

Spokane Community Resource Guide

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School of Education
OFFICE OF A PEDAGOGY OF HOPE

Spokane Community Resource Guide

Community Resource Guide Disclaimer:

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Thank you for utilizing the Office of a Pedagogy of Hope's Community Resource Guide responsibly.

ADULT EDUCATION RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Adult Education	Adult Basic Education (ABE)	2310 N Monroe	509-533-4600	High school & GED courses + English as a Second Language. \$25 per quarter.
	Contract Based Education	123 S Bowdish	509-927-1100	Students under 21 (alternative high school program).
	Next Generation Zone	901 E 2nd Ave #100	509-340-7800	16-24 years of age (High school/GED program).
	Family Self-Sufficiency Program (FSS)	25 W Nora	509-252-7120	Davilynn Fischer, Family Self-Sufficiency Program Coordinator
Employment Assistance	AARP Title 5	222 W Mission Ave #124	509-325-7712	Part-time job placement for low-income seniors.
	American Indian Community Center	1025 W Indiana Ave	509-535-0886	Economically disadvantaged American Indians. Job counseling, resume prep, free (includes tuition, books, tools, and childcare).
	AmeriCorps		1-800-942-2677	
	Basic Food, Employment, & Training (BFET)	Spokane Community College	509-533-3042	
	Career Connections	421 N Mullan	509-928-0423	Disabled individuals and disadvantaged adults.
	Career Path Services	10 N Post St. #200	509-326-7520	Free! Mon-Thurs 7:30-5:30.
	Christ Kitchen	2410 N Monroe	509-325-4343	Women only.
	Displaced Homemaker Program	3305 W Fort George Wright Drive	509-279-6065	For women in transition following divorce/separation/widowhood.
	Division of Vocational Rehab		509-363-4700	Helps people with disabilities prep for, obtain, and retain employment
	Work First/Worker Retraining		509-533-3599	Assists those who are low-income, unemployed, receiving unemployment benefits. Funds available for professional/technical courses for job skills

CHILDREN & FAMILY RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
After-School Care	Boys & Girls Club	Several Locations	509-270-1177	Age 6-18
	Express Child Care - Spokane Public Schools	Spokane Public Schools Elementary Schools	509-354-7312	Kindergarten-5th grades 6:30-8:30am, 3-6pm M-F
	Northeast Youth Center	3004 E. Queen Ave	509-482-0708	Age 3-12
	St. Anne's Children & Family	25 W. 5th Ave	509-232-1111 x203	Infancy-Age 12 Washington Early Achievers program
Pre-School & Head Start	Spokane Colleges Head Start/ECEAP (Early Childhood Education and Assistance Program)	Several Locations	509-533-4800	Part-day, school day, work day, or home based
Childcare	Child Care Aware of WA		1-800-446-1114	Connects families to high quality childcare and early learning programs
	Vanessa Behan	2230 E Sprague Ave	509-598-7490	24/7 childcare, parent education, crisis counseling, diaper and formula program, referrals to community agencies. Ages birth - 12 years.
Special Education Services	Northwest Justice Project	157 S Howard St, Ste. 405	509-324-9128	Free SpEd Legal Clinic Tues 12-2pm and Thurs 6:30-8:30pm
	The Arc School	320 E 2nd Ave	509-328-6326	info@arc-spokane.org
	Wrightslaw			https://www.wrightslaw.com/
Parents & Families	Childbirth and Parenting Assistance (CAPA/PREPARES)		509-455-4986	Offers services for expecting and parenting individuals of children under 5 years.
	Christmas Bureau	404 N Havana, Spokane Valley	509-358-4250	Families can receive 1 grocery voucher and pick out 1 book and 1 toy per child for Christmas gifts. Occurs in December each year
	Parent Help 123		1-800-322-2588	WA State service finder for health insurance, food, assistance, etc. for families
	Spokane Fatherhood Initiative	711 3rd Ave	509-315-8850	Relationship training classes for fathers, direct services for families, and community education events.
	Spokane Toys for Tots	5520 N Division St	509-951-3580	Christmas gifts for children ages birth to 12 years.
	Vanessa Behan	2230 E Sprague Ave	509-598-7490	24/7 childcare for children ages birth to 12 years, parent education, crisis counseling, diaper and formula program, referrals to community agencies.

CLOTHING

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Clothing	Cheney Clothing Exchange	620 3rd St, Cheney	509-235-2325	Open Mondays, 4:00 - 6:00 p.m., Wednesdays, noon - 6:00 p.m
	City Gate	170 S Madison	509-720-7034	Call for dates and times
	Greenhouse	125 Park Ave, Deer Park	509-272-4189	Monday & Friday 1:00-3:30 PM
	Klothes Kloset	12321 E 14th Ave, Spokane Valley	509-926-2673	Thursday–Friday, 10:00 AM – 2:00 PM
	Mission Community Outreach	1906 E Mission	509-536-1084	Free clothing, diaper, hygiene
	Northeast Neighborhood Action Program	4001 N. Cook	509-487-1114	Offers housing, utility, and family support services and connects clients to nearby food and clothing banks through referrals
	Off Broadway Community Outreach	2225 W Mallon	509-998-2630	Clothing assistance via outreach distributions
	Our Place Community Outreach	1509 W College Ave	509-326-7267	Low-barrier community outreach providing clothing, food, hygiene items, and basic needs assistance
	Our Sister's Closet at YWCA	930 N Monroe	509-326-1190	Free clothing, toiletries, and childcare while being served Monday–Friday 8am–5pm
	Spokane Valley Partners	10814 E Broadway Ave, Spokane Valley	509-927-1153	Primary site providing food, clothing, and emergency assistance services Tuesday to Friday - 10am-3pm
	Union Gospel Mission	1224 E Trent	509-535-8510	Faith-based mission providing clothing, meals, shelter, and basic needs services for individuals experiencing homelessness
Laundry	House of Charity	32 W Pacific Ave	509-624-7821	Emergency shelter offering limited laundry access along with clothing, meals, and basic needs services for guests
	Our Place Community Outreach	1509 W College Ave	509-326-7267	Low-barrier community outreach providing clothing, food, hygiene items, and basic needs assistance

COMMUNITY ADVOCACY

ORGANIZATION	CONTACT	NOTES	LINK
Allies in Advocacy-Washington		Disability Rights (DD)	Website: http://www.alliesinadvocacy.com/
Dads M.O.V.E. - (Dads Mentoring Others Through Voices of Experience)	1-800-736-0979	Peer support mentoring for families of special need kids	Email: info@dadsmove.org Website: http://www.dadsmove.org/
League of Education Voters (LEV)	206-728-6448		Website: https://educationvoters.org
National Alliance on Mental Illness (NAMI)	509-838-5515	Mental health- individuals and families	Email: helpline@nami.org Website: https://namispokane.org/
Priority Spokane	509-499-0536	Community organizing	Email: priorityspokane@outlook.com
Self-Advocates Becoming Empowered		Support for those with disabilities	Email: admin@sabeusa.org Website: https://www.sabeusa.org/
Self-Advocates in Leadership (SAIL)	509-222-0294	Advocacy network for those with	Email: sail@arcwa.org Website: https://www.selfadvocatesinleadership.com
Spokane Alliance	509-532-1688	Community organizing and advocating	Email: laurel@spokanealliance.org
Spokane County Parent Coalition	509-328-6326	Parents, caregivers, guardians, of those with intellectual and developmental disabilities advocates.	Email: advocacy@arc-spokane.org Website: www.arc-spokane.org/parent-coalition
Spokane Parent Advocacy Network (SPAN)	973-642-8100	Parent advocacy network focused on child welfare, education, and family support system engagement	Spokane Parent Advocacy Network SPAN group on Facebook
Spokane Youth Advocacy Center	971-232-2088		Spokane Youth Advocacy Center group on Facebook
Supporting Individual with Developmental Disabilities (SAILS)	425-372-7196	Residential supported living. Contact your Developmental Disabilities Administration (DDA) case worker.	Email: bclum@sailsgroup.com
TASH	202-429-2080	Advocacy for those with disabilities.	Email: info@tash.org Website: http://tash.org/
The Autism Society of Washington	1-866-290-3516	Advocacy network for those living with Autism Spectrum Disorder (ASD) and their families.	Email: spokane@autismsocietyofwa.org Website: http://www.autismsocietyofwa.org/asw-spokane/
WA Autism Alliance & Advocacy	425-894-7231	Advocacy for people with Autism Spectrum Disorder (ASD) and Intellectual and Developmental Disabilities (IDD)	Website: http://www.washingtonautismadvocacy.org/
WA State Developmental Disabilities Council	1-800-634-4473	Advocates for equitable policies and programs that benefit all living with developmental disabilities and their families.	Email: ddcinfo@ddc.wa.gov Website: http://www.ddc.wa.gov/
Washington Community Alliance		Closing diversity representation gaps	Email: info@wacommunityalliance.org Website: https://wacommunityalliance.org/

DISABILITY RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Disability Resources	Adult Protective Services (APS)	1330 N Washington St Suite #3000	1-800-459-0421	Call 1-877-734-6277 to make a report
	Aging and Long Term Care of Eastern WA	1313 N Atlantic St. #3000	509-458-2509	Helpline: 509-960-7281 Email: action@altcew.org
	AL TSA (Aging and Long-Term Support Administration)	1330 N Washington St Suite #300	509-568-3700	Offered through the State of Washington's Home & Community Services office.
	Career Connections	421 N Mullen	509-928-0423	A statewide network of business, labor, education, and community leaders creating work-based and academic programs for young people in Washington
	CHORE Volunteer Services	12 E 5th Ave	509-358-4250	Volunteer CHORE services provides assistance with household tasks for low-income elderly and disabled clients.
	COPEs (Community Options Program Entry System)	1313 N Maple St	(877) 501-2233	Supports successful transitions to independent living or assisted living facilities. This is a Medicaid (Apple Health) waiver program.
	Hire Ability Spokane	203 N Washington St	509-217-4142	Connects job seekers with developmental disabilities to employers. Email: charly@gowise.org
Transportation	MedTran Services	Service Areas: Spokane, Chattaroy, Deer Park, Newport, Colville, Pullman, Chewelah, North Idaho	800-550-3782	Email: info@gomedtran.com Accepts: Medicaid, private insurance, out of pocket payments
	ParaTransit		509-328-1552	Wheelchair-accessible, shared-ride transportation service for those whose disability prevents them from using fixed-route buses. Apply by calling the phone number listed here. Call to reserve transportation.
	Special Mobility Services- Community Shuttle	707 N Napa St	Toll-Free: (877) 264-RIDE(7433) Local: (509) 534-7171	Provides intercity transportation (Davenport, Newport, Ritzville, Deer Park, Reardan, Sprague, and Spokane) on weekdays and are fully accessible to those using wheelchairs or mobility devices.
	Special Mobility Services- Medicaid	12615 E Mission Suite 312, Spokane Valley	509-534-9760	Providing transportation to Medicaid health care appointments. Offer fuel vouchers, rides on public busses, taxis, or get driven by a volunteer. Paid for the Washington State Health Care Authority.

FOOD AND GROCERIES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Food & Groceries	Airway Heights Baptist Church Food Bank	12322 W Sunset Hwy, Airway Heights	509-244-2474	Sat 10am-12pm 1st and 3rd Saturday of the month
	American Indian Community Center	1025 W Indiana, Suite 10	509-535-0886	Tuesday - Friday 9am-noon and 1pm-4:30pm
	Better Living Center	25 E North Foothills Dr	509-325-1258	Tuesday 9am-noon and 1pm-4pm Thursday 9am-1pm
	Caritas Center	4718 N Ash Street	509-326-2249	Monday, Wednesday, Thursday - 10:30am-1:30pm Bring own bags
	Cheney Cupboard	624 3rd St, Cheney	509-235-2325	Monday 4-6pm; Wednesday 9-11:30am Must meet certain income/resource requirments
	City Gate	170 S Madison	509-455-9670	Tuesday - Friday 10am-2:30pm Closed 12-12:30 for lunch Residents of 99201, 99204, and parts of 99224
	East Central Food Bank	500 S Stone St	509-868-0856	Monday - Friday 1:00-3:30pm, Sat 11am-noon Residents of 99202 (East of Napa) & 99212 (West of Park)
	Food For All	925 N A St Apt 2	509-459-6163	Low-income and elderly residents
	Greenhouse Community Center	125 North Park Ave, Deer Park	509-272-4189	Monday 2pm-5:45pm Wednesday and Friday 1pm-3:45pm
	Mead Food Bank	12509 N Market St, Mead	509-466-7068	Sunday 4pm-5pm - Full distribution Wednesday 4pm-6:45pm - Bread & Produce
	Medical Lake Food Bank	207 S Washington St, Medical Lake	509- 467-2900	1st Thursday of Month 5:30pm-6:30pm Weekly on Fridays 10am-noon Must be resident of Medical Lake
	New Hope Resource Center	4211 E Colbert Rd, Colbert	509-467-2900	Tuesday & Thursday 9:30am - 1:30pm Evening appointments available, call to schedule https://www.newhoperesource.org
	North County Food Bank	40015 A N Collins Rd, Elk	509-292-2530	Monday 10am - 1:45pm Wednesday 8:30am-11:45pm
	Northeast Food Pantry	4520 N Crestline	509-290-5691	Tuesday 11am-1pm Thursday 9am-11am
	Off Broadway Community Outreach	2225 W Mallon	509-998-2630	Monday 2pm-4pm Every Monday night dinner
	Otis Orchards Food Bank	4308 N. Harvard	509-720-8606	Tuesday & Thursday - 10am-2pm
	Our Place Community Outreach	1509 W College Ave	509-326-7267	Wednesday 3:30-6pm Thursday 10am-12:30pm Last Saturday of each month 10:00am-12:30pm
	Second Harvest Food Bank- Hunger Solution Center	1234 East Front Avenue	509-534-6678	Call for information Email: info@2-harvest.org https://2-harvest.org/food-near-me-wa/
	Southside Food Bank	2934 E 27th Ave	509-535-2301	Sat 10:30 am - noon
	Spangle Food Bank-Community Church	305 E 2nd, Spangle	509-245-3362	4th Wednesday of each month; 2-3pm
	Spokane Valley Partners Food Bank	10814 E Broadway, Spokane Valley	509-927-1153	Monday - Friday, 9am-3pm
	The Salvation Army Food Bank	204 E Indiana	509-325-6821	Monday - Friday, 10am-4pm

FOOD AND GROCERIES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Free Meals	Crosswalk for Teens	525 W 2nd Ave	509-838-6596	3 meals a day for runaway and homeless youth ages 13-18
	Cup of Cool Water	1106 W 2nd Ave	509-747-6686	Monday-Thursday 9am - 3pm for youth & young adults age 14-24
	SCAR (Spokane Community Against Racism)			Burritos for the People - Currently stopped; check website for updates: https://www.scarspokane.org
	Shalom Ministries	New Community Church at 518 W 3rd Ave & Downtown Spokane at 3rd Ave & Howard St. (Access by the Howard St door)		Breakfast Monday - Friday 7:30-8:30am Dinner Monday & Tuesday 4:30-5:30pm
	Union Gospel Mission	1224 E Trent	509-535-8510 ext. 1127	Lunch every day 12pm Dinner every day 6pm
Meal Deliveries	Meals on Wheels Spokane		509-456-6597	Seniors aged 60+ ; homebound in the city of Spokane
	Meals on Wheels Spokane Valley	12101 E Sprague Ave, Spokane Valley	509-924-6976	Seniors aged 60+ ; homebound in the county of Spokane

GENERAL COMMUNITY RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
General Community	Emergency Assistance	12 E 5th Ave	509-456-2253	Any resident. Access assistance with basic needs, groceries, gas, utilities, rent, etc.
	Resource Center of Spokane County	130 S Arthur St. 2nd Floor	509-867-8188	
	Northeast Community Center	4001 N Cook	509-487-1603	
State of Washington Social Services	Aging and Long-Term Support (AL TSA)	1330 N. Washington St. Suite 300	509-568-3700	Long-term care services, Office of the Deaf/Hard of Hearing
	Behavioral Health Administration	850 Maple St, Medical Lake	509-565-4000	Child or adult patients
	Developmental Disabilities (DDA)	1611 W Indiana Ave	509-329-2900	Intellectual and developmental disabilities (IDD) community
	Division of Vocational Rehab (DVR)	1313 N Atlantic St Suite 1000	509-363-4700	Individuals with disabilities
	Economic Services Administration (ESA)	1608 W Boone Ave	509-363-5000	Child Support Services
	Economic Services Administration (ESA)	1313 N Maple St Suite 104	(877) 501-2233	Community Services Monday - Friday 8am - 5pm
	Economic Services Administration (ESA)	1025 W Indiana Ave	(877) 501-2233	American Indian Community Center (AICC). Tuesday & Thursday 1pm-5pm
	Economic Services Administration (ESA)	232 E Lyons	(877) 501-2233	Spokane Tribal TANF Office Monday and Wednesday 8am-5pm
	Economic Services Administration (ESA)	8517 E Trent Ave, Spokane Valley	(877) 501-2233	Community Services Monday-Friday 8am-5pm, Saturday 12pm - 5pm
Transportation	Reduced STA Fare Card	701 W Riverside	509-456-7277	Covering seniors, individuals with disabilities, youth 18 and under, students of any age (enrolled in apprenticeship, trade, or vocational training programs), active-duty military and veterans, and income-based individuals receiving government-assisted benefits Apply online at spokanetransit.com/reducedfare
	Spokane Transit Authority		509-325-RIDE	SpokaneTransit.com

HOUSING RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Rental Assistance	Fulcrum Institute DRC	1212 N Washington St, Suite 206	509-838-2799	Landlord/Tenant conflict mediation services for both business and residential
	Northwest Mediation Center	35 W Main, Suite 230	509-456-0103 ext. 1	Housing mediation and eviction prevention
	SNAP Rental Assistance	Any SNAP Location	509-456-7627	Online applicant portal
	Spokane Housing Authority	25 W Nora	509-328-2953	Walk-in: Monday, Tuesday, Thursday 9:30am - 4pm Virtual text-based: Monday - Thursday 10am - 4pm
Housing Coordinated Entry	Catholic Charities	101 E. Hartson	509-325-5005	Walk-in hours Tuesday - Thursday, 7:30am - 4pm.
	Goodwill HEN	130 E 3rd Ave	509-838-4246	Walk-in hours Monday - Thursday, 8am - 11am To qualify for HEN, you must both: Be homeless, or about to become homeless AND Have a HEN referral from DSHS. Only serves Spokane County
	Rising Strong	1960 N Holy Names Court	509-960-8632	Families can stay together in a holistic, family-centered drug treatment and housing program while they begin to recover from addiction, heal from trauma and rebuild their lives.
	SNAP	124 E Pacific Ave	509-456-7627	Monday, Tuesday, Wednesday - 8am - 1pm
Drop-In Centers	Crosswalk for Teens	1440 N Haven, Suite 1	509-688-1112	Teens 13-17
	Cup of Cool Water	1106 W 2nd Ave	509-747-6686	Men and women ages 14-24 Monday - Thursday; 9am - 3pm
	Recovery Café	2001 N Division St	509-960-8529	Free membership required. Mondays: By Appointment Only Tuesdays – Fridays: 9 AM – 4 PM New Member Orientation is the first & third Friday of the month at 10 AM. Member Lunch & Latte Hour Lunch: Tue – Fri at 12:05 Latte Hour: Tue – Thurs, 9:30 to 11 AM
	Women's Hearth	920 W 2nd Ave	509-328-6702	For women, trans women, and non-binary individuals, all with diverse backgrounds Monday 9am-1:30pm; Tuesday, Thursday, & Friday 9am-3:30pm; Wednesday 11am-3:30pm.
Energy, Utility, and Home Assistance	SNAP "Affordable Internet"		509-456-7627	See website for details: https://snapeligibilitycalculator.com/free-internet-with-snap/
	SNAP "My Energy Discount"	www.snapwa.org/myenergy	509-242-2376	Reduces monthly bill 15-94%. Emergency assistant for heat/power.
	SNAP Mortgage Payment Assistance		509-319-3040	Foreclosure prevention loans for those in Spokane County Email: housing@snapwa.org
	SNAP Single Family Home Repair Assistance		509-319-3080	Low-cost loans for home repairs. Fill out the form on www.snapwa.org/home-repair

HOUSING RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Shelters	Anna Ogden Hall	2828 N Mallon	509-327-7737	Women and children (boys under 10)
	Crosswalk for Teens	1440 N Haven St	509-688-1112	Teens 13-18 and teen moms
	Family Promise	2002 E Mission	509-723-4663	Families with children
	Family Promise	Undisclosed address	509-723-4663	Infant shelter (for newborns and parents)
	Hope House for Women	318 S Adams	509-816-1669	Women, 18+, who are experiencing homelessness who are recovering from illness, injury, or hospitalization
	House of Charity	32 W Pacific Ave	509-624-7821	Men and women during day Men only for sleeping - Check-in from 9am - 8pm; Anyone that slept the night before can remain on-site for the full day
	Transitions/Miryam's House	Undisclosed Address	509-747-9222	Women 18+ years in transition from domestic violence, chemical dependency or other life crises
	ShelterMe Spokane			https://sheltermespokane.org/ Use Link for Realtime Shelter Capacity
	The Way Out Salvation Army	55 W Mission	509-325-6810	Men and women; 3pm - 8am For adults who sincerely want to exit homelessness and find permanent housing and employment
	Truth Ministries for Men	1910 E Sprague	509-456-2576	Men 18+; check-in begins at 5pm, no line up prior to 4:45; 6pm-8am
	UGM (Union Gospel Mission) for Men	1224 E Trent Ave	509-535-8510 ext 1127	Men Only - Residents must be able to pass a breathalyzer upon intake and UA/BA's throughout their stay. - Open 7:00 a.m. - 7:00 p.m. (+ 24-hour winter contingency in weather below 35°F) - No pets allowed, except licensed service animals.
	UGM (Union Gospel Mission) for Women & Children	1515 E Illinois Ave	509-535-0486	Women and children only - Residents must be able to pass a breathalyzer upon intake and UA/BA's throughout their stay. - Open 6:00 a.m. - 9:00 p.m. (+ 24-hour emergency intake for women with children only) - No pets allowed, except licensed service and therapy animals.
	VOA Young Adult Shelter	3104 E Augusta	509-309-3744	18-24 years Open 24/7
	YWCA Shelter for Domestic Violence	Undisclosed Address		Call: 509-326-2255 Text: 509-220-3725 Email: help@ywcaspokane.org

IMMIGRANT & REFUGEE RESOURCES

ORGANIZATION	ADDRESS	CONTACT	NOTES
Apple Health (Medicaid) Language Assistance		1-800-562-3022	https://www.hca.wa.gov/about-hca/language-access
Asians for Collective Liberation in Spokane	25 W Main Ave #404		info@aclspokane.org
Catholic Charities of Eastern WA Immigration Legal Services	12 E 5th Ave	509-358-4250	Documented and undocumented immigrants can access affordable immigration consultations, representation and assistance.
CHAS (Community Health Association of Spokane)- Health Language Services		509-444-8200 866-907-8200	Medical, dental, behavioral health, nutrition
WorkFirst- English as a Second Language	2310 N Monroe	509-533-7221	English as a Second Language classes Monday - Thursday, 8am - 9pm, Friday, 8am - noon Tuition \$25 per quarter
FEAST	1321 W 3rd Ave	509-608-1313	Services for immigrants and refugee chefs Meals Wednesday - Sunday Lunch 11am - 2pm Dinner 4pm - 8pm
Fig Tree	631 S Richard Allen Ct	509-535-4112	Independent, nonprofit newspaper and resource directory with Immigration, Refugee, & ESL services section
International Rescue Committee (IRC)- Spokane	925 W Montgomery Ave	509-258-5774	Provides opportunities for refugees, asylees, victims of human trafficking, survivors of torture, and immigrants seeking citizenship to thrive in America
Latinos En Spokane	1502 N Monroe	509-558-9359	Social workers, take language accessible drivers education classes, attend cultural events, monthly legal clinics, and access to our free cafe internet
Lutheran Community Services NW	210 W Sprague Ave	509-747-8224	Behavioral health, refugee assistance, foster care, victim advocacy, education Monday - Thursday 8am - 5 pm; Friday 8am - 3pm
Refugee and Immigrant Connections Spokane	35 W Main Ave	509-209-2384	Immigration & refugee assistance Monday - Friday 8am - 2 pm
Spokane Slavic Association	5517 E Trent Ave	509-590-2470	Employment assistance, tax consulting, legal advice, education programs, healthcare aid, financial consultations, etc.
Spokane Immigrant Rights Coalition		1-844-724-3737	https://www.mcasspokane.org / https://www.sircwacom Monday - Friday, 6am - 6pm
Thrive Center	110 E 4th Ave	509-553-5606	Migrant housing and services.
Ukrainian Closet	5517 E Trent Ave	509-590-2470	Translation and interpretation of documents/paperwork, free clothing, furniture, etc., refugee services, housing assistance, sponsors, work authorization assistance. Open Mondays & Tuesdays 9:30am - 5pm, Wednesday 9:30am - 4 pm
WA DSHS Office of Refugee and Immigration Assistance			https://www.dshs.wa.gov/esa/office-refugee-and-immigrant-assistance
Washington Immigrant Solidarity Network		1-844-724-3737	Immigrant-led coalition (Report Active ICE raids & activity)
Women, Infant, and Children (WIC) Language Assistance			https://doh.wa.gov/you-and-your-family/wic/wic-language-assistance
World Relief	11707 E Sprague, Suite 106 Spokane Valley	509-484-9829	Refugee resettlement agency

LEGAL RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Legal	Business Innovation Legal Clinic- Gonzaga Law		509-313-5242	Provides business-related legal advice Call or email for appointment Email: businessinnovation@gonzaga.edu
	Catholic Charities Immigration Clinic - Gonzaga Law		509-313-5791 Español: 509-313-3859	Free assistance to low-income individuals and families who need immigration law help Email: immigrationlawclinic@gonzaga.edu
	CLEAR/Northwest Justice Project	1702 W Broadway Ave	509-324-9128	Income falls below 200% Federal Poverty Level
	Elder Law Clinic - Gonzaga Law		509-313-5791	Provides legal assistance to low and middle-income clients who are 60 years and older and live in Spokane County - Call or email for appointment Email: whitson@gonzaga.edu
	Federal Tax Law Clinic - Gonzaga Law		509-313-5791	https://www.gonzaga.edu/school-of-law/clinic-centers/law-clinic/federal-tax-law Email: lawclinic@gonzaga.edu
	General Public Practice & Indian Law Clinic - Gonzaga Law		509-313-5791	Residents of Spokane County or members of the Kalispel Tribe. Call for information https://www.gonzaga.edu/school-of-law/clinic-centers/law-clinic/indian-law Email: lawclinic@gonzaga.edu
	Immigration Legal Services	12 E 5th Ave	509-455-4961	Documented and undocumented immigrants of all nationalities, ethnicities and religions can access affordable immigration consultations, representation and assistance. Must be a Washington resident. \$15 application fee, free legal services, intake form on website. Email: ipclinic@gonzaga.edu
	Intellectual Property Law Clinic- Gonzaga Law			\$15 application review fee Financial need given priority Email: ipclinic@gonzaga.edu
	Lincoln LGBTQ+ Rights Clinic- Gonzaga Law		509-313-5791	For individuals that identify as LGBTQ+ Email: lgbtqrighs@gonzaga.edu
	Spokane County Court Facilitator	1116 W Broadway Ave	509-477-7612	Family Law Technical Assistance
	Spokane City Public Defender	824 N Monroe St First Floor	509-835-5955	Email: erapdoffice@spokanecity.org Open: Monday-Friday 8am-12pm and 1pm-5pm. Contact to submit an application to be represented.
	Spokane County Public Defender	1033 W Gardner Fourth Floor	509-477-4246	Open: Monday-Friday 8:30am-5:00pm
	The Moderate Means Program		855-741-6930	For those who make too much to qualify for legal aid but not enough to retain an attorney. Apply online or call. http://www.moderatemeanswa.org/
	Washington Law Help			https://www.washingtonlawhelp.org/

MENTAL HEALTH RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Counseling & Therapy	Community Behavioral Health Services	1960 N Holy Names Ct. Suite L3	509-242-2308	Individual and group therapy, peer support, and case management.
	CAPA/PREPARES (Childbirth and Parenting Assistance)	25 W 5th Ave	509-455-4986	Offers counseling, support groups, and parenting classes for expecting and parenting individuals and families.
	National Alliance on Mental Illness (NAMI)		1-800-950-6264	Helpline Mon-Fri 7am - 3pm Crisis line 24/7 Text NAMI to 741741 Email: info@nami.org
	Spokane County Supportive Living Program	211 W Augusta Ave	509-477-4388	Offers independent living skills training for adults with mental health conditions.
Addiction Assistance	Alcoholics Anonymous (AA)	Central Office 1700 W 7th Ave, Suite 100	509-624-1442	Some groups meet virtually https://www.aa.org/
	Narcotics Anonymous (NA)		509-325-5045	Meetings may be held in-person, over the phone, or virtually - https://na.org/?ID=virtual_meetings
	SAMHSA (Substance Abuse and Mental Health Services) Treatment Referral Hotline		1-877-726-4727	Monday-Friday 5am-5pm Call to find a treatment program Assists with substance abuse and mental health
	PeerSpokane Services	425 W 1st Ave	509-867-3778	Peer coaching for addiction, support groups, and housing coaches to help you find housing. info@peerspokane.org
	Daybreak of Spokane	960 E 3rd Ave	509-444-7033	
	Community Detox	312 W 8th	509-477-4631	
	Healing Lodge of the Seven Nations	5600 E 8th Spokane Valley	509-533-6910	13 - 17 years of age only
	Van Services- Sobering Unit		509-477-4625	
	Recovery Café Spokane	622 E 2nd Ave	509-960-8529	Text "HI" to number. Heal with recovery support, housing, food, employment, medical and dental, transportation, etc.
Crisis and Suicide Prevention	National Suicide Prevention Lifeline		1-800-273-8255	24/7 phone and online chat on website
	Spokane Regional Behavioral Health Crisis		1-877-266-1818	https://www.spokanecounty.org/4232/Spokane-SA-Crisis-Services
	Spokane County Walk-In Crisis Services	107 S Division St	509-838-4651	Frontier Behavioral Health Monday - Friday 8am - 5pm

PERSONAL SAFETY RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Domestic Violence	Center Against Rape and Domestic Violence		1-800-927-0197	Crisis and support hotline 24/7 Online chat Monday - Thursday 10am - 6pm https://www.cardv.org/
	Childhelp National Child Abuse Hotline		1-800-422-4453	24/7 hotline https://www.childhelp.org/national-child-abuse-hotline/
	Lutheran Community Services Northwest		509-624-7273	24/7 phone and text hotline Text: 509-624-7273
	Mujeres in Action (MiA)	info@miaspokane.org	509-869-0876	Local and Spanish speaking
	National Domestic Violence Hotline	http://www.thehotline.org	1-800-799-7233	24/7 Hotline
	RAINN: National Sexual Assault Hotline	https://www.rainn.org	1-800-686-4673	Free and confidential 24/7
	Spokane Regional Domestic Violence Coalition		509-481-0794	Advocacy helpline https://endtheviolencespokane.org
	Teen Dating Violence Hotline		866-331-9474	24/7 hotline Online chat available https://www.loveisrespect.org
	YWCA		509-326-2255	24/7 text hotline: 509-220-3725 Email: help@ywcaspokane.org

PHYSICAL HEALTH RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Medical Clinics	CHAS Health Clinic	731 N Iron Bridge Way	509-444-8200	Several other locations also available.
	Deer Park Family Care Clinic	905 E D St, Deer Park	509-276-5005	
	Homeless Veteran Health Care	504 E 2nd Ave	509-462-2500	Medical, dental, behavioral, nutrition, pharmacy
	Life Services	2659 N Ash	509-462-4000	Wellness checks for women, STI testing, pregnancy testing and counseling.
	The NATIVE Project	1803 W Maxwell	509-483-7535	Medical, dental, behavioral, prevention, insurance assistance, and pharmacy services.
	Planned Parenthood	123 E Indiana	866-904-7721	Interpretation services available.
	Providence Community Clinic	32 W 2nd Ave	509-626-9825	Monday, Tuesday, Thursday, Friday 7:30am - 12:30pm and 1:30pm - 5:30pm
	Shriners Hospital for Children	911 W 5th Ave	884-220-9885	Orthopedic care for children under age 18
	Spokane AIDS Network	715 E Sprague Ave Suite 115	509-844-1758	SAN's office is open Monday - Thursday 9am-4pm & Friday 9am - 2pm. SAN offers SAN Fresh Friday Pantry on Fridays. Pickup is from 9am - 2pm and delivery (every other week) is from 9:30am-12pm
	Spokane Central Lions Club	1212 N Howard	509-328-6900	Services for the sight and hearing impaired See website: scl-sh.org for more information
	Spokane Regional Health District Syringe Services Program	1101 W College Ave Room 155	509-324-1686	Monday - Friday - 2:30pm - 4:30pm Enter through the southwest entrance (under blue awning by the picnic shelter) Services: syringe access & disposal, overdose prevention, HIV/STD testing, case management, community referrals. Call 509-324-1494 for more information
	Unify Community Health	120 W Mission Ave	509-326-4343	Medical - Monday - Friday 7:45am - 7pm Primary Care, Women's Health, Pharmacy, Health Insurance, & other Programs Second location at 4001 N Cook St.-509-483-3427
	Veterans Affairs Hospital	4815 N Assembly	509-434-7000	
Prescriptions	CHAS Health Clinic	1001 W 52nd Ave	509-444-8200	Available at most CHAS Clinic locations.
	Unify Community Health	120 W Mission Ave	509-326-4343	Medicaid and private insurance.
	WA Prescription Drug Program- Health Care Authority		1-800-913-4146	

PHYSICAL HEALTH RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Dental Care	Baby and Child Dentistry (ABCD)		509-324-1479	Call to find a dentist for any eligible child. Programs provides fluoride, dental exams, parent education, restorative care. Any child under age 6 with Apple Health (Medicaid)
	CHAS Health Clinic	1001 W 52nd Ave	509-444-8200	Several other CHAS locations also offer dental services
	Eastern Washington University Dental Clinic	310 N Riverfront Blvd	509-828-1300	Call to schedule an appointment
	Spokane Regional Health District (SRHD) Oral Health Program		509-324-1687	Assistance in finding affordable dental care
	The NATIVE Project	1806 W Maxwell	509-483-7535	Call to schedule an appointment
	Unify Community Health	120 W Mission Ave	509-326-4343	Medical - Monday - Friday 7:45am - 7pm Primary Care, Women's Health, Pharmacy, Health Insurance, & other Programs Second location at 4001 N Cook St. 509-483-3427
	Veterans Affairs	4815 N Assembly St	509-434-7000	

SENIOR RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Housing	Senior Services	1960 N. Holy Names Ct.	509-459-6184	Seniors and adults living with disabilities can access services that allow them to live with independence and dignity.
Meals	Meals on Wheels Spokane		509-456-6597	
	Meals on Wheels Spokane Valley		509-924-6976	
Programs	Adult Protective Services	1330 N Washington St #3000	1-800-459-0421	
	Aging and Long Term Care	1222 N Post St	509-458-2509	
In-Home Care	Community Living Connections (CLC)	1222 N Post St	509-920-7281	Aging & long-term care supports and resources
Help Around the Home	Volunteer Chore Services		509-328-4270	
Transportation	Care Cars		509-458-7450	Age 60+ and self-ambulatory.
	ParaTransit		509-328-1552	Wheelchair-accessible, shared-ride transportation service for those whose disability prevents them from using fixed-route buses.
	Special Mobility Services		509-534-9760	To and from health provider office
	Wheelchair Transportation- Quality		509-535-2475	Private Pay- Call for prices

VETERANS RESOURCES

CATEGORY	ORGANIZATION	ADDRESS	CONTACT	NOTES
Veterans Services	Regional Veterans Services Spokane County	1101 W College Ave Suite 401	509-477-3690	
	Veteran's Crisis Line		1-800-273-8255 Ext. 1	Deaf/Hard of Hearing: 1-800-799-4899 Text Helpline: 838255 Online 24/7 Chat: https://www.veteranscrisisline.net/get-help/chat
	Veteran's Hotline		509-828-2449	
Medical	Healthcare for Homeless Veterans	504 E 2nd Ave	509-462-2500	
	Spokane VA Medical Center	4815 N Assembly St	509-434-7000	
	Spokane Vet Center (CA)	13109 E Mirabeau Pkwy	509-444-8687	Monday - Friday 8am - 4:30pm 24/7 Call Center 1-877-927-8387
Housing	Supportive Service for Veteran Families	130 E 3rd Ave	509-828-2449	Monday - Friday 8:30am-4:30pm

Need Immediate Help?

Suicide & Crisis Lifeline - Call or text 988

Frontier Regional Crisis Line - Dial 1-877-266-1818

Hope House (Housing) - Dial 509-816-1669

Learn More:

