

Spokane Area Resource List (Valley Services)

24 Hour Crisis Hotline

24/7 Regional CRISIS LINE 1-877-266-1818
Crisis Text Line 741741
Crisis Connections 1-877-500-9276
Suicide 24-Hour Crisis Line 1-866-427-4747

YWCA Alternatives to Domestic Violence

Call: (509) 326-2255 Text: (509) 220-3725
Email: help@ywcaspokane.org

WA Info Network

Dial: 2-1-1 or online: www.wa211.org

ANTI-TRAFFICKING HOTLINE

HRC Ministries 565-0698
<https://hrcministries.com/>

CLOTHING BANKS

Call for hours and their specific services.

City Gate 455-9670
Mission Community Outreach 536-1084
Our Place 326-7267
Peaceful Valley Community Center 624-8634
Spokane Valley Partners 927-1153
YWCA Our Sister's Closet 326-1190

CHILD CARE INFORMATION

DSHS Child Care Application 1-877-501-2233
Head Start / ECAP Administration 533-4800

CHILDREN

Catholic Charities 358-4250
Child Protective Services 1-866-END-HARM
(1-866-363-4276)
Children's Home Society 747-4174
DSHS Developmental Disabilities 329-2900
Division of Child & Family Services 363-3500
Family Law Center 477-2486
Guild School & Neuromuscular Center
326-1651
Head Start Info ccs.spokane.edu/Head-Start
Lutheran Community Services 747-8224
Mission Community Outreach 536-1084
Odyssey Youth Movement 325-3637
Partners with Families & Children 473-4810
Shriners Hospital for Children 455-7844
Vanessa Behan Crisis Nursery 535-3155
(Newborns to age 6, capacity – 14)
Vanessa Behan Resources 598-7490
(Diapers, Supplies, Etc)

CRIME RESPONSE

911
Crime Check 456-2233
Crime Stoppers 1-800-222-TIPS (8477)

DENTAL

ABCD for children abcd-dental.org
CHAS Clinic – Main Line 444-8200
To find nearest location:
chas.org/clinic-locations
Unify Community Health 326-4343
VA Medical Center 434-7000
NATIVE Project 483-7535

DISABLED SERVICES

Adult Protective Services 1-877-734-6277
email: apscentralintake@dshs.wa.gov
Aging & Long Term Care Office 458-2509
Helpline 960-7281
Volunteer Chore Services 459-6172
Meals on Wheels
Spokane 456-6597
Spokane Valley 924-6976
Paratransit 328-1552

DSHS / CSO

DSHS Call Center 1-877-501-2233
EBT Card (replacement) 1-888-328-9271
Provider One (replacement) 1-800-562-3022

DROP-IN CENTERS

Cup of Cool Water (22 & under) 747-6686
Odyssey Youth Movement 325-3637
Women's Hearth (adults, daytime) 455-4249
Mid-City Senior Center (60 & older) 747-3257
House of Charity 624-7821
Shalom Ministries 455-9019

DRUG & ALCOHOL TREATMENT

Alanon / Alteen Family Groups 1-888-425-2666
Daybreak Youth Services 1-888-454-5506
Healing Lodge of Seven Nations 533-6910
National Helpline 1-800-662-HELP
SRHD Treatment Services 324-1420
YFA Connections 532-2000

EMPLOYMENT ASSISTANCE / TRAINING

AmeriCorps 1-800-942-2677
AARP Title 1-800-775-6776
Career Path Services 326-7520
Christ Kitchen 325-4343
Job Corps 1-800-733-JOBS
1-800-733-5627
Vocational Rehabilitation 363-4700
Toll Free 1-800-548-0941
Workforce Transitions 533-7249
Work Source 532-3120

FOOD BANKS

2nd Harvest Food Bank of Inland NW 534-6678
Call or check 2-harvest.org for your area location
Find Food Pantries: WWW.FOODPANTRIES.ORG
American Indian Community Center 535-0886
Better Living Center 325-1258
Caritas Outreach 326-2249
City Gate 455-9670
East Central Community Center 625-6699
Northwest Ecumenical Food Bank 325-4541
Otis Orchards Food Bank 842-2355
Our Place 326-7267
Peacefully Valley Community Center 624-8634
The Salvation Army Food Bank 325-6821
Southside Food Bank 724-0067
Spokane Valley Partners 927-1153
Westminster Presbyterian Church 328-5002

HOUSING / SHELTERS

Anna Ogden Hall (Women & Children) 327-7737
Alexandria's House (teen moms) 489-0349
Crisis Residential Center (youth 12-17) 624-2868
Crosswalk Teen Shelter (13-17) 688-1112
Cup of Cool Water (22 & under) 747-6686
Family Promise Spokane 747-5487
Help4Women 328-6702
Homeless Family Coordinated Assessment 325-5005
Hope House (Single women) 217-7592
House of Charity 624-7821
Life Services Maternity Home 327-0701
Miryam's House (Women 18+) 747-9222
Open Doors 723-4663
Salvation Army Family Emergency Shelter 325-6810
St. Margaret's 624-9788
SNAP Homeless Services 456-7627
Spokane Housing Authority 328-2953
UGM Women & Children's Shelter 535-0486
Union Gospel Mission (Men) 535-8510
Volunteers of America 624-2378
Young Adult Shelter 990-0579
YWCA Alternatives to Domestic Violence
Call: (509) 326-2255 Text: (509) 220-3725
Email: help@ywcaspokane.org

HOUSING ASSISTANCE / LOW INCOME

City Gate 455-9670
Community Frameworks 484-6733
Spokane Housing Authority 328-2953
NW Fair Housing Alliance 325-2665
SNAP Offices 456-7627
Spokane Housing Ventures 232-0170
Summit View Apartments 327-9524
Spokane Urban Ministries 328-6280
US Housing & Urban Dev Department 368-3200
Westfall Village 487-5244

LAUNDRY

House of Charity 624-7821
Our Place 326-7267

LEGAL SERVICES

Family Court Facilitator 477-7612
Fulcrum Institute 838-2799
Human Rights Commission 568-3196
NW Justice Project 1-888-201-1014
Relicensing Program 835-5988
Volunteer Lawyers 1-888-201-1014
YWCA 477-3656
24/7 Help Line 789-2255

Websites that may be helpful:

www.columbialegal.org
www.dfi.wa.gov/homeownership
www.disabilityrightswa.org
www.nwirp.org
www.tenantsunion.org
www.washingtonlawhelp.org

Spokane Area Resource List (Valley Services)

MEAL SITES (call for dates & times)

Anna Ogden Hall	327-7737
City Gate	455-9670
Crosswalk (13-18 yo)	838-6596
Cup of Cool Water (22 & under)	747-6686
House of Charity	624-7821
Mid-City Concerns (seniors, 60+)	747-3257
Shalom Ministries	455-9019
St. Ann's Parish	535-3031
Union Gospel Mission	535-8510
Women's & Children's Free Restaurant	324-1995

MEDICAL

Washington Health Benefit Exchange	
wahbexchange.org	1-855-923-4633
CHAS Clinic – Main Line	444-8200
To find nearest location:	
chas.org/clinic-locations	
Homeless Vet Health Care	462-2500
Life Services	327-0701
NATIVE Project	483-7535
Planned Parenthood - Spokane	207-3017
Planned Parenthood - Valley	1-866-904-7721
Shriners Hospital for Children	455-7844
Spokane AIDS Network	844-1758
Spokane Lions (eye exams)	328-6900
Unify Community Health	326-4343
VA Medical Center	434-7000

MENTAL HEALTH ASSISTANCE

24-Hr Crisis Line	1-866-427-4747
Catholic Charities Counseling	242-2308
Frontier Behavioral Health	838-4651
24/7 Regional CRISIS LINE	1-877-266-1818
Nat'l Suicide Lifeline	1-800-273-8255
Lutheran Community Services	747-8224
Passages Family Support	892-9241
Sunshine Health Facilities	926-3547
Tamarack Center	326-8100
Sexual Assault 24-hour Crisis Line	
	*call or text 624-7273

NATIVE AMERICAN

American Indian Community Center	535-0886
NATIVE Project	483-7535
Spokane Tribal TANF	533-1360

OTHER / MULTI-SERVICE AGENCIES

Catholic Charities	358-4250
SCC-IEL GED Classes	533-4600
Goodwill Employment Services	838-4246
Labor & Industries	324-2600
Unemployment Office	1-800-318-6022
Welfare & Fraud Hotline	1-800-562-6906
Transitions	328-6702
World Relief	484-9829
Prevention Center	922-8383
CHER Comm. Health Ed Resources	232-8138
Mid-City Senior Center (60+)	747-3257
Shalom Ministries	455-9019

PRESCRIPTION ASSISTANCE (LIMITED)

Medicare Prescriptions	1-800-MEDICARE
Spokane Valley Partners	927-1153
Volunteers of America	624-2378
WDPD Program	1-800-913-4146

SOCIAL SECURITY & RR RETIREMENT

Social Security Office	1-800-772-1213
714 N Ironbridge Way, Suite 100	www.ssa.gov
Railroad Retirement	1-877-772-5772
920 W Riverside Ave #492B	www.rrb.gov

TELEPHONE ASSISTANCE

Assurance Wireless	1-888-321-5880
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TRANSPORTATION RESOURCES

Our Place	326-7267
Paratransit	328-1552
Special Mobility Services	534-9760
STA Bus Schedule & Info	328-RIDE (7433)
Volunteer Chore Services	459-6172

UTILITY ASSISTANCE (LIMITED)

SNAP	456-7111
Weatherizing,	
New Hope Resource Center	467-2900
Volunteers of America	624-2378

VETERANS SERVICES

Goodwill SSVF Program	828-2449
Veteran Crisis Line	1-800-273-8255, 1
VA Customer Service (National)	1-800-827-1000
VA Customer Service (Local)	1-800-325-7940
Veterans Outreach	444-8387
More information:	www.spokane.va.gov

WEBSITES FOR MORE RESOURCES

4 People Spokane County Resources:	
	www.4people.org/eastern/spokane.html
Fig Tree Links to community resources:	
	www.thefigtree.org/connections-resources.html
New Hope Resource Center:	
	www.newhoperesource.org/resources
Parent Resources:	
	https://parenthelp123.org/resources
Spokane County Prevention Services:	
	https://spokanecountyhprp.com/
Spokane Homeless Coalition:	
	http://www.spokanehc.com/
Spokane Regional Health District:	
	https://srhd.org/

WIC (Women, Infants & Children) 324-1620

East Central Community Center	323-2830
NE Community Center	323-2828
North Lidgerwood	323-2818
Valley	323-2800