhance the quality of life for people with developmental disabilities and their families. Programs offered:Assistive Technology Center, Community Center, Community Inclusion, Community Advocacy, Parent Coalition, Parent to Parent,Representative Payee Services, Sexual Abuse Awareness and Response, Supported Employment, Supported Living, Transition and Young Adult Programs.

CIS Resource Guide

Autism Society of Washington-Spokane Chapter	Email:spokane@autismsocietyofwa.org Website: http://www.autismsocietyofwa.org/asw-spokane/	The Autism Society promotes lifelong community access for persons within the Autism spectrum including those with what was previously known as Asperger's Syndrome through family support, public awareness, advocacy and collaboration with community partners.
Best Buddies International	National Toll Free Number: 1-800-89 BUDDY (28339) Website: bestbuddies.org	Best Buddies is the world's largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with intellectual and developmental disabilities (IDD). Our programs empower the special abilities of people with IDD by helping them form meaningful friendships with their peers, secure successful jobs, live independently, improve public speaking, self advocacy and communication skills, and feel valued by society.
Building Bridges Preschool	801 E 2nd Ave, Spokane, WA 99202 Phone: (509)534-1890 Email: online form found on website: buildingbridgespreschool.org	Preschool that integrates ASL alongside verbal communication in their classrooms and curriculum.

CIS Resource Guide

Community Access Program	Phone: (509)343-1674 Email: dcombs@spokanetransit.com Website: https://www.spokanetransit.com/fares-passes/community-access-program/	Increasing access to transportation for vulnerable populations. Serving patients in programs treating illness or substance use, clients receiving children and family services including foster care, clients of programs that provide food, shelter, or employment opportunities, clients of programs serving victims of domestic violence, refugee and limited English proficiency populations, Individuals with disabilities, individuals at/below the Federal poverty level.
Developmental Disabilities Administration Spokane Field Office	1611 W Indiana Ave Spokane, WA 99205-4221 Phone: (509)329-2900 TTY:(509)568-3038 Fax:(509) 568-3037 Email: DD1FSO@dshs.wa.gov Website: dshs.wa.gov/dda	Helping serve and support people and families with developmental disabilities, Services offered: Advanced Home Care Aide Specialists, Assistive Technology, Community Engagement, Consumer Directed Employer, Non-Residential Services and Programs, Pre-Admission Screening and Resident Review Program, Residential Provider Resources, Child Development, Adult Residential, Child Community Residential, Employment and Day Programs, Medicare Reimbursement Program, Nursing Services, Residential Habilitation Centers, Respite Services, Stabilization Services, Roads to Community Living, Waiver Program.
Down Syndrome Connections Northwest	3839 W Prairie Ave, Hayden, ID 83835 Phone: (877)733-3955 Website: dsconnections nw.org	A network of support, information, and resources for everyone! We provide a single point of connection for people with a Ds diagnosis, their families and the community at large.

CIS Resource Guide

DVR-Division of Vocational Rehabilitation (DSHS)	1313 N Atlantic St Suite 1000, Spokane, WA 99201 Phone: (509) 363-4700 Fax: (509) 3290-3718 Email: DVRSpokaneReferral@dshs.w a.gov Website: dshs.wa.gov/location/dshs- dvrsokane	Individualized vocational rehabilitation counseling and employment services and supports for people who need assistance due to a physical, sensory, cognitive, or mental disability.
Epilepsy Foundation Washington	2311 N. 45th St., #134 Seattle, WA 98103 Phone: (206)487-5251 Toll Free:(800)332-1000 Fax: (206) 400-1651 Website: epilepsywashington.org	The principle advocate for the epilepsy community in Washington state. Offering services and resources for people living with epilepsy. Programs include: PACES in Epilepsy, Walk to End Epilepsy, Conferences, SUDEP Institute, Support and Networking Groups, Community Action Network, Kids Crew, Camp Discovery, Community and Education Training, Veteran's Epilepsy Center, My Seizure Diary, and Wellness Institute.
Free Rein Therapeutic Riding	8105 S Oak Rd, Spokane, WA 99224 Phone:(509)979-1468 Website: freereinspokane.com	Free Rein is a non-profit organization in Spokane, Washington dedicated to providing health, hope, and happiness for children and adults with special needs through equine-assisted services.
Goodwill Industries	130 East Third Avenue Spokane, WA 99202 Phone: (509) 838-4246 Fax: (509) 838-0176 Email: discovergoodwill.org	Non-profit offering social services to help serve those who might have physical or developmental disabilities, individuals seeking to overcome mental health impairments, a lack of work skills/history, a record of incarceration, or homelessness. Still others are transitioning from dependence on public assistance to self-sufficiency.

CIS Resource Guide

Inland NW Lighthouse for the Blind, Inc.	6405 N Addison St, Spokane, WA 99208 Phone: (509) 487-0405	Empowering people who are blind, DeafBlind, and blind with other disabilities by creating diverse, sustainable, and meaningful employment opportunities. Programs Include: Accessibility, Braille Literacy, Computer Training, DeafBlind, Ethel L. Dupar's Fragrant Garden, Interpreting , Orientation and Mobility, Supported Employment, Guide Dog and Employee Support Fund.
Joya Child and Family Development (Formally Spokane Guild's School)	2118 W Garland Ave, Spokane, WA 99205 Phone:(509)326-1651 Email: Online Form on Website: joya.org	Neurodevelopmental Center of Excellence staffed by certified teachers, therapists, pediatric nurses, a pediatrician, and social workers. Each year, we serve nearly 300 children in Spokane County, providing comprehensive expertise and resources that help kids and families thrive. Early Interventions, Team Evaluations, Medical Evaluations, Individualized Family Service Plans (extensive list of individual services and programs on website).
* Learning Skills Center at West Central Community Center	1603 N Belt St, Spokane (WA), 99205 Phone:(509) 326-9540 Website: westcentralcc.org	A private pay program for people with developmental disabilities ages 15 and older. The mission is to enable the individual to become more independent by enjoying activities and opportunities, making friends, and having fun. The program focuses on four components: Social, Education, Recreational, and Community Integration.

CIS Resource Guide

Lilac Services for the Blind	1212 N Howard St, Spokane, WA 99201 Phone: (509) 328-9116	The Independent Living Program, our primary service, provides in-home training, which includes alternative communication methods, home management, activities of daily living, and more. Other services: Assistive Technology, Orientation Mobility, Braille, Low Vision, Support Groups.
Muscular Dystrophy Association (MDA)	101 W Indiana Ave, Spokane, WA 99205 Phone:(509)325-3747 Website: mda.org	Voluntary Health Organization for people living with Muscular Dystrophy, ALS, and related Neuromuscular diseases. Offers Care Centers, MDA Resource Hub, Community Education, and MDA Summer camp.
National Multiple Sclerosis Society (MS)	Website: nationalmssociety.org	Information and Resource Hub for all things Multiple Sclerosis related.
Nexus Inland NW	1206 N Howard St, Spokane, WA 99201 Phone:(509) 328-9220 Website: nexusinw.com	Nexus Inland NW is a non-profit organization serving individuals who face communication barriers. We serve a widely diverse population of individuals experiencing deafness and/or hearing loss in a large geographic region of the Inland Northwest. Services are provided to individuals, schools, medical offices and hospitals, businesses and organizations in the smallest and most remote communities in Washington State as well as communities in larger cities like Spokane, WA.

CIS Resource Guide

Northwest Autism Center	Schade Tower, 528 E Spokane Falls Blvd # 14, Spokane, WA 99202 Phone:(509)328-1582 Website:nwautism.org	Northwest Autism Center exists to build, facilitate, and coordinate comprehensive services for those with autism spectrum disorder and other developmental disabilities through the lifespan, using community based approaches. Services: Free Screening, Community Connections, Day Treatment, Community Based ABA, Speech and Language, Telehealth, Interprofessional Education, Education and Training for Schools and the Community, Navigation Support Videos.
Office of Deaf and Hard of Hearing (DSHS)	Website: https://www.dshs.wa.gov/alt-sa/office-deaf-and-hard-hearing	The Office of the Deaf and Hard of Hearing encompasses several statewide programs that provide a wide range of services for Deaf, DeafBlind, DeafPlus, Hard of Hearing, Late Deafened and Speech Disabled individuals, their families, and service providers in Washington State.
Service Dogs-Diamonds in the Ruff	3400 N Monroe St, Spokane, WA 99205 Phone: (509)325-7833 Website: diamondsintheruff.com	Training and connection for service dogs. Classes and instruction offered onsite.
Special Olympics Washington-Northeast Region	Main Number: (206) 362-4949 Fax Number: (206) 361-8158 Email: sowa@sowa.org Website: https://specialolympicswashington.org/areas/northeast/	Sports Available: Alpine, Athletics, Basketball, Bowling, Cross Country, Skiing, Cycling, Figure Skating, Golf, Powerlifting, Demo Sports, Soccer, Softball, Speedskating, Swimming, Volleyball.
Spokane Hope	1821 E Sprague Ave, Spokane, WA 99202 Phone: (509) 868-0044 Website: Spokanehope.org	Center for Deaf and Hard of Hearing Children. Programs for ages birth to 3, Toddler Group, and Preschool.

CIS Resource Guide

Spokane Transit Authority-Paratransit Division	Phone: 509-328-1552 Website: https://www.spokanetransit.com/paratransit/	Paratransit is a wheelchair-accessible shared-ride transportation service for individuals whose disability prevents them from using the regular fixed-route buses.
* The ISSAC Foundation	6607 E Broadway Ave Suite B Spokane Valley, WA 99212 Phone:(509)325-1515 Email: Online form on Website: theisaacfoundation.com	Providing support and advocacy for patients and families coping with rare diseases.
Therapeutic Recreation Services	Website: https://my.spokanecity.org/recreation/therapeutic/	Therapeutic Recreation Services strives to provide enjoyable specialized and adaptive recreational activities for individuals with disabilities.
Washington State Department of Services for the Blind	421 W Riverside Ave #830, Spokane, WA 99201 Phone: (509)456-4458 Website: https://dsb.wa.gov/	Washington State Department of Services for the Blind (DSB) provides services for people of all ages who are blind or have low vision in the state of Washington.
* West Central Community Center-Community Access Program and Skills Learning Program	1603 N Belt St, Spokane (WA), 99205 Phone:(509) 326-9540 Website: westcentralcc.org	A private pay program for people with developmental disabilities ages 15 and older. The mission is to enable the individual to become more independent by enjoying activities and opportunities, making friends, and having fun. The program focuses on four components: Social, Education, Recreational, and Community Integration.
Domestic Violence Support		
Resource	Contact/Website	Services Offered
Abuse Recovery Ministry and Services	Phone: 503-846-9284 or 866-262-9284 email: info@abuserecovery.org Website: abuserecovery.org	Faith-based recovery services for: emotional, psychological, physical, sexual, spiritual, financial, verbal, animal, and property abuse.

CIS Resource Guide

Child Protective Services (DCYF)	To report abuse, neglect, unlicensed child care and child care concerns call : 1-866-ENDHARM (1-866-363-4276) 3 offices in Spokane can be found on Website: https://www.dcyf.wa.gov/contact-us	Services offered: Child Care/Early Learning, Child Development Supports, Child Welfare System, Foster Parenting/Kinship Care, Adoption,Adoption support, Education for Foster Care, Extended Foster Care, Health for Youth, At-Risk Youth/Runaway Youth, Independent Living Skills, Juvenile Rehabilitation.
Crosswalk	525 W 2nd Ave, Main Floor, Spokane, WA 99201 Phone: (509) 688-1112 Fax: (509) 241-1840 Email: crosswalk@voaspokane.org Website: https://www.voaspokane.org/crosswalk	Clothing, Showers and Personal Hygiene ProductsThree meals a day,Employment-Readiness, Program and Job-Placement Assistance,Computer lab,Independent Living Training Including Life-Skills,Medical Advocacy,GED tutoring with onsite testing, College prep,Behavioral Health,Counseling, Recreational Activities, College Scholarship Opportunities (Donor Funded), Transportation, Access to Transitional Housing Program.
DSHS Domestic Violence Victim Support	Website: https://www.dshs.wa.gov/es-a/community-services-offices/domestic-violence National Domestic Violence Hotline 1-800-799-SAFE (Voice) 1-800-787-3224 (TTY) www.thehotline.org	The Department of Social and Health Services (DSHS) Domestic Violence Program provides support for community-based shelters, emergency counseling and legal advocacy for children and families who have experienced domestic violence.

CIS Resource Guide

Fairchild Airforce Base Victim Services	FAFB Domestic Abusive Victim Advocate (DAVA) On/Off Base 24/7 Hotline: (509) 247-2016 DAVA Duty Phone: (509) 247-3148 (Mon-Thurs: 7 a.m. - 5 p.m.) National Hotline: 1-800-799-7233 Website: https://www.fairchild.af.mil/Information/Resources/DAVA/	Fairchild Airforce Base Victim Support and Advocacy, 24 hour help line.
Kalispel Tribe Victim Assistance Services	100 N Hayford Rd (Behind NQRC) Airway Heights, WA 99001 Phone: (509) 789-7671 Website: https://kalispeltribe.com/victim-services/	The Kalispel Tribe Victim Assistance Services programs envision a society that stands together to end violence, one that empowers individuals and promotes respect for the privacy, diversity and dignity of all people. Services: Domestic Violence and Sexual Assault advocacy including dating violence and stalking, Crime victim advocacy, legal and medical advocacy, counseling services and referrals, support groups, community outreach and education, emergency assistance.
Lutheran Community Services	210 W Sprague Ave, Spokane, WA 99201 Phone: (509) 747-8224 Fax: (509) 747-0609 Email: Through Website Website: https://lcsnw.org/office/spokane/	Individual, Family and Group Therapy including counselors trained in ACT, CBT, CBT Plus, CPT, CETA, EMDR, MI, PCIT, and Trauma Focused CBT. Wrap Around with Intensive Services (WISe). Family Outreach Crisis Intervention, Problematic Sexualized Behaviors, Family and Community Support, Refugee and Immigrant Support, Child Welfare, Aging and Independent Living, Crime Victim Services.

CIS Resource Guide

Mujeres in Action-MIA	318 E Rowan Ave Suite 208, Spokane, WA 99207 Phone:(509)869-0876 Email: info@miAspokane.org Website: miaspokane.org	Non-profit dedicated to serving survivors of domestic violence and sexual violence from the Latinx communities.MIA also provides help with immigrant rights.
* Odyssey Youth Movement	1121 S Perry St. Spokane, WA 99202 Phone:(509) 325-3637 Email: oym@odysseyyouth.org Website: odysseyyouth.org	Odyssey Youth Movement promotes equity for LGBTQ+ youth in the Inland Northwest through youth-driven programs and community education. Programs offered:Basic Needs, peer support, youth drop in, community events such as Queer Prom, Pride in Perry, and Masquerade.
* Spokane Regional Domestic Violence Coalition Team, YWCA	930 N Monroe St, Spokane, WA 99201 Phone: 509.326.1190 Fax: 509.326.1597 DV Helpline: 509-326-2255 Website: ywcaspokane.org	YWCA Spokane is dedicated to eliminating racism, empowering women, standing up for social justice, helping families, and strengthening communities. Programs: Shelter, Legal, Mental Health, 24-Hour Help Line, Child & Youth, Job Readiness, Domestic Violence Support.
* UGM's Crisis Center for Women and Children	1515 E Illinois Ave, Spokane, WA 99207 Phone:(509)535- 0486 Website: https://www.uniongospelmision.org/	Shelter and emergency assistance for women and children.
* Vanessa Behan Crisis Nursery	2230 E Sprague Ave, Spokane, WA 99202 Phone:(509)535- 3155 Emergency Line: (509) 598- 7490 Email: vbcn@vanessabehan.org Website: vanessabehan.org	Vanessa Behan helps parents who are having difficulty providing safe shelter and care for their children. Primary services:24-hour child care for infants and children under the age of seven,Parent education, Crisis counseling for parents, Referrals to other community agencies.

CIS Resource Guide

* YWCA Domestic Violence Emergency Shelter	Call 509-326-CALL (2255), the YWCA Spokane 24hr Domestic Violence Helpline, for an assessment.	The Safe Shelter manages the helpline and it is staffed 7 days a week, 365 days a year. Counselors assist over 3,000 individuals who call with safety planning, counseling, referrals for other services and general information about domestic violence each year.
* YWCA Spokane Domestic Violence Programs/Services	930 N Monroe St, Spokane, WA 99201 Call: 509-326-2255 Text: 509-220-3725 Email: help@ywcaspokane.org	Spokane's largest state-recognized intimate partner domestic violence program for victims and survivors. Our services are free, confidential, and designed to empower survivors through knowledge and connection to resources.
Faith Based Services		
Resource	Contact/Website	Services Offered
* Catholic Charities Spokane	12 E. 5th Ave. Spokane, WA 99202 Phone:(509)358-4250 Fax: (509)358-4259 Website: https://www.cceasternwa.org/	Programs include: Capa/Prepares,Christmas Bureau,Counseling,Food for All, Homeless services, Housing, House of Charity,Integrated case management,Immigration services,Rising Strong, Senior Services,St. Anne's Center, St. Margaret's Shelter.
Family Promise of Spokane	2002 E Mission Ave, Spokane, WA 99202 Phone:(509) 747-5487 Website: https://www.familypromiseofspokane.org/	Equipping families & communities to end the cycle of homelessness. Because every child deserves a home. Services offered: Housing Assistance, Emergency Triage shelter that transitions into stable housing.

CIS Resource Guide

* Foothills Community Church	11102 N Forker Rd, Spokane, WA 99217 Phone:(509) 926-4971 Email: office@fccspokane.com Website: fccspokane.com	Our goal in our church is to walk people through this process of disciple making, challenging them to take the next step in the journey from unbelief to spiritual maturity. This challenges the spiritually mature to four postures: they must SHARE their life as well as the gospel with others; they must SUPPORT those who are growing in Christ; they must EQUIP those who are serving others; they must SEND those equipped to multiply.
* First Presbyterian Church	318 S Cedar St, Spokane, WA 99201 Phone: (509) 747-1058 Website: spokanefpc.org	First Presbyterian Church (aka First Pres) is a vibrant intergenerational community that happens to worship in a beautiful 110-year-old sanctuary. As a downtown church, our congregants come from throughout the local community yet are committed to working and serving in the neighborhood where God has planted us.
* HRC Ministries	14415 E Sprague Ave #5, Spokane Valley, WA 99216 Phone:(509) 922-0939 Email: office@hrcministries.com Website: https://www.facebook.com/hrcministries/	HRC Ministries is Christian ministry based in Spokane Valley, Washington with a mission to reach communities of hurting people with the love of Jesus that have been affected by poverty, abuse, or neglect.
Islamic Center of Spokane	6411 E 2nd Ave, Spokane Valley, WA 99212 Phone:(509)482-2608 Website: spokaneislamiccenter.org	Spokane Islamic Center was founded in 1979 and serves over 1100 Muslims in the Greater Spokane area. Our community is very diverse and is composed of various ethnicity and backgrounds

CIS Resource Guide

LDS Family Services	11707 E Sprague Ave #202, Spokane Valley, WA 99206 Phone: (509)926-6581 Website: https://providentliving.churchofjesuschrist.org/lds-family-services/adoption-resources?lang=eng	Services: Counseling,Missionary,Single Expectant Parent,Support Groups,Adoption, Emergency and psychosocial services.
* Life Center	1202 N Government Way, Spokane WA 99224 Phone:(509) 327-4422 Email:info@lifecenter.net Website: lifecenter.net	Learning about Jesus and following him is relevant and it's practical. We talk about what a relationship with Him means for us personally, for our relationships with others, and how we see and engage the world.
Lutheran Community Services NW	210 W Sprague Ave, Spokane, WA 99201 Phone: (509) 747-8224 Fax: (509) 747-0609 Email: Through Website Website: https://lcsnw.org/office/spokane/	Individual, Family and Group Therapy including counselors trained in ACT,CBT,CBT Plus, CPT, CETA,EMDR,MI,PCIT, and Trauma Focused CBT. Wrap Around with Intensive Services (WISe).Family Outreach Crisis Intervention, Problematic Sexualized Behaviors, Family and Community Support, Refugee and Immigrant Support, Child Welfare, Aging and Independent Living, Crime Victim Services.
Mission Community Outreach Center	1906 E. Mission Ave Spokane, wa 99202 Phone: (509) 536-1084 Website: 4mission.org	Provides clothing, houseware, & hygiene items for low-income famili
New Beginnings through Connections Church in Hillyard	2524 E Queen Ave, Spokane, WA 99217 Phone:(509)487-2160	Spiritual support, Basic needs, community outreach.
* Opportunity Presbyterian Church	202 N Pines Rd, Spokane Valley, WA 99206 Phone:(509) 924-9750 Fax:(509) 922-4192 Website: home@opportunitypresbyterian.org	OPC is a caring community of Jesus' followers that exists to love God, grow together and serve others

CIS Resource Guide

Shalom Ministries	518 W 3rd Ave, Spokane, WA 99201 Phone: (509)455-9019 Website:shalommeal.org	Shalom seeks to build relationships and community amongst people who are disenfranchised. By providing a safe, loving, and accepting environment the door can be opened for healing and renewal. Offering free meals, fellowship and community support daily.
Sikh Temple of Spokane	1420 N Barker Rd, Spokane Valley, WA 99016 Phone:(509)892-3799 Website: www.worldgurudwaras.com	A sacred gathering place for those of the Sikh faith and for those seeking knowledge.
Spokane Area Jewish Family Services	Temple Beth Shalom 1322 E 30th Ave Spokane, WA 99203 Phone: (509)747-7394 Email: director@sajfs.org Website:sajfs.org	Services: Help with crisis and emergency resources, counseling, immediate and basic needs, Food Bank, Financial assistance for rent or utility bills, transportation assistance for medical appointments, medical lending closet, senior programs.
Spokane Buddhist Temple	927 S Perry St, Spokane, WA 99202 Phone:(509) 534-7954 Website: spokanebuddhisttemple.org	All are Welcome at the Spokane Buddhist Temple, especially those who are new to Buddhism or just curious about Buddhism.
Spokane Christian Center	8909 E Bigelow Gulch Rd, Spokane, WA 99217 Phone:(509)924-4888 Website:scc-spokane.org	Church services, community outreach, Christian Academy, and Loving Hearts ELC.
* Sun City Church	10920 E Sprague Ave, Spokane Valley, WA 99206 Phone:(509) 868-1272 Website: suncitychurch.com	Fellowship, Next Gen, Youth and Leadership, Outreach, Connections, Local Outreach.
* The Heights Church	12703 W 14th Ave Suite A, Airway Heights, WA 99001 Phone: (509)795-2012 Email: infor@heightschurch.tv Website:heightschurch.tv	We are a church that is committed to gathering, sending, growing and doing life outside of the church walls so that people and places are impacted by the life changing love of Jesus Christ. Offering Child and Youth services and community outreach.

CIS Resource Guide

* The Salvation Army Spokane	204 E Indiana Ave. Spokane, WA 99207 Phone:(509)325-6810 Website: https://spokane.salvationarmy.org/spokane_citadel/cure-hunger/	Food Bank, Youth Programs,Sally's House Emergency Foster Care,Evangeline's House Foster Care, Nurturing &Visitation Center,Camp Gifford,Emergency Homeless Shelter,Transitional Homeless Housing.
Truth Ministries of Spokane	1910 E Sprague Ave, Spokane, WA 99202 Phone: (509)456-2576 Website: truthministries.org	Offers shelter for men 18 and over. Also offering free hot meals and basic needs supplies.
* Union Gospel Mission	1224 E Trent Ave. Spokane, WA 99202 Phone: (509) 535-8510 Fax: (509)535-0902 Email: info@uniongospelmission.org Website: uniongospelmission.org	The Union Gospel Mission is a charitable organization providing meals, education, shelter, safe and affordable housing, drug and alcohol recovery programs, and support services to those struggling with homelessness and addiction.
* Valley Assembly of God	15618 E Broadway Ave, Spokane Valley, WA 99037 Phone:(509) 924-0466 Website: valleyassembly.org	We know the way we can be most effective in our mission is by connecting you to our church through knowledge, relationships, and participation in serving.
* Valley Real Life Church	1831 S Barker Rd #9762, Spokane Valley, WA 99016 Phone:(509) 232-0840 Website: vrl.church	Reaching the world for Jesus Christ, one person at a time. Offering Child, Youth, and Teen services and progrms.
West Central Abbey	1832 W Dean Ave, Spokane, WA 99201 Email: info@westcentralabbey.org Website: westcentralabbey.org	The West Central Abbey is a collective of partner organizations and individuals working to create justice, joy, compassion, and peace.
Wonderfully Made NW LGBTQ+ Inclusive Faith	Email: info@WonderfullyMadeNW.com Website: wonderfullymadenw.com	Seeking to affirm, support, and celebrate human lives and the belonging of all people in all faiths.

CIS Resource Guide

World Relief Spokane	1522 N Washington St #204, Spokane, WA 99201 Phone:(509) 484-9829 Email:wrspokane@wr.org Website: https://worldrelief.org/spokane/	Helping refugees and other immigrants in vulnerable situations rebuild their lives in a new country. Offering: Immigration Legal Services,Refugee Resettlement,Employment and Economic Empowerment, Children and Youth Support,Community Ambassadors, Citizenship Classes.
* Youth For Christ Spokane	Phone:(509) 327-7721 Email:infor@spokaneyfc.org Website: spokaneyfc.org Locations: West Central, Hillyard, Downtown, Calvary North.	Spokane YFC is a local mission committed to reaching the youth and families living in Spokane's most under-resourced neighborhoods with the love and hope of Jesus Christ.
Foster Youth Services		
Resource	Contact/Website	Services Offered
Better Futures Together Family Services	101 W. Indiana Ave., Spokane, WA 99205 Phone:(509) 309-3397 Email:general@betterfuturestogether.org	BFT provides a safe and nurturing environment for parents, children, and relatives to build bonds and foster the skills needed for reunification. BFT works directly with the Department of Children, Youth, and Families (DCYF) to provide court ordered visitation in Eastern Washington. We have devoted all our energy to provide the highest quality care for the clients we serve.
Domestic and Unaccompanied Refugee Minors	Website: https://www.dshs.wa.gov/es/csd-office-refugee-and-immigration-assistance/youth-services	The Unaccompanied Refugee Minors Program is Washington State's Foster Care program for refugee children who arrive in the U.S. with no parent or guardian. The program places minors in foster care with specially trained local families, and provides culturally appropriate social service support.

CIS Resource Guide

Embrace Washington	2202 E Sprague Ave Suite 3, Spokane, WA 99202 Phone: (509) 381-5370 Website: embracewa.org	Embrace Washington is committed to providing, caring and supporting children in foster care within our community. We do this by raising awareness of vulnerable children's needs, identify how to meet those needs by connecting individuals and organizations with a heart to serve the foster care community.
Spokane Angels	165 S Howard St, Spokane, WA 99201 Phone: (509) 671-2275 Email: info@spokaneangels.org Website:spokaneangels.org	The Spokane Angels mission is to walk alongside children, youth, and families in the foster care community by offering consistent support through intentional giving, relationship building, and mentorship.
Together We Rise	Email form found on website: togetherwerise.org	Works with thousands of volunteers, social workers, CASA advocates, and other partners to transform the way children experience foster care. Resources: Housing, Meals,
* Treehouse	Phone:(509)378-1781 Email: ang.kimmerly@treehousefork ids.org Website: Treehouseforkids.org	Treehouse provides academic and other essential support for more than 7,000 youth in foster care across Washington state each year.
* Volunteers of America Foster- Youth Services	Website: https://www.voaspokane.org/foster-youth-services	We believe that every youth deserves a stable life, a good education and a family of supporters who rally around them to reach their goals. That's why our free programs wrap around foster youth to give them a solid foundation before they "age out" of the foster-care system and set out on their own. Programs: Independent Living Skills, Independent Housing.
HIV/AIDS Programs		
Resource	Contact/Website	Services Offered

CIS Resource Guide

* CHAS HIV Clinic	<p>HIV Clinic Locations: Denny Murhphy 1001 W. 2nd Ave. Spokane, WA 99201 · Phone: (509)444.8200</p> <p>Spokane Valley 15812 E. Indiana Ave. Spokane Valley 99216 · Phone: (509)444.8200</p> <p>Southgate 5620 S. Regal St. Suite 11. Spokane WA 99223 · Phone:(509)444.8200</p> <p>Website: https://chas.org/get-care/medical/specialties/hiv/</p>	<p>At CHAS Health clinic with HIV/AIDS specialists, patients will receive the following: Primary care, HIV disease management, Nutritional guidance, Dental care, Social services, Lingage to case management, On-site pharmacy.</p>
MultiCare/Rockwood HIV Critical Care Clinic	<p>400 E 5th Avenue Suite 3N Spokane, WA 99202 Phone: 509-598-7750 Fax: 509-921-0017</p>	<p>Our providers have years of experience in treating people with HIV/AIDS in addition to offering prevention services including PrEP (Pre-exposure prophylaxis), giving us extensive insight into the issues and concerns of patients living with HIV/AIDS, and enabling us to provide our patients with the care they need to live life to the fullest.</p>
Spokane AIDS Network-SAN	<p>1121 S Perry St Spokane, WA 99202 Phone: (509) 844-1758 Website: sannw.org</p>	<p>Empowering people at risk of, or affected by, HIV/AIDS through education, outreach and advocacy. Offering emergency support, pantry and basic needs, education and outreach advocacy, support groups, prevention and testing, Avista cares assistance, and community events.</p>

CIS Resource Guide

SRHD-HIV Case Management	Phone:(509)324-1542 Fax:(509) 324-1392 WA HIV/AIDS Hotline 1(800)272-2437 Website: https://srhd.org/programs-and-services/hiv-std-services/hiv-case-management-program#:~:text=Overview,of%20health%20and%20supportive%20services.	Case management is for people living with HIV who could benefit from support, advocacy, referrals, and linkage to health insurance and community resources, information and education, skill building or coordination of services around their health condition.
Homeless Support		
Resource	Contact/Website	Services Offered
Blessings Under the Bridge	Phone: (509) 294-7265 Website: https://butb.org/about-us	Local faith-based Non-profit providing food and supplies to the homeless population in Spokane. "Weekly Feed" every Wednesday.
* CHAS Health Homeless Outreach	24/7 Nurse advice hotline:(509)444-8200 Website: https://chas.org/get-care/homeless-outreach/	Services: On-site visits to shelters and meal sites,Follow-up care/visits as needed or necessary,Counsel clients as appropriate and/or on request,Case management for clients in various situations,Provide clients with the seasonal gear, i.e. hats, gloves, socks, coats, blankets, water, ice, towelettes, band-aids & more.
Cup of Cool Water	1106 W. 2nd Ave Spokane, WA 99201 Phone:(509) 747-6686 Email: Form on website Website: cupofcoolwater.org	Drop in for youth and young adults ages 14-24. Hot meals, laundry, showers, internet, clothing, and referral services.
* Frontier Behavioral Health Homeless Outreach Team	5901 N Lidgerwood St #115, Spokane, WA 99208 Phone:(509)838-4651 Website: https://fbhwa.org/programs/additional-support-services/homeless-outreach	The Homeless Outreach team helps homeless individuals access services to meet basic survival needs and works with community partners to promote transition to permanent housing.
Giving Backpacks	P.O. Box 30321 Spokane, WA 99223 Phone:(509) 389-2503 Email: info@gbpacks.org Website: https://gbpacks.org/	Provides full backpack with basic needs, bus passes, work gear, and larger needs upon request.

CIS Resource Guide

Healthcare for Homeless Veterans	504 E 2nd Ave, Spokane, WA 99201 Phone:(509)462-2500 Website: https://www.va.gov/homeless/hchv.asp	Outreach is the core of the HCHV program. The central goal is to reduce homelessness among Veterans by conducting outreach to those who are the most vulnerable and not currently receiving services and engaging them in treatment and rehabilitative programs.
Homeless Education and Resource Team (HEART)-SPS	Liason: Sarah Miller Phone: (509)354-7305 Intake Specialist: Christie McReynolds Phone: (509) 354-7302 Fax: (354-5914 Website: https://www.spokaneschools.org/heart	The HEART program helps children and youth who lack a fixed, regular and adequate nighttime residence. This includes children and youth who are: sharing housing, living in motels or campgrounds, living in emergency transition shelters, abandoned hospitals, migratory children and youth.
House of Charity	32 W Pacific Ave, Spokane, WA 99201 Phone:(509) 624-7821 Website: https://www.cceasternwa.org/house-of-charity	Daily services: Breakfast, lunch and dinner, Showers and resource room, SSI/SSDI attorney available on Thursdays from 9:00-12:00. Men's Sleeping Room: Check in at 5:00, no later than 8:00. Residential Client Program: Clients work 20 hours a week in exchange for room and board, case management and worksource classes are provided to all residential clients. Transitional Respite: A place to recuperate, referred by Providence or other local hospitals, case management and services provided.
House of Charity Medical Clinic	32 W 2nd Avenue Spokane, WA 99201 Phone:(509)624-7821	Walks-ins welcome. Open Monday through Friday 8:30 am to 4:30 pm (closed 11:30 to 12:30 daily for lunch)

CIS Resource Guide

Jewels Helping Hands	1819 E Springfield Ave, Spokane, WA 99202 Phone:(509) 863-9237 Website: https://www.jewelshelpinghands.org/	Providing a wide variety of services including a warming center, street medical teams, mobile outreach, food, mobile showers, hygiene supplies, and connection to community resources and services.
Women's Hearth	920 W 2nd Ave, Spokane, WA 99201 Phone:(509)455-4249 Website: https://help4women.org/womens-hearth/	A drop-in day center in downtown Spokane—a safe space for women who have experienced poverty, trauma and/or homelessness to find a “hearth” of welcome, respect, and community. Women’s Hearth provides activities, classes, social service referrals and housing-search case management in a compassionate and supportive environment 6 days a week. Participants also have access to phones, computers, internet, healthy food, hygiene supplies, and showers.
SNAP Homeless Services	212 S. Wall Spokane, WA 99201 Phone: (509) 456-SNAP (7627) Fax: (509) 624-1446 Email: Online Form Website: snapwa.org	Services: Transitional Housing, Youth Transitional Housing, Rapid Re-Housing for Individuals (without children), Singles Homeless Coordinated Assessment, Homeless Street Outreach.

CIS Resource Guide

Spokane Street Medicine	<p>Medical Care/Questions: Luis Manriquez: 360-395-5825 TJ Byrne 208-661-2106 Testing: Kira Lewis 509-217-3514 Luis Manriquez 360-395-5825 Please contact us to discuss how the street medicine team can work with you. Michelle Guerrero 618-580-5819 michaelle.guerrero@wsu.edu Luis Manriquez 360-395-5825 luis.manriquez@wsu.edu</p>	<p>Street Medicine is a program set up to provide care to the homeless population where they are and facilitate the connection between homeless service organizations and healthcare. Can provide: Screening and testing for Covid-19, Acute medical care, Hep A vaccination, HIV and Syphilis rapid testing, Follow up appointments with CHAS, HOC Clinic, and STHC.</p>
Spokane Homeless Coalition	<p>Email: Online Form Website: http://www.spokanehc.com/</p>	<p>The Spokane Homeless Coalition is made up of more than 1300 individuals representing more than 200 agencies, meal sites, churches and ministries in the Greater Spokane area, all committed to serving those in need throughout our community.</p>
Statewide Poverty Action Network	<p>Website: https://povertyaction.org/</p>	<p>An anti-poverty advocacy organization that focuses on innovative public policy, registering and educating voters from low income communities and communities of color, engaging community member in advocacy, and supporting grassroots leadership in low-income communities.</p>

CIS Resource Guide

Transitions	3128 N Hemlock St, Spokane, WA 99205 Phone: (509) 328-6702 Email: info@help4women.org Website: help4women.org	Ending homelessness for women and children in Spokane. No woman is ever turned away due to gender, sexual orientation, religious beliefs, ethnicity or disability. Women from every walk of life are welcome at Transitions. Programs and Services: Housing, New Leaf Kitchen and Cafe, EduCare, Home Yard Cottages, Miryam's House, Transitional Living Center, Women's Hearth.
Housing Assistance		
Resource	Contact/Website	Services Offered
Association of Washington Housing Authorities	Spokane Housing Authority, 55 W. Mission Ave., Spokane, WA 99201 Serving Counties: Lincoln, Pend Oreille, Spokane, Stevens, Whitman Phone: (509) 328-2953, Email: acarpentier@spokanehousing.org Fax: (509) 323-2364, Web Site: www.spokanehousing.org Website: http://www.awha.org/	Housing Programs: Public Housing, Housing Choice Vouchers (Tenet and Project based), Workforce Housing, Family Self Sufficiency Program(FSS), Veteran's Affairs Supportive Housing (VASH), Farmworker Housing, USDA Rural Housing, HOME Tenant Based Rental Assistance(TBRA), Homeownership, Family Unification Programs(FUP), Homeless Prevention.

CIS Resource Guide

Catholic Housing Communities	<p>12 E 5th Ave, Spokane, WA 99202 PO Box 2253, Spokane, WA 99210 Phone:(509)456-2279 Email:housing@cceasternwa.org Website:https://www.housing.cceasternwa.org/</p>	<p>Catholic Housing Communities provides apartment units to families, seniors, veterans, agricultural workers and their families, and people experiencing homelessness . Properties: 55th Avenue, Bel Franklin, Bernadette's Place, Buder Haven,Casas Salvadas, Cathedral Plaza,Catherine Johnson Court, Clare View Senior Apartments, Courview ,Delaney, Donna Hanson Haven, El Estero, Fahy Garden ,Fahy West, Fr.Bach Haven,Gonzaga Family Haven,Hearthstone, Hidden Pines ,Jacklin Haven, Kensington Court, Medical Lake, Pope Francis Haven,Schweitzer Haven, Sharon Lord, Sister's Haven,Summit View, The Marilee (VOA), The O'Malley,Triplex, Village,Wilton, and Woodruff Heights.</p>
City of Spokane Rental Assistance Program	<p>808 W. Spokane Falls Blvd. Spokane, WA 99201 Phone: 311 or 509.755.CITY (2489) Website: https://my.spokanecity.org/covid19/resident-assistance/</p>	<p>Priorities for assistance (must meet all four) : Someone in the household has qualified for unemployment or experienced a reduction in income, current housing instability or risk of housing instability such as unpaid rental fees or anticipation of inability to pay future rent, your household income is at or below 80% of the area median income, your household resides within the city of spokane boundaries.</p>

CIS Resource Guide

Community Frameworks	Spokane Office: 907 W. Riverside Ave. Spokane, WA 99201 Phone:(509) 484-6733 Fax:(509)483-0345	Community Frameworks Development Services Program helps non-profit organizations and housing authorities develop affordable housing and supportive services for their local communities. These projects include multi-family rental housing, emergency shelters, housing with supportive services for seniors and people with disabilities, and social service program centers, as well as refinances and preservation of existing federally subsidized housing that is at risk of conversion to market rate housing. Projects typically use both public and private funding sources and involve complex multi-source financial structuring.
Family Promise of Spokane	2002 E Mission Ave, Spokane, WA 99202 Phone:(509) 747-5487 Website: https://www.familypromiseofspokane.org/	Equipping families & communities to end the cycle of homelessness. Because every child deserves a home. Services offered: Housing Assistance, Emergency Triage shelter that transitions into stable housing.
Goodale & Barbieri		
Habitat for Humanity	1805 E Trent Avenue Spokane, WA 99220	Habitat for Humanity partners with people in Spokane County,
Northwest Fair Housing Alliance	35 W Main Ave, Spokane, WA 99201 Phone:(509)325-2665 Website:nwfairhousing.org	The mission of the Northwest Fair Housing Alliance is to eliminate housing discrimination and to ensure equal housing opportunity for the people of Washington State through education, counseling and advocacy.

CIS Resource Guide

Rural Resouce Community Action	956 S Main Colville, WA 99114 Specific area phone numbers found on website: https://ruralresources.org/co ntact/	Rural Resources Community Action has helped residents of Northeastern Washington help themselves and each other. Through education, resources and support, we offer real hope to children, seniors and families, by working to create a stronger and more stable community for us all. Many community supports provided for those in Lincoln, Stevens, and Pend Orielle counties.
SNAP Affordable Rental Housing	Phone: (509) 456-SNAP Website: snapwa.org	SNAP owned low-income rental housing is managed by Kiemle & Hagood. If you are interested in applying for SNAP low- income housing, call Kiemle & Hagood at (509) 838-6541 for an application and eligibility information.
SNAP Housing Counseling	Phone:(509) 456-SNAP Website: snapwa.org	Counseling classes are free of charge to everyone. Counseling offered: Pre-Purchase Counseling and Education, Down Payment Assistance Loan Program, and Home Buyer Education.
Spokane Community Land Trust	Spokane Community Land Trust 315 W. Mission, Suite 22 Spokane, WA 99201 Phone: (509)279-2351 Website: https://spokanectl.weebly.co m/	The Spokane Community Land Trust (SCLT) is a nonprofit organization that provides affordable home ownership opportunities to households unable to to purchase homes through traditional methods.
Spokane Housing Authority	25 W Nora Avenue Spokane, WA 99205 Paperwork may be dropped in the secure dropbox anytime. PHONE: 509-328-2953 FAX: 509-327-5246 TDD Washington Relay: 7-1-1 or 1-800-833-6384	SHA annually provides housing assistance to over 6,200 families of low income through a combination of tenant-based rental assistance, project-based rental assistance, and SHA- managed apartment communities.

CIS Resource Guide

Spokane Low Income Housing Consortium	907 W Riverside Ave, Spokane, WA 99201 Phone: (509)325-3235 Website: slihc.org	The Spokane Low Income Housing Consortium (SLIHC) is a membership association that promotes the long-term availability of affordable housing in Greater Spokane.
Spokane Resource Center	130 S Arthur St, Spokane, WA 99202 Phone: (509)867-8188 Website: spokaneresourcecenter.org	Rental Assistance, Housing Counseling, Low-Income House, Workshops
The Carl Maxey Center	3114 E 5th Ave Spokane, WA 99202 Phone(509) 795-1886 Website: carlmaxeycenter.org	The Carl Maxey Center (CMC) is a Black-led and Black-centered non-profit based in the East Central neighborhood of Spokane. Programs and Services: Rental Assistance,Business Support, Student Tech Fund, Covid-19 Services, Legal Access, Community Outreach.
Human Rights and Diversity		
Resource	Contact/Website	Services Offered
AHANA-MEBA	2525 E 29th Ave, STE 10B #368 Spokane, WA 99223 Website:www.ahana-meba.org	Support and resources for multi-ethnic, multicultural businesses.
* Odyssey Youth Movement	1121 S Perry St. Spokane, WA 99202 Phone:(509) 325-3637 Email: oym@odysseyyouth.org Website: odysseyyouth.org	Odyssey Youth Movement promotes equity for LGBTQ+ youth in the Inland Northwest through youth-driven programs and community education. Odyssey Youth Movement offers a variety of programs designed to improve the lives of LGBTQ youth and young adults in the Inland Northwest, as well as basic needs items such as food, clothing, and hygiene supplies.
Sage Leaders	Contact form on website: sageleaders.org	Sage Leaders cultivates deep democracy in Washington state by developing Black, Indigenous and People of Color community leaders for civic and elected leadership.

CIS Resource Guide

SCAR-Spokane Community Against Racism	Contact through website: scarspokane.org	100% Black-owned LLC working to identify and address racial disparities through community efforts, education, advocacy, research, community engagement, and policy impact.
Spectrum Center Spokane	25 W Main Ave, Ste. 210, Spokane WA 99201 Online contact form on Website: https://www.spectrumcenter.spokane.org/contact	Spectrum's mission is to create a safe, intersectional, intergenerational, LGBTQIA2S+ community gathering space that celebrates a resilient, healthy community through social connectedness and support, arts and culture, access to resources, and leadership development.
Spokane Coalition of Color	Facebook Page: https://www.facebook.com/SpokaneCoalitionOfColor/	Spokane Coalition of Color is comprised of the Asian and Pacific Islander Coalition of Spokane, the * Hispanic Business/Professional Association and *NAACP.
Spokane County Bar Association-Carl Maxey Scholarship Gonzaga School of Law	Application found on website: https://www.gonzaga.edu/school-of-law/admission/financial-aid/scholarships/carl-maxey-social-justice-scholarship-program	The Carl Maxey Social Justice Scholarship Program provides a unique opportunity for exceptional students to further their commitment to social justice and to become leaders in the profession. Each year, a scholarship committee selects several students to be Social Justice scholars. These scholars are awarded full tuition scholarships to allow them to pursue careers in social justice and to serve the public good.
Spokane County Human Rights Task Force	PO Box 4552 Spokane, WA 99220 Website: https://www.spokanecountyhumanrightstaskforce.org/	Advocacy for human rights.

CIS Resource Guide

Spokane Human Rights Commission	1330 N Washington St # 2460, Spokane, WA 99201 Phone:(509) 568-3196 Website: hum.wa.gov	Protecting equal rights through services that help with employment, fair housing, public accomodatin, credit and insurance, and policy.
Teach the Movements	300 W. Hawthorn Rd. Spokane, WA 99205 Phone:(509)777-3390 Email: mspindola1@whitworth.edu	The Teach the Movement program sends student-volunteers, once they have been trained, into public schools to help reinforce the learning of social justice and the Civil Rights Movement.
*YWCA Racial and Social Justice	Website: https://ywcaspokane.org/racialjustice/	YWCA Spokane's Racial and Social Justice (RSJ) Committee is comprised of agency leaders, programmatic staff, board members, and community partners who are committed to the work and mission of YWCA Spokane.
Human Trafficking Outreach		
Resource	Contact/Website	Services Offered
Daybreak Youth Services	Call (509) 879-0744 for immediate assistance. 628 South Cowley St. Spokane, WA 99202 Website: https://daybreakyouthservices.org/programs/csec-center/	Daybreak's Restorative Receiving Center is located in Daybreak's inpatient facility in Spokane, WA and serves youth ages 12-17 who have been or who are at risk of being commercially and sexually exploited. This is the first youth residential treatment program in the nation to provide mental health and substance use disorder treatment with wraparound support services for youth who have been victims of sex trafficking. This program is a result of House Bill 1775, which aims to end childhood prostitution.

CIS Resource Guide

* HRC Ministries	14415 E Sprague Ave #5, Spokane Valley, WA 99216 Phone:(509)922-0939 Website: hrcministries.com	Recovery services for abuse, neglect, and poverty. Stop Slavery Campaign, community outreach and education, HRC Thrift Store.
Lutheran Community Services	210 W Sprague Ave, Spokane, WA 99201 Phone: (509) 747-8224 Fax: (509) 747-0609 Email: Through Website Website:https://lcsnw.org/office/spokane/	Individual, Family and Group Therapy including counselors trained in ACT,CBT,CBT Plus, CPT, CETA,EMDR,MI,PCIT, and Trauma Focused CBT. Wrap Around with Intensive Services (WISe).Family Outreach Crisis Intervention, Problematic Sexualized Behaviors, Family and Community Support, Refugee and Immigrant Support, Child Welfare, Aging and Independent Living, Crime Victim Services.
National Human Trafficking Hotline	1(888)373-7888 Text 233733	National Help Line for Human Trafficking
* The Jonah Project	1106 W Garland Ave, Spokane, WA 99205 Phone (509) 655-7886 Website: jonahproject.org	The Jonah Project advocates for survivors of Human Trafficking and At-Risk women and children through direct advocacy and education.
Washington Anti-Trafficking Response Network (WARN)	Washington Anti-Trafficking Response Network Victim Assistance Line: (206)245-0782 Online contact form through website: warn-trafficking.org	The Washington Anti-Trafficking Response Network (WARN) is a coalition of non-governmental organizations that provide direct services to victims of human trafficking in Washington State. Since 2004, WARN has assisted survivors of sex and/or labor trafficking to live out their desired lives without re-victimization.

CIS Resource Guide

Washington Trafficking Prevention	115 Cleveland Ave SE, Olympia, WA 98501 Phone: (360)561-7616 Website: traffickingprevention.org	Washington Trafficking Prevention approaches anti- human trafficking efforts through professional engagement, primary prevention, and community grassroots partnerships. Our innovative programs and community Coalitions Against Trafficking are integral to creating sustainable and permanent change in Washington State.
YFA Connections	201 W 6th Avenue Spokane, WA 99204 24-hour help line: (509) 624-2868 Fax: (509) 747-1730 Website: yfaconnections.org	The Crisis Residential Center (CRC) is co-located with the HOPE Center and is operated by YFA Connections through a contract with the Department of Commerce. Provides a short- term residential youth program that offers shelter and mediation services for youth and families. Ages 12-17
Immigration and Refugee Services		
Resource	Contact/Website	Services Offered
APIC Spokane	Contact Co-Directors: Sarah Dixit (She/Her) dixit@apicspokane@gmail.co m Ryann Louie (They/Them) ryann@reimaginespokane.us Website: apicspokane.org	APIC is dedicated to advocating for racial, social, and economic justice for Asians & Asian Americans in solidarity with Native Hawaiian, Pacific Islander, Black, Brown, Indigenous, LGBTQ+, and other systemically oppressed communities.
DACA Hotline	1(844)724-3737	Call to report ICE
DACA Recipients & Families	Website : swwalulac.org Email: swwalulac@gmail.com	Immigration Resources including legal assistance, citizenship and immigration, knowing your rights, and youth programs.

CIS Resource Guide

Immigrant Solidarity Network of Washington (WAISN)	Hotline: 1(844)724-3737 Email: info@waisn.org Online contact form on website: waisn.org	Protecting and advancing the power of immigrant and refugee communities through a multiracial, multilingual, and multi-faith coalition. Our organizing strategy educates and mobilizes statewide to uphold and defend the rights and dignity of all immigrants and refugees, centering the voices of impacted communities.
International Relief and Human Rights Initiative...Gonzaga	5000 S Palouse HWY #107 Spokane, WA 99223 Phone: (509) 344-9765 or 1(509) 475-0754 Email: Vedaste.Kazamarande@ifkairhri@irhri.org Website: irhri.org	An independent, non-governmental, non-partisan and not-for-profit human rights organization. Promoting human rights and civic culture through research, advocacy, lobbying, legal services, civic education, human health program, forced migration/refugee protection program, advocacy for rights of people with disability, advocacy on migration issues and policies of immigration.
* Legal Aid Immigration, Catholic Charities GU School of Law	12 E. 5th Ave. Spokane, WA 99202 Phone: (509) 358-4250 Fax: (509) 358-4259 Email: diocelina.torres@cceasternwa.org Website: https://www.cceasternwa.org/	Immigration Legal Services provides high-quality legal consultations, representation, and assistance to documented and undocumented immigrants of all nationalities, ethnicities, and religions.
Office of Refugee and Immigrant Assistance DSHS	Phone: 1(877)501-2233 Website: https://www.dshs.wa.gov/es-a/office-refugee-and-immigrant-assistance	Services Offered: cash/food/medical assistance, employment and training, health and wellness, welcoming Afghans to Washington State, Naturalization, PRIME, Youth, Refugee Advisory Counsel, Budget, Division of Child Support, Community Partnerships.

CIS Resource Guide

Refugee Connections Spokane (RCS)	104 S. Freya St. – Suite 116 Lilac Flag Building Spokane, WA 99202 Phone: 509.327.8064 Phone: (509) 209-2384 Email: rcs@refugeeconnectionsspokane.org Website: www.refugeeconnectionsspokane.org	Supports and empowers refugee and immigrant communities by providing services, fostering community bonds, and advocating for refugee and immigrant rights in the Inland Northwest.
Spokane International Translation	104 S. Freya St. – Suite 116 Lilac Flag Building Spokane, WA 99202 Phone: (509) 327-8064 Fax: (509)327-8016 Website: spokanetranslations.com	Providing written translations and oral interpreting services. Can also facilitate document translation.
US Citizenship and Immigration Services Spokane Office	920 W Riverside Ave Room 691, Spokane, WA 99201 Phone: (800)375-5283 Website: https://www.uscis.gov/about-us/find-a-uscis-office/field-offices	Must have an appointment to visit an office. No Walk-ins allowed. Field offices provide: Interviews for all non-assylum cases, Citizenship, Green Cards, Naturalization Ceremonies, Appointments for information and applicant services. All necessary forms found on website.
World Relief Spokane	1522 N Washington St #204, Spokane, WA 99201 Phone:(509) 484-9829 Email:wrspokane@wr.org Website: https://worldrelief.org/spokane/	Helping refugees and other immigrants in vulnerable situations rebuild their lives in a new country. Offering: Immigration Legal Services, Refugee Resettlement, Employment and Economic Empowerment, Children and Youth Support, Community Ambassadors, Citizenship Classes.
Legal Services		
Resource	Contact/Website	Services Offered
Casa/Court Appointed Special Advocate	Spokane County 1116 Broadway Avenue Spokane, WA 99260 Phone:(509) 477-2418 Website: spokanecounty.org/4475/CASA	CASA members advocate for children who have been abused and/or neglected and report to the court as to the best interest of the child.

CIS Resource Guide

Center for Justice	35 W Main Ave #300, Spokane, WA 99201 Phone:(509) 835-5211 Email: Dainen Penta Executive Director information@cforjustice.org	Provides holistic legal services in the areas of housing justice, criminal justice, and driver's relicensing. These services are key to providing access to justice for those who cannot otherwise afford an attorney.
Children's Waiting Room, Operated by Vanessa Behan	721 N Jefferson Street Basement Room 101 Spokane, WA 99260 Phone: (509) 960-0532 website: spokanecounty.org/471/childrens-waiting-room	The Children's Waiting Room, operated by Vanessa Behan, is a free drop-in childcare program available for anyone attending to business on the Spokane County Courthouse campus. Children between the ages of birth and twelve are welcome on a first-come, first-served basis.
Northwest Justice Project Spokane Office	1702 W Broadway Ave, Spokane, WA 99201 Phone: (509)324-9128 Website; nwjustice.org	Northwest Justice Project (NJP) provides free legal assistance to address fundamental human needs such as housing, family safety, income security, health care, education, and more. Our work challenges structural and racial inequities to promote the long-term well-being of low-income individuals, families and communities across Washington State.
Spokane County Juvenile Court	902 N Adams St, Spokane, WA 99260 Phone: (509) 477-4742 Fax: (509)477-6460	Juvenile Court Services has jurisdiction over juveniles who violate criminal laws and who are in need of protection and/or advocacy as a result of abuse, neglect, or abandonment. This is accomplished through probation, court, detention, adoption (Superior Court), and support services.

CIS Resource Guide

Spokane County Kid/Teen Court, Partners with Families and Children	Note: Entrances on Atlantic St, 106 W Mission Ave, Spokane, WA 99201 Phone: (509) 473-4810 Fax: (509)473- 4840 Email: partners@partnerwithfamilies.org Website: partnerswithfamilies.org	Spokane County Kids Court is an awareness and court education program to help child victims/witnesses and their families prepare for the court process. Participants will have the opportunity to learn about the court process through informational and interactive sessions.
Team Child	35 W Main Ave Ste #316, Spokane, WA 99201 Phone:(509) 323-1166	TeamChild upholds the rights of youth involved, or at risk of being involved, in the juvenile justice system to help them secure the education, healthcare, housing and other supports they need to achieve positive outcomes in their lives. Services and Resources: Legal Services, Traing and consulting, policy advocacy.
Volunteer Lawyers Program, Spokane County Bar Association	Annex, 1116 W Broadway Ave 4th Floor, Spokane, WA 99260 Phone: (509) 477-6123 Website: spokanevlp.org	Civil legal aid nonprofit of the Spokane County Bar Associaton. Offering low-income legal assistance including: Advice clinics, Courtroom Clinics, Conference Assistance Clinic, and Housing Justice.
World Relief Spokane-Immigration Law Services	1522 N Washington St #204, Spokane, WA 99201 Phone:(509) 484-9829 Email:wrspokane@wr.org Website: https://worldrelief.org/spokane/	Helping refugees and other immigrants in vulnerable situations rebuild their lives in a new country. Offering: Immigration Legal Services, Refugee Resettlement, Employment and Economic Empowerment, Children and Youth Support, Community Ambassadors, Citizenship Classes.

CIS Resource Guide

* YWCA Domestic Violence Legal Advice	Call 509-477-3656 to reach a YWCA Spokane Legal Advocate. If you are in need of immediate assistance, please call our 24/7 helpline at 509-789-CALL (2255). Website: https://ywcaspokane.org/programs/legal/	Our legal advocates can provide information, referrals, and assistance with Domestic Violence Protection Orders, No Contact Orders, and criminal cases. If you need assistance with a protection order due to intimate partner domestic violence, or if you are the listed victim in a criminal case and you need to speak to an advocate, please call 509-477-3656 option #1. If one of our legal advocates is not able to answer during the time of your call, if it is safe for you to do so, please leave a detailed message including a way to contact you, and a legal advocate will reach out to you as soon as they are able to.
Medical/Dental/Vision		
Resource	Contact/Website	Services Offered
* Better Health Together	1209 W. 1st Ave Spokane, WA 99201 Phone:(509)321-7500 Fax: (509)703 7508 Email: admin@betterhealthtogether.org Website: betterhealthtogether.org	Better Health Together tackles health inequities throughout eastern Washington. We believe everyone deserves a fair shot at being healthy. To make this happen, we work with more than 100 organizations across seven counties to promote practical solutions that meet the needs of the people and communities we serve.

CIS Resource Guide

<p>* CHAS Dental Clinic</p>	<p>Phone:(509) 444-8200 Clinic Fax:(509)444-7807 Chas Family Dental Clinic 203 E Dalke Ave Spokane, WA 99208 CHAS Maple Dental Clinic 3929 N Maple St. Spokane, WA 99205 CHAS Denny Murphy Dental Clinic 1001 W. 2nd Ave, Spokane, WA 99201 East Central Dental Clinic 2211 E. Hartson Ave. Spokane, WA 99202 East Mission Dental Clinic 1502 N. Vercler Rd. Spokane Valley, WA 99216</p>	<p>Our dentists & hygienists offer: Exams, Cleanings, X-Rays, Root Canals, Crowns, Fillings.</p>
<p>* CHAS Health</p>	<p>Phone: (509)444-8200 Website:chas.org</p>	<p>List of Clinics (addresses found on website): CHAS Behavioral Health Center, CHAS Health @ John. R. Rogers High, CHAS Health Mobile Clinic, Cheney Health Center, Denny Murphy Clinic, East Central Dental Clinic, East Mission Dental Clinic, Family Dental, Latah Community Health, Lewis & Clark Health Center, Maple Street Clinic, Market Street Clinic, North Central Clinic, Perry Street Clinic, Southgate Clinic, Spokane Urgent Care- North, Spokane Urgent Care Valley, and Valley Clinic.</p>

CIS Resource Guide

Concentra Urgent Care	<p>North: 9222 N Newport Hwy Ste. 1 Spokane, WA 99218 Phone (509) 467-4545</p> <p>South: 2005 E 29th Ave. Spokane, WA 99203 Phone: (509) 747- 0770 Valley: 15425 E. Mission Ave. Spokane Valley, WA 99037 Phone (509) 924-7010 Website: concentra.com</p>	Services: Workplace Injuries, Physical Therapy, Physicals, Test and Screenings, Vaccinations, and Urgent Care.
*Coordinated Care of Washington	<p>Member Services/ 24-Hr Nurse Advice Line: Phone: 1(877)644-4613 TDD/TTY: 1(866)862-9380 Fax Number: 1(877)644-4602 Online Application found on Website: coordinatedcarehealth.com</p>	<p>A health insurance company made just for the needs of Washington Apple Health Medicaid members. Benefits include: Behavioral Health, Boys and Girls Club Membership, Care Coordination and Disease Management, Cell Phone Program, and Choice of Doctor, Harvest Bucks, Dental Care, Doctor Visits and Screenings, Nurse Advice Line, Online Member Account, Personalized Support, Pregnancy and Newborn Services, Telehealth, Tobacco Cessation Program, and Vision Care.</p>
Excelsior Family Medicine	<p>Northpointe Medical Center 9631 N Nevada St., Suite 202, Spokane, WA 99218 Or Excelsior Wellness Center 3754 W Indian Trail R., Spokane, WA 99208 Phone: (509) 467-1100 Fax: (509) 468-0173</p>	<p>Excelsior Family Medicine is a regional resource for individuals and families to ensure a person-centered and trauma-informed and holistic approach to family medicine. Our integrated approach to delivering care means that primary care physicians, specialized nurse practitioners, and professional counselors bring a team-based and collaborative approach to meeting the needs of you or your family.</p>

CIS Resource Guide

EWU Dental Hygiene Clinic	310 N Riverpoint Blvd Spokane, WA 99202 Phone: (509) 828-1300	Dental Hygiene students with direct supervision by oral healthcare professionals provide quality, low-cost preventive and restorative care at our clinic. Our self-support, non-profit teaching clinic is located on the Eastern Washington University campus in downtown Spokane.
* First Steps-Maternity Support Services/CHAS	Phone: (509) 444-8200 Website: https://chas.org/get-care/medical/pregnancy-obstetrics/first-steps/	All pregnant women covered under Washington Apple Health (Medicaid) are eligible for services. Women who have no medical coverage or partial medical coverage may also be eligible for First Steps. Preventive prenatal care begins as soon as the woman is aware she is pregnant and runs two months post-partum. Newborns receive one year of full medical coverage.

CIS Resource Guide

* Inland Northwest Health Services -Providence	Links to each program found on Website: https://www.providence.org/lp/inhs	The INHS organization, including Providence St. Luke's Rehabilitation Medical Center (formerly known as St. Luke's Rehabilitation Institute), Community Wellness, Health Training and Northwest TeleHealth, is part of Providence Health & Services – Washington. While the INHS organization no longer operates as a separate organization, the services and care being provided to all hospitals, patients, customers and communities continues. And the people providing those services continue to do so. Offering Community Wellness, Health Training, Telehealth, St. Luke's Rehabilitation Medical Center and COHE Community of Eastern Washington.
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CIS Resource Guide

Kaiser Permanente Medical Center	<p>Website: healthy.kaiserpermanente.org Locations:</p> <p>Lidgerwood Medical Center 6002 N. Lidgerwood St. Spokane, WA 99208 Phone(509) 482-4402</p> <p>Riverfront Medical Center 310 N Riverpoint Blvd Spokane, WA 99202 Phone(509) 324-6464</p> <p>Kendall Yard Medical Office 546 N Jefferson St. #200 Spokane, WA 99260 Phone:(509) 625-3700</p> <p>Walk-In Clinic Riverfront Medical Center 322 W North River Dr. Spokane, WA 99201 Phone(509)324-6464</p> <p>South Hill Medical Center 4102 S Regal St. Spokane, WA 99223 Phone:(509) 535-2277</p> <p>Verdale Medical Center 14402 E Sprague Ave. Spokane Valley, WA 99216 Phone(509) 922-2625</p>	Medical and Primary Care services.
MultiCare Emergency & Hospitals	<p>Deaconess North Emergency Center 8202 N Division St Spokane, WA 99208 Phone: (509) 473-3333</p> <p>Deaconess Hospital 800 W 5th Ave Spokane, WA 99204 Phone:(509) 473-5800</p>	Medical and Emergency Medical Services
MultiCare Indigo Urgent Care	<p>North Spokane 9420 N. Newport Hwy Suite 103 Spokane, WA 99218 Phone(509) 598-7744</p> <p>Shadle 2401 W. Wellesley # 103 Spokane, WA 99205 Phone(509)598-7870</p> <p>South Hill 4911 S Regal St. Spokane, WA 99223 Phone: (509) 598-7810</p>	Cold, Flu, allergies, cough, congestion, asthma, ear, nose, throat, eye irritations, UTI's, Skin Conditions, Sprains and strains, Cuts and Scrapes, testing, screening, vaccinations.

CIS Resource Guide

MultiCare Rockwood	<p>Northpoint 605 E Holland Ave Suite 200 Spokane, WA 99218 Phone (509) 342-3010 Main Clinic 400 E. 5th Ave Spokane, WA 99202 Phone(509)838-2531</p> <p>Quail Run 2214 E 29th Ave Spokane, WA 9922 Phone:(509) 755-5250</p> <p>Moran Prairie 3016 E. 57th Ave. Suite 27 Spokane, WA 99223 Phone:(509) 342-3300</p> <p>Airway Heights 10414 W. Highway 2 Suite 10 Airway Heights, WA 99224 Phone:(509)342-3380</p>	Primary Care, Specialty Medical. Consult Wesbite for specific needs.
MultiCare Rockwood Eye and Optical Center	<p>Downtown: 400 E 5th Ave Suite 2 North Spokane, WA 99202 Phone:(509)342-3870</p> <p>Northpointe: 605 E Holland Ave Suite 200 Spokane, WA 99218 Phone: (509) 342-3870 Valley: 1414 N. Houk - Suite 103 Building 2 Spokane Valley, WA 99216 Phone:(509)342-3870</p>	Comprehensive eye care including eye screenings for adults and children, surgery for eye injuries and chronic disease, eye glasses and contacts.
Planned Parenthood	<p>123 E Indiana Ave Bldg A, Spokane, WA 99207 Phone:(509)904-7721 Fax: (509) 248-3644 Book Online Through Website: https://www.plannedparenth ood.org/health- center/washington/spokane/ 99207/spokane-health-center- 2794-91850</p>	Services: Abortion, Abortion Referral, Birth Control, Emergency Contraception, General Health Care, HIV Services, LGBTQ+, Men's Health, Patient Education, Pregnancy Testing, STD Testing/Treatment & Vaccines, Women's Services.

CIS Resource Guide

Providence Hospitals	Providence Holy Family Hospital 5633 N. Lidgerwood St. Spokane, WA 99208 Phone:(509) 482- 0111 Providence Sacred Heart Hospital 101 W 8th Ave, Spokane, WA 99204 Phone (509) 474-3131	Medical and Emergency Medical Services
Providence Clinics	Location Addresses Found on Website: (Too Many to List) Website: www.providence.org Locations: North, Northpointe, Indian Trail, Kendal Yards, Community Clinic, Residency Clinic, South Hill, North Pines, Providence Medical Park Spokane Valley. Speciality Clinics found on website.	Primary Care, Specialty Medical. Consult Wesbite for specific needs.

CIS Resource Guide

Providence Express Urgent Care	<p>Locations:</p> <p>Expresse Care Indian Trail 9027 N Indian Trail Rd, Spokane, WA 99208 Express Care Ruby 105 E Mission Ave, Suite D, Spokane, WA 99202 Urgent Care Hawthorn 551 E Hawthorne Rd, Spokane, WA 99218 Phone:(509) 489-2369 Express Care Lincoln Heights 2923 E 29th Ave, Spokane, WA 99223 Urgent Care 5th & Division 421 S Division St, Spokane, WA 99202 Phone:(509)474-2100 Express Care Airway Heights 10258 W Sunset Hwy, Suite 6, Spokane, WA 99224 Urgent Care Spokane Valley16528 E Desmet Ct, Suite A1200, Spokane Valley, WA 99216 Phone:(509)944-8910</p>	Cold, Flu, allergies, cough, congenstion, athmma, ear, nose, throat, eye irritations, UTI's, Skin Conditions, Sprains and strains, Cute and Scrapes, testing, screening, vaccinations.
Spokane Eye Clinic	<p>Phone for all clinic connection: (509) 456-0107 Locations: South Hill/Downtown: 427 S Bernard St. Spokane, WA 99204 Central/Northside: 31 E Central Ave. Spokane, WA 99208 Nevada/Northpointe 9651 N Nevada St. Spokane, WA. 99218 Spokane Valley 16201 E Indiana Ave. Ste.5000 Spokane Valley, WA 99216</p>	Offering comprehensive and specialized eye care, including diseases and disorders, exams, glasses, and contacts.

CIS Resource Guide

The Native Project Dental Clinic	1803 W Maxwell, Spokane, WA 99201 Phone:(509) 483-7535 Website:nativeproject.org	We provide comprehensive dental care for all people, from children to adults. We are equipped to treat fearful and anxious dental patients in a safe and comfortable space.
The Native Project Medical Clinic	1803 W Maxwell, Spokane, WA 99201 Phone:(509) 483-7535 Website:nativeproject.org	We are a primary health care facility that provides comprehensive health care to the greater Spokane community. Our area of expertise is Indian Health, but we serve ALL people. Medicaid, Medicare, and most private insurances are accepted. You will not be charged your insurance co-pay if you provide proof of tribal enrollment/descendancy.
* Toothsavers of Washington	Phone:(509)676-6060 Email:info@toothsaversofwas hington.com Website: toothsaversofwashington.co m	Toothsavers provides preventative oral health care services to children including: oral health screenings, sealants, fluoride application, and oral health education, all within WA state schools, during school hours. We provide services to Title I schools & schools with a free and reduced lunch rate of 50% or greater. All services are provided by a gentle and experienced Registered Dental Hygienist.
* Tree of Sharing Spokane	411 S Washington St, Spokane, WA 99204 Phone: (509) 808-4919 Website: treeofsharing.org	The Tree of Sharing connects the Spokane community in order to provide gifts to our communities often forgotten at holiday time.

CIS Resource Guide

* Unify Community Health	120 W Mission Ave Spokane, Washington 99201 Phone:(509) 326-4343 Northeast Community Center, 4001 N Cook St Spokane, Washington, 99207 Phone:(509)483-3427 West Central Community Center Spokane, Washington, 99205 Phone:(509)327-4646	Primary Care, Women's Health, Pharmacy, Behavioral Health,Dental.
* Union Gospel Mission Free Eye Clinic	1224 E. Trent Ave. Spokane, WA 99202 Phone:(509) 535-8510	Free Eye Exams Thursdays for low income and uninsured.Volunteer opticians send patients out with prescription glasses. Frame donations are always welcomed!
Youthful Horizons Therapy	325 S University Rd, Spokane Valley, WA 99206 Phone:(509)921-9798 Website: https://youthfulhorizonstherapy.com/	modern Therapy for Adults and Children. Offered: Pediatric Physical Therapy, Aquatic Therapy, Orthopedic Rehabilitation, Pediatric Occupational, Pediatric Speech, Massage Therapy
Mental Health		
Resource	Contact/Website	Services Offered

CIS Resource Guide

ACT Services, PLLC	4407 N Division St #801, Spokane, WA 99207 Phone:(509)228-8901 Fax:(509)342-7401 Website: spokaneactservice.com	Mental Health Counseling Services helping with: Abuse, Neglect, Anger Management, Anxiety, Attention and Concentration (ADHD), Behavioral Concerns/Defiance, Cancer Survivorship, Cognitive Behavioral Therapy, Coping Skills, Complex Trauma, Depression, Divorce, EMDR, Gender Identity, Grief/Loss, Individual Counseling, Intellectual Giftedness, LGBTQIA, Mindfulness, Obsessive-Compulsive Traits, Parenting Strategies, Post- Traumatic Stress, Relationship Conflicts, Stress Reduction, Trauma-Focused Cognitive Behavioral Therapy, Work Stress,
Adept Assessment Center	1321 N Ash St, Spokane, WA 99201 Phone (509) 327-3120 Website: https://www.adeptassessment.com/	Adept Assessment Center is a leading detox and inpatient drug and alcohol rehab center in Spokane, WA. For individuals struggling with an addiction alcohol, benzodiazepines (Xanax, Klonopin, Valium, etc), or opioids (heroin, oxycodone, hydrocodone, etc), a supervised medical detoxification may be necessary before entering residential treatment.

CIS Resource Guide

Affordable Counseling Survivor Support Services	9507 N Division St # G, Spokane, WA 99218 Phone:(509) 484-4021 Email:SurvivorSupportServices@msn.com	AFFORDABLE COUNSELING in a safe environment for individuals, couples, and families with limited income. I have been a credentialed counselor in the state of Washington since 1995. I hold three college degrees: B.S., M.B.A., & an M.Ed. in counseling from Whitworth College. I am respectful of everyone's right to make choices for themselves, and I meet with clients from many spiritual orientations.
American Behavioral Health	Residential Inpatient Services 12715 E Mission Ave, Spokane Valley, WA 99216 Phone: (509) 232-5766 Email: info@abhsinc.net or... Substance Use Disorder Treatment, Residential Inpatient Services, Secure Withdrawal Management Services 44 E Cozza Dr, Spokane, WA 99208 Phone: (509) 325-6800 Email: info@abhsinc.net	Services Offered: Assessments, Detox, Mental Health, Medical Services, and Case Management.

CIS Resource Guide

* American Indian Community Center, Goodheart Behavioral Health	610 E. North Foothills Drive Spokane, WA 99207 Phone:(509)487-2062 Fax:(509)487-4264 Email: shelleye@aiccinc.org	Goodheart Behavioral Health is a Substance Use Disorder Treatment Program that is currently licensed to provide Adult Intensive Out-Patient, Outpatient Treatment as well as SUD Assessments. The Program is licensed under the American Indian Community Center, a non-profit 501 (c) (3) organization. We are currently working on adding Alcohol and Drug Information School classes and Mental Health Counseling to our program.
Caitlin Soriano, LMHC, LLC	405 E Hartson Ave #8, Spokane, WA 99202 Phone:(509) 818-0140 Website: csorianolmhc.com	Specializing in Child Development, Parenting Stress, Anxiety, Trauma and Grief. Services: Individual Therapy, Parenting Assessments, Supervision, Consultation.
* Catholic Charities Counseling, Community Behavioral Health Services	1960 N Holy Names Ct, Spokane, WA 99224 Phone:(509) 242-2308 Confidential Fax: (509)455-4988 Website: https://www.cceasternwa.org/counseling	We are committed to providing high-quality behavioral and mental health treatment services and will serve all persons regardless of ability to pay, offer discounted fees for persons who qualify not deny services based on a person's race, color, sex, age, national origin, disability, religion, veteran status, gender identity or sexual orientation. Services: Individual Therapy, Group Therapy, Peer Support, Case Management, Family Therapy, Community Support.

CIS Resource Guide

* CHAS Behavioral Health Center	5901 N Lidgerwood St #223, Spokane, WA 99208 Phone:(509) 444-8200 Clinic Fax: (509)502-6110 Website: https://chas.org/location/chas-behavioral-health-center/	Services Offered: Child/Adolescent/Adult Counseling, Medication Management, Group Counseling, Substance Abuse Treatment, Peer Specialist Support, Case Management, Care Coordination.
Children First Therapy	2510 N Pines Rd #3, Spokane Valley, WA 99206 Phone:(509) 315-5711 Website: childrenfirstspokane.com	Children FIRST Therapy, has been the only therapy program in the Spokane area offering an integrated preschool run by therapists who skillfully engage your child in their therapy work during their preschool activities and learning. Services Offered: Birth to age 3, In-Home Therapy Sessions, Preschool Therapy Group, Evaluations.
Children's Home Society	Website: childrenshomesociety.org/spokane Locations: Galland-Ashlock Family Resource Center 2323 N. Discovery Pl., Spokane Valley, WA 99216 Phone(509) 747-4174 or... West Plains Office 8727 US-2, Suite 200, Spokane, WA 99224 Phone:(509) 747- 4174 Locations also in Northeast Community Center, Parkview Early Learning Center, Little Scholars Development Center, and Lilac City Early Learning Center.	Every family faces challenges. We will help you build a stronger family through communication, stress management, parenting and problem-solving skills. Offering Child and Family Counseling.

CIS Resource Guide

Compassionate Addiction Treatment	168 S Division St. Spokane, WA 99202 Phone: (509)919-3362 Website: catspokane.org	Outpatient, Individual Counseling, Peer Support, Family Counseling, Group Therapy, Supportive of Harm Reduction and Zero Barrier Treatment, Substance Use Disorder Assessments
COR Counseling and Wellness	Central Location: 316 W. Boone, Suite 656, Spokane, WA 99201 North Location: 9631 N. Nevada St, Suite 209, Spokane, WA 99218 Phone: (509) 242-7200 fax: (509) 593-4676 Website: corspokane.com	We are a collective of mental health providers combining compassionate care with evidence-based treatments. Our goal is to provide a comfortable space to process your struggles and assist you in creating strategies to move toward health and healing. Services: Counseling, Medication Management, Psychological and Neurophysiological Assessments. In Person and remote options available.
Debra Brown, PhD, Brown & Associates Mental Health Specialists	1212 N Washington Ste #210 Spokane, WA 99201, 2nd Floor-Cataldo Place Phone:(509)242-2200	Dr. Debra Brown, PHD is a Neuropsychologist in Spokane, WA. Her office accepts new patients and telehealth appointments.
Discovery Counseling Group	1008 N Washington St, Spokane, WA 99201 Phone:(509)413-1193 Email:info@discovery-counseling.org	Services: Counseling, Mental Health Assessments, Individual Therapy, Family Therapy, Grief Counseling, Marriage/Relationship Therapy, Group Therapy, Youth Outreach, Behavioral Management, Life Coaching, and consultation.

CIS Resource Guide

Eastern State Hospital	850 Maple St, Medical Lake, WA 99022 Phone: (509)565-4000 Website: https://www.dshs.wa.gov/bha/division-state-hospitals/eastern-state-hospital-overview	Eastern State Hospital is a 317-bed inpatient psychiatric hospital and is accredited by the Joint Commission and certified by the federal Centers for Medicare and Medicaid Services. ESH is one of two state-owned psychiatric hospitals for adults in Washington. Patient Care Services: Adult Psychiatric Unit, Geropsychiatric Unit, Forensic Services Unit, Treatment Malls.
Excelsior Wellness Center	3754 W Indian Trail Rd. Spokane, WA 99208 Phone: (509)559-3100 Fax: (509)588-7437 Website: https://www.excelsiorwellness.org/	Services Offered: Mental Health, Substance Use, Individual Counseling, Group Counseling, Substance Use Assessments, Intensive Outpatient Treatment, Day Treatment, Crisis Stabilization, Psychiatric Evaluations, Medication Monitoring and Support, Health and Wellness Education.
Family Essentials Counseling	Spokane Valley Location 721 N Pines Rd. Suite 102 Spokane Valley, Wa 99206 Phone:(509)892-1100 Northside Location 101 W. Cascade Way Suite 103 Spokane, WA 99208 Phone:(509)413-2242 Website: familyessentialscounseling.com	Family Essentials Counseling is a comprehensive counseling center located in Spokane, WA. We have over 20 educated and experienced staff ready to help facilitate your particular needs. Counseling Offered: Children, Teens, Adults, Couples, Family, Group, Online.

CIS Resource Guide

<p>Foothills Evaluation and Treatment Facility, Frontier Behavioral Health</p>	<p>505 E North Foothills Dr, Spokane, WA 99207 Phone:(509) 838-4651 Website:fbhwa.org</p>	<p>The Frontier Behavioral Health has a Foothills Evaluation and Treatment Center offers insightful advice and help for those who may need further help with their mental and behavioral health issues, or substance abuse help in the area.</p>
<p>* Frontier Behavioral Health</p>	<p>All Locations on Website: fbhwa.org Clinical appointments and intakes :(509) 838.4651 For 24/7 crisis response services:1.(877) 266.1818</p>	<p>Offering: Evidence Based Practices, Trauma-Informed Care, Recovery/Reintegration and Support, Open Access, and Community Education. Adult Services: Evergreen Club, Intensive Dialectical Behavioral Therapy, Outpatient Services, Program for Assertive Community Treatment, Reentry Community Safe Program Child&Family Services: Families and Schools Succeeding Together, Outpatient Services, Wraparound intensive Services (WISe), Crises Response Services: 24/7 Crises Line, Crisis Intervention and ITA Evaluations, Mobile Community Assertive Treatment, Elder Services: Caregiver Support Program, Community First Choice+COPES, Kinship Caregiver, Kinship Navigator, Outpatient Services, Inpatient&Stabilization Services:Evaluation and Treatment, Stabilization. Psychiatric Services: Medication</p>

CIS Resource Guide

Grassroots Therapy Group	1212 N Washington St #204, Spokane, WA 99201 Phone:(509) 990-6419	Treatment Specialization includes: Indicidual-Family and Couples Counseling, Attachment Focused Therapy,Trauma Focused Therapy, EMDR, Grief Therapy, Parenting/Attachment Assessment, Infant Mental Health(birth to 6), Anxiety and Depression, Divorce, Life Transitions, Stress Management, Life Coaching, Conflict Resolution, Crisis Intervention, Fatherhood Issues, Parenting Education, Family Law/Co-Parenting.
Greenleaf Psychology, Neuropsychology & Counseling	3157 E 17th Ave, Spokane, WA 99223 Phone:(509) 838-8066 Fax: (800)594-8305 Website: greenleafpsychology.com	Greenleaf specializes in the evaluation and treatment of psychological and neuropsychological issues. We assist in the management of life stressors and difficulties. We are a Center of Excellence for the Diagnosis of Autism Spectrum Disorder. Services Offered: Nearopsychological Evaluations, Cognitive Beahvioral Therapy, Quantitative Electroencephaology, Counseling, Neurofeedback, biofeedback, and marriage and family counseling.

CIS Resource Guide

ICARD, PLLC	Marycliff Hall 701 W. 7th Avenue, Suite 130 Spokane, WA 99204 Phone: (509) 838-3932 Fax:(509) 838-1163 Email: icardpllc@protonmail.com	ICARD, PLLC was established in February 2001 and offers a wide range of services including counseling, speech therapy, comprehensive psychological evaluations (Children 11 years and under), feeding therapy, ADOS--2 Evaluations for young children, Teen social group & concurrent parent support group, and Center of Excellence (COE) Evaluation to access ABA Therapy (Children 11 years and under). For counseling we work with young children, teens, and adults.
Inland Insight, LLC, Dr. Jeffrey Shloemer, PsyD	12 E. Rowan Ave. Suite L3 Spokane, WA 99207 Phone:(509)359-8807 Fax:(509) 293-6506 Email: DRJEFFREYSCHLOEMER@INLA NDINSIGHT.COM Website: inlandinsight.com	Family Services: Parenting Capacity Evaluations, Child Custody Evaluations, Psychological Testing, Diagnostic Clarification, Family Reunification, Couples Therapy. Individuals Services: Individual Psychotherapy, Psycho-social counseling, Psychological Consultation.
Inland NW Behavioral Health	104 W 5th Ave, Spokane, WA 99204 Phone:(509) 992-1888 Email form on Website: inlandnorthwestbh.com	Treatment and Services: Adult Inpatient, Outpatient Mental Health, Adolescent Inpatient Treatment, Telehealth. We provide comprehensive assessment, diagnosis and effective treatment of the following behavioral health issues: Mood Disorders, Anxiety Disorders, Bipolar Disorder, Psychotic Disorders, Behavior Disorders, Attention Deficit Disorders, Personality Disorders, Interpersonal Concerns, and Trauma.

CIS Resource Guide

Isabella House-New Horizons	2308 W 3rd Ave, Spokane, WA 99201 Phone:(509)624-1244 Website: https://www.nhccspokane.org/isabella-house	Isabella House, a six-month inpatient program, serves women who have children and/or are pregnant and who suffer the effects of substance use and abuse. Our services (e.g., parenting programs, therapeutic childcare, group/individual therapy, life/employment skills, HIV/AIDS education, transitional housing, etc.) develop and amplify each client's parenting and life skills.
Ladonna Darlene Remy	23403 E Mission Ave Ste 220F Liberty Lake, WA 99019 Phone:(509) 475-1315	Ladonna Remy, LICSW is a Child & Adolescent Psychiatry Specialist in Liberty Lake, WA. Her office accepts new patients and telehealth appointments.
LDS Family Services	11707 E Sprague Ave #202, Spokane Valley, WA 99206 Phone: (509)926-6581 Website: https://providentliving.churchofjesuschrist.org/lds-family-services/adoption-resources?lang=eng	Services: Counseling,Missionary,Single Expectant Parent,Support Groups,Adoption, Emergency and psychosocial services.
Lilac City Behavioral Services, PLLC	318 E Rowan Ave #201, Spokane, WA 99207 Phone:(509)844-2429 Website: lcbbehavioral.com	Lilac City Behavioral Services provides ABA therapy in the home, community, School, and Clinic settings. We partner with families and caregivers to design individualized treatment plans for every client.

CIS Resource Guide

Lutheran Community Services NW	210 W Sprague Ave, Spokane, WA 99201 Phone: (509) 747-8224 Fax: (509) 747-0609 Email: Through Website Website: https://lcsnw.org/office/spokane/	Individual, Family and Group Therapy including counselors trained in ACT,CBT,CBT Plus, CPT, CETA,EMDR,MI,PCIT, and Trauma Focused CBT. Wrap Around with Intensive Services (WISe).Family Outreach Crisis Intervention, Problematic Sexualized Behaviors, Family and Community Support, Refugee and Immigrant Support, Child Welfare, Aging and Independent Living, Crime Victim Services.
MasterMind Psychology	101 W Cataldo Ave Suite 210, Spokane, WA 99201 Phone:(509) 474-1783 Email: office@mastermindpsychologyspokane.com Website: mastermindpsychologyspokane.com	Evaluations and Services for: Anxiety, Depression, Stress and Coping, ADHD, Executive Functioning, Emotion Regulation, Behavioral Problems, Learning Differences, Peak Performance, Goal Setting, and Grief. * Does not accept state funded insurances like Medicaid.
MultiCare Rockwood Behavioral Health Center	801 W 5th Ave Suite 422, Spokane, WA 99204 Phone:(509)342-3480 Fax:(509) 342-3481	Our specialists at MultiCare Rockwood Behavioral Health treat children and adults for short term mental health needs. Our caring and experienced providers provide the following services at various levels of care:Adult/Child/Family Counseling, Medication Consults(Adults), ADHD Testing, Depression/grief and loss, Stress and anxiety management, Pre-Bariatric surgery evaluations.

CIS Resource Guide

NAMI Spokane-National Alliance on Mental Health	10 N Post St #638, Spokane, WA 99201 Phone: (509) 838-5515 Email: office@namispokane.org Website: namispokane.org	NAMI Spokane is dedicated to three cornerstone activities that offer hope and help to people impacted by mental health conditions: support, education, and advocacy. Everything we do is led by people who have been there too — you are not alone. Support Groups: Peer to Peer, Family to Family, Community Programs, In Our Own Voice, and Ending the Silence.
Northwest Counseling Center	422 W Riverside Ave # 518, Spokane, WA 99201 Phone:(509) 474-1976 Email:admin@therapyspokane.com Website: therapyspokane.com	Services Offered: Cognitive Behavioral Therapy ,EMDR, Specialized Trama Interventions, Biofeedback/Neurofeedback, Neurostimulation, Virtual Reality. Also offering EMDR training for clinicians.
NW Autism Center	Schade Tower, 528 E Spokane Falls Blvd # 14, Spokane, WA 99202 Phone:(509)328-1582 Website:nwautism.org	Northwest Autism Center exists to build, facilitate, and coordinate comprehensive services for those with autism spectrum disorder and other developmental disabilities through the lifespan, using community based approaches. Services: Free Screening, Community Connections, Day Treatment, Community Based ABA, Speech and Language, Telehealth, Interprofessional Education, Education and Training for Schools and the Community, Navigation Support Videos.

CIS Resource Guide

* Partners With Families and Children	106 W Mission Ave, Spokane, WA 99201 Phone:(509) 473-4810 Fax: (509) 473-4840 Email:partners@partnerswithfamilies.org Website:https://partnerswithfamilies.org/	Partners is a social safety net for abused and neglected children with the capability to provide holistic supportive family services to all families across the Inland Northwest. Services include: Children's Advocacy Center, Mental Health, Substance Use Disorders, and Parenting Support.
Passages Family Support	1700 S Assembly St, Spokane, WA 99224 Phone:(509)892-9241 Fax:(509)892-9251 Website:passages-spokane.org	We are a licensed outpatient mental health clinic that strives to form healthy partnerships with clients by providing recovery-based support services, coordination of care, classes, and advocacy. Services Offered: Individual Peer Support, Intensive Case Management, Weekly Support Groups, Educational Workshops, Individual Advocacy, Therapy Services, WISE, Emergency Financial Support, Peer Bridger, and Supported Housing/Employment.
PEER Spokane	425 W 1st Ave, Spokane, WA 99201 Phone: (509)867-3778 Email: info@peerspokane.org Website:peerspokane.org	Providing peer emotional support and development services to residents impacted by temporary or chronic addiction, mental health and/or HIV/AIDS or other sexually transmitted diseases. We offer Peer coaching, Support Groups, Employment Support, Housing Support, and Resource Connections.

CIS Resource Guide

Providence RISE Program	235 E Rowan Ave Suite 107, Spokane, WA 99207 Phone:(509)252-6446	The RISE Program is located at Providence Holy Family Hospital campus is an intensive outpatient day-treatment program for individuals with mental health disorders including depression, anxiety, and suicidality. It's designed to help you to building skills to help you live and function well in the community and avoid being hospitalized or re-hospitalized for your mental health condition.
Refresh Therapy, Spokane	16114 E Indiana Ave # 210, Spokane Valley, WA 99216 Phone:(509)418-5555 Fax:(360)326-7224 Email: INFO@REFRESH- THERAPY.COM	Counseling Services: Couples, Premarital, Family Therapy, Co-Parenting, Individual Therapy, Women's Therapy, Men's Therapy, Teen(13+), Child Counseling (5-12).

CIS Resource Guide

<p>Relationship Advantage/Ginger Johnson</p>	<p>Email : Ginger@relationshipadvantage.org</p>	<p>Relationship Advantage was founded by Ginger Johnson. Ginger is passionate about relationships because she knows they can be messy and difficult to maintain. It's her goal to help people find the right tools to achieve great results. Healthy relationships lead to greater contentment, joy, and inner wellbeing. Whether meeting one on one, in a group or as an organization, she will help strengthen bonds through a mix of coaching, mediation and consulting. Ginger is a Domestic Violence Court and community advocate, and a WA state-certified Domestic Violence Perpetrator Treatment Provider.</p>
<p>Renewed Stories Counseling</p>	<p>1212 N Washington St Suite 302, Spokane, WA 99201 Phone:(509) 202-7901 Website: renewedstories.com</p>	<p>Renewed Stories Counseling provides therapy to children, adolescents, adults, families, and couples, and our team of therapists are here to help you navigate and resolve the vast concerns that can emerge throughout life. Services: Individual Therapy, Couples Therapy, Family Therapy.</p>

CIS Resource Guide

Revive Counseling, PLLC	901 N Monroe St Suite 200, Spokane, WA 99201 Phone:(509)413-2950 Fax:(509)241-1866 Website: revivespokane.com	Revive Counseling is a licensed behavioral health agency that provides person-centered services that support individuals and families to heal from traumas, overcome barriers and uncover their own strengths and resiliencies through the recovery process. Services: Trauma-Focused Therapy, Peer-led healing centered engagement, FCS Supportive Housing and supported employment.
Smart Therapy Counseling Services	9708 N Nevada St #205, Spokane, WA 99218 Phone:(509)466-0226 Contact Form on Website: smartherapygroup.net	Counseling Services: Individual, Couples, Family, Distance, Group, Classes, and Psychological Testing.
Social Treatment Opportunities Program (STOP)	104 S. Freya Street, Brown Flag Bldg., Suite 209D, Spokane, WA 99202 Phone:(509) 927-3668 Fax: (509) 892-6661 Email: arth.clerical@stopwa.com Website: https://www.stopwa.com/spokane-treatment-center/	Programs and Services: Alcohol Drug Informatin School, Anger Management, Substance Use Disorder Treatment, Domestic Violence, DUI Assessments, Evaluations/Assessments, Mental Health Program, Cognitive Behavioral Therapy, No Significan Problems Program.
Spokane Public Schools Behavioral Health	Contact: DeeAnn Galland LICSW, CHMS Phone:(509) 354-3857 Julie Cruz, LICSW,DMHS Phone: (509) 354-3838 Kathy Smith, LMHC, CDP, CMHS Phone:(509) 354-3809	The mental health professional in your school addresses issues such as depression, anxiety, ADHD, trauma related symptoms, adjustment disorders and other concerns. They also: Perform intakes, Diagnose and provide informatin about the diagnosis, Help Identify therapy goals, provide assistance and therapy, provide case management.

CIS Resource Guide

Spokane Treatment and Recovery Services	105 W 3rd Ave, Spokane, WA 99201 Phone: (509)570-7250 Fax:(509)982-8989 Email: information@spokanerecovery.org Website: spokanerecovery.org	Assessments, Sobering/Withdrawal Management, Karen's House Women's Residential Treatment, Cub House Men's Residential Treatment, Outpatient Services.
Sunshine Terrace Behavioral Health	1102 S Raymond Rd, Spokane Valley, WA 99206	Sunshine Terrace and Behavioral Health is a supportive, therapeutic community for adults coping with mental illness. This program is specifically designed for people who have been diagnosed with a mental health illness including clinical depression, eating disorders, anxiety disorders, bipolar disorders, schizophrenia, psychosis, post-traumatic stress disorder, personality disorders, dual diagnosis, co-occurring disorders, and others.
* Unify Community Health	120 W Mission Ave Spokane, Washington 99201 Phone:(509) 326-4343 Northeast Community Center, 4001 N Cook St Spokane, Washington, 99207 Phone:(509)483-3427 West Central Community Center Spokane, Washington, 99205 Phone:(509)327-4646	Behavioral Health Services: Behavioral Assessment, Mental Health Counseling, Psychiatric Services, Substance Use Disorder Treatment, and Wraparound with Intensive Services (WiSe),
VA Behavioral Health Service	Mann-Grandstaff VA Medical Center 4815 N Assembly St, Spokane, WA 99205 Phone: (509) 434-7000 Website: https://www.mentalhealth.va.gov/	VA has a variety of mental health resources, information, treatment options, and more. VA provides support for a variety of mental health conditions and other challenges: Anxiety, PTSD, Bipolar, Depression, Schizophrenia, Effects of TBI, Substance Use, Suicide Prevention, Military Sex Trauma, Tobacco Use.

CIS Resource Guide

Year for Change Skalabrin, MSW, LICSW	Deborah	701 W. 7th Ave., Suite 15 Phone: (509) 448-1506 FAX (509) 6:4-7500 Website: www.yearforchange.com	Do you need a therapist for your child in Spokane? I'm Deborah Skalabrin, MSW, LICSW, a licensed therapist in private practice who helps kids understand people, manage emotions, and handle disabilities like Autism. I believe positive relationships and emotions form the center of a happy life, whether in the long-term you hope to be an ice sculptor, grocery clerk, couch tester, Lego champion, or yes...even a computer geek. Everybody needs people.
* YWCA Mental Health Therapy Services Spokane		Spokane, WA 99204	Our therapy practice is empowerment-based, using a foundation in Cognitive Behavioral Therapy (CBT), mindfulness, and Brief Solution Focused therapy to create a system of care that empowers you to move through difficult situations and develop skills needed for long term, positive change. During the course of therapy, if relevant or appropriate, you may also be offered the option of participating in Eye Movement Desensitization and Reprocessing (EMDR) therapy, an evidence based trauma processing modality.
Parent Support and Education			
Resource	Contact/Website	Services Offered	

CIS Resource Guide

Brain Injury Alliance Washington	Website: biawa.org	BIAWA has become a statewide resource for individuals with brain injury, managing the Washington State Brain Injury Resource Center and offering intensive resource management in most counties. The BIAWA is proud to serve 10,000+ individuals a year through free classes, support groups, information and referral services, and social opportunities.
Children's Home Society of Washington	2323 N. Discovery Pl. Spokane Valley, WA 99216 Phone:(509)747-4174 Website: https://www.childrenshomesociety.org/spokane	Washington's oldest and largest non-profit dedicated to improving the lives of children. Offering child and family counseling, early learning/headstart, and Children's Waiting Room. Open 8:30 -5:00 pm, Monday through Friday.
Department of Services for the Blind	421 W Riverside Ave #830, Spokane, WA 99201 Phone: (509)456-4458 Website: https://dsb.wa.gov/	Washington State Department of Services for the Blind (DSB) provides services for people of all ages who are blind or have low vision in the state of Washington.
Downs Syndrome Connections NW	P.O. Box 13082 Spokane, WA 99213 Email forms found on Website: dsconnections nw.org	Ds Connections Nw is a network of support, information and resources for everyone! We provide a single point of connection for people with a Ds diagnosis, their families and the community at large.
Downs Syndrome Family Network	Email Contact found on Website: dsfamilynetwork.org	The Down Syndrome Family Network provides families with the tools they need to become educated and strong advocates of children and adolescents with Down syndrome.

CIS Resource Guide

Epilepsy Foundation Washington	Epilepsy Foundation Washington 2311 N. 45th St., #134 Seattle, WA 98103 Phone: (206)487-5251 Toll-Free: (800)332-1000 Email: washington@efa.org Website: epilepsywashington.org	The Epilepsy Foundation Washington (EFA) is the principal advocate for the epilepsy community in Washington. Programs include: Camp Discovery, Community Action Network Program, Community Education and Training, Public Education Programs, Teens Speak up! Public Policy Institute, SUDEP Washington,
GriefShare	Phone: 800-395-5755 Email: info@griefshare.org Website: griefshare.org	GriefShare groups meet weekly to help you face the challenges of grief from the death and loss of a family member or friend, and move toward rebuilding your life. Each GriefShare session has three distinct elements: Video Seminar Experts, Small Group Discussion with Focus, and Personal Study and Reflection. GriefShare is for people grieving the death of a family member or friend. We understand that there are other losses in life that create feelings of grief. You might be experiencing a job loss, a divorce, estrangement from a child, or the loss of friends because of a move. This grief is real, but it is not the kind of grief discussed in GriefShare sessions.

CIS Resource Guide

Informing Families	Online Contact Form on Website: informingfamilies.org	Informing Families is a resource provided by the Washington State Developmental Disabilities Council, in partnership with the Developmental Disabilities Administration. We offer trusted news and information to individuals and families that empowers them to be active participants in planning and building a network of support and opportunities.
Joya Child and Family Development	2118 W Garland Ave, Spokane, WA 99205 Phone:(509)326-1651 Email: Online Form on Website: joya.org	Neurodevelopmental Center of Excellence staffed by certified teachers, therapists, pediatric nurses, a pediatrician, and social workers. Each year, we serve nearly 300 children in Spokane County, providing comprehensive expertise and resources that help kids and families thrive. Early Interventions, Team Evaluations, Medical Evaluations, Individualized Family Service Plans (extensive list of individual services and programs on website).
Muscular Dystrophy Association	101 W Indiana Ave, Spokane, WA 99205 Phone:(509)325- 3747 Website: mda.org	Voluntary Health Organization for people living with Muscular Dystrophy, ALS, and related Neuromuscular diseases. Offers Care Centers, MDA Resource Hub, Community Education, and MDA Summer camp.

CIS Resource Guide

NAMI Spokane	10 N Post St #638 Spokane, WA 99201 Phone: (509) 838-5515 Website: https://namispokane.org/	NAMI Spokane is dedicated to three cornerstone activities that offer hope and help to people impacted by mental health conditions: support, education, and advocacy. Everything we do is led by people who have been there too — you are not alone.
Northwest Autism Center	Schade Tower, 528 E Spokane Falls Blvd # 14, Spokane, WA 99202 Phone:(509)328-1582 Website:nwautism.org	Northwest Autism Center exists to build, facilitate, and coordinate comprehensive services for those with autism spectrum disorder and other developmental disabilities through the lifespan, using community based approaches. Services: Free Screening, Community Connections, Day Treatment, Community Based ABA, Speech and Language, Telehealth, Interprofessional Education, Education and Training for Schools and the Community, Navigation Support Videos.
Northwest Mediation Center	35 West Main, Suite 230 Spokane, WA 99201 Phone: (509)456-0103 Email:admin@nwmediationcenter.com	We offer mediator training and certification and conflict resolution education to the community. Northwest Mediation Center also offers the court mandated co-parenting Seminar “Sharing the Children” to help parents address their children’s needs and interests during and after separation, divorce, or other family changes. Our mission is to foster, provide, and teach peaceful problem solving.

CIS Resource Guide

Parent to Parent-The Arc of Spokane	320 E. Second Avenue Spokane, WA 99202 Phone:(509) 328-6326 Email: info@arc-spokane.org Website: are-spokane.org	Learning that your child has a disability or chronic health care need is a life-changing experience. The Arc's Parent to Parent program offers a variety of services to support you and your loved one. All services are free of charge.
* Partners With Families and Children	106 W Mission Ave, Spokane, WA 99201 Phone:(509) 473-4810 Fax: (509) 473-4840 Email:partners@partnerswithfamilies.org Website:https://partnerswithfamilies.org/	Partners is a social safety net for abused and neglected children with the capability to provide holistic supportive family services to all families across the Inland Northwest. Services include: Children's Advocacy Center, Mental Health, Substance Use Disorders, and Parenting Support.
Passages Family Support	1700 S Assembly St, Spokane, WA 99224 Phone:(509)892-9241 Fax:(509)892-9251 Website:passages-spokane.org	We are a licensed outpatient mental health clinic that strives to form healthy partnerships with clients by providing recovery-based support services, coordination of care, classes, and advocacy. Services Offered: Individual Peer Support,Intesive Case Management, Weekly Support Groups, Educational Workshops, Individual Advocacy, Therapy Services, WISe, Emergency Financial Support, Peer Bridger, and Supported Housing/Employment.
Spina Bifida Advocates of Washington State	Online Contact Form on Website:sbaws.org	Emotional support for everyone affected by Spina Bifida, including meetings at numerous local cluster support groups throughout the state.

CIS Resource Guide

Spokane Angels	165 S Howard St, Spokane, WA 99201 Phone: (509) 671-2275 Email: info@spokaneangels.org Website:spokaneangels.org	The Spokane Angels mission is to walk alongside children, youth, and families in the foster care community by offering consistent support through intentional giving, relationship building, and mentorship.
Spokane Hearing Oral Program of Excellence (HOPE)	1821 E Sprague Ave, Spokane, WA 99202 Phone:(509) 868-0044	Center for Deaf and Hard of Hearing Children. Programs for ages birth to 3, Toddler Group, and Preschool.
Spokane MISS Foundation	Primary Leader: Kathryn Bonnett Primary Phone: 509-309-3314 Primary Email: kathryn.bonnett@missfoundation.org 4209 E. Pacific Ave Spokane, WA, 99202 Website:https://www.missfoundation.org/supportgroup/spokane-miss-chapter/	We exist to support parents through the loss of a child at any age. We are peer to peer support. 1st Tuesday of the month at 6:30 p.m.
* Vanessa Behan Crisis Nursery Parenting Classes	2230 E Sprague Ave, Spokane, WA 99202 Phone:(509)535-3155 Emergency Line: (509) 598-7490 Email: vbcn@vanessabehan.org Website: vanessabehan.org	Open 24 Hours a day, 7 days a week. Providing family support with childcare for children ages birth to six years of age. Specializing in crisis care, and emergency need but open to all families and children. Confidentiality guaranteed.
Year for Change	701 W. 7th Ave., Suite 15 Phone: (509) 448-1506 FAX (509) 6:4-7500 Website: www.yearforchange.com	If your child struggles with behavior issues, outbursts, anxiety, low social skills, Autism, PDD, Asperger's, or similar challenges... you're struggling too.
Scholarships and Mentorships		
Resource	Contact/Website	Services Offered

CIS Resource Guide

* Big Brothers and Big Sisters of the INW	1912 N Division St Suite 100, Spokane, WA 99207 Phone: (509) 328-8310 Website: nwbigs.org	Creating support and shaping livethrough one-to-one mentoring relationships. Offering Community (in person) and MentorU (Virtual), and Lunch buddies (k-5 once a week during school lunch oeriod).
Chase Youth Comission	PO Box 8771 Spokane, WA 99203 Phone: (509) 999-9325 Email: chaseyouthspokane@gmail.com Website: chaseyouthspokane.org	The Chase Youth Commission empowers youth as leaders and provides a platform to influence public policy and bring about change in our community.
Communities In Schools of Spokane County, Prime Time Mentors	104 S. Freya Yellow Flag Building, Suite 107 Spokane, WA 99202 Phone: (509)413.1436 Email: info@cisspokane.org	More students are at risk of school failure than you might realize. Join us to make a high-impact, personal commitment to mentoring a child one hour a week at selected schools. Be a supportive role model by spending time with a student whom you help achieve goals related to attending school, doing well in classes, and getting along with others.
Cup of Cool Water Painters	Phone: (509)747-6686 Email: paint@cupofcoolwater.org Website: coowaterspainters.org	Cool Water Painters (CWP) is an extension of Cup of Cool Water's ministry to youth and young adults experiencing homelessness in Spokane. CWP provides youth with holistic and empowering job-training opportunities that help them develop skills essential to gaining and keeping employment, exiting street life, and accomplishing personal development goals.

CIS Resource Guide

4-H Youth Development-Spokane W	Spokane County Extension Office 222 N Havana, Spokane, WA 99202-4799 (509)477-2048 or Administrative Assistant:(509)477-2160 Email: gyarrella@spokanecounty.org Website:extension.wsu.edu/spokane/contact	4-H Youth Development education creates a supportive environment for all youth and families to reach their fullest potentials. This will be accomplished through a systematic approach of foundation and mission-driven science to meet the 4-H goals: Learning, Skills, Leadership and volunteerism, Partnerships, Strengthen Families and Communities, Employment Research, and Embrace traditions. Scholarship Applications found on website. Youth Development includes: Horses, small animal, Livestock, General Projects, and Shooting Sports.
Gonzaga Center for Community Engagement Youth Programs	502 East Boone Avenue Spokane, WA 99258-0102 (800) 986.9585 Mentor Application and found on Website: https://www.gonzaga.edu/student-life/community-engagement-and-service/all-service-opportunities/youth-programs-and-initiatives	Programs: Campus Kids, Connections, Sparks High School Mentoring, Eye to Eye, GAME, Smile, Zag Study Buddies, Zag Volunteer Corps.

CIS Resource Guide

Goodwill Industries of the INW	130 East Third Avenue Spokane, WA 99202 Phone: (509) 838-4246 Fax: (509) 838-0176 Email: discovergoodwill.org	Non-profit offering social services to help serve those who might have physical or developmental disabilities, individuals seeking to overcome mental health impairments, a lack of work skills/history, a record of incarceration, or homelessness. Still others are transitioning from dependence on public assistance to self-sufficiency.
Junior Achievement of Eastern WA	901 E 2nd Ave Suite 202, Spokane, WA 99202 Phone: (509) 624-7114 Website: https://jawashington.org/ewni/	JA's in-classroom and virtual programs bring volunteers to the classroom to teach K-12 students about entrepreneurship, financial empowerment, and workforce readiness. By sharing their personal and work experiences, JA volunteers infuse real-world relevance into the classroom, bridging the gap between the education and business worlds. JA elementary, middle, and high school programs are no cost and are aligned with the common core standards for Math, English and Language Arts. JA Education Center programs are fee-based. Scholarships Available on Website.

CIS Resource Guide

Martin Luther King Jr. Community Outreach Center	500 S Stone St. Spokane, WA 99202 Phone: (509) 868-0856 Email: info@mlkspokane.org Website: mlkspokane.org	Providing comprehensive education, social services and cultural enrichment programs for children and families. We are a leader in providing research-based best practice services that ensure school success and healthy families, while maintaining a strong neighborhood base to help build the East Central community.
Outside of the Box -YMCA of the Inland Northwest	930 N Monroe Spokane, WA 99201 Teen Leadership Program Coordinator Adam Swenson Phone: (509)777-9622 ext. 412. Website: https://ymcainw.org/outside-the-box/	Transitioning into high school can sometimes be a scary thing. Outside the Box gives students the tools to have a positive and successful high school experience. Homework help, community building activities, and social skills are only a few of the benefits gained by participants. Give your student the chance to improve their high school journey by working with a positive adult mentor. This year, the group meets together at North Central's Commons and will walk together down to the teen center at the Central Y. Every T-Th 2:30-5:30 Sept-June
Peace and Justice Action League of Spokane Young Activists	35 W. Main Avenue Spokane, WA 99201 Phone:(509) 838-7870 Email:Sarah Hegde, Youth Organizer shegde@pjals.org Website: https://pjals.org/about-pjals/#contact	PJALS Young Activist Leaders Program (YALP) offers workshops for skill-building and political education. Participants explore social justice with other Spokane-area young people who value equality, human rights, economic justice, and peace.

CIS Resource Guide

River City Youth Ops-Located in West Central Abbey	1832 W. Dean Ave. Spokane, WA 99201 Phone: (509) 703-7433 Website: youthops.org	Our mission: to create opportunities for youth enrichment in their neighborhood through community engagement, job training, and education. We envision a diverse community of empowered, skilled and capable youth working to strengthen their local environment.
S.E.R.A -Spokane Eastside Reunion Association -Youth Tutoring Program	3001 E 5th Ave. Spokane, WA 99202 Email form on webstie: https://www.spokaneeastsideereunionassociation.com/contact-us	The S.E.R.A feeds the soul of Spokane through our neighborhood ministry-bringing restoration and opportunities to the Eastside Community. Programs: Fresh Soul, Job Training Program, and Basketball Camp(Scholarships available).
Spokane Scholars Foundation	PO Box 1278 Spokane, WA 99210 Phone:(509) 495-1511 Email:spokanescholars@gmail.com Website: spokanescholars.com	Since 1993, the Spokane Scholars Foundation has recognized excellence in academic performance by our regions' high school seniors by providing an annual venue for the community to bring these superstar scholars together to a public banquet to praise them for their achievements in the classroom. Since that first year, the Spokane Scholars Foundation has recognized over 3500 scholars, selected more than 500 Award Recipients, and distributed more than 1.5 million dollars in cash awards and matches.

CIS Resource Guide

Spokane STEM	801 W Riverside Ave #100, Spokane, WA 99201 Phone(509) 321-3611 Email Contact Form on Website: spokanestem.org	The Spokane STEM Network fills a niche in our community that no other organization fills by working to transform the way we think, learn, work, and live through STEM by enhancing STEM education opportunities for all youth in the region. Therefore, the number of students pursuing and achieving success in STEM careers will be increased. Our goal is to reduce the STEM skills gap and grow Washington's economy.
* Strong Women Achieving Greatness	Email: strongwomenachievinggreatness@gmail.com Website: strongwomenachievinggreatness.com	SWAG exists to equip and establish through mentorship a pattern of success that defies statistics and stereotypes. We believe in empowering all women so they can embrace who they are, can define their future, and can change the world. We believe that a single action can make a difference in the community, and that collective action can greatly impact the lives of participants.
The Next Generation Zone	901 E Second Ave. Ste 100 Spokane, WA 99202 Phone: (509) 340-7800 Fax:(509) 893-5426 Email: jennim@nextgenzone.org Website: nextgenzone.org	The Next Generation Zone provides education, career skills training, employment, and community resources to young adults ages 16-24. We seek to explore, inspire, and motivate the skills and interests of young adults and provide exposure to the world of work.

CIS Resource Guide

* U District Foundation Mentor Program	Mike Sacco, Director Phone: (509)953-0138 Email: mike@udptfoundation.com Website: https://udistrictpt.com/nonprofit-foundation/	students and mentors develop a healthy, trusting relationship on regular outings together. They go to ball games, take walks, ride bikes, go on hikes, decorate pottery, museums and escape rooms - the list is only limited by your imagination.
YMCA Act Six Spokane	Contact Adam Swensen Phone: (509) 777-9622 Website: 1 https://ymcainw.org/act-six-leadership-scholarship-initiative/ To Apply for the Scholarship visit Website 2: https://www.actsix.org/program-sites/spokane/	What is Act Six? A full-tuition, full-need scholarship to Whitworth or Gonzaga Universities. Students spend their senior year of high school working with the program meeting regularly to build a cadre ready to provide support to their peers while learning about leadership, diversity, and finance management, all designed to help students succeed academically, and grow as service-minded leaders. During their time on campus, strong support continues with ongoing leadership development and vocational connections designed to inspire scholars to serve their home communities.

CIS Resource Guide

YMCA Youth Legislature	<p>Website: https://ymcainw.org/youth-government/ Phone:(509)777-9622</p>	<p>Grades 8-12 The Youth Legislature is a student directed mock legislature offering teens the opportunity to develop leadership skills and explore opportunities in public service. This program is a prerequisite for the official session in May for the 75th Youth Legislature with teens from around the state. Learn about state government and how citizens can affect policy and law in Washington State. Learn to debate effectively in a legislative setting. Share ideas with peers locally, learning about important issues and asking important questions.</p>
Youth Leadership Spokane	<p>801 W. Riverside Ste.220 Spokane, WA 99201 Phone:(509)321-3639 Website: https://leadershipspokane.org/what-we-do/programs/youth.html</p>	<p>Youth Leadership Spokane brings together several dozen sophomores, juniors and seniors from all Spokane County schools (to include home schools) for an intensive, 10-month program. Each class session is held at a different location, which allows students the opportunity to tour important locations in the Spokane community. In the past, class locations have included: Vitalant, KHQ, YMCA, the Police Academy, Gonzaga Univeristy, Salvation Army, SPARK Central, Fire Training Center, and GSI.</p>
Senior Support		
Resource	Contact/Website	Services Offered

CIS Resource Guide

Comfort Keepers	1104 W. Wellesley Ave . Ste. D Spokane, WA 99205 Phone:(509) 796-7738 Website: comfortkeepers.com	At Comfort Keepers of Spokane, we offer individualized and custom senior care plans – companionship, personal care, bathing, and creative care services by introducing safety products and technology based (Safety Choice) solutions. Our care plans are individualized and tailored to meet the ever-changing needs of seniors who continue to thrive living independently at home.
DSHS Aging and Long-Term Support Administration	Website: https://www.dshs.wa.gov/alt-sa/long-term-care-services-information	Long-Term Care Services and Information Hub through DSHS. Website includes comprehensive local senior service list, In-Home care services, Long-Term Care Housing, Medicaid, and Specialized Dementia Care Program.
Home and Community Services Spokane Office	1330 N Washington St # 3000, Spokane, WA 99201 Primary Phone: (509) 568-3700 Alternate Phone: (800) 459-0421 TTY: (509) 568-3697 Fax: (509) 568-3771 Website: https://washingtoncommunitylivingconnections.org/consite/index.php	Learn about services and support options in your home and community, including for older adults, persons with disabilities, caregivers, and persons with Alzheimer's or dementia.

CIS Resource Guide

Mid-City Concerns/Meals on Wheels	1222 W 2nd Ave, Spokane, WA 99201 Phone:(509) 747-3257 Fax:(509)300-1610 Website: mowspokane.org	The Meals on Wheels Spokane program has been delivering hot, nutritious meals to elderly, disabled, home bound seniors in Spokane since 1967. We are the only Meals on Wheels program in Washington state to also have a senior center attached to our facility (Mid-City Concerns). Offering Meals on Wheels, Pet Program, and Senior Center.
New Hope Resource Center	4211 E Colbert Rd, Colbert, WA 99005 Phone:(509) 467-2900 Website: newhoperesource.org	Our mission is to serve basic human needs in North Spokane County including the communities of Riverside, Elk, Chattaroy, Colbert, and Mead. Offering Senior/Disabled chore assistance and transportation.
* Senior Services/Volunteer Chorse Services-Catholic Charities	Cyndie Lapke - VCS Program Manager Phone: (509)459-6172 Website: www.cceasternwa.org/senior-services	Volunteer Chore Services provides a wide range of household tasks and assistance that enable low-income elderly and disabled clients to remain in their own homes with dignity, safety, and a connection to their community. Assistance includes housework, laundry, transportation, shopping and various other independent living requests. Volunteers also participate in one-time projects such as moves and yard clean-ups. The Brown Bag program is a partnership between Catholic Charities Eastern Washington and Second Harvest Food Bank. Second Harvest provides and packages the food that Catholic Charities' volunteers deliver to shut-ins who otherwise would not be able to get to a food bank.

CIS Resource Guide

Senior Dial-A-Ride Spokane	<p>Contact a Paratransit Reservationist at (509) 328-1552</p> <p>Representatives are available 7 days a week, including holidays, from 8 a.m. to 5 p.m.</p>	<p>Customers will be required to show proof of age at boarding. Please have your identification ready to show at boarding.</p> <p>Trip origins and destinations must be within STA's Paratransit boundary which is defined to be within three-quarters (3/4) of a mile from an existing bus route.</p> <p>Trips can be scheduled the day before, or same day if space is available.</p> <p>Seniors may be accompanied by one companion.</p> <p>Trips are based on van availability and subject to adjustment.</p> <p>Van operators may arrive up to 30 minutes after the scheduled pick-up time.</p>
Transitional Housing and Shelters		
Resource	Contact/Website	Services Offered
* Crosswalk	<p>525 W 2nd Ave, Main Floor, Spokane, WA 99201</p> <p>Phone: (509) 688-1112</p> <p>Fax: (509) 241-1840 Email: crosswalk@voaspokane.org</p> <p>Website: https://www.voaspokane.org/crosswalk</p>	<p>Crosswalk is one of two licensed emergency shelters serving runaway and homeless youth in Eastern Washington. Services: Clothing, Showers and Personal Hygiene Products, Three meals a day, Employment-Readiness, Program and Job-Placement Assistance, Computer lab, Independent Living Training Including Life-Skills, Medical Advocacy, GED tutoring with onsite testing, College prep, Behavioral Health, Counseling, Recreational Activities, College Scholarship Opportunities (Donor Funded), Transportation, Access to Transitional Housing Program.</p>

CIS Resource Guide

Cup of Cool Water	1106 W. 2nd Ave Spokane, WA 99201 Phone:(509) 747-6686 Email: Form on website Website: cupofcoolwater.org	Drop in for youth and young adults ages 14-24. Hot meals, laundry, showers, internet, clothing, and referral services.
* Donna Hanson Haven, Catholic Charities	24 W 2nd Ave, Spokane, WA 99201 Contact Property Manager: donnahanson@cceasternwa.org. Phone: (509) 960-8092 Fax (509) 358-4259 To Apply: SNAP Coordinated Entry - (509)456-7627; https://www.snapwa.org/services-we-provide/i-need-help-with-housing/i-need-rental-housing/	Service-enriched apartments where residents can stabilize their lives by working with case managers and social service coordinators to achieve long-term housing and stability goals. Residents have access to wraparound support services on-site such as case management, peer support, mental health and substance abuse counseling, supportive employment, tenancy skills, as well as access to additional community resources.
Family Promise of Spokane	2002 E Mission Ave, Spokane, WA 99202 Phone:(509) 747-5487 Website: https://www.familypromiseofspokane.org/	Equipping families & communities to end the cycle of homelessness. Because every child deserves a home. Services offered: Housing Assistance, Emergency Triage shelter that transitions into stable housing.

CIS Resource Guide

<p>* Hope House, Volunteers of America</p>	<p>318 South Adams Spokane, WA 99201 Phone:(509)-217-7592 Email: hhleaders@voaspokane.org Website: voaspokane.org/hope-house</p>	<p>Hope House offers safety from the dangerous streets to any woman. Hope House offers an environment of dignity, respect and compassion that honors the intrinsic value and unique experience of every woman. 100 shelter beds are available each night. Each woman receives personal care including: nutritious food, a hot shower clean, clean and dry clothing, hygiene items, a warm bed, onsite case management, resource information, connection to permanent housing, and referrals to community resources.</p>
<p>* House of Charity, Catholic Charities</p>	<p>32 W Pacific Ave, Spokane, WA 99201 Phone:(509) 624-7821 Website: https://www.cceasternwa.org/house-of-charity</p>	<p>Daily services: Breakfast, lunch and dinner, Showers and resource room, SSI/SSDI attorney available on Thursdays from 9:00-12:00. Men's Sleeping Room: Check in at 5:00, no later than 8:00. Residential Client Program: Clients work 20 hours a week in exchange for room and board, case management and worksource classes are provided to all residential clients. Transitional Respite: A place to recuperate, referred by Providence or other local hospitals, case management and services provided.</p>

CIS Resource Guide

Miryam's House	<p>Website: https://help4women.org/miryams-house/ To be referred to the program, a woman must complete the Singles Homeless Coordinated Assessment (SHCA) by calling SNAP at (509) 456-7627.</p>	<p>Transitional housing is available through Miryam's House, where nine women experiencing homelessness are encouraged down the path to recovery and stability through case management and life-skills education. Life at Miryam's House includes wrap-around supportive services, one-on-one case management, life-skills education, and continuing support for residents through an Alumnae Program. Women eligible for housing are homeless.</p>
* Salvation Army Emergency Family Shelter	<p>204 E Indiana Ave. Spokane, WA 99207 Phone:(509)325-6810 Website:https://spokane.salvationarmy.org/spokane_citadel/provide-shelter/</p>	<p>Helping Families in Crisis! 12 fully furnished, self-contained, studio units for homeless families with children, or couples without children. Participants can stay for up to 90 days while working with a case manager, attending monthly Life Skills classes, working to increase their income and looking for appropriate, affordable housing.</p>
* Salvation Army Stepping Stones Transitional Housing	<p>127 E Nora Spokane WA 99207 Contact: Debra Wright Program Manager Phone:(509)326-7288 ext.2 Email: Debra.Wright@usw.salvationarmy.org Website:https://spokane.salvationarmy.org/spokane_citadel/provide-shelter/</p>	<p>A 30-unit apartment complex for homeless families with children who are at, or below, 30% to 50% of the area median income for Spokane County. All families must participate in case management and Life Skill classes. Families may reside in this program for up to 24 months while they work toward increasing their income, pay off debt, address issues that led to their homelessness, while working toward affordable housing.</p>

CIS Resource Guide

* Schweitzer Haven, Catholic Charities	9 E 1st Ave, Spokane, WA 99202 Contact Property Manager: schwetizerhaven@cceasternwa.org. Phone:(509) 808-2664 To Apply: SNAP Coordinated Entry - 509-456-7627; https://www.snapwa.org/services-we-provide/i-need-help-with-housing/i-need-rental-housing/	Schweitzer Haven (SH) is a 50-unit apartment building for individuals who have experienced chronic homelessness. What it looks like at SH: Property Managers, Resident Service Coordinators, Case Managers, Maintenance technicians, Resident services,
* Sister's Haven, Catholic Charities	1935 N. Holy Names Court, Spokane WA 99224 Contact Property Manager: Email: sistershaven@cceasternwa.org Phone: (509) 242-3857	Service-enriched apartments where residents can stabilize their lives by working with case managers and social service coordinators to achieve long-term housing and stability goals. Residents have access to wraparound support services on-site such as case management, peer support, mental health and substance abuse counseling, Headstart programming, supportive employment, tenancy skills, as well as access to additional community resources.
St. Margaret's Shelter	101 E Hartson Ave, Spokane, WA 99202 Phone:(509)624-9788	St. Margaret's Shelter provides emergency and transitional shelter to promote positive life changes in a supportive, short-term environment. St. Margaret's Shelter offers social services that include individualized case management to regain and stabilize housing for families experiencing homelessness.

CIS Resource Guide

* The Way Out Bridge Housing, Salvation Army	55 W. Mission Spokane, WA 99202	The Way Out offers a healthy alternative to living on the streets or in shelters. This Center's program is designed for adults who sincerely want to exit homelessness and find permanent housing and employment. This program requires work on an individual's part so that he/she can change their life. In addition to housing, food, and overnight lodging, The Salvation Army supplements those services with the support needed to move on in life.
Transitions, Transitional Living Center	3128 N Hemlock St, Spokane, WA 99205 Phone: (509) 328-6702 Email: info@help4women.org Website: help4women.org	Ending homelessness for women and children in Spokane. No woman is ever turned away due to gender, sexual orientation, religious beliefs, ethnicity or disability. Women from every walk of life are welcome at Transitions. Programs and Services: Housing, New Leaf Kitchen and Cafe, EduCare, Home Yard Cottages, Miryam's House, Transitional Living Center, Women's Hearth.
* UGM Anna Ogden Hall	2828 W Mallon Ave, Spokane, WA 99201 Phone: (509) 327-7737 Website: uniongospelmission.org	Womens Recovery provides a safe, welcoming refuge and long-term treatment for women of all ages who are seeking to turn their lives in a new direction. The program, which includes individual and group counseling, classes, vocational training, and addiction recovery, lasts approximately 18 months. Women with children can rest assured that their children will find a welcoming home, as well.

CIS Resource Guide

* UGM Crisis Shelter for Women and Children	1515 E Illinois Ave, Spokane, WA 99207 Phone: (509) 535-0486 Website: https://www.uniongospelmission.org/	The Crisis Shelter for Women and Children exists to provide a safe, healthy, short-term refuge for women and children in crisis. The Shelter strives to keep as many women and children off the streets as possible and admits guests until it reaches full capacity. The Crisis Shelter for Women And Children has the capacity to house up to 35 women and women with children. Guests have the opportunity to transition to Anna Ogden Hall's long-term rehab program. For more information contact Union Gospel Mission or visit the Union Gospel Mission website.
* UGM Men's Shelter	1224 E Trent Ave. Spokane, WA 99202 Phone:(509)535-8510 Website: https://www.uniongospelmission.org/	Union Gospel Mission offers their Men's Shelter & Recovery center which provides temporary shelter and services to meet basic needs of individuals who have fallen on hard times and have nowhere left to go. The program services include: Temporay shelter, Case Management, Recovery, and more.
* VOA Alexandria's House	2236 W. Pacific Ave. Spokane, WA 99201 Phone:(509)50 489-0349 Website: https://www.voaspo.org/alexandrias-house	Alexandria's House is a loving home where young women (ages 16-20) get the support and guidance they need to take the first steps to becoming powerful mothers. With the help of our compassionate staff, young mothers learn to create a warm and loving home atmosphere and provide proper care for their babies.

CIS Resource Guide

* VOA Veteran Housing	<p>Website: https://www.voaspokane.org/veterans-housing For more information please contact: Ashley Becerra, GPD Program Manager Phone: (509) 499-7258 Email: abecerra@voaspokane.org</p>	<p>Volunteers of America's Transitional Living Program provides support for up to twenty-two chronically homeless, single veterans at the Cottages at St. Joseph's Counseling Center, (formally known as, The Convent Sisters of St. Frances of Philadelphia). Referred primarily from Healthcare for Homeless Veterans (HCHV) these individuals deal with co-occurring issues of mental illness, substance use, and often also physical ailments.</p>
* VOA Young Adult Shelter	<p>3104 E Augusta Ave, Spokane, WA 99202 For more information or questions please contact: Gus Santos, Young Adult Shelter Program Manager Phone: (509) 990-0519 Email: gsantos@voaspokane.org Website: https://www.voaspokane.org/young-adult-shelter</p>	<p>The Young Adult Shelter is open 7 days a week from 7:30pm - 6:30am for young adults aged 18 - 24 years old. The shelter staff provide safe and secure overnight services as well as case management and housing resource specialists. All genders and identities are welcome as well as couples.</p>

CIS Resource Guide

Women's Hearth	920 W 2nd Ave, Spokane, WA 99201 Phone: (509)455-4249 Website: https://help4women.org/womens-hearth/	Women's Hearth is a drop-in day center in downtown Spokane—a safe space for women who have experienced poverty, trauma and/or homelessness to find a “hearth” of welcome, respect, and community. Women's Hearth provides activities, classes, social service referrals and housing-search case management in a compassionate and supportive environment 6 days a week. Participants also have access to phones, computers, internet, healthy food, hygiene supplies, and showers.
YFA Crisis Residential Center	201 W 6th Avenue Spokane, WA 99204 24-hour help line: (509) 624-2868 Fax: (509) 747-1730 Website: yfaconnections.org	The Crisis Residential Center (CRC) is co-located with the HOPE Center and is operated by YFA Connections through a contract with the Department of Commerce. Provides a short-term residential youth program that offers shelter and mediation services for youth and families. Ages 12-17
Transportation		
Resource	Contact/Website	Services Offered
Community Living Connections Aging & Long Term Care of Eastern WA	1222 N Post Spokane, WA 99201 Phone: 509-960-7281 Website: http://www.altcew.org/	Transportation services include public buses and trains that travel fixed routes. Para-transit includes group vans, minibuses and taxis that travel routes that change. Other private transportation options include taxis and dial-a-ride services.

CIS Resource Guide

Disabled American Veterans Transportation	Jeannie L. Kyle Mann-Grandstaff VA Medical Center Building 6-A 4815 North Assembly Street Spokane, Washington 99205-6185 Phone:(509)434-7019	The Disabled American Veterans (DAV) provides free van rides to and from Mann-Grandstaff VA Medical Center health care facilities to Veterans who don't have other transportation options.
MedStar	Website: https://gomedstar.com/ Phone:1(800)236-2011 Text:(509)822-5803	We are a Pacific NW ride provider choice for transit services such as ADA paratransit, Microtransit, On-Demand Shuttle, Fixed-Route Bus, Vanpool and Guaranteed Ride Home Eligibility Services.
SNAP Ride to Health	Call: 509-319-3050 Leave a message with your Name, phone number, pick up location, and appointment time and destination. Our dispatchers will give you a call to approve you for the program and schedule your ride. Website: https://www.snapwa.org/neighbors-on-the-go-i-want-to-be-a-rider/	SNAP's transportation and health services are evolving as we are continually adding or expanding programs under the umbrella of SNAP Ride to Health. Many of our programs employ a Community Health Worker (CHWs) to improve social determinants of health. We also have an ever-expanding Volunteer Driver program offering transportation for seniors and individuals living with disabilities.

CIS Resource Guide

Special Mobility Services	Medicaid Rides to healthcare Phone: (509)534-9760 Community Shuttle Phone:(509)534-7171	SMS helps people in eastern Washington get to their Medicaid health care appointments. We offer fuel vouchers, as well as rides on the public bus, in taxis, or with volunteers. The Washington State Health Care Authority (HCA) pays for these services. Under a grant from the Washington State Department of Transportation and with support from local communities, SMS provides intercity transportation in a three-county area, linking rural communities in Eastern Washington with Spokane. SMS Community Shuttles operate weekdays and are fully accessible to people using wheelchairs or other mobility devices.
*Spokane Transit Authority	701 West Riverside Avenue Spokane, WA 99201 Phone:(509) 328-7433 Website: spokanetransit.com	Spokane Transit provides safe, accessible convenient, and efficient public transportation services to the Spokane area neighborhoods, businesses, and activity centers.
* Spokane Transit Authority-Paratransit Division	Call for trip reservations Phone:(509) 328-1552 Website: https://www.spokanetransit.com/paratransit/	Paratransit is a wheelchair-accessible shared-ride transportation service for individuals whose disability prevents them from using the regular fixed-route buses.
The Moccasin Express Spokane Tribal Transit Program	Phone:(509) 458-6549 Website: https://spokanetribe.com/government/planning-and-economic-development/transit-services/	The Moccasin Express is the public transit service that serves the Spokane Indian Reservation, Spokane, Airway Heights, and Springdale.
Veteran/Military Family Services		
Resource	Contact/Website	Services Offered

CIS Resource Guide

American Red Cross Service to Armed Forces	315 W. Nora Ave. Spokane, WA 99205 Phone:(509) 326-3330 Website: https://www.redcross.org/about-us/our-work/military-families.html	The American Red Cross provides critical services with a caring touch to men and women in all branches of the United States military, active duty personnel, reservists and members of the National Guard, and their families. Red Cross workers use advanced communications technologies to link service members with their families, the Red Cross links military families to local resources and support services, and the Red Cross provides training that promotes resiliency and preparedness to help families and friends cope with the challenges of military life.
Fairchild Airforce Base Mental Health and Substance Abuse	701 Hospital Loop, Suite 306 Fairchild Air Force Base, Washington 99011 Building 9000, Second Floor. Phone:(509) 247-2731 Hours Monday–Friday 7:30 a.m. to 4:30 p.m. Walk-in services available during duty hours.	Mental Health and Substance treatment for Military Members.
Fairchild Airforce Base Teen Center	5 W Bong St, Fairchild AFB, WA 99011 Phone: (509) 247-8043 Website: https://www.fairchildfun.com/preteen-teen-center	The 92 FSS at Fairchild AFB, offers a wide range of educationally enhanced programs, classes, and events, that provide a safe and FUN-filled environment supervised by a caring and well-trained staff. By engaging your young person, we've seen children improve everything from their confidence to social skills, and even their grades. We also help your teen look forward by exploring career and college options too!

CIS Resource Guide

Fairchild AFB Military and Family Support Center	<p>Airman and Family Readiness Center</p> <p>4 W. Castle St. Bldg 2365</p> <p>92 FSS/FSFR</p> <p>Fairchild AFB, WA 99011-8536 Phone:(509)247-2246</p> <p>Website:https://installations.militaryonesource.mil/military-installation/fairchild-afb/military-and-family-support-center/military-and-family-support-center</p>	<p>Military and Family Support Centers provide information, education and support programs to help balance the demands of military life.</p> <p>Services offered: Deployment Support, Relocation Assistance, Personal Financial Management, Employment Assistance, Scholarship Opportunities, Personal and Family Life Education, Information and Referral, Transition Assistance, Exceptional Family Member Program, Family Advocacy Program, and New Parent Support.</p>
Disabled Veterans Transportation	<p>4815 N. Assembly Street</p> <p>Spokane, WA 99205</p> <p>Phone(509) 434-7000</p> <p>Schedule a ride at:</p> <p>https://www.vetride.va.gov/app/home</p> <p>Contact: Donald Moore</p> <p>donald.moore2@va.gov</p> <p>509-434-7537</p>	<p>The Disabled American Veterans (DAV) provides free van rides to and from Mann-Grandstaff VA Medical Center health care facilities to Veterans who don't have other transportation options. Find out how to schedule a DAV van ride. Shuttles and Busses for Veterans within Spokane also available.</p>
National Homeless Veteran Call Center	<p>Phone:(877) 424-3838</p> <p>Website:</p> <p>https://www.va.gov/homeless/nationalcallcenter.asp</p>	<p>Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters—can make the call to or chat online with the National Call Center for Homeless Veterans, where trained counselors are ready to talk confidentially 24 hours a day, 7 days a week.</p>

CIS Resource Guide

National Veteran Caregiver Support Line	Phone: (855)260-3274 Webite:caregiver.va.gov	The Department of Veteran Affairs (VA) Caregiver Support Program (CSP) offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA health care system. CSP is a national program with local offices and teams located within VA facilities. The program's mission is to promote the health and well-being of family caregivers who care for our Nation's Veterans, through education, resources, support, and services.
Operation Spokane Heroes	Phone:(509)720-7228 Facebook: Facebook.com/OperationSpokaneHeroes Email: Online Contact Through Website: https://opspokaneheroes.wixsite.com/spokane	Providing support for local Spokane area Military Personnel and their families. Working with community partners to provide: Resources, Housing, Healthcare, and Financial Assistance.
Spokane County Regional Veterans Service Center	1117 N Evergreen Rd, Spokane Valley, WA 99216 Phone:(509)477-3690 Website: https://www.spokanecounty.org/1122/Veteran-Services	Spokane County Regional Veteran's Service Center strives to provide a comprehensive array of Veterans programs and services to Eastern Washington Veterans in a positive culture of honor and respect for their military service.

CIS Resource Guide

<p>The Free Handyman for Disabled Veterans Thrift Store</p>	<p>4507 W Wellesley Ave Spokane, WA 99205 Phone:(509)290-6891 Website: http://freehandymanfordisabledveterans.org/wp/</p>	<p>Free Handyman helps disabled veterans with: Accessibility—installing wheelchair ramps, grab bars, safety rails, shower extensions. Painting – exteriors, interiors, single rooms, and patch jobs. Carpentry door repair/replacement, fence and gate repairs, broken lock sets and deck repairs. Yard Service—shrubs trimmed, sprinklers repaired, yard waste hauled Electrical—repair faulty fixtures, broken switches and doorbells. Plumbing—fix leaky faucets and faulty drains, toilet problems, garbage disposal replacement, and installation of shower heads and flow restriction. Security – installation of deadbolt locks, peepholes, security lighting and smoke detectors....and more</p>
<p>The Guardians Foundation</p>	<p>Phone:(208)449-1210 Website:https://www.theguardiansfoundation.org/contact-us/</p>	<p>We help veterans in Washington, Idaho, Oregon and Utah. In all locations we help veterans in need with housing, case management, job placement, esteem building, and assistance with unexpected expenses.</p>

CIS Resource Guide

VA Mann-Grandstaff Medical Center	4815 N Assembly St, Spokane, WA 99205 Main Phone:(509)434-7000 Mental Health: (509)434-7013 Website:www.va.gov Online Care:mobile.va.gov	Our mission is to "Honor America's veterans by providing exceptional care that improves their health & well-being." The VA Spokane Healthcare System is committed to providing our patients with the highest Quality of Care in an environment that is safe. We do this by focusing on Continuous Process Improvement and by supporting a Culture of Safety.
Veteran Employment Reps, Worksource Spokane	140 S. Arthur Street, Suite 300B Spokane, WA 99202 Phone:(509) 532-3186 Email:TalentSolutions@esd.wa.gov Website: https://worksource.spokane.gov/employers/hiring-benefits-yesvets-program	YesVets is a Washington State campaign created to recognize businesses that show their commitment to veteran employment by hiring veterans into their workforce. Statistically, veterans who gain rapid re-employment re-integrate into civilian life more quickly and have retention that is 2-3 times longer than non-veterans.

CIS Resource Guide

Vet's Garage	<p>224 E Pacific Ave Spokane, WA 99202 Phone:(509)919-3176 Chuck Elmore, Director of Operations - Email: vetsgarage2015@gmail.com Dr. Dennis Pollack, Counseling Services Director - dr.pollack@comcast.net Website: vetsgaragespokane.com</p>	<p>Since 2012, VetsGarage has helped veterans succeed in the civilian world by offering a variety of vocational and educational training opportunities to assist them in transitioning to the next phase in their lives. In 2020, VetsGarage opened membership tiers to non-veterans as well. VetsGarage offers a creative outlet, camaraderie, and opportunities to create interpersonal relationships with others who have similar life experiences. Veterans can also receive referrals for therapeutic treatment for a variety of issues, including Post-Traumatic Stress Disorder (PTSD).</p>
* Volunteers of America Veteran Housing	<p>Phone: (509)282-8597 veterans@voaspokane.org For more information please contact: Ashley Becerra, GPD Program Manager Phone: (509) 499-7258 Email: abecerra@voaspokane.org Website: www.voaspokane.org</p>	<p>Volunteers of America's Transitional Living Program provides support for up to twenty-two chronically homeless, single veterans at the Cottages at St. Joseph's Counseling Center, (formally known as, The Convent Sisters of St. Frances of Philadelphia). Referred primarily from Healthcare for Homeless Veterans (HCHV) these individuals deal with co-occurring issues of mental illness, substance use, and often also physical ailments.</p>

CIS Resource Guide

YMCA Our Military Kids/YMCA Military and Veteran Memberships	Contact: Carrie Clanton, Corporate Relations Director Phone:(509)777-9622 ext.444 Website: https://ymcainw.org/join-the-y/military-memberships/	If you or your spouse are in the National Guard or Reserves and are deployed overseas, Our Military Kids can help pay for sports, fine arts and tutoring programs for your children. Apply for a grant to support your children's activities, sports camps, and tutoring programs. One grant per child up to \$500
Youth Specific Services		
Resource	Contact/Website	Services Offered
Behavioral Educational Skills Training (BEST)	101 W 8th Ave, Second Floor East Tower Spokane, WA 99204 Phone: (509) 4747-3131 Email: Form on Website https://www.providence.org/locations/wa/sacred-heart-childrens-hospital/behavioral-and-educational-skills-training#tabcontent-1-collapse-2	Therapist led, hospital-based day treatment program that provides intensive therapeutic treatment for children 8-12 years old. The program is designed for children who have behavioral and emotional problems related to past trauma or mental health issues.
* Big Brothers Big Sisters of the Inland NW	1912 N Division St Suite 100, Spokane, WA 99207 Phone: (509) 328-8310 Website: nwbigs.org	Creating support and shaping livethrough one-to-one mentoring relationships. Offering Community (in person) and MentorU (Virtual), and Lunch buddies (k-5 once a week during school lunch oeriod).
Children's Home Society	2323 N. Discovery Pl. Spokane Valley, WA 99216 Phone:(509)747-4174 Website: https://www.childrenshomesociety.org/spokane	Washington's oldest and largest non-profit dedicated to improving the lives of children. Offering child and family counseling, early learning/headstart, and Children's Waiting Room. Open 8:30 -5:00 pm, Monday through Friday.

CIS Resource Guide

* College Success Foundation	2917 W. Whistalks Way, Office #367 MS-3028 Spokane, WA 99224-5202 Phone: (509)742-5180 Website: collegesuccessfoundation.org	Partnering with Spokane Public Schools and local colleges, foundations and businesses, the College Success Foundation-Spokane team empowers students, families and communities in five high schools and three middle schools to ensure that students are prepared for college and complete a college degree. Two Programs: 6-8 and 9-10. SPS Schools involved:Garry, Glover, Shaw, Ferris, Lewis and Clark, North Central, Rogers, and Shadle Park. Colleges:EWU, GU, SCC, SFCC, WSU, and Whitworth,
Communities in Schools (CIS) of Spokane County	104 S. Freya St Yellow Flag Building Ste 107, Spokane, WA 99202 Phone:(509)413-1436 Website: spokane.ciswa.org Email: info@cisspokane.org	Many of the young people we serve are facing challenges both inside and outside the classroom. What sets Communities In Schools apart is the way we coordinate a variety of services supporting the needs of these students. This allows them to come to school ready to learn and succeed. Services Offered: Case Management through school-based site coordinators, Accademic Assistance, Basic Needs, Behavioral Interventions,College and Career Prep, Community and Service Learning, Enrichment, Life Skills, Famliy Engagement, Oral & Physical Health and Prime Time Mentoring sponsored by STCU.

CIS Resource Guide

* Create Your Statement	PO Box 18934 Spokane, WA 99228 United States Phone:(509) 993-7000 Email: info@creatyourstatement.com	Offering 3 powerful programs for Youth ages 12-18 designed to reduce the risk and incidence of dating abuse and violence among youth. We empower them to recognize their value and potential while building strenghts to form healthy relationships, improve their leadership skills, and avoid or end unhealthy relationships. Programs: Redflag 7 classes for young women, Compass 7 classes for young men, Take A Stand 10 class series for Co-ed youth.
* Crosswalk Youth Shelter	525 W 2nd Ave, Main Floor, Spokane, WA 99201 Phone: (509) 688-1112 Fax: (509) 241-1840 Email:crosswalk@voaspokane.org Website: https://www.voaspokane.org/crosswalk	Crosswalk is one of two licensed emergency shelters serving runaway and homeless youth in Eastern Washington. Services:Clothing, Showers and Personal Hygiene Products,Three meals a day,Employment-Readiness, Program and Job-Placement Assistance,Computer lab,Independent Living Training Including Life-Skills,Medical Advocacy,GED tutoring with onsite testing, College prep,Behavioral Health,Counseling, Recreational Activities, College Scholarship Opportunities (Donor Funded), Transportation, Access to Transitional Housing Program.
Daybreak Youth Services	628 S Cowley St, Spokane, WA 99202 Phone: (509)927-1688 Toll Free: (888)454-5506 Fax:(509)444-7038 Website: https://daybreakyouthservices.org/	Inpatient Treatment, Outpatient Treatment, Mental Health, Psychiatric Evaluations and Treatment

CIS Resource Guide

Excelsior Wellness Center	3754 W Indian Trail Rd. Spokane, WA 99208 Phone: (509)559-3100 Fax: (509)588-7437 Website: https://www.excelsiorwellness.org/	Mental Health, Substance Use, Individual Counseling, Group Counseling, Substance Use Assessments, Intensive Outpatient Treatment, Day Treatment, Crisis Stabilization, Psychiatric Evaluations, Medication Monitoring and Support, Health and Wellness Education
Firefighters for Kids Foundation	PO Box 18785 Spokane, WA 99228 Email: mminer@ffs4kids.org Website: Website:ffs4kids.org	Fire Fighters and Fire House Family (EMT's, Retired Air Transport, Ed Workers, etc...) who do community outreach with Children's Homes, Ronald McDonald House, Children's Hospitals, and local community families providing funding and donations so kiddos can get the medical help and therapy they desperately need, also sponsoring families directly by providing Christmas gifts, food, clothing, and other items.
* Generation Alive	418 W Sharp Ave, Spokane, WA 99201 Phone: (509) 747-6054 Email: hello@generationalive.org Website: generationalive.org	Generation Alive is a movement of youth responding to needs around them wherever, whenever, however. GA works with schools, churches and other youth-serving organizations to increase awareness of needs in the community and provide youth with tangible ways to make a lasting impact.

CIS Resource Guide

* Girl Scouts of Eastern Washington and North Idaho	1404 N Ash St, Spokane, WA 99201 Phone: (509) 747-8091 Website: gsewni.org	Through programs from coast to coast, Girl Scouts of all backgrounds and abilities can be unapologetically themselves as they discover their strengths and rise to meet new challenges—whether they want to climb to the top of a tree or the top of their class, lace up their boots for a hike or advocate for climate justice, or make their first best friends. Offering Troop memberships, community service, Summer and Day Camps.
* HUB/Afterschool Programs	19619 E Cataldo Ave, Liberty Lake, WA 99016 Phone:(509) 927-0602 Fax: (509) 927-0622 Email: info@hubsportscenter.org Website: hubsportcenter.org	Our After-School Program is a safe space for K-8 students to come after school hours. Kids can meet new friends and engage in enrichment activities, be active, hangout and play games. 30 minutes each day will be dedicated to studying and homework time.
If You Could Save Just One	P.O. Box 7395 Spokane, WA 99207 Phone: (509) 703-7161 Email:info@ifyoucouldsavejustone.org Website: ifyoucouldsavejustone.org	We provide activities and resources that assist youth and their parents in the Hillyard neighborhood and surrounding Spokane areas to create a supportive environment where youth are encouraged to explore their own path to success. Providing tutoring, role model opportunities, basic needs, community service facilitation, DMV class, and Sound Bath.

CIS Resource Guide

Martin Luther King Jr. Outreach Center	500 S Stone St. Spokane, WA 99202 Phone: (509) 868-0856 Email: info@mlkspokane.org Website: mlkspokane.org	Non-profit community based social services center located in East Central Spokane. Offering comprehensive educational services, social services, and cultural enrichment programs for children and families. Individual programs include FAME (afterschool k-6), SYA(summer youth program),ECEAP (early childhood ed), and Teen Tech
Morning Star Boys Ranch	4511 S Glenrose Rd, Spokane, WA 99223 Phone:(509)448-1202	Through its programs and services, Morning Star provides love, professional care, guidance and hope to children, youth and families, and nurtures their social, moral, educational and emotional growth. Services: Murphy House Behavioral Residential, Morning Star Case Aide Program Prevention Services, Morning Star Forst Care & Adoption Home Services, Morning Star In-Home Wrap Around Care Continuum of Care.
* Odyssey Youth Movement	1121 S Perry St. Spokane, WA 99202 Phone:(509) 325-3637 Email: oym@odysseyyouth.org Website: odysseyyouth.org	Odyssey Youth Movement promotes equity for LGBTQ+ youth in the Inland Northwest through youth-driven programs and community education. Odyssey Youth Movement offers a variety of programs designed to improve the lives of LGBTQ youth and young adults in the Inland Northwest, as well as basic needs items such as food, clothing, and hygiene supplies.

CIS Resource Guide

SMILE-Students Mastering Important Life Skills Education	P.O. Box 30357 Spokane, WA 99223 Phone:(509) 448-8886 Email: smile@smilelifework.org Website:smilelifework.org	Many dehumanizing experiences are forced on our youth by critical areas of society. Increasing stress results in escalating alcohol/drug use, anorexia, bulimia, dropping out of school, running away from home, increasing violence, and suicide. We intend to help change this destructive trend through education. This education will include, but not be limited to, development and promotion of life-skills programs, building resiliency, healthy solutions, and awareness/prevention programs. We intend to empower youth to find solutions to emotional pain and hope for their futures through various media. We develop educational materials and work with existing programs.
Spectrum Center Spokane	25 W Main Ave, Ste. 210, Spokane WA 99201 Online contact form on Website: https://www.spectrumcenter.spokane.org/contact	Spectrum's mission is to create a safe, intersectional, intergenerational, LGBTQIA2S+ community gathering space that celebrates a resilient, healthy community through social connectedness and support, arts and culture, access to resources, and leadership development.
Spokane Angels	165 S Howard St, Spokane, WA 99201 Phone: (509) 671-2275 Email: info@spokaneangels.org Website:spokaneangels.org	The Spokane Angels mission is to walk alongside children, youth, and families in the foster care community by offering consistent support through intentional giving, relationship building, and mentorship.

CIS Resource Guide

Spokane Public Schools Behavioral Health	<p>Contact: DeeAnn Galland LICSW, CHMS Phone:(509) 354-3857 Julie Cruz, LICSW,DMHS Phone: (509) 354-3838 Kathy Smith, LMHC, CDP, CMHS Phone:(509) 354-3809</p>	<p>The mental health professional in your school addresses issues such as depression, anxiety, ADHD, trauma related symptoms, adjustment disorders and other concerns. They also: Perform intakes, Diagnose and provide informatin about the diagnosis, Help Identify therapy goals, provide assistance and therapy, provide case management.</p>
Tamarack Center	<p>2901 W Elliott Dr, Spokane, WA 99224 Phone:(800)736-3410</p>	<p>The adolescents and families who turn to Tamarack Center for help have often exhausted other options for addressing their unique needs and special pain.Tamarack Center has been providing a quiet refuge of treatment and hope for these children and their families since 1984. We work with adolescents whose problems include: Suicide Attempts/Ideatin, Depression, Mood or Thought Disturbances, ADHD, Borderline Personality Disorder, History of Abuse,Anxiety Disorders, Self-Harm Behaviors. The focus of our program is to help these young people break a desperate cycle of emotional illness, low self-esteem and self-destructive behavior. We use a combination of intensive treatment, compassion, family involvement and community outings to address their multiple needs.</p>

CIS Resource Guide

The Crisis Residential Center (CRC)	201 W 6th Avenue Spokane, WA 99204 24 hour help line: (509) 624-2868 Fax: (509) 747-1730 Website: https://www.yfaconnections.org/services/	The Crisis Residential Center (CRC) is co-located with the HOPE Center and is operated by YFA Connections through a contract with the Department of Commerce. Provides a short-term residential youth program that offers shelter and mediation services for youth and families. Ages 12-17
The Healing Lodge of the Seven Nations	5600 E 8th Ave, Spokane Valley, WA 99212 Phone: (509)533-6910 Email: Can be reached through website. Website: https://healinglodge.org/	45 bed adolescent residential chemical dependency treatment center. Serving males and females from ages 13-17. The primary focus is the Native American population but treatment is open to all.
The Native Project	1803 W Maxwell Ave, Spokane, WA 99201 Phone: Behavioral Health: (509) 325-5502 Clinic Health: (509)483-4797 Website: https://nativeproject.org/our-services/behavioral-health/	Mental Health and Substance Use treatment plans for all children. Youth Substance Use Assessments, Substance Use Outpatient Treatment, Intensive Outpatient Treatment, Aftercare/Relapse Prevention, Youth Mental Health Services, Co-Occurring Disorder
* The Zone at NE Community Center	3004 E Queen Ave, Spokane, WA 99217 Phone: (509) 482-0708 Email: info@spokaneyc.org Website: https://thezonespokane.org/	Together with residents, schools, and partner organizations, we shine the light on deep disparities in health, education, and economic outcomes, we remove barriers, and we build upon our strengths so all children, youth, and families have opportunities to thrive.