

CHILDREN & FAMILIES - CHILDREN'S HEALTH

CHILDREN'S HEALTH

nationaldb.org *safekids.org*
healthychildren.org

Washington (509)

APPLE HEALTH FOR KIDS - DSHS
hca.wa.gov **800-562-3022**
DENTIST LINK - ACORA FOUNDATION - DELTA
DENTAL *dentistlink.org* **844-888-5465**

Childhood Cancer Coalition (formerly ACCOIN) 443-4162

202 E Spokane Falls Blvd Ste 301, 99202
PO Box 9678, 99209 *cccnw.org*
leslie@cccnw.org

Educates, supports, serves and advocates for families of children with cancer, survivors of childhood cancer, and professionals who care for them.

Dental Programs & Education

ACCESS TO BABY & CHILD DENTISTRY (ABCD) - ORAL HEALTH PROGRAM *abcd-dental.org*
OPERATION HEALTHY FAMILY - OHF
231 S Richard Allen, 99202
tommy@ohfspokane.org
ohfspokane.org **720-4645**

Brushing/oral health education.
SPOKANE REGIONAL HEALTH DISTRICT
1101 W College, 99201 **324-1687**
Provides dental services for Medicaid-eligible children. Referrals to local dentists are offered for Spokane & Lincoln County. *srhd.org*

ADAMS COUNTY HEALTH DEPARTMENT
425 E Main, Othello
rebeccak@co.adams.wa.us **488-2031**
ASOTIN COUNTY ABCD PROGRAM - ASOTIN CNTY PUBLIC HEALTH
121 S 10th
PO Box 130, Pomeroy 99347 **843-3412**
health@co.garfield.wa.us

WALLA WALLA COUNTY DEPARTMENT OF COMMUNITY HEALTH **397-6280**
314 W Main, Walla Walla 99362
Amanda.Niedosmialek@co.whitman.wa.us

Fred Hutch/University of Washington/Seattle Children's Cancer Consortium 290-1420

OFFICE OF COMMUNITY OUTREACH & ENGAGEMENT
850 E Spokane Falls, 99202
enddisparities@fredhutch.org
fredhutch.org/healthdisparities
Promotes health equity by facilitating a community-engaged, participatory approach and education driven by community need.

Make-A-Wish Foundation

Yellow Flag Bldg 104 S Freya, #207, 99202 *akwa.wish.org* **888-790-7005**
Children with life-threatening medical issues are granted wishes. **458-2618**

Providence Pediatrics

providence.org
LIBERTY LAKE **928-6383**
23813 E Appleway, 99019
MANITO **747-3081**
1919 S Grand, 99203
MEDICAL PARK PEDIATRICS **944-8770**
16528 E Desmet, Ste B1000
Spokane Valley 99216
NORTHPOINTE **626-9430**
1111 E Westview, Ste B, 99218
SPOKANE VALLEY **928-6383**
1414 N Vercler, Ste I, 99219

Providence Sacred Heart Children's Hospital 474-3131

101 W 8th, 99204 *providence.org*

Ronald McDonald House Charities - Inland NW 624-0500

Offers a home away from home for families seeking medical treatment for critically ill or injured children.
SPOKANE - NORTH AND SOUTH HOUSE
1028 W 5th, 99204 *rmhinlandnw.org*
MULTICARE DEACONESS **473-5800**
SACRED HEART CHILDREN'S **474-3131**

School Health & Safety srhd.org

SPOKANE REGIONAL HEALTH DISTRICT
1101 W College, 99201 **324-1560x4**
Performs K-12 school safety inspections, addresses complaints, performs plan reviews and conducts pre-occupancy inspections of new and remodeled facilities.

STIX Summer Camps 484-1366

stixdiapetes.org
Offers summer and day camps to children with diabetes and their siblings.

Wishing Star Foundation 744-3411

PO Box 14584, Spokane Valley 99214
info@wishingstar.org *wishingstar.org*
Grants wishes for children 3-21 with life-threatening illnesses.

YMCA Camp Goodtimes

Mail: Attn: Camp Goodtimes **777-9622**
1126 N Monroe 99201 *ymcainw.org*
Offers medically supervised, free week at Camp Reed for children 7-17 affected by cancers. *campreed@ymcainw.org*

Idaho (208)

Anna Schindler Foundation

6700 S Stateline, Post Falls 83854
annaschindlerfoundation@gmail.com
annaschindlerfoundation.org **659-5440**
Provides financial support and awareness to families fighting

childhood cancer in the Inland NW while raising awareness. Assists with hospital meals, living, medical expenses and bills accumulated due to childhood cancer diagnosis.

Children Run Better Unleaded

SILVER VALLEY COMMUNITY RESOURCE CNTR **784-8891**
204 Oregon, Off K
PO Box 362, Kellogg 83837
silvervalleyaction.org
FB: Children Run Better Unleaded
Offers proactive health intervention for lead poisoning in two states.

Ronald McDonald House Charities - INW NORTH IDAHO HOUSE 2300 Ironwood, CdA 83814 769-3700

DISABILITIES, INFANT/CHILD

NATIONAL AUTISM ASSN **877-622-2884**
nationalautismassociation.org

Washington (509)

parentscooperative.org
Achieve Center Pediatric Therapy
528 E Spokane Falls Blvd, Ste 401, 99202
achievecenter.net **435-0481**

Aveanna Pediatric Home Care
1120 N Mullan, Ste 206 **368-9252**
Spokane Valley 99206 *aveanna.com*
Offers newer pediatric-specific home care and adult/pediatric supply company.

Autism

AUTISM SOCIETY OF WA, SPOKANE
spokane@autismsocietyofwa.org
autismsocietyofwa.org/spokane
Social Activities
CARAVEL AUTISM HEALTH **642-4259**
washington.caravelautism.com
Works with children with autism and related developmental disabilities and their families to develop skills, create connections and instill confidence.
NW AUTISM CENTER **328-1582**
528 E Spokane Falls, Ste 14, 99202
Treatment services include ABA, speech therapy, family navigation and

resource referral, free screenings, ADOS evaluations by referral social worker or educator. *nwautism.org*

SOAR BEHAVIOR SERVICES
11707 E Sprague, Ste 106 Spokane Valley 99206 *info@soarbehavior.com*
soarbehavior.com **999-5657**
ABA therapy to people with autism and other developmental disabilities.
THE ISAAC FOUNDATION **325-1515**
6607 E Broadway, Ste 13, 99212
theisaacfoundation.org Support progs.

Building Bridges Pre-School 801 E 2nd, 99202 534-1890

buildingbridgespreschool.org
Onsite and online/tele-med services, ADHD & learning disorders, psychiatry, speech therapy, learning specialists and mental health.

Children & Youth with Special Needs Health Care Needs srhd.org

SPOKANE REGIONAL HEALTH DISTRICT
1101 W College, 99201 **324-1665**
Serves children, ages birth to 18, at risk of developing serious chronic physical, developmental, behavioral or social-emotional conditions. Provides families support via resources and links to community services family support, care coordination and health information.

Developmental Disabilities Screenings & Treatment - 0-3 yrs

wapave.org *triplep-parenting.com*
CENTER FOR PEDIATRIC THERAPY **487-2958**
6710 N Country Homes, 99208
POB 48070, 99228 *spokanecpt.com*
CHILDREN FIRST *childrenfirstspokane.org*
2515 N Locust **315-5711**
Mail: 2510 N Pines, Ste 3, 99206
DEVELOPMENTAL DISABILITIES DIVISION - SPOKANE COUNTY COMMUNITY SERVICES, HOUSING & COMMUNITY DEVELOPMENT (CSHCD)
312 W 8th, 99204 **221-8416**
Mail: 1116 W Broadway, 99260
spokanecounty.org
STEPPING STONES PEDIATRIC **209-7429**
319 S Cedar *FB@ssstherapy*
WSU HEARING & SPEECH CLINIC **828-1323**



**Now accepting
New Patients!**

Our integrated approach puts primary care at the foundation of physical and mental health.

*More information at excelsiorfamilymedicine.org
Schedule Today 509-467-1100 • Located in North Spokane*

WA DEPT OF SERVICES FOR THE BLIND 456-4458
WSEA THERAPY PROG FOR CHILDREN -
 WA Elks Assn *waelks.net*
 POB 110760 **253-472-6223**
 Tacoma 98411 **800-825-3557**
WA STATE SENSORY DISABILITY SERVICES -
DEAF-BLINDNESS PROJECT 425-921-9798
wsdsonline.org **800-572-7000**
YOUTHFUL HORIZONS 921-9798
 325 S University, Spokane Valley 99206
youthfulhorizonstherapy.com
 Pediatric, physical, occupational and
 speech therapy.

Early Life Speech & Language
ADMIN & SPOKANE 855-543-8255
 506 W 2nd, 99201 *earlylifepspeech.org*
info@earlylifepspeech.org **838-2310**
 Offers free, individualized speech and
 language therapy to children ages 2-7
 exhibiting communication delays.
WALLA WALLA 607 E Main, 99362 876-0450

**Early Support for Infants and
 Toddlers (ESIT)**
SPOKANE CLA 888-535-0597
ASOTIN COUNTY COMMUNITY SERVICES
COLUMBIA BASIN HEALTH ASSN 488-5256
ASOTIN COUNTY COMMUNITY SRVCS 780-7420
ESD 101 680-7748
cestelle@esd101.net Ferry,
 Lincoln, Pend Oreille, Steven Counties
ESD123 888-547-8441
jluegas@esd123.org **412-4234**
 Columbia County, Walla Walla Counties
BOOST COLLABORATIVE 332-4420
lvargas@boostcollaborativewa.org
 Whitman and Garfield counties.
NORTH CENTRAL EDUCATION SERVICE DISTRICT
 Nespelem SD **664-3781**

Elevations Spokane
 325 S University, Ste 203
 Spokane Valley 99206 **385-2116**
elevationsspokane.org
 Formed by medical professionals,
 families of children with special needs
 who can be helped by therapy but
 have little or no resources to meet the
 cost. Covers therapy and equipment.

Empire Therapy empiretherapy.net
 501 S Bernard, 992041 **701-7651**

Free Rein Therapeutic Riding
 2002 W Gibbs, 99224 **979-1468**
 POB 30893, 99223
freereinspokane.com *FB@freereinspokane*

**Full Circle Equine Rehabilitation
 Center 283-2800**
 5808 E Greenbluff, Colbert 9900

Offers animal rescue with rehab for
 human and animals. *fullcircleescue.org*

Healthy Kids Together Program
 1209 W 1st, 99201 **270-1869**
BetterHealthTogether.org
reese@betterhealthtogether.org

HOPE School spokanestem.org
 502 E 5th, Ste A, 99201 **624-1393**
 Hearing-Oral Program of Excellence

Inland NW Therapy 624-3115
 123 W Cascade, 99208
info@inlandnorthwesttherapy.com
inlandnorthwesttherapy.com
 Provides occupational, physical,
 speech therapy, orthotic and
 prosthetic design, educational
 psychology and allied health services.
AIRWAY HEIGHTS 10414 W SR 2, Ste 3

Joya Child & Family Development
 1016 N Superior, 99202 **326-1651**
 Offers occupational, physical and
 speech therapies and special
 education. *joya.org*

**Milestones Pediatric Therapy
 Services 835-4404**
 801 E 2nd, Ste 100, 99202
milestonespediatrictherapy.net
 Educates children 1-3 years, with
 developmental delays and disabilities.

Parenting Support Groups
AMERICAN DIABETES ASSN 206-282-4616
CENTER FOR FAMILY DEVELOPMENT
 1404 E 11th, 99202 **744-1117**
**CHADD (CHILDREN WITH ATTENTION DEFICIT
 DISORDER) chadd.net 800-233-4050**
DADS M.O.V.E. 800-736-0979/429-6704
 1903 W Garland/PO Box 9662, 99205
FB: dadsmove *dadsmove.org*
DOWN SYNDROME FAMILY NETWORK
dsfamilynetwork.org **866-746-1618**
EPILEPSY FOUNDATION WA 206-547-4651
washington@efa.org *epilepsy.com*
MUSCULAR DYSTROPHY ASSN (MDA)
 Shriners Hospital for **623-0400**
 Children 911 W 5th, 99204 *mda.org*
PROVIDENCE MAXILLOFACIAL PROG 474-3106
 101 W 8th, Ste E4600, 99204
providence.org

THE ARC OF SPOKANE - PARENT TO PARENT
 Advocacy & Family Support connects
 parents supporting a child with a
 disability to resources and other
 parents experiencing similar
 challenges. Encourages parents and
 families to be part of embrace
 advocacy, and provides one-on-one
 support for individuals who need help

advocating for themselves during
 any stage of life. **328-6326**
WA STATE FATHERS NETWORK
fathersnetwork.org **425-653-4286**

People First of WA 253-999-7222
peoplefirstofwashington.org
 Disabilities awareness and education
 for adults, high school students and
 transition students learning self
 advocacy and leadership.
SPOKANE COUNTY craig@pfow.org
 Rogers HS, SCC, Project Search, Nine
 Mile, East Valley, Star Student branches

Section 504 Coordinator, Schools
 See Equity and Diversity in Human Rights

Shriners Hospital for Children
 911 W 5th, 99204 **455-7844**
shrinerschildrens.org
 Free orthopedic care for children to
 age 18 from WA, ID, MT and BC.

Winston Center 465-1252
 528 E Spokane Falls, Ste 502, 99202
winstoncenter.com Onsite and online/
 tele-med services, ADHD & learning
 disorders, psychiatry, speech therapy,
 learning specialists and mental health.

Idaho (208)

Community Connections, Inc
 1675 S Maple Grove, Boise 83709
cciidaho.com **377-9814**
 Advocates for children and adults
 with developmental disabilities.
POST FALLS 316 E 5th, 83854 777-0314
SANDPOINT 597-7114
 819 Hwy 2, Ste 220, 83864

**Developmental Disabilities
 Screenings & Treatment - 0-3 yrs**
DEVELOPMENTAL DISABILITIES PROGRAM (DD)
-IDHW healthandwelfare.idaho.gov
childrensddservices@dhw.idaho.gov
FAMILY AND COMMUNITY SERVICES (FACS)
DEVELOPMENTAL DISABILITY PROGRAM
334-6500 877-333-9681
REGION 1 & 2 - CDA 665-8975
Katie.Rigoli@dhw.idaho.gov
central intake 877-333-9681
de habla español: 234-7902
LEWISTON 799-3460
INFANT TODDLER PROG - CDA 769-1409
 Eligibility determination, early
 intervention services for 0-3 yrs, family
 support, behavioral intervention
KELLOGG 784-1352 GRANGEVILLE 983-4835

DS Connection NW 877-733-3955
 3839 W Prairie, Hayden 83835
dsconnections nw.org/index.html

Networks of support, information and
 resources to improve the quality of life
 of persons with Down Syndrome.

**Harmony Ranch Therapeutic
 Riding Center harmony-ranch.org**
 4929 W Orchard, Rathdrum 83858 **819-2603**

**Idaho Center on Disabilities &
 Human Development**
UNIVERSITY OF IDAHO 885-6000
 1187 Alturas *idahocdhd@uidaho.edu*
 Moscow 83843 *idahocdhd.org*
 Advocates for independence and a
 satisfying quality of life for children,
 youth and adults with disabilities.

Parenting Support Groups
FAMILIES TOGETHER 874-7891/7720
 PO Box 9323, Moscow 83843
denise@families together.org
families together.org *FB@families*
togetherforpeopelwithdisabilities
 Provides families resources and
 supports to build and maintain
 healthy, informed and involved
 family members who work together
 to improve life-long outcomes for
 children or siblings with disabilities.
ID PARENTS UNLIMITED 342-5884
 4619 Emerald, Ste E, Boise 83706
parents@ipulidaho.org *ipulidaho.org*

Special Education
ID STATE DEPT OF EDUCATION 332-6800
csilva@sde.idaho.gov *sde.idaho.gov*

MENTAL/BEHAVIORAL HEALTH
NATIONAL SUICIDE HOTLINE 988
YOUTH AMERICAN HOTLINE
yourlife counts.org **877-968-8454**
 Txt 'TEEN2TEEN' to 839863

Washington (509)
Breakthrough 413-1183
breakthroughinc.org
 Offers individualized care for
 participants ages 7-21 in highly
 structured, fully staffed mentor program
 in a residential setting for those with
 intellectual disabilities (DDA) and
 challenging behaviors (BRS).

Camp Chmepa - HOSPICE OF SPOKANE
 PO Box 2215, 99210 **888-459-0438**
info@hospiceofspokane.org
hospiceofspokane.org **456-0438**
 Free, three-day summer camp for
 youth ages 7-15 grieving a death of
 someone close.

Center for Family Development
cffdspokane.com **744-1117**

Offers mental health services for children, adolescents and adults; promotes healthy families decreasing stress by building and nurturing healthy relationships.
1404 E 11th, 99202
2814 S Grand, 99203
1106 N Washington, #D, 99201
2312 N Cherry, Ste #100, 99216

Center for Music Therapy
1315 N Napa, 99202
musictherapyspokane.com **979-4357**
Serves special-needs ages 4+.

Child & Family Services
FRONTIER BEHAVIORAL HEALTH
131 S Division **838-4651**
107 S Division 2118 E Sprague
317 N Pines 5901 N Lidgerwood
Behavioral healthcare services for youth and their families who need additional help or support.

Children's Home Society
SPOKANE **747-4174**
GALLAND-ASHLOCK FAMILY RESOURCE
Center, 2323 N Discovery, 99216
childrenshomesociety.org
Child and family counseling program.
A licensed community mental health agency providing counseling for children, families and adults, case management and supportive services to eligible families in Spokane County.
NORTHEAST COMMUNITY CENTER
4001 N Cook, 99207 **747-4174**
WEST PLAINS **795-8480**
8727 W Hwy 2, Airway Heights 99224
WALLA WALLA **529-2130**
1612 Penny, 99362

Discover Counseling Group
1008 N Washington, 99201 **413-1193**
info@discovery-counseling.org
Discover-counseling.org

HEALTHY Tekoa Coalition
135 N College/PO Box 869, Tekoa 99033
healthy@tekoasd.org
healthytekoa.org **284-3281**
Promotes positive, healthy choices in youth to reduce substance abuse.

The HUB Center **565-3145**
317 N Broad St, Medical Lake
mindyourhealth@mlsd.org
tbarlow@mlsd.org mlsd.org
Offers school district children of families with loss or trauma. Also provides Drop-in center as a safe place, space for community education, offers Coffee, books, free Wifi, and access to a social worker. 8am-3pm, M-Th

Inland NW Behavioral Health
104 W 5th, 99204 **992-1888**
inlandnorthwestbh.org
Adolescent inpatient treatment, 13 -17.

Institute for Family Development **328-3802**
institutefamily.org
720 W Boone, Ste 101, 99201
Offers family preservation services.

NE FYSPT **892-9241**
1700 S Assembly, Ste 300, 99224
fysprtnortheast.org
Gathering of youth, family, community and system partners, engaging in conversations to help improve community based behavioral approaches for youth and their families.

NEW ESD 101 - Wellness Coalitions
Nurtures drug free & substance abuse & wellness education.
NORTHEAST SUPPORT TEAM - NEST COALITION
Ljuarez@esd101.net FB@NESTCoalition
Serves Rogers High School. **703-0836**
WEST SPOKANE WELLNESS PARTNERSHIP COALITION
smcnew@esd101.net **655-0161**
westspokanewellness.com
Serves in West Central.

Partners with Families & Children
106 W Mission, 99201 **473-4810**
partners@partnerswithfamilies.org
partnerswithfamilies.org
Provides substance use disorder assessments, outpatient treatment, therapy group and individual counseling. Offers outpatient mental health and parenting intervention services including, child, adolescent, adult and family counseling, child and family team coordination, parent-child interaction therapy, eye movement desensitization processing and various other evidence-based parenting skill building trainings.

Passages - Family Support
1700 S Assembly, Ste 300, 99224
passages-spokane.org **892-9241**
Outpatient mental health and substance abuse and disabled services for ages 14-24. Includes wraparound housing and employment services in Spokane County.

Pediatric Psychology, Private
ENILDA CLINIC enildaclinic.com
705 W 7th, Ste D, 99204 **844-0002**
Parenting support therapy and evaluations for children ages 2-22.

Providence Behavioral & Educational Skills Training (BEST)

Sacred Heart Children's Hospital, 101 W 8th, Second Flr, East Tower, 99204
Helps and supports child exhibiting challenging behaviors. Fosters positive behavior, healthy social-emotional development and self-esteem. **474-3131**

Providence RISE Behavioral Health Program
235 E Rowan, Ste 107, 99207
washington.providence.org **252-6446**
Behavioral health outpatient program for teens 13-17 and adults at risk for inpatient hospitalization or discharged in traditional outpatient settings.

Republic Youth Action Coalition
30306 Hwy 20, Republic
PO Box 522, 98855 **473-4810**
coordinator@ryacoalition.org
ryacoalition.org FB:RYACoalition
Raises awareness with teenagers about alcohol and drug use and abuse.


SMILE - Students Mastering Important Lifeskills Education
POB 30357, 99223 smilelifework.org
Helps children and youth develop life skills to cope with and overcome suicide, drug addiction, eating disorders and violence. Eliminates self-destructive behaviors. Provides resources for adults, parents, teachers and medical professionals. **448-8886**

Tamarack Center tamarack.org
2901 W Elliot Dr, 99224 **326-8100**
info@tamarack.org **800-736-3410**
Long-term adolescent psychiatric treatment center, offering multi-discipline approach with family involvement and serves as an accredited treatment facility.

TeamChild - SPOKANE COUNTY
35 W Main, Ste 316, 99201
spokaneinfo@teamchild.org **323-1166**
Serves low-income youth 12-24, involved or at risk of being involved in the juvenile justice system. Supports those struggling with school, homelessness, mental health needs, housing instability and drug or alcohol abuse. teamchild.org

Team RISE risenorthwest.org
A bimonthly program offering children and teens a peer support and mentorship during times of grief.
St THOMAS MORE 6-7:30pm, 1st M
515 E St Thomas More
St MARY SCHOOL 6-7:30, 3rd M
304 S Adams, Spokane Valley

YFA Connections Youth Services
Directions: **808-0420**
POB 3344, 99220 yfaconnections.org
School-based mental health services for Medicaid eligible children and youth in Deer Park, Riverside and Nine Mile school districts. **532-2000**



Providing education, prevention, intervention and treatment services to youth, families and adults in conflict or crises

| | |
|---|--------------------------|
| Crisis Residential Center | 509-624-2868 |
| Substance Use Disorders - Outpatient | 509-532-2000 x 12 |
| Co-Occurring Disorders - Outpatient | 509-532-2000 x 15 |



Outpatient Behavioral Health Care and Substance Use Disorder Treatment

Passages
Family Support

509-892-9241 • www.passages-spokane.org

Youth Cannabis & Commercial Tobacco Prevention Program - SPOKANE REGIONAL HEALTH DIST 324-1622
Prevents initiation of youth tobacco, nicotine, cannabis use or exposure to secondhand smoke. Promotes tobacco use dependency treatment for cessation. srhd.org

Idaho (208)
ALATEEN - zoom 6p T **352-3509**

Amaris Behavioral Health
13403 N Government, Hayden 83835 amarisbehavioralhealth.care **274-3084**
Offers dialectical behavioral therapy with outpatient programming and family enrichment services. Early intervention for substance abuse by adolescents. Full treatment program for adults. Medicare, Medicaid and most insurances.

Ambitions of Idaho
BEHAVIORAL HEALTH ambitionsofidaaho.org
1038 NW Blvd, CdA 83814 **930-1740**
Individualized for children program.

Children's Mental Health
IDHW BEHAVIORAL HEALTH healthandwelfare.idaho.gov
REGION 1 **769-1406** REGION 2 **799-4440**
YOUTH EMPOWERMENT SERVICES - YES yes.idaho.gov

Idaho Drug Free Youth - IDFY
PO Box 2492, Hayden 83835 **664-4339**
hello@idfy.org
Educates and supports middle and high school students on drug, alcohol and drug prevention. Youth voluntarily test and receive discounts.

Idaho Federation for Families and for Children's Mental Health (FYIdaho) fyidaho.org
704 N 7th, Boise 83702 **433-8845**
Improves, preserves and restores the mental health of youth and families through support, education and advocacy.

Idaho Lives Project (ILP)
1102 Hickory, Sandpoint 83864 hcrumrine@sde.idaho.gov **332-6816**
Crisis or Suicide lines idaholives.org

Idaho Parent Network for Children's Mental Health
info@idahoparentnetwork.org
Supports parents in Idaho with online resources to help them navigate the mental health system.

Willow Center for Grieving Children
1714 G willow-center.org **791-7192**
PO Box 1361, Lewiston 83501
Provides support for children, teens and families to heal, healing from death of a relative.

NUTRITION & WELLNESS
teenhealthandwellness.com
SUMMER MEAL PROG
nokidhungry.org/find-free-meals
fns.usda.gov/meals4kids
USDA TXT FOOD 877-877

Washington (509)
Communities In Schools of WA
c/o CIS of WA 1010 S 336 St, Ste 205
Federal Way 98001 ciswa.org
info@cisruraleasternwa.org

COMMUNITIES IN SCHOOLS OF SPOKANE COUNTY
104 S Freya Yellow Flag Bldg, Ste 107, 99202
info@cisspokane.org Spokane.ciswa.org
Dropout prevention organization. Uses site coordinators inside schools to assess the needs of at-risk students and provides food, school supplies, counseling, academic assistance and mentoring by partnering with local business, social service agencies, health providers and volunteers. **413-1436**

Food Outreach, Public School AT THE CORE 994-3720
4903 E Peone Pines, Mead 99021
lifeatthecore.org FB: [lifeatthecore](https://www.facebook.com/lifeatthecore)
Provides weekend meals, "A Bite 2 Go," to hungry kids who depend on free breakfast and lunch during the week at their school.

BITE2Go - SECOND HARVEST 534-6678
WOLFF FAMILY CHILD HUNGER SOLUTION CNTR
402 N Perry 99202 2-harvest.org
steve.durham@2-harvest.org **252-6276**
Offers a weekend food program for kids.

EFNEP - EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM- WSU SPOKANE EXTENSION
kpybus@spokanecounty.org
For Kids K-12, offers seven fun and free online and in-person classes. Learn about healthy eating, saving money at the grocery store, keeping food safe, and being physically active. **477-2190**

GENERATION ALIVE FB@generationalive1
418 W Sharp, 99201 generationalive.org
info@generationalive.org **747-6054**
Develops youth leaders and volunteers to help offer food and services.

SVP FOOD FOR THOUGHT 927-1153
10814 E Broadway, 99206 Provides weekend meals for 500 children.
PULLMAN CHILD WELFARE 338-0801
108 NW Stadium/POB 521, Pullman 99163

pullmanchildwelfare.org
Provides gas, food and clothing to low-income people in need in Pullman SD. Food Bank, 9-11, Sat.

SCHOOL BACKPACKS & SUPPLIES
Communities in Schools **413-1436**
The Greenhouse **276-8224**
MLK Jr Com Center **868-0856**
Medical Lake Outreach **299-3819**
Mission Outreach Community Center (shoes) **536-1084**
Unity in Community **667-8446**
SUPPORT AND CARING FOR KIDS (SACK)
PALOUSE SCHOOLS **878-1921**
GARFIELD SCHOOLS **635-1331**
YES OF PEND OREILLE CNTY **447-1125**
229 N Calispel Helpline: **671-7293**
Newport 99156 yesteensupport.com
Food pantries for families with children in Pend Oreille County.

Homeless Education Liaisons
WA STATE EDUCATION OF HOMELESS CHILDREN AND YOUTH 360-725-6050
k12.wa.us/HomelessEd/ContactList.aspx
Oversees the federal McKinney-Vento Education for Homeless Children and Youth program. Provides training, technical assistance, monitoring and federal funding to school district programs that support homeless

students.
ALMIRA **639-2414**
ASOTIN-ANATONE **243-4146/243-1100**
BENGE **887-2370**
CENTRAL VALLEY **558-5970**
Kclark@cvsd.org **558-6016**
Lcamden-goold@cvsd.org **954-1428**
CHENEY
Klefler@cheneyds.org **559-4532**
Jclaar@cheneyds.org **559-4559**
CHEWELAH **684-6800 x4010**
CLARKSTON **769-5529**
COLFAX **397-2181**
COLLEGE PLACE **525-5110/ 529-5207**
COLTON **229-3385/86**
COLUMBIA (STEVENS CNTY) **722-3311**
COLUMBIA (WALLA WALLA) **545-8571**
COLVILLE **684-7875**
COULÉE-HARTLINE **632-8642**
CRESTON **636-2721**
CURLW **779-4931**
CUSICK **445-1125**
DAVENPORT **725-4021**
DAYTON **382-2543**
DEER PARK **464-5526**
suzanne.mckibbon@dpsmail.org
DIXIE **525-5339**
EAST VALLEY **573-7332**
young.jeri@evsd90.org
ENDICOTT **657-3523**
EVERGREEN **722-6084**
FREEMAN **291-4791**
srawson@freemansd.org



Emmanuel Fitness

First Session is FREE!

\$25 per Session

\$150 Monthly

Ages: MS/HS



SCAN ME

- Dr. Dish Shooting Machine
- VertiMax Training
- Weight Classes



GARFIELD 635-1331
GREAT NORTHERN 747-7714
kjohnston@gnsd.k12.wa.us
HARRINGTON 253-4331
INCHELIUM 722-6181
KELLER 634-4325
KETTLE FALLS 738-6014
LACROSSE 549-3591
LAMONT 257-2463
LIBERTY *cfreeman@libertysd.us*
 245-3211 x2217
 677-3408x5225
LIND 233-2212
LOON LAKE 258-4749
MARY WALKER 465-6008
MEAD *kelly.schultz@mead354.org*
mziedentuss@msd.org
MEDICAL LAKE 565-3302
 634-4541
NESPELEM 447-3167 x4507
NEWPORT 340-4305
NINE MILE FALLS 732-4430
pelzey@9mile.org
NORTHPORT 285-5296
OAKESDALE 982-2111
ODESSA 732-4240
ONION CREEK 467-9517
ORCHARD PRAIRIE 684-6873
ORIENT 488-2659
OTHELLO 878-1921
PALOUSE 843-1331
POMEROY 849-2217
PRESCOTT 309-7680
PRIDE SCHOOLS *noel@prideschools.org*
PULLMAN 332-3144
REARDAN-EDWALL 796-2701
REPUBLIC 775-3171
RITZVILLE 659-1660
RIVERSIDE 464-8204
samantha.griggs@rsdmail.org
ROSALIA 523-3061 x3169
ST JOHN 648-3336
SELKIRK CONSOLIDATED 446-2951
SPOKANE 354-7305
sarahmi@spokaneschools.org
christiem@spokaneschools.org
SPOKANE INTERNAT'L ACADEMY 354-5915
lebrun@spokaneintlacademy.org
SPRAGUE 257-2511/91
STARBUCK 399-2381 / 360-972-6232
STEPTOE 397-3119
SUMMIT VALLEY 935-6362
TEKOA 284-3281
TOUCHET 394-2352
VALLEY 937-2826
WALLA WALLA 526-6785/6734
WASHTUCNA 646-3237
WELLPINT 258-4535
WEST VALLEY 340-7267
tania.johnson@wvvsd.org
WILBUR 647-2221

**Martin Luther King Jr
 Community Center** 868-0856
 500 S Stone, 99202 *mlkspokane.org*

EHS preschool, K-6 before/after-school programs, child care, utility and rental assistance, Holiday Adopt-a-Family, back-to-school supply drive, MLK Jr Day Celebration and Circle of Security parenting groups.

Summer Meal Programs

SEAMLESS SUMMER OPTION (SSO)
 Old Capitol Bldg 360-725-6200
 600 Washington SE 866-328-6325
 PO Box 47200 TTY 360-664-3631
 Olympia 98504 866-348-6479
 Check rural school districts offering free summer nutrition. TXT 97779
SPOKANE COUNTY SCHOOLS DISTRICTS (SD):
SPOKANE PUBLIC SCHOOLS 354-7270
spokanepublicschools.org/meals
CENTRAL VALLEY SD 558-5417
CHENEY SD 559-4506
DEER PARK SD 464-5545
EAST VALLEY SD 241-5905
SPOKANE VALLEY PARKS & REC 720-5200
MEAD SD 465-6100
MEDICAL LAKE SD 565-3131
RIVERSIDE SD 464-5540
WEST VALLEY SD 232-6092
COMMUNITY & YOUTH CENTER MEALS
CARITAS 326-2249
FAIRFIELD COMMUNITY CENTER
 304 E Main, 99012 283-2414
NORTHEAST YOUTH CENTER 482-0708
 3004 E Queen, 99217
STONE SOUP CAFÉ 481-1167
ST ANDREWS 1224 W Howard
WEST CENTRAL ABBEY 1823 W Dean
WCCC 326-9540
OUTSIDE SPOKANE (NON SCHOOL DIST)
TASTY - CHEWELAH FAITH RESOURCES
GROUP Chewelah UCC 935-8046
uccweelah@gmail.com
 Supplemental food for children and families, mid July to late Aug, in Chewelah & Valley SD.

Youth Sports & Recreation

inyfc.org *nbccamps.com*
spikeanddig.com *zgirls.org*
spokanesoccer.org
sportsleadership.net
spokaneyouthlacrosse.com
westcentraltabletennis.com
palouseempiregymnastics.com
sysa.com *supertotsports.com*
AIRWAY HEIGHTS REC CNTR 244-4845
 11405 W Deno, Airway Heights 99001
airwayheightsparksandrec.org
EMMANUEL FITNESS - OPERATION HEALTHY
FAMILY - OHF *ohfspokane.org*
 631 S Richard Allen, 99202 720-4645
HUB SPORTS CENTER 927-0602
 19619 E Cataldo, Liberty Lake 99016

POB 604, Greenacres 99016
hubsportscenter.org
SPOKANE POLICE ACTIVITIES LEAGUE
SPD Community Outreach@
spokanepolice.org *My.spokane.org/*
police/community-outreach/

Idaho (208)

palouseempiregymnastics.com

Food Outreach, Public School

CDA BACKPACK PROGRAM
 9030 N Hess #446, Hayden 83835
sarah@cdabackpackprogram.org
cdabackpackprogram.org
SCHOOL BACKPACKS & SUPPLIES
 Idaho Food Bank 336-9643
idahofoodbank.org
 First Presbyterian - CdA
1stpresdowntown.org Offers clothing.

Homeless Education Liaisons

ID DEPT OF PUBLIC INSTRUCTION HOMELESS
EDUCATION 332-6953/332-6904
AVERY SD *vianr@sd394.com* 245-2479
BOUNDARY COUNTY 267-3149
cynthia.sanders@mail.bcsd101.com
CDA ACADEMY *jwasson@cdacharter.org*
COEUR D'ALENE *JCurb@cdaschools.org*
COTTONWOOD 962-3901
quintal@sd242.org
CULDESAC JOINT 843-5413
khewett@cusch.org
GENESEE JNT *wmoore@sd282.org* 285-1161
HAYDEN CANYON CHARTER 477-1812
ssanford@haydencanyoncharter.org
HIGHLAND JNT *gjion@sd305.org* 924-5211
KAMIAH JNT *tlaw@kamiah.org* 935-4073
KELLOGG JOINT 784-1348
nathan.whatcott@kelloggschools.org
KENDRICK 289-3422
dorie.nelsen@sd283.org
KOOTENAI *kames@sd274.com* 689-3311
LAKE PEND ORELLE 263-2184x2305
elizabeth.dalessio@lpsd.org
LAKELAND 687-0431
nneeds@lakeland272.org
LAPWAI 843-2622 x3777
daiken@lapwai.org
LEWISTON 748-3050
SPEDDir@lewistonschools.net
MOSCOW *brooksc@msd281.org* 882-1120
MOUNTAIN VIEW *falesk@sd244.org* 983-0990
MULLAN 744-1126
hbranstetter@mullanschools.com
NEZ PERCE *mleitch@nezpercesd.us* 937-2551
OROFINO 476-4810x1278
mercerj@jsd171.org
PALOUSE
tgardner@palouseprairieschool.org
PLUMMER-WORLEY 686-1937
hensyel.gabrielle@lakesidesch.org
POST FALLS 773-3541
dawn.mackesy@sd273.com
POTLATCH 875-0327x1101

janet.avery@psd285.org
SALMON RIVER JNT 630-6025x5102
gallie@jsd243.org
ST MARIES 245-3650
shblackwell@sd41.org
SANDPOINT CHARTER 265-9737
angelaharden@forrestbirdcharterschool.org
SHOSHONE 886-2381x265
shelli.schroeder@shoshonesd.org
TROY *kvogt@troysd287.org* 835-4361
WALLACE 512-2738
jbauer@wsd393.org
WEST BONNER COUNTY 437-4227
IreneTopp@sd83.org
WHITEPINE JOINT 877-1151
mhays@sd288.k12.id.us

Hope on the Homefront

COEUR D'ALENE SD *jcurb@cdaschools.org*
cdaschools.org/help 664-8241
 Builds bridges to connect families with needed resources and supportive services. Believes a stable home life will help children achieve their academic and lifelong potential.

Summer Meal Programs

ID STATE DEPT OF EDUCATION 332-6800
CHILD NUTRITION PROG *sde.idaho.gov/cnp*
 650 W State/POB 83720, Boise 83720
COEUR D'ALENE SD 667-7469
LAKELAND SD 687-5451
Post Falls SD 773-1625
 Lenna Whitmore Elem
 110 S Blaine, Moscow Backpacks
FOOD FOR OUR CHILDREN - BOUNDARY COUNTY
 PO Box 1049, Sandpoint 83864
contact@foodforourchildren.org
foodforourchildren.org