



Spokane Community Resources

Community Resources

Call 211

Washington Social & Health Services

The Fig Tree Resource

Includes links for:

Human Services

Community Centers and Services
Public and Financial Assistance
Employment, Job Skills, Ed
Food and Clothing Banks - Chart
Food and Clothing Distribution
Utility Assistance and Home Repair
Homelessness, Poverty Networks
Transitional Housing and Shelters
Multi-Service and Emergency Referrals

Children and Family Resources

Children's Health
Family Planning, Maternity
Mens' and Womens' Resources
Foster Care & Adoptions
Early Learning
K-12 Education
Scholarship & Mentoring
Family Crises; At-Risk children & Youth
Family Law; Domestic Violence

Health Care Resources

Alcohol/Drug Rehabilitation
Disability Services
Holistic Health
Medical & Dental Care
Mental Health & Counseling

Senior Resources

Funerals; End-of-life

In-Home Care

Senior Centers and Programs

Senior Housing & Retirement Communities

Senior Nutrition & Meal Sites

Justice Action Resources

Human Rights & Diversity

Native American

Fair Trade

Immigration, Refugee & Language

International Exchanges

Peace & Justice

Civic Services

Felon, Corrections, Re-Entry

Military Services & Family Resources

Transportation & Travel

Veterans Resources

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Christian Counselors

[Link to local Christian Counselors Listed on Psychology Today](#)

Other Resources

Alcoholics Anonymous

Spokane (509) 624-1442

<https://aaspokane.org>

AA Referral Service and Helpline - 800-905-8666

Find an AA near You: <https://aaspokane.org/meetings/>

Crisis Pregnancy

Life Services

509-327-0701

email – info@lifeservices.org

<https://www.lifeservices.org>

Child Abuse and Neglect Reporting

866-363-4276

Daybreak Youth Services of Spokane

Inpatient Program: (509) 624-3227

Outpatient Program (Downtown): (509) 444-7033

Areas of stated expertise: Drug, alcohol, family issues

<https://daybreakyouthservices.org/locations/>

Elijah House Ministries

317 N. Pines Road

Spokane Valley, WA 99206

Phone: (509) 321-1255

Areas of stated expertise:

Dealing with emotional issues from the past.

<https://elijahhouse.org>

Free Child Care

Vanessa Behan Crisis Nursery – 535-3155

<https://www.vanessabehan.org/for-parents/>

Death of a Loved One

GriefShare (13 week program)

Find a Grief Share Nearby: <https://www.griefshare.org/findagroup>

Lutheran Community Services

Office: 747-8224

<https://lcsnw.org/office/spokane/>

Services:

Sexual Assault & Family Trauma Response Center– Clinical Services/

Counseling, Victim Advocacy & Support, 24 hr Crisis Line

ACT for Kids – Child Sexual Abuse Prevention Education

Foster Care & Adoption Programs

Sexually Reactive Youth Program

Spokane Mental Health—Help is available 24 hours daily

First Call For Help: (509) 838-4428

General Information: (509) 838-4651

Crisis Response Services (509) 838-4651

Valley Offices: (509) 458-7479

Areas of stated expertise:

Chronic mental health.