

2009 Community Resources for Spokane County, Washington - Compiled by 4People.org

CRISIS

For emergency dial 911, or from cell phone 112

[Child Abuse Hotline](#) 1-866-363-4276

Domestic Violence Hotline (Statewide) 1-800-562-6025

[First Call for Help 24 Hour Crisis Hotline](#) 509-838-4428

[YWCA Domestic Violence Hotline](#) 509-326-CALL (2255)

CASE MANAGEMENT

[Aging and Long Term Care of Eastern Washington](#) 509-458-2509

[DSHS Division of Developmental Disabilities \(DDD\)](#) 509-329-2900

[DSHS Financial](#)

- Spokane North 509-227-2200 or 1-877-210-5950

- Spokane Southwest 509-227-2400 or 1-800-962-5762

- Spokane Valley 509-227-2700 or 1-800-660-4370

[ESD \(Homeless Youth in School\) 360-725-6050](#)

- [Cheney School District](#) 509-559-4525

- [Deer Park School District](#) 509-464-5521

- [Medical Lake School District](#) 509-565-3408

- [Freeman School District](#) 509-291-4791

- [Liberty School District](#) 509-245-3211

- [Orchard Prairie School District](#) 509-467-9517

[Offenders Transitional Employment Resources:](#)

- [Career Path Services WorkSource Affiliate - Spokane](#) 509-326-7520

- Center for School to Work WorkSource Affiliate - Spokane: 509-456-7660

- [Goodwill Industries WorkSource Affiliate - Spokane:](#) 509-462-0513

- [Spokane Community College WorkSource Affiliate](#) 509-533-7249

- [Spokane Falls Community College WorkSource Affiliate:](#) 509-533-3521

- [WorkSource Spokane:](#) 509-532-3190

[House of Charity](#) 509-624-7821

[Spokane AIDS Network](#) 509-455-8993

[Spokane County Housing and Community Development Department](#) 509-477-2521

[Spokane Neighborhood Action Programs \(SNAP\)](#) (Homeless case management) 509-456-7106

[Spokane Regional Health District HIV/AIDS Program](#) 509-324-1542

[Transitional Housing, Operating & Rent assistance \(City of Spokane Human Services\)](#) 509-625-6130

CHILD CARE OR RESPITE CARE

Child Care Center Infant Room Consultation 509-324-1658

Child Care Resources & Referral ([Community Minded Enterprises](#)) 509-484-0048 or 1-800-446-2229

[Cuddles and Care Sick Child's Service](#) 509-474-4615

[Family Care Resources](#) 509-483-3114

[Liberty Park Child Development Center](#) 509-534-0957

[Martin Luther King Jr. Family Outreach Center](#) 509-455-8722

[Parent to Parent](#) Special Sitters Program 509-328-6326

CHILD DEVELOPMENT, SERVICES & PROGRAMS

Children FIRST 509-924-2850

[Children with Special Health Care Needs](#) 509-324-1697

[Early Head Start](#) 509-533-4800

[Holy Family Hospital/Children's Rehab Services](#) 509-482-2193

[Infant Toddler Network \(Birth to 3\) Spokane Regional Health District](#) 509-324-1651

[Eastern Washington University](#) Hearing and Speech Clinic 509-358-7580

Pediatric Therapy Specialists

– North Office 509-487-2958

– Valley Office 509-922-0855

[Ritecare Spokane](#) (formerly Scottish Rite Center for Childhood Language Disorders 509-838-2310

[Spokane Guilds' School & Neuromuscular Center](#) 509-326-1651

[St. Lukes Rehabilitation Institute](#) 509-473-6079

[Washington State Elks Therapy Program for Children](#) 1-800-825-3557

Youthful Horizons 509-921-9798

CLOTHING, FURNITURE, HOUSEWARES

Airway Heights Thrift Shop 509-244-1551

Calvary Baptist Church 509-747-8793

Care and Share 509-299-9024

Central Lutheran Church 509-624-9233

Cheney Clothing Exchange 509-235-2325

[City Gate Spokane](#) 509-455-9670

Commodity Supplemental Food Program 509-534-6678

Discovery Shop 509-328-9373

Elegant Peasant 509-325-9857

[Goodwill stores](#)

- BJ's Specialty 509-462-0517

- Bobbie's Boutique 509-462-0517

- Downtown Spokane 509-444-2396

- North Nevada Street 509-466-2012

- Spokane Valley 509-444-4370

Greenhouse 509-276-8224

[Hope House \(Women\)](#) 509-455-2886

[House of Charity](#) 509-624-7821

Little Peoples Exchange 509-922-8382

[Mission Community Outreach Center](#) 509-536-1084

[New Hope Resource Center](#) 509-467-2900

[Northwest Christian Thrift Store](#) 509-326-1522

OMEGA Center 509-325-1839

[Other Mothers](#) 509-465-9499, 509-448-5943 or 509-927-3429

[Our Place Ministries Spokane](#) 509-326-7267

[Our Sisters Closet - YWCA](#) 509-326-1190

Peaceful Valley Community Center 509-624-8634

[Salvation Army Services](#) 509-325-6821

Sherry's Second Choice 509-466-4015

Spokane Valley Community Center 509-928-7760

[Spokane Valley Partners](#) 509-927-1153 ext 26

St Vincent de Paul 509-534-2824, 509-326-0735, 509-535-2491 or 509-489-7725

Teen Challenge Thrift Store 509-534-0443 or 509-327-1383
The Clothes Closet 509- 891-7413
[The Reclotherapy](#) 509-624-9741
Thrift Center 509-926-4100
[Union Gospel Mission Spokane](#) 509-535-8510
Value Village 509-325-2569 or 509-921-7889
[Volunteers of America Emergency Assistance](#) 509-624-2378

EDUCATION: SCHOOLS, SCHOOL DISTRICT, SPECIAL ED

[Central Valley School District](#) 509-228-5400
[Central Valley School District Special Education](#) 509-228-5500
[Cheney School District](#) 509-559-4525
[Cheney School District Special Education](#) 509-559-4507
Contract Based Education (high school up to 21) 509-927-1100
[Deer Park School District](#) 509-464-5521
[Deer Park School District Special Education](#) 509-464-5526
[East Valley School District](#) 509-927-9511
[East Valley School District Special Education](#) 509-927-9511
[Freeman School District](#) 509-291-3695
[Freeman School District Special Education](#) 509-291-3695
[ESD 101](#)
– North Spokane 509-456-6320
– South Spokane 509-789-3800
- School Nurse Corp Supervisor 509-789-3583
- Special Education 509-456-7688
- [Youthbuild Program](#) 509-456-7685
Liberty School District 509-624-4415
[Liberty School District Special Education](#) 509-245-3211
[Mead School District](#) 509-465-7600
[Mead School District Special Education](#) 509-465-7600
[Medical Lake School District](#) 509-565-3100
[Nine Mile Falls School District](#) 509-340-4300
[Orchard Prairie School District](#) 509-467-9517
[Riverside School District](#) 509-464-8201
[Riverside School District Special Education](#) 509-464-8369
[Spokane Schools](#) 509-354-5900
[Spokane Schools Special Education](#) 509-354-6336
[West Valley School District](#) 509-924-2150
[West Valley School District Special Education](#) 509-927-1138

EDUCATION: Early Learning/Headstart/ECEAP

Central Valley Even Start 509-228-5400
ECEAP
- American Indian Community Center 509-535-3430
- [Central Valley School District](#) 509-228-5811
- Deer Park School District 509-464-5616 or 509-464-5525
- East Valley School District 509-924-1830, ask for ECEAP
- [Liberty Park Developmental Center](#) 509-534-0957
- [Martin Luther King Jr. Family Outreach Center](#) 509-455-8722

- Riverside School District 509-464-8250
- West Valley School District 509-922-5478
- [YMCA/EWU Children's Center](#) 509-235-5035
- [YWCA – Downtown](#) 509-326-1190 ext. 131
- YWCA – West Plains Community Center 509-244-4833
- [Head Start](#) 509-533-4800
- Adult Education Center 509-533-4650
- Byrant School 509-533-4500
- [Crosswalk Youth Center \(VOA\)](#) 509-533-7193
- East Central Community Center (ECCC) 509-279-6316
- Hillyard Center 509-533-8519
- Logan School 509-533-8970
- Northeast Community Center (NECC) 509-279-6351
- Spokane Community College Bigfoot Center 509-533-8209
- Spokane Falls Community College Early Learning Center 509-533-3624
- West Boone Center 509-279-6901
- [West Central Community Center](#) 509-279-6340
- Little Eagles Nest Preschool, Eastern Washington University 509-359-2504
- [Manitor Cooperative Preschool](#) 509-838-7442
- West Valley Even Start 509-922-5475

EDUCATION: Colleges, Trade and Technical Schools

- [Adult Education Center \(IEL\)](#) 509-533-4600
- [Allied Training Systems](#) 509-327-1140
- [Alpine College](#) 509-455-5054
- American Pacific School of Hair Design 509-487-5500
- [Apollo College - Spokane](#) 509-532-8888
- Bethel AME Church (GED & Education programs) 509-533-2683
- [Cat Tales Zoological Training Center](#) 509-238-4126
- [Community Colleges of Spokane Adult Learning & ESL](#) 509-533-4600
- [Driver Training & Solutions \(truck driving\)](#) 1-866-490-1645 or 509-777-0073
- [Eastern Washington University](#) 509-359-2397
- Eastern Washington – Northern Idaho Carpenters Apprenticeship Program 509-532-8833
- [Embry-Riddle Aeronautical University Spokane](#) 509-244-3832
- European Hair Designers Academy 509-328-6175
- [Glen Dow Academy of Hair Design](#) 509-624-3244
- [Gonzaga University](#) 1-800-986-9585
- [H&R Block Income Tax Training](#) 509-328-4399
- Health Care Training Center 509-893-1776
- [Holy Family School of Radiologic Technology](#) 509-482-0111
- HOME (Helping Ourselves Means Education) 509-359-4237
- [Horizon Medical Institute](#) 509-534-1551
- Individual Development Accounts 509-456-7174
- Inland Empire Plumbing and Pipefitting Industry Apprenticeship Training 509-624-5258
- Inland Massage Institute 509-465-3033
- [Institute for Extended Learning](#) 509-279-6000
- [Interface College - Spokane](#) 1-800-999-7717 or 509-467-1727
- [ITT Technical Institute](#) 509-926-2900
- Job Corps 509-534-2269

[Job Resource Center – SL Start](#) 509-747-3071
L & T Truck Driver Training 509-464-2199
Moody Bible Institute – Spokane 509-487-1769
National Transportation Driver Training Center 509-487-1769 or 1-888-815-3515
[Neighborhood Assets \(SNAP\)](#) 509-456-7378
NET/School to Work Connections 509-456-7660
[New Horizons Computer Learning Center](#) 509-328-8077
Occupational Skills Training 509-344-0163
[OXARC School of Welding](#) 509-755-0651
[PACE Services \(People Accessing Careers and Education\)\(IEL\)](#) 509-533-8550
Pacific Northwest Tattoo Seminars 509-922-8120
[PacifiCAD](#) 509-326-7789
Park University – Fairchild AFB 509-244-2020
Pathways 509-434-5162
Pre-Vocational Training Center (PVTC) 509-326-6760
Reading Labs 509-533-4600
Sacred Heart Medical School of Medical Technology 509-474-3339
[Sage Truck Driving School](#) 1-800-400-0779
SFCC Career Center 509-533-3540
Single Parent Program 509-533-7030
Skills Kin 509-326-6760
[Spokane Community College](#) 509-533-7000 or 1-800-248-5644
Spokane Dental Assisting School 509-926-1161
[Spokane Falls Community College](#) 509-533-3500 or 1-888-509-7944
Spokane Institute for Extended Learning – Workfirst 509-533-4634
Spokane Service Team 509-456-7660
Spokane’s Best Training Center 509-327-5311
[Total Cosmetology Training Center](#) 509-487-5500
[University of Phoenix Eastern Washington](#) 509-327-2443
Veterans Affairs Vocational and Employment Service 509-434-7000
Washington State University College of Nursing 509-324-7273
[Washington State University Spokane](#) 509-358-7500
[Washington Technical College \(ITT Institute\)](#) 509-926-2900 or 1-800-777-8324
Webster University – Fairchild AFB 509-244-2079
Western State Operating Engineers Institute of Training 509-235-9393
[Whitworth University](#) 509-777-1000
WINS (Women in Non-traditional Settings) 509-533-8571 or 509-533-7036
[WSU Extension Spokane County](#) 509-477-2048

EDUCATION & SUPPORT FOR PARENTS

EMPLOYMENT

AARP Senior Employment 509-325-7712
AES , Inc – An Employment Source 509-838-3500
[AccountingPros Staffing Services](#) 509-323-3233
American Indian Employment and Training Services 509-535-0886
[Aspen Personnel Service](#) 509-624-4858
[Business and Community Training \(IEL\)](#) 509-533-4700
[Career Connections](#) 509-928-0423

[Career Path Services](#) 509-326-7520
[Career Path Services WorkSource Affiliate - Spokane](#) 509-326-7520
Center for School to Work WorkSource Affiliate - Spokane: 509-456-7660
[Christ Kitchen](#) 509-325-4343
[Command Labor](#) 509-328-3939
Dental Contacts/Cook William Scott 509-922-4352
DentalPros Staffing Services 509-444-8868
[Displaced Homemaker/Change Point Program \(IEL\)](#) 509-279-6065 or 509-279-6075
Employment Services 509-344-0164 or 509-444-4319 or 509-232-1122
[Express Personnel Services](#) 509-747-6011
Forever Working Labor Calendar 509-443-0981
Fulcrum Environmental Consulting 509-459-9220
[Goodwill Industries](#) 509-462-0513
[Help Line \(IEL\)](#) 509-279-6060
Intertec Consulting 509-276-8630
Job Corps 509-534-2269
[Kelly Services](#) 509-327-3637
Labor Express 509-893-2595
[Labor Ready](#)
- Spokane 509-535-8582
- Spokane Valley 509-891-6524 or 509-922-7791
[LegalPros Staffing Services](#) 509-323-3235
[Manpower](#) 509-838-8531 or 509-462-2109
[MedicalPros Staffing Services](#) 509-323-3223
[Microenterprise Development Program \(SNAP\)](#) 509-456-7174
New Chance Worker Retraining Transition Program 509-533-3172
[Northwest Freight Handlers](#)
- Spokane 509-483-1968
- Spokane Valley 509-927-0759
[OfficePros Staffing Services](#) 509-444-8868
[Olsten Staffing Services](#) 509-624-5218
Planning Action for Youth Success (PAYS) 509-462-0519
[Project Self-Sufficiency \(IEL\)](#) 509-279-6
[ProPeople Staffing Services](#) 509-484-9009
[Provisional Staffing Services](#) 509-444-8871
Re-employment/Worker Retraining Programs 509-533-8056 or 509-533-3521 or 509-532-3172
[Scope Services](#) 509-922-8554
SL Start Employment Services 509-328-2740
[Spherion Staffing Services](#) 509-456-4944
[Spokane Community College Workforce Education and Career Services](#) 509-533-7249
[Spokane Community College WorkSource Affiliate](#) 509-533-7249
[Spokane Community Justice Center](#) 509-363-2700
Spokane County Human Services Job Hotline 509-477-5627
[Spokane Falls Community College Career and Student Employment Center](#) 509-533-3540
[Spokane Falls Community College WorkSource Affiliate](#) 509-533-3521
[Spokane Community College WorkFirst Program](#) 509-533-7249
[Spokane Service Team \(ESD 101\)](#) 509-456-7660
[Spokane WorkFirst](#) 509-227-2727
[The Arc of Spokane](#) 509-789-2247

[Tradesmen International](#) 509-228-0142
[Washington Small Business Development Center](#) 509-358-7890
[Worksource Spokane](#) 509-532-3000
[Worksource Spokane Veterans Unit](#) 509-532-3100

FINANCIAL ASSISTANCE

Asset Building: Contact Kevin Worth at Spokane County United Way 509-838-6581

[DSHS Financial](#) - Community Service Offices
- Spokane North 509-227-2200 or 1-877-210-5950
- Spokane Southwest 509-227-2400 or 1-800-962-5762
- Spokane Valley 509-227-2700 or 1-800-660-4370
[Financial Management \(Arc of Spokane\)](#) 509-789-2247

Foreclosure Assistance:

- [Consumer Credit Counseling Services](#) 1-800-308-2227
- [Spokane Neighborhood Action Programs](#) 509-456-7106 or 509-456-7111 ext 233
[Spokane Neighborhood Action Programs \(SNAP\)](#) 509-456-7106
[Spokane Valley Partners](#) 509-927-1153 ext 21
Supplemental Security Income (SSI through [Social Security](#)) 1-800-772-1213

FOOD ASSISTANCE & NUTRITION

Airway Heights Community Center 509-244-2474
Airway Heights Food Bank 509-244-1611
American Indian Community Center 509-535-0886
Brown Bag Program – 2nd Harvest (delivery to homebound) 509-534-6678 ext 223
Calvary Baptist Church 509-747-8793
Caritas Food Bank 509-326-2249
Cheney Food Emergency Bank 509-235-2325
[City Gate Spokane](#) 509-455-9670
[Coalition of Responsible Disabled \(CORD\)](#) 509-326-6355
[ECCO Food Bank](#) 509-625-6699
Family Assistance Program 509-455-8722 or 509-532-6157 after hours
Greenhouse Food Bank 509-276-8224 or 509-276-2954
[House of Charity \(meals\)](#) 509-624-7821
Infant Crisis Needs Bank – WSU College of Nursing 509-536-1084
Mead Food Bank 509-466-7068
Meals on Wheels
- Cheney 509-924-6976
- Deer Park 509-993-2441
- [Spokane](#) 509-456-6597
- [Spokane County \(Spokane Regional Health District\)](#) 509-324-1533
- [Spokane Valley](#) 509-924-6976
Medical Lake Food Bank 509-299-3819
New Hope Ranch Urban Center 509-455-5444
[New Hope Resource Center](#) 509-467-2900
North County Food Bank 509-292-2530
Northeast Food Pantry 509-487-1114
[Our Place Ministries Spokane Food Bank](#) 509-326-7267
[Peaceful Valley Community Center](#) 509-624-8634
[Salvation Army Food Bank](#) 509-325-6821

Second Harvest Community Gardens 509-534-6678
Seventh Day Adventist Better Living Center 509-325-1258 or 509-325-2945
Shalom Ministries 509-455-9019
Southside Food Bank 509-535-2301
Spangle Food Bank 509-245-3362
[SNAP Food Bank – Northeast Center](#) 509-993-0896
Spokane AIDS Network 509-455-8993
Spokane Valley Community Center 509-928-7760
[Spokane Valley Partners](#) 509-927-1153
St Ann’s Catholic Church 509-535-3031
Summer Food Program (for children) 509-625-6200 (parks) or 509-354-7270 (schools)
[Union Gospel Mission Spokane](#) 509-535-8510
Westminster Presbyterian Food Bank 509-329-0351
West Central Community Center 509-326-9540
[WIC \(Women, Infants, Children\)](#)
- [East Central Community Center](#) 509-323-2830
- North Spokane 509-323-2818
- Northeast Community Center 509-323-2828
- [West Central Community Center \(Airway Heights\)](#) 509-244-9334
- [West Central Community Center \(Cheney\)](#) 509-559-5839
- [West Central Community Center \(Fairchild\)](#) 509-247-2760
- [West Central Community Center \(West Central\)](#) 509-323-7497
- [Spokane Regional Health District WIC Program](#)
- Valley 509-323-2800

HEALTH INSURANCE

[DSHS Medical Assistance Administration](#) (Info about Medicaid) 1-800-562-3022
Health for All (help w/ obtaining healthcare) 509-444-3066
[Healthy Kids Now](#) (free or low cost child health insurance) 1-877-543-7669
[Project Access Spokane](#) (health care for uninsured, low income) 509-532-8877
[SCHIP](#) 1-877-543-7669
[Washington Basic Health Plan](#) 1-800-660-9840
[Washington State Insurance Commissioner](#) 1-800-562-6900

HEALTH SERVICES: MEDICAL, DENTAL OR BEHAVIOR

[Access to Baby and Child Dentistry \(ABCD\) Program](#) 509-324-1478
[Catholic Charities Counseling](#) 509-242-2308 or 1-800-831-1209
[Christ Clinic](#) 509-325-0393
[Cleft Lip/Palate Clinic](#) Spokane Regional Health District 509-324-1652
[Community Health Association of Spokane \(CHAS\)](#) 509-444-8200
- Denny Murphy Clinic 509-835-1205 (medical), 509-434-0308 (dental)
- Maple Clinic 509-444-7801 (medical) 509-242-1821 (dental)
- North County Clinic 509-434-0292 (medical & dental)
- Northeast Clinic 509-487-1604 (medical) 509-434-0358 (dental)
- Valley Clinic 509-434-0313 (medical)
Community Health Intervention and Prevention Services 509-324-1420
[Crisis Pregnancy Center – Life Services](#) 509-327-0701
[Deaconess Medical Center](#) 509-458-5800
[Deaconess Medical Center Broncho Pulmonary Dysplasia Clinic \(infants\)](#) 509-473-7501

[Deaconess Medical Center Cystic Fibrosis Clinic](#) 509-473-7300
[Deaconess Medical Center Women's Clinic](#) 509-473-7060
[ECCO Clinic](#) 509-536-9013
Eastern Washington University (EWU)-Limited Dental Care 509-368-6544
[Family Service Spokane \(mental health\)](#) 509-838-4128
[First Call for Help Crisis Line \(mental health\)](#) 509-838-4428
[Holy Family Hospital](#) 509-482-0111
HOPE Partners/REM Associates (mental health & dual diagnosis) 509-835-3599
[House of Charity](#) 509-624-7821
[Immunization Clinic – Spokane Regional Health District](#) 509-324-1600
[Inland Northwest Genetic Clinics](#) 509-535-2278
[Lutheran Community Services Northwest](#) 509-747-8224
[Muscular Dystrophy Clinic](#) 509-325-3747
[NATIVE Health of Spokane](#) 509-325-5502
[Partners with Families and Children](#) 509-473-4810
[Planned Parenthood Inland Northwest](#)
- Cheney Express Clinic: 1-800-788-9128
- Francis Family Planning Clinic: 1-800-788-9128
- Indiana Health Center: 1-800-788-9128
- Valley Health Center: 1-800-788-9128
[People's Clinic \(WSU College of Nursing\)](#) 509-324-7500
[Sacred Heart Children's Hospital](#) 509-474-4841
[Sacred Heart Children's Hospital Developmental Clinic](#) 509-474-2730
[Sacred Heart Children's Hospital Feeding and Growth Clinic](#) 509-474-7185
[Sacred Heart Children's Hospital Fetal Alcohol Center](#) 509-474-3748
[Sacred Heart Children's Hospital Spina Bifida Clinic](#) 509-474-3748
[Sacred Heart Medical Center](#) 509-474-3131
[Shriner's Hospital for Children](#) 1-800-237-5055
[Spokane Central Lions Club \(vision care\)](#) 509-328-6900
[Spokane Falls Family Clinic](#) 509-326-4343
[Spokane Mental Health](#)
- Adult Services 509-458-4428
- Child and Family Services 509-458-7458
- Elder Services 509-458-7450
- Psychiatric Services 509-458-4651
[Spokane Regional Health District ABCD Program \(dental for children\)](#) 509-324-1478
[Spokane Regional Health District HIV/AIDS Program](#) 509-324-1542
[509-324-1420](#)
[Spokane Regional Health District Public Health Clinic](#) 509-324-1600
Spokane Veterans Center 509-444-8387
[St. Luke's Rehabilitation Services](#) 509-473-6079
Tamarack Center (mental health) 509-326-8100
[Valley Hospital and Medical Center](#) 509-924-6650
[Veterans Administration Medical Center](#) 509-434-7014 or 1-800-325-7940

HEALTH SERVICES: Substance Abuse

[Abstemious Outpatient Clinic](#)

- Spokane Branch 509-927-7814
- Spokane Main Facility 509-326-7721

Adept Assessment - Treatment Center 509-327-3120
[Al Anon/Alateen Family Groups](#) 509-456-2125
Alcohol/Drug Network (CHIPS) 509-324-1420
[Alcoholics Anonymous](#) 509-624-1442
American Behavioral Health Systems 509-325-6800
Camas Institute Behavioral Health Services 509-456-0799
[Colonial Clinic](#) 509-327-9831
Community Detox Services of Spokane 509-477-4650
Community Health Intervention and Prevention Services 509-324-1420
[Daybreak Teen Drug & Alcohol Program](#)
- Inpatient Program 509-624-3227
- Outpatient Spokane 509-444-7033
- Outpatient Spokane Valley 509-927-1991
Deer Park Recovery 509-276-2797
Drug Court, Youth Services, SAAM, DUI/DOL 509-326-7740
Emergency Service Patrol 509-838-2771
[Excelsior Youth Center](#) 509-328-7041
[Gateway Counseling Services](#) 509-532-8855
[Healing Lodge of the Seven Nations](#) 509-533-6910
Lakeside Recovery Center – Spokane 509-328-5234
[NATIVE Project – Spokane](#) 509-483-7535
New Directions Outpatient Clinic 509-838-0304
New Horizons Counseling Services
- Spokane 509-838-6092
- Valley 509-927-1543
New Horizon Outpatient Clinic 509-838-6092
Northeast Washington Treatment Alternatives 509-326-7740 or 509-328-6257 (drug tests)
Pioneer Center East 509-325-2355
Powder Basin Associates Spokane 509-922-8383
Prevention Center 509-922-8383
[Social Treatment Opportunity Programs II](#) 509-326-5172 or 509-927-3668
SPARC – Spokane Addiction Recovery Centers 509-624-3251
SPARC Outpatient Services 509-624-5228
Spokane County Coordinator for Chemical Dependency Services 509-477-4507
[509-324-1420](#)
[Sun Ray Court \(male residential program\)](#) 509-456-5465
[The Healing Lodge of Seven Nations](#) 509-533-6910
[1-877-270-7867](#)
[YFA Connections \(youth\)](#) 509-532-2000

HOME CARE SERVICES OR MEDICAL EQUIPMENT

A New Hope, Inc. 1-800-446-5273 or 509-535-2907
[Apria Health Care](#) 509-489-1000
Beneficial In-home Care 509-323-0390
[Byram Healthcare](#) 1-800-888-7793
[Comfort Keepers](#) 509-484-2345
Evergreen Home Care 509-838-0870
[Family Home Care & Hospice](#) 509-473-4900
[Family First Senior Care](#) 509-326-5525 or 1-877-326-5525

[Home Care of Washington](#) 509-847-0300
[Home Instead Senior Care](#) 509-835-5898
[Hospice of Spokane](#) 509-456-0438
[Integrated Health Professionals](#) 509-924-1826 or 1-800-365-4429
[Interim Health Care](#) 509-456-5665
[Intrepid USA Healthcare Services](#) 509-487-4611
[Jones Pharmacy & Home Health Care Center](#) 509-838-3145
Life Care Solutions 509-921-6560 or 1-800-475-0278
Lincare 509-838-3888
[Maxim Healthcare Services](#) 509-324-6421
[Option Care Specialty Pharmacy and Infusion Services](#) 509-326-0306
OMEGA Center (home chores) 509-325-1839
[Providence VNA Home Health](#) 509-534-4300
[Sixth Avenue Medical Pharmacy](#) 509-455-9345

HOUSING

[City of Spokane Community Development Department](#) 509-625-6325
[City of Spokane Human Services](#) 509-625-6130 or 509-625-6051
[Common Ground](#) - Spokane 509-326-3678
Foreclosure Assistance:
- [Consumer Credit Counseling Services](#) 1-800-308-2227
- [Spokane Neighborhood Action Programs](#) 509-456-7106 or 509-456-7111 ext 233
[Habitat for Humanity of Spokane](#) 509-534-2522
Housing assistance:
- [City of Spokane](#) 509-625-6051
- [Spokane Action Neighborhood Program \(SNAP\)](#) 509-456-7111
[HUD Home Page](#)
Inland Empire Residential Resources 509-789-2245
[New Hope Resource Center](#) 509-467-2900
[Northeast Washington Housing Solutions \(Section 8\)](#) 509-328-2953
[One Stop Housing](#)
[Spokane Low-Income Housing Consortium \(SLIHC\)](#) 509-325-3235
[Spokane Neighborhood Action Programs \(SNAP\)](#) 509-456-7106
[US Department of Housing and Urban Development \(HUD\)](#) 509-353-0674
[Volunteers of America Emergency Assistance](#) (rent & utilities) 509-624-2378

HOUSING: Emergency/Homeless

[Alternatives to Domestic Violence - YWCA](#) 509-327-9534
[Anna Odgen House \(women & children\)](#) 509-327-7737
[Building Changes](#) 206-805-6100
[Crisis Shelter for Women & Children](#) 509-535-0486
[Crosswalk Youth Shelter](#) 509-838-6596
[Hope House Women's Shelter](#) 509-455-2886
[House of Charity](#) 509-624-7821
[Interfaith Hospitality Network of Spokane](#) (Families) 509-747-5487
[Salvation Army Family Emergency \(SAFE\) Center](#) 509-325-6814
[Spokane Neighborhood Action Programs \(SNAP\)](#) 509-456-7106
[St Margaret's Shelter for Women](#) 509-624-9788
[The Transitional Living Center](#) (women w/ young children) 509-325-2959

[Union Gospel Mission](#) 509-535-8510
[YFA Connections](#) (youth) 509-532-2000

HOUSING: Transitional/Supportive

[Alexandria's House](#) (women w/babies or pregnant) 509-489-0349
[Anna Odgen House \(women & children\)](#) 509-327-7737
[ARC of Spokane](#) 509-328-6326
[Aston-Bleck Apartments](#) (women age 18 – 21) 509-535-8267
[Brownstone Work Release](#) 509-363-8109
[Catholic Charities of the Diocese of Spokane](#) 509-358-4250
[Coalition of Responsible Disabled \(CORD\)](#) 509-326-6355
Community Detox of Spokane 509-477-4620
D'Arcy Lee Apartments (mentally ill) 509-483-3542
[Eleanor Chase House Work Release](#) 509-227-7008
[Flaherty House](#) (men age 18 – 21) 509-489-4043
[House of Charity](#) 509-624-7821
[Miryam's House](#) (women) 509-747-9222
New Horizons Care Centers - Isabella House (for women w/ children) 509-624-1244
Newark Apartments (mentally ill) 509-328-2953
Phoenix Apartments (mentally ill) 509-477-4515
Regeneration Program for Men 509-
REM Associates (housing for mentally ill) 509-838-4428
Salem Arms (mentally ill) 509-327-0774
[Salvation Army Family Emergency \(SAFE\) Center](#) 509-325-6814
[Spokane Neighborhood Action Programs \(SNAP\)](#) 509-456-7106
[St Margaret's Shelter for Women](#) 509-624-9788
[The Transitional Living Center](#) (women w/ young children) 509-325-2959
Veterans Administration 509-462-2500
[Volunteers of America Supportive Permanent Housing](#) 509-328-4685
[YWCA – Domestic Violence](#) 509-327-9534

HOUSING: Susedized/Low Income

[Affordable Housing Program - Spokane County](#): 509-477-4487
Brookstone Apartments: 509-928-5885
Cheney Gardens Apartments: 509-235-8006
Hamilton House Apartments: 509-483-9453
Hill-N-Dale Apartments: 509-467-6878
Liberty Park Terrace Apartments: 509-534-7392
Mount Vernon Terrace: 509-535-8314
Parkview Apartments - Spokane: 509-535-0513
Parkview - Cheney: 509-928-5885
Pine Villa: 509-467-6865
Regal Arms Apts: 509-483-3405
Richard Allen Apartments: 509-535-6913
[Spokane Community Housing Association](#) 509-327-0774
[Spokane Neighborhood Action Programs \(SNAP\)](#) 509-456-7106
Summit View Apartments 509-327-9524
[YWCA \(women\)](#) 509-326-1190

HOUSING: Oxford Houses of Spokane 509-744-3415

Bernard Oxford House (Men's): 509-737-0893
Freya Oxford House (Men's): 509-536-6092
Hamblen Oxford House (Men's): 509-448-0356
Helena Oxford House (Men's): 509-459-9221
Hillyard Oxford House (Women's): 509-279-2468
Inland Oxford House (Men's): 509-483-4770
Lincoln-Heights Oxford House (Men's): 509-624-5387
Manito Oxford House (Men's): 509-747-5855
Post Oxford House (Men's): 509-329-9904
Pratt Oxford House (Men's): 509-325-3914
Rowan Oxford House (Men's): 509-325-4614
Spokane Falls Oxford House (Men's): 509-536-0645
Spokane Grand Oxford House (Women's): 509-744-3415

HOUSING: Senior and Assisted Living

[Academy Retirement Community](#) – 509-484-4099
Adult Alternative Accommodations – 509-924-3084
Allen Adult Family Home – 509-927-6880
Angel Of Grace Adult Living Home – 509-921-6641
Autumn Years – 509-924-1800
Avalon Care Center At Northpointe – 509-468-7000
Bethany Place – 509-924-0580
[Brighton Court Assisted Living](#) – 509-926-4533
[Broadway Court Estates](#) – 509-921-0249
[Carlyle Care Center](#) - 509-624-1999
Cathedral Plaza Apartments 509-747-6777
[Clare Bridge of Spokane](#) (alzheimer's care) 509-323-1400
Clare House Retirement Center – 509-252-6500
Classy Retreat Adult Family Home – 509-838-7003, 509-838-8343, 509-869-9494
[Cooper George Retirement Community](#) – 509-838-1797
Cornerstone Residence – 509-467-7033
[Courtland Place](#) – 509-928-9197
Delaney Apartments 509-747-5081
Emilie Court 509-474-2550
[Empire Care](#) – 509-838-1933
[Evergreen Fountains Senior Living Community](#) 509-922-3100 or 1-866-517-1201
Fahy Garden Apartments 509-326-6759
Fahy West Apartments 509-326-6759
Fairfield Good Samaritan – Hilltop Retirement Apartments – 509-283-2118
Fairview Assisted Living Inc – 509-325-7339
[Fairwinds Coeur D'Alene](#) – 208-765-5505
[Fairwinds Spokane](#) – 509-468-1000
[Fairwood Retirement Village](#) – 509-467-2365
[Family First Senior Care](#) 1-877-326-5525
[Harbor Crest At Cedar Canyon Estates](#) – 509-443-8500
Hart Terrace Senior Community – 509-534-8245
Harvard Park Retirement Residence – 509-747-2703
Heritage Haven Adult Family Home - 509-838-0426

Heritage House – 509-467-9190
Hilltop Retirement Apartments – 509-283-2118
[Holman Gardens Retirement Community](#) – 509-927-2300
[Honoring Elders](#) 509-458-6800
Legends Park Assisted Living – 208-666-9900
Leisure Park – 208-772-9617
Lilac Plaza Retirement Community – 509-489-9510
[Maplewood Gardens Retirement & Assisted Living](#) – 509-489-9510
Mission Ridge Assisted Living 509-927-7148
[Moran Vista Senior Living](#) – 509-443-1944
Mount St Joseph – 509-838-2594
[Northpointe Retirement Community](#) – 509-465-8440
O'Malley Apartments 509-487-1150
[Orchard Crest Retirement Community](#) – 509-928-2222
[Park Place Retirement Community](#) – 509-922-7224
[Parkway Village Assisted Living Community](#) – 509-443-0401
Peterson Place Adult Family Home – 509-468-8291
Pinecrest Retirement Community – 509-276-6658
[Riverview Retirement Community](#) – 509-483-6483
[Rockwood Lane Retirement Community](#) – 509-838-3200
[Rockwood Retirement Communities of Spokane](#) – 509-466-0411
[Royal Plaza Retirement Center](#) – 509-483-7136
[Spokane Baptist Association Homes](#)
– Holman Gardens – 509-927-2300
– Lilac Plaza – 509-489-7612
– Pinecrest – 509-276-6658
Spokane Valley Good Samaritan Village – 509-924-6161
[Sullivan Park Assisted Living](#) – 509-924-5555
Viking Plass – 509-327-6949
[Waterford On South Hill](#) – 509-536-2929
[Willow Grove Home](#) – 509-467-1135
[Windriver House](#) – 509-325-1242

HOUSING: Coeur d'Alene & North Idaho

[Bestland Retirement Community](#) – 208-664-3138
[Fairwinds Coeur D'Alene](#) – 208-765-5505
Heatherstone Manufactured Home Community – 208-762-4083
[Heritage Place](#) – 208-664-2680
Lakewood Ranch – 208-664-2680
Legends Park Assisted Living – 208-666-9900
Leisure Park – 208-772-9617
Northside Manor Senior Homes – 208-667-1779
Sarah Street Apartments – 208-772-7762

INFORMATION, SUPPORT OR ADVOCACY

All Our Children 509-464-5595
[Answers for Special Kids \(ASK\)](#) Resource Line 1-800-322-2588
[First Call for Help 24 Hour Crisis Hotline](#) 509-838-4427
[Big Brothers/Big Sisters of the Inland Northwest](#) 509-328-8310

[Candlelighters](#) (families with children who have cancer) 509-953-5186 509-473-3557
Caring Friends of Cystic Fibrosis Support Group 509-536-0406
Casey Family Partners (CPS referral only) 509-473-4810
[Center for Children with Special Needs](#)
[CHER \(Community Health Education Resources\)](#) 509-232-8138
[Children with Attention Deficit Disorder \(CHADD\)](#) 1-800-233-4050
[Children with Special Health Care Needs/Spokane Regional Health District](#) 509-324-1651
[Compassionate Friends](#) (Support group for parents or siblings of a child who has died) 509-927-3685
[Department of Services for the Blind-Family Services](#) 509-456-2933
[Down Syndrome Family Network](#) 509-482-0224
Easter Seals of Washington Assistive Technology Center 509-326-8292
[Eastern WA Center for the Deaf and Hard of Hearing](#) 509-328-9220
Epilepsy Foundation including Support Group 509-325-1128
[Evergreen Spina Bifida Association](#) 1-877-606-2680
Fairchild AFB Resources 509-247-2246
[Family Educator Partnership Project](#) 509-328-6326
[Family Voices](#) 360-866-8254
[FAS Family Resource Institute](#) 1-800-999-3429
[Fathers Network](#) 509-328-6326
[Foster Parent Association of Spokane](#) 509-462-3777
Indian Child Welfare / American Indian Community 509-535-0886
[Make-A-Wish Foundation](#) 509-458-2618
Muscular Dystrophy Support Group 509-325-3802
[Northwest Autism Center](#) 509-467-8760
Northwest Parents of Blind Children – [National Federation of the Blind](#) 509-487-1732
Oley Foundation Support Group for Families with G-tube & infusion nutrition 509 255-5966
[Parent to Parent](#) 509-328-6326
Parents of Children with Hearing Impairment Support Group ([ASHA](#)) 509-789-5785
Passages: [Support for Parents of Children With Mental Illness](#) 509-892-9241
SCAN (Spokane Child Abuse and Neglect Prevention Center) 509-458-7445
[Second Timers \(Relatives Raising Relatives\)](#) 509-747-4174
[Senior Parents Support Group](#) 509-328-6326
[SIDS \(Sudden Infant Death Syndrome\) Foundation of Washington](#) 509-456-0505
[Spokane County Parent Coalition](#) 509-328-6326
Spokane Guild's School & Neuromuscular Center Parent Support Group 509-326-1651
[STOMP-Specialized Training for Military Parents](#) 1-800-572-7368
[The Arc of Spokane County](#) 509-328-6326
[Transitions for Women](#) 509-328-6702
[Washington Parent Power](#)
[Washington PAVE](#) (advocacy with special education issues) 1-800-572-7368 -or- 509-326-1722
[Wishing Star Foundation](#) 509-744-3411

LEGAL SERVICES

[Northwest Justice Project - CLEAR](#) 1-888-201-1014

RECREATION

[ARC Community Center](#) 509-789-2247

[Camp Fire USA](#) 509-747-6191

[Easter Seals – Spokane Recreational Program](#) 509-326-8292

[Special Olympics](#) 1-800-752-7559
[Spokane Parks & Recreation](#) 509-625-6200
[Spokane Valley Parks & Recreation](#) 509-688-0042
[Whitworth Aquatic Center](#) 509-777-4778

SENIORS

[Aging and Long Term Care of Eastern Washington](#) 509-458-2509
[Comfort Keepers](#) (in home care for veterans) 509-484-2345
[Foster Grandparent Program](#) 509-459-6176
[Hospice of Spokane](#) 509-456-0438
Meals on Wheels
- Cheney 509-924-6976
- Deer Park 509-993-2441
- [Spokane](#) 509-456-6597
- [Spokane County \(Spokane Regional Health District\)](#) 509-324-1533
- [Spokane Valley](#) 509-924-6976
OMEGA Center (home chores) 509-325-1839
[Senior Nutrition \(meals\)](#) 509-624-6060
[Volunteer Chore Services](#) 509-456-6184

TECHNOLOGY PROGRAMS, ACCESS, LITERACY & VITAL CONTENT

[Community Minded Enterprises](#) 509-444-3088
[Easter Seals Washington](#) 509-326-8292
[INHS/Northwest TeleHealth](#) 509-232-8121
[NNTAC \(Neighborhood Networks Technology Access Consortium\)](#)
[Spokane Baptist Association Homes – FUNN Computer Center](#) 509-489-7612
[Spokane Neighborhood Action Programs](#) 509-456-7174
[Spokane County Library District](#)
- Airway Heights 509-893-8250
- Argonne 509-893-8260
- Cheney 509-893-8280
- Deer Park 509-893-8300
- Fairfield 509-893-8320
- Medical Lake 509-893-8330
- Moran Prarie 509-893-8340
- Otis Orchards 509-893-8390
- Spokane Valley 509-893-8400
[Spokane Public Library](#)
- Downtown Library 509-444-5300
- Eastside Library 509-444-5375
- Hillyard Library 509-444-5380
- Indian Trail Library 509-444-5395
- Shadle Library 509-444-5390
- South Hill Library 509-444-5385
[Spokane Public Schools](#) 509-354-7618
[Spokane Valley Community Services Office](#) 509-227-2802
[Tamarack Center](#) 509-326-8100
[TINCAN \(The Inland Northwest Community Access Network\)](#) 509-744-0972
See Education: Colleges, Trade and Technical Schools for more about technology programs and

literacy

TRANSPORTATION

OMEGA Center (senior & disabled) 509-325-1839

[Our Place Ministries Spokane](#) (Bus passes) 509-326-7267

[Spokane Transit](#) 509-328-RIDE (7433)

[Spokane Transit Paratransit](#) 509-328-1552, TTY 509-327-6055

Spokane Transit Reduced Fare Card 509-456-7277

Special Mobility Services (Medicaid broker for transportation) 1-800-892-4817 or 509-534-9760

UTILITIES & TELEPHONE

[New Hope Resource Center](#) 509-467-2900

OMEGA Center 509-325-1839

[Our Place Ministries Spokane](#) 509-326-7267

[Spokane Neighborhood Action Programs \(SNAP\)](#) 509-242-2376

[Spokane Valley Partners](#) 509-927-1153 ext 21

[Washington Telephone Assistance Program \(WTAP\)](#)

[Volunteers of America Emergency Assistance](#) 509-624-2378

VETERANS SERVICES

[Comfort Keepers](#) (in home care) 509-484-2345

[County Veterans Coalition](#)

Spokane County Veterans Program 509-477-3690

[Spokane Veterans Center](#) 509-444-8387

Veteran Service Organizations (VSOs):

American Legion

- Post 196, Medical Lake, 509-447-3236

- Post 241, Spokane Valley, 509-484-3214

- Post 243, North Spokane, 509-323-0355

- Post 72, Cheney, 509-235-6181

Disabled American Veterans

- Chapter 45, Spokane, 509-325-1720

- Chapter 6, Spokane, 509-535-9100

Marine Corps League

- Detachment 586, Spokane, 509-624-9690

Veterans of Foreign Wars

- Post 11325, Spokane, 509-536-1801

- Post 1435, Spokane, 509-535-9315

- Post 1474, Spokane, 509-487-3784

- Post 2218, Spokane, 509-536-9193

- Post 3067, Deer Park, 509-276-5761

- Post 3386, Airway Heights, 509-244-5219

- Post 51, Spokane, 509-327-9847

- Post 5924, Elk, 509-292-8252

[Veterans Administration Medical Center](#) 509-434-7014 or 1-800-325-7940

[Worksource Spokane Veterans Unit](#) 509-532-3100

YOUTH GROUPS & SERVICES

[4-H Spokane County](#) 509-477-2165

[Adolescent Health Transition Project](#) 206-685-1358

[Big Brothers/Big Sisters of the Inland Northwest](#) 509-328-8310

[Boy Scouts – Inland Northwest Council](#) 509-325-0932

[Camp Fire USA](#) 509-747-6191 or 1-800-386-2324

[Crosswalk Youth Shelter](#) 509-838-6596

[Daybreak Teen Drug & Alcohol Program](#)

- Inpatient Program 509-624-3227

- Outpatient Spokane 509-444-7033

- Outpatient Spokane Valley 509-927-1991

[DO-IT](#) (advocates for academic careers for teens and young adults with disabilities) 509-328-9331

[DSHS Division of Developmental Disabilities \(DDD\)](#) 509-329-2900

[DSHS Division of Vocational Rehabilitation \(DVR\)](#) 509-363-4700

[Easter Seals – Spokane Recreational Program](#) 509-326-8292

[Excelsior Youth Center](#) (substance abuse) 509-328-7041

[Girl Scouts – Eastern Washington & Northern Idaho](#) 509-747-8091

[Odyssey Youth Center \(GLBTQA\)](#) 509-325-3637

[Spokane Youth Sports Association](#) 509-536-1800

[Tshimakain Creek Camp \(Union Gospel Mission\)](#) 509-535-8510

[YFA Connections](#) 509-532-2000

OTHER

A-1 Low Cost Spay, Neuter, Vaccination Clinic 509-926-4206

[House of Charity - Support services for homeless](#) 509-624-7821

- Community Voice Mail

- Gear storage

- Laundry services

- Mailing address (P.O. Box 2253 Spokane, WA 99210)

- Phone use ~ for calling providers (e.g. doctor, clinic, attorney, case manager, DSHS)

[Pet-Savers Low Cost Spay & Neuter Clinic](#) 509-924-7826

Special Mobility Services (foreign language interpreters) 1-800-892-4817 or 509-534-9760

[AT & T Language Line](#) 1-800-628-8486

Compiled by 4People.org

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