

# The Fig Tree Covid 19: Resource Supplement



October 14, 2020

## Resource Directory



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connecting the faith and nonprofit communities in the Inland Northwest - online at [thefigtree.org](http://thefigtree.org)  
 1323 S. Perry St. Spokane, WA 99202-3571



# RESOURCE DIRECTORY: GUIDE TO CONGREGATIONS AND COMMUNITY RESOURCES: SUPPLEMENT ON COVID-19 RESOURCES IN SPOKANE COUNTY

October 14, 2020

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**Inclusion agencies** is for informational purposes, not as an endorsement of particular programs or dogmas of agencies. **This online directory offers constantly changing** coverage of social services, in the greater Spokane Area during the COVID-19 Emergency.

We endeavor to be inclusive while respecting those not interested in participating.

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**We update information** regularly through research, mailings, email, phone calls and web research. Send corrections to us.

### Vulnerable Populations

- Criminal Justice
- Disabilities
- Immigrant & Refugees
- Mental Health
- Seniors
- Transportation
- Women And Children
- Veterans

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## Federal, State & Local Resources - Covid 19

### FEDERAL PROGRAMS

[Coronavirus.gov](https://www.cdc.gov/coronavirus) [usa.gov/coronavirus](https://www.usa.gov/coronavirus)  
[-https://www.fema.gov/coronavirus-rumor-control-ready.gov](https://www.fema.gov/coronavirus-rumor-control-ready.gov) [ssa.gov](https://www.ssa.gov)  
CDC [cdc.gov/](https://www.cdc.gov/)  
Nat'l Institutions of Health [nih.gov](https://www.nih.gov/)  
Department of Health and Human Services [hhs.gov](https://www.hhs.gov/)

### IDAHO

[coronavirus.idaho.gov](https://www.coronavirus.idaho.gov)  
Panhandle Health District [panhandlehealthdistrict.org/covid-19/877-415-5225](https://panhandlehealthdistrict.org/covid-19/877-415-5225)  
Benewah, Bonner, Boundary, Kootenai, Shoshone  
Central Idaho 866-736-6632  
[idahopublichealth.com](https://idahopublichealth.com)  
Nez Perce, Lewis, Idaho Clearwater, Latah  
Idaho Community Foundation [dahocf.org/covid-19](https://dahocf.org/covid-19)  
Idaho Kootenai County Mutual

Aid Group  
FB: 764946094032284  
Kootenai County EMS System  
<http://kcemss.org>

### WASHINGTON

[coronavirus.wa.gov](https://www.coronavirus.wa.gov)  
[covid19helpwa.org](https://www.covid19helpwa.org)  
Department of Health  
[doh.wa.gov/Emergencies/Coronavirus](https://doh.wa.gov/Emergencies/Coronavirus)  
COVID-19 Hotline 800-525-0127  
text "Coronavirus" to 211211  
Governor's Info & Resources  
<https://www.governor.wa.gov/issues/issues/covid-19-resources>  
NE Tri-County Health [netchd.org](https://netchd.org)  
Adams [co.adams.wa.us/government/covid-19.php](https://www.co.adams.wa.us/government/covid-19.php)  
Asotin [asotincountypublichealth.org](https://asotincountypublichealth.org)  
Lincoln  
[co.lincoln.wa.us/public-health/coronavirus-covid-19-updates/](https://co.lincoln.wa.us/public-health/coronavirus-covid-19-updates/)  
Whitman  
[whitmancountypublichealth.org/covid-19.html](https://whitmancountypublichealth.org/covid-19.html)

Walla Walla  
[co.walla-walla.wa.us/government/health\\_department/index.php](https://www.co.walla-walla.wa.us/government/health_department/index.php)

### SPOKANE AREA

Spokane COVID Response  
[spokanecovidresponse@gmail.com](mailto:spokanecovidresponse@gmail.com)  
FB: [SpokaneCovidResponse/](https://www.facebook.com/SpokaneCovidResponse/)  
[InlandCOVIDResponse.org](https://www.inlandcovidresponse.org)  
Spokane Resource Center HUD  
[spokaneresourcecenter.org/covid-19](https://spokaneresourcecenter.org/covid-19)  
City of Spokane  
[my.spokanecity.org/covid19/](https://my.spokanecity.org/covid19/)  
-Financial Help line 625-6650  
-UHelp Program 311  
[ubill@spokanecity.org](mailto:ubill@spokanecity.org) 755-2489  
[spokaneutilityhelp.org](https://spokaneutilityhelp.org)  
City of Spokane Valley ED  
[spokanevalleyed.org/covid19/](https://spokanevalleyed.org/covid19/)  
Greater Spokane Inc  
[greaterspokane.org/covid-19/SRHD](https://greaterspokane.org/covid-19/SRHD)  
[srhd.org/covid19](https://srhd.org/covid19)  
Spokane County Community Services 477-5722

Spokane Public Schools  
[spokaneschools.org/covid](https://spokaneschools.org/covid)  
The Fig Tree [thefigtree.org](https://thefigtree.org)  
United Way [unitedwayspokane.org/COVID19Resources](https://unitedwayspokane.org/COVID19Resources)

Civic Volunteers via Social Media:  
Helping Spokane Get Through COVID 19  
FB: [Helping Spokane Get Through COVID 19](https://www.facebook.com/HelpingSpokaneGetThroughCOVID19)  
Spokane Area Coronavirus Aid  
FB: 261027208235464  
Spokane Mutual Aid 503- 662-7912  
[spokanecountymutualaid@gmail.com](mailto:spokanecountymutualaid@gmail.com)  
FB: [SpokaneCountyMutualAid](https://www.facebook.com/SpokaneCountyMutualAid)  
[mutualaidspokanecounty.com](https://mutualaidspokanecounty.com)  
For Food [2-harvest.org](https://2-harvest.org)  
[northwestharvest.org/eastern-washington](https://northwestharvest.org/eastern-washington)

## PUBLIC HEALTH/ EMERGENCY MNGT

For TESTING drive in option at Spokane County Fairgrounds, also can be referred from below.

Text "COVID" to 424-354-4956 and receive a text back with screening questions.

Drive-through screening clinic hours

Mon. - Fri. | 10 a.m. - 5 p.m.

Sat. | 11 a.m. - 3 p.m.

Closed on Sundays\*

### Testing Emergency workers

#### PROVIDENCE EXPRESS

9027 N Indian Trail Road

If a patient meets the criteria for testing, the virtual provider will schedule them for an in-person test at the ExpressCare clinic. Testing will be conducted curbside with the patient remaining in their vehicle.

Testing for medical workers, first responders, and high-risk patients with quick results.

### Testing sites, General Public

#### CHAS DENNY MURPHY CLINIC

1001 W 2nd Ave, 99201 444-8200

24/7 Nurse Advice Hotline:

866-418-1002

CHAS Maple Street Clinic  
3919 N Maple, Spokane 444-8200  
24/7 Nurse Advice Hotline:

866-418-1002

#### CHAS - SPOKANE URGENT CARE

##### NORTH

-SPOKANE URGENT CARE-NORTH, 5901

N Lidgerwood, Ste 126 434-1990

Franklin Park Urgent Care Center

792-3474

5904 N Division, 99208 fpucc.com

##### INDIGO

-NORTH SPOKANE 598-7744

9420 N Newport Hwy, Ste 103

##### -SHADLE PARK

2401 W Wellesley Ave, Ste C

-SOUTH HILL 598-7810

4911 S Regal St, 99223

##### KAISER -

kp.org

Consulting Nurse Srvc 800-267-6877

Member Services 888-901-4636

Social Work Services 877-216-6216

-SPOKANE - RIVERFRONT 324-6464

322 W North River Dr, 99201

##### MULTICARE

-MORAN PRAIRIE 724-4150

3016 E 57th Ave, Ste 27, 99223

##### NATIVE PROJECT MEDICAL CLINIC

##### THE NATIVE PROJECT

1803 W Maxwell, 99201

nativeproject.org 483-7535

##### PROVIDENCE-URGENT CARE

##### DOWNTOWN

474-2100

412 S Division, 99202

NORTH SPOKANE 489-2369

551 E Hawthorne Rd, 99218

##### UNIFY-MISSION

120 W Mission Ave 326-4343

99201

Fax: 329-2280

##### UNIFY-NORTHEAST

483-3427

4001 N Cook St

Fax: 482-5062

99207

Dental 326-4382

CHAS SPOKANE VALLEY 444-8200

15812 E Indiana, Spokane Valley

##### 24/7 NURSE ADVICE HOTLINE:

866-418-1002

##### INDIGO MILLWOOD - ARGONNE

2401 W Wellesley Ave, Ste 103,

99205

598-7870

##### INDIGO - SPOKANE VALLEY

-Valley

598-7820

15605 E Sprague, 99216

##### MULTICARE CHENEY

##### -CHENEY NEIGHBORHOOD CLINIC &

##### EWU STUDENT HEALTH CENTER

19 N 7th St, 99004 235-6151

##### MULTICARE AIRWAY HEIGHTS

-AIRWAY HEIGHTS CLINIC 342-3380

10414 W Hwy 2, Ste 10, 99224

##### CHAS - NORTH COUNTY CLINIC

401 S Main St, Deer Park

99006

444-8200

##### 24/7 Nurse Advice Hotline:

866-418-1002

## Spokane Regional Health District

1101 W College Ave, 99201  
srhd.org 324-1500

Outreach Services is still open, including syringe exchange, case management, referrals to resources, and prevention education.

### CSO Office 877-501-2233

Now allowing individuals to apply for benefits over the phone, apply online at [washingtonconnection.org](http://washingtonconnection.org)

### Resource Referrals 211

### City of Spokane 311

COVID 19 Non-Compliance reporting 477-2684

### City Resources, Spokane Cnty

Airway Heights:

<http://www.cawh.org>

Resource, Food support, utility bills, internet access, worker and business support, DOD restrictions, education resources

#### CHENEY WA

<https://www.cityofcheney.org/CivicAlerts.aspx?AID=181>

#### DEER PARK

## FOOD BANKS & CLOTHING BANKS NORTH SPOKANE COUNTY

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contactinfo
God's Closet Admin - Central SDA 804 W Spofford, 99205/POB 9297, 99209	Deer Park SDA, 809 S Colville, Deer Park	991-1582		X			9:30-12:30, W	area children, 0-18yrs, \$1 fee	godscloset.us deerpark@ or spo- kane@godscloset. com
God's Love International	4006 W Staley Rd	312-9875	X						godsloweinter- national.com
GreenHouse, The	211 N Fir St, 99006 Mail: PO Box 62	276-6897	X X	X	X		FB: 1-4, MWF drive thru - 1x or by client list The Porch (any- one weekly)	Drop-off 9-4, MWF Food and monetary dona- tions only at this time. diary, bread, snacks	greenhousefood- bank@gmail.com thegreenhouse- online.org
Lakeside Middle School	6169 WA-291	534-6678	X				3, Th		2-harvest.org
Mead Food Bank - POB 53	12611 N Wilson, 99021	466-7068	X			X	4-6:45, W, bread & produce 4-5, Sun	canned fruits,soups, personal hygiene, toilet paper, baby wipes, diapers 12:30- 6:45 pm, W, Sun 3-5	facebook.com find donation link
New Hope Resource Center	4211 E Colbert Rd, 99005	467-2900	X	X	X	X	9-11, TTh	toothpaste, shaving cream, shampoo, toilet paper and baby wipes	newhopere- source.org
North County Food Pantry	40015A N Collins Rd/PO Box 388, Elk 99009	292-2530	X		X	X	11-2, M; 9-noon W	baking food, jelly, chili, toiletries, toilet paper Drop off M-W 8-2, Th 8:30-10	Joe & Sandra Harvey ncf-pantry@ gmail.com
Open Door Congregational	205 N Main St	534-6678	X				3, M		2-harvest.org
Tum Tum Food Pantry	6424 Hwy 291, Nine Mile Falls 99026	276-5472	X				9-noon, 1st/3rd Sat  3rd Sat only	barrel at Rouseurs and out front; peanut butter, cereal & canned green beans/corn	TumTumPantry on FB
Lake Spokane Community Clothing Closet	6418-A Hwy 291, Annex	276-5472		X					clothing@lake- spokanecommuni- tychurch.org

## FOOD BANKS & CLOTHING BANKS IN SPOKANE

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contact info
<b>All Saints Gather Food Pantry (FP)</b>	314 S Spruce, 99201	<b>838-4409</b>	X				10-2, MW	N/A	allsaintsgather.com
<b>Southwest Community Cntr</b>	314 S Spruce, 99201	<b>624-8634</b>	X			X	7:30-5:30, M-F	meats eggs, canned goods, toiletries, hygiene items, baby food, call on arrival, gloves and masks	Mark Reilly <a href="http://www.swspokanecommunitycenter/">swspokanecommunitycenter/</a>
<b>American Indian CC</b>	Moved: 1025 W Indiana, 99205	<b>535-0886</b>	X	X	X		1-4:30 T-TH	N/A	
<b>Arlington Elementary</b>	6363 N Smith St	<b>534-6678</b>	X				11, F		<a href="http://www.2-harvest.org">2-harvest.org</a>
<b>Audubon UMC Food Bank &amp; Bare Necessities</b>	location or donations to: 3908 N Driscoll, 99205	<b>Dan Masters/ Karen Peacock 325-4541</b>	X		X		9:30-12:30, 2nd/last T	meat, fresh produce, bread and other food items & toiletries	<a href="http://audubonparkumc.org/corona-virus/ideas-resources">http://audubonparkumc.org/corona-virus/ideas-resources</a>
<b>Bethel AME Food Pantry</b>	Richard Allen Apts Main Office, 600 S Richard Allen Ct		X				1 p, Th		<a href="http://bethelamespokane.com">bethelamespokane.com</a>
<b>Better Living Center</b>	25 E North Foothills, 99207		X	X	X	X	9-4, T; 9-1 Th	contact Patty Marsh	<a href="http://betterlivingcenter.org">betterlivingcenter.org</a>
<b>Breaking Bread Rescue Market</b>	Family of Faith Community, 1504 W Grace, 99205	<b>325-0343</b>	X				10-12, T		<a href="http://ffcc.us">ffcc.us</a>
<b>Caritas Outreach Ministries</b>	1612 W Dalke, 99205	<b>326-2249</b>	X		X	X	11-1 MWTh	Pay Pal on FB, 9-1:20 MWTh,	<a href="http://caritasoutreachministries.org">caritasoutreachministries.org</a>
<b>Chase MS</b>	4747 E 37th Ave	<b>534-6678</b>	X				11, F		<a href="http://www.2-harvest.org">2-harvest.org</a>
<b>City Gate Food Bank</b>	170 S Madison, 99201	<b>455-9670</b>	X	X		X	call for an appt, Meal site G-n-G, Breakfast 7am, Sat (2nd & 4th), Lunch Tues-Fri, 12:30pm; Dinner Wed, Friday-Sunday 7sm	Drop off 10-2, T-F	<a href="http://thecitygate-spokane.org">thecitygate-spokane.org</a>
<b>Ferris HS</b>	3020 E 37th Ave	<b>534-6678</b>	X				11, Th		<a href="http://www.2-harvest.org">2-harvest.org</a>
<b>Foothill Mozda</b>	202 E North Foothills Dr	<b>534-6678</b>	X				3, Th		<a href="http://www.2-harvest.org">2-harvest.org</a>
<b>Logan Elementary</b>	1001 E Montgomery Ave	<b>534-6678</b>	X				5,, T		<a href="http://www.2-harvest.org">2-harvest.org</a>
<b>MLK Jr Center</b>	500 S Stone, 99202	<b>868-0856</b>	X				<a href="http://www.1-3-MWThF">1-3 MWThF</a>	call for accounting rep, masks and gloves	<a href="http://mlkspokane.org">mlkspokane.org</a> FB
<b>New Hope Ranch</b>	2524 E Queen	<b>954-5145</b>	X				12-2, MW, 12-1 F	Donations to PO Box 16262, 99218	<a href="mailto:thezahls@comcast.net">thezahls@comcast.net</a>
<b>North Central High School</b>	1600 N Howard St	<b>534-6678</b>	X				10,, T		<a href="http://www.2-harvest.org">2-harvest.org</a>
<b>Northeast Community Food Pantry - NW Connect</b>	4520 N Crestline St PO Box 7398,99207	<b>290-5691</b>	X			X	9-11, MTTh	turning to a delivery service only	<a href="mailto:info@nwconnect.org">info@nwconnect.org</a> , <a href="http://nwconnect.org">nwconnect.org</a> , FB
<b>Off Broadway Outreach</b>	2225 W Mallon Ave	<b>998-2630</b>	X				9, TF	donations, masks	
<b>Our Place Ministries</b>	1509 W College, 99201	<b>326-7267</b>	X	X		X	10-1 Th, Free Fresh Market, 4-6:30, W	produce & hygiene items	<a href="mailto:office@ourplacespokane.org">office@ourplacespokane.org</a> <a href="http://ourplacespokane.org">ourplacespokane.org</a>
<b>Revive Ministries</b>	3909 W Rowan Ave, 99205	<b>919-3587</b>	X	X			9, Sat		<a href="mailto:reviveministries@gmail.com">reviveministries@gmail.com</a> FB: <a href="http://ReviveUS2day">ReviveUS2day</a> <a href="http://ReviveCommunityServices.Com">ReviveCommunityServices.Com</a>
<b>Rodgers High School</b>	1622 E Wellesley Ave	<b>534-6678</b>	X				11:50, M		<a href="http://www.2-harvest.org">2-harvest.org</a>
<b>Salvation Army Family Svcs</b>	204 E Indiana, 99207	<b>325-6810 325-6751</b>	X		X	X	9-4 MWF; 9-5 TTh	donations via regional web	<a href="http://spokane.salvationarmy.org">spokane.salvationarmy.org</a>
<b>Serve Spokane</b>	8303 N Division St, 99208	<b>998-5722</b>	X	X	X	X	12:30-2:30 T; 12:30-:3:30 Th; 8:30-11:30, Sat)	canned tomato, personal hygiene, soaps, diapers, toilet paper, baby food	<a href="http://ServeSpokane.org">ServeSpokane.org</a>
<b>Shadle Park HS</b>	4327 N Ash St, S Parking Lot	<b>534-6678</b>	X				11, Th		<a href="http://www.2-harvest.org">2-harvest.org</a>
<b>Sinto Elementary</b>	1717 E Sinto Ave	<b>534-6678</b>	X				11:50, W		<a href="http://www.2-harvest.org">2-harvest.org</a>
<b>Southside Food Pantry</b>	2934 E 27th Ave, 99223	<b>535-2301</b>	X				10:30-12, Sat	bread & produce	<a href="http://southsidefoodpantry.com">southsidefoodpantry.com</a>
<b>SPEAR</b>	1905 E Pacific, 99202	<b>475-5470</b>	X		X	X	<a href="http://www.3-4-TW;10-noon">3-4, TW; 10-noon Sat</a>	donations to St. Mark's Lutheran, 316 E. 24th	Donations: <a href="mailto:kruger5919@comcast.net">kruger5919@comcast.net</a>
<b>Spokane Aids Network - SAN Food Pantry</b>	1121 S Perry St, 99202	<b>844-1758</b>	X				9-noon, 1-3, 3rd T	link to mailchimp fundraiser on their FB	<a href="http://www.san-nw.org">www.san-nw.org</a> Delivery to SAN clients
<b>UGM Student Impact Team</b>	1234 E Sprague 1224 E Trent Ave	<b>535-8510</b>	X					deliveries boxes to home bound families	<a href="http://uniongospelmission.org/">uniongospelmission.org/</a>
<b>Westminster Presbyterian Food Pantry</b>	2705 W Boone	<b>329-0351 327-5522</b>	X				11-1:45, WF	masks, large gloves	John Edmondson - <a href="mailto:westpresby@gmail.com">westpresby@gmail.com</a>

## FOOD BANKS & CLOTHING BANKS IN SPOKANE VALLEY AND RURAL SOUTH

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contactinfo
East Valley Baptist	14516 E. Wellesley Ave	928-4809	X				10-11:30, Sat	N/A	eastvalleybaptist.org
Intersection at the River	22421 Euclid, Otis Orchards 99216	953-1519 924-3705	X				1:30-4, Th		facebook.com/IntersectionChurch/
Life River Fellowship Food Bank	2810 N Park Rd, 99212	924-9510	X	X	X		5-7, 2nd & 4th F	kids items	liferiver.org
Millwood Community Presbyterian	3223 N Marguerite Rd	534-6678	X				11,,W		2-harvest.org
North Palouse Community Food Bank	202 N. Railroad Ave, Fairfield	283-4250	X				9-11, 2nd and 4th Sat	N/A	facebook.com/npcfodbank
Otis Orchards Food Bank	4308 N Harvard Rd, 99027/POB 189	926-6196 842-2355	X	X			11-2 M		otisorchardssda.org uccsad.org
Peace Pantry	Eastpoint, 15303 E Sprague Ave, Ste A	533-6800	X			X	10-1, M, 3-6 TH	soups, pastas, canned meats, peanut butter.	peace@east-point-church.org
Real Life Ministries Po Box 397	Barker Rd Campus: 1831 S Barker Rd Otis Orchards: 4904 N Harvard Rd	232-0840	X X				8-4 M-F 9-12, 3-6, T-F	donations vrl;.church/give/now non-perishables, toiletries, baby supplies, cleaning supplies, disinfectant, gloves Drop off at 1831 S Barker	https://www.vrl.church
St Vincent de Paul - St Marys	304 S Adams Rd, 99216	928-3210	X					emergency food boxes	oursvdp.com
Spokane Christian Center Pantry	8409 E Bigelow Gulch Rd, 99217	924-4888	X				by appt only		
Spokane Dream-Ministry Resource Center	2128 N Pines, Ste 1 99216 Red Top Motel, 7217 E Trent Ave, 99212	926-7878	X X	X			12:30-3, T; 11:30-3, W; 1-3 Th Friday Evenings	masks, dry goods, cheese, meat, paypal "donate"	spokanedreamcenter.org
Spokane Valley Partners: Food and Diaper Bank	10814 E Broadway, 99206	927-1153	X	X	X		11-12:35, 1:30-3:15, W; 11-12:45 Th CB: 10-noon M-TH, 12:30-2:45 TW, noon-1TH	Donate food or diapers, fundraiser towards \$10,000 matching grant	svpart.org
Valley Assembly of God Food Pantry	15618 E Broadway Ave, 99037	924-0466	X			X	4-6, W (Donations drop off, front door M-F 9-3) Meals 5-6:30, W	canned & dried goods. Donate on church web, mark as "foodsite"	info@valleyassembly.org

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EFIC, 631 S Richard Allen Ct, #215 Spokane WA 99202 - 509-535-4112

## FOOD BANKS & CLOTHING BANKS IN WEST PLAINS

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contactinfo
Airway Heights Baptist	12322 W Hwy 2	244-2474	X				10-noon, Sat	dry goods, home delivery	ahbc.us, AirwayHeights
Cheney Food Bank	Wren Pierson Community Cntr, 630 3rd, 99004 Mail: POB 614, 99004	235-2325	X				9-11:30, 1st-4th W	peanut butter, canned tuna, and chili. and monetary donations	Jerry Stewart cityofcheney.org contact Cheney Outreach 235-8900 1st time feedcheney.com feedcheney@gmail.com
Feed Cheney	Wren Pierson Community Cntr 215 4th St	381-7002	X				meal and food box: 5:30 last M	Volunteers	
Cheney MS	740 Betz Rd, 99004	534-6678	X				7:30 am M		2-harvest.org
Cleones' Closet	13114 Sunset Hwy, Airway Hgths	321-7071	X	X			noon-3, MWF	freezer, donate at whenetwork.com	cleonescloset.com
Medical Lake Food Bank	207 S Washington	299-3819	X	X			10-noon, F		medicallakecommunityoutreach@live.com
SkyTree Studios	545 E Wellesley	559-2183	X				deliver boxes 50-60 families a week in the metro cheney-airway heights area	50-60 families a week in the metro cheney-airway heights area	Christina Damer-ville Stutter@gmail.com
Sunset Elementary -		534-6678	X				2:30, M		2-harvest.org

## MEAL PROGRAMS AND SITES: SPOKANE

Many locations are turning to Grab and GO = GG, others that have cancelled their program are either not do to facility restrictions and crowd size and vulnerable group of volunteers and sanitation issues. Please use this list, but there may be changes.

Sun	M	T	W	Th	F	Sat	Site Name	Location	Phone	Contacts and Area
7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	House of Charity	32 W Pacific	624-7821	cceasterwna.org, for clients only
	7:30/4:30	7:30/4:30	7:30a	7:30a			Shalom Ministries	518 W 3rd	455-9019	shalommeal.org GG
		10/12	10/12	10/12	10/12		The City Gate	170 S Madison	455-9670	
10-2		10-2	10-2	10-2	10-2	10-2 (2nd/4th)	Jewels Helping Hands	various locations (see listing under shelters) see sites under Food section		facebook 50/day
12/6	12/6	12/6	12/6	12/6	12/6	12/6	UGM Men' Shelter	1224 E. Trent Ave, east side entrance	535-8510	uniongospelmission.org/100/day
	3-5	3-5	3-5	3-5	3-5		Crosswalk (teens)	525 W 2nd	241-1640	voaspokane.org
12							St Anns Sunday Lunch	2116 East First Ave	535-3031	
12	9/11:30/5	9/11:30/5	9/11:30/5	9/11:30/5			God's Love Internat'l	4006 W Staley Rd, Dear Park	312-9875	godslveinternational.com
	5:30, last						Feed Cheney	204 4th St	381-7002	kriegheja@gmail.com feedcheney.com GG
		5					Opportunity NE	Logan Elementary Shaw MS	313-6095	hahn@gonzaga.edu
		12-1	12-1	12-1	12-1		Recovery Cafe	214 N Cedar	960-8525	community-minded.org
		11-1	11-1				Women & Children's Free Restaurant	1408 N Washington	324-1995	volunteer@wcferspokane.org
			5:30				Blessings under the Bridge	I-90 overpass	869-6584	butb.org GG, sanitation items, food, snacks
			5:30				West Central Abbey	1832 W Dean	vicar@	westcentralmission.org
						5:30	Food not Bombs	across from House of Charity		facebook.com, hygiene items spokanesfoodnotbombs@gmail.com
	12	12	12	12	10:30 any-one/12		SW Community Center	314 S Spruce, 99201	624-8634	
	12-1	12-1	12-1	12-1	12-1		MLK Center (0-18)	500 S Stone	868-0856	www.facebook.com/mlkspokane
	7:30/11:15	7:30/11:15	7:30/11:15	7:30/11:15	7:30/11:15		Northeast Youth Center	3004 E Queen Ave, 99217	482-0708	spokaneneyc.com
	F 10-4	M 10-4	F 10-4	M 10-4			Cup of Cool Water (14-24)	1106 W Second	747-6686	Showers, Laundry, clothing, internet access, mail, lunches cupofcoolwater.org FB
	5	5	5	5			One Heart (5-18)	1827 E Pacific Ave	535-3510	oneheartspokane.com
						8:30, 3rd	Street Ministry	Wall & Riverside	448-6425	uccsda.org, South Hill Adventist: downtown

## MEAL SITE WEEKLY CALENDAR: SPOKANE

Sun	Monday	Tuesday	Wed	Thur	Friday	Saturday
<b>Breakfast</b> House of Charity Jewels Helping Hands	House of Charity UGM Men UGM Women Shalom Ministries	House of Charity UGM Men UGM Women Shalom Ministries Jewels Helping Hands	House of Charity UGM Men UGM Women Shalom Ministries Jewels Helping Hands	House of Charity UGM Men UGM Women Shalom Ministries Jewels Helping Hands	House of Charity UGM Men UGM Women SW Community Center Jewels Helping Hands	House of Charity SW Community Center UGM Men UGM Women Jewels Helping Hands The City Gate (2nd/4th)
<b>Lunch</b> House of Charity St Ann's Jewels Helping Hands	House of Charity UGM Men UGM Women SW Com Center	House of Charity UGM Men & Women The City Gate Recovery Cafe SW Com Center WCFR Jewels Helping Hands	House of Charity UGM Men & Women The City Gate Recovery Cafe SW Com Center WCFR Jewels Helping Hands	House of Charity UGM Men UGM Women The City Gate Recovery Cafe SW Com Center Jewels Helping Hands	House of Charity UGM Men UGM Women The City Gate Recovery Cafe SW Com Center Jewels Helping Hands	House of Charity UGM Men UGM Women Jewels Helping Hands
<b>Dinner</b> The City Gate	House of Charity UGM Men UGM Women Shalom Ministries	House of Charity UGM Men UGM Women Shalom Ministries Opportunity Northeast	House of Charity UGM Men UGM Women BUTB West Central Mission Valley Assembly The City Gate	House of Charity UGM Men UGM Women Shalom Ministries	House of Charity UGM Men UGM Women Shalom Ministries Opportunity NE The City Gate	House of Charity UGM Men UGM Women Food Not Bombs The City Gate

www.cityofdeerparkwa.com  
City Hall closed till further notice will not receive visitors

**LIBERTY LAKE**  
[www.libertylakewa.gov](http://www.libertylakewa.gov)  
closed till further notice

**MEDICAL LAKE**  
<https://medical-lake.org>

To help reduce exposure to the COVID-19 virus, all city buildings will be closed to the public until further notice. Please use the utility payment drop box for payments. Those needing assistance may call 565-5000. Click on the following Spokane Regional Health District link to find out the latest updates on the COVID-19 virus.

**SPOKANE VALLEY**  
[www.spokanevalley.org/covid19](http://www.spokanevalley.org/covid19)  
On Monday, March 16, City Manager Mark Calhoun signed action of emergency/ disaster

which enables the city to utilize additional resources and tools to slow the spread of the coronavirus. The action will allow the city to exercise emergency powers during the COVID-19 outbreak to preserve and maintain the health, safety and welfare of its citizens, and seek federal financial assistance to support resources that may be used in an effort to restrict the spread of the virus.

In addition, the city has an emergency response plan for situations such as infectious disease. The city is taking steps to educate employees about the disease and ensure that protocols are being followed in regard to good hand and respiratory hygiene, and proper cleaning of city buildings. In addition, the

city will work with the Spokane Regional Health District to implement procedures to reduce employees' or visitors' exposure to COVID-19, such as social distancing.

**Governor, Washington State**

[governor.wa.gov/issues/issues/covid-19-resources](http://governor.wa.gov/issues/issues/covid-19-resources) contains info for businesses, schools, workers, insurance, and veterans. And Links to local Health Districts. State offers of brochure for workers on leave, or those sick not able to work, to get on workers compensation, unemployment, and other social services.  
<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>

**Medical Reserve Corps**

[mrc.hhs.gov/HomePage](http://mrc.hhs.gov/HomePage) 206-615-2025

Region X Coord: Moji Obiako  
**WA STATE DEPT OF HEALTH OFFICE OF EMERGENCY PREPAREDNESS AND RESPONSE**  
PO Box 47960 360-236-4090  
Olympia 98504 [doh.wa.gov](http://doh.wa.gov)  
Coord: Kimberly Butowicz  
[kim.butowicz@doh.wa.gov](mailto:kim.butowicz@doh.wa.gov)  
**MEDICAL RESERVE CORPS OF EASTERN WA**  
1101 W College, 99201 324-1451  
Utilizes local health professionals and volunteers to assist in local medical emergencies.

**Spokane C.O.P.S. Admin**

6107 N Astor, 99208 625-3300  
[spokanecops.org](http://spokanecops.org)  
Offers volunteers.

**Spokane County United Way**

920 N Washington, Ste 100, 99201  
[unitedwayspokane.org](http://unitedwayspokane.org) 838-6581  
Brings together expertise, funding and volunteer support to positively impact health, education and financial stability.

**SPOKANE MOBILE MEALS, PICK UP OR DELIVERY**

Organization	Address	Phone				Hours	Donations	qualifications/contactinfo
Growing Neighbors	5508 N Alberta	327-5522	X			5-6 T	Groceries and frozen meals	jedmondson77@gmail.com <a href="http://growingneighbors.org">http://growingneighbors.org</a> FB: growingneighbors
Heal Spokane	PO Box 28253, 99228	602-716-1174	X			<a href="#">delivery only</a>		Kat Bopp <a href="http://healspokane.org">healspokane.org</a> <a href="mailto:heal.spokane@gmail.com">heal.spokane@gmail.com</a>
Inland NW Farmers Market Association	deliveroes at various farmers markets	413-6528	X					<a href="mailto:lissette.alent@gmail.com">lissette.alent@gmail.com</a> <a href="http://inwfma.org">inwfma.org</a>
Jewels Helping Hands	5128 N. Jefferson	263-5502	X			<a href="#">7am, T</a>	<a href="#">Oct to Des</a>	
St Andrews Episcopal	2404 N Howard St	325-5252	X			<a href="#">11-12, Th</a>		Tracey Waring
St Andrews Episcopal	2404 N Howard St	325-5252	X			<a href="#">11-12, Th</a>		Tracey Waring
Spokane Dream-Ministry Resource Center	Red Top Motel, 7217 E Trent Ave, 99212	926-7878	X			Friday Evenings	masks, dry goods, cheese, meat, paypal "donate"	<a href="http://spokanedrea-mcenter.org">spokanedrea-mcenter.org</a>
Spokane Dream Center	Ridpath, 515 W 1st Ave	926-7878	X			Thursday Evening	N/A	<a href="http://spokanedreamcenter.org">spokanedreamcenter.org</a>

**SPOKANE AREA UNIVERSITY AND COLLEGE FOOD BANKS**

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/contactinfo
EWU Tawanka Pantry	Showalter 115	<a href="mailto:ceameri-corps@ewu.edu">ceameri-corps@ewu.edu</a>	X				FB: 1-4:30, T	NO donations accepted on site, donate via web	<a href="http://inside.ewu.edu">inside.ewu.edu</a> EWU students only
LC Community Food Drive	Hart Field, 3508 S Grand, 99203	354-6888	X			X	<a href="#">call for pick up or delivery F 9am</a>	donations W 11-1, 5-7 <a href="mailto:LCbooster.info@gmail.com">LCbooster.info@gmail.com</a> ,	for needs <a href="mailto:susanpow@spokaneschools.org">susanpow@spokaneschools.org</a> LC students and families
Spokane Community College CARE Center	1810 N Greene St Lair Student Center, 6-114K	533-7435	X					SCC students & rural extensions	<a href="http://scc.spokane.edu">scc.spokane.edu</a>
Spokane Falls Community College Food Bank	SFCC, Bldg. 17, #139	533-4198	X				9:30-4:30, Monday.	SFCC Students Only <a href="http://sfcc.spokane.edu">sfcc.spokane.edu</a>	<a href="https://forms.gle/v7zoqZ-s7tKgY1b8z7">https://forms.gle/v7zoqZ-s7tKgY1b8z7</a> by 6pm F
WSU Spokane Campus Pantry	SAC Building Loading Dock/Mail: Academic Center 107	<a href="mailto:wsuhealth.campuspantry@wsu.edu">wsuhealth.campuspantry@wsu.edu</a>	X				12:45-2:45, TH	donations box outside the pantry: shelf-stable items, toiletries and school supplies. Volunteers sign up on FB	<a href="https://facebook.com/WSUCampusPantry/">facebook.com/WSUCampusPantry/</a> WSU and EWU

Volunteer Spokane is setting up a [COVID-19 Community Forum](#) to share information on agencies needs for people and supplies. Individuals are looking for ways to help. That information can be submitted in the COVID-19 Community Forum section of the VolunteerSpokane website [volunteerspokane.org](http://volunteerspokane.org)

**WA Department of Health**

[doh.wa.gov](http://doh.wa.gov)

The Washington State Department of Health has established a call center to address questions from the public. Those with have questions about what is happening in Washington, or how the virus is spread may call **1-800-525-0127**. Phone lines are currently staffed from 6 a.m. to 10 p.m., seven days a week. Please note that this call center can not access COVID-19 testing results. For testing inquiries or results, people should call their health care provider.

**WASHINGTON NEEDS HEALTH PRACTITIONERS FOR THE COVID-19 STATE OF EMERGENCY**

Health professionals licensed in other states may practice in Washington by registering through the emergency volunteer health practitioner process or by applying for a WA license, which may result in the department issuing a temporary practice permit.

**COMMUNITY CENTERS**

**American Indian Community Center** 535-0886

1025 W Indiana  
No indoor activities, basic needs food bank and other supplies can be received outdoors.

**Community Building** 232-1950

25-35 W Main Ave, 99201  
[www.community-building.org](http://www.community-building.org)  
Closed to public since March 20.

**Corbin Senior Activity Center**

827 W Cleveland 327-1584  
Spokane 99205 Fax: 327-9162  
[info@corbinseniorcenter.org](mailto:info@corbinseniorcenter.org)  
/Jeff Edwards [corbinseniorcenter.org](http://corbinseniorcenter.org)  
Closed March 17- March 31

**Deer Park Senior Center**

Deer Park City Hall, Lower Level  
E 316 Crawford St 276-2411  
PO Box 842, Deer Park 99006

**Hillyard Senior Center**

**NE COMMUNITY CENTER** 482-0803  
4001 N Cook, Spokane 99207  
[hillyardseniorcenter@yahoo.com](mailto:hillyardseniorcenter@yahoo.com)  
[hillyardseniorcenter.org](http://hillyardseniorcenter.org)  
Cancelling major events. Clients can call into staff.

**Martin Luther King Family Outreach Center**

500 S Stone, 99202  
[mlkspokane.org](http://mlkspokane.org) 455-8722 x100

New Food Bank hours 1 to 3 p.m., Monday, Wednesday, Thursday and Friday. The building is temporarily closed without an appointment. FAME and ECEAP Programs are open 8 a.m. to 2:30 p.m. WIC is at the Broadway location. SNAP is by appointment. The SCC Early Head Start and Gym are closed until further notice. Call 868-0856 or see [mlkspokane.org](http://mlkspokane.org).

**Northeast Community Center**

4001 N Cook, 99207 487-1603  
[necommunitycenter.com](http://necommunitycenter.com) Fax: 489-3849  
Since March 19, have began implementing basic health screening at a single point of entry to the facility. In conjunction with Unify Community Health, ALL agency staff and visitors to the Northeast Community Center will be subjected to a brief non-invasive health screening prior to entering the facility. It includes basic health and recent travel questions, and taking temperatures. Anyone exhibiting signs and symptoms of illness may be denied entry or referred for further testing. The Zone - will work to supply children and families with meals, food, toiletries & safe places.

**Odyssey Youth Center** 325-3637

1121 S Perry St, 99202  
[odysseyyouth.org](http://odysseyyouth.org)  
A resource for LGBTQ+ youth.  
Closed for the rest of the month.

Will focus on connecting youth digitally.

**Sinto Senior Activity Center**

1124 W Sinto Ave 327-2861  
Spokane 99201 [sintocenter.com](http://sintocenter.com)  
Closed until further notice.

**Southside Community Center**

3151 E 27th Ave, Spokane 99223  
[southsidescc.org](http://southsidescc.org) 535-0803  
Closed

**West Central Community Center**

1603 N Belt St, 9920  
[westcentralcc.org](http://westcentralcc.org) Fax: 326-2347  
Before and after-school cancelled. Supportive services and many Programs closed March 17. Providing Resource Sheets for West Central & downtown Youth Director: accepting food & hygiene donations for families WIC NEEDS: They have a WIC site, but can't give out used formula any more. Formula in general is a need.

**YMCA the Inland Northwest**

1126 N Monroe, 99201 777-YMCA  
[ymca@ymcaspokane.org](mailto:ymca@ymcaspokane.org) (9622)  
[ymcaspokane.org](http://ymcaspokane.org) Fax: 720-5783  
Closed all locations

**ENERGY AND RENT, HOUSING ASSISTANCE**

**Moratorium on Evictions (Spokane)**

**FARMERS MARKETS: SPOKANE COUNTY**

SV - Farmers Market Nutrition program, WIC and Senior Voucher, F- Free Produce

City	Farmers Market	Location	Phone	Dates	Hours	SV	Contact
Cheney	Cheney Farmers Market	1101 First St	235-9176	June-mid Oct	10-2, Sat	X	<a href="#">Cheney-Farmers-Market on FB</a>
Clayton	Clayton Farmers Market	4616 Wallbridge Dr	276-9644 951-4207	June-end Oct	noon-4, Sun		<a href="http://claytoncommunityfair.com">claytoncommunityfair.com</a>
Liberty Lake	Liberty Lake Farmers Market	Town Square Park, 1421 N Meadowwood Ln	290-3839	mid-May - mid-Oct	9-1, Sat	X	<a href="http://libertylakefarmersmarket.com">libertylakefarmersmarket.com</a>
Millwood	Millwood Farmers Market	Millwood Presbyterian, 3223 N Marguerite	924-2350	mid May - end Sept	3-7, W	X	<a href="http://millwoodpc.org/millwood-farmers-market/">millwoodpc.org/millwood-farmers-market/</a>
Spokane	Emerson-Garfield FM	AEC, 2310 N Monroe	389-0964	June-end Sept	3-7, F	X	<a href="http://market.emersongarfield.org">market.emersongarfield.org</a>
Spokane	Fairwood Farmers Market	319 W Hastings Rd	466-0682		3-7, T	X	<a href="mailto:fairwood.market@gmail.com">fairwood.market@gmail.com</a> <a href="http://fairwoodfarmersmarket.org">fairwoodfarmersmarket.org</a>
Spokane	Hillyard Farmers Market	5102 N Market, 99217	993-2104	June-end of Sept	3-6, M	X	<a href="mailto:brandywhine27@yahoo.com">brandywhine27@yahoo.com</a> FB HillyardFarmersMarket
Spokane	Kendall Yards Market	Summit Parkway, E of Cedar/ Mail: 1335 W Summit Pkwy, 99201	321-5888	mid-May to Sept	5-9, W	X	<a href="mailto:market@kendallyards.com">market@kendallyards.com</a> <a href="http://kendall-nightmarket.org">kendall-nightmarket.org</a>
Spokane	Spokane Farmers Market	20 W 5th	995-0182	mid June-Oct	8-1, WSat	X	<a href="http://spokanefarmersmarket.org">spokanefarmersmarket.org</a>
Spokane	Thursday Market	The Shop, 924 S Perry St	720-8449	May - Oct	3-7, Th	X	<a href="http://thursdaymarket.org">thursdaymarket.org</a>
Spokane Vly	Spokane Valley Farmers Market	2426 N Discovery Pl, 99216	208-619-9916	June-mid Sept	5-8, F		<a href="http://spokanevalleyfarmersmarket.org">spokanevalleyfarmersmarket.org</a>



## COMMUNITY GARDENS: SPOKANE COUNTY

Key: G - Gardening classes, V - Volunteer, TS Tool sharing, SL Seed Library, H - Hose, S - Sprinkler, I - irrigation, PRH - Plant a row for the Hungry, \* watering supervised; see also spokanegardens.org. Covid 19 recognize restriction may vary may have 1 person or family in the garden at time, or practice social distancing, or wearing of masks

City	Community Garden	Phone	regular plot	Raised Beds	V	TS, SL	H	Community Relations	Contacts
Cheney	EWU Campus Garden - behind the EWU Police Station (big red barn)	sustainability@ewu.edu			V, G			Sustainability Project, food for Baldy's	Erik Budsberg ebudsberg@ewu.edu EWUCommunity-Garden on FB, inside.ewu.edu/sustainability/garden/
Cheney	St Pauls Episcopal Community Garden 625 C St							Food to Food Bank on Wed at 9a	Lori, stpaulscheneywa.org
Spokane	All Saints' Lutheran Community Garden 314 S Spruce St #A	church	\$15		V	TS	H		glenna_allsaintsgarden@gmail.com allsaintsgather.com
Spokane	Beautiful Savior Lutheran 4320 S Conklin	747-6806	4x10: \$20					food for members	Tom Lucke beautifulsaviorsspokane.org
Spokane	Better Living Center		N/A	N/A	V		S	food for Better Living Center	BetterLivingCommunityGarden on FB
Spokane	Chief Gary Community Garden @ River of Life, 2103 E Mission/PO Box 7620, Spokane Wa. 99207	599-3035	4x4: \$15 (6), ADA 4x4 \$15 (deposit \$5)	4 x18 \$25 (20)	MG	TS GH	S, Drip	kiosk for excess, UGM Family if extra plots free or Food Bank	Donna Fagan chiefgarycommunity-garden@gmail.com FB
Spokane	Finch Arboretum Community Garden 3404 W Woodland Blvd	280-6197	8x12: \$20						Brenda Martinson, Steven Wilson
Spokane	Grant Park Community Garden, 10th & Arthur, Mail: 2411 E Hartson, 99202	469-264-1059	4x12: \$35	4x8: \$25 (&ADA)	MG V	TS, SL	S	Free foraging food on perimeter, Volunteers and neighborhood warch	peggyarkersemail@gmail.com Peggy Parker GrantParkCommunity-Garden (Spokane) on FB
Spokane	Growing Neighbors 5508 N Alberta	327-5522				SL, P		Food give-aways: 5-6 T, 11:15 Sun	shadleparkpres.org
Spokane	Holy Cross Community Garden - 7307 N Nevada	953-4961	16x16					Gardening for Bhutanese families	purple4shell@msn.com holycrosslcms.net
Spokane	Northeast Community Center -Liberty & Lacy Ave -Pumphouse Garden, Crestline & E Hoffman	487-1603 x217	4x20: \$20,	4x10: \$10				free food distribution	Nick Bowcut, nbowcut@necommunitycenter.com necommunitycenter.com
Spokane	Polly Judd Park Community Garden W Cannon Pl Ln	c844-2944 838-9860		4x8: \$25 (waive fee this year)			H	beds dedicated to Community Garden Alliance	Philip Small e.philip.small@gmail.com
Spokane	River City Youth Ops Mail: 1832 W Dean	703-7433	inground		V, G		D x4 S x1	food for Emerson-Garfield Farmers Market and Kendal Yard Market, and donate food to Wed night meal West Central Mission, Catholic Charities Food For All	info@rivercityyouthops.org youthops.org
Spokane	St Johns Cathedral Community Garden, 127 Et 12th Ave 99202/ Bicentennial Park			4x8: \$5 (ADA)				fCathedral and clients of Canterbury Court	Kristi Philips, KristiP@stjohns-catedral.org, stjohns-catedral.org
Spokane	Sunshine Community Garden 1512 S Ash St		20x25		V			neighbors grow produce for each other	Wanda Daehlin
Spokane	The Commons Community Garden Spokane Water Dept, 3230 S Lamonte St	280-6854	4x8: \$25	4x10: \$30	MG	TS	H	Connected with Food for all Food for surplus	Dennis Anderson dennis_anderson@mac.com
Spokane	Underhill Community Garden E Hartson Ave & S Ralph St, near Fred Meyer 5th& Thor	720-0967	10x20: \$30	\$15	MG	TS SL		many from Karen ethnic community	Alexandra Montegue monale1955@gmail.com
Spokane	Urban Eden Farm 2121 S Cherry St, 99224	425-269-9788			G			Farm Stand 9-12, Sat, area Farmers Markets	maya@greenplaynw.org. greenplaynw.org/urban-eden-farm-school/

The city of Spokane expanded its emergency order to include a moratorium on evictions and foreclosures. The Spokane moratorium halts all notices to terminate and all evictions and foreclosures and stops late fees for April rent. It applies to both commercial and residential evictions. It also provides an exception for notices to terminate for the safety of residents in the building. This order fills the gaps left in the statewide moratorium on evictions.

(Washington State)  
**COVID-19 EVICTION MORATORIUM COMPLAINT FORM - WA State Office of Attorney General**  
<https://fortress.wa.gov/atg/COVID19EvictionComplaintForm.aspx>

**AVISTA** myavista.com/safety/covid-19-response  
 Has ended all utility cutoffs in WA, ID, OR

**Caritas** 326-2249  
 emergency assistance for families in crises.

**Catholic Charities Coordinated Housing and Homeless Families Assessment of Spokane** 325-5005  
 Emergency homelessness prevention through loans and grants to pay rent. Rental unit must be with in City of Spokane limits

**Catholic Housing Communities**  
 CATHOLIC CHARITIES 456-2279  
 12 E 5th, 99202 [cceasternwa.org](mailto:cceasternwa.org)  
 Offers service enriched apartments to low-income seniors, disabled and chronically homeless individuals across Eastern WA.

**Cheney Outreach** 235-8900

Basic Emergency Assistance for low income, elderly, disabled, must live in Cheney

**City of Spokane Valley Residence**

SNAP Rental and Utility Assistance [eaprefer@snapwa.org](mailto:eaprefer@snapwa.org) 319-3010  
 Possibly closed at this point, program payed iout 4 months of rent or mortgage between April to Oct, pays out \$1000 towards utilities. Only foe those with loss of income due to Covid

**Community Frameworks**

907 W Riverside Ave 484-6733  
 Spokane 99201 Fax: 483-0345 [communityframeworks.org](http://communityframeworks.org)  
 Develops affordable multi-family and supportive housing, provides home ownership opportunities for hard working families and teaches and counsels families on budgeting, credit and home ownership topics. Also works with other nonprofits by providing technical assistance and financing, or by developing affordable housing for them.

**Emergency Financial Assistance**

Rental assistance.  
 CATHOLIC CHARITIES 358-4963  
 12 E 5th Ave, 99202  
 SOCIETY OF ST VINCENT DE PAUL - ST MARY PARISH [stvincent@email.com](mailto:stvincent@email.com)  
 304 S Adams Rd [oursvdp.com](mailto:oursvdp.com)  
 Spokane Valley 99216 928-3210  
 Serves residents in Spokane Valley

**Evictions Defense Project** 477-2674

1116 W Broadway, 4th Flr Annex  
 Those facing eviction at the end of the moratorium may apply for support from the Eviction Defense Project. Or if a landlord is attempting to evict a tenant despite the moratorium, this resource could help. Participants can apply at SpokaneVLP.org. This is an opportunity for clients to connect directly with an attorney for free!

**Family Promise of Spokane**

Mail: 904 E Hartson, 99202 747-5487  
 Open Doors: 2002 E Mission, 99202 [familypromiseofspokane.org](http://familypromiseofspokane.org)  
 Exec Dir: Joe Ader  
 Neighbors/Bridges Prog Mngr: Susan Heitstuman  
 Open Doors Program Mngr: Serena Graves 723-4663  
 Village Program Mgr: Lynetta Lewis  
 Volunteer Mngr: Marianne Sfeir  
 Admin Coord: Hilary Beardslee  
 Prevents families from becoming homeless, provides services for families experiencing homelessness, and helps move families beyond homelessness.

**Financial Help line** 625-6650

**SPOKANE PUBLIC LIBRARIES**  
 getting started with financial recovery resources for Spokane County small businesses and Individuals.

**Furniture Banks**

**BED BUG FURNISHINGS** 557-0751  
 3704 N Nevada, 99207 [yourbif.org](http://yourbif.org)  
[bedbugfreefurnishings@gmail.com](mailto:bedbugfreefurnishings@gmail.com)  
 Provides quality pest free furnishings and job skills for people in transition.  
 Sleepin Heavenly Peace  
 3524 W Woolard Rd, Colbert 99005  
 208-914-0937  
[jan.spackman@shpbeds.org](mailto:jan.spackman@shpbeds.org), [shpbeds.org](http://shpbeds.org)  
 by request for families in need, kids with no beds. builds bunk beds, provides bedding, pillows, blankets/quilts

**Goodale & Barbieri** 459-6109

818 W Riverside, #300, 99201  
[g-b.com](http://g-b.com) 800-572-9181  
 Provides quality low-income housing to the Inland NW. On behalf of nonprofit sponsors, it develops and manages low-cost housing for the elderly.

**Goodwill Industries of the Inland NW Workforce & Family Services** 838-4246

130 E 3rd, 99202 [discovergoodwill.org](http://discovergoodwill.org)

**Greenhouse 276-6897**

Info and referral for North Spokane County, includes emergency services, household items. etc.

**Habitat For Humanity**

[habitat.org](http://habitat.org) [habitatwa.org](http://habitatwa.org)  
**-HABITAT FOR HUMANITY - SPOKANE**  
 1805 E Trent, 99202 534-2552  
[habitat-spokane.org](http://habitat-spokane.org) Fax: 534-3832  
 Builds homes in partnership with qualifying families and the community. Homes are sold at no-profit with a 0% interest mortgage. Equips partner families with knowledge and skills to be successful homeowners

**HEART - Housing Equity Action Research Team**

1526 E 11th Ave  
 Spokane WA 99202  
 509.532.1688  
[action@spokanealliance.org](mailto:action@spokanealliance.org)  
 expanding affordable housing in the West Central neighborhood. HEART also advocated for tenant protection during COVID-19 including the extension of eviction moratorium and rental assistance funding at the city or county level to allow people to stay in their homes.

**HUD - Housing and Urban Development** 206-220-5101

Seattle Federal Office Bldg  
 909 First Ave, Ste 200, 98104  
 Sustains home ownership; creates affordable housing opportunities; supports the homeless, elderly and people with disabilities. Promotes community development and enforces fair housing laws.  
**Housing Discrimination Hotline**  
 800-877-0246

**Inland Empire Residential Resources** 534-9999

208 N Crestline, 99202  
 POB 3123, 99220 Darryl Reber  
[housingservices@ierr811.com](mailto:housingservices@ierr811.com)

**COMMUNITY GARDENS: SPOKANE COUNTY**

City	Community Garden	Phone	regular plot	Raised Beds	V	TS, SL	H	Community Relations	Contacts
Colbert	<b>Garden of Hope</b> Colbert Presbyterian 4211 E Colbert	465-1373	N/A	X, orchard	V, G		I	harvest for New Hope vol.	colbertpres.org
Liberty Lake	Arboretum Community Garden/City Hall, 22710 E Country Vista Dr & Rocky Hill Park Community Garden	755-6700		4x8: \$25	G		H*	one per household (40), Jan 1 no pre holds, Liberty Lake residents ONLY	Tait Hunter <a href="mailto:thunter@libertylakewa.gov">thunter@libertylakewa.gov</a> libertylakewa.gov
Spokane Valley	Pumpkin Patch Community Garden 9'08 E Maringo Dr	924-2350	\$20	\$20			I	donated to FB	teresa@pumpkinpatchgarden.net pumpkinpatchgarden.net
Spokane Valley	Spokane Valley Partners Fresh Start Community Garden 11202 E Mission Ave	927-1153 x12	\$25 (by june 15)	\$10 (by june 15)				for clients, farmers markets and FB	ea@svpart.org

Facilitates creating and preserving long-term affordable housing, primarily for persons with developmental disabilities and low-income families.

**Kiemle Hagood Co** 755-7555  
601 W Main, Ste 400, 99201  
[khco.com](http://khco.com) Fax: 458-4014

Specializes in maintaining and operating apartment communities. In addition to market properties, offers expertise in developing and managing government subsidized projects for specific populations.

**Medical Lake Outreach** 299-3819  
rental. Utility assistance for seniors, low-income, disabled

**MLK Center** 455-8722  
rental. Utility assistance

**Northwest Fair Housing Alliance**  
35 W Main Ave, #250, 99201  
[execdir@nwfairhouse.org](mailto:execdir@nwfairhouse.org) 325-2665  
[nwfairhouse.org](http://nwfairhouse.org) 800-200-FAIR  
Fax: 866-376-6308

Dir: Marley Hochendoner  
Works to ensure equal housing opportunities through advocacy, education and counseling.

**Parish Social Ministries**  
455-2253

During COVID-19, provides emergency assistance to families and individuals in need, rent/housing assistance, food bags, and emergency supplies after referral from local church.

**Project Share**  
[spokaneutilityhelp.org](http://spokaneutilityhelp.org)

During COVID-19, provides emergency assistance to families and individuals in need, rent/housing assistance, food bags, and emergency supplies after referral from local church.

**SNAP Housing Counseling**  
500 S Stone, 99202 456-SNAP  
[snapwa.org](http://snapwa.org)

HUD-approved housing counselors provide mortgage default, foreclosure prevention, and pre-purchase counseling and education for prospective home buyers.

**SNAP Rental Asst.**  
319-3035

456-SNAPx3315  
[countryrap@snapwa.org](mailto:countryrap@snapwa.org)

Opens 2nd week of Oct, program will cover \*0% of 3 month's rent, call for criteria, includes loss of income due to Covid 19

**SNAP Energy Assistance**  
[snapwa.org](http://snapwa.org) 456-SNAP

Helps eligible households ease the financial impact of a portion of heating costs. Households are eligible for this program once per heating season or while funding lasts. Emergency assistance is available for households with a shut-off notice or less than 10 days of heating oil, wood or propane.

**ENERGY OFFICES:**

**-FORT WRIGHT**  
3102 W Ft Wright Dr, 99224  
**-ARMORY** 12 W 2nd 99201  
**-NORTH EAST** 4001 N Cook 99207  
**-VALLEY** 10814 E Broadway, 99206

**SNAP Energy Conservation Education** 456-SNAP

212 W 2nd Ave, 99201  
[snapwa.org](http://snapwa.org)  
Provides low-cost, no-cost techniques to conserve energy and reduce household costs. These techniques are shared through SNAP's weatherization program, workshops and online.

**Spokane Area Tenants United (SATU)** 578-5068

St Andrew's Episcopal, 2404 N Howard  
[spokaneareatenants@gmail.com](mailto:spokaneareatenants@gmail.com)  
*Spokane Area Tenants United on FBpage*  
*Eastern Washington Tenants on FBgroup*  
Engages in the tenant-led fight for housing justice in Eastern Washington through advocacy and community projects. 2nd & 4th Wednesdays @ 6 p.m.

**Spokane County Community Services** 477-5722

Rental and utility assistance to county's low income and moderate-income residents.

**Spokane Housing Authority**  
25 W Nora, 99205 328-2953

[ptietz@spokanehousing.org](mailto:ptietz@spokanehousing.org)  
[spokanehousing.org](http://spokanehousing.org) Fax: 327-5246

Exec Dir: Pam Tietz  
Manages several multi-family communities and administers the area's Housing Choice Voucher program. Serves Lincoln, Pend Oreille, Spokane, Stevens and Whitman counties.

**Spokane Housing Ventures (SHV)** [spokanehousingventures.org](http://spokanehousingventures.org)

2001 N Division, 99207 232-0170

Affordable rental units for people with low-incomes, special needs and seniors; studio to 4 bedroom apartments and single-family homes. For people needing permanent, handicapped-accessible and large-family housing. Fax: 484-4617

**Spokane Low Income Housing Consortium (SLIHC)** 263-0883

POB 9231, 99209 [kay@slihc.org](mailto:kay@slihc.org)  
Exec Dir: Ben Stuckart [slihc.org](http://slihc.org)  
Pres: Edie Rice-Sauer  
Promotes availability of affordable housing in Greater Spokane. Has over 30 nonprofit and public members that develop and promote affordable housing, and more than 15 supportive members that include lenders, private sector firms, contractors, attorneys and others who support affordable housing.

**Spokane Resource Center**

**HUD ENVISION CENTERS**

130 S Arthur St, 2nd Flr, 99202  
Jen Morrison 867-8188

[spokaneresourcecenter.org](http://spokaneresourcecenter.org)  
[housing@spokaneresourcecenter.org](mailto:housing@spokaneresourcecenter.org)

Improves access to HUD-assisted services for those seeking to achieve self-sufficiency. Partners with Spokane Housing Authority, City of Spokane, Spokane Area Workforce Development Council and other agencies, offering direct services. Offers economic empowerment, educational advancement, health and wellness and character leadership. HHAA Offers Rent and utility assistance in Spokane County till end of June 2021, criteria includes individual 30% AMI, families up to 50% and applications online. TBRA open now till Dec 31 offers month's rent to residents in the city of Spokane, due to loss of income up to 60% AMI

**Spokane Valley Partners**

10814 E Broadway, 99206  
PO Box 141360 927-1153

Spokane Valley 99214 [svpart.org](http://svpart.org)  
During COVID-19, provides emergency assistance to families and individuals in need, rent/housing assistance, food bags, and emergency supplies after referral from local church.

**Tenants Union of WA State**

**SPOKANE OFFICE**

25 W Main, 3rd Flr C-1, 99201  
Mail: Box 310, 25 W Main  
Creates housing Justice through grassroots education, organizing and advocacy. Improves tenants' living conditions, and challenges and transforms unjust housing policies and practices. 464-7620

**UHelp Program  
Spokane City Hall**

808 W Spokane Falls Blvd 99201  
Hours: Monday-Friday

8 a.m. - 5 p.m.

Phone: 311, or for outside city limits, 509.755.CITY (2489)

7 a.m. - 6 p.m.

Email: [ubill@spokanecity.org](mailto:ubill@spokanecity.org)

The U-Help program is committed to helping citizens who are facing economic hardship because of the response to COVID-19. Please call SNAP at 456-SNAP during this crisis to access U-Help funding. SNAP also qualifies citizens for energy bill assistance through Project Share. Donations can be made at [spokaneutilityhelp.org](http://spokaneutilityhelp.org).

**WA State Human Rights**

**Commission, SPOKANE DISTRICT**

Rock Pointe Plaza III, 1330 N

Washington St, Ste 2460, 99201

[hum.wa.gov](http://hum.wa.gov) 800-233-3247

TTY 800-300-7525

Investigates allegations of discrimination in employment, housing, public accommodation, credit and insurance.

**FARMERS MARKETS  
& LOCAL FARMERS**

<http://tillthproducers.org>

<https://agr.wa.gov/getmedia/14cdd035-2e49-4f16-9537-1de6dd4e4f50/1.pdf>

[https://certified.naturallygrown.org/documents/Tilth\\_Directory.pdf](https://certified.naturallygrown.org/documents/Tilth_Directory.pdf)

<https://www.pnw.coop/greenbluffgrowers.com>

Offers local, organically grown greens. Has Farm Stand Saturdays 9 a.m. to noon. Greens, beans, arugula, mizuna, watercress, nettles, spring lettuce mix. Plant starts: chard, kale, raspberries, rhubarb, marjoram. Please observe the 6 foot rule. Receive a vegetable bounty with \$400 membership for 12 weeks

### Farm Coop/Local Producer Hubs - Delivery

#### FULL CIRCLE

[customerservice@fullcircle.com](mailto:customerservice@fullcircle.com)  
1-866-206-8080 [fullcircle.com](http://fullcircle.com)

#### LINC FOODS 505-0446

3808 N Sullivan Rd. Bldg 12P  
Spokane Valley 99216  
[info@lincfoods.com](http://info@lincfoods.com) [lincfoods.com](http://lincfoods.com)

#### SHARE FARM - SPOKANE

[HTTPS://SHARE.FARM](https://share.farm)

#### COURAGE TO GROW FARMS

Shaneese Dunigan 270-7264  
Delivery as far as Nine Mile Falls, CDA, And Fairchild AFB

### Inland NW Farmers Market Association

[lissette.alent@gmail.com](mailto:lissette.alent@gmail.com)  
[inwfma.org](http://inwfma.org) 413-6528

We will continue to distribute free food boxes through December 2020.

## FOOD & HYGIENE DONATIONS

### Bed Bug Furnishings 557-0751

3704 N Nevada St, 99207  
[bedbugfreefurnishings@gmail.com](mailto:bedbugfreefurnishings@gmail.com)  
<http://yourbff.org>

Reclaiming furniture and people by providing quality pest free furnishings and job skills for those in transition.

### Blessings under the Bridge

10212 E 9th, Bldg 600 [butb.org](http://butb.org)  
Spokane Valley 99206 869-6584  
[Blessingsunderthebridge@gmail.com](mailto:Blessingsunderthebridge@gmail.com)  
Works with other agencies to coordinate and distribute food and hygiene items.

### Catholic Charities Eastern WA

12 E 5th Ave, 99202 358-4250  
[ceasternwa.org](http://ceasternwa.org) 800-831-1209  
Needs volunteers  
EMERGENCY SUPPLIES: Needs emergency supplies for its Programs. The list of needed items can be found at <https://www.cceasternwa.org/covid-19>, and items can be dropped off at the Family Service Center located at 12 E 5th Ave

### Dry Fly Distilling

Offers free hand sanitizer spray and distributes the product in

Spokane for free. [http://33purl.com/bYz\\_p1](http://33purl.com/bYz_p1)

### Excelsior 328-7041

3754 W Indian Trail Rd, 99208  
[excelsioryouthcenter.com](http://excelsioryouthcenter.com)  
Built a care team to deliver food and hygiene supplies to families, taking hourly employees to sustain Programs and put them in other Programs to keep them employed. Offered help to Second Harvest.

### Feed Spokane 216-7364

PO Box 141674, 99214  
[admin@feedspokane.org](mailto:admin@feedspokane.org)  
[feedspokane.org](http://feedspokane.org)  
Exec Dir: Steven Brashears  
Networks meal providers and community partners in the greater Spokane area. Works to eliminate food waste through food rescue.

### Food for Kidz 868-9260

Eastpoint Church Warehouse at, 15303 E Sprague  
6009 N Hays, Newman Lake 99025  
Jim Dodd [foodforkidz.org](mailto:foodforkidz.org)  
[jim@foodforkidz.org](http://jim@foodforkidz.org)

### Giving Back Packs

[info@gbpacks.org](mailto:info@gbpacks.org) 389-2503  
PO Box 30321, 99223  
Is collecting toilet paper from business donations and individuals to give to homeless shelters.

### Hispanic Business Professional Association

[hbaspokane.net](http://hbaspokane.net)  
POB 3661, 99220  
[hbaspokane@gmail.com](mailto:hbaspokane@gmail.com)  
Offers mobile food banks. Anyone needing food during these difficult times, may write down the dates when several Spokane Latin organizations will join forces to serve the Latinx community! Information about health will also be distributed and how to protect oneself / avoid COVID-19. Also includes medical centers where people can go to be attended in case they do not have medical insurance.

### HRC Ministries 879-3773

14415 E Sprague Ave  
POB 14257, Spokane Valley 99214  
[warehouse@hrcministries.com](mailto:warehouse@hrcministries.com)  
[hrcministries.com](http://hrcministries.com) Off 922-0939  
Works to feed vulnerable seniors and at risk children. Food Drop-off Tuesday-Thursday.

### Hoarder Amnesty Program

Bethany Presbyterian Church in Spokane and Veradale UCC in Spokane Valley are offering a "hoarder amnesty" program. Call Bethany at 509-534-0600 or Veradale UCC at 509-926-7173 to arrange to drop off the

supplies, which will be taken to shelters and food banks.

### LDS Welfare Home Storage Center - Bishop's Store House

9423 East 4th Avenue  
SPOKANE 99206 928-1035  
Friday: 10 a.m. - 5 p.m.  
Saturday: 10 a.m. - 3 p.m.  
<https://providentliving.churchofjesuschrist.org>  
for member of LDS or friends in need

### Little Free Pantry

<http://www.littlefreepantry.org/frequently-asked-questions>  
Located around town with food and hygiene items offered like a Little Free Library often at churches. They offer items that individuals are willing to donate or trade. Those who take may consider giving back immediately or down the line. Those with toiletries find it an anonymous way to share. When converting a little free library to a pantry have the pantry opening face East or North in the summer time to decrease food spoilage.  
Locations:  
Veterans Administration - Caritas  
Shadle Presbyterian - Caritas  
St Francis - Caritas  
St Andrews - Caritas  
Salem Lutheran - Caritas  
Spokane Valley: 12 N University  
Cheney: Emmanuel Lutheran  
When converting Little Free Libraries to use as Little free Pantries, keep in mind sanitation issues, <https://littlefreelibrary.org/best-practices-at-little-free-libraries-during-the-coronavirus-outbreak/>

### Mission Community Outreach

1906 E Mission, 99202 536-1084  
[4mission.org](http://4mission.org) [mcoc.spokane@gmail.com](mailto:mcoc.spokane@gmail.com)  
The volunteer-run clothing bank is closed at this time, but will support other agencies in need of supplies at this time, offering clothing, limited hygiene items (no toilet paper at this time), diapers, wipes and small housewares. Interested agencies may email their request. Director will field requests based on supplies on hand.

### Northwest Harvest Spokane Warehouse

3808 N Sullivan Rd, Bldg 14-J  
Spokane Valley 99216 891-7013  
Spokane only. Setting up drop off locations, but not there yet.

### Pet Food Banks

Including below check with your local food bank by calling to see

if they provide this service or have pet food available  
**PROJECT UNCONDITIONAL LOVE**  
1824 E Columbia 99208  
[pulspokane@yahoo.com](mailto:pulspokane@yahoo.com)  
[pulspokane.wixsite.com/homeless](http://pulspokane.wixsite.com/homeless)  
FB: 893933834007786/  
Avery Plank 443-3697  
Every week I give pet food to the homeless as part of Blessing Under The Bridge, supply Serve Spokane, and give to other local groups that help low income people with pets such as Meals on Wheels.

### PANHANDLE ANIMAL SHELTER

870 Kootenai Cutoff Rd  
Ponderay 83852 208-265-7297  
[pasidaho.org](http://pasidaho.org)

### SCRAPS - SPOKANE COUNTY REGIONAL ANIMAL PROTECTION SERVICE

6815 E Trent 477-2532  
Spokane Valley 99212 Fax: 477-4745  
Janet Dixon [spokanecounty.org](http://spokanecounty.org)  
**SPOKANE HUMANE SOC 467-5235**  
6607 N Havana St, 99217  
[terena@spokanehumanesociety.org](mailto:terena@spokanehumanesociety.org)  
[spokanehumanesociety.org](http://spokanehumanesociety.org)  
schedule an appointment

### Salvation Army 325-6821 x2202

222 E Indiana, 99207  
[spokane.salvationarmy.org](http://spokane.salvationarmy.org)  
All the regular operations are going on. The Family Resource Center—food bank—continues to operate, helping double the number of people. They are requesting that people donate extra toilet paper, hand sanitizer, tissue, cleaning wipes and surgical masks for them to give to people who come. Food bank operates by food boxes volunteers deliver to waiting cars. Encourages people who are unemployed to use money for rent, not food. Needs donations to purchase items and needs volunteers 55 and younger to work four-hour shifts. They can sign up at [makingspokanebetter.org](http://makingspokanebetter.org).  
**FOOD BOX Delivery Program**  
The Salvation Army is willing to temporarily schedule and deliver perishable and non-perishable food boxes to those that are afraid to venture out, are facing food insecurities currently due to layoff, or do not have the transportation to make a trip to a local food bank. Here are the guidelines for the delivlers/pick-ups  
**DELIVERY**  
There have to be ten (10) or more deliveries to one spot. Unfortunately, with the lack of staffing or volunteer base, it does only one (1) or two (2) food boxes at various locations.

Due to the large amount of food that The Salvation Army is processing, it is unable to customize food boxes to meet dietary or allergy restrictions. Asks that the recipient gift the food item to someone else if they are unable to use it.

The Salvation Army is trying to help as many community members as possible so please only list individuals that are living in the household.

Each household needs to fill out and sign the Food Box Delivery/Pick-Up Registration Form. PICK-UP

Those who are picking up for a complex, need to have each household fill out and sign the Food Box Delivery/Pick-Up Registration Form. By signing the form, it gives permission to pick up for their household.

#### ALL HOUSEHOLDS

Each household needs to fill out and sign the Food Box Delivery/Pick-Up Registration Form.

All households must be willing to give The Salvation Army demographic information so they can track statistics and gross poundage leaving its food pantry. Forms need to be filled out for both Delivery and Pick-up. If The Salvation Army does not receive a form, it will be unable to provide any food boxes.

If this is something that would be beneficial to guests, call The Salvation Army Family Resource Center and ask for Elisha Roberts, Monday through Friday 12:30 to 4:30 p.m., to set up a time to pick-up or set-up a delivery option for neighbors or guests.

The Family Resource direct line is (509) 325-6821.

#### Second Harvest of the Inland NW

1234 E Front, 99202 534-6678  
2-harvest.org Fax: 534-8252

Offers instant help, money and volunteers to distribute more food for students, evaluating needs of partner agencies as many of them made adjustments to keep everyone safe. Looking at ways to respond better to community needs, mobile distribution of food in the county still ongoing, targeting high needs partners. Depends on volunteers, and is making adjustments on how volunteers can help, reboot its schedule to honor social distancing.

#### SNAP Cuisine for Clients

[https://app.mobilecause.com/e/5gOYxQ?fbclid=IwAR2kFMkV3X72TWF169pxGLfDDJE0gkF3LmV0vXo3iRiHM6gpxdyUZg8dON8&mc\\_cid=12b67a7d4e&mc\\_id=eebf6e5bb5&vid=74gqm](https://app.mobilecause.com/e/5gOYxQ?fbclid=IwAR2kFMkV3X72TWF169pxGLfDDJE0gkF3LmV0vXo3iRiHM6gpxdyUZg8dON8&mc_cid=12b67a7d4e&mc_id=eebf6e5bb5&vid=74gqm)  
Donations will be used to purchase meals from SNAP-supported restaurants and donated to residents living at SNAP affordable housing properties

#### Spokane Alliance 389-1750

1526 E 11th Ave, 99202  
katie@spokanealliance.org.  
spokanealliance.org  
Works with its member congregations and unions to build teams to reach out in their organizations to see what needs there are and to connect them with resources. Non-members may also contact executive director Katie Zinler to participate.

#### Spokane Area Jewish Family Services

director@sajfs.org  
1322 E 30th, 99203 747-7394  
Exec Dir: Neal Schindler sajfs.org  
Provides food to clients, usually delivering it to their doorsteps but not having contact. Call to schedule the drop and call right after to let them know it's there. Accepts food donations at the temple; drop-off can be arranged right outside the building with no contact. Helps clients negotiate the landscape of ongoing and emerging resources, and does reassurance calls to vulnerable clients. Dispersed some emergency funds but are running low and awaiting possible financial aid from SBA. The event is now virtual, and info is here: <http://sajfs.org/virtualbenefitevent/>

#### Spokane County Mutual Aid

is an all-volunteer grassroots network operating in Spokane County. Formed as a response to the COVID-19 outbreak and are working within the community to build better neighborhood-based systems of support. The collective can currently help with needs such as grocery shopping, prescription pick-up and financial assistance. Those needing help or support can fill out a quick form.

For information, please visit [mutualaidspokanecounty.com](http://mutualaidspokanecounty.com). Also on Twitter: @spoctymutualaid, Facebook: Spokane County Mutual Aid, and Instagram: @spokanecountymutualaid, or call the free hotline at (503) 662-7912. Can

also be reached via email at [spokanecountymutualaid@gmail.com](mailto:spokanecountymutualaid@gmail.com).

#### Spokane Street Aid

[spokanestreetmed@gmail.com](mailto:spokanestreetmed@gmail.com)  
FB: Spokane-Street-Aid  
Rebecca Daignault-Walker offering a female hygiene item drive Saturday noon at Lewsi and Clark

#### Thrift Stores Days & hours vary

ARC OF SPOKANE, THE 328-8100  
808 N Ruby, 99201  
[arc-spokane.org/arc-thrift](http://arc-spokane.org/arc-thrift)  
9a-8p M-Sat  
CARE & SHARE 299-9024  
211 N LeFevre, Medical Lake 99022  
DISCOVERY SHOP - AMERICAN CANCER SOCIETY 805 W Garland 328-9373  
[cancer.org](http://cancer.org) 10-5, T-Sat  
GLOBAL NEIGHBORHOOD THRIFT 868-0001  
919 E Trent  
[global-neighborhood.org](http://global-neighborhood.org)

GREENHOUSE, THE 276-8224  
31 N Main St, Deer Park 99006  
GOODWILL RESALE/THRIFT:  
Goodwill's community service Programs are funded by donations and sales at 11 regional Goodwill stores and [shopgoodwill.com](http://shopgoodwill.com). \$.85 of every dollar directly supports services in the community. Shop and donate at any locations.

-Downtown Spokane Goodwill Store 444-2396  
202 E Third Ave, 99202  
-Goodwill Outlet Store, 1406 E Front Ave, 99202 279-2916  
-North Nevada Goodwill Store 9832 N Nevada, 99218 466-2012  
-Northwest Blvd Goodwill Store 2282 N Ash St, 99205 321-0579  
-South Hill Goodwill Store 2927 E 27th 321-0478  
-Spokane Valley 928-4032  
13721 E Sprague Ave, 99216  
NW CHRISTIAN SCHOOL THRIFT STORE 326-1522  
6607 N Maple

[nwcsthift.org/location/](http://nwcsthift.org/location/)  
9-6 M-Sat, 12-5 Sun  
SALVATION ARMY THRIFT STORE  
-Spokane 2020 N Division 99207 325-6805  
[spokanethriftstore.salvationarmy.org](http://spokanethriftstore.salvationarmy.org)  
10-5 M-Sat, donations till 4  
-Spokane Valley 11211 E Sprague, 99037 928-9970  
[spokanethriftstore.salvationarmy.org](http://spokanethriftstore.salvationarmy.org)  
10-5 M-Sat, donations till 4

UGM THRIFT STORE - DOWNTOWN 301 W Boone, 99201 326-3316  
[uniongospelmission.org/thrift-stores/](http://uniongospelmission.org/thrift-stores/)  
9-7, M-F. 9:30-6 Sat droppoff or pick-up larger items  
UGM THRIFT STORE - VALLEY 11921 E Sprague, 99206 927-5905  
[uniongospelmission.org/thrift-stores/](http://uniongospelmission.org/thrift-stores/)  
9-7, M-F. 9:30-6 Sat droppoff or pick-up larger items

VETERANS THRIFT STORE

4507 West Wellesley Ave

#### SNAP (Food Stamps)

877-501-2233

#### Women's Hearth - TRANSITIONS

920 W 2nd, Spokane 99201  
[info@help4women.org](mailto:info@help4women.org) 455-4249  
[help4women.org](http://help4women.org)  
Due to the risk associated with women traveling around town for different services, the city and homeless service organizations are working together to minimize this type of movement and shift to 24/7 options for folks experiencing homelessness. To support that goal, Women's Hearth closed. Posted on door relevant COVID-19 information and resources, and will keep voicemail message and notices on the door updated. Women's Hearth is supporting other shelter projects behind the scenes, be it supplies, staffing or other needs. Will still assist community's most vulnerable, but it will look different for the time being.

## HOSPITALS & RESOURCES

#### Blood Donation:

##### American Red Cross

[redcross.org](http://redcross.org)  
315 W Nora 877-272-7337  
Has experienced a severe shortage of blood collection because of COVID-19. The Red Cross collects more than 40 percent of the nation's supply and has had more than 2,700 drives cancelled across the U.S. in two weeks resulting in a loss of more than 86,000 units. There is no evidence COVID-19 can be transferred by blood. Call 590-7691 or email ryan.rodin@redcross.org.

##### CSL Plasma, Inc

[cslplasma.com](http://cslplasma.com)  
Pays for blood plasma donations.  
-2126 N Monroe St 340-6404  
-9621 E Sprague 926-1881  
Vitalant 800-423-0151

##### INLAND NW BLOOD CNTR vitalant.org

Coronavirus Impacts Blood Supply URGENT SHORTAGE: DONORS NEEDED  
-210 W Cataldo Ave, 99201  
-North Spokane 10403 N Newport Hwy, 99218  
-Valley: 12117 E Mission Ave Spokane Valley 992163

##### CHAS Health 444-8200

203 N Washington, Ste 300, 99201  
<https://chas.org/health-alerts>  
24/7 Nurse Advice: 866-418-1002  
5921 N Market, Spokane  
3919 N Maple, Spokane

914 W Carlisle Ave, Spokane  
1001 W 2nd Ave, Spokane  
817 S Perry, Ste B, Spokane  
15812 E Indiana, Spokane Valley  
5620 S Regal St., Suite 11  
401 S Main St, Deer Park 99006  
1720 2nd St, Cheney 99004  
(medical and behavioral health)  
**NURSE PRACTITIONER RESIDENCY CLINIC**  
15812 E Indiana Ave, Ste 101  
**URGENT CARE CLINICS**  
-Spokane Urgent Care-North, 5901  
N Lidgerwood, Ste 126 **434-1990**  
-Spokane Urgent Care - Valley  
1502 N Vercler Rd **444-8204**

### Franklin Park Urgent Care Center

5904 N Division, 99208 *fpucc.com*  
Offers minor emergency care,  
sports physicals (all levels) and  
injuries, work related injuries  
(L&I), minor shots, some disease  
esting and labs.

### Kaiser Permanente Medical Centers

<https://www.kaiserpermanente.org>  
**Consulting Nurse Srvc** 800-267-6877  
**Member Services** 888-901-4636  
**Social Work Services** 877-216-6216  
-SPOKANE - LIDGERWOOD **482-4402**  
6002 N Lidgerwood St, 99208  
-SPOKANE - RIVERFRONT **324-6464**  
322 W North River Dr, 99201  
-SPOKANE - SOUTH HILL **535-2277**  
4102 S Regal St, Ste 101, 99223  
-SPOKANE VALLEY - VERADALE **922-2625**  
14402 E Sprague Ave, 99216

### MultiCare Emergency Dept

*multicare.org/coronavirus/*  
-DEACONESS HOSPITAL **458-5800**  
800 W Fifth, 99204  
-DEACONESS NORTH EMERGENCY  
8202 N Division, 99208 **473-3333**  
-VALLEY HOSPITAL **924-6650**  
12606 E Mission  
Spokane Valley 99216

### MultiCare Hospitals *multicare.org*

-DEACONESS HOSPITAL **458-5800**  
800 W Fifth, 99204  
-VALLEY HOSPITAL **924-6650**  
12606 E Mission, 99216

### MultiCare Indigo Urgent Care

<https://www.indigourgentcare.com/coronavirus>  
-ARGONNE **598-7860**  
2713 N Argonne Rd  
Millwood, WA 99212  
-NORTH SPOKANE **598-7744**  
9420 N Newport Hwy, Ste 103  
-SHADLE PARK  
2401 W Wellesley Ave, Ste C  
-SOUTH HILL **598-7810**  
4911 S Regal St, 99223  
-VALLEY **598-7820**  
15605 E Sprague, 99216

### MultiCare Rockwood Clinics

<https://www.multicare.org/coronavirus/>  
-AIRWAY HEIGHTS CLINIC **342-3380**  
10414 W Hwy 2, Ste 10, 99224  
-CHENEY NEIGHBORHOOD CLINIC &  
**EWU STUDENT HEALTH CENTER**  
19 N 7th St, 99004 **235-6151**  
-DEER PARK CLINIC **755-5424**  
20 E J St, 99006  
-MEDICAL LAKE CLINIC **755-5300**  
725 N Stanley St, Ste D, 99022  
-MORAN PRAIRIE **724-4150**  
3016 E 57th Ave, Ste 27, 99223  
-QUAIL RUN CLINIC **755-5250**  
2214 E 29th, 99203  
-VALLEY CLINIC 99216 **744-5710**  
13221 E 32nd Ave, Ste 1

### MultiCare Rockwood Urgent Care

<https://www.multicare.org/coronavirus/>  
-DOWNTOWN **342-3100**  
400 E 5th Ave, Ste 1 N, 99202  
-LIBERTY LAKE **342-3990**  
1326 N Stanford Ln, 99019

### Native Project Medical Clinic

1803 W Maxwell, 99201  
*nativeproject.org* **483-7535**  
Call in advance in case of  
suspected exposure to COVID-19  
or symptoms On arrival patients  
may be immediately triaged.

### Providence Health Clinics

*providence.org/patients-and-visitors/coronavirus-advisory*  
**PROVIDENCE EXPRESS CARE**  
Lincoln Heights **888-227-3312**  
2923 E 29th Ave, 99223  
**PROVIDENCE FAMILY MEDICINE**  
-INDIAN TRAIL (SPOKANE) **385-0610**  
5011 W Lowell Ave, Ste 100, 99208  
-HAWTHORNE (SPOKANE) **252-1900**  
551 E Hawthorne Rd, 99218  
-NORTH (SPOKANE) **252-9602**  
212 E Central Ave, Ste 440, 99208  
-RESIDENCY CLINIC - SPOKANE **626-9900**  
**TEACHING HEALTH CLINIC** Fax: 626-9917  
624 E Front Ave, 99202  
-SPOKANE VALLEY - 99216  
13102 E Mission Ave **928-0300**  
**PROVIDENCE FAMILY PHYSICIANS**  
Providence Medical Park  
16528 E Desmet, Ste B3100  
Spokane Valley **994-9440**

### Providence Hospitals

<https://www.providence.org/patients-and-visitors/coronavirus-advisory>  
*Note visiting hours are cancelled*  
**HOLY FAMILY HOSPITAL** **482-0111**  
5633 N Lidgerwood, 99208  
**SACRED HEART MEDICAL CENTER &  
CHILDREN'S HOSPITAL** **474-3131**  
101 W 8th Ave, 99204

### Providence Urgent Care

*washington.providence.org*  
**DOWNTOWN** **474-2100**  
412 S Division, 99202  
**NORTH SPOKANE** **489-2369**  
551 E Hawthorne Rd, 99218

### Unify Community Health

*yvfwc.org*  
-MISSION **326-4343**  
120 W Mission Ave 99201 Fax: **329-2280**  
-NORTHEAST **483-3427**  
4001 N Cook St Fax: **482-5062**  
99207 **Dental 326-4382**  
-WEST CENTRAL CC **327-4646**  
1603 N Belt St Fax: **327-7209**

### INSURANCE AND FOUNDATIONS

[wahealthplanfinder.org](http://wahealthplanfinder.org)  
Some of the local Medical  
providers like CHAS and  
Providence have requested an  
easy link to share with their  
members/patients looking  
for Medicare education and  
enrollment access during  
COVID.

October 15th-December 7th is  
Medicare's Annual Enrollment  
Period (AEP). This is a time folks  
can receive all kinds of  
information about Medicare  
options for themselves, and their  
family and friends for 2021.  
Medicare is complex and ever  
changing, these options allow  
direct access to the experts in  
this field. In person and virtual.  
<https://www.myuhcagent.com/>

### Ambetter - from Coord Care

[ambetter.coordinatedcarehealth.com](http://ambetter.coordinatedcarehealth.com)  
**877-687-1197**  
**TTY/TDD 1-877-941-9238**

### Amerigroup

705 5th Avenue S, Suite 300,  
Seattle WA 98104 **405-1897**  
Yoshunda Blunt, (Shanda),  
Community Relations  
Representative  
[shanda.blunt@amerigroup.com](mailto:shanda.blunt@amerigroup.com)  
A.m.erigroup is one of the  
MCO's for Washington Apple  
Health Medicaid. Some people  
may want to check eligibility,  
enroll or have questions  
regarding their health insurance.

### Better Health Together

1209 W 1st Ave, 99201  
*admin@betterhealthtogether.org*  
*betterhealthtogether.org* **321-7500**  
**Insurance call Help Line 340-9008**  
Offers the payment for, access  
to and integration of Medicaid  
services in WA: covers Adams,  
Ferry, Lincoln, Pend Oreille,  
Spokane and Stevens Counties.  
Navigator Network is in-person  
assistance helping residents enroll  
in WA HealthPlanFinder.

### Community Health Plan of WA

*wecare.chpw.org* **866-907-1904**

### Empire Health Foundation

1020 W Riverside, 99201  
PO Box 244, 99210 **315-1323**  
[empirehealthfoundation.org](http://empirehealthfoundation.org)  
Invests in ideas and organizations  
that improve access, education,  
research, public policy and well-  
ness to improve overall health to  
the region's residents. Partners  
with Innovia area grant cycle  
in relationship to COVID 19  
response

### Healthy Kids Together

**Program 270-1869**  
1209 W 1st Ave, Spokane 99201  
[www.BetterHealthTogether.org](http://www.BetterHealthTogether.org) e:  
[reese@betterhealthtogether.org](mailto:reese@betterhealthtogether.org)  
Offers assistance with health  
insurance enrollment through  
Washington HealthPlanFinder.  
COVID-19 Special Enrollment is  
Extended to May 9. This  
allows individuals to select a  
Qualified Health Plan (QHP) off  
the Market Place outside normal  
Open Enrollment.

### Kaiser Permanente

<https://www.kaiserpermanente.org>  
**Consulting Nurse Srvc 800-267-6877**  
**Member Services 888-901-4636**

### Lifewise Health Plan of WA

*lifewise.com* **844-961-9845**  
questions: **800-817-3056/TDD/TTY 711**

### Pacific Source

**855) 931-0442 (TTY: 711)**  
*pacificsourcemembersfirst.com*

### Providence (Health insurance)

[healthplans.providence.org/](http://healthplans.providence.org/)  
**Customer Service**  
**503-574-7500 800-878-4445**

### Providence Foundation

601 W 1st Ave, Ste 200, 99201  
Mail: 101 W 8th Ave, 99204  
*Phcfoundationew@providence.org*  
*washington.providence.org* **474-4917**  
Donations help care for the most  
vulnerable in the community and  
support breakthrough technology  
that saves lives.

### Molina Healthcare of Washington - Spokane

1330 N Washington St, Ste 4000  
Spokane 99201 **(800) 869-7175**

### UnitedHealthcare, Community Outreach and Medicare Resources

**481-1755**  
Community Outreach (Medicare  
Resources). available by  
telephone only to assist those  
with Medicare resources.

## KIDS MEALS AND PROGRAMS

Text "food" or "comida" to 877-877

[nokidhungry.org/find-free-meals](http://nokidhungry.org/find-free-meals)  
USDA has extended their waiver for all students to receive free meals through December 31, 2020.

**CENTRAL VALLEY #354 228-5400**  
19307 E Cataldo [cvsd.org](http://cvsd.org)  
Spokane Valley 99016  
Free Breakfast & Lunch Program  
Offered this Fall  
Daily Pick-Up: 1 lunch & 1 breakfast  
Weekly Pick-Up: 5 breakfasts & 5 lunches  
Pick up locations pending

**CHENEY** [cheneysd.org](http://cheneysd.org)  
12414 S Andrus, 99004 **559-4599**  
**Re-opening**

**EAST VALLEY 924-1830**  
3830 N Sullivan Rd, Bldg 1  
Spokane Valley 99216 [evsd.org](http://evsd.org)  
**Re-opening**

**FREEMAN** [freemansd.org](http://freemansd.org)  
15001 S Jackson Rd **291-3695**  
Rockford 99030  
Tuesday pick up for 2 days,  
Thursday pickup for three days,  
locations:  
• Freeman High School 12-1pm  
• Rockford City Park 12:15-12:45pm  
• Valleyford Community Church parking lot 12:15pm-12:45 pm

**LIBERTY 624-4415**  
S 29818 North Pine Creek Rd  
Spangle 99031 [libertysd.us](http://libertysd.us)  
**Re-opening**

**MEAD SD** [mead354.org](http://mead354.org) **465-6000**  
2323 E Farwell Rd, 99021  
**Re-opening**

**MEDICAL LAKE 565-3100**  
116 W 3rd, 99022 [mlsd.org](http://mlsd.org)  
Medical Lake School District vans will be distributing meals along the "lunch delivery routes" listed on the nutrition services home page. Meals will be available for pick up at each school building, beginning Tuesday, September 8, at the times below:  
• Michael Anderson Elementary ~ 10:00 AM  
• Middle School ~ 10:00 AM  
High School ~ 10:00 AM  
• Hallett Elementary ~ 11:15 AM

**NINE MILE FALLS** [9mile.org](http://9mile.org) **340-4300**  
10110 W Charles Rd, 99026  
**Re-opening??**

**ORCHARD PRAIRIE 467-9517**  
7626 N Orchard Prairie Rd, 99217

[orchardprairie.org](http://orchardprairie.org)

**WEST VALLEY** [wvvsd.org](http://wvvsd.org) **924-2150**  
2805 N Argonne Rd, 99216  
Any child 0-18 years can receive free breakfast and lunch from any of the district meal sites. Grab and Go meals will be distributed from all four elementary schools, Centennial Middle School and West Valley High School beginning the first day of school, September 9th.  
• Ness Elementary School 9612 E Cataldo, Spokane, WA 99206  
• Orchard Center Elementary School 7519 E Buckeye, Spokane, WA 99212  
• Pasadena Park Elementary School 8508 E Upriver Dr, Spokane, WA 99212  
• Seth Woodard Elementary School 7401 E. Mission, Spokane, WA 99212  
• Centennial Middle School 915 N Ella, Spokane, WA 99212  
• West Valley High School 8301 E Buckeye, Spokane, WA 99212

## SPOKANE PUBLIC SCHOOLS

200 N Bernard St, 99201  
[spokaneschools.org](http://spokaneschools.org) **354-5900**  
**MEAL PROGRAM 354-5976**  
5 breakfasts and 5 lunches packed in a box, ready to go!  
Free for all children 18 and younger. Choose traditional or vegetarian meals. Special diet accommodations available for students with approved Digestive Disorder or Severe Allergic Reaction health care plan on file. NOTE: Those with a special dietary request may complete the pre-order survey each week.  
Any child 18 years and younger (Express and Day Camp students can eat for free at school and should not access 5-day meal kits.) Help us ensure we have enough meal kits available at each site:  
Preorder by Thursday for the following week's meal kit.  
Choose a pick-up time  
Mondays from 11:50 a.m.-12:50 p.m. or 5-6 p.m.  
Wednesdays from 8-9 a.m. or 11:50 a.m.-12:50 p.m.  
Choose a pick-up location  
Please keep the same pick-up place for the whole time we're distance learning.  
• Adams, 2909 East 37th Ave.  
• Arlington, 6363 N. Smith  
• Audubon, 2020 W. Carlisle  
• Balboa, 3010 W. Holyoke  
• Bemiss, 2323 E. Bridgeport  
• Browne, 5102 N Driscoll Blvd.

- Cooper, 3200 N. Ferrall
- Finch, 3717 N. Milton
- Franklin, 2627 East 17th Ave
- Garfield, 222 W. Knox
- Grant, 1300 E. 9th
- Hamblen, 2121 East Thurston
- Holmes, 2600 W. Sharp
- Hutton, 908 E. 24th
- Indian Trail, 4102 W Woodside
- Jefferson, 123 E 37th Ave
- Lidgerwood, 5510 N. Lidgerwood
- Lincoln Heights, 3322 E. 22nd
- Linwood, 906 West Weile Ave.
- Longfellow, 800 E. Providence
- Logan, 1001 E. Montgomery
- Madison, 319 W Nebraska Ave.
- Moran Prairie, 4224 E. 57th
- Mullan Road, 2616 E. 63rd
- Regal, 2707 East Rich Ave.
- Ridgeview, 5610 N. Maple
- Roosevelt, 333 W. 14th
- Sheridan, 3737 E. 5th
- Stevens, 1717 E. Sinto
- Westview, 3520 W Bismark
- Whitman, 5400 N Helena
- Willard, 500 West Longfellow
- Wilson, 3612 S. Grand Blvd.
- Woodridge, 5100 West Shawnee Ave.
- Chase MS, 4747 East 37th Ave.
- Garry MS, 725 East Joseph Ave.
- Glover MS, 2404 West Longfellow Ave.
- Sacajawea MS, 401 East 33rd
- Salk MS, 6411 North Alberta St.
- Shaw MS, 4106 N. Cook
- Lewis & Clark HS, 521 W. 4th
- North Central HS, 1600 N. Howard St.
- Rogers HS, 1622 E. Wellesley
- Shadle Park HS, 4327 N. Ash
- Ferris HS, 3020 E. 37th

## KIDS FOOD PROG - COMMUNITY

**At the Core 994-3720**  
[lifeatthecore.org](http://lifeatthecore.org)  
[kateyt@lifeatthecore.org](mailto:kateyt@lifeatthecore.org)  
<https://secure-q.net/Donations/AtTheCore/4510>  
Provides weekend meals, "A Bite 2 Go," to hungry kids who depend on free breakfast and lunch during the week at their school.

## Community Food Banks

Various locations offered by Sun City Church and Second Harvest open to anyone.  
Shadle Park High School every Thursday from 11-12

**Communities In Schools of Spokane County 413-1436**  
905 W Riverside, Ste 301, 99201  
[info@cisspokane.org](mailto:info@cisspokane.org)  
[Spokane.ciswa.org](http://Spokane.ciswa.org)  
Distributes food at various locations in Spokane and Cheney.

**The Zone Project 487-1603 x223**  
Northeast Community Center

4001 N Cook St, 99207  
[awaldref@necommunitycenter.net](mailto:awaldref@necommunitycenter.net)  
[thezoneproject@necommunitycenter.com](http://thezoneproject@necommunitycenter.com)  
[thezoneproject.org](http://thezoneproject.org)  
Dir: A.m.ber Waldref  
A place-based, community initiative in the neighborhoods of Hillyard. Seeks transformational change by empowering children, youth and families to reach their full potential. will work to supply children and families with meals, food, toiletries & safe places.

## Millwood Impact

[info@millwoodimpact.org](mailto:info@millwoodimpact.org)  
[millwoodimpact.org](http://millwoodimpact.org)  
invests in the Holistic Wellbeing of youth and families in Millwood. Great Fresh and Frozen distribution today for West Valley School District Spokane. families, food from Second Harvest Inland Northwest. Wednesday 11-1.

## SW Community Center

314 S Spruce, 99201 **981-7797**  
Mark Reilly (Food Bank) **993-1314**  
Community Center is open.  
Youth program during day; food bank Friday – line up outside & receive bags outside. For kids, lunches like in summer; meals from Shadle. Hand-out stuff during week for those in need.

## Volunteers of America

525 W Second, 99201  
[voaspokane@voaspokane.org](mailto:voaspokane@voaspokane.org)  
[voaspokane.org](http://voaspokane.org) **624-2378**  
Crosswalk maybe adding hours with Spokane Public Schools.

## WEEKEND MEALS/ FOOD BACKPACKS

### Second Harvest

Partners with schools and community partners for Bite2Go to get weekend food supplies to children in need during the school year. The Bite2Go kits include a good mix of healthy, kid-friendly, easy-to-open, single-serving, nonperishable food items to cover meals and three snacks over the weekend. The shelf-stable milk, juice, cereal, entrees and snacks are safe for children to handle on their own because they don't require any cooking or other preparation. Each week, staff members at participating schools put the packages of food discreetly in the backpacks of students in need. For information, contact Chris Sloan at 252-6283 or [chris.sloan@2-harvest.org](mailto:chris.sloan@2-harvest.org).

## Spokane Valley Partners Food For Thought

10814 E Broadway,  
Spokane Valley 99206  
PO Box 141360, 99214  
Food For Thought provides  
weekend meals for over 500  
students each week to help  
improve school performance,  
academic success and cognitive  
development.

## CHILD CARE & YOUTH CENTERS

Express child care continues for  
children of first responders and  
[https://www.excelsiorwellness.org/  
care-team/](https://www.excelsiorwellness.org/care-team/) medical workers.

### Airway Heights Recreation Center 244-4845

11405 W Deno Rd, 99001  
[airwayheightsparksandrec.org](http://airwayheightsparksandrec.org)  
Offers before and after school,  
summer day camps, sports  
activities and youth scholarships.  
Remains Closed til Phase 3.

### Boys & Girls Club

[bgcspokane.org](http://bgcspokane.org)  
544 E Providence, 99207  
**489-0741**  
Offers the Care Project, 8-3, M-F.  
As schools reopen and start  
distance learning programs for  
their students, the Clubs are  
here to help support kids & their  
families by doing whatever it takes  
for members and community.  
The Care Project is a daytime  
academic support program for  
students in 1st-8th grades where  
Club staff will facilitate access  
to distance learning programs.  
Cohorts are split by grade level  
with limited numbers in each  
classroom to encourage social  
distancing.

**LSG CLUB 368-9175**  
13120 N Pittsburg., 99208

**NORTHTOWN CLUB 489-0741**  
544 E Providence Ave, 99207  
Dir: Corey Crownhart

### Childcare Aware - Family Center 800-446-1114

If a child care center closes from  
COVID 19 emergency, call here to  
help find an alternative location.  
Warning capacity maybe an issue  
as some child care centers already.  
Now working remotely

### Parkview Early Learning Center

**CHILDREN'S HOME SOCIETY**  
5122 N Division 747-4174  
Offers childcare, subsidy program  
new openings Oct 19, Child  
must be 30 days old to 3rd year.  
Preference given to applicants  
with certain risk factors or other  
professional status

### Crosswalk Teen Shelter

525 W 2nd, 99201 838-6596  
[voaspokane.org](http://voaspokane.org) Fax: 624-2378  
Emergency and multi-service  
center for street, homeless and  
high risk youth 13-21. Shelter  
is for 13-17. Other services  
GED program, medical care,  
counseling, recreation, referrals,  
access to transitional housing and  
substance abuse intervention up  
to 21. Currently closed as drop in  
but offer meals at the door 3pm.

### Cup of Cool Water Ministries

1106 W 2nd, 99201 747-6686  
[cup@cupofcoolwater.org](mailto:cup@cupofcoolwater.org)  
Mark Terrell [cupofcoolwater.org](http://cupofcoolwater.org)  
Just a reminder that we are now  
open for modified drop-in!  
Monday/Wednesday (10-4) -  
FEMALES ONLY  
Tuesday/Thursday (10-4) - MALES  
ONLY  
Open For:  
- Showers  
- Laundry  
- Clothing  
- Internet Access  
- Mail  
- Take Out Lunches  
\*Limit 2 youth at a time\*  
\*\* FIRST COME FIRST SERVE  
BASIS\*\*

### Express Program

**SPOKANE PUBLIC SCHOOLS**  
200 N Bernard St, 99201  
[spokaneschools.org](http://spokaneschools.org) 354-7312  
Express will be open Thursday,  
September 8, 2020, until school  
returns to in-person learning.  
The Express program will follow  
the SPS 2020-21 school year  
schedule for days school is  
closed.

Available Locations:  
• Lincoln Heights (South)  
• Finch (North)  
6:30 a.m. to 6:00 p.m., Monday  
- Friday  
Registration fee: \$55 per child  
Tuition: \$49 per day, per child,  
with a required minimum  
three-week enrollment and a  
minimum schedule of three days  
per week. Full-day rates apply  
with no hourly rate.  
Meals

The USDA extended the Summer  
Food Service Program until  
December 31, for ALL children  
18 and under. As such, breakfast  
and lunch will be provided  
during this time for the program.  
The Express Child Care program  
will provide an afternoon snack  
for Express children.

**SPS DAY CAMP INFORMATION**  
SPS Day Camp is available for  
district-enrolled students and  
children of SPS staff, and will

cover the real-time distance  
learning schedule for students in  
grades K-6 who are registered in  
school. Additional sites will open  
based on registration numbers.  
Enrollment will be closely  
managed to provide high levels  
of social distancing and strict  
adherence to safety protocols.  
Students will receive structure  
and routines that help them  
engage in their real-time distance  
learning.

Due to the high volume of  
registrations, a completed  
registration may not guarantee  
entry. If, after registration is  
received, the billing staff notices  
that a requested site and program  
are already full or not offered,  
they will notify the applicant.  
To provide a safe and healthy  
environment, registered students  
will not be able to change camp  
locations without a two-week  
suspension of care.

All locations will be subject  
to change due to COVID-19  
protocols, current enrollment,  
and lowered capacities. In the  
event of a COVID exposure the  
site may be closed for a two-  
week period.

SPS Day Camp begins Monday,  
Sept. 14, 2020, and runs until  
school returns to in-person  
learning. SPS Day Camp will  
follow the SPS 2020-21 school  
year schedule for days school is  
closed.

Monday - Friday, 7:45 a.m. -  
3:45 p.m.

The USDA extended the Summer  
Food Service Program until  
December 31, for ALL children  
18 and under. As such, breakfast  
and lunch will be provided  
during this time for the program.  
Applicants will not need to  
schedule a pick up for a five-day  
meal kit for students that are  
being served at school.  
Program locations will be  
introduced in three stages. Dates  
of when sites will open are listed  
below.

Sites that still have vacancies to  
fill:

Sites opening Sept. 14

Logan  
Sheridan  
Willard  
Woodridge

- Logan, 1001 E. Montgomery
  - Sheridan, 3737 E. 5th
  - Willard, 500 West Longfellow
  - Woodridge, 5100 W Shawnee
- Sites Opening Sept. 21
- Arlington, 6363 N. Smith
  - Browne, 5102 N Driscoll Blvd.
  - Cooper, 3200 N. Ferrall
  - Garfield, 222 W. Knox
  - Lidgerwood, 5510 N. Lidgerwood

- Longfellow, 800 E. Providence
  - Regal, 2707 East Rich Ave.
  - Stevens, 1717 E. Sinto
  - Whitman, 5400 N Helena
- Sites Opening Sept. 28
- Adams, 2909 East 37th Ave.
  - Balboa, 3010 W. Holyoke
  - Grant, 1300 E. 9th
  - Holmes, 2600 W. Sharp
  - Indian Trail, 4102 W Woodside
  - Linwood, 906 West Weile Ave.
  - Madison, 319 W Nebraska Ave.
  - Westview, 3520 W Bismark
  - Montesorri, 1300 W Knox Ave,  
Spokane, WA 99205
  - Libby Center, 2900 E 1st Ave,  
Spokane, WA 99202

### HUB Sports Center

19619 E Cataldo Ave  
**927-0602**  
Liberty Lake 99016  
Fax: 927-0622  
PO Box 604, Greenacres 99016  
[info@hubsportscenter.org](mailto:info@hubsportscenter.org)  
[hubsportscenter.org](http://hubsportscenter.org)

We will be hosting a series  
of outdoor drive-in movies  
on Saturday nights between  
September 12 – October 24th.  
So gather the family, make a  
date, and join us for this unique  
throwback experience. We will  
have food trucks available and  
will be following all COVID  
rules.

BUY TICKETS NOW (first  
come first serve): [https://www.  
hubsportscenter.org/drive-in-  
movies/](https://www.hubsportscenter.org/drive-in-movies/)  
\*\$20 per car\*

### Northeast Youth Center

3004 E Queen, Spokane 99217  
[spokaneneyc.org](http://spokaneneyc.org) 482-0708  
Much like everyone else right  
now, the youth center is prepping  
for the new, virtual school year.  
Except, the center is organizing a  
day camp for 100 students from  
preschool and K-6.

"They will just come in like a  
regular school day, sit down, start  
communicating with the teacher,  
and then we will have leaders  
walking around and assisting,"  
Hovland said.

The center charges \$660 per  
month, plus an activity fee, for  
a child to be in day camp. They  
are making their day at camp  
resemble a typical school day as  
much as possible.  
School starts at 8:30 a.m., so they  
need to be here no later than 8:15  
a.m. to log on and be prepared.

### One Heart Spokane

1827 E Pacific Ave.  
Spokane, WA 99202  
**(509) 535-3510**  
[oneheartspokane.com](http://oneheartspokane.com)



With the COVID-19 pandemic changing the way kids are learning we, also, need to change the way we can be a resource to kids. Therefore, we have opened up our basement-level space to students from grades kindergarten through twelfth grade. Lunch not provided

**Salvation Army** 325-6810  
222 E Indiana, 99207  
[spokane.salvationarmy.org](http://spokane.salvationarmy.org)  
The Youth Center is closed

**Shine Youth Center** 263-6828  
10409 N Newport Hwy  
[shineartcenter.org](http://shineartcenter.org)  
Offers introductory classes in art, dance, drama and music. Health, safety and 50 capacity in effect.

**Spark Central**  
1214 W Summit Pkwy, 99201  
[Programs@spark-central.org](mailto:Programs@spark-central.org)  
[spark-central.org](http://spark-central.org) 279-0299  
With permission from Spokane Regional Health District, the station will offer Saturday open hours for up to 10 masked people at a time beginning mid-September. We hope to offer more public hours eventually, but are reserving weekdays for new Level Up program in partnership with Spokane Public Schools.

**Spokane NAACP** 209-2425  
Received a grant from the Front & Centered to help mitigate the impact of Covid -19 on communities of color. Teaming with T-mobile to provide hotspots and service to the homes of people and families of color in need

**The Nest Community School**  
3324 S Grand Blvd, 99203  
(509) 624-6378 (NEST)  
[www.bellacova.com](http://www.bellacova.com)  
Offers K-6th grade interim childcare through the school closure duration 8 a.m.-3 p.m. Website for more info: <https://www.spokanenest.com/the-nest-community-school>

**Vanessa Behan Crisis Nursery**  
2230 E Sprague, 99202 535-3155  
[kristena@vanessabehan.org](mailto:kristena@vanessabehan.org)  
[vanessabehan.org](http://vanessabehan.org) Fax: 534-7099  
Concerned about the potential increase in child abuse and neglect during the COVID-19 crisis with schools closed six weeks, is offering support to children and families on its website and social media. Parents with limited support face difficult decisions about child care. Vanessa Behan is considering how to increase services for parents

needing childcare. Supplying diapers, wipes and formula during business hours.

**Y Learning Academy - YMCA**  
[ymcainw.org](http://ymcainw.org) 777-9622  
Supports the children and families in the community, during the unique and uncertain 2020-21 academic year.  
The Y Learning Academy is designed to provide a safe, fun, and nurturing environment for children kindergarten through 6th grade who are taking part in virtual learning with their school district. Academy's goal is to provide students with a supportive setting to engage with their respective school teachers and curriculum and to enhance that learning with Y fun such as physical activity, healthy snack, mindfulness & movement time, social peer time, and enrichment after school clubs like art, STEM, and games. Details at <https://ymcainw.org/programs/child-care/>

## EDUCATION MATERIALS, SCIENCE

<https://kspbslearningmedia.org/collection/kspbs-public-television-education-collection/>

DIY Sun Science from Lawrence Hall of Science:  
[https://www.lawrencehallofscience.org/do\\_science\\_now/science\\_apps\\_and\\_activities/diy\\_sun\\_science](https://www.lawrencehallofscience.org/do_science_now/science_apps_and_activities/diy_sun_science)  
(13 activities to do without a computer, half on sunny days and half anytime)

Audubon Kids - Get to Know Birds:  
[https://www.audubon.org/get-outside/activities/audubon-for-kids?ms=digital-eng-email-ea-newsletter-engagement\\_20200325\\_wingspan\\_medium&utm\\_source=ea&utm\\_medium=email&utm\\_campaign=engagement\\_20200325\\_wingspan&utm\\_content=medium&emci=dcf84f2a-cd6e-ea11-a94c-00155d03b1e8&emdi=abea9e67-d76e-ea11-a94c-00155d03b1e8&ceid=3429075](https://www.audubon.org/get-outside/activities/audubon-for-kids?ms=digital-eng-email-ea-newsletter-engagement_20200325_wingspan_medium&utm_source=ea&utm_medium=email&utm_campaign=engagement_20200325_wingspan&utm_content=medium&emci=dcf84f2a-cd6e-ea11-a94c-00155d03b1e8&emdi=abea9e67-d76e-ea11-a94c-00155d03b1e8&ceid=3429075)

Kahn Academy Daily Schedule k-12:  
[https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAlJrFwxZ9Sa6zGOq0CNRms6Z7DZnq-tQWS3OhuVCUbh\\_-PWmksHAzbsrk9d/pub](https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAlJrFwxZ9Sa6zGOq0CNRms6Z7DZnq-tQWS3OhuVCUbh_-PWmksHAzbsrk9d/pub)

Lunch doodles with Mo Willems: Episodes 01 - 15 (end of series)  
<https://www.youtube.com/watch?v=RmzjCPQv3y8>  
produced by the Kennedy Center: (Mo Willems is second one down)  
<https://www.youtube.com/channel/UCeJesXuEK5ERsyh-0DvM4PQ>  
These are daily "talks" with kids by Mo Willems and drawing lessons, activities !!  
Cornell/Audubon quests:  
<https://www.birds.cornell.edu/k12/quests/>  
<https://www.birds.cornell.edu/k12/science-nature-activities-for-cooped-up-kids/>  
Ecologist School from "Families in Nature"  
<https://familiesinnature.org/ecologistschool/>

Weekly lessons with 6 activities - each week a different science slice (program operates in Texas and one can earn "badges by completing several activities in each "slice") Shared here in online format for families from around the country.  
Week 1 - Geology  
Week 2 - Paleontology  
Week 3 - Hydrology  
Week 4 - Geography  
Week 5 - Botany  
Week 6 - Meteorology  
Week 7 - Astronomy  
Week 8 - Climatology  
Week 9 - Entomology  
Week 10 - Ichthyology  
Week 11 - Herpetology  
Week 12 - Ornithology  
Week 13 - Mammology  
Week 14 - Oceanography  
Week 15 - Anthropology  
Week 16 - Ecology

NWR live cameras  
<https://static1.squarespace.com/static/5c2a3500f793923866cf19b8/t/5e7ce09b9e9eee533bf4b6/1585242275691Virtually+Visit+National+Wildlife+Refuges.pdf>

Sierra Club kids activities list: (cool list including the "online storybooks" site and PBS Kids)  
[https://www.sierraclub.org/articles/2020/03/keeping-our-kids-curious-and-engaged-home?utm\\_source=insider&utm\\_medium=email&utm\\_campaign=newsletter&utm\\_content=outings20200310](https://www.sierraclub.org/articles/2020/03/keeping-our-kids-curious-and-engaged-home?utm_source=insider&utm_medium=email&utm_campaign=newsletter&utm_content=outings20200310)

## SHELTERS

**Family Promise**  
Mail: 904 E Hartson, 99202 747-5487

Open Doors: 2002 E Mission, 99202  
[Familypromiseofspokane.org](http://Familypromiseofspokane.org)  
Exec Dir: Joe Ader  
Neighbors/Bridges Prog Mgr: Susan Heisttuman  
Open Doors Program Mgr: Serena Graves 723-4663  
Village Program Mgr: Lynetta Lewis  
Volunteer Mgr: Marianne Sfeir  
Admin Coord: Hilary Beardslee  
Strives to preserve the safety and health of its guests, volunteers, staff and Spokane community. It has not had any confirmed or suspected cases of COVID-19 among anyone connected to the organization, but is monitoring developments of the virus closely, implementing a social distancing plan to help slow the spread of this virus in the community. Those staying home can help by donating financially, buying groceries, offering an RV or trailer, and advocating for homeless people. Check their facebook page for a check list of items.

**Jewels Helping Hands**  
[jewelshelpinghands@gmail.com](http://jewelshelpinghands@gmail.com) 281-7120  
282856762255273 on FB  
Provides mobile showers for homeless friends. Jewels provides a meal, hygiene products, basic needs supplies, and \$10 laundry cards at shower events (see attached schedule). \$10 laundry card can be used at The Laundry Room (1725 N Ash) and Jewels provides soap on request  
Tues 10-2 Our Place  
1509 W College  
Wed 10-2 Salem Lutheran  
1428 W Broadway  
Thurs 10-2 Messiah Lutheran  
4202 N Belt  
Fri 10-2 River City Church  
708 Nora  
Sat (2nd & 4th - City Gate  
170 S Madison  
Sun - Monroe Room  
2003 N Monroe

**Guardians Foundation, The**  
2600A E Seltice Way, Ste 122  
Post Falls 83854 208-449-1210  
[mstheguardians@gmail.com](mailto:mstheguardians@gmail.com)  
[theguardiansfoundation.org](http://theguardiansfoundation.org)  
Direct assistance to veterans and families offering shelter, clothing household items, financial assistance and job opportunities. Offers two shelters in Spokane, and one shelter in Coeur d'Alene manages the shelter at Spokane Arena.

**House of Charity**  
CATHOLIC CHARITIES 624-7821  
32 W Pacific, 99204  
[cceasternwa.org](http://cceasternwa.org)

Meals- Breakfast, Lunch & Dinner: Sack meals and hot meals will be consumed at the House of Charity shelter site outside in the courtyards. No tables will be set up in dining room. Clients will line up, wash hands, grab food and go outside.

Other day services 7:30 a.m. – 7 p.m.: Patrons are asked to access the specific service they need and then be asked to wait outside. Patrons will be allowed inside 5 people at a time, and may choose to access the showers/bathroom line and/or sign up for laundry & mail. There will be a line for bathrooms/showers, mail, and sign-ups at front desk for laundry. Laundry participants will be notified when laundry needs to be switched over. Clients can get in line for another service once their needs in the current line are met. The idea is to keep a flow going and not to have people laying down or sitting down inside. Fresh Air is the motto!

Staff will be cleaning inside, monitoring courtyards and neighborhood, and picking up litter outside. Sidewalks will be power-washed daily. MAIL: One exception for those who do not stay at HOC: Still handing out mail to people who do not sleep at the shelter Monday – Friday from 8-10:30a.m..

SHELTER CHECK-IN: All patrons are screened for COVID/Temps taken nightly at check-in.

HOC Women's Sleeping: Check in at 7:30 p.m. - Exit at 6 a.m. enter from the exterior of the properties through the gate on State Street. Staff is there to greet them! Both sites offer a private shower and two private restrooms. Jacklin Haven Conference Room & Training Center on State Street: sandwiched nicely between Donna Hanson Haven apartments and CCEW's Myrtle Wilson Institute aka The HOC Annex, on State Street.

**Rising Strong 960-8632**  
CATHOLIC CHARITIES  
1960 North Holy Names Ct  
Social distancing is easier, given the private room/environment. Pandemic protocols provide clear guidance on implementing isolation and distancing interventions, as well as ways to ensure meals can be accomplished while on quarantine. Families are being asked to think about who can watch their children, in the event they get sick.

### Salvation Army The Way Out Shelter

55 W Mission, 99207 866-5476

[thewayoutshelter@usw.salvationarmy.org](mailto:thewayoutshelter@usw.salvationarmy.org)

Adults age 18+ guests arrive at 7pm each night. Low barrier shelter. Serves 102 guests. Offers meals three times daily, 7:30am, 12:30pm, & 5:30pm)

### SNAP Homeless Services

212 S Wall, 99201 456-SNAP  
[snapwa.org](http://snapwa.org)

In the interest of the overall health and safety of clients and staff due to COVID-19, office is locked and is not open to the public. However, Homeless Services staff are still working from home during normal business hours, M-F from 8 a.m. to 4:30 p.m.

Committed to ensuring that the needs of clients are met and communicate with clients in a multitude of ways, including: phone calls, email, texts and video conferencing. Continues to advocate on their behalf and use wrap-around services by communicating with other providers and landlords. SNAP staff still able to check voicemails remotely a few times a day, so continue to call/email and leave a message and they will call back as soon as they can. The below phone numbers are being answered by SNAP Homeless Services staff and can be handed out to clients if they have any questions or if they would like to have a housing conversation.  
**828-3149, 385-1860, 202-3830**

### St Margaret's Shelter 624-9788

CATHOLIC CHARITIES [cceasternwa.org](http://cceasternwa.org)  
PO Box 2253, 99201

Social distancing is easier, given the private rooms. Pandemic protocols provide guidance on implementing isolation and distancing, as well as ways to ensure meals are provided while on quarantine. Families are to think about who can watch their children if they get sick.

### Truth Ministries Spokane

1910 E Sprague, 99202 456-2576  
[jmktruth@yahoo.com](mailto:jmktruth@yahoo.com)

[truthministries.org](http://truthministries.org)  
[truthministriesspokane.org](http://truthministriesspokane.org)  
Marty & Julie McKinney 990-8415  
Transitional shelter for 100 men 18+, may be reduced by city to 50. Open 8 p.m. - 8 a.m. Provides a bed, meal, housing, job and treatment referrals.

### Union Gospel Mission Ministries

1224 E Trent, 99202 535-8510  
[info@uniongospelmission.org](mailto:info@uniongospelmission.org)  
[uniongospelmission.org](http://uniongospelmission.org)  
Offering sack lunches daily

UGM is hiring temporary kitchen help—cooks temporarily out of work. Normal application process. Shelter and transitional programs open. New clients screened.

### Volunteers of America

525 W Second, 99201  
[voaspokane@voaspokane.org](mailto:voaspokane@voaspokane.org)  
[voaspokane.org](http://voaspokane.org) 624-2378  
Hope House accepting new clients daily at 312 W 8th

## SMALL BUSINESS & EMPLOYMENT

<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>  
[facebook.com/groups/SaveSpokaneSmallBusinesses/](https://facebook.com/groups/SaveSpokaneSmallBusinesses/)  
[-https://www.dol.gov/coronavirus](https://www.dol.gov/coronavirus)  
[-https://esd.wa.gov/newsroom/covid-19](https://esd.wa.gov/newsroom/covid-19)  
[-insurance.wa.gov](http://insurance.wa.gov)  
[\(509\) 532-3127](http://TANF(onlyJobSearch.com))

[access.wa.gov](http://access.wa.gov) [allegisgroup.com](http://allegisgroup.com)  
[doc.wa.gov/about/jobs/default.htm](http://doc.wa.gov/about/jobs/default.htm)  
[careercast.com](http://careercast.com) [coolworks.com](http://coolworks.com)  
[collegerecruiter.com](http://collegerecruiter.com) [craigslist.com](http://craigslist.com)  
[cybercoders.com](http://cybercoders.com) [dhr.idaho.gov](http://dhr.idaho.gov)  
[dol.wa.gov](http://dol.wa.gov) [esd.wa.gov](http://esd.wa.gov)  
[gettinghired.com](http://gettinghired.com) [indeed.com](http://indeed.com)  
[hellospokane.com](http://hellospokane.com) [jobs.net](http://jobs.net)  
[insourcd.com](http://insourcd.com) [linkedin.com](http://linkedin.com)  
[labor.idaho.gov](http://labor.idaho.gov) [myspokane.org](http://myspokane.org)  
[metrospokanejobs.com](http://metrospokanejobs.com)  
[regionalphelpwanted.com](http://regionalphelpwanted.com)  
[simplyhired.com](http://simplyhired.com) [serviceidaho.com](http://serviceidaho.com)  
[spokanejobs.com](http://spokanejobs.com) [spokanevalley.org](http://spokanevalley.org)  
[classifieds.spokesman.com/search/employment/](http://classifieds.spokesman.com/search/employment/) [spokanecounty.org](http://spokanecounty.org)  
[usajobs.gov](http://usajobs.gov) [washjobs.com](http://washjobs.com)

### AHANA

[bencabildo@gmail.com](mailto:bencabildo@gmail.com)  
Ben Cabildo 999-5365  
<https://ahana-meba.org/>

We're here to help multi-ethnic, multi-cultural businesses navigate state and federal COVID-19 business stimulus options.

AHANA has been contracted by the Department of Commerce through their Small Business Resiliency Assistance program to assist and provide technical support for small businesses in underserved and under-represented communities affected by the COVID-19 pandemic. Underserved communities include ethnic and/or racial minorities, immigrants and refugees, Native Americans, youth, individuals with disabilities or deafness, and who identify as LGBTQ.

• Technical support and assistance may include:

- Navigational and technical assistance with contracts and applications
  - Translating and distributing information
  - Mentorship, education and/or training
  - Planning for recovery and re-opening and support of their workforce
  - Potential COVID-19 recurrences
- These services are available through August 31, 2020.

### Aspen Personnel Services

621 W Mallon Ave STE 601 · In The Flour Mill 624-4858  
[aspen@aspen-personnel.com](mailto:aspen@aspen-personnel.com)  
[aspen-personnel.com](http://aspen-personnel.com)

### Career Path Services 326-7520

10 N Post, Ste 200 888-326-7520  
Spokane 99201 TTY 323-1243  
[careerpathservices.org](http://careerpathservices.org) Fax: 343-1244  
No-fee, nonprofit employment and training agency. Specialize in serving disadvantaged individuals in the Pacific NW. Requests staff to conduct orientations, intakes, classes, and workshops over the phone and/or online via video conferencing platforms.

### Craft3 Eastern WA

10 N Post Street, Suite 220  
99201 888-231-2170x250  
[mhusley@craft3.org](mailto:mhusley@craft3.org)  
Existing clients and those exploring ways to bridge a downturn in revenues may visit the website and use the navigation tabs, to find COVID-19 resources and information for businesses, nonprofits and individuals. Craft3 has also changed business operations to align with current recommendations from public health professionals—reducing corporate travel, instituting work-from-home policies, and deep-cleaning all physical office spaces. With many employees operating remotely, several of offices are closed and unstaffed.

### Compass Career Solutions

John Nickerson 808-8482  
[jnickerson@careersbycompass.com](mailto:jnickerson@careersbycompass.com)  
[careersbycompass.com](http://careersbycompass.com)  
Still supports FCS, supported employment, supported housing and FCSE during this time. All services are over the phone or teleconference and everything is running smoothly plus successfully.

### Employment Agencies, Temp or Long Term

EXPRESSPROS 747-6011  
[expresspros.com](http://expresspros.com)

## Financial Help line 625-6650

**SPOKANE PUBLIC LIBRARIES**  
getting started with financial recovery resources for Spokane County small businesses and Individuals

## Home Deliveries, Restaurants

Heard a good suggest before going with an app check with the restaurant if they are open and offering direct home deliveries most restaurant delivery app result in loss of 30-40 percent of that meal to the app and the delivery.  
[https://docs.google.com/spreadsheets/d/1-MwPtgncwVP\\_N8zqGZ2SpQALdH2B1IZUY-MgFpixBP4/edit#gid=0](https://docs.google.com/spreadsheets/d/1-MwPtgncwVP_N8zqGZ2SpQALdH2B1IZUY-MgFpixBP4/edit#gid=0)  
UberEats  
GrubHub  
DoorDash  
#OrderUpSpokane  
Tree House is a new local app  
[treehousespokane.com](http://treehousespokane.com)

## Hispanic Business Professional Association and Foundation

308 W First St, 99201  
POB 3661, 99220  
[hbpaspokane@gmail.com](mailto:hbpaspokane@gmail.com)  
Pres: Isabel Mazcot [hbpaspokane.net](http://hbpaspokane.net)  
Supports the Hispanic community to promote appreciation of the culture. Includes an annual Graduate and Young Scholar Recognition Ceremony, awarding scholarships to area seniors and undergraduate college students. Meets 11:30-1, 2nd W. Offers Covis Relief Assistance, every Wednesday from 11a.m.-5p.m. to help with food banks. DACA Renewal, provides guidance and assistance on any supprt needed during this pandemic.

## INBA - Inland NW Business Alliance 402-4622

[www.inbachamber.org](http://www.inbachamber.org)  
Local funding and focus on support for local small business.

## Job Corps 800-733-JOBS (5627)

[jobcorps.gov](http://jobcorps.gov)  
**SPOKANE JOB CORPS**  
3012 N Nevada St, Ste 1, 99207  
Hugh Russell 340-7813  
[Russell.hugh@jobcorps.org](mailto:Russell.hugh@jobcorps.org)  
Brandie Batt 340-7816  
[batt.brandie@jobcorps.org](mailto:batt.brandie@jobcorps.org)  
Nation's largest career technical training and education program for students 16 -24

## New Leaf Bakery Cafe Job Training - Transitions

930 N Monroe St.  
Spokane, 99201 496-0396  
[help4women.org](http://help4women.org)

reopen pick up curbside

## The Big Table 979-1005

POB 141510, Spokane Valley 99214  
[information@big-table.com](mailto:information@big-table.com)  
[big-table.com](http://big-table.com)

With business reduced, restaurants that already operate on tight margins are struggling. Employees hours are reduced, and in somecases, establishments are closing their doors altogether. Both in hotels and restaurants, the massive drop in business will mean that restaurant people will have their hours cut and wages plummet with no way to make up that money. Most live financially day to day or week to week and have no safety net. Seeks gifts to keep people in crisis from falling.

## The Next Generation Zone

**WORK SOURCE AFFILIATE 340-7800**

901 E 2nd Ave, Ste 100, 99202  
[nextgenzone.org](http://nextgenzone.org) Fax: 893-5426  
Career center for those 16-24. Combines education, career skills training, community and employment resources to provide wrap-around support to inspire young adults in career goals. While the doors of the Next Generation Zone are currently closed, staff is providing education and career services to young adults. Visit [opendoorsspokane.com](http://opendoorsspokane.com) to learn about GED services, classes, access tutoring, and receive study packets on-line. Classes will be available on Facebook Live starting April 13th. Young adults can also connect with a Career Coach to help with career exploration and training opportunities. Please visit [nextgenzone.org](http://nextgenzone.org), stay tuned to Facebook for updates, or call at 340-7800 for information.

## Provisional Recruiting

Northpark Building 420 W Dean Ave #100, 99201 444-8871  
(800) 805-0361  
[provisional.com](http://provisional.com)

## Small Business Admin sba.gov

**-WSU SPOKANE 353-2800**  
801 W Riverside Ste 444, 99201  
Develops small business loan and assistance Programs, special outreach efforts and initiatives to aid and inform small businesses.

## SNAP Financial Access 456-SNAP

500 S Stone, 99202 [snapwa.org](http://snapwa.org)  
**SNAP THE BUSINESS CENTER**  
Nicolle Hansen 319-3030  
[hansen@snapwa.org](mailto:hansen@snapwa.org)  
One-on-one consulting, business training and support services, access to resources, and networks for business owners.  
**SNAP BUSINESS DEVELOPMENT**

Technical assistance and financing for people interested in starting or expanding a small business.  
**SNAP WOMEN'S BUSINESS CENTER**  
Harry Birak 456-SNAPx4116  
[birak@snapwa.org](mailto:birak@snapwa.org)

## Spokane Independent Metro Business Alliance

[spokaneindependent.org](http://spokaneindependent.org)  
[spokaneindependent.org](http://spokaneindependent.org)  
Focuses time learning best practices and tactics for business stabilization from other "Independent Business Alliances" like SIMBA and other national partners. Will report back on that as strategies emerge. SIMBA will be likely hosting a digital open to all community summit on local economy and consumer/ community member needs on April 11. Event planned with "disaster resilience" as a topic in mind before COVID broke out. Open to community-identified needs in shaping this virtual convening.

## Spokane Resource Center

130 S Arthur St, Second Floor  
[spokaenresourcecenter.org](http://spokaenresourcecenter.org)  
Although the doors of the Spokane Resource Center are not physically open, teams are still answering phones as they seek to serve the community. Available to assist with referrals to agencies and to provide resources where needed. Community members visit website to find resources about housing, financial stability, pre-employment, health and wellness, reentry, and benefits and basic needs. Call 867-8188. Earn Family-Supporting Wages, receive free career training and support to earn higher wages.

## UGM Motors 327-4357

7103 E Sprague, Spokane 99212  
Mngr: Jim Stroh [ugmmotors.org](http://ugmmotors.org)  
Restoring cars, rebuilding lives. Men and women in transition receiving job training and Christian discipleship. Donated cars are reconditioned and sold to fund UGM's homeless services. Still open as an essential services as of March 26.

## Washington State Commission on Asian Pacific American Affairs

During trying times, please note there are places currently hiring - good union job opportunities that are above minimum wage, with benefits. Apply here directly with the employer:  
<http://abm.jobs.jobaline.com/index.html>

## WA Small Business Development Center

901 E 2nd, Ste 210 358-7894  
[sheryl.mcgrath@wsbdc.org](mailto:sheryl.mcgrath@wsbdc.org)

## WorkSource Spokane

888-316-5627  
[worksourcewa.com](http://worksourcewa.com)  
**SPOKANE OFFICE 532-3000**  
[Go2worksource.com](http://Go2worksource.com) Fax: 532-3110  
Provides a wide range of no-cost employment and training resources and Programs provided by state and local agencies and organizations. After March 19, the WorkSource Spokane Campus and its partners at WorkSource Spokane, the Spokane Resource Center, Talent Solutions by WorkSource Spokane, and the Next Generation Zone were not available for in-person appointments. WorkSource Spokane continues to be available by phone at 532-3120. <https://worksourcespokane.com/covid-19>

## VULNERABLE POPULATIONS

**Call each one to check hours or current restrictions**

### Huckleberries

Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

### Rosauers

Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.  
Pharmacies open at 8 a.m. those days.

### Safeway, Albertsons

Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

### Super 1 Foods

Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

### Target

Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

### Walmart

One hour Tuesdays before opening for 60+

### Whole Foods

One hour before opening for 60+

## CRIMINAL JUSTICE

### Asian-Pacific Islander Coalition - APIC

[apicspokane.org](mailto:apicspokane.org)  
[vsibzoo@aol.com](mailto:vsibzoo@aol.com) 869-5660  
[apic.spokane@gmail.com](mailto:apic.spokane@gmail.com)  
Offered Anti-Asian Racism  
Bystander Intervention Training

### EWU Police

Made masks for Spokane area immigrants and refugees

### Greater Spokane Progress

25 W Main Ave, Ste 222, 99201  
[anne@spokaneprogress.org](mailto:anne@spokaneprogress.org)  
[spokaneprogress.org](http://spokaneprogress.org)  
Dir: Anne Martin 624-5657  
A collaborative network united to build political strength and equity in the community.

### Peace & Justice Action League of Spokane - PJALS

35 W Main Ste 120, 99201  
[pjals@pjals.org](mailto:pjals@pjals.org) 838-7870  
Dir: Liz Moore [pjals.org](http://pjals.org)  
For a just and non-violent world via education, advocacy and organizing for peace, economic justice and human rights. Check [pjals.org](http://pjals.org) for online educational events.

### SCAR - Spokane Community Against Racism

[scarspokane.org](http://scarspokane.org)  
@Morning Star Baptist  
3909 W Rowan Ave, 99205  
[scarspokane@gmail.com](mailto:scarspokane@gmail.com)  
One of many organization working on Requesting Additional Early Release & Reduced Custody In Spokane County Jail As Public Health Protection During pandemic

### Spokane NAACP

**SPOKANE BRANCH** 209-2425  
25 W Main, Ste 239, 99201  
[SpokaneNAACP@gmail.com](mailto:SpokaneNAACP@gmail.com)  
Kurtis Robinson [spokanenaacp.com](http://spokanenaacp.com)  
Stands for National Association for the Advancement of Colored Peoples. Addresses issues of civil rights violations and racism.

### Spokane Chinese Assn

[SpokaneCA@gmail.com](mailto:SpokaneCA@gmail.com) 720-8825  
[spokanechinese.org](http://spokanechinese.org)  
Serves those of Chinese cultural heritage residing in the Spokane area. Add collected money and donated 400 masks to Police Department, and to 600 others in need in the community

### Spokane District Court

Received order that state and local courts are prohibited from holding civil hearings, only emergency hearings via video are allowed. Geiger jail is closed and no longer taking

new people. Looking for less restrictive ways to engage those in jail, only one person in jail at this time. Staff working from home to continue providing support. County not prepared. Virtual network tightened by County. DSHS emergency provisions in place for DV perpetrators. Continuing treatment electronically

## DISABILITIES

<https://informingfamilies.org/covid-plain-lang/>  
<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

### The Arc of Spokane 328-6326

320 E Second St, 99202  
[sthorpe@arc-spokane.org](mailto:sthorpe@arc-spokane.org)  
[arc-spokane.org](http://arc-spokane.org) Fax: 328-6342  
From March 17 to April 24  
Suspending ALL activity

### Disability Action Center- NW, Inc

Third Floor, West 9 995-765525  
W Main Ave. 208-618-1191  
Spokane 99201 [dacnw.org](mailto:dacnw.org)  
[mels@dacnw.org](mailto:mels@dacnw.org)  
For updated services due to COVID-19: The Disability Action Center will continue offering information, referrals, and consumer meetings through phone calls, email and text. Video conference calls will be made by appointment.

### DDA - Developmental Disabilities Admin (DSHS)

1611 W Indiana, 99205 329-2900  
<https://www.dshs.wa.gov/dda/consumers-and-families/dda-coronavirus-information> 800-462-3038  
Supports and services for people 18+ with developmental disabilities such as, cerebral palsy, epilepsy, autism or other neurological issues.

### Joya Childhood & Family Development

2118 W Garland Ave, 99205  
[joya.org](http://joya.org) 326-1651  
Effective March 19, all services are provided through telehealth. Parents will receive an email update. In-person appointments will be arranged as telehealth visits.

### People First of Washington

-LILAC CHAPTER 991-5861  
Downtown Library 901 W Main, 99201 4 p.m., 2nd & 4th T  
[peoplefirstspokane.org](http://peoplefirstspokane.org) on FB  
John Lemus  
Spokane county online peer support for those living with disabilities and their families

will be available each morning informing on resources available. A peer to peer chat to help those with anxiety, resources, food, water, transportation is from 10 a.m. to 5 p.m. in Spokane and Seattle with hopes of going 24 hours almost immediately. Seeking volunteers to help emergencies. Wednesdays will hold online student first club meetings for existing clubs to support each other. Tuesdays live broadcast at 5 p.m. to share and then again a live update at 7 p.m. with a full list of peer support for those with disabilities. Toll free number for Spokane County peer support is 855-473-3711 844-4peer11.

### Project ID 475-7185

4209 E Pacific, 99202  
PO Box 18703, 99228  
[projectidspokane.org](http://projectidspokane.org)  
Closed but is providing clients with fun activities to stave of cabin fever.

### SKILS'KIN 326-6760

4004 E Boone, 99202 [skils-kin.org](http://skils-kin.org)  
Although the main office is currently closed, Skils'kin remains open to serve employment services and payee clients. Skils'kin is also actively hiring essential personnel to perform work at FAFB.

### Spokane Center for Independent Living (SCIL) 326-6355

8817 E Mission Ave, Ste 106

Spokane Valley 99212 [scilwa.org](http://scilwa.org)  
Due the circumstances surrounding COVID-19, all appointments with Independent Living Specialists will take place over the phone or through email until further notice.

### St Luke's Rehabilitation Institute

711 S Cowley St, 99202 473-6000  
[st-lukes.org](http://st-lukes.org) Fax: 473-6097  
St. Luke's Rehabilitation Institute is implementing visitor and therapy restrictions in accordance with recommendations from the Center for Disease Control and Prevention (CDC). Some hospital access points will be consolidated at hospital campus location. <https://www.st-lukes.org/locations/>  
St. Luke's is providing inpatient rehabilitation services but continues to temporarily limit outpatient therapy services. Recap of outpatient services:  
Outpatient Clinics including North, Valley, Pediatrics and Cardiac & Pulmonary clinics will be temporarily closed beginning March 23.  
Adult outpatient services at the main campus will continue to remain open for urgent and emergent patients as designated by the patient's health care provider. These visits will be on a staggered schedule in adherence to social-distancing guidelines.

# Be a part of something Greater.



For over forty years, **Greater Spokane County Meals on Wheels** has helped provide fresh made meals from our local kitchen, companionship and eyes-on wellness checks and a connection to other senior services.

Our mission is to help seniors stay independent and in the home they love.



**Meals on Wheels**  
Greater Spokane County

[GSCMealsonWheels.org](http://GSCMealsonWheels.org) • 509-924-6976

## IMMIGRANTS & REFUGEES

### AHANA

*bencabildo@gmail.com*

Ben Cabildo

999-5365

<https://ahana-meba.org/>

We're here to help multi-ethnic, multi-cultural businesses navigate state and federal COVID-19 business stimulus options.

AHANA has been contracted by the Department of Commerce through their Small Business Resiliency Assistance program to assist and provide technical support for small businesses in underserved and under-represented communities affected by the COVID-19 pandemic. Underserved communities include ethnic and/or racial minorities, immigrants and refugees, Native Americans, youth, individuals with disabilities or deafness, and who identify as LGBTQ.

- Technical support and assistance may include:
- Navigational and technical assistance with contracts and applications
- Translating and distributing information
- Mentorship, education and/or training
- Planning for recovery and re-opening and support of their workforce
- Potential COVID-19 recurrences

### Refugee Connections Spokane

35 W Main Ave #205, 99201

209-2384

[RCS@RefugeeConnectionsSpokane.org](mailto:RCS@RefugeeConnectionsSpokane.org)  
[refugeeconnectionsspokane.org](http://refugeeconnectionsspokane.org)

Exec Dir: Marijke Fakasiieki

Deliver food to refugees children.

### Spokane Immigrant Rights Council

360-292-8540

c/o Jim Dawson, 907 E 8th, 99202

[info@sirwa.org](mailto:info@sirwa.org)

[sirwa.org](http://sirwa.org)

Jim Dawson

326-9540

To provide financial support to immigrant families who are impacted by the pandemic and don't qualify for federal and state benefits. Please donate today to help us raise the money needed to help immigrant families pay rent and meet basic needs. Those who can afford may donate a portion of their \$1,200 federal stimulus check. 100% of the donation will go directly to immigrant families in Spokane.

### Spokane International Translation

104 S Freya, Ste 104, Lilac Flag

Bldg, 99202

327-8064

[sit@perciba.com](mailto:sit@perciba.com)

Fax: 327-8016

[spokanetranslations.com](http://spokanetranslations.com)

Continues to be available for interpreting and document translation needs. Staff available around the clock.

Continues to provide On-Site Oral Interpreting Services for all clients. Interpreters are receiving virtual training opportunities to increase their education on infection control and are learning how to keep patients/clients safe during these times. Continues to provide Telephonic Interpreting to anyone interested. Some partners are using virtual options, conferences with clients by phone and video for whom they cannot meet within-person and much more. Will provide telephonic interpreting services for both pre-scheduled appointments and urgent, on-demand appointments.

### World Relief Spokane 484-9829

1522 N Washington St, Ste #204, 99201

Fax: 462-7279

[wrspokane@wr.org](mailto:wrspokane@wr.org)

[worldreliefspokane.org](http://worldreliefspokane.org)

Office is closed and volunteer activities are postponed, staff will work remotely to empower the community to serve the most vulnerable—knowing crises bring disproportionate impact. It is working to be sure public information is available in immigrants' and refugees' languages and will address financial, housing and food needs.

## MENTAL HEALTH & RECOVERY

[aaspokane.org](http://aaspokane.org) has resources for meetings

[www.wnirma.org](http://www.wnirma.org) has region wide NA meetings

[www.newana.org](http://www.newana.org), the local NA website, has resources for area's NA services available at this time

24-Hour, 365-Day-A-Year Regional Behavioral Health Crisis Hotline: Serving Spokane, Adams, Ferry, Lincoln, Pend Oreille, and Stevens Counties

**The Spokane Regional Behavioral Health Crisis Hotline** operated by Frontier Behavioral Health is available to individuals in the Spokane Regional Service Area who are experiencing a mental health or a substance use crisis regardless of insurance or financial eligibility.

**Call Toll-Free: 1-877-266-1818**

If Hearing Impaired, call: **TTY: 1-800-833-6384**

**SAMHSA's 24/7 365-Day-A-Year Disaster Distress Helpline**  
**SAMHSA's National Disaster**

**Distress Helpline** provides immediate crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters disaster, including infectious disease outbreaks.

**The Toll-Free Disaster Distress Helpline: 1-800-985-5990**

**Text: TalkWithUs to 66746**

**Deaf/Hard of Hearing:**

• **Text TalkWithUs to 66746**

• Use a preferred relay service to call the **Disaster Distress Helpline at 1-800-985-5990**

• **TTY 1-800-846-8517**

**Spanish Speakers:**

• **Call 1-800-985-5990 and press "2"**

• **From the 50 States: Text Hablanos to 66746**

### American Behavioral Health Systems (ABS)

934-1078

715 E Sprague, Ste 107

Spokane Valley 99216

[abhsinc.net](http://abhsinc.net)

Fax: 232-5770

No new clients accepted that this time. Detox, inpatient, outpatient.

### Children's Home Society

SPOKANE

747-4174

[spokane@chs-wa.org](mailto:spokane@chs-wa.org)

[childrenshomesociety.org](http://childrenshomesociety.org)

Transferring in-home visiting services to virtual home visits. The Child Waiting Room will remain open until further notice. Continues to closely monitor the situation and watch for announcement when it will re-open to the public, and reinstate services in their usual capacity.

**WEST PLAINS 795-8480**

### Colonial Clinic

910 N Washington, Ste 210, 99201

[colonialclinic.com](http://colonialclinic.com) 327-9831

All services still available, accepts Community Health Plan of WA, which is part of WA Apple Healthcare (Medicaid). Offers Outpatient treatment.

### Compassionate Addiction Treatment 919-3381

215 W 2nd Ave, 99201

Limiting access and offering support groups outside with respect to social distancing. Provides Medication Assisted Treatment (Suboxone, Vivitrol), Substance Use Disorder Assessments, Intensive Outpatient Treatment, and Outpatient Treatment. Accepts all plans under medicaid for all services, Medicare for Medication Assisted Treatment, and if they have no insurance and do not qualify for Medicaid, sees them anyway.

### Daybreak Youth Services

960 E 3rd, 99202 888-454-5506

**Admin & Develop: 444-7033**

[admissions@daybreakinfo.org](mailto:admissions@daybreakinfo.org)

[daybreakyouthservices.org](http://daybreakyouthservices.org)

Outpatient & inpatient alcohol/drug treatment youth program (ages 12-18) and their families.

Outpatient Services:

200 N Mullan 927-1688

Inpatient treatment:

628 S Cowley, 99202 475-4651

### Excelsior 328-7041

3754 W Indian Trail Rd, 99208

[excelsioryouthcenter.com](http://excelsioryouthcenter.com)

All behavioral health services on virtual platform, still accepting intakes for services being offered statewide

### Frontier Behavioral Health

Walk-ins: 17 E 1st, 99201 838-4651

**24/7 help line and Crisis Line**

877-266-1818

[fbhwa.org](http://fbhwa.org)

**To to any one anytimes, call Warming Line 877-500-9276**

All services still available, accepts WA Apple Healthcare (Medicaid). Intake is first come, first served, intake from 7:30 a.m.-3 p.m. After intake, the wait is approximately one week to see a counselor with the option to start weekly sessions. COVID-19 Related Stress call Washington Listens 833-681-0211 Support anyone in Washington experiencing stress due to the COVID-19 pandemic.

Composed of regional partners across the state who operate teams of support specialists to help people deal with this uncertain and difficult time. Toll-free line open from 9 a.m.-9 p.m. Monday-Friday, 9 a.m.-6 p.m. Saturday & Sunday or access us online at [www.walistens.org](http://www.walistens.org). Interpreter services available.

### Genesis Institute, Inc 467-7913

1220 N Howard St, 99201

[genesisinstitute.org](http://genesisinstitute.org)

Offers Telehealth appointments. Mental Health Counseling, offers a sliding scale to those in need.

### Healing Lodge of the Seven Nations hotline 533-6910

5600 E 8th Ave, 99212

[hladmin@healinglodge.org](mailto:hladmin@healinglodge.org)

[healinglodge.org](http://healinglodge.org)

535-2863

All services still available, accepts WA Apple Healthcare (Medicaid). Provides an intensive 90 to 120-day inpatient experience for youth ages 13 through 17 with chemical dependency.

### Inland NW Behavioral Health

104 W 5th Ave, 99204 992-1888

[inlandnorthwestbh.org](http://inlandnorthwestbh.org) Fax: 795-5966

Offers inpatient behavioral health acute-care in-patient psychiatric hospital providing patient-centered treatment for severe persistent mental and emotional illness. Free initial assessment. Provides services to adults needing inpatient care to manage severe depression, anxiety and other mood disorders. Treatment programs and daily structured activities are based on Cognitive Behavioral Therapy and Dialectical Behavioral Therapy. Accept all insurances, Medicare, commercial insurance and TriCare/TriWest. Open 24/7.  
**INTENSIVE OUTPATIENT PROGRAM**  
**Fax: 628-5274 PH: 992-1301**  
[inbhiop.referrals@uhsinc.com](mailto:inbhiop.referrals@uhsinc.com)  
Structured, therapeutic program that transitions patients from an inpatient hospital setting to a more independent life in the community as well as patients seeking an outpatient environment. Increases and maintains the therapeutic gains individuals made as patients in the hospital and addresses mental health issues. Helps prevent future hospitalizations. Tailors to meet each individual's needs and provides direction and tools that each participant can use in their daily lives. Currently accepts all insurances, Medicare, commercial insurance and TriCare/TriWest.

**New Horizon Care Centers**  
**ADMIN BUILDING 838-6092**  
2317 W 3rd Ave, 99201  
[nhccspokane.org](http://nhccspokane.org)  
All services still available, Assessments and mental health counseling session are available via phone. Accepts WA Apple Healthcare (Medicaid). Inpatient and outpatient treatment, short term drug rehab, intensive outpatient treatment, regular outpatient treatment.

**Lutheran Community Svcs NW**  
210 W Sprague Ave, 99201  
[lcsnw.org/Spokane](http://lcsnw.org/Spokane) **747-8224**  
Behavioral program provides clinical services via telehealth. Business/Intake Line **509-747-8224** Programming has move to Telehealth

**Partners with Families & Children 473-4810**  
106 W Mission Ave, 99201  
[partnerswithfamilies.org](http://partnerswithfamilies.org)  
All services still available, accepts WA Apple Healthcare (Medicaid). Treatment for mental health, substance use disorders, and parenting support. Aims to meet

the needs of Family members to support wellness and Family reunification.

**Passages - Family Support**  
1700 S Assembly, Ste 300, Spokane 99224  
[info@passages-spokane.org](mailto:info@passages-spokane.org)  
[passages-spokane.org](http://passages-spokane.org) **892-9241**  
a licensed outpatient mental health center offering services to children, youth and adults. Passages is open and is accepting new clients who are eligible for Medicaid. Services are being provided at this time via telephone and Telehealth. Please contact Passages at 509.892.9241.

**Peer Spokane 867-3778**  
425 West First, 99201  
[peerspokane.org/](http://peerspokane.org/)  
Cultivates healthy lives through peer emotional support and development services to the greater Spokane community embracing issues of mental health, chemical and behavioral addiction, and chronic illness. Services include Peer Coaching, Peer Support Groups, Supportive Housing, Employment and connections to community resources.

**Pioneer Center East 325-2355**  
**PIONEER HUMAN SERVICES**  
3400 W Garland, 99207  
[pioneerhumanservices.org](http://pioneerhumanservices.org)  
All services still available, accepts WA Apple Healthcare (Medicaid). Provides recovery care and rehab services such as Inpatient Drug Rehab, short term drug rehab, and others to clients in Spokane in its Surrounding areas to that they conquer their substance use disorders and achieve full recovery.

**Pioneer Human Services - Boone 325-7232**  
**PIONEER HUMAN SERVICES**  
910 W Boone, 99201  
[pioneerhumanservices.org](http://pioneerhumanservices.org)  
All services still available, accepts WA Apple Healthcare (Medicaid). Outpatient treatment that accepts people with co-occurring mental health and substance abuse disorder.

**Recovery Café Spokane**  
**COMMUNITY-MINDED ENTERPRISES**  
214 N Cedar, Spokane 99201  
**Direct: (509) 960-8525**  
**Client Services: (509) 960-8529**  
**Fax: (509) 290-6986**  
[community-minded.org](http://community-minded.org)  
Recovery Café Spokane is a nonprofit organization serving people in recovery. A program of Community-Minded Enterprises,

it operates on state, federal and private funding as well as donations. Has about 173 active members and focuses on serving people in Spokane County. Is taking phone calls for telephone support Monday – Saturday from 9-4 and providing take out lunches to members and the community from 12-1 Tuesday-Friday.

**The Salvation Army 844-458-HOPE (4673).**  
Nationwide hotline to provide emotional and spiritual support to anyone impacted by the crisis. The service is open to anyone looking for spiritual guidance, local services, or just someone to talk to.

**SPARC (Spokane Addiction Recovery Centers)**  
[sparcop.org](http://sparcop.org) **624-3251 or 241-3130**  
All services are still available, Accepts WA Apple healthcare (Medicaid), intensive inpatient, recovery house, counseling and psychotherapy, medication supervision, case management, intensive, outpatient, abuse treatment, alcohol & drug info, DUI assessment.  
Inpatient: 812 S Walnut  
Outpatient: 1508 W 6th Ave, 99204

**Spokane Regional Health District**  
1101 W College Ave, 99201  
[srhd.org](http://srhd.org) **324-1500**  
Spokane Regional Health District Outreach Services is still open, including syringe exchange, case management, referrals to resources and prevention education.

**Spokane Treatment & Recovery Services - STARS**  
105 W 3rd Ave, 99201  
[spokanerecovery.org](http://spokanerecovery.org) **570-7250**  
Only Detox services are available at this time, accepts WA Apple Healthcare (Medicaid). Intensive inpatient, recovery house, counseling & psychotherapy, medication supervision, case management, intensive outpatient, abuse treatment, alcohol & drug info, DUI assessment.

**Sunshine Terrace**  
1102 S Raymond Rd **892-4342**  
Spokane Valley 99206 [shfi.com](http://shfi.com)  
Provides long-term living opportunity. All services still available, accepts WA Apple Healthcare (Medicaid), inpatient and outpatient.

**Workit Health 360-436-6594 855-659-7734**  
[hello@workithealth.com](mailto:hello@workithealth.com)  
[workithealth.com](http://workithealth.com)**Fax: 855-716-4494**  
Provides telemedicine medication

assisted treatment and online therapy for opioid use disorder and alcohol use disorder anywhere in WA.

**YFA Connections Adult Services**  
22 S Thor, 99202 **532-2000**  
PO Box 3344, 99220  
[info@yfaconnections.org](mailto:info@yfaconnections.org)  
[yfaconnections.org](http://yfaconnections.org) **Fax: 532-2005**  
Dir. Adult Services: Tom Murphy  
Adult outpatient treatment for Substance use and co-occurring disorders. Accepts Medicaid, most private insurance and self-pay.

**YFA Connections 532-2000**  
PO Box 3344, 99220 **Fax: 532-2005**  
[yfaconnections.org](http://yfaconnections.org)  
Directions Dir: Angela Leavitt  
School based mental health services for Medicaid eligible children and youth in Deer Park, Riverside and Nine Mile Schools districts.  
**CRISIS RESIDENTIAL CENTER 624-2868**  
201 W 6th, 99204  
Dir: Angela Getz **Fax: 747-1730**  
Shelter services for at-risk, homeless and runaway youth 12-17.

## SENIORS

**Aging & Long Term Care of Eastern WA - ALTCEW**  
1222 N Post St, Spokane 99201  
[action@altcew.org](mailto:action@altcew.org) [altcew.org](http://altcew.org)  
See website for Programs and event cancellations. **458-2509**

**Catholic Charities Eastern Washington 800-831-1209 358-4250**  
[ceasternwa.org](http://ceasternwa.org)  
Volunteers are vital to Catholic Charities' work in the community. During this situation, seeks volunteers and assistance in other ways:  
FRIENDLY CHAT Program reaches out to seniors who have been asked to shelter in place due to their underlying health conditions. Staff and volunteers make daily phone calls to seniors to ensure they have food, supplies and know that someone cares about them. To volunteer with this endeavor, email [volunteer@cceasternwa.org](mailto:volunteer@cceasternwa.org).  
SHOPPING ANGELS: Volunteers shop for a bag of basic needs, essential items for seniors who are unable to leave their homes. To assist, visit <https://www.cceasternwa.org/covid-19>

**Elder Services 458-7450**  
5125 N Market St, Spokane 99217  
Needs Family and friends to train and build support during crises.  
**FAMILY CAREGIVER 458-7450**

## Greater Spokane County Meals On Wheels

924-6976

12101 E Sprague Ave, 99206  
POB 14278, Spokane Valley 99214  
[gscmealsonwheels.org](http://gscmealsonwheels.org)

Continues to serve daily hot meals throughout the COVID-19 crisis throughout Spokane County. On consultation with the Spokane Regional Health District and given that the expected crest of the virus will come in the next few weeks, GSC Meals on Wheels will be adapting from daily hot delivery to delivery of seven frozen meals one day a week for two weeks

## Helpful Plates

362-6642

3151 E 27th, 99223 Kerry  
Brandy 216-6423,  
Melinda 434-4303  
Offers a weekly menu to seniors who call or email. These meals are to go in the freezer, and good up to three days. They deliver on Tuesday, Fridays, and Saturdays, and every Wednesday from 2-5 p.m. Only accepting cash or checks.

## Mid-City Concerns/Meals on Wheels Spokane

747-3257

1222 W 2nd MOW 232-0864  
Spokane 99201 [mowspokane.org](http://mowspokane.org)  
[director@mowspokane.org](mailto:director@mowspokane.org)

Closed as of March 17 until it is deemed safe for senior social gatherings to resume. Working with Senior Center members to coordinate care and sustenance of mind and body during this time. Delivering warm meals to Senior Center members and also allowing them to pick-up to go meal boxes between 11:30-12:30 from its location. Remains in constant communication with them to assure they are healthy and not in need of any extra resources. Also creating Gift Boxes for senior to pass the time taking donations of puzzles, large print reading materials, word search puzzles, activity books, knitting supplies, crossword puzzles, soap, hand sanitizer, and special touches like blankets, socks and pillows. With many in the community in quarantine or limiting social interactions, there is need for volunteers willing to visit the homes of seniors. To volunteer, contact Patricia at (509)862-6367 or [patricia.robinson@mowspokane.org](mailto:patricia.robinson@mowspokane.org).

## RSVP - Retired Senior Volunteer Program YMCA

1126 N Monroe, Spokane 99201  
Programs cancelled 344-7787

## SNAP Long Term Care

Ombudsman Prog 456-7133

3102 W Ft Wright Dr, 99224  
[snapwa.org](http://snapwa.org) 800-660-7133  
Continues to operate, but most services are being provided telephonically due to visitor restrictions at LTC facilities. SNAP continues to offer home repairs, and are able to do most intake and paperwork over the phone to reduce face to face visits. Clients are encouraged to call 456-SNAP.

## STA ParaTransit 328-1552

[spokanetransit.com](http://spokanetransit.com)  
On April 18th, GSC Meals on Wheels and the STA Paratransit have combined their resource to roll out a plan that keeps STA drivers moving and makes sure meals are delivered to seniors all across the 1,800 miles of Spokane County.

## UnitedHealthcare, Community Outreach and Medicare Resources 481-1755

Community Outreach (Medicare Resources). available by telephone only to assist those with Medicare resources.

## TRANSPORTATION

Note: Services suspended or not accepting new clients at this time:

- ACS Road to Recovery
- Disabled American Veterans
- New Hope Resource Center

## Community Living Connections:

Those with questions about obtaining food, transportation or supplies may call the helpline (509) 960-7281. The helpline will continue to operate and answer questions during these challenging times." The reason being they have new resources internally for the delivery of groceries and pharmacy to the door of the client, and essential services on a case by case situation. No target population for expanded service.

## COAST 397-2935

COAST is running normally, though shared rides will be avoided when possible. Volunteer drivers needed. (Southern Spokane County to transit in Spokane)

## Driver licensing offices:

Will reopen by appointment only in a series of stages beginning Monday, June 22. Appointments are for customers who cannot complete their transaction

online, by phone, or by mail. With social distancing in place, offices will be operating at significantly reduced capacity and appointments will be limited.  
-NORTHSIDE 482-3882  
9107 N Country Homes Blvd, 99218  
-SPOKANE VALLEY 921-2358  
12801 E Sprague, 99212

## For-Profit Options, Call for estimates

GoGograndparent (Lyft/Uber concierge):  
GoGoGourmet: (855) 754-5328  
GoGoGroceries: (855) 222-4919  
Precious Cargo: (509) 951-9380  
MedStar: 1-800-236-2011  
Just For You Senior Services: (509) 939-9971  
MedTran: (800) 550-3782

## The Mocassin Express:

(509) 458-6564  
Masks required, limiting to 7 passengers with priority given to those commuting to work at essential services. (Wellpinit, Ford, Two-Rivers to Spokane)

## SMS Medicaid

[sms1.org](http://sms1.org) 534-9760  
Non-Emergency Medical Transportation, download a form to request a ride or apply for a fuel voucher or bus pass.  
**SMS COMMUNITY SHUTTLE:**  
(509) 534-7171  
Fares resume July 1. Limiting to passengers to 7 to maintain social distancing. (Spokane to Deer Park, Ritzville, Davenport & Deer Park Dial-A-Ride)

## SNAP Dental Transportation

Dental providers in are reopening for appointments, though scheduling may take time. Call Medstar dispatch and reference the SNAP program. A CALL DENTIST LINK 1-844-888- 5465, or for those with appointments 619-1656.

## Spokane Transit Authority 456-7277 328-RIDE

[spokanetransit.com](http://spokanetransit.com)  
Spokane Transit Authority: Spokane Transit (STA) will resume fare collection and front-door boarding on Wednesday, July 1. Transit passengers are encouraged to wear face coverings and practice social distancing by spreading out on the bus. STA began making face coverings available to passengers on Monday, June 15, at the STA Plaza.  
**VANPOOL: 326-POOL**  
Still accepting new individuals.

Try Vanpool offers up to 5 free vanpool rides for new, qualifying trial users.

## STA ParaTransit 328-1552

[spokanetransit.com](http://spokanetransit.com)  
Rides for Seniors: (509) 328-1552. Fares return July 1. If a disability prevents easily wearing or removing a face mask please inform the driver. Rides to people age 60 and over who must travel to essential destinations. Passengers will ride door-to-door service and passengers per vehicle will be limited to maximize social distancing during travel. Trips can be scheduled the day before or the same day with at least two hours of advance notice. Customers will be required to show proof of age.

## STA Vanpool 326-POOL

[communtefindernw.org](http://communtefindernw.org)  
Check for route availability on webpage. Trips begin or end in PTBA. Shared cost among members. No imposed changes, each group running based on if traveling to essential services. Still accepting new individuals. Vanpool offers up to 5 free rides for new, qualifying trial users.

## Veterans Transportation Services (VTS) 434-7537

Service area typically 40 miles from the VA, now limited to the local footprint. Currently unable to transport from Post Falls or CDL.

## Volunteer Chore Services 459-6172/459-6171 ccsww.org

Providing rides subject to availability. (Must be Non-Medicaid & low income) No wheel chair accessibility

## WOMEN & CHILDREN: INFANT NEEDS & DVSA

### DVSA Text Line 220-3725

Child WELFARE (DCYF) 800-557-9671  
-Intake 800-557-9671  
-After hrs 800-562-56234

## Abuse Recovery Ministry Spokane (ARMS) 866-262-9284

[abuserecovery.org](http://abuserecovery.org)  
Brings healing and transformation, from a faith perspective, to those impacted by domestic violence and controlling relationships. Continuing services through zoom calls and more.

## Breast Intentions 995-1295

1922 S Stanley Ln  
Spokane, Washington 99212

### [breastintentionswa on FB](#)

Cancelled event at UGM for bra fitting event, call for future events or distribution.

### **CAPA - Childbirth & Parenting Assistance/PREPARES**

**CATHOLIC CHARITIES 455-4986**  
25 W 5th Ave, Lower Lvl, 99202  
[cceasternwa.org](#)

CAPA is open and doing diaper distribution from 9 a.m. to 2 p.m. Monday through Thursday. Please share with folks struggling to find diapers and wipes. Call (509) 455-4986 with questions.

### **Inland NW Diaper Bank**

**SPOKANE VALLEY PARTNERS 927-1153**  
10814 E Broadway, 99206  
PO Box 141360 Fax: 928-8463  
Spokane Valley 99214 [svpart.org](#)  
Gives diapers to needy families.

### **Lutheran Community Svcs NW**

210 W Sprague Ave, 99201  
[lcsnw.org/Spokane](#) 747-8224  
24/7 Sexual Violence & Crime Victim Support Line is operational.

### **24/7 Sexual Assault Support Line 624-7273**

Behavioral Health, Crime Victim Advocacy and Foster Care programming have all moved to a telehealth model best suited for clients during this time of isolation and fear. Family violence victims are now largely isolated in dangerous circumstances, and in more need than ever for help planning for their safety, and navigating changing health and legal systems. Children and adults alike who already struggled with depression and anxiety now find themselves alone and in more need than ever for the lifeline provided by their therapists, peer support specialists, and case managers.

### **MyChoice 462-4000**

2659 N Ash St, 99205  
[info@mychoicespokane.org](#)  
[Mychoicespokane.org](#)  
To protect clients, MyChoice Clinics is currently operating remotely. For a pregnancy consultation, call 509-327-0701, leave a detailed message and a nurse will callback. For other concerns please call the N. Maple Street CHAS Clinic at 509-444-8200 for a same day appointment. For a medical emergency, call 911.

### **Nurse Family Partnership**

**SPOKANE REGIONAL HEALTH DISTRICT**  
1101 W College, 99201  
[srhd.org](#) 324-1621  
Continues to visit and enroll clients using Telehealth to maintain contact with enrolled

clients and provide support and education over the phone or via video conferencing. Offers pre- and post-natal education, mother/infant/child care coordination, follow-up for families with children. Health education, screenings; support and education on infant/child care, growth and development, parenting, health, home safety and nutrition.

### **Project Beauty Share 455-3537**

216 N Bernard St, 99201  
[projectbeautyshare.org](#)  
Collects cosmetics and beauty products for agencies to give out. Shelters need these services more than ever. Still accepting products via mail and financial donations through website to help continue its mission and operations.

### **Teen & Kids Closet 534-1151**

307 E Sprague [teenkidscloset.org](#)  
Spokane Valley 99202  
PO Box 4099, 99220  
[contact@teenkidscloset.org](#)  
Offers clothing and household items for foster kids and teens or those of low-income. Appointment only by referral from school official or social worker, referral can be made online. Teen & Kid Closet will temporarily suspend operations, including receiving financial and physical donations.

### **WIC 800-322-2588**

#### **Text "WIC" to 96859**

When going to the grocery store be kind to those whose only food are provided for through the WIC program. This is the only food under that program they can receive. Provides breakfast cereal, infant cereal, infant food fruits & vegetables, infant food meat, infant formula, exempt infant formula, milk, cheese, tofu, soy-based beverage, mature legumes, peanut butter, fruits & vegetables, canned fish, whole wheat bread and other Whole grains, juice, eggs, WIC-eligible nutritionals, yogurt.

### **WIC SPOKANE REGIONAL HEALTH DISTRICT**

[srhd.org/Programs-and-services/wic](#)  
SRHD WIC clinics are providing all services by telephone only. WIC representatives will call participants with scheduled appointments. Persons interested in applying for WIC should call the individual clinics.

**-WIC SRHD 324-1620 x4**

**-WIC WEST CENTRAL COMMUNITY CENTER 323-7497**

### **Women's Healing & Empowerment Network**

PO Box 9637, 99209

Pres: Mable Dunbar [whennetwork.com](#)  
Because of the requirement to stay home, there has been a large increase in domestic violence incidents. Victims feel stuck between avoiding the virus (staying home) and reaching out for help (calling 911, contact with law enforcement, going to the hospital). Encourages people to report abuse. Call 911. Consider donating to help WHEN continue to provide services, food, shelter for victims, and Programs for victims and their children.

### **YWCA Spokane 326-1190**

930 N Monroe, 99201  
**24-hr Helpline 326-CALL (2255)**  
[connect@ywcaspokane.org](#)  
[ywcaspokane.org](#) Fax: 326-1597  
All onsite programs closed. Call 24 hours for Safe Shelter for Domestic Violence 326-2255 or [help@ywcaspokane.org](#)

## **VETERANS**

### **The Free Handyman for the Disabled/Veterans Thrift Store**

4705 W Wellesley, 99205 **290-6891**  
[theworkethic1@gmail.com](#)  
[freehandymanfordisabledveterans.org](#)  
[freehandymanfordisabledveterans.org](#) on FB  
As an essential local community based nonprofit, remains open to provide services and supplies for veterans in need. Open to public to accept donations during these trying times across the street from the VA Hospital, Spokane. Especially helpful is sealed package food and sanitary items.

### **Goodwill Industries of the Inland NW 838-4246**

130 E 3rd Ave, 99201  
[discoverygoodwill.org](#) 344-0163  
Supportive Services for Veteran Families (SSVF) is still able to serve homeless veterans. Provides rental assistance and emergency housing support to area Veterans impacted by COVID-19. Any veteran in need of assistance should call the Hotline phone number rather than coming to the office. Veterans who need help should call the 24-hour Veteran hotline (509) 828-2449 or walk-in to the Goodwill Administration office located at 130 E Third Avenue in Spokane, Washington, Monday through Friday, 8:00 a.m. to 5:00 p.m.

### **Spokane County Regional Veterans Services Center**

**SPOKANE REGIONAL HEALTH DISTRICT**  
1117 N Evergreen, Ste 2, 99216  
[spokanecounty.org](#) 477-3690  
Emergency aid to indigent veterans and/or widowers. Gas

vouchers to working veterans to and from work. Due to current restrictions for public safety regarding coronavirus, the team is currently assigned to telework. For safety, it has suspended in-office appointments and classes at this time. Continue to provide phone and email communication support at (509) 344-9280, (509) 344-9353 Call: (509) 477-3690, or email [VETSTUDY@spokanecounty.org](#)

### **Spokane Vet Center 444-8387**

13109 E Mirabeau Prkwy, 99216  
[vetcenter.va.gov](#) Fax: 444-8388  
Team Leader: David Baird  
Admin: Robert Sturtevant  
Counseling services for veterans and the families of active duty.

### **Spokane Veterans Home**

WA DVA 222 E 5th Ave  
Spokane 99202 **344-5770**  
<https://www.dva.va.gov/veteran-homes/spokane-veterans-home>  
In full lockdown

### **VA Medical Center, Mann-Grandstaff 434-7000**

4815 N Assembly St, 99205 [va.gov](#)  
Patients and visitors to Mann-Grandstaff VA Medical Center: As a precautionary measure, MGVAMC has implemented mandatory screening. Until further notice, normal operating hours for the facility are reduced to 7 a.m. to 7 p.m. Offers COVID-19 testing to veterans.