

Community Resources for Spokane County, Washington - Compiled by 4People.org

Major Update 06/25/2013 - Minor Update 8/28/2013

CRISIS

For emergency dial 911 or from cell phone, 112

[24 Hour Crisis Hotline](#) 509-838-4428

[Child Abuse Hotline](#) 1-866-363-4276

Domestic Violence

- [Abuse Recovery Ministry & Services](#) 1-866-262-9284

- [Alternatives to Domestic Violence \(hotline & shelter\)](#) 509-326-2255 (CALL)

- [Statewide Domestic Violence Hotline](#) 1-800-562-6025

[First Call for Help 24 Hour Crisis Hotline](#) 509-838-4428

CASE MANAGEMENT

[Aging and Long Term Care of Eastern Washington](#) 509-458-2509 or 509-477-4442 TTY

[DSHS Dept of Social & Health Services](#) 1-877-501-2233

- Spokane North (Francis Office): closed as of 12/9/2011

- Spokane Southwest (Maple Office): 1313 N Maple St, Spokane, WA 99201

- Spokane Valley (Trent Office): 8517 E Trent Ave, Spokane Valley, WA 99212

[DSHS Division of Developmental Disabilities \(DDD\)](#) 509-329-2900

[ESD 101 \(Homeless Youth in School\)](#) 360-725-6050

- [509-228-4114](#)

- [Cheney School District](#) 509-559-4507

- [Deer Park School District](#) 509-464-5522 or 509-464-5527

- [East Valley School District](#) 509-241-5068 or 509-241-5035

- [Freeman School District](#) 509-291-4791 ext 424

- [Liberty School District](#) 509-245-3211 ext 2217

- [Mead School District](#) 509-465-6008

- [Medical Lake School District](#) 509-565-3408

- [Nine Mile Falls School District](#) 509-340-4108

- [Orchard Prairie School District](#) 509-467-9517

- [Riverside School District](#) 509-464-8561

- [Spokane Public Schools](#) 509-354-5915 or 509-354-7305

- [West Valley School District](#) 509-927-1100

Offenders Employment Resources:

- [Career Path Services WorkSource Affiliate - Spokane](#) 509-326-7520

- Center for School to Work WorkSource Affiliate - Spokane 509-456-7660

- [Goodwill Industries WorkSource Affiliate - Spokane](#) 509-462-0513

- [Spokane Community College WorkSource Affiliate](#) 509-533-7249

Spokane Falls Community College WorkSource Affiliate 509-533-3521

- [WorkSource Spokane](#) 509-532-3190

[House of Charity](#) 509-624-7821

[Spokane AIDS Network](#) 509-455-8993

[Spokane Community Services, Housing and Community Development Department](#) 509-477-5722

[Spokane Neighborhood Action Programs \(SNAP\)](#) (Homeless case management) 509-456-7111

[Spokane Regional Health District HIV/AIDS Program](#) 509-324-1542

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CHILD CARE OR RESPITE CARE

[Central Valley School District](#) 509-228-5810

[Child Care Resources & Referral \(Community Minded Enterprises\)](#) 509-484-0048

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

[Daycare Resource Spokane](#)

[Family Care Resources \(Community Minded Enterprises\)](#) 509-484-0048

[Liberty Park Child Development Center](#) 509-534-0957

[Martin Luther King Jr. Family Outreach Center](#) 509-455-8722

[Parent to Parent \(Arc\) Special Sitters Program](#) 509-328-6326

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

CHILD DEVELOPMENT, SERVICES & PROGRAMS

[Children FIRST](#) 509-924-2850

[Center for Pediatric Therapy](#) 509-487-2958

[CSHCN Children with Special Health Care Needs \(Spokane Regional Health District\)](#) 509-324-1697

[Early Head Start \(Institute for Extended Learning\)](#) 509-533-4800

[Eastern Washington University Hearing and Speech Clinic](#) 509-358-7580 or 509-358-7579 TTY

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

[Liberty Park Child Development Center](#) 509-534-0957

[Nurse Family Partnership](#) 509-324-1621

[Ritecare Spokane \(Speech & language therapy\)](#) 509-838-2310

[Spokane Guilds' School & Neuromuscular Center](#) 509-326-1651

[St. Lukes Rehabilitation Institute](#) 509-473-6079

[Washington State Elks Therapy Program for Children](#) 1-800-825-3557

[Youthful Horizons Physical Therapy for Children & Adults](#) 509-921-9798

CLOTHING, FURNITURE, HOUSEWARES

Airway Heights Thrift Shop 509-218-4593

Calvary Baptist Church 509-747-8793

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

Central Lutheran Church 509-624-9233

Cheney Clothing Exchange 509-235-2325

[City Gate Spokane](#) 509-455-9670

[Discovery Shop](#) 509-328-9373

Elegant Peasant 509-325-9857

[Goodwill services](#) 509-462-0513 or TDD 509-344-0163

[Goodwill stores](#)

- Downtown Spokane 509-444-2396

- North Nevada Street 509-466-2012

- Spokane Valley 509-444-4370

Greenhouse 509-276-8224

[Hope House \(Women\)](#) 509-455-2886

[House of Charity](#) 509-624-7821

[Mission Community Outreach Center](#) 509-536-1084

[New Hope Resource Center](#) 509-467-2900

Northwest Christian Thrift Store 509-326-1522

[Other Mothers](#) 509-465-9499

[Our Place Ministries Spokane](#) 509-326-7267

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

[Salvation Army Services](#) 509-325-6821

Sherry's Second Choice 509-466-4015 [Spokane Community Warehouse](#) 509-991-9345

[Spokane Valley Partners](#) 509-927-1153

St Vincent de Paul 509-326-0735

Teen Challenge Thrift Store 509-534-0443

The Clothes Closet 509-891-7413

[The Reclotherapy](#) 509-624-9741

[Union Gospel Mission Spokane](#) 509-535-8510

Value Village 509-325-2569 or 509-921-7889

[Volunteers of America Emergency Assistance](#) 509-624-2378

EDUCATION: SCHOOL DISTRICTS, SPECIAL ED

[Central Valley School District](#) 509-228-5400

[Central Valley School District Special Education](#) 509-228-5500

[Cheney School District](#) 509-559-4525

[Cheney School District Special Education](#) 509-559-4507

Contract Based Education (high school up to age 21) 509-927-1100

[Deer Park School District](#) 509-464-5500

[Deer Park School District Special Education](#) 509-464-5526

[East Valley School District](#) 509-927-9511

[East Valley School District Special Education](#) 509-927-9511

[Freeman School District](#) 509-291-3695

[Freeman School District Special Education](#) 509-291-3695

[ESD 101](#)

- [Center for Special Education](#) 509-789-3527

- North Spokane 509-456-6320

- South Spokane 509-789-3800

- [School Nurse Corp Supervisor](#) 509-789-3583

[Liberty School District](#) 509-624-4415

[Liberty School District Special Education](#) 509-245-3211

[Mead School District](#) 509-465-7600

[Mead School District Special Education](#) 509-465-7600

[Medical Lake School District](#) 509-565-3100

[Medical Lake School District Special Services](#) 509-565-3145

[Nine Mile Falls School District](#) 509-340-4300

[Orchard Prairie School District](#) 509-467-9517

[Riverside School District](#) 509-464-8201

[Spokane Schools](#) 509-354-5900

[Spokane Schools Special Education](#) 509-354-7947

[West Valley School District #363](#) 509-924-2150

[Tutor Hunt](#)

EDUCATION: Early Learning/Headstart/ECEAP

[American Indian Community Center](#) 509-535-0886

[Central Valley Even Start Literacy Program](#) 509-228-5820

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ECEAP

- [Central Valley School District](#) 509-228-5810
- Deer Park School District 509-464-5616 or 509-464-5525
- East Valley School District 509-924-1830, ask for ECEAP
- [Institute for Extended Learning \(IEL\)](#) 509-533-4800
- [Liberty Park Developmental Center](#) 509-534-0957
- Little Eagles Nest Preschool, Eastern Washington University 509-359-2504
- [Manitor Cooperative Preschool](#) 509-838-7442
- [Martin Luther King Jr. Family Outreach Center](#) 509-455-8722
- Riverside School District 509-464-8250
- West Valley School District 509-922-5478
- [YMCA/EWU Children's Center](#) 509-235-5035
- YWCA 509-789-9271

[Head Start](#) 509-533-4800

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

[Manitor Cooperative Preschool](#) 509-838-7442

EDUCATION: Colleges, Trade and Technical Schools

[Adult Education Center \(IEL\)](#) 509-533-4600

[Allied Training Systems](#) 509-327-1140

[Apollo College](#) - Spokane 509-532-8888

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

[Cat Tales Zoological Training Center](#) 509-238-4126

[Community Colleges of Spokane Adult Learning & ESL](#) 509-533-4600

[Community Colleges of Spokane IBEST Program](#) 509-434-5166 or 509-533-8571

[Eastern Washington University](#) 509-359-2397

Eastern Washington Carpenters Training 509-532-8833

[Embry-Riddle Aeronautical University Spokane](#) 509-244-3832

Espirit Technologies 509-455-5054

European Hair Designers Academy 509-328-6175

[Glen Dow Academy of Hair Design](#) 509-624-3244

[Gonzaga University](#) 1-800-986-9585

[Goodwill](#) 509-344-0163

[H&R Block Income Tax Training](#) 509-328-4399

[Health Care Training Center](#) 509-893-1776

[Horizon Medical Institute](#) 509-534-1551

Inland Empire Plumbing and Pipefitting Industry Apprenticeship Training 509-624-5258

[Inland Massage Institute](#) 509-465-3033

[Institute for Extended Learning](#) 509-279-6000

[Interface College](#) - Spokane 509-467-1727

[ITT Technical Institute](#) 509-926-2900

Job Corps 509-534-2269

[L & T Truck Driver Training](#) 509-464-2199

[Moody Bible Institute \(Spokane\)](#) 1-877-487-1769

National Transportation Driver Training Center 509-534-3380

[New Horizons Computer Learning Center](#) 509-328-8077

[OXARC School of Welding](#) 509-755-0655

[PacifiCAD](#) 509-326-7789

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[Park University](#) – Fairchild AFB 509-244-2020

[Sage Truck Driving School](#) 1-800-400-0779

[Skills'Kin](#) (disabled) 509-326-6760

[SL Start](#) 509-747-3071

[Spokane CNA Certification Training Classes](#) 509-850-0033

[Spokane Community College](#) 509-533-7000 or 1-800-248-5644

[Spokane Falls Community College](#) 509-533-3500 or 1-888-509-7944

[Spokane Service Team \(Americorps/ESD 101\)](#) 509-535-1613

[Total Cosmetology Training Center](#) 509-487-5500

[University of Phoenix](#) Eastern Washington 509-327-2443

Veterans Affairs Vocational and Employment Service 509-434-7000

[Washington State University College of Nursing](#) 509-335-2776

[Washington State University Spokane](#) 509-358-7500

[Washington Technical College \(ITT Institute\)](#) 509-926-2900 or 1-800-777-8324

Webster University – Fairchild AFB 509-244-2079

[Western State Operating Engineers Institute of Training](#) 509-235-9393

[Whitworth University](#) 509-777-1000

[WINS \(Women in Non-traditional Settings - IEL\)](#) 509-533-8571

[WSU Extension Spokane County](#) 509-477-2048

EDUCATION & SUPPORT FOR PARENTS

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

[Childbirth & Parenting Support \(Catholic Charities\)](#) 509-455-4986

[Foster Parent Association of Eastern Washington](#) 509-363-3473

[St Margaret's Shelter for Women \(homeless mothers\)](#) 509-624-9788

[Support Care And Network](#) 509-458-7445

- Fatherhood programs 509-218-7955

Teen Parent Network 509-252-3942

EMPLOYMENT

AARP Senior Employment 509-325-7712

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

[AccountingPros Staffing Services](#) 509-323-3233

[American Indian Community Center](#) 509-535-0886

[Aspen Personnel Service](#) 509-624-4858

[Career Path Services](#) 509-326-7520

[Career Path Services WorkSource Affiliate - Spokane](#) 509-326-7520

[Christ Kitchen](#) (women) 509-325-4343

[Command Center](#) 509-328-3939

DentalPros Staffing Services 509-444-8868

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

[Express Personnel Services](#) 509-747-6011

Forever Working Labor Calendar 509-443-0981

[Goodwill Industries](#) 509-462-0513

Job Corps 509-534-2269

[Kelly Services](#) 509-327-3637

[Labor Ready](#)

- Spokane 509-535-8582

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

[Labor Systems](#) 509-893-2595

[LegalPros Staffing Services](#) 509-323-3235

[Manpower](#) 509-838-8531 or 509-462-2109

[MedicalPros Staffing Services](#) 509-323-3223

[Microenterprise Development Program \(SNAP\)](#) 509-456-7106

[Offenders Employment Resources:](#)

- [Career Path Services WorkSource Affiliate - Spokane](#) 509-326-7520

- Center for School to Work WorkSource Affiliate - Spokane: 509-456-7660

- [Goodwill Industries WorkSource Affiliate - Spokane:](#) 509-462-0513

- [Spokane Community College WorkSource Affiliate](#) 509-533-7249

- [Spokane Falls Community College WorkSource Affiliate:](#) 509-533-3521

- [WorkSource Spokane:](#) 509-532-3190

[OfficePros Staffing Services](#) 509-444-8868

[Olsten Staffing Services](#) 509-624-5218

[ProPeople Staffing Services](#) 509-484-9009

[Provisional Staffing Services](#) 509-444-8871

Re-employment/Worker Retraining Programs 509-533-8056 or 509-533-3521 or 509-532-3172

[Scope Services](#) 509-922-8554

Senior Community Service Employment 509-325-7712

[SL Start Employment Services](#) 509-328-2740

[Spherion Staffing Services](#) 509-456-4944

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

[Spokane Community College Workforce Education and Career Services](#) 509-533-7249

[Spokane Community College WorkSource Affiliate](#) 509-533-8070 or 1-800-248-5644 ext 8070

Spokane County Human Services Job Hotline 509-477-5627

[Spokane Falls Community College Career and Student Employment Center](#) 509-533-3540

[Spokane Falls Community College WorkSource Affiliate](#) 509-533-3042

[Spokane Service Team \(Americorps/ESD 101\)](#) 509-535-1613

[Spokane WorkFirst](#) (DSHS clients) 509-227-2727

[The Arc of Spokane](#) 509-328-6326

[Tradesmen International](#) 509-228-0142

[Washington Small Business Development Center](#) 509-358-7890

[Worksource Spokane](#) 509-532-3000

[WorkSource Spokane Community College Affiliate](#) 509-533-8070 or 1-800-248-5644 ext 8070

[Worksource Spokane Falls Community College Affiliate](#) 509-533-3042

[Worksource Spokane Veterans Unit](#) 509-532-3100

FINANCIAL ASSISTANCE

Asset Building: Contact Kevin Worth at [Spokane County United Way](#) 509-838-6581

[DSHS Dept of Social & Health Services](#) 1-877-501-2233

- Spokane North (Francis Office): closed as of 12/9/2011

- Spokane Southwest (Maple Office): 1313 N Maple St, Spokane, WA 99201

- Spokane Valley (Trent Office): 8517 E Trent Ave, Spokane Valley, WA 99212

[Financial Management \(Arc of Spokane\)](#) 509-789-2247

Foreclosure Assistance:

- [Consumer Credit Counseling Services](#) 1-800-308-2227

- [Spokane Neighborhood Action Programs](#) 509-456-7106

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[Spokane Neighborhood Action Programs \(SNAP\)](#) 509-456-7106

[Spokane Valley Partners](#) 509-927-1153 ext 21

Supplemental Security Income (SSI through [Social Security](#)) 1-800-772-1213

FOOD ASSISTANCE & NUTRITION

Airway Heights Baptist Church Food Bank 509-244-2474

Airway Heights Food Bank 509-244-1611

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

Better Living Center 509-325-1258

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

Calvary Baptist Church 509-747-8793

[Catholic Charities Senior Meals - Deer Park Senior Center](#) 509-276-2411

Caritas Outreach Ministries 509-326-2249

Cheney Food Bank 509-235-2325

[City Gate Spokane](#) 509-455-9670

East Central Food Bank 509-625-6699

[Feed Spokane](#) 509-216-7364

Food Stamps: [DSHS Dept of Social & Health Services](#) 1-877-501-2233

- Spokane North (Francis Office): closed as of 12/9/2011

- Spokane Southwest (Maple Office): 1313 N Maple St, Spokane, WA 99201

- Spokane Valley (Trent Office): 8517 E Trent Ave, Spokane Valley, WA 99212

Greenhouse Food Bank 509-276-8224

[House of Charity \(meals\)](#) 509-624-7821

Infant Crisis Needs Bank – WSU College of Nursing 509-536-1084

Mead Food Bank 509-466-7068

Meals on Wheels

- [Cheney](#) 509-235-6196

- [Deer Park](#) 509-993-2441

- [Spokane](#) 509-456-6597

- [Spokane Valley](#) 509-924-6976

Medical Lake Food Bank 509-299-3819

New Hope Ranch Urban Center 509-455-5444

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

North County Food Bank 509-292-2530

Northeast Food Pantry 509-487-1114

[Northwest Ecumenical Food Bank](#) 509-325-4541

Otis Orchards Food Bank 509-926-3526

Our Lady of Lourdes 509-358-4290

Our Place Ministries Spokane Food Bank 509-326-7267

[Peaceful Valley Community Center](#) 509-624-8634

[Salvation Army Food Bank](#) 509-325-6821

Seventh Day Adventist Better Living Center 509-325-1258

Shalom Ministries 509-455-9019

Southside Food Bank 509-535-2301

[SNAP Food Bank – Northeast Center](#) 509-487-1114

[Spangle Food Bank](#) 509-245-3362

[Spokane AIDS Network](#) 509-455-8993

Spokane Community Gardens 509-534-6678

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Spokane Ecumenical Food Bank 509-325-4541

[Spokane Valley Partners](#) 509-927-1153

St Ann's Catholic Church 509-535-3031

Summer Food Program (for children) 509-625-6200 (parks) or 509-354-7270 (schools)

[Union Gospel Mission Spokane](#) 509-535-8510

Westminster Presbyterian Food Bank 509-328-5002

[WIC \(Women, Infants, Children\)](#) 509-323-7497

HEALTH INSURANCE

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

- Spokane North (Francis Office): closed as of 12/9/2011

- Spokane Southwest (Maple Office): 1313 N Maple St, Spokane, WA 99201

- Spokane Valley (Trent Office): 8517 E Trent Ave, Spokane Valley, WA 99212

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

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

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

[Washington Apple Health for Kids](#) 1-855-900-3066

[Washington Basic Health Plan](#) 1-800-660-9840

[Washington Prescription Drug Program](#) 206-521-2027

[Washington State Insurance Commissioner](#) 1-800-562-6900

HEALTH SERVICES: Medical, Dental

[Access to Baby and Child Dentistry \(ABCD\) Program](#) 509-324-1478

[Christ Clinic](#) 509-325-0393

[Community Health Association of Spokane \(CHAS\)](#) 509-444-8200

- [Denny Murphy Clinic](#) 509-444-8200 (medical & dental)

- [Maple Clinic](#) 509-444-8200 (medical & dental)

- [Market Street Clinic](#) 509-444-8200 (medical)

- [North County Clinic](#) 509-444-8200 (medical & dental)

- [Northeast Clinic](#) 509-444-8200 (medical & dental)

- [Spokane Urgent Care](#) 509-434-1990

- [Valley Clinic](#) 509-444-8200 (medical)

Community Health Intervention and Prevention Services 509-324-1420

[Community & Family Health Services](#) (SRHD)

[Crisis Pregnancy Center – Life Services](#) 509-327-0701

[Deaconess Medical Center](#) 509-458-5800

[Deaconess Rockwood Urgent Care Centers](#)

- Argonne 509-342-3980

- Downtown 509-342-3100

- Liberty Lake 509-342-3990

- North 509-755-5400

- South 509-342-3971

- Valley 509-755-5712

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

[Holy Family Hospital](#) 509-482-0111

[House of Charity](#) 509-624-7821

[Immunization Clinic – Spokane Regional Health District](#) 509-324-1600

Inland Northwest Genetic Clinics 509-535-2278

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[NATIVE Health of Spokane](#) 509-325-5502

[Nurse Family Partnership](#) (Free 1st time low income pregnancy care for moms 28 wks or less) 509-324-1621

[Partners with Families and Children](#) 509-473-4810

Planned Parenthood

- Indiana Health Center 509-248-3644 or 1-866-904-7721

- Valley Health Center 509-248-3644 or 1-866-904-7721

[Sacred Heart Children's Hospital](#) 509-474-4841

[Sacred Heart Medical Center](#) 509-474-3131

[Shriner's Hospital for Children](#) 509-455-7844

[Spokane Central Lions Club \(vision care\)](#) 509-328-6900

Spokane Falls Family Clinic 509-326-4343

[Spokane Regional Health District](#)

- [ABCD Program \(dental for children\)](#) 509-324-1478

- [HIV/AIDS Program](#) 509-324-1542

Spokane Veterans Outreach Center 509-444-8387

[St. Luke's Rehabilitation Services](#) 509-473-6869

[Valley Hospital and Medical Center](#) 509-924-6650

[Veterans Administration Medical Center](#) 509-434-7000 or 1-800-325-7940

HEALTH SERVICES: Behavioral, Mental Health

[24-Hour Crisis Line](#) 509-838-4428

[Catholic Charities Counseling](#) 509-242-2308

[Christ Clinic](#) 509-325-0393

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

[Family Service Spokane](#) 509-838-4128

[First Call for Help Crisis Line](#) 509-838-4428

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

[Lutheran Community Services Northwest](#) 509-747-8224

[Spokane Mental Health](#)

- Adult Services 509-838-4651

- Child and Family Services 509-458-7458

- Elder Services 509-458-7450

- Psychiatric Services 509-838-4651

Spokane Veterans Outreach Center 509-444-8387

Tamarack Center 509-326-8100

[Veterans Administration Medical Center](#) 509-434-7050 or 1-800-325-7940

HEALTH SERVICES: Substance Abuse

[Abstemious Outpatient Clinic](#)

- Northside Office 509-326-7721

- Valley Office 509-927-7814

Adept Assessment - Treatment Center 509-327-3120

[Al Anon/Alateen Family Groups](#) 509-456-2125

[Alcoholics Anonymous](#) 509-624-1442

American Behavioral Health Systems 509-232-5766

[Camas Institute Behavioral Health Services](#) 509-456-0799

[Colonial Clinic](#) 509-327-9831

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Community Detox Services of Spokane 509-477-4650

[Daybreak Youth Services](#)

- Inpatient 509-624-3227

- Outpatient Spokane 509-444-7033

- Outpatient Spokane Valley 509-927-1688

Deer Park Recovery 509-276-2797

[Drug Court, Youth Services, SAAM, DUI/DOL](#) 509-326-7740

[Excelsior Youth Center](#) 509-328-7041

[Gateway Counseling Services](#) 509-532-8855

GSSAC Prevention Center 509-922-8383

[Healing Lodge of the Seven Nations](#) 509-533-6910

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

[Lakeside Recovery Treatment Center](#) 509-328-5234

[NATIVE Project – Spokane](#) 509-483-7535

New Directions Outpatient Clinic 509-838-0304

New Horizon Care Center 509-838-6092

New Horizons Counseling Services 509-838-6092

[Northeast Washington Treatment Alternatives](#) 509-326-7740

[Pioneer Center East](#) 509-325-2355

[Social Treatment Opportunity Programs II](#) 509-927-3668

Spokane Addiction Recovery Centers (SPARC)

- Inpatient 509-624-3521

- Outpatient 509-624-5228

[Spokane County Coordinator for Chemical Dependency Services](#) 509-477-4507

[Spokane Regional Health District Opioid Treatment Program](#) 509-324-1420

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

[The Healing Lodge of Seven Nations](#) 509-533-6910

[Tobacco Quit Line](#) 1-800-QUIT-NOW

[YFA Connections \(youth\)](#) 509-532-2000

HOME CARE SERVICES OR MEDICAL EQUIPMENT

A New Hope, Inc. 509-535-2906

[Apria Health Care](#) 509-489-1000

[Beneficial In-home Care](#) 509-323-0390

[Byram Healthcare](#) 509-534-4123

Care Focus Companion Services 509-324-6421

[Comfort Keepers](#) 509-484-2345

Evergreen Home Care 509-838-0870

[Family Home Care & Hospice](#) 509-473-4949

[Family First Senior Care](#) 509-326-5525

[Home Instead Senior Care](#) 509-835-5898

[Hospice of Spokane](#) 509-456-0438

[Integrated Health Professionals](#) 509-924-1826

[Interim Health Care](#) 509-456-5665

[Intrepid USA Healthcare Services](#) 509-487-4611

Jones Pharmacy & Home Health Care Center 509-838-3145

[Life Care Solutions](#) 509-921-6560

[Lincare](#) 509-838-3888 or 509-444-2911 or 509-467-0362

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[Maxim Healthcare Services](#) 509-324-6421
[Providence VNA Home Health](#) 509-534-4300
[ResCare HomeCare](#) 1-877-876-4848
Spokane's Choice Home Care 509-326-2300
[Sixth Avenue Medical Pharmacy](#) 509-455-9345
[Walgreen's Health Services](#) 509-326-0306

HOUSING

[City of Spokane Community, Housing & Human Services](#) 509-625-6130
[Common Ground](#) - Spokane 509-326-3678
Foreclosure Assistance:
- [Consumer Credit Counseling Services](#) 1-800-308-2227
- [Spokane Neighborhood Action Programs](#) 509-456-7106
[Habitat for Humanity of Spokane](#) 509-534-2522
Housing assistance:
- [City of Spokane](#) 509-329-2738 (Salvation Army, administrator)
- [Spokane Action Neighborhood Program \(SNAP\)](#) 509-456-7111
[HUD Home Page](#)
Inland Empire Residential Resources 509-789-2245
[New Hope Resource Center](#) 509-467-2900
[Northeast Washington Housing Solutions \(Section 8\)](#) 509-328-2953
[One Stop Housing](#) 509-327-1121
[Spokane Housing Authority](#) 509-328-2953
[Spokane Low-Income Housing Consortium \(SLIHC\)](#) 509-325-3235
[Spokane Neighborhood Action Programs \(SNAP\)](#) 509-456-7106
[US Department of Housing and Urban Development \(HUD\)](#) 509-353-0674
[Volunteers of America Emergency Assistance](#) (rent & utilities) 509-624-2378
[Volunteers of America Housing](#) 509-624-2378

HOUSING: Emergency/Homeless

Alternatives to Domestic Violence - YWCA 509-326-2255
[Anna Odgen House \(women & children\)](#) 509-327-7737
[Building Changes](#) 206-805-6101
[Crisis Shelter for Women & Children](#) 509-535-0486
[Crosswalk Youth Shelter](#) (VOA) 509-838-6596
[Hope House Women's Shelter](#) (VOA) 509-455-2886
[House of Charity](#) 509-624-7821
[Interfaith Hospitality Network of Spokane](#) (Families) 509-747-5487
[Salvation Army Housing and Empowerment Program](#) 509-325-6814
[Spokane Neighborhood Action Programs \(SNAP\)](#) 509-456-7106
[St Margaret's Shelter for Women](#) 509-624-9788
[The Transitional Living Center](#) (women w/ young children) 509-325-8632
[Union Gospel Mission Men's Shelter](#) 509-535-8510
[YFA Connections](#) (youth) 509-624-2868

HOUSING: Transitional/Supportive

[Alexandria's House](#) (females ages 10 - 20 w/babies or pregnant) 509-489-0349
[Anna Odgen House](#) (women & children) 509-327-7737

Community Resources for Spokane County, Washington - Compiled by 4People.org

[ARC of Spokane](#) 509-328-6326
[Aston-Bleck Apartments](#) (women age 18 – 21) 509-535-8267
[Brownstone Work Release](#) (male offenders) 509-363-8109
[Catholic Charities of the Diocese of Spokane](#) 509-358-4250
[Community Detox of Spokane](#) 509-535-4443
D'Arcy Lee Apartments (mentally ill) 509-483-3542
[Eleanor Chase House Work Release](#) (female offenders) 509-456-7902
[Flaherty House](#) (men age 18 – 21) 509-489-4043
[Hope House - Women \(VOA\)](#) 509-455-2886
[House of Charity](#) 509-624-7821
[Miryam's House](#) (women) 509-747-9222
New Horizons Care Centers - Isabella House (for women w/ children) 509-624-1244
[Newark Apartments](#) ((low income special needs)) 509-328-2953
<http://www.ugmspokane.org/mens-recovery/>>Recovery Program for Men (UGM) 509-535-8510
REM Associates (housing for mentally ill) 509-838-4428
Salem Arms (mentally ill) 509-327-0774
[Salvation Army Housing and Empowerment Program](#) 509-325-6814
[Spokane Neighborhood Action Programs \(SNAP\)](#) 509-456-7106
[St Margaret's Shelter for Women](#) 509-624-9788
[The Transitional Living Center](#) (women w/ young children) 509-325-2959
Veterans Administration 509-462-2500
[VOA Housing for mentally ill](#) 509-624-2378
[Volunteers of America Supportive Permanent Housing](#) 509-328-4685
[VOA Housing for Veterans](#) 509-328-4685
YWCA – Domestic Violence 509-326-CALL (2255)

HOUSING: Subsidized/Low Income

[Affordable Housing Program - Spokane County](#): 509-477-4487
Brookstone Apartments: 509-928-5885
Cheney Gardens Apartments: 509-235-8006
Hamilton House Apartments: 509-483-9453
Hill-N-Dale Apartments: 509-467-6878
Liberty Park Terrace Apartments: 509-534-7392
Mount Vernon Terrace: 509-535-8314
Parkview Apartments - Spokane: 509-535-0513
[Parkview Apartments - Cheney](#): 509-235-6910
Pine Villa: 509-467-6865
Regal Arms Apartments: 509-483-3405
Richard Allen Apartments: 509-535-6913
Salem Arms 509-327-0774
[Spokane Neighborhood Action Programs \(SNAP\)](#) 509-456-7106
Summit View Apartments 509-327-9524
YWCA (women) 509-326-1190

Community Resources for Spokane County, Washington - Compiled by 4People.org

HOUSING: [Oxford Houses of Washington](#) 509-216-0331

[Printable Oxford Housing List for Washington State\(PDF\)](#)

Chapter 3

- Bernard Oxford House (Men) 509-863-9307
- Cannon Oxford (Women & Women with Children) 509-474-0898
- Glenrose Prairie Oxford (Men) 509-473-9888
- Hamblen Oxford (Men) 509-443-3537
- Helena Oxford (Men) 509-459-9221
- Latawah Oxford (Men) 509-279-2727
- Lincoln Heights Oxford (Men) 509-624-5387
- Palouse Oxford (Men) 509-443-5561
- Spokane Falls Oxford (Men) 509-474-1444
- Spokane Grand Oxford (Women) 509-744-3415
- Tekoa Oxford (Men)

Chapter 17

- Addison Oxford (Men) 509-290-5428
- Hillyard Oxford (Women) 509-279-2468
- Illinois Oxford (Men) 509-474-0516
- Inland Oxford (Men) 509-868-0061
- Liberty Oxford (Women & Women with Children) 509-443-3693
- Post Oxford (Men) 509-329-9904
- Rowan Oxford (Men) 509-279-2788
- Ruth Park Oxford (Women & Women with Children) 509-863-9413

Chapter 27

- Dishman Hills Oxford (Men) 509-413-2451
- Freya Oxford (Men) 509-413-2581
- Pratt Oxford (Men) 509-535-3914
- Tobias Oxford (Men & Men with Children) 509-315-8753
- Upriver Oxford (Women & Women with Children) 509-413-2396
- Whipple Oxford (Men) 509-279-2609

HOUSING: Senior, Assisted Living, and Adult Family Homes

[Academy Retirement Community](#) 509-484-4099

Adult Alternative Accommodations 509-924-3084

Allen Adult Family Home 509-927-6880

Angel Of Grace Adult Living Home 509-921-6641

Autumn Years 509-924-1800

[Avalon Care Center At Northpointe](#) 509-468-7000

Bethany Place 509-924-0580

[Brighton Court Assisted Living](#) 509-926-4533

[Broadway Court Estates](#) 509-921-0249

[Carlyle Care Center](#) 509-624-1999

[Cathedral Plaza Apartments](#) 509-747-6777

[Clare Bridge of Spokane](#) (alzheimer's care) 509-323-1400

Clare House Retirement Center 509-252-6500

Classy Retreat Adult Family Home 509-869-9494, 509-838-8343, 509-448-0623

[Cooper George Retirement Community](#) 509-343-2716

Cornerstone Residence 509-467-7033

Community Resources for Spokane County, Washington - Compiled by 4People.org

Courtland Place 509-928-9197
[Delaney Apartments](#) 509-747-5081
[Emilie Court](#) 509-474-2550
[Empire Care](#) 509-838-1933
[Evergreen Fountains Senior Living Community](#) 509-922-3100 or 1-866-517-1201
[Fahy Garden Apartments](#) 509-326-6759
[Fahy West Apartments](#) 509-326-6759
Fairfield Good Samaritan – Hilltop Retirement Apartments 509-283-2118
Fairview Assisted Living Inc 509-325-7339
[Fairwinds Coeur D'Alene](#) 208-765-5505
[Fairwinds Spokane](#) 509-468-1000
[Fairwood Retirement Village](#) 509-467-2365
[Harbor Crest](#) 509-443-8500
[Hart Terrace Senior Community](#) 509-534-8245
Harvard Park Retirement Residence 509-747-2703
Heritage Haven Adult Family Home 509-838-0426
Heritage House 509-467-9190
Hilltop Retirement Apartments 509-283-2118
[Holman Gardens Retirement Community](#) 509-927-2300
[Honoring Elders](#) 509-458-6800
Legends Park Assisted Living 208-666-9900
Leisure Park 208-772-9617
[Lilac Plaza Retirement Community](#) 509-489-7612
[Lilac Terrace Retirement Community](#) 509-489-7612
[Maplewood Gardens Retirement & Assisted Living](#) 509-489-9510
Mission Ridge Assisted Living 509-927-7148
[Moran Vista Senior Living](#) 509-343-2714
Mount St Joseph 509-838-2594
[Northpointe Retirement Community](#) 509-465-8440
[O'Malley Apartments](#) 509-487-1150
[Orchard Crest Retirement Community](#) 509-928-2222
[Park Place Retirement Community](#) 509-922-7224
[Parkway Village Assisted Living Community](#) 509-443-0401
Peterson Place Adult Family Home 509-328-2489
Pinecrest Retirement Community 509-276-6658
[Riverview Retirement Community](#) 509-483-6483
[Rockwood Lane Retirement Community](#) 509-838-3200
[Rockwood Retirement Communities of Spokane](#) 509-536-6650 or 1-800-727-6650
[Royal Plaza Retirement Center](#) 509-483-7136
[Spokane Baptist Association Homes](#)
– Holman Gardens 509-927-2300
– Lilac Plaza 509-489-7612
– Lilac Terrace 509-489-7612
– Pinecrest 509-276-6658
Spokane Valley Good Samaritan Village 509-924-6161
[Sullivan Park Assisted Living](#) 509-924-5555
[Summit View Apartments](#) 509-327-9524
Viking Place 509-327-6949

Community Resources for Spokane County, Washington - Compiled by 4People.org

[Waterford On South Hill](#) 509-536-2929

[Willow Grove Home](#) 509-467-1135

[Windriver House](#) 509-325-1242

HOUSING: Coeur d'Alene & North Idaho

[Bestland Retirement Community](#) 208-664-3138

[Fairwinds Coeur D'Alene](#) 208-765-5505

Heatherstone Manufactured Home Community 208-762-4083

[Heritage Place](#) 208-664-2680

Lakewood Ranch 208-664-2680

Legends Park Assisted Living 208-666-9900

Leisure Park 208-772-9617

Northside Manor Senior Homes 208-667-1779

Sarah Street Apartments 208-772-7762

INFORMATION, SUPPORT OR ADVOCACY

[24 Hour Crisis Hotline \(mental health\)](#) 509-838-4427

[Alcoholics Anonymous](#) 509-624-1442

All Our Children 509-747-0920

[American Childhood Cancer Organization Inland Northwest](#) 509-443-4162

[ARC of Spokane](#) 509-328-6326

[Big Brothers/Big Sisters of the Inland Northwest](#) 509-328-8310

[Center for Children with Special Needs](#)

[Children with Attention Deficit Disorder \(CHADD\)](#) 1-800-233-4050

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

[Down Syndrome Family Network](#)

[Easter Seals of Washington Assistive Technology Center](#) 509-326-8292

[Eastern WA Center for the Deaf & Hard of Hearing](#) 509-328-9220

[Epilepsy Foundation Northwest](#) 509-325-1128

[Evergreen Spina Bifida Association](#) 1-877-606-2680

[Fairchild AFB Airman & Family Readiness Center](#) 509-247-2246

Family Health Hotline 1-800-322-2588

[First Call for Help 24 Hour Crisis Hotline](#) 509-838-4427

[Foster Parent Association of Eastern Washington](#) 509-363-3473

[Indian Child Welfare / American Indian Community](#) 509-535-0886

[Make-A-Wish Foundation](#) 509-458-2618

[Northwest Autism Center](#) 509-328-1582

Northwest Parents of Blind Children – [National Federation of the Blind](#) 509-487-1732

[Parent Help 123](#)

[Parent to Parent](#) 509-328-6326

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

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

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

[Spokane County Parent Coalition](#) 509-328-6326

[Spokane Guild's School & Neuromuscular Center Parent Support Group](#) 509-326-1651

[The Arc of Spokane County](#) 1-800-999-3429

[Transitions for Women](#) 509-328-6702

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

Community Resources for Spokane County, Washington - Compiled by 4People.org

[Wishing Star Foundation](#) 509-744-3411

LEGAL SERVICES

[Fulcrum Dispute Resolution Services](#) 509-838-2799

[Northwest Justice Project](#)

- CLEAR 1-888-201-1014

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

[Northwest Mediation Center](#) 509-456-0103

RECREATION

[ARC Community Center](#) 509-789-2247

[Easter Seals – Spokane Recreational Program](#) 509-326-8292

[Special Olympics Washington](#) 1-800-752-7559

[Spokane Parks & Recreation](#) 509-625-6200

[Spokane Valley Parks & Recreation](#) 509-688-0042

[Whitworth Aquatic Center](#) 509-777-4778

RE-ENTRY OFFENDER RESOURCES

[Online](#) (Excel spreadsheet)

[Printable](#) (PDF file)

SENIORS

[Aging & Long Term Care of Eastern Washington](#) 509-458-2509

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

[Catholic Charities Senior Services](#) 509-459-6175

[Foster Grandparent Program](#) 509-459-6175

[Hospice of Spokane](#) 509-456-0438

Meals on Wheels

- [Cheney](#) 509-924-6976

- [Deer Park](#) 509-924-6976

- [Spokane](#) 509-456-6597 (pet food also)

- [Spokane Valley](#) 509-924-6976

[Northwest Justice Project - CLEAR*Sr](#) 1-888-387-7111 Senior Centers:

- [Corbin Senior Center](#) (Spokane) 509-327-1584

- [Deer Park Senior Center](#) 509-276-2411

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

- [Mid-City Senior Center](#) (Spokane) 509-747-3257

- [Sinto Senior Activity Center](#) (Spokane) 509-327-2861

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

[Veterans Administration Medical Center](#) 509-434-7000

[Volunteer Chore Services](#) 509-459-6175

TECHNOLOGY PROGRAMS, ACCESS, LITERACY & VITAL CONTENT

[Easter Seals Washington](#) 509-326-829

[Spokane Baptist Association Homes – FUNN Computer Center](#) 509-489-7612

[Spokane Neighborhood Action Programs](#) 509-456-7174

Community Resources for Spokane County, Washington - Compiled by 4People.org

Spokane County Library District

- Airway Heights 509-893-8250
- Argonne 509-893-8260
- Cheney 509-893-8280
- Deer Park 509-893-8300
- Fairfield 509-893-8320
- Medical Lake 509-893-8330
- Moran Prarie 509-893-8340
- Otis Orchards 509-893-8390
- Spokane Valley 509-893-8400

Spokane Public Library

- Downtown Library 509-444-5300
- Eastside Library 509-444-5375
- Hillyard Library 509-444-5380
- Indian Trail Library 509-444-5395
- Shadle Library 509-444-5390
- South Hill Library 509-444-5385

Spokane Public Schools 509-354-7618

Tamarack Center 509-326-8100

TINCAN (The Inland Northwest Community Access Network) 509-744-0972

See Education: Colleges, Trade and Technical Schools for more about technology programs and literacy

TRANSPORTATION

Our Place Ministries Spokane (Bus passes) 509-326-7267

Spokane Transit 509-328-RIDE (7433)

Spokane Transit Paratransit 509-328-1552, TTY 509-327-6055

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

UTILITIES, TELEPHONE & CELL PHONE

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

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

New Hope Resource Center 509-467-2900

Our Place Ministries Spokane 509-326-7267

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

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

Spokane Valley Partners 509-927-1153 ext 21

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

Volunteers of America Emergency Assistance 509-624-2378

VETERANS SERVICES

County Veterans Coalition

Spokane County Veterans Services 509-477-3690

Spokane Veterans Center 509-444-8387

Veteran Service Organizations (VSOs):

American Legion

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

Community Resources for Spokane County, Washington - Compiled by 4People.org

- [Post 243, Spokane](#), 509-768-0103

[Disabled American Veterans](#)

- Chapter 6, Spokane, 509-535-9100

- Chapter 45, Spokane, 509-325-1720

[Marine Corps League](#)

- Detachment 586, Spokane, 509-624-9690

[Veterans of Foreign Wars](#)

- [Post 51, Spokane](#), 509-327-9847

- Post 1435, Spokane, 509-535-9315

- Post 1474, Spokane, 509-487-3784

- Post 2218, Spokane, 509-536-9193

- [Post 3067, Deer Park](#), 509-276-5761

- Post 3386, Airway Heights, 509-244-5219

- Post 5924, Elk, 509-292-8252

- Post 11325, Spokane, 509-536-1801

[Veterans Administration Medical Center](#) 509-434-7000

[Worksource Spokane Veterans Unit](#) 509-532-3100

YOUTH GROUPS & SERVICES

[4-H Spokane County](#) 509-477-2048

[Adolescent Health Transition Project](#) 206-685-1358

[Big Brothers/Big Sisters of the Inland Northwest](#) 509-328-8310

[Boy Scouts – Inland Northwest Council](#) 509-325-0932

[Camp Fire Inland Northwest](#) 509-747-6191 or 1-800-386-2324

[Crosswalk Youth Shelter](#) 509-838-6596

[Daybreak Teen Drug & Alcohol Program](#)

- Inpatient Program 509-624-3227

- Outpatient Spokane 509-444-7033

- Outpatient Spokane Valley 509-927-1991

[DSHS Division of Developmental Disabilities \(DDD\)](#) 509-329-2900

[DSHS Division of Vocational Rehabilitation \(DVR\)](#) 509-363-4700

[Easter Seals – Spokane Recreational Program](#) 509-326-8292

[Excelsior Youth Center](#) (substance abuse) 509-328-7041

[Girl Scouts – Eastern Washington & Northern Idaho](#) 509-747-8091

[Northeast Youth Center](#) 509-482-0708

[Odyssey Youth Center \(GLBTQA\)](#) 509-325-3637

[Spokane Youth Sports Association](#) 509-536-1800

[Tutor Hunt](#)

[YFA Connections](#) 509-532-2000

[YMCA of the Inland Northwest](#) 509-777-YMCA (9622)

[Youth Outreach \(Union Gospel Mission\)](#) 509-535-8510

[YWCA of Spokane](#) 509-326-1190

OTHER

A-1 Low Cost Spay, Neuter, Vaccination Clinic 509-926-4206

Community Resources for Spokane County, Washington - Compiled by 4People.org

[House of Charity - Support services for homeless](#) 509-624-7821

- Community Voice Mail
- Gear storage
- Laundry services
- Mailing address (P.O. Box 2253 Spokane, WA 99210)
- Phone use ~ for calling providers (e.g. doctor, clinic, attorney, case manager, DSHS)

[National & Washington State Hotlines & Websites](#)

[Pet-Savers Low Cost Spay & Neuter Clinic](#) 509-924-7826

Special Mobility Services (foreign language interpreters) 1-800-892-4817 or 509-534-9760

[AT & T Language Line](#) 1-800-628-8486

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