

Mosaic Resource Handbook

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Resource information retrieved from http://www.mlsl.org/cms/lib04/WA01000507/Centricity/Domain/7/Spokane_County%5B1%5D.pdf and from the Multicultural Student Services at Spokane Community College

Easy Reference-SFCC Numbers

***In the case of an emergency
please call 911 first, then call Campus
Safety at 509-533-3333***

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Associated Students.....533-3559

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Bookstore.....533-3565

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Classroom.....533-3841

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Entrepreneurship.....533-7372

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College Literacy Center.....533-3601

Communications

English Department.....533-3600

Communications

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Counseling Center.....533-3525

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Basic Needs & Emergency Resources

[1st Call for Help](#)

838-4428 or (877) 678-4428

This is a confidential 24-hour emergency and crisis information telephone service which helps clients locate and connect with non-profit agencies, support groups and community resources.

[American Indian Community Center](#)

535-0886

**905 E. Third
Spokane, WA**

Hot Lunches Monday – Friday, 11:30am through SASTA transportation. Facility hours; Monday – Friday 1pm – 5pm. The Center, a comprehensive social services agency, focuses on outreach and supportive services to assist American Indian individuals and families in transitional housing or homeless situations. The case manager works with the individual to assist them in accessing housing, financial resources, treatment, and jobs. They also offer life skills classes, daycare, GED classes, mental health counseling, and enrollment assistance in substance abuse programs. The Senior Nutrition Program through Community Health Association of Spokane (CHAS) is located at AICC. It targets those over 55. Hot lunches are served Mon-Fri at 11:30am through SASTA transportation. They also house a food bank serving those in the 99202 zip code.

[Anna Ogden Hall](#)

327-7737

**2828 W. Mallon
Spokane, WA 99201**

Monday - Friday, 8:30 a.m. - 4:30 p.m.; Crisis Shelter. Free. A long-term residential program for women and women with children (boys under 10). Christ-centered approach to healing, personal responsibility and transformation from the inside out. Offers Bible studies, counseling groups, life skills classes, educational/vocational learning center, parenting classes, personal enrichment opportunities, fun activities, exercise, diet and nutrition, case management, opportunities for health management and medical care. Graduates of 12-24 month program may be offered opportunity for paid internship. Admission process requires attending orientation held at Anna Ogden Hall most Fridays - call to RSVP.

[Basic Health Plan](#)

1-800-660-9840

This state governmental program provides low-cost health insurance.

[Caritas Outreach Ministries](#)

326-2249

**1612 West Dalke Ave
Spokane, WA 99205**

Monday, Wednesday & Thursday, 10 a.m. - 1 p.m. Free. Churches in northwest Spokane have united to form Caritas Center. It is a neighborhood center serving the area north of Wellesley and west of Division and the following zip code: 99026 in Spokane County. Food service provided in the area north of Montgomery and west of Division and in the following zip code: 99026 in Spokane County. Provides information and referral services, emergency assistance for food, utilities, transportation and some other needs. Services are limited to available resources. Also provides chore services and transportation for the elderly and disabled. Bakery items and dairy products are given out each day open, if available.

[Catholic Charities Spokane](#)

358-4250

Catholic Family Services is a certified mental health treatment program and provides counseling services for all ages and for various reasons such as family counseling, group counseling, post-abortion counseling, etc. Educational workshops are also provided on an as needed basis. And a variety of other resources.

[Cheney Outreach Center](#)

235-8900

626 Third Street

Cheney, WA 99004

Wednesday, 9 a.m. - Noon; Tuesday, 9 a.m. - 1 p.m., Thursday by appointment. Free, reimbursement encouraged. Provides information, referral, energy assistance and other direct aid for low income, families, individuals, elderly and special needs residents of the Cheney area. Cheney Outreach serves all residents of the Cheney School District #360, excluding Airway Heights.

[Crime Victim Crisis Line](#)

1-866-751-7119

838-4428

All hours every day. Free. This free crisis line serves victims of sexual assault and other crime victims throughout Spokane County. Any victim, family member of a victim, friend, relative or provider may access the crisis line at no cost. It is available 24/7 offering crisis intervention, information and referral, as well as advocacy through certified providers.

[Life Services](#)

2659 N. Ash or 12124 E. 6th

327-0701

Provides free pregnancy testing; early prenatal care; pregnancy education and counseling on all options. Also provides practical assistance with abortion alternatives and material assistance with maternity and infant items based on program participation. Offers housing for pregnant homeless women. Offers post abortion support and relationship counseling. They do not perform or refer for abortions though they do provide information about that option. Provides STD testing and counseling available at the Ash Street office.

Crisis Response Services – Frontier Behavioral Health**838-4651****107 S. Division****Spokane, WA 99202**

Sunday - Saturday, 24 hours. Services, in person or on the phone, are available 24-hours daily to persons of all ages experiencing emotional and/or psychiatric crisis. Face-to-face in-home or community evaluations, crisis intervention and Involuntary Treatment Act services are available as appropriate.

Family Promise of Spokane**747-5487****2515 E Sprague Ave.****Spokane, WA 99202**

Monday - Friday, 9 a.m. - 5 p.m. Referral required from a social service agency. Temporary shelter to homeless children (no age limit) with single parent or mother and father. Parents must be at least 18 years of age. Case management and referral assistance included. Life Skills classes provided to in-house families and After Care case management to discharged families for 6 months.

The Greenhouse**276-8224****W. 12 1st Street****Deer Park, WA 99006**

Monday - Friday, 9 a.m. - 5 p.m. Free. Provides an information and referral service for the North County. Provides a free clothing bank, Deer Park food bank, emergency services, counseling services, furniture, and household items. GED program also available.

Hope House**455-2886****111 W. 3rd Ave****Spokane, WA 99201**

Sunday - Saturday, 8 p.m. - 8 a.m. Free. Provides emergency shelter, hot shower, clean bed, toiletries and nutritional food in a safe, caring environment for single, homeless women 18 and over. On-site case management, referral and support. Safety/protection from violence on the street. Clothing bank for shelter guests as well as any woman in need. Call for clothing bank hours. Also has permanent supportive housing.

House of Charity**624-7821****32 West Pacific****Spokane, WA 99210**

Monday - Saturday, 7:30 a.m. - 3:00 p.m., closes at 2 p.m. on Thursday. Free. A drop-in center serving street people and transients. A mid-day meal is served for senior citizens at 10:45 a.m., and all others at 11:00 a.m. Free medical clinic, Tuesday and Friday at noon. Clothing room is open from 9:30 - 10 a.m. Monday - Friday. Winter-time night shelter first Monday in October through April 30 for homeless men. Women may access clothing bank and facilities during the day, but no overnight accommodations.

[Mission Community Outreach Center](#)

536-1084

1906 E. Mission

Spokane, WA 99220

Monday, Wednesday & Friday, 1:30 p.m. - 4:15 p.m. Free. The Mission Community Outreach Center's Infant Crisis Bank is available for all of Spokane County's low-income families or single parents with an infant birth through three-years old. Residents of Spokane County are also eligible for the Assistance for Domestic Violence Families/Burn Out Victims and Women's Multivitamins with Folic Acid programs. All other services provided by this Center are for low-income families and individuals living east of Division Street to Park Road and north of 16th Avenue to Lincoln Road. Services include emergency resource information, clothing bank (including men's and women's professional clothing), necessities bank, and December Christmas Bicycle and Helmet Program. School supplies are distributed in August and the Center operates a yearly Back-To-School Clothing/Shoes/Coat program.

[New Hope Resource Center](#)

467-2900

4211 E. Colbert Road

Spokane, WA 99005

Tuesday & Thursday, 9:30 a.m. - 1:30 p.m. Churches in far north Spokane have united to form New Hope Resource Center. It serves Mead, Colbert, Elk, Chattaroy, and Riverside areas as well as Spokane north of Hawthorne, zip codes 99005, 99021, 99003, 99009, 99218, and 99025. Provides information and referral services, emergency assistance for food, utilities, and prescriptions. Also provides chore services and transportation for the elderly and disabled.

OMEGA Center

325-1839

1918 W. Chelan Ave

Spokane, WA 99205

Monday - Thursday, 10 a.m. - 2 p.m., every 4th Saturday, 10 a.m. - 1 p.m. Free. An outreach ministry that offers: food bank, children's clothing bank, utility assistance, home chores, transportation for seniors and disabled, referral, and advocacy. Serves areas from Division Street west to the river, and from Indiana Avenue north to Wellesley. Must provide verification of address and picture identification.

Our Place**326-7267****1509 W. College
Spokane, WA 99201**

Monday, Tuesday, Thursday & last Saturday of month, 10 a.m. - 1:00 p.m. Free. Food Bank for West Central area only, (South of Montgomery, West of Division Street, and North and East of Spokane River). Food Bank is open Monday, Tuesday and Thursday from 10 a.m. - 1 p.m. Some clients may receive food every 30 days. Limited emergency financial assistance e.g., emergency utilities, limited local transportation for West Center area only. Clothing Bank open to all. We DO NOT assist with rent. Ecumenical effort of seven churches in the West Central area. Must present photo ID and proof of residence each time of service.

ParaTransit**328-1552**

This is a shared-ride, wheelchair-accessible transportation service for ADA eligible persons who are unable to use Spokane Transit Authority (STA) accessible, lift-equipped buses. All services are pre-scheduled; same day trip requests are made on a space available basis. The reservation desk is open 8:00am-5:00pm daily. Routes can be scheduled between 6:00 am – Midnight, Monday – Saturday, and 8:00am – 8:00pm, Sundays and holidays.

Planned Parenthood**866-904-7721****123 E. Indiana
Spokane, WA 99207**

Provides information on reproductive healthcare including family planning, contraceptives, vasectomies, pregnancy termination, birth control counseling for women, men, and teens; HIV and STD screening; education; and counseling. They have multiple locations and hours vary by location. Call number above for more information on other sites.

Project Access**532-8877****104 S. Freya, Suite 114
Spokane, WA 99202**

Project Access is a community-based, physician-led initiative to expand access to health care for low-income, uninsured residents of Spokane County. They provide physical office visits (both primary and specialty care); surgeries and treatments, both inpatient and outpatient, laboratory and radiology services; hospitalizations, both inpatient and outpatient; prescription medications with a \$4.00 co-pay per prescription; and appointment reminders.

Reduced Fare Card**456-7277****701 W. Riverside
Spokane, WA 99201**

Monday - Friday, 6:30 a.m. - 6 p.m.; Saturday, Noon - 5 p.m. 50 cents per trip, bus pass \$16.50. Provides reduced fares on public transportation for elderly and eligible disabled. Go to Bus Shop for application and photo I.D. card.

[Saint Margaret's Shelter](#)

358-4250

Monday - Sunday, 24-hours. Program fee requested based on ability to pay. This is a shelter located in Spokane. Provides emergency shelter and transitional housing for up to two years for homeless women and children. Must be at least 18 years old, have children in custody (no boys over 12). Call for application and interview.

[Salvation Army Family Emergency \(SAFE\) Center](#)

325-6814

**1403 W. Broadway
Spokane, WA 99201**

Monday - Sunday, 24 hour service. Free. Provides short term Emergency Shelter to single or two parent families. Provides assistance in obtaining permanent housing, advocacy with DSHS and other agencies. The Salvation Army is a Christian organization offering worship & study opportunities to all clients; however, services are provided regardless of religious beliefs to eligible clients.

[Service to the Military \(Armed Forces Emergency Services\)](#)

1-888-737-4306

**315 W. Nora
Spokane, WA 99205**

7 days per week, 24 hour coverage. Free. Provides information and referral, reporting and communication, and access to financial assistance from the military aid societies for emergency travel and basic needs for active duty military members, military retirees and their families.

[Seventh Day Adventist Better Living Center](#)

325-1258

**25 E. North Foothills Drive
Spokane, WA 99205**

Tuesday - Thursday, 9 a.m. - Noon & 1 p.m. - 2 p.m. Free. Provides furniture and bedding to those in need at no charge in any area. Provides food once a month to those living within the area defined by Mission Avenue on the south, Francis Avenue on the north, Monroe on the west, and Perry on the east. This is an emergency service. Small fee for delivery of furniture. Free stop smoking classes, and free vegetarian cooking classes are also scheduled.

[Spokane Transit Authority](#)

456-7277

**701 W. Riverside
Spokane, WA 99201**

Fares vary. Provides public bus transportation. For help with planning your ride or for schedule or service information, call 328-RIDE or TTY 456-4327

Spokane Valley Partners

927-1153

**10814 E. Broadway
Spokane, WA 99206**

Monday - Friday, 9 a.m. - 5 p.m. Free. Provides emergency financial assistance to Valley residents living in the immediate vicinity. Will help with prescriptions, rent and electric bills by appointment. The following programs are available at the Center: Emergency Assistance, Clothing Bank, Nicotine Anonymous, Protective Payee Services, Layette Program, Lend-A-Crib, Food Bank (928-7760), SNAP (456-7110), HEART, Spokane Regional Health Department includes WIC clinic, immunizations and flu shots, health clinic, and visiting nurses. Days and hours vary for each program, please call for information. Community voice mail lines available to clients who need a message phone number. Career Path Services for GED and High School Re-entry ESD101 High School Re-entry.

Telephone Assistance Program

1-800-700-8880

Monday - Friday, 7 a.m. - 7 p.m. Assists low income families with more affordable home telephone services; deposit may be required. Contact your local telephone company. Do not contact your DSHS case worker. The phone company requires your DSHS case number and social security number.

Temporary Shelters

327-9534, Alternatives to Domestic Violence (Confidential), 829 W. Broadway 327-7737, Anna Ogden Hall (Women and Children), 2828 W. Mallon 838-6596, Crosswalk (Teenagers), 525 W. Second 455-2886, HOPE House Women's Shelter (Women), 111 W. Third 624-7821, House of Charity (Men, Winter only), 32 West Pacific 325-6814, Salvation Army (Married Couples, Families w/Children), 1403 W. Broadway 535-8510, Union Gospel Mission (Men), 1224 E. Trent Ave

Union Gospel Mission

535-8510

**1224 E. Trent Ave.
Spokane, WA 99202**

Monday - Friday, 8:30 a.m. - 5 p.m. (shelter 24 hours). Free. Emergency shelter for men, offering a variety of support services to the poor and homeless. Services include: free clothing, lodging, meals, long-term rehabilitation programs, haircuts, laundry, 12-step support groups, and Christian-based counseling and Bible studies. A free medical clinic is open on Wednesday afternoons from 1 p.m. - 4 p.m. on a first come, first served basis. Eye exams are available by appointment on Thursday mornings from 9:30 a.m. - 11 a.m.

Vanessa Behan Crisis Nursery**535-3155****1004 E. 8th Ave
Spokane, WA 99202**

Sunday - Saturday, 24 hours. Free. Offers immediate, short-term care for children birth - 6 years old when parents are experiencing crisis or are in need of support in caring for their children. Children stay at the Crisis Nursery for up to 72 hours while their parents take time to work through stress, tension and crisis. All services (childcare, crisis counseling, case-management, and ongoing parenting classes) are free of charge. Please call to ask about care for children and to sign-up for parenting classes.

Vehicle Emission Repair Program**456-7106****500 S. Stone
Spokane, WA 99201**

Monday - Friday, 8:30 a.m. - Noon & 1 p.m. - 4 p.m. Free. Repair of vehicle emission problems that prevent auto registration.

Volunteers of America Emergency Assistance**624-2378****525 W. 2nd Ave., 2nd Floor
Spokane, WA 99201**

Monday - Thursday, 9 a.m. - 4:30 p.m. Free. Financial assistance available for utility shut off notices, household goods and clothing.

Women's Hearth**455-4249****920 W. 2nd Ave.
Spokane, WA 99201**

Monday through Friday 10:00am-5:00pm. This agency is a daytime Center which offers multiple services to women of diverse backgrounds. Key elements of the program are: safe environment, which includes physical as well as emotional safety reflected in non-judgmental acceptance and in being a drug and alcohol free environment for women only; nurturing welcoming relationships and a spirit of community, reflected in the intentionality with which women of the community reach out to others, welcome newcomers, take responsibility for community events; and focus on self-determination, healing and wholeness, reflected in the variety of groups offered.

YWCA Domestic Violence Program**326-1190, ext. 139 / TTY 536-0780 / Crisis and Information Hotline 326-2255****829 W. Broadway
Spokane, WA 99201**

Monday - Thursday, 8:30 a.m. - 5 p.m.; Friday 8:30 a.m. - 3:30 p.m.; 24-hour crisis response. Free. This program is for women who want support, advocacy and information about living free from violence and abuse (physical, sexual or emotional) in their intimate relationships. Women are supported regardless of their decision to leave, remain or return to their partners. All services are free and offered on a voluntary, self-referral basis. Student intern opportunities available. 24-Hour Crisis and Information Hotline (326-CALL): Immediate crisis support, information, and referrals. Access to the shelter. Counseling Program (326-1190x139): One to one individual counseling and/or support groups for women either currently living with abuse or who have left an abusive relationship. Weekly legal clinic providing help with a range of legal issues related to domestic violence and family law. 911 cell phones available. Shelter Program (326-2255): Confidential safe shelter for women in imminent danger and needing short-term accommodation. Security system and round-the-clock support staff. Legal Advocacy Program (835-4540): Support and advocacy in obtaining protection orders, as well as help throughout the court process. Also available Domestic Violence Community Education and Teen Dating Violence Project (326-1190 x139).

Clothing, Food/Nutrition & Household Resources

2nd Harvest

534-6678

1234 E. Front Ave.

Spokane, WA 99202

Once each month commodities and other food items are delivered to low-income persons who are homebound, meaning they are unable to leave their home without assistance and have no other mobile person living with them. Interested persons can call the Second Harvest Food Bank for an eligibility determination based on their situation. Home delivery the third Thursday of each month.

Better Living Center

325-1258

25 E. North Foothills Drive

Spokane, WA 99207

Tuesdays, Wednesdays and Thursdays 9:00am - 12:00pm and 1:00pm - 2:00pm. This is a food bank serving zip codes 99205 and 99207.

Catholic Charities/Ann's Parish

535-3031

2120 E. First Ave.

Spokane, WA 99202

Meals are provided on Sundays at 1:00pm for homeless, low-income, and local residents.

The City Gate

455-9670

**170 S. Madison
Spokane, WA 99201**

Tuesday - Friday, 10 a.m. - Noon & 1 p.m. - 3 p.m. Free. Provides food and a clothing bank and a place for physical and spiritual help. No one is required to attend services in order to eat. Dinner is served on Wednesday, Friday and Saturday at 7 p.m. Also served on last Sunday of the month. Saturday breakfast from 8 a.m. - 9:30 a.m. Coffee and donuts are served during daytime hours, 10 a.m. - noon and 1 p.m. - 3 p.m. The clothing bank and food bank hours are Tuesday, Wednesday, Thursday, and Friday, 10 a.m. - Noon and 1 p.m. - 3 p.m.; an appointment is necessary. Geographic eligibility for food and clothing banks; please call for a food bank appointment. Clothing Banks Days & Hours vary, call for information. Free. Clothing for men, women, and children. Sometimes they also have household items. Some agencies provide for emergencies only. Call individual locations first regarding their specific services. 624-9233, Central Lutheran Church, 512 S. Bernard; Wednesdays 1-3 pm 235-2325, Cheney Clothing Exchange, 630 Third; Tuesdays 9am-1pm 455-9670, City Gate, 170 S. Madison 276-8224, Greenhouse, 222 E. Crawford Ave, Deer Park 536-1084, Mission Community Outreach, 1906 E. Mission; M-W-F 1:30pm-4:30pm 326-7267, Our Place, 1509 W. College 624-8634, Peaceful Valley Community Center, 214 N. Cedar 325-6821, Salvation Army Family Services, 2020 N. Division, Suite B 535-8510, Union Gospel Mission, 1224 E. Trent Avenue (Men only) 927-1153, Valley Center, 10814 E. Broadway

Coalition of Responsible Disabled (CORD)**326-6355****612 N. Maple
Spokane, WA 99201**

Monday – Thursday 9am-5pm, Fridays 9am-12 An independent living center, case managers help disabled homeless individuals to access specialized services and accessible housing. Financial aid for the disabled is available ONLY for HIV Positive individuals.

Community Frameworks**315 W. Mission
Spokane WA 99201
509-484-6733**

Community Frameworks supports and develops affordable housing as a foundation upon which individuals, families and neighborhoods can build vital communities. Their programs include HomeStarts First Time Homebuyer Program, in which they have completed 94 homes in Spokane County and are developing 20 homes in the Post Falls/Rathdrum area, Technical Assistance, Self-Help Homeownership Opportunity Program (SHOP), in which over 1,000 units have been completed, and Housing Rehab & Development Services.

Consignment Shops (Higher Quality & Priced Used Clothing)

325-9857, Elegant Peasant, 913 W. Garland 624-9741, The Reclottery, 613 S. Washington 466-4015, Sherry's Second Choice, 721 W. Hastings Rd. 922-8382, Little Peoples Exchange, 12101

E. Sprague 465-9499, Other Mothers, 9107 N. County Homes Blvd 448-5943, Other Mothers, 2727 S. Mt. Vernon #1 927-3429, Other Mothers, 14214 E. Sprague 891-7413, The Clothes Closet, 12510 E. Sprague

Habitat for Humanity

534-2552

732 N Napa St.

Spokane, WA 99202

This program provides homeownership for low-income families living in substandard conditions. It requires 500 hours of “sweat equity” as a down payment, provides a 0% interest mortgage, and utilizes volunteer labor and donated materials.

Infant Crisis Needs Bank

536-1084

1906 E. Mission

Spokane, WA 99220

Monday, Wednesday & Friday, 1:30 p.m. - 4:15 p.m. Free. Services available to all of Spokane County's low-income families. Provides families with donated new and used baby supplies: cribs, high chairs, carriers and clothing. Also provides families with baby food, cereal, formula, diapers and baby wipes.

Inland Empire Residential Resources

789-2245

116 W. Indiana

Spokane, WA 99205

Inland Empire Residential Resources facilitates the creation and preservation of long-term affordable housing, primarily for persons with developmental disabilities, other disabled and low and moderate income individuals and families.

Loon Lake Food Pantry

233-8450

3945 Fir St.

Loon Lake, WA 99148

Days & Hours vary by location, please call. Also see Second Harvest Food Bank of the Inland Northwest

Meals on Wheels Spokane and Deer Park

924-6976

12101 E Sprague Ave

Spokane, WA 99201

Monday - Friday, 8 a.m. - 3 p.m.; 1st Saturday of each month, 11 a.m. - 1 p.m.; and all Sundays, 9 a.m. - noon. Administers and provides home delivered, hot, noon meals to senior citizens 60 years and other eligible adults living within the city and county who are unable to prepare

adequate or appropriate meals because of physical, mental or emotional limitations due to illness, accident, frailty or disability. Also serves meals to homebound individuals under the age of 60 years with a doctor's note. Mid-City is the service provider. All meals are on a donation basis.

New Hope Ranch Urban Center**455-5444****1827 E Pacific Ave****Spokane, WA 99201**

Tuesdays - Sundays from 3:00pm to 6:00pm. Dinner is served at 5:00pm. Provides dinners to the general public (homeless).

[New Horizons/Isabella House](#)**624-1244****2308 W. 3rd****Spokane, WA 99201**

Provides 180 day long-term residential substance abuse treatment for females 18 years older and who are pregnant or parenting a child under the age of six. Therapeutic childcare is provided in the facility complex. There is a strong emphasis on reunification between mothers and children. Counseling includes drug, alcohol, and mental health. Transitional housing is available.

[Northeast Washington Housing Solutions \(Spokane Housing Authority\)](#)**328-2953****55 W. Mission Suite 104****Spokane, WA 99201**

This agency helps to provide housing assistance to families of low income in eastern Washington through a combination of tenant-based rental assistance and SHA-owned apartment complexes and scattered site housing.

[Our Lady of Lourdes](#)**358-4290****1115 W. Riverside****Spokane, WA 99201**

They serve sandwiches at the door Monday through Friday, 11:00 am to 12 noon and 4:00pm to 5:00pm.

[Our Sister's Closet](#)**789-9280****930 N Monroe St****Spokane, WA 99201**

By appointment only. Free. Provides professional clothing and personal hygiene products to women who are entering or re-entering the job market and are in need of appropriate clothing for job interviews and new job opportunities. Clients must provide proof of income to prove need.

Project Hand Up**534-6678, ext. 222****1234 E. Front Avenue****Spokane, WA 99202**

First Saturday each month; 10 a.m. - 2 p.m. Free. Every month, Second Harvest rewards hard-working families who are trying to become Self-Sufficient. Project Hand-Up works cooperatively with other community agencies to enhance the diets of low income families. If you qualify, you will be able to take part in our monthly distribution. Community Partners: 1) Partners with Families and Children, 2) Eastside CSO-DSHS, 3) Northside CSO-DSHS, 4) Southwest CSO-DSHS, 5) SCC & SFCC Work First Financial Aid Program and Worker Retraining Program, 6) Institute for Extended Learning (IEL) Project Self-Sufficiency, IEL Helpline, Family Literacy, and SEER, 7) ESD 101, 8) Spokane Tribal TANF

**St. Paul's United Methodist Church / Women's and Children's Free Restaurant 327-9539
or 324-1995****1620 N. Monroe****Spokane, WA 99205**

Nutritious meals are served at no cost to women and children on Tuesdays and Wednesdays from 4:15 pm-5:45pm and Fridays at 12:30pm.

St. Ann's Catholic Church**535-3031****2120 E. First****Spokane, WA 99202**

Provides a meal for homeless families and individuals every Sunday at 1:00 p.m.

Second Harvest Community Gardens**534-6678****1234 E. Front Ave.****Spokane, WA 99202**

Monday - Friday, 8:30 a.m. - 5 p.m. Free. A program dedicated to the relief of hunger and increased well-being of low-income families, the physically and mentally disabled, and the elderly through the distribution of complete vegetable gardens. The vegetable beds are created in the family's own yard or located in neighborhood community gardens. The gardens include premium garden soil, seeds and starts, instructions and volunteer mentors. Applications accepted year-round with garden space assigned in January and February each year.

Second Harvest Food Bank of the Inland Northwest**534-6678**

Days & Hours vary by location; some by appointment only. Call for information. Free. The following food pantries are part of the Second Harvest Food Bank of the Inland Northwest. Provides emergency food to families. Some sites also provide the Commodity Supplemental

Food Program package, a monthly supplemental food box for 5-year-old children and seniors 60 years of age and over. Zip codes determine which food pantry a family should use. Most food pantries require picture identification, current proof of address, and identification for all household members. Must be over 18 years old. Some agencies may also have non-food essentials. Airway Baptist Church, 244-2474, 12322 Sunset Hwy / American Indian Community Center, 535-0886, 905 E. 3rd / Better Living Center, 325-1258, 25 E. North Foothills Drive / Caritas Center, 326-2249, 5109 N. Adams / Cheney Outreach, 235-2325, 630 3rd Street / City Gate, 455-9670, 170 S. Madison / East SNAP, 456-7106, 500 S. Stone / Greenhouse, 276-8224, 222 E. Crawford, Deer Park / Mead Food Pantry, 466-7068, 12611 N. Wilson, Mead / Medical Lake Food Bank, 299-4940 or 299-3879, 211 N. Lefevre, Medical Lake / North County Food Bank Program, 292-2530, Inland Grange #780, 37417 N. Conklin Rd / Northeast SNAP Food Bank, 487-1114, 4001 N. Cook / Northwest Ecumenical Food Bank, 325-4541, 3908 N. Driscoll Blvd / Otis Orchards Food Bank, 926-4909, 4308 N. Harvard Road, Otis Orchards / Our Place, 326-7267, 1509 W. College / Salvation Army, 325-6821, 2020 N. Division / Southside Food Pantry, 535-2301, 2934 E. 29th / Spangle Food Bank, 245-3492, Spangle Community Church, 301 E. 2nd St, Spangle / St. Vincent De Paul, 534-2824, 722 N. Regal / Valley Food Bank, 928-7769, 10814 E. Broadway / Westminster Presbyterian Church, 328-5002, 2705 W. Boone

[Serve Spokane Food Pantry](#)

998-5722

**8303 N Division St
Spokane, WA 99208**

Second and Fourth Saturday of the month. 9 a.m.-noon and every Thursday 3pm-6pm. Free Food bank. Christian oriented.

Shalom Ministries

455-9019

**518 W. Third Ave.
Spokane, WA 99201**

Monday 6 a.m.-6 p.m., Tuesday-Thursday 6 a.m.-noon Free Dining with Dignity. On-site meals service/activities site. Breakfast Monday-Thursday 7:30 a.m.-8:30 a.m.; lunch Monday-Thursday 11 a.m.-12 p.m.; dinner Monday only at 4 p.m. and 5 p.m. Open to anyone who is hungry. No alcohol, drugs, or weapons allowed on site. Call to ask about current activities.

[Spokane Housing Ventures \(SHV\)](#)

715 E. Sprague, #102

**Spokane WA 99202
509-232-0170**

SHV is a Community Housing Development Organization that develops and manages affordable rental housing for families and individuals with limited incomes and/or disabilities in Spokane and Lincoln counties. Offering 417 affordable rental units, SHV works closely with human service agencies to identify and access supportive services to meet residents' immediate, critical needs and to move them toward self-sufficiency.

Summer Food Program**354-7270****Spokane, WA**

Monday - Friday, dates vary. Free. Nutritious breakfasts and lunches are served to children up to age 18 at many parks and schools in the City of Spokane. Call for times and locations.

Thrift Shops

Days & Hours vary, call for information. 299-9024, Care & Share, 211 N. Lefevre, Medical Lake 328-9373, Discovery Shop, 805 W. Garland 458-0396, Goodwill, 202 E. Third 466-2012, Goodwill, 9832 N. Nevada 928-4032, Goodwill Valley Store, 13721 E. Sprague 326-1522, Northwest Christian Thrift Store, 6607 N. Maple 325-6821, Salvation Army Family Services, 2020 N. Division, Suite B 489-7725, St. Vincent De Paul, 3019 E. Diamond 535-2491, St. Vincent De Paul, 2901 E. Trent 326-0735, St. Vincent De Paul, 2824 N. Monroe 327-1383, Teen Challenge Thrift Store, 2006 N. Ash 534-0443, Teen Challenge Thrift Store, 1919 E. Sprague Ave 926-4100, Thrift Center, 523 S. Dishman-Mica Rd. 325-2569, Value Village, 708 W. Boone 921-7889, Value Village, 3112 E. Sprague 327-4112, VOA, 1010 N. Atlantic

Transitional Living Center / Transitions Program**325-6702****3128 N. Hemlock****Spokane, WA 99205**

The Transitional Living Center (TLC) provides housing, specialized childcare and comprehensive support services to homeless women and their young children. Families are admitted based on their motivation, willingness and ability to address the issues that have resulted in homelessness. TLC staff works with the family in collaboration with other service providers to develop an individualized family treatment plan that will guide the family to independent living.

WIC (Women, Infants and Children Supplemental Food Program)

Days & Hours vary, call for information. Free. Pregnant and breastfeeding women, infants and children to 5 years old receive nutrition evaluation and education, breastfeeding promotion and support, referrals to health and social services, and checks to purchase specific foods which meet the client's nutritional needs. Eligibility is based on income and nutrition and/or health risk. 276-3770, Deer Park, 113 East 2nd St. (Thursday's only) 323-2830, East Central Community Center, 500 S. Stone 323-2828, Northeast Community Center, 4001 N. Cook 323-2818, North Spokane, 5901 N. Lidgerwood, Suite 21B 324-1620, Spokane County Health District, 1101 W. College 323-2800, Valley WIC, 10814 E. Broadway

Women and Children's Free Restaurant**324-1995****1408 N. Washington****Spokane, WA 99201**

Tuesday & Thursday, 4:15 p.m. - 5:45 p.m.; Friday, 1 p.m. - 4 p.m. Take-Out Meal; 1 p.m. - 3:30 p.m. Lunch. Free. Provides nutritious meals (Tuesday and Thursday) to low-income women and children. Dinners are served restaurant style in a safe, warm environment. Programs and networking encouraged. Although a service for women and children, young men can be served if they come with a female parent or guardian. Pre-registration required for Friday Take Out Meal; light lunch is served from 1:30 p.m. to 3:30 p.m. prior to Friday Take Out. Not handicapped accessible.

Community Centers & Neighborhood Resources

Airway Heights Community Center

244-4845

13120 W. 13th Ave.

Airway Heights, WA 99001

Monday - Friday, 9 a.m. - 5 p.m. Free. Services include: YWCA ECEAP preschool, senior lunch, youth recreation programs, Boy Scouts, cooking class, WIC, AARP Tax Aid Program, Summer nutrition program (free breakfast and lunch for 18 and under), and Spokane Neighborhood Action Program (SNAP) heat and housing assistance.

[American Indian Community Center](#)

535-0886

905 E. 3rd Ave

Spokane, WA 99202

Monday - Friday, 8:30 a.m. - 5 p.m. Free. Provides GED, re-entry to high school classes, food bank for those in zip code 99202 and American Indians with tribal identification, ECEAP Preschool site, senior nutrition program, employment and training program (W.I.A.), Indian child welfare, protective payee program, and family services.

[ARC of Spokane](#)

789-2247

320 E 2nd Ave

Spokane, WA 99201

Serves people who have a developmental disability and their families. They promote independence and choices as well as enhancing the quality of life. Services include identifying common needs, comprehensive information and referral, encouraging individuals and organizations to welcome those with developmental disabilities into all aspects of life, and personal and emotional support on a one-to-one basis and in-groups. ARC sets up budgets, assists in opening checking accounts, and pays bills for clients under the "Protective Payee" program.

Bureau of Indian Affairs
258-4561
Wellpinit, WA 99040

This organization provides financial assistance to federally recognized Indians living in the Pend Oreille, Spokane, Lincoln and Stevens' counties.

Catholic Charities / House of Charity (HOC)
358-4250
12 E 5th Ave
Spokane, WA 99201

House of Charity provides several services for the homeless including meals, shelters, outreach workers, clothing bank, free limited medical care, case management, mental health/substance abuse counseling, housing and housing stabilization, and free laundry and showers for adult men and women.

The Center for Justice
35 W. Main Suite 300
Spokane, WA 99205
835-5211

Mission: The Center for Justice is a non-profit law firm dedicated to the experience of justice with those of limited or no resources or influence, through compassion and an awareness of the sacredness of the earth. Within these areas of the law: Civil Rights, Freedom from discrimination in employment, housing and education, Immigrant rights, Democracy/Government and Institutional Accountability, Right to free expression, Public disclosure and open meeting acts, Prisoner rights/police misconduct, Department of Social and Health Services misconduct, Consumer protection, Regional Ecosystem Health, Spokane River water quality, Spokane River dam re-licensing, and Aquifer protection.

Christ Clinic
325-0393
914 W Carlisle
Spokane, WA 99201

Monday - Friday 9am-12 noon and 1pm –5pm. Appointments are required-no walk-ins. This program provides primary care (various medical services) for uninsured and under-insured who do not qualify for public assistance but who do qualify under federal guidelines. They have a sliding-scale fee.

Clear Line (Coordinated Legal Education, Advice and Referral)

1-888-201-1014 or alternate number of 1-888-387-7111 if a senior Monday -Friday, 9:30am-12:30pm and Tuesdays 4pm-6:45pm. This service offers free civil (non-criminal) legal assistance and referrals to low-income residents of Washington State. This is a statewide intake line and is staffed by attorneys and paralegals trained to provide immediate information and

advice regarding callers' particular issues. When clients need direct representation, CLEAR staff refers clients to a local branch office or other local legal service providers.

Client Assistance Program (CAP)

532-3148

**130 S Author St
Spokane, WA 99202**

Monday -Friday from 8:30am to 4:30pm CAP provides free advocacy and information for persons of disability receiving or wishing to receive services from programs funded under the Rehabilitation Act.

Community-Minded Enterprises

444-3088

**25 West Main Ave, Suit 310
Spokane, WA 99201**

Monday - Friday, 8 a.m. - 4:30 p.m. Free. Current emphasis on health care access, disability awareness, child care and gun violence.

East Central Community Center

625-6699

**500 S. Stone
Spokane, WA 99202**

Monday - Friday, 8 a.m. - 5 p.m. Fees vary. Provides a coordinated approach to needed neighborhood based support services and outreach; acts as an advocate for issues affecting the neighborhood as well as assisting in developing strategies and resources to address emerging community needs and concerns. Houses the following programs and services: gymnasium, conference rooms, senior center, publishes a monthly newsletter, DD programs, Primary Medical Clinic, WIC, SNAP and Computer Center, El Centro de Spokane, Community Outreach, Partnership Center, English as a Second language classes, Effective Black Parenting classes & Summer Camp. After school program and summer camp for youth ages 6-12 years.

Family Service Spokane

838-4128

**7 S. Howard, Suite 321
Spokane, WA 99201**

Family Service Spokane provides counseling for individuals, couples, families, children and adolescents. They offer parenting classes, epilepsy services, group services, and divorce mediation, as well as help with depression, grief/loss, life changes, resolving conflict, anxiety, stress, anger management, injury or illness.

First Presbyterian Church

747-1058

**318 S. Cedar
Spokane, WA 99201**

Homeless people can come to the church for counseling and referral three afternoons a week. Some grocery and restaurant coupons are available as well as clothing (when donated) and bus tokens as the monthly budget allows.

[Gonzaga Law Clinic-Including Domestic Violence Services](#)

**313-5791
721 N. Cincinnati
Spokane, WA 99202**

Law students working with attorneys for low-income elderly and vulnerable adults and victims of domestic violence with some civil rights work provide legal services.

**Hispanic / Latino Resource Center
270-7693**

Monday - Friday, 10 a.m. - 2 p.m. Free The Hispanic/Latino Resource Centers assist the Latino population in Spokane with issues of transition. A non-profit information and referral resource center that operates a bilingual telephone help line. Information is provided in Spanish. Translation and interpreting services available on a limited basis. Volunteers are always welcome.

**HOPE Partners
835-3599
1117 W. 1st Ave.
Spokane, WA 99201**

Monday - Friday, 8am-5pm. This agency provides outpatient treatment services to adults with mental illness and/or co-occurring disorders (mental illness and chemical dependency/abuse). Treatment consists of group, individual and family therapy, as well as case management services, which are geared to meet the individual's needs and goals. A case manager assists individuals in accessing needed mainstream and stabilization services. Most of the clients they serve are dually diagnosed adults (mentally ill/chemically dependent) who are receiving outpatient treatment, domestic violence perpetrator treatment, and family reconciliation services. Outreach services are provided to home individuals.

[Immunization Clinic](#)

**324-1600
1101 W. College
Spokane, WA 99201**

Tuesday - Thursday 8:00am - 5:00pm, Friday 9:30am - 5:00pm.

The Spokane Regional Health District provides this program. It provides immunizations for preventable diseases starting at birth and through adulthood, including travel; school requirements can be met; influenza (flu) and pneumonia vaccines are available.

Library (County)

Monday - Sunday, hours vary by location. Provides print and AV materials for all ages; children's programs; Internet and software stations; information services in-house, on the web, or by phone; visits to nursing, adult care, group homes; and meeting rooms. Does not lend AV equipment. Must have card to check out materials or use Internet and Software Stations. Free to Library District residents, out-of-district fee \$80 per family. Spokane City residents free by reciprocal agreement. Call 893-8430 for Outreach Services. 893-8250, Airway Heights Branch, 1213 S. Lundstrom 893-8260, Argonne Branch, 4322 N. Argonne Road 893-8280, Cheney Branch, 610 First Street 893-8300, Deer Park Branch, 208 S. Forest 893-8320, Fairfield Branch, 305 E. Main Street 893-8330, Medical Lake Branch, 321 E. Herb Street 893-9340 Moran Prairie Branch, 6004 S. Regal 893-8350, North Spokane Branch, 44 E. Hawthorne Road 893-8390, Otis Orchards Branch, 22324 E. Wellesley 893-8400, Spokane Valley Branch, 12004 E. Main

Martin Luther King, Jr. Family Outreach Center

455-8722

845 S. Sherman

Spokane, WA 99202

Monday - Friday, 7 a.m. - 5:30 p.m. Fees vary. Provides comprehensive social services for all ages including preschool (ECEAP) with wraparound child care, before/after school program for kindergarten through 3rd grade (FAME) and grades 4-6 (Youth 2000), Summer Youth Academy for ages 3 1/2 - 12 and Teen Leadership Program for teens ages 13-18. Family services include supervised visits, basic need assistance, holiday assistance, school supplies, parenting support and community events. ECEAP is free, and child care fees vary with specific programs.

Medical Lake Community Outreach

299-3819

211 N. Lefevre St.

Medical Lake, WA 99022

Tuesday & Friday, 9 a.m. - Noon. Provides assistance and telephone referral services staffed by volunteers. Emergency rent or utility help, snow and leaf removal for elderly and handicapped, delivery of firewood to low income families, and transportation to medical appointments. Provided by a coalition of Medical Lake Churches: St. John Lutheran, Assembly of God, St. Anne Catholic, Medical Lake Community Churches, and other organizations, including Combined Fund Drive, Friends for Children, and other donations.

Miryam's House/Transition Program

747-9222

1805 W. 9th Ave.

Spokane, WA 99204

Provides transitional housing and case management for homeless single women 18 and older in recovery from domestic violence, addictions, past abuse/loss, mental health issues, or any life crisis for accessing education/job-training needs, counseling, treatment groups, and permanent

housing. Additionally, budgeting, life skills, parenting and a computer room are provided for in-program classes. 24-hour staffing is available for crisis intervention and referral, or “in-program” one-on-one counseling. Aftercare case-management services are provided for as long as they are needed.

N.A.T.I.V.E. Health of Spokane

483-7535

1803 W Maxwell Ave

Spokane, WA 99207

This is a full-service clinic which provides primary and preventive care for all ages, sports physicals, well-child checks and immunizations, women’s and men’s health care, health education, chronic illness management, treatment of minor diseases, case management community outreach, and mental health. They assist in securing medical coverage. They accept Medicare, medical coupons, private insurance, and have a sliding fee scale.

Northeast Community Center

487-1603

4001 N. Cook

Spokane, WA 99207

Days & Hours vary. Fees vary. Bringing together the combined resources, expertise and experience of 12 public and private non-profit agencies that support the families of northeast Spokane. Programs include: Head Start/CAPE, Northeast Child Development Center, SNAP, WIC, CHAS Dental Services, CHAS Medical Clinic, Support for Parents Overcoming Challenges (SPOC), Northeast Youth Center, Hillyard Senior Center, Northeast Pantry, and FACT (Department of Social and Health Services Program). Provides a collaborative environment for the delivery of services and functions for the residents of Logan, Bemiss, Hillyard, Chief Garry Park and Nevada-Lidgerwood neighborhoods. Supports neighborhood economic and community development activities. Publishes a neighborhood newspaper "The Advocate" monthly and maintains a computer access center, public use to prepare resumes, explore employment options, access e-mail and the internet.

Peaceful Valley Community Center

624-8634

214 N. Cedar

Spokane, WA 99201

Monday, 9 a.m. - 3:30 p.m., Tuesday - Saturday, 10:30 a.m. - 5:30 p.m. Free. Provides after school and Saturday programs for children ages 6-18. Community access for special needs adults 62 and over, Pathway to Employment for 21-61. Enough to Eat Program and free soup kitchen on Fridays, free laundry services 6 days per week, clothing bank open during the week. These services are offered to people of the greater Northwest area. Summer provides all day programs for children along with free lunch.

Spokane County Public Defender**477-4246****1033 W. Gardner****Spokane, WA 99201**

The Public Defender's Office provides quality representation in a professional, efficient and caring manner to persons who are financially unable to afford a lawyer. Areas of representation include adult felony crimes, juvenile felony and misdemeanor crimes, county misdemeanor crimes, juvenile dependency or termination petitions, and civil and alcohol commitment petitions.

Rural Resources Community Action**(509) 684-8421****956 S. Main Street****Colville, WA 99114**

Monday - Friday, 8 a.m. - 4:30 p.m. Free. Provides services to individuals and families throughout Stevens, Pend Oreille and Ferry Counties. Offers comprehensive programs including six Head Start Centers. Other services include: emergency shelter, transitional housing, low income housing, assistance with food stamp application, VISTA, employment and training, energy assistance, legal aid, adult literacy, senior services, transportation, and weatherization. Employment and training related activities cover five additional counties, Adams, Whitman, Asotin, Columbia and Garfield. Prevention and crisis intervention services for victims of domestic abuse and sexual assault are provided by our Family Support Center program. Services for children who are victims of child abuse are provided by our Kids First Children's Advocacy program. Family Support Center and Kids First offer a 24-hour crisis line at 509-684-6139.

Salvation Army Community Center**325-6810****222 E. Indiana****Spokane, WA 99207**

Monday - Friday, 7:30 a.m. - 9 p.m. Fees vary. Provides an indoor heated swimming pool (handicapped accessible), swimming lessons and aqua aerobics. Also has an indoor gymnasium (providing basketball, volleyball, floor hockey, and general recreation). Offers meeting and seminar rooms, game room, and youth athletic leagues. The Salvation Army is a Christian organization offering worship opportunities. Services are provided to all eligible clients regardless of beliefs.

SNAP (Spokane Neighborhood Action Programs)**456-7111**

Monday - Friday, 8 a.m. - 4:30 p.m. SNAP provides services for low income families and vulnerable people in the following areas: economic development, energy assistance, rental housing, mortgage assistance, home repairs, conservation education, weatherization, and a long-term care ombudsman program. The Administration Office provides no client services but will

direct calls to appropriate service offices. Depending on the type of service, clients are referred to the SNAP neighborhood office which serves their ZIP code area. Please refer to each office's listing for ZIP code areas and more information about their services. Programs and services available at the neighborhood offices include: Weatherization: Helps low-income homes with energy efficient improvements. Senior Energy Assistance: Provides one-time energy grant for eligible seniors, 60 years and older. U-Help: Emergency utility assistance, once per calendar year. Project Share: Emergency energy assistance once a season when funds are available. Community Voice Mail Program: Voice mail boxes are available to help homeless families receive messages. Food Bank: Provides food 12 times a year. Emergency Travel: Helps fund transportation in specific emergencies. Rural Outreach: For Spokane County residents unable to travel to SNAP offices. Minor Home Repairs: Health and safety repairs for low-income owner homes. Other SNAP Program Offices: 456-7106: Affordable Rentals: Safe, affordable rental housing units for low-income households throughout Spokane County. 487-1114: Chase Youth Fund: Helps children ages 5 to 18 with small grants and equipment for athletic, cultural and recreational activities. 744-3370: Conservation Education & Living Green: Community educational programs on reducing energy use and cost. 456-7106: Homeless Program: Provides and manages several shelters for families with children throughout Spokane County. 456-7106: Home Ownership Classes: Information for first-time home buyers. 456-7174: Individual Development Accounts (IDA): Matched savings accounts leading to purchase of a home, a business, or an education. 456-7133: Long-Term Care Ombudsman Program: Volunteer mediators address concerns of residents in long-term care facilities. 456-7174: Micro Enterprise Development: Small loans, training, and counseling to start a small business. 456-7378: Neighborhood Assets: Money management and credit repair assistance, and credit union accounts for those who have been denied. 456-7174: Refugee Small Business Program: Provides training, technical assistance, long-term support and small business loans for non-citizens. 456-7174: Vehicle Emergency Repair Program: Repair of vehicle emissions problems that prevent auto registration. 456-7111: Volunteer Opportunities: Volunteers with varying levels of education and experience are needed for housing and grounds maintenance, office assistance, food bank assistance, or fundraising events.

SNAP Downtown

456-7164

212 S. Wall

Spokane, WA 99201

Monday - Friday, 8:30 a.m. - Noon & 1 p.m. - 5 p.m.; except Thursday morning, closed 8:30 a.m. - 10:30 a.m. See main listing under Spokane Neighborhood Action Programs for description of services. Provides services to the following zip code areas: 99001, 004, 008, 011, 014, 020, 022, 029, 031, 201, 204, 205, 210 and 224. Also provides Emergency Travel Program and Economic Development programs including Micro Enterprise Development, Neighborhood Assets, Refugee Small Business, Vehicle Emissions Repair Program.

SNAP East**456-7106****500 S. Stone****Spokane, WA 99202**

Monday, Tuesday, Wednesday, Friday, 8:30 a.m. - 5 p.m.; Thursday, 1 p.m. - 5 p.m. (closed Noon - 1 p.m. each day). See main listing under Spokane Neighborhood Action Programs for description of services. Provides services to the following zip code areas: 99012, 015, 016, 018, 019, 023, 025, 027, 028, 030, 033, 036, 037, 039, 202, 203, 206, 212, 213, 214, 216, and 223. Food Bank services zip code areas 202 and 212 west of Park Road by appointment only, except walk-ins on Thursday at 2:00 p.m., first 15 families served. This office also provides Housing Opportunities, Homeless Program, Community Voicemail and Long-Term Care Ombudsman programs.

SNAP Northeast**487-1114****4001 N. Cook****Spokane, WA 99207**

Monday - Friday, 8:30 a.m. - Noon & 1 p.m. - 5 p.m.; except Thursday morning, open 10:30 a.m. - Noon. See main listing under Spokane Neighborhood Action Programs for description of services. Provides services to the following zip code areas: 99003, 005, 006, 009, 010, 021, 026, 207, 208, 217, and 218. Also, provides Chase Youth Program assistance. Northeast Food Pantry serves only zip code areas 99207 east of Perry and 99208 south of Francis and 99217. Open Monday, Wednesday, Thursday, and Friday by appointment only. Walk-ins Monday, Wednesday, Thursday, and Friday 1 p.m. - 3:30 p.m.

Spokane Aids Network**455-8993****905 S. Monroe****Spokane, WA 99201**

HIV Positive people of low-income are the ones targeted by the program. The Spokane AIDS Network provides client advocacy, case management, and support services to HIV individuals. Referrals can be made for housing, support groups, counseling, medical care, chemical dependency treatment programs, and federal and state resources. Client can also receive emergency food assistance on an ongoing basis, as well as personal care items, bar soap, dish/laundry soap, shampoo, shaving cream, cleanser and so forth.

Spokane County Community Services/Supportive Living Program**477-5722****312 W 8th Ave****Spokane, WA 99204**

Monday –Friday 8:00am-5:00pm, (with special activities sometimes on Saturdays). This program works with mentally ill adults 18 years and older who are contracted with RSN provides as primary (case managed). The Supportive Living Program teaches independent living skills.

Spokane Home Ownership Resource Center

877-894-4663

Spokane Home Ownership Resource Center (SHORC) is a non-profit agency devoted to empowering Inland Northwest consumers to make wise decisions when buying and owning a home. Done through free services such as credit and pre-purchase counseling, referral services and first-time homebuyer classes. Classes walk potential homebuyers through the entire process of purchasing a home, including what programs are available that could help pay for down payment and closing costs.

Spokane County United Way

838-6581

920 N. Washington Suite 100

Spokane, WA 99201

Monday - Friday, 8 a.m. - 5 p.m. Free. Central clearinghouse linking volunteers with agencies according to skill or interest. Sponsors the Volunteer of the Year, Days of Caring and Service Learning Training. Online database of volunteer opportunities called Volunteer Solutions is available on the United Way website.

West Central Community Center

326-9540

1603 N. Belt

Spokane, WA 99205

Monday - Friday, 8:30 a.m. - Noon & 1 p.m. - 5 p.m. Fees vary. A multi-faceted social service agency including programs for Developmentally Disabled Adults, Deaconess Women's Clinic, Supplemental Nutrition for Women, Infants and Children (WIC), Head Start site, recreation for all ages, low cost computer lab, education, special and seasonal programs. For Senior Services, call the Sinto Senior Center at 327-2861 or the Corbin Senior Activity Center at 327-1584.

Drug & Alcohol Prevention & Recovery Resources

Al-Anon/Alateen Family Groups

456-2125

1700 W. 7th Ave, Suite 100

Spokane, WA 99204

Sunday, 11 a.m. - 1 p.m.; Tuesday, 11 a.m. - 1 p.m.; Wednesday, 5:30 p.m. - 7:30 p.m. Phone hours are 24/7. Free. Programs for family members and friends of alcoholics. Alateen: Provides support groups for teenagers (12 - 18 years old) with alcoholic or chemically dependent parents, family members or friends.

[Alcoholics Anonymous](#)

624-1442 (24 hour line)

1614 W. Riverside

Spokane, WA 99201

Monday - Friday, 9 a.m. - 5 p.m.; Saturday 9 a.m. - 1 p.m. Free. A fellowship of men and women who share their experiences so they may solve their common problems and help others to recover from alcoholism. The only requirement for membership or attendance at meetings is a desire to stop drinking. Primary purpose is to stay sober and help other alcoholics to achieve sobriety.

American Behavioral Health Systems, Inc.

232-5766

12715 E Mission Ave

Spokane, WA 99216

Monday - Sunday, 24 hour service. \$125/day. The American Behavioral Health Systems is a Washington State funded in-patient drug and alcohol residential treatment facility located in Spokane, WA. ABHS provides short- and long-term treatment for chemically dependent men and women. Treatment duration varies depending upon need. Adults 18 years and older. Accepts clients funded through DSHS. Also accepts private pay and insurance clients.

[Community Detox Services/Cub House](#)

535-4443

615 S. Thor

Spokane, WA 99202

Cub House provides transitional living housing and services for individuals recovering from substance abuse. It also assists with enrollment in AA/NA meetings, and relapse prevention. Prospective clients must have successfully completed a treatment program and need further support, such as job training, education, social skills, life skills, etc.

Community Detox Services of Spokane

477-4650

312 W 8th

Spokane, WA 99204

Sunday - Saturday, 24 hours. Sliding fee scale. Alcohol and drug sub-acute detoxification. Length of stay is five days. Provides referrals to all substance abuse treatment providers. Provides motivational, group and individual counseling. Services include the Involuntary Treatment Act (ITA), Interim Services, Emergency Services Patrol, and Sobering Unit.

Daybreak Youth Services**1-88-454-5506**

Monday - Friday, 9 a.m. - 4 p.m. Call for fee information. Serves adolescents (11 - 18) and their families with inpatient and outpatient programs. Provides counseling to adolescents affected by alcohol and other drug abuse/dependency. Provides speakers and consultants to schools, churches, PTAs, and other civic groups, covering subjects related to substance abuse and dependency. Services also available at 628 S. Cowley, 624-3227 and 960 E. 3rd, 444-7033.

Healing Lodge of the Seven Nations**533-6910****5600 E. 8th Ave.****Spokane Valley, WA 99212**

Monday - Friday, 7 a.m. - 3:30 p.m. Sliding fee scale/DASA/Private Insurance/Private Pay/IHS Contract. Substance abuse treatment program. Serves chemically dependent youth and DASA referrals, 13 - 17 years, male or female. Substance abuse program is a 60 to 90 day intense residential treatment program. Fee is \$165 per day. However, if the patient is eligible for Indian Health Services and is Contract Health eligible, we have a contract with IHS. We also have a contract with DASA. Private insurance is always welcome. Admission packet is available on the web page or by email at leslieh@healinglodge.org.

Isabella House**624-1244****2308 W. 3rd Ave.****Spokane, WA 99204**

Sunday - Saturday, 24 hours. State Funded PPW and TANF. Provides 180 day long-term residential substance abuse treatment for females over the age of 18 (and 16-18 with treatment director permission). Women must be pregnant or parenting a child under the age of six. Referred by State Assessment Centers. Therapeutic child care provided in the facility complex. Strong emphasis on reunification between mothers and children. Transitional housing available. Non-smoking facility.

New Horizon Outpatient**838-6092****701 E. 3rd Ave****Spokane, WA 99202****Or****927-1543****15407 E. Mission****Spokane WA 99037**

Monday - Thursday, 8 a.m. - 8 p.m., Friday, 8 a.m. - 1 p.m. Sliding fee scale, Medicaid, private pay, insurance. Outpatient, intensive outpatient, abuse and ADIS programs for substance abuse, for men and women 18 years and older. Day, evening and weekend programs. Transitional

housing also available. Also provides ADATSA, DCFS, TANF, PPW, and GIA Outpatient and Deferred Prosecution Services. Specialized methamphetamine treatment.

The Prevention Center

922-8383

8104 E. Sprague

Spokane Valley, WA 99212

Monday - Friday, 9 a.m. - 4:30 p.m. Free. The Prevention Center (Greater Spokane Substance Abuse Council's Prevention Center) is home to several programs working towards the prevention of substance abuse and impaired driving. These programs strive to provide youth with the desire, knowledge and skills to make positive choices. The Prevention Center also works to unite and support the community with the common goal of creating an environment that fosters positive attitudes and behaviors. Along with ongoing programs for youth and adults, the Prevention Center provides prevention presentations, training and technical assistance for local agencies, schools, parents, and other groups.

[SPARC \(Spokane Addiction Recovery Center\)](#)

624-5228

1508 W 6th Ave

Spokane, WA 99204

Monday - Friday, 8 a.m. - 4:30 p.m. Sliding fee scale, public funding for persons not working or low income. 1) Residential/inpatient; 2) Outpatient; 3) Gender specific. We also offer dual-disorder services for individuals with substance dependence and mental health disorders.

Sunray Court

456-5465

518 S. Browne

Spokane, WA 99204

Thirty and ninety-day residential treatment program for males 18 or older with drug/alcohol dependence (Adatsa/TANF/SSI/GAU/GAX/CJTA). Clean/sober housing may be available for homeless men after completion of treatment depending on the waiting list.

[YFA Connections](#)

532-2000

22 S Thor St

Spokane, WA 99202

By appointment. Sliding fee scale, accepts medical coupons. Chemical dependency outpatient treatment for low income and indigent adults. Specialize in co-occurring disorders. Also offer programs for deferred prosecution, DUI and Domestic Violence Perpetrator treatment.

Education & Employment Resources

AARP/Senior Employment

325-7712

222 W. Mission Ave #124

Spokane, WA 99202

Work-training program that provides subsidized, part-time, temporary assignments and placement assistance to low-income seniors.

[Adult Basic Education \(ABE\) Programs](#)

533-4600

2310 N. Monroe

Spokane, WA 99205

Monday - Thursday, 8 a.m. - 9 p.m., Friday, 8 a.m. - Noon. Tuition \$25 per quarter. The Adult Basic Education Division of the Community Colleges of Spokane, offers open-enrollment, classes and special services at 22 sites throughout the six county service areas. The program offers English as a Second Language, math, reading, writing, family literacy, and computer skills in an employment-focused, flexible learning environment. The program also provides high school completion and GED classes. Services include: ABE (Pre-GED); GED; HSC (adult high school completion); ESL (English as a Second Language); Reading Lab; Families that Work, Read Right, Work Place Basics, and PACE (People Accessing Careers and Education) programming which provides employment and independent living classes and support activities.

[Adult Education Center](#)

533-4600

2310 N. Monroe

Spokane, WA 99205

Monday - Thursday, 8 a.m. - 9 p.m.; Friday by appointment. Tuition \$25 per quarter. Provides adult basic educational classes to anyone 19 years of age or older. Students between the ages of 16 and 18 years may enroll, if the client has a high school release. Programs include GED, Adult Basic Education, High School completion, Reading Lab, English as a Second Language (ESL), Families That Work, and Read Right. Provides basic instruction in mathematics, language arts, reading, and employability skills. Also see listings under ABE, ESL & GED.

Career Connections

928-0423

421 N. Mullan

Spokane, WA 99206

Program provides job training and placement to disabled individuals and disadvantaged adults in the Spokane area.

Career & Student Employment Center**533-8007 (SCC), 533-4411 (SFCC)****Spokane Falls Community College (SFCC)****Spokane, WA**

Monday - Friday, 8 a.m. - 4:30 p.m. (Appointments are scheduled: Monday, Wednesday and Thursday). Must be enrolled in college.

Career Path Services**326-7520****10 N Post St #200****Spokane, WA 99201****Spokane Valley Community Center****10814 E. Broadway****Spokane Valley, WA**

Monday - Thursday, 7:30 a.m. - 5:30 p.m. Free. Specializing in workforce development. Provides employment, training, and basic education to economically disadvantaged adults, dislocated workers, and youth. Workforce Investment Act (WIA) services include GED and High School Re-entry, Paid Work Experience, Skills Training, On-The-Job Training, and Support Services. WorkFirst service providers for TANF recipients include Paid Community Jobs, Basic Education, GED, High School Re-entry, Skills Training, Job Retention, and Support Services. Services to people with disabilities and people with developmental disabilities, including DVR services and Individual Supported Employment are available. Also a WorkSource affiliate site offering services to both employers and job seekers. Orientations held weekly, call for times.

Christ Kitchen**325-4343****2410 N Monroe St****Spokane, WA 99205**

Mon-Fri, 9am-12 noon and 1pm -5pm. Christ Kitchen in a Christ-centered ministry providing work, job training, and fellowship for women in poverty in Spokane through production and sales of gift baskets and fried food products. This ministry enables women to learn to work, to become employable and to eventually support themselves and their families without reliance on government programs or destructive relationships.

Community Colleges of Spokane**533-7000 (SCC), 533-3500 (SFCC), 279-6000 (IEL)**

SFCC 8 a.m. - 4:30 p.m., IEL 8 a.m. - 4:30 p.m., ABE M-Th 8 a.m. - 5:30 p.m. and F 8 a.m. - 4:30 p.m. The phone numbers listed above are for the main switchboard of each college. They can direct you to the appropriate phone number for financial aid, registration, testing, career planning, new classes, and student support services. 533-4600 (Adult Basic Ed).

Continuing Education through CCS**SCC (533-8010), SFCC (533-3522), IEL (533-3770)**

Monday - Friday, 8 a.m. - 4:30 p.m. Fees vary for credit and non-credit classes. Call the above listed numbers to register for non-credit classes. Classes are available days, nights, and weekends throughout a six county region in Eastern Washington. Registration may be done by phone. Some tuition waivers are available. Please call the numbers listed below for information on credit and telecourse classes: 533-8860, SCC Professional/Technical 533-7000, SCC Liberal Arts 533-8110, SCC Distance Learning & Telecourse 533-3516, SFCC Credit Classes 533-3216, SFCC Distance Learning & Telecourse

Contract Based Education

891-5052

115 S University

Spokane, WA 99206

Monday - Thursday, 7:30 a.m. - 4:30 p.m. Free. An alternative high school program for students under age 21. Students attend school for approximately 2-4 hours per week. A personal appointment is made with a teacher to receive assignments and instruction to complete all courses needed for graduation. The student then takes the materials home and completes the assignments.

Curlew Job Corps

509-779-0547

3 Campus St

Curlew, WA 99118

24 hours a day/7 days a week. Federally funded - free to qualifiers.

Federally funded residential vocational training program for men and women 16-24 years of age. Accredited high school/GED program. Free basic health and dental care, recreation and placement.

Division of Vocational Rehabilitation (DVR)

363-4700 or 1-800-548-0941

(TTY 329-3719 or 1-888-468-9763)

DVR helps people with disabilities prepare for, obtain, and retain employment. Vocational rehabilitation programs are custom-designed for each individual. They work in partnership with the community and business to develop employment opportunities for persons with disabilities.

Educational Service District 101 (ESD 101) "Youthbuild Spokane"

789-3703

"Youthbuild Spokane" is a HUD program for youth's aged 18-24 who are high school dropouts or who are educationally "at risk" and economically disadvantaged. They work in construction crews to build housing for low-income residents of Spokane County while attending high school classes to complete their diploma or GED certificate. Life skills training and post-program transition follow-up is provided to all who finish to move them into apprenticeship training, employment, or post-secondary education. Construction technology training resulting in

employment and/or apprenticeship training is a primary goal of participation. A \$2,362.50 AmeriCorps education award is provided to “Youthbuild Spokane” members who complete their term of service.

Employment Services

344-0163

130 E. 3rd Ave

Spokane, WA 99202

Monday - Friday, 8 a.m. - 5 p.m. Free. Goodwill offers formal and work site assessments, career exploration, career readiness, counseling (vocational as well as individual/family/marital), job placement, job coaching, work site evaluation and training for individuals with barriers to employment. WorkSource Affiliate site that provides information and Internet access for individuals seeking employment. Referrals accepted from Division of Vocational Rehabilitation, Division of Developmental Disabilities, WorkSource, Labor and Industries, Department of Social and Health Services and other agencies. Also provides employment services for ex-offenders with a recent felony conviction. Assists employers with Washington State bonding program and Work Opportunity Tax Credit. .

Express Personnel Services

747-6011

331 W. Main Ave.

Spokane, WA

If you're a job seeker, Express will assess your skills and work with you to find a job that fits your needs and abilities. Applicants never pay a fee at Express, and you'll have the opportunity to earn benefits such as medical insurance, holiday pay, vacation pay, referral bonuses and much more.

H.O.M.E. (Helping Ourselves Means Education)

359-4237

Cheney, WA 99004

Monday - Friday, hours vary. Free. Provides advocacy, networking, and referrals for parents and returning students. Maintains a database for basic needs such as housing, childcare, and community social services in addition to campus resources and services. Offers a number of child care scholarships annually. Sponsors the Giving Tree, a holiday gift giving campaign for the children of low-income EWU students. Offers The Family Groove, a parent/child interactive group.

Job Corps

340-7813

901 E 2nd Ave #100

Spokane, WA 99202

Monday - Friday, 8:30 a.m. - 5 p.m. A residential education and career training program designed for unemployed and under-educated women and men ages 16 to 24. It provides total

support: basic education and career classes, dental, medical and eye care, work clothing, social and recreational programs, counseling and student leadership activities. Provides guaranteed placement assistance for all enrollees. Must have a good health history, no current legal issues, be low-income and a legal U.S. resident. Ability and desire to participate are a must. Provides assistance to runaways. If runaways are 18 or younger, they must have parent/guardian approval. Participants can complete their GED or High School Diploma while enrolled.

Labor Ready

747-3071

504 E. North Foothills Dr
Spokane, WA

Each year, Labor Ready dispatches approximately 600,000 temporary employees to jobs in construction, manufacturing, hospitality services, landscaping, warehousing, retail and more. More than 300,000 businesses of all sizes throughout the United States, Canada and Puerto Rico use Labor Ready when they need a dependable source of labor. By fueling both individual and business growth, Labor Ready delivers a win-win: temporary employment gives customers the flexibility to quickly add reliable help on short notice and provides an honest day's pay for an honest day's work to dependable employees seeking income.

Manpower

838-8531

**720 W. Boone, Suite 100
Spokane, WA 99201**

Monday - Friday, 8 a.m. - 5 p.m. Free.

Manpower supplies temporary assignments and permanent positions in office, marketing, technical, and industrial settings. No fee charged while working temporary, or when hired permanently. A variety of training options are provided, free of charge, via Global Listening Center www.manpowerglc.com to qualified applicants. Applications are taken by appointment. Must be at least 18 years old.

Medical Pros Staffing Services

323-3223

**Northpark Building
420 w. Dean Ave.
Spokane, WA 99201**

Medical field job placement agency. Provisional is a specialized recruiting and staffing firm in the Inland Northwest, exclusively serving the Eastern Washington and Northern Idaho marketplace. In business for over 15 years they have been placing professionals with great companies in temporary, contract-to-hire and direct-hire positions.

Micro-Enterprise Development Program

232-2816

**212 S. Wall
Spokane, WA 99201**

Monday - Friday, 8:30 a.m. - Noon & 1 p.m. - 4 p.m. Assists low-income individuals to realistically and successfully enter into or expand a small or home-based business. Achieves this through business training, comprehensive technical assistance, long term support, and small loans.

Neighborhood Assets

456-7174

**212 S. Wall
Spokane, WA 99201**

Monday & Thursday, 1:30 p.m. - 4:30 p.m., or by appointment. Free. This program offers financial counseling and credit union services for people who need help managing their money, people who are using high cost financial services, and those who need and want a bank account. A SNAP partnership with Numerica Credit Union and Washington State Employees Credit Union.

PACE Services (People Accessing Careers and Education)

279-6033

**The Lodge, 3305 W. Fort George Write Drive
Spokane, WA 99207**

Monday - Friday, 8 a.m. - 4:30 p.m. Fees vary. PACE Services assists people with significant barriers to employment or community inclusion in achieving their life goals through education, resource coordination and vocational support. The program serves individuals who are learning disabled, developmentally impaired, brain injured, blind, deaf as well as individuals who experience mental illness, or qualify for unemployment benefits. The program offers assessments, vocational exploration, employment preparation, job coaching, job placement and extended support services. The READY program is a one quarter vocational training program, offered to individuals who want to learn basic workplace skills, accompanied by a specific employment training program (auto maintenance, child care and hospitality are the current offerings). Career development, job preparation, computer work skill building, functional reading, money management, and physical conditioning are a sampling of classes offered. PACE serves individuals who are eligible for "Pathways to Employment," Division of Developmental Disabilities, Division of Vocational Rehabilitation, high school transition, and Worker Retraining.

SCC Community, Career, and Employment Services

533-7249

**1810 N. Greene, Bldg #6
Spokane, WA 99217**

Monday - Friday, 7:30 a.m. - 4 p.m. Free. The Community, Career, and Employment Services department includes state agencies such as the Division of Vocational Rehabilitation and

Employment Security Department in addition to the college's career planning services, job referral assistance and campus tours. There is also Veteran Services, WorkFirst and Worker Retraining. Software applications are available for resume development and career interest inventories as well as Internet access.

SCORE Spokane

353-2821

801 W. Riverside Ave., #444

Spokane, WA 99201

SCORE "Counselors to America's Small Business" is a nonprofit association dedicated to entrepreneur education and the formation, growth and success of small business nationwide. SCORE is a resource partner with the U.S. Small Business Administration (SBA). SCORE has 389 chapters in locations throughout the United States and its territories, with 10,500 volunteers nationwide. Both working and retired executives and business owners donate time and expertise as business counselors. SCORE was founded in 1964. SCORE's 10,500 volunteer counselors have more than 600 business skills. Volunteers are working or retired business owners, executives and corporate leaders who share their wisdom and lessons learned in business.

SFCC Career Center

533-3540

3410 W. Fort George Wright Drive

Spokane, WA 99224

Monday - Friday, 8 a.m. - 4:30 p.m. Non-student computer use fee is \$7; CCS students free. The Career Center offers computerized career guidance, scholarship information and internet resources. Reference materials include career information files (which contain over 300 careers), college catalogs, transfer guides, vocational biographies, periodicals, books and a video library. Transfer Advisors from EWU, WSU, Whitworth, and Gonzaga are available, by appointment in the Center, to talk with students preparing to transfer to a four year college. Student employment opportunities are available at the center.

Skills'kin

326-6760

4004 E. Boone Ave

Spokane, WA 99202

Monday - Thursday, 8 a.m. - 4:30 p.m., Friday, 8 a.m. - 4 p.m. Fees vary. Provides people with disabilities and other disadvantages with training, employment programs, payee and residential services. Employment positions are available in structured and competitive jobs. Job opportunity orientation every Wednesday at 1:00 pm to learn about job openings. Strives to make choice and employment a reality.

SL Start Employment Services

328-2740

**5709 W Sunset Hwy, Suite100
Spokane, WA 99205**

Monday - Friday, 8 a.m. - 5 p.m. DVR Referral Provides people with disabilities who are signed up and eligible at the Department of Vocational Rehabilitation (DVR), the opportunity to overcome barriers, learn job seeking and interviewing skills and find meaningful employment. Providing assistance toward returning to work after an injury, seeking retraining and matching a skill set to a specific job is what makes SL Start Employment Services a diverse and effective employment program.

[Small Business Development Center](#)

358-7765

**1235 North Post Place
Spokane, WA 99202**

Monday - Friday, 8 a.m. - 5 p.m. Class fees vary, free individual business counseling. In cooperation with the Community Colleges of Spokane and Washington State University, the Small Business Development Center (SBDC) works to stimulate small business growth in Spokane County. Counseling on business management. Low-cost classes are offered in business start-up, management marketing, record keeping and taxes.

[Spokane County Human Resources](#)

477-5750

**1229 W. Mallon
Spokane, WA 99260**

Persons wishing to apply for a specific position are encouraged to pick up the applicable recruitment posting at the Human Resources office or on the County website. Individual postings provide a detailed description of the position duties and requirement, as well as listing the required application materials.

**Veteran Affairs / Vocational Rehabilitation & Employment Service
1-800-827-1000**

This program offers a variety of employment services as a means to obtain suitable employment, such as assistance in finding employment, job seeking skills training, on-the-job training apprenticeships, job development, self-employment services based on eligibility, vocational training, 1-year certification programs, 2-year diploma programs, and 2 and 4 year post-secondary training programs. They are located in Seattle, however you can call this the toll free number above. You can also call the VA Hospital in Spokane at 434-7000.

[WorkFirst/Worker Retraining](#)

533-3599

Monday - Friday, 8 a.m. - 4:30 p.m. Free if criteria is met. There are several programs and services to assist people who are low income, unemployed, receiving unemployment benefits, have exhausted their unemployment benefits, or who are employees who've received written

notice of future job loss. There are funds available for professional/technical courses for re-training or upgrading job skills.

Hair Care

Barber Shops

Headhunters Barber Shop

Northtown Mall
4750 N Division
Spokane, WA 99207
509-869-8728

Larry's Afro Barbering and Styling Shop

3017 E 5th Ave
Spokane, WA 99202
509-534-4483

Quick's Barbershop

1429 N Monroe St
Spokane, WA 99201
509-242-3028

Salons

Ebony and Ivory

220 E Wellesley Ave #200
Spokane, WA 99207
509-242-3031

Extra Beauty

2223 North Ash St
Spokane, WA 99205
509-327-1986

Koi

319 W 2nd Ave
Spokane, WA 99201

Markets and Stores

Asian

Asian World Food Market

3314 N Division St
Spokane, WA 99207
509-327-2899

Baek Chun Oriental Market

13032 W 14th Ave
Airway Heights, WA 99001
509-244-3524

Best Asian Market

2022 E Sprague Ave
Spokane, WA 99202
509-534-9300

Oriental Market

3919 E Trent Ave
Spokane, WA 99202
509-535-3936

Hispanic

DeLeon Foods

102 E Francis Ave
Spokane, WA 99208
509-483-3033

La Michoacana

10617 E. Sprague Ave
Spokane Valley, WA 99206
509-926-8251

Italian

Cassano Grocery

2002 E Mission Ave
Spokane, WA 99202
509-747-3888

Jewish

Albertson's on the South Hill (good kosher section)

3010 E 57th
Spokane, WA 99223
509-443-6403

Multicultural

Cost Plus World Market
6125 N Division St

Spokane, WA 99207
509-484-8640

Kizuri
35 W Main Ave #100
Spokane, WA 99201
509-464-7677

Williams Seafood Market & Wine
2118 N Ruby St
Spokane, WA 99207
509-321-0747

Russian

Kiev Market
Ukraine, Russian, Bosnian, Polish, Georgia,
German
3716 N Nevada St
Spokane, WA 99207
509-483-3333
16004 E Sprague Ave
Veradale, WA 99037
509-927-0860

Mariupol Deli and Bakery
German & European breads
3329 E Sprague Ave
Spokane, WA 99202