



April 9, 2020

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

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

-Social distancing nationwide will continue until April 30

-Governor and State School Superintendent cancel end of school year

Primer/dossier of COVID-19 by local community member

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

KEY FOR CHARTS

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

Organization Title: Closed/facility closure

Organization: No new information at this time

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

GOT CABIN FEVER!!!

For Gardening projects check out these resources:

<https://www.facebook.com/The-Inland-Empire-Gardeners-280850692075853/>

<https://incgincommunitygardens.org>

<https://www.facebook.com/mastergardenersofspokane/>

<http://spokanegardens.org>

Artist Relief Funds:

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

-Spokane Artist Relief Fund - spokanearts.kindful.com/artistrelief

Library, Literature and Archival Resources:

Aunties - online audiobook and mail delivery - auntiesbooks.com

Get Lit - Cancelled

Spokane - <https://www.spokanelibrary.org/blog/library-resources-for-when-youre-cooped-up-at-home/>

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

Eastern WA Digital Archives - digitalarchives.wa.gov

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

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

Theatre and Music

Spokane Area Youth Choir - facebook.com/saychoirs

Spokane Civic Theater Streaming plays - facebook.com/Spokane.Civic.Theatre/

Spokane Symphony - facebook.com/pg/SpokaneSymphony/

Spokane Folklore Society - Streaming short performances online

- facebook.com/groups/169365626418185/

Spokane Youth Symphony - <https://www.facebook.com/Spokane-Youth-Symphony-109230391618/>

Working Womens Blues - KYRS 88.1/92.3 FM

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Inclusion agencies is for informational purposes, not as an endorsement of particular programs or dogmas of agencies.

This online directory offers constantly changing coverage of social services, in the greater Spokane Area during the COVID-19 Emergency.

We endeavor to be inclusive while respecting those not interested in participating.

We do not sell or distribute mailing lists.

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

FOOD BANKS & CLOTHING BANKS IN SPOKANE

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contact info
All Saints Gather FP	314 S Spruce, 99201	838-4409	X				10-2, MW		allsaintsgather.com
Southwest Community Cntr	314 S Spruce, 99201	FB 993-1314 624-8634	X			X	10, F		Mark Reilly facebook.com/swspokanecommunitycenter/
American Indian Community Center	610 E North Foothills Dr (closed to March 31)	535-0886	X	X	X		M afternoon, & T; by appt		Native Americans (serving clients)
Audubon UMC Food Bank & Bare Necessities program	3908 N Driscoll, 99205	325-454	X		X		9:30-12:30, 2nd/last T	meat, fresh produce, bread and other food items available. Toiletries	audubonparkumc.org Dan Masters/ Karen Peacock
Bethel AME Food Pantry	EFLC, 631 S Richard Allen, parking lot back side off Ivory		X				1pm, Th		https://bethelamespokane.com
Better Living Center	25 E North Foothills, 99207	325-1258	X	X	X	X	9-4, T; 9-1 Th		betterlivingcenter.org
Breaking Bread Rescue Market	Family of Faith Community, 1504 W Grace, 99205	325-0343	X				10-12, T		ffcc.us
Caritas Outreach Ministries	1612 W Dalke, 99205	326-2249	X		X	X	11-1MWTh	Pay Pal button linked on their facebook	caritasoutreachministries.org
City Gate Food Bank	170 S Madison, 99201	455-9670	X	X		X	FB: by appt only, Call in advance	to-go-meal containers	thecitygate-spokane.org
Cup of Cool Water	1106 W Second	747-6686	X	X		X	1-2 M-F	for 14-24 year olds, monetary donations	cupofcoolwater.org facebook.com
Helping Hands Food Pantry - St Peter Lutheran Food Bank	4620 N Regal, 99207	487-4843	X				9:00-10:30, 2nd & 4th F		splspokane.org
Martin Luther King Jr Family Outreach Center	500 S Stone, 99202	868-0856	X				1-3 MWThF	closed T to restock	mlkspokane.org facebook.com
New Hope Ranch - NEW/ Moved from meal sites	2524 E Queen	954-5145	X				12-2, M & W, 12-1 F		zahls@comcast.net
Northeast Community Food Pantry - NW Connect	4520 N Crestline St PO Box 7398, 99207	290-5691	X			X	9-11, MTTh		info@nwconnect.org, nwconnect.org, FB
Off Broadway Family Outreach	2225 W Mallon Ave	998-2630	X				9, TF	Financial donations, masks	
Our Place Ministries	1509 W College, 99201	326-7267	X			X	10-1 Th	produce & hygiene items	ourplace@cet.com ourplacespokane.org
Salvation Army Family Svcs	204 E Indiana, 99207	325-6751	X	X	X	X	MWF 9-4; T-Th 9-5	Hand Sanitizers, Masks, Toilet Paper Cleaning Supplies	spokane.salvationarmy.org
Serve Spokane	8303 N Division St, 99208	998-5722	X	X	X	X	12:30-2:30 T; 12:30-3:30 Th	personal hygiene items and larger size diapers	ServeSpokane.org
Southside Food Pantry	2934 E 27th Ave, 99223	535-2301	X				10:30-12, Sat	bread & produce will be offered next 3x starting April 18	southsidefoodpantry.com
SAN Spokane Aids Network Food Pantry	1121 S Perry St, 99202	844-1758	X				9-noon, 1-3, 3rd T	link to mailchi.mp fundraiser on their facebook.com	www.san-nw.org Delivery to SAN clients
Westminster Presbyterian FB	2705 W Boone	329-0351 327-5522	X				11-1:45, WF	Needs volunteers	John Edmondson
WSU Spokane Campus Pantry	SAC Building Loading Dock/Mail: Academic Center 107	wsuhealth.campuspantry@wsu.edu.	X				12:45-2:45, TH	donations box outside the pantry: shelf-stable items, Toiletries and school supplies. Vol sign up on FB	facebook.com/WSUCampus-Pantry/ WSU and EWU

FOOD BANKS & CLOTHING BANKS IN SPOKANE VALLEY AND RURAL SOUTH

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contactinfo
Intersection at the River	22421 Euclid, Otis Orchards 99216	953-1519 924-3705	X				1:30-4, Th		facebook.com/IntersectionChurch/
Life River Fellowship Food Bank	2810 N Park Rd, 99212	924-9510	X	X	X		5-7, 2nd F -	looking to expand hrs/days, kids items	liferiver.org
Klothes Kloset - Opportunity Christian Fellowship	12321 E 14th Ave, 99206	926-2673	X	X	X		10-2, WTh		opportunitychristianfellowship.org
North Palouse Community Food Bank	202 N. Railroad Ave, Fairfield	283-4250	X				9-11, 2nd and 4th Sat		facebook.com/npcffoodbank
Otis Orchards Food Bank	4308 N Harvard Rd, 99027/POB 189	926-6196 842-2355	X	X			12-2, 2nd & 4th T	produce only	otisorchardssda.org uccsad.org
Peace Pantry	Eastpoint Church 15303 E Sprague Ave, Ste A	peace@eastpoint-church.org	X		X		10-1, M, 3-6 TH	soups, pastas, canned meats, peanut butter.	533-6800
Real Life Ministries	Barker Rd Campus: 1831 S Barker Rd Otis Orchards: 4904 N Harvard Rd	232-0840	X				8-4 M-F 9-12, 3-6, T-F		https://www.vrl.church
Society of St Vincent de Paul	St Marys, 304 S Adams Rd, 99216	928-3210	X					emergency food boxes only	oursvdp.com
Spangle Food Bank	305 E 2nd, POB 239	701-4532	X				2-3 4th W		spanglecommunitychurch.org spangle on FB
Spokane Dream-Ministry Resource Center	2128 N Pines, Ste 1 99216	926-7878	X	X			12:30-3, T; 11:30-3, W; 1-3 Th		spokandreamcenter.org
Spokane Valley Partners: Food and Diaper Bank Clothing Bank CLOSED	10814 E Broadway, 99206	927-1153	X	X	X		11-12:35, 1:30-3:15, W; 11-12:45 TH,	Donate Food or Diapers, fundraiser towards \$10,000 matching grant	svpart.org
Valley Assembly of God Food Pantry	15618 E Broadway Ave, 99037	924-0466	X				4-6, W		valleyassembly.org

FOOD BANKS & CLOTHING BANKS NORTH SPOKANE COUNTY

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contactinfo
GreenHouse, The	211 N Fir St , 99006 Mail: PO Box 62	276-6897	X	X	X		FB: 1-4, MWF drive thru	Drop-off 9-4, MWF Food and monetary donations only at this time.	greenhousefoodbank@gmail.com thegreenhouseonline.org
Mead Food Bank - POB 53	Mead UMC, 12611 N Wilson, 99021	466-7068	X				4-6:45, W, bread & prod 4-5, Sun	Cereal, Milk, Jelly, Canned veggies, Canned fruit Drop off: 3:30- 5:30pm, W, Sun noon-2pm, Masks	facebook.com
New Hope Resource Center	4211 E Colbert Rd, 99005	467-2900	X	X	X	X	9-11, MTTh	toothpaste, shaving cream, shampoo, toilet paper and baby wipes.	newhopere-source.org
North Country Food Bank	40015 N Collins Rd	292-2530	X				11-2, M; 9-noon W	toiletries, especially soap; hand soap, bath soap and laundry soap. Pet food	Joe & Sandra Harvey ncf-pantry@gmail.com,
Tum Tum Food Pantry	6424 Hwy 291, Nine Mile Falls 99026	276-5472	X				9-noon, 1st/3rd Sat	barrel in Rosauers Foyer. peanut butter, cereal & canned green beans/corn	TumTumPantry on FB
Lake Spokane Community Clothing Closet	6418-A Hwy 291, Annex	276-5472		X			3rd Sat only		clothing@lake-spokanecommunitychurch.org

PUBLIC HEALTH/ EMERGENCY MNGT

Spokane Regional Health District

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

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

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

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

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

MULTICARE

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

PROVIDENCE

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

KAISER PERMANENTE

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

Resource Referrals 211

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

Referrals and Resources:

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

City Resources, Spokane Cnty

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

DEER PARK

www.cityofdeerparkwa.com
City Hall closed till further notice will not receive visitors
LIBERTY LAKE
www.libertylakewa.gov
Liberty Lake Library closed till further notice

MEDICAL LAKE

<https://medical-lake.org>
To help reduce exposure to the COVID-19 (Coronavirus) virus, all City buildings will be closed to the public through March 31. Please use the utility payment drop box for payments. If you need assistance, please call 565-5000. Click on the following Spokane Regional Health District link to find out the latest updates on the COVID-19 virus.

SPokane VALLEY

www.spokanevalley.org/covid19

On Monday, March 16, City Manager Mark Calhoun signed a proclamation of emergency/disaster which enables the city to utilize additional resources and tools to slow the spread of the Coronavirus (COVID-19). The proclamation will allow the city to exercise emergency powers during the COVID-19 outbreak to preserve and maintain the health, safety and welfare of its citizens, and seek federal financial assistance to support resources that may be used in an effort to restrict the spread of the virus. In addition, the city has an emergency response plan for situations such as infectious disease. The city is taking steps to educate employees about the disease and ensure that protocols are being followed in regard to good hand and respiratory hygiene, and proper cleaning of city buildings. In addition, the city will work with the Spokane Regional Health District to implement procedures to reduce employees' or visitors' exposure to COVID-19, such as social distancing.

Governor, Washington State

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

Greater Spokane Emergency Coordination Center

-EMERGENCY MANGEMENT 477-3046
1121 W Gardner Ave, 99201
Dir: Sheriff Knezovich
A central location where all aspects of response and recovery for multi-agency and multi-jurisdictional emergencies in Spokane County can be coordinated. Facilitates the flow of information within and between agencies and levels of the government (Local, County, State and Federal) and the community during times of emergency or disaster. Facilitates the coordination of resources among all responding agencies during an emergency or disaster.

Assist in coordination for continuity of services throughout the community during an emergency or disaster.

Medical Reserve Corps

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

Spokane County United Way

920 N Washington, Ste 100 , 99201
unitedwayspokane.org 838-6581
Brings together expertise, funding and volunteer support to positively impact health, education and financial stability.
Volunteer Spokane is setting up a **COVID-19 Community Forum** to share information on agencies needs for people and supplies. Individuals are looking for ways to help. That information can be submitted in the COVID-19 Community Forum section of the VolunteerSpokane website volunteerspokane.org

WA Department of Health

doh.wa.gov
The Washington State Department of Health has established a call center to address questions from the public. 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, but there may be changes.

Sun	M	T	W	Th	F	Sat	Site Name	Location	Phone	Contacts and Area
7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	House of Charity	32 W Pacific	624-7821	cceasternwa.org, for clients only
	7:30/4:30	7:30/4:30	7:30a	7:30a			Shalom Ministries	518 W 3rd	455-9019	shalommeal.org GG
D		10/12	10/12/D	10/12	10/12/D	B 2nd & 4th/D	The City Gate	170 S Madison	455-9670	
D	D	D	D	D	D	D	Jewels Helping Hands	527 S Cannon		facebook 50/day
12/6	12/6	12/6	12/6	12/6	12/6	12/6	UGM Men' Shelter	1224 E. Trent Ave, eastside entrance	535-8510	uniongospelmission.org/100/day
	9-5	9-5	9-5	9-5	9-5	12a-5p	Crosswalk (teens)	525 W 2nd	241-1640	voaspokane.org
12	9/11:30/5	9/11:30/5	9/11:30/5	9/11:30/5			God's Love Internat'l	4006 W Staley Rd	312-9875	godslveinternational.com
	5:30, last						Feed Cheney	204 4th St	381-7002	kriegheja@gmail.com feedcheney.com GG
		L					Opportunity NE	Logan Elementary	313-6095	hahn@gonzaga.edu
		12-1	12-1	12-1	12-1		Recovery Cafe	214 N Cedar	960-8525	community-minded.org
		11-1	11-1				Women & Children's Free Restaurant & Community Kitchen	1408 N Washington	324-1995	volunteer@wcferspokane.org 150 FB boxes first come first served
			5:30				Blessings under the Bridge	1-90 overpass	869-6584	butb.org GG, sanitation items, food, snacks
			5:30				West Central Mission	1832 W Dean	vicar@	westcentralmission.org
						5:30	Food not Bombs	across from House of Charity	spokanesfoodnotbombs@gmail.com	facebook.com, hygiene items
	11-1	11-1	11-1	11-1	11-1		Open Doors (0-18)	YouthBulid/SST 2424 E Riverside		opendoorsspokane.com/
	12-1	12-1	12-1	12-1	12-1		MLK Center (0-18)	500 S Stone	868-0856	www.facebook.com/mlkspokane
	11-1	11-1	11-1	11-1	11-1		NE Youth Center (0-18)	3004 E Queen	482-0708	

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

COMMUNITY CENTERS

American Indian Community Center 535-0886

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

Community Building

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

Corbin Senior Activity Center

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

Deer Park Senior Center

Deer Park City Hall, Lower Level
E 316 Crawford St 276-2411
PO Box 842, Deer Park 99006

Hillyard Senior Center

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

Martin Luther King Family Outreach Center

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

Northeast Community Center

4001 N Cook, 99207 487-1603
necommunitycenter.com Fax: 489-3849
Since March 19, have began implementing basic health screening at a single point of entry to the facility. In conjunction with Unify Community Health, ALL agency staff and visitors to the Northeast Community Center will be subjected to a brief non-invasive health screening prior to entering the facility. It includes basic health and recent travel questions, and taking temperatures. Anyone exhibiting signs and symptoms of illness may be

denied entry or referred for further testing. The Zone - will work to supply children and families with meals, food, toiletries & safe places.

Odyssey Youth Center 325-3637
1121 S Perry St, 99202
odysseyyouth.org
A resource for LGBTQ+ youth. Closed for the rest of the month. Will focus on connecting youth digitally.

Sinto Senior Activity Center
1124 W Sinto Ave 327-2861
Spokane 99201 sintocenter.com
Closed until further notice.

Southside Community Center
3151 E 27th Ave, Spokane 99223
southsidescc.org 535-0803
Closed

Spark Central

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

West Central Community Center
1603 N Belt St, 9920
westcentralcc.org Fax: 326-2347
Before and after-school cancelled. Supportive services and many programs closed March 17. Providing Resource Sheets for West Central & downtown Youth Director: accepting food & hygiene donations for families WIC NEEDS: They have a WIC site, but can't give out used formula any more. Formula in general is a need.

YMCA the Inland Northwest
1126 N Monroe, 99201 777-YMCA
ymca@ymcaspokane.org (9622)
ymcaspokane.org Fax: 720-5783
Closed all locations

ENERGY AND RENT ASSISTANCE

Moratorium on Evictions (Spokane)

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

residents in the building. This order fills the gaps left in the statewide moratorium on evictions.

AVISTA myavista.com/safety/covid-19-response
Has ended all utility cutoffs in WA, ID, OR

Catholic Charities Coordinated Housing and Homeless Families Assessment of Spokane 325-5005
Emergency homelessness prevention through loans and grants to pay rent.

Parish Social Ministries (509) 455-2253

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

SNAP Energy Asst. 456-7111

Spokane Area Tenants United (SATU) 578-5068

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

Spokane County Community Services 477-5722

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

Spokane Housing Authority 328-2953

Offers rental assistance through HUD Section 8 voucher program.

Spokane Valley Partners

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

Tenants Union of WA State

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

FOOD & HYGIENE DONATIONS

Blessings under the Bridge

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

Catholic Charities Eastern WA

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

Communities In Schools of Spokane County 413-1436

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

Dry Fly Distilling

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

Excelsior 328-7041

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

Feed Spokane 216-7364

PO Box 141674, 99214
admin@feedspokane.org
feedspokane.org
Exec Dir: Steven Brashears
Networks meal providers and community partners in the greater Spokane area. Works to eliminate food waste through food rescue.

Giving Back Packs

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

Groceries/Produce

Instacart
LINC Foods 505-0446
3808 N Sullivan Rd. Bldg 12P
Spokane Valley 99216
info@lincfoods.com lincfoods.com

HRC Ministries 879-3773
14415 E. Sprague Ave
POB 14257, Spokane Valley 99214
warehouse@hrcministries.com
hrcministries.com **Off 922-0939**
Works to feed vulnerable seniors and at risk children. Food Drop-off Tuesday-Thursday. Thrift store is open from 10 a.m. to 6 p.m. Tuesday through Saturday

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

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

Mission Community Outreach
1906 E Mission Ave, 99202
536-1084 4mission@mcoc.spokane@gmail.com
The volunteer-run clothing banks closed at this time, but will support other agencies in need of supplies at this time, offering clothing, limited hygiene items (no toilet paper at this time), diapers, wipes and small housewares. Interested agencies may email their request. Director will field requests based on supplies on hand.

Northwest Harvest Spokane Warehouse

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

Pet Food Banks
Spokane Humane Society
schedule and appointment
509-467-5235 x0 or adoptions@spokanehumanesociety.org

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

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

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

Spokane Alliance 389-1750
1526 E 11th Ave, 99202
katie@spokanealliance.org
spokanealliance.org
Working with its member congregations and unions to build teams to reach out in their

organizations to see what needs there are and to connect them with resources. Non-members may also contact executive director Katie Zinler to participate.

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

SNAP (Food Stamps)
877-501-2233

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

HOSPITALS & RESOURCES

Blood Donation:

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

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

Vitalant 800-423-0151
INLAND NW BLOOD CNTR vitalant.org

Coronavirus Impacts Blood Supply URGENT SHORTAGE: DONORS NEEDED
-210 W Cataldo Ave, 99201
-North Spokane 10403 N Newport Hwy, 99218
-Valley: 12117 E Mission Ave
Spokane Valley 992163

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

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

MultiCare Emergency Dept
<https://www.multicare.org/coronavirus/>
-DEACONESS HOSPITAL
800 W Fifth, 99204 **458-5800**
-DEACONESS NORTH EMERGENCY
8202 N Division, 99208 **473-3333**
-VALLEY HOSPITAL **924-6650**
12606 E Mission
Spokane Valley 99216

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

MultiCare Indigo Urgent Care
<https://www.indigourgentcare.com/coronavirus>
-ARGONNE **598-7860**
2713 N Argonne Rd
Millwood, WA 99212
-NORTH SPOKANE **598-7744**
9420 N Newport Hwy, Ste 103
-SHADLE PARK

2401 W Wellesley Ave, Ste C
-SOUTH HILL 598-7810
4911 S Regal St, 99223
-VALLEY 598-7820
15605 E Sprague, 99216

MultiCare Rockwood Clinics

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

MultiCare Rockwood Urgent Care

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

Native Project Medical Clinic

1803 W Maxwell, 99201
nativeproject.org 483-7535
Call in advance in case of suspected exposure to COVID-19 or symptoms. On arrival patients may be immediately triaged.

Providence Health Clinics

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

Providence Hospitals

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

Unify Community Health

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

wahealthplanfinder.org

Amerigroup

705 5th Avenue S, Suite 300,
Seattle WA 98104 405-1897
Yoshunda Blunt, (Shanda),
Community Relations
Representative
shanda.blunt@amerigroup.com
Amerigroup is one of the MCO's for Washington Apple Health Medicaid. Some people may want to check eligibility, enroll or have questions regarding their health insurance.

Community Health Plan of WA

866-907-1904
wecare.chpw.org

Healthy Kids Together Program

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

Molina Healthcare of Washington - Spokane

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

UnitedHealth Care 481-1755

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

KIDS FOOD AND CARE

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

CENTRAL VALLEY #354 228-5400

19307 E Cataldo cvsd.org
Spokane Valley 99016
FREE Meals for Kids
Kids, age 18 and under, can enjoy a free, nutritious, grab-and-go, drive-through breakfast & lunch while schools are closed. Starting on Tuesday,

March 17th, 10 a.m.-1 p.m. at 11 designated locations so far. More will be added. Registration is not required and children do not need to be a CVSD student to participate. Children must be present to pick up. Locations: Look for the CVSD school bus Locations: Look for the CVSD school bus out front

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

CHENEY cheneysd.org

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

- Bus #75
Salnave Elementary 9 - 9:20 a.m.
Betz Elementary 9:25 - 9:40 a.m.
Bi Mart 9:45 - 10 a.m.
- Bus #51
Windsor Elementary 9 - 9:20 a.m.
Snowdon Elementary 9:30 - 9:50 a.m.
Hayford Village 9:55 - 10:15 a.m.
- Bus #52
Fairchild MHP 9 - 9:15 a.m.
West Prairie MHP 9:25 - 9:40 a.m.
Copper Landing 10 - 10:20 a.m.
- Bus #79
Sunset Elementary 9 - 9:25 a.m.
Basalt Ridge Entrance on 6th 9:30-10 a.m.
- Bus #78
18th & Campbell 9 - 9:25 a.m.
Vietzke Village 9:35 - 9:50 a.m.
Cedar Summit Apts 10 - 10:20 a.m.
- EAST VALLEY 924-1830**
3830 N Sullivan Rd, Bldg 1
Spokane Valley 99216 evsd.org

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

- East Farms Elementary – 26203 E Rowan, Newman Lake - 11-11:30
- Otis Orchards Elem– 22000 E Wellsley, 99027 11-11:30 a.m.
- KH Grocery Market – 21121 E Wellesley, 99027 - 11:45-12:15
- CCS/Skyview – 16924 E Wellesley 99216 - 11-11:30 a.m.
- Trentwood Elem- 14701 E Wellesley 99216 - 11:45-12:15
- Parkside at Mirabeau Apartments - 2820 N Cherry St, 99216 - 11-11:30 a.m.
- River Rock Apartments - 12820 E Mansfield Ave, 99216 - 11:45 a.m. -12:15 p.m.
- Riverbend Elementary – 17720 E. Mission Ave., Spokane Valley, 99016
- Valley Mission Park - 11405 E Mission - 11-11:30 a.m.
- Whimsical Pig Apartments - 13303 E Mission - 11:45-12:15
- Eagle Point Apartments - 2718 N Bowdish Rd, 99216 - 11-11:30

FREEMAN

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

LIBERTY 624-4415

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

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

MEAD SD mead354.org 465-6000

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

SCHOOL LOCATIONS

To pick up at 11a.m.-12:30 p.m.:
-Brentwood Elem, 406 W Regina

-Colbert Elem, 4526 E Greenbluff
-Evergreen Elem, 215 W Eddy
-Meadow Ridge, 15601 N. Freya
-Midway Elem, 821 E Midway Rd.
-Prairie View Elem, 2606 W
Johannsen Rd.
-Shiloh Hills Elem, 505 E
Stonewall
-Northwood, 2908 N Pittsburg
COMMUNITY DISTRIBUTION LOCATIONS:
-Forest Creek Apart, 13110 N
Addison St - 10:30-11 a.m.
-Woodhaven Apart - 12424 N
Fairwood Drive - 11:20-11:50 a.m.
-Hill N Dale Street Apts - 8821 N
Hill N Dale St - 10:30-11 a.m.
-Mead Food Bank - 12611 N
Wilson 11:20-11:50 a.m.
-Cedar Creek Village - 8502 N
Nevada St - 10:30-11 a.m.
-Deer Run @ North Pointe - 1225
E. Westview Ct- 11:20-11:50 a.m.
-Wild Rose Gas/RV Park - 23106
US 395 -10:30-11 a.m.
-St. Joseph's Church - 3720 E
Colbert Rd- 11:20-11:50 a.m.
-Fire Station #47 - 9814 E
Greenbluff Rd. - 10:30-11 a.m.
-Fire Station #48 - 17711 N. Mt. S
Park Drive - 10:30-11 a.m.

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

Meal pickup plans in the
Medical Lake School District
began March 23. Offered at:
-Medical Lake Lutheran Church
Offering Bagged Lunches Wed
3/18 - Fri 3/20 while the District
prepared for meal deliveries.
Meals delivered at the following
locations:

-Hallett Bus Loop at 11-11:12
a.m.,
-Medical Lake City Hall at 11:15
-11:27 a.m.
-Medical Lake High School
Bus Loop at 11:30-11:42 a.m.,
-Medical Lake Middle School
Bus Loop at 11:45-11:57 a.m.
-Michael Anderson Elementary
at 11:40 -11:50 a.m.

NINE MILE FALLS 9mile.org 340-4300

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

ORCHARD PRAIRIE 467-9517

7626 N Orchard Prairie Rd, 99217
orchardprairie.org
Orchard Prairie School District
closed for students since
March 17 to slow the spread
of COVID-19. This includes all
extracurricular activities and
previously scheduled events.

VALLEY 888-284-5719
3034 Huffman Rd, 99181

valleysd.org 937-2413
As of March 19, served meals in
the Valley Bus Loop from 9-11
a.m. The turnout was positive—
expanding to serve meals in the
Valley Grange. The Valley School
Bus Loop and the Valley Grange
will serve breakfast/lunch meals
from 9-11 a.m.

WEST VALLEY wvvsd.org 924-2150

2805 N Argonne Rd, 99216
West Valley offers breakfast and
lunch to any student 18 years of
age or younger.
Elementary schools, CMS and
WVHS will distribute "drive
through" meals to go from 11a.m.
to 1 p.m. No paperwork or
identification necessary.
-Ness Elementary 922-5470
9612 E Cataldo, 99206
-Orchard Center Elementary
7519 E Buckeye, 99212 922-5473
-Pasadena Park Elementary
8508 E Upriver Dr. 922-5480
-Seth Woodard Elementary
7401 E Mission, 99212 921-2160
-Centennial Middle School
915 N Ella 99212 922-5482
-West Valley High School
8301 E Buckeye, 99212 922-5488

SPOKANE PUBLIC SCHOOLS

200 N Bernard St, 99201
spokaneschools.org 354-5900
Meal program continues for
children on reduced and low-
income meal plans

SAFETY 354-7320
SCHOOL MEAL PROGRAM 354-5976

Plan to help students and
families during the upcoming
school closure.
SPS is offering grab & go meals –
a breakfast and a lunch together
– for any child aged 0-18, or
currently enrolled in high school,
at the following locations from
11 a.m.-noon. It's for any student
-- even those who don't attend
Spokane Public Schools.

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

Shaw MS, 4106 N Cook
Rogers HS, 1622 E Wellesley
Shadle Park HS, 4327 N Ash
Ferris HS, 3020 E 37th
Meals will be offered Monday
through Friday. Federal meal
program requires that students be
present to pick up a meal. Watch
for more sites.

Mobile meals: Bus stops & times
In addition to providing meals at
24 distribution sites, using school
buses since March 30 to deliver
meals along routes that reach
areas of community with the
highest need. Any child can grab a
meal at these stops!

Arlington Area - Red

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

Audubon Area - Blue

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

Cooper Area - Yellow

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

Sheridan Area - Green
E 4th Ave @ S Koren Rd - 10-
10:10 a.m.

E 4th Ave @ S Fancher Rd - 10:11-
10:21 a.m.
E 4th Ave between S Eastern Rd &
S Dollar St - 10:22-10:32 a.m.
E 4th Ave @ S Coleman Rd -
10:34-10:44 a.m.
E 8th Ave @ S Dickey Rd -10:47-
10:57 a.m.
E 8th Ave @ E Woodlawn Rd -
10:58-11:08 a.m.
S Dearborn Rd @ E 2nd Ave -
11:13-11:23 a.m.
E Boone Ave @ N Seehorn Rd -
11:28- 11:33 a.m.
4409 E Sprague Ave - 11:39-11:44
a.m.
S Myrtle St @ E Pacific Ave -
11:46-11:56 a.m.

Stevens Area - Pink

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

Hutton Area - Purple

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

Regal Area - Orange

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

Learning at home: District has
assembled a thorough collection
of resources with schedule ideas,
sample daily plans and learning at
home guides – for families to use

during the school closure as they see fit. These are available at spokaneschools.org/LearningAtHomeResources. Structure and routine are strong elements to reducing anxiety, but district recognizes that nothing about this is routine. Teachers are connecting with students and parents, answering questions, sharing materials, clarifying directions and assisting with access to digital resources.

Volunteering: Organizations wishing to support SPS students, families or staff may donate resources or time: call the SPS Office of Family and Engagement at 509-354-7882.

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

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

End of school: At this time, OSPI will grant emergency waivers to allow districts to end the school year on Friday, June 19, at the latest. Stay healthy! Wash hands often with soap and water for at least 20 seconds especially after being in a public place or after blowing nose, coughing or sneezing. Avoid close contact with people who are sick. Have distance from other people.

KIDS MEALS (NON-PUBLIC SCHOOL)

Northeast Youth Center

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

SW Community Center

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

Volunteers of America

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

Restaurants (free food for kids:

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

WEEKEND MEALS/ FOOD BACKPACKS

Second Harvest

Partners with schools and community partners for Bite2Go to get weekend food supplies to children in need during the school year. The Bite2Go kits include a good mix of healthy, kid-friendly, easy-to-open, single-serving, nonperishable food items to cover meals and three snacks over the weekend. The shelf-stable milk, juice, cereal, entrees and snacks are safe for children to handle on their own because they don't require any cooking or other preparation. Each week, staff members at participating schools put the packages of food discreetly in the backpacks of students in need. For information, contact Chris Sloan at 252-6283 or chris.sloan@2-harvest.org.
SPokane Valley PARTNERS FOOD FOR THOUGHT 10814 E Broadway, Spokane Valley 99206
PO Box 141360, 99214
Food For Thought provides weekend meals for over 500 students each week to help improve school performance, academic success and cognitive development.

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
6009 N Haye, Newman Lake 99025
Jim Dodd foodforkidz.org
jim@foodforkidz.org

CHILD CARE & YOUTH CENTERS

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

Childcare Aware - Family Center 800-446-1114

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

Northeast Youth Center

3004 E Queen, Spokane 99217
spokaneneyc.org **482-0708**
Childcare Openings, Starting Monday, March 23rd from 7 a.m. - 5:30 p.m.
Safety of children and families is a priority. Work diligently to deep clean and disinfect the entire facility and vehicles. Aware parents need quality, affordable, fun childcare. Re-opened doors for the first 37 school age and 10 preschool children. Call and register through our main office: 482-0708.

Salvation Army 325-6810

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

The Nest Community School

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

Vanessa Behan Crisis Nursery

2230 E Sprague, 99202 **535-3155**
kristena@vanessabehan.org
vanessabehan.org **Fax: 534-7099**
Concerned about the potential increase in child abuse and neglect during the COVID-19 crisis with schools closed six weeks, is offering support to children and families on its website and social media. Parents with limited

support face difficult decisions about child care. Vanessa Behan is considering how to increase services for parents needing childcare. Supplying diapers, wipes and formula during business hours.

SHELTERS

The City Gate Women's Shelter

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

Family Promise

Mail: 904 E Hartson, 99202 **747-5487**
Open Doors: 2002 E Mission, 99202
familypromiseofspokane.org
Exec Dir: Joe Ader
Neighbors/Bridges Prog Mngr: Susan Heitstuman
Open Doors Program Mngr: Serena Graves **723-4663**
Village Program Mgr: Lynetta Lewis
Volunteer Mngr: Marianne Sfeir
Admin Coord: Hilary Beardslee
Strives to preserve the safety and health of its guests, volunteers, staff and Spokane community. It has not had any confirmed or suspected cases of COVID-19 among anyone connected to the organization, but is monitoring developments of the virus closely, implementing a social distancing plan to help slow the spread of this virus in the community. Those staying home can help by donating financially, buying groceries, offering an RV or trailer, and advocating for homeless people. Check their facebook page for a check list of items.

Jewels Helping Hands Cannon Street Warming Center

JEWELS HELPING HANDS
527 S Cannon, 99201
jewelshelpinghandsSpokane@gmail.com **281-7120**
282856762255273 on FB
Cannon will continue to be open 24/7. Are full inside the building but have people sleeping outside until they can be moved to another location. Continues to serve a sack breakfast, a sack lunch, and a hot dinner. Serves all meals outside. Showers are available still from 9 a.m. -4 p.m. Has tents. Handed out 46 tents and sleeping bags to help folks isolate. Has more tents and sleeping bags to share with those not able to get a bed.

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

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

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

SNAP Homeless Services
212 S Wall, 99201 456-SNAP
snapwa.org
In the interest of the overall health and safety of clients and staff due to COVID-19, office is locked and is not open to the public. However, Homeless Services staff are still working from home during normal business hours, M-F from 8 a.m. to 4:30 p.m.
Committed to ensuring that the needs of clients are met and communicate with clients in a multitude of ways, including: phone calls, email, texts and video conferencing. Continues to advocate on their behalf and use wrap-around services by communicating with other providers and landlords. SNAP

staff still able to check voicemails remotely a few times a day, so continue to call/email and leave a message and they will call back as soon as they can. The below phone numbers are being answered by SNAP Homeless Services staff and can be handed out to clients if they have any questions or if they would like to have a housing conversation.
(509) 828-3149
(509) 385-1860
(509) 202-3830

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

St Margaret's Shelter 624-9788
CATHOLIC CHARITIES cceasterwna.org
PO Box 2253, 99201
Social distancing is easier, given the private rooms. Pandemic protocols provide guidance on implementing isolation and distancing, as well as ways to ensure meals are provided while on quarantine. Families are asked to think about who can watch their children if they get sick.

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

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

Volunteers of America
525 W Second, 99201
voaspokane@voaspokane.org
voaspokane.org 624-2378
Hope House accepting new clients daily at The Downtown Library

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

Christ Kitchen 325-4343
2410 N Monroe, Spokane 99205
christkitchen.org
Population it serves doesn't need any more trauma in their lives, so staff have contacted each of them and is working with them to ensure money continues to come in. Welcomes donations support the ministry in this time. Hopes to receive government funding. Products are still available for purchase at Yokes, Rosauers, and Super 1 Foods. Working to keep those shelves stocked.

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

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

Home Deliveries, Restaurants
Heard a good suggest before going with an app check with the restaurant if they are open and offering direct home deliveries most restaurant delivery app result in loss of 30-

40 percent of that meal to the app and the delivery.
https://docs.google.com/spreadsheets/d/1-MwPtgncwVP_N8zqGZ2SpQALdH2B1IZUY-MgFpixBP4/edit#gid=0
UberEats
GrubHub
DoorDash
#OrderUpSpokane
Tree House is a new local app
treehousespokane.com

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

New Leaf Bakery Cafe Job Training - Transitions
930 N. Monroe St.
Spokane, 99201 496-0396
help4women.org closed

The Big Table 979-1005
POB 141510, Spokane Valley 99214
information@big-table.com
big-table.com
With business reduced, restaurants that already operate on tight margins are struggling. Employees hours are reduced, and in some cases, establishments are closing their doors altogether. Both in hotels and restaurants, the massive drop in business will mean that restaurant people will have their hours cut and wages plummet with no way to make up that money. Most live financially day to day or week to week and have no safety net. Seeks gifts to keep people in crisis from falling.

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

Small Business Admin sba.gov
-WSU SPOKANE 353-2800

SMALL BUSINESS & EMPLOYMENT

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

SNAP Financial Access 456-SNAP
500 S Stone, 99202 snapwa.org
SNAP THE BUSINESS CENTER
Nicolle Hansen
319-3030
hansen@snapwa.org
One-on-one consulting, business
training and support services,
access to resources, and networks
for business owners.
SNAP BUSINESS DEVELOPMENT
Technical assistance and financing
for people interested in starting or
expanding a small business.
SNAP WOMEN'S BUSINESS CENTER
Harry Birak 456-SNAPx4116
birak@snapwa.org

Spokane Independent Metro Business Alliance

spokaneindependent.org
Focuses time learning best
practices and tactics for
business stabilization from other
"Independent Business
Alliances" like SIMBA and
other national partners.
Will report back on that as
strategies emerge. SIMBA will
be likely hosting a digital open
to all community summit on
local economy and consumer/
community member needs on
April 11. Event planned with
"disaster resilience" as a topic in
mind before COVID broke out.
Open to community-identified
needs in shaping this virtual
convening.

Spokane Resource Center

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

**WA Small Business
Development Center**
901 E 2nd, Ste 210 358-7894
sheryl.mcgrath@wsbdc.org

WorkSource Spokane
888-316-5627

worksourcewa.com
SPOKANE OFFICE 532-3000
130 S Arthur, 99202
Go2worksource.com Fax: 532-3110
Provides a wide range of no-
cost employment and training
resources and programs provided
by state and local agencies and
organizations. After March 19,
the WorkSource Spokane Campus
and its partners at WorkSource
Spokane, the Spokane Resource
Center, Talent Solutions by
WorkSource Spokane, and the
Next Generation Zone were
not available for in-person
appointments. WorkSource
Spokane continues to be available
by phone at 532-3120. [https://
worksourcewaspokane.com/covid-19](https://worksourcewaspokane.com/covid-19)

VULNERABLE POPULATIONS

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

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

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

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

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

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

Walmart
One hour Tuesdays before
opening for 60+

Whole Foods
One hour before opening for 60+
CRIMINAL JUSTICE

Greater Spokane Progress
25 W Main Ave, Ste 222, 99201
anne@spokaneprogess.org
spokaneprogess.org
Dir: Anne Martin 624-5657
A collaborative network united to
build political strength and equity
in the community.

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

**SCAR - Spokane Community
Against Racism** scarspokane.org
@Morning Star Baptist
3909 W Rowan Ave, 99205
scarspokane@gmail.com
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
Kurtis Robinson 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

[https://informingfamilies.org/
covid-plain-lang/](https://informingfamilies.org/covid-plain-lang/)
[https://selfadvocacyinfo.org/
wp-content/uploads/2020/03/
Plain-Language-Information-on-
Coronavirus.pdf](https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf)

The Arc of Spokane 328-6326

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

Disability Action Center- NW, Inc
Third Floor, West 9 995-765525
WMain Ave. 208-618-1191
Spokane 99201 dacnw.org
mels@dacnw.org
For updated services due to
COVID-19: The Disability
Action Center will continue
offering information, referrals,
and consumer meetings through
phone calls, email and text.
Video conference calls will be
made by appointment.

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

**Joya Childhood & Family
Development**
2118 W Garland Ave, 99205
joya.org 326-1651
Effective March 19, all services
are provided through telehealth.
Parents will receive an email
update. In-person appointments
will be arranged as telehealth
visits.

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

Project ID 475-7185
4209 E Pacific, 99202
PO Box 18703, 99228
projectidspokane.org

Closed but is providing clients with fun activities to stave of cabin fever.

SKILS'KIN 326-6760

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

Spokane Center for Independent Living (SCIL) 326-6355

8817 E Mission Ave, Ste 106
Spokane Valley 99212 scilwa.org
Due the circumstances surrounding COVID-19, all appointments with Independent Living Specialists will take place over the phone or through email until further notice.

St Luke's Rehabilitation Institute

711 S Cowley St, 99202 473-6000
st-lukes.org Fax: 473-6097

St. Luke's Rehabilitation Institute is implementing visitor and therapy restrictions in accordance with recommendations from the Center for Disease Control and Prevention (CDC). Some hospital access points will be consolidated at hospital campus location. <https://www.st-lukes.org/locations/>
St. Luke's is providing inpatient rehabilitation services but continues to temporarily limit outpatient therapy services. Recap of outpatient services: Outpatient Clinics including North, Valley, Pediatrics and Cardiac & Pulmonary clinics will be temporarily closed beginning March 23.

Adult outpatient services at the main campus will continue to remain open for urgent and emergent patients as designated by the patient's health care provider. These visits will be on a staggered schedule in adherence to social-distancing guidelines.

IMMIGRANTS & REFUGEES

Refugee Connections Spokane

35 W Main Ave #205, 99201 209-2384

RCS@RefugeeConnectionsSpokane.org
refugeeconnectionsspokane.org
Exec Dir: Marijke Fakasiieki
Deliver food to refugees children.

Spokane Immigrant Rights Council

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

Spokane International Translation

104 S Freya, Ste 104, Lilac Flag

Bldg, 99202 327-8064
sit@perciba.com Fax: 327-8016
spokanetranslations.com

Continues to be available for interpreting and document translation needs. Staff available around the clock.

Continues to provide On-Site Oral Interpreting Services for all clients. Interpreters are receiving virtual training opportunities to increase their education on infection control and are learning how to keep patients/clients safe during these times. Continues to provide Telephonic Interpreting to anyone interested. Some partners are using virtual options, conferencing with clients by phone and video for whom they cannot meet with in-person and much more. Will provide telephonic interpreting services for both pre-scheduled appointments and urgent, on-demand appointments.

World Relief Spokane 484-9829

1522 N Washington St, Ste #204, 99201 Fax: 462-7279

wrspokane@wr.org
worldreliefspokane.org

While World Relief office in Spokane is closed and volunteer activities are postponed, staff will work remotely to empower the community to serve the most vulnerable—knowing crises bring disproportionate impact. It is working to be sure public information is available in immigrants' and refugees' languages and will address financial, housing and food needs.

MENTAL HEALTH & RECOVERY

aaspokane.org has resources for meetings

www.wnirna.org has region wide NA meetings

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

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

The Spokane Regional Behavioral Health Crisis Hotline

operated by Frontier Behavioral Health is available to individuals in the Spokane Regional Service Area who are experiencing a mental health or a substance use crisis regardless of insurance or financial eligibility.

Call Toll-Free: 1-877-266-1818
If Hearing Impaired, call: **TTY: 1-800-833-6384**

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

Text: TalkWithUs to 66746

Deaf/Hard of Hearing:

- **Text TalkWithUs to 66746**
- Use your preferred relay service to call the **Disaster Distress Helpline at 1-800-985-5990**
- **TTY 1-800-846-8517**

Spanish Speakers:

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

American Behavioral Health Systems (ABS) 934-1078

715 E Sprague, Ste 107
Spokane Valley 99216
abhsinc.net Fax: 232-5770
No new clients accepted that this time. Detox, inpatient, outpatient.

Children's Home Society

SPOKANE 747-4174

spokane@chs-wa.org
childrenshomesociety.org

Transferring in-home visiting services to virtual home visits. The Child Waiting Room will remain open until further notice. Continues to closely monitor the situation and watch for announcement when it will re-open to the public, and reinstate services in their usual capacity.

WEST PLAINS 795-8480

Colonial Clinic

910 N Washington, Ste 210, 99201
colonialclinic.com 327-9831

All services still available, accepts Community Health Plan of WA, which is part of WA Apple Healthcare (Medicaid). offers Outpatient treatment.

Compassionate Addiction Treatment 919-3381

215 W 2nd Ave, 99201
Limiting access and offering support groups outside with respect to social distancing. We provide Medication Assisted Treatment (Suboxone, Vivitrol), Substance Use Disorder Assessments, Intensive Outpatient Treatment, and Outpatient Treatment. We accept all plans under medicaid for all services,

Medicare for Medication Assisted Treatment, and if they have no insurance and do not qualify for Medicaid, we see them anyway.

Daybreak Youth Services

960 E 3rd, 99202 888-454-5506
Admin & Develop: 444-7033

admissions@daybreakinfo.org
daybreakyouthservices.org

Outpatient & inpatient alcohol/drug treatment youth program (ages 12-18) and their families.

Outpatient Services:

200 N Mullan 927-1688

Inpatient treatment:

628 S Cowley, 99202 475-4651

Excelsior 328-7041

3754 W Indian Trail Rd, 99208
excelsioryouthcenter.com

all behavioral health services on virtual platform, still accepting intakes for services being offered statewide

Frontier Behavioral Health

Walk-ins: 17 E 1st, 99201 838-4651
24/7 help line and Crisis Line

877-266-1818 fbhwa.org
To to any one anytimes, call Warming Line 877-500-9276

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

Genesis Institute, Inc 467-7913

1220 N Howard St, 99201
genesisinstitute.org
Offers Telehealth appointments.

Healing Lodge of the Seven Nations hotline 533-6910

5600 E 8th Ave, 99212
hladmin@healinglodge.org

healinglodge.org 535-2863

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

New Horizon Care Centers

ADMIN BUILDING 838-6092

2317 W 3rd Ave, 99201

nhccspokane.org

All services still available, Assessments and mental health counseling session are available via phone. Accepts WA Apple Healthcare (Medicaid). Inpatient and outpatient treatment, short term drug rehab, intensive outpatient treatment, regular outpatient treatment.

Lutheran Community Svcs NW

210 W Sprague Ave, 99201
lcsnw.org/Spokane 747-8224

Our behavioral program is providing clinical services via telehealth. Business/Intake Line **509-747-8224** Programming has move to telehealth

Partners with Families & Children **473-4810**

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

Peer Spokane **567-3778**

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

Pioneer Center East **325-2355**

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

Pioneer Human Services - Boone **325-7232**

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

Recovery Café Spokane

COMMUNITY-MINDED ENTERPRISES
214 N Cedar, Spokane 99201
Direct: (509) 960-8525
Client Services: (509) 960-8529
Fax: (509) 290-6986
community-minded.org
Recovery Café Spokane is a nonprofit organization serving people in recovery. A program of Community-Minded Enterprises, it operatea on state, federal

and private funding as well as donations. Has about 173 active members and focuses on serving people in Spokane County. Is taking phone calls for telephone support Monday – Saturday from 9-4 and providing take out lunches to members and the community from 12-1 Tuesday-Friday.

SPARC (Spokane Addiction Recovery Centers)

sparcop.org **624-3251 or 241-3130**
All services are still available, Accepts WA Apple healthcare (Medicaid), intensive inpatient, recovery house, counseling and psychotherapy, medication supervision, case management, intensive, outpatient, abuse treatment, alcohol & drug info, DUI assessment.
Inpatient: 812 S Walnut
Outpatient: 1508 W 6th Ave, 99204

Spokane Regional Health District

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

Spokane Treatment & Recovery Services - STARS

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

Sunshine Terrace

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

YFA Connections Adult Services

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

YFA Connections **532-2000**

PO Box 3344, 99220 **Fax: 532-2005**
yfaconnections.org
Directions Dir: Angela Leavitt
School based mental health

services for Medicaid eligible children and youth in Deer Park, Riverside and Nine Mile Schools districts.

CRISIS RESIDENTIAL CENTER 624-2868
201 W 6th, 99204
Dir: Angela Getz **Fax: 747-1730**
Shelter services for at-risk, homeless and runaway youth 12-17.

SENIORS

Aging & Long Term Care of Eastern WA - ALTCEW

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

Catholic Charities Eastern Washington **800-831-1209**

12 E 5th Ave, 99202 **358-4250**
ceasternwa.org
Volunteers are vital to Catholic Charities' work in the community. During this situation, seeks volunteers and assistance in other ways:

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

Elder Services **458-7450**

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

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

12101 E Sprague Ave, 99206
POB 14278, Spokane Valley 99214
gscmealsonwheels.org
Continues to serve daily hot meals throughout the COVID-19 crisis throughout Spokane County. On consultation with the Spokane Regional Health District and given that the expected crest of the virus will come in the next few weeks, GSC Meals on Wheels will be adapting from daily hot delivery to delivery of seven frozen meals one day a week for two weeks.

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

1222 W 2nd **MOW 232-0864**
Spokane 99201 mowspokane.org
director@mowspokane.org

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

RSVP - Retired Senior Volunteer Program YMCA

1126 N Monroe, Spokane 99201
Programs cancelled **344-7787**

SNAP Long Term Care Ombudsman Prog **456-7133**

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

STA ParaTransit **328-1552**

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

TRANSPORTATION

American Cancer Society, Road to Recovery - Closed

COAST 397-2935

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

DAV - Disabled American Veterans - Closed

Go-Go Grandparent

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

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

48 hr notice. M-F, 7 AM - 6 PM. Can pick up and deliver groceries and if pre-ordered. Primarily Spokane County but will go elsewhere. People must be able to get into car on their own. Call for estimates. 25 percent cheaper than a cab. Subject to availability of drivers.

MedStar Transportation

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

MedTran (800) 550-3782

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

New Hope Resource Center (509) 467-2900

Must reside North of Hawthorne Rd: Riverside, Elk, Chattaroy, Colbert, and Mead, but Not Deer Park. Reserve one week before, Tuesdays and Thursdays: 9:30 a.m. to 1:30 p.m.; Wednesday evening hours: 6 - 8 p.m. only by appointment. Not wheelchair accessible

but must be ambulatory or with caregiver. Seniors and people with disabilities, but not accepting new clients at this time.

Precious Cargo 951-9380

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

SMS Shuttle 534-7171

sms1.org
\$2 one way, \$3 round trip, Newport \$5 one way Suggests reservations; limiting to seven passengers en route to maintain maximum distance between passengers. Wheelchair accessible. Spokane to Deer Park, Hwy 2, Davenport, Ritzville, Newport. Standard stops and deviation within one mile of fixed route. Call 8:30 a.m. -5 p.m., Monday to Friday, runs 6:30 a.m. - 7 p.m., each route has specific service days. \$2 one way, \$3 round trip, Newport \$5 one way. Do not ride if sick, or if exposed to the virus.

SMS Deer Park (Dial-a-Ride)

sms1.org 534-7171
Route Runs 8 a.m.-3 p.m. Suggests reservations; limiting to seven passengers en route, wheel chair accessible. \$1 per ride. Please do not ride if sick, or exposed to the virus.

SMS Medicaid

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

SNAP Dental Transportation

Call Medstar dispatch and reference the SNAP program. During medical office hours. NO to uncontrollable bleeding, cellulitis, and trauma to mouth. All urgent needs can be serviced per Governor's list - CALL DENTIST LINK 1-844-888-5465 or if have appointment already CALL 509-619-1656 For individuals not qualified for SMS. Call or email: dispatch@gomedstar.com for intake 48 hours preferred, same day service for emergency appointments.

Spokane Transit Authority

456-7277 328-RIDE

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

STA Vanpool 326-POOL

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

Veterans Transportation

Services (VTS) 434-7537
Appointments 9 a.m. to 2 p.m. one week in advanced notice. Transports Veterans to VA Medical center within 40 miles. Wheel chair accessible

Volunteer Chore Services

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

WOMEN & CHILDREN: INFANT NEEDS & DVSA

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

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

Breast Intentions 995-1295

1922 S Stanley Ln
Spokane, Washington 99212
[breastintentionswa on FB](#)
Cancelled event at UGM for bra fitting event, call for future events or distribution.

CAPA - Childbirth & Parenting Assistance/PREPARES

CATHOLIC CHARITIES 455-4986
25 W 5th Ave, Lower Lvl, 99202
cceasternwa.org
CAPA is open and doing diaper distribution from 9 a.m. to 2 p.m. Monday through Thursday. Please share with folks struggling to find diapers and wipes. Call (509) 455-4986 with questions.

Inland NW Diaper Bank

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

Lutheran Community Svcs NW

210 W Sprague Ave, 99201
[lcsnw.org/Spokane](#) 747-8224
24/7 Sexual Violence & Crime Victim Support Line is operational. .

24/7 Sexual Assault Support Line 624-7273

Behavioral Health, Crime Victim Advocacy and Foster Care programming have all moved to a telehealth model best suited for clients during this time of isolation and fear.

Family violence victims are now largely isolated in dangerous circumstances, and in more need than ever for help planning for their safety, and navigating changing health and legal systems. Children and adults alike who already struggled with depression and anxiety now find themselves alone and in more need than ever for the lifeline provided by their therapists, peer support specialists, and case managers.

MyChoice 462-4000

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

Nurse Family Partnership

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

Continues to visit and enroll clients using telehealth to maintain contact with enrolled clients and provide support and education over the phone or via video conferencing. Offers pre- and post-natal education, mother/infant/child care coordination, follow-up for families with children. Health education, screenings; support and education on infant/child care, growth and development, parenting, health, home safety and nutrition.

Project Beauty Share 455-3537
216 N Bernard St, 99201
projectbeautyshare.org
Collects cosmetics and beauty products for agencies to give out. Shelters need these services more than ever. Still accepting products via mail and financial donations through website to help continue its mission and operations.

Teen & Kids Closet 534-1151
307 E Sprague 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 suspend operations, including receiving financial and physical donations.

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

When going to the grocery store be kind to those whose only food are provided for through the WIC program. This is the only food under that program they can receive. Provides breakfast cereal, infant cereal, infant food fruits & vegetables, infant food meat, infant formula, exempt infant formula, milk, cheese, tofu, soy-based beverage, mature legumes, peanut butter, fruits & vegetables, canned fish, whole wheat bread and other Whole grains, juice, eggs, WIC-eligible nutritionals, yogurt.

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

-WIC SRHD 324-1620 x4
-WIC WEST CENTRAL COMMUNITY CENTER 323-7497

Women's Healing & Empowerment Network 323-2123

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

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

VETERANS

Goodwill Industries of the Inland NW 838-4246
130 E 3rd Ave, 99201
discoverygoodwill.org 344-0163
Supportive Services for Veteran Families (SSVF) is still able to serve homeless veterans. Any veteran in need of assistance should call the Hotline phone number rather than coming to the office. The Hotline phone number is 50828-2449. Open Monday to Friday 8 a.m. to 5 p.m. Call with questions and concerns. Working quickly to provide safe

housing and will continue to provide support to all the veterans enrolled in SSVF. The SSVF Outreach team is available to go and meet a veteran when called.

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

VA Medical Center, Mann-Grandstaff 434-7000

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

