

**SVdP CONFERENCES  
CITY OF SPOKANE &  
SPOKANE VALLEY**

**St. Anthony**

2320 N. Cedar St.  
Spokane 99205  
Parish office: 509 327-1162  
Conference duty phone: 509 216-1093  
<https://sasvdpspokane.wordpress.com/>

**Mary Queen**

3423 E. Carlisle Ave.  
Spokane 99217  
Conf. duty phone: 509-671-6424  
Conf. food requests: 509-960-1375  
Do NOT call the parish office

**St. Francis of Assisi**

1104 W. Heroy St.  
Spokane 99205  
Conference duty phone:  
509 202-8331

**St. Thomas More**

505 W. St. Thomas More Way  
Spokane 99208  
Parish office: 509 466-0220  
Parish office hours:  
M-F 8:00 am-4:00 pm

**St. Mary**

304 S. Adams Rd.  
Spokane Valley 99216  
Conference duty phone:  
509 362-7621  
[www.oursvdp.com](http://www.oursvdp.com)

**SPOKANE AREA  
RESOURCE GUIDE  
2022-2023**

**Public Information**



**SOCIETY OF  
ST. VINCENT de PAUL  
District Council of Spokane**

**P.O. Box 2906  
Spokane, WA 99220-2906  
[www.svdpspokane.com](http://www.svdpspokane.com)**

*“Charity must be well organized to be effective.” Vincent de Paul*

*Let us do things in a decent and orderly manner. 1 Cor. 14:40*

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## ADDRESS/PROPERTY SEARCH

[www.spokanecounty.org/pubpadal/](http://www.spokanecounty.org/pubpadal/) type in address

## AUTOMOTIVE MAINTENANCE

### **Spokane Community College**

(diagnostics & minor repair on vehicles newer than 10 yrs. NO engine or transmission work)  
509 533-7100

## CAREER COUNSELING, MENTORING & PREPARATION

### **AARP Senior Employment**

(55 & older, low income; bring skills up to date)  
509 325-7712

### **Career Path Services**

(no fee nonprofit employment & training)  
509-326-7520  
[www.careerpathservices.org](http://www.careerpathservices.org)

### **Career Transitions**

(Spokane Community College)  
509 533-4600

### **Community Colleges Institute for Extended Learning - GED Preparation**

(ages 19 and up)  
509 533-4600  
[www.iel.spokane.edu](http://www.iel.spokane.edu)

### **Next Generation Zone**

(FREE GED prep/test - low income; ages 16-24)  
509 340-7800  
[www.nextgenzone.org](http://www.nextgenzone.org)

### **Spokane County Libraries**

[www.sclcd.org](http://www.sclcd.org) (job seeker resources)

### **WorkSource Spokane**

(currently closed to public; check online)  
[www.worksourcespokane.com](http://www.worksourcespokane.com)  
888-316-5627  
509 532-3000  
130 S. Arthur St., Spokane 99202

### **YWCA Opportunity Center**

509 326-1190  
930 N. Monroe St., Spokane  
[www.ywcaspokane.org](http://www.ywcaspokane.org)

## CASE MANAGEMENT SERVICES

Case management/chronic mental health issues:  
Frontier Behavioral Health 509 458-7454  
Inland Northwest Behavioral Health 509 992-1888  
Spokane County Regional Behavioral Health  
509 477-5722  
Catholic Charities 509 867-8188

Case management to help seniors:  
Spokane Elder Services 509 458-7450  
Senior housing 509 459-6102  
Spokane Social Services 509 501-2233

## CELL PHONE ASSISTANCE

### **Assurance Phone Program**

1-888 321-5880  
[www.assurancewireless.com](http://www.assurancewireless.com)

### **SafeLink Wireless**

1-800 877-233-5465  
**NOTE:** need to have shipping address  
<https://freegovernmentcellphoneguide.com>

## CHILDREN'S NEEDS

### **Childbirth & Parenting Assistance (CAPA) Pregnancy & Parenting Support (PREPARES)**

(Administered by Catholic Charities)  
(pregnancy to child's 5th birthday; diapers, clothing, counseling)  
25 W. 5th Ave., Spokane  
509 455-4986

### **Children's Home Society of WA Parents As Teachers**

(FREE home visiting program; Pregnancy to age 3)  
509 747-4274

[Children's Needs. cont.](#)

**Martin Luther King Family Outreach Center**  
(East Central Community Center)

500 S. Stone St., Spokane  
509 323-2830 [www.mlksokane.org](http://www.mlksokane.org)

**Mission Community Outreach Center**

(diapers; check in August for back-to-school shoes)  
1906 E. Mission Ave., Spokane  
509 536-1084 [mcocspokane@gmail.com](mailto:mcocspokane@gmail.com)

**Northeast Community Center**

4001 N. Cook St., Spokane  
509 323-2828 [www.necommunitycenter.com](http://www.necommunitycenter.com)

**Pregnancy & Parenting Support (PREPARES)**

(pregnancy to child's 5th birthday; diapers & clothing)  
(Lambs Closet)  
304 S. Adams Rd., Spokane Valley  
509 928-3210, Ext. 152

**Salvation Army Backpacks for Kids**

(check for August date)  
[www.spokane.salvationarmynw.org/spokane/backpacks-for-kids-spokane](http://www.spokane.salvationarmynw.org/spokane/backpacks-for-kids-spokane)

**Soul to Soles**

(new shoes & socks for preschool children enrolled in federal/state preschool programs, ECEAP centers)  
[www.soultosoles.org](http://www.soultosoles.org)

**Spokane Valley Partners**

(diapers/wipes; clothing; layettes for newborns)  
10814 E. Broadway Ave., Spokane Valley  
509 927-1153 [www.svpart.org](http://www.svpart.org)

**Vanessa Behan Crisis Nursery**

(diapers/wipes & formula once a month; overnight crisis nursery)  
2230 E. Sprague Ave., Spokane  
509 535-3155 [www.vanessabehan.org](http://www.vanessabehan.org)

**Women, Infants, Children Supplemental Food Program (WIC)**

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

**Downtown Spokane-SRHD**

1101 W. College Ave.  
509 324-1620

**North Spokane**

5901 N. Lidgerwood St., #224  
509 323-2818

**Spokane Valley**

12213 E. Broadway Ave, 2nd Flr.  
509 323-2800

**West Central Community Center**

1101 W. College Ave.  
509 323-7497

**CLOTHING BANKS**

**NOTE:** days & hours vary; call for information. May require proof of address.

**American Indian Community Center**

(Assists 99202 zip code)  
1025 W. Indiana, Spokane  
509 535-0886 [www.aiccinc.org](http://www.aiccinc.org)

**City Gate Spokane**

170 S. Madison St., Spokane  
509 455-9670 [www.thecitygate-spokane.org](http://www.thecitygate-spokane.org)

**Dream Center Resource Center**

2128 N. Pines Rd., #2, Spokane Valley  
509 926-7878 [www.spokanedreamcenter.org](http://www.spokanedreamcenter.org)

**Mission Community Outreach Center**

(clothing; diapers; hygiene products)  
1906 E. Mission Ave., Spokane  
509 536-1084 [mcocspokane@gmail.com](mailto:mcocspokane@gmail.com)

**Off-Broadway Family Outreach**

2225 W. Mallon, Spokane  
509 998-2630 [www.offbroadwaylighthouse.com](http://www.offbroadwaylighthouse.com)

**Opportunity Christian Fellowship**

**Klothes Kloset**  
12321 E. 14th Ave., Spokane Valley  
509 926-2673 [www.opportunitychristianfellowship.org](http://www.opportunitychristianfellowship.org)

**Our Place Ministries**

1509 W. College Ave., Spokane  
509 326-7267 [www.ourplacespokane.org](http://www.ourplacespokane.org)

## [Clothing Banks, cont.](#)

### **Peaceful Valley Community Center**

214 N. Cedar St., Spokane

509 624-8634

### **Serve Spokane**

(assists 99208 zip code)

8303 N. Division St., Spokane

509 998-5722 [www.servespokane.org](http://www.servespokane.org)

### **Spokane Valley Partners Clothing Bank**

M-F 10 am-3 pm

10814 E. Broadway Ave., Spokane Valley

509 927-1153 [www.svpart.org](http://www.svpart.org)

### **Union Gospel Mission (UGM)**

1224 E. Trent Ave., Spokane

509 535-8510 [www.uniongospelmission.org](http://www.uniongospelmission.org)

### **YWCA- Spokane**

930 N. Monroe St., Spokane

509 777-9622 [www.ywcaspokane.org](http://www.ywcaspokane.org)

## [DISASTER RELIEF](#)

[www.DisasterAssistance.gov](http://www.DisasterAssistance.gov) (FEMA)

## [DOMESTIC VIOLENCE HELP](#)

### **YWCA Alternatives to Domestic Violence**

930 N. Monroe St., Spokane

509 326-2255 (24-hr. hotline)

509 789-9297 (counseling)

509 326-1190 (general counseling)

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

## [DAY DROP-IN CENTERS](#)

### **American Indian Community Center**

(food bank; day drop in)

1025 W. Indiana, Spokane

### **City Gate**

(T-F 10:00 am-3:00 pm)

170 S. Madison St., Spokane

509 455-9670 (leave message)

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

### **Compassionate Addiction Treatment**

(M-T-Th-F 8 am-6 pm; W 8am-5 pm)

168 S. Division, Spokane

509 919-3362

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

### **Cup of Cool Water**

(serves ages 14-24; M-Th 1-4 pm; T/Th 6:30-8:30 pm; F 10 am-1 pm)

1106 W. Second, Spokane

509 747-6686

### **Jewels Helping Hands**

(M-Sat. 9 am-5 pm;

breakfast, lunch; showers)

1819 E. Springfield, Spokane

509 863-9237

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

## [ELDER NEEDS](#)

### **Adult Protective Services**

1-800-459-0421 [www.dshs.wa.gov](http://www.dshs.wa.gov)

### **Catholic Charities of Eastern Washington**

(senior services)

509 459-6184 [www.cceasternwa.org](http://www.cceasternwa.org)

### **Community Living Connections (CLC)**

(Aging & Long Term Care of Eastern Washington

(ALTCEW)

(information, referrals & assistance in Spokane

County for seniors & disabled)

509 960-7281 - aging & disabilities helpline

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

### **Family Caregiver Support/Elder Services**

(Frontier Behavioral Health Program)

509 458-7450, Option 2

## [EMERGENCY SHELTERS](#)

[www.ShelterMeSpokane.org](http://www.ShelterMeSpokane.org) displays timely data inputted directly by regional shelter providers and

[Emergency Shelters. cont.](#)

includes a time stamp as to when the provider last updated the information

### **Adults: Couples**

#### **Trent Resource & Assistance Center**

(City of Spokane-Salvation Army)  
(24/7 checkin-meals; beds; showers; laundry; counseling)(take #32 STA bus, Trent & Havana)  
4320 E. Trent, Spokane  
509 534-5895

### **Families**

#### **Open Doors**

(administered by Family Promise)  
(Emergency Day Shelter 7:30 am-7:30 pm)  
2002 E. Mission Ave., Spokane  
509 723-4663 [www.familypromiseofspokane.org](http://www.familypromiseofspokane.org)

#### **Rising Strong**

(family with court referral) 509 960-8632

#### **Salvation Army Family Emergency Shelters For Families**

(Mon-Thurs 12:30-5 pm)  
222 E. Indiana Ave., Spokane  
509 325-6810 [www.spokane.salvationarmy.org](http://www.spokane.salvationarmy.org)  
24-hr. Shelter 55 W. Mission 6:00 pm check-in  
509-866-5476 separate areas: families & singles

#### **St. Margaret's Shelter**

(must be prescreened thru HFCA 509 325-5005)  
509 624-9788 [www.cceasternwa.org](http://www.cceasternwa.org)

### **Women and Children**

#### **Union Gospel Mission (UGM)**

##### **Crisis Shelter for Women and Children**

(prospective clients check in ANY TIME)  
1515 E. Illinois Ave., Spokane  
509 535-0486 [www.uniongospelmission.org](http://www.uniongospelmission.org)

##### **Women's Recovery at Anna Ogden Hall**

(Union Gospel Mission program)  
2828 W. Mallon Ave., Spokane  
509 327-7737 [www.uniongospelmission.org](http://www.uniongospelmission.org)

### **Single Women, Nighttime (sleeping) Shelter**

#### **Cannon St. Shelter**

(low barrier)  
527 S. Cannon, Spokane  
509-862-2841

#### **House of Charity**

(accepts people in any condition, including mentally ill and intoxicated; may bring a pet)  
32 W. Pacific Ave., Spokane  
509 624-7821 [www.cceasternwa.org/house-of-charity](http://www.cceasternwa.org/house-of-charity)

#### **Hope House for Women Volunteers of America (VOA)**

312 W. 8th Ave., Spokane 509 477-4624  
[www.voaspokane.org/hope-housing](http://www.voaspokane.org/hope-housing)

### **Single Women; Daytime Shelters**

#### **Women's Hearth**

920 W. 2nd Ave., Spokane (showers)  
509 455-4249  
[www.help4women.org/programs/womens-hearth](http://www.help4women.org/programs/womens-hearth)

#### **Our Place Ministries Spokane**

(laundry facilities, personal hygiene items)  
1509 W. College Ave., Spokane  
509 326-7267 [www.ourplacespokane.org](http://www.ourplacespokane.org)

### **Teens**

#### **Crosswalk Teen Shelter**

(ages 13-17)  
525 W. 2nd Ave., Spokane  
509 838-6596 [www.crosswalk@voaspokane.org](mailto:www.crosswalk@voaspokane.org)

#### **Cup of Cool Water (CCW)**

(ages 14-24)  
1106 W. 2nd Ave., Spokane  
509 747-6686 [www.cupofcoolwater.org](http://www.cupofcoolwater.org)

#### **Young Adult Center**

(18-24 all genders/identities welcome)  
920 W. 2nd, Spokane

## [Emergency Shelters, cont.](#)

509 990-0579 (opens 5/31/21)  
[www.voaspokane.org](http://www.voaspokane.org)

### **Single Men**

#### **Cannon St. Shelter**

(low barrier)

527 S. Cannon, Spokane  
509-862-2841

#### **House of Charity**

(accepts people in any condition, including mentally ill  
and intoxicated. May bring a pet.)

32 W. Pacific Ave., Spokane  
509 624-7821 [www.cceasternwa.org/house-of-charity](http://www.cceasternwa.org/house-of-charity)

#### **Open Door**

2002 E. Mission Ave., Spokane  
509 723-4663 [www.familypromiseofspokane.org](http://www.familypromiseofspokane.org)

#### **Truth Ministries**

(50 men per night)

1910 E. Sprague, Spokane 99202  
509 456-2576  
[www.truthministriesspokane.org](http://www.truthministriesspokane.org)

#### **Union Gospel Mission (UGM)**

(sobriety preferred, subject to breathalyzer test and  
must attend religious services)

1224 E. Trent Ave., Spokane  
509 535-8510 [www.uniongospelmission.org](http://www.uniongospelmission.org)

## **EVICTION ADVICE/COUNSELING**

Landlord Mitigation Program: [www.commerce.wa.gov/serving-communities/homelessness/landlord-fund-programs/landlord-mitigation-program](http://www.commerce.wa.gov/serving-communities/homelessness/landlord-fund-programs/landlord-mitigation-program)

Spokane County Bar Association - Volunteer Lawyers  
Program 509-477-2674 [www.spokanevlp.org](http://www.spokanevlp.org) ;  
Julie Griffith 509 477-2657 or [www.spokanebar.org](http://www.spokanebar.org)  
1116 W. Broadway, 4th Floor Annex, Spokane WA

SNAP: eviction info [www.snapwa.org/evictionprocess/](http://www.snapwa.org/evictionprocess/)

Tenants Union of WA State  
[www.tenantsunion.org/rights/landlord-illegal-acts](http://www.tenantsunion.org/rights/landlord-illegal-acts)

## **FOOD BANKS**

**NOTE:** call for zip codes served; day and hours may vary.  
May require picture ID, current proof of address and social  
security cards for household members. Must be over 18.

#### **All Saints Gather Food Pantry**

314 S. Spruce St., Spokane  
509 838-4409 [www.allsaintsgather.com](http://www.allsaintsgather.com)  
M-W 10-2, T-Th 8:30-5

#### **American Indian Community Center**

(assists 99202 zip code)

1025 W. Indiana, Spokane  
509 535-0886 [www.aiccinc.org](http://www.aiccinc.org)  
T, 1:30 to 4:30 p.m.; W-F 8:30 a.m. to Noon and  
1:30 to 4:30 p.m.

#### **Audubon Park Methodist Church**

(assists 99205 zip code)

3908 N. Driscoll Blvd., Spokane  
509 325-4541 [www.aububonpar-kumc.org](http://www.aububonpar-kumc.org)  
2nd & last Tues 9:30-12:30

#### **Better Living Center**

25 E. North Foothills Dr., Spokane  
509 325-1258 [www.betterlivingcenter.org](http://www.betterlivingcenter.org)  
T 9-4; Th 9-1

#### **Calvary Baptist Soup Kitchen**

203 E. 3rd Ave., Spokane  
509 747-8793 Sat. 11 am

#### **Caritas Outreach Food Bank**

(by appointment)

1228 W. Nebraska, Spokane  
509 326-2249 [www.caritasoutreachministries.org](http://www.caritasoutreachministries.org)  
By appointment

#### **City Gate**

170 S. Madison St., Spokane  
509 455-9670 (leave message)  
[www.thecitygatespokane.org](http://www.thecitygatespokane.org)

[Food Banks, cont.](#)

**Dream Center**

2128 N. Pines Rd., Ste. 2, Spokane Valley  
509 926-7878 [www.spokanedreamcenter.org](http://www.spokanedreamcenter.org)  
T 12:30-2; W 12:30-3; Th 11:30-3

**East Central Community Food Bank**

(managed by Martin Luther King Center)  
500 S. Stone St., Spokane  
509 868-0856 M-W-F 1:00-3:00 pm

**Food for Kidz**

Eastpoint Church Warehouse  
15303 E. Sprague, Spokane  
6009 N. Haye Newman lake  
509 8368-9260 [www.foodforkidz.org](http://www.foodforkidz.org)

**Mead Food Bank**

12611 N. Wilson, Mead  
509-466-7068  
Wed. 4-6:45 p.m.

**Northeast Food Pantry**

4520 N. Crestline St., Spokane  
509-290-5691 [www.NWconnect.org](http://www.NWconnect.org)  
M/Th 9 a.m.-11 a.m.; T 9:15 to 11 a.m.

**Off-Broadway Family Outreach**

W. Broadway Ave. & N. Nettleton St., Spokane  
509 998-2630 [www.offbroadwaylighthouse.com](http://www.offbroadwaylighthouse.com)

**Opportunity Christian Fellowship**

12321 E. 14th Ave., Spokane Valley  
509 926-2673 WTh 10-2  
[www.opportunitychristian-fellowship.org](http://www.opportunitychristian-fellowship.org)

**Our Place Food Bank**

1509 W. College Ave, Spokane  
(south of Montgomery, west of Division)  
509 326-7267 [www.ourplacespokane.org](http://www.ourplacespokane.org)

**Salvation Army Food Bank**

(assists all zip codes)  
204 E. Indiana Ave., Spokane  
509 325-6821 [www.spokane.salvation-army.org](http://www.spokane.salvation-army.org)  
M/F 9-5 (last check-in 4:15)  
T-Th 9-6:30 (last check-in 5:45)

**2nd Harvest Mobile Market**

(call for locations & dates)  
509 252-6270 509 534-6678  
[www.2-harvest.org](http://www.2-harvest.org)

**Serve Spokane**

(assists 99208 zip code)  
8303 N. Division St., Spokane  
509 998-5722 [www.ServeSpokane.org](http://www.ServeSpokane.org)  
T-Th 1-3; 2nd/4th Sat. 9-12

**Southwest Spokane Community Center**

(F 8 am) 310 S. Spruce St., Spokane  
509 624-8634 [www.swspokanecc.com](http://www.swspokanecc.com)

**Spokane Valley Partners Food Bank**

Serving all zip codes; Mon-Fri 9 am-3 pm  
10814 E. Broadway Ave., Spokane Valley  
509 927-1153 (no appt. necessary) [www.svpart.org](http://www.svpart.org)

**Westminster Presbyterian Church Food Bank**

2705 W. Boone Ave., Spokane  
509 329-0351 [westpresby@gmail.com](mailto:westpresby@gmail.com)  
WF 11-1:45

**[FREE MEAL SITES](#)**

**City Gate**

170 S. Madison St., Spokane  
509 455-9670 [www.thecitygate-spokane.org](http://www.thecitygate-spokane.org)  
Sat. 8; T-F 12:30; WFS 7:30 pm

**Crosswalk for Teens**

525 W. 2nd Ave., Spokane  
Every day 9-9:30 am; 12-12:30 pm; 6-6:30 pm  
509 838-6596 [www.crosswalkvoaspokane.org](http://www.crosswalkvoaspokane.org)

**House of Charity**

32 W. Pacific Ave., Spokane  
Everyday 7:30-8:30 am; 11:30 am  
(current residents only)  
[www.cceasternwa.org](http://www.cceasternwa.org)

**Off-Broadway Family Outreach**

W. Broadway Ave. & N. Nettleton St., Spokane  
509 998-4096 509 998-2630  
M 6 pm [www.offbroadwaylighthouse.com](http://www.offbroadwaylighthouse.com)



## Free Meal Sites, cont.

### **Women & Childrens' Free Restaurant**

(free meals; free groceries; T-W 12 pm )  
1408 N. Washington St., Spokane  
509 324-1995 <http://www.wcfrspokane.org>

214 N. Cedar St., Spokane  
509 624-8634

### **Salvation Army Family Services**

204 E. Indiana Ave., Spokane  
509 325-681 [www.spokane.salvation-army.org](http://www.spokane.salvation-army.org)

## FURNITURE/HOUSEHOLD ITEMS

**NOTE:** days & hours vary, call for information

### **American Indian Center**

801 E. 2nd Ave., Spokane  
509 535-0886 [www.aiccinc.org](http://www.aiccinc.org)

### **Better Living Center**

25 E. North Foothills Dr., Spokane  
509 325-1258 [www.betterlivingcenter.org](http://www.betterlivingcenter.org)

### **Caritas Outreach Ministries**

1612 W. Dalke Ave., Spokane (by appt.)  
509 326-2249 [www.caritasoutreachministries.org](http://www.caritasoutreachministries.org)

### **Global Neighborhood Thrift**

919 E. Trent, Spokane  
509 868-0001 [www.gnthrift.com](http://www.gnthrift.com)  
M-S 10am-7pm S 10am-5pm  
employing/helping refugee community

### **HRC Ministries**

14415 E. Sprague Ave., Spokane Valley  
509-868-4768 [www.hrcministries.com](http://www.hrcministries.com)  
Mon-Sat 10am-6pm (veterans shop free)

### **Mission Community Outreach Center**

1906 E. Mission Ave., Spokane  
509 536-1084 [www.4mission.org](http://www.4mission.org)

### **Opportunity Christian Fellowship (Klothes Kloset)**

12321 E. 14th Ave., Spokane Valley  
509 926-2673 WTh 10-2  
[www.opportunitychristian-fellowship.org](http://www.opportunitychristian-fellowship.org)

### **Our Place Ministries**

1509 W. College Ave., Spokane  
509 326-7267 [www.ourplacespokane.org](http://www.ourplacespokane.org)

### **Peaceful Valley Community Center**

## HEALTH CARE ASSISTANCE

### **Children's Home Society of WA**

(child and family counseling birth to age 21)  
509 747-4174 [www.childrenshomesociety.org](http://www.childrenshomesociety.org)

### **Community Health Association of Spokane (CHAS)**

(call for medical & dental clinic locations)  
509 444-8200; 1-866 418-1002 24/7 advice hotline  
[www.chas.org](http://www.chas.org)

### **Counseling**

(thru Catholic Charities of Eastern Washington)  
509 242-2308

### **Frontier Behavioral Health/Spokane Mental Health Services "First Call For Help"**

107 S. Division Ave., Spokane  
1-877 266-1818 24/7 hotline [www.fbhwa.org](http://www.fbhwa.org)

### **Providence House of Charity Outreach Clinic**

32 W. 2nd Ave., Spokane  
509 626-9825 [www.providence.org](http://www.providence.org)

### **WA Department of Social and Health Services (DSHS)**

1-877 501-2233 Mon-Fri 8:00 am-5:00 pm  
[www.dshs.wa.gov](http://www.dshs.wa.gov)

### **DSHS Community Services Offices (CSO)**

1313 N. Maple St., Spokane  
509 227-2500 Mon-Fri 8:00 am-5:00 pm  
or  
8517 E. Trent, Ste. 101, Spokane  
509 227-2770 [www.dshd.wa.gov](http://www.dshd.wa.gov)

### **DentistLink**

### **The ARCORA Foundation of**

## Health Care Asst. cont.

### **Delta Dental of Washington**

(serves Apple Health Medicaid clients  
& without insurance)

1-844 888-5465 (call or text to find dentists nearby)

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

### **Spokane District Dental Society Foundation (IDEA Clinic)**

4001 N. Cook St. (Spokane NE Community Cntr.)  
509 482-4332

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

### **Spokane Scottish Rite**

FREE medical equipment loan closet--no delivery  
509 624-5491 [www.scottishritewa.org](http://www.scottishritewa.org)

### **Native Project**

1803 W. Maxwell Ave., Spokane  
509 624-5491

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

### **Union Gospel Mission (UGM)**

1224 E. Trent Ave., Spokane

509 483-8735 [www.uniongospelmission.org](http://www.uniongospelmission.org)

## HOMELESSNESS PREVENTION

### (Affordable Housing)

#### **Catholic Charities Eastern Washington**

19 W. Pacific Ave., Spokane  
509 455-4963 emergency hotline  
509 358-4250 main number

#### **Diversion/Empowered Solutions (CCEW)**

19 W. Pacific Ave., Spokane  
509 340-9329

(maintains comprehensive list of local  
affordable housing)

[www.diversion@cceasternwa.org](mailto:www.diversion@cceasternwa.org)

#### **Homeless Families Coordinated Assessment (HFCA)**

(Administered by Catholic Charities of  
Eastern Washington)

19 W. Pacific Ave., Spokane

509 325-5005

(prospective applicants may call for  
qualifications)

Walk-in appt: MW 12:30 pm-4:30 pm; TTh  
8:30 am-12:30 pm

#### **Centralized Diversion Fund (CDF)**

A Way Home-for persons age 12-24 experiencing  
housing instability or uncertainty.

<https://awayhomewa.org/category/centralized-diversi-on-fund> or contact Julius Henricksen at  
[jhenricksen@voaspokane.org](mailto:jhenricksen@voaspokane.org)

#### **Homeless Singles Coordinated Assessment (HSCA)**

(Administered by SNAP)

Call for walk-in hours. Appts. M-W and F 8:00  
am-4:30 pm; Th 10:30 am-4:30 pm

212 S. Wall St., Spokane

509 456-7627 (closed 12-1 pm)

#### **Housing Homeless Women With Children**

##### **Naomi**

(women must be at least 18; wait list)

11302 E. Broadway Ave., Spokane

509 926-6492 [www.naomicommunity.org](http://www.naomicommunity.org)

#### **Housing Homeless Teen Moms With Children**

##### **GraceSon Foundation**

509 939-5370 [www.gracesonhousingfoundation.org](http://www.gracesonhousingfoundation.org)

##### **Homeless Outreach**

Spokane Valley Partners - Outreach

Specialist-Amanda Boyer

10814 E. Broadway, Spokane Valley

509-666-6325 [www.amandaB@svpart.org](mailto:www.amandaB@svpart.org)

Outreach Officer 509-723-6667

## HOME REPAIR & WEATHERIZATION

#### **Spokane Neighborhood Action Partners SNAP**

(minor home repairs, income-based, for homeowners residing in that home; weatherization tips for homeowners or landlords)  
509 456-7627 [www.snapwa.org](http://www.snapwa.org)

## INTERPRETERS

Marshallese: Jimmy Jacobs 509 998-9335  
Russian: Olga Kushnerchuk 509 598-0413  
Spokane Resource Center:  
[www.spokaneresourcecenter.org](http://www.spokaneresourcecenter.org)

## LATINO RESOURCE

### **Latinos en Spokane**

Monthly food market; translation help; various inc. utility and rental assistance when grant funds are available. For information contact 509 558-9359 or <http://www.latinosenspokane.org>

## LAUNDRY/SHOWERS

### **Cup of Cool Water**

(detergent & hygiene products)  
1106 W. 2nd Ave., Spokane (13-22 yrs.)  
509 747-6686  
T-W-Th 1 pm-4 pm; T/Th 7 pm- 9:30 pm

### **Our Place Ministries Spokane**

(laundry only, personal hygiene items)  
1509 W. College Ave., Spokane (18 yrs-old)  
509 326-7267 [www.ourplacespokane.org](http://www.ourplacespokane.org)

### **Union Gospel Mission**

(showers only; detergent & hygiene products)  
1224 E. Trent, Spokane  
509 535-8510 M-F 9 am-2 pm

### **Women's Hearth**

(showers only; detergent & hygiene products)  
920 W. 2nd Ave., Spokane  
509 455-4249 M-F 9 am-2 pm

### **City of Spokane/Salvation Army**

(showers/laundry; adults)

4320 E. Trent, Spokane 509-534-5895

## LEGAL ASSISTANCE

### **Columbia Legal Services**

(statewide resources available)  
101 Yesler Way, Ste. 300, Seattle 98104  
206-464-5911; 1-800-542-0794  
[www.columbialegal.org](http://www.columbialegal.org)

### **Family Court Facilitator Project**

Spokane County Courthouse, 1116 W. Broadway  
509 477-7612

### **Gonzaga University Legal Assistance**

(assists low income persons 60 and older)  
721 N. Cincinnati St., #10, Spokane  
509 313-5791  
[www.gonzaga.edu/school-of-law/clinic-centers/law-clinic](http://www.gonzaga.edu/school-of-law/clinic-centers/law-clinic)

### **Volunteer Lawyers Program**

#### **Spokane County Bar Assn. (VLP)**

#### **Northwest Justice Project/CLEAR**

(coordinated legal education, advice & referral)  
1-888-201-1014 Mon-Fri 9:15 am-12:15 pm  
[www.nwjustice.org/clear-online](http://www.nwjustice.org/clear-online)  
[Legal Assistance. cont.](#)

If unable to reach CLEAR contact 509 324-9128;  
Family Law with Volunteer Lawyers Program (VLP)  
509-477-6123; Eviction Prevention with VLP 509-477-2674

## MILITARY & RETIRED MILITARY RESOURCES

### **Fairchild Air Force Base Airman and**

#### **Family Readiness Center**

92 FSS/FSF

Non-retired veterans NOT eligible  
509 247-2246  
[www.fairchildfamilysupport.org](http://www.fairchildfamilysupport.org)  
(type "emergency assistance" in search box)

### **Army Career Employment Specialist**

509 247-7918

[Military & Retired Military Resources. cont.](#)

**Department of Housing & Urban Development  
& VA's Supportive Housing (HUD-VASH)**  
509 462-2500

**Spokane County Regional Veteran Services**  
(honorable discharge ONLY)  
1111 N. Evergreen Rd., Spokane Valley  
509 477-3690  
[www.spokanecounty.org/Veteran](http://www.spokanecounty.org/Veteran)

**Spokane Vet Center**  
(free counseling services; administered by VA)  
13109 E. Mirabeau Parkway, Spokane Valley  
509 444-8387 or  
1-877 927-8387 (for assistance after hours)

**U. S. Department of Veterans Affairs**  
1-877 424-3838  
[www.va.gov/HOMELESS/NationalCallCenter.asp](http://www.va.gov/HOMELESS/NationalCallCenter.asp)

**Mann-Grandstaff VA Medical Center**  
509 434-7000 or 1-800 325-7940 (24/7)  
[www.spokane.va.gov](http://www.spokane.va.gov)

**Free Handy Man for Disabled Veterans/  
Veterans Thrift Store**  
4507 W. Wellesley, Spokane  
509 290-6891 everyday-10am-6pm

## **MISC RESOURCES**

**Community Court at the  
Spokane Public Library**  
906 W. Main, Spokane  
Call for current info: 509-625-4146

**Needle Exchange**  
1101 W. College Ave., Spokane

## **MOBILE FOOD BANKS**

Second Harvest of the Inland Northwest  
1234 E. Front, Spokane  
534-6678 [www.2-harvest.org](http://www.2-harvest.org)  
Call/check for times/locations

Spokane Valley Partners  
10814 E. Broadway, Spokane Valley  
509 927-1153 [www.svpart.org](http://www.svpart.org)  
(also serves Fairfield, Rockford)  
call/check for times/locations

## **MONEY MANAGEMENT WORKSHOPS**

**Protective Payee Programs**  
American Indian Community Center 509 535-0886  
Goodwill 509 344-0263  
Spokane Valley Partners 509 927-1153, Ex. 21

**Spokane Neighborhood Action Partners-SNAP**  
(money management, foreclosure prevention  
& more)  
500 S. Stone St., Spokane 509 456-7627  
[www.snapwas.org](http://www.snapwas.org)

## **NATIVE AMERICAN RESOURCES**

(services for tribal & non-tribal community members)

**American Indian Community Center**  
1025 W. Indiana., Spokane  
509 535-0886 [www.aiccinc.org](http://www.aiccinc.org)

**Native Project**  
1803 W. Maxwell Ave., Spokane  
509 483-7535 medical  
509 483-8735 dental  
[www.nativeproject.org](http://www.nativeproject.org)

**Camas Path**  
934 S. Garfield Rd.  
Airway Heights, WA 99001  
509 789-7630  
[www.kalispeltribe.com](http://www.kalispeltribe.com)

**Vocational Rehabilitation Program  
Spokane Tribe**  
**NOTE:** serves enrolled members of federally  
recognized tribes with documented disabilities  
509 258-7502 or [www.annen@SpokaneTribe.com](mailto:www.annen@SpokaneTribe.com)  
[www.spokanetribe.com](http://www.spokanetribe.com)

## NEIGHBORHOOD/ SOCIAL SERVICE CENTERS

(food banks are limited to neighboring zip code areas)

### **Martin Luther King Family Outreach Center**

(East Central Community Center)

(food bank; GED classes; SNAP foreclosure prevention & more)

500 S. Stone St., Spokane; 509 868-0856

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

### **Northeast Community Center**

(SNAP energy appt., ECEAP & Head Start, Community Health)

4001 N. Cook St., Spokane

509 487-1603

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

### **Northeast Youth Community Center**

(food programs: evening during school & summer)

3004 E. Queen Ave., Spokane

509 487-1603

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

### **Southside Community Center**

(food bank, blood pressure clinic)

3151 E. 27th Ave., Spokane

509 535-0803

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

### **Southwest Spokane Community Center**

(food bank open Fridays)

310 S. Spruce St., Spokane

509 624-8634

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

### **West Central Community Center**

(Head Start/Early Learning Center)

1603 N. Belt St., Spokane

509 326-9540

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

### **Spokane Resource Center:**

#### **A HUD EnVision Center**

(one-stop social services center; no appt. required)

130 S. Arthur St., 2nd Floor, WorkSource Bldg.

509 867-8189

## PAID LEAVE

WA Paid Family & Medical Leave

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

## PET NEEDS

### **Humane Society Spokane**

(free dog and cat food)

6607 N. Havana St., Spokane

509 467-5235

**NOTE:** Meals-On-Wheels clients do not need to share meals with pets. Free cat and dog food may be available.

### **Meals-On-Wheels**

509 456-6597 Spokane [www.mowspokane.org](http://www.mowspokane.org)

### **Meals-On-Wheels**

509 924-6976 Greater Spokane County

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

### **Spokane Valley Partners**

10814 E. Broadway, Spokane Valley

509 927-1153 M-F 9-3 [www.svpart.org](http://www.svpart.org)

## REFUGEE SERVICES

### **Spokane - World Relief**

1522 N. Washington, #204, Spokane

509 484-9829

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

### **THRIVE International**

110 E. 4th Ave., Spokane

509 553-5606

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

## RENTERS GUIDANCE

### **Responsible Renters Program**

(facilitated by YWCA of Spokane)

[Renters Guidance. cont.](#)

Classes to understand getting and keeping housing.  
509 789-9281

### **Spokane Forward**

Spokane rental assistance resource  
[www.forwardplatform.com](http://www.forwardplatform.com) 800-819-9785

## **REPORT ABUSE OR NEGLECT**

### **Adult Protective Services**

(report suspected abuse, neglect or  
exploitation of a vulnerable adult)

1-800 459-0421 [www.dshs.wa.gov](http://www.dshs.wa.gov)

### **WA Department of Social & Health Services (DSHS)**

(report suspected abuse or neglect of child  
or vulnerable adult)

1-866-ENDHARM (1-800 866 363-4276)

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

**Call 911 if a child or adult is in an emergency  
situation.**

## **RESOURCE NAVIGATORS**

(assistance in finding current resources for rent,  
utilities, etc.)

211 or 877-211-WASH (9274)

[www.wa211.org](http://www.wa211.org) or text 18772119274

### **REVIVE - Housing Specialists**

901 N. Monroe St., Spokane 99201

509-413-2950 [www.ReviveSpokane.com](http://www.ReviveSpokane.com)

### **SNAP - Community Resource Hub**

456-SNAP [www.snapwa.org](http://www.snapwa.org)

### **Spokane Valley Community Advocates**

509-312-7869 [sv.communityadvocates@gmail.com](mailto:sv.communityadvocates@gmail.com)

## **SOCIAL SECURITY ADMINISTRATION**

714 N. Iron Bridge Wat, Ste. 100, Spokane 99202

1-800-772-1213 1-866-3315532

[www.ssa.gov](http://www.ssa.gov)

## **TENANT ADVOCACY**

### **Spokane Center for Independent Living (SCIL)**

8817 E. Mission, Ste. 106, Spokane Valley

509 326-6355 [www.wasilc.org](http://www.wasilc.org)

Spokane County Bar Association - Volunteer Lawyers

Program [www.spokanevlp.org](http://www.spokanevlp.org)

Julie Griffith 509 477-2657 or [www.spokanebar.org](http://www.spokanebar.org)

1116 W. Broadway, 4th Floor Annex, Spokane WA

SNAP: eviction info [www.snapwa.org/evictionprocess/](http://www.snapwa.org/evictionprocess/)

### **Tenants Union of WA State**

206 723-0500 hotline

509 464-7620 call for other locations

[www.tenantsunion.org/rights/landlord-illegal-acts](http://www.tenantsunion.org/rights/landlord-illegal-acts)

## **UTILITIES ASSISTANCE**

### **Audubon Park Methodist Church**

(assists 99205 zip code)

509 325-4541 [www.audubonparkumc.org](http://www.audubonparkumc.org)

### **Avista**

1411 E. Mission Ave., Spokane 99252-0001

1-800 227-9187 (dial "0" or say "agent")

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

### **AvistaCares**

(Customer Assistance & Referral) 509 495-4074

### **Cancer Care**

(national organization assisting those with cancer)

1-800 813-4673

### **Caritas Outreach Ministries**

(assists North of Montgomery, West of Division)

1612 W. Dalke Ave., Spokane (Spokane Friends  
Church)

509 326-2249 [www.caritasoutreachministries.org](http://www.caritasoutreachministries.org)

[Utilities Assistance, cont.](#)

**Catholic Charities Eastern Washington**

509 455-4963 emergency hotline 509 358-4250 main number [www.cceasterwna.org](http://www.cceasterwna.org)

**211 Washington Information Network**

211 or 1-877 211-9274 Mon-Fri <http://wa211.org>

**Crisis Response-211**

**Washington Information Network**

211 or 509 838-4651 or 509 838-4128 or 509 838-4428 M-F

**Holy Cross Lutheran Church**

(assists North of Sprague, East of Division)

509 483-4218 [www.holycrosslcms.net](http://www.holycrosslcms.net)

**Martin Luther King Family Center**

(assists 99202 zip code)

500 S. Stone St., Spokane  
509 455-8722 family services dept.  
[www.mlkspokane.org](http://www.mlkspokane.org)

**New Hope Resource Center**

(assists Hawthorne Rd. to Chattaroy)

4200 E. Colbert Rd. 509 467-2900  
[www.newhoperesource.org](http://www.newhoperesource.org)

**Our Place Ministries Spokane**

(assists South of Montgomery, West of Division)

509 326-7267 [www.ourplacespokane.org](http://www.ourplacespokane.org)

**Real Life Ministries**

10101 N. Nevada Spokane  
509 466-1214 [www.wearereallife.com](http://www.wearereallife.com)

**St. John Vianney Church  
Spokane Valley**

(assists within parish boundaries)

509 926-5428 T & Th 9 am-12 pm

**Salvation Army Family Service Center**

(call for current hours & necessary documents; bring proof of income within the last 30 days & shut off notice.)

204 E. Indiana Ave., Spokane; 509 325-6821

**Spokane City Utilities (water billing)**

311 or 509 755-2489

**Spokane Neighborhood Action Partners (SNAP)**

509 242-2376 utilities appointments  
409 456-7627 urgent heat assists  
[www.snapenergyassistance.org](http://www.snapenergyassistance.org)  
[CountyERAP@snapwa.org](mailto:CountyERAP@snapwa.org) - rent assistance

**SNAP Northeast**

4001 N. Cook St., Spokane  
509 456-7627

**SNAP Armory**

212 W. 2nd Ave., Spokane  
509 456-7627

**SNAP Spokane Valley**

(Assists Havana St. to Idaho border.  
Energy Appts. - currently ph only)  
10814 E. Broadway Ave., 2nd Flr,  
Spokane Valley

**Spokane Scottish Rite**

(assists Avista customers only)  
509 624-5491

**Spokane Valley Community Advocates**

(utility assistance; see Resource Navigators)  
509-312-7869

**Spokane Valley Partners**

(assists Avista & Vera Water/Power customers)  
(call to discuss necessary documents)  
10814 E. Broadway, Ext. 12, Spokane Valley  
509 927-1153, Ex. 120

## **WINTER WARMING CENTERS**

**NOTE:** warming centers are usually open 8pm-7am on nights when temperature is predicted to fall below 20 deg.

### **Families**

#### **Open Doors**

(Administered by Family Promise)

Emergency Day Shelter 7:30 am-7:30 pm

904 E. Hartson Ave., Spokane 509 747-4663

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

### **Adult Men & Women**

#### **Cannon St. Warming Center**

527 W. Cannon St., Spokane

509 281-7120

#### **City of Spokane/Salvation Army**

4320 E. Trent, Spokane

509 534-5895

#### **Salem Lutheran Church**

1428 W. Broadway Ave., Spokane

509 328-6280

#### **Salvation Army Family Resource Center**

213 E. Ermina Ave., Spokane

509 325-6810 [www.spokane.salvationarmy.org](http://www.spokane.salvationarmy.org)

### **Single Women**

#### **Hope House for Women**

#### **Volunteers of America (VOA)**

318 S. Adams, Spokane

509 217-7592 [www.voaspokane.org/hope-house](http://www.voaspokane.org/hope-house)



## RESOURCES OUTSIDE SPOKANE

**NOTE:** Call for information, as day & hours vary. Food banks may require picture ID, current proof of address, and Social Security cards for household members. Must be over 18.

### Airway Heights

#### **Airway Heights Baptist Church Food Bank**

12322 Sunset Hwy., Airway Heights  
509 244-2474 Sat. 10-12 [www.ahbc.us](http://www.ahbc.us)

#### **Airway Heights Cleones Closet**

13114 Sunset Hwy  
509 321-7071 [www.cleonescloset.com](http://www.cleonescloset.com)  
MWF 12-3

#### **Camas Path**

934 S. Garfield Rd., Airway Heights  
509 789-7630  
[www.kalispeltribe.com](http://www.kalispeltribe.com)

#### **SHRD WIC**

(Womens, Infants, Children  
Supplemental Food Program)  
13120 W. 13th Ave., Airway Heights  
509 244-9334  
[www.spokanewic.org](http://www.spokanewic.org)

### Cheney

#### **Cheney Food/Outreach Services**

616 3rd Ave., Cheney  
509 235-8900 235-2325 [www.cityofcheney.org](http://www.cityofcheney.org)  
1st/4th W 9-11:30

#### **SHRD WIC**

(Womens, Infants & Children  
Supplemental Food Program)  
204 4th St., United Methodist Church  
509 559-5839 [www.spokanewic.org](http://www.spokanewic.org)  
Last M 5:30

### Colbert

#### **New Hope Resource Center**

4211 E. Colbert Rd., Colbert  
509 467-2900

### Deer Park

#### **GreenHouse Community Center**

211 N. Fir, Deer Park  
509 276-6897 [www.greenhousedp.com](http://www.greenhousedp.com)

#### **SHRD WIC**

(Womens, Infants & Children  
Supplemental Food Program)  
113 E. 2d Ave, United Methodist Church  
509 276-3770 [www.spokanewic.org](http://www.spokanewic.org)

### Elk

#### **North County Food Bank**

40015 N. Collins Rd., Elk  
509 292-2530

### Fairfield

#### **North Palouse Community Food Bank**

(2nd & 4th Sat. 9-11)  
(serving 99012, 99018, 99030 & 99039)  
202 N. Railroad Ave., Fairfield WA  
509 283-4250 [npcfoodbank@gmail.com](mailto:npcfoodbank@gmail.com)

### Mead

#### **Mead Food Bank**

12611 N. Wilson, Mead  
509 466-7068

### Medical Lake

#### **Medical Lake Food Bank**

207 S. Washington St., Medical Lake  
509 299-3819 F 10-12  
[www.medicallakecommunityoutreach.live.com](http://www.medicallakecommunityoutreach.live.com)

### Spangle

#### **Spangle Community Food Bank**

305 E. 2nd Ave., Spangle  
509 245-3206 4th T-W 2-3

## PROGRAMS DEFINED

### **AID TO FAMILIES WITH DEPENDENT CHILDREN (AFDC)**

Aid to Families with Dependent Children (AFDC) was established by the Social Security Act of 1935 as a grant program to enable states to provide cash welfare payments for needy children who had been deprived of parental support or care because their father or mother was absent from the home, incapacitated, deceased, or unemployed.

### **APPLE HEALTH (MEDICAID) COVERAGE**

In Washington State, Medicaid is called Apple Health. Apple Health provides preventative care, like cancer screenings, treatment for diabetes and high blood pressure, and many other health care services. [Hca.wa.gov](http://Hca.wa.gov)

### **MEDICAID**

Medicaid is a state and federal program that provides health coverage for very low income.

### **MEDICARE**

Medicare is a Federal program that provides health coverage if you are 65 or older or have a severe disability, no matter your income. *If eligible for both Medicare and Medicaid (dual eligible), one can have both working together to provide health coverage.*

### **SECTION 8 HOUSING**

A locally administered, federally sponsored, voucher-based housing provision program.

Referral Vouchers: Currently, Spokane Housing Authority (SHA), the local Section 8 administrator, partners with the following community agencies to manage the program: Catholic Charities, DSHS ALTSA, Frontier Behavioral Health, Northeast Community Center, Transitions, Spokane County Supportive Living, Volunteers of America (VOA), World Relief, and YWCA.

As a requirement of waiting list status, or continued participation in the Housing Assistance Programs, changes in circumstances affecting income, employment, household size or composition, and other changes **MUST** be reported within 10 days of the change. Rent paid by the client is based on household income. Vouchers are granted using a lottery system. The recipient has to locate housing before the voucher expires.

Tenet-Based Housing Choice Voucher (HCV) is a 'portable' voucher that can be used with any property that meets HUD Housing Quality Standards (more info at [portal.hud.gov](http://portal.hud.gov)).

Project-Based Vouchers are assigned to specific addresses. [www.spokanehousing.org](http://www.spokanehousing.org)

### **SOCIAL SECURITY PAYMENTS**

Social Security payments can be accessed in several ways. One is the Direct Express® card is issued by Social Security to access benefits. One does not need a bank account. It works like a debit card.

### **SOCIAL SECURITY DISABILITY INSURANCE**

Social Security Disability Insurance pays benefits to you and certain members of your family if you are "insured," i.e., qualified for Social Security benefits based on sufficient work history and payment of Social Security taxes. Certain members of the insured's family may also qualify for benefits.

### **SUPPLEMENTAL SECURITY INCOME (SSI)**

Supplemental Security Income (SSI), a Federal income supplement program funded by general tax revenues (*not* Social Security taxes) pays benefits based on financial need. To help aged, blind, and disabled people who have little or no income. Provides cash to meet basic needs for food, clothing, and shelter.

### **SPOKANE NEIGHBORHOOD ACTION PROGRAM (SNAP)**

Spokane Neighborhood Action Program offers many housing related programs, including Financial Planning, Housing Counseling, Utility Assistance, Housing Improvements, and more.

### **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

SNAP EBT Electronic Benefits Transfer (EBT), (commonly known as Food Stamps) is an electronic system that allows a recipient to authorize transfer of their government benefits from a Federal account to pay a retail account.

### **TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (TANF)**

The Temporary Assistance for Needy Families program provides grant funds to states and territories to provide families financial assistance and related support services.

### **WOMEN, INFANTS, AND CHILDREN (WIC)**

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infant and children up to age five who are found to be at nutritional risk.