



Community Resource Guide

Students, parents, principals, teachers, school counselors, social workers and community members are encouraged to use this resource and share it with others.

BASIC NEEDS

Housing/Shelter

Catholic Charities	12 E 5th	358-4250	www.catholiccharitiesspokane.org/programs
Crisis Residential Center (CRC)	201 W 6th	624-2868	www.yfaconnections.org
Crosswalk Teen Shelter (ages 13 - 17)	525 W 2nd	838-6596	www.voaspokane.org/Services/Homelessness/Crosswalk-Teen-Shelter
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Homeless Families Coordinated Assessment	19 W Pacific	325-5005	
Housing Search NW		877-428-8844	http://housingsearchnw.org
Pad Mapper			www.padmapper.com
SNAP Homeless Services (Spokane County Only)	212 S Wall	456-7627	www.snapwa.org/services-we-provide/i-need-help-with-housing/i-am-homeless
UGM Crisis Shelter for Women and Children	1234 E Sprague	535-0486	www.ugmspokane.org/crisis-shelter-for-women-and-children
UGM Men's Shelter	1224 E Trent	535-8510	www.ugmspokane.org/mens-shelter

Food

2nd Harvest	1234 E Front	534-6678	www.2-harvest.org/5/get-help
Catholic Charities	12 E 5th	358-4250	www.catholiccharitiesspokane.org/programs
Comm. of Christ Church/Free Lunch Program	11515 E Broadway	535-2513	www.cofchrist-spokane.org
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Eastpoint Single Mom's Pantry	15303 E Sprague	533-6800	http://eastpointchurch.org/ministries/single-moms-ministry
Free Summer Meals		800-436-6392	https://resources.parenthelp123.org/service/summer-meals
Holy Trinity Lutheran Monthly Dinner	2511 S Pines	926-7966	
Klothes Kloset @ Opport. Christian Fellowship	12321 E 14th	926-2673	www.opportunitychristianfellowship.org/#/ministries
Otis Orchards Food Bank	4308 N Harvard	555-5148	www.otisorchardssda.org
Salvation Army	222 E Indiana	325-6810	www.salvationarmyspokane.org/services
Spokane Regional Health District	1101 W College	324-1420	www.srhd.org/services
Spokane Valley Food Bank	10814 E Broadway	927-1153; 928-7769	www.svpart.org/food_bank.html
Spokane Valley Partners	10814 E Broadway	927-1153	www.svpart.org
Spok. Valley United Methodist Monthly Dinner	115 N Raymond	924-7262	www.spokanevalleychurch.org
Washington Connection			www.washingtonconnection.org/home
Women's and Children's Free Restaurant	1620 N Monroe	324-1995	www.wcferspokane.org/wcfr2

Clothing and Household Items

Catholic Charities	12 E 5th	358-4250	www.catholiccharitiesspokane.org/programs
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Goodwill Store	13721 E Sprague	509-928-4032	http://discovergoodwill.org/where-to-shop
Inland NW Baby	15303 E Sprague	499-0670	www.inlandnwbaby.org
Klothes Kloset @ Opport. Christian Fellowship	12321 E 14th	926-2673	www.opportunitychristianfellowship.org/#/ministries
Salvation Army Thrift Store	11211 E Sprague	928-9970	www.salvationarmyspokane.org/services/stores
Spokane Valley Partners Clothing Bank	10814 E Broadway	927-1153 x24	www.svpart.org/programs.html
Value Village	12205 E Sprague	321-1194	www.valuevillage.com

Utilities/Energy Assistance

Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
--------------------------------------	--	---------------------	---

Transportation

Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Spokane Transit Trip Planner		328-7433	www.google.com/intl/en/landing/transit/#mdy

MEDICAL

Medical

CHAS Medical		444-8200	www.chas.org/services
DSHS Pregnancy Medical Program	8517 E Trent	877-501-2233	www.dshs.wa.gov/onlinecso/pregnancy_medical.shtml
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Health Insurance Outreach		444-3066	http://community-minded.org/in-person-assisters
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Spokane Regional Health District	1101 W College	324-1420	www.srhd.org/services
Washington Connection (Disability and Medicare Savings Programs)			www.washingtonconnection.org/home
Washington Health Plan Finder			www.wahealthplanfinder.org

Mental Health

Catholic Charities	12 E 5th	358-4250	www.catholiccharitiesspokane.org/programs
Center for Family Development	1404 E 11th	509-744-1117	www.cffdspokane.com
CHAS Behavioral Health		509-444-8200	www.chas.org/behavioral-health
Children's Home Society	2323 N Discovery Pl.	747-4174	www.chs-wa.org/Our_Locations/Spokane.html
Crisis Text Line (free 24/7 crisis support via text message)		Text HELLO to 741741	
Daybreak Youth Services	10814 E Broadway	927-1688	http://daybreakinfo.org
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
First Call for Help		838-4428	http://fbhwa.org/programs/crisis-response/first-call-for-help
Frontier Behavioral Health	107 S Division	838-4651	www.fbhwa.org
Lutheran Community Services	210 W Sprague	747-8224	www.lcsnw.org/spokane
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Suicide Hotline		838-4428	
The Center for Children & Families (Theresa Thompson)		483-1866	
Washington Health Plan Finder			www.wahealthplanfinder.org
Youth Family Adult (Frontier Behavioral Health)	107 S Division	838-4128	www.fbhwa.org/

Dental

CHAS Dental		444-8200	http://www.chas.org/dental
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Spokane Regional Health District	1101 W College	324-1420	www.srhd.org/services
Washington Health Plan Finder			www.wahealthplanfinder.org

Vision

Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Washington Health Plan Finder			www.wahealthplanfinder.org

Substance Abuse

CHAS Behavioral Health		444-8200	www.chas.org/behavioral-health
Community Detox of Spokane	312 W 8th	477-4650	
Crisis Residential Center (CRC)	201 W 6th	624-2868	www.yfaconnections.org
Daybreak Youth Services	10814 E Broadway	927-1688	http://daybreakinfo.org
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
New Horizon Care Center Isabella (Women)	2308 W 3rd Ave	624-1244	
SPARC at DSHS East	8517 E Trent		
SPARC at Sunshine Terrace	1102 S Raymond	892-4342	
Washington Connection			www.washingtonconnection.org/home
YFA Connections	22 S Thor	532-2000 x15	www.yfaconnections.org

EMERGENCY & CRISIS

Emergency Assistance

2nd Harvest	1234 E Front	534-6678	www.2-harvest.org/5/get-help
Catholic Charities	12 E 5th	358-4250	www.catholiccharitiesspokane.org/programs
Crisis Residential Center (CRC)	201 West 6th	624-2868	www.yfaconnections.org
Crosswalk Teen Shelter (ages 13 - 17)	525 W 2nd	838-6596	www.voaspokane.org/Services/Homelessness/Crosswalk-Teen-Shelter
Crisis Text Line (free 24/7 crisis support via text message)		Text HELLO to 741741	
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Excelsior Youth Services	3754 W Indian Trail	328-7041	www.excelsioryouthcenter.com
First Call for Help		838-4428	http://fbhwa.org/programs/crisis-response/first-call-for-help
Holy Trinity Lutheran Monthly Dinner	2511 S Pines	926-7966	
Klothes Kloset @ Opport. Christian Fellowship	12321 E 14th	926-2673	www.opportunitychristianfellowship.org/#/ministries
National Runaway Switchboard		800-621-4000	
SNAP Energy Assistance		242-2376	www.snapwa.org/services/energy/energy-assistance/appointment
Spokane Valley Partners Emergency Assistance		927-1153 x12	www.svpart.org/programs.html
Vanessa Behan Crisis Nursery	1004 E 8th	535-3155	www.vanessabehan.org/for-parents
Washington Connection (DSHS Emergency Assistance)			www.washingtonconnection.org/home

Domestic Violence

24-hour Domestic Violence Help Line		326-2255	www.ywca.org/site/pp.asp?c=cjIT18PHKoG&b=290373
Alternatives to Domestic Violence	930 N Monroe	326-1190	www.ywca.org/site/pp.asp?c=cjIT18PHKoG&b=290373
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
WSCADV Get Money Get Safe Program		800-799-SAFE	www.getmoneygetsafe.org
YWCA Women's Opportunity Center	930 N Monroe	326-1190	www.ywca.org/site/pp.asp?c=cjIT18PHKoG&b=290373

Legal

Child Support Enforcement		363-5000	www.dshs.wa.gov/dcs/services/enforcement.asp
Child Support Modification	1608 W Boone	363-5000	www.dshs.wa.gov/dcs/services/modification.asp
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org/
Northwest Justice	1702 W Broadway	324-9128; 888-201-1014	www.nwjustice.org

Child Abuse

Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org/
End Harm Hotline (866-ENDHARM)		866-363-4276	http://dshs.wa.gov/endharm.shtml
WA State Dept. of Child & Family - (CPS)		363-3333; 800-562-5624	http://dshs.wa.gov/ca/safety/abuseReport.asp

Adult Abuse

Adult Services	1330 N Washington	800-459-0421	www.aasa.dshs.wa.gov
----------------	-------------------	--------------	--

CHILDREN and YOUTH

Parenting Resources

Child Support Enforcement		363-5000	www.dshs.wa.gov/dcs/services/enforcement.asp
Child Support Modification	1608 W Boone	363-5000	www.dshs.wa.gov/dcs/services/modification.asp
Children's Home Society	2323 N Discovery Pl.	747-4174	www.chs-wa.org/Our_Locations/Spokane.html
Different Not Less (Liberty Lake)	23123 E Mission	230-6771	(Support Group for Families Affected by Neurological Disorders)
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Eastpointe Single Parenting Class	15303 E Sprague	533-6800	http://eastpointchurch.org/ministries/single-moms-ministry
Northwest Autism Center	25 W 5th	328-1582	www.nwautism.org
People Accessing Careers & Education (PACE)		279-6000	www.iel.spokane.edu/LNB/Improve-your-life/PACE1.aspx
Parent Help 123 Resource Finder			www.parenthelp123.org/resources/resource-finder
Vanessa Behan Crisis Nursery	1004 E 8th	535-3155	www.vanessabehan.org/for-parents
WA State Department of Early Learning			www.del.wa.gov/parents-family

Childcare

Childcare Aware of Washington		800-446-1114	www.wa.childcareaware.org
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Vanessa Behan Crisis Nursery	1004 E 8th	535-3155	www.vanessabehan.org/for-parents
WA State Department of Early Learning			www.del.wa.gov/parents-family
Washington Connection			www.washingtonconnection.org/home

Birth -3

Infant Toddler Network	1101 W College	324-1651	www.srhd.org/services/itn.asp
Vanessa Behan Crisis Nursery	1004 E 8th	535-3155	www.vanessabehan.org/for-parents
WA State Department of Early Learning			www.del.wa.gov/parents-family

PreSchool - 5 (K - 5th grades - Ages 4-11)

Central Valley ECEAP (Preschool)	10304 E 9th	228-5810	
ChildFind - Central Valley School District		228-5860	www.cvsd.org/child_find_1.asp
ChildFind - East Valley School District		927-9511	www.evsd.org/documents/curriculum/child_find_notice.pdf
ChildFind - West Valley School District		927-1138	
National Runaway Switchboard		800-621-4000	
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Salvation Army	222 E Indiana	325-6810	www.salvationarmyspokane.org/services
Vanessa Behan Crisis Nursery	1004 E 8th	535-3155	www.vanessabehan.org/for-parents
WA State Department of Early Learning			www.del.wa.gov/parents-family

Middle School (6-8 grades - Ages 11-14)

Crosswalk Teen Shelter (Ages 13 - 17)	525 W 2nd	838-6596	www.voaspokane.org/Services/Homelessness/Crosswalk-Teen-Shelter
Daybreak Youth Services	10814 E Broadway	927-1688	http://daybreakinfo.org
Excelsior Youth Services	3754 W Indian Trail	328-7041	www.excelsioryouthcenter.com
Juvenile Rehabilitation (JRA)	1626 W Boone	363-4995	www.dshs.wa.gov/ira
National Runaway Switchboard		800-621-4000	
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Salvation Army (Ages 11 - 12)	222 E Indiana	325-6810	www.salvationarmyspokane.org/services

High School (9 - 12 grades - Ages 14-18)

Crosswalk Teen Shelter (Ages 13 - 17)	525 W 2nd	838-6596	www.voaspokane.org/Services/Homelessness/Crosswalk-Teen-Shelter
Daybreak Youth Services	10814 E Broadway	927-1688	http://daybreakinfo.org/
Excelsior Youth Services	3754 W Indian Trail	328-7041	www.excelsioryouthcenter.com
Job Corps		800-733-5627	www.jobcorps.gov
Juvenile Rehabilitation (JRA)	1626 W Boone	363-4995	www.dshs.wa.gov/ira
National Runaway Switchboard		800-621-4000	
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Next Generation Zone	901 E 2nd, #100	340-7800	www.nextgenzone.org/contact3.html
Spokane Skills Center	4141 N Regal	354-7470; 354-7440	http://skillscenter.com

Ages 18- 24

Excelsior Youth Services	3754 W Indian Trail	328-7041	www.excelsioryouthcenter.com
Job Corps		800-733-5627	www.jobcorps.gov
National Runaway Switchboard		800-621-4000	
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Next Generation Zone	901 E 2nd, #100	340-7800	www.nextgenzone.org/contact3.html
PACE (People Accessing Careers & Education)		279-6000	www.iel.spokane.edu/LNB/Improve-your-life/PACE1.aspx

Summer Activities

Comm. of Christ Church - Free Lunch Program	11515 E Broadway	535-2513	www.cofchrist-spokane.org
Free Summer Meals		800-436-6392	https://resources.parenthelp123.org/service/summer-meals
HUB Sports Center	19619 E Cataldo	927-0602	www.hubsportscenter.org
Liberty Lake Parks and Recreation	22710 E Country Vista	755-6726	www.libertylakewa.gov/recreation
Spokane Kids Calendar (Summer Guide)			http://spokanekidscalendar.com
Spokane Valley Parks and Recreation	2426 N Discovery Pl.	688-0300	www.spokanevalley.org/content/124/938/146/default.aspx

EMPLOYMENT

Community Minded Enterprises AHANA		209-2634	http://community-minded.org/ahana
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Goodwill Industries	130 E 3rd	344-0163	www.goodwill.org/goodwill-for-you/jobs-and-careers
Job Corps		800-733-5627	www.jobcorps.gov
Next Generation Zone	901 E 2nd, #100	340-7800	www.nextgenzone.org/contact3.html
PACE (People Accessing Careers & Education)		279-6000	www.iel.spokane.edu/LNB/Improve-your-life/PACE1.aspx
RISE Program	222 West Mission	795-8955	
Worksource	130 S Arthur	532-3000	https://fortress.wa.gov/esd/worksource

OTHER

Disability Services

Adult Services	1330 N Washington	800-459-0421	www.aasa.dshs.wa.gov
Arc of Spokane	320 E 2nd	789-2247	www.arc-spokane.org
CORD	612 N Maple	326-6355	www.cordwa.info
Division of Developmental Disabilities (DDD)	1611 W Indiana	329-2900	www.dshs.wa.gov/ddd/index.shtml
Different Not Less (Liberty Lake)	23123 E Mission	230-6771	(Support Group for Families Affected by Neurological Disorders)
Division of Vocational Rehabilitation (DVR)	1313 N Atlantic	363-4700	www.dshs.wa.gov/dvr/Default.aspx
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Goodwill Industries	130 E 3rd	344-0163	www.goodwill.org
Infant Toddler Network	1101 W College	324-1651	www.srhd.org/services/itn.asp
Northwest Autism Center	25 W 5th	328-1582	www.nwautism.org
PACE (People Accessing Careers & Education)		279-6000	www.iel.spokane.edu/LNB/Improve-your-life/PACE1.aspx
Spokane's Aging and Disabilities Helpline		960-7281	www.SpokaneHelpline.org
Washington Connection			www.washingtonconnection.org/home

English as a Second Language

Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
Language Line Services		866-874-3972	

Interpreter Services

Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
--------------------------------------	--	---------------------	---

Senior/Elderly Resources

Catholic Charities	12 E 5th	509-358-4250	www.catholiccharitiesspokane.org/programs
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org

Miscellaneous Numbers

Crisis Text Line (free 24/7 crisis support via text message)		Text HELLO to 741741	
Eastern WA Information Network (211)		2-1-1; 866-904-9060	http://win211.org
End Harm Hotline (866-ENDHARM)		866-363-4276	www.dshs.wa.gov/endharm.shtml
First Call for Help		838-4428	http://fbhwa.org/programs/crisis-response/first-call-for-help
Greater Valley Support Network			www.facebook.com/Greater-Valley-Support-Network-538899396150313
National Runaway Switchboard		800-621-4000	
Native Project	1803 W Maxwell	325-5502	www.nativeproject.org
Parent Help 123 Resource Finder			www.parenthelp123.org/resources/resource-finder
Salvation Army	222 E Indiana	325-6810	www.salvationarmyspokane.org/services
Spokane Cares			www.spokanecares.org
Spokane County Resource Directory			www.thefigtree.org/connections-resources.html
Spokane Regional Health District	1101 W College	324-1420	www.srhd.org/services
Spokane Valley Partners	10814 E Broadway	927-1153	www.svpart.org
Suicide Hotline		838-4428	
The Center for Children and Families		483-1866	(Theresa Thompson)
Washington Connection (TANF, Food, Childcare, etc)			www.washingtonconnection.org/home
WA State Child Protective Services (CPS)		363-3333; 800-562-5624	www.dshs.wa.gov/ca/safety/abusereport.asp