



**RESOURCE DIRECTORY: GUIDE TO CONGREGATIONS AND
COMMUNITY RESOURCES: SUPPLEMENT ON COVID-19
RESOURCES IN SPOKANE COUNTY**

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PUBLIC SERVICE REMINDER: current COVID-19 cases in Spokane Cnty 29, North ID 6

-Federal government announced approval to states fo ruse of National Guard, states will retain command and approved Washingtngs state of emergency request
 -state and federal powers to divert shipping or to deregulate production by factories to focus on implmting emergency medical and sanitation items - for hospitals
 -state issued restriction on non-urgen medial and dental care
 -encourages increased social distancing and telecommuniting in the workplace
 -student loan payments will be waived 60 days and delay K-12 standarized testing
 -WA State parks to closed campgrounds
 -Governor annouces STAY AT HOME (essentially this is modern language of general quarantine). You are allowed out for essential needs, personal exercise, and those in emergence or essential services are permitted to still work out side of home, bann instituted on and small groups and large crowds
-BE AWARE THAT AS A RESULT OF THE LATTER CHANGE LOCATIONS AND TIMES ARE POTENTIALLY TO BE CHANGED

GOT CABIN FEVER!!!

Here are some healthy alternatives to video streaming, TV, movies or games.

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

<https://www.classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus/>

<https://www.cbsnews.com/news/coronavirus-zoos-aquariums-live-stream-animals-isolation-quarantine/>

<https://www.nypl.org/about/remote-resources>

<https://www.usatoday.com/story/travel/2020/03/17/museums-tour-virtually-closed-for-coronavirus/5067867002/>

<http://www.openculture.com/freeonlinecourses>

<https://www.cbsnews.com/news/coronavirus-self-isolation-singers-live-streaming-concerts-music-at-home-fans-quarantine-covid-19/>

<https://ced.ncsu.edu/news/2020/03/19/backyard-activities-can-provide-educational-respite-from-cabin-fever-during-coronavirus-covid-19-outbreak-says-associate-professor-sarah-carrier/>

<https://www.victoryseeds.com/victory-gardening.html>

Friendly Chat Program for socializing with Seniors - Offered by Catholic Charities volunteer@cceasternwa.org

-if you are a parent and would like videos on ancient egypt as I watching with my 6 year old daughter

- check your local church or spiritual community for streaming or video services

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Inclusion of congregations and agencies is for informational purposes to raise awareness of the range of faiths and nonprofits, not as an endorsement. This directory offers constantly changing and fluid coverage of social services, in the greater Spokane Area during the COVID-19 Emergency
 We endeavor to be inclusive while respecting those not interested in participating.

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We update information daily through research, mailings, email, phone calls, and web research. To make corrections contact us.

FOOD BANKS & CLOTHING BANKS IN SPOKANE

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/Service area	qualifications/ contact info
All Saints Lutheran FP	314 S Spruce, 99201	838-4409		X				10-2, MW (March 18)	Brownes Addition (evaluating afterward)	allsaintsgather.com
American Indian Community Center	610 E North Foothills Dr (closed to March 31)	535-0886	X	X	X	X		Mon after- noon, Tues	Native Americans (serving clients)	by appt only
Bethel AME Food Pantry	EFLC, 631 S Richard Allen, parking lot back side off Ivory			X				1pm, Th		https://bethelame-spokane.com
Better Living Center	25 E North Foothills, 99207	325-1258		X	X	X	X	9-4, T; 9-1 Th	North Central	betterlivingcenter.org
Breaking Bread Rescue Market	Family of Faith Community, 1504 W Grace, 99205	325-0343		X				Tuesday 3/17 from 10-12.	limiting # of shoppers to 4 at a time.	ffcc.us cancelled : Emergency Child- ren's Shelter
Caritas Outreach Ministries	1612 W Dalke, 99205	326-2249		X		X	X	11-1MWTh	NW Spokane: GG with hygiene	caritasoutreach- ministries.org
City Gate Food Bank	170 S Madison, 99201	455-9670		X	X			FB: by appt only Call inad- vance	99201 (S side of Spo- kane River), 99204, 99224 (North of I-90, East of Grove Rd)	thecitygate- spokane.org No Drop-in services
Clothes Closet (CLOSED)	512 S Bernard St, 99204	624-9233	X		X		X	1-3, W	in-need, free	clspokane.org
Cup of Cool Water	1106 W Second	747-6686		X	X		X	1-4 M-F	drop in center- closed, but for Food bank of non- perishable items	clothing and hygiene will be given in walking around down- town
Helping Hands Food Pantry - St Peter Lutheran Food Bank	4620 N Regal, 99207	487-4843		X				9:00-10:30, 2nd & 4thF	NW Spokane & Hillyard	splspokane.org
Martin Luther King Jr Family Outreach Center	500 S Stone, 99202	868-0856		X				1-3:45 MWThF	any zip code/week, Senior boxes in 99202, 99212,	
Mission Community Outreach	1906 E Mission Ave, 99202	536-1084	X		X	X	X	1:30-4, MWTh	Spokane (CLOSED)	4mission.org
Morning Star Baptist Community Clothing Bank	3909 W Rowan	534-4878			X			noon-2, W 1-3, Sat	anyone in need	FB
Northeast Food Pantry - Northwest Connect	4520 N Crestline St/PO Box 7398,99207	290-5691		X			X	9-11, MTTh	99207, 99217 (food prebagged delivery to your car in parking lot)	info@nwconnect.org, nwconnect.org
NW Ecumenical Food Bank & Bare Necessities program - Audubon UMC	3908 N Driscoll, 99205	325-4541, contact Dan Masters/Kar- en Peacock		X		X		9:30-12:30, 2nd/last T	99205 (West of Divi- sion-N of Mongom- ery); Nine Mile Falls	audubonpar- kumc.org (com- munity in need of volunteers. need hygiene and toiletry donations M, 9-12)
Our Place Ministries	1509 W College, 99201	326-7267		X			X	10-3MTTh (pick up at loading bay)	River-Montgomery (2x per month only)	ourplace@cet.com ourplacespokane.org
Our Sister's Closet - YWCA (CLOSED)	930 N Monroe, 99201	789-9280	X		X		X	(Closed Tues, March 17)	women only, 1.5 hr appt for 3-5outfits	oursisterscloset@ ywcaspokane.org
Salvation Army Family Svcs	204 E Indiana, 99207	325-6751		X	X	X	X	M & F 9-5; T-Th 9-6:30 (pre packed)	all zip codes in Spokane County Volunteers needed	spokane. salvationarmy.org
Serve Spokane	8303 N Division St, 99208	998-5722		X	X	X	X	9-11:30 T-F	99208 (VOLUN- TEERS NEEDED 9-11 T-F)	ServeSpokane.org (boxes for home deliveries to sick)
Southside Food Pantry (CLOSED)	2934 E 27th Ave, 99223	535-2301		X				10:30-12, Sat	99203, -223, La- tah/Hangman	southsidefood- pantry.com
Westminster Presbyterian Food Bank	2705 W Boone	329-0351		X				11-1:45, W-F	River-Mongomery W of Monroe	
Women's Hearth - Transi- tions	920 W 2nd Ave, 99201	455-4249			X		X	8:30-4, MTThF; 10:30-4 W	essential services only, no drop-in	help4women.org

FOOD BANKS & CLOTHING BANKS IN SPOKANE VALLEY AND RURAL SOUTH

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/service area	qualifications/contactinfo
Life River Fellowship FB & Free Store	2810 N Park Rd, 99212	924-9510		X	X	X		FB: 5-7 3rd F Free Store 5-7, 2nd F		liferiver.org, kids items
Klothes Kloset - Opportunity Christian Fellowship	12321 E 14th Ave, 99206	926-2673		X	X	X		10-2, WTh	(4 customers/x)	opportunitychristianfellowship.org
Otis Orchards Food Bank	4308 N Harvard Rd, 99027/POB 189	926-6196 842-2355		X	X			12-2, 2nd & 4th T produce only	Liberty Lake; Newman Lake; Otis Orchards	otisorchardssda.org uccsad.org
Real Life Ministries	Barker Rd Campus: 1831 S Barker Rd Otis Orchards: 4904 N Harvard Rd			X				8-4 M-TH 9-12, 3-6, T-F		
Society of St Vincent de Paul	St Marys, 304 S Adams Rd, 99216	928-3210		X					Spokane Valley	oursvdp.com
Spangle Food Bank	305 E 2nd, POB 239	701-4532		X				2-3 4th W	only in 99031, -170 Linda Chase	spanglecommunitychurch.org spangle on FB
Spokane Dream-Ministry Resource Center	2128 N Pines, Ste 1 99216	926-7878		X	X			12:30-3, T; 11:30-3, W; 1-3 Th	clothing only offered on an emergency basis	spokandreamcenter.org
Spokane Valley Partners: Food and Diaper Bank Clothing Bank CLOSED	10814 E Broadway, 99206	927-1153		X	X	X		11-12:35, 1:30-3:15, W; 11-12:45 TH, <i>in need of food & diaper donations</i>	WV, CV Spokane Valley, SE Spo Cnty 11-12:45, Th (seniors & disabled) ,	svpart.org

FOOD BANKS & CLOTHING BANKS NORTH SPOKANE COUNTY

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/service area	qualifications/contactinfo
God's Closet Admin - (Closed Temporarily)	Deer Park SDA, 809 S Colville, Deer Park	991-1582	X		X			9:30-12:30, W	area children, 0-18yrs, \$1 fee	godscloset.com deerpark@ or spokane@godscloset.com
GreenHouse, The	211 N Fir St, 99006	276-6897		X	X	X		FB: 1-5, MWF CB: 1-5, MWF	99006, Deer Park 99110, Clayton; <i>delivery for sick only</i>	greenhousefoodbank@gmail.com thegreenhouseonline.org
Lake Spokane Community Clothing Closet	6418-A Hwy 291, Annex Nine Mile Falls 99026	276-5472			X			3rd Sat		clothing@lake-spokanecommunitychurch.org
Mead (UMC) FB - POB 53	12611 N Wilson, 99021	466-7068		X				4-6:45, W, bread & prod 4-5, Sun	Mead SD - (drive thru pickup)	
New Hope Resource Center	4211 E Colbert Rd, 99005	467-2900			X		X	9:30-1:30 TTh, 6-8 Th (By calling)	North Spokane, (meet at door)	newhopere-source.org
North Country Food Bank	40015 N Collins Rd	292-2530		X				11-2, M; 9-noon W & 6-8 2nd & 4th W (Cancelled its Lunch prog)	99003, -009,-156 northcountyfoodpantry.org	Joe & Sandra Harvey ncf-pantry@gmail.com,
Tum Tum Food Pantry	6424 Hwy 291, Nine Mile Falls 99026	276-5472		X				9-noon, 1st/3rd Sat	<i>protective gear-gloves and masks are requested for use by volunteers, food donations</i>	TumTumPantry on FB

KEY FOR CHARTS

Please keep note things are still in flux call daily in advance for times and dates to be sure.

Organization Title: Closed/facility closure

Organization: No new information at this time

Organization: New information, hours open, service restrictions, requests for volunteers and donations

COVID 19 - PUBLIC HEALTH/ASSISTANCE & EMERGENCY MNGT

Spokane Regional Health District

1101 W College Ave, 99201
srhd.org 324-1500

Outreach Services is still open, including syringe exchange, case management, referrals to resources, and prevention education.

Volunteers needed: Summer Warfield with the Health Department's Emergency Preparedness and Response program said they have identified a location for drive through screening, but need volunteers for a call center. There's no direct contact with those coming for screening but volunteers will respond to calls to assist people with information. For information, email swarfield@srhd.org.

For TESTING drive in option at Spokane Coounty Fairgrounds, also can be referred from below.

Text "COVID" to 424.354.4956. You will receive a text back with screening questions.

MULTICARE

MultiCare is currently offering free e-visits to anyone who has COVID-19 symptoms through MultiCare Virtual Care, where providers will also help people navigate to the next appropriate step. Use promo code "COVID19" at the payment page to unlock the free e-visit.

PROVIDENCE

If you have traveled to or from high-risk countries including China, South Korea, Japan, Italy or Iran within the past 30 days; or have been in close contact with someone with COVID-19 and have a fever or respiratory illness (fever, cough or shortness of breath); you can schedule a Virtual Visit.

KAISER PERMANENTE

Kaiser Permanente members can get care and advice by visiting kp.org/wa/onlinecare and scheduling an E-visit or by starting a Care Chat. Members may also schedule a telephone or video appointment at kp.org/wa. For questions about care or general advice, call the Consulting Nurse Service 24 hours a day at 1.800.297.6877.

CHAS

People with concerns for their health related to COVID-19

can call CHAS at 509.444.8200 or 208.848.8300 for more information.

CSO Office 877-501-2233

Now allowing individuals to apply for benefits over the phone, apply online at washingtonconnection.org

Resource Referrals 211

City of Spokane 311 will end program of shut-offs for non-payment of city utility bills for water, and will not charge fees for late payments until further notice

Referrals and Resources:

-cdc.gov
-<https://community-minded.org/2020/03/13/community-minded-enterprises-covid-19-updates/>
-doh.wa.gov
-Spokane COVID Response Facebook Page: https://www.facebook.com/SpokaneCovidResponse/
-<https://www.fema.gov/coronavirus-rumor-control>
-<https://www.dol.gov/coronavirus>
-<https://esd.wa.gov/newsroom/covid-19>
-insurance.wa.gov
-ready.gov
-ssa.gov
-unitedwayspokane.org/COVID19Resources
-who.int
-thefigtree.orghttps://www.thefigtree.org/connections-resources.html

City Resources, Spokane Cnty

Airway Heights:
<http://www.cawh.org>
Resource, Food support, utility bills, internet access, worker and business support, DOD restrictions, education resources
CHENEY WA
<https://www.cityofcheney.org/CivicAlerts.aspx?AID=181>

DEER PARK

www.cityofdeerparkwa.com
City Hall closed till further notice will not receive visitors

LIBERTY LAKE

www.libertylakewa.gov
Liberty Lake Library closed till further notice

MEDICAL LAKE

<https://medical-lake.org>
To help reduce exposure to the COVID-19 (Coronavirus) virus, all City buildings will be closed to the public through March 31st. Please use the utility payment drop box for payments. If you need assistance, please

call 565-5000. Click on the following Spokane Regional Health District link to find out the latest updates on the COVID-19 virus.

SPOKANE VALLEY

www.spokanevalley.org/covid19
On Monday, March 16, City Manager Mark Calhoun signed a proclamation of emergency/disaster which enables the city to utilize additional resources and tools to slow the spread of the Coronavirus (COVID-19). The proclamation will allow the city to exercise emergency powers during the COVID-19 outbreak to preserve and maintain the health, safety and welfare of its citizens, and seek federal financial assistance to support resources that may be utilized in an effort to restrict the spread of the virus.

In addition, the city has an emergency response plan for situations such as infectious disease. The city is taking steps to educate employees about the disease and ensure that protocols are being followed in regard to good hand and respiratory hygiene, and proper cleaning of city buildings. In addition, the city will work with the Spokane Regional Health District to implement procedures to reduce employees' or visitors' exposure to COVID-19, such as social distancing.

Governor, Washington State

governor.wa.gov/issues/issues/covid-19-resources
contains info for businesses, schools, workers, insurance, and veterans. And Links to local Health Districts. State offers of brocher for wokers on leave, or those sick not able to work, to get on worker comp, unemployment, and other social services.
<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>

Greater Spokane Emergency Coordination Center

-EMERGENCY MANGEMENT 477-3046
1121 W Gardner Ave, 99201
Dir: Sheriff Knezovich
centralized location where all aspects of response and recovery for multi-agency and multi-jurisdictional emergencies in Spokane County can be coordinated. Facilitate the flow of information within and between agencies and levels of the government (Local, County, State, and Federal) and the community during times of

emergency or disaster. Facilitate the coordination of resources among all responding agencies during an emergency or disaster. Assist in coordination for continuity of services throughout the community during an emergency or disaster.

Medical Reserve Corps

mrc.hhs.gov/HomePage 206-615-2025
Region X Coord: Moji Obiako
WA STATE DEPT OF HEALTH OFFICE OF EMERGENCY PREPAREDNESS AND RESPONSE
PO Box 47960 360-236-4090
Olympia 98504 doh.wa.gov
Coord: Kimberly Butowicz
kim.butowicz@doh.wa.gov
MEDICAL RESERVE CORPS OF EASTERN WA
1101 W College, 99201 324-1451
Utilizes local health professionals and volunteers to assist in local medical emergencies.

Spokane Cnty United Way

920 N Washington, Ste 100 , 99201
unitedwayspokane.org 838-6581
Brings together expertise, funding and volunteer support to positively impact health, education and financial stability.
Volunteer Spokane is setting up a Covid19 Community Forum to share information on agencies needs for people and supplies. Individuals are looking for ways to help. That information can be submitted in the Covid19 Community Forum section of the VolunteerSpokane website
volunteerspokane.org

WA Department of Health

doh.wa.gov
The Washington State Department of Health has established a call center to address questions from the public. If you have questions about what is happening in Washington, or how the virus is spread, please call **1-800-525-0127**. Phone lines are currently staffed from 6 a.m. to 10 p.m., seven days a week. Please note that this call center can not access COVID-19 testing results. For testing inquiries or results, please contact your health care provider.
WASHINGTON NEEDS HEALTH PRACTITIONERS FOR THE COVID-19 STATE OF EMERGENCY
Health professionals licensed in other states may practice in Washington by registering through the emergency volunteer health practitioner process or by applying for a WA license, which may result in the department issuing a temporary practice permit.

MEAL PROGRAMS AND SITES: SPOKANE

Many locations are turning to Grab and GO = GG, others that have cancelled their program are either not do to facility restrictions and crowd size and vulnerable group of volunteers, and sanitation issues. Please use this list however there may be changes.

Sun	M	T	W	Th	F	Sat	Zip/City	Site Name	Location	Phone	Contacts and Area
7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	99201	House of Charity	32 W Pacific	624-7821	ccceasternwa.org
	7:4:30	7a	7a	7a/4:30			99201	Shalom Ministries	518 W 3rd	455-9019	shalommeal.org GG
D	D	D	D	D	D	D	99201	Jewels Helping Hands	527 S Cannon		facebook
12/6	12/6	12/6	12/6	12/6	12/6	12/6	99202	UGM Men' Shelter	1224 E. Trent Ave, eastside entrance	535-8510	uniongospelmission.org/
	9-5	9-5	9-5	9-5	9-5	noon-5	99201	Crosswalk (teens)	525 W 2nd	241-1640	voaspokane.org
	1-4	1-4	1-4	1-4	1-4		99201	Cup of Cool Water	1106 W Second	747-6686	cupofcoolwater.org GG
12	9/11:30/5	9/11:30/5	9/11:30/5	9/11:30/5				God's Love Internat'l	4006 W Staley Rd, Deer Park	312-9875	godslloveinternational.com
1							99202	Neighborhood Lunch	St Ann's Fellowship Hall, 2120 W 1st	536-1189	stannsspokane.org
	12-2		12-2		12-2		99217	New Hope Ranch offers 60-80 food boxes	2524 E Queen	954-5145	zahls@comcast.net
	5:30, last							Feed Cheney	204 4th St	381-7002	kriegheja@gmail.com feedcheney.com
		11-1	11-1				99205	Women & Children's Free Restaurant & Community Kitchen	1408 N Washington	324-1995	volunteer@wcfspokane.org 10 meal boxes at time first come first served
		6, last					99206	Holy Trinity Lutheran	2511 S Pines Rd	926-7966	holyltrinitylcmc.org
			6				99201	Blessings under the Bridge	I-90 overpass	869-6584	butb.org GG, sanitation items
					8am	8am		Faith Baptist	2804 E Euclid	482-6101	
						11	99201	Calvary Bapt.	203 E 3rd Ave	747-8793	
						2:30, 2nd		Feeding The Homeless Min	Wall & Riverside	448-6425	South Hill SDA: uccsda.org

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Organization Title: Closed/facility closure

Organization: No new information at this time

Organization: New information, hours open, service restrictions, requests for volunteers and donations

FOOD BANKS & CLOTHING BANKS IN WEST PLAINS

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/service area	qualifications/contactinfo
Airway Heights Baptist	12322 W Hwy 2	244-2474		X				10-noon, 1st/ 3rd St	99001, 99011, 99013, 99022, 99029, 99224	ahbc.us
Care & Share Thrift Store (Medical Lake) (CLOSED)	211 N LeFevre/PO Box 461	299-9024	X	X	X			9-5, M, W, St	(Donate to hopefully bring food bank back)	MedicalLakeThriftstore on FB
Cheney Food Bank/Clothing Exchange	Wren Pierson Community Center, 630/ 624 3rd, 99004	FB: 235-2325 CB: 235-2327		X	X			FB: 9-noon, 1st-4th W CB: noon-6 W	99004 (S of I-90); 22014, 99020; (SW edge) 99224, 99032	cityofcheney.org (sign in at door & follow instructions)
Cleones' Closet	13114 Sunset Hwy, Airway Hghts	321-7071		X	X			noon-3, MWF	Airway Heights	cleonescloset.com
Heavenly Help, Crossroads Airway Heights	1118 S King St, Airway Heights	244-9343			X			8-4, 3rd M	infant, children, women & men	crossroadswest-plains.org
Medical Lake Food Bank	207 S Washington	299-3819		X	X			10-noon, F	West Plains (not Airway Hghts); West Hills, Grandview/ Thorpe.	medicallakecommunityoutreach@live.com
Windsor Baptist FB/CB	4404 W Hallett Rd, 99224	455-7816		X	X			varies		need based

COMMUNITY CENTERS

American Indian Community Center 535-0886

610 E North Foothills Dr, 99207
aicinfo509@gmail.com aiccinc.org
No indoor activities, basic needs food bank and other supplies can be received out doors

Community Building

25-35 W Main Ave
Spokane, Washington 99201
(509) 232-1950
www.community-building.org
No closure as of March 20

Corbin Senior Activity Center

827 W Cleveland 327-1584
Spokane 99205 Fax: 327-9162
info@corbinseniorcenter.org
/Jeff Edwards corbinseniorcenter.org
Closed March 17- March 31

Deer Park Senior Center

Deer Park City Hall, Lower Level
E316 Crawford St 276-2411
PO Box 842, Deer Park 99006

Hillyard Senior Center

NE COMMUNITY CENTER 482-0803
4001 N Cook, Spokane 99207
hillyardseniorcenter@yahoo.com
hillyardseniorcenter.org
canceling major events, clients can call into staff

Martin Luther King Family Outreach Center

500 S Stone, 99202
mlkspokane.org 455-8722 x100
No Status on access to building itself.

Northeast Community Center

4001 N Cook, 99207 487-1603
necommunitycenter.com Fax: 489-3849
morning of Thursday, March 19, we are implementing basic health screening at a single point of entry to our facility. In conjunction with Unify Community Health, ALL agency staff and visitors to the Northeast Community Center will be subjected to a brief non-invasive health screening prior to entering the facility. You will be asked basic health and recent travel questions and your temperature will be taken. If you are exhibiting signs and symptoms of illness you may be denied entry or referred for further testing. The Zone - will work to supply children and families with meals, food, toiletries & safe places.

Odyssey Youth Center 325-3637

1121 S Perry St, 99202
ian@odysseyyouth.org
odysseyyouth.org
Exec Dir: Ian Sullivan

A resource for LGBTQ+ youth. closed for the rest of the month. Will focus on connecting youth digitally.

Sinto Senior Activity Center

1124 W Sinto Ave 327-2861
Spokane 99201 sintocenter.com
Closed til APRIL 1

Southside Community Center

3151 E 27th Ave, Spokane 99223
southsidescc.org 535-0803
CLOSED THROUGH MARCH 31

Spark Central

1214 W Summit Pkwy, 99201
programs@spark-central.org
spark-central.org 279-0299
closed til April 24, its after school program but staff raised \$5,000 to provide kits for kids with legos, playdough, crayons, snacks to have during this time kids are out of school.

West Central Community Cntr

1603 N Belt St, 9920
westcentralcc.org Fax: 326-2347
before and afterschool cancelled, supportive services, many programs closed March 17-atleast April 9. Providing Resource Sheets for West Central & downtown Youth Director: accepting food & hygiene donations for families WIC NEEDS: We do have a WIC site. They can't give out used formula any more. Formula in general is a need.

YMCA the Inland Northwest

1126 N Monroe, 99201 777-YMCA
ymca@ymcaspokane.org (9622)
ymcaspokane.org Fax: 720-5783
Closed all location in Spokane and Sandpoint till March 31

ENERGY AND RENT ASSISTANCE

Moratorium on Evictions (Spokane)

The city of Spokane expanded its emergency order to include a moratorium on evictions and foreclosures. The Spokane moratorium halts all notices to terminate and all evictions and foreclosures and stops late fees for April rent. It applies to both commercial and residential evictions. It also provides an exception for notices to terminate for the safety of residents in the building. This order fills the gaps left in the statewide moratorium on evictions.

AVISTA myavista.com/safety/covid-19-response

has ended all utility cutoff in WA, ID, OR

Center for Justice 835-5211

35 W Main, Ste 300 99201
cforjustice.org CLOSING
PERMANENTLY ON March 24th.

SNAP Energy Asst. 456-7111

Spokane Area Tenants United (SATU) 578-5068

St Andrew's Episcopal, 2404 N Howard
spokaneareatenants@gmail.com
Spokane Area Tenants United on FBpage
Eastern Washington Tenants on FBgroup
Engages in the tenant-led fight for housing justice in Eastern Washington through advocacy and community projects. 2nd & 4th Wednesdays @ 6pm

Tenants Union of WA State

SPOKANE OFFICE
25 W Main, 3rd Flr C-1, 99201
Mail: Box 310, 25 W Main Creates housing Justice through grassroots education, organizing and advocacy. Improves tenants' living conditions, and challenges and transforms unjust housing policies and practices. 464-7620

FOOD & HYGIENE DONATIONS

Blessings under the Bridge

10212 E 9th, Bldg 600 butb.org
Spokane Valley 99206 869-6584
Blessingsunderthebridge@gmail.com
is offering other agencies to coordinate and distribute food and hygiene items.

Catholic Charities Eastern WA

12 E 5th Ave, 99202 358-4250
ceasternwa.org 800-831-1209
We need volunteers
EMERGENCY SUPPLIES: We need emergency supplies for our programs. The list of needed items can be found at https://www.cceasternwa.org/covid-19, and all items can be dropped off at our Family Service Center located at 12 E 5th Avenue.

Communities In Schools of Spokane County 413-1436

905 W Riverside, Ste 301, 99201
info@cisspokane.org
Spokane.ciswa.org
is distributing food at various locations in Spokane and Cheney

Dry Fly Distilling

will offer free hand sanitizer spray and will distribute product in Spokane for free. http://33purl.com/bYz_p1

Feed Spokane 216-7364

PO Box 141674, 99214
admin@feedspokane.org
feedspokane.org

Exec Dir: Steven Brashears
Networks meal providers and community partners in the greater Spokane area. Works to eliminate food waste through food rescue.

Giving Back Packs

info@gbpacks.org 389-2503
PO Box 30321, 99223
collecting toilet paper from business donations and individuals to give to homeless shelters

HRC Ministries 879-3773

POB 14257, Spokane Valley 99214
warehouse@hrcministries.com
hrcministries.com Off 922-0939
working feed vulnerable seniors and at risk children.

Little Free Pantry

http://www.littlefreepantry.org/
frequently-asked-questions
These are located around town, and were food and hygiene item response to Little Free Library. These are usually at church locations, but also it is about availability of items and items that individuals are willing to donate or trade. So if you take consider giving back immediate or down the line. Everyone is in need. If you are toileteries hoarder and would like to be anonymous now would be your time. Also if you find others out there let me know. When converting your little free library to pantry move you pantry opening to be East or North facing during the summer time to decrease food spoilage and rotting. Locations:
Veterans Administration - Caritas
Shadle Presbyterian - Caritas
St Francis - Caritas
St Andrews - Caritas
Salem Lutheran - Caritas
Spokane Valley: 12 N University
Cheney: Emmanuel Lutheran
Little free Libraries some of these are also being converted to use as Little free Pantries, keep in mind to about sanitation issues, https://littlefreelibrary.org/best-practices-at-little-free-libraries-during-the-coronavirus-outbreak/

Northwest Harvest Spokane Warehouse

3808 N Sullivan Rd, Bldg 14-J
Spokane Valley 99216 891-7013
Spokane only. Setting up drop locations, but not there yet.

Salvation Army 325-6810

222 E Indiana, 99207
spokane.salvationarmy.org
All the regular operations are going on. The Family Resource Center—food bank—continues

to operate, helping double the number of people. They are requesting that people donate extra toilet paper, hand sanitizer, tissue, cleaning wipes and surgical masks for them to give to people who come. Food bank operates by food boxes delivers to waiting cars. Encourages unemployed to use money for rent and not food by utilizing their resource center Needs donations to purchase items and needs volunteers 55 and younger to work four-hour shifts. They can sign up at makinsspokanebetter.org.

Second Harvest of the Inland NW
1234 E Front, 99202 534-6678
2-harvest.org Fax: 534-8252
Supplies half a million pounds of food weekly to a network of 250 Inland NW neighborhood food banks and meal centers, as well as Mobile Food Banks.

SPEAR 475-5470
1905 E Pacific spearspokane.org
PO Box 4033, 99220
spearspokane@gmail.com
SPEAR after school program in East Central north of I-90 needs non-perishable food for their food bank for low-income children and families – take donations to St. Mark's Lutheran, 316 E 24th Ave – call 747-6677 for hours.

Spokane Alliance 389-1750
1526 E 11th Ave, 99202
katie@spokanealliance.org
spokanealliance.org
working with its member congregations and unions to build teams to reach out in their organizations to see what needs there are and to connect them with resources. Non-members may also contact executive director Katie Zinler to participate.

Spokane Food Fighters
<https://spokanefoodfighters.org>
Fill out this quick form to submit a request and our volunteers will deliver it to your front step (unless otherwise specified). Deliveries are made between 4pm - 9pm daily. We are building capacity and are presently able to fulfill up to 25 requests daily.

SNAP (Food Stamps)
877-501-2233

Veradale UCC 926-7173
611 N Progress veradaleucc.org
Spokane Valley 99037
Gen Heywood genheywood@att.net
offers a hoarders' Forgiveness Bank: Those who bought excess TP and hygiene items can bring them to 611 N. Progress Rd. to share with shelters.

HOSPITALS & RESOURCES

Blood Donation:

American Red Cross redcross.org
315 W Nora 877-272-7337
has experienced a severe shortage of blood collection because of coronavirus. The Red Cross collects more than 40 percent of the nation's supply and has had more than 2,700 drives canceled across the U.S. in two weeks resulting in a loss of more than 86,000 units. There is no evidence COVID-19 can be transferred by blood. For information, call 590-7691 or email ryan.rodin@redcross.org.

CSL Plasma, Inc
cslplasma.com
Pays for blood plasma donations.
-2126 N Monroe St 340-6404
-9621 E Sprague 926-1881

Vitalant 800-423-0151
INLAND NW BLOOD CNTR vitalant.org
Coronavirus Impacts Blood Supply URGENT SHORTAGE: DONORS NEEDED
-210 W Cataldo Ave, 99201
-North Spokane 10403 N Newport Hwy, 99218
-Valley: 12117 E Mission Ave
Spokane Valley 992163

CHAS Health 444-8200
203 N Washington, Ste 300, 99201
<https://chas.org/health-alerts>
24/7 Nurse Advice: 866-418-1002
5921 N Market, Spokane
3919 N Maple, Spokane
914 W Carlisle Ave, Spokane
1001 W 2nd Ave, Spokane
817 S Perry, Ste B, Spokane
15812 E Indiana, Spokane Valley
5620 S Regal St., Suite 11
401 S Main St, Deer Park 99006–1720 2nd St, Cheney 99004 (medical and behavioral health)
NURSE PRACTITIONER RESIDENCY CLINIC
15812 E Indiana Ave, Ste 101
URGENT CARE CLINICS
-Spokane Urgent Care-North, 5901 N Lidgerwood, Ste 126 434-1990
-Spokane Urgent Care - Valley
1502 N Vercler Rd 444-8204

Kaiser Permanente Medical Centers
<https://www.kaiserpermanente.org>
Consulting Nurse Srvc 800-267-6877
Member Services 888-901-4636
Social Work Services 877-216-6216
-SPOKANE - LIDGERWOOD 482-4402
6002 N Lidgerwood St, 99208
-SPOKANE - RIVERFRONT 324-6464
322 W North River Dr, 99201
-SPOKANE - SOUTH HILL 535-2277
4102 S Regal St, Ste 101, 99223
-SPOKANE VALLEY - VERADALE 922-2625
14402 E Sprague Ave, 99216

MultiCare Emergency Dept
<https://www.multicare.org/coronavirus/>
-DEACONESS HOSPITAL

800 W Fifth, 99204 458-5800
-DEACONESS NORTH EMERGENCY
8202 N Division, 99208 473-3333
-VALLEY HOSPITAL 924-6650
12606 E Mission
Spokane Valley 99216

MultiCare Hospitals multicare.org
-DEACONESS HOSPITAL
800 W Fifth, 99204 458-5800
-VALLEY HOSPITAL 924-6650
12606 E Mission
Spokane Valley 99216

MultiCare Indigo Urgent Care
<https://www.indigourgentcare.com/coronavirus>
-ARGONNE 598-7860
2713 N Argonne Rd
Millwood, WA 99212
-NORTH SPOKANE 598-7744
9420 N Newport Hwy, Ste 103
-SHADLE PARK
2401 W Wellesley Ave, Ste C
-SOUTH HILL 598-7810
4911 S Regal St, 99223
-VALLEY 598-7820
15605 E Sprague, 99216

MultiCare Rockwood Clinics
<https://www.multicare.org/coronavirus/>
-AIRWAY HEIGHTS CLINIC 342-3380
10414 W Hwy 2, Ste 10, 99224
-CHENEY NEIGHBORHOOD CLINIC & EWU STUDENT HEALTH CENTER
19 N 7th St, 99004 235-6151
-DEER PARK CLINIC 755-5424
20 E J St, 99006
-MEDICAL LAKE CLINIC 755-5300
725 N Stanley St, Ste D, 99022
-QUAIL RUN CLINIC 755-5250
2214 E 29th, 99203
-VALLEY CLINIC 99216 744-5710
13221 E 32nd Ave, Ste 1

MultiCare Rockwood Urgent Care <https://www.multicare.org/coronavirus/>
-DOWNTOWN 342-3100
400 E 5th Ave, Ste 1 N, 99202
-LIBERTY LAKE 342-3990
1326 N Stanford Ln, 99019

Native Project Medical Clinic
1803 W Maxwell, 99201
nativeproject.org 483-7535
Call in advance if you suspect exposure to Covid-19 or have symptoms, on arrival you can be immediately triaged.

Providence Health Clinics
providence.org/patients-and-visitors/coronavirus-advisory
PROVIDENCE EXPRESS CARE
Lincoln Heights 888-227-3312
2923 E 29th Ave, 99223
PROVIDENCE FAMILY MEDICINE
-INDIAN TRAIL (SPOKANE) 385-0610
5011 W Lowell Ave, Ste 100, 99208
-HAWTHORNE (SPOKANE) 252-1900
551 E Hawthorne Rd, 99218
-NORTH (SPOKANE) 252-9602
212 E Central Ave, Ste 440, 99208
-RESIDENCY CLINIC - SPOKANE 626-9900
TEACHING HEALTH CLINIC Fax: 626-9917
624 E Front Ave, 99202
-SPOKANE VALLEY - 99216
13102 E Mission Ave 928-0300

PROVIDENCE FAMILY PHYSICIANS
Providence Medical Park
16528 E Desmet, Ste B3100
Spokane Valley 994-9440

Providence Hospitals
<https://www.providence.org/patients-and-visitors/coronavirus-advisory>
Note visiting hours have been cancelled
HOLY FAMILY HOSPITAL 482-0111
5633 N Lidgerwood, 99208
SACRED HEART MEDICAL CENTER & CHILDREN'S HOSPITAL 474-3131
101 W 8th Ave, 99204

Unify Community Health
yvfwc.org
-MISSION
120 W Mission Ave 326-4343
99201 Fax: 329-2280
-NORTHEAST 483-3427
4001 N Cook St Fax: 482-5062
99207 Dental 326-4382
-WEST CENTRAL CC 327-4646
1603 N Belt St Fax: 327-7209

INSURANCE

Amerigroup
705 5th Avenue S, Suite 300,
Seattle WA 98104 405-1897
Yoshunda Blunt, (Shanda),
Community Relations
Representative
shanda.blunt@amerigroup.com
Amerigroup is one of the MCO's for Washington Apple Health Medicaid. Some people may want to check eligibility, enroll, or have questions regarding their health insurance. I am also a Certified Navigator and CHW and would love to be listed as a resource!

Molina Healthcare of Washington - Spokane
1330 N Washington St, Ste 4000
Spokane 99201 (800) 869-7175

KIDS FOOD AND CARE

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

CENTRAL VALLEY #354 228-5400
19307 E Cataldo cvsd.org
Spokane Valley 99016
FREE Meals for Kids
Kids, age 18 and under, can enjoy a free, nutritious, grab-and-go, drive-through breakfast & lunch while our schools are closed. Starting on Tuesday, March 17th, 10am-1pm at eleven specific designated locations so far (more to be added). Registration is not required and children do not need to be a CVSD student to participate. Children must be present to pick up. Locations:

(Look for the CVSD school bus)
Locations: (Look for the CVSD school bus out front)

- Bowdish Middle School – 2109 S. Skipworth Rd., Spokane Valley, 99206
- Broadway Elementary – 11016 E. Broadway Ave, Spokane Valley, WA 99206
- Evergreen Middle School – 14221 E. 16th Avenue, Spokane Valley, WA 99037
- Opportunity Elementary – 1109 S. Wilbur Road, Spokane Valley, WA 99206
- Pavillion Park – 727 N. Molter Road, Liberty Lake, WA 99019
- Pope Francis – 16412 E. Sprague Ave., Spokane Valley, WA 99016
- Progress Elementary – 710 N. Progress Rd, Spokane Valley, 99037
- Riverbend Elementary – 17720 E. Mission Ave., Spokane Valley, WA 99016
- Selkirk Middle School – 1409 N. Harvest Pkwy, Liberty Lake, WA 99016
- University Elementary – 1613 S. University Road, Spokane Valley, WA 99206
- University High School – 12420 E. 32nd Avenue, Spokane Valley, WA 99216

CHENEY cheneysd.org
12414 S Andrus, 99004 **559-4599**

Breakfast and lunch meals will be distributed beginning Wednesday, March 18. No specific pickup location or times have been determined yet.

- Bus #75
- Salnave Elementary 9:00 - 9:20
- Betz Elementary 9:25 - 9:40
- Bi Mart 9:45 - 10:00
- Bus #51
- Windsor Elementary 9:00 - 9:20
- Snowdon Elementary 9:30 - 9:50
- Hayford Village 9:55 - 10:15
- Bus #52
- Fairchild MHP 9:00 - 9:15
- West Prairie MHP 9:25 - 9:40
- Copper Landing 10:00 - 10:20
- Bus #79
- Sunset Elementary 9:00 - 9:25
- Basalt Ridge Entrance on 6th 9:30 - 10
- Bus #78
- 18th & Campbell 9:00 - 9:25
- Vietzke Village 9:35 - 9:50
- Cedar Summit Apartments 10:00 - 10:20

EAST VALLEY **924-1830**
3830 N Sullivan Rd, Bldg 1
Spokane Valley 99216 evsd.org

The East Valley School District is still determining how it will support students and their families during the closure. At this time, no meal pickup plans have been put into place.

- East Farms Elementary – 26203 E Rowan, Newman Lake - 11-11:30

- Otis Orchards Elem– 22000 E Wellsley, 99027 11-11:30
- KH Grocery Market – 21121 E Wellesley, 99027 - 11:45-12:15
- CCS/Skyview – 16924 E Wellesley 99216 - 11-11:30
- Trentwood Elem- 14701 E Wellesley 99216 - 11:45-12:15
- Parkside at Mirabeau Apartments - 2820 N Cherry St, 99216 - 11-11:30
- River Rock Apartments - 12820 E Mansfield Ave, 99216 - 11:45-12:15
- Riverbend Elementary – 17720 E. Mission Ave., Spokane Valley, WA 99016
- Valley Mission Park - 11405 E Mission - 11-11:30
- Whimsical Pig Apartments - 13303 E Mission - 11:45-12:15
- Eagle Point Apartments - 2718 N Bowdish Rd, 99216 - 11-11:30

FREEMAN

15001 S Jackson Rd
Rockford 99030
Free Meals start March 20th, sign up online freemansd.org or call **291-3695**

LIBERTY **624-4415**

S 29818 North Pine Creek Rd
Spangle 99031 libertysd.us
Pick up locations at 9:00 and 10:00 a.m.:

- Liberty High School Parking Lot, 6404 E. Spangle-Waverly Road
- Fairfield Community Center, 304 E. Main Street
- Fire Station 35, 1801 W. Gibbs Road (corner of Gibbs & Austin)
- Latah Post Office, 123 W. Market Street
- Mullen Hill Road at Hwy 195 (at the gravel parking area)
- Spangle Service Club, 165 N. Main Street
- Waverly Post Office, 170 N. Commercial Street

MEAD SD mead354.org **465-6000**

2323 E Farwell Rd, 99021
Meal service for Mead schools will begin Monday, March 23. Meals will be delivered to various hubs throughout the school district, but those locations have not yet been determined. (Meals will not be provided April 6-10, 2020, as this is the week the Mead School District would have been closed for Spring Break.)

SCHOOL LOCATIONS

- to pick up at 11am-12:30pm:
 - Brentwood Elem, 406 W. Regina
 - Colbert Elem, 4526 E. Greenbluff
 - Evergreen Elem, 215 W. Eddy
 - Meadow Ridge, 15601 N. Freya
 - Midway Elem, 821 E. Midway Rd.
 - Prairie View Elem, 2606 W. Johanssen Rd.
 - Shiloh Hills Elem, 505 E. Stonewall
 - Northwood, 2908 N. Pittsburg

COMMUNITY DISTRIBUTION

LOCATIONS:

- Forest Creek Apart, 13110 N. Addison St - 10:30-11 am
- Woodhaven Apart - 12424 N. Fairwood Drive - 11:20-11:50 am
- Hill N Dale Street Apts - 8821 N. Hill N Dale St - 10:30-11 am
- Mead Food Bank - 12611 N. Wilson 11:20-11:50 am
- Cedar Creek Village - 8502 N. Nevada St - 10:30-11 am
- Deer Run @ North Pointe - 1225 E. Westview Ct- 11:20-11:50 am
- Wild Rose Gas/RV Park - 23106 US 395 -10:30-11 am
- St. Joseph's Church - 3720 E. Colbert Rd- 11:20-11:50 am
- Fire Station #47 - 9814 E. Greenbluff Rd. - 10:30-11 am
- Fire Station #48 - 17711 N. Mt. S Park Drive - 10:30-11 am

MEDICAL LAKE **565-3100**
116 W 3rd, 99022 mlsd.org

Meal pickup plans have not been finalized by the district. The Medical Lake School District will have an update by Thursday, March 19, with how it'll proceed with services like meal distribution.
-Medical Lake Lutheran Church Offering Bagged Lunches Wed 3/18 - Fri 3/20
Thank you to this group for helping the students in our community while the District prepares for meal deliveries next week.

We will begin the delivery of meals beginning Monday-March 23rd, 2020. There will be meals delivered at the following locations:

- Hallett Bus Loop at 11:00 am to 11:12 am,
- Medical Lake City Hall at 11:15 am to 11:27 am,
- Medical Lake HighSchool Bus Loop at 11:30 am to 11:42 am,
- Medical Lake Middle School Bus Loop at 11:45 am to 11:57 am.
- Michael Anderson Elementary at 11:40 am to 11:50 am.

NINE MILE FALLS 9mile.org **340-4300**

10110 W Charles Rd, 99026
Locations & times:

- Lakesied high School Bus Loop - 5909 Hwy 291 - 11-11:00 am
- Lakeside MS Bus Loop - 6169 Hwy 291 11:15-11:45
- Nlne Mile Elem Bus Loop - 10102 W Charles rd, 11:15-11:45am
- Lake Spokane Elementary Bus Loop - 6015 Hwy 291 - 11:30am-12pm

ORCHARD PRAIRIE **467-9517**

7626 N Orchard Prairie Rd, 99217 orchardprairie.org
Orchard Prairie School District will be closed for students starting Tuesday, March 17th through at least April 24th, 2020 in an effort to slow the spread of COVID-19. This includes all extracurricular activities and previously scheduled events.

VALLEY **888-284-5719**

3034 Huffman Rd, 99181
valleysd.org **937-2413**

As of March 19, Today, we served meals in the Valley Bus Loop from 9:00-11:00 am. The turnout was positive and we are expanding to serve meals in the Valley Grange as well tomorrow. Tomorrow, both sites, the Valley School Bus Loop and the Valley Grange will be serving breakfast/lunch meals from 9:00-11:00 am.

WEST VALLEY wvvsd.org **924-2150**

2805 N Argonne Rd, 99216
West Valley will continue to offer breakfast and lunch to any student 18 years of age or younger. Beginning Tuesday, March 17, all elementary schools, CMS and WVHS will distribute "drive through" meals to go from 11:00 am to 1:00 pm. No paperwork or identification necessary.

- Ness Elementary **922-5470**
9612 E. Cataldo, 99206
- Orchard Center Elementary 7519 E. Buckeye, 99212 **922-5473**
- Pasadena Park Elementary 8508 E. Upriver Dr. **922-5480**
- Seth Woodard Elementary 7401 E. Mission, 99212 **921-2160**
- Centennial Middle School 915 N. Ella 99212 **922-5482**
- West Valley High School 8301 E. Buckeye, 99212 **922-5488**

PULLMAN SCHOOL DISTRICT:

Each school in the Pullman School district will be open for meal pickup beginning Wednesday, March 18, between 7:30 a.m. – 8:30 a.m. and 11:30 a.m. – 12:15 p.m. The district will also send vans out into the community to deliver meals to designated locations for those who cannot get to the schools. The breakfast and lunch meals will be grab-and-go style and free to any student. Families are free to pick those meals up at any school in the district. https://www.pullmanschools.org/apps/pages/index.jsp?uREC_ID=1668785&type=d&pREC_ID=1853685

MOSES LAKE SCHOOL DISTRICT:

The district said food service plans are in progress to have a neighborhood meal program for breakfast and lunch, but no further specifics have been shared.

COEUR D'ALENE SCHOOL DISTRICT:

Breakfast and lunch meal pickup will begin Wednesday, March 18, at select locations throughout the district. More details are expected soon.

MOSCOW SCHOOL DISTRICT:

Students in the Moscow School District are on spring break from March 16 – 20. However, the schools will be closed through

April 6. In a letter to district families, Superintendent Gregory Bailey says the district is working to make lunch available to students once spring break is over. More information is expected closer to the end of spring break.

Additionally, the Mad Greek restaurant is offering free lunches for kids for the next three weeks. Those lunch meals include a slice of pizza or a cup of soup. Meal pickup is available from 2 – 4 p.m. Monday through Thursday. More information is available here.

LEWISTON SCHOOL DISTRICT:

Meal pickup will be available from March 16 – 20 at Jenifer Jr. High and Sacajawea Jr. High for any Lewiston School District students and members of their household 18 years and younger from 11 a.m. until 1 p.m. Family members older than 18 will be able to purchase meals from the schools. More information is available here.

SPOKANE PUBLIC SCHOOLS

200 N Bernard St, 99201
spokaneschools.org **354-5900**
Will start meal program for children on reduced and dlow-income meal plans starting March 24th To April 24

SAFETY 354-7320
SCHOOL MEAL PROGRAM 354-5976

We are continuing to get plans in place to help our students and families during the upcoming school closure. The newest information concerns meals and technology. Meal distribution SPS is offering grab & go meals – a breakfast and a lunch together – for any child aged 0-18, or currently enrolled in high school, at the following locations from 11 a.m.-noon. Yes, that's any student -- even those who don't attend Spokane Public Schools!

Arlington, 6363 N. Smith
Audubon, 2020 W. Carlisle
Balboa, 3010 W. Holyoke
Bemiss, 2323 E. Bridgeport
Cooper, 3200 N. Ferrall
Finch, 3717 N. Milton
Garfield, 222 W. Knox
Grant, 1300 E. 9th
Holmes, 2600 W. Sharp
Hutton, 908 E. 24th
Lidgerwood, 5510 N. Lidgerwood
Lincoln Heights, 3322 E. 22nd
Longfellow, 800 E. Providence
Logan, 1001 E. Montgomery
Moran Prairie, 4224 E. 57th
Mullan Road, 2616 E. 63rd
Ridgeview, 5610 N. Maple
Roosevelt, 333 W. 14th
Sheridan, 3737 E. 5th
Stevens, 1717 E. Sinto
Shaw MS, 4106 N. Cook
Rogers HS, 1622 E. Wellesley
Shadle Park HS, 4327 N. Ash
Ferris HS, 3020 E. 37th

Meals will be offered Monday through Friday. It is a federal meal program requirement that students must be present to pick up a meal. Our goal is to expand these sites next week.

Learning at home: We have assembled a thorough collection of resources -- schedule ideas, sample daily plans and learning at home guides – for families to use during the school closure as they see fit. These are available at spokaneschools.org/LearningAtHomeResources. Structure and routine are strong elements to reducing anxiety, but we recognize that nothing about this is routine. In the coming days teachers will be connecting with students and parents, answering questions, sharing materials, clarifying directions, and assisting with access to digital resources.

Volunteering: If you or your organization would like to support SPS students, families or staff by donating resources or time, please call the SPS Office of Family and Engagement at 509-354-7882.

Graduation requirements: The Class of 2020 has access to the Expedited Appeals Waiver which allows students to waive the current assessment graduation requirement to pass both the ELA and Math Smarter Balanced Assessment. Future guidance will be provided by the state regarding making up instructional days with regard to credits needed for graduation.

Testing: The state superintendent's office (OSPI) has canceled all state testing for the 2019-20 school year.

End of school: At this time, OSPI will grant emergency waivers to allow districts to end the school year on Friday, June 19, at the latest.

Stay healthy! Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. Avoid close contact with people who are sick. Put distance between yourself and other people.

KIDS MEALS (NON-PUBLIC SCHOOL)

Community-Minded Enterprises

RECOVERY CAFÉ SPOKANE
214 N Cedar St, 99201 **960-8529**
info@community-minded.org
community-minded.org
In addition, beginning today, 3/17, the Recovery Cafe is closed to the public and we are unable to serve lunch or host latte hour. However, starting today 3/17 we are handing out sack lunches to members from

12:00-12:30pm at the front door of the café. Lunches are available Tuesday – Friday.

Northeast Youth Center

3004 E Queen, Spokane 99217
spokaneneyc.org **482-0708**
GRAB-N-GO MEALS UPDATE: We will be passing out Grab-N-Go meals Friday, March 20th, 11 am to 1 pm, at Northeast Youth Center. The meals include breakfast and lunch. Ready to eat, microwavable meals, first come, first serve, for ages 18 years of age and under—address: 3004 E Queen Avenue, Spokane, Washington, 99217. Please share this post with others. Thank you

SW Community Center

314 S Spruce, 99201 **981-7797**
Mark Reilly (Food Bank) **993-1314**
Community Center is open. Youth pgm during day; food bank Friday – line up outside & receive bags outside. For kids, lunches like in summer; meals from Shadle. Hand-out stuff during week for those in need.

Volunteers of America

525 W Second, 99201
voaspokane@voaspokane.org
voaspokane.org **624-2378**
Crosswalk maybe adding hours with Spokane Public Schools.

Restaurants (free food for kids:

River City Pizza (call in advance)
Brick West Brewing Company
279-2982
Cochinito Taqueria with adult order
Burger King

WEEKEND MEALS/ FOOD BACKPACKS

Second Harvest

partners with schools and community partners for Bite2Go to get weekend food supplies to children in need during the school year. The Bite2Go kits include a good mix of healthy, kid-friendly, easy-to-open, single-serving, nonperishable food items to cover meals and three snacks over the weekend. The shelf-stable milk, juice, cereal, entrees and snacks are safe for children to handle on their own because they don't require any cooking or other preparation. Each week, staff members at participating schools put the packages of food discreetly in the backpacks of students in need. For more information, contact Chris Sloan at 252-6283 or chris.sloan@2-harvest.org.
SPOKANE VALLEY PARTNERS FOOD FOR THOUGHT 10814 E Broadway, Spokane Valley 99206

PO Box 141360, 99214
Food For Thought provides weekend meals for over 500 students each week to help improve school performance, academic success and cognitive development.
Adams Elementary
Bowdish Middle School
Broadway Elementary
Chester Elementary
CVHS - Central Valley Alternative
CVHS - Central Valley High School
Dishman Hills
ELC - Early Learning Center
Evergreen Middle School
EVSD - East Valley School District
Greenacres Elementary
Liberty Creek
Liberty Lake Elementary
Mc Donald Elementary
Mica Peak High School
North Pines Middle School
Opportunity
Ponderosa
Progress Elementary
South Pines Elementary
Spokane Valley Tech
Summit School
Sunrise Elementary
University Elementary
University High School

FOOD FOR KIDZ 868-9260

Eastpoint Church Warehouse at, 15303 E Sprague
6009 N Haye, Newman Lake 99025
Jim Dodd foodforkidz.org
jjm@foodforkidz.org

CHILD CARE & YOUTH CENTERS

Express child care is closed Tuesday, March 17 through Friday, March 20, so we ask our Express families to please make alternate arrangements for that time. Based on the governor's request, our initial child care plan will prioritize child care support for children of first responders and medical workers. We will have an update on Wednesday, March 18, regarding our ability to provide child care to existing Express families.

Childcare Aware - Family Center 800-446-1114

If your Child Care center closes from COVID 19 emergency, call here to help find an alternative location. Warning Capacity maybe an issue as some child care centers already. Now working remotely

Northeast Youth Center

3004 E Queen, Spokane 99217
spokaneneyc.org **482-0708**
Childcare Openings, Starting Monday, March 23rd from 7am - 5:30pm.
The safety of children and families is our priority. This past week we have worked diligently to deep clean and disinfect the entire facility and vehicles.

We are aware parents need quality, affordable, fun childcare. Monday, we are ready to re-open our doors for the first 37 school age and 10 preschool children. Call and register through our main office: (509) 482.0708.

Salvation Army 325-6810
222 E Indiana, 99207
spokane.salvationarmy.org
The Youth Center is closed

Vanessa Behan Crisis Nursery
2230 E Sprague, 99202 535-3155
kristena@vanessabehan.org
vanessabehan.org Fax: 534-7099
Concerned about the potential increase in child abuse and neglect during the COVID-19 crisis with schools closed six weeks, is offering support to children and families on its website and social media. Parents with limited support face difficult decisions about child care. Vanessa Behan is considering how to increase services for parents needing child care. Supplying Diapers, wipes, and formula, during business hours.

PET FOOD

SpoAnimal CARE

710 N Napa
<https://www.spokanimal.org>
The shelter is offering free pet food (cat & dog only) for those in need (experiencing financial hardship) at its front desk Monday-Friday 11-6 through Saturday, 10-5.

SHELTERS

The City Gate Women's Shelter

170 S Madison, 99201
thecitygate@qwestoffice.net
thecitygatespokane.org
Mngr Misty Santos 455-9670
offers 25 beds for homeless women. Daily 9pm-7am. Offers coffee and snack till 11pm.

Family Promise

Mail: 904 E Hartson, 99202 747-5487
Open Doors: 2002 E Mission, 99202
familypromiseofspokane.org
Exec Dir: Joe Ader
Neighbors/Bridges Prog Mngr: Susan Heitstuman
Open Doors Program Mngr: Serena Graves 723-4663
Village Program Mgr: Lynetta Lewis
Volunteer Mngr: Marianne Sfeir
Admin Coord: Hilary Beardslee
strives to preserve the safety and health of its guests, volunteers, staff, and Spokane community.
It has not had any confirmed or suspected cases of COVID-19 among anyone connected to the organization, but is monitoring developments of the virus

closely, implementing a social distancing plan to help slow the spread of this virus in our community.

Those staying home can help by donating financially, buying groceries, offering an RV or trailer, and advocating for homeless people. Check their facebook page for a check list of items.

Jewels Helping Hands Cannon Street Warming Center

JEWELS HELPING HANDS
527 S Cannon, 99201
jewelshelpinghandsSpokane@gmail.com
282856762255273 on FB
Capacity of 94, with around 64. Quaaantine areas of 6 being set up for those who seel sick. Breakfast, lunch and Dinner provided for those who stay.

House of Charity

CATHOLIC CHARITIES 624-7821
32 W Pacific, 99204
cceasternwa.org
Practicing social distancing, at full capacity, check in by 7pm, offers breakfast lunch and dinner to guests stying overnight.

Rising Strong

CATHOLIC CHARITIES 960-8632
1960 North Holy Names Ct
social distancing is much easier, given the private room/ environment. Our pandemic protocols provide clear guidance on implementing isolation and distancing interventions, as well as ways to ensure meals can be accomplished while on "quarantine." Families are being asked to think about who can watch their children, in the event they get sick.

Salvation Army Family Emergency Shelter

325-6810
204 E Indiana, 99207
spokane.salvationarmy.org
The Emergency Shelter, where people can stay up to 40 days, and Stepping Stones for families staying up to a year, are operating. Staff are checking guests' health every day.

St Margaret's Shelter

CATHOLIC CHARITIES 624-9788
cceasternwa.org
PO Box 2253, 99201
social distancing is much easier, given the private room environment. Our pandemic protocols provide clear guidance on implementing isolation and distancing interventions, as well as ways to ensure meals can be accomplished while on "quarantine." Families are being asked to think about who can watch their children, in the event they get sick.

Truth Ministries Spokane

1910 E Sprague, 99202 456-2576
PO Box 901, Mead 99021
jmktruth@yahoo.com
truthministries on FB
truthministriesspokane.org
Marty & Julie McKinney 990-8415
Transitional shelter for 100 men 18+, may be reduced by city to 50. Open 8` pm - 8 am. Provides a bed, meal, housing, job and treatment referrals.

Women's Hearth - TRANSITIONS

920 W 2nd, Spokane 99201
info@help4women.org 455-4249
help4women.org
For the next two weeks (March 21st through April 3rd) we plan to be open Monday, Tuesday, Thursday and Friday from 8:30 to 4:00 and on Wednesdays from 10:30 to 4:00. We will NOT be open the next two weekends, but hope to resume those days in April.
We are offering essential services only and have cancelled all support and activity groups until further notice.

Union Gospel Mission Ministries

1224 E Trent, 99202 535-8510
info@uniongospelmission.org
uniongospelmission.org
Not accepting new guests at this time. Offering sack lunches daily If you are a cook temporarily out of work, UGM is hiring temporary kitchen help. Normal application process.

Volunteers of America

525 W Second, 99201
voaspokane@voaspokane.org
voaspokane.org 624-2378
Hope House not acceptin new guests at this time.

SMALL BUSINESS & EMPLOYMENT

<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>
facebook.com/groups/SaveSpokaneSmallBusinesses/

Christ Kitchen

325-4343
2410 N Monroe, Spokane 99205
christkitchen.org
We realize the population we serve doesn't need any more trauma in their lives, so I have personally contacted each of them and working with them to ensure money continues to come in. If you are in a position to support our ministry during this time in a financial offering, we certainly welcome that. However, we pray we will be able to receive government funding; we are unclear at this time how much, however. You can continue

buying our products are Yokes, Rosauers, and Super 1 Foods. We are doing our best to keep those shelves stocked.

Compass Career Solutions

John Nickerson 808-8482
jnickerson@careersbycompass.com
careersbycompass.com
is still supporting FCS, supported employment, supported housing and FCSE during this time.
All services are over the phone or teleconference and everything is running smoothly plus successfully.

Home Deliveries, Restaurants

Heard a good suggest before going with an app check with the restaurant if they are open and offering direct home deliveries most restaurant delivery app result in loss of 30-40% of that meal to the app and the delivery.
https://docs.google.com/spreadsheets/d/1-MwPtgnvcwVP_N8zqGZ2SpQALdH2B1ZUY-MgFpixBP4/edit#gid=0
UberEats
GrubHub
DoorDash
Tree House is a new local app
treehousespokane.com

New Leaf Bakery, Cafe Job Training - Transitions

930 N. Monroe St.
Spokane, 99201 496-0396
help4women.org closed

Support Local Servers!!!

The Big Table 979-1005
POB 141510, Spokane Valley 99214
information@big-table.com
big-table.com
With business reduced, restaurants that already operate on tight margins are struggling. Employees hours are reduced, and in some cases, establishments are closing their doors altogether.
Both in hotels and restaurants, the massive drop in business will mean that our people will have their hours cut and wages plummet with no way to make up that money. Most live financially day to day or week to week and have no safety net.
Could you give a special gift to keep people in crisis from falling? (from their facebook-which has more a focus on Seattle area)

Small Business Admin

sba.gov
-WSU SPOKANE 353-2800
801 W Riverside Ste 444, 99201
Develops small business loan and assistance programs, special outreach efforts and initiatives to aid and inform small businesses.
Disaster Field Operations Center - West
disasterloan.sba.gov/ela/

SNAP Financial Access 456-SNAP

500 S Stone, 99202 snapwa.org
SNAP THE BUSINESS CENTER
One-on-one consulting, business training and support services, access to resources, and networks for business owners.
SNAP BUSINESS DEVELOPMENT
Technical assistance and financing for people interested in starting or expanding a small business.

Spokane Cnty United Way
920 N Washington, Ste 100, 99201
unitedwayspokane.org **838-6581**
Brings together expertise, funding and volunteer support to positively impact health, education and financial stability.
COVID - 19 Community Economic Disaster Relief Fund call 866-211-9966 and provide zip code for list of agencies that provide assistance.

Union Gospel Mission Ministries
1224 E Trent, 99202 **535-8510**
info@uniongospelmission.org
uniongospelmission.org
If you are a cook temporarily out of work, UGM is hiring temporary kitchen help. Normal application process.

VULNERABLE POPULATIONS

Grocery Stores

Costco
NOTE: Senior citizens, and disabled can shop on M-F from 8 a.m. to 9 a.m.

Huckleberries
NOTE: Senior citizens, and Compromised Immune systems, Pregnant Women, can shop on Tuesday and Thursday from 7 a.m. to 9 a.m.

Rosauers
NOTE: Senior citizens, pregnant women and those with compromised immune systems to shop. can shop on Tuesdays and Thursdays from 7 a.m. to 9 a.m. Pharmacies will open at 8 a.m. on those days.

Safeway, Albertsons
NOTE: Senior citizens, pregnant women and people with compromised immune systems can shop on Tuesdays and Thursdays from 7 a.m. to 9 a.m.

Super1 Foods
NOTE: Senior citizens, pregnant women and people with compromised immune systems can shop on Tuesdays and Thursdays from 7 a.m. to 9 a.m.

Target
NOTE: Senior citizens, pregnant women and people with compromised immune systems can shop 7am - 9am T & Th.

Walmart
NOTE: 1 hr Tuesdays before opening for 60+

Whole Foods
NOTE: 1 hr before opening for 60+

DISABILITIES

Resources from John Lemus:
<https://informingfamilies.org/covid-plain-lang/>
<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

The Arc of Spokane 328-6326
320 E Second St, 99202
sthorpe@arc-spokane.org
arc-spokane.org Fax: 328-6342
From March 17 to April 24
Suspending ALL activity

Disability Action Center- NW, Inc
Third Floor, West 9 **995-7655**
25 W Main Ave. **208-618-1191**
Spokane 99201 dacnw.org
mels@dacnw.org
For an updated services due to COVID-19: The Disability Action Center will continue offering information, referrals, and consumer meetings through phone calls, email, and text. Video conference calls will be made by appointment.

DDA - Developmental Disabilities Admin (DSHS)
1611 W Indiana, 99205 **329-2900**
<https://www.dshs.wa.gov/dda/consumers-and-families/dda-coronavirus-information> **800-462-3038**
Supports and services for people 18+ with developmental disabilities such as, cerebral palsy, epilepsy, autism or other neurological issues.

Joya Childhood & Family Development
2118 W Garland Ave, 99205
joya.org **326-1651**
Effective today, March 19, 100% of our services will be provided through telehealth. Parents, you will be receiving an email update this morning. If you had an in-person appointment scheduled, someone from your team will call you today to arrange a telehealth visit..

People First of Washington -LILAC CHAPTER 991-5861
Downtown Library 901 W Main, 99201 4pm, 2nd & 4th T
peoplefirstspokane.org on FB
John Lemus
March 16 Spokane county online peer support for those living with disabilities and their families, we will have available each morning what resources are active and

available check back for link each day. as of tuesday afternoon in the spokane area a peer to peer chat to help those with anxiety- resources food water transportation it will begin 10 to 5pm in Spokane and seattle with the hopes of going 24 hours almost immediately so looking for volunteers to help emergencies call 911 on wednesday we will be bringing online student first club meetings for existing clubs support each and each begining Tuesday not we will begin live broadcast at 5PM pacific share what we know and then again a live update at 7pm a full list of peer support for those with disabilities coming soon begining wednesday the toll free number for spokane county peer support is 855-473-3711 844-4peer11 - beginning wednesday

Project ID 475-7185
4209 E Pacific, 99202
PO Box 18703, 99228
projectidspokane.org
Closed but is providing clients with fun activities to stave of Cabin Fever.

SKILS'KIN 326-6760
4004 E Boone Ave, 99202
skils-kin.org Fax: 323-8987
Although the main office is currently closed, Skils'kin remains open to serve employment services and payee clients. Skils'kin is also actively hiring essential personnel to perform work at FAFB.

Spokane Center for Independent Living (SCIL) 326-6355
8817 E Mission Ave, Ste 106
Spokane Valley 99212 scilwa.org
Due the circumstances surrounding COVID-19 starting Monday March 16, all appointments with Independent Living Specialists will take place over the phone or through email until further notice.

St Luke's Rehabilitation Institute 473-6000
711 S Cowley St, 99202 **473-6000**
st-lukes.org Fax: 473-6097
St. Luke's Rehabilitation Institute is implementing additional visitor and therapy restrictions in accordance with recommendations from the Center for Disease Control and Prevention (CDC). In addition, some hospital access points will be consolidated at our hospital campus location. These changes take effect Tuesday, March 17 at 7 a.m.
<https://www.st-lukes.org/locations/>
Update Thursday, March 19: St. Luke's is providing inpatient rehabilitation services. As previously communicated, St. Luke's continues to temporarily limit outpatient therapy services. Please see below for a brief recap of outpatient services: Outpatient Clinics including our North, Valley, Pediatrics and

Cardiac & Pulmonary clinics will be temporarily closed beginning Monday, March 23. Adult outpatient services at the Main campus will continue to remain open for urgent and emergent patients as designated by the patient's health care provider. These visits will be on a staggered schedule in adherence to social-distancing guidelines.

IMMIGRANTS & REFUGEES

Refugee Connections Spokane
35 W Main Ave #205, 99201 **209-2384**
RCS@RefugeeConnectionsSpokane.org
refugeeconnectionsspokane.org
Exec Dir: Marijke Fakasiieki
Deliver food to refugees children.

Spokane Immigrant Rights Council 360-292-8540
c/o Jim Dawson, 907 E 8th, 99202
info@sirwa.org sirwa.org
Jim Dawson **326-9540**

World Relief Spokane 484-9829
1522 N Washington St, Ste #204, 99201 Fax: 462-7279
wrsppokane@wr.org
worldreliefsppokane.org
While the World Relief office in Spokane will be closed through March 30 and all volunteer activities will be postponed, staff will work remotely to empower our community to serve the most vulnerable—knowing crises bring disproportionate impact. It is working to be sure public information is available in immigrants' and refugees' languages and will address financial, housing and food needs

MENTAL HEALTH & RECOVERY

American Behavioral Health Systems (ABS) 934-1078
715 E Sprague, Ste 107
Spokane Valley 99216
abhsinc.net Fax: 232-5770
NO new clients accepted that this time. Detox, inpatient, outpatient.

Children's Home Society 747-4174
SPOKANE spokane@chs-wa.org
childrenshomesociety.org
We will also be transferring our in-home visiting services to virtual home visits. The Child Waiting Room will remain open until further notice. We will continue to closely monitor the situation and keep you informed as to when we will re-open to the public, and reinstate our services in their usual capacity.
WEST PLAINS **795-8480**

Colonial Clinic

910 N Washington, Ste 210, 99201
colonialclinic.com 327-9831
All services still available, accepts Community Health Plan of WA, which is part of WA Apple Healthcare (Medicaid). offers Outpatient treatment.

Compassionate Addiction Treatment

919-3381
215 W 2nd Ave, 99201
Limiting access and offering support groups outside with respect to social distancing. We provide Medication Assisted Treatment (Suboxone, Vivitrol), Substance Use Disorder Assessments, Intensive Outpatient Treatment, and Outpatient Treatment. We accept all plans under medicaid for all services, Medicare for Medication Assisted Treatment, and if they have no insurance and do not qualify for medicaid, we see them anyway.

Daybreak Youth Services

960 E 3rd, 99202 888-454-5506
Admin & Develop: 444-7033
admissions@daybreakinfo.org
daybreakyouthservices.org
Outpatient & inpatient alcohol/drug treatment youth program (ages 12-18) and their families.
Outpatient Services:
200 N Mullan 927-1688
Inpatient treatment:
628 S Cowley, 99202 475-4651

Excelsior 328-7041

3754 W Indian Trail Rd, 99208
andrewh@4eyc.org
amy.fager@4eyc.org
excelsioryouthcenter.com
Dir: Andrew Hill
Admissions: Amy Fager
Offers behavioral health and integrated primary care, medication reduction, education, vocation, housing, psychotherapeutic recreation and many other services for families.

Frontier Behavioral Health

Walk-ins: 17 E 1st, 99201 838-4651
24/7 help line and Crisis Line
877-266-1818 fbhwa.org
To to any one anytime, call
Warming Line 877-500-9276

All services still available, accepts WA Apple Healthcare (Medicaid). Intake is first come, first served, intake from 7:30 am-3:00pm. After intake, you wait approximately one week to see a counselor with the option to start weekly sessions.

Genesis Institute, Inc 467-7913

1220 N Howard St, 99201
genesisinstitute.org
Offering Telehealth Appointments

Healing Lodge of the Seven Nations hotline 533-6910

5600 E 8th Ave, 99212

hladmin@healinglodge.org

healinglodge.org 535-2863
All services still available, accepts WA Apple Healthcare (Medicaid). Provides an intensive 90 to 120-day inpatient experience for youth ages 13 through 17 with chemical dependency.

New Horizon Care Centers

ADMIN BUILDING 838-6092
2317 W 3rd Ave, 99201
nhccspokane.org
all services still available, Assessments and mental health counseling session are available via phone accepts WA Apple Healthcare (Medicaid). Inpatient and outpatient treatment, short term drug rehab, intensive outpatient treatment, regular outpatient treatment.

Lutheran Community Svcs NW

210 W Sprague Ave, 99201
lcsnw.org/Spokane 747-8224
Our behavioral program is providing clinical services via telehealth. Business/Intake Line 509-747-8224

Partners with Families & Children 473-4810

106 W Mission Ave, 99201
partnerswithfamilies.org
All services still available, accepts WA Apple Healthcare (Medicaid). Treatment for mental health, substance use disorders, and parenting support. The program is aimed to meet the needs of all family members to support wellness and family reunification

Pioneer Center East 325-2355

PIONEER HUMAN SERVICES
3400 W Garland, 99207
pioneerhumanservices.org
all services still available, accepts WA Apple Healthcare (Medicaid). Provides recovery care and rehab services such as Inpatient Drug Rehab, short term drug rehab, and others to clients in Spokane in its Surrounding areas to that they conquer their substance use disorders and achieve full recovery.

Pioneer Human Services - Boone

325-7232
PIONEER HUMAN SERVICES
910 W Boone, 99201
pioneerhumanservices.org
all services still available, accepts WA Apple Healthcare (Medicaid). Outpatient treatment that accepts people with co-occurring mental health and substance abuse disorder.

SPARC (Spokane Addiction Recovery Centers)

sparcop.org 624-3251 or 241-3130
All services are still available, Accepts WA Apple healthcare (medicaid), intensive inpatient, recovery house, counseling, and psychotherapy, medication supervision, case management, intensive, outpatient, abuse

treatment, alcohol & drug info, DUI assessment.
Inpatient: 812 S Walnut
Outpatient: 1508 W 6th Ave, 99204

Spokane Regional Health District

1101 W College Ave, 99201
srhd.org 324-1500
Spokane Regional Health District Outreach Services is still open, including syringe exchange, case management, referrals to resources, and prevention education.

Spokane Treatment & Recovery Services - STARS

105 W 3rd Ave, 99201
spokanerecovery.org 570-7250
Only Detox services are available at this time, accepts WA Apple Healthcare (Medicaid). Intensive inpatient, recovery house, counselign & psychotherapy, medication supervision, case management, intensive outpatient, abuse treatment, alcohol & drug info, DUI assessment

Sunshine Terrace

1102 S Raymond Rd 892-4342
Spokane Valley 99206 shfi.com
Provides long-term living oppor- All services still available, accepts WA Apple Healthcare (Medicaid), inpatient and outpatient.

YFA Connections Adult Services

22 S Thor, 99202 532-2000
PO Box 3344, 99220
info@yfaconnections.org
yfaconnections.org Fax: 532-2005
Dir. Adult Services: Tom Murphy
Adult outpatient treatment for Substance use and co-occurring disorders. Accepts Medicaid, most private insurance and self-pay.

YFA Connections 532-2000

PO Box 3344, 99220 Fax: 532-2005
yfaconnections.org
Directions Dir: Angela Leavitt
School based mental health services for Medicaid eligible children and youth in Deer Park, Riverside and Nine Mile Schools districts.
CRISIS RESIDENTIAL CENTER 624-2868
201 W 6th, 99204
Dir: Angela Getz Fax: 747-1730
Shelter services for at-risk, homeless and runaway youth 12-17.

SENIORS

Aging & Long Term Care of Eastern WA - ALTCEW

1222 N Post St, Spokane 99201
action@altcew.org altcew.org
See website for programs and event cancellations. 458-2509

Catholic Charities Eastern Washington 800-831-1209

12 E 5th Ave, 99202 358-4250
ceasternwa.org
Volunteers are vital to Catholic Charities' work in the community, and we so value your contributions. During this situation we could use your help and assistance in other ways:
FRIENDLY CHAT PROGRAM: This new communication program will allow us to reach out to seniors who have been asked to shelter in place due to their underlying health conditions. Staff and volunteers will make daily phone calls to seniors to ensure they have food, supplies and know that someone cares about them! If you are interested in assisting us with this endeavor, please email us at volunteer@ceasternwa.org for more information.
SHOPPING ANGELS: We created a volunteer program to shop for a bag of basic need, essential items for seniors who are unable to leave their home. Please check our website to find more about how you can assist with this program. <https://www.cceasternwa.org/covid-19>

Elder Services 458-7450

5125 N Market St, Spokane 99217
need family and friends to train and build support during crises.
FAMILY CAREGIVER 458-7450

Greater Spokane County Meals On Wheels 924-6976

12101 E Sprague Ave, 99206
POB 14278, Spokane Valley 99214
gscmealsonwheels.org
Continues to deliver to homes throughout the county and that includes the City of Spokane. We are prepared to continue delivery throughout any shelter orders, even if that shifts from daily hot delivery to once a week delivery of 7 frozen meals. Seniors over the age of 60 should be able to reach out to us if they have need. The meals operate on a suggested contribution of \$5 per meal, but that is just a suggestion. Seniors can pay whatever they can, even if that is nothing at all. We will continue to deliver regardless of inability to contribute. Seniors on Medicaid waiver programs such as Copes and TSOA used to have to trade care hours for home delivered meals. However, that had been waived by Medicaid and they can now get home delivery with no reduction in care hours. We are currently exploring emergency funds to hire displaced restaurant workers and ramp up production in our commercial kitchen.

Mid-City Concerns/Meals on Wheels Spokane 747-3257
1222 W 2nd MOW 232-0864
Spokane 99201 mowspokane.org
director@mowspokane.org

Closed as of March 17th until it is deemed safe for senior social gatherings to resume. We are working with our Senior Center members to coordinate care and sustenance of mind and body during this time. Delivering warm meals to our Senior Center members and also allowing them to pick-up to go meal boxes between 11:30-12:30 from our location. We will remain in constant communication with them to assure they are healthy and not in need of any extra resources. Also creating Gift Boxes for senior to pass the time taking donations of puzzles, large print reading materials, word search puzzles, activity books, knitting supplies, crossword puzzles, soap, hand sanitizer, and special touches like blankets, socks, and pillows. With many in our community in either quarantine or limiting social interactions we are in need of volunteers willing to visit the homes of our seniors. If you are available and interested please contact Patricia at (509)862-6367 or patricia.robinson@mowspokane.org

RSVP - Retired Senior Volunteer Program YMCA
1126 N Monroe, Spokane 99201
Programs cancelled 344-7787

SNAP Long Term Care Ombudsman Prog 456-7133
3102 W Ft Wright Dr, 99224
snapwa.org 800-660-7133
continues to operate, but most services are being provided telephonically due to visitor restrictions at LTC facilities. SNAP continues to offer home repairs, and are able to do most intake and paperwork over the phone to reduce face to face visits. Clients are encouraged to call (509) 456-SNAP for assistance.

WOMEN & CHILDREN: INFANT NEEDS & DVSA

Baskets for Babies 214-2634
Spokane Valley Partners, 10814 E Broadway, 99214
POB 14594, Spokane Valley 99214
contactus@basketsforbabies.org
basketsforbabies.org
Dir: Tamara McClellan
Newborn program: child safety, layettes and crib program. CLOSED already in November 2019

Breast Intentions 995-1295
1922 S Stanley Ln
Spokane, Washington 99212
breastintentionswa.org
Cancelled event at UGM for bra fitting event, call for future events or distribution.

CAPA - Childbirth & Parenting Assistance/PREPARES
CATHOLIC CHARITIES 455-4986
25 W 5th Ave, Lower Lvl, 99202
cceasternwa.org
Just wanted to remind everyone that CAPA is open and doing diaper distribution from 9 am to 2 pm Monday through Thursday! Please share if you know folks who are struggling to find diapers and wipes. Call (509) 455-4986 with any questions.

Inland NW Diaper Bank
SPOKANE VALLEY PARTNERS 927-1153
10814 E Broadway, 99206
PO Box 141360 Fax: 928-8463
Spokane Valley 99214 svpart.org
Gives diapers to needy families.

Lutheran Community Svcs NW
210 W Sprague Ave, 99201
lcsnw.org/Spokane 747-8224
24/7 Sexual Violence & Crime Victim Support Line is operational. .
24/7 Sexual Assault Support Line 624-7273

MyChoice 462-4000
2659 N Ash St, 99205
info@mychoicespokane.org
Mychoicespokane.org
To protect our clients, MyChoice Clinics are currently operating remotely. If you need a pregnancy consultation, call 509-327-0701, leave a DETAILED MESSAGE and a nurse will return your call. For all other concerns please call the N. Maple Street CHAS Clinic at 509-444-8200 for a same day appointment. If you are facing a medical emergency, Call 911.

Nurse Family Partnership
SPOKANE REGIONAL HEALTH DISTRICT
1101 W College, 99201
srhd.org 324-1621
continuing to visit and enroll clients using telehealth. Our goal is to maintain contact with all enrolled clients and provide support and education over the phone or via videoconferencing. Offers pre- and post-natal education, mother/infant/child care coordination, follow-up for families with children. Health education, screenings; support and education on infant/child care, growth and development, parenting, health, home safety and nutrition.

Project Beauty Share 455-3537
216 N Bernard St, 99201

projectbeautyshare.org
Collects cosmetics and beauty products for agencies to give out. Thank you all for standing by Project Beauty Share these past few weeks. Our shelters need us more than ever and we will continue to serve them!
We are still accepting products via mail and financial donations through our website to help continue our mission and operations. If you are able to help, we would appreciate it so much!

Teen & Kids Closet 534-1151
307 E Sprague teenkidscloset.org
Spokane Valley 99202
PO Box 4099, 99220
contact@teenkidscloset.org
Offers Clothing and Household items for foster kids and teens or those of low-income. Appointment only by referral from school official or social worker, referral can be made online. Teen & Kid Closet will temporarily be suspending operations through the end of March. This includes taking in physical donations. You can always donate through Paypal by clicking the orange DONATE button in the header.

WIC 800-322-2588
Text "WIC" to 96859
When going to the Grocery store please be kind to those whose only food are provided for through the WIC program. This is the only food under that program they can receive. Please be kind to your neighbors in need, items include Breakfast Cereal, Infant Cereal, Infant Food Fruits & Vegetables, Infant Food Meat, Infant Formula, Exempt Infant Formula, Milk, Cheese, Tofu, Soy-Based Beverage, Mature Legumes, Peanut Butter, Fruits & Vegetables, Canned Fish, Whole Wheat Bread and Other Whole Grains, Juice, Eggs, WIC-eligible Nutritionals, Yogurt. Don't hoard their only means!!

WIC SPOKANE REGIONAL HEALTH DISTRICT
srhd.org/programs-and-services/wic
SRHD WIC clinics are providing all services by telephone only. WIC representatives will call participants with scheduled appointments. Persons interested in applying for WIC should call the individual clinics for information.
-WIC SRHD 324-1620 x4
-WIC DEER PARK 324-1620 x4
-WIC EAST CENTRAL 323-2800
-WIC NORTHEAST CC 323-2828
-WIC N LIDGERWOOD 323-2818
-WIC SPOKANE VALLEY 323-2800
WIC WEST CENTRAL COMMUNITY CENTER
1603 N Belt, 99205 323-7497

center is closed, but check facebook for link to online breastfeeding basics from La Leche League of Kirkland, call locations first
-WIC AIRWAY HEIGHTS 244-9334
-WIC CHENEY 559-5839
-WIC FAIRCHILD AFB 247-2760

Women's Healing & Empowerment Network 323-2123
PO Box 9637, 99209
Pres: Mable Dunbar whnetwork.com
Provides healing through faith-based education, counseling, healing centers, resources, prevention, and other support services in domestic violence and sexual abuse. Offers program for intervention and treatment for abuse and abusive men.

Women's Hearth - TRANSITIONS
920 W 2nd, Spokane 99201
info@help4women.org 455-4249
help4women.org
For the next two weeks (March 21st through April 3rd) we plan to be open Monday, Tuesday, Thursday and Friday from 8:30 to 4:00 and on Wednesdays from 10:30 to 4:00. We will NOT be open the next two weekends, but hope to resume those days in April.
We are offering essential services only and have cancelled all support and activity groups until further notice.

YWCA Spokane 326-1190
930 N Monroe, 99201
24-hr Helpline 326-CALL (2255)
connect@ywcaspokane.org
ywcaspokane.org Fax: 326-1597
All onsite programs closed. Call 24hr for Safe Shelter for Domestic Violence 326-2255 or help@ywcaspokane.org

VETERANS

Spokane Veterans Home
WA DVA 222 E. 5th Ave
Spokane 99202 344-5770
<https://www.dva.va.gov/veteran-homes/spokane-veterans-home>
In full Lockdown

VA Medical Center, Mann-Grandstaff 434-7000
4815 N Assembly St, 99205 va.gov
patients and visitors to Mann-Grandstaff VA Medical Center: As a precautionary measure, MGVMC has implemented mandatory screening. Until further notice, normal operating hours for the facility are reduced to 7:00a.m. to 7:00 p.m. Offers COVID-19 testing to Veterans