

25 March 2020



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

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March 25, 2020: current COVID-19 cases in Spokane County 33, North Idaho 8

-Governor announces STAY AT HOME (essentially this is modern language of general quarantine). 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

-BE AWARE THAT AS A RESULT OF THE LATTER CHANGE LOCATIONS AND TIMES ARE POTENTIALLY TO BE CHANGED

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!!!

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

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

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

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

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

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

http://www.openculture.com/freeonlinecourses

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

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

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

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

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

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

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

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

## FOOD BANKS & CLOTHING BANKS IN SPOKANE

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

## FOOD BANKS & CLOTHING BANKS IN SPOKANE VALLEY AND RURAL SOUTH

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/service area	qualifications/contactinfo
<b>Life River Fellowship FB &amp; Free Store</b>	2810 N Park Rd, 99212	<b>924-9510</b>		X	X	X		FB: 5-7 3rd F Free Store 5-7, 2nd F		liferiver.org, kids items
<b>Klothes Kloset - Opportunity Christian Fellowship</b>	12321 E 14th Ave, 99206	<b>926-2673</b>		X	X	X		10-2, WTh	(4 customers/x)	opportunitychristianfellowship.org
<b>Otis Orchards Food Bank</b>	4308 N Harvard Rd, 99027/POB 189	<b>926-6196 842-2355</b>		X	X			12-2, 2nd & 4th T produce only	Liberty Lake; Newman Lake; Otis Orchards	otisorchardsda.org uccsad.org
<b>Real Life Ministries</b>	Barker Rd Campus: 1831 S Barker Rd Otis Orchards: 4904 N Harvard Rd			X				8-4 M-TH  9-12, 3-6, T-F		
<b>Society of St Vincent de Paul</b>	St Marys, 304 S Adams Rd, 99216	<b>928-3210</b>		X					Spokane Valley	oursvdp.com
<b>Spangle Food Bank</b>	305 E 2nd, POB 239	<b>701-4532</b>		X				2-3 4th W	only in 99031, -170 Linda Chase	spanglecommunitychurch.org spangle on FB
<b>Spokane Dream-Ministry Resource Center</b>	2128 N Pines, Ste 1 99216	<b>926-7878</b>		X	X			12:30-3, T; 11:30-3, W; 1-3 Th	clothing only offered on an emergency basis	spokandreamcenter.org
<b>Spokane Valley Partners: Food and Diaper Bank Clothing Bank CLOSED</b>	10814 E Broadway, 99206	<b>927-1153</b>		X	X	X		11-12:35, 1:30-3:15, W; 11-12:45 TH, in need of food & diaper donations	WV, CV Spokane Valley, SE Spo Cnty 11-12:45, Th (seniors & disabled) ,	svpart.org
<b>Valley Assembly of God Food Pantry</b>	15618 E Broadway Ave, 99037	<b>924-0466</b>		X				4-6, W		valleyassembly.org

## FOOD BANKS & CLOTHING BANKS NORTH SPOKANE COUNTY

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



## COVID 19 - PUBLIC HEALTH/ASSISTANCE & EMERGENCY MNGT

### Spokane Regional Health District

1101 W College Ave, 99201  
[srhd.org](http://srhd.org) 324-1500

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

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

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

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

### MULTICARE

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

### PROVIDENCE

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

### KAISER PERMANENTE

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

### CHAS

People with concerns for their health related to COVID-19 can call CHAS at 444.8200 or 208.848.8300 for information.

### CSO Office 877-501-2233

Now allowing individuals to apply for benefits over the phone, apply online at [washingtonconnection.org](http://washingtonconnection.org)

### Resource Referrals 211

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

### Referrals and Resources:

-[cdc.gov](http://cdc.gov)  
-<https://community-minded.org/2020/03/13/community-minded-enterprises-covid-19-updates/>  
-[doh.wa.gov](http://doh.wa.gov)  
-Spokane COVID Response Facebook Page: <https://www.facebook.com/SpokaneCovidResponse/>  
-<https://www.fema.gov/coronavirus-rumor-control>  
-<https://www.dol.gov/coronavirus>  
-<https://esd.wa.gov/newsroom/covid-19>

-[insurance.wa.gov](http://insurance.wa.gov)

-[ready.gov](http://ready.gov)

-[ssa.gov](http://ssa.gov)

-[unitedwayspokane.org/COVID19Resources](http://unitedwayspokane.org/COVID19Resources)

-[who.int](http://who.int)

-[thefigtree.orghttps://www.thefigtree.org/connections-resources.html](http://thefigtree.orghttps://www.thefigtree.org/connections-resources.html)

### UNITED WAY

### COVID-19 COMMUNITY RELIEF

FUND 866-211-9966

will help with rent, bills, and food, call phone number and you provide zip code and you will be give a list of local agencies to provide assistance

### 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](http://www.cityofdeerparkwa.com)

City Hall closed till further notice will not receive visitors

### LIBERTY LAKE

[www.libertylakewa.gov](http://www.libertylakewa.gov)

Liberty Lake Library closed till further notice

### MEDICAL LAKE

<https://medical-lake.org>

To help reduce exposure to the COVID-19 (Coronavirus) virus, all City buildings will be

closed to the public through March 31st. Please use the utility payment drop box for payments. If you need assistance, please call 565-5000. Click on the following Spokane Regional Health District link to find out the latest updates on the COVID-19 virus.

### SPOKANE VALLEY

[www.spokanevalley.org/covid19](http://www.spokanevalley.org/covid19)

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

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

### Governor, Washington State

[governor.wa.gov/issues/issues/covid-19-resources](http://governor.wa.gov/issues/issues/covid-19-resources)

contains info for businesses, schools, workers, insurance, and veterans. And Links to local Health Districts. State offers of brocher for wokers on leave, or those sick not able to work, to get on worker comp, unemployment, and other social services.

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

### Greater Spokane Emergency Coordination Center

-EMERGENCY MANGEMENT 477-3046

1121 W Gardner Ave, 99201

Dir: Sheriff Knezovich centralized location where all aspects of response and recovery for multi-agency and multi-jurisdictional emergencies in Spokane County can be coordinated. Facilitate the flow of information within and between agencies and levels

of the government (Local, County, State, and Federal) and the community during times of emergency or disaster. Facilitate the coordination of resources among all responding agencies during an emergency or disaster. Assist in coordination for continuity of services throughout the community during an emergency or disaster.

### Medical Reserve Corps

[mrc.hhs.gov/HomePage](http://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](http://doh.wa.gov)

Coord: Kimberly Butowicz

[kim.butowicz@doh.wa.gov](mailto:kim.butowicz@doh.wa.gov)

MEDICAL RESERVE CORPS OF EASTERN WA

1101 W College, 99201 324-1451

Utilizes local health professionals and volunteers to assist in local medical emergencies.

### Spokane Cnty United Way

920 N Washington, Ste 100 , 99201

[unitedwayspokane.org](http://unitedwayspokane.org) 838-6581

Brings together expertise, funding and volunteer support to positively impact health, education and financial stability.

Volunteer Spokane is setting up a Covid19 Community Forum

to share information on agencies

needs for people and supplies.

Individuals are looking for ways

to help. That information can

be submitted in the Covid19

Community Forum section of the

VolunteerSpokane website

[volunteerspokane.org](http://volunteerspokane.org)

### WA Department of Health

[doh.wa.gov](http://doh.wa.gov)

The Washington State Department of Health has established a call center to address questions from the public. If you have questions about what is happening in Washington, or how the virus is spread, please call 1-800-525-0127. Phone lines are currently staffed from 6 a.m. to 10 p.m, seven days a week. Please note that this call center can not access COVID-19 testing results. For testing inquiries or results, please contact your health care provider.

WASHINGTON NEEDS HEALTH PRACTITIONERS FOR THE COVID-19 STATE OF EMERGENCY

Health professionals licensed in other states may practice in Washington by registering through the emergency volunteer health practitioner process or by applying for a WA license, which may result in the department issuing a temporary practice permit.

## MEAL PROGRAMS AND SITES: SPOKANE

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

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

### 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**

## FOOD BANKS & CLOTHING BANKS IN WEST PLAINS

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

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## COMMUNITY CENTERS

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### American Indian Community Center 535-0886

610 E North Foothills Dr, 99207  
[aiccinfo509@gmail.com](mailto:aiccinfo509@gmail.com) [aiccinc.org](http://aiccinc.org)  
No indoor activities, basic needs food bank and other supplies can be received out doors

### Community Building

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

### Corbin Senior Activity Center

827 W Cleveland 327-1584  
Spokane 99205 Fax: 327-9162  
[info@corbinseniorcenter.org](mailto:info@corbinseniorcenter.org)  
[Jeff Edwards corbinseniorcenter.org](http://JeffEdwards.corbinseniorcenter.org)  
Closed March 17- March 31

### Deer Park Senior Center

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

### Hillyard Senior Center

NE COMMUNITY CENTER 482-0803  
4001 N Cook, Spokane 99207  
[hillyardseniorcenter@yahoo.com](mailto:hillyardseniorcenter@yahoo.com)  
[hillyardseniorcenter.org](http://hillyardseniorcenter.org)  
canceling major events, clients can call into staff

### Martin Luther King Family Outreach Center

500 S Stone, 99202  
[mlkspokane.org](http://mlkspokane.org) 455-8722 x100  
No Status on access to building itself.

### Northeast Community Center

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

### Odyssey Youth Center 325-3637

1121 S Perry St, 99202  
[ian@odysseyyouth.org](mailto:ian@odysseyyouth.org)  
[odysseyyouth.org](http://odysseyyouth.org)  
Exec Dir: Ian Sullivan

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

### Sinto Senior Activity Center

1124 W Sinto Ave 327-2861  
Spokane 99201 [sintocenter.com](http://sintocenter.com)  
Closed til APRIL 1

### Southside Community Center

3151 E 27th Ave, Spokane 99223  
[southsidescc.org](http://southsidescc.org) 535-0803  
CLOSED THROUGH MARCH 31

### Spark Central

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

### West Central Community Cntr

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

### YMCA the Inland Northwest

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

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## ENERGY AND RENT ASSISTANCE

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### Moratorium on Evictions (Spokane)

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

**AVISTA** [myavista.com/safety/covid-19-response](http://myavista.com/safety/covid-19-response)

has ended all utility cutoff in WA, ID, OR

### Center for Justice 835-5211

35 W Main, Ste 300 99201  
[cforjustice.org](http://cforjustice.org) CLOSING  
PERMANENTLY ON March 24th.

### SNAP Energy Asst. 456-7111

### Spokane Area Tenants United (SATU) 578-5068

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

### Tenants Union of WA State

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

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## FOOD & HYGIENE DONATIONS

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### Blessings under the Bridge

10212 E 9th, Bldg 600 [butb.org](http://butb.org)  
Spokane Valley 99206 869-6584  
[Blessingsunderthebridge@gmail.com](mailto:Blessingsunderthebridge@gmail.com)  
is offering other agencies to coordinate and distribute food and hygiene items.

### Catholic Charities Eastern WA

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

### Communities In Schools of Spokane County 413-1436

905 W Riverside, Ste 301, 99201  
[info@cisspokane.org](mailto:info@cisspokane.org)  
[Spokane.ciswa.org](http://Spokane.ciswa.org)  
is distributing food at various locations in Spokane and Cheney

### Dry Fly Distilling

will offer free hand sanitizer spray and will distribute product in Spokane for free. [http://33purl.com/bYz\\_p1](http://33purl.com/bYz_p1)

### Excelsior 328-7041

3754 W Indian Trail Rd, 99208  
[excelsioryouthcenter.com](http://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](mailto:admin@feedspokane.org)  
[feedspokane.org](http://feedspokane.org)  
Exec Dir: Steven Brashears  
Networks meal providers and community partners in the greater Spokane area. Works to eliminate food waste through food rescue.

### Giving Back Packs

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

### HRC Ministries 879-3773

POB 14257, Spokane Valley 99214  
[warehouse@hrcministries.com](mailto:warehouse@hrcministries.com)  
[hrcministries.com](http://hrcministries.com) Off 922-0939  
working feed vulnerable seniors and at risk children.

### Little Free Pantry

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

### Northwest Harvest Spokane Warehouse

3808 N Sullivan Rd, Bldg 14-J



Spokane Valley 99216 891-7013  
Spokane only. Setting up drop locations, but not there yet.

**Salvation Army 325-6821 x2202**  
222 E Indiana, 99207  
[spokane.salvationarmy.org](http://spokane.salvationarmy.org)  
All the regular operations are going on. The Family Resource Center—food bank—continues to operate, helping double the number of people. They are requesting that people donate extra toilet paper, hand sanitizer, tissue, cleaning wipes and surgical masks for them to give to people who come. Food bank operates by food boxes delivers to waiting cars. Encourages unemployed to use money for rent and not food by utilizing their resource center Needs donations to purchase items and needs volunteers 55 and younger to work four-hour shifts. They can sign up at [makingspokanebetter.org](http://makingspokanebetter.org).

**Second Harvest of the Inland NW**  
1234 E Front, 99202 534-6678  
*2-harvest.org* Fax: 534-8252  
Supplies half a million pounds of food weekly to a network of 250 Inland NW neighborhood food banks and meal centers, as well as Mobile Food Banks. Please note that all events are capped at 15 volunteers to ensure proper social distancing and there will be NO group reservations at this time.

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

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

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

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

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

## HOSPITALS & RESOURCES

### Blood Donation:

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

**CSL Plasma, Inc [cslplasma.com](http://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](http://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](http://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](http://nativeproject.org) 483-7535  
Call in advance if you suspect exposure to Covid-19 or have symptoms, on arrival you can be immediately triaged.

**Providence Health Clinics**

[providence.org/patients-and-visitors/coronavirus-advisory](http://providence.org/patients-and-visitors/coronavirus-advisory)  
**PROVIDENCE EXPRESS CARE**  
Lincoln Heights 888-227-3312  
2923 E 29th Ave, 99223  
**PROVIDENCE FAMILY MEDICINE**  
-INDIAN TRAIL (SPOKANE) 385-0610  
5011 W Lowell Ave, Ste 100, 99208  
-HAWTHORNE (SPOKANE) 252-1900  
551 E Hawthorne Rd, 99218  
-NORTH (SPOKANE) 252-9602  
212 E Central Ave, Ste 440, 99208  
-RESIDENCY CLINIC - SPOKANE 626-9900  
**TEACHING HEALTH CLINIC Fax: 626-9917**  
624 E Front Ave, 99202  
-SPOKANE VALLEY - 99216  
13102 E Mission Ave 928-0300  
**PROVIDENCE FAMILY PHYSICIANS**  
Providence Medical Park  
16528 E Desmet, Ste B3100  
Spokane Valley 994-9440

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

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

## INSURANCE

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

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

**KIDS FOOD AND CARE**  
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

CENTRAL VALLEY #354 228-5400

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

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

**CHENEY** [cheneysd.org](http://cheneysd.org)  
12414 S Andrus, 99004 **559-4599**  
Breakfast and lunch meals will be distributed beginning Wednesday, March 18. No specific pickup location or times have been determined yet.  
-Bus #75  
Salnave Elementary 9:00 - 9:20  
Betz Elementary 9:25 - 9:40  
Bi Mart 9:45 - 10:00  
-Bus #51  
Windsor Elementary 9:00 - 9:20  
Snowdon Elementary 9:30 - 9:50  
Hayford Village 9:55 - 10:15  
-Bus #52  
Fairchild MHP 9:00 - 9:15  
West Prairie MHP 9:25 - 9:40  
Copper Landing 10:00 - 10:20  
-Bus #79  
Sunset Elementary 9:00 - 9:25

Basalt Ridge Entrance on 6th 9:30 - 10  
-Bus #78  
18th & Campbell 9:00 - 9:25  
Vietzke Village 9:35 - 9:50  
Cedar Summit Apartments 10:00 - 10:20  
**EAST VALLEY 924-1830**  
3830 N Sullivan Rd, Bldg 1  
Spokane Valley 99216 [evsd.org](http://evsd.org)  
The East Valley School District is still determining how it will support students and their families during the closure. At this time, no meal pickup plans have been put into place.  
• East Farms Elementary – 26203 E Rowan, Newman Lake - 11-11:30  
• Otis Orchards Elem– 22000 E Wellsley, 99027 11-11:30  
• KH Grocery Market – 21121 E Wellesley, 99027 - 11:45-12:15  
• CCS/Skyview – 16924 E Wellesley 99216 - 11-11:30  
• Trentwood Elem- 14701 E Wellesley 99216 - 11:45-12:15  
• Parkside at Mirabeau Apartments - 2820 N Cherry St, 99216 - 11-11:30  
• River Rock Apartments - 12820 E Mansfield Ave, 99216 - 11:45-12:15  
• Riverbend Elementary – 17720 E. Mission Ave., Spokane Valley, WA 99016  
• Valley Mission Park - 11405 E Mission - 11-11:30  
• Whimsical Pig Apartments - 13303 E Mission - 11:45-12:15  
• Eagle Point Apartments - 2718 N Bowdish Rd, 99216 - 11-11:30

**FREEMAN**  
15001 S Jackson Rd  
Rockford 99030  
Free Meals start March 20th, sign up online [freemansd.org](http://freemansd.org) or call **291-3695**

**LIBERTY 624-4415**  
S 29818 North Pine Creek Rd  
Spangle 99031 [libertysd.us](http://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](http://mead354.org) **465-6000**  
2323 E Farwell Rd, 99021  
Meal service for Mead schools will begin Monday, March 23. Meals will be delivered to various hubs throughout the school district,

but those locations have not yet been determined. (Meals will not be provided April 6-10, 2020, as this is the week the Mead School District would have been closed for Spring Break.)

**SCHOOL LOCATIONS**  
to pick up at 11am-12:30pm:  
-Brentwood Elem, 406 W. Regina  
-Colbert Elem, 4526 E. Greenbluff  
-Evergreen Elem, 215 W. Eddy  
-Meadow Ridge, 15601 N. Freya  
-Midway Elem, 821 E. Midway Rd.  
-Prairie View Elem, 2606 W. 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 am  
-Woodhaven Apart - 12424 N. Fairwood Drive - 11:20-11:50 am  
-Hill N Dale Street Apts - 8821 N. Hill N Dale St - 10:30-11 am  
-Mead Food Bank - 12611 N. Wilson 11:20-11:50 am  
-Cedar Creek Village - 8502 N. Nevada St - 10:30-11 am  
-Deer Run @ North Pointe - 1225 E. Westview Ct- 11:20-11:50 am  
-Wild Rose Gas/RV Park - 23106 US 395 -10:30-11 am  
-St. Joseph's Church - 3720 E. Colbert Rd- 11:20-11:50 am  
-Fire Station #47 - 9814 E. Greenbluff Rd. - 10:30-11 am  
-Fire Station #48 - 17711 N. Mt. S Park Drive - 10:30-11 am

**MEDICAL LAKE 565-3100**  
116 W 3rd, 99022 [mlsd.org](http://mlsd.org)  
Meal pickup plans have not been finalized by the district. The Medical Lake School District will have an update by Thursday, March 19, with how it'll proceed with services like meal distribution.  
-Medical Lake Lutheran Church Offering Bagged Lunches Wed 3/18 - Fri 3/20  
Thank you to this group for helping the students in our community while the District prepares for meal deliveries next week.

We will begin the delivery of meals beginning Monday-March 23rd, 2020. There will be meals delivered at the following locations:  
-Hallett Bus Loop at 11:00 am to 11:12 am,  
-Medical Lake City Hall at 11:15 am to 11:27 am,  
-Medical Lake High School Bus Loop at 11:30 am to 11:42 am,  
-Medical Lake Middle School Bus Loop at 11:45 am to 11:57 am.  
-Michael Anderson Elementary at 11:40 am to 11:50 am.

**NINE MILE FALLS** [9mile.org](http://9mile.org) **340-4300**  
10110 W Charles Rd, 99026  
Locations & times:  
Lakesied high School Bus Loop - 5909 Hwy 291 - 11-11:#0 am

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

**ORCHARD PRAIRIE 467-9517**  
7626 N Orchard Prairie Rd, 99217 [orchardprairie.org](http://orchardprairie.org)  
Orchard Prairie School District will be closed for students starting Tuesday, March 17th through at least April 24th, 2020 in an effort to slow the spread of COVID-19. This includes all extracurricular activities and previously scheduled events.

**VALLEY 888-284-5719**  
3034 Huffman Rd, 99181 [valleysd.org](http://valleysd.org) **937-2413**  
As of March 19, Today, we served meals in the Valley Bus Loop from 9:00-11:00 am. The turnout was positive and we are expanding to serve meals in the Valley Grange as well tomorrow. Tomorrow, both sites, the Valley School Bus Loop and the Valley Grange will be serving breakfast/lunch meals from 9:00-11:00 am.

**WEST VALLEY** [wvvsd.org](http://wvvsd.org) **924-2150**  
2805 N Argonne Rd, 99216  
West Valley will continue to offer breakfast and lunch to any student 18 years of age or younger. Beginning Tuesday, March 17, all elementary schools, CMS and WVHS will distribute "drive through" meals to go from 11:00 am to 1:00 pm. No paperwork or identification necessary.  
-Ness Elementary **922-5470**  
9612 E. Cataldo, 99206  
-Orchard Center Elementary 7519 E. Buckeye, 99212 **922-5473**  
-Pasadena Park Elementary 8508 E. Upriver Dr. **922-5480**  
-Seth Woodard Elementary 7401 E. Mission, 99212 **921-2160**  
-Centennial Middle School 915 N. Ella 99212 **922-5482**  
-West Valley High School 8301 E. Buckeye, 99212 **922-5488**

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



## MOSES LAKE SCHOOL DISTRICT:

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

## COEUR D'ALENE SCHOOL DISTRICT:

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

## MOSCOW SCHOOL DISTRICT:

Students in the Moscow School District are on spring break from March 16 – 20. However, the schools will be closed through April 6. In a letter to district families, Superintendent Gregory Bailey says the district is working to make lunch available to students once spring break is over. More information is expected closer to the end of spring break.

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

## LEWISTON SCHOOL DISTRICT:

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

## SPokane PUBLIC SCHOOLS

200 N Bernard St, 99201  
[spokaneschools.org](http://spokaneschools.org) **354-5900**  
Will start meal program for children on reduced or low-income meal plans starting March 24th To April 24

**SAFETY 354-7320**  
**SCHOOL MEAL PROGRAM 354-5976**

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

Arlington, 6363 N. Smith  
Audubon, 2020 W. Carlisle  
Balboa, 3010 W. Holyoke  
Bemiss, 2323 E. Bridgeport

Cooper, 3200 N. Ferrall  
Finch, 3717 N. Milton  
Garfield, 222 W. Knox  
Grant, 1300 E. 9th  
Holmes, 2600 W. Sharp  
Hutton, 908 E. 24th  
Lidgerwood, 5510 N. Lidgerwood  
Lincoln Heights, 3322 E. 22nd  
Longfellow, 800 E. Providence  
Logan, 1001 E. Montgomery  
Moran Prairie, 4224 E. 57th  
Mullan Road, 2616 E. 63rd  
Ridgeview, 5610 N. Maple  
Roosevelt, 333 W. 14th  
Sheridan, 3737 E. 5th  
Stevens, 1717 E. Sinto  
Shaw MS, 4106 N. Cook  
Rogers HS, 1622 E. Wellesley  
Shadle Park HS, 4327 N. Ash  
Ferris HS, 3020 E. 37th  
Meals will be offered Monday through Friday. It is a federal meal program requirement that students must be present to pick up a meal. Our goal is to expand these sites next week.

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

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

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

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

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

Stay healthy! Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose,

coughing, or sneezing. Avoid close contact with people who are sick. Put distance between yourself and other people.

## KIDS MEALS (NON-PUBLIC SCHOOL)

### Community-Minded Enterprises

#### RECOVERY CAFÉ SPOKANE

214 N Cedar St, 99201 **960-8529**  
[info@community-minded.org](mailto:info@community-minded.org)  
[community-minded.org](http://community-minded.org)

In addition, beginning today, 3/17, the Recovery Cafe is closed to the public and we are unable to serve lunch or host latte hour. However, starting today 3/17 we are handing out sack lunches to members from 12:00-12:30pm at the front door of the café. Lunches are available Tuesday – Friday.

### Northeast Youth Center

3004 E Queen, Spokane 99217  
[spokaneneyc.org](http://spokaneneyc.org) **482-0708**

#### GRAB-N-GO MEALS UPDATE:

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

### SW Community Center

314 S Spruce, 99201 **981-7797**  
Mark Reilly (Food Bank) **993-1314**

Community Center is open. Youth pgm during day; food bank Friday – line up outside & receive bags outside. For kids, lunches like in summer; meals from Shadle. Hand-out stuff during week for those in need.

### Volunteers of America

525 W Second, 99201  
[voaspokane@voaspokane.org](mailto:voaspokane@voaspokane.org)  
[voaspokane.org](http://voaspokane.org) **624-2378**  
Crosswalk maybe adding hours with Spokane Public Schools.

### Restaurants (free food for kids):

River City Pizza (call in advance)  
Brick West Brewing Company  
279-2982

Cochinito Taqueria with adult order  
Burger King

## WEEKEND MEALS/FOOD BACKPACKS

### Second Harvest

partners with schools and community partners for Bite2Go to get weekend food supplies to children in need during the school year. The Bite2Go kits include a good mix of healthy,

kid-friendly, easy-to-open, single-serving, nonperishable food items to cover meals and three snacks over the weekend. The shelf-stable milk, juice, cereal, entrees and snacks are safe for children to handle on their own because they don't require any cooking or other preparation. Each week, staff members at participating schools put the packages of food discreetly in the backpacks of students in need. For more information, contact Chris Sloan at 252-6283 or [chris.sloan@2-harvest.org](mailto:chris.sloan@2-harvest.org).

### SPokane VALLEY PARTNERS FOOD FOR THOUGHT

10814 E Broadway,  
Spokane Valley 99206  
PO Box 141360, 99214

Food For Thought provides weekend meals for over 500 students each week to help improve school performance, academic success and cognitive development.

Adams Elementary  
Bowditch Middle School  
Broadway Elementary  
Chester Elementary  
CVHS - Central Valley Alternative  
CVHS - Central Valley High School  
Dishman Hills  
ELC - Early Learning Center  
Evergreen Middle School  
EVSD - East Valley School District  
Greenacres Elementary  
Liberty Creek  
Liberty Lake Elementary  
Mc Donald Elementary  
Mica Peak High School  
North Pines Middle School  
Opportunity  
Ponderosa  
Progress Elementary  
South Pines Elementary  
Spokane Valley Tech  
Summit School  
Sunrise Elementary  
University Elementary  
University High School

### FOOD FOR KIDZ **868-9260**

[Eastpoint Church Warehouse at, 15303 E Sprague](http://Eastpoint Church Warehouse at, 15303 E Sprague)  
6009 N Haye, Newman Lake 99025  
Jim Dodd [foodforkidz.org](mailto:foodforkidz.org)  
[jim@foodforkidz.org](mailto:jim@foodforkidz.org)

## CHILD CARE & YOUTH CENTERS

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

## Childcare Aware - Family Center 800-446-1114

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

## Northeast Youth Center 482-0708

3004 E Queen, Spokane 99217  
[spokaneneyc.org](http://spokaneneyc.org)  
Childcare Openings, Starting Monday, March 23rd from 7am - 5:30pm.  
The safety of children and families is our priority. This past week we have worked diligently to deep clean and disinfect the entire facility and vehicles.  
We are aware parents need quality, affordable, fun childcare. Monday, we are ready to re-open our doors for the first 37 school age and 10 preschool children. Call and register through our main office: (509) 482.0708.

## Salvation Army 325-6810

222 E Indiana, 99207  
[spokane.salvationarmy.org](http://spokane.salvationarmy.org)  
The Youth Center is closed

## The Nest Community School (509) 624-6378 (NEST) [www.bellacova.com](http://www.bellacova.com)

they are offering k-6th grade interim childcare through the school closure duration! 8am-3pm starting this monday, March 16th!! Here's the website for more info: <https://www.spokanene.com/the-nest-community-school>

## Vanessa Behan Crisis Nursery 535-3155

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

## PET FOOD

### SpoAnimal CARE

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

## SHELTERS

### The City Gate Women's Shelter

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

### Family Promise

Mail: 904 E Hartson, 99202 747-5487  
Open Doors: 2002 E Mission, 99202  
[familypromiseofspokane.org](http://familypromiseofspokane.org)  
Exec Dir: Joe Ader  
Neighbors/Bridges Prog Mngr: Susan Heitstuman  
Open Doors Program Mngr: Serena Graves 723-4663  
Village Program Mgr: Lynetta Lewis  
Volunteer Mngr: Marianne Sfeir  
Admin Coord: Hilary Beardslee  
strives to preserve the safety and health of its guests, volunteers, staff, and Spokane community.

It has not had any confirmed or suspected cases of COVID-19 among anyone connected to the organization, but is monitoring developments of the virus closely, implementing a social distancing plan to help slow the spread of this virus in our community.

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

### Jewels Helping Hands Cannon Street Warming Center JEWELS HELPING HANDS

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

### House of Charity CATHOLIC CHARITIES 624-7821

32 W Pacific, 99204  
[cceastermwa.org](http://cceastermwa.org)  
Practing social distancing, at full capacity, check in by 7pm, offers breakfast lunch and dinner to guests stying overnight.

### Rising Strong CATHOLIC CHARITIES 960-8632

1960 North Holy Names Ct  
social distancing is much easier, given the private room/ environment. Our pandemic protocols provide clear guidance on implementing isolation and distancing interventions, as well as ways to ensure meals can be

accomplished while on "quarantine." Families are being asked to think about who can watch their children, in the event they get sick.

### Salvation Army Family Emergency Shelter 325-6810

204 E Indiana, 99207  
[spokane.salvationarmy.org](http://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 456-SNAP

212 S Wall, 99201  
[snapwa.org](http://snapwa.org)  
n the interest of the overall health and safety of our clients and staff due to COVID-19, our office is locked and is not open to the public. However, our Homeless Services staff are still working from home during our normal business hours, M-F from 8am to 4:30pm. We are committed to ensuring that the needs of our clients are met and are communicating with clients in a multitude of ways, including: phone calls, email, texts and video conferencing. We will continue to advocate on their behalf and utilize wrap around services by communicating with other providers and landlords as needed. SNAP staff still have the ability to check their voicemails remotely, so please feel free to continue to call and leave a message. Staff will be checking their voicemail a few times a day and will call you back as soon as they can. Please also feel free to email us as well.

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. (509) 828-3149 (509) 385-1860 (509) 202-3830

### St Margaret's Shelter 624-9788 CATHOLIC CHARITIES cceastermwa.org

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

### Truth Ministries Spokane 456-2576

1910 E Sprague, 99202  
[jmktruth@yahoo.com](mailto:jmktruth@yahoo.com)

[truthministriesonfb.com](http://truthministriesonfb.com)  
[truthministriesspokane.org](http://truthministriesspokane.org)  
Marty & Julie McKinney 990-8415  
Transitional shelter for 100 men 18+, may be reduced by city to 50. Open 8 pm - 8 am. Provides a bed, meal, housing, job and treatment referrals.

### Women's Hearth - TRANSITIONS 455-4249

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

### Union Gospel Mission Ministries 535-8510

1224 E Trent, 99202  
[info@uniongospelmission.org](mailto:info@uniongospelmission.org)  
[uniongospelmission.org](http://uniongospelmission.org)  
Not accepting new guests at this time. Offering sack lunches daily. If you are a cook temporarily out of work, UGM is hiring temporary kitchen help. Normal application process.

### Volunteers of America

525 W Second, 99201  
[voaspokane@voaspokane.org](mailto:voaspokane@voaspokane.org)  
[voaspokane.org](http://voaspokane.org) 624-2378  
Hope House not acceptin new guests at this time.

## SMALL BUSINESS & EMPLOYMENT

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

### Christ Kitchen 325-4343

2410 N Monroe, Spokane 99205  
[christkitchen.org](http://christkitchen.org)  
We realize the population we serve doesn't need any more trauma in their lives, so I have personally contacted each of them and working with them to ensure money continues to come in. If you are in a position to support our ministry during this time in a financial offering, we certainly welcome that. However, we pray we will be able to receive government funding; we are unclear at this time how much, however. You can continue buying our products are Yokes, Rosauers, and Super 1 Foods. We are doing our best to keep those shelves stocked.



## Compass Career Solutions

John Nickerson 808-8482  
[jnickerson@careersbycompass.com](mailto:jnickerson@careersbycompass.com)  
[careersbycompass.com](http://careersbycompass.com)

is still supporting FCS, supported employment, supported housing and FCSE during this time. All services are over the phone or teleconference and everything is running smoothly plus successfully.

## Home Deliveries, Restaurants

Heard a good suggest before going with an app check with the restaurant if they are open and offering direct home deliveries most restaurant delivery app result in loss of 30-40% of that meal to the app and the delivery.

[https://docs.google.com/spreadsheets/d/1-MwPtgncwVP\\_N8zqGZ2SpQALdH2B1IZUY-MgFpixBP4/edit#gid=0](https://docs.google.com/spreadsheets/d/1-MwPtgncwVP_N8zqGZ2SpQALdH2B1IZUY-MgFpixBP4/edit#gid=0)  
UberEats  
GrubHub  
DoorDash  
Tree House is a new local app  
[treehousespokane.com](http://treehousespokane.com)

## New Leaf Bakery Cafe Job Training - Transitions

930 N. Monroe St.  
Spokane, 99201 496-0396  
[help4women.org](http://help4women.org) closed

## Support Local Servers!!!

**The Big Table** 979-1005  
POB 141510, Spokane Valley 99214  
[information@big-table.com](mailto:information@big-table.com)  
[big-table.com](http://big-table.com)

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

**Small Business Admin** [sba.gov](http://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.  
**Disater Field Operations Center - West disasterloan.sba.gov/ela/**

**SNAP Financial Access** 456-SNAP  
500 S Stone, 99202 [snapwa.org](http://snapwa.org)  
**SNAP THE BUSINESS CENTER**  
One-on-one consulting, business training and support services, access to resources, and networks

for business owners.  
**SNAP BUSINESS DEVELOPMENT**  
Technical assistance and financing for people interested in starting or expanding a small business.

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

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

## VULNERABLE POPULATIONS

### Grocery Stores

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

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

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

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

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

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

**Walmart**  
NOTE: 1 hr Tuesdays before opening for 60+

**Whole Foods**  
NOTE: 1 hr before opening for 60+

## CRIMINAL JUSTICE

**Greater Spokane Progress**  
25 W Main Ave, Ste 222, 99201  
[anne@spokaneprogress.org](mailto:anne@spokaneprogress.org)  
[spokaneprogress.org](http://spokaneprogress.org)  
Dir: Anne Martin 624-5657  
Acollaborative network united to build political strengthen and equity in our community.

**Peace & Justice Action League of Spokane - PJALS**  
35 W Main Ste 120, 99201  
[pjals@pjals.org](mailto:pjals@pjals.org) 838-7870  
Dir: Liz Moore [pjals.org](http://pjals.org)  
For a just and non-violent world via education, advocacy and organizing for peace, economic justice and human rights.

**SCAR - Spokane Community Against Racism** [scarspokane.org](http://scarspokane.org)  
@Morning Star Baptist  
3909 W Rowan Ave, 99205  
[scarspokane@gmail.com](mailto:scarspokane@gmail.com)  
Identify and address racial disparities through a variety of community efforts, which include education, advocacy, research, community engagement, impacting policy, and challenging existing organizations and structures.

**Spokane NAACP**  
SPOKANE BRANCH 209-2425  
25 W Main, Ste 239, 99201  
[SpokaneNAACP@gmail.com](mailto:SpokaneNAACP@gmail.com)  
Kurtis Robinson [spokanenaacp.com](http://spokanenaacp.com)  
Stands for National Association for the Advancement of Colored Peoples. Addresses issues of civil rights violations and racism.

### 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

**Resources from John Lemus:**  
<https://informingfamilies.org/covid-plain-lang/>

<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

**The Arc of Spokane** 328-6326  
320 E Second St, 99202  
[sthorpe@arc-spokane.org](mailto:sthorpe@arc-spokane.org)  
[arc-spokane.org](http://arc-spokane.org) Fax: 328-6342  
From March 17 to April 24  
Suspending ALL activity

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

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

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

**People First of Washington**  
**-LILAC CHAPTER** 991-5861  
Downtown Library 901 W Main, 99201 4pm, 2nd & 4th T  
[peoplefirstspokane.org](http://peoplefirstspokane.org) on FB  
John Lemus  
March 16 Spokane county online peer support for those living with disabilities and their families, we will have available each morning what resources are active and available check back for link each day. as of tuesday afternoon in the spokane area a peer to peer chat to help those with anxiety- resources food water transportation it will begin 10 to 5pm in Spokane and seattle with the hopes of going 24 hours almost immediately so looking for volunteers to help emergencies call 911



on wenseday we will be being online student first club meetings for existing clubs support each and each begining Tuesday not we will begin live broadcast at 5PM pacific share what we know and then again a live update at 7pm a full list of peer support for those with disblities coming soon begining wednesday the toll free number for spokane county peer support is 855-473-3711 844-4peer11 - begining wednesday

**Project ID** 475-7185  
4209 E Pacific, 99202  
PO Box 18703, 99228  
[projectidspokane.org](http://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](http://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](http://scilwa.org)  
Due the circumstances surrounding COVID-19 starting Monday March 16, all appointments with Independent Living Specialists will take place over the phone or through email until further notice.

**St Luke's Rehabilitation Institute**  
711 S Cowley St, 99202 473-6000  
[st-lukes.org](http://st-lukes.org) Fax: 473-6097  
St. Luke's Rehabilitation Institute is implementing additional visitor and therapy restrictions in accordance with recommendations from the Center for Disease Control and Prevention (CDC). In addition, some hospital access points will be consolidated at our hospital campus location. These changes take effect Tuesday, March 17 at 7 a.m.  
<https://www.st-lukes.org/locations/>  
Update Thursday, March 19: St. Luke's is providing inpatient rehabilitation services. As previously communicated, St. Luke's continues to temporarily limit outpatient therapy services. Please see below for a brief recap of outpatient services:  
Outpatient Clinics including our North, Valley, Pediatrics and Cardiac & Pulmonary clinics will be temporarily closed beginning Monday, March 23.  
Adult outpatient services at the Main campus will continue to remain open for urgent and emergent patients as designated by the patient's health care provider. These visits will be on a staggered schedule in adherence to social-distancing guidelines.

## IMMIGRANTS & REFUGEES

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

**Spokane Immigrant Rights Council** 360-292-8540  
c/o Jim Dawson, 907 E 8th, 99202  
[info@sirwa.org](mailto:info@sirwa.org) [sirwa.org](http://sirwa.org)  
Jim Dawson 326-9540

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

## MENTAL HEALTH & RECOVERY

**American Behavioral Health Systems (ABS)** 934-1078  
715 E Sprague, Ste 107  
Spokane Valley 99216  
[abhsinc.net](http://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](mailto:spokane@chs-wa.org)  
[childrenshomesociety.org](http://childrenshomesociety.org)  
We will also be transferring our in-home visiting services to virtual home visits. The Child Waiting Room will remain open until further notice. We will continue to closely monitor the situation and keep you informed as to when we will re-open to the public, and reinstate our services in their usual capacity.

**WEST PLAINS** 795-8480  
**Colonial Clinic**  
910 N Washington, Ste 210, 99201  
[colonialclinic.com](http://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, Vivitriol), 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](mailto:admissions@daybreakinfo.org)  
[daybreakyouthservices.org](http://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](http://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](http://fbhwa.org)  
To to any one anytime, call Warming Line 877-500-9276

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

**Genesis Institute, Inc** 467-7913  
1220 N Howard St, 99201  
[genesisinstitute.org](http://genesisinstitute.org)  
Offering Telehealth Appointments

**Healing Lodge of the Seven Nations** hotline 533-6910  
5600 E 8th Ave, 99212  
[hladmin@healinglodge.org](mailto:hladmin@healinglodge.org)  
[healinglodge.org](http://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](http://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](http://lcsnw.org/Spokane) 747-8224  
Our behavioral program is providing clinical services via telehealth. Business/Intake Line 509-747-8224

**Partners with Families & Children** 473-4810  
106 W Mission Ave, 99201  
[partnerswithfamilies.org](http://partnerswithfamilies.org)  
All services still available, accepts WA Apple Healthcare (Medicaid). Treatment for mental health, substance use disorders, and parenting support. The program is aimed to meet the needs of all family members to support wellness and family reunification

**Pioneer Center East** 325-2355  
**PIONEER HUMAN SERVICES**  
3400 W Garland, 99207  
[pioneerhumanservices.org](http://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](http://pioneerhumanservices.org)  
all services still available, accepts WA Apple Healthcare (Medicaid). Outpatient treatment that accepts people with co-occurring mental health and substance abuse disorder.

**SPARC (Spokane Addiction Recovery Centers)**  
[sparcop.org](http://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 wupervision, 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](http://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](http://spokanerecovery.org) 570-7250  
Only Detox services are available at this time, accepts WA Apple Healthcare (Medicaid). Intensive inpatient, recovery house, counselign & psychotherapy, medication supervision, case management, intentsive outpatient, abuse treatment, alcohol & drug info, DUI assessment

### Sunshine Terrace

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

### YFA Connections Adult Services

22 S Thor, 99202 532-2000  
PO Box 3344, 99220  
[info@yfaconnections.org](mailto:info@yfaconnections.org)  
[yfaconnections.org](http://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](http://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](mailto:action@altcew.org) [altcew.org](http://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](http://ceasternwa.org)  
Volunteers are vital to Catholic Charities' work in the community, and we so value your contributions. During this situation we could use your help and assistance in other ways:

### FRIENDLY CHAT PROGRAM:

This new communication program will allow us to reach out to seniors who have been asked to shelter in place due to their underlying health conditions. Staff and volunteers will make daily phone calls to seniors to ensure they have food, supplies and know that someone cares about them! If you are interested in assisting us with this endeavor, please email us at [volunteer@cceasternwa.org](mailto:volunteer@cceasternwa.org) for more information.

SHOPPING ANGELS: We created a volunteer program to shop for a bag of basic need, essential items for seniors who are unable to leave their home. Please check our website to find more about how you can assist with this program.  
<https://www.cceasternwa.org/covid-19>

### Elder Services 458-7450

5125 N Market St, Spokane 99217  
need family and friends to train and build support during crises.

### FAMILY CAREGIVER 458-7450

### Greater Spokane County Meals On Wheels 924-6976

12101 E Sprague Ave, 99206  
POB 14278, Spokane Valley 99214  
[gscmealsonwheels.org](http://gscmealsonwheels.org)  
Continues to deliver to homes throughout the county and that includes the City of Spokane.

We are prepared to continue delivery throughout any shelter orders, even if that shifts from daily hot delivery to once a week delivery of 7 frozen meals. Seniors over the age of 60 should be able to reach out to us if they have need. The meals operate on a suggested contribution of \$5 per meal, but that is just a suggestion. Seniors can pay whatever they can, even if that is nothing at all. We will continue to deliver regardless of inability to contribute. Seniors on Medicaid waiver programs such as Copes and TSOA used to have to trade care hours for home delivered meals. However, that had been waived by Medicaid and they can now get home delivery with no reduction in care hours.

We are currently exploring emergency funds to hire displaced restaurant workers and ramp up production in our commercial kitchen.

### Mid-City Concerns/Meals on Wheels Spokane 747-3257

1222 W 2nd MOW 232-0864  
Spokane 99201 [mowspokane.org](http://mowspokane.org)  
[director@mowspokane.org](mailto:director@mowspokane.org)

Closed as of March 17th until it is deemed safe for senior social gatherings to resume. We are working with our Senior Center members to coordinate care and sustenance of mind and body during this time. Delivering warm meals to our Senior Center members and also allowing them to pick-up to go meal boxes between 11:30-12:30 from our location. We will remain in constant communication with them to assure they are healthy and not in need of any extra resources. Also creating Gift Boxes for senior to pass the time taking donations of puzzles, large print reading materials, word search puzzles, activity books, knitting supplies, crossword puzzles, soap, hand sanitizer, and special touches like blankets, socks, and pillows. With many in our community in either quarantine or limiting social interactions we are in need of volunteers willing to visit the homes of our seniors. If you are available and interested please contact Patricia at (509)862-6367 or [patricia.robinson@mowspokane.org](mailto: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](http://snapwa.org) 800-660-7133  
continues to operate, but most services are being provided telephonically due to visitor restrictions at LTC facilities. SNAP continues to offer home repairs, and are able to do most intake and paperwork over the phone to reduce face to face visits. Clients are encouraged to call (509) 456-SNAP for assistance.

## TRANSPORTATION

### Spokane Transit Authority

is implementing new rules to keep community members safe during the COVID-19 pandemic.

Susan Meyer, chief executive officer of Spokane Transit, signed an emergency proclamation on Tuesday which highlights additional measures the agency is taking to slow the spread of the virus.

Starting Thursday, STA will no longer be collecting fares from passengers in an effort to reduce interactions between riders and drivers.

STA said it 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.

Spokane Transit will also start offering rides specifically for passengers 60 and older who need help getting to essential places like work, grocery stores, and pharmacies.

Trips for seniors can be booked with up to two hours advance notice, and are based on van operator availability. Riders will be required to show their proof of age before boarding.

According to STA, senior riders may be accompanied by one companion.

To schedule a trip, you can call a Paratransit Reservationist at 509-328-1552.

## WOMEN & CHILDREN: INFANT NEEDS & DVSA

### Baskets for Babies 214-2634

Spokane Valley Partners, 10814 E Broadway, 99214  
POB 14594, Spokane Valley 99214  
[contactus@basketsforbabies.org](mailto:contactus@basketsforbabies.org)  
[basketsforbabies.org](http://basketsforbabies.org)  
Dir: Tamara McClellan  
Newborn program: child safety, layettes and crib program. CLOSED already in November 2019

### Breast Intentions 995-1295

1922 S Stanley Ln  
Spokane, Washington 99212  
[breastintentionswa.on.fb](http://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](http://cceasternwa.org)

Just wanted to remind everyone that CAPA is open and doing diaper distribution from 9 am to 2 pm Monday through Thursday! Please share if you know folks who are struggling to find diapers and wipes. Call (509) 455-4986 with any questions.

### Inland NW Diaper Bank

SPokane Valley Partners 927-1153  
10814 E Broadway, 99206  
PO Box 141360 Fax: 928-8463  
Spokane Valley 99214 [svpart.org](mailto:svpart.org)  
Gives diapers to needy families.

### Lutheran Community Svcs NW

210 W Sprague Ave, 99201



lcsnw.org/Spokane 747-8224  
24/7 Sexual Violence &  
Crime Victim Support Line is  
operational. .  
**24/7 Sexual Assault Support  
Line 624-7273**

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

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

**Project Beauty Share 455-3537**  
216 N Bernard St, 99201  
projectbeautyshare.org  
Collects cosmetics and beauty  
products for agencies to give out.  
Thank you all for standing by  
Project Beauty Share these past  
few weeks. Our shelters need  
us more than ever and we will  
continue to serve them!  
We are still accepting products  
via mail and financial donations  
through our website to help  
continue our mission and  
operations. If you are able to help,  
we would appreciate it so much!

**Teen & Kids Closet 534-1151**  
307 E Sprague teenkidcloset.org  
Spokane Valley 99202  
PO Box 4099, 99220  
contact@teenkidcloset.org  
Offers Clothing and Household

items for foster kids and teens or  
those of low-income. Appointment  
only by referral from school  
official or social worker, referral  
can be made online. Teen &  
Kid Closet will temporarily be  
suspending operations through  
the end of March. This includes  
taking in physical donations.  
You can always donate through  
Paypal by clicking the orange  
DONATE button in the header.

**WIC 800-322-2588**  
**Text "WIC" to 96859**

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

**WIC SPOKANE REGIONAL HEALTH DISTRICT**  
srhd.org/programs-and-services/wic  
SRHD WIC clinics are providing  
all services by telephone only.  
WIC representatives will call  
participants with scheduled  
appointments. Persons interested  
in applying for WIC should  
call the individual clinics for  
information.

**-WIC SRHD 324-1620 x4**  
**-WIC DEER PARK 324-1620 x4**  
**-WIC EAST CENTRAL 323-2800**  
**-WIC NORTHEAST CC 323-2828**  
**-WIC N LIDGERWOOD 323-2818**  
**-WIC SPOKANE VALLEY 323-2800**  
**WIC WEST CENTRAL COMMUNITY CENTER**  
1603 N Belt, 99205 323-7497  
center is closed, but check facebook  
for link to online breastfeeding basics  
from La Leche League of Kirkland, call  
locations first  
**-WIC AIRWAY HEIGHTS 244-9334**  
**-WIC CHENEY 559-5839**  
**-WIC FAIRCHILD AFB 247-2760**

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

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

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

## VETERANS

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

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