SPOKANE COUNTY RESOURCES

CRISIS

For emergency dial 911 or 112 from cell phone

24 Hour Crisis Hotline 509-838-4428

Child Abuse Hotline 1-866-363-4276

Domestic Violence

- Abuse Recovery Ministry & Services 1-866-262-9284
- Alternatives to Domestic Violence (hotline & shelter)
 509-326-2255 (CALL)
- Statewide Domestic Violence Hotline 1-800-562-6025

First Call for Help 24 Hour Crisis Hotline 509-838-4428

CASE MANAGEMENT

Aging and Long Term Care of Eastern Washington 509-458-2509 or 509-477-4442 TTY

DSHS Dept of Social & Health Services 1-877-501-2233

DSHS Division of Developmental Disabilities (DDD) 509-329-2900

ESD 101 (Homeless Youth in School) 509-228-4114

- Cheney School District 509-559-4507
- Deer Park School District
 509-464-5522 or 509-464-5527
- East Valley School District
 509-241-5068 or 509-241-5035
- Freeman School District
 509-291-4791 ext. 424
- Liberty School District 509-245-3211 ext. 2217
- Mead School District 509-465-6008

- Medical Lake School District 509-565-3408
- Nine Mile Falls School District 509-340-4108
- Orchard Prairie School District 509-467-9517
- Riverside School District 509-464-8561
- Spokane Public Schools
 509-354-5915 or 509-354-7305
- West Valley School District 509-927-1100

House of Charity 509-624-7821

Spokane AIDS Network 509-455-8993

Spokane Community Services, Housing and Community Development Department 509-477-5722

Spokane Neighborhood Action Programs (SNAP) (Homeless case management) 509-456-7111

Spokane Regional Health District HIV/AIDS Program 509-324-1542

FAMILY SERVICES

<u>Childcare or Respite Care</u> Central Valley School District 509-228-5810

Child Care Resources & Referral (Community Minded Enterprises) 509-484-0048

Cuddles and Care Sick Child's Service 509-474-4615

Family Care Resources (Community Minded Enterprises) 509-484-0048

Liberty Park Child Development Center 509-534-0957

Martin Luther King Jr. Family Outreach Center 509-455-8722

Parent to Parent (ARC) Special Sitters Program 509-328-6326

YMCA of the Inland Northwest Child Care 509-777-YMCA (9622)

Child Development, Services & Programs

Children FIRST 509-924-2850

Center for Pediatric Therapy 509-487-2958

Children with Special Health Care Needs (Spokane Regional Health District) 509-324-1697

Early Head Start (Institute for Extended Learning) 509-533-4800

Eastern Washington University Hearing and Speech Clinic 509-358-7580 or 509-358-7579 TTY

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

Liberty Park Child Development Center 509-534-0957

Nurse Family Partnership 509-324-1621

Ritecare Spokane (Speech & language therapy) 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 Physical Therapy for Children & Adults 509-921-9798

Education and Support for Parents

Arc of Spokane (developmentally disabled, autistic) 509-328-6326

Childbirth & Parenting Support (Catholic Charities) 509-455-4986

Foster Parent Association of Eastern Washington 509-363-3473

St Margaret's Shelter for Women (homeless mothers) 509-624-9788

Support Care and Network 509-458-7445

Fatherhood programs 509-218-7955

Teen Parent Network 509-252-3942

24 Hour Crisis Hotline (mental health) 509-838-4427

All Our Children 509-747-0920

American Childhood Cancer Organization Inland Northwest 509-443-4162

Children with Attention Deficit Disorder (CHADD) 1-800-233-4050

Compassionate Friends (Support group for parents or siblings of a child who has died) 509-993-8854

Easter Seals of Washington Assistive Technology Center 509-326-8292

Eastern WA Center for the Deaf & Hard of Hearing 509-328-9220

Epilepsy Foundation Northwest 509-325-1128

Evergreen Spina Bifida Association 1-877-606-2680

Fairchild AFB Airman & Family Readiness Center 509-247-2246

Family Health Hotline 1-800-322-2588 Foster Parent Association of Eastern Washington 509-363-3473

Indian Child Welfare / American Indian Community 509-535-0886

Make-A-Wish Foundation 509-458-2618

Northwest Autism Center 509-328-1582

Northwest Parents of Blind Children – National Federation of the Blind 509-487-1732

Parent to Parent 509-328-6326

Parents of Children with Hearing Impairment Support Group (ASHA) 509-789-5785

Partners with Families & Children Spokane (children's advocates) 509-473-4810

SCAN (formerly Spokane Child Abuse and Neglect Prevention Center) 509-458-7445

Spokane County Parent Coalition 509-328-6326

Spokane Guild's School & Neuromuscular Center Parent Support Group 509-326-1651

Transitions for Women 509-328-6702

Washington PAVE (advocacy with special education issues) 1-800-572-7368

Wishing Star Foundation 509-744-3411

CLOTHING, FURNITURE, HOUSEWARES

Airway Heights Thrift Shop 509-218-4593

Calvary Baptist Church 509-747-8793

Care and Share 2nd Hand Store 509-299-9024

Central Lutheran Church 509-624-9233

Cheney Clothing Exchange 509-235-2325

City Gate Spokane 509-455-9670

Discovery Shop 509-328-9373

Elegant Peasant 509-325-9857

Goodwill services 509-462-0513 or TDD 509-344-0163

Goodwill stores

- Downtown Spokane509-444-2396
- 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

Mission Community Outreach Center 509-536-1084

New Hope Resource Center 509-467-2900

Northwest Christian Thrift Store 509-326-1522

Other Mothers 509-465-9499

Our Place Ministries Spokane 509-326-7267

Our Sisters Closet - YWCA (work clothing) 509-326-1190

Salvation Army Services 509-325-6821

Sherry's Second Choice 509-466-4015

Spokane Community Warehouse 509-991-9345

Spokane Valley Partners 509-927-1153

St Vincent de Paul 509-326-0735

Teen Challenge Thrift Store 509-534-0443

The Clothes Closet 509-891-7413

The Reclothery 509-624-9741

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

School Districts, Special Education 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 age 21) 509-927-1100

Deer Park School District 509-464-5500

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

- Center for Special Education 509-789-3527
- North Spokane509-456-6320
- South Spokane 509-789-3800
- School Nurse Corp Supervisor 509-789-3583

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

Medical Lake School District Special Services 509-565-3145

Nine Mile Falls School District 509-340-4300

Orchard Prairie School District 509-467-9517

Riverside School District 509-464-8201

Spokane Schools 509-354-5900

Spokane Schools Special Education 509-354-7947

West Valley School District #363 509-924-2150

Early Learning/Headstart/ECEAP
American Indian Community Center
509-535-0886

Central Valley Even Start Literacy Program 509-228-5820

Central Valley School District 509-228-5810

Deer Park School District 509-464-5616 or 509-464-5525

East Valley School District 509-924-1830, ask for ECEAP

Institute for Extended Learning (IEL) 509-533-4800

Liberty Park Developmental Center 509-534-0957

Little Eagles Nest Preschool, Eastern Washington University 509-359-2504

Manitor Cooperative Preschool 509-838-7442

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

509-789-9271

Head Start 509-533-4800

Little Eagles Nest Preschool, Eastern Washington University 509-359-2504

Manitor Cooperative Preschool 509-838-7442

Colleges, Trade and Technical Schools

Adult Education Center (IEL)

509-533-4600

Allied Training Systems 509-327-1140

Apollo College - Spokane 509-532-8888

Bethel AME Church (GED & Education programs) 509-533-2683

Community Colleges of Spokane Adult Learning & ESL 509-533-4600

Community Colleges of Spokane IBEST Program 509-434-5166 or 509-533-8571

Eastern Washington University 509-359-2397

Eastern Washington Carpenters Training 509-532-8833

Embry-Riddle Aeronautical University Spokane 509-244-3832

Espirit Technologies 509-455-5054

European Hair Designers Academy 509-328-6175

Glen Dow Academy of Hair Design 509-624-3244

Gonzaga University 1-800-986-9585

Goodwill 509-344-0163

H&R Block Income Tax Training 509-328-4399

Health Care Training Center 509-893-1776

Horizon Medical Institute 509-534-1551

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 509-467-1727

ITT Technical Institute 509-926-2900

Job Corps 509-534-2269

L & T Truck Driver Training 509-464-2199

Moody Bible Institute (Spokane) 1-877-487-1769

National Transportation Driver Training Center 509-534-3380

New Horizons Computer Learning Center 509-328-8077

OXARC School of Welding 509-755-0655

PacifiCAD 509-326-7789

Park University – Fairchild AFB 509-244-2020

Sage Truck Driving School 1-800-400-0779

Skils'Kin (disabled) 509-326-6760

Spokane CNA Certification Training Classes 509-850-0033

Spokane Community College 509-533-7000 or 1-800-248-5644

Spokane Falls Community College 509-533-3500 or 1-888-509-7944

Spokane Service Team (Americorps/ESD 101) 509-535-1613

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 509-335-2776

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 - IEL) 509-533-8571

WSU Extension Spokane County 509-477-2048

EMPLOYMENT

AARP Senior Employment 509-325-7712

AES , Inc – An Employment Source 509-838-3500

AccountingPros Staffing Services 509-323-3233

American Indian Community Center 509-535-0886

Aspen Personnel Service 509-624-4858

Career Path Services 509-326-7520

Career Path Services WorkSource Affiliate - Spokane 509-326-7520

Christ Kitchen (women) 509-325-4343

Command Center 509-328-3939

DentalPros Staffing Services 509-444-8868

Employment Services for Offenders 509-344-0164 or 509-444-4319 or 509-232-1122

Express Personnel Services 509-747-6011

Forever Working Labor Calendar 509-443-0981

Goodwill Industries 509-462-0513

Job Corps 509-534-2269

Kelly Services 509-327-3637

Labor Ready

- Spokane 509-535-8582
- Spokane Valley
 509-891-6524 or 509-922-7791

Labor Systems 509-893-2595

LegalPros Staffing Services 509-323-3235

Manpower 509-838-8531 or 509-462-2109

MedicalPros Staffing Services 509-323-3223

Microenterprise Development Program (SNAP) 509-456-7106

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

OfficePros Staffing Services 509-444-8868

Olsten Staffing Services 509-624-5218

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

Senior Community Service Employment 509-325-7712

Spherion Staffing Services 509-456-4944

Spokane Community College WorkFirst Program (DSHS clients) 509-533-7249

Spokane Community College Workforce Education and Career Services 509-533-7249

Spokane Community College WorkSource Affiliate 509-533-8070 or 1-800-248-5644 ext. 8070

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 509-533-3042

Spokane Service Team (Americorps/ESD 101) 509-535-1613

Spokane WorkFirst (DSHS clients) 509-227-2727

The Arc of Spokane 509-328-6326

Tradesmen International 509-228-0142

Washington Small Business Development Center 509-358-7890

Worksource Spokane 509-532-3000

WorkSource Spokane Community College Affiliate 509-533-8070 or 1-800-248-5644 ext. 8070

Worksource Spokane Falls Community College Affiliate 509-533-3042

Worksource Spokane Veterans Unit 509-532-3100

FINANCIAL ASSISTANCE

Department of Social & Health Services 1-877-501-2233

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

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 Baptist Church Food Bank 509-244-2474

Airway Heights Food Bank 509-244-1611

American Indian Community Center (for seniors) 509-535-0886

Better Living Center 509-325-1258

Brown Bag Program – 2nd Harvest (delivery to homebound) 509-534-6678 ext. 223

Calvary Baptist Church 509-747-8793

Catholic Charities Senior Meals - Deer Park Senior Center 509-276-2411

Caritas Outreach Ministries 509-326-2249

Cheney Food Bank 509-235-2325

City Gate Spokane 509-455-9670

East Central Food Bank 509-625-6699

Feed Spokane 509-216-7364

Food Stamps: DSHS Dept of Social & Health Services 1-877-501-2233

Greenhouse Food Bank 509-276-8224

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 509-235-6196
- Deer Park509-993-2441
- Spokane 509-456-6597
- Spokane Valley509-924-6976

Medical Lake Food Bank 509-299-3819

New Hope Ranch Urban Center 509-455-5444

New Hope Resource Center (Emergency food) 509-467-2900

North County Food Bank 509-292-2530

Northeast Food Pantry 509-487-1114

Northwest Ecumenical Food Bank 509-325-4541

Otis Orchards Food Bank 509-926-3526

Our Lady of Lourdes 509-358-4290

Our Place Ministries Spokane Food Bank 509-326-7267

Peaceful Valley Community Center 509-624-8634

Salvation Army Food Bank 509-325-6821

Seventh Day Adventist Better Living Center 509-325-1258

Shalom Ministries 509-455-9019

Southside Food Bank 509-535-2301

SNAP Food Bank – Northeast Center 509-487-1114

Spangle Food Bank 509-245-3362

Spokane AIDS Network 509-455-8993

Spokane Community Gardens 509-534-6678

Spokane Ecumenical Food Bank 509-325-4541

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 509-328-5002

WIC (Women, Infants, Children) 509-323-7497

HEALTH SERVICES

Health Insurance

DSHS Dept of Social & Health Services (Medicaid) 1-877-501-2233

Health for All (help w/ obtaining healthcare) 509-444-3066

Medicare (for seniors or disabled) 1-800-633-4227 or TTY 1-877-486-2048

Project Access Spokane (health care for uninsured, low income) 509-532-8877

Washington Apple Health for Kids 1-855-900-3066

Washington Basic Health Plan 1-800-660-9840

Washington Prescription Drug Program 206-521-2027

Washington State Insurance Commissioner 1-800-562-6900

General

Access to Baby and Child Dentistry (ABCD) Program 509-324-1478

Christ Clinic 509-325-0393 Community Health Association of Spokane (CHAS) 509-444-8200

Community Health Intervention and Prevention Services 509-324-1420

Crisis Pregnancy Center – Life Services 509-327-0701

Deaconess Medical Center 509-458-5800

Deaconess Rockwood Urgent Care Centers

- Argonne509-342-3980
- Downtown509-342-3100
- Liberty Lake509-342-3990
- North509-755-5400
- South509-342-3971
- Valley 509-755-5712

Eastern Washington University (EWU)-Limited Dental Care 509-368-6544

Holy Family Hospital 509-482-0111

House of Charity 509-624-7821

Immunization Clinic – Spokane Regional Health District 509-324-1600

Inland Northwest Genetic Clinics 509-535-2278

NATIVE Health of Spokane 509-325-5502

Nurse Family Partnership (Free 1st time low income pregnancy care for moms 28 wks or less) 509-324-

1621

Partners with Families and Children 509-473-4810

Sacred Heart Children's Hospital 509-474-4841

Sacred Heart Medical Center

509-474-3131

Shriner's Hospital for Children 509-455-7844

Spokane Central Lions Club (vision care) 509-328-6900

Spokane Falls Family Clinic 509-326-4343

Spokane Regional Health District

- ABCD Program (dental for children) 509-324-1478
- HIV/AIDS Program 509-324-1542

Spokane Veterans Outreach Center 509-444-8387

St. Luke's Rehabilitation Services 509-473-6869

Valley Hospital and Medical Center 509-924-6650

Veterans Administration Medical Center 509-434-7000 or 1-800-325-7940

Behavioral, Mental Health

24-Hour Crisis Line 509-838-4428

Catholic Charities Counseling 509-242-2308

Christ Clinic 509-325-0393

Excelsior Youth Center (boys 10 – 18) 509-328-7041

Family Service Spokane 509-838-4128

First Call for Help Crisis Line 509-838-4428

HOPE Partners/REM Associates (mental health & dual diagnosis) 509-835-3599

Lutheran Community Services Northwest 509-747-8224

Spokane Mental Health 509-838-4651

Spokane Veterans Outreach Center 509-444-8387

Tamarack Center 509-326-8100

Veterans Administration Medical Center 509-434-7050 or 1-800-325-7940

Substance Abuse

Abstemious Outpatient Clinic

- Northside Office 509-326-7721
- Valley Office 509-927-7814

Adept Assessment - Treatment Center 509-327-3120

Al Anon/Alateen Family Groups 509-456-2125

Alcoholics Anonymous 509-624-1442

American Behavioral Health Systems 509-232-5766

Camas Institute Behavioral Health Services 509-456-0799

Colonial Clinic 509-327-9831

Community Detox Services of Spokane 509-477-4650

Daybreak Youth Services 509-624-3227

Deer Park Recovery 509-276-2797

Drug Court, Youth Services, SAAM, DUI/DOL 509-326-7740

Excelsior Youth Center 509-328-7041

Gateway Counseling Services 509-532-8855

GSSAC Prevention Center 509-922-8383

Healing Lodge of the Seven Nations 509-533-6910

HOPE Partners/REM Associates (mental health & dual diagnosis) 509-835-3599

Lakeside Recovery Treatment Center 509-328-5234

NATIVE Project – Spokane 509-483-7535

New Directions Outpatient Clinic 509-838-0304

New Horizon Care Center 509-838-6092

New Horizons Counseling Services 509-838-6092

Northeast Washington Treatment Alternatives 509-326-7740

Pioneer Center East 509-325-2355

Social Treatment Opportunity Programs II 509-927-3668

Spokane Addiction Recovery Centers (SPARC) 509-624-3521

Spokane County Coordinator for Chemical Dependency Services 509-477-4507

Spokane Regional Health District Opiod Treatment Program 509-324-1420

Sun Ray Court (male residential program) 509-456-5465

The Healing Lodge of Seven Nations 509-533-6910

Tobacco Quit Line 1-800-QUIT-NOW

YFA Connections (youth) 509-532-2000

LEGAL SERVICES

Fulcrum Dispute Resolution Services 509-838-2799

Northwest Justice Project

- CLEAR 1-888-201-1014
- CLEAR*Sr (60-plus)
 1-888-387-7111

Northwest Mediation Center 509-456-0103

SENIORS

Aging & Long Term Care of Eastern Washington 509-458-2509

American Indian Community Center (meals for seniors) 509-535-0886

Catholic Charities Senior Services 509-459-6175

Foster Grandparent Program 509-459-6175

Hospice of Spokane 509-456-0438

Meals on Wheels 509-456-6597 (pet food also)

Northwest Justice Project - CLEAR*Sr 1-888-387-7111 Senior Centers:

Corbin Senior Center (Spokane) 509-327-1584

Deer Park Senior Center 509-276-2411

East Central Senior Center (Spokane) 509-327-1584

Mid-City Senior Center (Spokane) 509-747-3257

Sinto Senior Activity Center (Spokane) 509-327-2861

Southside Senior & Community Center (Spokane) 509-535-0803

Veterans Administration Medical Center 509-434-7000

Volunteer Chore Services 509-459-6175

TRANSPORTATION

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

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

UTILITIES, TELEPHONE & CELL PHONE

Assurance Wireless (free for low income) 1-888-898-4888

AT&T Wireless Lifeline Service 1-800-377-9450

New Hope Resource Center 509-467-2900

Our Place Ministries Spokane 509-326-7267

Safelink Wireless (free for low income) 1-800-723-3546

Spokane Neighborhood Action Programs (SNAP) 509-242-2376

Spokane Valley Partners 509-927-1153 ext. 21

Washington Telephone Assistance Program (WTAP) 1-800-562-6150

Volunteers of America Emergency Assistance 509-624-2378

VETERANS SERVICES

Spokane County Veterans Services 509-477-3690

Spokane Veterans Center 509-444-8387

American Legion

- Post 72, Cheney
 509-235-6181
- Post 196, Medical Lake
 509-447-3236
- Post 241, Spokane Valley 509-484-3214
- Post 243, Spokane
 509-768-0103

Disabled American Veterans

- Chapter 6, Spokane
 509-535-9100
- Chapter 45, Spokane 509-325-1720

Marine Corps League Detachment 586, Spokane 509-624-9690

Veterans of Foreign Wars

- Post 51, Spokane509-327-9847
- 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 5924, Elk
 509-292-8252
- Post 11325, Spokane 509-536-1801

Veterans Administration Medical Center 509-434-7000

Worksource Spokane Veterans Unit 509-532-3100