



April 17, 2020

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

TABLE OF CONTENTS

Food Banks & Essentials	Page 2-5
Public Health	Page 6
Meals	Page 7
Community Centers	Page 8
Energy and Rent Assistance	Page 8
Farmers Markets & Local Farmers	Page 9
Food Distribution and Hygiene Donations	Page 9
Hospitals	Page 11
Kids Food And Care	Page 12
-Spokane Public Schools	Page 13
-Kid Meals (non-public schools)	Page 13
-Weekend meals or Food Backpacks	Page 13
-Child Care & Youth Centers	Page 14
Shelters	Page 14
Small Business & Restaurants	Page 15
Vulnerable Populations	Page 16
-Criminal Justice	Page 16
-Disabilities	Page 16
-Immigrant & Refugees	Page 16
-Mental Health	Page 17
-Seniors	Page 18
-Transportation	Page 19
-Women And Children	Page 20
-Veterans	Page 20

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

Artists

-Artists Trust Relief Fund - artisttrust.org/covid-19-response/
 -Spokane Artist Relief Fund - spokanearts.kindful.com/artistrelief
<https://www.facebook.com/events/2582889375360238/>

Library, Literature and Archival Resources:

Aunties - online audiobook and mail delivery - auntiesbooks.com
 Get Lit - Cancelled
 Spokane - <https://www.spokanelibrary.org/blog/library-resources-for-when-youre-cooped-up-at-home/>
 Spokane County - <https://www.sclcd.org/digital-library/>
 Eastern WA Digital Archives - digitalarchives.wa.gov
 Women's History Consortium - washingtonhistory.org/research/whc/
 Washington state Labor History - depts.washington.edu/labhist/
<https://facebook.com/events/s/inlandstrong-virtual-book-club/218023549293617>

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

A Supplement of The Resource Directory: Guide to Congregations and Community Resources that is published annually by The Fig Tree, a nonprofit 501(c)(3) organization, © 2020 at 1323 S. Perry St., Spokane, 99202, (509) 535-4112, resourcedirectory@thefigtree.org
 To advertise call: 535-1813 or 535-4112, or email ads@thefigtree.org

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

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

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

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

We do not sell or distribute mailing lists.

The material is copyrighted, but you are welcome to distribute as needed. We encourage you to donate online or send money to the address in copyright material in the box to the left.

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

FOOD BANKS & CLOTHING BANKS IN SPOKANE

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contact info
All Saints Gather Food Pantry (FP) Southwest Community Cntr	314 S Spruce, 99201 314 S Spruce, 99201	838-4409 FB 993-1314 624-8634	X			X	10-2, MW 10, F	N/A	allsaintsgather.com Mark Reilly swspokanecommunitycenter/
American Indian Community Center	610 E North Foothills Dr (end of April: 1025 W Indiana)	535-0886	X	X	X		9-till gone T	N/A	Native Americans (serving clients)
Audubon UMC Food Bank & Bare Necessities	location or donations to: 3908 N Driscoll, 99205	Dan Masters/ Karen Peacock 325-4541	X		X		9:30-12:30, 2nd/last T	meat, fresh produce, bread and other food items & toiletries	http://audubonparkumc.org/coronavirus/ideas-resources
Better Living Center	25 E North Foothills, 99207	325-1258	X	X	X	X	9-4, T; 9-1 Th	contact Patty Marsh	betterlivingcenter.org
Breaking Bread Rescue Market	Family of Faith Communi- ty, 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 sealed bags, non-parishable, and dry goods, hygiene items, at knoc on Door 9-1:20 MWTh, masks, gloves	caritasoutreachministries.org
City Gate Food Bank	170 S Madison, 99201	455-9670	X	X		X	call for an appt	to-go-meal containers, styrofoam cups, socks, pre- packed snacks 10-2, T-F	thecitygate-spokane.org
Cup of Cool Water	1106 W Second	747-6686	X	X		X	1-2 M-F	for 14-24 year olds, monetary donations	cupofcoolwater.org facebook.com
Martin Luther King Jr Family Outreach Center	500 S Stone, 99202	868-0856	X				1-3 MWThF		mlkspokane.org facebook.com
New Hope Ranch	2524 E Queen	954-5145	X				12-2, MW, 12-1 F as food allows	hand sanitizer for staff Donate to PO Box 16262, 99218	thezahls@comcast.net
Northeast Community Food Pantry - NW Connect	4520 N Crestline St PO Box 7398,99207	290-5691	X			X	9-11, MTTh	turning to a delivery service only	info@nwconnect.org , nwconnect.org , FB
Off Broadway Outreach	2225 W Mallon Ave	998-2630	X				9, TF	donations, masks	
Our Place Ministries	1509 W College, 99201	326-7267	X			X	10-1 Th	produce & hygiene items	ourplace@cet.com ourplacespokane.org
Salvation Army Family Svcs	204 E Indiana, 99207	325-6810 325-6751	X	X	X	X	MWF 9-4; TTh 9-5 offers a delivery (see listing)	hand sanitizer, masks, toilet paper cleaning supplies donations via regional web	spokane.salvationarmy.org
Serve Spokane	8303 N Division St, 99208	998-5722	X	X	X	X	12:30-2:30T; 12:30- 3:30Th (April 25 Sat 8:30-11:30)	canned tomato, personal hygiene , soaps, diapers, toilet paper, baby food	ServeSpokane.org
Southside Food Pantry	2934 E 27th Ave, 99223	535-2301	X				10:30-12, Sat	bread & produce will be offered next 3x starting April 18	southsidefoodpantry.com
SPEAR	1905 E Pacific, 99202	475-5470	X				M&W	dontations to St. Mark's Lutheran, 316 E. 24th Ave.	spearspokane.org , students & families
Spokane Aids Network - SAN 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
Spokane Falls Community College Food Bank	SFCC, Bldg. 17, #139	533-4198	X				9:30-4:30, following Monday.	SFCC Students Only sfcc.spokane.edu	https://forms.gle/v7zoqZs7tKgY-1b8z7 by 6pm F
Westminster Presbyterian Food Pantry	2705 W Boone	329-0351 327-5522	X				11-1:45, WF	masks, large gloves	John Edmondson - westpresby@gmail.com
Women's and Childrens Free Restaurant	1408 N Washington St	324-1995	X				11-1, TW	Grocery Box, "ways to give" on web	www.wcfrspokane.org
WSU Spokane Campus Pantry	SAC Building Loading Dock/Mail: Academic Center 107	wsuhealth.campus-pantry@wsu.edu.	X				12:45-2:45, TH	donations box outside the pantry: shelf-stable items, toiletries and school supplies. Volunteers sign up on FB	facebook.com/WSU-CampusPantry/ WSU and EWU

FOOD BANKS & FARMERS MARKETS IN SPOKANE BY CALENDAR

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

FOOD BANKS & CLOTHING BANKS IN SPOKANE VALLEY AND RURAL SOUTH

Organization	Address	Phone	Food	Clothes	Household	Hygiene	Hours	Donations	qualifications/ contactinfo
HRC Ministries Foodique	14415 E. Sprague Ave	879-3773	X					distribution to 3 food banks, 2 shelters and Communities in Schools in the valley, accepts private and corporate donations	hrcministries.com
Intersection at the River	22421 Euclid, Otis Orchards 99216	953-1519 924-3705	X				1:30-4, Th		facebook.com/IntersectionChurch/
Life River Fellowship Food Bank	2810 N Park Rd, 99212	924-9510	X	X	X		5-7, 2nd F -	looking to expand hrs/days, kids items	liferiver.org
North Palouse Community Food Bank	202 N. Railroad Ave, Fairfield	283-4250	X				9-11, 2nd and 4th Sat		facebook.com/npcfoodbank
Otis Orchards Food Bank	4308 N Harvard Rd, 99027/POB 189	926-6196 842-2355	X	X			11-2 M	produce only	otisorchardssda.org uccsad.org
Peace Pantry	Eastpoint Church 15303 E Sprague Ave, Ste A	533-6800	X		X		10-1, M, 3-6 TH	soups, pastas, canned meats, peanut butter.	peace@eastpoint-church.org
Real Life Ministries	Barker Rd Campus: 1831 S Barker Rd Otis Orchards: 4904 N Harvard Rd	232-0840	X X				8-4 M-F 9-12, 3-6, T-F		https://www.vrl.church
St Vincent de Paul - St Marys	304 S Adams Rd, 99216	928-3210	X					emergency food boxes	oursvdp.com
Spangle Food Bank	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	masks, dry goods, cheese, meat, paypal "donate"	spokanedreamcenter.org
Spokane Valley Partners: Food and Diaper Bank Clothing Bank CLOSED	10814 E Broadway, 99206	927-1153	X	X	X		11-12:35, 1:30-3:15, W; 11-12:45 TH,	Donate Food or Diapers, fundraiser towards \$10,000 matching grant	svpart.org
Valley Assembly of God Food Pantry	15618 E Broadway Ave, 99037	924-0466	X				4-6, W (Donations drop off at table just at inside of front door M-F 9-3)	canned & dried goods. Donate on church web, scroll type of donation to mark as "foodsite"	info@valleyassembly.org

FOOD BANKS & CLOTHING BANKS IN WEST PLAINS

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

FOOD BANKS IN SPOKANE COUNTY BY CALENDAR

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

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
COVID 19 Non-Compliance reporting 477-2684

Referrals and Resources:

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

City Resources, Spokane Cnty

Airway Heights:
<http://www.cawh.org>
 Resource, Food support, utility bills, internet access, worker and business support, DOD restrictions, education resources
CHENEY WA
<https://www.cityofcheney.org/CivicAlerts.aspx?AID=181>
DEER PARK
www.cityofdeerparkwa.com
 City Hall closed till further notice will not receive visitors
LIBERTY LAKE
www.libertylakewa.gov
 Liberty Lake Library closed till further notice
MEDICAL LAKE
<https://medical-lake.org>

To help reduce exposure to the COVID-19 (Coronavirus) virus, all City buildings will be closed to the public through March 31. Please use the utility payment drop box for payments. 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

FOOD BANKS & CLOTHING BANKS NORTH SPOKANE COUNTY

Organization	Address	Phone	Food	Clothes	Household Hygiene	Hours	Donations	qualifications/contactinfo
God's Love International	4006 W Staley Rd	312-9875	X					godsloveinternational.com
GreenHouse, The	211 N Fir St, 99006 Mail: PO Box 62	276-6897	X	X	X	FB: 1-4, MWF drive thru - 1x or by client list The Porch (anyone weekly)	Drop-off 9-4, MWF Food and monetary donations only at this time. diary, bread, snacks	greenhousefoodbank@gmail.com thegreenhouseonline.org
Mead Food Bank - POB 53	Mead UMC, 12611 N Wilson, 99021	466-7068	X			4-6:45, W, bread & produce 4-5, Sun	canned fruits,soups, personal hygiene , Toilet paper, baby wipes, diapers 12:30- 6:45 pm, W, Sun 3-5	facebook.com find donation link
New Hope Resource Center	4211 E Colbert Rd, 99005	467-2900	X	X	X	9-11, TTh	toothpaste, shaving cream, shampoo, toilet paper and baby wipes.	newhopere-source.org
North County Food Pantry	40015A N Collins Rd/PO Box 388, 99009	292-2530	X			11-2, M; 9-noon W	toiletries, especially soap; hand soap, bath soap and laundry soap. Pet food	Joe & Sandra Harvey ncfpantry@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

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](https://www.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.

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
JeffEdwards.corbinseniorcenter.org
Closed March 17- March 31

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

Hillyard Senior Center
NE COMMUNITY CENTER 482-0803
4001 N Cook, Spokane 99207
hillyardseniorcenter@yahoo.com

hillyardseniorcenter.org
Cancelling major events. Clients can call into staff.

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

Northeast Community Center
4001 N Cook, 99207 **487-1603**
necommunitycenter.com **Fax: 489-3849**
Since March 19, have began implementing basic health screening at a single point of entry to the facility. In conjunction with Unify Community Health, ALL agency staff and visitors to the Northeast Community Center will be subjected to a brief non-invasive health screening prior to entering the facility. It includes basic health and recent travel questions, and taking temperatures. Anyone exhibiting signs and symptoms of illness may be denied entry or referred for further testing. The Zone - will work to supply children and families with meals, food, toiletries & safe places.

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

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

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

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

West Central Community Center
1603 N Belt St, 99202

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

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

ENERGY AND RENT ASSISTANCE

Moratorium on Evictions (Spokane)
The city of Spokane expanded its emergency order to include a moratorium on evictions and foreclosures. The Spokane moratorium halts all notices to terminate and all evictions and foreclosures and stops late fees for April rent. It applies to both commercial and residential evictions. It also provides an exception for notices to terminate for the safety of residents in the building. This order fills the gaps left in the statewide moratorium on evictions.
(Washington State)
COVID-19 EVICTION MORATORIUM COMPLAINT FORM - WA State Office of Attorney General
<https://fortress.wa.gov/atg/COVID19EvictionComplaintForm.aspx>

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

Caritas 326-2249
emergency assistance for families in crises.

Cheney Outreach
235-8900
Basic Emergency Assistance for low income, elderly, disabled, must live in Cheney

Catholic Charities Coordinated Housing and Homeless Families Assessment of Spokane 325-5005
Emergency homelessness prevention through loans and

grants to pay rent.

Financial Help line 625-6650

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

Greenhouse 276-6897

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

Medical Lake Outreach 299-3819

rental. Utility assistance for seniors, low income, disabled

MLK Center 455-8722

rental. Utility assistance

Parish Social Ministries

(509) 455-2253

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

Project Share

spokaneutilityhelp.org

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

Spokane Valley Partners

927-1153

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

SNAP Energy Asst. 456-7111

Spokane Area Tenants United (SATU) 578-5068

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

Spokane County Community Services 477-5722

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

Spokane Housing Authority 328-2953

Offers rental assistance through HUD Section 8 voucher program.

Spokane Valley Partners

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

Tenants Union of WA State

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

UHelp Program Spokane City Hall

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

FARMERS MARKETS & LOCAL FARMERS

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

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

Christ Kitchen 325-4343

2410 N Monroe, Spokane 99205
christkitchen.org
Population it serves doesn't need any more trauma in their lives, so staff have contacted each of them and is working with them to

ensure money continues to come in. Welcomes donations support the ministry in this time. Hopes to receive government funding. Products are still available for purchase at Yokes, Rosauers, and Super 1 Foods. Working to keep those shelves stocked.

Farmers Markets

<https://www.inwfma.org>
Emerson-Garfield Farmers' Market - no date
Fairwood Farmers Market - May 12
Hillyard Farmers Market - June 22
Liberty Lake FM - June 6th
Millwood FM - mid May
Spokane Farmers' Market - May 9
Spokane Valley - June 6
Thursday Market (Perry) - May 2
West Central Market - no date

Farm Coop/Local Producer Hubs - Delivery

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

Community Supported Farm

URBAN EDEN FARMS
2121 S Cherry St, 99224 953-7863
<https://www.facebook.com/Urban-Eden-Farm-163141713742296/?ref=hl3>
<http://urbanedenfarm.com>
Get your local, organically grown greens. offers Fram Stand Saturdays 9am to Noon. Greens, benas, arugula, mizuna, watercress, nettles, spring lettuce mix. Plant starts: Xhard, Kale, Raspberries, Rhubarb, Marjoram
Please observe the 6ft rule. Receive a vegetable bounty with \$400 membership for 12 weeks

FOOD & HYGIENE DONATIONS

Blessings under the Bridge

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

Catholic Charities Eastern WA

12 E 5th Ave, 99202 358-4250
ceasternwa.org 800-831-1209
We need volunteers
EMERGENCY SUPPLIES: Needs emergency supplies for its programs. The list of needed items can be found at <https://www>

ceasternwa.org/covid-19, and 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.

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

Food Continuity Task Force

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

Giving Back Packs

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

Hispanic Business Professional Association hbaspokane.net

POB 3661, 99220
hbaspokane@gmail.com
Offers mobile food banks
If anyone needs food during these difficult times, write down the dates where several Spokane Latin organizations will join forces to attend to our community! Information about your health will also be distributed and how to

protect yourself / avoid COVID-19 in your person and in your homes. Also including medical centers where you can attend to be attended in case you do not have medical insurance. Finally, don't forget to fill out Census 2020! Make Count! If you need help filling out the census, you can bring your form and we'll help you!

Mobile Food Banks:

April 19, 3-5 pm

St Joseph's Catholic Church, 1503 W Dean

Comunidad Cristiana

15303 E Sprague

April 26/May 3

De Leon Foods 15530 E Sprague

HRC Ministries 879-3773

14415 E. Sprague Ave

POB 14257, Spokane Valley 99214

warehouse@hrcministries.com

hrcministries.com **Off 922-0939**

Works to feed vulnerable seniors and at risk children. Food Drop-off Tuesday-Thursday. 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.

LDS Welfare Home Storage Center - Bishop's Store House

9423 East 4th Avenue

SPOKANE 99206 **928-1035**

Friday: 10:00 AM - 5:00 PM

Saturday: 10:00 AM - 3:00 PM

<https://providentliving.churchofjesuschrist.org>

for member of LDS or friends in need

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-](https://littlefreelibrary.org/best-practices-at-little-free-libraries-during-the-coronavirus-outbreak/)

[at-little-free-libraries-during-the-coronavirus-outbreak/](https://littlefreelibrary.org/best-practices-at-little-free-libraries-during-the-coronavirus-outbreak/)

Mission Community Outreach

1906 E Mission Ave, 99202

536-1084 4mission.org

mcoc.spokane@gmail.com

The volunteer-run clothing 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 delivers 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. FOOD BOX DELIVERY Program The Salvation Army is willing to temporarily schedule and deliver perishable and non-perishable food boxes to those that are afraid to venture out, are facing food insecurities currently due to layoff, or do not have the transportation

to make a trip to a local food bank. Here are the guidelines for the delivers/pick-ups

DELIVERY

There will have to be ten (10) or more delivers to one spot. Unfortunately, we do not have the staffing or volunteer base to do only one (1) or two (2) food boxes at various locations.

Due to the large amount of food that The Salvation Army is processing, we will not be able to customize food boxes to meet any dietary or allergy restrictions. We ask that the recipient gift the food item to someone else if they are unable to use it.

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

Please have each household fill out and sign the Food Box Delivery/Pick-Up Registration Form.

PICK-UP

If you are picking up for a complex, please have each household fill out and sign the Food Box Delivery/Pick-Up Registration Form. By signing the form, it is allowing you to pick up for their household.

ALL HOUSEHOLDS

Please have each household fill out and sign the Food Box Delivery/Pick-Up Registration Form.

All households must be willing to give The Salvation Army demographic information so we can track statistics and gross poundage leaving our food pantry.

Remember to have forms filled out for both Delivery and Pick-up. If The Salvation Army does not receive a form, we will be unable to provide you with any food boxes.

If this is something that would be beneficial to your guests, please call The Salvation Army Family Resource Center and ask for Elisha Roberts, Monday through Friday 12:30 to 4:30 PM, to set up a time to pick-up or set-up a delivery option for your neighbors or guests. The Family Resource direct line is (509) 325-6821.

Second Harvest of the Inland NW

1234 E Front, 99202 **534-6678**

2-harvest.org **Fax: 534-8252**

Offers instant help, money and volunteers to distribute more food for students, evaluating needs of partner agencies as many of them made adjustments to keep everyone safe. Looking at ways

to respond better to community needs, mobile distribution of food in the county still ongoing, targeting high needs partners. Depends on volunteers, and is making adjustments on how volunteers can help, reboot its schedule to honor social distancing.

SNAP Cuisine for Clients

https://app.mobilecause.com/e/5gOYxQ?fbclid=IwAR2kFMkV3X72TWF169pxGLfDDJEOgkF3LmV0vXo3iRIHM6gpxdyUZg8dON8&mc_cid=12b67a7d4e&mc_eid=eefb6e5bb5&vid=74gqm

Your donations will be used to purchase meals from SNAP-supported restaurants and donated to residents living at our affordable housing properties

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 Area Jewish Family Services

director@sajfs.org

1322 E 30th, 99203 **747-7394**

Exec Dir: Neal Schindler sajfs.org providing food to clients, usually delivering it to their doorsteps but not having contact (we call to schedule the drop and call right after to let them know it's there). accepting food donations at the temple; drop-off can be arranged with me and happens right outside the building – no contact. We're helping clients negotiate the landscape of ongoing and emerging resources, and we're doing reassurance calls to vulnerable clients. We have disbursed some emergency funds but are running low and awaiting possible financial aid from SBA. The event is now virtual, and info is here: <http://sajfs.org/virtualbenefitevent/>

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.

Spokane County Mutual Aid

is an all-volunteer grassroots network operating in Spokane County. We formed as a response to the COVID-19 outbreak and are working within our community to build better neighborhood-based systems of support. The collective can currently help with needs such as grocery shopping, prescription pick-up and financial assistance. If you want to help or need support, you can fill out the appropriate quick form below. For more information, please visit mutualaidspokanecounty.com. You can also find us on Twitter: @spocytmutualaid, Facebook: Spokane County Mutual Aid, and Instagram: @spokanecountymutualaid, or call our free hotline at (503) 662-7912. We can also be reached via email at spokanecountymutualaid@gmail.com.

SNAP (Food Stamps)

877-501-2233

Women's Hearth - TRANSITIONS

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

HOSPITALS & RESOURCES

Blood Donation:

American Red Cross redcross.org

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

CSL Plasma, Inc

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

Vitalant 800-423-0151

vitalant.org
INLAND NW BLOOD CNTR
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 - VERDALE 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 AND FOUNDATIONS

wahealthplanfinder.org

Ambetter - from Coord Care

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

Amerigroup

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

Better Health Together 1209

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

Community Health Plan of WA 866-907-1904

wecare.chpw.org

Empire Health Foundation

1020 W Riverside, 99201

PO Box 244, 99210 315-1323
colleen@empirehealthfoundation.org
empirehealthfoundation.org
Invests in ideas and organizations that improve access, education, research, public policy and wellness to improve overall health to the region's residents. Partnered with Innovia area grant cycle in relationship to Covid 19 response

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

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

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

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

Providence (Health insurance)
healthplans.providence.org/
Customer Service
503-574-7500 800-878-4445

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

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

UnitedHealthcare, Community Outreach and Medicare Resources 481-1755
Community Outreach (Medicare Resources). available by telephone only to assist those with Medicare resources.

KIDS FOOD AND CARE

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

CENTRAL VALLEY #354 228-5400
19307 E Cataldo cvsd.org
Spokane Valley 99016
FREE Meals for Kids
Kids, age 18 and under, can enjoy a free, nutritious, grab-and-go, drive-through breakfast & lunch while schools are closed. Starting on Tuesday, March 17th, 10 a.m.-1 p.m. at 11 designated locations so far. More will be added. Registration is not required and children do not need to be a CVSD student to participate. Children must be present to pick up. Locations: Look for the CVSD school bus
Locations: Look for the CVSD school bus out front

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

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 mlsd.org

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

NINE MILE FALLS 9mile.org 340-4300
10110 W Charles Rd, 99026
Locations & times:
Lakeside High School Bus Loop - 5909 Hwy 291 - 11-11:30 a.m.
Lakeside MS Bus Loop - 6169 Hwy 291 11:15-11:45 a.m.
Nine Mile Elem Bus Loop - 10102 W Charles Rd, 11:15-11:45 a.m.

Lake Spokane Elementary Bus Loop - 6015 Hwy 291 - 11:30 a.m.-12 noon

ORCHARD PRAIRIE 467-9517

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

VALLEY 888-284-5719

3034 Huffman Rd, 99181
valleysd.org **937-2413**

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

WEST VALLEY wvvsd.org 924-2150

2805 N Argonne Rd, 99216
West Valley offers breakfast and lunch to any student 18 years of age or younger.

Elementary schools, CMS and WVHS will distribute “drive through” meals to go from 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.
W Nora Ave @ N Jefferson St - 10:55-11:05 a.m.
W Spofford Ave @ N Madison St - 11:06-11:21 a.m.
W Nora Ave @ N Walnut St - 11:24-11:34 a.m.
W Indiana Ave Between Maple & Ash - 11:34-11:44 a.m.
W Mission Ave Between Maple & Ash - 11:46-11:55 a.m.

Cooper Area - Yellow

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

Sheridan Area - Green

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

Stevens Area - Pink

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

Hutton Area - Purple

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

Regal Area - Orange

E Hoffman Ave between N Haven St & N Market St - 10- 10:15 a.m.
E Everett Ave @ N Haven St - 10:17-10:32 a.m.
E Mt Baldy Ln @ N Havanna St - 10:40-10:55 a.m.

E Crown Ave @ N Freya Ave - 11-11:15 a.m.
E Olympic Ave @ N Rebecca St - 11:16-11:31 a.m.
N Florida St - north of Longfellow Ave @ the park -11:34 - 11:49 a.m.

Learning at home: District has assembled a thorough collection of resources with schedule ideas, sample daily plans and learning at home guides – for families to use during the school closure as they see fit. These are available at spokaneschools.org/LearningAtHomeResources. Structure and routine are strong elements to reducing anxiety, but district recognizes that nothing about this is routine. Teachers are connecting with students and parents, answering questions, sharing materials, clarifying directions and assisting with access to digital resources.

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

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

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

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

KIDS MEALS (NON-PUBLIC SCHOOL)

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

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

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

Volunteers of America

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

Restaurants (free food for kids:

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

WEEKEND MEALS/ FOOD BACKPACKS

Second Harvest

Partners with schools and community partners for Bite2Go to get weekend food supplies to children in need during the school year. The Bite2Go kits include a good mix of healthy, kid-friendly, easy-to-open, single-serving, nonperishable food items to cover meals and three snacks over the weekend. The shelf-stable milk, juice, cereal, entrees and snacks are safe for children to handle on their own because they don't require any cooking or other preparation. Each week, staff members at participating schools put the packages of food discreetly in the backpacks of students in need. For information, contact Chris Sloan at 252-6283 or chris.sloan@2-harvest.org.

Spokane Valley Partners Food For Thought

10814 E Broadway,
Spokane Valley 99206
PO Box 141360, 99214
Food For Thought provides weekend meals for over 500 students each week to help improve school performance, academic success and cognitive development.

CHILD CARE & YOUTH CENTERS

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

Childcare Aware - Family Center 800-446-1114

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

Northeast Youth Center

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

Vanessa Behan Crisis Nursery

2230 E Sprague, 99202 535-3155
kristena@vanessabehan.org
vanessabehan.org Fax: 534-7099
Concerned about the potential increase in child abuse and neglect during the COVID-19 crisis with schools closed six weeks, is offering support to children and families on its website and social media. Parents with limited support face difficult decisions about child care. Vanessa Behan is considering how to increase services for parents needing childcare. Supplying diapers, wipes and formula during business hours.

SHELTERS

The City Gate Women's Shelter

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

Family Promise

Mail: 904 E Hartson, 99202 747-5487
Open Doors: 2002 E Mission, 99202
familypromiseofspokane.org

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

Jewels Helping Hands Cannon Street Warming Center

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

House of Charity

CATHOLIC CHARITIES 624-7821
32 W Pacific, 99204
cceasternwa.org
HOC continues to offer breakfast, lunch, showers, laundry and mail between 7:30 a.m. – noon each day. 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.
828-3149, 385-1860, 202-3830

Spokane Downtown Library Shelter

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

St Margaret's Shelter 624-9788

CATHOLIC CHARITIES cceasternwa.org

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

Truth Ministries Spokane
1910 E Sprague, 99202 **456-2576**
jmktruth@yahoo.com
truthministries.org
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

SMALL BUSINESS & EMPLOYMENT

<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>
[facebook.com/groups/SaveSpokaneSmallBusinesses/](https://www.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/TANF \(only Job Search\) \(509\) 532-3127](https://www.insurance.wa.gov/TANF_(only_Job_Search)_532-3127)

[access.wa.gov](https://www.access.wa.gov) [allegisgroup.com](https://www.allegisgroup.com)
[doc.wa.gov/about/jobs/default.htm](https://www.doc.wa.gov/about/jobs/default.htm)
[careercast.com](https://www.careercast.com) [coolworks.com](https://www.coolworks.com)
[collegerecruiter.com](https://www.collegerecruiter.com) [craigslist.com](https://www.craigslist.com)
[cybercoders.com](https://www.cybercoders.com) [dhr.idaho.gov](https://www.dhr.idaho.gov)
[dol.wa.gov](https://www.dol.wa.gov) [esd.wa.gov](https://www.esd.wa.gov)
[gettinghired.com](https://www.gettinghired.com) [indeed.com](https://www.indeed.com)
[hellospokane.com](https://www.hellospokane.com) [jobs.net](https://www.jobs.net)
[insourced.com](https://www.insourced.com) [linkedin.com](https://www.linkedin.com)
[labor.idaho.gov](https://www.labor.idaho.gov) [myspokane.org](https://www.myspokane.org)
[metrospokanejobs.com](https://www.metrospokanejobs.com)
[regionalhelpwanted.com](https://www.regionalhelpwanted.com)
[simplyhired.com](https://www.simplyhired.com) [serviceidaho.com](https://www.serviceidaho.com)
[spokanejobs.com](https://www.spokanejobs.com) [spokanevalley.org](https://www.spokanevalley.org)
[classifieds.spokesman.com/search/employment/](https://www.classifieds.spokesman.com/search/employment/) [spokanecounty.org](https://www.spokanecounty.org)

[usajobs.gov](https://www.usajobs.gov) [washjobs.com](https://www.washjobs.com)

AHANA bencabildo@gmail.com
Ben Cabildo **999-5365**

<https://ahana-meba.org/>
We're here to help multi-ethnic, multi-cultural businesses navigate state and federal COVID-19 business stimulus options. AHANA has been contracted by the Department of Commerce through their Small Business Resiliency Assistance program to assist and provide technical support for small businesses in underserved and under-represented communities affected by the COVID-19 pandemic. Underserved communities include ethnic and/or racial minorities, immigrants and refugees, Native Americans, youth, individuals with disabilities or deafness, and who identify as LGBTQ. Technical support and assistance may include: Navigational and technical assistance with contracts and applications. Translating and distributing information. Mentorship, education and/or training. Planning for recovery and re-opening and support of their workforce. Potential COVID-19 recurrences. These services are available through August 31, 2020.

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

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

Craft3 Eastern WA
10 N Post Street, Suite 220
99201 **888-231-2170x250**
mhusley@craft3.org
Existing clients and those exploring ways to bridge a downturn in revenues may visit the website and use the navigation tabs, to find COVID-19 resources and information for businesses, nonprofits and individuals.

Craft3 has also changed business operations to align with current recommendations from public health professionals—reducing corporate travel, instituting work-from-home policies, and deep-cleaning all physical office spaces. With many employees operating remotely, several of offices are closed and unstaffed.

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

Employment Agencies, Temp or Long Term
EXPRESSPROS 747-6011
expresspros.com

Financial Help line 625-6650
Spokane Public Libraries
getting started with financial recovery resources for Spokane County small businesses and Individuals

Home Deliveries, Restaurants
Heard a good suggest before going with an app check with the restaurant if they are open and offering direct home deliveries most restaurant delivery app result in loss of 30-40 percent of that meal to the app and the delivery.
https://docs.google.com/spreadsheets/d/1-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.

Job Corps 800-733-JOBS (5627)
jobcorps.gov
Spokane Job Corps
3012 N Nevada St, Ste 1, 99207
Hugh Russell **340-7813**
Russell.hugh@jobcorps.org
Brandie Batt **340-7816**
batt.brandie@jobcorps.org

Nation's largest career technical training and education program for students 16 -24

New Leaf Bakery Cafe Job Training - Transitions
930 N. Monroe St.
Spokane, 99201 **496-0396**
help4women.org 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 opendoorsspokane.com to learn about GED services, classes, access tutoring, and receive study packets on-line. Classes will be available on Facebook Live starting April 13th. Young adults can also connect with a Career Coach to help with career exploration and training opportunities. Please visit nextgenzone.org, stay tuned to Facebook for updates, or call at 340-7800 for information.

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

Small Business Admin sba.gov
-WSU SPOKANE 353-2800
801 W Riverside Ste 444, 99201
Develops small business loan and assistance programs, special outreach efforts and initiatives to aid and inform small businesses.

SNAP Financial Access 456-SNAP
500 S Stone, 99202 snapwa.org
SNAP THE BUSINESS CENTER
Nicolle Hansen
319-3030

hansen@snapwa.org
One-on-one consulting, business training and support services, access to resources, and networks for business owners.

SNAP BUSINESS DEVELOPMENT
Technical assistance and financing for people interested in starting or expanding a small business.
SNAP WOMEN'S BUSINESS CENTER
Harry Birak 456-SNAPx4116
birak@snapwa.org

Spokane Independent Metro Business Alliance

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

Spokane Resource Center

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

UGM Motors 327-4357

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

Washington State Commission on Asian Pacific American Affairs

During trying times, please note there are places currently hiring - good union job opportunities. These are above minimum wage,

with benefits. Apply here directly with the employer:
<http://abm.jobs.jobaline.com/index.html>

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

WorkSource Spokane
888-316-5627
worksourcewa.com
SPOKANE OFFICE 532-3000
130 S Arthur, 99202
Go2worksource.com Fax: 532-3110

Provides a wide range of no-cost employment and training resources and programs provided by state and local agencies and organizations. After March 19, the WorkSource Spokane Campus and its partners at WorkSource Spokane, the Spokane Resource Center, Talent Solutions by WorkSource Spokane, and the Next Generation Zone were not available for in-person appointments. WorkSource Spokane continues to be available by phone at 532-3120. <https://worksource Spokane.com/covid-19>

VULNERABLE POPULATIONS

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

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

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

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

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

Target
Senior citizens, and people with

compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

Walmart
One hour Tuesdays before opening for 60+

Whole Foods
One hour before opening for 60+

CRIMINAL JUSTICE

Asian-Pacific Islander Coalition - APIC
apicspokane.org
vsiazoo@aol.com 869-5660
apic.spokane@gmail.com
Offered Anti-Asian Racism Bystander Intervention Training

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

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

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

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

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

in need in the community

Spokane County District Court

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

DISABILITIES

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

The Arc of Spokane 328-6326
320 E Second St, 99202
sthorpe@arc-spokane.org
arc-spokane.org Fax: 328-6342
From March 17 to April 24
Suspending ALL activity

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

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

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

People First of Washington

-LILAC CHAPTER 991-5861
Downtown Library 901 W Main,
99201 4pm, 2nd & 4th T
peoplefirstspokane on FB
John Lemus

Spokane county online peer support for those living with disabilities and their families will be available each morning informing on resources available. A peer to peer chat to help those with anxiety, resources, food, water, transportation is from 10 a.m. to 5 p.m. in Spokane and Seattle with hopes of going 24 hours almost immediately. Seeking volunteers to help emergencies. Wednesdays will hold online student first club meetings for existing clubs to support each other. Tuesdays live broadcast at 5 p.m. to share and then again a live update at 7 p.m. with a full list of peer support for those with disabilities. Toll free number for Spokane County peer support is 855-473-3711 844-4peer11.

Project ID 475-7185

4209 E Pacific, 99202
PO Box 18703, 99228
projectidspokane.org
Closed but is providing clients with fun activities to stave of cabin fever.

SKILS'KIN 326-6760

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

Spokane Center for Independent Living (SCIL) 326-6355

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

St Luke's Rehabilitation Institute

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

Cardiac & Pulmonary clinics will be temporarily closed beginning March 23. Adult outpatient services at the main campus will continue to remain open for urgent and emergent patients as designated by the patient's health care provider. These visits will be on a staggered schedule in adherence to social-distancing guidelines.

IMMIGRANTS & REFUGEES

AHANA *bencabildo@gmail.com*

Ben Cabildo **999-5365**

<https://ahana-meba.org/>

We're here to help multi-ethnic, multi-cultural businesses navigate state and federal COVID-19 business stimulus options.

AHANA has been contracted by the Department of Commerce through their Small Business Resiliency Assistance program to assist and provide technical support for small businesses in underserved and under-represented communities affected by the COVID-19 pandemic. Underserved communities include ethnic and/or racial minorities, immigrants and refugees, Native Americans, youth, individuals with disabilities or deafness, and who identify as LGBTQ.

Technical support and assistance may include: Navigational and technical assistance with contracts and applications

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

Refugee Connections Spokane

35 W Main Ave #205,
99201 **209-2384**

RCS@RefugeeConnectionsSpokane.org
refugeeconnectionsspokane.org

Exec Dir: Marijke Fakasiiki
Deliver food to refugees children.

Spokane Immigrant Rights Council

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

To provide financial support to immigrant families who are impacted by the pandemic and don't qualify for federal and state benefits. Please donate today to

help us raise the money needed to help immigrant families pay rent and meet basic needs. If you can afford to please consider donating a portion of your \$1200 federal stimulus check. 100% of your donation will go directly to immigrant families in Spokane.

Spokane International Translation

104 S Freya, Ste 104, Lilac Flag Bldg, 99202 **327-8064**
sit@perciba.com **Fax: 327-8016**
spokanetranslations.com

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

World Relief Spokane 484-9829

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

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 anytime, call Warming Line 877-500-9276
All services still available, accepts WA Apple Healthcare (Medicaid). Intake is first come, first served, intake from 7:30 a.m.-3 p.m. After intake, the wait is approximately one week to see a counselor with the option to start weekly sessions.

Genesis Institute, Inc 467-7913

1220 N Howard St, 99201
genesisinstitute.org
Offers Telehealth appointments. Mental Health Counseling, we offer a sliding scale to those in need.

Healing Lodge of the Seven Nations hotline 533-6910

5600 E 8th Ave, 99212
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.

Passages - Family Support

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

Peer Spokane

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

Pioneer Center East 325-2355

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

achieve full recovery.

Pioneer Human Services - Boone 325-7232

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

Recovery Café Spokane

COMMUNITY-MINDED ENTERPRISES
214 N Cedar, Spokane 99201
Direct: (509) 960-8525
Client Services: (509) 960-8529
Fax: (509) 290-6986
community-minded.org
Recovery Café Spokane is a nonprofit organization serving people in recovery. A program of Community-Minded Enterprises, it operates on state, federal and private funding as well as donations. Has about 173 active members and focuses on serving people in Spokane County. Is taking phone calls for telephone support Monday – Saturday from 9-4 and providing take out lunches to members and the community from 12-1 Tuesday-Friday.

The Salvation Army

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

SPARC (Spokane Addiction Recovery Centers)

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

Spokane Regional Health District

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

Spokane Treatment & Recovery Services - STARS

105 W 3rd Ave, 99201

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

Sunshine Terrace

1102 S Raymond Rd 892-4342
Spokane Valley 99206 shfi.com
Provides long-term living opportunity. 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@ceasternwa.org.

SHOPPING ANGELS: Volunteers shop for a bag of basic needs, essential items for seniors who are unable to leave their homes. To assist, visit <https://www.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

Helpful Plates 362-6642
3151 E 27th, 99223 Kerry
Brandy 216-6423,
Melinda 434-4303
offers a weekly menu to seniors call or email, these meals are for your freezer, and good up to three days. They deliver on Tuesday, Fridays, and Saturdays, and every Wednesday from 2pm -5pm. Only accepting cash or checks.

Mid-City Concerns/Meals on Wheels Spokane 747-3257
1222 W 2nd MOW 232-0864
Spokane 99201 mowspokane.org
director@mowspokane.org

Closed as of March 17 until it is deemed safe for senior social gatherings to resume. Working with Senior Center members to coordinate care and sustenance of mind and body during this time. Delivering warm meals to 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.

UnitedHealthcare, Community Outreach and Medicare Resources 481-1755
Community Outreach (Medicare Resources). available by telephone only to assist those with Medicare resources.

TRANSPORTATION

Community Living Connections:

If you have questions about obtaining food, transportation, supplies, etc.. Please call our helpline (509) 960-7281. Our helpline will continue to operate and answer questions during these challenging times." The reason being they have new resources internally for the delivery of groceries and pharmacy to the door of the client, and essential services on a case by case situation. (no target population for expanded service)

COAST 397-2935
COAST is still running with reduced operations at this time, essential and life-sustaining travel only—medical appointments, grocery, pharmacy. Subject to volunteer availability. Reserve 48 hours in advance. Transports elderly or the disabled from Rockford,

Spangle, Latah, Fairfield and other southern Spokane County areas to destinations within the STA service, wheel chair accessible when necessary. 8 a.m.-4:30 p.m., Mondays to Fridays. \$0 - donations accepted.

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

Just For You - Senior Services justforyouseniorservices.com 939-9971
48 hr notice. M-F, 7 AM - 6 PM, Can pick up and deliver groceries and if pre-ordered. Primarily Spokane County but will go elsewhere. People must be able to get into car on their own. Call for estimates. 25 percent cheaper than a cab. Subject to availability of drivers.

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

MedTran (800) 550-3782
gomedtran.com
24 hr notice; on demand but not guaranteed. M-F, 8AM to 6PM. Non-Emergency Medical Transportation. Offers Wheel Chair Transportation. Call for estimates, covered by Medicaid with SMS and private pay

New Hope Resource Center (509) 467-2900
Must reside North of Hawthorne Rd: Riverside, Elk, Chattaroy, Colbert, and Mead, but Not Deer Park. Reserve one week before, Tuesdays and Thursdays: 9:30 a.m. to 1:30 p.m.; Wednesday evening hours: 6 - 8 p.m. only by appointment. Not wheelchair accessible but must be ambulatory or with caregiver. Seniors and people with disabilities, but not accepting new clients at this time.

Precious Cargo 951-9380
Non-Emergency Transportation anywhere needed in the region. Wheelchair accessible. Reserve, 4 a.m.-5 p.m.

SMS Medicaid
sms1.org 534-9760

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

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

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

STA ParaTransit 328-1552
spokanetransit.com
Rides for seniors program is still active, they just were at some 1500 rides a day and now have the capacity to work in new ways (with meals on wheels)

STA Vanpool 326-POOL
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 with in 40 miles.
Wheel chair accessible

Volunteer Chore Services

459-6172/459-6171 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

DVSA Text Line 220-3725

Child WELFARE (DCYF) 800-557-9671
-Intake 800-557-9671
-After hrs 800-562-56234

Abuse Recovery Ministry

Spokane (ARMS) 866-262-9284
abuserecovery.org
Brings healing and transformation, from a faith perspective, to those impacted by domestic violence and controlling relationships. Continuing services through zoom calls and more.

Breast Intentions 995-1295

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

CAPA - Childbirth & Parenting Assistance/PREPARES

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

Inland NW Diaper Bank

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

Lutheran Community Svcs NW

210 W Sprague Ave, 99201
[lcsnw.org/Spokane](#) **747-8224**
24/7 Sexual Violence & Crime Victim Support Line is operational. .
24/7 Sexual Assault Support Line 624-7273

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

MyChoice 462-4000

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

Nurse Family Partnership

SPOKANE REGIONAL HEALTH DISTRICT
1101 W College, 99201
[srhd.org](#) **324-1621**
Continues to visit and enroll clients using telehealth to maintain contact with enrolled clients and provide support and education over the phone or via video conferencing. Offers pre- and post-natal education, mother/infant/child care coordination, follow-up for families with children. Health education, screenings; support and education on infant/child care, growth and development, parenting, health, home safety and nutrition.

Project Beauty Share 455-3537

216 N Bernard St, 99201
[projectbeautyshare.org](#)
Collects cosmetics and beauty products for agencies to give out. Shelters need these services more than ever. Still accepting products via mail and financial donations through website to help continue its mission and operations.

Teen & Kids Closet 534-1151

307 E Sprague [teenkidscloset.org](#)
Spokane Valley 99202
PO Box 4099, 99220
[contact@teenkidscloset.org](#)
Offers clothing and household items for foster kids and teens or those of low-income. Appointment

only by referral from school official or social worker, referral can be made online. Teen & Kid Closet will temporarily suspend operations, including receiving financial and physical donations.

WIC 800-322-2588

Text "WIC" to 96859

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

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

-WIC SRHD 324-1620 x4

-WIC WEST CENTRAL COMMUNITY CENTER 323-7497

Women's Healing & Empowerment Network

PO Box 9637, 99209
Pres: Mable Dunbar [whennetwork.com](#)
Because of the requirement to stay home, there has been a large increase in domestic violence incidents. Victims feel stuck between avoiding the virus (staying home) and reaching out for help (calling 911, contact with law enforcement, going to the hospital). 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.

Guardians Foundation, The

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

Spokane Veterans Home

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

VA Medical Center, Mann-Grandstaff 434-7000

4815 N Assembly St, 99205 [va.gov](#)
Patients and visitors to Mann-Grandstaff VA Medical Center: As a precautionary measure, MGVMC 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