



April 25, 2020

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

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Directory Editor: Malcolm Haworth • The Fig Tree Editor: Mary
Stamp • Webmaster: Lorna Kropp •
Research Editors: Johnny Fulfer, Kaye Hult

Inclusion agencies is for informational purposes, not as an
endorsement of particular programs or dogmas of agencies.
This online directory offers constantly changing 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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as needed. We encourage you to donate online or send money
to the address in copyright material in the box to the left.

We update information regularly through research, mailings,
email, phone calls and web research. Send corrections to us.

-Governor extends STAY AT HOME to May 4. You are
allowed out for essential needs, personal exercise, and those in
emergencies or essential services are permitted to still work out
side of home, ban instituted on small groups and large crowds

-Social distancing nationwide will continue until April 30

-Governor and State School Superintendent cancel end of
school year

**Primer/dossier of COVID-19 by local community
member**

<http://www.tomcloyd.com/pid051-covid-19-coronavirus/>

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

GOT CABIN FEVER!!!

For Gardening projects check out these resources:

[https://www.facebook.com/The-Inland-Empire-
Gardeners-280850692075853/](https://www.facebook.com/The-Inland-Empire-Gardeners-280850692075853/)

<https://incgincommunitygardens.org> <http://spokanegardens.org>
<https://www.facebook.com/mastergardenersofspokane/>
<http://ifyoucouldsavejustone.org> <https://growingneighbors.org>

Artists

-Artists Trust Relief Fund - artisttrust.org/covid-19-response/

-Spokane Artist Relief Fund - spokanearts.kindful.com/artistrelief
<https://www.facebook.com/events/2582889375360238/>

Library, Literature and Archival Resources:

Aunties - online audiobook and mail delivery - auntiesbooks.com

Get Lit - Cancelled

Spokane - [https://www.spokanelibrary.org/blog/library-
resources-for-when-youre-cooped-up-at-home/](https://www.spokanelibrary.org/blog/library-resources-for-when-youre-cooped-up-at-home/)

Spokane County - <https://www.sclcd.org/digital-library/>

Eastern WA Digital Archives - digitalarchives.wa.gov

Women's History Consortium - washingtonhistory.org/research/whc/

Washington state Labor History - depts.washington.edu/labhist/

[https://facebook.com/events/s/inlandstrong-virtual-book-
club/218023549293617](https://facebook.com/events/s/inlandstrong-virtual-book-club/218023549293617)

Theatre and Music

Spokane Area Youth Choir - facebook.com/saychoirs

Spokane Civic Theater Streaming plays - [facebook.com/](https://facebook.com/Spokane.Civic.Theatre/)

Spokane.Civic.Theatre/

Spokane Symphony - facebook.com/pg/SpokaneSymphony/

Spokane Folklore Society - Streaming short performances online

- facebook.com/groups/169365626418185/

Spokane Youth Symphony - [https://www.facebook.com/](https://www.facebook.com/Spokane-Youth-Symphony-109230391618/)

Spokane-Youth-Symphony-109230391618/

Working Womens Blues - KYRS 88.1/92.3 FM

PUBLIC HEALTH/ EMERGENCY MNGT

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

Text "COVID" to 424-354-4956
and receive a text back with
screening questions.

Drive-through screening clinic
hours

Mon. - Fri. | 10 a.m. - 5 p.m.

Sat. | 11 a.m. - 3 p.m.

Closed on Sundays*

PROVIDENCE EXPRESS

9027 N. Indian Trail Road

If a patient meets the criteria
for testing, the virtual provider
will schedule them for an in-
person test at the ExpressCare
clinic. Testing will be conducted
curbside with the patient
remaining in their vehicle.
testing for medical workers,
first responders, and high-risk
patients with quick results.

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 to assist the drive-

through screening, they 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.

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**

**COVID 19 Non-Compliance
reporting 477-2684**

Referrals and Resources:

-cdc.gov

-<https://community-minded.org/2020/03/13/community-minded-enterprises-covid-19-updates/>

-doh.wa.gov

-[Spokane COVID Response](https://spokane.covidresponse.org/)

Facebook Page: <https://www.facebook.com/SpokaneCovidResponse/>

-<https://www.fema.gov/coronavirus-rumor-control-ready.gov>

-ssa.gov

-unitedwayspokane.org/

COVID19Resources-who.int

-thefigtree.org/https://www.thefigtree.org/connections-resources.html

-thefigtree.org/https://www.thefigtree.org/connections-resources.html

-thefigtree.org/https://www.thefigtree.org/connections-resources.html

-thefigtree.org/https://www.thefigtree.org/connections-resources.html

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-thefigtree.org/https://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 31. Please use the utility
payment drop box for payments.

Those needing assistance may
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
used 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 brochure for workers
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>

FOOD BANKS & CLOTHING BANKS NORTH SPOKANE COUNTY

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contactinfo
God's Love International	4006 W Staley Rd	312-9875	X						godsloveinternational.com
GreenHouse, The	211 N Fir St, 99006 Mail: PO Box 62	276-6897	X X	X	X		FB: 1-4, MWF drive thru - 1x or by client list The Porch (any- one weekly)	Drop-off 9-4, MWF Food and monetary dona- tions only at this time. diary, bread, snacks	greenhousefoodbank@gmail.com thegreenhouse-online.org
Mead Food Bank - POB 53	12611 N Wilson, 99021	466-7068	X			X	4-6:45, W, bread & produce 4-5, Sun	canned fruits,soups, personal hygiene, toilet paper, baby wipes, diapers 12:30- 6:45 pm, W, Sun 3-5	facebook.com find donation link
New Hope Resource Center	4211 E Colbert Rd, 99005	467-2900	X	X	X	X	9-11, TTh	toothpaste, shaving cream, shampoo, toilet paper and baby wipes	newhopere-source.org
North County Food Pantry	40015A N Collins Rd/PO Box 388, Elk 99009	292-2530	X		X	X	11-2, M; 9-noon W	baking food, jelly, chili, toiletries, toilet paper Drop off M-W 8-2, Th 8:30-10	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	barrel at rouseaus and out front; peanut butter, cereal & canned green beans/corn	TumTumPantry on FB
Lake Spokane Community Clothing Closet	6418-A Hwy 291, Annex	276-5472		X			3rd Sat only		clothing@lake-spokanecommunitychurch.org

FOOD BANKS & CLOTHING BANKS IN SPOKANE

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contact info
All Saints Gather Food Pantry (FP)	314 S Spruce, 99201	838-4409	X				10-2, MW	N/A	allsaintsgather.com
Southwest Community Cntr	314 S Spruce, 99201	FB 993-1314 624-8634	X			X	7:30-5:30, M-F	meats eggs, canned goods, toiletries, hygiene items, baby food, call on arrival, gloves and masks	Mark Reilly swspokanecommunitycenter/
American Indian Community Center	Moved: 1025 W Indiana, 99205	535-0886	X	X	X		9-till gone T	N/A	Native Americans (serv-ing clients)
Audubon UMC Food Bank & Bare Necessities	location or donations to: 3908 N Driscoll, 99205	Dan Masters/ Karen Peacock 325-4541	X		X		9:30-12:30, 2nd/last T	meat, fresh produce, bread and other food items & toiletries	http://audubonpar-kumc.org/corona-virus/ideas-resources
Better Living Center	25 E North Foothills, 99207	325-1258	X	X	X	X	9-4, T; 9-1 Th	contact Patty Marsh	betterlivingcenter.org
Breaking Bread Rescue Market	Family of Faith Community, 1504 W Grace, 99205	325-0343	X				10-12, T		ffcc.us
Caritas Outreach Ministries	1612 W Dalke, 99205	326-2249	X		X	X	11-1MWTh	Pay Pal on FB, bags, non-parishable, and dry goods, hygiene items, to/ Door 9-1:20 MWTh, masks, gloves	caritasoutreachministries.org
City Gate Food Bank	170 S Madison, 99201	455-9670	X	X		X	call for an appt	to-go-meal containers, styrofoam cups, socks, pre-packed snacks 10-2, T-F	thecitygate-spokane.org
Cup of Cool Water (14-24)	1106 W Second	747-6686	X	X		X	1-2 M-F	monetary donations	cupofcoolwater.org FB
LC Community Food Drive	Hart Field, 3508 S Grand, 99203	354-6888	X			X	call for pick or delivery F 9am	donations W 11-1, 5-7 LCbooster.info@gmail.com, Toiletries, personal Hygiene	for needs susanpow@spokaneschools.org. LC students and families
MLK Jr Center	500 S Stone, 99202	868-0856	X				1-3 MWThF	call for accounting rep, masks and gloves	mlkspokane.org FB
New Hope Ranch	2524 E Queen	954-5145	X				12-2, MW, 12-1 F as food allows	hand sanitizer for staff Donations to PO Box 16262, 99218	thezahls@comcast.net
Northeast Community Food Pantry - NW Connect	4520 N Crestline St PO Box 7398, 99207	290-5691	X			X	9-11, MTTh	turning to a delivery service only	info@nwconnect.org, nwconnect.org, FB
Off Broadway Outreach	2225 W Mallon Ave	998-2630	X				9, TF	donations, masks	
Our Place Ministries	1509 W College, 99201	326-7267	X			X	10-1 Th	produce & hygiene items	ourplace@cet.com ourplacespokane.org
Salvation Army Family Svcs	204 E Indiana, 99207	325-6810 325-6751	X	X	X	X	9-4 MWF; 9-5 TTh offers a delivery (see listing)	hand sanitizer, masks, toilet paper cleaning supplies donations via regional web	spokane.salvationarmy.org
Second Harvest	1234 E. Front Ave., 99202		X				10-1, Sat	While supplies last	FB
Serve Spokane	8303 N Division St, 99208	998-5722	X	X	X	X	12:30-2:30 T; 12:30-3:30 Th; 8:30-11:30, Sat	canned tomato, personal hygiene , soaps, diapers, toilet paper, baby food	ServeSpokane.org
Southside Food Pantry	2934 E 27th Ave, 99223	535-2301	X				10:30-12, Sat	bread & produce	southsidefoodpantry.com
SPEAR	1905 E Pacific, 99202	475-5470	X		X	X	3-4, TW; 10-noon Sat	Food and sundry donatations to St. Mark's Lutheran, 316 E. 24th	Donations: kruger5919@comcast.net
Spokane Aids Network - SAN Food Pantry	1121 S Perry St, 99202	844-1758	X				9-noon, 1-3, 3rd T	link to mailchimp fund-raiser on their FB	www.san-nw.org Delivery to SAN clients
Spokane Dream Center	Ridpath, 515 W 1st Ave	926-7878	X				Thursday Evening	N/A	spokanedreamcenter.org
Spokane Falls Community College Food Bank	SFCC, Bldg. 17, #139	533-4198	X				9:30-4:30, following Monday.	SFCC Students Only sfcc.spokane.edu	https://forms.gle/v7zoqZs7tKgY1b8z7 by 6pm F
Westminster Presbyterian Food Pantry	2705 W Boone	329-0351 327-5522	X				11-1:45, WF	masks, large gloves	John Edmondson - west-presby@gmail.com
Women's and Childrens Free Restaurant	1408 N Washington St	324-1995	X				11-1, TW	Grocery Box, "ways to give" on web	wcfrspokane.org
WSU Spokane Campus Pantry	SAC Building Loading Dock/ Mail: Academic Center 107	wsuhealth.campuspantry@wsu.edu.	X				12:45-2:45, TH	donations box outside the pantry; shelf-stable items, toiletries and school supplies. Volunteers sign up on FB	facebook.com/WSU-CampusPantry/ WSU and EWU

FOOD BANKS & FARMERS MARKETS IN SPOKANE BY CALENDAR

Monday	Tuesday	Wed	Thur	Friday	Saturday
<p>13 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 NE Food Pantry 9-11 Salvation Army 9-4 Southwest Community Center 7:30-5:30</p>	<p>14 American Indian CC 9 Audubon UMC 9:30 Better Living Center 9-4 Breaking Bread RM 10-12 NE Food Pantry 9-11 Off Broadway 9-10:15 Salvation Army 9-5 Serve Spokane 12:30-2:30 Southwest Community Center 7:30-5:30 Women & Children's Free Restaurant (WCFR) - 11-1</p>	<p>15 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presby 11-1:45 Women & Children's Free Restaurant (WCFR) - 11-1</p>	<p>16 Better Living Cntr 9-1 Caritas 11-1 MLK/ECCC 1-3 NE Food Pantry 9-11 Our Place 10-1 Ridpath Salvation Army 9-5 Serve Spokane 12:30-3:30 Southwest Community Center 7:30-5:30</p>	<p>17 9 LC Community Food Drive 11-1 MLK/ECCC 1-3 New Hope Ranch 12-1 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presbyterian 11-1:45</p>	<p>18 Southside Christian 10:30-12 - Bread /Prod Urban Eden Farm Stand 9-noon</p>
<p>20 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 NE Food Pantry 9-11 Salvation Army 9-4 Southwest Community Center 7:30-5:30</p>	<p>21 American Indian CC 9 Better Living Center 9-4 Breaking Bread RM 10-12 NE Food Pantry 9-11 Off Broadway 9-10:15 Salvation Army 9-5 Serve Spokane 12:30-2:30 SW Community Center 7:30-5:30 WCFR - 11-1</p>	<p>22 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presby 11-1:45 WCFR - 11-1</p>	<p>23 Better Living Cntr 9-1 Caritas 11-1 MLK/ECCC 1-3 NE Food Pantry 9-11 Our Place 10-1 Ridpath Southwest Community Center 7:30-5:30 Salvation Army 9-5 Serve Spokane 12:30-3:30</p>	<p>24 LC Community Food Drive 9 MLK/ECCC 1-3 New Hope Ranch 12-1 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presbyterian 11-1:45</p>	<p>25 Southside 10:30-12 Second Harvest 10-1 Serve Spokane 8:30-11:30 Urban Eden Farm Stand 9-noon</p>
<p>27 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 NE Food Pantry 9-11 Salvation Army 9-4 Southwest Community Center 7:30-5:30</p>	<p>28 American Indian CC 9 Audubon UMC 9:30 Better Living Center 9-4 Breaking Bread RM 10-12 NE Food Pantry 9-11 Off Broadway 9-10:15 Salvation Army 9-5 SW Community Center 7:30-5:30 Serve Spokane 12:30-2:30 WCFR - 11-1</p>	<p>29 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presby 11-1:45 WCFR - 11-1</p>	<p>30 Better Living Cntr 9-1 Caritas 11-1 MLK/ECCC 1-3 NE Food Pantry 9-11 Our Place 10-1 Ridpath Salvation Army 9-5 Southwest Community Center 7:30-5:30 Serve Spokane 12:30-3:30</p>	<p>May 1 LC Community Food Drive 9 MLK/ECCC 1-3 New Hope Ranch 12-1 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presbyterian 11-1:45</p>	<p>2 Southside 10:30-12 Second Harvest 10-1 Urban Eden Farm Stand 9-noon</p>
<p>4 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 NE Food Pantry 9-11 Salvation Army 9-4 Southwest Community Center 7:30-5:30</p>	<p>5 American Indian CC 9 (New location) Better Living Center 9-4 Breaking Bread RM 10-12 NE Food Pantry 9-11 Off Broadway 9-10:15 Salvation Army 9-5 Serve Spokane 12:30-2:30 SW Community Center 7:30-5:30 WCFR - 11-1</p>	<p>6 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presbyterian 11-1:45 WCFR - 11-1</p>	<p>7 Better Living Cntr 9-1 Caritas 11-1 MLK/ECCC 1-3 NE Food Pantry 9-11 Our Place 10-1 Ridpath Salvation Army 9-5 Serve Spokane 12:30-3:30 Southwest Community Center 7:30-5:30 Thursday Market 3-7</p>	<p>8 LC Community Food Drive 9 MLK/ECCC 1-3 New Hope Ranch 12-1 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presbyterian 11-1:45</p>	<p>9 Southside 10:30-12 Second Harvest 10-1 Serve Spokane 8:30-11:30 Urban Eden Farm Stand 9-noon Spokane Farmers' Market 8-1</p>
<p>11 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 NE Food Pantry 9-11 Salvation Army 9-4 Southwest Community Center 7:30-5:30</p>	<p>12 American Indian CC 9 Audubon UMC 9:30 Better Living Center 9-4 Breaking Bread RM 10-12 NE Food Pantry 9-11 Off Broadway 9-10:15 Salvation Army 9-5 Serve Spokane 12:30-2:30 SW Community Center 7:30-5:30 WCFR - 11-1 Fairwoods Farmers Market 3-7</p>	<p>13 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presbyterian 11-1:45 WCFR - 11-1</p>	<p>14 Better Living Cntr 9-1 Caritas 11-1 MLK/ECCC 1-3 NE Food Pantry 9-11 Our Place 10-1 Ridpath Salvation Army 9-5 Serve Spokane 12:30-3:30 Southwest Community Center 7:30-5:30 Thursday Market 3-7 0</p>	<p>15 LC Community Food Drive 9 MLK/ECCC 1-3 New Hope Ranch 12-1 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presbyterian 11-1:45</p>	<p>16 Southside 10:30-12 Second Harvest 10-1 Urban Eden Farm Stand 9-noon Spokane Farmers' Market 8-1</p>
<p>18 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 NE Food Pantry 9-11 Salvation Army 9-4 Southwest Community Center 7:30-5:30</p>	<p>19 American Indian CC 9 Better Living Center 9-4 Breaking Bread RM 10-12 NE Food Pantry 9-11 Off Broadway 9-10:15 Salvation Army 9-5 Serve Spokane 12:30-2:30 SW Community Center 7:30-5:30 WCFR - 11-1 Fairwoods Farmers Market 3-7</p>	<p>20 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presby 11-1:45 WCFR - 11-1</p>	<p>22 Better Living Cntr 9-1 Caritas 11-1 MLK/ECCC 1-3 NE Food Pantry 9-11 Our Place 10-1 Ridpath Salvation Army 9-5 Serve Spokane 12:30-3:30 Southwest Community Center 7:30-5:30 Thursday Market 3-7</p>	<p>23 LC Community Food Drive 9 MLK/ECCC 1-3 New Hope Ranch 12-1 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presbyterian 11-1:45</p>	<p>24 Southside 10:30-12 Second Harvest 10-1 Serve Spokane 8:30-11:30 Urban Eden Farm Stand 9-noon Spokane Farmers' Market 8-1</p>
<p>26 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 NE Food Pantry 9-11 Salvation Army 9-4 Southwest Community Center 7:30-5:30</p>	<p>27 American Indian CC 9 Audubon UMC 9:30 Better Living Center 9-4 Breaking Bread RM 10-12 NE Food Pantry 9-11 Off Broadway 9-10:15 Salvation Army 9-5 Serve Spokane 12:30-2:30 SW Community Center 7:30-5:30 WCFR - 11-1 Fairwoods Farmers Market 3-7</p>	<p>28 All Saints 10-2 Caritas 11-1 MLK/ECCC 1-3 New Hope Ranch 12-2 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presbyterian 11-1:45 WCFR - 11-1</p>	<p>29 Better Living Cntr 9-1 Caritas 11-1 MLK/ECCC 1-3 NE Food Pantry 9-11 Our Place 10-1 Ridpath Salvation Army 9-5 Serve Spokane 12:30-3:30 Southwest Community Center 7:30-5:30 Thursday Market 3-7</p>	<p>30 LC Community Food Drive 9 MLK/ECCC 1-3 New Hope Ranch 12-1 Salvation Army 9-4 Southwest Community Center 7:30-5:30 Westminster Presbyterian 11-1:45</p>	<p>31 Southside 10:30-12 Second Harvest 10-1 Urban Eden Farm Stand 9-noon Spokane Farmers' Market 8-1</p>

FOOD BANKS & CLOTHING BANKS IN SPOKANE VALLEY AND RURAL SOUTH

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contactinfo
East Valley Baptist	14516 E. Wellesley Ave	928-4809	X				10-11:30	N/A	eastvalleybaptist.org
HRC Ministries	14415 E. Sprague Ave	879-3773	X				distributor	mail donations 14415 E. Sprague Ave	hrcministries.com
Intersection at the River	22421 Euclid, Otis Orchards 99216	953-1519 924-3705	X				1:30-4, Th		facebook.com/IntersectionChurch/
Life River Fellowship Food Bank	2810 N Park Rd, 99212	924-9510	X	X	X		5-7, 2nd F -	looking to expand hrs/days, kids items	liferiver.org
North Palouse Community Food Bank	202 N. Railroad Ave, Fairfield	283-4250	X				9-11, 2nd and 4th Sat	N/A	facebook.com/npcfoodbank
Otis Orchards Food Bank	4308 N Harvard Rd, 99027/POB 189	926-6196 842-2355	X	X			11-2 M	produce only	otisorchardssda.org uccsad.org
Peace Pantry	Eastpoint Church 15303 E Sprague Ave, Ste A	533-6800	X		X		10-1, M, 3-6 TH	soups, pastas, canned meats, peanut butter.	peace@eastpoint-church.org
Real Life Ministries Po Box 397	Barker Rd Campus: 1831 S Barker Rd Otis Orchards: 4904 N Harvard Rd	232-0840	X				8-4 M-F 9-12, 3-6, T-F	donations; church/give/ now non-perishables, toiletries, baby supplies, cleaning supplies, disinfectant, gloves	https://www.vrl.church
St Vincent de Paul - St Marys	304 S Adams Rd, 99216	928-3210	X					emergency food boxes	oursvdp.com
Spangle Food Bank not able ton confirm	305 E 2nd, POB 239	701-4532	X				2-3 4th W		spanglecommunitychurch.org spangle on FB
Spokane Dream-Ministry Resource Center	2128 N Pines, Ste 1 99216 Red Top Motel, 7217 E Trent Ave, Spokane Valley, WA 99212	926-7878	X	X			12:30-3, T; 11:30-3, W; 1-3 Th Friday Evenings	masks, dry goods, cheese, meat, paypal "donate"	spokanedreamcenter.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	Donate food or diapers, fundraiser towards \$10,000 matching grant	svpart.org
Valley Assembly of God Food Pantry	15618 E Broadway Ave, 99037	924-0466	X				4-6, W (Donations drop off at table just at inside of front door M-F 9-3)	canned & dried goods. Donate on church web, scroll type of donation to mark as "foodsite"	info@valleyassembly.org

FOOD BANKS & CLOTHING BANKS IN WEST PLAINS

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contactinfo
Airway Heights Baptist	12322 W Hwy 2	244-2474	X				10-noon, Sat		ahbc.us
Cheney Food Bank	Wren Pierson Community Cntr, 630 3rd, 99004 Mail: POB 614, 99004	235-2325	X				9-11:30, 1st-4th W	peanut butter, canned tuna, and chili. and monetary donations	Jerry Stewart cityofcheney.org 1st X clients contact Cheney Outreach 235-8900 feedcheney.com feedcheney@gmail.com
Feed Cheney	Wren Pierson Community Cntr 215 4th St	381-7002	X				meal and food box: 5:30 last M	Volunteers	
Cleones' Closet	13114 Sunset Hwy, Airway Hghts	321-7071	X	X			noon-3, MWF	freezer, donate at whenetwork.com	cleonescloset.com
EWU Tawanka Pantry	Showalter 115	ceamericorps@ewu.edu	X				FB: 1-4:30, T	NO donations accepted on site, donate via web	https://inside.ewu.edu/oce/ewu-food-pantries/ EWUonly
Medical Lake Food Bank	207 S Washington	299-3819	X	X			10-noon, F		medicallake-communityoutreach@live.com

FOOD BANKS IN SPOKANE COUNTY BY CALENDAR

Sun	Monday	Tuesday	Wed	Thur	Friday	Saturday
April 12 Mead Food Bank 4-5	13 8-4 Otis Orchards Community Services 11-2 Peace pantry 10-1 Real Life - Barker 8-4 Cleone's Closet 12-3 Greenhouse 1-4 North County 11-2	14 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 12:30-3 EWU Tawanka 1-4:30	15 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 11:30-3 SVP 11-12:35, 1:20-3:15 Valley Assembly 4-6 Cheney Outreach 9-11:30 Cleone's Closet 12-3 Greenhouse 1-4 Mead Food Bank 4-6:45 B/P North County 12-3	16 The Intersection 1:30-4 Peace pantry 3-6 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 1-3 SVP 11-12:45	17 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Cleone's Closet 12-3 Medical Lake 10-12 Greenhouse 1-4 Red Top Motel	18 Airway Heights Baptist 10-12 Tum Tum Food Pantry 9-12
19 Mead Food Bank 4-5 St Josephs 3-5 Comunidad Cristiana 3-5	20 Otis Orchards Community Services 11-2 Peace pantry 10-1 Real Life - Barker 8-4 Cleone's Closet 12-3 Greenhouse 1-4 North County 11-2	21 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 12:30-3 EWU Tawanka 1-4:30	22 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spangle Food Bank 2-3 Spokane Dream Center 11:30-3 SVP 11-12:35, 1:20-3:15 Valley Assembly 4-6 Cheney Outreach 9-11:30 Cleone's Closet 12-3 Greenhouse 1-4 Mead Food Bank 4-6:45 B/P North County 12-3	23 The Intersection 1:30-4 Peace pantry 3-6 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 1-3 SVP 11-12:45	24 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Cleone's Closet 12-3 Medical Lake 10-12 Greenhouse 1-4 Red Top Motel	25 North Palouse 5-7 Airway Heights Baptist 10-12 Second Harvest 10-1
26 Mead Food Bank 4-5 De Leon Foods 3-5	27 Otis Orchards Community Services 11-2 Peace pantry 10-1 Real Life - Barker 8-4 Feed Cheney 5:30 Cleone's Closet 12-3 Greenhouse 1-4 North County 11-2	28 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 12:30-3 EWU Tawanka 1-4:30	29 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 SVP 11-12:35, 1:20-3:15 Valley Assembly 4-6 Cleone's Closet 12-3 Greenhouse 1-4 Mead Food Bank 4-6:45 B/P North County 12-3	30 The Intersection 1:30-4 Peace pantry 3-6 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 1-3 SVP 11-12:45 Cleone's Closet 12-3	May 1 Life River 5-7 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Cleone's Closet 12-3 Medical Lake 10-12 Greenhouse 1-4 Red Top Motel	2 Airway Heights Baptist 10-12 Tum Tum Food Pantry 9-12 Second Harvest 10-1
3 Mead Food Bank 4-5 De Leon Foods 3-5	4 Otis Orchards Community Services 11-2 Peace pantry 10-1 Real Life - Barker 8-4 Cleone's Closet 12-3 Greenhouse 1-4 North County 11-2	5 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 12:30-3 EWU Tawanka 1-4:30	6 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 11:30-3 SVP 11-12:35, 1:20-3:15 Valley Assembly 4-6 Cheney Outreach 9-11:30 Cleone's Closet 12-3 Greenhouse 1-4 Mead Food Bank 4-6:45 B/P North County 12-3	7 The Intersection 1:30-4 Peace pantry 3-6 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 1-3 SVP 11-12:45	8 Life River Fellowship 5-7 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Cleone's Closet 12-3 Medical Lake 10-12 Greenhouse 1-4 Red Top Motel	9 North Palouse 5-7 Airway Heights Baptist 10-12 Second Harvest 10-1
10 Mead Food Bank 4-5	11 Otis Orchards Community Services 11-2 Peace pantry 10-1 Real Life - Barker 8-4 Cleone's Closet 12-3 Greenhouse 1-4 North County 11-2	12 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 12:30-3 EWU Tawanka 1-4:30	13 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 11:30-3 SVP 11-12:35, 1:20-3:15 Valley Assembly 4-6 Cheney Outreach 9-11:30 Cleone's Closet 12-3 Greenhouse 1-4 Mead Food Bank 4-6:45 B/P North County 12-3 Millwood Farmers Market 3-7	14 The Intersection 1:30-4 Peace pantry 3-6 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 SVP 11-12:45	15 Life River 5-7 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Cleone's Closet 12-3 Medical Lake 10-12 Greenhouse 1-4 Red Top Motel	16 Airway Heights Baptist 10-12 Tum Tum Food Pantry 9-12 Second Harvest 10-1
17 Mead Food Bank 4-5	18 Otis Orchards Community Services 11-2 Peace pantry 10-1 Real Life - Barker 8-4 Cleone's Closet 12-3 Greenhouse 1-4 North County 11-2	19 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 12:30-3 EWU Tawanka 1-4:30	20 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 11:30-3 SVP 11-12:35, 1:20-3:15 Valley Assembly 4-6 Cheney Outreach 9-11:30 Cleone's Closet 12-3 Greenhouse 1-4 Mead Food Bank 4-6:45 B/P North County 12-3 Millwood Farmers Market 3-7	22 The Intersection 1:30-4 Peace pantry 3-6 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 1-3 SVP 11-12:45	23 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Cleone's Closet 12-3 Medical Lake 10-12 Greenhouse 1-4 Red Top Motel	24 North Palouse 5-7 Airway Heights Baptist 10-12 Second Harvest 10-1
25	26 Otis Orchards Community Services 11-2 Peace pantry 10-1 Real Life - Barker 8-4 Feed Cheney 5:30 Cleone's Closet 12-3 Greenhouse 1-4	27 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 12:30-3 EWU Tawanka 1-4:30	28 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spangle Food Bank 2-3 Spokane Dream Center 11:30-3 SVP 11-12:35, 1:20-3:15 Valley Assembly 4-6 Cheney Outreach 9-11:30 Cleone's Closet 12-3 Greenhouse 1-4 Mead Food Bank 4-6:45 B/P Millwood Farmers Market 3-7	29 The Intersection 1:30-4 Peace pantry 3-6 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Spokane Dream Center 1-3 SVP 11-12:45	30 Real Life - Barker 8-4 Real Life - Otis Orchards 9-12, 3-6 Cleone's Closet 12-3 Medical Lake 10-12 Greenhouse 1-4 Red Top Motel June 6 - Liberty Lake Farmers Market Spokane Valley Farmers Market	31 Airway Heights Baptist 10-12 Second Harvest 10-1

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, but there may be changes.

Sun	M	T	W	Th	F	Sat	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	House of Charity	32 W Pacific	624-7821	cceasternwa.org, for clients only
	7:30/4:30	7:30/4:30	7:30a	7:30a			Shalom Ministries	518 W 3rd	455-9019	shalommeal.org GG
		10/12	10/12	10/12	10/12		The City Gate	170 S Madison	455-9670	
D	D	D	D	D	D	D	Jewels Helping Hands	527 S Cannon		facebook 50/day
12/6	12/6	12/6	12/6	12/6	12/6	12/6	UGM Men' Shelter	1224 E. Trent Ave, eastside entrance	535-8510	uniongospelmission.org/100/day
	9-5	9-5	9-5	9-5	9-5	12-5p	Crosswalk (teens)	525 W 2nd	241-1640	voaspokane.org
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	312-9875	godslveinternational.com
	5:30, last						Feed Cheney	204 4th St	381-7002	kriegheja@gmail.com feedcheney.com GG
		5					Opportunity NE	Logan Elementary	313-6095	hahn@gonzaga.edu
		12-1	12-1	12-1	12-1		Recovery Cafe	214 N Cedar	960-8525	community-minded.org
		11-1	11-1				Women & Children's Free Restaurant	1408 N Washington	324-1995	volunteer@wcferspokane.org
			5:30				Blessings under the Bridge	I-90 overpass	869-6584	butb.org GG, sanitation items, food, snacks
			5:30				West Central Mission	1832 W Dean	vicar@	westcentralmission.org
						5:30	Food not Bombs	across from House of Charity		facebook.com, hygiene items spokanesfoodnotbombs@gmail.com
	12	12	12	12	10:30 anyone/12		SW Community Center	314 S Spruce, 99201	624-8634	
	11-1	11-1	11-1	11-1	11-1		Open Doors (0-18)	YouthBuild/SST 2424 E Riverside		opendoorsspokane.com/
	12-1	12-1	12-1	12-1	12-1		MLK Center (0-18)	500 S Stone	868-0856	www.facebook.com/mlkspokane
	11-1	11-1	11-1	11-1	11-1		NE Youth Center (0-18)	3004 E Queen	482-0708	
	4-5	4-5	4-5	4-5	4-5		Boys & Girls Clubs (0-18)	544 E Providence		bgcspokane.org

MEAL PROGRAMS THE WEEK & MEAL TYPES: SPOKANE

Sun	Monday	Tuesday	Wed	Thur	Friday	Saturday
Breakfast House of Charity	House of Charity UGM Men UGM Women Shalom Ministries Gods Love International	House of Charity UGM Men UGM Women Shalom Ministries The City Gate Gods Love International	House of Charity UGM Men UGM Women Shalom Ministries The City Gate Gods Love International	House of Charity UGM Men UGM Women Shalom Ministries The City Gate Gods Love Int'l	House of Charity UGM Men UGM Women SW Community Cntr The City Gate	House of Charity SW Community Center UGM Men UGM Women
Lunch House of Charity Gods Love International	House of Charity UGM Men UGM Women Gods Love International SW Community Cntr	House of Charity UGM Men & Women The City Gate Gods Love Recovery Cafe SW Community Cntr WCFR	House of Charity UGM Men & Women The City Gate Gods Love Int'l Recovery Cafe SW Community Cntr WCFR	House of Charity UGM Men UGM Women The City Gate Gods Love Int'l Recovery Cafe SW Community Cntr	House of Charity UGM Men UGM Women The City Gate Recovery Cafe SW Community Cntr	House of Charity UGM Men UGM Women
Dinner	House of Charity UGM Men UGM Women Shalom Ministries Jewels Helping Hands Gods Love Int'l Feed Cheney-last M	House of Charity UGM Men UGM Women Shalom Ministries Jewels Helping Hands Gods Love International Opportunity Northeast	House of Charity UGM Men UGM Women Jewels Helping Hands Gods Love International Blessings under the Bridge West Central Mission	House of Charity UGM Men UGM Women Jewels Helping Hands Gods Love International	House of Charity UGM Men UGM Women Jewels Helping Hands	House of Charity UGM Men UGM Women Jewels Helping Hands Food Not Bombs
	Crosswalk	Crosswalk MLK Center NE Youth Center Open Doors	Crosswalk MLK Center NE Youth Center Open Doors	Crosswalk MLK Center NE Youth Center Open Doors	Crosswalk MLK Center NE Youth Center Open Doors	Crosswalk MLK Center NE Youth Center Open Doors
	Crosswalk MLK Center NE Youth Center Open Doors SWCC - WCTSen	Crosswalk MLK Center NE Youth Center Open Doors SWCC - WCTSen WCFR	Crosswalk MLK Center NE Youth Center Open Doors SWCC - WCTSen WCFR	Crosswalk MLK Center NE Youth Center Open Doors SWCC - WCTSen	Crosswalk MLK Center NE Youth Center Open Doors SWCC - WCTSen	Crosswalk
	Crosswalk Boys & Girls Club	Crosswalk Boys & Girls Club	Crosswalk Boys & Girls Club	Crosswalk Boys & Girls Club	Crosswalk Boys & Girls Club	Crosswalk

Greater Spokane Emergency Coordination Center

-EMERGENCY MANAGEMENT 477-3046
1121 W Gardner Ave, 99201
Dir: Sheriff Knezovich
A central location where all aspects of response and recovery for multi-agency and multi-jurisdictional emergencies in Spokane County can be coordinated. Facilitates 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. Facilitates 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 County 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 **COVID-19 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 COVID-19 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. Those with have questions about what is happening in Washington, or how the virus is spread may 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, people should call their 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.

COMMUNITY CENTERS

American Indian Community Center 535-0886

610 E North Foothills Dr, 99207
aiccinfo509@gmail.com aiccinc.org
No indoor activities, basic needs food bank and other supplies can be received outdoors.

Community Building

25-35 W Main Ave
Spokane 99201
(509) 232-1950
www.community-building.org
Closed to public since March 20.

Corbin Senior Activity Center

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

Deer Park Senior Center

Deer Park City Hall, Lower Level
E 316 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
Cancelling major events. Clients can call into staff.

Martin Luther King Family Outreach Center

500 S Stone, 99202
mlkspokane.org **455-8722 x100**
New Food Bank hours 1 to 3 p.m., Monday, Wednesday, Thursday and Friday. The building is temporarily closed without an appointment. FAME and ECEAP programs are open 8 a.m. to 2:30 p.m. WIC is at the Broadway location. SNAP is by appointment. The SCC Early Head Start and Gym are closed until further notice. Call 868-0856 or see mlkspokane.org.

Northeast Community Center

4001 N Cook, 99207 **487-1603**

necommunitycenter.com **Fax: 489-3849**
Since March 19, have began implementing basic health screening at a single point of entry to the 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. It includes basic health and recent travel questions, and taking temperatures. Anyone exhibiting signs and symptoms of illness 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
odysseyyouth.org
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 until further notice.

Southside Community Center

3151 E 27th Ave, Spokane 99223
southsidescc.org **535-0803**
Closed

Spark Central

1214 W Summit Pkwy, 99201
programs@spark-central.org
spark-central.org **279-0299**
Closed until 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 Center

1603 N Belt St, 9920
westcentralcc.org **Fax: 326-2347**
Before and after-school cancelled. Supportive services and many programs closed March 17. Providing Resource Sheets for West Central & downtown Youth Director: accepting food & hygiene donations for families WIC NEEDS: They have a WIC site, but 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 locations

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.

(Washington State)

COVID-19 EVICTION

MORATORIUM COMPLAINT

FORM - WA State Office of Attorney General

<https://fortress.wa.gov/atg/COVID19EvictionComplaintForm.aspx>

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

Has ended all utility cutoffs in WA, ID, OR

Caritas 326-2249

emergency assistance for families in crises.

Cheney Outreach

235-8900

Basic Emergency Assistance for low income, elderly, disabled, must live in Cheney

Catholic Charities Coordinated Housing and Homeless Families Assessment of Spokane 325-5005

Emergency homelessness prevention through loans and grants to pay rent.

Financial Help line 625-6650

SPOKANE PUBLIC LIBRARIES

getting started with financial recovery resources for Spokane County small businesses and Individuals

Greenhouse 276-6897

Info and referral for North Spokane County, includes emergency services, household items. etc.

Medical Lake Outreach 299-3819

rental. Utility assistance for seniors, low-income, disabled

MLK Center 455-8722
rental. Utility assistance

Parish Social Ministries
(509) 455-2253

During COVID-19 we are providing emergency assistance to families and individuals in need, rent/housing assistance, food bags, and emergency supplies after referral from local church.

Project Share
spokaneutilityhelp.org

During COVID-19 we are providing emergency assistance to families and individuals in need, rent/housing assistance, food bags, and emergency supplies after referral from local church.

Spokane Valley Partners
927-1153

During COVID-19 we are providing emergency assistance to families and individuals in need, rent/housing assistance, food bags, and emergency supplies after referral from local church.

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 @ 6 p.m.

Spokane County Community Services 477-5722

Rental and utility assistance to county's low income and moderate-income residents.

Spokane Housing Authority 328-2953

Offers rental assistance through HUD Section 8 voucher program.

Spokane Valley Partners

10814 E Broadway, 99206
PO Box 141360 927-1153
Spokane Valley 99214 svpart.org
Provides housing and rental assistance to low-income families, disabled and elderly people.

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

UHelp Program
Spokane City Hall

808 W Spokane Falls Blvd
Spokane, WA 99201
Hours: Monday-Friday
8 a.m. - 5 p.m.
Phone: 311, or for outside city limits, 509.755.CITY (2489)
7 a.m. - 6 p.m.
Email: ubill@spokanecity.org
The U-Help program is committed to helping citizens who are facing economic hardship because of the response to COVID-19. Please call SNAP at 456-SNAP during this crisis to access U-Help funding. SNAP also qualifies citizens for energy bill assistance through Project Share. Donations can be made at spokaneutilityhelp.org.

FARMERS MARKETS & LOCAL FARMERS

Support local and organic farmers that offer deliver or pick up locations...We may provide a list in future or atleast a several web links

<http://tilthproducers.org>
<https://agr.wa.gov/getmedia/14cdd035-2e49-4f16-9537-1de6dd4e4f50/1.pdf>
https://certified.naturallygrown.org/documents/Tilth_Directory.pdf
<https://www.pnw.coop/greenbluffgrowers.com>

Christ Kitchen 325-4343

2410 N Monroe, Spokane 99205
christkitchen.org
Population it serves doesn't need any more trauma in their lives, so staff have contacted each of them and is working with them to ensure money continues to come in. Welcomes donations support the ministry in this time. Hopes to receive government funding. Products are still available for purchase at Yokes, Rosauers, and Super 1 Foods. Working to keep those shelves stocked.

Farmers Markets

<https://www.inwfma.org>
Emerson-Garfield Farmers' Market - no date
Fairwood Farmers Market - May 12
Hillyard Farmers Market - June 22
Liberty Lake FM - June 6th
Millwood FM - mid May
Spokane Farmers' Market - May 9

Spokane Valley - June 6
Thursday Market (Perry) - May 2
West Central Market - no date

Farm Coop/LOcal Producer Hubs - Delivery

FULL CIRCLE
customerservice@fullcircle.com
1-866-206-8080 fullcircle.com
LINC FOODS 505-0446
3808 N Sullivan Rd. Bldg 12P
Spokane Valley 99216
info@lincfoods.com lincfoods.com
SHARE FARM - SPOKANE
<https://share.farm>

Community Supported Farm
URBAN EDEN FARMS

2121 S Cherry St, 99224 953-7863
<https://www.facebook.com/Urban-Eden-Farm-163141713742296/?ref=hl3>
<http://urbanedenfarm.com>
Offers local, organically grown greens. Has Fram Stand Saturdays 9 a.m. to noon.
Greens, beans, arugula, mizuna, watercress, nettles, spring lettuce mix. Plant starts: chard, kale, raspberries, rhubarb, marjoram
Please observe the 6 foot rule.
Receive a vegetable bounty with \$400 membership for 12 weeks

FOOD & HYGIENE DONATIONS

Blessings under the Bridge

10212 E 9th, Bldg 600 butb.org
Spokane Valley 99206 869-6584
Blessingsunderthebridge@gmail.com
Works with 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: Needs emergency supplies for its programs. The list of needed items can be found at <https://www.ceasternwa.org/covid-19>, and items can be dropped off at the Family Service Center located at 12 E 5th Ave.

Communities In Schools of Spokane County 413-1436

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

Dry Fly Distilling

Offers free hand sanitizer spray and distributes the product in Spokane for free. http://33purl.com/bYz_p1

Excelsior 328-7041

3754 W Indian Trail Rd, 99208
excelsioryouthcenter.com
Built a care team to deliver food and hygiene supplies to families, taking hourly employees to sustain programs and put them in other programs to keep them employed. Offered help to Second Harvest.

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.

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

Food Continuity Task Force

Government and Non-profit food distribution, donations, and volunteer coordination, for food bank, meal, shelters, essential needs.

Giving Back Packs

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

Hispanic Business Professional Association hbaspokane.net

POB 3661, 99220
hbaspokane@gmail.com
Offers mobile food banks. Anyone needing food during these difficult times, may write down the dates when several Spokane Latin organizations will join forces to serve the Latinx community! Information about health will also be distributed and how to protect oneself / avoid COVID-19. Also includes medical centers where people can go to be attended in case they do not have medical insurance. Finally, don't forget to fill out Census 2020! Make Count! Those needing help filling out the census, can bring the form and be helped at the Mobile Food Banks:
April 19, 3-5 pm
St Joseph's Catholic Church, 1503 W Dean
Comunidad Cristiana
15303 E Sprague
April 26/May 3
De Leon Foods 15530 E Sprague

HRC Ministries 879-3773

14415 E. Sprague Ave
POB 14257, Spokane Valley 99214
warehouse@hrcministries.com
hrcministries.com **Off 922-0939**
Works to feed vulnerable seniors
and at risk children. Food Drop-
off Tuesday-Thursday.

Hoarder Amnesty Program

Bethany Presbyterian Church
in Spokane and Veradale UCC
in Spokane Valley are offering
a "hoarder amnesty" program.
Call Bethany at 509-534-0600
or Veradale UCC at 509-926-
7173 to arrange to drop off the
supplies, which will be taken to
shelters and food banks.

LDS Welfare Home Storage Center - Bishop's Store House

9423 East 4th Avenue
SPOKANE 99206 **928-1035**
Friday: 10:00 AM - 5:00 PM
Saturday: 10:00 AM - 3:00 PM
[https://providentliving.
churchofjesuschrist.org](https://providentliving.churchofjesuschrist.org)
for member of LDS or friends in
need

Little Free Pantry

[http://www.littlefreepantry.org/
frequently-asked-questions](http://www.littlefreepantry.org/frequently-asked-questions)
Located around town with
food and hygiene items offered
like a Little Free Library often
at churches. They offer items
that individuals are willing to
donate or trade. Those who
take may consider giving back
immediately or down the line.
Those with toiletries find it an
anonymous way to share.
When converting a little free
library to a pantry have the
pantry opening face East or
North in the summer time to
decrease food spoilage.
Locations:
Veterans Administration - Caritas
Shadle Presbyterian - Caritas
St Francis - Caritas
St Andrews - Caritas
Salem Lutheran - Caritas
Spokane Valley: 12 N University
Cheney: Emmanuel Lutheran
When converting Little Free
Libraries to use as Little free
Panttries, keep in mind sanitation
issues, [https://littlefreelibrary.org/
best-practices-
at-little-free-libraries-during-the-
coronavirus-outbreak/](https://littlefreelibrary.org/best-practices-at-little-free-libraries-during-the-coronavirus-outbreak/)

Mission Community Outreach

1906 E Mission Ave, 99202
536-1084 4mission.org
mcoc.spokane@gmail.com
The volunteer-run clothing bank is
closed at this time, but will support
other agencies in need of supplies
at this time, offering clothing,

limited hygiene items (no toilet
paper at this time), diapers, wipes
and small housewares. Interested
agencies may email their request.
Director will field requests based
on supplies on hand.

Northwest Harvest Spokane Warehouse

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

Pet Food Banks

Spokane Humane Society
schedule and appointment
509-467-5235 x0 or [adoptions@
spokanehumanesociety.org](mailto:adoptions@spokanehumanesociety.org)

Salvation Army 325-6821 x2202

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 volunteers deliver to
waiting cars. Encourages people
who are unemployed to use
money for rent, not food. Needs
donations to purchase items and
needs volunteers 55 and younger
to work four-hour shifts. They can
sign up at [makingspokanebetter.
org](http://makingspokanebetter.org).
FOOD BOX Delivery Program
The Salvation Army is willing to
temporarily schedule and deliver
perishable and non-perishable
food boxes to those that are afraid
to venture out, are facing food
insecurities currently due to layoff,
or do not have the transportation
to make a trip to a local food bank.
Here are the guidelines for the
delivers/pick-ups
DELIVERY
There have to be ten (10) or
more deliveries to one spot.
Unfortunately, with the lack of
staffing or volunteer base, it does
only one (1) or two (2) food boxes
at various locations.

Due to the large amount of
food that The Salvation Army
is processing, it is unable to
customize food boxes to meet
dietary or allergy restrictions. Asks
that the recipient gift the food item
to someone else if they are unable
to use it.

The Salvation Army is trying
to help as many community
members as possible so please
only list individuals that are living
in the household.

Each household needs to fill out
and sign the Food Box Delivery/
Pick-Up Registration Form.
PICK-UP

Those who are picking up for
a complex, need to have each
household fill out and sign the
Food Box Delivery/Pick-Up
Registration Form. By signing the
form, it gives permission to pick
up for their household.

ALL HOUSEHOLDS

Each household needs to fill out
and sign the Food Box Delivery/
Pick-Up Registration Form.
All households must be willing
to give The Salvation Army
demographic information so
they can track statistics and gross
poundage leaving its food pantry.
Forms need to be filled out for
both Delivery and Pick-up. If The
Salvation Army does not receive a
form, it will be unable to provide
any food boxes.

If this is something that would
be beneficial to guests, call The
Salvation Army Family Resource
Center and ask for Elisha Roberts,
Monday through Friday 12:30 to
4:30 PM, to set up a time to pick-
up or set-up a delivery option for
neighbors or guests.

The Family Resource direct line is
(509) 325-6821.

Second Harvest of the Inland NW

1234 E Front, 99202 **534-6678**
2-harvest.org **Fax: 534-8252**
Offers instant help, money and
volunteers to distribute more food
for students, evaluating needs
of partner agencies as many of
them made adjustments to keep
everyone safe. Looking at ways
to respond better to community
needs, mobile distribution of
food in the county still ongoing,
targeting high needs partners.
Depends on volunteers, and is
making adjustments on how
volunteers can help, reboot
its schedule to honor social
distancing.

SNAP Cuisine for Clients

[https://app.mobilecause.com/e/5
gOYxQ?fbclid=IwAR2kFMkV3X
72TWF169pxGLfDDJE0gkF3Lm
V0vXo3iRIHM6gpxdyUZg8dO
N8&mc_cid=12b67a7d4e&mc_
eid=eefb6e5bb5&vid=74gqm](https://app.mobilecause.com/e/5gOYxQ?fbclid=IwAR2kFMkV3X72TWF169pxGLfDDJE0gkF3LmV0vXo3iRIHM6gpxdyUZg8dON8&mc_cid=12b67a7d4e&mc_eid=eefb6e5bb5&vid=74gqm)
Donations will be used to

purchase meals from SNAP-
supported restaurants and donated
to residents living at SNAP
affordable housing properties

SPEAR

1905 E Pacific **475-5470**
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. Donations may be
delivered to St. Mark's Lutheran,
316 E 24th Ave – call 747-6677
for hours.

Spokane Area Jewish Family Services

director@sajfs.org
1322 E 30th, 99203 **747-7394**
Exec Dir: Neal Schindler sajfs.org
Provides food to clients, usually
delivering it to their doorsteps
but not having contact. Call
to schedule the drop and call
right after to let them know it's
there. Accepts food donations
at the temple; drop-off can
be arranged right outside the
building with no contact. Helps
clients negotiate the landscape of
ongoing and emerging resources,
and does reassurance calls to
vulnerable clients. Dispersed
some emergency funds but are
running low and awaiting possible
financial aid from SBA.
The event is now virtual, and
info is here: [http://sajfs.org/
virtualbenefitevent/](http://sajfs.org/virtualbenefitevent/)

Spokane Alliance 389-1750

1526 E 11th Ave, 99202
katie@spokanealliance.org.
spokanealliance.org
Works with its member
congregations and unions to
build teams to reach out in their
a 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>
People may fill out a quick form to
submit their request for volunteers
to deliver food to their front step
(unless otherwise specified).
Deliveries are made between 4 - 9
p.m. daily. Building capacity and
are presently able to fulfill up to
25 requests daily.

Spokane County Mutual Aid

is an all-volunteer grassroots
network operating in Spokane
County. Formed as a response to
the COVID-19 outbreak and are
working within the community
to build better neighborhood-
based systems of support. The
collective can currently help
with needs such as grocery
shopping, prescription pick-up
and financial assistance. Those
needing help or support can fill
out a quick form.

For information, please visit mutualaidspokanecounty.com. Also on Twitter: @spoctymutualaid, Facebook: Spokane County Mutual Aid, and Instagram: @spokanecountymutualaid, or call the free hotline at (503) 662-7912. Can also be reached via email at spokanecountymutualaid@gmail.com.

SNAP (Food Stamps) **877-501-2233**

Women's Hearth - TRANSITIONS
920 W 2nd, Spokane 99201
info@help4women.org **455-4249**
help4women.org
Due to the risk associated with women traveling around town for different services, the city and homeless service organizations are working together to minimize this type of movement and shift to 24/7 options for folks experiencing homelessness. To support that goal, Women's Hearth closed. Posted on door relevant COVID-19 information and resources, and will keep voicemail message and notices on the door updated. Women's Hearth is supporting other shelter projects behind the scenes, be it supplies, staffing or other needs. Will still assist community's most vulnerable, but it will look different for the time being.

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 COVID-19. The Red Cross collects more than 40 percent of the nation's supply and has had more than 2,700 drives cancelled 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. 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 in case of suspected exposure to COVID-19 or symptoms. On arrival patients may 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 are 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
yfwc.org
-MISSION **326-4343**
120 W Mission Ave **329-2280**
99201 Fax: **483-3427**
-NORTHEAST **483-3427**
4001 N Cook St **482-5062**
99207 Dental **326-4382**
-WEST CENTRAL CC **327-4646**

1603 N Belt St Fax: **327-7209**

INSURANCE AND FOUNDATIONS

wahealthplanfinder.org

Ambetter - from Coord Care
<https://ambetter.coordinatedcarehealth.com>
877-687-1197
TTY/TDD 1-877-941-9238

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.

Better Health Together 1209
W 1st Ave, 99201
admin@betterhealthtogether.org
betterhealthtogether.org **321-7500**
Insurance call Help Line **340-9008**
Offers the payment for, access to and integration of Medicaid services in WA: covers Adams, Ferry, Lincoln, Pend Oreille, Spokane and Stevens Counties. Navigator Network is in-person assistance helping residents enroll in WA HealthPlanFinder.

Community Health Plan of WA
866-907-1904
wecare.chpw.org

Empire Health Foundation
1020 W Riverside, 99201
PO Box 244, 99210 **315-1323**
empirehealthfoundation.org
Invests in ideas and organizations that improve access, education, research, public policy and well-being to improve overall health to the region's residents. Partnered with Innovia area grant cycle in relationship to Covid 19 response

Healthy Kids Together Program **270-1869**
1209 W 1st Ave, Spokane 99201
www.BetterHealthTogether.org reese@betterhealthtogether.org
Offers assistance with health insurance enrollment through Washington HealthPlanFinder. COVID-19 Special Enrollment is Extended to May 9. This allows individuals to select a Qualified Health Plan (QHP) off the Market Place outside normal Open Enrollment.

Kaiser Permanente

<https://www.kaiserpermanente.org>
 Consulting Nurse Svc 800-267-6877
 Member Services 888-901-4636

Lifewise Health Plan of WA

<https://www.lifewise.com>
 844-961-9845
 plan questions: 800-817-3056
 TDD/TTY 711

Pacific Source

855) 931-0442 (TTY: 711)
pacificsourcemembersfirst.com

Providence (Health insurance)

healthplans.providence.org/
 Customer Service
 503-574-7500 800-878-4445

Providence Foundation

601 W 1st Ave, Ste 200, 99201
 Mail: 101 W 8th Ave, 99204
Phcfoundationnew@providence.org
washington.providence.org 474-4917
 Donations help care for the most vulnerable in the community and support breakthrough technology that saves lives.

Molina Healthcare of Washington - Spokane

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

UnitedHealthcare, Community Outreach and Medicare Resources 481-1755

Community Outreach (Medicare Resources). available by telephone only to assist those with Medicare resources.

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 schools are closed. Starting on Tuesday, March 17th, 10 a.m.-1 p.m. at 11 designated locations so far. More will 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 99206
- Evergreen Middle School – 14221 E 16th Ave, Spokane Valley 99037
- Opportunity Elementary – 1109 S Wilbur Rd, Spokane Valley 99206
- Pavillion Park – 727 N Molter Road, Liberty Lake 99019
- Pope Francis – 16412 E Sprague Ave., 99016
- Progress Elementary – 710 N Progress Rd, Spokane Valley, 99037
- Riverbend Elementary – 17720 E Mission Ave., Spokane Valley 99016
- Selkirk Middle School – 1409 N Harvest Pkwy, Liberty Lake 99016
- University Elementary – 1613 S University Rd, Spokane Valley 99206
- University High School – 12420 E 32nd Ave, Spokane Valley 99216

CHENEYcheneysd.org

12414 S Andrus, 99004 559-4599
 Breakfast and lunch meals are being distributed, since March 18. No specific pickup location or times have been determined yet.

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

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 a.m.
 • KH Grocery Market – 21121 E Wellesley, 99027 - 11:45-12:15

- CCS/Skyview – 16924 E Wellesley 99216 - 11-11:30 a.m.
 - Trentwood Elem- 14701 E Wellesley 99216 - 11:45-12:15
 - Parkside at Mirabeau Apartments - 2820 N Cherry St, 99216 - 11-11:30 a.m.
 - River Rock Apartments - 12820 E Mansfield Ave, 99216 - 11:45 a.m. -12:15 p.m.
 - Riverbend Elementary – 17720 E. Mission Ave., Spokane Valley, 99016
 - Valley Mission Park - 11405 E Mission - 11-11:30 a.m.
 - 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 11a.m.-12:30 p.m.:
 -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 Johannsen Rd.
 -Shiloh Hills Elem, 505 E Stonewall
 -Northwood, 2908 N Pittsburg
- COMMUNITY DISTRIBUTION LOCATIONS:**
 -Forest Creek Apart, 13110 N Addison St - 10:30-11 a.m.
 -Woodhaven Apart - 12424 N Fairwood Drive - 11:20-11:50 a.m.

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

MEDICAL LAKE 565-3100

116 W 3rd, 99022 mlsd.org
 Meal pickup plans in the Medical Lake School District began March 23. Offered at:
 -Medical Lake Lutheran Church Offering Bagged Lunches Wed 3/18 - Fri 3/20 while the District prepared for meal deliveries. Meals delivered at the following locations:
 -Hallett Bus Loop at 11-11:12 a.m.,
 -Medical Lake City Hall at 11:15-11:27 a.m.
 -Medical Lake High School Bus Loop at 11:30-11:42 a.m.,
 -Medical Lake Middle School Bus Loop at 11:45-11:57 a.m.
 -Michael Anderson Elementary at 11:40 -11:50 a.m.

NINE MILE FALLS 9mile.org 340-4300

10110 W Charles Rd, 99026
 Locations & times:
 Lakeside High School Bus Loop - 5909 Hwy 291 - 11-11:30 a.m.
 Lakeside MS Bus Loop - 6169 Hwy 291 11:15-11:45 a.m.
 Nine Mile Elem Bus Loop - 10102 W Charles Rd, 11:15-11:45 a.m.
 Lake Spokane Elementary Bus Loop - 6015 Hwy 291 - 11:30 a.m.-12 noon

ORCHARD PRAIRIE 467-9517

7626 N Orchard Prairie Rd, 99217
orchardprairie.org
 Orchard Prairie School District closed for students since March 17 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, served meals in the Valley Bus Loop from 9-11 a.m. The turnout was positive—expanding to serve meals in the Valley Grange. The Valley School Bus Loop and the Valley Grange will serve breakfast/lunch meals from 9-11 a.m.

WEST VALLEY wvvsd.org **924-2150**
 2805 N Argonne Rd, 99216
 West Valley offers breakfast and lunch to any student 18 years of age or younger.
 Elementary schools, CMS and WVHS will distribute "drive through" meals to go from 11 a.m. to 1 p.m. 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**
SPOKANE PUBLIC SCHOOLS

200 N Bernard St, 99201
spokaneschools.org **354-5900**
 Meal program continues for children on reduced and low-income meal plans
SAFETY 354-7320
SCHOOL MEAL PROGRAM 354-5976
 Plan to help students and families during the upcoming school closure.

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. It's for 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. Federal meal program requires that students be present to pick up a meal. Watch for more sites.

Mobile meals: Bus stops & times
 In addition to providing meals at 24 distribution sites, using school

buses since March 30 to deliver meals along routes that reach areas of community with the highest need. Any child can grab a meal at these stops!

Arlington Area - Red
 E Lyons Ave @ N Pittsburg St - NW corner - 10-10:08 a.m.
 E Weile Ave @ N Pittsburg St - 10:10 - 10:18 a.m.
 E Calkins Ave @ N Martin St - 10:21-10:29 a.m.
 N Helena St mid block between Lincoln & Calkins -10:32-10:37 a.m.
 E Sharpsburg Ave @ N Perry St - 10:39-10:47 a.m.
 Calkinis @ Merrimac Ct in the park - 10:51-10:59 a.m.
 N Hamilton St @ E Cozza Dr - 11:02-11:07 a.m.
 N Hamilton St @ E Sitka Ave - 11:07-11:12 a.m.
 E Holyoke Ave @ N Cincinnati St - 11:14-11:19 a.m.
 6702 N Market - 11:25-11:29 a.m.
 7408 N Market - 11:29-11:33 a.m.
 E Lincoln Rd @ N Julia St - 11:36-11:41 a.m.
 E Weile Ave @ N Yale St - 11:43-11:48 a.m.
 E Weile Ave @ N Havanna St - 11:49-11:54 a.m.

Audubon Area - Blue
 W Elliot Dr @ Copper River Apts - 10-10:15 a.m.
 North Holy Names Ct @ The Cul-de-Sac - 10:16-10:31 a.m.
 N Adams St @ W Shannon - 10:39-10:54 a.m.
 W Nora Ave @ N Jefferson St - 10:55-11:05 a.m.
 W Spofford Ave @ N Madison St - 11:06-11:21 a.m.
 W Nora Ave @ N Walnut St - 11:24-11:34 a.m.
 W Indiana Ave Between Maple & Ash - 11:34-11:44 a.m.
 W Mission Ave Between Maple & Ash - 11:46-11:55 a.m.

Cooper Area - Yellow
 N Custer @ E Fairview Ave - 10 - 10:20 a.m.
 5008 E Buckeye Ave - 10:22-10:52 a.m.
 4915 E Upriver Dr Riverwalk Point - 10:54-11:24 a.m.
 4707 E Upriver Dr @ STA Bus Pullout - 11:24-11:54 a.m.

Sheridan Area - Green
 E 4th Ave @ S Koren Rd - 10-10:10 a.m.
 E 4th Ave @ S Fancher Rd - 10:11-10:21 a.m.
 E 4th Ave between S Eastern Rd & S Dollar St - 10:22-10:32 a.m.
 E 4th Ave @ S Coleman Rd - 10:34-10:44 a.m.
 E 8th Ave @ S Dickey Rd -10:47-10:57 a.m.
 E 8th Ave @ E Woodlawn Rd - 10:58-11:08 a.m.
 S Dearborn Rd @ E 2nd Ave - 11:13-11:23 a.m.
 E Boone Ave @ N Seehorn Rd - 11:28- 11:33 a.m.

4409 E Sprague Ave - 11:39-11:44 a.m.
 S Myrtle St @ E Pacific Ave - 11:46-11:56 a.m.

Stevens Area - Pink
 N Fiske St @ E Marshall Ave - 10-10:10 a.m.
 E Trrent Ave @ N Langley St - 10:18-10:23 a.m.
 E Pacific Ave between Haven Ave & S Regal St - 10:31-10:46 a.m.
 S Lee St @ E Pacific Ave - 10:48-10:58 a.m.
 E Riverside Ave @ N Crestline St - 11-11:10 a.m.
 S Magnolia St @ E Pacific Ave - 11:11-11:26 a.m.
 S Perry St @ E 1st Ave - 11:29-11:44 a.m.
 S Pine St @ E Pacific Ave mid block between E Pacific & E Short Ave - 11:48-11:51 a.m.

Hutton Area - Purple
 W 17th Ave @ S D St - 10:01-10:06 a.m.
 W Rosamond Ave @ W Woodland Blvd - 10:13-10:18 a.m.
 S F St @ W Hartson Ave - 10:20-10:25 a.m.
 S Pepper Tree Ln @ S Azalea Dr - 10:31-10:41 a.m.
 S Rustle St @ S Westcliff Pl - 10:43-10:53 a.m.
 W Hartson Ave @ S A ST - 10:57-11:02 a.m.
 W 7th Ave @ S C St - 11:04-11:09 a.m.
 S G St @ W Pacific Ave - 11:11-11:16 a.m.
 W Brook Terrace Ave @ N River Ridge Blvd - 11:21-11:26 a.m.
 W Fremont Rd @ W Military Rd - 11:29-11:34 a.m.

Regal Area - Orange
 E Hoffman Ave between N Haven St & N Market St - 10- 10:15 a.m.
 E Everett Ave @ N Haven St - 10:17-10:32 a.m.
 E Mt Baldy Ln @ N Havanna St - 10:40-10:55 a.m.
 E Crown Ave @ N Freya Ave - 11-11:15 a.m.
 E Olympic Ave @ N Rebecca St - 11:16-11:31 a.m.
 N Florida St - north of Longfellow Ave @ the park -11:34 - 11:49 a.m.

Learning at home: District has assembled a thorough collection of resources with 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 district recognizes that nothing about this is routine. Teachers are connecting with students and parents, answering questions, sharing materials, clarifying directions and assisting with access to digital resources.

Volunteering: Organizations wishing to support SPS students, families or staff may donate resources or time: 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: 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.

KIDS MEALS (NON-PUBLIC SCHOOL)

Northeast Youth Center
 3004 E Queen, Spokane 99217
spokaneneyc.org **482-0708**
 Passing out Grab-N-Go meals—breakfast and lunch—11 a.m. to 1 p.m., at Northeast Youth Center. Ready to eat, microwavable meals, first come, first served, for ages 18 years of age and under:
 3004 E Queen Ave, Spokane 99217.

SW Community Center
 314 S Spruce, 99201 **981-7797**
 Mark Reilly (Food Bank) **993-1314**
 Community Center is open. Youth program 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 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.

CHILD CARE & YOUTH CENTERS

Express child care continues for children of first responders and <https://www.excelsiorwellness.org/care-team/medical-workers>.

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 7 a.m. - 5:30 p.m.
Safety of children and families is a priority. Work diligently to deep clean and disinfect the entire facility and vehicles. Aware parents need quality, affordable, fun childcare. Re-opened doors for the first 37 school age and 10 preschool children.
Call and register through the main office: 482-0708.

Salvation Army 325-6810

222 E Indiana, 99207
spokane.salvationarmy.org
The Youth Center is closed

The Nest Community School

3324 S Grand Blvd, 99203
(509) 624-6378 (NEST)
www.bellacova.com
Offers K-6th grade interim childcare through the school closure duration 8 a.m.-3 p.m.
Website for more info: <https://www.spokaneneest.com/the-nest-community-school>

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 childcare. Supplying diapers, wipes and formula during business hours.

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 9 p.m.-7 a.m.
Offers coffee and snack till 11 p.m.

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 the 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 **281-7120**
282856762255273 on FB
Cannon will continue to be open 24/7. Are full inside the building but have people sleeping outside until they can be moved to another location. Continues to serve a sack breakfast, a sack lunch, and a hot dinner. Serves all meals outside. Showers are available still from 9 a.m. -4 p.m. Has tents. Handed out 46 tents and sleeping bags to help folks isolate. Has more tents and sleeping bags to share with those not able to get a bed.

House of Charity

CATHOLIC CHARITIES 624-7821
32 W Pacific, 99204
cceasternwa.org
HOC continues to offer breakfast, lunch, showers, laundry and mail between 7:30 a.m. - noon each day. Focuses at 7:30 a.m. is restrooms and breakfast, and as soon as everyone is fed it opens up the other services until lunch. This means that somebody who shows up at 7:30 a.m. will not be able to get mail as staff are not able to operate mail and resources room until they are freed up from other duties. Porta-Potties are accessible from noon to 7 p.m.
Will offer showers and laundry in the afternoon if there is enough staff to safely open the building. Watch for updates. Check in for sleeping programs is 7-8 p.m. Sometimes offers sandwiches at 4 p.m.

Rising Strong 960-8632

CATHOLIC CHARITIES
1960 North Holy Names Ct
Social distancing is easier, given the private room/environment. 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.

SNAP Homeless Services

212 S Wall, 99201 **456-SNAP**
snapwa.org
In the interest of the overall health and safety of clients and staff due to COVID-19, office is locked and is not open to the public. However, Homeless Services staff are still working from home during normal business hours, M-F from 8 a.m. to 4:30 p.m.
Committed to ensuring that the needs of clients are met and communicate with clients in a multitude of ways, including: phone calls, email, texts and video conferencing. Continues to advocate on their behalf and use wrap-around services by communicating with other providers and landlords. SNAP staff still able to check voicemails remotely a few times a day, so continue to call/email and leave a message and they will call back as soon as they can. The below phone numbers are being answered by SNAP Homeless Services staff and can be handed out to clients if they have any questions or if they would like to have a housing conversation.
828-3149, 385-1860, 202-3830

Spokane Downtown Library Shelter

A new shelter to take in overflow from Cannon Street Warming Center and Hope House VOA. The space will be available until May 15, possibly longer depending on the spread of COVID-19.

St Margaret's Shelter 624-9788

CATHOLIC CHARITIES cceasternwa.org
PO Box 2253, 99201
Social distancing is easier, given the private rooms. Pandemic protocols provide guidance on implementing isolation and distancing, as well as ways to ensure meals are provided while on quarantine. Families are asked to think about who can watch their children if they get sick.

Truth Ministries Spokane

1910 E Sprague, 99202 **456-2576**
jmktruth@yahoo.com
truthministries.org
truthministriesspokane.org
Marty & Julie McKinney **990-8415**
Transitional shelter for 100 men 18+, may be reduced by city to 50. Open 8 p.m. - 8 a.m. Provides a bed, meal, housing, job and treatment referrals.

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 for cooks 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 accepting new clients daily at The Downtown Library

SMALL BUSINESS & EMPLOYMENT

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

-<https://www.dol.gov/coronavirus>
-<https://esd.wa.gov/newsroom/covid-19>
-<insurance.wa.gov>
TANF (only Job Search)
(509) 532-3127

<access.wa.gov> <allegisgroup.com>
<doc.wa.gov/about/jobs/default.htm>
<careercast.com> <coolworks.com>
<collegerecruiter.com> <craigslist.com>
<cybercoders.com> <dhr.idaho.gov>
<dol.wa.gov> <esd.wa.gov>
<gettinghired.com> <indeed.com>
<hellospokane.com> <jobs.net>
<insourced.com> <linkedin.com>
<labor.idaho.gov> <myspokane.org>
<metrospokanejobs.com>
<regionalhelpwanted.com>
<simplyhired.com> <serviceidaho.com>
<spokanejobs.com> <spokanevalley.org>
<classifieds.spokesman.com/search/employment/> <spokanecounty.org>
<usajobs.gov> <washjobs.com>

AHANA bencabildo@gmail.com

Ben Cabildo **999-5365**
<https://ahana-meba.org/>
We're here to help multi-ethnic, multi-cultural businesses navigate state and federal COVID-19 business stimulus options. AHANA has been contracted by the Department of Commerce through their Small Business Resiliency Assistance program to assist and provide technical support for small businesses in underserved and under-represented communities affected by the COVID-19 pandemic. Underserved communities include ethnic and/or racial minorities, immigrants and refugees, Native Americans, youth, individuals with disabilities or deafness, and who identify as LGBTQ. Technical support and assistance may include: Navigational and technical assistance with contracts and

applications
Translating and distributing information
Mentorship, education and/or training
Planning for recovery and re-opening and support of their workforce
Potential COVID-19 recurrences
These services are available through August 31, 2020.

Aspen Personnel Services

621 W Mallon Ave STE 601 · In The Flour Mill **624-4858**
aspen@aspen-personnel.com
aspen-personnel.com

Career Path Services 326-7520

10 N Post, Ste 200 **888-326-7520**
Spokane 99201 **TTY 323-1243**
careerpathservices.org **Fax: 343-1244**
No-fee, nonprofit employment and training agency. Specializes in serving disadvantaged individuals in the Pacific NW. We are requesting staff to conduct orientations, intakes, classes, and workshops over the phone and/or online via video conferencing platforms.

Craft3 Eastern WA

10 N Post Street, Suite 220
99201 **888-231-2170x250**
mhusley@craft3.org
Existing clients and those exploring ways to bridge a downturn in revenues may visit the website and use the navigation tabs, to find COVID-19 resources and information for businesses, nonprofits and individuals. Craft3 has also changed business operations to align with current recommendations from public health professionals—reducing corporate travel, instituting work-from-home policies, and deep-cleaning all physical office spaces. With many employees operating remotely, several of offices are closed and understaffed.

Compass Career Solutions

John Nickerson **808-8482**
jnickerson@careersbycompass.com
careersbycompass.com
Still supports 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.

Employment Agencies, Temp or Long Term

EXPRESSPROS **747-6011**
expresspros.com

Financial Help line **625-6650**

SPOKANE PUBLIC LIBRARIES

getting started with financial recovery resources for Spokane County small businesses and Individuals

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 percent of that meal to the app and the delivery.
<https://docs.google.com/spreadsheets/d/1-MwPtgnwVP-N8zqGZ2SpQALdH2B1IZUY-MgFpixBP4/edit#gid=0>
UberEats
GrubHub
DoorDash
#OrderUpSpokane
Tree House is a new local app
treehousespokane.com

INBA - Inland NW Business Alliance

(509) 402-4622
www.inbachamber.org
Local funding and focus on support for local small business.

Job Corps 800-733-JOBS (5627)

jobcorps.gov
SPOKANE JOB CORPS
3012 N Nevada St, Ste 1, 99207
Hugh Russell **340-7813**
Russell.hugh@jobcorps.org
Brandie Batt **340-7816**
batt.brandie@jobcorps.org
Nation's largest career technical training and education program for students 16 -24

New Leaf Bakery Cafe Job Training - Transitions

930 N. Monroe St.
Spokane, 99201 **496-0396**
help4women.org
reopen pick up curbside

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 restaurant 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. Seeks gifts to keep people in crisis from falling.

The Next Generation Zone

WORK SOURCE AFFILIATE 340-7800
901 E 2nd Ave, Ste 100, 99202
nextgenzone.org **Fax: 893-5426**
Career center for those 16-24. Combines education, career skills training, community and employment resources to provide wrap-around support to inspire young adults in career goals. While the doors of the Next Generation Zone are currently closed, staff is providing education and career services to young adults. Visit opendoorsspokane.com to learn about GED services, classes, access tutoring, and receive study packets on-line. Classes will be available on Facebook Live starting April 13th. Young adults can also connect with a Career Coach to help with career exploration and training opportunities. Please visit nextgenzone.org, stay tuned to Facebook for updates, or call at 340-7800 for information.

Provisional Recruiting

Northpark Building 420 W Dean Ave #100, 99201 **444-8871**
(800) 805-0361
provisional.com

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.

SNAP Financial Access 456-SNAP

500 S Stone, 99202 snapwa.org
SNAP THE BUSINESS CENTER
Nicolle Hansen
319-3030
hansen@snapwa.org
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.
SNAP WOMEN'S BUSINESS CENTER
Harry Birak **456-SNAPx4116**
birak@snapwa.org

Spokane Independent Metro Business Alliance

spokaneindependent.org
Focuses time learning best practices and tactics for business stabilization from other "Independent Business Alliances" like SIMBA and other national partners. Will report back on that as strategies emerge. SIMBA will be likely hosting a digital open to all community summit on local economy and consumer/ community member needs on April 11. Event planned with

"disaster resilience" as a topic in mind before COVID broke out. Open to community-identified needs in shaping this virtual convening.

Spokane Resource Center

130 S Arthur St, Second Floor
spokaenresourcecenter.org
Although the doors of the Spokane Resource Center are not physically open, teams are still answering phones as they seek to serve the community. Available to assist with referrals to agencies and to provide resources where needed. Community members visit website to find resources about housing, financial stability, pre-employment, health and wellness, reentry, and benefits and basic needs. Call 867-8188. Earn Family-Supporting Wages, receive free career training and support to earn higher wages

UGM Motors 327-4357

7103 E Sprague, Spokane 99212
Mngr: Jim Stroh ugmmotors.org
Restoring cars, rebuilding lives. Men and women in transition receiving job training and Christian discipleship. Donated cars are reconditioned and sold to fund UGM's homeless services. Still open as an essential services as of March 26.

Washington State Commission on Asian Pacific American Affairs

During trying times, please note there are places currently hiring - good union job opportunities that are above minimum wage, with benefits. Apply here directly with the employer:
<http://abm.jobs.jobaline.com/index.html>

WA Small Business Development Center

901 E 2nd, Ste 210 358-7894
sheryl.mcgrath@wsbdc.org

WorkSource Spokane 888-316-5627

worksourcewa.com
Spokane Office 532-3000
130 S Arthur, 99202
Go2worksource.com Fax: 532-3110
Provides a wide range of no-cost employment and training resources and programs provided by state and local agencies and organizations. After March 19, the WorkSource Spokane Campus and its partners at WorkSource Spokane, the Spokane Resource Center, Talent Solutions by WorkSource Spokane, and the Next Generation Zone were not available for in-person appointments. WorkSource

Spokane continues to be available by phone at 532-3120. <https://worksource Spokane.com/covid-19>

VULNERABLE POPULATIONS

Costco

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

Huckleberries

Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

Rosauers

Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

Pharmacies open at 8 a.m. those days.

Safeway, Albertsons

Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

Super1 Foods

Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

Target

Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

Walmart

One hour Tuesdays before opening for 60+

Whole Foods

One hour before opening for 60+

CRIMINAL JUSTICE

Asian-Pacific Islander Coalition - APIC

apicspokane.org
vsibazoo@aol.com 869-5660
apic.spokane@gmail.com
Offered Anti-Asian Racism Bystander Intervention Training

Greater Spokane Progress

25 W Main Ave, Ste 222, 99201
anne@spokaneprogress.org
spokaneprogress.org
Dir: Anne Martin 624-5657
A collaborative network united to build political strength and equity

in the community.

Peace & Justice Action League of Spokane - PJALS

35 W Main Ste 120, 99201
pjals@pjals.org 838-7870
Dir: Liz Moore pjals.org
For a just and non-violent world via education, advocacy and organizing for peace, economic justice and human rights. Check pjals.org for online educational events.

SCAR - Spokane Community Against Racism

scarspokane.org
@Morning Star Baptist
3909 W Rowan Ave, 99205
scarspokane@gmail.com
One of many organization working on Requesting Additional Early Release & Reduced Custody In Spokane County Jail As Public Health Protection During Covid -19 Pandemic

Spokane NAACP

Spokane Branch 209-2425
25 W Main, Ste 239, 99201
SpokaneNAACP@gmail.com
Kurtis Robinson spokanenaacp.com
Stands for National Association for the Advancement of Colored Peoples. Addresses issues of civil rights violations and racism.

Spokane Chinese Assn

SpokaneCA@gmail.com 720-8825
spokanechinese.org
Serves those of Chinese cultural heritage residing in the Spokane area. Add collected money and donated 400 masks to Police Department, and to 600 others in need in the community

Spokane County District Court

Received order that state and local courts are prohibited from holding civil hearings, only emergency hearings via video are allowed. Geiger jail is closed and no longer taking new people. Looking for less restrictive ways to engage those in jail, only one person in jail at this time. Staff working from home to continue providing support. County not prepared. Virtual network tightened by County. DSHS emergency provisions in place for DV perpetrators. Continuing treatment electronically

DISABILITIES

<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 9 995-765525
WMain Ave. 208-618-1191
Spokane 99201 dacnw.org
mels@dacnw.org
For 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 March 19, all services are provided through telehealth. Parents will receive an email update. In-person appointments will be arranged as telehealth visits.

People First of Washington

-LILAC CHAPTER 991-5861
Downtown Library 901 W Main, 99201 4pm, 2nd & 4th T
peoplefirstspokane.org on FB
John Lemus
Spokane county online peer support for those living with disabilities and their families will be available each morning informing on resources available. A peer to peer chat to help those with anxiety, resources, food, water, transportation is from 10 a.m. to 5 p.m. in Spokane and Seattle with hopes of going 24 hours almost immediately. Seeking volunteers to help emergencies. Wednesdays will hold online student first club meetings for existing clubs to support each other. Tuesdays live broadcast at 5 p.m. to share and then again a live update at 7 p.m. with a full list of peer support for those with disabilities. Toll free number for Spokane County peer support is 855-473-3711 844-4peer11.

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, 99202 skills-kin.org
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, all appointments with Independent Living Specialists will take place over the phone or through email until further notice.

St Luke's Rehabilitation Institute
711 S Cowley St, 99202 473-6000
st-lukes.org Fax: 473-6097
St. Luke's Rehabilitation Institute is implementing visitor and therapy restrictions in accordance with recommendations from the Center for Disease Control and Prevention (CDC). Some hospital access points will be consolidated at hospital campus location. <https://www.st-lukes.org/locations/>
St. Luke's is providing inpatient rehabilitation services but continues to temporarily limit outpatient therapy services. Recap of outpatient services: Outpatient Clinics including North, Valley, Pediatrics and Cardiac & Pulmonary clinics will be temporarily closed beginning 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

AHANA bencabildo@gmail.com
Ben Cabildo 999-5365
<https://ahana-meba.org/>
We're here to help multi-ethnic, multi-cultural businesses navigate state and federal COVID-19 business stimulus options. AHANA has been contracted by the Department of Commerce through their Small Business Resiliency Assistance program to assist and provide technical support for small businesses in underserved and under-represented communities affected

by the COVID-19 pandemic. Underserved communities include ethnic and/or racial minorities, immigrants and refugees, Native Americans, youth, individuals with disabilities or deafness, and who identify as LGBTQ. Technical support and assistance may include:
Navigational and technical assistance with contracts and applications
Translating and distributing information
Mentorship, education and/or training
Planning for recovery and re-opening and support of their workforce
Potential COVID-19 recurrences
These services are available through August 31, 2020.

Refugee Connections Spokane
35 W Main Ave #205, 99201 209-2384
RCS@RefugeeConnectionsSpokane.org
refugeeconnectionsspokane.org
Exec Dir: Marijke Fakasiiki
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
To provide financial support to immigrant families who are impacted by the pandemic and don't qualify for federal and state benefits. Please donate today to help us raise the money needed to help immigrant families pay rent and meet basic needs. Those who can afford may donate a portion of their \$1,200 federal stimulus check. 100% of the donation will go directly to immigrant families in Spokane.

Spokane International Translation
104 S Freya, Ste 104, Lilac Flag Bldg, 99202 327-8064
sit@perciba.com Fax: 327-8016
spokanetranslations.com
Continues to be available for interpreting and document translation needs. Staff available around the clock.
Continues to provide On-Site Oral Interpreting Services for all clients. Interpreters are receiving virtual training opportunities to increase their education on infection control and are learning how to keep patients/clients safe during these times. Continues to provide Telephonic Interpreting to anyone interested. Some partners are using virtual options, conferencing with

clients by phone and video for whom they cannot meet with in-person and much more. Will provide telephonic interpreting services for both pre-scheduled appointments and urgent, on-demand appointments.

World Relief Spokane 484-9829
1522 N Washington St, Ste #204, 99201 Fax: 462-7279
wrsokane@wr.org
worldreliefsokane.org
While World Relief office in Spokane is closed and volunteer activities are postponed, staff will work remotely to empower the 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

aaspokane.org has resources for meetings
www.wnirna.org has region wide NA meetings
www.newana.org, the local NA website, has resources for area's NA services available at this time

24-Hour, 365-Day-A-Year Regional Behavioral Health Crisis Hotline: Serving Spokane, Adams, Ferry, Lincoln, Pend Oreille, and Stevens Counties

The Spokane Regional Behavioral Health Crisis Hotline
operated by Frontier Behavioral Health is available to individuals in the Spokane Regional Service Area who are experiencing a mental health or a substance use crisis regardless of insurance or financial eligibility.
Call Toll-Free: 1-877-266-1818
If Hearing Impaired, call: TTY: 1-800-833-6384

SAMHSA's 24/7 365-Day-A-Year Disaster Distress Helpline
SAMHSA's National Disaster Distress Helpline provides immediate crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters disaster, including infectious disease outbreaks.
The Toll-Free Disaster Distress Helpline: 1-800-985-5990

Text: TalkWithUs to 66746

Deaf/Hard of Hearing:
• **Text TalkWithUs to 66746**

• Use a preferred relay service to call the **Disaster Distress Helpline at 1-800-985-5990**
• **TTY 1-800-846-8517**

Spanish Speakers:
• **Call 1-800-985-5990 and press "2"**
• **From the 50 States: Text Hablanos to 66746**

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
SPOKANE 747-4174
spokane@chs-wa.org
childrenshomesociety.org
Transferring in-home visiting services to virtual home visits. The Child Waiting Room will remain open until further notice. Continues to closely monitor the situation and watch for announcement when it will re-open to the public, and reinstate 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
excelsioryouthcenter.com
all behavioral health services on virtual platform, still accepting intakes for services being offered statewide

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 anytimes, 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 a.m.-3 p.m. After intake, the wait is 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
Offers Telehealth appointments. Mental Health Counseling, we offer a sliding scale to those in need.

Healing Lodge of the Seven Nations hotline 533-6910
5600 E 8th Ave, 99212
hadmin@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 Programming has move to telehealth

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. Aims to meet the needs of family members to support wellness and family

reunification.

Passages - Family Support
1700 S Assembly, Ste 300, Spokane 99224
info@passages-spokane.org
passages-spokane.org 892-9241
a licensed outpatient mental health center offering services to children, youth and adults. Passages is open and is accepting new clients who are eligible for Medicaid. Services are being provided at this time via telephone and telehealth. Please contact Passages at 509.892.9241.

Peer Spokane 567-3778
425 West First
Spokane 99201
peerspokane.org/
Cultivates healthy lives through peer emotional support and development services to the greater Spokane community embracing issues of mental health, chemical and behavioral addiction, and chronic illness. Services include Peer Coaching, Peer Support Groups, Supportive Housing, Employment and connections to community resources.

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.

Recovery Café Spokane
COMMUNITY-MINDED ENTERPRISES
214 N Cedar, Spokane 99201
Direct: (509) 960-8525
Client Services: (509) 960-8529
Fax: (509) 290-6986
community-minded.org
Recovery Café Spokane is a nonprofit organization serving people in recovery. A program of Community-Minded Enterprises, it operates on state, federal and private funding as well as donations. Has about 173 active

members and focuses on serving people in Spokane County. Is taking phone calls for telephone support Monday – Saturday from 9-4 and providing take out lunches to members and the community from 12-1 Tuesday-Friday.

The Salvation Army
844-458-HOPE (4673).
the first nationwide hotline to provide emotional and spiritual support to anyone impacted by the crisis. The service is open to anyone looking for spiritual guidance, local services, or just someone to talk to.

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, counseling & psychotherapy, medication supervision, case management, intensive outpatient, abuse treatment, alcohol & drug info, DUI assessment

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

YFA Connections Adult Services 532-2000
22 S Thor, 99202
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. During this situation, seeks volunteers and assistance in other ways:
FRIENDLY CHAT PROGRAM reaches out to seniors who have been asked to shelter in place due to their underlying health conditions. Staff and volunteers make daily phone calls to seniors to ensure they have food, supplies and know that someone cares about them. To volunteer with this endeavor, email volunteer@ceasternwa.org.
SHOPPING ANGELS: Volunteers shop for a bag of basic needs, essential items for seniors who are unable to leave their homes. To assist, visit <https://www.ceasternwa.org/covid-19>

Elder Services 458-7450
5125 N Market St, Spokane 99217
Needs 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 serve daily hot meals throughout the COVID-19 crisis throughout Spokane County. On consultation with the Spokane Regional Health District and given that the expected crest of the virus will come in the next few weeks,

GSC Meals on Wheels will be adapting from daily hot delivery to delivery of seven frozen meals one day a week for two weeks

Helpful Plates 362-6642

3151 E 27th, 99223 Kerry
Brandy 216-6423,
Melinda 434-4303
Offers a weekly menu to seniors who call or email. These meals are to go in the freezer, and good up to three days. They deliver on Tuesday, Fridays, and Saturdays, and every Wednesday from 2 -5 p.m. Only accepting cash or checks.

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 17 until it is deemed safe for senior social gatherings to resume. Working with Senior Center members to coordinate care and sustenance of mind and body during this time. Delivering warm meals to Senior Center members and also allowing them to pick-up to go meal boxes between 11:30-12:30 from its location. 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 the community in quarantine or limiting social interactions, there is need for volunteers willing to visit the homes of seniors. To volunteer, 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.

STA ParaTransit 328-1552

spokanetransit.com
On April 18th, GSC Meals on Wheels and the STA Paratransit have combined their resource to roll out a plan that keeps STA drivers moving and makes sure meals are delivered to seniors all across the 1,800 miles of Spokane County.

UnitedHealthcare, Community Outreach and Medicare Resources 481-1755

Community Outreach (Medicare Resources). available by telephone only to assist those with Medicare resources.

TRANSPORTATION

Community Living Connections:

Those with questions about obtaining food, transportation or supplies may call the helpline (509) 960-7281.

The helpline will continue to operate and answer questions during these challenging times." The reason being they have new resources internally for the delivery of groceries and pharmacy to the door of the client, and essential services on a case by case situation. No target population for expanded service.

COAST 397-2935

COAST is still running with reduced operations at this time, essential and life-sustaining travel only—medical appointments, grocery, pharmacy. Subject to volunteer availability. Reserve 48 hours in advance. Transports elderly or the disabled from Rockford, Spangle, Latah, Fairfield and other southern Spokane County areas to destinations within the STA service, wheel chair accessible when necessary. 8 a.m.-4:30 p.m., Mondays to Fridays. \$0 - donations accepted.

Go-Go Grandparent

(855) 464-6872,
24/7/365, gogograndparent.com,
Ride concierge to LYFT or UBER. Immediate or can schedule in advance. Can pick-up and deliver groceries and if pre-ordered.

Just For You - Senior Services justforyouseniorservices.com 939-9971

48 hr notice. M-F, 7 AM - 6 PM, can pick up and deliver groceries

and if pre-ordered. Primarily in Spokane County but will go elsewhere. People must be able to get into car on their own. Call for estimates. 25 percent cheaper than a cab. Subject to availability of drivers.

MedStar Transportation

gomedstar.com 800-236-2011
Non-Emergency Transportation, 24 hrs, 7 day a week full year. Wheel Chair Accessible. Call for estimate, covered by Medicaid and private pay.

MedTran (800) 550-3782

gomedtran.com
24 hr notice; on demand but not guaranteed. M-F, 8AM to 6PM. Non-Emergency Medical Transportation. Offers Wheel Chair Transportation. Call for estimates, covered by Medicaid with SMS and private pay

New Hope Resource Center (509) 467-2900

Must reside North of Hawthorne Rd: Riverside, Elk, Chattaroy, Colbert, and Mead, but Not Deer Park. Reserve one week before, Tuesdays and Thursdays: 9:30 a.m. to 1:30 p.m.; Wednesday evening hours: 6 - 8 p.m. only by appointment. Not wheelchair accessible but must be ambulatory or with caregiver. Seniors and people with disabilities, but not accepting new clients at this time.

Precious Cargo 951-9380

Non-Emergency Transportation anywhere needed in the region. Wheelchair accessible. Reserve, 4 a.m.-5 p.m.

SMS Medicaid

sms1.org 534-9760
Contact the broker well in advance of health care appointment. 8 a.m. - 4 p.m. Wheel chair accessible. Transportation mode determined by the broker based on client eligibility and the client's mobility capabilities. Medicaid, eligible medical appointments.

SNAP Dental Transportation

Call Medstar dispatch and reference the SNAP program. During medical office hours. NO to uncontrollable bleeding, cellulitis, and trauma to mouth. All urgent needs can be serviced per Governor's list - CALL DENTIST LINK 1-844-888-5465 or if have appointment already CALL 509-619-1656

For individuals not qualified for SMS. Call or email: dispatch@gomedstar.com for intake 48 hours preferred, same day service for emergency appointments.

Spokane Transit Authority

456-7277 328-RIDE
spokanetransit.com
Implementing new rules to keep community members safe during the COVID-19 pandemic. STA will no longer be collecting fares from passengers in an effort to reduce interactions between riders and drivers. STA will also require passengers to use the bus's rear doors only when boarding. Those who need mobility assistance will still be allowed to board through the front door. Passengers will be required to sit and space out over empty sections of the bus.

STA ParaTransit 328-1552

spokanetransit.com
Rides for seniors program is still active, they just were at some 1500 rides a day and now have the capacity to work in new ways (with meals on wheels)

STA Vanpool 326-POOL

commutefindernw.org
Check for route availability on webpage. Trips begin or end in PTBA. Shared cost among members. No imposed changes, each group running based on if traveling to essential services. Still accepting new individuals. Vanpool offers up to 5 free rides for new, qualifying trial users.

Veterans Transportation Services (VTS) 434-7537

Appointments 9 a.m. to 2 p.m. one week in advanced notice. Transports Veterans to VA Medical center with in 40 miles. Wheel chair accessible

Volunteer Chore Services

459-6172/459-6171 ccswww.org
Non- Medicaid, Must be low income seniors. Cannot serve assisted/nursing/ independent facilities. Must live independently. Many seniors ordering food for pick-up by volunteers, Clients still need to access cancer care. Open 8 a.m.-6 p.m., Monday through Thursday. Generally, not Sunday. Reserve 48 hrs in advance. No disabled access. Volunteer drivers own vehicle.

WOMEN & CHILDREN: INFANT NEEDS & DVSA

DVSA Text Line 220-3725

Child WELFARE (DCYF) 800-557-9671

-Intake 800-557-9671

-After hrs 800-562-56234

Abuse Recovery Ministry Spokane (ARMS) 866-262-9284

abuserecovery.org
Brings healing and transformation,
from a faith perspective, to those
impacted by domestic violence
and controlling relationships.
Continuing services through zoom
calls and more.

Breast Intentions 995-1295

1922 S Stanley Ln
Spokane, Washington 99212
[breastintentionswa on FB](#)
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](#)

CAPA is open and doing diaper
distribution from 9 a.m. to 2 p.m.
Monday through Thursday.
Please share with folks struggling
to find diapers and wipes. Call
(509) 455-4986 with 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

Behavioral Health, Crime Victim
Advocacy and Foster Care
programming have all moved to a
telehealth model best suited for
clients during this time of
isolation and fear. Family violence
victims are now largely isolated
in dangerous circumstances, and
in more need than ever for help
planning for their safety, and
navigating changing health and
legal systems. Children and adults
alike who already struggled with
depression and anxiety now find
themselves alone and in more
need than ever for the lifeline
provided by their therapists, peer
support specialists, and case
managers.

MyChoice 462-4000

2659 N Ash St, 99205
[info@mychoicespokane.org](#)
[Mychoicespokane.org](#)
To protect clients, MyChoice
Clinics is currently operating
remotely. For a pregnancy
consultation, call 509-327-0701,
leave a detailed message and
a nurse will callback. For
other concerns please call the
N. Maple Street CHAS Clinic at
509-444-8200 for a same day
appointment. For a medical
emergency, call 911.

Nurse Family Partnership

SPOKANE REGIONAL HEALTH DISTRICT
1101 W College, 99201
[srhd.org](#) **324-1621**

Continues to visit and enroll
clients using telehealth to maintain
contact with enrolled clients and
provide support and education
over the phone or via video
conferencing. 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.
Shelters need these services more
than ever. Still accepting products
via mail and financial donations
through website to help continue
its mission and operations.

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
suspend operations, including
receiving financial and physical
donations.

WIC 800-322-2588

Text "WIC" to 96859

When going to the grocery store
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. Provides 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.

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.

-WIC SRHD 324-1620 x4

-WIC WEST CENTRAL COMMUNITY CENTER
323-7497

Women's Healing & Empowerment Network

PO Box 9637, 99209
Pres: Mable Dunbar [whennetwork.com](#)
Because of the requirement
to stay home, there has been
a large increase in domestic
violence incidents. Victims feel
stuck between avoiding the virus
(staying home) and reaching out
for help (calling 911, contact with
law enforcement, going to the
hospital). Encourages people to
report abuse. Call 911. Consider
donating to help WHEN continue
to provide services, food, shelter
for victims, and programs for
victims and their children.

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
24 hours for Safe Shelter for
Domestic Violence 326-2255 or
[help@ywcaspokane.org](#)

VETERANS

Goodwill Industries of the Inland NW 838-4246

130 E 3rd Ave, 99201
[discoverygoodwill.org](#) **344-0163**
Supportive Services for Veteran
Families (SSVF) is still able to serve
homeless veterans. Any veteran in
need of assistance should call the
Hotline phone number rather than
coming to the office.
The Hotline phone number is
50828-2449. Open Monday to
Friday 8 a.m. to 5 p.m.
Call with questions and concerns.
Working quickly to provide safe
housing and will continue to
provide support to all the veterans
enrolled in SSVF. The SSVF
Outreach team is available to go and
meet a veteran when called.

Guardians Foundation, The

2600A E Seltice Way, Ste 122
Post Falls 83854 **208-449-1210**
[mstheguardians@gmail.com](#)
[theguardiansfoundation.org](#)
Direct assistance to veterans and
families offering shelter, clothing
household items, financial
assistance and job opportunities.
Offers two shelters in Spokane,
a temporary shelter with City of
Spokane, and one shelter in Coeur
d'Alene

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,
MGVAMC has implemented
mandatory screening. Until
further notice, normal operating
hours for the facility are reduced
to 7 a.m. to 7 p.m. Offers
COVID-19 testing to Veterans