

DSHS Spokane Area Resource List

FIRST CALL FOR HELP 838-4428
YWCA ALTERNATIVES TO DOMESTIC VIOLENCE 326-2255
WA INFO NETWORK 2-1-1
 or go online to www.win211.org

FOOD BANKS:

Second Harvest Food Bank of Inland Northwest
www.shfoodbank.org 534-6678
 Call or check online at <http://2-harvest.org/5/get-help/> for location serving your zip code. **You will be turned away if you don't go to the food bank that services your zip code.** Most food banks require Picture ID, current proof of address, and Social Security cards for household members. **Must be over 18.**

***Airway Heights Baptist Church Food Bank**
 12322 Sunset Hwy, Airway Heights 244-2474

***Airway Heights Food Bank**
 13120 W. 13th, Airway Heights 244-4845

***American Indian Community Center**
 905 E. 3rd Ave. Spokane 535-0886

***Better Living Center**
 25 E. North Foothills Drive, Spokane 325-1258

***Caritas Center** 2919 N. Monroe, Spokane 326-2249

***Cheney Food Bank** 616 3rd St. Cheney 235-2325

***City Gate** 170 S. Madison, Spokane 455-9670

***East Central Food Bank** 500 S. Stone, Spokane 625-6699

***Greenhouse** 222 E. Crawford, Deer Park 276-8224

***Mead Food Bank** 12611 N. Wilson 466-7068

***Medical Lake Food Bank** 211 N. Lefevre 299-3819

***New Hope Ranch Urban Center**
 1827 E. Pacific Ave. 455-5444

***North County Food Bank**
 40015A North Collins Rd, Elk 292-2530

***Northeast Food Pantry** 4001 N. Cook, Spokane 487-1114

***Northwest Ecumenical Food Bank**
 3908 N. Driscoll Blvd, Spokane 325-4541

***Otis Orchards Food Bank** 4308 N. Harvard 926-3526

***Our Place** 1509 W. College, Spokane 326-7267

***The Salvation Army Food Bank**
 204 E. Indiana, Spokane 325-6821

***Southside Food Bank** 2934 E. 27th, Spokane 535-2301

***SNAP Food Bank** 4001 N. Cook, Spokane 487-1114

***Spangle Food Bank-Community Church**
 305 E. 2nd, Spangle 245-3362

***Spokane Valley Partners Food Bank**
 10814 E. Broadway, Spokane Valley 927-1153

***Westminster Presbyterian Church Food Bank**
 2705 W. Boone, Spokane 328-5002

CLOTHING BANKS:

Days and hours vary; call for information. Call individual locations regarding their specific services. These agencies also provide other services.

- Central Lutheran Church, 512 S. Bernard 624-9233
- Cheney Clothing Exchange 630 3rd St 235-2325
- City Gate, 170 S. Madison 455-9670
- Greenhouse, 222 E. Crawford Rd, Deer Park 276-8224
- Klothes Klost 926-2673
- Mission Community Outreach 536-1084
 1906 E. Mission
- NE Neighborhood Action Program 487-1114
 4001 N. Cook
- Our Place, 1509 W. College 326-7267
- Peaceful Valley Community Center 624-8634
 214 N. Cedar
- Spokane Community Warehouses 991-9345
 (Additional info and addresses are on-line)
- Spokane Valley Partners 927-1153
 10814 E. Broadway Ave. Spokane Valley
- Union Gospel Mission 1224 E. Trent 535-8510
- Valley Center, 11922 E. 1st Ave 927-1153
- YWCA Our Sister's Closet 930 N. Monroe 789-9280

CHILD CARE INFORMATION:

- DSHS Child Care Application 1-877-501-2233
- Family Care Resources 484-0048
- Head Start/ECAP Administration 533-4800
- SNAP's Homeless Childcare 624-4282

CHILD SUPPORT:

www.acf.hhs.gov/programs/css

- Washington (local #) 363-5000
- Idaho 1-800-356-9868
- Montana 1-406-444-9855
- Oregon 1-503-947-4388

CHILDREN:

- Adoption Services 363-5000
- *Antioch Adoptions 328-2700
- *Children's Home Society 747-4174
- *Lutheran Comm. Services 747-8224
- *Olive Crest 468-0700
- *Open Adoption Services 328-6274
2. CAPA, 12 E. 5th Ave, Spokane 455-4956
3. Child Protective Services (CPS) 1-866-END-HARM
 (1-866-363-4276)
4. Child Support Office (DCS) 363-5000
5. Children's Home Society 747-4174
6. DSHS Developmental Disabilities 329-2900
7. Division of Child & Family Services 363-3500
8. Family Care Resources/childcare 484-0048
9. Family Law Center 477-2486
10. Foster Care Licensing 363-3510
11. Guild School & Neuromuscular Center 326-1651
 Disabled (newborns to age 3)
12. Head Start for info & phone numbers:
<http://sccel.spokane.edu/>
13. Infant Crisis Needs 536-1084
14. Lutheran Community Services 747-8224
15. Mission Community Outreach 536-1084
16. Partners for Families & Children 473-4810
17. Shriners Hospital for Children 455-7844
18. Vanessa Behan Crisis Nursery 535-3155
 (Newborns to age 6, capacity - 14)

CRIME RESPONSE:

9-1-1

- Crime Check 456-2233
- Secret Witness 327-5111
- Spokane Police Tip Line 242-8477

DENTAL:

- ABCD for children - call for referral 324-1478
- CHAS Clinic - Main line 444-8200
 Downtown, 2nd and Monroe 434-0308
 Maple Clinic, 3919 N. Maple 242-1821
 Deer Park CHAS 434-0212
- Elderly Dental Access Program 458-2509
- EWU Clinic 310 N. Riverfront Blvd 828-1300
- Spokane Falls/Riverfront Family Clinic 326-4343
 4001 N. Cook, Spokane
- Veteran Affairs -VETERANS- 434-7000
- Native Health 1806 W. Maxwell 483-7535

DISABLED SERVICES:

- Adult Protective Services 1-800-459-0421
 Local 323-9400
- Aging and Long Term Care 458-2509
- CHORE (Volunteer-Based) 358-4270
- COPEs Personal Care Program 458-7450
- CORD 326-6355
 Coalition of Responsible Disabled People; Information and referral for people with disabilities
- Meals on Wheels Spokane 456-6597
- Meals on Wheels Spokane Valley 924-6976
- Wheelchair Transportation-Quality 535-2475
Private Pay - Call for prices

DSHS/CSO:

- DSHS Call Center 1-877-501-2233
- EBT Card (replacement) 1-888-328-9271
- ProviderOne card (replacement) 1-800-562-3022
- Apple Health 1-855-923-4633
- (To add new baby to ProviderOne card)

DROP-IN CENTERS:

- Cup of Cool Water (22 and under) 747-6686
- Odyssey Youth Center (14 to 21) 325-3637
- Women's Hearth 920 W. 2nd Ave 455-4249
- Mid-City Senior Center (60 and older) 747-3257
- Hall of Change - Shalom Ministries 838-1431
- House of Charity 624-7821

DRUG AND ALCOHOL TREATMENT:

- Alcohol/Drug Help Line 1-800-562-1240
- Alcohol/Drug Network (ADN @SRHD) 324-1420
- Alanon/Alteen Family Groups 456-2125
- Daybreak of Spokane (youth) Inpatient 624-3227
 Outpatient 444-7033
- Community Detox, 312 W. 8th 477-4631
- Healing Lodge of the Seven Nations 533-6910
 (13-17 yrs) 5600 E. 8th Spokane Valley
- YFA Connections - Adult - 22 S. Thor St. 532-2000
 (CRC Teens) - 201 W. 6th 747-1730
- Van Services-Sobering Unit 477-4625

EMPLOYMENT ASSISTANCE/TRAINING:

- AmeriCorps 1-800-942-2677
- AARP Title 5 325-7712
- BFET-Employment & Training
www.basicfoodnet.org
 Spokane Community College 533-8056
 Spokane Falls Community College 533-3599
- Career Path Services 326-7520
- Christ Kitchen 325-4343
 2410 N. Monroe (for women)
- Division of Vocational Rehab 363-4700
 toll free: 1-800-548-0941
- Job Corps 1-800-733-5627
- TANF-only Job Search 532-3127
- Work Source: Employment Security 532-3000

HOUSING/SHELTERS:

- YMCA - Alternatives to Domestic Violence 326-CALL (326-2255)
- Crosswalk Teen Shelter (13-17) 838-6596
 *Alexandria's House (teen moms) 489-0349
 *Ashton-Beck 535-8267
- Life Services Spokane 327-0701
 2659 N. Ash, for pregnant young women
- Hope House 111 W. 3rd 455-2886
 Single women - hot showers, clean beds, nutritional food in a safe, caring environment
- Flaherty House for men (18-24) 489-4043
- Hearth-Homes 926-6492
- House of Charity 32 W. Pacific 624-7821
 108 adult males; Open 8 am to 3:30 pm, Mon-Sat.; daily meal at 11 am; clothing bank; laundry; showers; property storage; mail drop. Free; open to all. Medical clinic open noon to 2 pm Tuesdays and Fridays.
- Union Gospel Mission 1224 E. Trent 535-8510
 200 adult males. 3 daily meals; case management; counseling; clothing; shower; eye care services; program for chemical dependence rehabilitation; doctor appointments available. No stay limit.
- UGM Women & Children's Shelter 535-0486
 1234 E. Sprague
- Anna Ogden Hall 2828 N. Mallon 327-7737
 Women & children; boys under 10; daily meals, case management
- Salvation Army 204 E. Indiana 325-5005
 *Family Promise Spokane 747-5487
 *Salvation Army Family Emergency Shelter 325-6814
 *St. Margaret's 624-9788
 *Transitions Living Center 325-2959
 *SNAP Housing 624-4282
- Miryam's House (women 18+) 747-9222
- Community Detox Services of Spokane 477-4631
- Spokane Housing Authority 328-2953
- Community-Based housing (VOA) 328-4685

NORTH IDAHO EMERGENCY SHELTERS:

- St. Vincent de Paul - CdA 208-664-3095
- UGM Women and Children's Shelter in CdA
 196 W. Haycraft Ave. CdA, ID 208-665-4613

HOUSING ASSISTANCE/LOW INCOME

Online: housingsearchNW.org

- City Gate, 170 S. Madison 456-5466
- Community Frameworks 484-6733
- HUD Housing & Urban Dev. 368-3200
- Spokane Housing Authority 328-2953
- NW Fair Housing Alliance 325-2665
- Senior & Family Housing 459-6102
- SNAP Offices 624-4282 or 456-7106
- Spokane Housing Ventures 232-0170
- Summit View Apartments 327-9524
- Spokane Urban Ministries 328-6280
- Westfall Village 487-5244

LAUNDRY

House of Charity	624-7821
Our Place	326-7267
Peaceful Valley Community Center	624-8634

LEGAL SERVICES

1. Center for Justice 35 W. Main #300	835-5211	or online at cforjustice.org
2. NW Justice Project	1-888-201-1019	or online at nwjustice.org
3. Courthouse Relicensing Program	835-5951	
4. Court Facilitator (Family Law)	477-7612	
5. Fulcrum Institute 211 W. Augusta	838-2799	
6. Human Rights Commission	568-3196	Toll free 1-800-233-3247
7. Volunteer Lawyers 1704 W. Broadway	324-0144	Family Law, Income Advice, Divorce Seminar, Housing, Bankruptcy Clinic M: 1-6; R: 1-4
8. YWCA	789-9297	DV Attorney: Legal Advocates: 477-3656
9. Other websites that may be helpful		www.court.wa.gov www.washingtonlawhelp.org www.svlawhelp.org www.nwirp.org www.disabilityrightswa.org www.columbialegal.org www.tenantsunion.org www.homeownership.wa.gov

MEAL SITES (Call for days and times):

1. Anna Ogden Hall, 2828 W. Mallon	327-7737	
2. Central United Methodist, 518 W. 3 rd Ave	838-1431	
3. City Gate, 170 S. Madison	455-9670	
4. Crosswalk, 525 W. 2 nd 13-18 yrs olds	838-6596	
5. Cup of Cool Water, 1106 W. 2 nd (under 22)	747-6686	
6. House of Charity, 32 W. Pacific	624-7821	
7. Meals-on-Wheels, 1222 W. 2 nd (60+)	747-3257	
8. Shalom Ministries, 518 W. 3 rd	838-1431	
9. St. Ann's Parish, 2120 E. First	535-3031	
10. Union Gospel Mission, 1224 E. Trent	535-8510	
11. Women's Kitchen & Children's Free Restaurant	324-1995	1620 N. Monroe

MEDICAL

1. Washington Health Benefit Exchange	1-855-WA-FINDER	1-855-923-4633	or online at http://www.wahbexchange.org/
2. Christ Clinic, 914 W. Carlisle		325-0393	
3. CHAS Clinics – call to schedule:		444-8200	Denny Murphy, 1101 W. 2 nd Ave. Spokane Maple St. Clinic 3919 N. Maple, Spokane Market St. Clinic, 5921 N. Market, Spokane Valley Clinic, 924 S. Pines, Spokane Valley North County, 401 S. Main, Deer Park
4. Deer Park Family Clinic,		276-5005	905 E. D St. Deer Park
5. ECCO, 500 S. Stone		536-9031	
6. Greenacres Health Care Center		924-3374	18215 E. Appleway, Greenacres
7. Homeless Vet Health Care		462-2500	705 W. 2 nd , Ave., Spokane
8. Life Services, 2659 N. Ash		327-0701	
9. Valley Crisis Pregnancy Center		891-2850	
10. NATIVE Health Clinic		483-7535	
11. NATIVE PROJECT		325-5502	
12. Planned Parenthood City:		326-6292	123 E. Indiana Valley: 12104 E. Main 922-2528
13. Project Access, 104 S. Freya		532-8877	
14. Shriners Hospital for Children		455-7844	
15. Spokane AIDS Network		455-8993	
16. Spokane Central Lions		328-6900	Children/adults glasses & eye exams
17. Spokane Falls Family Clinic		326-4343	Riverstone Family Health
18. VA Hospital 4815 N. Assembly		434-7000	
19. Women's Clinic, 1603 N. Belt		473-7060	

MENTAL HEALTH ASSISTANCE

Nationwide Toll Free	1-800-782-9264
1. Catholic Charities Counseling	242-2308
2. Eastern State Hospital	565-4000

3. Frontier Behavioral Health	838-4128
CRISIS LINE	838-4428
4. Lutheran Community Services	747-8224
Victim Crisis & Sexual Assault Victim Lin	624-7273
5. Passages Family Support	892-9241
6. RSN-Regional Support Network	477-5722
7. Sunshine Health Facilities	892-4342
8. Tamarack Center	326-8100
9. United Behavioral Health	777-8900

NATIVE AMERICAN

1. American Indian Community Center		610 E. North Foothills Dr., Spokane	535-0886
2. NATIVE Project, 1803 W. Maxwell			325-5502
3. Spokane Tribal TANF, 232 E. Lyons			533-1360

OTHER/MULTI-SERVICE AGENCIES

1. Catholic Charities, 12 E. 5 th Ave			358-4250
2. SCC-IEL GED Classes			533-4600
3. Goodwill Employment Services			462-0513
4. Labor & Industries			324-2600
5. Unemployment Office		1-800-318-6022	
6. Welfare & Fraud Hotline		1-800-562-6906	
7. Transitions			328-6702
8. World Relief 1522 N. Washington #204			484-9829
9. Prevention Center			922-8383
10. CHER Comm. Health Ed Resources			232-8138
11. Medical Lake Comm. Outreach			299-3819
12. Mid-City Senior Center (60+)			747-3257
13. Scottish Rite			624-5491
14. Shalom Ministries			838-1431

OUT OF HOME YOUTH

1. Alexandria's House			489-0349
2. Crosswalk (VOA), 525 W. 2 nd (under 17)			838-6596
3. Cup of Cool Water (22 and under)			747-6686
4. Crisis Residential Center			624-2868
			For youth, runaways and teens in conflict with family – 201 W. 6 th Ave.
5. Life Services Maternity Home			327-0701
6. Odyssey Youth Center (14 to 21)			325-3637
7. Juvenile Rehabilitation Administration			456-3250

PRESCRIPTION ASSISTANCE (LIMITED)

1. Medicare Prescription questions	1-800-633-4227
2. Spokane Valley Partners	927-1153
3. Volunteers of America	624-2378
4. WDPD Program	1-800-913-4146

SOCIAL SECURITY & RR RETIREMENT

1. Social Security office	1-800-772-1213	714 N. Ironbridge Way, Suite 100 or www.ssa.gov
2. Railroad Retirement	1-877-772-5772	920 W. Riverside, Suite 492B

TELEPHONE ASSISTANCE

1. SNAP Comm. Voice Mail	624-4282x206
	For homeless and low income families to receive messages for employment, housing, and safety
	212 S. Wall, Spokane
2. Assurance Wireless	1-888-898-4888

THRIFT SHOPS

1. Care & Share, 211B Lefevre, Medical Lake	299-9024	
2. Discovery Shop, 805 W. Garland	328-9373	
3. Global Neighborhood Thrift 902 W. Indiana	868-0001	
4. Goodwill, 202 E. 3 rd ,	458-0396	
5. Goodwill in Valley, 13721 E. Sprague	928-4032	
6. Goodwill North 9832 N. Nevada	466-2012	
7. Northwest Christian Thrift Store	326-1522	6607 N. Maple
8. Salvation Army Thrift Store	325-6805	2020 N. Division
9. Salvation Army Valley Store	892-0841	10623 E. Sprague
10. Teen Challenge, 1919 E. Sprague	534-0443	
11. UGM Thrift Store, 301 W. Boone	326-3316	
12. UGN Thrift Store, 11921 E. Sprague	927-5905	
13. Value Village, 708 W. Boone	325-7569	
14. Value Village, 3112 E. Sprague	921-7889	
15. Volunteers of America Thrift Store,	327-4112	6206 E. Trent

TRANSPORTATION RESOURCES

1. Care Cars (60+ and self-ambulatory)	458-7450
2. Paratransit (elderly and disabled)	328-1552
3. Special Mobility Services	534-9760
	Use Medical coupons, transportation to and from health provider, prefer 24 hour notice.
4. Reduced STA Fare Card, 701 W. Riverside	456-7277
5. STA Bus Schedule	328-RIDE
6. Volunteer Chore Services	358-4270
	Contact for more information

UTILITY ASSISTANCE (LIMITED)

SNAP	456-7111
	Energy assistance, minor home repairs, Project U-Help, Traveler's Assistance
Weatherizing, New Hope Resource Center	467-2900
	Must live in service area
Volunteers of America	624-2374
	(Depends of availability of funds)

VETERANS SERVICES

Veteran Crisis Line	1-800-273-8255 (Press 1)
VA Customer service (National)	1-800-827-1000
VA Customer service (Local)	1-800-325-7940
Veterans Outreach	444-8387
Goodwill SSVF Program	444-4320
More information:	www.spokane.va.gov

WEBSITES FOR MORE RECOURCES:

- 4 People Online Database for Resources: <http://mobile.4people.org/countydocs/spokane.pdf>
- Fig Tree Links to community resources: <http://www.thefigtree.org/connections-resources.html>
- New Hope Resource Center – Serving Northern Spokane County: <http://www.newhoperesource.org/>
- Parent Resources: <https://resources.parenthelp123.org>
- Spokane County Prevention Services Eligibility Survey: www.spokanecountyhprp.com
- Spokane Homeless Coalition: www.spokanehc.org
- Spokane Regional Health District <http://srhd.org/>
- Brigid's Cloak: www.brigidscloak.org

WIC (Women, Infants & Children) Supplemental Food Program:

Days and hours vary, call for information. Free.		
1. Airway Heights Community Center	244-9334	13120 W. 13 th
2. Cheney	559-5839	204 4 th St
3. Deer Park	276-3770	113 E. 2 nd St.
4. East Central Community Center	323-2830	500 S. Stone
5. Fairchild AFB	247-2760	610 N. Depot Fairchild AFB Bldg 2447, Rm 306
6. NE Community Center	323-2828	4001 N. Cook
7. North Spokane	323-2818	5901 N. Lidgerwood #224
8. Downtown, SRHD	324-1620	1101 W. College
9. Valley	323-2800	12213 E. Broadway
10. West Central Community Center	323-7497	1603 N. Belt

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