
County Resources**Spokane**

Spokane

Resources**CCO**

Risk Management Specialist Field Unit	(509) 363-2786 Information:	715 E. Sprague	Suite 107	Spokane	99202	CCO_Spokane_County_RMS_Unit.png
Spokane Area Office - Warrants/Mapping/Crime Analysis Office	(509) 324-8348 Information:	1717 W. Broadway		Spokane	99201	
Spokane Community Justice Center	(509) 363-2720 Information:	715 E Sprague	Suite 107	Spokane	99202	CCO_Spokane_County_RMS_Unit.png
Spokane Community Placement Office	(509) 323-7419 Information:	1821 North Maple		Spokane	99205	
Spokane Intake Unit	(509) 568-3123 Information:	1717 W. Broadway		Spokane	99201	
Spokane Office -- OMNU	(509) 323-7419 Information:	1821 North Maple		Spokane	99205	
Spokane Sex Offender Unit	(509) 568-3123 Information:	1717 W Broadway		Spokane	99201	
Spokane Valley	(509) 921-2390 Information:	12406 E. Desmet	Suite "C"	Spokane Valley	99216	

Resources**Clothing**

Volunteers of America	(509) 327-4112 Information: Thrift ShopCall for information	1010 N. Atlantic		Spokane		
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Spokane

New Hope Resource Center	(509) 467-2900	4211 E. Colbert Road	Spokane
	Information:	Tuesday and Thursday, 9:30am - 1:30pm Churches in far north Spokane have united to form New Hope Resource Center. It serves Mead, Colbert, Elk, Chattaroy, and Riverside areas as well as Spokane north of Hawthorne, zip codes 990	
St. Vincent De Paul (Spokane)	(509) 489-7725	3019 East Diamond	Spokane
	Information:	Thrift ShopCall for information	
Teen Challenge Thrift Store	(509) 534-0443	1919 E. Sprague Ave	Spokane
	Information:	Thrift ShopCall for information	
Teen Challenge Thrift Store	(509) 327-1383	2006 North Ash	Spokane
	Information:	Thrift ShopCall for information	
The Clothes Closet	(509) 891-7413	12510 East Sprague	Spokane
	Information:	Higher Quality and Priced Used Clothing	
The Reclotherapy	(509) 624-9741 / (613 S. Washington	Spokane
	Information:	Higher Quality and Priced Used Clothing	
Thrift Center	(509) 926-4100	523 S. Dishman-Mica Rd	Spokane
	Information:	Thrift ShopCall for information	
Union Gospel Mission (Spokane)	(509) 535-8510	1224 E. Trent Avenue	Spokane
	Information:	Monday through Friday, 8:30am - 5:00pm Shelter 24 hours Emergency shelter for men only, offering a variety of support services to the poor and homeless. Services include: -Free clothing -Lodging -Meals -Long-term rehabilita	
Mission Community Outreach Center	(509) 536-1084	1906 E. Mission	Spokane
	Information:	Monday, Wednesday and Friday, 1:30pm - 4:15pm The Mission Community Outreach Center's Infant Crisis Bank is available for all of Spokane County's low-income families or single parents with an infant, birth through three-years old.	
Value Village	(509) 921-7889	3112 E. Sprague	Spokane
	Information:	Thrift ShopCall for information	
Goodwill (Spokane)	(509) 466-2012	9832 North Nevada	Spokane
	Information:	Thrift ShopCall for information	

Spokane

Volunteers of America Emergency Assistance	(509) 624-2378	525 W. 2nd Ave, 2nd Flo	Spokane
Information: Monday through Thursday, 9:00am - 4:30pm Financial assistance available for utility shut off notices, household goods and clothing.			
Value Village	(509) 325-2569	708 W. Boone	Spokane
Information: Thrift ShopCall for information			
Little Peoples Exchange	(509) 922-8382	12101 E. Sprague	Spokane
Information: Higher Quality and Priced Used Clothing			
House of Charity	(509) 624-7821	32 West Pacific	Spokane
Information: Monday through Saturday, 7:30am - 3:00pm Closes on Thursday at 2:00pm mid-day meal is served For senior citizens at 10:45amAll others A drop-in center serving street people and transients. A			
Hope House	(509) 455-2886	111 W. 3rd Ave	Spokane
Information: Clothing bank for shelter guests as well as any woman in need.Sunday through Saturday, 8:00pm - 8:00am clean bed, toiletries and nutritional food in a safe, caring environment for single, homeless w Provides emergency shelter, hot shower,			
YWCA (Spokane) / Our Sister's Closet	(509) 326-1190 / F	829 W. Broadway Ave.	Spokane
Information: By appointment only. Provides professional clothing and personal hygiene products to women who are entering or re-entering the job market and are in need of appropriate clothing for job interviews and new job opportunities. Clients must provide			
Goodwill Valley Store	(509) 928-4032	13721 E. Sprague	Spokane
Information: Thrift ShopCall for information			
City Gate (The)	(509) 455-9670	170 S. Madison	Spokane
Information: Tuesday through Friday, 10:00am - 12:00pm and 1:00pm - 3:00pm Provides food and a clothing bank and a place for physical and spiritual help. No one is required to attend services in order to eat. Dinner is served on Wedne			
Goodwill (Spokane)	(509) 344-0163	130 East Third Ave	Spokane
Information: Thrift ShopCall for information			
Elegant Peasant	(509) 325-9857	913 W. Garland	Spokane
Information: Higher Quality and Priced Used Clothing			
Discovery Shop	(509) 328-9373	805 W. Garland	Spokane
Information: Thrift ShopCall for information			

Spokane

Commodity Supplemental Food Program	(509) 534-6678	1234 E. Front Avenue	Spokane
Information:	Monday through Friday, 8:30am - 5:00pm Provides commodities and other food items to low-income 5-year-old children and seniors, 60 years of age and over. The package also includes nutritional and community resource info		
Cheney Clothing Exchange	(509) 235-2325	630 Third	Cheney
Information:	Tuesdays 9:00am - 1:00pm		
Care and Share	(509) 299-9024	211 N. Lefevre	Medical Lake 99021
Information:	Thrift ShopCall for information		
Calvary Baptist Church	(509) 747-8793	207 E. 3rd Ave	Spokane
Information:	Calvary Baptist provides a storehouse for food and clothing bank program with donated items available to those in need.		
Airway Heights Thrift Shop	(509) 244-1551	1309 S. Lawson	Airway Heights
Information:	Thrift ShopCall for information		
Greenhouse (The)	(509) 276-8224	222 E. Crawford Road	Deer Park
Information:	Monday through Friday, 9:00am - 4:00pm Provides an information and referral service for the North County. Provides a free clothing bank, Deer Park food bank, emergency services, counseling services, furniture and household items. GED progra		
OMEGA Center	(509) 325-1839	1918 W. Chelan Ave	Spokane
Information:	Monday through Thursday, 10:00am - 2:00pmEvery 4th Saturday, 10:00am - 1:00pm An outreach ministry that offers: food bank, children's clothing bank, utility assistance, home chores, transportation for seniors and disabled, referral, a		
Spokane Valley Community Center	(509) 928-7760 / F	10814 E. Broadway	Spokane
Information:	Monday through Friday, 9:00am - 5:00pm Provides emergency financial assistance to Valley residents living in the immediate vicinity. Will help with prescriptions, rent and electric bills by appointment. The following progr		
Sherry's Second Choice	(509) 466-4015	721 W. Hastings Rd	Spokane
Information:	Higher Quality and Priced Used Clothing		
Salvation Army Family Services (Spokane)	(509) 325-6821	2020 North Division Suite B	Spokane
Information:	Monday through Friday, 8:30am - 12:00pm and 1:00pm - 4:00pm Provides the following types of assistance to families and individuals who have low income, no income, or temporary financial distress: energy assistance, food assistance, clothing		
Peaceful Valley Community Center	(509) 624-8634	214 North Cedar	Spokane
Information:	Clothing bank open during the weekMonday, 9:00am - 3:30pmTuesday through Saturday, 10:30am - 5:30pm Provides after school and Saturday programs for children ages 6 - 18. Community access		

Spokane

Our Place	(509) 326-7267	1509 W. College	Spokane
	Information: Monday, Tuesday, Thursday and last Saturday of month, 10:00am - 1:00pm Food Bank for West Central area only, (South of Montgomery, West of Division Street, and North and East of Spokane River). Food Bank is open Monday, Tuesday and Thursda		
Other Mothers	(509) 927-3429	14214 E. Sprague	Spokane
	Information: Higher Quality and Priced Used Clothing		
St. Vincent De Paul (Spokane)	(509) 534-2824	722 North Regal	Spokane
	Information: Monday through Friday, 9:00am - 12:00pm and 1:00pm - 3:00pm Gives emergency clothing, food, furniture and household items for anyone falling below state and federal poverty guideline amounts. Pick-up for donated items please call (
Other Mothers	(509) 465-9499	9107 N. County Homes B	Spokane
	Information: Higher Quality and Priced Used Clothing		
St. Vincent De Paul (Spokane)	(509) 326-0735	2824 North Monroe	Spokane
	Information: Thrift ShopCall for information		
St. Vincent De Paul (Spokane)	(509) 535-2491	2901 East Trent	Spokane
	Information: Thrift ShopCall for information		
Northwest Christian Thrift Store	(509) 326-1522	6607 North Maple	Spokane
	Information: Thrift ShopCall for information		
Central Lutheran Church	(509) 624-9233	512 S. Bernard	Spokane
	Information: Wednesdays 1:00pm - 3:00pm		
Other Mothers	(509) 448-5943	2727 S. Mt. Vernon #1	Spokane
	Information: Higher Quality and Priced Used Clothing		

Resources

DSHS

DVR - Spokane Community College	(509) 533-7345 / (1810 North Greene MS 2063	Spokane
	Information: DVR helps individuals find and use available resources, including resources needed to support an individual attending a training program, such as books, supplies, equipment, transportation, child care, etc. Job placement and retention service		

Spokane

DVR - Spokane	(509) 363-4700 / (1313 North Atlantic Suite 1000 Spokane		
	Information: DVR helps individuals find and use available resources, including resources needed to support an individual attending a training program, such as books, supplies, equipment, transportation, child care, etc. Job placement and retention service		
DSHS - Spokane Southwest	(509) 227-2400 / (1313 N. Maple	Spokane	www.dshs.wa.gov
	Information: Contact office for food stamp information and eligibility requirements. On May 23rd, 2004 the Department of Social Health Services implemented a computerized code change in their ACES program that allows drug felons to receive food benefits effective Jul		
DSHS - Spokane North	(509) 227-2200 / (1925 E Francis	Spokane 98208	www.dshs.wa.gov
	Information: Mailing Address: P O Box 2320MS: B59-1SPOKANE, WA 99210 - 2320 Contact office for food stamp information and eligibility requirements. On May 23rd, 2004 the Department of Social Health Services implemented a computerized code change in their ACES pr		
DSHS - Spokane Valley	(509) 227-2700 / (8517 E. Trent	Spokane 98212	www.dshs.wa.gov
	Information: Contact office for food stamp information and eligibility requirements. On May 23rd, 2004 the Department of Social Health Services implemented a computerized code change in their ACES program that allows drug felons to receive food benefits effective Jul		

Resources

Education

Institute for Extended Learning Career/Advising Resources	(509) 279-6060 3305 W. Fort George Wri	Spokane 99224	
	Information: Monday through Friday, 8:00am - 4:30pm Information about IEL and other Community Colleges of Spokane programs, classes and resources.		
L and T Training	Admissions (509) 17912 North Michael Ro	Colbert 99005	
	Information: Commercial Driving Commercial Driver--A, B License [Cert]		
H.O.M.E. (Helping Ourselves Means Education)	(509) 359-4237	Cheney 99004	
	Information: Monday through Friday Provides advocacy, networking, and referrals for parents and returning students. Maintains a database for basic needs such as housing, childcare, and community social services in addition to campus resources and services.		
Job Resource Center - SL Start	(509) 747-3071 905 W. Riverside	Spokane	
	Information: This agency works with personas with developmental disabilities. They provide job placement, training, and support for job retention.		
Job Corps	(509) 534-2269 140 S. Arthur - Suite 408	Spokane 99202	
	Information: Monday through Friday, 8:30am - 5:00pm A residential education and career training program designed for unemployed and under-educated women and men ages 16 to 24. It provides total support: basic education and career		
Head Start / ECEAP	(509) 533-4800	Spokane	
	Information: Call for information		

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ITT Technical Institute	(509) 926-2900	13518 East Indiana Aven	Spokane Valley	99216	http://www.itt-tech.edu
	Information:	Visit the school's web site at http://www.itt-tech.edu for program information.			
ITT Technical Institute	(509)	North 1050 Argonne Roa	Spokane	99212	
	Information:	Title IV Code: 030718			
Interface Computer School	(509) 467-1727	North 1118 Washington	Spokane	99201	http://www.interfacecomputerschool.edu
	Information:	Mailing address:605 East Holland, #104, Spokane, WA 99218 Programs Available-Business TechnologyBusiness Information Systems [AAT]- Computer ApplicationsComputer Applications and Office Administration [Dipl]Computer Operations and Information M			
National Transportation Driver Training Center	In Spokane, (509)	White Flag Building, Suit 104 South Freya	Spokane	99202	http://www.truckertraining.com
	Information:	Commercial DrivingCDL Level 1 Basic [Cert]			
Inland Massage Institute, Inc	(509) 465-3033	111 East Magnesium Roa	Spokane	99208	http://www.inlandmassage.com
	Information:	Massage TherapyProfessional Licensing Program [Cert]			
Health Care Training Center	(509) 893-1776	12308 East Broadway	Spokane Valley	99216	hctcenter@qwest.net
	Information:	Nursing AssistantNursing Assistant Certified [Cert]			
Inland Empire Plumbing and Pipefitting Industry Apprenticeship Training	(509) 624-5258	3915 East Main Street	Spokane	99202	
	Information:	PlumbingPlumber [Cert]Steamfitter [Cert]			
Hillyard Center	(509) 533-8580	4410 N. Market	Spokane	99207	
	Information:	Monday through Friday, 8:00am - 4:30pm Provides several IEL Adult Education Programs on site, such as: GED, High School Completion, ESL, Citizenship classes, Families That Work, work experience, computer lab classes, PACE Servic			
Holy Family Hospital School Radiation Tech.	(509)	ND 5633 LIDGERWOO	Spokane	99207	
	Information:	Title IV Code: 011559			
Horizon Medical Institute	(509) 534-1551	1711 East Trent Avenue,	Spokane	99202	http://www.horizonmedicalinstitute.com
	Information:	Programs Available-Medical AssistantMedical Assistant [Cert]-Medical Laboratory TechnologiesPhlebotomy Technician [Cert]-Nursing AssistantCPR/First Aid [Cert]			
Liberty School District Special Education	(509) 245-3211		Liberty	98922	
	Information:	Call for information			

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Individual Development Accounts	(509) 456-7174	212 S. Wall	Spokane	99201	
	Information:	Call for information			
Interface Computer School	(509)	9921 Nevada	Spokane	99218	
	Information:	Title IV Code: 016461			
Pathways	(509) 434-5162		Spokane		
	Information:	This agency promotes career awareness and post high school education to help students to identify a specific training necessary for success. For students still in high school, contact your school counselor. For post high school people			
WINS (Women in Non-Traditional Settings)	(509) 533-8571 / (4410 N. Market	Spokane	99207	
	Information:	Monday through Friday, 7:30am - 3:00pm (office hours). \$25.00An intensive 12 week course for women which includes basic math, English and computer skills as well as training and employment opportunities in the trades and technology f			
Whitworth College		2011 West Washington A	Spokane	99251	
	Information:	Title IV Code: 003804			
Whitworth College	(509) 777-1000	300 West Hawthorne Roa	Spokane	99251	http://www.whitworth.edu
	Information:	Programed Offered-Accounting (4- or 5-year Program)Accounting [BA]-American Ethnic StudiesCross-Cultural Studies [BA]-ArtArt--Applied Art [BA]Art--Education [BA]-Arts AdministrationArt--Art Administration [BA]Music--Arts Administration [BA]			
Western States Operating Engineers Institute of Training	Main Office (509)	23500 S.Operating Engin PO Box 210	Spangle, WA 99		http://www.wsopen.org
	Information:	Programs Offered-Diesel and Heavy Equipment TechnologyHeavy Duty Mechanic Repair [Cert]-Engineering TechnologyTechnical Engineer [Cert]-Environmental Health and SafetyHAZMAT Worker Training (40-hour) [Cert]-Heavy Equipment OperatorConstruction			
West Valley School District Special Education	(509) 927-1138		Spokane		
	Information:	Call for information			
West Valley Even Start	(509) 922-5475	2011 N. Hutchinson Ave	Spokane	99212	
	Information:	Monday through Thursday, 8:00am - 3:00pm Even Start is a program offered by West Valley School District to young parents who have not yet completed their high school diploma. If you are under the age of 21 and are in need of a			
Webster University - Fairchild AFB	(509) 244-2079	92 MSS/DPE	6 West Castle St Fairchild AFB	99011	http://www.webster.edu/wa
	Information:	Main Campus:Webster University470 East Lockwood AvenueSt. Louis, MO 63119(314) 968-6900Programs Available-Business AdministrationBusiness Administration [MBA]-Business ManagementBusiness and Organizational Security Management [MA]Management			
Washington State University - Spokane	(509) 358-7978	600 North Riverpoint Bo	PO Box 1495	Spokane	http://www.spokane.wsu.edu
	Information:	Programs Offered-ArchitectureArchitectural Studies [BS]Architecture [M Arch, MS]-Criminal Justice and Law EnforcementCriminal Justice [MA, PhD]-Curriculum and InstructionEducational Leadership [MA, MEd]-Educational AdministrationEducational A			

Spokane

Washington State University - Intercollegiate College of Nursing	(509) 324-7273	2917 West Fort George	Spokane	99224	http://www.icne.wsu.edu/spokane/index
	Information:	Title IV Code: 003800 Programs Offered-Accounting (4- or 5-year Program)Accounting [MAcc]Business Administration--Accounting and Information Systems [BA]Business Administration--Accounting [BA]-AdvertisingCommunication--Advertising [BA]-Agric			
Veterans Affairs / Vocational Rehabilitation and Employment Service	(509) 434-7000		Spokane		
	Information:	This program offers a variety of employment services as a means to obtain suitable employment, such as assistance in finding employment, job seeking skills training, on-the-job training apprenticeships, job development, self-employment services based			
University of Phoenix - Washington Campuses	(206) 268-5800	8775 East Mission Avenue	Spokane Valley	99212	http://www.phoenix.edu
	Information:	Also:BellevueRentonMountlake TerraceOlympic CollegeTacomaVancouverCentral Administration:4635 East Elwood StreetPO Box 52076Phoenix, AZ 85072-2076(480) 966-7400 or(480) 228-7240Programs Offered-Accounting (4- or 5-year Program)Business--			
Total Cosmetology Training Center	(509) 487-5500	5303 North Market	Spokane	99217	totalcosmetology@comcast.net
	Information:	Programs Available-BarberingBarbering [Cert]-CosmetologyCosmetology [Cert]Esthetician [Cert]Instructor Trainee [Cert]Manicuring [Cert]			
Spokane's Best Training Center	Admissions (509)	427 West Sinto, Suite 10	Spokane		
	Information:	Computer ApplicationsMicrosoft Office Expert [Cert]Microsoft Office Master [Cert]Microsoft Office Specialist [Cert]			
Medical Lake School District Special Education	(509) 565-3100		Medical Lake	99022	
	Information:	Call for information			
Occupational Skills Training	(509) 344-0163	130 E. 3rd Ave	Spokane	99202	
	Information:	Call for information			
Mead School District Special Education	(509) 465-7600		Mead	99021	
	Information:	Call for information			
Moody Northwest - Spokane	(877) 487-1769	East 611 Indiana	Spokane	99207	http://www.MoodyNorthwest.org
	Information:	Programs Offered-Aircraft PilotMission Aviation Technology--Flight Emphasis [BS]-Aviation MaintenanceMission Aviation Technology--Maintenance Emphasis [BS]-Religious StudiesAdult Bible Studies Certificate [Cert]Biblical Studies [BS, Assoc, Cert]			
European Hair Designers Academy	(509) 328-6175	2132 Northwest Boulevard	Spokane	99205	
	Information:	Programs Available-BarberingBarbering [Cert]-CosmetologyCosmetology [Cert]Instructor Training Course [Cert]Refresher Course [Cert]			
Neighborhood Assets	(509) 456-7378	212 S. Wall	Spokane	99201	
	Information:	Monday and Thursday, 1:30pm - 4:30pm Or by appointment. This program offers financial counseling and credit union services for people who need help managing their money, people who are using high cost financial services, and			

Spokane

NET (The) / School To Work Connections	(509) 456-7660	4202 South Regal St.	Spokane	99223	Information: Monday through Friday, 8:00am - 4:00pm A program of The Center for School to Work. The NET is an alternative education program that provides learning opportunities for students and dropouts living in Spokane County. Pro
Spokane Service Team	(509) 456-7660	2424 E. Riverside	Spokane	99202	Information: Monday through Friday, 8:00am - 4:00pm An AmeriCorps National Service Program. The goals of the SST are to provide education, training and service opportunities to young adults, 18 - 25 years old in the Spokane area. The SST will provide
Nine Mile Falls School District Special Education	(509) 340-4300		Nine Mile Falls	99026	Information: Call for information
Spokane Schools Special Education	(509) 354-6336		Spokane		Information: Call for information
OXARC School of Welding	(509) 755-0651	3417 East Springfield	Spokane	99202	Information: Welding Technology Advanced Welding [Cert] Beginner/Entry-Level Welding [Cert] Intermediate Welding [Cert]
PACE Services (People Accessing Careers and Education)	(509) 533-8550	4410 N. Market	Spokane	99207	Information: Monday through Friday, 8:00am - 4:30pm PACE Services assists people with significant barriers to employment or community inclusion in achieving their life goals through education, resource coordination and vocational support.
Pacific Northwest Tattoo Seminars	(509) 922-8120	8611 East Sprague Avenue	Spokane	99212	http://ladylucktattoo.com Information: Tattooing Tattoo Seminars [Cert]
PacificCAD Inc.	Admissions (509)	621 West Mallon, Suite 7	Spokane	99201	http://www.pacificad.com Information: Drafting Architectural Desktop Level 1 [Cert] Architectural Desktop Level 2 [Cert] AutoCAD Level 1 Class [Cert] AutoCAD Level 2 Class [Cert] Civil 3D [Cert] Inventor Level 1 [Cert] Land Desktop [Cert] Revit Level 2 [Cert]
Park University - Fairchild AFB	(509) 244-2020	92 MSS/DPE	6 West Castle St Fairchild AFB	99011	http://www.park.edu/fair Information: Main Campus: Park University College for Distance Learning PO Box 688700 River Park Drive Parkville, MO 64152-3795 (800) 745-7275 Programs Available - Accounting (4- or 5-year Program) Management/Accounting [AS, BS] - Business Administration Management
Little Eagles Nest Preschool - Eastern Washington University	(509) 359-2504		Cheney	99004	Information: Call for information
New Horizons Computer Learning Center - Eastern Washington	(509) 328-8077	920 North Argonne Road Suite 305	Spokane	99212	http://www.nhspokane.com Information: Programs Available - Computer and Information Systems Security CompTIA Security+ [Cert] - Computer Applications IC3 [Cert] Microsoft Office Specialist [Cert] Office Productivity [Cert] - Computer Network Technology Cisco Certified Network Associate [Cert]

Spokane

Riverside School District Special Education	(509) 464-8361 Information: Call for information	Riverside	98849
Pre-Vocational Training Center (PVTC)	(509) 326-6760 2517 N. Ruby Information: The Pre-Vocational Training Center provides services for low-income disabled adults. bank, skill development, and training, independent living, and welfare to work programs.	Spokane	General services include representative payee services, a clothing
Educational Service District (ESD 101) "Youthbuild Spokane"	(509) 456-7685 Information: "Youthbuild Spokane" is a HUD program for youth's aged 18-24 who are high school dropouts or who are educationally "at risk" and economically disadvantaged. They work in construction crews to build housing for low-income residents of Spokane C	Spokane	
Embry-Riddle Aeronautical University - Spokane	Admissions (509) 92nd MSS/DPE Information: Main Campus:Embry-Riddle Aeronautical University600 South Clyde Morris BoulevardDaytona Beach, FL 32114-3900(386) 226-6910 or (800) 862-2416Programs Available-Aviation MaintenanceAircraft Maintenance [Assoc]Aviation Maintenance Technology [UG C	6 West Castle St Fairchild AFB	99011 http://www.ec.erau.edu
Adult Education Center - Adult Basic Education (ABE) / General Education	(509) 533-4600 2310 N. Monroe Information: Monday through Thursday, 8:00am - 9:00pmFriday, (by appointment) 8:00am - 12:00pm Tuition \$25.00 per quarter. The Adult Basic Education Division of the Community Colleges of Spokane, offers open-enrollment, classes and special services at 22	Spokane	99205
Spokane Community College	(509) 533-7000 1810 North Greene Street Information: Title IV Code: 003793 Programs Offered-Accounting (1- or 2-year Program)Accounting Assistant [AAS]Accounting Clerk [Cert]-Administrative Assistant/SecretarialAdministrative Assistant [AAS]Certified Professional Secretary [Cert]Front Office Pro	Spokane	http://www.scc.spokane.edu
Skills Kin	(509) 326-6760 4004 E. Boone Ave Information: Monday through Thursday, 8:00am - 4:30pm Friday 8:00am - 4:00pm Provides people with disabilities and other disadvantages with training, employment programs, payee and residential services. Employment positions are	Spokane	99202
Single Parent Program	(509) 533-7030 1810 N. Greene Street Information: Call for information	Spokane	99217
Eastern Washington - Northern Idaho Carpenters Apprenticeship Program	(509) 532-8833 127 East Augusta, Suite 1 Information: Programs Available-CarpentryCommercial Carpentry Apprenticeship [Cert]-Heavy Equipment OperatorCommercial Pile Driving Apprenticeship [Cert]	Spokane	99207
Sacred Heart Medical Center School of Medical Technology	(509) 474-3339 Dept. of Laboratory Medi 101 West Eighth Information: Medical Laboratory TechnologiesMedical Technology [Cert]	Spokane	http://www.shmclab.org/schoverview.ht
East Valley School District	(509) 927-9511 Information: Call for information	Spokane	

Spokane

H & R Block Income Tax Training	(509) 328-4399	1701 North Division	Spokane	99207	http://www.hrblock.com
	Information:	Income Tax PractitionerBasic Income Tax Preparation [Cert]			
Reading Labs	(509) 533-4600	2310 N. Monroe	Spokane	99205	
	Information:	Monday throughThursday, 8:30am - 2:45pm and 4:00pm - 9:00pm \$25.00 per quarter. Instructors design individualized programs to meet the needs and goals of each student. The program may include any or all of the following: word			
Gonzaga University	(509) 328-4220	502 East Boone	Spokane	99258	http://www.gonzaga.edu
	Information:	Title IV Code: 003778 Programs Offered-Accounting (4- or 5-year Program)Accountancy and Law [MAcc/JD]Accountancy [MAcc, MBA/MAcc]Accounting [BBA]-ArtArt [BA]-Asian StudiesInternational Studies--Asian Studies [BA]-BiochemistryChemistry--Bi			
Alpine College	(509) 455-5054	10102 East Knox, Suite 1	Spokane Valley	99206	http://www.alpinecollege.com
	Information:	Medical SecretaryMedical Administrative Assistant [Cert]			
American Pacific of Hair Design		North 6414 Division St.	Spokane	99208	
	Information:	Title IV Code: 017269			
Bethel AME Church - GED and Educational Programs	(509) 533-2683		Spokane		
	Information:	Services include a G.E.D. program for teens. An instructor and counselor come from the Extended Learning Center (IEL) and follow-up is done with graduates to encourage them to go on to college. The church is an official G.E.D. test siteMond			
Cat Tales Zoological Training Center	(509) 238-4126	North 17020 Newport Hi	Mead	99021	http://www.zooschool.org
	Information:	Animal Care and TrainingZookeeping and Animal Handling [Cert]			
Central Valley Even Start	(509) 228-5400	19307 E. Cataldo	Spokane Valley	99216	
	Information:	Monday through Friday. Even Start, an education program for low-income families, is designed to improve the academic achievement of young children and their parents. Even Start serves families with at least one child age 7 or under at the tim			
SFCC Career Center	(509) 533-3540	3410 W. Fort George Wri	Spokane	99224	
	Information:	Monday through Friday, 8:00am - 4:30pm Non-student computer use fee is \$7.00 CCS students free. The Career Center offers computerized career guidance, scholarship information and internet resources. Reference materials include caree			
Central Valley School District Special Education	(509) 228-5500		Spokane Valley		
	Information:	Call for information			
Families That Work/Project Self-Sufficiency	(509) 533-4634	2310 N. Monroe	Spokane	99205	
	Information:	Monday through Friday, 8:00am - 9:00pm Tuition \$25.00 per quarter, Scholarship Assistance available as needed. Qualified participants are low income and need basic skill instruction. The program provid			

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Spokane Falls Community College - Fairchild Center, FAFB	(509) 533-8937	4 West Castle Street, Suit	Fairchild AFB,	http://www.spokanefalls.edu
	Information:	Title IV Code: 009544 Programs Offered-Accounting (1- or 2-year Program)Accounting Assistant [AAS]Accounting Clerk [Cert]-Administrative Assistant/SecretarialAdministrative Assistant [AAS]Certified Professional Secretary [Cert]Front Office Pro		
ESL (English as a Second Language)	(509) 533-4612	2310 N. Monroe	Spokane	99205
	Information:	Monday through Thursday, 8:00am - 9:00pmFriday, 8:00am - 12:00pmTuition \$25.00 per quarter. English as a Second Language classes (Washington State Levels Prelit 1-5) prepare refugee and immigrant students in the c		
ESD 101 Special Education	(509) 456-7688		Spokane	
	Information:	Call for information		
ESD 101 South Spokane	(509) 789-3800		Spokane	
	Information:	Call for information		
ESD 101 School Nurse Corps Supervisor	(509) 789-3583		Spokane	
	Information:	Call for information		
ESD 101 North Spokane	(509) 456-6320		Spokane	
	Information:	Call for information		
Eastern Washington University	(509) 359-6200	4315 11TH AVE NW	PO BOX 70667 Cheney	99004 http://www.ewu.edu
	Information:	Title IV Code: 003775 Programs Offered-Accounting (4- or 5-year Program)Business Administration--Professional Accounting [BAB]-AnthropologyAnthropology [BA]-Army ROTCMilitary Science [BA]-Art HistoryArt History [BA]-ArtArt--Studio Art [B		
Spokane Dental Assisting School, Inc.	(509) 926-1161	1005 North Pines Road, S	Spokane	99206
	Information:	Dental AssistingDental Assisting [Cert]		
Cheney School District Special Education	(509) 559-4507		Cheney	99004
	Information:	Call for information		
Community Colleges of Spokane	SCC (509) 533-70		Spokane	
	Information:	SFCC	8:00am - 4:30pmIEL	8:00am - 4:30pmABE Monday through Thursday 8:00am - 5:30pm
		Friday	8:00am - 4:30pm	The phone num
Continuing Education through CCS	SFCC (509) 533-3		Spokane	
	Information:	Monday through Friday, 8:00am - 4:30pm Fees vary for credit and non-credit classes. Call the above listed numbers to register for non-credit classes. Classes are available days, nights, and weekends throughou		

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Contract Based Education	(509) 927-1100	123 S. Bowdish	Spokane	99206	
	Information: Monday through Thursday, 7:30am - 4:30pm An alternative high school program for students under age 21. Students attend school for approximately 2-4 hours per week. A personal appointment is made with a teacher to receive assignment				
Cooperative Preschools	(509) 279-6020		Spokane		
	Information: (Affiliated with the Community Colleges of Spokane Institute for Extended Learning)				
Curlew Job Corps	(509) 779-0547	3 Campus St	Curlew	99118	
	Information: 24 hours a day/7 days a week. Federally funded - free to qualifiers. Federally funded residential vocational training program for men and women 16 - 24 years of age. Accredited high school/GED program. Free basic health and dental care, recr				
Deer Park School District	(509) 464-5521		Deer Park	99006	
	Information: Call for information				
Driver Training and Solutions, LLC	(509) 777-0073	North 2110 Fancher Way	Spokane Valley	99212	http://www.trans-system.com
	Information: Commercial DrivingClass A-Customized/CDL [Cert]Class A-Refresher/CDL [Cert]Class A Basic/CDL [Cert]Class B-Basic/CDL (Spokane Campus) [Cert]Class B-Customized/CDL (Spokane Campus) [Cert]Class B-Refresher/CDL (Spokane Campus) [Cert]Defensive Driving				
Spokane Falls Community College	(509) 533-3500	3410 W. Fort George Wri	Spokane		http://www.spokanefalls.edu
	Information: Title IV Code: 009544 Programs Offered-Accounting (1- or 2-year Program)Accounting Assistant [AAS]Accounting Clerk [Cert]-Administrative Assistant/SecretarialAdministrative Assistant [AAS]Certified Professional Secretary [Cert]Front Office Pro				

Resources

Employment

Goodwill Industries of the Inland Northwest	(509) 462-0513	130 East Third Avenue	Spokane		
	Information: Additional contact number: (509) 838-4246WorkSource Affiliate Serving Spokane CountyEmployment Security Department / Offender Employment ServicesWorkSource ex-offender contractorsCommunity resource				
Labor Ready - Spokane Valley	(509) 891-6524 / (302 South Pines Road	Spokane Valley		http://www.laborready.com
	Information: Temporary Agency				
Labor Ready - Spokane	(509) 535-8582	504 East North Foothills	Spokane		http://www.laborready.com
	Information: Temporary Agency				
Labor Express - Spokane Valley	(509) 893-2595	6710 East Sprague Avenu	Spokane Valley		http://www.laborexpress.com
	Information: Temporary Agency				

Spokane

Kelly Services - Spokane	(509) 327-3637	201 West North River Dr Suite 210	Spokane	http://www.kellyservices.com/yp
	Information:	Temporary Agency		
Job Corps - Spokane	(509) 534-2269	140 S. Arthur Suite 408	Spokane	
	Information:	Monday through Friday, 8:30am - 5:00pm	A residential education and career training program designed for unemployed and under-educated women and men ages 16 - 24. It provides total support: basic education and career	
Legalpros Staffing Services	(509) 323-3235	420 West Dean Avenue	Spokane	
	Information:	Temporary Agency		
Help Line	(509) 279-6060	3305 W. Fort George Wri	Spokane	
	Information:	Monday through Friday, 8:00am - 4:30pm	Provides information and referral for adults who are considering returning to school, seeking employment, needing career counseling, or assistance in locating community resources and support.	
Fulcrum Environmental Consulting	(509) 459-9220	207 West Boone Avenue	Spokane	http://www.efulcrum.net
	Information:	Call or write for more information. See web site for complete information		
Forever Working Labor Calendar - Spokane	(509) 443-0981		Spokane	http://www.laborworx.com
	Information:	Temporary Agency		
Express Personnel Services - Spokane	(509) 747-6011	331 West Main Avenue	Spokane	http://www.expresspersonnel.com
	Information:	Temporary Agency		
Intertec Consulting	(509) 276-8630	110 West Crawford Aven	Deer Park	
	Information:	Temporary Agency		
RE-employment/Worker Retaining Programs	(509) 533-8056 / (3939 N. Freya	Spokane	
	Information:	Monday through Friday, 8:00am - 4:30pm	Free if criteria is met. There are several programs and services to assist people who are low income, unemployed, receiving unemployment benefits, have exhausted their unemployment benefits, or who	
SCC Community, Career, and Employment Services	(509) 533-7249	1810 N. Greene Street Bldg #6	Spokane	http://www.scc.spokane.cc.wa.us
	Information:	WorkSource Affiliate Serving Spokane County	Monday through Friday, 7:30am - 4:00pm	The Community, Career, and Employment Services department includes state agencies such as the Division of Vocational Rehabilitation and Employment
SL Start Employment Services	(509) 328-2740	25 W. Nora	Spokane	
	Information:	Monday through Friday, 8:00am - 5:00pm	DVR Referral Provides people with disabilities who are signed up and eligible at the Department of Vocational Rehabilitation (DVR), the opportunity to overcome barriers, learn job seekin	

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Small Business Development Center	(509) 358-7890	665 North Riverpoint Blv	Spokane
Information: Monday through Friday, 8:00am - 5:00pm Class fees vary, free individual business counseling. In cooperation with the Community Colleges of Spokane and Washington State University, the Small Business Development Center			
Spherion Staffing Services	(509) 456-4944	316 W Boone Ave Suite 357	Spokane http://www.spherion.com
Information: Temporary Agency			
Spokane County Human Resources	(509) 477-5627	Jo 1229 W. Mallon	Spokane
Information: Sunday through Saturday, 24 hours. Job information hot line is updated each Friday before 5:00pm Persons wishing to apply for a specific position are encouraged to pickup the applicable recruitment posting at the Human Resources office or on the Cou			
Spokane Falls Community College	(509) 533-3521	3410 W. Ft. George Wrig	Spokane http://www.sfcc.spokane.cc.wa.us
Information: WorkSource Center Affiliate Serving Spokane County			
Spokane Service Team	(509) 456-7660	2424 E. Riverside	Spokane
Information: Monday through Friday 8:00am - 4:00pm The goals of SST are to provide education, training and service oportunities to young adults, 18 -25 years old in the spokane area. The SST will provide assistance in obtaining your GED/High School D			
Tradesmen International - Spokane Valley	(509) 228-0142	1225 North Argonne	Spokane Valley
Information: Temporary Agency			
WorkSource - Spokane	(509) 532-3190 / (130 S. Arthur Street	Spokane http://www.workspokane.org
Information: WorkSource Center Serving Spokane CountyMondaythrough Friday , 8:00am - 5:00pm WorkSource has solutions for businesses and job seekers. To business it is the hub of local employment activity. Job seekers can find it all in			
A.E.S. Inc - An Employment Source	(509) 838-3500		Spokane
Information: Temporary Agency			
Employment Services	(509) 344-0164 / (130 E. 3rd Ave	Spokane
Information: Monday through Friday, 8:00am - 5:00pm Goodwill offers formal and work site assessments, career exploration, career readiness, counseling (vocational as well as individual/family/marital), job placement, job coaching, work site ev			
Scope Services	(509) 922-8554	826 East Mullan Road	Spokane http://www.scope-services.com
Information: Temporary Agency			
SFCC Career Center	(509) 533-3540	3410 W. Fort George Wri	Spokane
Information: Monday through Friday, 8:00am - 4:30pm Non-student computer use fee is \$7.00; CCS students free. The Career Center offers computerized career guidance, scholarship information and internet resources. Reference materials include care			

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New Chance Worker Retraining Transistion Program	(509) 533-3172	3939 N. Freya	Spokane	
	Information:	By appointment, New Chance provides assessment, advising and training for career development. Group as well as one-to-one advising and training help individuals develop a career or employment marketability plan and manage career transitions. C		
Accountingpros Staffing Services	(509) 323-3233	420 West Dean Avenue	Spokane	http://www.provisional.com
	Information:	Temporary Agency		
Displaced Homemaker Program (Change Point)	(509) 279-6065 / (3305 W. Fort George Wri	Spokane	
	Information:	Monday through Friday, 8:00am - 4:30pm Free to displaced homemakers. Provides assistance to women who are in transition following divorce, separation or widowhood. Offers "Change Point," a 5-week pre-employment program which offe		
ProPeople Staffing Services	(509) 484-9009	520 East North Foothills Suite 200	Spokane	
	Information:	Temporary Agency		
Project Self-Sufficiency	(509) 279-6069	2310 N. Monroe	Spokane	
	Information:	Monday through Friday, 8:30am - 2:00pm An eight week program that supports low-income single parents to make a transition from public assistance to employment. Courses include self-esteem, communication skills, career planning, stre		
Planning Action for Youth Success (PAYS)	(509) 462-0519	130 E. 3rd Ave	Spokane	
	Information:	PAYS helps eligible youth ages 17 - 21 with employment and/or remedial education. Offers a range of services to complement the primary goal of employment. Services include assessments, goal-setting, work readiness training, skills training (in		
Olsten Staffing Services	(509) 624-5218	708 North Argonne Road Suite 5	Spokane Valley	http://www.olsten.com
	Information:	Temporary Agency		
Northwest Freight Handlers Inc	(509) 483-1968	59 East Queen Avenue	Spokane	http://www.northwestfreighthandlers.co
	Information:	Temporary Agency		
Micro Enterprise Development Program	(509) 456-7174	212 S. Wall	Spokane	
	Information:	Monday through Friday, 8:30am - 12:00pm and 1:00pm - 4:00pm Assists low-income individuals to realistically and successfully enter into or expand a small or home-based business. Achieves this through business training, compreh		
MedicalPros Staffing	(509) 323-3223	621 West Mallon	Spokane	http://www.provisional.com
	Information:	Temporary Agency		
Manpower - Spokane/Professional	(509) 838-8531 / (720 West Boone Avenue Suite 100	Spokane	http://www.us.manpower.com OR http://
	Information:	Temporary AgencyMonday through Friday, 8:00am - 5:00pm Manpower supplies temporary assignments and permanent positions in office, marketing, technical, and industrial settings. No fee charged while working temporary, or wh		

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AARP / Senior Employment	(509) 325-7712	1801 W. Broadway - Suit	Spokane	Information: Job Training: Recruits, trains and places applicants with non-profit and government agencies.
Provisional Staffing Services	(509) 444-8871		Spokane	Information: Temporary Agency http://www.provisional.com
Dentalpros Staffing Services / Officepros Staffing Services	(509) 444-8868	420 West Dean Avenue	Spokane	Information: Temporary Agency http://www.provisional.com
Dental Contacts / Cook William Scott	(509) 922-4352	11712 East Boone Avenue	Spokane Valley	Information: Temporary Agency
Northwest Freight Handlers Inc	(509) 927-0759	2721 North Van Marter	Spokane Valley	Information: Temporary Agency
American Indian Employment and Training Services	(509) 535-0886	905 E. 3rd Ave	Spokane	Information: Monday through Friday 8:30am - 5:00pm Provides employment and training services to economically disadvantaged American Indians. Offers job counseling, resume preparation, and support services. Including fees for tuition, books, tools, and child ca
Community Justice Center	(509) 363-2700	715 E. Sprague	Suite 107 Spokane	Information: WorkSource ex-offender contractors
Command Labor	(509) 328-3939	2613 North Division Stre	Spokane	Information: Temporary Agency
Center for School to Work	(509) 456-7660	Educational Services Dist 1025 West India	Spokane	Information: WorkSource Affiliate Serving Spokane County
Career Path Services	(509) 326-7520	905 N. Washington	Suite 300 Spokane	Information: Monday through Thursday, 7:30am - 5:30pm WorkSource Affiliate Serving Spokane County
Career Connections	(509) 928-0423	421 N. Mullan	Spokane	Information: Call or write for more information.

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Career and Student Employment Center	(509) 533-8007	(S Spokane Falls Communit	Spokane
Information: Monday through Friday, 8:00am - 4:30pm Appointments are scheduled: Monday, Wednesday and Thursday. Must be enrolled in college. Work-Study is a financial aid award. Work Study funding provides the opportunity for students enrolled in			
Business and Community Training	(509) 533-4700	3939 N. Freya	Spokane
Information: Monday through Friday 8:00am - 4:30pm Provides customized training for business and industry as well as workers needing support services and training for pre-employment, worker retraining and wage progression. Assists people who are low-income			
Aspen Personnel Service Inc	(509) 624-4858	2900 North Nevada Stree	Spokane
Information: Temporary Agency			
Christ Kitchen	(509) 325-4343	2709 W. Boone	Spokane
Information: Christ Kitchen in a Christ-centered ministry providing work, job training, and fellowship for women in poverty in Spokane through production and sales of gift baskets and fried food products. This ministry enables women to learn to work, to b			

Resources Food

Second Harvest Food Bank of the Inland Northwest	(509) 455-9670	City Gate	170 S. Madison	Spokane
Information: Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable				
Spokane Regional Health Clinic	(509) 324-1620 / T	1101 W. College Ave.	Spokane	
Information: WIC sites at Spokane, Deer Park, Airway Heights				
Second Harvest Food Bank of the Inland Northwest	(509) 928-7769	Valley Food Bank	10814 E. Broad	Spokane
Information: Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable				
Shalom Ministries	(509) 455-9019	518 W. Third Ave	Spokane	
Information: Monday 6:00am - 6:00pm Tuesday-Thursday 7:30am - 8:30am Lu 6:00am - 12:00pm Dining with Dignity. On-site meals service/activities				
Spokane Valley Center and Food Bank	(509) 927-1153 / F	10814 E, Broadway Ave.	Spokane	
Information: Call for hours and information				
Second Harvest Food Bank of the Inland Northwest	(509) 328-5002	Westminster Presbyterian	2705 W. Boone	Spokane
Information: Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable				

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Second Harvest Food Bank of the Inland Northwest	(509) 535-2301	Southside Food Pantry	2934 E. 29th	Spokane	
	Information:	Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable			
Second Harvest Food Bank of the Inland Northwest	(509) 926-4909	Otis Orchards Food Bank	4308 N. Harvard	Spokane	
	Information:	Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable			
Second Harvest Food Bank of the Inland Northwest	(509) 325-4541	Northwest Ecumenical Fo	3908 N. Driscoll	Spokane	
	Information:	Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable			
Second Harvest Food Bank of the Inland Northwest	(509) 487-1114	Northeast SNAP Food Ba	4001 N. Cook	Spokane	
	Information:	Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable			
Second Harvest Food Bank of the Inland Northwest	(509) 456-7106	East SNAP	500 S. Stone	Spokane	
	Information:	Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable			
Spokane Valley Community Center	(509) 928-7760	10814 E. Broadway		Spokane	
	Information:	Monday through Friday, 9:00am - 5:00pm Food Bank (509) 928-7760 Provides emergency financial assistance to Valley residents living in the immediate vicinity. Will help with prescriptions, rent and electric bills by appointment.			
WIC (Women, Infants and Children Supplemental Food Program)	(509) 323-2818	North Spokane	5901 N. Lidgerw	Spokane	http://www.fns.usda
	Information:	Pregnant and breastfeeding women, infants and children to 5 years old receive nutrition evaluation and education, breastfeeding promotion and support, referrals to health and social services, and checks to purchase specific foods which meet the client's n			
Second Harvest Food Bank of the Inland Northwest	(509) 235-2325	Cheney Outreach	630 3rd Street	Spokane	
	Information:	Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable gar			
Second Harvest Food Bank of the Inland Northwest	(509) 292-2530	North County Food Bank	37417 N. Conkli	Spokane	
	Information:	Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable			
WIC - North Spokane	(509) 323-2818	5901 North Lingerwood,		Spokane	http://www.fns.usda
	Information:	Pregnant and breastfeeding women, infants and children to 5 years old receive nutrition evaluation and education, breastfeeding promotion and support, referrals to health and social services, and checks to purchase specific foods which meet the client's n			
Women's and Children's Free Restaurant	(509) 324-1995	1620 N. Monroe		Spokane	
	Information:	Tuesday and Thursday, 1:00pm - 3:30pm Lunch. Free.Provides nutritious meals (Tuesd 4:15pm - 5:45pmFriday, 1:00 pm - 4:00pm Take-Out Meal;			

Spokane

WIC (Women, Infants and Children Supplemental Food Program)	(509) 323-2800	Valley WIC	10814 E. Broad	Spokane	http://www.fns.usda
Information: Pregnant and breastfeeding women, infants and children to 5 years old receive nutrition evaluation and education, breastfeeding promotion and support, referrals to health and social services, and checks to purchase specific foods which meet the client's n					
WIC (Women, Infants and Children Supplemental Food Program)	(509) 324-1620	Spokane County Health	1101 W. College	Spokane	http://www.fns.usda
Information: Pregnant and breastfeeding women, infants and children to 5 years old receive nutrition evaluation and education, breastfeeding promotion and support, referrals to health and social services, and checks to purchase specific foods which meet the client's n					
Seventh Day Adventist Better Living Center	(509) 325-1258 /	15 E. North Foothills Dri		Spokane	
Information: Tuesday through Thursday, 9:00am - 12:00pm and 1:00pm - 2:00pm Provides food once a month to those living within the area defined by Mission Avenue on the south, Francis Avenue on the north, Monroe on the west, and Perry on the east					
WIC (Women, Infants and Children Supplemental Food Program)	(509) 323-2828	Northeast Community Ce	4001 N. Cook	Spokane	http://www.fns.usda
Information: Pregnant and breastfeeding women, infants and children to 5 years old receive nutrition evaluation and education, breastfeeding promotion and support, referrals to health and social services, and checks to purchase specific foods which meet the client's n					
Second Harvest Food Bank of the Inland Northwest	(509) 326-2249	Caritas Center	5109 N. Adams	Spokane	
Information: Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable					
WIC (Women, Infants and Children Supplemental Food Program)	(509) 323-2830	East Central Community	500 S. Stone	Spokane	http://www.fns.usda
Information: Pregnant and breastfeeding women, infants and children to 5 years old receive nutrition evaluation and education, breastfeeding promotion and support, referrals to health and social services, and checks to purchase specific foods which meet the client's n					
WIC - Northeast Community Center	(509) 323-2828	4001 North Cook		Spokane	http://www.fns.usda
Information: Pregnant and breastfeeding women, infants and children to 5 years old receive nutrition evaluation and education, breastfeeding promotion and support, referrals to health and social services, and checks to purchase specific foods which meet the client's n					
St. Ann's Catholic Church	(509) 535-3031	2120 E. First		Spokane	
Information: Provides a meal for homeless families and individuals every Sunday at 1:00pm					
WIC - East Central Community Center	(509) 323-2830	500 South Stone Street		Spokane	http://www.fns.usda
Information: Pregnant and breastfeeding women, infants and children to 5 years old receive nutrition evaluation and education, breastfeeding promotion and support, referrals to health and social services, and checks to purchase specific foods which meet the client's n					
West Central Community Center	(509) 326-9540	1603 N. Belt St.		Spokane	
Information: Sites at West Central Community Center, Cheney and Fairchild AFBCall for schedules and information					
Union Gospel Mission	(509) 535-8510 / F	1224 E. Trent Ave		Spokane	
Information: Monday through Friday, 8:30am - 5:00pm (shelter 24 hours). Emergency shelter for men, offering a variety of support services to the poor and homeless. Services include: free clothing, lodging, meals, long-term reha					

Spokane

Summer Food Program	Parks (509) 625-62	Spokane
	Information: Monday through Friday, dates vary. Nutritious breakfasts and lunches are served to children up to age 18 at many parks and schools in the City of Spokane. Call for times and locations.	
St. Vincent De Paul	(509) 534-2824 722 N. Regal	Spokane
	Information: Monday through Friday, 9:00am - 12:00pm and 1:00pm - 3:00pm Gives emergency clothing, food, furniture and household items for anyone falling below state and federal poverty guideline amounts. Pick-up for donated items please call 535-	
St. Paul's United Methodist Church / Women's and Children's Free Restaurant	(509) 327-9539 / (1620 N. Monroe	Spokane
	Information: Nutritious meals are served at no cost to women and children on Tuesdays and Thursdays from 4:15pm - 5:45pm For more information contact the above phone numbers.	
WIC (Women, Infants and Children Supplemental Food Program)	(509) 276-3770 113 East 2nd St.	Deer Park 99006 http://www.fns.usda
	Information: Pregnant and breastfeeding women, infants and children to 5 years old receive nutrition evaluation and education, breastfeeding promotion and support, referrals to health and social services, and checks to purchase specific foods which meet the client's n	
Catholic Charities - Ann's Parish	(509) 535-3031 2120 E. First Ave	Spokane
	Information: Meals are provided for homeless Sundays 1:00pm Low-income, and local residents.	
Infant Crisis Needs Bank	(509) 536-1084 1906 E. Mission	Spokane
	Information: Monday, Wednesday and Friday, 1:30pm - 4:15pm Services available to all of Spokane County's low-income families. Provides families with donated new and used baby supplies: cribs, high chairs, carriers and clothing. Also provides	
House of Charity	(509) 624-7821 32 West Pacific	Spokane
	Information: Monday through Saturday, 7:30am - 3:00pm, Closes at 2:00pm on Thursday. A drop-in center serving street people and transients. A mid-day meal is served for senior cit	
Hope House	(509) 455-2886 111 W. 3rd Ave	Spokane
	Information: Provides emergency shelter, hot shower, clean bed, toiletries and nutritional food in a safe, caring environment for single, homeless women 18 and over. On-site case management, referral and support. Safety/protection from violence on the stree	
Greenhouse (The)	(509) 276-8224 222 E. Crawford Road	Deer Park
	Information: Monday through Friday, 9:00am - 4:00pm Provides a free clothing bank, Deer Park food bank, emergency services, counseling services, furniture and household items. GED program. Provides an information and referral service for the Nor	
Family Assistance Program	(509) 455-8722 / 845 South Sherman	Spokane
	Information: Monday and Friday, 7:00am - 3:00pm Wednesday 1:00pm - 5:00pm Qualifying, low-income families may receive emergency vouchers for food, utilities, rent and medicine. Funds provided by a local parish.	
Coalition of Responsible Disabled (CORD)	612 N. Maple	Spokane
	Information: An independent living center, case managers help disabled homeless individuals to access specialized services and accessible housing. Hours are Monday Through Thursday 9:00am - 5:00pm Fridays	

Spokane

Meals on Wheels (Spokane Valley)	(509) 924-6976	321 S. Dishman-Mica Rd	Spokane
Information: Monday through Friday, 8:00am - 2:00pm Donation recommended. Delivers hot, nutritious meals to elderly or disabled persons of the Spokane Valley who are essentially homebound and unable to prepare meals for themselves. Meals are delivered			
Cheney Outreach Center	(509) 235-8900	626 Third Street	Cheney
Information: Wednesday, 9:00am - 12:00pm Tuesday, 9:00am - 1:00pm Thursday by appointment. Free, reimbursement encouraged. Provides information, referral, energy assistance and other direct aid for low income, families, ind			
Calvary Baptist Church	(509) 747-8793	207 E. 3rd Ave	Spokane
Information: Calvary Baptist provides a storehouse for food and clothing bank program with donated items available to those in need.			
Caritas Center	(509) 326-2249	5109 N. Adams	Spokane
Information: Monday, Wednesday and Thursday, 10:00am - 1:00pm Churches in northwest Spokane have united to form Caritas Center. It is a neighborhood center serving the area north of Wellesley and west of Division and the following zip code: 99206 in Sp			
Brown Bag Program	(509) 534-6678	1234 E. Front Avenue	Spokane
Information: Once each month commodities and other food items are delivered to low-income persons who are homebound, meaning they are unable to leave their home without assistance and have no other mobile person living with them. Interested persons can call			
Airway Heights Food Bank	(509) 244-1611	1309 S. Lawson St, #3	Airway Heights
Information: This is a food bank serving zip codes 99001, 99011, 99013, and 99022. Mondays and Fridays 10:00am - 12:45pm Wednesday 5:00pm - 8:00pm			
Airway Heights Community Center	(509) 244-4845	13120 W. 13th Ave	Airway Heights
Information: Monday through Friday, 9:00am - 5:00pm Services include: YWCA ECEAP preschool, senior lunch, youth recreation programs, Boy Scouts, cooking class, WIC, AARP Tax Aid Program, Summer nutrition program (free breakfast and lunch)			
Second Harvest Food Bank of the Inland Northwest	(509) 325-1258	Better Living Center 25 E. North Foot	Spokane
Information: Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vege			
Spokane AIDS Network	(509) 455-8993	905 S. Monroe	Spokane
Information: HIV Positive people of low-income are the ones targeted by the program. Client can receive emergency food assistance on an ongoing basis, as well as personal care items, bar soap, dish/laundry soap, shampoo, shaving cream, cleanser and so fort			
City Gate (The)	(509) 455-9670	170 S. Madison	Spokane
Information: Tuesday through Friday, 10:00am - 12:00pm and 1:00pm - 3:00pm Provides food and a clothing bank and a place for physical and spiritual help. No one is required to attend services in order to eat. Dinner is served on Wednes			
Second Harvest Food Bank of the Inland Northwest	(509) 244-2474	Airway Baptist Church 12322 Sunset H	Airway Heights
Information: Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete veg			

Spokane

Second Harvest Food Bank of the Inland Northwest	(509) 245-3492	Spangle Food Bank, Span 301 E 2nd st.	Spangle
Information: Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vege			
Second Harvest Food Bank of the Inland Northwest	(509) 299-4940 / (Medical Lake Food Bank 211 N. Lefevre	Medical Lake
Information: Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable			
American Indian Community Center	(509) 535-0886	905 E. 3rd Ave	Spokane
Information: Monday through Friday, 8:30am - 5:00pm Provides GED, re-entry to high school classes, food bank for those in zip code 99202 and American Indians with tribal identification, ECEAP Preschool site, senior nutrition program, employment and t			
Meals on Wheels Spokane and Deer Park	(509) 456-6597	1222 W. 2nd	Spokane
Information: Monday through Friday, 8:00am - 3:00pm 1st Saturday of each month, 11:00am - 1:00pmSundays, 9:00am - 12:00pmDonations accepted. Administers and provides home delivered, hot, noo			
Second Harvest Food Bank of the Inland Northwest	(509) 466-7068	Mead Food Pantry 12611 N. Wilson Mead	99021
Information: Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable			
Second Harvest Community Gardens	(509) 534-6678	1234 E. Front Avenue	Spokane
Information: Monday through Friday, 8:30am - 5:00pm A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable garde			
Salvation Army Social Services Department	(509) 325-6821	2020 N. Division	Spokane
Information: Monday through Friday, 8:30am - 12:00pm and 1:00pm - 4:00pm Provides the following types of assistance to families and individuals who have low income, no income, or temporary financial distress: energy assistance, food a			
Salvation Army Family Emergency (SAFE) Center	(509) 325-6821	1403 W. Broadway	Spokane
Information: Food bank services,			
Our Lady of Lourdes	(509) 358-4290	1115 W. Riverside	Spokane
Information: They serve sandwiches at the door Monday through Friday, 11:00am - 12:00pm and 4:00pm - 5:00pm			
Peaceful Valley Community Center	(509) 624-8634	214 N. Cedar	Spokane
Information: Monday, 9:00am - 3:30pm Tuesday - Saturday, 10:30am - 5:30pm Summer provides all day programs for children along with free lunch. Provides after school and Saturday programs for children ages 6-18. Community access for specia			
Our Sister's Closet	(509) 326-1190	829 W. Broadway	Spokane
Information: By appointment only. Provides professional clothing and personal hygiene products to women who are entering or re-entering the job market and are in need of appropriate clothing for job interviews and new job opportunities. Clients must provide pr			

Spokane

New Hope Ranch Urban Center	(509) 455-5444	1701 W. 3rd Ave	Spokane
Information: Provides dinners to the general public (homeless). It is open Tuesdays through Sundays from 3:00pm - 6:00pm Dinner is served at 5:00pm			
Our Place	(509) 326-7267	1509 W. College	Spokane
Information: Monday, Tuesday, Thursday and last Saturday of month, 10:00am - 1:00pm Food Bank for West Central area only, (South of Montgomery, West of Division Street, and North and East of Spokane River). Food Bank is open Monday, Tuesday and Thursday f			
New Hope Resource Center	(509) 467-2900	4211 E. Colbert Road	Spokane
Information: Tuesday and Thursday, 9:30am - 1:30pm Churches in far north Spokane have united to form New Hope Resource Center. It serves Mead, Colbert, Elk, Chattaroy, and Riverside areas as well as Spokane north of Hawthorne, zip codes 99005			
Project Hand Up	(509) 534-6678	1234 E. Front Avenue	Spokane
Information: First Saturday each month; 10:00am - 2:00pm Every month, Second Harvest rewards hard-working families who are trying to become Self-Sufficient. Project Hand-Up works cooperatively with other community agencies to enhance the d			
OMEGA Center	(509) 325-1839	1918 W. Chelan Ave	Spokane
Information: Monday - Thursday, 10:00am - 2:00pm Every 4th Saturday, 10:00am - 1:00pm An outreach ministry that offers: food bank, children's clothing bank, utility assistance, home chores, transportation for seniors and disabled, re			

Resources

Housing

Spokane Low-Income Housing Consortium	(509) 325- 3235	901 W Shannon	Spokane	http://www.slihc.org/
Information: Our membership organization promotes the long-term availability and maximum use of safe, affordable housing for people of low income in the greater Spokane area. Low Income				
Spokane Neighborhood Action Program	(509) 456-7111	Administrative Office	2116 E. First Av	Spokane http://www.snapwa.org/
Information: Assists with emergency housing, transitional housing, transitional housing operating and rent, the rural rental assistance program, rural outreach, sack dinner, daycare, life skills classes, Spokane Community Voice Mail Program.				
The N.A.T.I.V.E. Project (Native American Treatment Intervention and	(509) 325-5502 / C	1803 W. Maxwell	Spokane	
Information: Call or write for more information and availability				
Transitional Living Center / Transitions Program	(509) 325-2959	3128 N. Hemlock	Spokane	
Information: The Transitional Living Center (TLC) provides housing, specialized childcare and comprehensive support services to homeless women and their young children. Families are admitted based on their motivation, willingness and ability to address the				
Whipple Oxford (Men's)	(509) 279-2609	1111 South Whipple Road	Spokane	http://www.waoxfordhouse.org/
Information: Oxford House provides independently run residential housing for clean and sober men. Single and double rooms rented. House is all male. Children are allowed to visit. Houses are not generally handicapped accessible. Average 30 days sob				

Spokane

Upriver Oxford (W/C)	(509) 443-5713	3124 East Baldwin Aven	Spokane	http://www.waoxfordhouse.org/
	Information:	Oxford House provides independently run residential housing for clean and sober women. Single and double rooms rented. House is all female. Housing now available for women with children. Children are allowed to visit. Houses are not gener		
Washington Chapter 3 Oxford	(509) 216-0331	Ho P.O. Box 8701	Spokane	http://www.waoxfordhouse.org/
	Information:	Oxford House provides independently run residential housing for clean and sober men and women. Single and double rooms rented. Houses are either all male or all female. Housing now available for women with children. Children are allowed to visi		
Washington Chapter 17 Oxford	Hotline (509) 216-	PO Box 10474	Spokane	http://www.waoxfordhouse.org/
	Information:	Oxford House provides independently run residential housing for clean and sober men and women. Single and double rooms rented. Houses are either all male or all female. Housing now available for women with children. Children are allowed to visi		
Spokane Low income Housing Consortium	(509) 325-3235	315 W. Mission Ave. #5	Spokane	
	Information:	Call or write for more information and availabilityLow Income		
Riley - Oxford (Men's)	(509) 533-0286	701 East 10th Ave.	Spokane	http://www.waoxfordhouse.org/
	Information:	Oxford House provides independently run residential housing for clean and sober men. Single and double rooms rented. House is all male. Children are allowed to visit. Houses are not generally handicapped accessible. Average 30 days sobr		
YFA Connections	(509) 532-2000	901 E. 2nd Ave	Spokane	
	Information:	Monday through Friday, 8:00am - 5:00pm Provides outreach services targeting youth 13-17 in the downtown city bus station. Their goal is to connect youth with services, shelter and/or family. This agency is a licensed mental healt		
Union Gospel Mission	(509) 535-8510 / F	1224 E. Trent Ave	Spokane	
	Information:	Monday through Friday, 8:30am - 5:00pm Shelter 24 hours Emergency shelter for men, offering a variety of support services to the poor and homeless. Services include: free clothing, lodging, meals, long-term rehabilitation programs, haircuts, l		
Spokane Home Ownership Resource Center	(509) 343-7472	55 W. Mission	Suite 103	Spokane
	Information:	Spokane Home Ownership Resource Center (SHORC) is a non-profit agency devoted to empowering Inland Northwest consumers to make wise decisions when buying and owning a home. We do this through free services such as credit and pre-purchase couns		
Spokane Grand Oxford (Women's)	(509) 456-2229	904 East 30th Avenue	Spokane	http://www.waoxfordhouse.org/
	Information:	Oxford House provides independently run residential housing for clean and sober women. Single and double rooms rented. House is all female. Housing now available for women with children. Children are allowed to visit. Houses are not gener		
Spokane Falls Oxford (Men's)	(509) 536-0645	3527 East 32nd Avenue	Spokane	http://www.waoxfordhouse.org/
	Information:	Oxford House provides independently run residential housing for clean and sober men. Single and double rooms rented. House is all male. Children are allowed to visit. Houses are not generally handicapped accessible. Average 30 days sobr		
Spokane Community Housing Association	(509) 327-0774	1022 W Shannon	Spokane	http://www.volunteersolutions.org/united
	Information:	Provides fourteen safe, clean and affordable housing units for extremely low-income and very low-income families in Spokane County.FamilyLow Income		

Spokane

SNAP (Spokane Neighborhood Action Programs)	(509) 456-7111 / (2116 E 1st Ave	Spokane	
	Information: Monday through Friday, 8:00am - 4:30pm SNAP provides services for low income families and vulnerable people in the following areas: economic development, energy assistance, rental housing, mortgage assistance, home repairs, conservation education,		
Saint Margaret's Shelter	(509) 624-9788 P.O. Box 1453	Spokane	
	Information: Monday Thru Sunday, 24-hours. Program fee requested based on ability to pay. This is a shelter located in Spokane. Provides emergency shelter and transitional housing for up to two years for homeless women and children. Must be at least 18 years old		
Pratt Oxford (Men's)	(509) 535-3914 3916 East 9th Avenue	Spokane	http://www.waoxfordhouse.org/
	Information: Oxford House provides independently run residential housing for clean and sober men. Single and double rooms rented. House is all male. Children are allowed to visit. Houses are not generally handicapped accessible. Average 30 days sobriety		
Post Oxford (Men's)	(509) 329-9904 2819 North Post Street	Spokane	http://www.waoxfordhouse.org/
	Information: Oxford House provides independently run residential housing for clean and sober men. Single and double rooms rented. House is all male. Children are allowed to visit. Houses are not generally handicapped accessible. Average 30 days sobriety		
Phoenix Apartments	(509) 477-4515 703 E. Hartson	Spokane	
	Information: These apartments are for Spokane City residents who are mentally ill and in need of housing. They are available 24 hours a day.		
Otis Hotel	(509) 624-3111 110 S. Madison	Spokane	
	Information: The Otis Hotel provides permanent housing for men and women over the age of 18.		
YWCA Spokane	(509) 326-1190 / F 829 W Broadway Ave	Spokane	
	Information: Call or write for more information and availability		
Catholic Charities of the Diocese of Spokane - House of Charity	(509) 624-7821 32 West Pacific	Spokane	http://www.catholiccharitiesspokane.org/
	Information: Meals Coffee at Monday - Saturday at 7:30am Hot lunch Monday - Saturday 11:00a 10:45am All others at 11:00a 11:00am - 11:30am A mid-day meal is served Senior citizens		
Salvation Army Family Emergency (SAFE) Center	(509) 325-6814 1403 W. Broadway	Spokane	
	Information: Monday through Sunday, 24 hour service. Provides short term Emergency Shelter to single or two parent families. Provides assistance in obtaining permanent housing, advocacy with DSHS and other agencies. The Salvation Army is a Christian		
Freya Oxford (Men's)	(509) 536-6092 3701 East 8th Avenue	Spokane	http://www.waoxfordhouse.org/
	Information: Oxford House provides independently run residential housing for clean and sober men. Single and double rooms rented. House is all male. Children are allowed to visit. Houses are not generally handicapped accessible. Average 30 days sobriety		
Alternatives to Domestic Violence (Confidential)	(509) 327-9534 829 W. Broadway	Spokane	
	Information: Call for information and referrals		

Spokane

Northeast Washington Housing Solutions (Housing Authority)	(509) 328-2953	55 West Mission	Spokane	99201	http://www.spokanehousing.org/
Information: Call or write for more information and availability					
Anna Ogden Hall	(509) 327-7737	2828 W. Mallon	Spokane		
Information: Monday through Friday, 8:30am - 4:30pmCrisis Shelter. Free. A long-term residential program for women and women with children (boys under 10). Christ-centered approach to healing, personal responsibility and transformation form the inside out					
Northeast Washington Housing solutions (Spokane Housing	(509) 328-2953	55 W. Mission	Suite 104	Spokane	
Information: This agency helps to provide housing assistance to families of low income in eastern Washington through a combination of tenant-based rental assistance and SHA-owned apartment complexes and scattered site housing.					
Bernard Oxford (Men's)	(509) 737-0893	3621 S.Bernard Street	Spokane		http://www.waoxfordhouse.org/
Information: Oxford House provides independently run residential housing for clean and sober men. Single and double rooms rented. House is all male. Children are allowed to visit. Houses are not generally handicapped accessible. Average 30 days sobr					
Brownstone Work Release	(509) 363-8109	223 S. Browne	Spokane		
Information: The Brownstone Work Release was established in its current location in October 1997. The facility houses adult male offenders who are under the jurisdiction of the Washington State Department of Corrections.An agreement has been made with the City of Spo					
Catholic Charities of the Diocese of Spokane	(509) 358-4250	1023 W. Riverside	Spokane		http://www.catholiccharitiesspokane.org/
Information: Call or write for information					
Catholic Charities of the Diocese of Spokane - St. Margaret's Shelter for	(509) 624-9788	P.O. Box 1453	Spokane		http://www.catholiccharitiesspokane.org/
Information: St. Margaret's is an emergency and transitional shelter for homeless women and their children. It provides emergency and short-term housing, case management and life skills training to homeless women. St. Margaret's also provides emergency					
Coalition of Responsible Disabled (CORD)		612 N. Maple	Spokane		
Information: Monday through Thursdy 9:00am - 5:00pmFridays 9:00am - 12:00pm An independent living center, case managers help disabled homeless individuals to access specialized services and accessible housing.					
City of Spokane - Human Services	(509) 625-6130 / (N/A	Spokane		
Information: Call and they will refer you to places					
Eleanor Chase House Work Release	(509) 227-7008	427 West 7th Ave.	Spokane		
Information: Eleanor Chase House Work Training Release was named in honor of Eleanor Elizabeth Barrow Chase, renowned community leader who is also well known for her charitable contributions. It is an all-female Work Release program located in Spokane, Washington.					
New Horizons / Isabella House	(509) 624-1244	2308 W. 3rd	Spokane		
Information: They provide 180 day long-term residential substance abuse treatment for females 18 years older and who are pregnant or parenting a child under the age of six. There is a strong emphasis on reunification between mothers and children. Th					

Spokane

Habitat for Humanity of Spokane	(509) 534-2522	P.O. Box 4130	Spokane	http://www.habitat-spokane.com/
	Information:	All families deserve a home they can call their own. OpportunitiesFamilyLow Income	We're bringing the less fortunate and affluent together to build homes for those in need.Volunteer	
Hillyard Oxford (Women's)	(509) 279-2468	3008 East Euclid Avenue	Spokane	http://www.waoxfordhouse.org/
	Information:	Oxford House provides independently run residential housing for clean and sober women. Single and double rooms rented. now available for women with children. Children are allowed to visit. Houses are not gener		House is all female. Housing
Hope House	(509) 455-2886	111 W. 3rd Ave	Spokane	
	Information:	Sunday through Saturday, 8:00pm - 8:00am Provides emergency shelter, hot shower, clean bed, toiletries and nutritional food in a safe, caring environment for single, homeless women 18 and over. On-site case management, referral and support. S		
House of Charity	(509) 624-7821	32 West Pacific	Spokane	
	Information:	(Men, Winter only),Call or write for more information and availability		
Housing Authority	(509) 328-2953 / F	Northeast Washington Ho 55 West Mission	Spokane	www.spokanehousing.org
	Information:	Call or write for more information and availabilityLow Income		
Inland Empire Residential Resources	(509) 789-2245	116 W. Indiana	Spokane	
	Information:	Inland Empire Residential Resources facilities the creation and preservation of long-term affordable housing, primarily for persons with developmental disabilities, other disabled and low and moderate income individuals and families.		
Inland Oxford (Men's)	(509) 483-4770	1016 East Montgomery A	Spokane	http://www.waoxfordhouse.org/
	Information:	Oxford House provides independently run residential housing for clean and sober men. Single and double rooms rented. allowed to visit. Houses are not generally handicapped accessible. Average 30 days sobr		House is all male. Children are
Interfaith Hospitality Network of Spokane	(509) 747-5487	517 E Indiania	Spokane	http://www.volunteersolutions.org/united
	Information:	Overnight shelter, meals and transportation for homeless families.FamilySheltersHomeless		
Latawah Oxford (Men's)	(509) 230-9586	436 East 27th Avenue	Spokane	http://www.waoxfordhouse.org/
	Information:	Oxford House provides independently run residential housing for clean and sober men. Single and double rooms rented. allowed to visit. Houses are not generally handicapped accessible. Average 30 days sobr		House is all male. Children are
Lincoln-Heights Oxford (Men's)	(509) 624-5387	1507 East 39th Avenue	Spokane	http://www.waoxfordhouse.org/
	Information:	Oxford House provides independently run residential housing for clean and sober men. Single and double rooms rented. allowed to visit. Houses are not generally handicapped accessible. Average 30 days sobr		House is all male. Children are
Manito Oxford (Men's)	(509) 747-5855	45 West 29th Avenue	Spokane	http://www.waoxfordhouse.org/
	Information:	Oxford House provides independently run residential housing for clean and sober men. Single and double rooms rented. allowed to visit. Houses are not generally handicapped accessible. Average 30 days sobr		House is all male. Children are

Spokane

Crosswalk (Teenagers), (509) 838-6596 525 W. Second Spokane
Information: Call or write for more information and availability

Resources **Medical**

Excelsior Youth Centers, (509) 328-7041 West 3754 Indian Trail R Spokane
Inc. - Spokane **Information:**
of Beds: 13 Outpatient, Youth Recovery House, # of Beds: 12 Intensive Inpatient, Online Reporting

Social Treatment (509) 326-5172 539 West Sharp Suite B Spokane
Opportunity Programs II, **Information:**
Inc. Alcohol and Drug Information School, DUI Assessment, Intensive Outpatient, Outpatient

Spokane Veteran Center (509) 444-8387 100 N. Mullan Rd. Suite 102 Spokane
Information: Veteran medical/mental health center

Spokane Mental Health- (509) 458-7458 Spokane
Child and Family Services **Information:**

Spokane Mental Health (509) 838-4651 103 East First Avenue Spokane
Information:
Outpatient, Focus on: COD, Online Reporting

Spokane County RSN N/A Spokane
Information: Mental health crisis line

Spokane County (509) 477-4508 312 West 8th Avenue Spokane
Information:

Spokane County (509) 477-4507 312 West 8th Avenue Spokane
Information:

SPARC Outpatient (509) 624-5228 1508 West Sixth Avenue Spokane
Services **Information:**
Alcohol and Drug Information School, Focus on: Adult, DUI Assessment, Focus on: Adult, Intensive Outpatient, Focus on: Adult, Outpatient, Focus on:
Adult, Online Reporting

Spokane

SPARC Intensive Inpatient Services (Christoph House/Delaney)	(509) 624-3251	West 1403 7th Avenue	Spokane
Information: Intensive Inpatient, Focus on: COD-MHC, # of Beds: 22			
SPARC (Spokane Addiction Recovery Center)	(509) 624-3251	812 S. Walnut	Spokane
Information: Monday through Friday: 8:00am - 4:30pm Sliding fee scale, public funding for persons not working or low income.1) Residential/inpatient; 2) Outpatient; 3) Gender specific. We also offer dual-disorder services for individuals with			
People's Clinic		829 W. Broadway	2nd floor of the Spokane
Information: Monday through Thursday, 9:00am - 5:00pmFridays, 9:00am - 1:00pm This program provides primary health care to residents of Spokane regardless of their ability to pay. Their services include: well-child			
Social Treatment Opportunity Programs II, Inc. Spokane	(509) 927-3668	9212 East Montgomery A Suite 501	Spokane
Information: Acute DetoxificationDUI AssessmentIntensive OutpatientOutpatient			
Tamarack Center	(509) 326-8100	2901 W. Fort George Wri	Spokane
Information: This is an adolescent psychiatric treatment facility that provides long-term, residential, psychiatric services for emotionally disturbed children and adolescents. An accredited, multi-disciplined treatment team performs services. Fam			
Shriner's Hospital for Children	(509) 455-7844		Spokane
Information: Cerebral Palsy, Prosthetics, Spina Bifida Clinic			
Sacred Heart Children's Hospital Feeding and Growth Clinic	(509) 474-3060		Spokane
Information:			
Sacred Heart Children's Hospital Developmental Follow-up	(509) 474-2730		Spokane
Information:			
Sacred Heart Children's Hospital	(509) 474-7185		Spokane
Information:			
Project Access	(509) 537-8877	104 S. Freya	Suite 114 Spokane
Information: Project Access is a community-based, physician-led initiative to expand access to health care for low-income, uninsured residents of Spokane County. They provide physical office visits (both primary and specialty care); surgeries and treatment			
Prevention Center (The)	(509) 922-8383	8104 e. Sprague	Spokane Valley
Information: Monday through Friday 9:00am - 4:30pm The Prevention Center (Greater Spokane Substance Abuse Council's Prevention Center) is home to several programs working towards the prevention of substance abuse and impaired driving. The			

Spokane

Powder Basin Associates (Spokane)	(509) 328-7352	Powder Basin Foundation 301 East Sharp	Spokane	
	Information:	Alcohol and Drug Information SchoolDUI AssessmentIntensive OutpatientOutpatient		
Planned Parenthood	(509) 326-2142	123 E. Indiana	Spokane	
	Information:	Provides information on reproductive healthcare including family planning, contraceptives, vasectomies, pregnancy termination, birth control counseling for women, men, and teens; HIV and STD screening; education; and counseling. They have mult		
Pioneer Center East - Spokane , Pioneer Human Services	(509) 325-2355	3400 West Garland Aven	Spokane	
	Information:	Acute Detox Publicly FundedDASA Certified Detox FacilityLong-Term Residential, Focus on: Involuntary Commitment, # of Beds: 48Sub-Acute Detoxification, Focus on: Involuntary Commitment, # of Beds: 5Online Reporting		
SPARC - Spokane Addiction Recovery Centers	(509) 624-3251	(Shaw/Westbrook House) 1509 West 8th A	Spokane	
	Information:	Recovery House, # of Beds: 22		
Basic Health Plan	(800) 660-9840	P.O. Box 42683	Olympia	www.basicealth.hca.wa.gov
	Information:	This state governmental program provides low-cost health insurance. For more information please call the number above.		
Emergency Service Patrol	(509) 838-2771	165 S. Howard	Spokane	
	Information:	Our van responds to calls for assistance with intoxicated individuals. The van will transport the intoxicant to the Detox center, area hospitals if necessary. The person must agree to be transported.Monday through Friday: 8:00am - 12:00		
Abstemious Outpatient Clinic, Inc. - Spokane Branch	(509) 927-7814	10525 E. Main	Spokane	
	Information:	Branch of Abstemious Outpatient Clinic, Inc.Alcohol and Drug Information School, Adult DUI Assessment, Adult Intensive Outpatient, Adult Outpatient,		
Abstemious Outpatient Clinic, Inc. - Spokane Main Facility	(509) 326-7721	West 1007 Francis	Spokane	
	Information:	Alcohol and Drug Information School, Adult DUI Assessment, Adult Intensive Outpatient, Adult Outpatient,		
Access to Baby and Child Dentistry Program (ABCD Program)	(509) 324-1550		Spokane	
	Information:	The Access to Baby and Child Dentistry program increases access to children and infants who are Medicaid eligible to dentists in Spokane County. Call for more information		
Adept Assessment Center	(509) 327-3120	1321 North Ash	Spokane	
	Information:	Alcohol and Drug Information SchoolDUI Assessment, and General CD assessmentsIntensive OutpatientOutpatient		
Adolescent Alcohol/Drug Intensive Outpatient Treatment Program	(509) 325-5502	1803 W. Maxwell	Spokane	
	Information:	Hours: Monday: 8:00am - 5:00pm Friday: 9:00am - 5:00pmSliding fee, medical coupons, private insurance. Offers assessment, individual, group, family counseling, and aftercare to youth of all ethnicities involved with alcohol and/or drugs.		

Spokane

Al Anon/Alateen Family Groups	(509) 456-2125	1700 W. 7th Ave Suite 100	Spokane	Information: Phone information hours are 24/7. Free. Programs for family members and friends of alcoholics. Alateen: Provides support groups for teenagers (12 - 18 years old) with alcoholic or chemically dependent parents, family members or friends. Hours:
Alcohol/Drug Network (CHIPS)	(509) 324-1420	West 1101 College Aven	Spokane	Information: Spokane Regional Health District ADATSA Assessment Center DUI Assessment Opiate Dependency Treatment Online Reporting
Alcoholics Anonymous	(509) 624-1442 (2	1614 W. Riverside	Spokane	Information: Monday - Friday: 9:00am - 5:00pm Saturday: 9:00am - 1:00pm A fellowship of men and women who share their experiences so they may solve their common problems and help others to recover from alcoholism. The on
St. Luke's Rehabilitation Services	(509) 473-6079		Spokane	Information: www.stlukesrehab.org
Apria Health Care	(509) 489-1000		Spokane	Information:
Sun Ray Court (Adult Male Branch)	(509) 456-5465	518 South Browne Street	Spokane	Information: Branch of New Horizon Care Centers, Inc. Intensive Inpatient, Focus on: Adult Males, # of Beds: 12 Long-Term Residential, Focus on: Adult Males, # of Beds: 32 Online Reporting
Bethel AME Church-Health and Wellness Program / Winter Soup	(509) 534-3007	600 S. Richard Allen Cou	Spokane	Information: This program seeks to collaborate with existing health care providers to disseminate culturally appropriate information related to preventable and treatable health-related issues. The Ronald McDonald Care Mobile provides medical servic
Camas Institute Behavioral Health Services	(509) 456-0799	Kalispel Tribe of Indians 934 South Garfie Airway Heights		Information: Native American Alcohol and Drug Information School, Native American DUI Assessment, Native American Intensive Outpatient, Native American Outpatient,
YFA Connections	(509) 532-2000	901 E. 2nd Ave	Spokane	Information: This agency is a licensed mental health/substance abuse treatment program administered through an intensive outpatient service-sometimes with co-occurring mental health programs. Their hours are Monday through Friday, 8:00am - 5:00pm Fe
Women's Hearth (formerly Women's Drop-In Center)	(509) 455-4249	920 West 2nd	Spokane	Information: Monday through Friday 10:00am - 5:00pm This agency is a daytime Center which offers multiple services to women of diverse backgrounds. Key elements of the program are: safe environment, which includes physical as well
VNA (Visiting Nurses Association)	(509) 534-4300		Spokane	Information:

Spokane

Veterans Administration Medical Center	(509) 434-7014	4815 North Assembly Dri	Spokane
Information: Substance Abuse Treatment Programs BHS USVAMCA Alcohol and Drug Information School, Focus on: Veterans DUI Assessment, Focus on: Veterans Intensive Outpatient, Focus on: Veterans Outpatient, Focus on: Veterans JCAHO Accredited			
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Union Gospel Mission	(509) 535-8510	1224 E. Trent Ave	Spokane
Information: Monday through Friday, 8:30am - 5:00pm Shelter 24 hours Emergency shelter for men, offering a variety of support services to the poor and homeless. Services include: free clothing, lodging, meals, long-term rehabilitation progra			
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Tobacco Quit Line	(877) 270-7867	Not Available	
Information: If you want to stop smoking for your kids--and yourself--please call the Washington State Tobacco Quit Line. A cessation specialist is standing by to provide free one-on-one counseling, referrals to local cessation resources, and a customized q			
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The Healing Lodge of the Seven Nations	(509) 533-6910	Inland Tribal Consortium 5600 East 8th A	Spokane
Information: Intensive Inpatient, Focus on: Native American Youth, # of Beds: 30 Native American Youth			
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Steps - Youth Family Adult (YFA) Connections	(509) 532-2000	901 East Second Suite 100	Spokane
Information: Intensive Outpatient, Focus on: Adult PPW, COD Outpatient, Focus on: Adult PPW, COD Pregnant and Post-Partum Online Reporting			
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American Behavioral Health Systems, Inc.	(509) 325-6800	44 East Cozza Drive	Spokane
Information: Adult, # of Beds: 49 Intensive Inpatient, Adult, # of Beds: 63 Intensive Outpatient, Focus on: Adult Long-Term Residential, # of Beds: 5 Recovery House,			
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Crisis Pregnancy Center	(509) 327-0701	2659 N. Ash	Spokane
Information: Also At: 12124 E. 6th Spokane, WA Provides free pregnancy testing; early prenatal care; pregnancy education and counseling on all options. Also provides practical assistance with abortion alternatives and material assistance with maternity an			
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Environmental Health (animal bites, swimming pools)	(509) 324-1560		Spokane
Information:			
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Eastern Washington University (EWU)-Limited Dental Care	(509) 368-6544	310 N. River Point	Spokane
Information: Provides services for ages 6 and up. Free dental evaluation. Fees for cleaning, x-rays, and limited restorations upon authorization from regular dentist. Costs are about 1/3 to 1/2 less than a regular dentist. No emergencies, ca			
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Drug Court, Youth Services, SAAM, DUI/DOL	(509) 326-7740	1224 N. Ash	Spokane
Information: Monday through Friday: 8:30am - 6:00pm Operates five programs: Drug Court Treatment, Drug Testing, Juvenile Services and SAAM (Substance Abuse Assessment and Monitoring) and DUI/DOL. All programs provide screening and eva			
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Deer Park Recovery	(509) 276-2797	East 20 J Street Suite B (Move P Deer Park	
Information: Alcohol and Drug Information School DUI Assessment, Intensive Outpatient,			

Spokane

Deaconess Medical Center Pediatric Specialty Clinics including Developmental	(509) 473-7501 Information:			Spokane
Deaconess Medical Center Cystic Fibrosis Clinic	(509) 473-7300 Information:			Spokane
Daybreak Youth Services	(509) 927-1688 Information:	11711 E. Sprague	Suite D-4	Spokane
	Monday through Friday: 9:00am - 4:00pm Call for fee information. Serves adolescents (11 - 18) and their families with inpatient and outpatient programs. Provides counseling to adolescents affected by alcohol and other drug abuse/d			
Daybreak of Spokane (Valley Outpatient Program)	(509) 927-1991 Information:	11707 East Sprague Aven		Spokane
	Branch of Daybreak of Spokane Outpatient, Focus on: Youth only			
Daybreak of Spokane (Outpatient Program)	(509) 624-3227 Information:	960 East 3rd		Spokane
	Outpatient, Focus on: Youth only Youth			
First Call for Help	(509) 838-4428 / (Information:	107 S. Division		Spokane
	24-hours daily Trained volunteers, under professional supervision, provide free telephone assistance, referrals, supportive listening, and links to community individuals and agencies.			
Partners with Families and Children: Spokane	(509) 473-4810 Information:	613 South Washington		Spokane
	Intensive Outpatient, Focus on: PPW Outpatient, Focus on: PPW Pregnant and Post-Partum			
Cuddles and Care Sick Child's Service	(509) 474-4615 Information:	101 W 8th Ave.	Sacred Heart Me	Spokane
	Monday through Friday 6:00am - 6:00pm \$3.50 per hour per child (minimum 2-hour stay). Offers warm, professional care to mildly ill children, ages birth to 12. Each is given a bed or crib and provided meals and snacks. Does			
Sunray Court	(509) 456-5465 Information:	518 S. Browne		Spokane
	Thirty and ninety-day residential treatment program for males 18 or older with drug/alcohol dependence (Adatsa/TANF/SSI/GAU/GAX/CJTA). Clean/sober housing may be available for homeless men after completion of treatment depending on the waiting list			
Community Health Intervention and Prevention Services	(509) 324-1420 Information:	1101 W. College	Room 241	Spokane
	Monday through Friday: 8:00am - 5:00pm Offers alcohol/drug assessment, treatment and referral, methadone treatment, counseling, ADATSA assessment and referral. Offers services to pregnant and postpartum substance abusing women with foll			
Community Detox Services of Spokane	(509) 477-4650 Information:	312 West 8th Avenue	P.O. Box 2845	Spokane
	Sub-Acute Detox Publicly Funded DASA Certified Detox Facility			

Spokane

Community Detox Services of Spokane	(509) 477-4630	312 West 8th Avenue	Spokane
	Information:	Detox, Transitional Housing, Van Service (FKA Spokane Care Service)Emergency Service Patrol, Adult Sub-Acute Detoxification, Youth 1 Bed, # of Beds: 16 Pregnant and Post-PartumOnline Reporting	
Colonial Clinic	(509) 327-9831	910 N. Washington Suite 210	Spokane
	Information:	Adult Alcohol and Drug Information School, Adult DUI Assessment, Adult Intensive Outpatient,Adult Outpatient,	
Cleft Lip/Palate Clinic / Spokane Regional Health District	(509) 324-1652		Spokane
	Information:		
Christ Clinic	(509) 325-0393		Spokane
	Information:	Monday through Friday 9:00am - 12:00pm and 1:00pm – 5:00pm ☐ This program provides primary care (various medical services) for uninsured and under-insured who do not qualify for public assistance but who do qualify under federal guidelines.	
Children with Special Health Care Needs Coordinator	(509) 324-1697		Spokane
	Information:		
Catholic Family Services	(509) 242-2308		
	Information:	Catholic Family Services is a certified mental health treatment program and provides counseling services for all ages and for various reasons such as family counseling, group counseling, post-abortion counseling, etc. Educational workshops are	
Catholic Charities Counseling	(509) 358-4267		Spokane
	Information:		
Daybreak of Spokane (Intensive Inpatient Program)	(509) 624-3227	628 South Cowley	Spokane
	Information:	Intensive Inpatient, Focus on: Youth only, # of Beds: 40YouthOnline Reporting	
Isabella House	(509) 624-1244	West 2308 3rd Avenue	Spokane
	Information:	Sunday through Saturday: 24 hours.Branch of New Horizon Care CentersIntensive Inpatient, Focus on: PPW, # of Beds: 24Long-Term Residential, # of Beds: 14Pregnant and Post-PartumOnline ReportingState Funded PPW and TANF. Provides 180 day long-t	
Northeast Washington Treatment Alternatives	(509) 326-7740 / (1224 North Ash	Spokane
	Information:	Alcohol and Drug Information School, Focus on: AdultDUI Assessment, Focus on: AdultIntensive Outpatient, Focus on: AdultOutpatient, Focus on: AdultPregnant and Post-PartumYouth	
Crisis Clinic - Spokane	(509) 838- 4428	Not Available	Spokane
	Information:	Crisis intervention, referrals to counselorsHours: 24 hours.	

Spokane

New Horizon Counseling Services - Valley Office	(509) 927-1543	15407 E. Mission, Suite 1	Spokane
	Information: Branch of New Horizon Care Centers Alcohol and Drug Information School, Focus on: Adult DUI Assessment, Focus on: Adult Intensive Outpatient, Focus on: Adult Outpatient, Focus on: Adult		
New Horizon Counseling Services	(509) 838-6092	504 East 2nd Avenue	Spokane
	Information: Branch of New Horizon Care Centers Alcohol and Drug Information School, Focus on: Adult DUI Assessment, Focus on: Adult Intensive Outpatient, Focus on: Adult Outpatient, Focus on: Adult Pregnant and Post-Partum Online Reporting		
New Directions Outpatient Clinic	(509) 838-0304	2132 W. Northwest Boul	Spokane
	Information: Alcohol and Drug Information School, Focus on: Adult and Adolescent DUI Assessment, Focus on: Adult and Adolescent Intensive Outpatient, Focus on: Adult and Adolescent Outpatient, Focus on: Adult and Adolescent		
N.A.T.I.V.E. Project	(509) 325-5502	1803 West Maxwell	Spokane
	Information: Alcohol/Drug Outpatient Program Intensive Outpatient, Focus on: Youth Outpatient Native American Youth Online Reporting		
N.A.T.I.V.E. Health of Spokane	(509) 483-7535	505 E. North Foothills Dr Suite 300	Spokane
	Information: This is a full-service clinic which provides primary and preventive care for all ages, sports physicals, well-child checks and immunizations, women's and men's health care, health education, chronic illness management, treatment of minor diseases, cas		
Muscular Dystrophy Clinic	(509) 325-3747		Spokane
	Information:		
Miryam's House / Transition Program	(509) 747-9222	1805 W. 9th Ave	Spokane
	Information: Miryam's House provides transitional housing and case Management for homeless single women 18 and older in recovery from domestic violence, addictions, past abuse/loss, mental health issues, or any life crisis for accessing education/job-training n		
Lakeside Recovery Center - Spokane	(509) 328-5234	3710 North Monroe	Spokane
	Information: Alcohol and Drug Information School, Focus on: Adult DUI Assessment, Focus on: Adult Intensive Outpatient, Focus on: Adult Outpatient, Focus on: Adult		
New Horizon Outpatient	(509) 838-6092	504 E. 2nd Ave	Spokane
	Information: Monday through Thursday: 8:00am - 8:00pm Friday: 8:00am - 1:00pm Sliding fee scale, Medicaid, private pay, insurance. Outpatient, intensive outpatient, abuse and ADIS programs for substance abuse,		
Interim Health Care	(509) 456-5665		Spokane
	Information:		
Interfaith Hospitality Network of Spokane	(509) 747-5487		Spokane
	Information: Monday through Friday, 9:00am - 5:00pm Referral required from a social service agency. Provides temporary shelter to homeless children (no age limit) with single parent or mother and father. Parents must be at least 18 years of ag		

Spokane

Health For All	(509) 444-3066	412 W. Riverside	Suite 353	Spokane
	Information:	This is a free community-based health care access project. They connect individuals and families in Eastern Washington with free or low-cost health insurance programs. They also assist those who do not qualify for State-sponsored covera		
Gateway Counseling Services	(509) 532-8855	140 South Arthur	Suite 506	Spokane
	Information:	Adult DUI Assessment, Adult Intensive Outpatient, Adult Outpatient,		
Lions Club of Spokane	(509) 328-6900	1212 N. Howard		Spokane
	Information:	Monday through Friday. 9:30am - 11:30am Ten local Lions Clubs provide eye exams and glasses for those who qualify through data supplied on a brief application form. The office is staffed with volunteers		
Healing Lodge of the Seven Nations	(509) 533-6910	5600 E. 8th Ave		Spokane Valley
	Information:	Monday through Friday: 7:00am - 3:30pm Sliding fee scale/DASA/Private Insurance/Private Pay/IHS Contract. Substance abuse treatment program. Serves chemically dependent youth and DASA referrals, 13 - 17 years, male or femal		
HOPE Partners	(509) 835-3599	1117 W. 1st Ave		Spokane
	Information:	Monday through Friday, 8:00am - 5:00pm This agency provides outpatient treatment services to adults with mental illness and/or co-occurring disorders (mental illness and chemical dependency/abuse). Treatment consists of group, ind		
Hugs to Health Day care/Valley Hospital	(509) 473-5496	12606 E. Mission		Spokane
	Information:			
Immunization Clinic	(509) 324-1600			Spokane
	Information:	Tuesday through Thursday 8:00am - 5:00pmFridays 9:30am - 5:00pmCall for additional times and locations. The Spokane Regional Health District provides this program. It provides immunizations fo		
Inland Northwest Genetic Clinics	(509) 535-2278			Spokane
	Information:			
Integrated Health Professionals	(509) 924-1826			Spokane
	Information:			
Group Health Cooperative - Community Network Clinical Support	(509) 241-2575		322 W. North Ri	Spokane
	Information:	Behavioral Health ServicesDUI AssessmentIntensive Outpatient, Adult Outpatient		

Resources

Support Grps

Spokane

AA - Step Discussion	Saint Charles Church	4514 N Alberta	
	Information: Sundays @ 7:30 PM	North side entrance	
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AA - Thursday Men's Step Study	Methodist Church	1620 N Monroe	Spokane
	Information: Thursday @ 5:00 PM		
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AA - The Nooner Attitude Adjustment	Moose Lodge	6363 N Lidgerw	Spokane
	Information: Every day @ 12:00 PM		
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AA - The 5:15 Group	Alano Club	1700 W 7th	Spokane
	Information: Monday, Wednesday & Friday @ 5:15 PM		
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AA - Tell It Like It Is	Cindy's	102 W Market	Latah
	Information: Saturday @ 8:00 PM		
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AA - T.A.C.O. Meeting	Alano Club	1700 W 7th	Spokane
	Information: Monday through Friday @ 12:00 PM		
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AA - Survivor's Meeting	1102 W 2nd		Spokane
	Information: Sunday @ 7:30 PM		
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AA - Sunday Morning Meeting	Cindy's	102 W Market	Spokane
	Information: Sunday @ 10:00 AM		
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AA - Sullivan Road Group	Lutheran Church	8th & Sullivan	Spokane
	Information: Sunday @ 7:30 PM	Thursdays @ 7:30 PM	
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AA - Solutions	Alano Club	1700 W. 7th	Spokane
	Information: Friday @ 5:30 PM		
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AA - Saturday Morning Group	5012 Northwest Blvd.		Spokane
	Information: Saturdays @ 8:30 AM		

Spokane

AA - Step Into Your Week	Alano Club	1700 W 7th	Spokane
	Information: Sunday @ 7:00 PM Monday through Saturday @ 12:00 PM		
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AA - Saturday Morning Miracles	Sprague & McDonald	The Trading Co.	Spokane
	Information: Saturday @ 10:00 AM		
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AA - Start Your Week	Alano Club	1700 W 7th	Spokane
	Information: Sunday @ 8:00 PM		
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AA - South Hill Group	Church	33rd & Regal	Spokane
	Information: Friday @ 7:30 PM		
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AA - South Hill Noon	Manito Methodist Church	33rd & Grand	Spokane
	Information: Tuesday, Thursday & Saturday @ 12:00 PM Room 206, enter from 33rd		
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AA - SCC Meetings	1810 N Green St	Lair Bldg. - Roo	Spokane
	Information: Friday @ 7:00 PM		
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AA - Spokane City Group	Manito Methodist Church	33rd & Grand	Spokane
	Information: Monday @ 7:30 PM Room 206, enter from 33rd		
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AA - Spokane City Group For Whom the Bell Tolls	Alano Club	1700 W 7th	Spokane
	Information: Wednesday @ 7:00 PM		
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AA - Spokane City Group Speaker Meeting	St. John's Cathedral	12th & Grand	Spokane
	Information: Tuesday @ 7:00 PM		
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AA - Saturday Speaker's Meeting	1102 W 2nd		Spokane
	Information: Saturday @ 7:30 PM		
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AA - Trentwood Group	Steelworkers Union Hall	14015 E Treant	Spokane
	Information: Monday @ 8:00 PM East side entrance		

Spokane

AA - Saturday Night Miracles	Church Information: Saturday @ 8:00 PM	2511 S Pines	Spokane	
AA - Step Sisters	Manito Methodist Church 33rd & Grand Information: Wednesday @ 5:30 PM Room 206, enter from 33rd		Spokane	
NA - Alano Club	1700 West 7th Street Information: Saturday @ 8:00 PM - Non-smoking, Topic		Spokane	99204
AA - Pride in Sobriety (Gay)	EMCC Church Information: Wednesday @ 7:00 PM	3rd & Freya	Spokane	
NA - Westminster Church	411 South Washington St Information: Wheelchair accessible Friday @ 7:00 PM - Discussion/participation		Spokane	99201
NA - Twelve Step Club	5511 North Wall Street Information: Wheelchair accessible Sunday @ 10:00 AM - Discussion/Participation		Spokane	99205
NA - Peaceful Valley Community Center	North 214 Cedar Street Information: Wheelchair accessible Thursday @ 8:00 PM - Topic Saturday @ 12:00 (Noon)		Spokane	99201
NA - Outreach Center	1127 West First Street Information: Closed to the public. Wheelchair accessible. Tuesday @ 8:00 PM - Literature study		Spokane	99201
NA - Our Club	1102 West 2nd Avenue Information: Monday through Friday @ 12:00 (Noon)		Spokane	99201
NA - Greenhouse	222 East Crawford Information: Wheelchair accessible Wednesday @ 8:00 PM - Literature Study Friday @ 7:00 PM - Topic		Deer Park	99006
NA - Foothills Mission Church	5108 Elk Information: Wednesday @ 8:00 PM	Kitchen	Elk	99009

Spokane

NA - Emanuel Lutheran Church	315 South Spruce	Spokane	99204
Information:	Wheelchair accessibleMonday @ 8:00 PM - Basic TextThursday @ 7:30 PM - Discussion/Participation		
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NA - Eastern Washington University	10th & Elm	Pence Union Bui Cheney	99004
Information:	Wheelchair accessibleFriday @ 7:30 PM - Discussion/Participation		
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AA - Willingness Group	Plymouth Congregational	1502 W 8th	Spokane
Information:	Thursday @ 10:30 AMNorth side basement door		
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NA - Bethal Ame Church	1105 East Newark	Spokane	99202
Information:	Monday, Tuesday, and Wednesday @ 5:30 PM		
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AA - Tuesday/Thursday Study	Alano Club	1700 W 7th	Spokane
Information:	Tuesdays and Thursdays @ 5:30 PM		
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AA - Felony Flats Fellowship	1717 W Garland	Spokane	
Information:	Everyday @ 8:00 PMEveryday @ 5:15 PMEveryday @ 12:00 PM		
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AA - Womens Off The Hill Book Study	Alano Club	1700 W 7th	Spokane
Information:	Saturday @ 9:30 AM		
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AA - Vet's Meeting	Veteran's Hospital Buildi	4815 N Assembl	Spokane
Information:	Sunday @ 5:00 PM		
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AA - Vet's Meeting	1102 W 2nd	Spokane	
Information:	Tuesday & Thursday @ 7:30 PM		
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AA - Valley Women's Meeting	Opportunity Christian Ch	1313 Pines Road	Spokane
Information:	Monday @ 6:00 PM		
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AA - Valley Noon	New Life Assembly of G	11515 E Broadw	Spokane
Information:	Monday through Friday @ 12:00 PM		

Spokane

AA - Valley Men's Meeting	Bowdish & Broadway	Spokane	
Information:	Sunday @ 7:00 PM		
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AA - Valley Group	Argonne & Frederick	Millwood Town	Spokane
Information:	Wednesday @ 8:00 PM		
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AA - Valley Eye Opener	Argonne & Montgomery	Yokes	Spokane
Information:	Monday, Tuesday, Thursday @ 6:15 AM		
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AA - Unity Group	Alano Club	1700 W 7th	Spokane
Information:	Sunday @ 10:30 AM		
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NA - Deconess Hospital		Spokane	99202
Information:	Wheelchair accessible Sunday @ 7:00 PM - Non-smoking		
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AA - Candlelight Meeting	Green House	222 E Crawford	Deer Park
Information:	Friday @ 8:00 PM		
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AA - Get A Life Men's Group	4th & Freya	Church	Spokane
Information:	Thursday @ 7:30 PM		
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AA - Friday Night Rovers	Saint Charles Church	4514 N Alberta	Spokane
Information:	Friday @ 7:30 PM Northside entrance		
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AA - Foxhall Northwest	1912 N. Division		
Information:	Saturday @ 7:30 PM Division & Indiana, Teamster's Hall		
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AA - Prescription For Living	Casey's Restaurant	2126 N Monroe	Spokane
Information:	Sunday @ 10:30 AM		
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AA - Eye Openers Meeting	1102 W 2nd	Spokane	
Information:	Every day @ 7:00 AM		

Spokane

AA - Foothold to Serenity	Foothills Mission Church 5108 E Elk to H Elk		
	Information: Monday and Saturday @ 8:00 PM		
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AA - Early Bird's	6363 N. Lidgerwood		Spokane
	Information: Everyday @ 8:00 AM		
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AA - Downtown's Women's Meeting	920 W 2nd		Spokane
	Information: Monday, Wednesday and Friday @ 12:00 PM		
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AA - Downtown Men's Group	1700 W 7th	Alano Club	Spokane
	Information: Tuesday @ 8:00 PM		
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AA - Deer Park Thursday Group	Church in Wildwood	5810 N Dahl Ro	Deer Park
	Information: Thursday @ 8:00 PM		
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AA - D.C.W. Survivors	Catholic Church		Wilbur, WA
	Information: Monday @ 7:00 PM		
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AA - D.C.W. Survivors	Methodist Church		Davenport
	Information: Wednesday @ 8:00 PM		
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AA - D.C.W. Survivors	Creston Community Chur		Creston
	Information: Friday @ 7:00 PM		
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AA - Grupo Hispano	1102 W 2nd		Spokane
	Information: Tuesdays and Fridays @ 7:00 PMSpanish		
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AA - Beginner's Group	1700 W 7th	Alano Club	Spokane
	Information: Tuesday @ 8:00 PM		
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AA - 11th Step Group	United Methodist Church 33 && Grand, R		Spokane
	Information: Tuesdays @ 7:00 PM		

Spokane

AA - Agnostics & Atheist	1700 W 7th	Alano Club	Spokane
	Information: Sunday @ 9:00 AM		
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AA - Attitude Adjustment Hour	Moose Lodge	6363 N Lidgerw	Spokane
	Information: Everyday @ 5:30 PM	Upstairs	
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AA - Attitude Adjustment Women's Big Book Study	Moose Lodge	6363 N Lidgerw	Spokane
	Information: Wednesday @ 7:00 PM		
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AA - Back in the Mainstream Big Book Study	1700 W 7th	Alano Club	Spokane
	Information: Saturday @ 7:30 PM		
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AA - Coffee Time	1700 W 7th	Alano Club	Spokane
	Information: Friday @ 9:00 AM		
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AA - Basic Life Support	Salem Lutheran Church	1428 W Broadw	Spokane
	Information: Tuesdays @ 5:00 PM		
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AA - Clean Teens	1803 W Maxwell		Spokane
	Information: Tuesday @ 8:00 PM		
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AA - Beginner's Meeting	1102 W 2nd		Spokane
	Information: Friday @ 7:00 AM		
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AA - Beginner's Staying Sober	1102 W 2nd		Spokane
	Information: Monday @ 7:30 PM		
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AA - Best 3 out of 5	17825 E. Trent		Spokane Valley
	Information: Monday, Wednesday and Friday @ 12:00 PM		
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AA - Better Medicine	1603 N Belt		Spokane
	Information: Monday @ 7:30 PM		

Spokane

AA - Big Book United Church of Christ 611 N Progress Spokane

Information: Thursday at 5:30 PM

AA - First Things First 518 W 3rd Spokane

Information: Every day @ 12:00 PM

AA - Back to Basics 4620 N Post (Post & Wel Spokane

Information: Wednesdays @ 7:30 PM Church parking lot entrance

AA - Northern Lights Church 8415 N Wall Spokane

Information: Monday @ 7:30 PM

AA - Monday Men's Group Frontier West 2121 N Division Spokane

Information: Monday @ 12:00 PM

AA - Eastside Beginners 301 S Freya Church Spokane

Information: Saturday @ 3:30 PM

AA - NE Sobriety What Lutheran Church Wellesley & Reg Spokane

Next **Information:** Sunday @ 5:00 PM

AA - New Soil, New Roots Unity Church 2900 S Bernard Spokane

Information: Thursday @ 7:00 PM

AA - Nine Mile Falls Fire Station 9 9915 W Charles Nine Mile Falls

Study Group **Information:** Tuesday @ 7:30 PM

AA - Noon Non-Smoking Alano Club 1700 W 7th Spokane

Information: Monday through Friday @ 12:00 PM

AA - Happy Hour United Church of Christ 611 N Progress Spokane

Information: Monday, Tuesday, Wednesday, Friday @ 5:30 PM

Spokane

AA - Northeast Group	Centerpoint	1408 N Washing	Spokane
	Information: Thursday @ 7:30 PM		
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AA - Minnehaha Fun Group	Church	4005 E Marietta	Spokane
	Information: Monday @ 7:30 PM		
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AA - Northside Friends	7315 N Wall		Spokane
	Information: Saturday @ 9:00 AM		
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AA - Northside Group	Auburn Park United Met	3908 N Driscoll	Spokane
	Information: Monday @ 7:30 PM		
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AA - Northside Miracles	4202 N Belt		Spokane
	Information: Tuesday @ 7:30 PM Church South Parking lot entrance		
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AA - Open Door on Thor	Club House	615 S Thor	Spokane
	Information: Tuesday @ 7:00 PM		
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AA - Our Primary Purpose	Redeemer Lutheran Chur	3606 S Schafer	Spokane
	Information: Monday and Wednesday @ 12:00 PM		
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AA - Out of the Hat	Tidyman's	4235 S Cheney	Spokane
	Information: Tuesday @ 7:30 PM		
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AA - Plus 24	Church	518 W 3rd	Spokane
	Information: Saturday @ 9:00 AM In the back, upstairs		
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AA - North Star	Whitworth Presbyterian	312 W Hawthor	Spokane
	Information: Monday through Friday @ 12:00 PM		
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AA - Manito Book Study	Manito Methodist Church	33rd & Grand	Spokane
	Information: Monday @ 7:30 PM Room 206, enter from 33rd		

Spokane

AA - Hell or High Water	4th && G St	United Methodis Cheney
Information:	Monday & Friday @ 7:30 PM	

AA - Hillyard Lifeline	Church	5220 N Crestline Spokane
Information:	Friday @ 7:30 PMSW entrance main floor room 202	

AA - Hillyard Recovery	Church	5220 N Crestline Spokane
Information:	Thursday @ 7:30 PMSW entrance main floor room 202	

AA - Keep Comin' Back	1102 W 2nd	Spokane
Information:	Wednesday @ 7:30 PM	

AA - Living In Sobriety	St. Paul United Methodist 1620 N. Monroe	
Information:	Wednesday @ 7:00 PM	

AA - Monthly Central Office Potluck/Speaker	Alano Club	1700 W 7th	Spokane
Information:	Saturday @ 6:00 PM		

AA - Living Sober	Alano Club	1700 W 7th	Spokane
Information:	Sunday @ 5:30 PM		

AA - Millwood Madams	Millwood Presbyterian C	3223 N Marguer	Spokane
Information:	Friday @ 9:00 AM		

AA - Manito Group	Methodist Church	10th & Freya	Spokane
Information:	Wednesday @ 7:30 PM		

AA - Manito Women's Group	Manito Methodist Church 33rd & Grand	Spokane
Information:	Thursday @ 9:00 AM Entrance downstairs Room 9	

AA - Medical Lake Group	Dora Burt Center	211 N LeFevre	Medical Lake
Information:	Wednesday @ 7:00 PM		

Spokane

AA - Men's As Bill Sees It Study
Information: Saturday @ 10:00 AM Room 206, enter from 33rd

Manito Methodist Church 33rd & Grand Spokane

Resources

Transportation

New Hope Resource Center (509) 467-2900 4211 E. Colbert Road Spokane 99005
Information: Tuesday and Thursday, 9:30am - 1:30pm Churches in far north Spokane have united to form New Hope Resource Center. It serves Mead, Colbert, Elk, Chattaroy, and Riverside areas as well as Spokane north of Hawthorne, zip codes 99005, 99021

ParaTransit (509) 328-1552 Spokane
Information: The reservation desk is open 8:00am - 5:00pm daily This is a shared-ride, wheelchair-accessible transportation service for ADA eligible persons who are unable to use Spokane Transit Authority (STA) accessible, lift-equipped buses. All

Reduced Fare Card (509) 456-7277 701 W. Riverside Spokane 99201
Information: Monday through Friday, 6:30am - 6:00pm Saturday, 12:00pm - 5:00pm .50 cents per trip, Bus pass \$16.50. Provides reduced fares on public transportation for elderly and eligible disabled. Go to Bus Shop for application

Rideshare (509) 325-6048 1230 W. Boone Spokane 99201
Information: Monday through Friday, 8:00am - 5:00pm Web site: <http://www.rideshareonline.com> Rideshare organizes vanpools for daily work commuters and will place a 15 passenger van with a group of commuters, 5 persons or more, who have an origin or desti

Spokane Transit Authority (509) 456-7277 701 W. Riverside Spokane 99201
Information: Fares vary. Provides public bus transportation. Call for help with planning your ride or for schedule or service information

Resources

Veteran

Fairchild AFB Family Support Center (509) 247-2246 400 N. Castle FAFB 99011
Information:

Spokane County Veterans Program (509) 477-3690 1102 W College Ave Spokane 99201
Information: Provides Veterans with the following: Financial Assistance

Spokane VA Medical Center (509) 434-7000 / (4815 N. Assembly Street Spokane
Information: The Spokane VA Medical Center is dedicated to providing quality health care services to veterans. In carrying out this mission, the VAMC focuses on providing primary and secondary care, with emphasis on preventive health and chronic disease managememe

Spokane Vet Center (509)-444-8387 / 100 No. Mullan Rd., Suit Spokane
Information:

Spokane

WS SPOKANE - 810

(509) 532-3100 South 130 Arthur

Spokane

99202

Information: "Spokane99001, 99003-05, 99009, 99011-12, 99014-16, 99018-23, 99025-28, 99031-31, 99036-37, 99039, 99201-20, 99223-24, 99228, 99251-52, 99254-56, 99258, 99260, 99299 "