



SPOKANE AREA CONFERENCES

RESOURCE GUIDE 2026

SPOKANE

Mary Queen Conference

3423 E. Carlisle Ave., Spokane 99217
Do NOT call the parish office
Conference duty phone: 509-844-1589

Saint Anthony Conference

2320 N. Cedar St., Spokane 99205
Parish office: 509 327-1162
Conference duty phone: 509 216-1093
<https://sasvdpokane.wordpress.com/>

Saint Francis of Assisi Conference

1104 W. Heroy St., Spokane 99205
Conference duty phone: 509 202-8331

Saint Thomas More Conference

505 W. St. Thomas More Way, Spokane 99208
Parish office: 509 466-0220
Conference duty phone: 509 466-3811

SPOKANE VALLEY

Saint Mary Conference

304 S. Adams Rd., Spokane Valley 99216
Conference duty phone: 509 362-7621
www.oursvdp.com

**SOCIETY
of
SAINT VINCENT de PAUL
DISTRICT COUNCIL
of
SPOKANE**
**P.O. Box 2906
Spokane, WA 99220-2906**

www.spokanesvdp.com

*Mission Statement –
“A network of friends,
inspired by Gospel values,
growing in holiness and building
a more just world through
personal relationships with
and service to people in need.”*

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*“Charity must be well organized
to be effective.” Vincent de Paul*

ABUSE OR NEGLECT REPORTING

Adult Protective Services

Report suspected abuse, neglect or exploitation of a vulnerable adult.

All locations statewide 1-866-363-4276

Dedicated TTY line: 1-800-624-6186

www.dshs.wa.gov/report-abuse-and-neglect

Child Protective Services

Report suspected abuse, neglect or exploitation of a child (under 18 years of age).

1-866-363-4276 END-HARM

<https://cacwa.org/reporting-child-abuse/>

ADVOCACY & SUPPORT for DOMESTIC VIOLENCE and SEXUAL ASSAULT VICTIMS

YWCA Alternatives to Domestic Violence

930 N. Monroe St., Spokane

509 326-2255 (call **24-hr hotline**)

509 220-3725 (text **24-hr hotline**)

509 789-9297 (counseling)

509 326-1190 (general counseling)

<https://ywcasokane.org/service/>

M.I.A: Mujeres in Action

Bilinguals (Spanish and English) can attend in other languages through translation service).

509 795-2028 24/7 www.miaspokane.org

Lutheran Community Services Northwest

509 624-7273 call or text

www.lcsnw.org/office/spokane/

CAREER COUNSELING & PREPARATION

AARP Senior Employment

55 & older, low income; bring skills up to date.

509 325-7712

www.aarp.org/aarp-foundation/our-work

Career Path Services

No fee nonprofit employment & training.

509-326-7520 www.careerpathservices.org

Next Generation Zone

GED prep/test - low income; ages 16-24.

901 E. 2nd., Suite 100, Spokane

509 340-7800 www.nextgenzone.org/

Spokane City Libraries

Social Service Resources

www.spokanelibrary.org/social-services/

SCC (Spokane Community College)

Workforce training & continuing education.

509 279-6144 <https://ccs.spokane.edu/WTCE>

SCC GED Preparation

Ages 19 and up.

509 533-7221 scc.spokane.edu/GED

Spokane County Libraries

Job Seeker Resources

www.scld.org/for-you/business-and-careers/resources-job-seekers/

WorkSource Spokane

130 S. Arthur St., Spokane 99202

509 532-3120 M – F 9 am - 5 pm

<https://worksourcespokane.com>

YWCA Opportunity Center

930 N. Monroe St., Spokane

509 326-1190 <https://ywcasokane.org/about/faqs/>

CELL PHONE RESOURCES

Lifeline service providers active in Washington State, discounted phone/internet for public assistance recipients, one per household:

- [Access Wireless](#)
- [Assurance Wireless](#)
- [enTouch Wireless](#)
- [Life Wireless](#)
- [SafeLink Wireless](#)

Contact

Email: [Lifeline support center](#)

Phone: 1-800-234-9473

CLOTHING RESOURCES

NOTE: Days & hours vary. May require proof of address. Some locations have hygiene items & housewares.

City Gate Spokane

170 S. Madison St., Spokane 509 455-9670

Dream Center Ministry Resource Center

2128 N. Pines Rd., #2, Spokane Valley
509 926-7878 www.spokanedreamcenter.org

Mission Community Outreach Center

Clothing, housewares, hygiene products every 60 days.
1906 E. Mission Ave., Spokane
509 536-1084 4mission.org
Hours: M & Thur. 1-4 | W 10-1

Off-Broadway Family Outreach

2225 W. Mallon, Spokane
509 998-2630 www.offbroadwaylighthouse.com

Our Place Ministries Spokane

Laundry service, personal hygiene items.
1509 W. College Ave., Spokane
509 326-7267 www.ourplacespokane.org

Partners INW Clothing Bank

10814 E. Broadway Ave., Spokane Valley
509 927-1153 www.partnersINW.org
M-F 9 am-3 pm

Serve Spokane

(assists 99208 zip code)
8303 N. Division St., Spokane
509 998-5722 www.servespokane.org

Union Gospel Mission (UGM)

Shelter Guests, only.
1224 E. Trent Ave., Spokane
509 535-8510 <https://www.uniongospelmission.org>

YWCA- Spokane

930 N. Monroe St., Spokane
509 777-9622 <https://ywcaspokane.org/tag/our-sisters-closet/>

COMMUNITY CENTERS

(Food pantries limited to neighboring zip code areas)

Dr. Martin Luther King Jr. Community Center

Food bank, Headstart, GED classes & more.
500 S. Stone St., Spokane
509 868-0856 www.mlkspokane.org

Northeast Community Center

SNAP energy appt., ECEAP & Head Start & more.
4001 N. Cook St., Spokane
509 487-1603 www.necommunitycenter.com

Northeast Youth Community Center

Food programs-evening during school & summer.
3004 E. Queen Ave., Spokane
509 482-0708 <https://spokanenycc.com>

Southside Community Center

Food bank & blood pressure clinic
3151 E. 27th Ave., Spokane
509 535-0803 www.southsidecc.org

West Central Community Center

Head Start/Early Learning Center
1603 N. Belt St., Spokane
509 326-9540 www.westcentralcc.org

FAMILY RESOURCES

Akin

Formerly Children's Home Society.

509 747-4174 www.akinfamily.org

Martin Luther King Family Outreach Center

500 S. Stone St., Spokane

509 323-2830 / 868-0856 www.mlkspokane.org

Mission Community Outreach Center

Diapers & wipes every 30 days.

Check in August for back-to-school shoes.

1906 E. Mission Ave., Spokane

509 536-1084 4mission.org

Hours: M & Thur. 1-4 | W 10-1

Northeast Community Center

4001 N. Cook St., Spokane

509 487-1603 www.necommunitycenter.com

One Heart Spokane

After school services for kinder-grade 8.

1827 E. Pacific Ave., Spokane

Center Hours: M & W 5-7pm

509 724-7396 www.oneheartspokane.com/programs

Partners INW

Diapers & wipes; clothing; layettes for newborns.

10814 E. Broadway Ave., Spokane Valley

509 927-1153 www.partnersINW.org

PREPARES (Pregnancy & Parenting Support)

Pregnancy to 5th birthday. Diapers, wipes & clothing.

25 W. 5th Ave., Spokane

509 455-4986 www.cceasternwa.org/prepares

Mon - Th 10 am - 2 pm

PREPARES - Lambs Closet

Pregnancy up to age 5. Diapers, wipes & clothing.

St. Mary Catholic Parish office building

304 S. Adams Rd., Spokane Valley

509 928-3210, Ext. 110 | Tues 10-11:45 am

Saint Anne's Child & Family Center

Childcare and early learning experiences.

25 W. 5th, Spokane 509-232-1111

<https://www.cceasternwa.org/stannes>

Salvation Army's "Backpacks for Kids"

Check for annual August distribution date.

<https://spokane.salvationarmy.org>

223 E. Nora Ave., Spokane

Vanessa Behan Crisis Nursery

Overnight crisis nursery. Serves birth to age 12.

2230 E. Sprague Ave., Spokane

509 535-3155 call anytime

Diapers/wipes & formula 509 598-7490

<https://www.vanessabehan.org>

FOOD RESOURCES

NOTE: Days & hours vary. May require picture ID, current proof of address & other form of identification.

Some locations have hygiene items & housewares

2nd Harvest/Second Pantry Locator

Locate small pantries by zip code.

<https://foodfinder.2-harvest.org/locations/>

After Hours/Weekend Food Banks in Spokane County

www.mowgsc.org/resources

American Indian Community Center

Assists 99202 zip code.

1025 W. Indiana, Spokane

509 535-0886 www.aiccinc.org

Audubon Park United Methodist Church

Assists 99205 zip code.

3908 N. Driscoll Blvd., Spokane

509 325-4541

www.audubonparkumc.org/serve/food-ministry-bare-necessities

8:30-11:30am 2nd/4th Tue.

FOOD RESOURCES - **continued**

NOTE: Days & hours vary. May require picture ID, current proof of address & other form of identification.
Some locations have hygiene items & housewares

Better Living Center
25 E. North Foothills Dr., Spokane
509 325-1258 <https://www.renewspokane.org/food-pantry>
Tu 9am-11:30am & 1pm-3:30pm; Th 9am-12:30pm

Caritas Outreach Food Bank
4718 N. Ash St., Spokane
509 326-2249 www.caritasoutreachministries.org
M-W-Th 10:30 am-1:30 pm (*sign-in before 1 pm*)

Dr. Martin Luther King Jr. Community Center
500 S. Stone St., Spokane
509 868-0856
Food Bank M, W, & F 1 – 3 pm

Dream Center Resource Center
2128 N. Pines Rd., Ste. 1, Spokane Valley
509 926-7878 www.spokanedreamcenter.org
T & W 12:30 – 3 pm | Th 11:30 am - 1:00pm

Family of Faith Food Distribution Center
1505 W. Cleveland Ave., Spokane
509 325-0343
T 9 -11 am | F 5:3-6:45 pm (*meal*)

Latinos en Spokane
1502 N. Monroe St., Spokane
509 558-9359 Last Sat. of month 11 am – 3 pm.
<https://www.latinosenspokane.org/elmercadito>

Life River Fellowship
2810 N. Park Rd., Spokane Valley
509 924-9510 www.liferiver.org/outreach-ministries.html Third Friday of month.

Mead Food Bank
12509 N. Market St., Mead
509 466-7068
Sun (bread & produce) 4-5 pm; W. 4-6:45 pm

Mid-City Concerns Senior Center
Geared to ages 60 & above.

1222 W. 2nd Ave., Spokane
M Tu & F 11 am – 1 pm

North Bridge Food Bank

22421 E. Euclid Ave., Otis Orchards
509 514-3053
<https://www.northbridge.life/foodbank>
Th 1-3:30 pm

Northeast Food Pantry

Serves 99207 & 99217 zip codes.
4520 N. Crestline St., Spokane
509 290-5691 www.nwconnect.org/ministries/
Tu 11 am – 1 pm; Th 9 – 11 am

Off-Broadway Family Outreach

M 2-4 pm, dinner following foodbank
2225 W. Mallon Ave., Spokane
509 998-2630 www.offbroadwaylighthouse.com

Our Place Food Bank

Laundry service & personal hygiene items.
1509 W. College Ave., Spokane
509 326-7267 www.ourplacespokane.org
W 3:30-6 pm & Th 10 am-12:30 pm

Partners INW

Food, clothing, diapers
Serving all zip codes; Mon-Fri 10 am-3 pm
10814 E. Broadway Ave., Spokane Valley
509 927-1153 www.partnersINW.org
M – F 9 am – 3 pm

Revive & Help Ministries

Morning Star Baptist Church
3909 W. Rowan Ave, Spokane
509 964-6539 F 5-7 pm & Sat. 9-12 pm
www.revivecommunityservices.com

Salvation Army Hope Market Food Pantry

2020 N. Division St., Spokane - *Temporary Address*
509 325-6821 Check for service hours.
https://spokane.salvationarmy.org/spokane_citadel/cure-hunger/

FOOD RESOURCES – continued

NOTE: Days & hours vary. May require picture ID, current proof of address & other form of identification.
Some locations have hygiene items & housewares

Serve Spokane

Assists 99208 zip code with food & clothing.
8303 N. Division St., Spokane
509 998-5722 www.ServeSpokane.org
T & Th 12:30-2:30 pm; 2nd/4th Sat. 9-11:30 am

Southside Christian Church Food Pantry

2934 E. 27th Ave, Spokane
509 535-2301 Sat. 11 am – 12 pm
<https://www.southsidespokane.org/food-pantry>

Spokane Helpers Network

Food & hygiene items.
509 979-0933 M-F 9am-2pm
<https://www.spokanehelpersnetwork.org/get-help>

Spokane Valley Assembly of God

15618 E. Broadway Ave., Spokane Valley
509 924-0466 www.valleyassembly.org/outreach
Food distribution W 4-5:30 pm (south parking lot)

FREE MEAL SITES

Calvary Baptist Soup Kitchen

203 E. 3rd Ave., Spokane
509 747-8793 Sat. 10 am-12 pm

Crosswalk for Teens

525 W. 2nd Ave., Spokane
Every day 9-9:30 am; 12-12:30 pm; 6-6:30 pm
509 838-6596 www.crosswalk@voaspokane.org

Crosswalk for Young Adults (18-24)

3104 E. Augusta, Spokane
509 309-3744 www.crosswalk@voaspokane.org

FREE MEAL SITES – continued

House of Charity

(current residents only)

32 W. Pacific Ave., Spokane
www.cceasternwa.org/house-of-charity

Nourish Spokane

205 N. University Rd., Ste. 3, Spokane Valley
509 240-9932 (Call Tu or Th for info)
4 – 6 pm every 2nd & 4th Sat.

Off-Broadway Family Outreach

2225 W. Mallon Ave., Spokane
509 998-2630
Mon 6 pm www.offbroadwaylighthouse.com

Saint Ann's Sunday Lunch

2120 E. First, Spokane 509 535-3031
Sun. 1-2:30 pm

Shalom Ministries

518 W. 3rd Ave., Spokane <https://shalommeal.org>
Breakfast M-F 7:30-8:30 am | Dinner M 4:30-5:30 pm

Spokane Valley Assembly of God

15618 E. Broadway Ave., Spokane Valley
509 924-0466 www.valleyassembly.org/outreach
Dinner Thur. 4:30-6:30 pm

Women's & Children's Free Restaurant

Women & Children, only.
1408 N. Washington St., Spokane
509 324-1995 www.wcfrspokane.org

MOBILE FOOD MARKET

Second Harvest Mobile Market

509 534-6678 Find location
<https://2-harvest.org/food-near-me/>

FOOD RESOURCES - continued

PET FOOD

Humane Society Spokane

Free dog and cat food.

6607 N. Havana St., Spokane
509 467-5235

Partners INW

10814 E. Broadway, Spokane Valley
509 927-1153 M-F 9-3 www.partnersINW.org

GOVERNMENT SERVICES

2-1-1 Washington Information Network

Non-Emergency Social Service Information.

211 or 1-877 211-9274 Mon-Fri <http://wa211.org>

DSHS (WA Department of Social & Health Services)

CSO (Spokane Community Services Office)

1-877 501-2233 www.dshs.wa.gov/esa/community-services-offices/community-services-office

Locations: [https://www.dshs.wa.gov/office-locations](http://www.dshs.wa.gov/office-locations)
Mon-Fri 8:00 am-5:00 pm

DSHS Aging & Long-Term Care Services Info for Seniors & Disabled

www.dshs.wa.gov/altsa/long-term-care-services-information

Social Security Administration

714 N. Iron Bridge Way, Ste. 100, Spokane 99202
1-800-772-1213 1-866-3315532
www.ssa.gov

Washington Connection-Link to Resources

[https://www.washingtonconnection.org/home/](http://www.washingtonconnection.org/home/)

Working Families Tax Credit for WA Workers

[https://workingfamiliescredit.wa.gov](http://workingfamiliescredit.wa.gov)

WA Paid Family & Medical Leave

<https://paidleave.wa.gov>

WA State Regional Resources for Latinos/

WA Commission on Hispanic Affairs

<https://www.cha.wa.gov/county-resources>

(WIC) Women, Infants, Children

Supplemental Food Program

509 324-1620 General Information

<https://srhd.org/programs-and-services/wic>

Spokane County locations & information -

<https://srhd.org/programs-and-services/wic/wic-locations>

HEALTHCARE RESOURCES

BEHAVIORAL HEALTH SERVICES

National Suicide Prevention Lifeline: 9-8-8

Community Behavioral Health Services

Offered thru Catholic Charities of Eastern Washington.
509 242-2308 www.cceasternwa.org/counseling

Frontier Behavioral Health

Mental Health Services and Case Management

107 S. Division Ave., Spokane
509 838-4428 "First Call For Help"
1-877 266-1818 24/7 Hotline www.fbhwa.org
509 838-4651 Appointments & In-Take

Inland Northwest Behavioral Health & Case Management

Spokane 509 519-3488 | Valley 509 934-4070
www.inlandnorthwestbh.com

CHAS Behavioral Health

(Community Health Association of Spokane)

509 444-8200 24/7 Nurse Hotline
<https://chas.org/location/chas-behavioral-health-center/>

HEALTHCARE RESOURCES – continued

BEHAVIORAL HEALTH SERVICES – continued

Excelsior Wellness Center

Help for children, adults & families available via telehealth.
509 559-3100 <https://excelsiorwellnesscenter.org>

National Alliance on Mental Illness (NAMI)

Support groups handling mental health conditions.
152 S. Jefferson St., Spokane
Call: 509 838-5515 Text: 509 209-3905
www.namispokane.org

REVIVE

Counseling & Community Support Reentry Program

901 N. Monroe St., Spokane 99201
509-413-2950 www.ReviveSpokane.com

Teen Text and Chat Line

*Free confidential safe place service available to any
teen or young adult.*
844-814-8336

CANCER PATIENTS' RESOURCES

*Transportation, financial grants, peer support groups,
lodging, info for treatment centers.*

Cancer Can't

www.cancercant.com/resources

Cancer Care/Women

www.everywomancanpnw.org/wecanhelp

DENTAL & HEALTHCARE RESOURCES

CHAS (Community Health Association of Spokane)
509 444-8200 24/7 Nurse Hotline www.chas.org
1-866 418-1002 24/7 advice hotline

Native Project

1803 W. Maxwell Ave., Spokane
509 483-8735 Dental health
509 483-7535 Medical www.nativeproject.org

Providence Community Clinic

*Primarily serves people experiencing homelessness,
uninsured, and underinsured individuals.*

32 W. 2nd Ave., Spokane
509 626-9825
[https://www.providence.org/locations/wa/providence-community-clinic](http://www.providence.org/locations/wa/providence-community-clinic)

Unify Community Health - NE

4001 N. Cook St. (Spokane NE Community Center)
509 326-4382
[https://www.yvfwc.com/locations/unify-community-health-ne/](http://www.yvfwc.com/locations/unify-community-health-ne/)

MEDICAL EQUIPMENT

Spokane Scottish Rite

FREE medical equipment loan closet
509 624-5491 www.scottishritewa.org

HOME WEATHERIZATION TIPS

SNAP (Spokane Neighborhood Action Partners)

Weatherization tips for homeowners and landlords.
509 456-7627 www.snapwa.org

HOMELESSNESS PREVENTION RESOURCES

Catholic Charities Eastern Washington (CCEW)

https://www.housing.cceasternwa.org/how-to-apply

CCEW Eviction Prevention Application Portal

[https://hfca.cceasternwa.org](http://hfca.cceasternwa.org)

HOMELESSNESS PREVENTION RESOURCES - continued

HFCA (Homeless Families Coordinated Assessment)

Administered by Catholic Charities of Eastern WA.

101 E. Hartson Spokane, WA

Use Pine Street entrance, lower level of St. Margaret's Shelter. Walk-in hours: 8am-3pm
509 325-5005

HSCA (Homeless Singles Coordinated Assessment)

Singles or couples without children

Administered by SNAP

(Spokane Neighborhood Action Partners)

124 E. Pacific Ave., Spokane

Walk-in hours & Appts. M-F 8:00am-12 noon &
1 pm-4:30pm, except Th 10:30am (closed 12-1 pm)
509 456-7627 <https://www.snapwa.org>

DSHS Community Living Connections (CLC) (Senior Social Services | Aging & Long-Term Care of Eastern Washington (ALTCEW))

Seniors & Disabled struggling with homelessness.

509 960-7281 - **helpline**

www.altcew.org

HOSPITALITY WORKER RESOURCES

Big Table Spokane

Neighbor must be referred for assistance.

827 W. 1st Ave, Ste. 118, Spokane

509-608-8445 <https://bigtable.org/spokane>

HOUSEHOLD ITEMS

Blessings and Beyond

Contact Tom for inquiries.

509-294-7265 <https://blessingsandbeyond.org/>

IMMIGRANT & REFUGEE SERVICES

IRC (International Rescue Committee)-Spokane

925 W. Montgomery, Spokane 509 258-5774

<https://www.rescue.org/united-states/spokane-wa>

THRIVE International-Spokane

110 E. 4th Ave., Spokane

509 553-5606 www.thriveint.org

World Relief- Spokane

1522 N. Washington, #204, Spokane

509 484-9829 www.worldrelief.org/spokane

INTERPRETERS

Marshallese: Jimmy Jacobs 509 998-9335

Russian: Olga Kushnerchuk 509 598-0413

Latinos en Spokane

1502 N. Monroe St., Spokane

509 558-9359 www.latinosenspokane.org

LAUNDRY, SHOWERS & HYGIENE PRODUCTS

Cup of Cool Water

1106 W. 2nd Ave., Spokane (ages 14-24 yrs.)

509 747-6686 <https://www.cupofcoolwater.org>

T-W-Th 1 pm-4 pm; T/Th 7 pm- 9:30 pm

Our Place Ministries Spokane

1509 W. College Ave., Spokane (18 yrs-older)

509 326-7267 www.ourplacespokane.org

Union Gospel Mission

1224 E. Trent, Spokane

509 535-8510 *Check for hours.*

Women's Hearth

920 W. 2nd Ave., Spokane 509 455-4249

<https://transitionsspokane.org/womens-hearth/>

LEGAL RESOURCES

Legal Self-Help, Clinics & Court Tips

Sandy Williams Justice Center

3114 E. 5th, Spokane

509 557-0345

<https://www.carlmaxeycenter.org/sandy-williams-spokane-free-legal-clinic>

CLEAR

(Coordinated Legal Education Advice & Referrals)

Northwest Justice Project

Free non-criminal legal assistance.

Low-income Hotline – 888 201-1014

Low-income over 60 years of age – 888 387-7111

Mon-Fri 9:15 am-12:15 pm

If unable to reach CLEAR call - 509 324-9128

Community Court

Verify dates, hours & locations.

509 309-6948

www.spokanelibrary.org/community-court

Family Court Facilitator Project

Spokane County Courthouse

1116 W. Broadway Ave., Spokane

509 477-7612

www.spokanecounty.gov/1403/Family-Court-Facilitator

Gonzaga Law School-Clinical Legal Program

Assists low-income persons 60 & older plus other areas.

721 N. Cincinnati St., #10, Spokane

509 313-5791 www.gonzaga.edu/school-of-law/clinic-centers/law-clinic

Inland Empire Legal Aid

(Helps you help yourself)

222 W. Mission Ave., Suite 222, Spokane

<https://www.inlandempirelegalaid.org/faqs>

Legal Self-Help in WA State

Maintained by Northwest Justice Project

<https://www.washingtonlawhelp.org>

Unemployment Law Project

Call for appointment.

(206) 441-9178 or toll free at (888) 441-9178

<https://unemploymentlawproject.org>

MILITARY VETERANS

RESOURCES

Active duty, Guard, Reserves, retirees, widows/ widowers, certain non-retiree veterans. All branches.

Veterans Crisis Line

Dial **9-8-8** then Press 1 or Text 838255

Fairchild Air Force Base Airman and Family Readiness Center

Military ID and base access required. Active duty, Guard, Reserves, retirees, widows/ widowers, certain non-retiree veterans. All branches.

509 247-2246

Army Career Employment Specialist

Department of Housing & Urban Development & VA's Supportive Housing (HUD-VASH)

509 462-2500

Spokane County Regional Veteran Services

Honorable discharge ONLY.

1111 N. Evergreen Rd. Suite #2, Spokane Valley
509 477-3690

www.spokanecounty.org/Veteran

Spokane Vet Center

Free counseling services administered by VA.

13109 E. Mirabeau Parkway, Spokane Valley
509 444-8387 or
1-877 927-8387 (for assistance after hours)

U. S. Department of Veterans Affairs

1-877 424-3838

www.va.gov/HOMELESS/NationalCallCenter.asp

Mann-Grandstaff VA Medical Center

509 434-7000 or 1-800 325-7940 24/7
www.spokane.va.gov

MILITARY VETERANS RESOURCES – continued

Free Handyman for Disabled Veterans & Veterans Thrift Store

2410 E. Sprague Ave., Spokane

https://freehandymanforddisabledveterans.org/wp/?fbclid=IwAR2bx6wL68QAlhqwdep8Aub7tyhhd2Az0HYtld0-HV_WZauh4pHcndVrg

Goodwill Supportive Services for Veteran Families
505 E. 3rd Ave., Spokane
509 828-2449
www.discovergoodwill.org/supportive-services-for-veteran-families/

MONEY MANAGEMENT SERVICES & WORKSHOPS

Representative Payee Services at Goodwill

130 E. 3rd Ave., Spokane
509 838-4246

<https://discovergoodwill.org/representative-payee-services/>

Spokane Neighborhood Action Partners-SNAP

Money management, foreclosure prevention & more.
509 456-7627 <https://www.snapwa.org/thrive/>

NATIVE AMERICAN RESOURCES

American Indian Community Center
1025 W. Indiana., Spokane
509 535-0886 www.aiccinc.org
M-F 8:30 am-5 pm

Native Project

1803 W. Maxwell Ave., Spokane
509 325-5502 Behavioral health
509 483-8735 Dental health
509 483-7535 Medical www.nativeproject.org

NATIVE AMERICAN RESOURCES - continued

Camas Path

934 S. Garfield Rd.
Airway Heights, WA 99001
509 789-7630 www.kalispeltribe.com

Spokane Tribe Vocational Rehabilitation Program
NOTE: Serves enrolled members of federally recognized tribes with verifiable disabilities.
509 606-2018 www.spokanetribe.com

RENTERS WORKSHOPS & TENANT ADVOCACY

WA Statewide Independent Living Council (SCIL)
8817 E. Mission, Ste. 106, Spokane Valley
509 326-6355 www.wasilc.org

Disability Action Center NW
222 W. Mission Ave., #230, Spokane
509 6060 4639 <https://dacnw.org/spokane-wa/>

SNAP (Spokane Neighborhood Action Partners)
Understanding the Eviction Process
www.snapwa.org/evictionprocess/

SNAP (Spokane Neighborhood Action Partners)
Programs: <https://www.programstatus.org>

Tenants Union of WA State
Tenant Education & Advocacy
Tenants – “Know Your Rights”
509 464-7620
www.tenantsunion.org/rights/landlord-illegal-acts

SENIORS & DISABLED RESOURCES

Catholic Charities of Eastern Washington

Low-income elderly & disabled services.

509 459-6184

<https://www.cceasternwa.org/senior-services>

DSHS Community Living Connections (CLC)
(Senior Social Services | Aging & Long-Term Care of Eastern Washington (ALTCEW)
Information, referrals & assistance in Spokane County for seniors & disabled.
509 960-7281 – **helpline** www.altcew.org

DSHS Caregiver Support Program
509-458-7450 Option 2
<https://www.altcew.org/programs-services/caregiver-support/>

MEALS FOR SENIORS

Meals-On-Wheels

NOTE: *Free cat and dog food may be available.*

\$5 suggested donation for a meal.

Spokane 509 456-6597 www.mowspokane.org

Greater Spokane County 509 924-6976
www.gscmealsonwheels.org

Silver Cafe locations for seniors 509-924-6976
www.mowgsc.org/silver-cafe

RIDES FOR 65+/DISABLED PERSONS

SNAP-Neighbors on the Go

48-hour notice required for a ride for medical appointments, grocery stores, food banks.

509 319-3050 leave information - dispatcher will return call.

FAQ: <https://www.snapwa.org/neighbors-on-the-go-i-want-to-be-a-rider/>

LOW-INCOME SENIOR OR DISABLED SPOKANE CITY PROPERTY OWNERS

City of Spokane Utility Bill credit

Dial 3-1-1 8 am-5 pm for *eligibility*

<https://my.spokanecity.org/publicworks/utility-billing/senior-and-disabled-credit/>

SHELTERS & CENTERS

All Overnight Shelters for Families, Women, Men & Young Adults

Check for bed availability at –

Shelter Me Spokane

<https://sheltermespokane.org/>

City of Spokane Shelter Navigation Center

<https://my.spokanecity.org/navigationcenter/>

COOLING & WARMING CENTERS

Regional Hazard Sheltering Information

<https://my.spokanecity.org/hazardsheltering/>

Spokane Public Libraries

During business hours.

www.spokanelibrary.org/locations-all

Spokane County Public Libraries

www.sclib.org/locations/ *During business hours.*

DROP-IN DAY CENTERS

Compassionate Addiction Treatment

Peer Support for persons experiencing homelessness & substance abuse.

960 E. 3rd Ave., Spokane

509 919-3362 www.catspokane.org

SHELTERS & CENTERS – continued

DROP-IN DAY CENTERS - continued

Cup of Cool Water Center (ages 14-24)
1106 W. 2nd Ave., Spokane
509 747-6686 www.cupofcoolwater.org

Women's Hearth
920 W. 2nd Ave., Spokane (showers)
509 455-4249 M 9 am-1:30 pm
W 11 am-3:30 pm; Tu, Th & F 9 am-3:30 pm
[https://transitionsspokane.org/womens-hearth/](http://transitionsspokane.org/womens-hearth/)

FAMILY EMERGENCY SHELTER

Family Promise Open Doors
(Homeless adult caring for a minor child or pregnant.)
2002 E. Mission Ave., Spokane
509 747-5487 | **after** 5 PM 509 723-4663
[https://www.familypromiseofspokane.org/needhelp](http://www.familypromiseofspokane.org/needhelp)

SINGLE MEN SHELTERS

House of Charity
Accepts men in any condition, including mentally ill and
intoxicated; may bring a pet; limited occupancy.
32 W. Pacific Ave., Spokane 509 624-7821
www.cceasternwa.org/house-of-charity

Union Gospel Mission (UGM)
Sobriety preferred, subject to breathalyzer test and
must attend religious services.
1224 E. Trent Ave., Spokane
509 535-8510 www.uniongospelmission.org

TEENS/YOUNG ADULTS SHELTERS

Crosswalk Youth Shelter (ages 13-17)
1440 N. Haven St., Suite 1, Spokane
509 688-1112
<https://voaspokane.org/locations/crosswalk-youth-shelter/>

YAS (Young Adult Shelter) (ages 18-24)
3104 E. Augusta Ave, Spokane
509 309-3744 24-hour helpline.
<https://voaspokane.org/locations/young-adult-shelter/>

WOMEN & CHILDREN SHELTER

Union Gospel Mission (UGM)
Crisis Shelter for Women and Children
1515 E. Illinois Ave., Spokane
509 535-0486 www.uniongospelmission.org

SINGLE WOMEN RESPITE CENTER

Hope House for Women
Short-term medical recuperative care center for
homelessness women recovering
from illness, injury, or hospitalization.
318 S. Adams St., Spokane 509-816-1669
www.hopehouse@voaspokane.org

UTILITIES ASSISTANCE

All locations have limited funds.

Audubon Park United Methodist Church

Assists 99205 zip code.

509 325-4541 www.audubonparkumc.org

Avista

1411 E. Mission Ave., Spokane 99202-0001

1-800 227-9187 (dial "0" or say "agent")

www.avistauilities.com

My Energy Discount Program

www.myavista.com/myenergydiscountWA

Caritas Outreach

Regular food bank recipients, only.

4718 N. Ash St., Spokane

509 326-2249 www.caritasoutreachministries.org

Catholic Charities Eastern Washington

509 456-2253 *Energy Assistance*

www.cceasternwa.org

Holy Cross Lutheran Church

Assists nearby church in northeast Spokane.

509 483-4218 www.holycrosslcms.net

New Hope Resource Center

Assists Hawthorne Rd. to Chattaroy.

4200 E. Colbert Rd. 509 467-2900

www.newhoperesource.org

Our Place Ministries Spokane

Assists Avista customers in West Central neighborhood.

509 326-7267 www.ourplacespokane.org

Partners INW

Assists Spokane Valley customers.

Call for hours & required documents.

10814 E. Broadway, Spokane Valley

David Stone, Emergency Services Coordinator

<https://www.partnersinw.org/emergency-assistance>

509 508-4576 Fax 509-928-8463 M-F 9 am-3 pm

Saint John Vianney Poverty Program

Assists within parish boundaries.

503 N. Walnut Rd. 509 926-5428

T-W-Th 9 am-12 pm

Salvation Army Family Service Center

Call for hours & required documents; bring proof of income within the last 30 days & shut off notice.

204 E. Indiana Ave., Spokane

509 325-6810 <https://spokane.salvationarmy.org>

Scottish Rite – Spokane

Avista customers only.

509 624-5491 www.scottishritewa.org

Spokane City Utilities U-Help Program

Low-income Spokane city residents.

311 or 509 755-2489

<https://my.spokanecity.org/publicworks/utility-billing/uhelp/>

Spokane Neighborhood Action Partners (SNAP)

409 456-7627 *Urgent heat assists*

Schedule Utilities Appointments: 509 242-2376

www.snapenergyassistance.org

SNAP Energy-Spokane Valley

Assists Havana St. to Idaho border energy appts.

Partners INW (Inland North West)

10814 E. Broadway Ave., 2nd Floor, Spokane Valley

509 456-7627 Ex. 7200

SNAP Energy-Northeast Spokane

4001 N. Cook St., Spokane

509 487-1603

VERIFY PROPERTY OWNERSHIP

Spokane County

www.spokanecounty.org/pubpadal/

RESOURCES OUTSIDE SPOKANE & SPOKANE VALLEY

NOTE: Call location for information, as day & hours vary.

Second Harvest Mobile Market

509 534-6678

To find locations and schedules go to –

<https://2-harvest.org/food-near-me/>

search by entering zip code.

Airway Heights

Hope Center – Community Services

Beginning 2026, this location will house a food bank, clothing closet & more.

13326 W. Sunset Hwy., Airway Heights

www.whenetwork.com/hopecenter

Cheney

Cheney Cupboard (Cheney Food Bank)

624 Third St., Cheney

509 235-2325

M 4 – 6 pm | W 9 – 11:30 am

Colbert

New Hope Resource Center

4211 E. Colbert Rd., Colbert

509 467-2900 Resource Center

<https://www.newhoperesource.org>

509 292-2530 Food Bank

Deer Park

Greenhouse Food & Clothing Bank

125 N. Park Ave., Deer Park

509 272-4189 <https://greenhousedp.com>

M, W, F 12:30-2:30 pm

PREPARES – Deer Park

Diaper Distribution 3rd Thursday of month

St. Mary Presentation Church

602 E. 6th St., Deer Park 509 276-2948

<https://stmarypresentationcc.org/events/prepares-diaper-distribution>

Elk

North County Food Bank

40015A N. Collins Rd., Elk

509 292-2530

<https://www.newhoperesource.org/pantry/>

Fairfield

North Palouse Community Food Bank

(serving 99012, 99018, 99030 & 99039)

202 N. Railroad Ave., Fairfield WA

509 283-4250

2nd & 4th Sat. 9-11

Medical Lake

Medical Lake Community Outreach

207 S. Washington St., Medical Lake

Food, rent, utilities, clothing, bus passes, etc.

509 299-3819

First Thursday of month 5:30 – 6:30 pm

F 10 am – 12 pm

<https://medicallake.community/>

Spangle

Spangle Food Bank

305 E. 2nd St., Spangle

509 245-3431

4th Tu 1-2 pm | Sat weekly 11 am-12pm

(WIC) Women, Infants, Children Spokane County Locations

<https://srhd.org/programs-and-services/wic/wic-locations>

PROGRAMS DEFINED

AID TO FAMILIES WITH DEPENDENT CHILDREN (AFDC)

Aid to Families with Dependent Children (AFDC) was established by the Social Security Act of 1935 as a grant program to enable states to provide cash welfare payments for needy children who had been deprived of parental support or care because their father or mother was absent from the home, incapacitated, deceased, or unemployed.

APPLE HEALTH (MEDICAID) COVERAGE

In Washington State, Medicaid is called Apple Health. Apple Health provides preventative care, like cancer screenings, treatment for diabetes and high blood pressure, and many other health care services. Hca.wa.gov

MEDICAID

Medicaid is a state and federal program that provides health coverage for very low income.

MEDICARE

Medicare is a federal program that provides health coverage if you are 65 or older or have a severe disability, no matter your income. *If eligible for both Medicare and Medicaid (dual eligible), one can have both working together to provide health coverage.*

SECTION 8 HOUSING

A locally administered, federally sponsored, voucher-based housing provision program.

Referral Vouchers: Currently, Spokane Housing Authority (SHA), the local Section 8 administrator, partners with the following community agencies to manage the program: Catholic Charities, DSHS ALTSA, Frontier Behavioral Health, Northeast Community Center, Transitions, Spokane County Supportive Living, Volunteers of America (VOA), World Relief, and YWCA.

As a requirement of waiting list status, or continued participation in the Housing Assistance Programs, changes in circumstances affecting income, employment, household size or composition, and other

changes **MUST** be reported within 10 days of the change. Rent paid by the client is based on household income.

Vouchers are granted using a lottery system. The recipient has to locate housing before the voucher expires.

Tenant-Based Housing Choice Voucher (HCV) is a 'portable' voucher that can be used with any property that meets **HUD** Housing Quality Standards (more info at portal.hud.gov).

Project-Based Vouchers are assigned to specific addresses. www.spokanehousing.org

SOCIAL SECURITY PAYMENTS

Social Security payments can be accessed in several ways. One is the Direct Express® card is issued by Social Security to access benefits. One does not need a bank account. It works like a debit card.

SOCIAL SECURITY DISABILITY INSURANCE

Social Security Disability Insurance pays benefits to you and certain members of your family if you are "insured," i.e., qualified for Social Security benefits based on sufficient work history and payment of Social Security taxes. Certain members of the insured's family may also qualify for benefits.

SUPPLEMENTAL SECURITY INCOME (SSI)

Supplemental Security Income (SSI), a federal income supplement program funded by general tax revenues (*not* Social Security taxes) pays benefits based on financial need. To help aged, blind, and disabled people who have little or no income. Provides cash to meet basic needs for food, clothing, and shelter.

SPOKANE NEIGHBORHOOD ACTION PROGRAM (SNAP)

Spokane Neighborhood Action Program, a local agency, offers housing related programs, including Financial Planning, Housing Counseling, Utility Assistance, Housing Improvements, and more.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

SNAP EBT Electronic Benefits Transfer (EBT), (commonly known as Food Stamps) is an electronic system that allows a recipient to authorize transfer of their government benefits from a federal account to pay a retail account. Apply for benefits at DSHS (Dept. of Social & Health Services)

TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (TANF)

The Temporary Assistance for Needy Families program provides grant funds to states and territories to provide families financial assistance and related support services.

WOMEN, INFANTS, AND CHILDREN (WIC)

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) providing Federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infant and children up to age five who are found to be at nutritional risk.