**Resource Book**

**Spokane Area**

**www.yfaconnections.org**

*Updated: October 2019*





**TABLE OF CONTENTS­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Emergency Numbers Page 3

Alcohol/Substance Use Recovery Page 3

Clothing Banks Page 4

Counseling and Support Page 7

Community Centers Page 7

Education Page 8

Employment / Job Skills Page 9

Free Meal Sites Page 10

Food Banks Page 13

Legal/Identification Page 18

Medical/Dental Page 19

Pregnancy and Infant Care Page 20

Reproductive/Sexual Health Page 20

Recreation Page 20

Runaway Page 20

Sexual Assault/Family Violence Page 21

Shelter/Housing/Drop–In Center Page 21

Showers and Laundry Page 24

Storage Facilities Page 24

Transportation Page 24

Utility Assistance Page 25

Hospital/Emergency Rooms Page 25

Urgent Care Page 25

Police Substations Page 27

**EMERGENCY NUMBERS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

24 Hour Crime Victims Crisis Line 624–7273

24 Hour Crime Victim Crisis Line 866–751–7119

24 Hour Alcohol/Drug Helpline 800–562–1240

Adult Protective Services 323–9400

Alcohol/Drug Teen Helpline 877–345–8336

Child Protective Services (Local) 363–3333

Child Protective Services (Central) 800–562–5624

Crime Check 456–2233

Crisis Residential Center (CRC) 624–2868

Crisis Text Line Text “START” to 741–741

First Call for Help – Crisis Hotline 1-877-266-1818

Frontier Behavioral Health 838–4651

National Suicide Help Line 1–800–273–8255

(www.suicidepreventionlifeline.org)

Police/Sheriff/Fire/Ambulance 911

The Trevor Project – LGBTQ 1–866–488–7386

(www.thetrevorproject.org)

WA Recovery Helpline 1–866–789–1511

**ALCOHOL & SUBSTANCE USE RECOVERY\_\_\_\_\_\_\_\_\_\_\_\_\_**

AA Spokane 24 Hour Help Line 800-503-8602

ALATEEN /ALANON 456–2125

AA 624-1442

Celebrate Recovery 325-0343

Narcotics Anonymous 325–5045

Oxford Housing 1–800–562–1240

Washington Recovery Helpline 1–866–789–1511

YFA Connections 532–2000

**Suboxone Providers**

Ideal Options 522-1275

6208 N Colton Street

Spokane Treatment Center 478-1910

15812 E Indiana

**CLOTHING BANKS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**American Indian Community Center** 535–0886

610 E. North Foothills Dr.

Spokane, WA 99207

T & Th 8:30-4pm

**Central Lutheran Church** 624–9233

512 S. Bernard

Spokane, WA 99204

M 9:30-11am, 12:30-2pm

T & W 10-12pm

Th 10-2pm

**Cheney Clothing Exchange** 235–2325

630 3rd St.

Cheney, WA 99004

W 12-6pm

**Christ’s Community Closet** 238–9100

1201 W. Spofford

Spokane, WA

1st Th 1-3pm

**City Gate** 455–9670

170 S. Madison

Spokane, WA 99201

T W Th F 10am or 12:30pm

**Cleone’s Closet** 323–2123

13114 Sunset Hwy

Airway Heights, WA 99001

M W F 12-3pm

**Crosswalk** 838–6596

525 W. 2nd Ave

Spokane, WA 99201

Daily 3-3:30pm

\* 13-17 y/o

**Fulcrum Professional Clothing Closet** 795–8955

211 W. Augusta

Spokane, WA 99205

\* Appointment only

**Klothes Kloset** 926–2673

12321 E. 14th

Spokane Valley, WA 99216

Th & F 10-2pm

**The HUB** 998–2630

2225 W. Mallon

Spokane, WA

M 10-12pm W & F 11-12pm

**Mission Community Outreach Center** 536–1084

1906 E. Mission

Spokane, WA 99220

M W Th 1:30-4pm

\* Serves 99202, 203, 207, 212, 217, 223, 208, 218

**Otis Orchards Food Bank** 926–6196

4308 N. Harvard Rd.

Otis Orchards, WA 99027

1st & 3rd M 12-2pm

**Our Place** 326–7267

1509 W. College

Spokane, WA 99201

M T Th 10-12:30pm

**Serve Spokane** 998–5722

8303 N. Division St.

Spokane, WA 99208

T 1-3pm Th 1-4pm

2nd & 4th S 9-12pm

**Shalom Ministries** 455–9019

518 W. 3rd Ave.

Spokane, WA 99201

M T W 7:30-8:30am, 4:30-5:30pm

Th 7:30-8:30am

**Teen Closet & Clothing Perk** 534–1151

9212 E. Montgomery

Spokane Valley, WA 99206

Foster youth or in need youth 0-18 y/o

\* Referral by social worker or HEART liaison

**YWCA Our Sister’s Closet** 789–9280

930 N. Monroe

Spokane, WA 99201

\* By appointment for women only

**SUPPORT\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Big Brothers/Big Sisters Mentoring 328–8310

Childbirth/Parenting Assistance (CAPA) 455–4986

Developmental Disabilities Admin 329–2900

Developmental Disabilities Division 477–2029

Goodwill Good Guides Mentoring 838–4246

Mental Health Therapeutic Court 477–2230

National Alliance on Mental Illness (NAMI) 838–5515

Odyssey Youth Center (LGBTQ+) 325–3637

PFLAG Spokane (LGBTQ+) 489–1914

Youth for Christ Drop–In Center 327–7721

Youth N Action 954–7373

**COMMUNITY CENTERS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

American Indian Community Center 535–0886

East Central 868–0856

Emmanuel Family Center 535–1645

Martin Luther King Jr. Center 455–8722

Millwood Community Church 924–2350

Northeast 487–1603

Off-Broadway Family Outreach 998–2630

Our Place Community Ministries 326–7267

The NATIVE Project 473–0238

Southwest 624–8634

West Central 326–9540

YMCA 777–9622

YWCA 326–1190

**EDUCATION\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Contract Based Education 354–6464

Crosswalk 838–6596

Educational Service District 101 789–3800

Eagle Peak 354–7100

Excelsior 328-7041

Mead Alternative School 465–6000

Medicine Wheel 354–6465

Next Generation Zone 340–7800

On Track Academy 354–4833

Structured Alternative Confinement (SAC) 329–3700

Spokane Public Schools 354–5900

Spokane Valley High School 922–5475

WA Academy of Arts & Technology 241–5001

West Valley City School 921–2836

**McKinney–Vento Program**

**Homeless Education Program** 354–7302

Dist. 81 354–7305

West Valley 922–5478

Riverside 464–8381

Central Valley 228–4114

Nine Mile 340–4305

Liberty 245–3211

Deer Park 464–5526

Medical Lake 565–3125

Cheney 559–4515

Freeman 291–4791

Mead 465–6008

Lewis & Clark 354-6209

**CCS Institute for Extended Learning**

Adult Education Center 533–4600

Lodge 279–6259

Magnuson Building 279–6000

Valley Center 443–5508

**EMPLOYMENT / Job Skills\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Career Path Services 326–7520

Christ Kitchen (Women only) 325–4343

Cool Water Bikes 838–8580

Ecology Youth Corps (14+) 329–3434

Evergreen Club Employment (18+) 458–7454

(FBH consumers only)

Goodwill Workforce & Family Services 838–4246

Job Corps 534–2269

Manpower 623–7100

New Leaf Bakery Café Job Training 496–0396

Next Generation Zone 340–7800

Skils’kin 326–6760

Worker Retraining Program – SCC 533–8056

Worker Retraining Program – SFCC 533–3521

WorkSource 532–3000

YWCA Women’s Opportunity Center 326–1190

YouthBuild 789–3708

**FREE MEAL SITES \_\_\_\_\_\_\_\_\_\_\_**

**Breakfast, Lunch and Dinner:**

**City Gate** 455-9670

170 South Madison

Breakfast: Tuesday-Friday 10am-11:45am &

Every Saturday 2nd & 4th

Lunch: Tuesday-Friday 12pm-2:30pm

Dinner: Wed., Fri., Sat., Sun. 7pm-8:30pm

**Crosswalk***(Youth under 18)* 838-6596

2nd and Howard

Breakfast: Daily 8:00am-10:00am

Lunch: Daily 12:00pm-1:00pm

Dinner: 6:00pm-7:00pm

**House of Charity \_** 624-7821

32 W. Pacific

Breakfast: Everyday 7:30am-8:30am

Lunch: Everyday 11:00am-11:30am

Dinner: Sunday & Thursday 4:30-5:30

**Lunch and Dinner:**

**Cup of Cool Water** 747-6686

Second Avenue and Madison

Lunch: Monday-Friday 1pm-4pm (**Age 14-24**)

Dinner: Tuesday & Thursday 7pm-9pm

**Our Lady of Lourdes \_** 358-4290

1115 W. Riverside

Lunch: Monday-Friday 11am-12pm

Dinner: Monday-Friday 4pm-5pm

**Union Gospel Mission** 535-8510

1224 E. Trent

Lunch:  Daily 12:00pm-12:30pm

Dinner: Daily 6:00-6:30pm

**Women’s & Children’s Free Restaurant** 324-1995

*(Women and Children under age 19)*

1408 N Washington St

Lunch: Friday Only 11:00am-1:15pm

Dinner: Tuesday & Wednesday 3pm-5:45pm

**Breakfast Only:**

**Audubon Park United Methodist Church** 325-4541

2908 N Driscoll Blvd

Breakfast: Tuesday 8:30am

**Holy Trinity Episcopal \_** 326-6471

1832 W. Dean (West Central)

Breakfast: Saturday Only 8:45am-10:00am

**St. Peter Lutheran** 487-4843

4620 N Regal, Spokane, WA 99207

Breakfast: 3rd Sat 8-10am

**Lunch Only:**

**Southwest Spokane Community Center** 624-8634

*(Youth under the age of 18)*

310 S Spruce Street

Lunch: Friday Only 11:00am-11:30am

**St. Ann’s Parish Hall** 535-3031

2120 E 1st Avenue

Lunch: Saturday Only 1pm

**Dinner Only:**

**The H.U.B. \_** 998-2630

2225 W Mallon

Dinner: Monday 5:30-7pm

**All Saints Lutheran Church** 838-4409

314 S. Spruce Street

Dinner: Tuesday Only 5pm-6pm

**The Salvation Army** 325-6810

222 East Indiana

Dinner: Thursday Only 5:15pm-7:30pm

**Student Impact Center** 532-3838

1234 E Sprague Ave.

Dinner: 5:30pm-6:30 pm (Mondays Only)

**Breakfast and Dinner Only:**

**Shalom \_** 455-9019

518 W. Third Avenue

Breakfast: Monday-Thursday 7:30am-8:30am

Dinner: Monday & Tuesday 4:30pm-5:30pm

**FOOD BANKS­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Airway Heights Baptist Church** 244-2474

12322 W Sunset Hwy., Airway Heights, WA 99001

♦1st & 3rd Sat 10am-12pm

♦Photo ID, proof of address required

♦Zip codes served: 99001, 99011, and

99013 (Spokane County only), 99022, 99029

(Spokane County only) and 99224

**All Nations Christian Center**  844-4478

1201 W Spofford, Spokane, WA 99205

♦Food boxes available on Sundays after services

♦Call for more information

**All Saints Food Pantry**  838-4409

314 S Spruce, Spokane, WA 99201

♦Mon. Wed. Thu. 10am-12pm

♦Call ahead

**American Indian Center**  535-0886

610 E North Foothills Dr., Spokane, WA 99201

♦Tues 1pm-4:30pm, Wed-Fri 9am-5pm

**♦**Photo ID – MUST be either Native American

descent WITH tribal ID or living in 99202

♦Food boxes available once a month

**Audubon Park United Methodist Food Bank**

325-4541

2908 N Driscoll Blvd, Spokane, WA 99205

♦2nd & last Tues of each month 9:30am-12:30pm

♦Bring photo ID, proof of address for each

household member

♦Zip codes served: 99205 and Nine Mile Falls

**Berachah Food Bank** 747-6035

508 E 25th Ave, Spokane, WA 99201

Mailing address:

PO Box 1143

Spokane, WA 99201

♦Available the 15th day of each month 4pm-6pm

**Better Living Center**  325-1258

25 E. North Foothills Dr., Spokane, WA 99207

♦Tues 9am-12pm and 1pm-4pm, Thurs 9am-1pm

♦Services available every calendar month

♦Bring photo ID for everyone in household and

proof of address within the previous 30 days

♦Clothing and linens when available

♦Area served: 99205, 99207, 99208

**Caritas Food Bank**  326-2249

1612 W Dalke, Spokane, WA 99205

♦Mon, Wed, Thurs 10:30am-1:30pm

♦Serves area North of Montgomery to South of

Hawthorne and West of Division to east of river

♦Will take some Nine Mile Falls if needed

♦Will make a 10 lb. package of food every 30 days

for homeless teens

* Heat, utility, hygiene supplies

**Central United Methodist Church**

518 W 3rd Ave., Spokane, WA 99201 838-1431

**Cheney Food Bank**  235-2325

624 W 3rd St., Cheney, WA 99004

♦Wed 9am-12pm

♦Zip codes served: 99004, 99014, 99202, 99224

**City Gate**  455-9670

**www.thecitygatespokane.com**

170 S Madison, Spokane, WA 99201

♦Tues-Fri 10am-12pm & 12:30pm-3pm BY APPT ONLY

♦Bring photo ID

♦Arrive 10 minutes early

♦Available once every 30 days

♦Zip codes served: 99201, 99204, 99224

**East Central Community Center**  625-6699

500 S Stone, Spokane, WA 99202

♦Mon, Wed, Thur 9am-12pm, 1st Sat 10am-12pm

♦Bring photo ID, proof of address within past 30 days

♦Zip codes served: 99202, 99212 (west of Park Rd)

**Green House Food Bank**  276-8224

211 N Fir St, Deer Park, WA 99006

♦Walk-ins Mon, Wed, Fri 1-5pm

 Tue, Thu 10am-3pm (Emergency Only)

♦Bring photo ID

♦Zip codes served: 99006, 99110

**HRC Ministries** 879-3773

12925 E Indiana

Spokane Valley WA 99216

Food warehouse

**Life River Fellowship** 924-9510

2810 N Park Road #1523

Spokane Valley, WA 99212

Free groceries 3rd Fri of month 5-7pm

**Mead Food Bank**  466-7068

12611 N Wilson, Mead, WA 99021

♦Wed 4pm-6:45pm

♦Bring photo ID for each family member and

proof of address within past 30 days

♦Zip codes served: 99005, 99021, 99208, 99218,

Colbert (MOST of Mead School District)

**Medical Lake Food Bank**  299-3819

207 S Washington St, Medical Lake, WA 99022

♦Fri 10am-12pm

♦Zip codes served: 99008, 99022, 99224

**New Hope Ranch**

2524 E Queen

Spokane, WA 99217

Mon/Wed 12-1pm Food bank and meal

**North County Food Pantry**  292-2930

40015A N Collins Rd, Elk, WA,99009

Mon 11am-2pm, Wed 9am-12pm

2nd and 4th Wed 6-8pm

**Northwest Connect-A Hand Up**        487-2781

4520 N Crestline, Spokane, WA 99207

♦Mon, Tue, Thu 9-11am

**Otis Orchards Food Bank**  926-6196

4308 N Harvard, Otis Orchards, WA 99027

♦2nd & 4th Tues of each month 12pm-2pm

♦Produce on Monday

♦Serves Otis Orchards, Liberty Lake, Newman Lake

areas (zip codes: 99019, 99025, 99027

**St. John Vianney Poverty**  926-5428

503 N Walnut, Spokane Valley, WA 99206

♦Tues, Wed, Thurs 9am-12pm CALL AHEAD

**St. Peter Lutheran**  487-4843

4620 N Regal, Spokane, WA 99207

♦2nd & 4th Fri 9-10:30am

♦Open to the public

**Salvation Army**  325-6821

204 E Indiana, Spokane, WA 99207

♦Mon, Fri 9am-4:15pm, Wed 10am-4:15pm

 Tue, Thu 9am-5:45pm

**Southside Food Bank**  535-2301

2934 E 27th Ave., Spokane, WA 99223

♦Sat 10:30am-12pm

♦Bring photo ID (MUST be 18+ years),

proof of address for each family member

♦Zip codes served: 99203, 99223 and 99224

**Spangle Community Church**  701-4532

301 E 2nd St., Spangle, WA 99031

♦Wed 5:30pm-7:30pm: bread & pastry items,

4th Wed of each month 2pm-3pm: regular distribution

♦Zip codes served: 99031

**Spokane Valley Partners**  927-1153

10814 E Broadway, Spokane Valley, WA 99206

♦Walk-ins Wed 11am-12:45pm,1:30-3:15pm

♦Bring photo ID and proof of address

(MUST have name, address, and be from the

current month),

♦Serves Spokane Valley

**Westminster Presbyterian Food Bank**  329-0351

2705 W Boone, Spokane, WA 99201

♦Weds & Fri 11am-1:45pm

♦Photo ID, proof of address

♦Zip codes served: 99201, 99205

(North to Montgomery, South to river, East to Monroe,

West to river)

**LEGAL/IDENTIFICATION\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Birth Certificate Spokane 324–1522

Birth Certificate WA 360–236–4300

City Public Defender 835–5955

County Public Defender 477–4246

Center for Justice 835–5211

Immigration - NationalCustomer

Service Center1-800-375-5283

World Relief 484-9829

CLEAR *Legal Information Hotline* 1–888–201–1014

M-F 9:10am-12:12pm

Crosswalk (Youth) 838–6596

Team Child (youth legal rights) 323-1166

Department of Licensing:

North 482–3882

Valley 477–2222

North West Justice Project 324–9128

Volunteer Lawyer’s Program 324-0144

Mon 1-5pm Wed 1-4pm

Social Security offices 800–772–1213

**MEDICAL/DENTAL \_\_\_\_\_\_\_\_\_\_\_**

DSHS Benefits 1–877–501–2233

House of Charity 624–7821

Union Gospel Mission 535–8510

WA Prescription Drug 1–800–913–4146

CHAS Denny Murphy 444-8200

1001 W 2nd Ave

CHAS – North 444-8200

5921 N Market St

Spokane Falls Medical Clinic 326-4343

120 W Mission

CHAS - NE Medical Clinic 444-8200

4001 N Cook St

CHAS – Maple Street Clinic 444-8200

3919 N Maple

CHAS – Spokane Valley 444-8200

15812 E Indiana Ave

CHAS – Perry Street 444-8200

817 S Perry

Providence Family Medicine

5629 N Lidgerwood 487-2256

212 E Central 252-9602

1919 S Grand Blvd 789-9925

NATIVE Project 483-7535

1803 W Maxwell

**PREGNANCY / INFANT CARE \_\_\_\_\_\_\_\_\_\_**

Alexandria’s House (teen) 489-0349

iChoice 462-4000

Ash Location 324-3669

Infant/child Needs/(Mission Community Outreach)

536-1084

Vanessa Behan Crisis Nursery 535-3155

West Central Community Center 473-7060

(Free Pregnancy Tests)

Teen-Aid 482-2868

Relationship classes (single/couple)

Salvation Army 325-6821

(Pregnancy Testing)

**SEXUAL/REPRODUCTIVE HEALTH \_\_\_\_\_\_\_\_**

HIV/AIDS Program (SRHD) 324-1542

The Providence HIV Clinic 744-3750

Outreach Center (Public Health) 838-6859

Planned Parenthood 326-2142

Spokane Regional Health District 324-1500

**RECREATION\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Boys & Girls Clubs

Libby Center 536-8152

Northtown 489-0741

Mead 368-9175

City of Spokane Parks and Recreation 625-6200

**RUNAWAY/AT-RISK YOUTH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Crisis Residential Center 624–2868

Crosswalk 838–6596

Cup of Cool Water 747–6686

Home–Free / National Runaway Switchboard

1–800–RUNAWAY

Run Home (Greyhound) http://www.1800runaway.org

**SEXUAL ASSAULT / FAMILY VIOLENCE**

YWCA Crisis Line 327–9534

Family Reconciliation Services (DSHS) 363-3333

Lutheran Community Services (SAFeT) 747–8224

WA Domestic Violence Hotline 1– 800–562–6025

YWCA Domestic Violence Help Line 326–2255

**SHELTERS / HOUSING/ DROP–IN CENTERS**

Anna Ogden Hall (UGM) 327–7737

Apartmentfinder.com

Ascenda (sober) 951-6381

3000 W Sunset Blvd

Spokane, WA 99224

Alexandria’s House 489–0349

(Pregnant/parenting under 20)

Aston–Bleck Apartments 535–8267

(Women w/ children18–21)

Catholic Charities 358–4250

City Gate (Alberta House) 455–9670

(Drop–in 10–noon)

Cup of Cool Water 747–6686

(Drop–in M 12–2, T–Th1–4, 7–9:30)

Crosswalk (Youth Drop–In Center/Shelter) 838–6596

Domestic Violence Shelter 326–2255

Homeless Family Coordinated Assessment 325-5005

(The Salvation Army)

Hope House (Women 18 and Over) 455–2886

House of Charity 624–7821

Family Promise 747–5487

Miryam’s House (18+ Women) 747–9222

NW Fair Housing 325–2665

Open Gate (Prison Re-entry Program) 228–3777

St. Margaret’s Shelter (Women) 624–9788

Salvation Army SAFE Center Shelter 325–6814

(Couples/families)

Spokane Valley Partners 927–1153

SNAP Shelter and Transition Housing 209–9786

SNAP Homeless Services 624–4282

Downton Hours of operation:  
M/T/W/F: 8:00-4:30  
TH: 10:30-4:30

Spokane Housing Authority 328–2953

Spokanehousing.org

Spokane Housing Ventures 232–0170

Student Impact Center (UGM) 534-2916

(Ages 13-19)

Transitions Living Center 325–2959

(Women w/ children)

Union Gospel Mission (Men) 535–8510

Union Gospel Women’s Crisis Center 535–0486

Vanessa Behan Crisis Nursery 535–3155

(Children birth to 6 only)

VOA – Volunteers of America

* Community Based Housing 328-4685
* Independent Living (Foster Care) 624-2378

Women’s Hearth 455–4249

(Women 18+ M–F 8:30–5)

Landlord/Tenant Rights (WSBA) www.WSBA.org

**SHOWERS AND LAUNDRY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

CHAS (Denny Murphy Clinic) 444-8200

VOA/Crosswalk (Showers/Laundry) 838-6596

(up to age 17)

Cup of Cool Water 747–6686

(Showers and laundry up to age 21)

House of Charity 624–7821

(Showers and laundry)

Our Place Community Ministries 326–7267

(Laundry)

Women’s Hearth 455–4249

(Women Only Showers)

Union Gospel Mission 535–8510

(Men Only Showers)

**STORAGE FACILITIES**

A-Economy 455-5450

Ace For Space 838-3105

U-Haul Center 624-3147

**TRANSPORTATION \_**

Spokane Transit Authority 328–7433

[Spokane Cab](http://maps.google.com/maps?hl=en&um=1&ie=UTF-8&q=TAXI+SERVICE+IN+SPOKANE+WA&fb=1&split=1&gl=us&view=text&latlng=4326271915510200334) 568–8000

Amtrak (Train) 624–5144

Greyhound Bus 624-5251

**UTILITY ASSISTANCE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

VOA Emergency Assistance 624–2378

Medical Lake Community Outreach 299–3819

Spokane Neighborhood Action Program 476-7111

(SNAP) [www.snapwa.org](http://www.snapwa.org)

**HOSPITAL/EMERGENCY ROOM\_\_\_\_\_\_\_\_\_\_\_\_\_**

Deaconess Medical Center 473-5800

800 W 5th Ave,

Spokane, WA 99204

Providence Sacred Heart Medical Center 474-3131

101 W 8th Ave,

Spokane, WA 99204

Providence Holy Family 482-0111

5633 N Lidgerwood St,

Spokane, WA 99208

Valley Hospital 924-6650

12606 E Mission Ave,

Spokane, WA 99216

**URGENT CARE**

CHAS

1512 N Vercier Road 444-8204

Concerta

2005 E 29th Ave 747-0770

9222 N Newport Highway 467-4545

15605 E Sprague 598-7820

Deaconess Urgent Care

3016 E 57th Ave 448-6699

6208 N Colton 489-2372

Deer Park

702 S Park 262-9000

Franklin Park Urgent Care

5904 N Division 792-3474

Indigo Urgent Care

9420 N Newport Highway 598-7744

4911 S Regal

2713 N Argonne 598-7860

Providence Urgent Care

551 E Hawthorne Road 489-2369

421 S Division 474-2100

2923 E 29th Ave 227-3312

122 W 7th Ave 489-2369

Rockwood Main Clinic 342-3100

400 E 5th Ave,

Rockwood Valley Clinic 755-5710

14408 E Sprague Ave

Rockwood Urgent Care Center 744-1710

9001 N Country Homes BLVD

Spokane Urgent Care 434-1990

5901 N Lidgerwood

**C.O.P.S SHOPS/NEIGHBORHOOD POLICE SUB-STATION**

Spokane Cops West

1901 W Boone Ave

(509) 625-3340

Spokane C.O.P.S.

6107 N Astor St

(509) 625-3300

Open until 5:00 PM

Greater Spokane C.O.P.S.

169 S Stevens St

(509) 755-2677

Neva-Wood Cops Shop

4705 N Addison St

(509) 625-3353

Spokane Cops Logan

802 E Sharp Ave

(509) 625-3333

Spokane Cops Northwest

2215 W Wellesley Ave # D

(509) 625-3336

Spokane County Cop Shop

4705 N Addison St

(509) 482-3036

Spokane COPS Northeast

5208 N Market St

(509) 625-3343