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EMERGENCIES

စိုက်စိုက်အူတဖန်

Emergencies, Ambulance, Fire & Police

စိုက်စိုက်အူတဖန်, သိလွန်လါတီပျဲဆါ, မှန်အူဒီးပာကီ 911

Alternatives to Domestic Violence

ပျဲလါအဘဉ်တံမအါမနးတဖန် 326-1190

Child Protective Services (CPS)

ဖိသဉ်လါတံကကဟုကယဉ်အတံမစါတဖန် 363-3333

Emergency response for children, foster care, child abuse and neglect.

စိုက်စိုက်အူလါမစါဖိသဉ်အစိုက်, တံအံးထွဲဖိသဉ်, ဖိသဉ်လါပျဲတကနဉ်ယုဉ်ဒီးပျဲအါမနးတဖန်.

Crosswalk 838-6596

Emergencies for teens, and support and resources for homeless teens.

စိုက်စိုက်အူလါပျဲသးစံတဖန်အစိုက်, ဒီးလါတံမစါယုဉ်ဒီးတံဟုဉ်ကူဉ်တံဖးလါပျဲသးစံတဖန်လါအဟံဉ်အယီတအိဉ်.

First Call for Help 877-678-4428

အဆီကီးလါတံမစါအစိုက်

Free 24-hour telephone assistance, referrals, supportive listening, and links to individuals/community agencies. Service offered by Frontier Behavioral Health.

လါပျဲနဉ်ရံဉ်အတီပျဲနကီးတံမစါလါတံမစါဆိဉ်ထွဲတဖန်ကလီသုဝဲ, ဒီးပျဲတဂးဉ်ဝဲစုဉ်စုဉ်/ဒီးပျဲတဂးပျဲဘဉ်မူဘဉ်ဒါတဖန်. တံဖးတံမလါကဟုဉ်အပျဲအစိုက် Frontierဘဉ်သးဒီးသးအတံဆိဉ်ဆူဉ်အိဉ်ချ့.

Poison Control Cntr

ကသံဉ်ဘုဉ်လါပျဲပါဆျဲအဝဲလီဉ် 800-222-1222

SAFeT-Sexual Assault

ဘဉ်သးဒီးတံမစါအဖါတံမစါမနး 624-7273

Search and Rescue (Mountain and Wilderness)

တံယုထံဉ်သုဉ်ညါဒီးတံမပျဲဖျဲးတံ(ကစါဒီးပျဲမုဉ်ကနါ) 911

Senior Abuse Hotline

ပျဲသးပျဲလါပျဲမအါမသီဂုဉ်ဂီဉ်အူလီတံစီ

866-END-HARM (363-4276)

Hotline for abuse in senior care facilities.

ပျဲသးပျဲစိုက်စိုက်အူလါလါပျဲမအါတဖန်.

**Spokane COPS Administration
(Community Oriented Policing
Services)**

Spokane ဟူကီးတဖၣ်အတၢ်ပၤတၢ်
ဆၢ(ပၤတၢ်လၢမၤထီၣ်ဟူကီးတၢ်
ဖံးတၢ်မၤတဖၣ်)

Provides a combined
community-police effort to
restore the safety of our
neighborhoods and business
districts.

ပၤတၢ်တၢ်မၤန့ၢ်-ဟူကီးတၢ်ထဲးဂံၢ်ထဲးဘါ
လၢကဘျီထီၣ်က့ၤတၢ်ပူၤဖျဲးလၢပခိၣ်ပယၢ
တဖၣ်ဒီးတၢ်ဖံးတၢ်မၤအဟီၣ်ကဝိတဖၣ်.

901 N Monroe **835-4592**

Spokane WA 99201 **835-5495**

spokanecops.org

COPS EAST CENTRAL 625-3330

COPS GREATER SPOKANE 755-2677

COPS LEWIS & CLARK 354-6941

COPS LOGAN 625-3333

COPS MISSION 625-3301

COPS NEVA-WOOD 625-3353

**COPS NORTH CENTRAL 625-
3348**

COPS NORTHEAST 625-3343

COPS NORTH HILL 625-3346

COPS NORTHWEST 625-3336

COPS SOUTHEAST 625-3326

COPS WEST 625-3340

**Spokane County Sheriff
Spokane ကီၢ်ရဲၤပခိၣ်**

1100 W Mallon **477-2240**

Spokane 99260

spokanesheriff.org

NEIGHBORHOOD WATCH

ပၤလၢပခိၣ်ပယၢပၤကွၢ်ဟ့ၣ်တၢ်
477-3055

CRIME PREVENTION 477-2592

ပၤလၢအခီသဒၢသဲးစးတၢ်သိၣ်တၢ်သီ

Spokane Police

Spokane ဟူကီး

Public Safety Bldg **477-5980**

Bldg ပခိၣ်အတၢ်မၤပူၤဖျဲး

1100 W Mallon

Spokane 99260

spokanepolice.org

CRIME PREVENTION 625-4079

ပၤလၢအမၤကမၣ်သဲးစးတၢ်သိၣ်တၢ်သီ

CRIME REPORTING CNTR 456-2233

ပၤလၢအမၤကမၣ်သဲးစးတၢ်သိၣ်တၢ်

သီတၢ်ဃုထံၣ်သ့ၣ်ညါဝဲဒၢး

*spokanecounty.org/crimereportingce
nter*

OMBUDSMAN 625-6742

Vanessa Behan Crisis Nursery

Vanessa Behan Crisis

ကတီၤဆိက့ၢ် **535-3155**

Free 24 Hour crisis child care
(from birth-6 years)

၂၄န့ၣ်ရံၣ်အတီၢ်ပူၤဖိသၣ်လၢအိၣ်တမ့ၢ်တ
ၢ်အံးထွဲကွၢ်ထွဲ(ဖိသၣ်အိၣ်ဖျၢၣ်ထီၣ်တုၤလၢဖဲန့ၣ်)

Washington State Patrol 227-6566
Washington တၢ်မၤစၢၤအကျိၤအကျဲ

Wild Fire Reports 800-562-6010
တၢ်ယုသ့ၣ်ညါမ့ၣ်အူလၢအတချါဘၣ်

GOVERNMENT
ကီၢ်ပဒိၣ်

DSHS Community Service Offices (CSO)
DSHSပုၤတတၢ်တံးတၢ်မၤဝဲၤဒၢး
(cso) 877-501-2233

ACCESS SPOKANE CSO
တၢ်လဲၤဆူအခွဲးအယၢ်အိၣ်
1313 N Maple
Spokane 99201
dshs.wa.gov/onlinecso
Provides financial, food and medical assistance to low-income families and individuals. Helps low-income parents find employment. Provides subsidized child-care for working families.

တၢ်ဖံးတၢ်မၤလၢအဘၣ်လးဒီးပုၤဖိၣ်စ့, တၢ်အိၣ်ဒီးကသံၣ်ကသီတၢ်တိၤစၢၤမၤစၢၤလၢ-တၢ်ဟဲၣ်န့ၣ်လၢဟံၣ်ဖိၣ်ပီၤတဖၣ်ဒီးပုၤအစၢၤတဖၣ်.တၢ်မၤစၢၤလၢတၢ်ဟဲၣ်န့ၣ်စ့ၤလၢဟံၣ်ဖိၣ်ပီၤယုတၢ်ဖံးတၢ်မၤတဖၣ်.တၢ်မၤစၢၤတဖၣ်လၢဖိၣ်သ့ၣ်တၢ်အံးထွဲကွၢ်ထွဲလၢတၢ်မၤစၢၤဟံၣ်ဖိၣ်ပီၤတဖၣ်.

Internal Revenue Service (IRS)
တၢ်အခိၣ်အသ့ၣ်တၢ်ဖံးတၢ်မၤ (IRS)
930 W Riverside 353-0508
Spokane WA 99201 *irs.gov*
- Federal tax questions

800-829-1040
TTY 800-829-4059
- Refund info 800-829-4477
-Tax forms 800-829-3676

Responsible for examinations, collections, taxpayers services and criminal investigations. Information and referrals provided on other questions, NO tax assistance provided over the phone.
မူၤဒါလၢတၢ်သမံၤသမိးတဖၣ်.တၢ်ဟံၣ်ဖိၣ်တၢ်တဖၣ်.တၢ်ဟ့ၣ်ခိၣ်သ့ၣ်အပူၤကလံၤတၢ်ဖံးတၢ်မၤဒီးတၢ်မၤကမၣ်သဲးတၢ်ယီၤထံသ့ၣ်ညါ.တၢ်စ့ၢ်တၢ်ကျိၤဒီးတၢ်ဝံၣ်စိၣ်တီၤဆူတၢ်မၤစၢၤတၢ်တဖၣ်ဘၣ်လးဒီးတၢ်သံကွၢ်တဖၣ်.တမ့ၢ်လၢတၢ်တိၤစၢၤမၤစၢၤဒီးမၤန့ၢ်တၢ်ခိၣ်သ့ၣ်လၢတဘၣ်တလၢန့ၢ်လီၤတဲစိဘၣ်.

Spokane City/Spokane ဝုၢ်
SWITCHBOARD
လီၤတဲစိပဒု 755-CITY
Spokanecity.org
Business Licenses
မုၢ်ဝဲၤတၢ်ဖံးတၢ်မၤတၢ်ဟ့ၣ်အခွဲးအယၢ် 625-6070

PARKS & RECREATION

တၢ်ပၣ်ပတုၣ်သီလုၣ်ဒီးတၢ်မၤမုၢ်
ပသးလၢတၢ်လိၣ်ကွဲ 625-6200

NEIGHBORHOOD SERVICES

တၢ်အိၣ်ဘူးအိၣ်တံၢ်တၢ်ဖံးတၢ်မၤ
တဖၣ် 625-6730

UTILITIES BILL INFO & QUESTIONS

ယုၢ်ထဲလဲထံၣ်အပူၤတၢ်စ့ၢ်တၢ်ကျိၤ
ဒီးတၢ်သံကွၢ်တဖၣ်
(Water & Trash) 625-6270

PHONE PAYMENT 877-578-2200

လီၤတဲစိတၢ်ဟ့ၣ်တၢ်အပူၤ

**STREET MAINTENANCE & POT HOLE
HOTLINE**

ကျဲတၢ်အံးတၢ်ကွၢ်ဒီးထံကီၢ်တၢ်
ဆဲးကျိးဆဲးကျါ 625-7733

Spokane County/Spokane ကီၢ်ရၢၣ်

1116 W Broadway 477-2265
Spokane 99260
spokanecounty.org

Assessors

တၢ်သမံသမိးတၢ်တဖၣ် 477-3698

BIRTH & DEATH CERTIFICATES

တၢ်အိၣ်ဖျါဒီးတၢ်သံတၢ်ပျၢ်တၢ်လံ
ၣ်အုၣ်သးတဖၣ်
Spokane Regional Health

District/Spokaneတၢ်အိၣ်ဆူၣ်အိၣ်
ဗျဲတၢ်လီၢ်တၢ်ကျဲ

1101 W College Avenue
Spokane 99201 324-1500

\$30 for Vital Records

PROPERTY TAXES, TREASURY

တၢ်စုလီၢ်ဟီၣ်ခိၣ်တၢ်အခိအသ့တဖၣ်
ၣ်,တၢ်သျှၣ်ထီၣ်တဖၣ် 477-4713

MARRIAGE LICENSES 477-2271

တၢ်တုၣ်တၢ်ဖျိဟ့ၣ်တၢ်ပျဲတဖၣ်
Licenses for \$55

လံာ်အုၣ်သး \$55 477-2260

FAMILY LAW CENTER 477-2211

ဟံၣ်ဖိဗီဖိတၢ်ဘျါဝဲလီၢ်
Spokane County Superior Court
တၢ်လီၢ်လၢအစ့အရူပုၤကွဲလံာ်ဖိ

Divorce Info 477-7612/5702

လံာ်လီၤဖျၢၣ်တၢ်စ့ၢ်တၢ်ကျိၤ
Divorce records, parenting
plan, probate records.

လံာ်လီၤဖျၢၣ်တၢ်မၤနီၣ်မၤခါတဖၣ်.မိၢ်ပၢ်အ
တၢ်တိၣ်ကျဲ,တၢ်ကွဲးနီၣ်ကွဲးယါလၢတချးပု
ၤသံဘၣ်တဖၣ်.

PARKS AND RECREATION

တၢ်ပၣ်ပတုၣ်သီလုၣ်ဒီးတၢ်မၤမုၢ်ပ
သးလၢတၢ်လိၣ်ကွဲ 477-4730

VOTING (REGISTRATION) 477-2320

တၢ်ဖး(တၢ်ကွဲးနီၣ်ကွဲးယါ)

Spokane Public Schools

Spokane ပဒိၣ်ကွီတဖၣ်
200 N Bernard St 354-5900
Spokane 99201
spokaneschools.org

Spokane Regional Solid Waste

Spokaneတၢ်လီၢ်လၢပုၤစူးကွၢ်တၢ်
တယၣ်
solidwaste.org/ 625-7878

PRESCRIPTION DRUG ASSISTANCE PROGRAM (MTGMEDS)

ကသံဉ်အထံလါအမတယူပုအခိဉ်တံ
တိစါမစါအကျိအကျိ(MTGMEDS)
mtgmeds.org 981-6420

RxHELP FOR WA 877-923-6779

တံမစါလါ **Washington**

rxhelpforwa.org

WASHINGTON PRESCRIPTION DRUG PROGRAM

WASHINGTONကသံဉ်အထံလါအမတ
ယူပုအခိဉ်တံတိစါမစါအကျိအကျိ
rx.wa.gov 800-913-4146

Protective Payee Program

တံမစါလါပုလါအစုတအိဉ်ဘဉ်တဖဉ်
တံရဲဉ်တံကျဲ

Receives/disburses funds for clients on Disability Life Line and SSI (Supplemental Security Income) because of mismanagement of funds or mental incapacity. Provides self-sufficiency training in money management and financial counseling.

တံတူာ်လိာ်/ဘဉ်ဃးဒီးတံထုးထိဉ်စုမိာ်
ပုလါပုကစူးကါတံတမံမံလါပတံ
အိဉ်မူဒီးSSI (လံာ်အုဉ်သးလါတံမအါ
ထိဉ်တံဟဲန့ဉ်)မုာ်လါတံဟဲအုတအိဉ်
လါစုမိာ်ပုမုတမုာ်ဘဉ်ဃးဒီးသးတံသ့
တံဘဉ်.တံမစါလါပစီာ်တံမလိလါ
အဘဉ်ဃးဒီးစုတံစူးကါဒီးကျိဉ်စုတံ
ဟ့ဉ်ကုဉ်ဟ့ဉ်ဖး.

CORD - COALITION OF RESPONSIBLE DISABLED

TDD 326-6355 877-606-2680
GOODWILL 462-0513
SKILLS’KIN 327-9134

Social Security Administration

တံပတံဆုလါအဘဉ်တံမစါ
လါတံရုလိာ်မုဉ်လိာ်

714 N Ironbridge Way, Ste 100
Spokane 99202 800-772-1213
socialsecurity.gov

TDD 800-325-0778

Provides elderly, survivors and disabled with Social Security benefits. Supplemental Security Income (SSI) provides for the aged and those with limited incomes.

ပုသးပုအတံမနုာ်,ပုလါအိဉ်မူဒီးပုလါ
က့ဉ်စီာ်တလါပုလုဉ်ဒီးတံပတံဆုလါအ
ဘဉ်တံမစါအတံစုတဖဉ်.တံလါအက
မလါမပုတံမစါလါတံဟဲန့ဉ်(SSI)တံ
မနုာ်လါသးန့ဉ်ဃုဉ်ဒီးတံပတံပနီဉ်တံဟဲ
န့ဉ်တဖဉ်.

Spokane County Assessor’s Office, Senior Citizen’s, Disabled Persons Exemption Section

Spokaneကီာ်ရုဉ်ပုသမံသမိးတံတဖဉ်
,ပုသးပုလါကီာ်ပုတဖဉ်,ပုတစါလါ
အက့ဉ်စီာ်တလါပုတံမစါတတီ
1116 W Broadway 477-5754
Spokane 99260

spokanecounty.org/accessor
Provides property tax relief for seniors and/or disabled people in financial need.

တၢ်မၤန့ၢ်တၢ်ခိၣ်န့ၢ်သ့ၣ်အတၢ်မၤစၢၤလၢပုၤ ၵးသးပှၢ်တဖၣ်ဒီး/မ့တမ့ၢ်ပှၢ်တဖၣ်လၢအက့ၣ်စိၤတလၢပဲၤလၢအလိၣ်ဘၣ်က့ၣ်စ့.

Statewide Health Insurance Benefits Advisors (SHIBA)

ကီၢ်စၢ်လၢအလဲၣ်တၢ်မၤစၢၤလၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ဟ့ၣ်က့ၣ်တဖၣ် (SHIBA)

AGING AND LONG TERM CARE OF EASTERN WASHINGTON
1222 N Post **625-4801**
Spokane 99201
insurance.wa.gov

Trained volunteers provide seniors information on health insurance rights and options. ပှၢ်လၢဟ့ၣ်လီၤသးလၢတၢ်သိၣ်လိတၢ်မၤန့ၢ်ပှၢ်သးပှၢ်တၢ်မၤစၢၤတၢ်စ့ၢ်တၢ်က့ၣ်လၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်အုၣ်ကီၢ်သးလၢအဘၣ်ဒီးတၢ်ယုထၢတဖၣ်.

IMMIGRATION & REFUGEE SERVICES

တၢ်ဟဲ န့ၣ်လီၤဆူထံ ကီၢ်အပူၤဒီးဘၣ်ကီၢ်ဘၣ်ခဲ တၢ်ဖံးတၢ်မၤတဖၣ်

Catholic Charities Immigration Services

ခဲးသလုးတၢ်ဘါတၢ်မၤစၢၤလၢပုၤဟဲ န့ၣ်လီၤဆူထံ လီၢ်ကီၢ်ပူၤတၢ်ဖံးတၢ်မၤတဖၣ်

12 East 5th Ave **455-4960**
Spokane 99202
catholiccharitiesspokane.org

Offers referral services, counseling and immigration benefits to refugees. တၢ်ဟ့ၣ်တၢ်အပူၤလၢတၢ်ဖံးတၢ်မၤတဖၣ်, တၢ်ပၤဆုၤဒီးတၢ်ဟဲန့ၣ်လီၤဆူကီၢ်ပူၤဆူပှၢ်ဘၣ်ကီၢ်ဘၣ်ခဲတဖၣ်.

Global Neighborhood

ဟီၣ်ခိၣ်န့ၢ်ဘၣ်တၢ်လီၢ်လၢအဘျးဒီးပှၢ် 108 N Washington Suite 418
Spokane 99201 **482-6500**
global-neighborhood.org

Improves lives of refugees through building relationships, English, employment and cultural awareness. မၤစ့ၤထီၣ်က့ၤတၢ်အိၣ်မူတဖၣ်လၢဘၣ်ကီၢ်ဘၣ်ခဲလၢနလဲၤခိၣ်ဖျိဘၣ်ပးဒီးတၢ်ရူလိၣ်သး, ကီၢ်လၢဝါ, ပှၢ်မၤတၢ်ဖိဒီးတၢ်ဆဲးတၢ်လၢလၢပကဘၣ်ပလီၢ်ပသးတဖၣ်.

Immigration and Refugee Services of America (IRSA)

တၢ်ဖဲ န့ၣ်လီၤဆူထံ ကီၢ်ဒီးဘၣ်ကီၢ် ဘၣ်ခဲ တၢ်ဖဲးတၢ်မၤလၢကီၢ်အဖဲ ရဲ ကၤ (IRSA)

refugeeusa.org **202-797-2105**

US COMMITTEE FOR REFUGEES AND IMMIGRANTS

USကမံ တံၣ်လၢဘၣ်ကီၢ် ဘၣ်ခဲ ဒီးတၢ် ဖဲ န့ၣ်လီၤဆူကီၢ်ပူၤတဖၣ် (USCRI) **202-347-3507**

International Refugee Council of Spokane

ဟီၣ်ခိၣ်ဒီး ဘၣ်ဘၣ်ကီၢ် ဘၣ်ခဲ တၢ်ကူ န်လိၣ်တၢ်အိၣ်ဖျိၣ်လၢ Spokane
901 E 2nd Ave, Suite 207
Spokane 99202 **536-7878**
ircspokane@gmail.com
ircsonline.org

Helps refugees become self-sufficient citizens by providing social and referral services.
တၢ်မၤစၢလၢဘၣ်ကီၢ်ဘၣ်ခဲလၢကကဲထီၣ် အနီၣ်ကစၢ်-လၢကလၢဝဲပျဲၤဝဲထံဖိကီၢ်လၢမၤ န့ၣ်တၢ်မၤစၢဒီးတၢ်ဖဲးတၢ်မၤတဖၣ်.

Jacob's Well Community Resources Center

ပျဲၤတၢ်တၢ်ကူၣ်တၢ်ဖဲးတဖၣ်အဖဲၤလီၢ်
500 S Stone **535-3858**
Spokane 99202 *jwrc.com*
Resettles and helps Burmese refugees with food, clothing,

household items, transportation, English classes, scheduling, applications, housing, schools, doctors and dentists.

တၢ်မၤစၢလၢပျဲၤဘၣ်ကီၢ်ဘၣ်ခဲလၢကီၢ်ပယီၤ ဘၣ်ကီၢ်ဘၣ်ယုၣ်ဒီးတၢ်အိၣ်,တၢ်ကူတၢ်သိး ,တၢ်ယုၣ်န့ၣ်ဟံၣ်ယီၤတဖၣ်,တၢ်ဝံစိၣ်တီၢ်ဆျၢၣ် တၢ်မၤလိၣ်ကီၢ်လၢဝါတဖၣ်,တၢ်ဆၢကတီၢ်, တၢ်ပတံထီၣ်တၢ်တဖၣ်,ဟံၣ်ယီၤယကူၣ်တဖၣ်,ကသံၣ်သရၣ်တဖၣ်ဒီးခဲအတၢ်ဆါဟံၣ် တဖၣ်.

Refugee Connections Spokane

ဘၣ်ကီၢ် ဘၣ်ခဲ တၢ်ဘျးစဲ တဖၣ်လၢ
500 S Stone St #105 **625-6958**
Spokane 99202
refugeeconnections@spocom.com

Projects, programs and resources to benefit refugees, immigrants and their communities.

တၢ်တီၢ်ကျဲၤ,တၢ်ရဲၣ်တၢ်ကျဲၤဒီးတၢ်ဟ့ၣ် ကူၣ်ဟ့ၣ်ဖးတဖၣ်ဆူတၢ်မၤစၢပျဲၤဘၣ်ကီၢ် ခဲတဖၣ်,ပျဲၤဟဲၣ်န့ၣ်လီၤဆူထံ ကီၢ်တဖၣ်ဒီး လၢအဝဲသ့ၣ်အပျဲၤတၢ်တဖၣ်.

US Citizenship and Immigration Services (USCIS)

SPOKANE SUB OFFICE

USထံ ဖီ ကီၣ်ဖီဒီးတၢ်ဟဲ န့ၣ်လီၤဆူထံ ကီၣ်အတၢ်ဖံးတၢ်မၤတဖၣ်

Spokane ဝဲၤဒၢး

US Courthouse **800-375-5283**

920 W Riverside, Room 691

Spokane 99201 *uscis.gov*

Immigration and naturalization adjudication. Establishes immigration policies and priorities.

တၢ်ဟဲ န့ၣ်လီၤဆူကီၣ်ပူၤဒီးဒ်န့ၣ်အသိးတၢ်ဟ့ၣ်အခွဲးအယၢ်. လၢတၢ်ယုထံၣ်သ့ၣ်ညါတၢ်ဟဲ န့ၣ်လီၤဆူထံကီၣ်ပူၤကီၣ်တဖၣ်ဒီးကီၣ်စဲၣ်ပဒိၣ်တဖၣ်.

World Relief Spokane

ဟီၣ်ခိၣ်ခိၣ်အ့ၣ်တၢ်မၤစၢၤလၢ

Spokane

1522 N Washington St, Ste 204

Spokane 99201 **484-9829**

worldreliefspokane.org

Resettles refugees in Spokane under contract with U.S. State Department. Provides refugee resettlement assistance, employment services, micro-enterprise loans and immigration services, and works to raise awareness and serve victims of human trafficking.

ဘၣ်ကီၣ်ဘၣ်ခဲတဖၣ်လၢSpokane ပုၤလၢအသးန့ၣ်တထီၣ်ဘးတဖၣ်ကဘၣ်အၢၣ်လီၤအိၣ်လီၤသးယုၣ်ဒီးU.S. ကီၣ်စဲၣ်ပဒိၣ်. တၢ်မၤန့ၣ်ဘၣ်ကီၣ်ဘၣ်ခဲတၢ်ဆီလီၤဟံၣ်လီၤတၢ်အိၣ်ဆိးအလီၤအတၢ်မၤစၢၤတဖၣ်. ပုၤမၤတၢ်ဖိအတၢ်ဖံးတၢ်မၤတဖၣ်. တၢ်ဆံဆံးကီၣ်ဖိ-မ့ၣ်ကီၣ်ပူၤကီၣ်ပူၤတၢ်ဟ့ၣ်လီၤတၢ်တဖၣ်ဒီးတၢ်ဟဲ န့ၣ်လီၤဆူထံကီၣ်ပူၤတၢ်ဖံးတၢ်မၤတဖၣ်. ဒီးတၢ်မၤဆူကစီၣ်ကဖိထီၣ်တၢ်သ့ၣ်ညါန့ၣ်ဟံၣ်ဒီးတၢ်ဖံးတၢ်မၤလၢပုၤတူၢ်ဘၣ်တဖၣ်လၢပုၤဟီၣ်ခိၣ်ခိၣ်လၢအဘၣ်ယးဒီးသိလ့ၣ်တဖၣ်.

HOUSING RENTAL

ဟံၣ်တၢ်ဒီးလဲ အခး

Catholic Housing Communities

ခဲးသလး :ဘၣ်ယးဒီးဟံၣ်လၢပုၤတၢ်တဖၣ်

12 E 5th Ave **459-2279**

Spokane 99202

catholiccharitiesspokane.org

Goodale & Barbieri

စိလ်ဒီးဘဲဘၢၣ်ရံၣ်

818 W Riverside, #300

Spokane 99201 **459-6102**

g-b.com **800-572-9181**

Kiemle & Hagood Co (K&H)

ခုၣ်မဲၣ်ဒီးဟံၣ်ခိၣ် (K&H)

601 W Main Ave, Ste 400

Spokane 99201 **755-7555**

khco.com

Northeast Washington Housing Solutions (NEWHS)

ကလံဖီးမုန်းထီၣ် Washington ဟံ
ၣ်တၢ်ယုထံၣ်သ့ၣ်ညါတၢ်အစၢတ
ဖၣ် (NEWHS)

55 W Mission, Suite 104
Spokane 99201 **328-2953**
spokanehousing.org

TDD323-9502

Wait List Hotline **252-7122**

SNAP Affordable Rental Program

SNAP လၢဟ့ၣ်အပူၤကဲဘၣ်ဃးဒီး
ဟံၣ်ခးတၢ်ရဲၣ်တၢ်ကျဲၤ

500 S Stone *snapwa.org*
Spokane 99202
Coast Management Services -
Call 747-2914 or 487-7701 for
an application.

Spokane Housing Ventures (SHV)

Spokane ဟံၣ်လၢအအိၣ်ဒီးတၢ်ဘၣ်
ယီၣ်တဖၣ်

715 E Sprague, Ste 102
Spokane 99202 **232-0170**
spokanehousingventures.org

Spokane Low Income Housing Consortium (SLIHC)

Spokane ဟံၣ်လၢတၢ်ဟဲန့ၣ်စ့ၤတၢ်က

ရၢကရီတဖၣ် (SLIHC)
315 W Mission 25 **B325-3235**
Spokane 99201
slihc.org onestophousing.org

HOME MAINTENANCE

ဟံၣ်အတၢ်အံးတၢ်ကွၢ်

Recycling Hotline or Info

တၢ်ကမ့ၢ်လၢတၢ်သ့ကဒါက့ၤဝဲၤ
ကျိၤဒီးတၢ်ကစီၣ် **625-6800**
800-732-9253

ACTION RECYCLING 483-4094

911 E Marietta

EARTHWORKS RECYCLING, INC

ပျဲၤဘျီဟံၣ်ခိၣ်တၢ်သ့ကဒါက့ၤ
1904 E Broadway **534-1638**

SPOKANE RECYCLING PRODUCTS

3407 E Main **535-0284**

SNAP Energy Resource Assistance

3102 W Ft George Wright Dr
Spokane 99224 **242-2376**
snapwa.org

Teaches energy reduction
techniques and cost
management plans in classes
offered from November to
May.

သိၣ်လိမၤစၢၤလီၤတၢ်သဟံၣ်ဒီးတၢ်
အပူၤ, ဟ့ၣ်တၢ်မၤလီၤလၢတၢ်တီၣ်ခိၣ်
ရီၤမဲလၢနီၣ်ဝုဘၣ်တုၤလၢမ့ၢ်

SNAP Minor Home Repair/Weatherization

SNAP တၢ်တုၢ်န့ၣ်ခိၣ်ကဲအကတီၢ်တဖၣ်
snapwa.org **744-3370**

Makes modifications from fixing broken pipes to repairing heating systems and building handicap ramps. Weatherization provides improvements such as insulation and draft reduction.

တၢ်မၤစ့ၤထီၣ်က့ၤဘျီကဒါက့ၤတၢ်လၢအဟးၤစီၤ,တၢ်ဘျီတၢ်ကိၢ်သဟီၣ်ဒီးဘျီထီၣ်က့ၤပျၢက့ၤပျၢကွၢ်ကဟးအစီၢ်စုဖီၣ်.ဟ့ၣ်နီၤတၢ်မၤစ့ၤထီၣ်ပၤလီၤဆီတၢ်ဒီးရဲၣ်လီၤတၢ်မၤစ့ၤလီၤတၢ်လၢလီၤသဟီၣ်ဒီးတၢ်တုၤပၤတြီၢ်တၢ်လဲလိာ်.

SustainableWorks

တၢ်မၤစ့ၤလုၢ်ထီၣ်တၢ်မၤ
5317 N Market St 443-3471
Spokane 99217
sustainableworks.com

Does energy efficiency audits and retrofits for residential homes in Spokane.

တၢ်သ့မံသမိးတၢ်သဟီၣ်တုၤလီၤတီၤလီၤဒီးတၢ်ထီၣ်တၢ်ပိတၢ်လီၤဟံၣ်အသိဖဲ Spokane.

Wood Smoke Information

သ့ၣ်မုၢ်ဒု မ့ၣ်အူတၢ်ကစီၣ်
WASHINGTON STATE DEPARTMENT OF
ECOLOGY 800-523-4636
ကီၢ်စံၣ်ဝဲကျိၤလၢဘၣ်ဃးဒီးပီညါ

HOME OWNERSHIP

ဟံၣ်လၢအဘၣ်တၢ်ဟ

Habitat For Humanity

တၢ်လီၣ်တၢ်ကျဲလၢဟီၣ်ခိၣ်ဖိအစီၢ်
732 N Napa St 534-2552
habitat-spokane.org

Builds decent affordable homes for low-income families, which purchase the home of cost of the land/construction at 0% interest 20 year loan.

တၢ်ဘျီဟံၣ်ဒီးကတီၤဆီတၢ်ဒီးခါဟံၣ်အစီၢ်,ပျၢပျၢဟံၣ်အဆီကတၢ်တဘျီဒီးပျၢလၢအအိၣ်ဒီးတၢ်အိၣ်ဆိးလီၢ်လီၤဆီဒီးတၢ်ရဲၣ်တၢ်ကျဲလၢအလီၣ်ဘၣ်တဖၣ်.

SNAP Mortgage Assistance Programs

SNAPစ့ပၤကီၢ်တၢ်မၤစ့ၤတၢ်ရဲၣ်တၢ်ကျဲၤတဖၣ်
500 S Stone 456-7106
Spokane 99202 *snapwa.org*

HUD-approved comprehensive housing counseling agency provides mortgage default and foreclosure prevention counseling, pre-purchase counseling and education for prospective home buyers, and

Special Mobility Services

တၢ်သးလီၢ်သးကျဲတၢ်ရဲၣ်တၢ်ကျဲၤလီၤဆီ
3102 E Trent, Suite 210
Spokane 99202 **534-9760**

800-892-4817
sms1.org **TDD 800-821-7167**

Arranges transportation for people with medical coupons who don't have transportation. Non-emergency services only. Each ride application must be authorized two working days in advance of appointment.

ကျဲၤန့ၢ်တၢ်လဲၤတၢ်က့ၤလၢအအိၣ်ဒီးတၢ်က့ၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၤလၢပုၤအလံာ်တအိၣ်ဘၣ်တဖၣ်အၣ်ၤ.လၢတၢ်ပတံထီၣ်တၢ်မၤအဂီၢ်ပုၤငြဲကးလၢပုၤသ့ၣ်နံၤဖးသီတၢ်ဆၢကတီၢ်လၢၤၤၤအတီၢ်ပုၤ.

Vehicle Licensing

သီလုၣ်လံာ်အုၣ်ကီၤသး
Spokane County Court
1116 W Broadway, 1st Flr Anx
Spokane 99260 **477-2222**

Hillyard - 5202 N Market St
Spokane 99217 **487-1085**
North - 6212 N Division
Spokane 99208 **484-7416**

Downtown **455-8320**
613 S Washington Ste 105
Spokane 99204
North Spokane

South Hill **534-6022**
2727 S Mount Vernon St, Suite
3B, Spokane 99223

HOSPITALS & CLINICS

တၢ်ဆါဟံၣ်နီၣ်ဒီးကသံၣ်ဒါးတဖၣ်

CHAS - Community Health Association of Spokane

ပုၤတၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၤပုၤမၤဖၢၤတၢ်ကရၢကရီၤလၢ **Spokane**
203 N Washington, Suite 300
Spokane 99201 **444-8888**
Billing 444-7880

chas.org
Nonprofit system of community clinics providing medical and dental health care to families and individuals of all ages, regardless of insurance status.

Enrolls patients in Healthy Options, Basic Health Plan, First Steps, Medicare, Medicaid; Bills private insurance, or uses a sliding-fee scale based on income for uninsured patients. Locations: တၢ်န့ၢ်ဘျူးသန့မ့ၢ်တအိၣ်တဒီးန့ၢ်ဘၣ်ပုၤတၢ်ကသံၣ်ဒါးအတၢ်ဟ့ၣ်ကသံၣ်ကသီ, ဝဲတၢ်အိၣ်ထွဲက့ၢ်ထွဲလၢဟံၣ်ဖိယီဖိ,တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၤလံာ်ကီၤသးမ့ၢ်တအိၣ်,ဆဲးလီၤပုၤဆါအမံၤဆူၣ်ခိၣ်ထံးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၤတၢ်ရဲၣ်တၢ်ကျဲၤ,အခိၣ်ထံးတအိၣ်ပဒိၣ်တၢ်ရဲၣ်တၢ်ကျဲၤဘၣ်သးဆူၣ်ချ့ၤလၢပုၤဖၢၤအသးန့ၢ်လါအိၣ်ဝဲအသိးအဂီၢ်,ဒီးပုၤဖျိၣ်ဖိယံဖိအဂီၢ်,ကသံၣ်ပုၤလီၤဆီလၢတၢ်အုၣ်

ကီသေး၊ မှတမ့်ဟ့ၣ်တၢ်အပူၤလၢပူၤဆါဟံၣ်လံာ်အုၣ်ကီသေးတအိၣ်ဒ်တၢ်ဟဲန့ၣ်အိၣ်ဝဲအသိး.

MEDICAL CLINICS:

- 9227 E Main **434-0313**
- 5921 N Market **487-1604**
- 3919 N Maple **444-7801**
- 1001 W 2nd Ave **444-8200**

DENTAL CLINICS:

- 3919 N Maple **242-1824**
- 1001W 2nd Ave **434-0308**

Christ Clinic

ခရိတ်ကသံ ဉ်ဒါးတၢ်မၤစၢၤ
 914 W Carlisle **325-0393**
 Spokane 99205
 Christian-centered nonprofit medical clinic care for low-income persons with limited or no medical insurance.
 ခရိတ်ဖိလီၤခၢၣ်သးလၢပူၤလၢအအိၣ်ဒ်ဒီးတၢ်န့ၣ်ဘျူးန့ၣ်ဖျိၣ်သန့ပူၤလၢတၢ်ဟဲန့ၣ်ဆံးစ့ၤပူၤလၢလံာ်အုၣ်ကီသေးတအိၣ်ဒ်.

Deaconess Medical Center

800 W Fifth Ave **458-5800**
 Spokane 99204
deaconessmedicalcenter.org
 Acute-care hospital in downtown Spokane. Identified as one of the top heart hospitals. Chemical Dependency Unit.

တၢ်ကွၢ်ထွဲတစိၢ်တလီၢ်တၢ်ဆါဟံၣ်ဝဲ Spokaneဝ့ၢ်ပူၤဒ်အမ့ၢ်သးအတၢ်ဆါဟံၣ်.ကသံယကသိးဒီးတၢ်ဆိၣ်ထွဲသန့.

Grace Clinic

တၢ်ဘျူးတၢ်ဖျိၣ်ကသံ ဉ်ဒါးတၢ်မၤစၢၤ
 823 W 7th Ave, Suite 102
 Spokane 99204 **326-6474**
graceclinics.com

Project Access

တၢ်တိၣ်ကျဲၤအခွဲးအိၣ်
 Orange Flag Bldg **532-8877**
 104 S Freya, Suite 114
 Spokane 99202
spcms.org/projectaccess
 Arranges for more than 800 physicians and all five hospitals to donate health-care services: specialty-level office visits, surgeries and treatments, hospitalizations, lab and radiology services, durable medical equipment, translation, low-cost medication, and transportation.
 ရဲၣ်ကျဲၤလၢကသံ ဉ်သရၣ်စၢၣ်ဘျိၣ်,တၢ်ဆါဟံၣ်၅ဖျၢၣ်လၢကမၤဘျုၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်အံးထွဲကွၢ်ထွဲ,တၢ်လဲၤဟးဝဲဒါးလီၤဆီ,တၢ်ကူးတၢ်ကွဲးဒီးသန့,တၢ်ထီၣ်တၢ်ဆါဟံၣ်,တၢ်မၤကွၢ်တၢ်ဆါယၢ်ဒီးတၢ်ဒီလီယံ,ကသံ ဉ်ပီးလီ,တၢ်ကျိၣ်ထံကျိၣ်,ကသံ ဉ်ကသိးဒီးဝံစိၢ်တီဆုၤအပူၤစုၤ.

Providence Adult Day Health

တၢ်မၤစၢၤဆီၣ်ထွဲၣ်ဒီးတၢ်ရဲၣ်လီၤလၢတၢ်န့ၢ်န့ၢ်ဘၢအစီၢ်,သးပျၢ်လၢတၢ်မၤဆါဒီးသးပျၢ်လၢအစံၢ်စၢ်အဘၢစၢ်တဖၣ်.

6018 N Astor **482-2475**
Spokane 99208 *phc.org*

Support and rehabilitative services for frail, vulnerable elderly and impaired adults. တၢ်မၤန့ၢ်တၢ်ဖံးတၢ်မၤလၢလၢပျဲပျဲတဖၣ်, လၢအဘၣ်ဃးဒီးကသံၣ်တၢ်ရဲၣ်ကျဲၤဒီး တၢ်ကူးကွဲၤယါဘျါတၢ်အံးတၢ်ကွၢ်,လီၤဆီၣ်ဒၣ်တၢ်တၢ်မၤစၢၤဒီးပျၢ်ဆါအတၢ်ဖံးတၢ်မၤတဖၣ်.

Providence Holy Family Hospital

5633 N Lidgerwood **482-0111**
Spokane 99208

holy-family.org
Full-service, advanced medical and surgical care, specialty support and outpatient services. တၢ်မၤန့ၢ်တၢ်ဖံးတၢ်မၤလၢလၢပျဲပျဲတဖၣ်, လၢအဘၣ်ဃးဒီးကသံၣ်တၢ်ရဲၣ်ကျဲၤဒီး တၢ်ကူးကွဲၤယါဘျါတၢ်အံးတၢ်ကွၢ်,လီၤဆီၣ်ဒၣ်တၢ်တၢ်မၤစၢၤဒီးပျၢ်ဆါအတၢ်ဖံးတၢ်မၤတဖၣ်.

Providence Sacred Heart Medical Center & Children’s Hospital

101 W 8th Ave **474-3131**
Spokane 99204 *shmc.org*

Comprehensive, advanced medical and surgical care, specialty support and outpatient services. တၢ်ဟ့ၣ်တၢ်အပူၤလၢအဟံၣ်ယုၣ်ဒီးတၢ်အပူၤ,လၢအဟံၣ်ယုၣ်ဒီးကသံၣ်ဒီးပျၢ်ကူးပျၢ်ကွဲၤတၢ်ကယုကယု,လီၤဆီၣ်ဒၣ်တၢ်တၢ်မၤစၢၤဒီးပျၢ်ဆါအတၢ်ဖံးတၢ်မၤတဖၣ်.

Regional Support Networks

တၢ်လီၢ်လၢတၢ်မၤစၢၤပုၣ်ဘျးစဲတဖၣ်
DSHS MENTAL HEALTH DIVISION
DSHSတၢ်ဃးဒီးသးတၢ်အိၣ်ဆူ
ၣ်အိၣ်ချ့ တၢ်နီၤဖး
SPOKANE REGIONAL SUPPORT NETWORKS **477-5722**

SPOKANEတၢ်လီၢ်လၢတၢ်မၤစၢၤပုၣ်ဘျးစဲတဖၣ်
312 W 8th Ave, 3rd Flr
Spokane 99204 **800-273-5864**
Ombuds Services
အိၣ်ဘၢတၢ်ဖံးတၢ်မၤတဖၣ်
866-814-3904 **477-4666**
24 HR CRISIS LINE

၂၄ၣ်ရံၣ်လၢပျၢ်လၢအဘၣ်ဆူးဘၣ်ဆါအကျိၤအကျဲ **877-678-4428**
spokanecounty.org/mental health

**Riverstone Family Health,
Northeast Clinic**

Riverstoneဟံ န်ဖီ ဗီဖီ တ်အိန်
ဆုန်အိန်ချ, ကလံးစီးမု်ထီန်က
သံ န်ဒါးတံမၤစၢ

4001 N Cook St **483-3427**
Spokane 99207 *yvfwc.org*

Full range medical services,
prenatal care and delivery.
Includes dental clinic.

တံမၤနံတံမၤလၢလၢပျဲပျဲအပ္ပူလၢတံဖံး
တံမၤတဖၣ်, တံကယုကယံပျဲမိၣ်အိး
တံအိန်ဖျုန်, ယုန်ဒီးဝဲကသံ န်ဒါးတံမၤစၢ.

Rockwood Clinic

Rockwood ကသံ န်ဒါးတံမၤစၢ
400 E 5th Ave **838-2531**

Spokane 99202
rockwoodclinic.com

ROCKWOOD NORTH CLINIC

9001 N Country Homes Blvd
Spokane 99218 **755-5340**

NORTHPOINTE

ကလံးစီးတံပညိန် **342-3010**
605 E Holland Ave, Suite 200
Spokane WA 99218

QUAIL RUN CLINIC

2214 E 29th **755-5250**
Spokane 99203

**Spokane Community Care
Spokane**

ပျဲတဝါအတံကဟု ကယံ
1330 N Washington, Ste 3500
Spokane 99201 **800-984-5710**

Includes more than traditional
Medicare: preventive health
services, worldwide emergency
and prescription coverage with
doctors and hospitals in
Spokane County. Mon-Fri 8
am-5 pm.

လၢအဟံယုန်ဒီးကလုန်မိၣ်ပံဖုကသံ န်က
သီးကသံ န်ကသီလၢတံတြီတံအိန်ဆုန်
အိန်ချတံဖံးတံမၤတဖၣ်, တံခိန်ခိန်ဒီဘုန်
အခိန်သလုးစုၣ်စီအုဒီးတံသိန်တံသီလၢ
အဘၣ်တံဟံဖျါထီန်ယုန်ဒီးကသံ န်ရုန်ဒီး
တံဆါဟံ န်လၢSpokaneကီၣ်ရုန်မုၢ်တနံ
-မုၢ်ယံ န်နံးစီၤနနံရံ န်-ဟါၣ်နနံရံ

**Spokane County Community
Services, Housing, Community
Development Dept**

Spokaneကီၣ်ရု ပျဲတဝါတံဖံးတံ
မၤတဖၣ်, တံအစုၣ်အကျိၤ, တံမၤ
စုၣ်ထီန်ဟံ န်တံလီၢ်တံကျိ
312 W 8th Ave **477-5722**
Spokane 99204
spokanecounty.org

Makes referrals for substance
abuse treatment and
prevention, developmental
disabilities and mental health.

ဘဉ်ယးဒီးတၢ်မဆူးမဆါတၢ်ကူစါယါ
ဘျီဒီးတၢ်တြီတၢ်.တၢ်ကမးစ့ထီၣ်တၢ်
တသ့တဘဉ်တဖၣ်ဒီးသးအတၢ်အိၣ်ဆူ
ၣ်အိၣ်ချ့.

Spokane County Medical Society
ကီၢ်ရၢၣ်ကသံၣ်ကသီတၢ်ကရၢကရီ
104 S Freya, Suite 114325-5010
Spokane 99202

Provides telephone-only
referrals to physicians who
accept medical coupons, serve
low-income or provide services
for a reduced fee. Provides
information about physician
based on location, medical
speciality and medical
insurance requirements.

ဘဉ်ယးဒီးတၢ်မဆူးမဆါတၢ်ကူစါယါ
ကသံၣ်ကသီတၢ်ကရၢကရီဒီးတၢ်အိၣ်
လၢပုလၢအတူၢ်လိာ်တၢ်လၢကသံၣ်စးခိ
တဖၣ်.တၢ်ဖံးတၢ်မတဖၣ်လၢအဖဲန့ၣ်စ့
မ့တမ့ၢ်တၢ်လီၢ်တၢ်ကျဲလၢပုတဟ့ၣ်တၢ်
အပွၤတစီၢ်.တၢ်မန့ၢ်တၢ်စ့ၢ်တၢ်ကျိၤဘဉ်
ယးတၢ်လီၢ်တၢ်ကျဲ.ကသံၣ်ကသီတၢ်အု
ၣ်ကီၤသးလၢပုးလိတဖၣ်.

Spokane Falls Family Clinic
ဟံၣ်ဖဲဃီဖဲ ကသံၣ်ဒၢးတၢ်မဆူး
120 W Mission Ave 326-4343
Spokane 99201 yvfwc.org

Offer a full range medical
services prenatal care and
delivery. Includes dental clinic

and pharmacy.
တၢ်မန့ၢ်တၢ်မလၢလၢပုၤပုၤအပွၤလၢတၢ်ဖံး
တၢ်မတဖၣ်.တၢ်ကယုကယုၤပုၤမိၢ်ဒီး
တၢ်အိၣ်ဖျဲၣ်.ယုၣ်ဒီးမဲတၢ်မဆူးပုၤဟ့ၣ်
ကသံၣ်.

**Spokane Regional Health District
Public Health Clinic**

**Spokaneတၢ်လီၢ်လၢပခိၣ်တၢ်မဆူး
ကသံၣ်ကသီ**

1101 W College Ave 324-1600
Spokane 99201 srhd.org

Offers Immunizations, flu shot
and travel vaccines; HIV and
tuberculosis testing; head lice
checks, refugee screening.
Fees may be reduced, Medical
coupons accepted. Clinic
hours: T-Th 8-5, F 9:30-5.

ဘဉ်ယးဒီးတၢ်ဆဲးကသံၣ်ကသီတဖၣ်.တၢ်
ဆဲးတိးကွဲကသံၣ်ဒိကဒီးတၢ်လဲတၢ်ကူ
လၢပုဆဲးကသံၣ်ဒိသဒး;HIVဒီးပသိၣ်တ
ၢ်ဆါတၢ်မကွၢ်;ခိၣ်သ့ၣ်လၢတၢ်မလီၢ်တၢ်
လၢဘဉ်ကီၤဘဉ်ခဲတဖၣ်အစီၢ်.တၢ်ဟ့ၣ်တၢ်
အပွၤလၢပုထုးစ့လီၢ်.ကသံၣ်ကသီစးခိပု
တူၢ်လိာ်.ကသံၣ်ဒၢးတၢ်မဆူးန့ၣ်ရံၣ်တဖၣ်
:မုၢ်ခံနံ-မုၢ်လွံၢ်နံၤၧ-၅
.မုၢ်ယဲၢ်နံၤၧၤၧ-၅.

US Health Medical Clinics
တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ ကသံၣ်ကသီ
အဒၢးတၢ်မဆူးတဖၣ်
9222 N Newport Hwy, Suite 1

Spokane 99218 **467-4545**

Provide Urgent care, work injuries, employment-listing. Discounts cash pay program, available for uninsured clients. Hours: 8-7, Mon-Fri; 9-5, Sat; 10-5, Sun.

တၢ်မၤန့ၢ်တၢ်ကဟုကယၢ်လၢအချ့,တၢ်ဖံးတၢ်မၤပုၤမၤတၢ်ဖိတဖၣ်ကွဲးရဲၣ်လီၤ.ပုၤယုတၢ်အပူၤလၢစ့တၢ်ရဲၣ်တၢ်ကျဲၤ,တၢ်လၢပသ့အိၤသ့လၢပုၤဆါတဖၣ်.န့ၣ်ရံၣ်

း၈-၇,မ့ၢ်တနံၤ-မ့ၢ်ယဲၢ်နံၤ

၉-၅,မ့ၢ်ယုနံၤ၁၀-၅,မ့ၢ်အိၣ်ဘျံးနံၤ.

Other clinics at:

2005 E 29th Ave **747-0770**

15425 E Mission **924-7010**

Washington State Dental Association Outreach Program

ကိၢ်စဲၣ်မဲတၢ်ကရၢကရိလၢတတုၤထီၣ်ဘးတဖၣ်တၢ်ရဲၣ်တၢ်ကျဲၤ

altcew.org **458-2509**

Reduced-fee dental program for seniors, disabled adults and Alzheimer’s patients. Volunteer WASDA members reduce fees by at least 25% for patients meeting criteria.

တၢ်မၤန့ၢ်တၢ်အပူၤလၢမဲတၢ်ရဲၣ်တၢ်ကျဲၤလၢပမးပှ်တဖၣ်.ပုၤလၢအိၣ်တဖၣ်ဒီးပုၤဆါတဖၣ်.ပုၤလၢဟ့ၣ်လီၤကလိအဆၢကတီၢ်လၢ

WASDAပုၤကရၢတဖၣ်ကဘၣ်ဟ့ၣ်ဝဲ ၂၅%လၢပုၤလၢအဆါတဖၣ်.

FOOD & CLOTHING

တၢ်အိၣ်ဒီးတၢ်ကျဲတၢ်ကၤ

Second Harvest of the Inland NW

တၢ်လီၤလၢတၢ်ရဲၣ်တၢ်ကျဲၤ Inland NW 1234 E Front **534-6678**
Spokane 99202 **800-662-3136**
2-harvest.org

Supplies free food for hungry people. Call for distribution times and locations.

တၢ်အိၣ်ကလိလၢပုၤလၢတၢ်သ့ၣ်ဝံးအးတဖၣ်.ကီးလၢတၢ်ဟ့ၣ်ရၤလီၤတၢ်အဆၢကတီၢ်ဒီးတၢ်လီၤတၢ်ကျဲတဖၣ်.

BROWN BAG PROGRAM 534-6678

ထၢၣ်လၢအမးတၢ်ရဲၣ်တၢ်ကျဲၤ Delivers commodities and food items to low-income, home-bound persons once a month. တၢ်ဟ့ၣ်တၢ်အိၣ်လၢတၢ်ဟဲန့ၣ်စ့,ဟံၣ်လၢတၢ်ဟံပနီၣ်လၢပုၤတၢ်ဟဲန့ၣ်လၢတလိအတီၢ်ပုၤ.

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

ပုၤလၢအပုၤမၤစၢၤတၢ်အိၣ်တၢ်ရဲၣ်တၢ်ကျဲၤ 1234 E Front Ave **534-6678**
Spokane 99202

Provides commodities and food items to low-income children younger than 5-years-of-age and seniors 60 years and over. Once a month supplemental

food package with nutritional and community resource information may be picked up at CSFP food pantries or delivered to home-bound individuals.

တၢ်မၤန့ၢ်တၢ်အပူၤတဖၣ်ဒီးတၢ်အိၣ်လၢတၢ်ဟဲၣ်န့ၢ်တဖၣ်ဒီးဆံးလၢယၢ်န့ၣ်တဖၣ်ဒီးပှၤသးပှၤလၢဖိဝဲန့ၣ်ဒီးဆူအဖိခိၣ်တဖၣ်.လၢတလၢအတီၢ်ပှၤတၢ်ဟ့ၣ်မၤစၢတၢ်အိၣ်ယုၣ်တၢ်ဟ့ၣ်ဒီးပှၤတတၢ်အတၢ်မၤစၢတၢ်စ့ၢ်တၢ်ကျိၤလၢကဘၣ်တၢ်ဟံးန့ၢ်လၢCSFPတၢ်အိၣ်မွဲတမ့ၢ်တၢ်ဟ့ၣ်လီၤဆူဟံၣ်လၢပှၤတစၢတစၢတဖၣ်.

Thrift Stores

တၢ်သ့ ကျိၣ်စ့ တၢ်ပၣ်ဃၣ်တဖၣ်

Days & hours may vary:
နံၤဒီးန့ၣ်ရံၣ်တဖၣ်လၢလီၤဆီလိာ်သး

- DISCOVERY SHOP**
805 W Garland **328-9373**
- GLOBAL NEIGHBORHOOD**
902 W Indiana **868-0001**
- NW CHRISTIAN THRIFT STORE**
6607 N Maple **326-1522**
- SALVATION ARMY THRIFT STORE**
2020 N Division **325-6805**
- TEEN CHALLENGE THRIFT STORES**
2006 N Ash St **327-1383**
1919 E Sprague **534-0443**
- THE WINDFALL - ST JOHN'S CATHEDRAL**
1024 S Perry **534-3888**
- UGM THRIFT STORE**
301 W Boone **326-3316**

- VALUE VILLAGE** **325-2569**
708 W Boone
- VOA THRIFT STORE** **327-4112**
6206 E Trent

ENGLISH CLASSES
ကီၤလၢဝါအတီၢ်ဒေးတဖၣ်

Barton School
Barton
318 S Cedar St **747-1058 x251**
Spokane 99201
Offers one-on-one and small groups are tutored by a volunteer staff. Interviews students to establish needs, goals and individual programs of study.
တဘျီတဘျီကရူၢ်လၢအဆံးမ့ၢ်တၢ်ဟံးမူဒါလၢတၢ်ဟ့ၣ်လီၤသးမၤစၢတၢ်ကလီၤလၢပှၤမၤတၢ်ဖိ.က့ၢ်ဖိတဖၣ်မ့ၢ်ဟဲၣ်သံကွၢ်ဆးတၢ်ဟံးပနီၣ်အလီၢ်တဖၣ်,တၢ်မုၢ်လၢတဖၣ်ဒီးပှၤတစၢတၢ်ရဲၣ်တၢ်ကျဲၤလၢတၢ်မၤလိ.

Country Homes ESL School
ထံ ကီၢ်လၢအဘၣ်တၢ်သိၣ်လိ **ESL** က့ၢ်
8415 N Wall **466-3414**
Spokane 99208 *chchristian.org*
Volunteers tutor immigrant adults and refugees in English. ပှၤလၢအဟ့ၣ်လီၤသးကလီၤလၢတၢ်ဖံးတၢ်မၤလၢပှၤသးပှၤဘၣ်ဃးဒီးဘၣ်ကီၢ်ဘၣ်ခဲလၢကီၤလၢဝါ.

Daily Dose

တန့်ၤအစီၢ်တၢ်ဒုးအီၣ်ကသံၣ်

hjac@byu.net **448-5312**

LDS volunteers provide free, conversational English lessons to function in the community. LDSပုၤလၢအဟ့ၣ်လီၤသးကလီၤ, ကိုၣ်စံၢ်ခိၣ်ထံးတၢ်သ့တၢ်ဘၣ်လၢကီၤလၢဝါ, တၢ်ကတဲာ်ကတီၤလၢ XGEDဒီးပုၤတတၢ်ကိုၣ်ခိၣ်ကိုၣ်ထီၤ.

Institute for Extended Learning ESL Program

တၢ်သ့ၣ်ထီၣ်လၢကမၤထီၣ်ထီၣ်တၢ်မၤလီၤ ESLတၢ်ရဲၣ်တၢ်ကျဲၤလၢပုၤသးပုၤတၢ်ကျဲၣ်ဘၣ်ကျဲၣ်သ့ၣ်လီၤ

ADULT EDUCATION CENTER
2917 W Ft George Wright Dr
Spokane 99224 **533-4671**
ESL Online Courses 533-8522

iel.spokane.edu/abe/esl.php
Offers English language classes providing competency in listening, speaking, writing, and observing. Prepares for job readiness, retention and advancement. Provides computer literacy and ESL specific software programs. ကီၤလၢဝါအတီၤလၢကမၤဒိၣ်တၢ်မ့ၢ်တၢ်တီၤလၢတၢ်သ့တၢ်ဘၣ်လၢတၢ်ဒိၣ်ကန့ၣ်, တၢ်ကတီၤတၢ်, တၢ်ကွဲးလံာ်ကွဲးလံာ်, ဒီးတၢ်ကွၢ်ထံကွၢ်ဆး. တၢ်ကတဲာ်ကတီၤလၢတၢ်မၤတၢ်ဖးလံာ်, တၢ်သ့တီၢ်နီၣ်ပံးပာ်တၢ်

ဒီးတၢ်မၤလဲၤထီၣ်လဲၤထီၣ်တၢ်. တၢ်ပံးန့ၢ်ခိၣ် န့ၣ်ထီၣ်တၢ်သ့ကွဲးသ့ဖးဒီး ESLကသံၣ်လၢအဘၣ်တၢ်ဆါလၢအဘၣ်လိာ်အသးဒီး softwareတၢ်ရဲၣ်တၢ်ကျဲၤတဖၣ်.

ADULT EDUCATION CENTER
2310 N Monroe
HILLYARD ADULT EDUCATION CENTER 4410 N Market St
MAGNUSON BLDG
2917 W Ft George Wright Dr
SPOKANE COMMUNITY COLLEGE
1810 N Greene St

Spokane Public Schools Spokane နီၣ်ကိုၣ်တဖၣ်

spokanepublicschols.org
ENGLISH LANGUAGE DEVELOPMENT - ELD PROGRAM **354-7304**

ကီၤလၢဝါကျိာ်တၢ်ကရၢကရီၢ်
FAMILY REGISTRATION AND ORIENTATION CENTER
ဟံၣ်ဖိပီဖိတၢ်ကွဲးနီၢ်ကွဲးပါဒီး
တၢ်မၤအကျဲၣ်လီၤ **354-5128**

INTERPRETATION & TRANSLATION

တၢ်ထုးထီၣ်တၢ်အခီပညီၣ်ဒီးတၢ်တဲ ကျိၣ်ထံ တၢ်

Interpreter Services

Special Mobility Services

တၢ်တဲ ကျိၣ်ထံ တၢ်ဖံးတၢ်မးလီၤဆီၤ ဇၣ်တၢ်လၢလီၤတဲစိတၢ်ဖံးတၢ်မၤတဖၣ်

534-2016

800-710-5030

Serves as broker for oral interpreting in Spokane County/NE Wash. DSHS provides certified interpreters for Medicaid-paid appointments only. Medicaid providers can request service. Need 24-hour notice with coupon number, phone number, doctor's/dentist's name, address and phone, and appointment.

တၢ်ဖံးတၢ်မၤလၢလၢအတၢ်တၢ်ကတိၤ ကျိၣ်ထံတၢ်လၢတၢ်Spokane County/NE Wash. DSHSဖံးတၢ်မၤလံာ်အုၣ်ကီၤသးတဖၣ်လၢတၢ်ကတိၤ ကျိၣ်ထံက့ၤတၢ်လၢကသံၣ်ကသီတၢ်ဆါလၢကထံၣ်လိာ်သးတခါအစီၢ်. တၢ်ဟံးန့ၢ်ကသံၣ်ကသီလၢတၢ်ဖံးတၢ်မၤအစီၢ်. လိာ်ဘၣ်လၢ ၂၄န့ၣ်ရံၣ်တီၢ်ပူၤပူၤဆါအမံၤ, ကသံၣ်အစးခိၣ်နီၢ်, လီၤတဲစိနီၢ်,

ကသံၣ်သရၣ်မဲကသံၣ်သရၣ်အမံၤ, တၢ်လီၢ်တၢ်က့ၤဒီးလီၤတဲစိ. ဒီးတၢ်သ့ၣ်န့ၢ်ဖးသီအစီၢ်.

Spokane International Translation (Perciba)

ဟီၣ်ခိၣ်ဒီးဘၣ်တၢ်တဲ ကျိၣ်ထံ တ
502 E Third Ave **327-8064**
Spokane 99201

spokanetranslations.com
Legal, business, medical, state court-ordered, phone and in-person translation. Written translation to or from any language.

တၢ်လၢအဖိးသဲစး. တၢ်စ့ၢ်တၢ်ကျိၣ်. ကသံၣ်သသီ, ကီၢ်ဖဲၣ်အရူ-လၢအဘၣ်တၢ်မၤလိာ်, လီၤတဲစိဒီးလၢပူၤတၢ်အတၢ်တဲကျိၣ်ထံ. တၢ်က့ၤလံာ်က့ၤလံာ်တၢ်ကျိၣ်ထံတၢ်လၢပူၤအကျိၣ်.

LEGAL SERVICES

တၢ်လၢအဖိးသဲ စးတၢ်ဖံးတၢ်မၤတဖၣ်

Center for Justice

ဝဲၤလီၢ်လၢတၢ်တီၢ်တၢ်လီၤ
35 W Main Ave, Suite 300
Spokane 99201 **835-5211**
cforjustice.org

Focuses on civil rights, discrimination, government accountability, poverty, and the

environment. Offers drivers relicensing and expungement. တာ်မုာ်တာ်ခုာ်လၢအဘၣ်. တာ်ကွာ်ဆၢၣ်မဲာ်. ပဒိာ်တာ်ဟံးန့ၢ်မူဟံးဒါ. တာ်ဖျိာ်တာ်ယာ်ဒီးခိာ်ယၢ. ပုၤလၢအနီၣ်သိလ့ၣ်တဖၣ်တာ်စ့ၢ်တာ်ကျိၤဒီးတာ်တိၤသံကွာ်.

Gonzaga School of Law Elder Law Clinic

Gonzaga ကွီ လၢတာ်သိာ်တာ်သီ လၢကသံာ်ဒၢးတာ်မၤစၢၤ

721 N Cincinnati **323-5791**
Spokane 99258
Free to seniors 60+

HUD - Housing and Urban Development

HUD- တံာ်ဒီးဝုာ်တာ်ကရၢကရီ *hud.gov*

920 W Riverside, Suite 588
Spokane 99201 **368-3200**
HUD Housing Discrimination
Hotline **800-669-9777**

တံာ်အတာ်ကွာ်ဆၢၣ်မဲာ်
Housing Counseling and
Referral Line **800-569-4287**
တံာ်တာ်ဖံးတာ်မၤအကျိၤအကျဲ

Northwest Fair Housing Alliance

ကလံးစိးမုာ်န့ၢ်တာ်ကွာ်ဆၢၣ်မဲာ်ဘၣ်
န့ၢ်ယးဒီးတံာ်သိာ်မ့ၢ်
35 W Main Ave, #250
Spokane 99202 **325-2665**
nwfairhouse.org **800-200-FAIR**

Offers assistance/education on federal housing laws. Provides housing counseling/information to landlords and tenants. တာ်ဖံးတာ်မၤဒီးတာ်ကူာ်ဘၣ်ကူာ်သ့လၢ တာ်ဆိာ်ထွဲလၢပဒိာ်အဟံာ်တဖၣ်. တာ်ဟံးန့ၢ်ပဒိာ်ဟံာ်တာ်စ့ၢ်တာ်ကျိၤလၢပုၤမဒိးလဲတာ်ဖိဒီးဟံာ်ကစၢတဖၣ်.

Northwest Justice Project

ကလံးစိးမုာ်န့ၢ်တာ်တီတာ်လီၤတာ်တိာ်ကျဲၤ 1702 W Broadway **324-9128**
Spokane 99201 **888-201-1019**
nwjustice.org

Provides free civil (non-criminal) federally funded legal assistance to low-income residents of WA.

တာ်ဟံးန့ၢ်ကလီ(လၢအမၤကမုာ်သဲစး) တာ်ဆိာ်ထွဲတာ်ဖံးတာ်မၤလၢတာ်ဟဲန့ၢ်စ့ၢ်လၢပုၤလၢအအိၣ်လၢWashington.

COORDINATED LEGAL EDUCATION ADVICE & REFERRAL SYSTEM (C.L.E.A.R.)

တာ်လၢအဖိးသဲစးတာ်ကူာ်ဘၣ်ကူာ်သ့ တာ်ဟ့ၣ်ကူာ်ဒီးတာ်မၤတာ်ရဲာ် တာ်ကျဲၤ (C.L.E.A.R.) **888-201-1014**

Office of Civil Rights

ဝဲၤဒၢးလၢတာ်လၢအဘၣ်တဖၣ်
2201-6th Ave
MS RX-11 **TDD206-615-2296**
Seattle 98121 **800-537-7697**

hhs.gov/ocr **800-368-1019**

Assures equal access to Health and Human Services (HHS). Investigates disability discrimination complaints on federal, state or local health and social services programs. တာ်ထဲသိးတုးသိးလာတာ်အိ်ဆူ်အိ်ခူ်ဒီးပုးဟိ်ခိ်ဖိ်တံးတာ်မတဖ်(HHS). တာ်ယိထံသု်ညါလာအဘ်ယးဒီးတာ်မစာဆိ်ထွဲ. ကိ်စဲ်မ့တမ့်တာ်လီ်လာတာ်အိ်ဆူ်အိ်ခူ်တံးမအကျိ်အကျဲတဖ်.

Unemployment Law Project
ပုးလာတမ့်ပုးမတံးဖိ် အတံးတိ်
်ကျဲ **624-9178**

Community Bldg/East
35 W Main Ave, Suite 370E
Spokane 99201 **800-940-9178**
unemploymentlawproject.org
Free legal assistance and info to people denied unemployment benefits. Offers services to anyone with a WA State claim. တာ်လာအဖိးသဲးတာ်ဖိးတာ်မဒီးပုးလာတမ့်ပုးမတံးဖိ်တာ်မစာ. တာ်ဖိးတာ်မလာပုးတမ့်တမ့်Washington ကိ်စဲ်ပုးလာအဘ်ဆူ်ဘ်ဆါ.

Volunteer Lawyer Program
ပုးလာအဟ့်လီ်သးလာတာ်ရဲ်တံး
ကျဲ

SPOKANE BAR ASSOCIATION
Spokane တာ်တိ်ကျဲတာ်ဖိးတာ်မ
1704 W Broadway **324-0144**
Spokane 99201
spokanebar.org

Offers Bankruptcy Information Clinic, Divorce Advice Clinic, Family Law Advice and Housing Justice Project 1-4 pm, M-Th. Individual consultations, limitedfull representation in civil law matters provided by volunteer attorneys. Available to low-income residents of Spokane County.

တာ်ရဲ်တာ်ကျဲလာပုးလာအစုတအိ်ဘ်တဖ်အဂီ်ကသံ်ကသီတာ်မစာ. တာ်လီ်ဖးတာ်ဟ့်ကျဲတာ်မစာဟံ်ဖိ်ယိမီလာတာ်ဟ့်ကျဲဒီး

ဟံ်လာတာ်ရဲ်တာ်ကျဲတာ်တိ်ကျဲ၁-၄ ဟါဒိ. မု်တနံး-မု်လွံာ်နံး.

ပုးတမ့်လာအဘ်. တာ်ဟ်ပနီ်တာ်ဖိးတါမလာလာပုးပုးဟံ်လာတာ်ရဲ်တာ်ကျဲတါတိ်ကျဲ၁-၄ ဟါဒိ. မု်တနံး-မု်လွံာ်နံး.

ပုးတမ့်လာအဘ်. တာ်ဟ်ပနီ်တာ်ဖိးတါမလာလာပုးပုးခါးစးလာအဘ်ယးဒီးခူ့ဝါလာတာ်ဟံးနာ်တာ်လာအပုးလာတမ့်ကလီတာ်တဖ်အအိ်တဖ်. တာ်လာပမနု်အီလာပုးလာတာ်ဟဲနု်စုတဖ်လာအအိ်လာဝါSpokane.

Washington State Human Rights Commission

ကိုးစဉ်ပျဉ်းစဉ်ခိန်ဖျဉ်တၢ်ခွဲးတၢ်
၎်ယၢ်တဖၣ်

Rock Pointe Plaza III **568-3196**
1330 N Washington St Ste
2460
Spokane 99201 **800-233-3247**
hum.wa.gov

Investigates allegations of
discrimination in employment,
housing, public
accommodation, credit and
insurance. Offers educational
programs on civil rights.

တၢ်ယိထံသ့ၣ်ညါတဖၣ်လၢတၢ်ဟံတၢ်
ကမၣ်လၢတၢ်ကွၢ်တလီၤလၢတၢ်ဖိးတၢ်မၤ
အပူၤ,ဘၣ်ယးဒီးဟံၣ်,ပဒိၣ်တၢ်အိၣ်တၢ်
ဆိးအလီၤ,တၢ်အုၣ်ကီၤသးလၢစ့လၢအ
လိၣ်ဘၣ်ဝဲ.တၢ်ကူၣ်ဘၣ်ကူၣ်သ့တၢ်ရဲၣ်
တၢ်ကျဲၤလၢတၢ်အဘၣ်တဖၣ်.

SENIOR PROGRAMS

ပျဉ်းပျဉ်းတၢ်ရဲၣ်တၢ်ကျဲၤတဖၣ်

AARP - American Association of Retired Persons

အမဲရကၤတၢ်မၤစၢၤလၢပျဉ်းလၢက
အိၣ်ဘၣ်တဖၣ်အစီၢ်
aarp.org
800-424-3410

A membership organization
for those 50+ provides

positive social change and
delivers value through
advocacy and information on
health, Medicare and Social
Security.

ပျဉ်းလၢအကဲထီၣ်ကရုဖိလၢတၢ်ကရုကရီ
လၢပျဉ်းလၢအဟံးန့ၢ်တၢ်မၤစၢၤလၢတၢ်
ကဟ့ၣ်တုၤလၢအန့ၢ်ဘၣ်ဝဲဒီးတၢ်စ့ၢ်တၢ်
ကျိၤလၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၤ,ကသံၣ်က
သိဒီးတၢ်မၤစၢၤတဖၣ်.

Agging & Long Term Care of Eastern WA – ALTCEW

တၢ်ကဟ့ၣ်ကယၢ်လၢအဘၣ်ထွဲလီ
ၣ်သးဒီးမုၢ်ထီၣ်တကပၤလၢ WA
1222 N Post St **458-2509**
Spokane 99201 *altcew.org*

Provides community planning
and advocacy. Funds a
network of services to help
seniors and adults with
disabilities stay at home.
တၢ်ဟံးန့ၢ်ပျဉ်းတၢ်မၤဒီးတၢ်ဝဲစၢၤတၢ်.
ယုလၢတၢ်ဆဲးကျိးမၤသကိးတၢ်လၢတၢ်ဖိးတ
ၢ်မၤလၢတၢ်မၤစၢၤလၢပျဉ်းပျဉ်းဒီးပျဉ်းဒိၣ်ယု
ၣ်ပျဉ်းလၢအိၣ်လၢအိၣ်လၢဟံၣ်တဖၣ်.

Elder Service

ပျဉ်းပျဉ်းတၢ်မၤစၢၤတဖၣ်
FRONTIER BEHAVIORAL HEALTH
5125 N Market St **458-7450**
Spokane 99217

Strives to prevent premature or
unnecessary hospitalization or
nursing home placement

**RSVP - Retired & Senior
Volunteer Program** YMCA

ပျံ့လှောင်အိမ်အစီအစဉ်အဖွဲ့
ပျံ့သုံးပျံ့လှောင်အဖွဲ့အစည်းတို့၏
တက်ကြွရေးအဖွဲ့

1126 N Monroe, 99201
ymcaspokane.org 344-7787

Respects connection between
volunteering, spiritual growth
and community health.

Matches member interests
and talents with one-time and
ongoing volunteer
opportunities in more than
100 Spokane County
nonprofit and public
organizations.

တော်လှောင်အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း

**EMPLOYMENT & SMALL
BUSINESS SUPPORT**

ပျံ့လှောင်အဖွဲ့အစည်းတို့၏
တက်ကြွရေးအဖွဲ့အစည်း

Food Service Worker Permits

တော်လှောင်အဖွဲ့အစည်းတို့၏
အဖွဲ့အစည်း

**SPOKANE REGIONAL HEALTH
DISTRICT**

SPOKANEတော်လှောင်အဖွဲ့အစည်း
အဖွဲ့အစည်း

1101 W College Ave, #402
Spokane WA 99201 324-1563
www.srhd.org

Opportunity Center – YWCA

တော်လှောင်အဖွဲ့အစည်း – YWCA
930 N Monroe, Spo 99201
ywca.org/Spokane 789-9280

**SNAP Refugee Business
Development**

ပျံ့လှောင်အဖွဲ့အစည်းတို့၏
အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း
အဖွဲ့အစည်းတို့၏အဖွဲ့အစည်း

franson@snapwa.org
snapwa.org

Offers business establishment,
development, and expansion
assistance through programs

including free courses and small business loans.

မိုက်ကျီပဲလဲကွက်တံးဖဲတံးမၤတံးလဲထီၣ်လဲထီၣ်ဒီးတံးမၤလဲထီၣ်တံးဖဲတံးမၤတူလၢတံးရဲၣ်တံးကျဲယုၣ်ဒီးတံးလီၤဆဲးဆဲးဖိလၢအန့ၢ်ကလိတဖၣ်.

WorkSource

တံးဖဲတံးမၤအခီၣ်ထံး
130 S Arthur **532-3000**
Spokane 99202

Go2worksource.com
Connects job seekers and employers with enhanced services to empower our community.

ဆဲးကျိးတံးဖဲတံးမၤဒီးပုၤမၤတံးဖိတဖၣ်ယုၣ်ဒီးတံးမၤအါထီၣ်တံးဖဲတံးမၤဆူတံးဟ့ၣ်စိဟ့ၣ်ကမီၤလၢပုၤတတၢအကျါ.

IN-HOME CARE & RETIREMENT HOMES

ဘၣ်ဃးဒီးတံးကဟ့ၣ်ကယၢ်ဟံၣ်ဃီဒီးတံးအိၣ်ဘ့ၣ်အိၣ်သါလၢဟံၣ်ဃီတဖၣ်

DSHS Residential Care Services 323-7304

Licenses and oversees adult family homes, boarding homes, nursing facilities and residential programs.

လံာ်အုၣ်ကီၤသးဒီးတံးဖဲတံးမၤဆုၤပုၤသးပုၤလၢဟံၣ်ဃီပုၤတဖၣ်,တံးအိၣ်ဆိးလၢဟံၣ်ဃီပုၤတဖၣ်,ကသံၣ်သရၣ်တံးအံးတံးကွၢ်ဒီးတံးကွၢ်ထွဲတံးရဲၣ်တံးကျဲတဖၣ်.

Home & Community Services- DSHS Spokane

1330 N Washington, Suite 3000 **800-459-0421**
Spokane 99201 **323-9400**
aasa.dshs.wa.gov
TTY456-2827

Services for elderly, functionally disabled and vulnerable adults

Home Care Referral Registry of Washington

ဟံၣ်ဃီတံးကဟ့ၣ်ကယၢ်လၢ Washington AGING & LONG TERM CARE (ALTCEW) တံးကဟ့ၣ်ကယၢ်အကၢဂရၢ်
1222 N Post **458-2909**
Spokane 99201 *altcew.org*

Helps find providers based on care needs, schedules and preferences.

တံးမၤစၢလၢတံးကယုၣ်န့ၢ်တံးဖဲတံးမၤလၢပုၤလၢအလိၣ်ဘၣ်တဖၣ်,တံးရဲၣ်တံးကျဲဒီးတံးယုၣ်ထၢတံးတဖၣ်.

Respite Care Relief for Care Givers - Elder Services

ပျှလၢတၢ်ဆိကတီၢ်လၢအဘၣ်ဃးဒီးပျၢကွၢ်ပျၢဆါတဖၣ်-ပျၢသးပျၢတၢ်ဖံးတၢ်မၤတဖၣ် 458-7450

Provides relief for family and unpaid caregivers of adults +18.

တၢ်ဖံးတၢ်မၤလၢဟံၣ်ဖိယိဖိတဖၣ်လၢတၢ်တဟ့ၣ်အပျၢလၢအကွၢ်ပျၢဆါလၢပျၢသးပျၢ၁၈နံၣ်.

Medical Equipment & Supplies, & Mobility

ကသံၣ်တၢ်ပီးတၢ်လီၤဒီးတၢ်ဖံးတၢ်မၤ,ဒီးခလီၤတဲစိ

HOSPITAL EQUIPMENT LOAN-SCOTTISH RITE

တၢ်ဆါဟံၣ်တၢ်ပီးတၢ်လီၤတၢ်ဒူးလိၣ်တၢ်တၢ်ဒီးငါတၢ်အလၢၣ်အလၢၣ်

1108 W Riverside 624-5491
Spokane 99201

MEDICALERT & SAFE RETURN

တၢ်ပၣ်သးဒီးတၢ်ပျၢဖျါး

alz.com 473-3390

MEDICARE DURABLE MEDICAL EQUIPMENT

ကသံၣ်တၢ်အံးထွဲကွၢ်ထွဲလၢကသံၣ်ကသီတၢ်ပီးတၢ်လီၤ 800-583-2236

Mid-City Concerns/Meals on Wheels Spokane

တၢ်လီၤဘၣ်ယိၣ်လၢဝ့ၣ်ခၢၣ်သးတဖၣ်/တၢ်အိၣ်တၢ်အီၤတဖၣ်လၢဝးတရံးအသးလၢ

1222 W 2nd 747-3257
Spokane 99201MOW 456-6597
mowspokane.org

Serves seniors and disabled in need of nutrition, advocacy, recreation and education.

တၢ်လီၤဘၣ်ယိၣ်လၢဝ့ၣ်ခၢၣ်သးတဖၣ်/တၢ်အိၣ်တၢ်အီၤတဖၣ်လၢဝးတရံးအသးလၢ

Senior & Vulnerable Adult Services

ပျၢသးပျၢဒီးပျၢနီၢ်ဒိၣ်လၢတၢ်ဒီးတဖၣ်အီၤတအိၣ်တၢ်ဖံးတၢ်မၤတဖၣ်-ခဲးသလးတၢ်မၤစၢၤတဖၣ်

CATHOLIC CHARITIES

ပျၢသးပျၢဒီးပျၢနီၢ်ဒိၣ်လၢတၢ်ဒီးတဖၣ်အီၤတအိၣ်တၢ်ဖံးတၢ်မၤတဖၣ်-ခဲးသလးတၢ်မၤစၢၤတဖၣ်

12 E 5th Ave 459-6184
Spokane 99202

catholiccharitiesspokane.org

Support services for low-income elderly and adults with disabilities to improve quality of life and to promote independent living in their homes. Includes Senior

Nutrition, Foster Grandparents and Volunteer Chore Services. တၢ်မၤစၢၤပျၤသးပျၤလၢတၢ်ဟံး န့ၣ်စ့ၤဒီးပျၤနီၣ်ဒိၣ်လၢအက့ၣ်စီၤတလၢပျဲၤတဖၣ်ဃုၣ်တၢ်ကမၤစ့ၤထီၣ်မၤလီၤဆီၣ်က့ၤတၢ်လၢတၢ်အိၣ်မူၤဒီးတၢ်မၤစၢၤလၢအကဟံး ဆူညါဒီးကအိၣ်ဘၣ်သဘျၢ လၢကအိၣ်ဘၣ်လၢဟံၣ်တဖၣ်. ဃုၣ်ဒီးပျၤသးပျၤတၢ်အိၣ်တၢ်အိၣ်, တၢ်ကွၢ်ထွဲ ဖံ ဖုတဖၣ်ဒီးပျၤလၢအဟ့ၣ်လီၤသးလၢတၢ်ဖံးတၢ်မၤအပူၤတဖၣ်.

VOLUNTEER CHORE SERVICE
ပျၤလၢအဟ့ၣ်လီၤသးလမုၢ်ဆ့ၣ်မုၢ်ဂီၢ်တၢ်ဖံးတၢ်မၤအပူၤ

328-8400

catholiccharitiesspokane.org
Provides transportation, yard work and housekeeping to low-income seniors and adults with disabilities.

ပျၤလၢအဝံၣ်တီၢ်ဆ့ၢ်, လၢဟံၣ်တၢ်ချ့ဒီးပျၤကွၢ်ဟံၣ်လၢပျၤတၢ်သးပျၤအတၢ်ဟံး န့ၣ်စ့ၤဒီးပျၤနီၣ်ဒိၣ်တဖၣ်.

SNAP Long Term Care Ombudsman Program

SNAP ကရၢၢ်တၢ်ဖံးတၢ်မၤ
3102 W Ft George Wright
Spokane 99224 **456-7133**
snapwa.org **800-660-713**

Advocates for residents in nursing, adult and boarding homes. Trains and certifies

volunteers to visit and monitor long-term care facilities. တၢ်တီၢ်စၢၤမၤလၢပျၤလၢအအိၣ်လၢကသံၣ်တၢ်ဆါဟံၣ်, ဒီးပျၤနီၣ်ဒိၣ်လၢအအိၣ်လၢဟံၣ်တဖၣ်. တၢ်သိၣ်လၢဒီးတၢ်န့ၣ်ဘၣ်လံာ်အုၣ်သးလၢပျၤလၢအဟ့ၣ်လီၤအသးလၢအလဲၤအိၣ်သကိးပျၤလၢအကဲခိၣ်ကဲ န့ၣ်လၢတၢ်ကဟ့ၣ်ကယၢ်အလီၢ်တဖၣ်.

Title XIX Medicaid Personal Care Program (MPC)

ကသံၣ်ကသီၣ်လၢပျၤအနီၣ်ကစၢ်တၢ်တၢ်ကဟ့ၣ်ကယၢ်တၢ်ရဲၣ်တၢ်ကျဲၤ
AGING & LONG TERM CARE OF EASTERN WASHINGTON (ALTCEW)
တၢ်ကဟ့ၣ်ကယၢ်လၢအဘၣ်ထွဲ လိာ်သးဒီးမုၢ်ထီၣ်တကပၤလၢ

WASHINGTON
1222 N Post, Spokane 99201
altcew.org **458-2509**

Provides personal care/household assistance to individuals 18+ with functional impairments such as bathing, dressing, shopping, walking, housekeeping, eating and transportation to medical providers.

တၢ်ဖံးတၢ်မၤလၢတၢ်ကဟ့ၣ်ကယၢ်/တၢ်ကွၢ်ထွဲဟံၣ်တၢ်မၤစၢၤလၢပျၤတၢ်ဂၤန့ၣ်ဃုၣ်လၢအမၤတၢ်မၤလၢတၢ်မၤစ့ၤလီၤတဖၣ်ဒီးန့ၣ်အသိးတၢ်လုၢ်ထံ, တၢ်ကူတၢ်သိး, တၢ်ဆါတၢ်ပျၤ, တၢ်ဟး, ပျၤကွၢ်ဟံၣ်, တၢ်

APARTMENT RENTALS

Apartment Name, Address, Zip	Phone
5th & Washington 419 S Washington St, 99204	838-6936
Alexandria Apts 623 S Howard, 99204	456-7106
Bel Franklin Apts 225 N Division St, 99202	443-4055
Belamy 2108 E First, 99202	456-7106
Bernadette Place 925 N A St, 99201	325-1847
Canterbury Court 1010 S Rockwood Blvd, 99202	624-1999/5678
Casas Salvadas 1024 W Boone Ave, 99201	232-0170 x 205
Casas Salvadas 1314 W Maxwell Ave, 99201	232-0170 x 205
Casas Salvadas 704 S Sherman St, 99202	232-0170 x 205
Casas Salvadas 1420 N Post St, 99205	232-0170 x 205
Casas Salvadas 807 W Augusta Ave, 99207	232-0170 x 205
Cathedral Plaza 1120 W Sprague Ave, 99201	747-6777
Catherine Johnson Ct 6321 E 4th Ave, 99202	532-8191
Cedar West 4018 W Rowan, 99205	327-2233
City Tri-Plex 818 W Riverside, 99201	459-6102
College Terrace Apts 4140-4160 W Ft Wright, 99224	327-2304
Collins Apts 204 S Wall, 99201	456-7106

Apartment Name, Address, Zip	Phone
Coeur d'Alene Plaza 228 N Howard, 99201	456-8726
Cornerstone Courtyard 151 S Adams, 99201	624-5776
County Heights 6709 N Country Homes, 99208	327-7132
Courtview 1217 N Madison, 99201	487-5530
Coventry Court 1600 W Pacific, 99204	455-8838
D'Arcy Lee Apts 6120-6130 N Lidgerwood, 99208	483-3542
The Delaney Apts 242 W Riverside, 99201	747-5081
El Estero Apartments 2303 N Stone St, 99207	714-7251
Fahy Gardens 1411 W Dean Ave, 99201	326-6759
Fahy West 1523 W Dean Ave, 99201	326-6759
Friendship Gardens 201 E 5th Ave, 99204	536-1134
Green Court 3207 E Carlisle, 99217	456-7106
Hamilton House 902 E Boone, 99202	483-9453
Hart Terrace 3308 E 11th Ave, 99202	888-763-5368 534-8245
Heritage Heights 3818 N Cook, 99207	487-5530
HiFumi En 826 E 8th Ave, 99202	534-2339
Hope House 111 W Third Ave, 99201	455-2886

Apartment Name, Address, Zip	Phone
Kensington Court 152-156 S Pine, 99202	624-1956
Keystone Corners 2232 E 1st/24 S Crestline, 99202	456-7106
Liberty Park Terrace 1401 E Hartson, 99202	534-7392
Lilac Plaza 7007 N Wiscomb St, 99208	489-7612
Manito Gardens 500 E 29th Ave, 99202	624-7326
Metropole Apts 178 ½ S Howard, 99201	838-6541
Mt Vernon Terrace 3102 S Mt Vernon St, 99223	536-1168
The Newark Apts 1104 E Newark, 99202	328-2953
The O'Malley 707 E Mission, 99202	624-7326
Park Tower 217 W Spokane Falls Blvd, 99201	487-1150
Patrician Apts 102 E. Second, 99201	456-7106
The Parsons 108 S Jefferson, 99201	624-0329
Pine Villa 33 E Graves Rd, 99218	467-6865
Resident Court 1203 W Fifth, 99201	456-7106
Richard Allen 600 S Richard Allen Ct, 99202	536-4497
Riverwalk I & II 5008 E Buckeye, 99217	456-7106

Apartment Name, Address, Zip	Phone
Resident Court 1203 W Fifth, 99201	456-7106
Richard Allen 600 S Richard Allen Ct, 99202	536-4497
Riverwalk I & II 5008 E Buckeye, 99217	456-7106
Scattered-Sites Rental Project (VOA) 715 E Sprague Ste 102, 99201	232-0170 x 206
Sharon Lord Apts 1203 & 1207 N Madison, 99201	624-5133
St Andrews Court 808 W Nora, 99205	326-6506
St Ann's Apts 2117-23 E Pacific, 99202	456-7106
Triplex Project 1708-1730 E Boone, 99202	535-0898
Triplex Project 1721-1731 E Desmet, 99202	535-0898
Triplex Project 801-807 E Hartson, 99202	535-0898
Vintage at Spokane 43 E Weile Ave, 99208	487-7070
Walnut Corners 1423 W Broadway, 99205	327-2133
Westfall Village 3724 N Cook, 99207	487-5244
Wilton Apts 156-1/2 S Browne St, 99201	624-9778
Winchester Court 4101 N Cook, 99207	979-7886
Woodhaven Apts 12424 N Fairwood Dr, 99201	466-8444

SENIOR NUTRITION

Organization	Phone #	Time/Day
American Indian Center 801 E 2nd Ste 10, 99202	535-0886	noon, M-F
Clare House 4827 S Palouse Hwy, 99223		11:30, M-F
Corbin Senior Center 827 W Cleveland, 99201		noon, M-Th
Delaney Apts 242 W Riverside Ave, 99201		11:30, MTh
East Central Senior Center 500 S Stone, 99202	625-6693	noon, M-F
Hillyard Senior Center 4001 N Cook, 99207	482-0803	noon, M-Th; 11:45, F
Mid City Concerns 1222 W 2nd, 99202	747-3257/ 456-6597	11:30, M-F
Sinto Senior Activity Center 1124 W Sinto, 99201	327-2861	11:30, M-F
Southside Senior Activity Center 3151 E 27th Ave, 99223	535-0803	noon, MWF
St Aloysius Senior Center 330 E Boone, 99201	313-5896	lunch, 1st Th \$6.00, RSVP

FOOD & CLOTHING BANKS

Organization Address	Phone	Food	Clothes	Household	Hours
All Saints Lutheran Pantry 314 S Spruce St, 99201	838-4409	X			10-2, M-Th
American Indian Center 801 E 2nd, Suite 10, 99202	535-0886	X	X	X	9-4:30 MTF, 1-4:30 Th
Berachah Food Bank 1225 N Cochran, 99201	747-6035	X			1st W
Better Living Center 25 E North Foothills, 99207	325-1258	X	X	X	9-6, T; 9-2 Th
Caritas Outreach Ministries 2919 N Monroe, 99205	326-2249	X			10-1, MWTh
Clothes Closet - Central Lu- theran, 512 S Bernard St, 99204	624-9233		X		1-3, W
Clothing Closet - St An- drews, 2404 N Howard	481-1167		X		11:30-1, M-Th

Organization Address	Phone	Food	Clothes	Household	Hours
East Central Community Center 500 S Stone, 99202	625-6699	X	X		8:30-4, M-F
Labor of Love - Jesus is the Answer , 1803 E DeSmet, 99202	536-4803	X			varies
New Hope Ranch Food Bank 2524 E Queen, 99217	487-2160	X			12-4, MW
NW Ecumenical Food Bank 3908 N Driscoll, 99205	325-4541	X			9:30-12:30, 2nd/last T
Off-Broadway Family Outreach Broadway & Nettleton, 99201	998-4096 998-2630	X	X	X	9:30-1, M
Our Place Ministries 1500 W College, 99201	326-7267	X	X	X	10-12:30, MTTh
Peaceful Valley Center 214 N Cedar St, 99201	624-8634	X	X	X	FB:10:30-12:30, F; CB: 9-3, M-F
St Peter Lutheran Food Bank 4620 N Regal, 99207	487-4843	X	X		8-11:30, F
Salvation Army 204 E Indiana, 99207	325-6821	X	X	X	9-5, MTThF, 1-7 W
Serve Spokane 8303 N Division St, 99208	444-8445	X	X		10-noon, 2nd & 4th Sat
SNAP Northeast Food Bank 4001 N Cook, 99207	487-1114	X			1-3, M-F, 2-4, T
Spokane Community Warehouse 800 N Hamilton, 99201	991-9345			X	N/A
Store House, The - Calvary Bapt. , 207 E 3rd St, 99202	747-8793	X	X		9-1, MW
Union Gospel Mission 1224 E Trent, 99202	535-8510		X		8-9, M-WF; 9-10, Th
Westminster Presbyterian Food Bank 2705 W Boone, 99201	329-0351	X			11-1:45, W,F
YWCA Our Sister's Closet 930 N Monroe, 99201	326-1190		X		9-4:30, M-F

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