

WEST CENTRAL RESOURCES

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CRISIS ASSISTANCE (24/7)

Regional Crisis Line
(mental health, substance use)
1-877-266-1818

First Text for Help
Text HOME to 741741

Trevor Lifeline
(for LGBTQ youth)
1-866-488-7386
www.thetrevorproject.org

Help finding local resources
2-1-1 OR text your zip code to **898211**
<https://win211.org>

Sexual Assault Helpline
509-624-7273

Domestic Violence Helpline
509-326-2255
<https://ywcaspokane.org/>

Child Protective Services
1-800-557-9671 (day)
1-800-562-5624 (evenings & weekends)
1313 N Atlantic St #2000
Office hours: Mon - Fri 8:00am - 5:00pm
<https://www.dcyf.wa.gov/>

Vanessa Behan Crisis Nursery
509-535-3155
1004 E 8th Ave
www.vanessabehan.org/

HEALTH & WELLNESS

Catholic Charities Counseling

509-242-2308

1960 N Holy Names Court

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

CHAS Clinic

509-444-8200

3919 N Maple St

<https://chas.org>

Mon-Fri 8:00am-6:00pm

Sat 8:00am-5:00pm

Frontier Behavioral Health

509-838-4651

Calispel Evaluation & Treatment: 1401 N Calispel St

Adult Outpatient Services: 127 W Boone Ave

Child & Family: 131 S Division St

(Additional locations/services listed online)

<https://fbhwa.org>

Lutheran Community Services NW

509-747-8224

210 W Sprague Ave

Mon-Thurs 8:00am-5:00pm; Fri 8:30am-3:00pm

<http://lcsnw.org/>

NATIVE Project of Spokane

509-483-7535

1803 W Maxwell Ave

nativeproject.org

Mon-Fri 8:30am-12:00pm & 12:45pm-5:00pm

Achieve Center Pediatric Therapy

509-435-0481

528 E Spokane Falls Blvd #401

Mon-Thurs 8:00am-6:00pm; Fri 8:00-4:30pm

<http://www.achievecenter.net/>

Catholic Charities

509-358-4250

12 E 5th Ave

Mon-Thurs 7:00am-6:00pm

<https://www.catholiccharitiesspokane.org/>

Dept. of Social & Health Services

509-363-5000

1608 W Boone Ave

Mon-Fri 8:00am-5:00pm

<https://www.dshs.wa.gov/>

Partners with Families and Children

509-473-4810

1321 W Broadway Ave

Mon-Fri 8:00am-5:00pm

<http://partnerswithfamilies.org/>

Planned Parenthood of Greater WA & ID

509-207-3017

123 E Indiana Ave

Mon-Thurs 7:30am-6:00pm; Fri 8:30am-5:00pm

<https://www.plannedparenthood.org/>

Spokane Regional Health District

509-324-1500
1101 W College Ave
Mon-Fri 8:00am-5:00pm
srhd.org

Unify Community Health

(at West Central Community Center)
509-327-4646
1603 N Belt St
<http://www.yvfwc.com/your-health-matters>

SUBSTANCE ABUSE & RECOVERY**Gateway Counseling**

509-532-8855
140 S Arthur St #400
Mon 10:00am-1:00pm & 2:00-6:00pm
Tues-Thurs 10:00am-2:00pm & 3:00-6:00pm
Fri 9:00am-3:00pm
<http://gatewaycounseling.net>

Adept Assessment & Treatment

509-327-3120
1321 N Ash St
Mon-Thurs 9:00am-5:00pm; Fri 9:00am-6:00pm
<https://www.adeptbehavioralhealth.com>

Spokane Addiction Recovery Centers

509-634-3251
812 S Walnut St
Mon - Fri 8:00am-6:15pm
sarcop.org

Greater Spokane Substance Abuse Council

509-922-8383
200 N Mullan Rd Suite 201 (Spokane Valley)
Mon-Thurs 9:00am-4:30pm
<http://www.gssac.org/>

Family of Faith Community Church

509-325-0343
1504 W Grace Ave
Celebrate Recovery: Wed 6:30-8:30pm
<https://ffcc.us>

CHILDREN, YOUTH, & FAMILY SERVICES

Achieve Center Pediatric Therapy

509-435-0481

528 E Spokane Falls Blvd #401

Mon-Thurs 8:00am-6:00pm; Fri 8:00-4:30pm

<http://www.achievecenter.net/>

Martin Luther King Jr. Family Outreach Center

509-455-8722

845 S Sherman St

Mon-Fri 8:00am-6:00pm

<http://mlkspokane.org>

River City Youth Ops

509-703-7433

1832 W Dean Ave

Mon-Fri 9:00am-4:00pm

<https://www.youthops.org/>

Crisis Shelter for Women & Children

509-535-0486

1515 E Illinois Ave

<https://www.uniongospelmission.org/>

Family Promise of Spokane

Shelter: 509-723-HOME (4663)

631 S Richard Allen Court

7:30am-7:30pm

Office: 509-747-5487

904 E Hartson Ave

Mon-Fri 8:00am-4:00pm

<https://www.familypromiseofspokane.org/>

Kinship Navigator (KN)/Kinship

Caregiver Support (KCSP)

Provides assistance to relatives raising a relative's child under the age of 18.

509-458-7450 option 4

<https://www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care>

Spokane Public Library – West Central Community Center

509-444-5300

1603 N Belt St

Library Open 24/7

<https://www.spokanelibrary.org>

Partners with Families and Children

509-473-4810

1321 W Broadway Ave

Mon-Fri 8:00am-5:00pm

<http://partnerswithfamilies.org/>

WIC Women/Infants/Children

(at West Central Community Center)

509-323-7497

1603 N Belt St Spokane, WA 99205

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

WIC Women/Infants/Children

(at Spokane Regional Health District)

509-324-1620

1101 W College Ave #1

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

Head Start – Holmes Elementary

509-534-2994

2600 W Sharp Ave

<http://ccs.spokane.edu/Head-Start>

Head Start – West Boone Center

(Early Head Start)

509-279-6901

2427 W Boone Ave

<http://ccs.spokane.edu/Head-Start>

Head Start – West Central Community
Center

509-279-6340

1603 N Belt St

<http://ccs.spokane.edu/Head-Start>

Head Start – YWCA (ECEAP)

509-789-9721

930 N Monroe St

<http://ccs.spokane.edu/Head-Start>

HOT MEALS & FOOD BANKS

West Central Episcopal Mission

509-326-6471

1832 W Dean Ave

Dinner: Wed 5:30pm

<http://westcentralmission.org>

All Saints Gather Lutheran Church

509-838-4409

314 S Spruce St

Dinner: Tues 5:00-6:00pm

Pantry: Mon & Wed 10:00am-12:00pm

allsaintsgather.com

The City Gate

509-455-9670

170 S Madison St

Reg hours: Tues-Fri 10:00am-3:00pm

Dinner: Wed, Fri, Sat, & Sun 7:00pm

Breakfast: Sat 8:00am

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

Family of Faith Community Church

509-325-0343

1504 W Grace Ave

Food bank: Tues 10:00am-1:00pm

<https://ffcc.us>

West Central Multicultural 7th Day

Adventist Church

509-533-0751

1201 W Spofford Ave

Hot meals: 2nd & 4th Wed 4:00-6:00pm

<https://www.westcentralsdachurch.com>

Women and Children's Free Restaurant & Community Kitchen

509-324-1995

1408 N Washington St

Lunch: Fri 11:30am-1:30pm

Dinner: Tues & Wed 3:00-6:00pm

<https://www.wcfrspokane.org>

Our Place Community Outreach

509-326-7267

1509 West College Ave

Mon, Tues, & Thurs 10:00am-12:15pm

ourplacespokane.org

HOUSING ASSISTANCE & SHELTERS

Family Promise of Spokane

Shelter: 509-723-HOME (4663)

631 S Richard Allen Court

7:30am-7:30pm

Office: 509-747-5487

904 E Hartson Ave

Mon-Fri 8:00am-4:00pm

<https://www.familypromiseofspokane.org/>

Catholic Charities

509-358-4250

12 E 5th Ave

Mon-Thurs 7:00am-6:00pm

<https://www.catholiccharitiesspokane.org/>

Anna Ogden Hall

509-327-7737

2828 W Mallon Ave

<https://www.uniongospelmission.org/>

Crisis Shelter for Women & Children

509-535-0486

1515 E Illinois Ave

<https://www.uniongospelmission.org/>

Community Frameworks

509-484-6733

907 W Riverside Ave

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

Hope House

509-455-2886

111 W 3rd Ave

Office: Mon-Fri 9:00am-5:00pm

Shelter: Sun-Mon 8:00pm-8:00am

Salem Lutheran Church

509-328-6280

1428 W Broadway Spokane, WA 99201

Winter warming center: 9:00pm-7:00am

<https://salemlutheranspokane.com/>

Union Gospel Mission Men's Shelter & Administrative Office

509-535-8510

1224 E Trent Ave

7:00am-7:00pm

<https://www.uniongospelmission.org/>

CAREER READINESS & SUPPORT

Spokane Falls Community College

509-533-3500

3410 W Fort George Wright Dr

<http://sfcc.spokane.edu/>

WorkSource Spokane

509-532-3120

130 S Arthur St

Mon-Fri 9:00am-5:00pm

<https://worksourcespokane.com/>

WorkSource Next Generation Zone

509-340-7800

901 E 2nd Ave, Suite 100

Mon-Fri 8:00am-4:30pm

<https://nextgenzone.org/>

Christ Kitchen

509-325-4343

2410 N Monroe St

Open Tues-Thurs, Sat

<https://www.christkitchen.org>

Spokane Public Library – West Central

Community Center

509-444-5300

1603 N Belt St

Library Open 24/7

<https://www.spokanelibrary.org>

River City Youth Ops

509-703-7433

1832 W Dean Ave

Mon-Fri 9:00am-4:00pm

<https://www.youthops.org/>

Spokane County Veterans Services

509-477-3960

1117 N Evergreen Rd

Mon-Fri 8:00am-4:00pm

<https://www.spokanecounty.org/1122/Veteran-Services>

LEGAL AID

Catholic Charities

(Immigration Legal Services)

509-358-4250

12 E 5th Ave

Mon-Thurs 7:00am-6:00pm

<https://www.catholiccharitiesspokane.org/>

Center for Justice

509-835-5211

35 W Main, Suite 300

<https://cforjustice.org/>

CLEAR Legal Help Hotline

(Volunteer Lawyers Program)

888-201-1014

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

<http://www.spokanebar.org/volunteer-lawyers-program/>

Community Court

509-625-4146

906 W Main Ave (downtown library)

Mon 10:30am

Court Appointed Special Advocates (CASA) & Guardians Ad Litem (GAL)

509-477-2469 OR

1208 W Mallon Ave

<https://www.spokanecounty.org/681/Dependency>

Municipal Court

509-625-4400

1100 W Mallon Ave

Mon-Fri 9:00am-5:00pm

<https://my.spokanecity.org/courts/municipal-court/>

Northwest Justice Project

509-324-9128

1702 W Broadway

Mon-Fri 9:00am-5:00pm

<https://nwjustice.org/>

Spokane City Public Defender

509-835-5955

824 N Monroe St

Mon-Fri 8:00am-12:00pm & 1:00pm-5:00pm

<https://my.spokanecity.org/courts/public-defender/>

Spokane County Public Defender

509-477-4246

1033 W Gardner Ave

Mon-Fri 8:00am-12:00pm & 1:00pm-5:00pm

<https://www.spokanecounty.org/459/Public-Defender>

Spokane Residential Reentry

509-622-5600

925 W Broadway

<https://pioneerhumanservices.org/programs/list>

WOMEN'S SERVICES

YWCA

509-326-1190

930 N Monroe St

Mon-Fri 8:00am-5:00pm

<https://ywcaspokane.org>

Anna Ogden Hall

509-327-7737

2828 W Mallon Ave

<https://www.uniongospelmission.org/>

Transitions

3128 N Hemlock Spokane, WA 99205

509-328-6702

<http://www.help4women.org/>

Women's Hearth

509-455-4249

920 W 2nd Ave

Mon-Fri 8:30am-4:30pm

<http://www.help4women.org/>

Planned Parenthood of Greater WA & ID

509-207-3017

123 E Indiana Ave

Mon-Thurs 7:30am-6:00pm; Fri 8:30am-5:00pm

<https://www.plannedparenthood.org/>

WIC Women/Infants/Children

(at West Central Community Center)

509-323-7497

1603 N Belt St Spokane, WA 99205

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

WIC Women/Infants/Children

(at Spokane Regional Health District)

509-324-1620

1101 W College Ave #1

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

DISABILITIES SERVICES

Developmental Disabilities

Administration

1611 W Indiana Ave

509-329-2900

<https://www.dshs.wa.gov/dda>

Spokane Center for Independent Living

509-326-6355

8817 E Mission Ave #106

Mon-Thurs 10:00am-4:00pm

Spokane County Human Resources

509-477-5750

824 N Adams St

Mon-Fri 8:00am-5:00pm

<https://www.spokanecounty.org/988/Human-Resources>

West Central Community Center

509-326-9540

1603 N Belt St

Mon-Fri 8:30am-5:00pm

<https://www.westcentralcc.org>