

**SVdP CONFERENCES
CITY OF SPOKANE &
SPOKANE VALLEY**

St. Anthony

2320 N. Cedar St.
Spokane 99205
Parish office: 509 327-1162
Conference duty phone: 509 216-1093
<https://sasvdpspokane.wordpress.com/>

Mary Queen

3423 E. Carlisle Ave.
Spokane 99217
Conf. duty phone: 509-671-6424
Conf. food requests: 509-720-4892
Do NOT call the parish office

St. Francis of Assisi

1104 W. Heroy St.
Spokane 99205
Conference duty phone:
509 202-8331

St. Thomas More

505 W. St. Thomas More Way
Spokane 99208
Parish office: 509 466-0220
Parish office hours:
M-F 8:00 am-4:00 pm
Conference duty phone:
509 466-3811

St. Mary

304 S. Adams Rd.
Spokane Valley 99216
Conference duty phone:
509 362-7621
www.oursvdpc.com

**SPOKANE AREA
RESOURCE GUIDE
2024**

Public Information



**SOCIETY OF
ST. VINCENT de PAUL
District Council of Spokane**

**P.O. Box 2906
Spokane, WA 99220-2906**
www.svdpspokane.com

“Charity must be well organized to be effective.” Vincent de Paul

Let us do things in a decent and orderly manner. 1 Cor. 14:40

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ADDRESS/PROPERTY SEARCH

www.spokanecounty.org/pubpadal/ type in address

AUTOMOTIVE MAINTENANCE

Spokane Community College

(diagnostics & minor repair on vehicles newer than 10 yrs. NO engine or transmission work)
509 533-7100

CAREER COUNSELING, MENTORING & PREPARATION

AARP Senior Employment

(55 & older, low income; bring skills up to date)
509 325-7712

Career Path Services

(no fee nonprofit employment & training)
10 N. Post, Spokane; 509-326-7520
www.careerpathservices.org

Career Transitions

(Spokane Community College)
509 533-4600
www.scc.spokane.edu>Get-Short-Term-Job-Training

Community Colleges Institute for Extended Learning - GED Preparation

(ages 19 and up)
509 533-4600
www.iel.spokane.edu

Next Generation Zone

(FREE GED prep/test - low income; ages 16-24)
901 E. 2nd., Spokane 509 340-7800
www.nextgenzone.org

Spokane County Libraries

www.sclcd.org (job seeker resources)

WorkSource Spokane

www.worksourcespokane.com
509 532-3120 M-F 9 am-5 pm
130 S. Arthur St., Spokane 99202

YWCA Opportunity Center

509 326-1190
930 N. Monroe St., Spokane
www.ywcaspokane.org

CASE MANAGEMENT SERVICES

Case management/chronic mental health issues:
Frontier Behavioral Health 509 838-4651
Inland Northwest Behavioral Health 509 992-1888
Spokane County Regional Behavioral Health
509 477-5722
Catholic Charities 509 867-8188

Case management to help seniors:
Spokane Elder Services 509 458-7450
Senior housing 509 459-6102
Spokane Social Services 509 501-2233

CELL PHONE ASSISTANCE

Assurance Phone Program

1 888 321-5880
www.assurancewireless.com

Lifeline

Matt/Spokane County Resource Center
2nd Flr., WorkSource, 130 S. Arthur, Spokane
T/W/Th 10 am-1 pm
At PartnersINW, 10814 E. Broadway, Spokane Valley
2nd & 4th Monday, 10 am-1 pm
509 867-8188

SafeLink Wireless

1 800 723-3546 Text HELP 611611
NOTE: need to have shipping address
www.safelinkwireless.com

CHILDREN'S NEEDS

Childbirth & Parenting Assistance (CAPA) Pregnancy & Parenting Support (PREPARES)

(Administered by Catholic Charities)
(pregnancy to child's 5th birthday; diapers, clothing,
counseling)

[Children's Needs. cont.](#)

25 W. 5th Ave., Spokane
509 455-4986

**Children's Home Society of WA
Parents As Teachers**

(FREE home visiting program; pregnancy to age 3)
509 747-4274

**Martin Luther King Family Outreach Center
(East Central Community Center)**

500 S. Stone St., Spokane
509 323-2830 / 868-0856 www.mlkspokane.org

Mission Community Outreach Center

(diapers; check in August for back-to-school shoes)
1906 E. Mission Ave., Spokane
509 536-1084 mcocspokane@gmail.com

Northeast Community Center

4001 N. Cook St., Spokane
509 487-1603 www.necommunitycenter.com

PartnersINW

(diapers/wipes; clothing; layettes for newborns)
10814 E. Broadway Ave., Spokane Valley
509 927-1153 www.partnersINW.org

Pregnancy & Parenting Support (PREPARES)

(pregnancy to child's 5th birthday; diapers & clothing)
(Lambs Closet)
304 S. Adams Rd., Spokane Valley
509 928-3210, Ext. 152

Salvation Army Backpacks for Kids

(check for August date)
www.spokane.salvationarmynw.org/spokane/backpacks-for-kids-spokane

Soul to Soles

(new shoes & socks for preschool children enrolled in federal/state preschool programs, ECEAP centers)
www.soultosoles.org

Vanessa Behan Crisis Nursery

(diapers/wipes & formula once a month; overnight crisis nursery)
2230 E. Sprague Ave., Spokane
509 535-3155 www.vanessabehan.org

Women, Infants, Children Supplemental Food Program (WIC)

www.wicspokane.org

Downtown Spokane-SRHD

1101 W. College Ave.
509 324-1620

North Spokane

5901 N. Lidgerwood St., #224
509 323-2818

Spokane Valley

12213 E. Broadway Ave, 2nd Fl.
509 323-2800

West Central Community Center

1101 W. College Ave.
509 323-7497

Lambs Closet @ St. Mary Catholic Church

509-928-3210 Ex. 110 - leave a message

CLOTHING BANKS

NOTE: days & hours vary; call for information. May require proof of address.

City Gate Spokane

170 S. Madison St., Spokane
509 455-9670 www.thecitygate-spokane.org

Dream Center Resource Center

2128 N. Pines Rd., #2, Spokane Valley
509 926-7878 www.spokanedreamcenter.org

Mission Community Outreach Center

(clothing; diapers; hygiene products)
1906 E. Mission Ave., Spokane
509 536-1084 mcocspokane@gmail.com

Off-Broadway Family Outreach

2225 W. Mallon, Spokane
509 998-2630 www.offbroadwaylighthouse.com

**Opportunity Christian Fellowship
Klothes Kloset**

1313 S. Pines Rd., Spokane Valley

[Clothing Banks, cont.](#)

509 926-2673 www.opportunitychristianfellowship.org

Our Place Ministries

1509 W. College Ave., Spokane

509 326-7267 www.ourplacespokane.org

Peaceful Valley Community Center

214 N. Cedar St., Spokane

509 624-8634

Serve Spokane

(assists 99208 zip code)

8303 N. Division St., Spokane

509 998-5722 www.servespokane.org

PartnersINW Clothing Bank

M-F 10 am-3 pm

10814 E. Broadway Ave., Spokane Valley

509 927-1153 www.partnersINW.org

Union Gospel Mission (UGM)

1224 E. Trent Ave., Spokane

509 535-8510 www.uniongospelmission.org

YWCA- Spokane

930 N. Monroe St., Spokane

509 777-9622 www.ywcaspokane.org

DISASTER RELIEF

www.DisasterAssistance.gov (FEMA)

DOMESTIC VIOLENCE HELP

YWCA Alternatives to Domestic Violence

930 N. Monroe St., Spokane

509 326-2255 (24-hr. hotline)

509 789-9297 (counseling)

509 326-1190 (general counseling)

www.ywcaspokane.org

DAY DROP-IN CENTERS

City Gate

(T-F 10:00 am-3:00 pm)

170 S. Madison St., Spokane

509 455-9670 (leave message)

www.thecitygatespokane.org

Compassionate Addiction Treatment

(M-T-Th-F 8 am-6 pm; W 8am-5 pm)

168 S. Division, Spokane

509 919-3362

www.catspokane.org

Cup of Cool Water

(serves ages 14-24)

1106 W. Second, Spokane

M-Th 12-3 pm; T/Th 6:30-8:30 pm; F 10 am-1 pm

509 747-6686 www.cupofcoolwater.org

One Heart

(day services for kindergarten-8th grade)

1827 E. Pacific Ave., Spokane

M & Th 3-8 pm; W 5:30-8:30 pm

509 724-7396 www.contact@oneheartspokane.com

(complete online application)

ELDER NEEDS

Adult Protective Services

1-800-459-0421 www.dshs.wa.gov

Catholic Charities of Eastern Washington

(senior services)

509 459-6184 www.cceasternwa.org

Community Living Connections (CLC)

(Aging & Long Term Care of Eastern Washington

(ALTCEW)

(information, referrals & assistance in Spokane

County for seniors & disabled)

509 960-7281 - aging & disabilities helpline

www.altcew.org

Family Caregiver Support Program

www.dshs.wa.gov.altsa.caegiver-resources

EMERGENCY SHELTERS

www.ShelterMeSpokane.org displays timely data inputted directly by regional shelter providers and includes a time stamp as to when the provider last updated the information

Adults; Couples

Trent Resource & Assistance Center

(City of Spokane-Salvation Army)
24/7 check in-meals; beds; showers; laundry;
counseling(take #32 STA bus, Trent & Havana)
4320 E. Trent, Spokane 509 534-5895

Families

Open Doors

(administered by Family Promise)
(Emergency Day Shelter 7:30 am-7:30 pm)
2002 E. Mission Ave., Spokane
509 747-5487 www.familypromiseofspokane.org

Rising Strong

(family with court referral) 509 960-8632

St. Margaret's Shelter

(must be prescreened thru HFCA 509 325-5005)
509 624-9788 www.cceasternwa.org

Women and Children

Union Gospel Mission (UGM)

Crisis Shelter for Women and Children

(prospective clients check in ANY TIME)
1515 E. Illinois Ave., Spokane
509 535-0486 www.uniongospelmission.org

Women's Recovery at Anna Ogden Hall

(Union Gospel Mission program)
2828 W. Mallon Ave., Spokane
509 327-7737 www.uniongospelmission.org

Single Women, Nighttime (sleeping) Shelter

House of Charity

(accepts people in any condition, including mentally ill and intoxicated; may bring a pet; limited occupancy)

32 W. Pacific Ave., Spokane
509 624-7821 www.cceasternwa.org/house-of-charity

Hope House for Women Volunteers of America (VOA)

312 W. 8th Ave., Spokane 509 477-4624
www.voaspokane.org/hope-housing

Single Women; Daytime Shelters

Women's Hearth

920 W. 2nd Ave., Spokane (showers)
509 455-4249 M 9 am-1:30 pm; T 9 am-3:30 pm;
W 9 am-1:30 pm; Th 9 am-3:30 pm; F 9 am-1:30 pm
www.help4women.org/programs/womens-hearth

Our Place Ministries Spokane

(laundry facilities, personal hygiene items)
1509 W. College Ave., Spokane
509 326-7267 www.ourplacespokane.org

Teens/Young Adults

Crosswalk Teen Shelter

(ages 13-17)
525 W. 2nd Ave., Spokane
509 838-6596 www.crosswalk@voaspokane.org

Cup of Cool Water (CCW)

(ages 14-24)
1106 W. 2nd Ave., Spokane
509 747-6686 www.cupofcoolwater.org

Young Adult Shelter

(18-24 all genders/identities welcome 24/7;
shelter, clothing, case management)
3104 E. Augusta Ave, Spokane
509 309-3744
www.ldavis@voaspokane.org

Single Men

House of Charity

(accepts people in any condition, including mentally ill and intoxicated; may bring a pet; limited occupancy)

FOOD BANKS

Emergency Shelters, cont

32 W. Pacific Ave., Spokane
509 624-7821 www.cceasternwa.org/house-of-charity

Open Door

2002 E. Mission Ave., Spokane
509 723-4663 www.familypromiseofspokane.org

Trent Resource & Assistance Center

(City of Spokane-Salvation Army)
(24/7 check in-meals; beds; showers; laundry; counseling)(take #32 STA bus, Trent & Havana)
4320 E. Trent, Spokane
509 534-5895

Truth Ministries

(50 men per night)
1910 E. Sprague, Spokane 99202
509 456-2576
www.truthministriesspokane.org

Union Gospel Mission (UGM)

(sobriety preferred, subject to breathalyzer test and must attend religious services)
1224 E. Trent Ave., Spokane
509 535-8510 www.uniongospelmission.org

EVICTION ADVICE/COUNSELING

Landlord Mitigation Program: www.commerce.wa.gov/serving-communities/homelessness/landlord-fund-programs/landlord-mitigation-program

Spokane County Bar Association - Volunteer Lawyers Program 509-477-2674 www.spokanevlp.org ; Julie Griffith 509 477-2657 or www.spokanebar.org
1116 W. Broadway, 4th Floor Annex, Spokane WA

SNAP: eviction info www.snapwa.org/evictionprocess/

Tenants Union of WA State
www.tenantsunion.org/rights/landlord-illegal-acts

NOTE: call for zip codes served; day and hours may vary. May require picture ID, current proof of address and social security cards for household members. Must be over 18.

American Indian Community Center

(assists 99202 zip code)
1025 W. Indiana, Spokane
509 535-0886 www.aiccinc.org
T, 1:30 to 4:30 p.m; W-F 8:30 a.m. to Noon and 1:30 to 4:30 p.m.

Audubon Park Methodist Church

(assists 99205 zip code)
3908 N. Driscoll Blvd., Spokane
509 325-4541 www.aububonpar-kumc.org
2nd & last Tues 9:30-12:30

Better Living Center

25 E. North Foothills Dr., Spokane
(serves 99205, 99207, 99208, w/ID)
509 325-1258
www.renewspokane.org/better-living-center.org
T 9-12/1-4; Th 9-1

Calvary Baptist Soup Kitchen

203 E. 3rd Ave., Spokane
509 747-8793 Sat. 9 am-12 pm

Caritas Outreach Food Bank

(by appointment)
1228 W. Nebraska, Spokane
509 326-2249 www.caritasoutreachministries.org
By appointment

City Gate

170 S. Madison St., Spokane
509 455-9670 M/T/Th/F 10:30 am-1:30 pm;
W 10:30-11:45 am
www.thecitygatespokane.org

Dream Center

2128 N. Pines Rd., Ste. 1, Spokane Valley
509 926-7878 www.spokanedreamcenter.org
T 12:30-3; Th 11:30-1

[Food Banks, cont.](#)

East Central Community Food Bank

(managed by Martin Luther King Center)

500 S. Stone St., Spokane

509 868-0856 M-W-F 1:00-3:00 pm

Food for Kidz

Eastpoint Church Warehouse

15303 E. Sprague, Spokane

6009 N. Haye Newman Lake

509 868-9262 www.foodforkidz.org

Mead Food Bank

12509 N. Market St., Mead

509 979-2005

Sun. 4-5 pm; Wed. 4-7 pm

www.sites.google.com/view/meadfoodbank-org/home

New Hope Ranch

2524 E. Queen Ave., Spokane

509 954-5145

www.newhoperesource.org/

M 12-2 pm; W 12-2 pm (pantry & meal);

F 5-6 pm dinner only

North Bridge Food Bank

22421 E. Euclid Ave., Otis Orchards

509 726-0402 www.northbridge.life/foodbank

Th 1-3:30 pm

Northeast Food Pantry

4520 N. Crestline St., Spokane

509 290-5691 www.NWconnect.org

T 11 am-1 pm; Th 9-11 am

Off-Broadway Family Outreach

2225 W. Mallon, Spokane

509 998-2630 www.offbroadwaylighthouse.com

M-W-Th 1:30-3 pm

Opportunity Christian Fellowship

1313 S. Pines Rd., Spokane Valley

509 926-2673 W-Th 10-2

www.opportunitychristian-fellowship.org

Otis Orchards Food Bank

4308 N. Harvard Rd., Otis Orchards

509 720-8606 T 10 am-2 pm

Our Place Food Bank

1509 W. College Ave, Spokane

509 326-7267 www.ourplacespokane.org

W 4-6 pm; Th 10 am-12:30 pm

Partners INW

Serving all zip codes; Mon-Fri 9 am-3 pm

10814 E. Broadway Ave., Spokane Valley

509 927-1153 (no appt. necessary)

www.partnersINW.org

Resource Center of Spokane County

130 S. Arthur, Spokane

509 867-8188

www.spokaneresourcecenter.org/

T 9 am-12 pm; Th 9 am-12 pm

Salvation Army Food Bank

(assists all zip codes)

204 E. Indiana Ave., Spokane

509 325-6821 www.spokane.salvationarmy.org

M-F 9-5 (last check-in 4:15)

2nd Harvest Mobile Market

(call for locations & dates)

509 252-6270 509 534-6678

www.2-harvest.org

Serve Spokane

(assists 99208 zip code)

8303 N. Division St., Spokane

509 998-5722 www.ServeSpokane.org

T-Th 1-3; 2nd/4th Sat. 9-12

Southside Food Pantry

2934 E. 27th Ave, Spokane

509 535-2301; Sat. 11 am-12 pm

Southwest Spokane Community Center

310 S. Spruce St., Spokane

509 624-8634 www.swspokanec.com

M-F 7:30 am-5:30 pm

Spear Ministries

1905 E. Pacific Ave. Spokane

509 534-2151

www.facebook.com/spearspokane/

T-Wed. 3-4 pm

[Food Banks, cont.](#)

Spokane Valley Assembly of God

15618 E. Broadway Ave., Spokane Valley
509 924-0466 www.valleyassembly.org/outreach
Wed. 4-5:30 pm; Th. 5-6:30 pm

Westminster Presbyterian Church Food Bank

2705 W. Boone Ave., Spokane
509 329-0351 westpresby@gmail.com
WF 11-1:45

[FREE MEAL SITES](#)

City Gate

170 S. Madison St., Spokane
509 455-9670 www.thecitygate-spokane.org
Sat. 8; T-F 12:30; WFS 7:30 pm

Crosswalk for Teens

525 W. 2nd Ave., Spokane
Every day 9-9:30 am; 12-12:30 pm; 6-6:30 pm
509 838-6596 www.crosswalkvoaspokane.org

House of Charity

32 W. Pacific Ave., Spokane
Everyday 7:30-8:30 am; 11:30 am
(current residents only)
www.cceasterowa.org

New Hope Ranch

2524 E. Queen Ave., Spokane
509 954-5145
www.newhoperesource.org/
M 12-2 pm; W 12-2 pm (pantry & meal);
F 5-6 pm dinner only

Off-Broadway Family Outreach

W. Broadway Ave. & N. Nettleton St., Spokane
509 998-4096 509 998-2630
M 6 pm www.offbroadwaylighthouse.com

Women & Childrens' Free Restaurant

(free meals; free groceries; W 12-2 pm)
1408 N. Washington St., Spokane
509 324-1995 <http://www.wcferspokane.org>

[FURNITURE/HOUSEHOLD ITEMS](#)

NOTE: days & hours vary, call for information

Caritas Outreach Ministries

1612 W. Dalke Ave., Spokane (by appt.)
509 326-2249 www.caritasoutreachministries.org

Blessing & Beyond

Call Tom 509-201-9873 for inquiries on furniture
& household items

Global Neighborhood Thrift

919 E. Trent, Spokane
509 868-0001 www.qnthrift.com
S-F 10am-7pm Sat.10am-5pm
employing/helping refugee community

HRC Ministries

14415 E. Sprague Ave., Spokane Valley
509-868-4768 www.hrcministries.com
Mon-Sat 10am-6pm (veterans shop free)

Mission Community Outreach Center

1906 E. Mission Ave., Spokane 509-536-1084
www.4mission.org hygiene & household items only

**Opportunity Christian Fellowship
(Klothes Kloset)**

1313 S. Pines Rd., Spokane Valley
509 926-2673 WTh 10-2
www.opportunitychristian-fellowship.org

Our Place Ministries

1509 W. College Ave., Spokane
509 326-7267 www.ourplacespokane.org

Salvation Army Family Services

204 E. Indiana Ave., Spokane
509 325-681 www.spokane.salvation-army.org

[HEALTH CARE ASSISTANCE](#)

Children's Home Society of WA

(child and family counseling birth to age 21)
509 747-4174 www.childrenshomesociety.org

[Health Care Assistance. cont.](#)

**Community Health Association of Spokane
(CHAS)**

(call for medical & dental clinic locations)
509 444-8200; 1-866 418-1002 24/7 advice hotline
www.chas.org

Counseling

(thru Catholic Charities of Eastern Washington)
509 242-2308

**Frontier Behavioral Health/Spokane Mental Health
Services “First Call For Help”**

107 S. Division Ave., Spokane
509 838-4428
1-877 266-1818 24/7 hotline www.fbhwa.org

Providence House of Charity Outreach Clinic

32 W. 2nd Ave., Spokane
509 626-9825 www.providence.org

**WA Department of Social and Health Services
(DSHS)**

1-877 501-2233 Mon-Fri 8:00 am-5:00 pm
www.dshs.wa.gov

DSHS Community Services Offices (CSO)

1313 N. Maple St., Spokane
509 227-2500 Mon-Fri 8:00 am-5:00 pm
or
8517 E. Trent, Ste. 101, Spokane
509 227-2770 www.dshd.wa.gov

**Spokane District Dental Society Foundation
(IDEA Clinic)**

4001 N. Cook St. (Spokane NE Community Cntr.)
509 482-4332
www.sddsfoundation.org

Spokane Scottish Rite

FREE medical equipment loan closet--no delivery
509 624-5491 www.scottishritewa.org

Native Project

1803 W. Maxwell Ave., Spokane
509 624-5491 M-F 8 am-5 pm
www.nativeproject.org

Union Gospel Mission (UGM)

1224 E. Trent Ave., Spokane
509 483-8735 www.uniongospelmission.org

**HOMELESSNESS PREVENTION
(Affordable Housing)**

Carl Maxey Center

3114 E. 5th, Spokane
509 795-1886
www.carlmaxeycenter.org
M-F 9 am-5 pm

Catholic Charities Eastern Washington

12 E 5th Ave., Spokane
509 456-2279
www.cceasternwa.org

Diversion/Empowered Solutions (CCEW)

975 E. Foothills, Bldg. A., Spokane
509 325-5005
(maintains comprehensive list of local
affordable housing)
www.diversion@cceasternwa.org

**Homeless Families Coordinated
Assessment (HFCA) –**

Homeless Resources (walk in)
975 E. North Foothills, Bldg. A
SW corner of Gonzaga Family Haven
509 325-5005 - walk in Tues-Thurs 8 am-3 pm
www.cceasternwa.org/homeless-resources

Centralized Diversion Fund (CDF)

A Way Home-for persons aged 12-24 experiencing
housing instability or uncertainty.
<https://awayhomewa.org/category/centralized-diversion-fund>
or contact Julius Henricksen at
jhenricksen@voaspokane.org

**Homeless Singles Coordinated Assessment
(Administered by SNAP)**

Call for walk-in hours. Appts. M-W and F 8:00
am-4:30 pm; Th 10:30 am-4:30 pm
212 S. Wall St., Spokane
509 456-7627 (closed 12-1 pm)

[Homelessness Prevention. cont.](#)

Housing Homeless Women With Children

Naomi

(women must be at least 18; wait list)
11302 E. Broadway Ave., Spokane
509 926-6492 www.naomicommunity.org

Housing Homeless Teen Moms With Children

GraceSon Foundation

509 309-7155 www.gracesonhousingfoundation.org

Homeless Outreach

PartnersINW - Outreach Specialist-Amanda Boyer
10814 E. Broadway, Spokane Valley
509-666-6325 www.amandaB@partnersINW.org
Outreach Officer 509-723-6667

Spokane Neighborhood Action Partners (SNAP)

www.snapwa.org rental assistance

HOME REPAIR & WEATHERIZATION

Spokane Neighborhood Action Partners

SNAP

(minor home repairs, income-based, for homeowners residing in that home; weatherization tips for homeowners or landlords)

509 456-7627 www.snapwa.org

INTERPRETERS

Marshallese: Jimmy Jacobs 509 998-9335

Russian: Olga Kushnerchuk 509 598-0413

Spokane Resource Center:

www.spokaneresourcecenter.org

LATINO RESOURCE

Latinos en Spokane

Monthly food market; translation help; various inc. utility and rental assistance when grant funds are available. For information contact 509 558-9359 or <http://www.latinosenspokane.org>

LAUNDRY/SHOWERS

Cup of Cool Water

(detergent & hygiene products)
1106 W. 2nd Ave., Spokane (13-22 yrs.)
509 747-6686
T-W-Th 1 pm-4 pm; T/Th 7 pm- 9:30 pm

Our Place Ministries Spokane

(laundry only, personal hygiene items)
1509 W. College Ave., Spokane (18 yrs-older)
509 326-7267 www.ourplacespokane.org

Union Gospel Mission

(showers only; detergent & hygiene products)
1224 E. Trent, Spokane
509 535-8510 M-F 9 am-2 pm

Women's Hearth

(showers only; detergent & hygiene products)
920 W. 2nd Ave., Spokane 509 455-4249
M 9 am-1:30 pm; T 9 am-3:30 pm; W 9 am-1:30 pm;
Th 9 am-3:30 pm; F 9 am-1:30 pm

City of Spokane/Salvation Army

(showers/laundry; adults)
4320 E. Trent, Spokane 509-534-5895

LEGAL ASSISTANCE

Carl Maxey Center

3114 E. 5th, Spokane
509 795-1886
Assistance with eviction proceedings
www.carlmaxeycenter.org
M-F 9 am-5 pm

Columbia Legal Services

(statewide resources available)
101 Yesler Way, Ste. 300, Seattle 98104
206-464-5911; 1-800-542-0794
www.columbialegal.org

Family Court Facilitator Project

Spokane County Courthouse, 1116 W. Broadway
509 477-7612

[Legal Assistance, cont.](#)

Gonzaga University Legal Assistance

(assists low income persons 60 and older)

721 N. Cincinnati St., #10, Spokane

509 313-5791

www.gonzaga.edu/school-of-law/clinic-centers/law-clinic

Volunteer Lawyers Program

Spokane County Bar Assn. (VLP)

Northwest Justice Project/CLEAR

(coordinated legal education, advice & referral)

1-888-201-1014 Mon-Fri 9:15 am-12:15 pm

www.nwjustice.org/clear-online

If unable to reach CLEAR contact 509 324-9128;

Family Law with Volunteer Lawyers Program (VLP)

509-477-6123; Eviction Defense Service 855-657-8387

U. S. Department of Veterans Affairs

1-877 424-3838

www.va.gov/HOMELESS/NationalCallCenter.asp

Mann-Grandstaff VA Medical Center

509 434-7000 or 1-800 325-7940 (24/7)

www.spokane.va.gov

**Free Handyman for Disabled Veterans/
Veterans Thrift Store**

4507 W. Wellesley, Spokane

509 290-6891 everyday-10am-6pm

Supportive Services for Veteran Families (SSVF)

505 E. 3rd Ave., Spokane

509 828-2449 www.discovergoodwill.org

**MILITARY & RETIRED MILITARY
RESOURCES**

**Fairchild Air Force Base Airman and
Family Readiness Center**

92 FSS/FSF

Non-retired veterans NOT eligible

509 247-2246

www.fairchildfamilysupport.org

(type "emergency assistance" in search box)

Army Career Employment Specialist

509 247-7918

**Department of Housing & Urban Development
& VA's Supportive Housing (HUD-VASH)**

509 462-2500

Spokane County Regional Veteran Services

(honorable discharge ONLY)

1111 N. Evergreen Rd., Spokane Valley

509 477-3690

www.spokanecounty.org/Veteran

Spokane Vet Center

(free counseling services; administered by VA)

13109 E. Mirabeau Parkway, Spokane Valley

509 444-8387 or

1-877 927-8387 (for assistance after hours)

MISC RESOURCES

**Community Court at the
Spokane Public Library**

906 W. Main, Spokane

Call for current hrs: 509-625-4146

Also at: Community Court East Central –
first and third Tuesdays, 9 a.m.; MLK Jr. Community
Center, 500 S. Stone St.; Community Court Northeast
– second and fourth Tuesdays, 9; Northeast
Community Center, 4001 N. Cook Street

Needle Exchange

1101 W. College Ave., Spokane

MOBILE FOOD BANKS

Second Harvest of the Inland Northwest

1234 E. Front, Spokane

534-6678 www.2-harvest.org

Call/check for times/locations

**MONEY MANAGEMENT
WORKSHOPS**

Protective Payee Programs

Goodwill 509 344-0263

[Money Management Workshops. cont.](#)

Spokane Neighborhood Action Partners-SNAP

(money management, foreclosure prevention & more)

500 S. Stone St., Spokane 509 456-7627

www.snapwas.org

NATIVE AMERICAN RESOURCES

(services for tribal & non-tribal community members)

American Indian Community Center

1025 W. Indiana., Spokane

509 535-0886 www.aiccinc.org

M-F 8:30 am-5 pm

Native Project

1803 W. Maxwell Ave., Spokane

509 483-7535 medical

509 483-8735 dental

www.nativeproject.org

Camas Path

934 S. Garfield Rd.

Airway Heights, WA 99001

509 789-7630

www.kalispeltribe.com

Vocational Rehabilitation Program

Spokane Tribe

NOTE: serves enrolled members of federally recognized tribes with documented disabilities

[Native American Resources. cont.](#)

509 258-7502 or www.annan@SpokaneTribe.com

www.spokanetribe.com

**NEIGHBORHOOD/
SOCIAL SERVICE CENTERS**

(food banks are limited to neighboring zip code areas)

Martin Luther King Family Outreach Center

(East Central Community Center)

(food bank; GED classes; SNAP foreclosure prevention & more)

500 S. Stone St., Spokane; 509 868-0856

www.mlkspokane.org

Northeast Community Center

(SNAP energy appt., ECEAP & Head Start, Community Health)

4001 N. Cook St., Spokane

509 487-1603

www.necommunitycenter.com

Northeast Youth Community Center

(food programs: evening during school & summer)

3004 E. Queen Ave., Spokane

509 487-1603

www.necommunitycenter.com

Southside Community Center

(food bank, blood pressure clinic)

3151 E. 27th Ave., Spokane

509 535-0803

www.southsidecc.org

Southwest Spokane Community Center

(food bank open Fridays)

310 S. Spruce St., Spokane

509 624-8634

www.swspokanecc.com

West Central Community Center

(Head Start/Early Learning Center)

1603 N. Belt St., Spokane

509 326-9540

www.westcentralcc.org

Spokane Resource Center:

A HUD EnVision Center

(one-stop social services center; no appt. required)

130 S. Arthur St., 2nd Floor, WorkSource Bldg.

509 867-8189

PAID LEAVE

WA Paid Family & Medical Leave

www.paidlaw.wa

PET NEEDS

Humane Society Spokane

(free dog and cat food)

6607 N. Havana St., Spokane

509 467-5235

[Pet Needs. cont.](#)

PartnersINW

10814 E. Broadway, Spokane Valley
509 927-1153 M-F 9-3 www.partnersINW.org

NOTE: Meals-On-Wheels clients do not need to share meals with pets. Free cat and dog food may be available.

Meals-On-Wheels

509 456-6597 Spokane www.mowspokane.org

Meals-On-Wheels

509 924-6976 Greater Spokane County
www.gscmealsonwheels.org

REFUGEE SERVICES

Spokane - World Relief

1522 N. Washington, #204, Spokane
509 484-9829
www.worldrelief.org

THRIVE International

110 E. 4th Ave., Spokane
509 553-5606
www.thriveint.org

RENTERS GUIDANCE

(see also Homelessness Prevention;
Resource Navigators)

Responsible Renters Program

(facilitated by YWCA of Spokane)

Classes to understand getting and keeping housing.
509 789-9281

Spokane Forward

Spokane rental assistance resource
www.forwardplatform.com 800-819-9785

REPORT ABUSE OR NEGLECT

Adult Protective Services

(report suspected abuse, neglect or

exploitation of a vulnerable adult)
1-800 459-0421 www.dshs.wa.gov

**WA Department of Social & Health
Services (DSHS)**

(report suspected abuse or neglect of child
or vulnerable adult)

1-866-ENDHARM (1-800 866 363-4276)
www.dshs.wa.gov

**Call 911 if a child or adult is in an emergency
situation.**

RESOURCE NAVIGATORS

(assistance in finding current resources for rent,
utilities, gas vouchers, etc.)

211 or 877-211-WASH (9274)
www.wa211.org or text 18772119274

Health & Justice Recovery Alliance

P.O. Box 9895, Spokane 99209
509 294-3892
[www.c pacheco jones healthjustice recovery
alliance.org](http://www.c pacheco jones healthjustice recovery alliance.org)

REVIVE - Housing Specialists

901 N. Monroe St., Spokane 99201
509-413-2950 www.ReviveSpokane.com

SNAP - Community Resource Hub

456-SNAP www.snapwa.org

Spokane Valley Community Advocates

509-312-7869 sv.communityadvocates@gmail.com

RIDES FOR 65+/DISABLED PERSONS

SNAP-Neighbors on the Go; for medical
appointments; 48-hr. notice required; 509 319-3050 to
leave information/dispatcher will return call

SOCIAL SECURITY ADMINISTRATION

714 N. Iron Bridge Way, Ste. 100, Spokane 99202
1-800-772-1213 1-866-3315532
www.ssa.gov

TENANT ADVOCACY

Spokane Center for Independent Living (SCIL)

8817 E. Mission, Ste. 106, Spokane Valley
509 326-6355 www.wasilc.org

Spokane County Bar Association - Volunteer Lawyers
Program www.spokanevlp.org

Julie Griffith 509 477-2657 or www.spokanebar.org
1116 W. Broadway, 4th Floor Annex, Spokane WA

SNAP: eviction info www.snapwa.org/evictionprocess/

Tenants Union of WA State

206 723-0500 hotline
509 464-7620 call for other locations
www.tenantsunion.org/rights/landlord-illegal-acts

UTILITIES ASSISTANCE

Audubon Park Methodist Church

(assists 99205 zip code)
509 325-4541 www.audubonparkumc.org

Avista

1411 E. Mission Ave., Spokane 99252-0001
1-800 227-9187 (dial "0" or say "agent")
www.avistautilities.com

AvistaCares

(Customer Assistance & Referral) 509 495-4074
Do not share ph number with neighbors

Cancer Care

(national organization assisting those with cancer)
1-800 813-4673

Caritas Outreach Ministries

(assists North of Montgomery, West of Division)
1612 W. Dalke Ave., Spokane (Spokane Friends
Church)
509 326-2249 www.caritasoutreachministries.org

Catholic Charities Eastern Washington

509 455-4963 emergency hotline 509 358-4250 main
number www.cceasternwa.org

211 Washington Information Network

211 or 1-877 211-9274 Mon-Fri <http://wa211.org>

Crisis Response-211

Washington Information Network

211 or 509 838-4651 or 509 838-4128 or
509 838-4428 M-F

Holy Cross Lutheran Church

(assists North of Sprague, East of Division)
509 483-4218 www.holycrosslcms.net

Martin Luther King Family Center

(assists 99202 zip code)
500 S. Stone St., Spokane
509 455-8722 family services dept.
www.mlkspokane.org

New Hope Resource Center

(assists Hawthorne Rd. to Chattaroy)
4200 E. Colbert Rd. 509 467-2900
www.newhoperesource.org

Our Place Ministries Spokane

(assists South of Montgomery, West of Division)
509 326-7267 www.ourplacespokane.org

Partners INW

(assists Spokane Valley customers)
(call to discuss necessary documents)
10814 E. Broadway, Spokane Valley
509 927-1153, Ex. 120 M-F 8 am-4 pm
www.partnersINW.org

Real Life Ministries

10101 N. Nevada Spokane
509 466-1214 www.wearereallife.com

St. John Vianney Church

(assists within parish boundaries)
503 N. Walnut Rd. 509 926-5428
T-W-Th 9 am-12 pm

Salvation Army Family Service Center

(call for hours & necessary documents; bring proof of
income within the last 30 days & shut off notice.)
204 E. Indiana Ave., Spokane; 509 325-6821

Utilities Assistance, cont.

Spokane City Utilities (water billing)
311 or 509 755-2489

Spokane Neighborhood Action Partners (SNAP)
509 242-2376 utilities appointments
409 456-7627 urgent heat assists
www.snapenergyassistance.org
CountyERAP@snapwa.org - rent assistance

SNAP Northeast
4001 N. Cook St., Spokane
509 456-7627

SNAP Armory
212 W. 2nd Ave., Spokane
509 456-7627

SNAP Spokane Valley
(Assists Havana St. to Idaho border.
energy appts)
10814 E. Broadway Ave., 2nd Flr,
Spokane Valley

Spokane Scottish Rite
(assists Avista customers only)
509 624-5491

Spokane Valley Community Advocates
(utility assistance; see Resource Navigators)
509-312-7869

WINTER WARMING CENTERS

NOTE: warming centers are usually open 8pm-7am on
nights when temperature is predicted to fall below 20 deg.

Families

Open Doors
(Administered by Family Promise)
Emergency Day Shelter 7:30 am-7:30 pm
904 E. Hartson Ave., Spokane 509 747-4663
www.familypromiseofspokane.org

Adult Men & Women

City of Spokane/Salvation Army
4320 E. Trent, Spokane
509 534-5895

Salem Lutheran Church
1428 W. Broadway Ave., Spokane
509 328-6280

Salvation Army Family Resource Center
213 E. Ermina Ave., Spokane
509 325-6810 www.spokane.salvationarmy.org

Single Women

**Hope House for Women
Volunteers of America (VOA)**
318 S. Adams, Spokane
509 217-7592 www.voaspokane.org/hope-house

RESOURCES OUTSIDE SPOKANE

NOTE: Call for information, as day & hours vary. Food banks may require picture ID, current proof of address, and Social Security cards for household members. Must be over 18.

Airway Heights

Airway Heights Baptist Church Food Bank

12322 Sunset Hwy., Airway Heights
509 244-2474 call for hrs. www.ahbc.us

Airway Heights Cleones Closet

13114 Sunset Hwy
509 321-7071 www.cleonescloset.com
M/F 12-2

Camas Path

934 S. Garfield Rd., Airway Heights
509 789-7630
www.kalispeltribe.com

SRHD WIC

(Womens, Infants, Children
Supplemental Food Program)
13120 W. 13th Ave., Airway Heights
509 244-9334
www.spokanewic.org

Cheney

Cheney Food/Outreach Services

616 3rd Ave., Cheney
509 235-8900 235-2325 www.cityofcheney.org
W 8:30 am-2 pm

SHRD WIC

(Womens, Infants & Children Supplemental Food
Program)
204 4th St., United Methodist Church
509 559-5839 www.spokanewic.org
Last M 5:30

Colbert

New Hope Resource Center

4211 E. Colbert Rd., Colbert
509 467-2900
T/Th 9:30 am-1:30 pm

Deer Park

GreenHouse Community Center

211 N. Fir, Deer Park
509 276-6897 www.greenhousedp.com
M-W-F 1 pm-3:45 pm

SHRD WIC

(Womens, Infants & Children
Supplemental Food Program)
113 E. 2d Ave, United Methodist Church
509 276-3770 www.spokanewic.org
Th 8:40 am-12 pm 1 pm-4:30 pm

Elk

North County Food Bank

40015A N. Collins Rd., Elk
509 292-2530
M 10 am-2 pm; W 8:30 am-12 pm

Fairfield

North Palouse Community Food Bank

(serving 99012, 99018, 99030 & 99039)
202 N. Railroad Ave., Fairfield WA
509 283-4250 npcfoodbank@gmail.com
2nd & 4th Sat. 9-11

Mead

Mead Food Bank

12611 N. Wilson, Mead
509 466-7068 509 979-2005
Sun. 4-5 pm; Wed. 4-7 pm
www.sites.google.com/view/meadfoodbank-org/home

Medical Lake

Medical Lake Food Bank

207 S. Washington St., Medical Lake
509 299-3819 F 10-12
www.medicallakecommunityoutreach.live.com

Spangle

Spangle Community Food Bank

305 E. 2nd Ave., Spangle
509 245-3206 4th W 2-3 pm

PROGRAMS DEFINED

AID TO FAMILIES WITH DEPENDENT CHILDREN (AFDC)

Aid to Families with Dependent Children (AFDC) was established by the Social Security Act of 1935 as a grant program to enable states to provide cash welfare payments for needy children who had been deprived of parental support or care because their father or mother was absent from the home, incapacitated, deceased, or unemployed.

APPLE HEALTH (MEDICAID) COVERAGE

In Washington State, Medicaid is called Apple Health. Apple Health provides preventative care, like cancer screenings, treatment for diabetes and high blood pressure, and many other health care services. Hca.wa.gov

MEDICAID

Medicaid is a state and federal program that provides health coverage for very low income.

MEDICARE

Medicare is a Federal program that provides health coverage if you are 65 or older or have a severe disability, no matter your income. *If eligible for both Medicare and Medicaid (dual eligible), one can have both working together to provide health coverage.*

SECTION 8 HOUSING

A locally administered, federally sponsored, voucher-based housing provision program.

Referral Vouchers: Currently, Spokane Housing Authority (SHA), the local Section 8 administrator, partners with the following community agencies to manage the program: Catholic Charities, DSHS ALTSA, Frontier Behavioral Health, Northeast Community Center, Transitions, Spokane County Supportive Living, Volunteers of America (VOA), World Relief, and YWCA.

As a requirement of waiting list status, or continued participation in the Housing Assistance Programs, changes in circumstances affecting income, employment, household size or composition, and other changes **MUST** be reported within 10 days of the change. Rent paid by the client is based on household income. Vouchers are granted using a lottery system. The recipient has to locate housing before the voucher expires.

Tenet-Based Housing Choice Voucher (HCV) is a 'portable' voucher that can be used with any property that meets HUD Housing Quality Standards (more info at portal.hud.gov).

Project-Based Vouchers are assigned to specific addresses. www.spokanehousing.org

SOCIAL SECURITY PAYMENTS

Social Security payments can be accessed in several ways. One is the Direct Express® card is issued by Social Security to access benefits. One does not need a bank account. It works like a debit card.

SOCIAL SECURITY DISABILITY INSURANCE

Social Security Disability Insurance pays benefits to you and certain members of your family if you are "insured," i.e., qualified for Social Security benefits based on sufficient work history and payment of Social Security taxes. Certain members of the insured's family may also qualify for benefits.

SUPPLEMENTAL SECURITY INCOME (SSI)

Supplemental Security Income (SSI), a Federal income supplement program funded by general tax revenues (*not* Social Security taxes) pays benefits based on financial need. To help aged, blind, and disabled people who have little or no income. Provides cash to meet basic needs for food, clothing, and shelter.

SPOKANE NEIGHBORHOOD ACTION PROGRAM (SNAP)

Spokane Neighborhood Action Program offers many housing related programs, including Financial Planning, Housing Counseling, Utility Assistance, Housing Improvements, and more.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

SNAP EBT Electronic Benefits Transfer (EBT), (commonly known as Food Stamps) is an electronic system that allows a recipient to authorize transfer of their government benefits from a Federal account to pay a retail account.

TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (TANF)

The Temporary Assistance for Needy Families program provides grant funds to states and territories to provide families financial assistance and related support services.

WOMEN, INFANTS, AND CHILDREN (WIC)

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infant and children up to age five who are found to be at nutritional risk.