

# Spokane Veterans Court Community Resource Directory



This directory is located on the Spokane Veterans Forum website at  
[www.SpokaneVeteransForum.org](http://www.SpokaneVeteransForum.org)

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## Emergency Numbers

Ambulance, Fire, and Police .....	911
Vet2Vet Veterans Crisis Hotline .....	1-877-282-2828
Veterans Crisis Hotline .....	1-800-273-8255, Press 1
Spokane Suicide Prevention Hotline .....	1-509-838-4428
Sexual Assault Hotline .....	1-888-846-7273
Drug and Alcohol Hotline	
Washington .....	1-800-562-1240
National .....	1-800-252-6465
Adult Abuse Hotline .....	1-866-363-4276
Domestic Violence Hotline .....	1-800-648-1277
Poison Control Center.....	1- 800-222-1222
Animal Poison Control.....	1-888-426-4435

## Burial and Cemetery Services

### Eastern Washington Veterans Cemetery

509-299-6282

21702 W. Espanola Rd., Medical Lake

[www.dva.wa.gov/eastern.wa\\_vet\\_cemetery.html](http://www.dva.wa.gov/eastern.wa_vet_cemetery.html)

## Credit Reports and Scores

Prevents identity theft and provides a fraud alert statement on credit.

**Experian** 888-397-3742, **Equifax** 888-766-0008, **Transunion** 800-680-7289

Free Credit Report <http://Annualcreditreport.com>

Free credit score <http://Creditkarma.com>

## Depression

### Department of Defense

<http://www.defense.gov/> search depression

### National Institute of Mental Health information on depression

<http://www.nimh.nih.gov/health/publications/depression/nimhdepression.pdf>

### Families for Depression Awareness

<http://www.familyaware.org/>

## Disability Resources

### Army Wounded Warrior Program (AAW2)

509-434-7527

4815 N. Assembly Street, Spokane

The Army Wounded Warrior program assists and advocate for severely wounded, ill, and injured soldiers, veterans, and their families, regardless of military status or location.

[www.wtc.army.mil/aw2/advocates/index.html#WASHINGTON](http://www.wtc.army.mil/aw2/advocates/index.html#WASHINGTON)

**Disabled American Veterans (DAV)**

509-535-9100

212 South David Street, Spokane Valley

The DVA is dedicated to building better lives for disabled veterans and their families through a lifetime membership benefit program.

[www.davmembersportal.org/chapters/wa/06/default.aspx](http://www.davmembersportal.org/chapters/wa/06/default.aspx)

**Spokane Veterans Center**

509-444-8387

13109 E. Mirabeau Parkway, Spokane Valley

The goal of the Vet Center program is to provide a broad range of counseling, outreach, and referral services FREE of charge to eligible veterans in order to help them make a satisfying post-war readjustment to civilian life.

<http://www.va.gov/directory/guide/facility.asp?ID=475>

**VA Vocational Rehabilitation and Employment**

509-434-7752

4815 N. Assembly Street, Spokane

The VA Voc Rehab program provides assistance to veterans with service connected disabilities and prepares them for employment.

<http://www.vba.va.gov/bln/vre/vrs.htm>

## Disaster Relief – Public Safety

**Amber Alert/Missing Child(ren)**

Please report any information regarding a missing child to the National Center for Missing & Exploited Children Call Center at 1-800-843-5678. Operators available 24-hours a day to receive "sightings" by telephone or via the Internet.

[http://www.missingkids.com/missingkids/servlet/PageServlet?LanguageCountry=en\\_US&PageId=4319](http://www.missingkids.com/missingkids/servlet/PageServlet?LanguageCountry=en_US&PageId=4319)

<http://www.amberalert.gov/>

**American Red Cross Inland NW**

315 W. Nora Spokane, WA 99205

326-3330, 800-793-0278

*Red Cross Disaster Services provides shelter, clothing, and food, in addition to health and mental health services, in order to ensure basic human needs are met following a disaster.*

[www.INWRedCross.org](http://www.INWRedCross.org)

**Block Watch**

901 N. Monroe St, Ste 254 Spokane, WA 99201

835-4572, Fax 835-4596

[www.spokanecops.org](http://www.spokanecops.org)

**COPS (Community Oriented Policing Services)**

901 N. Monroe, Ste 254 Spokane, WA 99201

[www.spokanecops.org](http://www.spokanecops.org)

*Volunteer community-policing substations that assist Spokane police.*

**Crime Prevention**

Spokane County, 112 W. Gardner Spokane, WA 99201

City 625-4079

Valley 477-2592 - County 477-2592

Coordinator Diana Somerville

*Senior volunteers do in-home security assessments and vacation home checks. Sponsored by the police department.*

**Crime Reporting Center/Crime Check**

Spokane police

532-9266

[SpokaneCrimereportingcenter.org](http://SpokaneCrimereportingcenter.org)

**Crime Victim Service Center**

Lutheran Community Services NW

210 W. Sprague Spokane, WA 99201

TDD 866-751-7119,

<http://www.lcsnw.org/services.html>

*Provides support and tools to respond to crises or address needs for information and referrals for crime victims. Trains providers for 24 hours-a-day crisis intervention, support at hospitals if medical care is needed related to crime, and support and thru legal process.*

**Fire Reports/To Report a Forest Fire**

Dept Natural Resources

800-562-6010

**Fire Stoppers**

Spokane Fire Dept.

44 W. Riverside Spokane, WA 99201

625-7058

*Helps children 12 and younger experimenting with, and interviews them and parents to help with understand the importance of fire safety and the child's motivation for fireplay.*

## Domestic Violence

**Alternatives To Domestic Violence – YWCA**

829 W. Broadway Spokane, WA 99201

326-1190 x 139

[http://www.ywcaspokane.org/site/c.dulXJdNTKkL4G/b.8633587/k.D5B/Alternatives\\_to\\_Domestic\\_Violence\\_Program.htm](http://www.ywcaspokane.org/site/c.dulXJdNTKkL4G/b.8633587/k.D5B/Alternatives_to_Domestic_Violence_Program.htm)

*Spokane@ywconnect.org, 24-hour crisis services to victims of domestic violence, including safe shelter, support-crisis intervention and case management. Provides legal advocacy to aid victims in obtaining orders of protection, crisis hotline: 326-2255*

**Family Crisis Network, Newport WA**

509-447-5483

**Family Resource Center, Lincoln County**

800-932-0932

**National Domestic Violence Hotline**

800-799-7233

[www.thehotline.org](http://www.thehotline.org)

**NW Women's Law Center**

907 Pine St. # 500 Seattle, WA 98104

206-621-7691, TTY 521-4317, Fax 682-9556

[www.nwwlc.org](http://www.nwwlc.org)

[nwwlc@nwwlc.org](mailto:nwwlc@nwwlc.org)

*Legal information, self-help materials and referral statewide, services by phone only.*

**Sexual Assault & Family Trauma (SAFET) Response Center**

210 W. Sprague Ave. Spokane, WA 99201

Office 747-8224, 24 hour Hotline 624-7273

*Training, Therapy, support groups, sexual assault advocacy, outreach, medical advocacy, legal advocacy, interpreters provided, human trafficking, homeless & homeless prevention, DSHS advocacy, domestic violence advocacy, crisis hotline, crisis counseling, crime victim compensation assistance and other services.*

**Women Helping Women Fund**

1325 West 1st Avenue #318, Spokane, WA 99201

509-328-8285

## Education Resources

**Veterans Education Benefits:**

Spokane Community College – (509) 533-7027

Spokane Falls Community College – (509) 533-3504

- Schedule appt.- take DD214 to determine benefits
- Compare GI Bill with New one coming out in Aug 2009

**Scholarships/Resources**

- Review list of scholarships in folder
- Google or Yahoo search – Iraqi Veterans scholarships as new ones show up on a regular basis
- Apply for financial aid

**GI Bill for training/apprenticeships:**

- You can use your GI benefits for tech schools, apprenticeship programs, or for approved On The Job Training Programs - Montgomery Fund only – Post 9/11 program must be taken at a college

**Eastern Washington University**

Registrar's Office 509-359-6200

Office of Veterans Services 509-359-6592

VetCorps Navigator 509-359-6533

[www.Access.ewu.edu/Records-and-Registration/Veterans-Services.xml](http://www.Access.ewu.edu/Records-and-Registration/Veterans-Services.xml)

**Gonzaga University**

Registrar's Office 509-313-6592

Veteran Coordinator 509-313-6596

**Fairchild AFB**

Education Services 509-247-2348

[www.fairchildfun.com/edt.html](http://www.fairchildfun.com/edt.html)

**Spokane Community College (SCC)**

Veteran Certifying Official 509-533-7027

VetCorps Navigator 509-533-7274

[www.scc.spokane.edu/vetaffairs](http://www.scc.spokane.edu/vetaffairs)

**Spokane Falls Community College (SFCC)**

Veteran Coordinator 509-533-3504

Veteran Resource Center 509-533-3900

[www.spokanefalls.edu/Admissions/Veterans/Home.aspx](http://www.spokanefalls.edu/Admissions/Veterans/Home.aspx)

**Whitworth University**

Registrar's Office 509-777-3205

[www.whitworth.edu/Administration/RegistrarsOffice/Catalog/AcademicInformation/Veterans.htm](http://www.whitworth.edu/Administration/RegistrarsOffice/Catalog/AcademicInformation/Veterans.htm)

**Washington State University- Riverpoint Campus**

Registrar's Office 509-358-7500

[www.spokane.wsu.edu](http://www.spokane.wsu.edu)

**Washington State University- Pullman Campus**

Registrar's Office 509-335-5346

Veterans Affairs 509-335-1857

[www.va.wsu.edu](http://www.va.wsu.edu)

## Emergency Shelter

**House Of Charity**

32 West Pacific Avenue, Spokane, WA 99201

509-624-7821

[www.catholiccharitiesspokane.org/house-of-charity](http://www.catholiccharitiesspokane.org/house-of-charity)

*adult men; medical clinic, meals, hygiene, laundry services, counseling, mail drop.*



**Union Gospel Mission**

1224 E Trent Ave, Spokane, WA 99202  
509-535-8510

[www.uniongospelmission.org/locations/](http://www.uniongospelmission.org/locations/)

*adult men; no stay limit, counseling, meals (also for guests), hygiene, clothing, eye care, chemical dependence rehab services.*

**Salvation Army Family Emergency Center**

204 East Indiana Avenue, Spokane, WA 99207  
509-325-6814

[www.salvationarmyspokane.org](http://www.salvationarmyspokane.org)

*families; meals, food bank, clothing bank, prescriptions, life skills and parenting classes, drug and alcohol free.*

**St. Margaret's**

101 E Hartson Ave Spokane, WA 99202  
509-624-9788

*women and children (boys under age 11); safe environment, confidential address, clothing bank, support services.*

**VOA Hope House**

111 West 3rd Avenue, Spokane, WA 99201  
509-455-2886

[www.voaspokane.org/Services/Homelessness/Hope-House](http://www.voaspokane.org/Services/Homelessness/Hope-House)

*single women; meals, showers, clean safe environment.*

**VOA Crosswalk**

525 W. 2<sup>nd</sup>, Spokane, WA 99201  
509-838-6596

*youth 13-21; meals, clothing bank, medical clinic, classes.*

**SNAP Homeless Office**

500 S. Stone, Spokane, WA 99202-4150  
509-456-7106

*families, couples, single mothers, or single expecting women; life skills classes, family emphasis, educational and vocational assessments.*

**Truth Ministries**

1910 E Sprague Ave, Spokane, WA, 99202  
509-456-2576

*adult men; evening meal, hygiene services.*

**UGM Crisis Shelter for Women and Children**

1234 E Sprague Ave, Spokane, WA 99202  
509-535-0486

[www.uniongospelmission.org/locations](http://www.uniongospelmission.org/locations/)

*single women and women with children; meals, late check in at 535-8510.*

### **Volunteers Of America Emergency Assistance**

W. 2<sup>nd</sup> Ave. Spokane, WA 99201

509-624-2378

<http://www.voaspokane.org/Volunteer-Opportunities>

*\*Financial assistance for utility shut off notices, household goods and clothing.*

### **Anna Ogden Hall**

509-327-7737

2828 W. Mallon, Spokane, WA 99201-1553

Anna Ogden Hall is a residential facility that offers long term recovery programs to women.

## **Employment Services**

### **Washington National Guard Transition Program**

1626 N. Rebecca, Spokane, WA 99217

509-532-2795

[www.Washingtonguard.org](http://www.Washingtonguard.org)

### **WorkSource**

#### **Disabled Veterans Outreach Program (DVOP) and Local Veterans Employment Representative (LVER)**

(509) 532-3101/3102

130 South Arthur, Spokane, WA 99202-2252

- Need copy of DD214 Member/Service 4 form to apply for unemployment
- Need to ask about Dislocated Workers Program
- Need to ask about Commissioner Approved Training
- Need resume assistance
- Job search assistance - military occupation was aviation mechanic
- Financial hardship- ask about the VIP Grant

### **VA Vocational Rehabilitation and Employment**

509-434-7000

4815 N. Assembly Street, Spokane, WA 99205

The VA Voc Rehab program provide assistance to veterans with service connected disabilities and prepares them for employment.

<http://www.benefits.va.gov/vocrehab/>

### **Washington WorkFirst**

1-877-501-2233

[www.workfirst.wa.gov/](http://www.workfirst.wa.gov/)

WorkFirst is a Washington State Program for temporary cash assistance program. The goals are to help low-income families stabilize their lives so they can go to work.

## Family Services

### **American Red Cross Inland NW**

315 W. Nora Spokane, WA 99205

326-3330, 800-793-0278

*Red Cross Disaster Services provides shelter, clothing, and food, in addition to health and mental health services, in order to ensure basic human needs are met following a disaster.*

[www.INWRedCross.org](http://www.INWRedCross.org)

### **Washington National Guard Family Program**

509-991-7199

1626 N. Rebecca, Spokane

A family/soldier resource that provides ongoing support for military families and outreach.

<http://mil.wa.gov/family-programs>

### **Salvation Army Family Services**

1403 W. Broadway, Spokane, WA 99201

(509) 325-6814

Case workers are available to attend to families in financial distress by providing the attention families need through rent assistance, clothing, and furniture. Call for an appointment.

<http://www.salvationarmyspokane.org>

### **Operation Spokane Heroes**

509-325-9656

[www.operationspokaneheroes.org](http://www.operationspokaneheroes.org)

Operation Spokane Heroes is a non-profit organization focused on providing support for military personal and families of deployed military personal.

## Federal Representative and Senators

### **Rep. Cathy McMorris-Rogers**

**John Davis, Veterans/Military Liaison**

[j.davis@mail.house.gov](mailto:j.davis@mail.house.gov)

509-353-2374

### **Sen. Maria Cantwell**

**Veterans and Defence**

509-353-2507

<http://www.cantwell.senate.gov/public/index.cfm/veterans-and-defense>

### **Sen. Patty Murray**

509-624-9515

<http://www.murray.senate.gov/public/>

## Healthcare: Medical & Dental Resources

### Basic Health Plan

626 8th Avenue SE  
Olympia, WA 98501

<http://www.basichealth.hca.wa.gov/>

1-800-562-3022

*Statewide low cost health-care, for individuals and families who meet income guidelines.*

### Chas – Community Health Association Of Spokane

3919 N. Maple, Spokane, WA 99205 <http://www.chas.org/>

509-444-8888, or Admin 509-444-7806 and 509-444-8200 Dental

*Provides medical and dental services to patients with or without insurance status, and sliding-fee scale based on income for uninsured patients.*

### Christ's Clinic

914 W. Carlisle, Spokane, WA 99205

509-325-0393, Fax 509-325-7209

<http://www.christclinic.org/cccms/>

*Nonprofit medical clinic providing care to low-income persons with limited or no medical insurance.*

### Community Health Access Services

509-236-2435

<http://www.srhd.org/links/data.asp>

*Services for HIV/ STDs education, outreach services, unplanned pregnancy, substance abuse and anonymous HIV testing/ referral.*

### DSHS North Cso Clinic

1925 E. Francis, Spokane, WA 99208 <http://www.dshs.wa.gov/onlinecso/findservice.shtml>

1-877-501-2233

*Family planning information/ services, physical exams and screenings related to well-woman exam or STI evaluation, prenatal, adoption and abortion referrals. Sliding fee scale, accepts XIX Coupons and most insurances, Call for Community Outreach Nurse 227-2362*

### Family Health Hotline (WA)

1-800-322-2588

<https://www.parenthelp123.org/resources/family-health-hotline>

*Statewide information/ referrals for children, maternal health and family planning services. Eligibility screenings for WA Children, maternity, take charge medical benefits, WIC/ Basic Food and childcare and smoking-cessation referrals.*

### Health Care For All Community-Minded Enterprises

Community Building Saranac

25 W. Main, Ste 300 Spokane, WA <http://community-minded.org/>

(855) 487-7686 toll free

*Community-based project that helps low-cost health-care options and access to health-care providers*

### **HIV/Aids Program Spokane Regional Health District**

509-324-1542 OR 509-324-1496

<http://www.srhd.org/services/hiv.asp>

*Anonymous/ confidential HIV testing including partner notification, case management, HIV/AIDS ed./ technical assistance and outreach/syringe exchange*

### **Immunization Clinic (Shots) Spokane Regional Health District**

1101 W. College Ave, Spokane, WA 99201

324-1600 <http://www.srhd.org/news.asp?id=140>

*Providing immunizations for preventable diseases from birth to adulthood and for travel.*

### **Native Health of Spokane-Native Project**

1803 W. Maxwell, Spokane, WA 99201

Clinic Appointments: **(509) 483-7535**

Counseling Appointments: **(509) 325-5502**

Administration: **(509) 325-5502**

<http://www.nativeproject.org/>

*Provides primary and preventive care for all ages, chronic illness management, mental health/ substance abuse and helps patient's secure medical coverage, sliding fee.*

### **Primary Care Medical Clinic**

**ECCO- Primary Care Medical Clinic**

**800 West Fifth Avenue, Spokane, WA, 99204**

Phone: (509) 473 - 2341

Hours: **24 hours daily**

Email: [Deaconess@empirehealth.org](mailto:Deaconess@empirehealth.org)

<http://www.resourcehouse.info/WIN211/details.aspx?AgencyID=9415&LinkID=35A5F73A-DC40-472F-906B-D64227C1A78C>

*Family nurse practitioner provides TB test to DOT physicals, women's health and family planning.*

### **Project Access**

104 S. Freya, Ste 114, Spokane, WA 99202

509-532-8877 <http://www.spcms.org/projectaccess/>

*Manages 600 doctors and 6 hospitals donate service, specialty level office visits, provides surgeries to low cost pharmaceuticals.*

### **Spokane Aids Network**

905 S. Monroe St., Spokane, WA 99204

509-455-8993, fax 509-455-9743

<http://www.san-nw.org/>

*Providing direct care services to people living with HIV and AIDS and prevention programs in Inland NW.*

### **Spokane County Community Services**

312 W. 8<sup>th</sup> Ave, Spokane, WA 99204

509-477-5722, FAX 509-477-6827

<http://www.spokanecounty.org/CommunitySvcs/content.aspx?c=2112>

*Referrals for substance abuse treatment and prevention, developmental disabilities and mental health.*

### **Spokane County Medical Society**

104 S. Freya, Ste 114, Spokane, WA 99212

509-325-5010 <http://www.spcms.org/>

Referrals for physicians who accept medical coupons, provides services for low-income or for reduce fee. Physician's info based on location, specialty and insurance requirements.

### **Unify Community Health**

120 W. Mission Ave, Spokane, WA 99201

326-4343, fax 326-4289

<http://www.yvfwc.com/spokane-falls-family-clinic/>

*Full medical services, including prenatal care and delivery.*

### **Women's Health Programs: Breast & Cervical Health**

Spokane Regional Health District

509-324-1553, 1-888-461-8876

1101 W. College Ave, Spokane, WA, 99201

<http://www.srhd.org/services/bcchp.asp>

### **Spokane Valley Partners**

10814 E. Broadway, Spokane Valley, 99206

509-927-1153 <http://www.svpart.org/>

*Energy assistance, rental assistance, gas vouchers, bus passes, prescription assistance, clothing bank, and food bank. Must live in Spokane Valley to receive assistance.*

### **VA Medical Center**

4815 N. Assembly <http://www.spokane.va.gov/>

Spokane VA main phone 509-434-7000, Toll Free 1-800-325-7940

Registration and Appointments for primary care and mental health

OIF/OEF Program Enrollment- For clients who have served in Iraq or Afghanistan. Please take all clients here first and they will assist with enrollment and many other resources

### **Health Care for Homeless Vets**

(HCHV)- (509) 462-2500

705 W. 2nd

Spokane, WA

509-462-2500

## **Housing Resources**

### **Spokane Low Income Housing Consortium (SLIHC)**

315 W. Mission Avenue, Suite 25B

Spokane, Washington 99201

509-325-3235 [www.slihc.org/](http://www.slihc.org/)

*advocacy & community education on affordable housing, hosts of [www.onestophousing.org](http://www.onestophousing.org), an extensive online resource for finding affordable housing.*

**Spokane County Bar Assoc/ Housing Justice Project**

1704 W Broadway  
(888) 201-1014

<http://www.spokanebar.org/vlp-clients.html>

*offers low income tenants in Spokane county access to lawyers at show cause eviction hearings. persons needing a lawyer for these hearings can ask for a housing justice project lawyer when they come to court.*

**HUD – Housing and Urban Development**

Spokane Field Office  
Thomas Foley US Courthouse Building  
920 West Riverside, Suite 588  
Spokane, WA 99201  
Phone: (509) 368-3200  
Fax: (509) 368-3209  
TTY: (509) 368-3220

*[www.hud.gov/washingtoninformation](http://www.hud.gov/washingtoninformation) and resources for low income tenants, advocacy.*

**Inland Empire Residential Resources**

(509) 789-2245  
IERR881@omnicast.net

*creates and preserves long term affordable housing for persons with disabilities, low income tenants and families.*

**Northeast Washington Housing Solutions (NEWHS)**

55 W. Mission Suite 104  
Spokane, Washington 99201  
(509) 323-2364 (509) 327-5246 Fax

*formerly Spokane housing authority. advocacy and information about all things low/no income housing including housing voucher information.*

**NW Indian Housing Association**

PO Box 3785 (206) 526-8630.  
Locally 258-4523 or (888) 642-8055  
Spokane Tribe:  
6401 Sherwood Addition Dr. Wellpinit WA 99040

[www.nwiha.org](http://www.nwiha.org)

*promotes safety, sanitary, decent and affordable housing for tribal members in the pacific northwest.*

**SNAP Affordable Rental Program**

500 S Stone St Spokane, WA 99202  
509-456-7106  
SNAP Admin.

3102 W. Fort George Wright  
Spokane, WA 99224

(509) 456-7111

Fax: (509) 534-5874

<http://www.snapwa.org/oldsite/services/housing/housing-opportunities>

SNAP owns and manages safe and affordable housing /SNAP program for affordable rentals– they also have a couple of other programs

### **Spokane Housing Authority**

55 West Mission Avenue #104, Spokane, WA 99201

(509) 328-2953 509-232-0170 –

[www.spokanehousing.org](http://www.spokanehousing.org)

provides affordable rental units to low income families

### **VOA Permanent Supportive Housing**

525 W. Second Avenue, Spokane, WA 99201

509.624.2378

<http://www.voaspokane.org/Services/Affordable-Housing/Permanent-Supportive-Housing>

*comprehensive case management services and housing units for chronically homeless and disabled adults.*

### **Tenants Union of Washington State**

5425 B Rainier Ave S

206-722-6848 or TDD (206)723-0523

or hotline (206) 723-0500

[www.tenantsunion.org/](http://www.tenantsunion.org/)

*housing justice, education, advocacy. seeks to improve tenants living conditions and challenges and transform unjust housing policies and practices.*

### **Health Care for Homeless Vets**

**VA Homeless Program-for homeless veterans.**

(HCHV)- (509) 462-2500

705 W. 2nd

Spokane, WA

509-462-2500

### **Salvation Army Housing and Stabilization**

222 E. Indiana Avenue, Spokane, WA 99207-2318

Homeless Family Coordinated Assessment 509-325-5005

Stepping Stones Transitional Housing 509-325-5005

Housing and Essential Needs 509-329-2738

<http://www.makingspokanebetter.org/>

### **Spokane Mental Health Homeless Resource Center**

509-455-6275

520 S. Walnut, Spokane, WA 99204

[http://spokanecares.org/index.php?org\\_ref=127](http://spokanecares.org/index.php?org_ref=127)

The homeless resource center is available for any homeless individual and their family to meet the needs with community services and promote transitional to permanent housing.



**Ascend A/DBA Christmas House**

3000 W. Sunset Blvd, Spokane, WA 99204

509-624-4045

*Helps those in recovery or co-occurring disorders to continue for successful recovery with community outreach programs and from homelessness to home ownership.*

## **Housing Repairs and Utility Assistance**

**Citizens Utility Alliance**

1007 West 31st

SPOKANE WA 99203

(509)220-4200

[www.citizensutilityalliance.org](http://www.citizensutilityalliance.org)

*advocacy and education for telephone consumers. help in enrolling in low cost phone service. help in resolving problems between customers and phone companies.*

**VOA Emergency Service – prevention of utility shut off or eviction**

525 W. Second Avenue, Spokane, WA 99201

509-624-2378

*financial assistance available to prevent utility shutoff or eviction.*

**Emergency Assistance Programs – Project Share**

SNAP

3102 W. Fort George Wright

Spokane, WA 99224

(509) 456-7111

Fax: (509) 534-5874

**Armory (downtown area) - 744-3370**

**Northeast - 487-1114**

**Valley - 926-1054**

*assistance with weatherization, heating improvements and financial assistance through snap and Avista. must be financially eligible.*

**SNAP Minor Home Repair/Weatherization Program**

509-744-3370

*repairs and modifications, weatherization and heating system repairs.*

**Spokane Valley Partners**

10814 E. Broadway, Spokane Valley, 99206

509-927-1153 <http://www.svpart.org/>

*Energy assistance, rental assistance, gas vouchers, bus passes, prescription assistance, clothing bank, and food bank. Must live in Spokane Valley to receive assistance.*

**Our Place**

1509 W. College Spokane, WA 99201

(509) 326-7267

[www.ourplacespokane.org/](http://www.ourplacespokane.org/)

*\*Food bank for West Central area only. Financial assistance for emergency utilities and limited transportation for West Central area only. Clothing bank open to all.*

## Legal Aid

### **Spokane County Veterans Court**

509-477-2617

1100 W. Mallon (2<sup>nd</sup> floor), Spokane

[www.spokanecounty.org/districtcourt/content.aspx](http://www.spokanecounty.org/districtcourt/content.aspx)

### **City of Spokane Veterans Court**

509-622-5804

1100 W. Mallon (2<sup>nd</sup> floor), Spokane

### **Spokane Veterans Forum**

[www.Spokaneveteransforum.org](http://www.Spokaneveteransforum.org)

Monthly classes and support for Veterans working through the court system.

### **American Civil Liberties Union (ACLU)**

**Center for Justice** <http://cforjustice.org/>

35 West Main, Suite 300 Spokane, WA 99201

509-835-5211

<https://aclu-wa.org/>

### **CLEAR LINE (Centralized intake, Advice And Referral Service)**

1325 Fourth Ave. Seattle, WA 98101

888-201-1014

[www.nwjustice.org](http://www.nwjustice.org)

*Free civil (non-criminal) legal assistance and referrals to low-income residents of WA, staffed with lawyers and paralegals providing immediate information. CLEAR SR is projected for 60 +.*

### **Consumer Credit Counseling Services**

4407 N. Division Ste 814 Spokane, WA 99207

P: 866-232-9080

T: 866-232-9080

F: 866-921-5129

[www.moneymanagement.org](http://www.moneymanagement.org)

*Provides alternatives to bankruptcy, teaches budgeting, financial education to high school students, bankruptcy counseling, 24 hour toll free phone counseling.*

### **Consumer Protection**

WA Attorney General's Office

1116 W. Riverside Spokane, WA 99201

800-551-4636, 509-456-3123

www.atg.wa.gov

*Helps with consumer problems and business complaints and legal representatives for state agencies. Brings lawsuits on behalf of citizens of Washington regarding unfair/ deceptive business practices.*

**Gonzaga Native American Law Caucus**

PO Box 3528, 721 N Cincinnati St.

Spokane WA 99220-3528

(509) 313.3700

<https://www.law.gonzaga.edu/students/student-organizations/nalsa/>

**Native American Rights Fund**

1506 Broadway Boulder, CO 80302

303-447-8760, Fax 443-7776

www.narf.org

**NW Indian Bar Assn**

www.nwiba.org

*Non-profit organization of Indian attorneys and judges in the NW. Aspires to improve the legal and political landscape for tribes. Provides role models and mentors in the legal profession and encourages and promotes pro bono legal work can civic involvement that benefits Indian people on reservations and urban areas.*

**Legal Voice, Women's Rights**

907 Pine St. # 500 Seattle, WA 98104

206-621-9552, Fax 682-9556

www.nwwlc.org

*Legal information, self-help materials and referral statewide, services by phone only.*

**Northwest Justice Project**

Legal Advice

1702 West Broadway Avenue, Spokane, WA 99201

(509) 324-9128 Toll Free: 1-888-201-1014

[www.nwjustice.org](http://www.nwjustice.org)

**Public Defender's Office**

Spokane County, 1033 W Gardner, Spokane, WA 99260

509-477-4246, Fax 509-477-2567

<http://www.spokanecounty.org/PubDefender/content.aspx?c=1927>

*Provides legal counsel for indigent persons in criminal and juvenile dependency cases, also takes mental health cases.*

**Volunteers Lawyers Program**

1704 W. Broadway Spokane, WA 99201

509-232-3051

<http://www.spokanebar.org/vlp.html>

*Divorce advice clinic, family law advice and housing justice project 1-4 pm, m-th. Individual consultations, limited/ full representation in civil law matters by volunteer attorneys for low-income residents of Spokane County. Clients may also be referred by calling 888-201-1014*

**Voter Registration Spokane County**

1033 W. Gardner Ave., Spokane, WA 99260

509-477-2320, Fax 509-477-6607

<https://wei.sos.wa.gov/county/spokane/en/voterregistration/Pages/default.aspx>

*Contacts: Vickie Dalton and Paul Brandt, voter registration, transfer of registration and cancellation for all county elections, and absentee ballots for registered voters.*

**Women Helping Women Fund**

1325 West 1st Avenue #318, Spokane, WA 99201

509-328-8285

[www.whwfspokane.org/](http://www.whwfspokane.org/)

**Unemployment Law Project**

Community Bldg/East 35 W. Main Ave Ste 370E, Spokane, WA 99201

509-624-9178, 800-940-9178,

<http://unemploymentlawproject.org/>

*Free legal assistance and information to people who have been denied unemployment benefits, offices in Seattle and Spokane, offers services to anyone with a WA state claim.*

**Meal Programs and Sites –  
drop in sites that offer meals and other services.**

**List of Current Free Meals in Spokane**

<https://feedspokane.com/meal-providers/meal-centers-locations/>

**A Cup of Cool Water**

1106 2<sup>nd</sup> Ave, Spokane WA 99201 509-747-6686

*age 22 and under, 1-4pm and 7-8pm Tues, weds and Thurs*

**Better Living Center**

25 E. North Foothills Dr., Spokane, WA 99207 509-325-1258

Serves zip codes 992005, 99207

**The City Gate**

170 S. Madison Spokane, WA 99201 509-455-9670

call for details, serves zip codes 99201, 99204, and parts of 99224

**Crosswalk**

525 W. Second Ave, Spokane WA 509-838-6596

*ages 13-18, 9am, 12noon, and 6pm 7 days a week.*

**ECCO Food Bank**

500 S. Stone Spokane, WA 99202 509-625-6699

Serves 99202 and 99212(west if park rd. )

**All Saints Lutheran**

314 S. Spruce Street, Spokane, WA 99201 509-838-4409

*call for details*

**House of Charity**

32 W. Pacific – PO Box 223, Spokane Wa 99210 509-624-7821

*7:30 – 9a.m. and 11a.m. Mon – Sat and 4:00p.m. Sundays*

**Northeast Food Pantry**

4001 N. Cook Spokane, WA 99207 509-487-1114

Serves 99207(east of Perry St) 99217

**Mead Food Bank**

12611 N Wilson St, Mead, WA 99021 509-466-7068

**Otis Orchards Food Bank**

4308 N. Harvard, Spokane, WA 99027 509-926-6196

Serves zip codes 99019, 99025, 99027

**Our Lady of Lourdes**

1115 W Riverside , Spokane WA 99201 509-358-4290

*sandwiches 11a.m.-12noon and 4-5p.m. Mon-Fri*

**Our Place**

1509 W. College Spokane, WA 99201, 99201 509-326-7267

Food bank for West Central area only. Financial assistance for emergency utilities and limited transportation for West Central area only. Clothing bank open to all.

**Shalom Ministries Central United Methodist**

518 3<sup>rd</sup> Ave, Spokane WA 99201 509-455-9019

*call for details*

**St. Ann's Sunday Lunch**

2120 W. 1<sup>st</sup> Ave Spokane, WA 509-535-3031,

*1p.m. Sundays*

**Truth Ministries**

1910 E Sprague Ave, Spokane WA 99202 509-456-2576

*nightly meals*

**Union Gospel Mission**

1224 E. Trent Ave, Spokane WA 99202 509-535-8510

*Men only; 7a.m., 12noon, and 6p.m. (5p.m. on Sundays)*

**Spokane Valley Partners Food Bank**

10814 E. Broadway Ave, Spokane Valley, WA 99206 509-928-7769

Serves 99012, 99015, 99016, 99018, 99023, 99030, 99033, 99036, 99037, 99039, 99206, 99212, 99213, 99216, 99216

**Valley Food Bank**

10814 E. Broadway Ave, Spokane Valley, WA 99206 509-927-1153

Address verification required

**Women's and Children's Free Restaurant**

1620 N. Monroe St. Spokane, WA 99205 509-324-1995

*women and children only 4-6p.m. Tues-Thurs and 1:30-3:30p.m. Friday*

**Spokane Valley Meals on Wheels**

321 S Dishman Mica Spokane Valley, WA 99206 509-924-6976

*call for details*

**Spokane Valley United Methodist**

115 N Raymond Rd, Spokane WA 99206 509-924-7262

*call for details*

**Second Harvest Food Bank**

1234 E. Front Ave. Spokane, WA 99202 509-534-6678

*Provides emergency food to singles and families, days and hours vary by location.*

**American Indian Community Center**

801 E. 2<sup>nd</sup> Ave, Ste 10, Spokane, WA 99202 509-535-0886

*Variety of services for American Indian clients, food bank for residents in 99202 zip code and all Native Americans.*

**Mental Health Care and Addiction Services:**

**Abstemious Valley**

*ADIS; EVAL; A/D TX*

10525 E. Main, Spokane, WA 99206 509-927-7814

**Assessment & Treatment Associates**

*ADIS; EVAL; A/D TX*

515 W. Francis Ave., Suite #6, Spokane, WA 99205 1-877-479-5993

**At Parr Outpatient Services**

*ADIS; EVAL; A/D TX; M/H EVAL; M/H; C/O; MRT*

124 E. Augusta, Suite 100, Spokane, WA 99207 509-325-0777

Benewah Medical Center

*ADIS; EVAL; A/D TX; M/H; C/O;*

PO Box 388 (mailing)/427 N. 12th St, Plummer, ID 83851 208-686-1449 ext. 241

**Breakthrough Recovery Group**

*ADIS; EVAL; A/D TX*

11711 E. Sprague Ave. Suite D4, Spokane Valley, WA 99206 509-927-6838

**CAMAS** (Med Cpn OK)

*EVAL; A/D TX; M/H; C/O;*

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

(Cusick Ofc) 72 Camas Flat Rd. ,Cusick, WA 99119 509-789-7630

**Colonial Clinic**

*ADIS; EVAL; A/D TX; C/O Mgmt Outside Ofc*

910 N. Washington, Suite 210, Spokane, WA 99201 509-327-9831

**Gateway Counseling Service**

*ADIS; EVAL; A/D TX*

701 E. 3<sup>rd</sup> Ave, Suite 101, Spokane, WA 99202 509-532-8855

**Lakeside**

*EVAL; A/D TX*

3710 N. Monroe, Spokane, WA 99205 509-328-5234

**Native Project** (Youth Only)

*EVAL; A/D TX*

1803 W. Maxwell, Spokane, WA 99201 509-325-5502

**New Horizons (Main Office)**

(Med Cpn OK) *ADIS; EVAL; MRT; A/D TX (Subst. Deprn.; M/H; C/O* **(Write "MRT ONLY" on referral; attn: Eileen)**

504 E. 2<sup>nd</sup> /PO Box 4627 99220, Spokane, WA 99202 509-838-6092

**New Horizons (Valley)**

(Med Cpn OK) *EVAL; A/D TX (Subst. Deprn./Some Abuse); MRT*

15407 E. Mission, Spokane, WA 99037 509-927-1543

**N.E. Washington Tx Alternatives (NEWTA)**

*ADIS; EVAL; A/D TX*

1224 N. Ash, Spokane, WA 99201 509-326-7740

**Partners With Families and Children**

*EVAL; A/D TX (Non DOL Certified)*

1321 W. Broadway, Spokane, WA 99201 509-473-4810

**Restored Paths**

*EVAL; A/D TX; ADIS; M/H*

109 E. Harrison, CDA, ID 83814 208-664-8347

**Sparc (Out Patient)**

*(Med Cpn OK for Substance Dependent) ADIS; EVAL; A/D TX; M/H; C/O*  
1508 W. 6<sup>th</sup> Ave./812 S. Walnut (mail), Spokane, WA 99204 509-624-5228

**Spokane Tribe of Indians (Accepts all Tribes)**

*EVAL; A/D TX*  
6228 W. Old School Rd./P.O. Box 540, WellPinit, WA 99040 509-258-7502

**Social Treatment Opportunity Program**

*ADIS; EVAL; A/D TX; DVPP; DV 24 HR*  
104 S. Freya, #206 Blue Flag Bldg, Spokane, WA 99202 509-927-3668

**State Doc (CJC)- (DOC Offenders Only)**

*EVAL; A/D TX; M/H; C/O*  
ATTN: Angie Silva 715 E. Sprague, #107, Spokane, WA 99202 509-363-2735

**Veterans Medical Center (Must meet Qual)**

*EVAL; A/D TX*  
4815 N. Assembly, Dept. 116 SATP, Spokane, WA 99205 509-434-7014

**YFA/Stepps (Med. Cpn. OK)**

*EVAL; A/D TX; M/H; C/O*  
PO Box 3344, Spokane, WA 99220(mail) 22 S. Thor, Spokane, WA 99202 509-532-2000

**Frontier Behavioral Health****Adult Outpatient/ Multicultural Services**

107 S. Division, Spokane, WA 99202

509-838-4651 <http://fbhwa.org/>

*Cultural mental health services for minorities, counseling, assistance with housing and services.*

**Spokane Regional Health District****Alcohol/Drug Assessment, Treatment And Referrals**

1101 W. College Ave, RM 241, Spokane, WA 99201

509-324-1420, Fax 509-324-3622

<http://www.srhd.org/>

*Addiction evaluation and referrals, Methadone clinic and community outreach for pregnant and post-partum, substance-abusing women.*

**Contract Counselor- Washington Dept of Veterans Affairs**

*Dennis Pollack, PhD*

509-747-1456

9 S. Washington St., Suite 709, Spokane

**Catholic Charities Counseling Program**

12 E 5th Avenue, Spokane, WA 99202

509-242-2308

[www.catholicchartiesspokane.org/counseling](http://www.catholicchartiesspokane.org/counseling)



Catholic Charities is dedicated to providing professional and compassionate counseling. We work hard to meet the unique needs of each client through evidence-based therapy practices, collaboration with community resources, and advocacy for individual rights

### **Child & Family Services**

Frontier Behavioral Health 107 S. Division, Spokane, WA 99202

509-838-4128

<http://fbhwa.org/programs/children-family-services/>

*Helping children with emotional/ behavioral problems, multiple foster care placements, suicidal attempts, and physical/sexual abuse.*

### **Community Detox Services Of Spokane**

312 W. 8<sup>th</sup> P.O. Box 2845, Spokane, WA 99204

477-4620, 477-4648, Fax 838-2680

<http://www.cdss.biz/>

*Detoxification services and referrals for people who want to be clean and sober. Other programs: involuntary commitment program, VA RVSP, detox enhancement, and youth detox room.*

### **Greater Spokane Substance Abuse Council GSSAC**

8104 E. Sprague, Spokane, WA 99212

509-922-8383

[www.gssac.org](http://www.gssac.org)

*Serving Spokane County and surrounding communities with substance abuse and violence prevention strategies, including WDFY (Washington Drug Free Youth) , 24 hour Victim Panel, and other services reaching out to our community including veteran and military families.*

**Meth hotline** 888-609-METH(6384)

**National info** 800-662-HELP [www.methresources.gov](http://www.methresources.gov)

### **NAMI-National Alliance For The Mentally Ill**

10 N. Post St, Paulsen Bldg, Rm 638 Spokane, WA 99201-0705

509-838-5515, 800-950-6264

[www.nami.org](http://www.nami.org)

*Volunteer organization provides 24 support and education for mentally ill and support for families.*

### **Native Project**

1803 W. Maxwell, Spokane, WA 99201

509-325-5502

[www.nativeproject.org](http://www.nativeproject.org),

*Alcohol/Drug and mental health, counseling and after-care to youth involved with alcohol/drugs. Culturally-specific treatment for ages 10-20 and addicted teen mothers.*

## **Outpatient and Transitional Housing For Recovering Men And Women**

### **Spokane County Community Services**

312 W. 8<sup>th</sup> Ave Spokane, WA 99204

509-477-5722

[www.spokanecounty.org/communitysvcs](http://www.spokanecounty.org/communitysvcs)

*referrals for mental health.*

### **Outreach Center**

1101 W. College Avenue, Room 155, Spokane WA (please use southwest entrance). Open Monday, Tuesday, Thursday and Friday from 3-5 p.m. and on Wednesday from 3-7 p.m.

509-324-1686

<http://www.srhd.org/services/nep.asp>

*Needle exchange( for injection drug users), HIV and hepatitis education for needle users and those in prostitution.*

### **St. Joseph Family Center Counseling Center**

1016 N. Superior St., Spokane, WA 99202

509- 483-6495, Fax 483-1541,

<http://www.sjfconline.org/>

*Outpatient counseling services for everyone, therapy, anger management, parenting classes, and educational workshops.*

## **Other Misc**

**National Weather Service** – NWS Spokane 2601 N. Rambo Rd Spokane, WA 99224, 244-0110, 244-6395

[www.wrh.noaa.gov/otx/](http://www.wrh.noaa.gov/otx/)

*Official and sole source for forecast, warnings, watches for significant weather-related events in Eastern WA and North Idaho.*

### **SCOPE (Sheriff Community Oriented Policing Effort)**

E. 12710 Sprague Ave, Spokane Valley, WA 99216

[www.scopespokane.wa.org](http://www.scopespokane.wa.org)

### **Spokane County Sheriff's Office Public Safety Building**

1100 W. Mallon Spokane, WA 99260

Non emergency 509-456-2233 crime check

Front Desk information 509-477-2240

[www.spokanesheriff.org](http://www.spokanesheriff.org)

### **Spokane Valley Police Precinct**

509-477-3300

12710 E. Sprague, Spokane, WA 99216

[SpokaneValleyPolice@SpokaneCounty.org](mailto:SpokaneValleyPolice@SpokaneCounty.org)

### **Spokane Police Public Safety Building**

1100 W. Mallon

Spokane, WA 99260

509-625-4100, TTY 447-5980

[www.spokanepolice.org/](http://www.spokanepolice.org/)

Toxic Chemical & Oil Spills WA 800-258-5990, ID 800-632-8000  
Underground Storage Tanks WA & ID 800-826-7716

## PTSD

### **WDVA PTSD Counselor 1-800-562-2308**

Spokane (509) 444-8387  
Tacoma (253) 565-7038  
Yakima (509) 457-2736  
Walla Walla (509) 525-5200

<http://www.dva.wa.gov/benefits/ptsd>

### **Military OneSource**

1-800-342-9647

<https://www.militaryonesource.com>

Army OneSource

1-800-662-4357

<http://www.myarmyonesource.com/default.aspx>

### **Department of Defense (DoD) PTSD and TBI Quick Facts**

[http://www.pdhealth.mil/downloads/TBI\\_PTSD\\_Final04232007.pdf](http://www.pdhealth.mil/downloads/TBI_PTSD_Final04232007.pdf)

### **The Veterans Affairs (VA) National Center for PTSD**

<http://www.ptsd.va.gov/>

### **U S Army Warrior Transition Command**

[http://bhin.usmc-mccs.org/index.cfm?fuseaction=c\\_user.dsp\\_browse](http://bhin.usmc-mccs.org/index.cfm?fuseaction=c_user.dsp_browse)

### **Marines**

[http://bhin.usmc-mccs.org/index.cfm?fuseaction=c\\_user.dsp\\_browse](http://bhin.usmc-mccs.org/index.cfm?fuseaction=c_user.dsp_browse)

### **Wounded Warrior Project**

<http://www.woundedwarriorproject.org/>

## Substance Abuse

### **Substance Abuse and Mental Health Services Administration**

1-877-726-4727

<http://www.samhsa.gov/disorders>

Find alcohol and drug abuse treatment or mental health treatment facilities and programs around the country at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

**Military OneSource**

1-800-342-9647

<https://www.militaryonesource.com>

**Vet Centers: Confidential readjustment counseling for combat veterans and their families**

13109 E Mirabeau Parkway  
Spokane, WA 99216

Phone: 509-444-8387 Or 877-927-8387

Fax: 509-444-8388

1-800-905-4675 (Eastern) or

1-866-496-8838 (Pacific)

<http://www.vetcenter.va.gov/>

**WASHINGTON Information Network WIN211**

[www.win211.org/](http://www.win211.org/)

Call: 211 or 877-211-9274

If you do not have access to the internet, this Community Resources Directory is your link to help. However, if you do have access to the internet, Win211 gives you an astoundingly comprehensive database.

Win211 contains over 5,480 health and human service providers, representing 9,450 sites and more than 16,980 local services available throughout Washington. You can access 2-1-1 Community Resources Database by accessing [www.win211.org](http://www.win211.org) and define the type of help you want and your location.

If you do not find the service you need, call: 2-1-1 from anywhere in Washington to speak to a 2-1-1 Information and Referral Specialist for assistance. - Or you can dial toll free 1-877-211-9274.

211 Information and Referral Specialists are available Monday-Friday, 8am-5pm, excluding holidays.

## Traumatic Brain Injury

**Defense and Veterans Brain Injury Center**

1-800-870-9244

<http://www.dvbic.org/>

**National Center for Injury Prevention and Control information on TBI**

<http://www.cdc.gov/ncipc/tbi/tbibook.pdf>

**Department of Veterans Affairs**

<http://www.polytrauma.va.gov/understanding-tbi/>

## Veterans Services

### Health Care for Homeless Vets

#### VA Homeless Program-for homeless veterans.

(HCHV)- (509) 462-2500

705 W. 2nd

Spokane, WA

509-462-2500

*Health care for homeless veterans, access to surplus military clothing for homeless veterans, hours M - F 8am – noon and 1pm – 4:30pm.*

### Airmen & Family Readiness

92MSS/DPF 4 W. Castle St. in Building 2365, Fairchild AFB WA, 99011

509-247-2246, 247-2248

[www.fairchildfamilysupport.org](http://www.fairchildfamilysupport.org)

*Provides information/referral, life skills, employment assistance, duty separation support, relocation, emergency interest-free loans, and financial wellness for active duty, retired, Reserve/ Guard and DOD civilians and families, ID card required to enter the base.*

### American Red Cross Service to Armed Forces

315 W. Nora Spokane, WA 99205

(509) 326-3330, (877) 272-7337 Emergency Communications

<http://www.redcross.org/wa/spokane/programs-services/services-to-the-armed-forces>

*24/7 Emergency Communications Service, access to financial assistance for emergency travel/basic needs for active duty military members, veterans and their families, Deployment Support and Reintegration Workshops, Information & Referral, Veterans Legacy Project interview service*

### Vet Corps

Eastern Washington University- 509-359-6592

Spokane Falls Community College- 509-533-3900

Job Transition Specialist- 509-533-3901

Spokane community College- 509-533-7274

[http://www.dva.wa.gov/sites/default/files/Vet\\_Corps.pdf](http://www.dva.wa.gov/sites/default/files/Vet_Corps.pdf)

### Point Man Ministries International

6010 N. Assembly, Spokane, WA 99205

509-994-7177

<http://www.pointmannorthwest.com/>

*Contact Mike Zorn, Christian outreach for vets by vets.*

### Spokane VA Medical Center

4815 N. Assembly, Spokane, WA 99205

509-434-7000 800-325-7940, Fax 434-7119,

<http://www.spokane.va.gov/>

*Administers to OSA military veterans, social worker arranges services, and provides a mobile health clinic to outlying counties.*

**Vet Centers: Confidential readjustment counseling for combat veterans and their families**

13109 E Mirabeau Parkway  
Spokane, WA 99216

Phone: 509-444-8387 Or 877-927-8387

Fax: 509-444-8388

1-800-905-4675 (Eastern) or

1-866-496-8838 (Pacific)

<http://www.vetcenter.va.gov/>

- Readjustment Counseling Services
- Family Counseling
- Marriage Counseling

**Military Order of the Purple Heart**

**Applying for compensation Disability:**

100 North Mullan Road, Spokane Valley, WA 99206

(509) 924-1262

- You need to have a copy of your DD214
- Copy of Military Medical Records – if have them
- Copy of 201/ personnel File – if have them
- Call Service Officer Adrian at the Spokane Valley Vet Center or go to building 6A
- Process is suppose to take about 6 months for OIF/OEF Veterans

**Tribal Veteran Assistance Representatives**

**Colville/Spokane**

509-634-2755, Fax 509-634-2740,

[Veterans.resource@colvilletribes.com](mailto:Veterans.resource@colvilletribes.com)

**Kalispel Tribe**

509-445-1147 [www.kalispeltribe.com](http://www.kalispeltribe.com)

**Kootenai/ Coeur d'Alene Tribe**

208-799-3422 [www.kootenai.org](http://www.kootenai.org)

**Nez Perce Tribe**

208-834-7324 [www.nezperce.org](http://www.nezperce.org)

**Veterans Department Worksource – Spokane DVOP**

130 S. Arthur, Spokane, WA 99202

DVOP 509-532-3103 DVOP 5096-532-3102 LVER 509-532-3101

<http://www.wa.gov/esd/spokane/default.htm>

*Helps veterans with job placement, free workshops: winway resume, assessment, PC jobs, job application.*

**WS Colville**

956 S. Main, Ste B, Colville, WA 99114

509-685-6158, Fax 685-6094

<http://www.wa.gov/esd/ws/colville/Veterans.htm>

## Veterans Fraternities & Support Resources

**American Legion**, <http://www.legion.org/>

**Disabled American Veterans Outreach Program (WA)**, 212 S. David St., Spokane Valley, WA 99212  
509-998-7328, 509-535-9100

**Veteran to Veteran LLC**, [www.hadit.com](http://www.hadit.com)

**Veteran of Foreign Wars**, [www.vfw.org](http://www.vfw.org)

**Veteran for Peace**, [www.veteransforpeace.org](http://www.veteransforpeace.org)

**Vietnam Veterans of America**, [www.vva.org](http://www.vva.org)

Military Order of the Purple Heart <http://www.purpleheart.org>

**VA list of all VSO agencies** [http://www.va.gov/vso/VSO-Directory\\_2013-2014.pdf](http://www.va.gov/vso/VSO-Directory_2013-2014.pdf)

## Veterans' Housing – Volunteers of America

525 W. Second Avenue, Spokane, WA 99201

509.624.2378

[www.voa.spokane.org](http://www.voa.spokane.org)

*Transitional housing for chronically homeless veterans also provides mental health and medical referrals, employment readiness and independent living training.*

## Spokane County Veteran Services

1102 W. College, Spokane Regional Health District, Suite 401, Spokane, WA 99201,

509-477-4498

<http://www.spokanecounty.org/veteran/content.aspx?c=1833>

*Provides emergency counseling, housing, food and medical cost for indigent veterans and their families.*

## Women Veterans Resources & Sexual Assault Advocacy

<http://www.militaryfamily.org/feature-articles/sexual-assault.html>

**Women Veterans Coordinator** Spokane 509-434-7608

<http://www.spokane.va.gov/services/women/index.asp>

## Women Organizing Women

[www.vetwow.com](http://www.vetwow.com)

## Financial Resources:

- Spokane Country Veterans Services – (509) 477-3690/2600
- VIP/Defenders Grant – Check with WorkSource Vet Reps (509) 532-3101/3102
- DSHS – student status can apply for food stamps, WA Basic Healthcare Insurance – WICK, Emergency funds for rent (509) 227-2200
- AVISTA – call to ask for reduce billing program (SNAP) (509) 456-7111

## Women's Resources

### **VA Medical Center, Women Veterans Coordinator**

509-434-7608

4815 N. Assembly Street, Spokane

<http://www.spokane.va.gov/services/women/index.asp>

### **Transitions**

(509) 328-6702

3128 N. Hemlock, Spokane, WA 99205

[www.help4women.org](http://www.help4women.org)

Help and housing options for women and women with children.

Drop in Center at **Women's Hearth**, 509-455-4249, 920 West Second Ave, Spokane

Job Training Program at **New Leaf Bakery** 509-496-0396

### **NW Women's Law Center**

907 Pine St. # 500 Seattle, WA 98104

1-866-259-7720, TTY 521-4317, Fax 682-9556

[www.nwwlc.org](http://www.nwwlc.org)

*Legal information, self-help materials and referral statewide, services by phone only.*

### **Sexual Assault & Family Trauma (SAFET) Response Center**

210 W. Sprague Ave. Spokane, WA 99201

Office 509-624-7273

[www.lcsnw.org/](http://www.lcsnw.org/)

*Training, Therapy, support groups, sexual assault advocacy, outreach, medical advocacy, legal advocacy, interpreters provided, human trafficking, homeless & homeless prevention, DSHS advocacy, domestic violence advocacy, crisis hotline, crisis counseling, crime victim compensation assistance and other services.*

### **Women Helping Women Fund**

1325 West 1st Avenue #318, Spokane, WA 99201

509-328-8285

[www.whwfspokane.org/](http://www.whwfspokane.org/)

### **Other "Groups"**

#### **Burning Boots Trail Club**

PO Box 14712, Spokane Valley, WA 99214

208-625-0558

Vets helping Vets through wilderness Excursions

#### **Northwest Beyond the Yellow Ribbon**

Supports OEF/OIF/OND Veterans through readjustment with other Veterans back to civilian life. The Spokane Vets Center provides support for this program.

13109 E Mirabeau Parkway



Spokane, WA 99216  
Phone: 509-444-8387 Or 877-927-8387

### **Operation Dog Tag**

PO Box 1892, Deer Park WA 99006  
509-276-4364

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

Matches and trains Veterans and Service Dogs

### **Newby-ginnings**

[www.newby-ginnings.org/About.html](http://www.newby-ginnings.org/About.html)

147 East Aqua Circle, Dalton Gardens, ID 83815  
(208) 610-6996

Newby-ginnings of North Idaho, Inc. ("Newby-ginnings") was created in October 2013 in honor and in memory of SPC Nicholas Newby who was killed in action in Baghdad, Iraq on July 7, 2011. The organizations mission is to provide resources, referrals and essential personal and household items to Veterans, active military and their families as well as families of our fallen heroes (Gold Star families) at absolutely no cost to them.

Eastern Washington Veterans Taskforce

[www.nwveteranresources.org/e-wa-task-force.html](http://www.nwveteranresources.org/e-wa-task-force.html)

### **Shepherds for Lost Sheep**

1067 Slide Creek Rd. Colville, WA 99114  
1-888-234-2319

<http://www.shepherdsforlostsheepinc.org/>

While we focus primarily on the Psychiatric Service Dogs, we rarely find a veteran without a physical need as well. Therefore, we train our dogs to the individual veterans needs whether it is PTSD mitigation, traumatic brain injury (TBI) mitigation, or a mobility problem.