



Exceptional Family/Special Needs Member Program Resource Guide

OPR: 92 FSS/FSFR

Exceptional Family Member

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Infant/Child Resources

- Schooling/Education
 - Early Head Start/Early Childhood Education and Assistance Program
Spokane Administrative office 3939 N. Freya, Spokane (509) 533-4800
www.iel.spokane.edu/hs/
 - Spokane Guild School & Neuromuscular Center early intervention for kids with special needs www.guildschool.org (509) 326-1651
 - ESD 101 Homeless Youth in School (509) 456-6320 or (509) 789-3800
 - Schools in the Area (Children in Airway Heights, Four Lakes and Cheney attend Cheney Schools)
 - Michael Anderson Elementary School
<http://www.mlsd.org/mae/mae.htm> GRADES preschool-6
400 W Fairchild Hwy Fairchild AFB, WA 99011 (509) 565-3600
or (509) 244-3671
 - Medical Lake School District #326, 116 West Third Street/PO
Box 128 Medical Lake, WA 99022 (509) 565-3100
 - Medical Lake Elementary School GRADES K-3 250 S Prentis
Medical Lake, WA 99022-0128 (509) 565-3500 www.mlsd.org/
 - Hallett School. GRADES 4th-6th, 524 S Hallett Medical Lake, WA
99022 (509) 565-3400
 - Cheney School District 360520 4th Street. Cheney, WA 99004
(509) 235-6205 www.cheneysd.org/
 - Coeur d'Alene School District (208) 664-8241
 - Nine Mile Falls School District (509) 466-5512
 - Post Falls School District (208) 773-1658
 - Windsor Elementary School GRADES K - 5 and Preschool, 5504
West Hallett Road, Spokane, WA 99224 (509) 559-4200
 - Student Absentee line (509) 559-4202
www.cheneysd.org/windsor
 - Spokane School District #81, 200 N Bernard Street, Spokane,
WA 99201 (509) 354-5900 www.spokaneschools.org/
 - Central Valley School District #356, 19307 East Cataldo Street,
Greenacres, WA 99016 (509) 922-6700 www.cvsd.org/
 - East Valley School District #361, 12325 East Grace Street,
Spokane, WA 99216 (509) 924-1830 www.evsd.org/
 - West Valley School District 3632805 North Argonne Road
Spokane, WA 99212 (509) 924-2150 www.wvsd.com/

- Child Find-Screening resources for disabled children
 - Central Valley (509) 228-5500
 - Cheney (509) 559-4507
 - Deer Park (509) 464-5521
 - East Valley (509) 927-9511
 - Freeman (509) 228-5860
 - Great Northern (509) 747-7714
 - Liberty Lake (509) 624-4371
 - Mead (509) 465-7600
 - Medical Lake (509) 565-3408
 - Nine Mile Falls (509) 466-1131
 - Orchard Prairie (509) 467-9517
 - Riverside (509) 464-8361
 - Spokane Dist #81 (509) 354-6336
 - West Valley (509) 927-1138
- Community Colleges of Spokane institute of extended learning program for early parent supports 0-10 months, and Co-op Preschool, 9 months to 5 years (509) 279-6020
- Department of Defense Education Activity www.dodea.edu
- Domino Project: Preschool for children 3 years and up with Autism Spectrum Disorders (509) 328-1582
- Family Educator Partnership Program (509) 328-6326
- Gonzaga University Preschool (509) 325-6317
- Hearing Oral Program of Excellence (HOPE) for children with hearing loss (509) 368-6899
- Military Child Education Coalition www.militarychild.org/
- Military Child Initiative at John Hopkins University www.jhsph.edu/mci
- Military Student: for the special needs of military kids; www.militarystudent.dod.mil
- NW Educational Service District (lists programs & services For WA kids) www.nwesd.org
- Parents Are Vital in Education (PAVE) Assisting Parents of children with disabilities (509) 326-1722 www.wapave.org

- SOAR (Student Online Achievement Resources) an innovative program for parents to take an active part in their child's education
www.soarathome.org
- US Department of Education: www.ed.gov
- Legal
 - Fairchild Air Force Base Legal Office (by appointment) (509) 247-2838
 - Cadre National Center on Dispute Resolution for Special Education and early intervention) (541) 686-5060 www.directionservice.org
 - The Children's Alliance Advocates for WA State kids (509) 747-7205
www.childrensalliance.org
 - Child Support Enforcement 1608 W. Boone, Spokane (509) 363-5000
www.dshs.wa.gov/dcs/
 - Human Rights Commission Washington State Spokane Office (509) 568-3196 www.hum.wa.gov
 - National Center on Education, Disability and Juvenile Justice
www.edjj.org
 - Northwest Justice Project (509) 324-9128 www.nwjustice.org
 - Public Defender's Office (Spokane County) (509) 477-4246
www.spokanecounty.org
 - Spokane County Kids' Court & Teen Court (509) 473-4830
 - Volunteer Lawyers Program (509) 324-0144 www.spokanebar.org
- Medical/Health
 - 92d Medical Group Family Health Center (509) 247-5661
 - 92d Medical Group Health & Wellness Center (509) 247-5590
 - 92d Medical Group Pediatric Clinic (509) 247-5661
 - 92d Medical Group Immunizations Clinic (509) 247-5284
 - 92d Medical Group Family Advocacy Nurse (509) 247-3249
 - Health & Wellness Center (FAFB) (509) 247-5590
 - Mental Health Center (FAFB) (509) 247-2731
 - Tricare General Information 1-888-363-2273 or www.tricare.osd.mil
 - Tricare Appointment line(FAFB) (509) 247-2361
 - Triwest Medical Provider directory
www.triwest.com/unauth/apps/OnlineProviderDirectory/default.aspx

- Triwest for Extended Care Health Option (Special Needs) <http://www.triwest.com/beneficiary/echo/default.aspx>
- Triwest Behavioral Health Portal: www.triwest.com/beneficiary/BehavioralHealth/
- Special Needs Organizational Record (SCOR) is an organizational record available to download to keep records, appointments and other information for families with special needs www.tricare.mil/ocmo/documents/SCOR.doc
- American Medical Association(Doctor Finder) www.ama-assn.org
- Basic Healthcare Plan of Washington 1-800-826-2444
- BEST (Behavioral Education Skills Training) Sacred Heart Medical Center provides day treatment hospitalization for behaviorally or emotionally disordered children ages 5-12 years, (509) 474-2112 <http://www.shmcchildren.org/index.php/services/101>
- Breakthrough Inc/Specialized Youth Treatment Program for behavioral challenged, developmentally delayed boys, located in Mead, WA (509) 951-9044
- The Children with Special Health Care Needs (CSHCN) Program. Spokane Regional Health District. Maxillofacial Teams in Washington State through contracts to coordinate care for infants and children born with oral facial anomalies, like cleft lip and cleft palate (509) 324-1652 http://www.doh.wa.gov/cfh/mch/maxillofacial_review_teams.htm
- Community Health & Education Resources offer classes for parents, and kids (509) 232-8138 www.cherspokane.org
- CHAS Medical Clinics of Spokane (509) 444-8200 www.chas.org
- Deaconess Neurodevelopment Follow Up Clinics (509) 473-7501 www.deaconess-spokane.org/
- Family Health Hotline: 1-800-322-2588 www.hmhbwa.org
- Family Voices, a national network for parents who have children with disabilities www.familyvoices.org/
- Fisher House Program for military members comfort houses to be close to a loved one when there is chronic illness, injury or disease www.fisherhouse.org
- Head Lice: Spokane Regional Health District (509) 323-2847 www.srhd.org/
- Healthy Kids Now! 1-877-543-7669 www.healthykidsnow.net

- Holy Family Hospital (509) 482-0111 www.holy-family.org/
- Holy Family Hospital/Children's Rehab Services (509) 482-2193 www.holy-family.org/
- Hospice of Spokane (509) 456-0438 www.hospiceofspokane.org
- Inland Food Allergy Support Team (509) 323-6623 www.i-fast.org
- Inland Northwest Genetics Clinic (509) 535-2278 http://apps.shmc.org/inland_northwest_genetics_clinic.htm
- Kids Health Website for Kids www.kidshealth.org/kid/
- Medical Assistance Administration (DSHS) www.maa.dshs.wa.gov
- Medicaid www.cms.hhs.gov
- Mental Health Ombudsman Spokane: Free assistance to eligible persons for publically funded mental health services having a grievance about their service (509) 477-4666
- Milestones: Pediatric Therapy providing outstanding assessment and treatment services to children with speech, language challenges (509) 835-4404 www.milestonespllc.com
- National Alliance on Mental Illness Spokane (NAMI) (509) 838-5515 www.nami.org
- Ronald McDonald House A home away from home for families who have chronically ill children in Spokane for medical care (509) 624-0500 www.rmhsportokane.org
- Sacred Heart Medical Center for Children (509) 474-4841 <http://www.shmchildren.org/>
- Sacred Heart Medical Center Provider Directory for Pediatric Specialists: www.shmchildren.org/index.php/physicians/13
- Shriner's Hospital for Children (509) 455-7844 <http://www.shrinershq.org/Hospitals/Spokane/>
- Spokane Mental Health for Children and Families (509) 458-7458 www.smhca.org
- Spokane Regional Health District Public Health Clinic (509) 324-1600
- Spokane Regional Health District (509) 324-1500 www.srhd.org/
- St. Luke's Rehabilitation Center for Children (509) 473-6079 www.st-lukes.org/
- Valley Hospital and Medical Center (509) 924-6650 www.valleyhospital.org/
- University Hearing and Speech Clinic (509) 358-7580

- Washington Elks Therapy for Children (Occupational & Physical Therapy) 1-800-825-3557
- Washington Sensory Disabilities Services for Children with Deaf-Blindness 1-800-572-7000
- Within Reach Family Health Statewide information
www.withinreachwa.org/
- Advocacy/ Information/Support
 - Airman & Family Readiness Center (509) 247-2246
www.fairchildfun.com/
 - Family Advocacy (FAFB) (509) 247-2687
www.public.fairchildamc.af.mil
 - Fairchild Military and Family Life Consultants (MFLAC) (509) 435-1992 or (509) 570-2428
 - Military Child & Youth Behavioral Program Counseling (509) 496-3812
 - Fairchild Air Force Base Chaplain (509) 247-2264
 - After hours Duty Chaplain (509) 247-4051
 - Child Development Center (509) 247-2403
www.militaryinstallations.dod.mil
 - Air Force Crossroads-Supporting the Air Force Community
www.afcrossroads.com/
 - Air Force Special Needs Information: www.afspecialneeds.org
 - Military Homefront Supporting Military & Their Families
www.militaryhomefront.dod.mil/
 - Military Child Website: www.militarychild.org/
 - Military Community listings for information about organizations and support around military bases www.militaryinstallations.dod.mil
 - Military Community and Family Policy E-Newsletter A quarterly e-newsletter to support military personnel and their families
<http://apps.mhf.dod.mil/pls/psgprod/f?p=eMag:Home:1891295148117971>
 - Military Homefront's Special needs EFMP Module
www.militaryhomefront.dod.mil/efm
 - Military One Source 1-800-342-9647 www.militaryonesource.com
 - National Resource Directory for Military Members and Family:
<http://www.nationalresourcedirectory.gov>

- National Dissemination Center for Children with Disabilities:
www.nichcy.org
- Specialized Training of Military Parents (STOMP) assists military families who have children with special education or health needs 1-800-572-7368 or (253) 565-2266 www.stompproject.org
- US Air Force Recreation Services www.usafservices.com/
- Virtual Personnel Flight (vMPH) Online resource to obtain information about Air Force special needs programs
www.ask.afpc.randolph.af.mil
- All Our Children Information Source Spokane (509) 747-0920
- American Academy of Child and Adolescent Psychiatry (202) 966-7300 www.aacap.org
- American Association for Marriage and Family Therapy (703) 838-9808 www.aamft.org
- American Diabetes Association (509) 624-7478
- American Psychological Association 1-800-964-2000 www.apa.org
- ARC of Spokane 127 W. Boone (509) 328-6326 www.arc-spokane.org
- Answers for Special Kids (ASK) Resource line 1-800-322-2588
- Assistive Technology Alliance for people with Disabilities (Washington State) (206) 685-4181 or 1-800-841-8345 (TTY in state)
www.wata.org
- Assistive Technology Program (Idaho State) (208) 885-3559 (TTY or 1-800-432-8324 (TTY) www.educ.uidaho.edu/idatech
- Autism Society of Washington (509) 456-6204
www.autismsocietyofwa.org
- Big Brothers/Big Sisters of the Inland Northwest (509) 328-8310
www.bbbsspokane.org
- Brain Injury Association of WA (509) 473-6153
www.biawa.org/spokane
- Child and Adolescent Bipolar Foundation (847) 256-8525
www.bpkids.org
- Child Care Center Infant Room Consultation (509) 324-1658
- Children with Attention Deficit Disorder (CHADD) 1-800-233-4050
www.chadd.org
- Children First Referral Services (509) 924-2850

- Counseling Services
 - Catholic Charities Counseling (509) 242-2308
www.catholiccharitiesspokane.org
 - Children's Home Society (509) 747-4174
www.childrenshomesociety.org
 - Family Service Spokane (509) 838-4128
www.familyservicespokane.org
 - Lutheran Community Services Northwest (509) 747-8224
www.lcsnw.org
 - Spokane Mental Health Family & Child Services (509) 458-7458
TDD (509) 624-0004 www.smhca.org
 - St. Joseph Family Center (509) 483-6495
www.stjosephfamilycenter.org
- Department of Services for the Blind (509) 456-2933
- Depression and Bipolar Support Alliance 1-800-826-3632
www.dbsalliance.org
- Disability Information (National) www.disabilityinfo.gov
- Division of Developmental Disabilities (509) 329-2904/1-800-462-0624
www1.dshs.wa.gov/ddd/index.html
- Down Syndrome Family Network (509) 482-0224 www.arc-spokane.org
- Easter Seals Washington (509) 326-8292. www.wa.easterseals.com
- Eastern Washington Center for the Deaf and Hard of Hearing (509) 328-9220 www.ewcdhh.org
- Evergreen Spinal Bifida Association (509) 326-6355
- Exceptional Parent Magazine is a support website for parents of children with special needs www.eparent.com
- Family Care Resources (resource & referral) (509) 484-0048
www.community-minded.org
- Family/Educator Partnership Project (509) 328-6326 or 1-888-754-8798
www.arc-spokane.org
- Family Village: an internet global community for families of persons with disabilities. www.familyvillage.wisc.edu
- Family Voices: a national grassroots network of families and friends
www.familyvoices.org
- Family Awareness: For families dealing with depression (781) 890-0220 www.familyaware.org

- Fetal Alcohol Syndrome Family Resource Institute 1-800-999-3429
www.fetalalcoholsyndrome.org
- Holy Family Speech & Hearing Center for Children (509) 482-2193
www.holy-family.org
- Infant & Toddler Early Intervention Program (ITEIP) from the Department of Social and Health Services Division of Developmental Disabilities: Early intervention services for children aged 0-3 years 1-800-322-2588 www1.dshs.wa.gov/ddd/index.html
- The Isaac Foundation provides financial assistance in the form of therapy grants for medical interventions for children affected by autism (509)499-1679 www.theisaacfoundation.org
- Department of Social and Health Services Division of Developmental Disabilities: For school age children aged 3-21 years www.k12.wa.us
- Infant Toddler Network: Families of young children (birth to age 3) with developmental delays or a condition that results in developmental delays (509) 324-1654 www.srhd.org
- Lilac Blind Foundation (509) 328-9116 www.lilacblindfoundation.org
- March of Dimes, Inland Northwest Division (509) 328-1920
www.marchofdimes.com/washington
- Mental Health America 1-800-969-6642 www.nmha.org
- MOPS (Mothers of Preschoolers) Support Group various meeting locations www.mops.org/
- National Association of Social Workers www.socialworkers.org
- National Dissemination Center for Children with Disabilities (NICHCY) www.nichcy.org
- National Institute of Mental Health 1-800-421-4211
www.nimh.nih.gov
- National Mental Health Screening Tool (781) 239-0071
www.mentalhealthscreening.org
- Northwest Autism Center (509) 328-1582 www.nwautism.org
- NW Center for Children's Rehabilitation at St. Luke's (509) 473-6079
www.stlukesrehab.org
- Operation Purple Camps: week-long overnight camps serving military children
www.nmfa.org./site/PageServer?pagename=op_default
- Operation: Military Kids is a national effort to serve military children and families www.operationmilitarykids.org

- Special Olympics Washington (206) 362-4949 or 800-752-7559
www.sowa.org
- Special Wishes for chronically ill kids:
 - The Dream Factory, Inc. 800-456-7556
www.dreamfactoryinc.com
 - Give the World a Village 800-995-5437 www.gktw.org
 - Make a Wish Foundation (509) 458-2618. www.wish.org
 - Special Wish Foundation 800-486-9474 www.spwish.org
 - Starlight Starbright Children's Foundation 800-315-2580
www.starlight.org
- Spokane AIDS Network (509) 455-8993
www.spokaneaidsnetwork.org
- Spokane County Parent Coalition offers information, education resources and advocacy to families with children with developmental disabilities (509) 328-6326 www.spokaneparentcoalition.org
- Spokane Rite Care of WA for Childhood Language Disorders (509) 838-2310 www.srcld.org
- Spokane Smiles: a community network for families with children born with cleft lip and/or palate www.spokanesmilesonline.com
- Support for Military Children Videos-The American Academy of Pediatrics
www.aap.org./sections/uniformedservices/deployment/videos.html
- Tamarack Center provides psychiatric services for emotionally disturbed children and adolescents (509) 326-8100 www.tamarack.org
- US Department of Health & Human Services Knowledge Exchange Network www.mentalhealth.org
- Washington State Infant Toddler Early Intervention Program 1-800-322-2588 www1.dshs.wa.gov/iteip/
- Yellow Pages for Kids with Disabilities State by State Resource
www.yellowpagesforkids.com/help/states.htm
- YMCA Before & After School Care/Summer Day Camps (509) 838-3577 www.ymcaspokane.org
- Zero to Three supports healthy development of infants, toddlers and families www.zerotothree.org/military
- Support Groups for Parents:
 - American Diabetes Association (509) 624-7478
 - Autism Society of WA Spokane Chapter (509) 456-6204

- Candlelighters for families with children fighting cancer (509) 953-5186 or (509) 473-3557
- Caring Friends of Cystic Fibrosis Support Group (509) 536-0406
- Children with Attention Deficit Disorder 1-800-233-4050
- Compassionate Friends support group for parents or siblings of a child who died (509) 927-3685
- Down Syndrome Family Network (509) 482-0224
- Epilepsy Support Group (509) 325-1128 www.epilepsynw.org
- Family Resource Institute 1-800-999-3429
- Fetal Alcohol Syndrome Diagnostic & Prevention Network at Sacred Heart Hospital (509) 474-3748
- Muscular Dystrophy Support Group (509) 325-3802
- NW Parents of Blind Children/National Federation of the Blind (509) 487-1732
- Northwest Autism Center (509) 328-1582 www.nwautism.org
- Oley Foundation Support Group for Families with G-Tube & Infusion Nutrition (509) 255-5966
- Parents of Children with Cleft Lip & Palate (509) 324-1652
- Parent to Parent Support Group for Parents of Disabled Children (509) 328-6326
- Parent of Children with Hearing Impairment Support Group (509) 789-5785
- Passages: Support Group for parents of Children with Mental Illness (509) 892-9241
- Second Timers Relatives Raising Relatives (509) 747-4174
- Spokane County Parent Coalition for parents with children with developmental disabilities (509) 328-6326
- Spokane Father's Network: for fathers and families of children with special needs (509) 328-6326 www.fathersnetwork.org
- Spokane Guild School & Neuromuscular Center Parent Support Group (509) 326-1651
- Sudden Infant Death Syndrome (SIDS) (509) 456-0505 www.sidsowfa.org
- Washington Association for Parent's of the Visually Impaired (509) 448-7166

- Safety
 - **Fire/Police/Ambulance for Emergency: Dial 911**
 - FAFB Security Forces Desk (509) 247-5493
 - Police Departments/County Sheriff
 - Airway Heights Police Business (509) 244-3707
 - Liberty Lake Police Department (509) 755-1140
 - Medical Lake Police Department (509) 565-5003
 - Spokane County Sheriff (509) 477-4739
 - Spokane Police Department Law Enforcement Helpline (509) 625-4100
 - Spokane Valley Police Department (509) 477-3300
 - SCOPE(Sheriff Community Oriented Policing Effort) (509) 477-4717 www.spokanesherriff.org
 - Children Home Alone: Guidance on the base home alone policy Fairchild Family Advocacy (509) 247-2687
 - Act for Kids Spokane: Advocacy and counseling for kids who have been sexually abused (509) 747-8224 www.actforkids.org/
 - American Red Cross (509) 326-3330 www.spokaneredcross.org
 - AVISTA Cares Life Support Notification if family member uses life support equipment 1-800-227-9187
 - Center for Missing and Exploited Children resources for parents and guardian with safety tips and printed materials <http://www.missingkids.com>
 - Child Abuse: Child Help Line 1-800-4-ACHILD or 1-800-422-4453
 - Child Protective Services Spokane (509) 363-3333 www.dshs.wa.gov
 - Child Sexual Abuse: Stop It Now! 1-888-PREVENT or 1-888-773-8368
 - COPS/Block Watch (Community Oriented Policing Services) (509) 735-4592 www.spokanepolice.org
 - Crime Prevention Spokane County (509) 477-6044 www.spokanesherriff.org
 - First Call for Help Crisis Hotline (509) 838-4428 or 1-877-678-4428 www.smhca.org
 - Poison Center Emergency and Information 1-800-222-1222 www.wapc.org
 - Rape, Abuse & Incest National Network (RAINN) 1-800-656-4673 extension 1 www.rainn.org

- Safer Child Resources 1-800-292-9688
www.saferchild.org/spokane.htm
 - Shaken Baby Syndrome National Center Information
www.dontshake.org
 - Spokane Child Abuse and neglect Prevention Center (SCAN) (509) 458-7445 www.scanprevention.org
 - Suicide Prevention Hotline: 1-800-SUICIDE/1-800-273-8255
 - Vanessa Behan Crisis Nursery (509) 535-3155 www.vanessabehan.org
 - Temporary Housing Shelters:
 - Anna Ogden Hall (Women & Children) (509) 327-7737
 - Salvation Army Shelter for families with children, married couples (509) 325-6814
- Recreation
 - Family Oasis/Deel Community Center (509) 247-2619
 - Fairchild Boys & Girls Club (509) 247-5601
 - Fairchild Air Force Base Library 2 West Castle St. (509) 247-5556
 - Fairchild Fun Spot Bowling (509) 247-2242
 - Fairchild Outdoor Recreation (509) 247-2511
 - Fairchild Indoor/Outdoor Pool (509) 247-2242 or 247-2631
 - Base Theater Movie Schedule Recording (509) 247-5600
 - Fairchild Fitness Center (509) 247-2791
 - Fairchild Fun website for activities around the base
www.fairchildfun.com
 - Fairchild Preteen Center (509) 247-8043
 - Fairchild Youth Center (509) 247-5601
 - 4-H Youth Development (509) 477-2048 www.spokanekids.wsu.edu
 - Airway Heights Community Center 13120 W. 13th (509) 244-4845
www.cawh.org
 - Boys & Girls Club of Spokane (509) 489-0741
www.bgcspokanecounty.org
 - Boy Scouts (509) 325-4562 www.northwestscouts.org
 - Girl Scouts (509) 747-8091 www.gsiec.org
 - Campfire USA (509) 747-6191 www.campfireinc.org
 - Camp Easter Seals (253) 884-2722 PO Box J Vaughn, WA 98394
www.wa.easterseals.com

- Camp Fun in the Sun Diabetes Type I & Type II - Youth Camp (509) 232-8135 www.campfuninthesun.org
- Developmentally Disabled Recreation & Social Integration Program (509) 473-6153
- Mobius Kids Museum hands on museum to age 10 (509) 624-5437 www.mobius.org
- Spokane Parks & Recreation (509) 625-6200 www.spokaneparks.org/
- Spokane Valley Parks & Recreation (509) 688-0300 www.spokanevalley.org
- YMCA/YWCA Central Office has Summer Day Camps 930 N. Monroe St (509) 777-9622 www.ymcaspokane.org/
- Spokane County Libraries (Call for hours) www.sclld.org
 - Airway Heights Branch 1213 S. Lundstrom (509) 893-8250
 - Argonne Branch 4322 N Argonne (509) 893-8260
 - Cheney Brach 610 First St (509) 893-8280
 - Deer Park Branch 208 S. Forest (509) 893-8300
 - Fairfield Branch 305 E Main St (509) 893-8320
 - Medical Lake Branch 321 E Herb St (509) 893-8330
 - Moran Prairie Branch 6004 S. Regal (509) 893-8340
 - North Spokane Branch 44 E. Hawthorne Rd (509) 893-8350
 - Otis Orchards Branch 22324 E. Wellesley (509) 893-8390
 - Spokane Valley Branch 12004 E. Main (509) 893-8400
- Spokane City Libraries (Call for hours) www.spokanelibrary.org/
 - Library Services for Children (509) 444-5331
 - Downtown Spokane Branch 906 W. Main (509) 444-5300
 - East Side Library 524 S. Stone (509) 444-5375
 - Hillyard Library 4005 N. Cook (509) 444-5380
 - Indian Trail Library 4909 W. Barnes (509) 444-5395
 - Shadle Library 2111 W. Wellesley (509) 444-5390
 - South Hill Library 3324 S. Perry (509) 444-5385
- Websites for Kids
 - Sesame Street Talk Listen Connect for Kids www.sesameworkshop.org/initiatives/emotion/tlc
 - First Gov for kids www.kids.gov/
 - Deployment Kids website www.deploymentkids.com/

- Military Youth on the move www.dod.mil/mtom/
- Housing/Transportation
 - Air Force Base Housing Office/Balfour Beatty (509) 244-9044
 - Affordable Rental Program/Mortgage Assistance Programs (509) 456-7106 www.snapwa.org
 - Habitat for Humanity (509) 534-2552 www.habitat-spokane.com
 - Northwest Fair Housing Alliance (509) 325-2665
www.nwfairhouse.org
 - Special Mobility Services is a medicaid broker for transportation and foreign language interpreters (509) 534-9760 or 1-800-892-4817
 - Spokane County Disabled Parking Privileges (509) 477-2222 or 800-642-5174 www.wa.spokanecounty.org
 - Spokane Neighborhood Action programs (509) 456-7164
www.snapwa.org
 - Spokane Housing Authority (509) 328-2953 www.spokanehousing.org
 - Spokane Paratransit Services (509) 325-6026
www.spokanetransit.com/ridesta/paratransit.asp
 - Spokane Transit Authority (509) 328-7443 www.spokanetransit.com/
 - U.S. Department of Housing and Urban Development www.hud.gov
- Financial Assistance/Basic Needs
 - Air Force Aid Society/Financial Counseling (509) 247-2246
www.afas.org
 - Army Relief Society 1-866-878-6378 www.aerhq.org
 - Navy/Marine Corp. Relief Society (703) 696-4904 www.nmcrs.org
 - FAFB WIC Deel Community Center (509) 247-2760
 - Airway Heights/Spokane Food Bank (509) 244-2474/ (509) 534-6678
 - Commodity Supplemental Food Program (509) 534-6678 www.2-harvest.org
 - Family Food Hotline local resources 1-888-436-6392
www.familyfoodhotline.org
 - The Food Stamp Program Information (National) www.fns.usda.gov
 - Food Banks in area. Call for times and requirements
 - Airway Baptist Church 12322 Sunset Hwy (509) 244-2474
 - Caritas Center 5109 N. Adams (509) 326-2249

- Cheney Outreach 630 3rd St (509) 235-2325
 - City Gate 170 S. Madison (509) 455-9670
 - East SNAP 500 S. Stone (509) 456-7106
 - Greenhouse 222 E. Crawford Deer Park (509) 276-8224
 - Mead Food Pantry 12611 N Wilson Rd Mead (509) 466-7068
 - Medical Lake Food Bank 211 N Levre, (509) 299-9024
 - No County Food Bank 37417 N Conklin Rd (509) 292-2530
 - North East SNAP Food Bank 4001 N. Cook (509) 487-1114
 - Northwest Ecumenical Food Bank 3908 N Driscoll (509) 325-4541
 - Otis Orchards Food Bank 4308 N. Harvard Rd (509) 926-4909
 - Our Place 1509 W. College (509) 326-7267
 - Salvation Army 2020 N. Division (509) 325-6821
 - Southside Food Pantry 2934 E. 27th (509) 535-2301
 - Valley Food Bank 10814 E. Broadway (509) 928-7769
 - Westminster Presbyterian Church 2705 W. Boone (509) 328-5002
- Clothing Banks/ Free – Call for hours and requirements
 - Fairchild AFB Airman's Attic free clothing, toys for families E-5 and below, all ranks on Thursday (509) 247-5154
 - Central Lutheran Church 512 S. Bernard (509) 624-9233
 - Cheney Clothing Exchange 630 Third (509) 455-9670
 - City Gate 170 S. Madison (509) 455-9670
 - Greenhouse 222 E Crawford Deer Park (509) 276-8224
 - Mission Outreach 1906 E. Mission (509) 536-1084
 - Our Place 1509 W. College (509) 326-7267
 - Peaceful Valley Community Center 214 N Cedar (509) 624-8634
 - Salvation Army Services 2020 N Division #B (509) 325-6821
 - Valley Center 10814 E. Broadway (509) 927-1153
 - Shalom Ministries -Dining with Dignity (call for hours) 518 W. Third, Spokane is open to anyone who is hungry (509) 455-9019
 - Summer Food Program for kids (509) 625-6200 (Parks) or (509) 354-7270 (schools)
 - Supplemental Security Income (SSI) 1-800-772-1213 www.ssa.org
 - Temporary Assistance for Needy Families(TANF) (formerly the Welfare/Food stamp program) (509) 227-2500

- Women Infant Children's Supplemental Food Program Airway Heights (509) 326-9540 or Spokane: (509) 324-1620
- Women's and Children's Free Restaurant at St. Paul's United Methodist Church (509) 324-1995

Youth/Teen Resources

- Schooling/Education
 - Schools in the Area (Students in Airway Heights, Four Lakes and Cheney attend Cheney Schools.)
 - Cheney School District #360 520 4th Street. Cheney, WA 99004 (509) 235-6205 www.cheneysd.org/
 - Medical Lake School District #326, (509) 565-3100 www.mlsd.org/
 - Coeur d'Alene School District (208) 664-8241
 - Nine Mile Falls School District (509) 466-5512
 - Post Falls School District (208) 773-1658
 - Spokane School District #81, 200 N. Bernard Street. Spokane, WA 99201 (509) 354-5900 www.spokaneschools.org/
 - Central Valley School District 356. 19307 East Cataldo Street. Greenacres, WA 99016 (509) 922-6700 www.cvsd.org/
 - East Valley School District #361, 12325 East Grace Street. Spokane, WA 99216 (509) 924-1830 www.evsd.org/
 - West Valley School District 3632805 North Argonne Road Spokane, WA 99212 (509) 924-2150 www.wvsd.com/
 - Contract Based Education Alternative High School Program 123 S. Bowdish (509) 927-1100
 - The Net /The Center for School to Work is an alternative education program providing opportunities for students and dropouts living in Spokane County (509) 456-7660 www.esd101.net/resources/student.aspx
 - Adult Basic Education (ABE) program for GED's age 16 up if high school releases 2310 N. Monroe St (509) 533-4600
 - Rotary Financial Aid Programs (509) 534-8998 www.rotaryspokane.com
 - Military Child Education Coalition www.militarychild.org/
 - US Department of Education: www.ed.gov
 - Military Students: www.militarystudent.dod.mil/
 - Scholarships for Military Children: www.militaryscholar.org/
 - Department of Defense Education Activity www.dodea.edu

- Legal/Employment
 - (Youth Consent Law In Washington State)
 - 12.2.2. Birth control, medical conditions related to pregnancy (counseling of the minor should be encouraged as needed), HIV and sexually transmitted diseases (14 years of age or older). A minor age 14 or older can give consent for treatment for AIDS or sexually transmitted diseases (RCW 70.24.110). Washington courts have expanded this rule to cover treating pregnancy, pregnancy-related and other reproductive issues. Consent of a parent or guardian is not required for such treatment.
 - 12.2.3. Outpatient substance abuse (13 years of age or older).
 - 12.2.4. Inpatient/outpatient mental health (13 years of age or older).
 - Fairchild Air Force Base Legal Office by appointment (509) 247-2838
 - Child Support Enforcement (509) 363-5000 www.dshs.wa.gov/dcs/
 - Cadre National Center on Dispute Resolution www.directservice.org
 - National Center on Education, Disability and Juvenile Justice www.edjj.org
 - Drug Court, Youth Services (509) 326-7740
 - Human Rights Commission Washington State (509) 568-3196 www.hum.wa.gov
 - Northwest Justice Project (509) 324-9128 www.nwjustice.org
 - Public Defender's Office (Spokane County) (509) 477-4246 www.spokanecounty.org
 - Spokane County Kids' Court & Teen Court (509) 473-4830
 - Volunteer Lawyers Program (509) 324-0144 www.spokanebar.org
 - Wrightslaw: www.wrightslaw.com
 - Employment/Vocation:
 - Americorps a national and community service job program or ages 17 and up www.americorps.gov/
 - Center from School to Work (509) 456-7660
 - Career Path Services (509) 326-7520
 - DVR -the WA State Division of Vocational Rehabilitation (509) 363-4700

- DO-IT -advocates for academic careers for teens and young adults with disabilities (509) 328-9331.
 - Planning Action for Youth Success (PAYS) Goodwill Industries helps eligible youth age 17-21 with employment and/or remedial education (509) 462-0519 www.giin.org
 - School to Work Connections - Provides job readiness training for ages 16-21 years with income & disability constraints (509) 456-7660 www.esd101.net/resources/student.aspx
 - Skills-kin provides young people and adults with disabilities job training and employment opportunities (509) 326-6760 www.skills-kin.org
 - WorkSource (509) 532-3190 www.workspokane.org
- Medical/Health
 - 92d Medical Group Family Health Center (509) 247-5661
 - 92d Medical Group Health & Wellness Center (509) 247-5590
 - 92d Medical Group Pediatric Clinic (509) 247-5661
 - 92d Medical Group Immunizations Clinic (509) 247-5284
 - 92d Medical Group Family Advocacy Nurse (509) 247-3249
 - Tricare Information 1-888-363-2273 or www.tricare.osd.mil
 - Tricare Appointment line (509) 247-2361
 - Triwest Medical Provider directory
www.triwest.com/unauth/apps/OnlineProviderDirectory/default.aspx
 - Triwest for Extended Care Health Option (Special Needs)
<http://www.triwest.com/beneficiary/echo/default.aspx>
 - Triwest Behavioral Health Portal:
www.triwest.com/beneficiary/BehavioralHealth/
 - Special Needs Organizational Record (SCOR) is an organizational record available to download to keep records, appointments and other information for families with special needs
www.tricare.mil/ocmo/documents/SCOR.doc
 - Adolescent Health Project of Spokane (Spokane Regional Health District) (509) 324-1530
 - Adolescent Health Transition Project (206) 685-1358
 - Basic Healthcare Plan of Washington 1-800-826-2444
 - Family Health Hotline: 1-800-322-2588 www.hmhbw.org

- CHAS Medical Clinics of Spokane (509) 444-8200 www.chas.org
- Deaconess Medical Center (509) 458-5800 www.deaconess-spokane.org/
- Holy Family Hospital (509) 482-0111 www.holy-family.org/
- Holy Family Hospital/Children's Rehab Services (509) 482-2193 www.holy-family.org/
- Hospice of Spokane (509) 456-0438 www.hospiceofspokane.org
- Inland Food Allergy Support Team (509) 323-6623 www.i-fast.org
- Inland Northwest Genetics Clinic (509) 535-2278
http://apps.shmc.org/inland_northwest_genetics_clinic.htm
- Medical Assistance Administration (DSHS) 1-800-562-3022
www.maa.dshs.wa.gov
- Mental Health Ombudsman Spokane: Free assistance to eligible persons for publically funded mental health services having a grievance about their service (509) 477-4666
- Medicaid (509) 444-3066 www.cms.hhs.gov
- National Alliance on Mental Illness Spokane (NAMI) (509) 838-5515
www.nami.org
- National Runaway Switchboard 1-800-RUNAWAY or 1-800-786-2929
- Planned Parenthood Resources focus on sexual health education (509) 326-6292 www.ppinw.org
- Sacred Heart Medical Center (509) 474-3131 www.shmc.org
- Spokane Regional Health District Public Health Clinic (509) 324-1600
- Spokane Regional Health District (509) 324-1500 www.srhd.org/
- Substance Abuse & Recovery Services
 - Adolescent Alcohol/Drug Intensive Outpatient Program
NATIVE Project (509) 325-5502
 - Daybreak Youth Services for adolescents affected by alcohol and other drug dependency (509) 927-1991
www.daybreakinfo.org
 - The Prevention Center (The Greater Spokane Substance Abuse Council's Prevention Center) (509) 922-8383
www.gssacpreventioncenter.com
 - National Alcohol and Substance Abuse Information Center 1-800-784-6776
- Valley Hospital and Medical Center (509) 924-6650
www.valleyhospital.org/

- Within Reach Family Health Statewide information
www.withinreachwa.org/
- Advocacy/ Support/Information
 - Fairchild Airman & Family Readiness Center (509) 247-2246
www.fairchildfun.com/
 - Fairchild Family Advocacy FAFB (509) 247-2687
www.public.fairchildamc.af.mil
 - Fairchild Air Force Base Chaplain (509) 247-2264
 - Fairchild Military Child & Youth Behavioral Program Counseling (509) 496-3812
 - Fairchild Military and Family Life Consultants (509) 435-1992 or (509) 570-2428
 - Air Force Special Needs Information: www.afspecialneeds.org
 - Air Force Crossroads-Supporting the Air Force Community
www.afcrossroads.com/
 - Military Community and Family Policy E-Newsletter A quarterly e-newsletter to support military personnel and their families
<http://apps.mhf.dod.mil/pls/psgprod/f?p=eMag:Home:1891295148117971>
 - National Military Family Association www.nmfa.org
 - Military Homefront Supporting Military & Their Families
www.militaryhomefront.dod.mil/
 - Military One Source 1-800-342-9647 www.militaryonesource.com
 - Military Teens on the Move www.dod.mil/mtom/index_t.htm
 - National Resource Directory for Military Members and Family:
<http://www.nationalresourcedirectory.gov>
 - Virtual Personnel Flight (VMPH) online resource to obtain information about Air Force special needs programs
www.ask.afpc.randolph.af.mil
 - Al-Anon/Alateen Family Groups (509) 456-2125 www.spokane-al-anon.org
 - Alcoholic Anonymous (509) 624-1442 (24 hour line) www.aa.org
 - ARC of Spokane (509) 328-6326 www.arc-spokane.org
 - Assistive Technology Alliance for People with Disabilities (Washington State) (206) 685-4181 or 1-800-841-8345 (TTY in state)
www.wata.org

- Assistive Technology Program (Idaho State) (208) 885-3559 (TTY) or 1-800-432-8324 (TTY) www.educ.uidaho.edu/idatech
- Autism Society of Washington (509) 456-6204
www.autismsocietyofwa.org
- Big Brothers/Big Sisters of the Inland Northwest (509) 328-8310
www.bbbsspokane.org
- Brain Injury Association of WA (509) 473-6153
www.biawa.org/spokane
- Counseling Services
 - Catholic Charities Counseling (509) 242-2308
www.catholicharitiesspokane.org
 - Children's Home Society (509) 747-4174
www.childrenshomesociety.org
 - Family Service Spokane (509) 838-4128
www.familyservicespokane.org
 - Lutheran Community Services Northwest (509) 747-8224
www.lcsnw.org
 - Spokane Mental Health Family & Child Services (509) 458-7458
TDD 624-0004 www.smhca.org
 - St. Joseph Family Center (509) 483-6495
www.stjosephfamilycenter.org
- Crisis Residential Center voluntary short-term residential placement for youth 13 to 17 in conflict with families (509) 624-2868
www.yfaconnections.org
- Crosswalk: Multi-service center for homeless kids and high risk youth age 13-18 (509) 838-6596 www.voaspokane.org
- Division of Developmental Disabilities (509) 329-2900
www1.dshs.wa.gov/ddd/index.html
- Down Syndrome Family Network (509) 482-0224 www.arc-spokane.org
- Eastern Washington Center for the Deaf and Hard of Hearing (509) 328-9220 www.ewcdhh.org
- Ecology Youth Corp a youth employment program and summer youth litter control for youth age 14 to 17 (509) 329-3506
www.ecy.wa.gov/programs/swfa/eyc
- Family/Educator Partnership Project (509) 328-6326 or 1-888-754-8798
www.arc-spokane.org

- Family Reconciliation Services: Conflict resolution in home family counseling for families with children 13-17 years (509) 363-3333
- The Isaac Foundation provides financial assistance in the form of therapy grants for medical interventions for children affected by autism (509) 499-1679 www.theisaacfoundation.org
- Learning Skills Center Day Program for the Developmentally Disabled population ages 16 and up (509) 323-7517
- Libby Teen Center, 2900 E. 1st Ave Spokane serves ages 12-17 (509) 536-8152 www.bgcspokanecounty.org
- Lilac Blind Foundation (509) 328-9116 www.lilacblindfoundation.org
- Make A Wish Foundation (509) 458-2618 www.wish.org
- Morning Star Boys Ranch Residential home for moderately behavioral or emotionally disturbed boys (509) 448-1202
www.morningstarboysranch.org
- Northwest Autism Center (509) 328-1582 www.nwautism.org
- NW Center for Children's Rehabilitation at St. Luke's (509) 473-6079
www.stlukesrehab.org
- Special Olympics Washington (206) 362-4949 or 800-752-7559
www.sowa.org
- Spokane AIDS Network (509) 455-8993
www.spokaneaidsnetwork.org
- Spokane County Parent Coalition (509) 328-6326
www.spokaneparentcoalition.org
- Tamarack Center provides psychiatric services for emotionally disturbed children and adolescents (509) 326-8100 www.tamarack.org
- Washington Talking Book & Braille Library a free library service for individuals who cannot read regular print due to a disability 1-800-542-0866 www.wtbbbl.org
- Support Groups Parents for Youth with Disabilities:
 - American Diabetes Association (509) 624-7478
 - Autism Society of WA Spokane Chapter (509) 456-6204
 - Children with Attention Deficit Disorder 1-800-233-4050
 - Down Syndrome Family Network (509) 482-0224
 - Epilepsy Support Group (509) 325-1128
 - Family Resource Institute 1-800-999-3429
 - Muscular Dystrophy Support Group (509) 325-3802

- NW Parents of Blind Children/National Federation of the Blind (509) 487-1732
 - Northwest Autism Center (509) 328-1582 www.nwautism.org
 - Parents of Children with Cleft Lip & Palate (509) 324-1652
 - Parent to Parent Support Group for Parents with Children of Disabled Children (509) 328-6326
 - Washington Association for Parent's of the Visually Impaired (509) 448-7166
 - Spokane Father's Network (509) 328-6326
 - Passages: Support Group for Parents of Children with Mental Illness (509) 892-9241
- Safety
 - **Fire/Police/Ambulance for Emergency: Dial 911**
 - FAFB Security Forces Desk (509) 247-5493
 - Guidance on the base home alone policy Fairchild Family Advocacy (509) 247-2687
 - Airway Heights Police Business (509) 244-3707
 - Liberty Lake Police Department (509) 755-1140
 - Medical Lake Police Department (509) 565-5003
 - Spokane County Sheriff (509) 477-4739
 - Spokane Police Department Law Enforcement Helpline (509) 625-4100
 - Spokane Valley Police Department (509) 477-3300
 - American Red Cross (509) 326-3330 www.spokaneredcross.org
 - AVISTA Cares Life Support Notification if family member uses life support equipment 1-800-227-9187
 - Act for Kids Spokane: Advocacy and counseling for kids who have been sexually abused (509) 747-8224 www.actforkids.org/for
 - Spokane Child Abuse and Neglect Prevention Center (SCAN) (509) 458-7445 www.scanprevention.org
 - Safer Child Resources 1-800-292-9688 www.saferchild.org/spokane.htm
 - Center for Missing and Exploited Children resources for parents and guardian with safety tips and printed materials <http://www.missingkids.com>
 - Crosswalk Center Shelter for young people in crisis (509) 838-6596 www.voaspokane.org

- First Call for Help Crisis Hotline for mental health emergencies (509) 838-4428 or 1-877-678-4428 www.smhca.org
 - Crime Victims Crisis Line (509) 624-7273
 - Child Protective Services Spokane (509) 363-3333 www.dshs.wa.gov
 - COPS (Community Oriented Policing Services) (509) 735-4592
www.spokanepolice.org
 - Crime Prevention Spokane County (509) 477-6044
www.spokanesherriff.org
 - National Suicide Hopeline 1-800-784-2433
 - National Suicide Prevention Lifeline 1-800-273-8255
www.suicidepreventionlifeline.org
 - Poison Center Emergency and Information 1-800-222-1222
www.wapc.org
 - SCOPE Sheriff Community Oriented Policing Effort (509) 477-4717
www.spokanesherriff.org
- Recreation
 - Fairchild Boys & Girls Club (509) 247-5601
 - Family Oasis/Deel Community Center (509) 247-2619
 - Fairchild Boys & Girls Club (509) 247-5601
 - Fairchild Fun Spot Bowling (509) 247-2242
 - Fairchild Fun website for activities around the base
www.fairchildfun.com
 - Fairchild Outdoor Recreation (509) 247-2511
 - Fairchild Indoor/Outdoor Pool (509) 247-2242 or 247-2631
 - Base Theater Movie Schedule Recording (509) 247-5600
 - Fairchild Fitness Center (509) 247-2791
 - Fairchild Teen/Preteen Center (509) 247-8043
 - Fairchild Youth Center (509) 247-5601
 - Airway Heights Community Center 13120 W. 13th (509) 244-4845
www.cawh.org
 - Boys & Girls Club of Spokane (509) 489-0741
www.bgcspokanecounty.org
 - Camp Fun in the Sun for Diabetes Type I & Type II - Youth Camp (509) 232-8135 www.campfuninthesun.org
 - Developmentally Disabled Recreation & Social Integration Program (509) 473-6153

- Spokane Parks & Recreation (509) 625-6200 www.spokaneparks.org/
- Spokane Valley Parks & Recreation (509) 688-0300
www.spokanevalley.org
- YMCA/YWCA Central Office (also Summer Day Camps) 930 N. Monroe St (509) 777-9622 www.ymcaspokane.org/
- Fairchild Air Force Base Library (509) 247-5556
- Spokane County Libraries (Call for hours) www.sclld.org
 - Airway Heights Branch 1213 S. Lundstrom (509) 893-8250
 - Argonne Branch 4322 N Argonne (509) 893-8260
 - Cheney Branch 610 First St (509) 893-8280
 - Deer Park Branch 208 S. Forest (509) 893-8300
 - Fairfield Branch 305 E Main St (509) 893-8320
 - Medical Lake Branch 321 E Herb St (509) 893-8330
 - Moran Prairie Branch 6004 S. Regal (509) 893-8340
 - North Spokane Branch 44 E. Hawthorne (509) Rd 893-8350
 - Otis Orchards Branch 22324 E. Wellesley (509) 893-8390
 - Spokane Valley Branch 12004 E. Main (509) 893-8400
- Spokane City Libraries (Call for hours) www.spokanelibrary.org/
 - Library Services for Children (509) 444-5331
 - Downtown Spokane Branch 906 W. Main (509) 444-5300
 - East Side Library 524 S. Stone (509) 444-5375
 - Hillyard Library 4005 N. Cook (509) 444-5380
 - Indian Trail Library 4909 W. Barnes (509) 444-5395
 - Shadle Library 2111 W. Wellesley (509) 444-5390
 - South Hill Library 3324 S. Perry (509) 444-5385
- Housing/Transportation
 - Base Housing Office/Balfour Beatty (509) 244-9044
 - Affordable Rental Program/Mortgage Assistance Programs (509) 456-7106 www.snapwa.org
 - Disabled Parking Privileges (509) 477-2222 or 1-800-642-5174
www.wa.spokanecounty.org
 - Habitat for Humanity (509) 534-2552 www.habitat-spokane.com
 - Northwest Fair Housing Alliance (509) 325-2665
www.nwfairhouse.org
 - Paratransit Services (509) 325-6026
www.spokanetransit.com/ridesta/paratransit.asp

- Spokane Housing Authority (509) 328-2953 www.spokanehousing.org
- Spokane Neighborhood Action programs (509) 456-7164
www.snapwa.org
- Spokane Transit Authority (509) 328-7443 www.spokanetransit.com/
- U.S. Department of Housing and Urban Development www.hud.gov

- Financial Assistance/Basic Needs
 - Air Force Aid Society/Financial Counseling (509) 247-2246
 - Airway Heights/Spokane Food Bank (509) 244-2474/(509) 534-6678
 - Commodity Supplemental Food Program, (509) 534-6678 www.2-harvest.org
 - Family Food Hotline local resources 1-888-436-6392
www.familyfoodhotline.org
 - Food Banks in area. Call for times and requirements
 - Airway Baptist Church 12322 Sunset Hwy (509) 244-2474
 - Caritas Center 5109 N. Adams (509) 326-2249
 - Cheney Outreach 630 3rd St (509) 235-2325
 - City Gate 170 S. Madison (509) 455-9670
 - East SNAP 500 S. Stone (509) 456-7106
 - Greenhouse 222 E. Crawford Deer Park (509) 276-8224
 - Mead Food Pantry 12611 N Wilson Rd Mead (509) 466-7068
 - Medical Lake Food Bank 211 N Levre (509) 299-9024
 - No County Food Bank 37417 N Conklin Rd (509) 292-2530
 - North East SNAP Food Bank 4001 N. Cook (509) 487-1114
 - Northwest Ecumenical Food Bank 3908 N Driscoll (509) 325-4541
 - Otis Orchards Food Bank 4308 N. Harvard Rd (509) 926-4909
 - Our Place 1509 W. College (509) 326-7267
 - Salvation Army 2020 N. Division (509) 325-6821
 - Southside Food Pantry 2934 E. 27th (509) 535-2301
 - Valley Food Bank 10814 E. Broadway (509) 928-7769
 - Westminster Presbyterian Church 2705 W. Boone (509) 328-5002
 - Clothing Banks/ Free – Call for hours and requirements
 - Airman’s Attic: free clothing, toys for families E-5 and below, all ranks on Thursday (509) 247-5154
 - Central Lutheran Church 512 S. Bernard (509) 624-9233
 - Cheney Clothing Exchange 630 Third (509) 455-9670

- City Gate 170 S. Madison (509) 455-9670
- Greenhouse 222 E Crawford Deer Park (509) 276-8224
- Mission Outreach 1906 E. Mission (509) 536-1084
- Our Place 1509 W. College (509) 326-7267
- Peaceful Valley Community Center 214 N Cedar (509) 624-8634
- Salvation Army Services 2020 N Division #B (509) 325-6821
- Valley Center 10814 E. Broadway (509) 927-1153
- Shalom Ministries -Dining with Dignity (call for hours) 518 W. Third, Spokane is open to anyone who is hungry (509) 455-9019
- Summer Food Program for Kids (509) 625-6200 (Parks) or (509) 354-7270 (schools)
- Supplemental Security Income (SSI) 1-800-772-1213 www.ssa.org
- Temporary Assistance for Needy Families(TANF) (formerly the Welfare/Food stamp program) (509) 227-2500

Adult/Veterans Resources

- Schooling/Education
 - Airman & Family Readiness Center: Resumes, transition classes, separating from military classes (509) 247-2246
www.fairchildfun.com/
 - Adult Basic Education Center/Programs: GED, adult education classes for age 19 and older (509) 533-4600
 - American Red Cross Caregiving/CPR Classes (509) 326-3330
www.spokaneredcross.org
 - Career Path Services (509) 326-7520 www.careerpathservices.org
 - Family Educator Partnership Program (509) 328-6326
 - Spokane Community Colleges Programs:
 - Spokane Community College Business & Community Training (509) 533-4700 www.ccs.spokane.edu/tecc
 - Spokane Falls and Spokane Community Career & Student Employment Center (509) 533-8007 (SCC) and (509) 533-4411 (SFCC) www.spokanefalls.edu
 - US Department of Education: www.ed.gov

- Legal/Employment
 - Fairchild Air Force Base Legal Office (by appointment) (509) 247-2838
 - Birth and Death Certificates (509) 324-1522 or (360) 236-4300
www.doh.wa.gov
 - Center for Justice (509) 835-5211 <http://cforjustice.org/>
 - End of Life Planning/Five Wishes Legal Document 1-888-594-7437
www.agingwithdignity.org
 - Goodwill Industries Skills Training (509) 344-0163 www.giin.org
 - Human Rights Commission Washington State (509) 568-3196
www.hum.wa.gov
 - Northwest Justice Project (509) 324-9128 www.nwjustice.org
 - Office of the Attorney General Washington State Consumer Protection Line 1-800-551-4636 www.atg.wa.gov
 - People Accessing Careers and Education (PACE) for people with disabilities with significant barriers to employment (509) 533-8550
www.iel.spokane.edu
 - Public Defender's Office (Spokane County) (509) 477-4246
www.spokanecounty.org

- REAL Lifelines Advisor Recovery and Employment Assistance lifelines [www.dol.gov/elaws/reallifelines,htm](http://www.dol.gov/elaws/reallifelines.htm)
 - Skills-kin provides training and employment opportunities for people with disabilities (509) 326-6760 www.skills-kin.org
 - Tenants Union of Washington State Hotline (206) 723-0500 www.tenantsunion.org
 - Volunteer Lawyers Program (509) 324-0144 www.spokanebar.org
 - Washington State Bar Association Service Center 1-800-945-9722 www.wsba.org
 - WorkSource Spokane (509) 532-3000 www.workspokane.org
 - Wrightslaw: www.wrightslaw.com
- Medical/Health
 - 92d Medical Group Family Health Center (509) 247-5661
 - 92d Medical Group Health & Wellness Center (509) 247-5590
 - 92d Medical Group Pediatric Clinic (509) 247-5661
 - 92d Medical Group Immunizations Clinic (509) 247-5284
 - 92d Medical Group Family Advocacy Nurse (509) 247-3249
 - Health & Wellness Center (FAFB) (509) 247-5590
 - Mental Health Center (FAFB) (509) 247-2731
 - Tricare General Information 1-888-363-2273 or www.tricare.osd.mil
 - Tricare Appointment line (509) 247-2361
 - Triwest Medical Provider directory www.triwest.com/unauth/apps/OnlineProviderDirectory/default.aspx
 - Triwest for Extended Care Health Option (Special Needs) <http://www.triwest.com/beneficiary/echo/default.aspx>
 - Triwest Behavioral Health Portal: www.triwest.com/beneficiary/BehavioralHealth/
 - Special Needs Organizational Record (SCOR) is an organizational record available to download to keep records, appointments and other information for families with special needs www.tricare.mil/ocmo/documents/SCOR.doc
 - Defense and Veterans Brain Injury Center www.dvvic.org/patientcare.php
 - Department of Veterans Affairs Benefits www.nvf.org

- Dept. of Veterans Affairs War Related Illnesses & Injury Study
www.va.gov/wriisc-dc/about/default.asp
- Disability Compensation
www.nvf.org/pages/disability_compensation
- Fisher House Program for military members comfort houses to be close to a loved one when there is chronic illness, injury or disease
www.fisherhouse.org
- Rehabilitative Care (Joint DoD/VA Resource):
<http://fhp.osd.mil/rehabCare.jsp>
- Uniformed Services University, Department of Medical and Clinical Psychology
www.usuhs.mil/mps/index.html
- Veterans Affairs Medical Center (509) 434-7000
www.vaww.spokane.med.va.gov
 - VA Emergency Room (509) 434-7010
 - VA Registration (509) 434-7009
 - VA Registration Fax (509) 434-7122
 - 7th Floor emergency (509) 434-7013
 - OIF/OEF Patient Advocate Jennifer Allison-Oord (509) 434-7286
- American Medical Association(Doctor Finder) www.ama-assn.org
- Basic Healthcare Plan of Washington 1-800-826-2444
- Caregiver Resources
 - Family Caregiving 101 www.familycaregiving101.org
 - American Red Cross Caregiving Classes
www.americanredcross.org
 - National Family Caregivers Association www.nfca.org
 - National Respite Locator Services
www.respitelocator.org/index.htm
 - National Respite Locator: <http://chtop.org/ARH/National-Respite-Locator.html>
 - Well Spouse Support for Caregiving Spouses
www.wellspouse.org
- CHAS Medical Clinics of Spokane (509) 444-8200 www.chas.org
- Family Health Hotline: 1-800-322-2588 www.hmhbwa.org
- Head Lice: Spokane Regional Health District (509) 323-2847
www.srhd.org/
- Holy Family Hospital (509) 482-0111 www.holy-family.org/
- Hospice of Spokane (509) 456-0438 www.hospiceofspokane.org

- Inland Food Allergy Support Team (509) 323-6623 www.i-fast.org
- Inland Northwest Genetics Clinic (509) 535-2278
http://apps.shmc.org/inland_northwest_genetics_clinic.htm
- Medical Assistance Administration (DSHS) www.maa.dshs.wa.gov
- Medicaid www.cms.hhs.gov
- Mental Health Ombudsman Spokane: Free assistance to eligible persons for publically funded mental health services having a grievance about their service (509) 477-4666.
- Multiple Sclerosis Society (509) 482-2022 or 1-800-344-4867
www.nationalmssociety.org
- National Alliance on Mental Illness Spokane (NAMI) (509) 838-5515
www.nami.org
- NATIVE Health of Spokane (509) 483-7535 www.nativeproject.org
- Northeast Washington Health Programs provides clinics, home health for Northeast Washington residents (509) 935-6001 www.newhp.org
- People's Clinic provides medical services on sliding scale (509) 323-7600
- Sacred Heart Medical Center (509) 474-4841 <http://www.shmc.org/>
- Special Mobility Services for interpreter services for foreign language or hearing impaired (509) 534-2016
- Spokane Mental Health (509) 458-7458 www.smhca.org
- Spokane Regional Health District Public Health Clinic (509) 324-1600
- Spokane Regional Health District (509) 324-1500. www.srhd.org/
- St. Luke's Rehabilitation Center (509) 473-6079 www.st-lukes.org/
- Substance Abuse & Recovery Services
 - Alcohol Drug Network Crisis Line (509) 324-1420
 - Community Detox Line (509) 747-4620
 - National Alcohol and Substance Abuse Information Center 1-800-784-6776
 - The Prevention Center/The Greater Spokane Substance Abuse Council's Prevention Center (509) 922-8383
www.gssacpreventioncenter.com
 - VAMC SATP (Substance Abuse Treatment Center) (509) 434-7014
- Valley Hospital and Medical Center (509) 924-6650
www.valleyhospital.org/
- University Hearing and Speech Clinic (509) 358-7580

- Within Reach Family Health Statewide information
www.withinreachwa.org/

- Advocacy/ Information/Support
 - Airman & Family Readiness Center (509) 247-2246
www.fairchildfun.com/
 - Family Advocacy (FAFB) (509) 247-2687
www.public.fairchildamc.af.mil
 - Fairchild Military and Family Life Consultants (MFLAC) (509) 435-1992 or (509) 570-2428
 - Fairchild Air Force Base Chaplain (509) 247-2264
 - After hours Duty Chaplain (509) 247-4051
 - Air Force Special Needs Information: www.afspecialneeds.org
 - After deployment a website to support all warriors and their families:
www.afterdeployment.org
 - Air Force Crossroads-Supporting the Air Force Community
www.afcrossroads.com/
 - American Legion (509) 434-7750 www.legion.org
 - Brainline.org: The Defense Centers of Excellence TBI Component
www.brainline.org
 - Center for the Study of Traumatic Stress, a resource for military and families www.cstsonline.org/index.php
 - Defense Centers of Excellence main website
www.dcoe.health.mil/default.aspx
 - Defense Center of Excellence Outreach Center Real Warriors
www.realwarriors.net/
 - Deployment Health Clinical Center is for services members experiencing Post Traumatic Stress Syndrome (PTSD) and depression.
www.pdhealth.mil/clinicans/scp_program.asp
 - Disabled American Veterans (509) 434-7000 or National (Seattle) office (206) 220-6225 www.dav.org
 - Easter Seals Support for Service members with disabilities:
www.easterseals.com/sitePageServer?pagename+nt_military_veterans_services

- The Isaac Foundation provides financial assistance in the form of therapy grants for medical interventions for children affected by autism (509) 499-1679 www.theisaacfoundation.org
- Kootenai County Veterans Services (208) 769-4427
- Military Homefront Supporting Military & Their Families www.militaryhomefront.dod.mil/
- Military Community listings for information about organizations and support around military bases www.militaryinstallations.dod.mil
- Military Community and Family Policy E-Newsletter A quarterly e-newsletter to support military personnel and their families <http://apps.mhf.dod.mil/pls/psgprod/f?p=eMag:Home:1891295148117971>
- Military Homefront's Special needs EFMP Module www.militaryhomefront.dod.mil/efm
- Military One Source 1-800-342-9647 www.militaryonesource.com
- National Center for Telehealth & Technology researches, develops evaluates and deploys new and existing technologies for TBI and psychological health www.t2health.org
- National Resource Directory for Military Members and Family: <http://www.nationalresourcedirectory.gov>
- Resource for Wounded, Ill, Injured Service Members and Families www.nmfa.org/
- Spokane County Veterans Services Resources for Vets living in Spokane (509) 477-3690
- US Air Force Recreation Services : www.usafservices.com/
- US Veterans Resource: www.vetsresource.com/
- Veterans Resource Central www.veteransresourcecentral.org/
- Veterans Outreach Center free counseling for families and veterans (509) 444-8387
- Vets For Vets A social networking site for Iraq and Afghanistan veterans www.vets4vets.us
- Wounded Warrior for Air Force www.woundedwarrior.af.mil
- Wounded Warrior Family Guide www.woundedwarriorresourcecenter.com/files/kiat.pdf
- Wounded Warrior Project to honor and empower wounded warriors www.woundedwarriorproject.org

- American Association for Marriage and Family Therapy (703) 838-9808 www.aamft.org
- American Cancer Society (509) 455-3440 www.cancer.org
- American Diabetes Association (509) 624-7478
- American Psychological Association (800) -964-2000 www.apa.org
- ARC of Spokane (509) 328-6326 www.arc-spokane.org
- Arthritis Foundation Helpline 1-800-542-0295 www.arthritis.org
- Assistive Technology Alliance for people with Disabilities (Washington State) (206) 685-4181 or 1-800-841-8345 (TTY in state) www.wata.org
- Assistive Technology Program (Idaho State) (208) 885-3559 (TTY) or 1-800-432-8324 (TTY) www.educ.uidaho.edu/idatech
- Autism Society of Washington (509) 456-6204 www.autismsocietyofwa.org/ASW-SC
- Brain Injury Association of WA (509) 473-6153 www.biawa.org/spokane
- Counseling Services
 - Catholic Charities Counseling (509) 242-2308 www.catholiccharitiesspokane.org
 - Children's Home Society (509) 747-4174 www.childrenshomesociety.org
 - Family Service Spokane (509) 838-4128 www.familyservicespokane.org
 - Lutheran Community Services Northwest (509) 747-8224 www.lcsnw.org
 - Spokane Mental Health Family & Child Services (509) 458-7458 TDD 624-0004 www.smhca.org
 - St. Joseph Family Center (509) 483-6495 www.stjosephfamilycenter.org
- Department of Services for the Blind (509) 456-2933
- Depression and Bipolar Support Alliance 1-800-826-3632 www.dbsalliance.org
- Disability Information (National) www.disabilityinfo.gov
- Division of Developmental Disabilities (509) 329-2904 or 1-800-462-0624 www1.dshs.wa.gov/ddd/index.html
- Down Syndrome Family Network (509) 482-0224 www.arc-spokane.org

- Easter Seals Washington (509) 326-8292 www.wa.easterseals.com
- Eastern Washington Center for the Deaf and Hard of Hearing (509) 328-9220 www.ewcdhh.org
- Evergreen Club-Spokane Mental Health support for people 18 and older whose lives are disrupted by mental illness (509) 458-7454 www.smhca.org
- Evergreen Spinal Bifida Association (509) 326-6355
- Family Care Resources (resource & referral) (509) 484-0048 www.community-minded.org
- Family/Educator Partnership Project (509) 328-6326 or 1-888-754-8798 www.arc-spokane.org
- Family Village: an internet global community for families of persons with disabilities. www.familyvillage.wisc.edu
- Family Voices: a national grassroots network of families and friends www.familyvoices.org
- Family Awareness: For families dealing with depression (781) 890-0220 www.familyaware.org
- Fetal Alcohol Syndrome Family Resource Institute 1-800-999-3429 www.fetalalcoholsyndrome.org
- Family Service Spokane Provides mental health counseling for adults, children and families (509) 838-4128
- Lilac Blind Foundation (509) 328-9116 www.lilacblindfoundation.org
- March of Dimes, Inland Northwest Division (509) 328-1920 www.marchofdimes.com/washington
- Mental Health America 1-800-969-6642 www.nmha.org
- National Association of Social Workers www.socialworkers.org
- National Institute of Mental Health 1-800-421-4211 www.nimh.nih.gov
- National Mental health Screening Tool (781) 239-0071 www.mentalhealthscreening.org
- Northwest Autism Center (509) 328-1582 www.nwautism.org
- Polio Outreach Center (509) 448-8517
- Spokane AIDS Network (509) 455-8993 www.spokaneaidsnetwork.org
- Spokane Mental Health Child & Family Services (509) 458-7458 www.smhca.org

- Support Groups:
 - American Diabetes Association (509) 624-7478
 - Autism Society of WA Spokane Chapter (509) 456-6204
 - Caring Friends of Cystic Fibrosis Support Group (509) 536-0406
 - Compassionate Friends support group for parents or siblings of a child who died (509) 927-3685
 - Down Syndrome Family Network (509) 482-0224
 - Epilepsy Support Group (509) 325-1128 www.epilepsynw.org
 - Family Resource Institute 1-800-999-3429
 - Muscular Dystrophy Support Group (509) 325-3802
 - National Federation of the Blind (509) 487-1732
 - Northwest Autism Center (509) 328-1582 www.nwautism.org
 - Oley Foundation Support Group for Families with G-Tube & Infusion Nutrition (509) 255-5966
- US Department of Health & Human Services Knowledge Exchange Network www.mentalhealth.org
- Womens' Hearth for women on the street or transient (509) 455-4249 www.help4women.com
- Safety
 - **Fire/Police/Ambulance for Emergency: Dial 911**
 - FAFB Security Forces Desk (509) 247-5493
 - Police Departments/County Sheriff
 - Airway Heights Police Business (509) 244-3707
 - Liberty Lake Police Department (509) 755-1140
 - Medical Lake Police Department (509) 565-5003
 - Spokane County Sheriff (509) 477-4739
 - Spokane Police Department Law Enforcement Helpline (509) 625-4100
 - Spokane Valley Police Department (509) 477-3300
 - SCOPE(Sheriff Community Oriented Policing Effort) (509) 477-4717 www.spokanesherriff.org
 - American Red Cross (509) 326-3330 www.spokaneredcross.org
 - AVISTA Cares Life Support Notification if family member uses life support equipment 1-800-227-9187
 - COPS/Block Watch Community Oriented Policing Services (509) 735-4592 www.spokanepolice.org

- Crime Prevention Spokane County (509) 477-6044
www.spokanesherriff.org
- Crisis Hotline First Call for help (509) 838-4428 or 1-877-678-4428.
www.smhca.org
- Poison Center Emergency and Information 1-800-222-1222.
www.wapc.org
- Suicide Hotline 1-800-SUICIDE
- Temporary Housing Shelters:
 - Hope House provides emergency shelter to single homeless women (509) 455-2886 www.voaspokane.org
 - House of Charity for men winter shelter (509) 624-7821
 - Interfaith Hospitality Network of Spokane (need referral from social service agency) (509) 747-5487
 - Saint Margaret's Shelter provides emergency shelter for women and children (509) 624-9788
 - Salvation Army (SAFE)(Families with children, married couples) (509) 325-6814
 - Union Gospel Mission (men) (509) 535-8510
www.ugmspokane.org
 - Veterans Homeless Program (Resources for homeless veterans) (509) 462-2500
- Recreation
 - Family Oasis/Deel Community Center (509) 247-2619
 - Fairchild Air Force Base Library 2 West Castle St. (509) 247-5556
 - Fairchild Fun Spot Bowling (509) 247-2242
 - Fairchild Outdoor Recreation (509) 247-2511
 - Fairchild Indoor/Outdoor Pool (509) 247-2242 or 247-2631
 - Base Theater Movie Schedule Recording (509) 247-5600
 - Fairchild Fitness Center (509) 247-2791
 - Fairchild Fun website for activities around the base
www.fairchildfun.com
 - Airway Heights Community Center 13120 W. 13th (509) 244-4845
www.cawh.org
 - Developmentally Disabled Recreation & Social Integration Program (509) 473-6153

- Outward Bound Trips for Veterans (trips often discounted or free) www.outwardbound.org/index.cfm/do/cp.course_search_result
- Spokane Parks & Recreation (509) 625-6200 www.spokaneparks.org/
- Spokane Valley parks & Recreation (509)688-0300 www.spokanevalley.org
- YMCA/YWCA Central Office and Summer Day Camps 930 N. Monroe St (509) 777-9622 www.ymcaspokane.org/
- Spokane County Libraries (Call for hours) www.scl.org
 - Airway Heights Branch 1213 S. Lundstrom (509) 893-8250
 - Argonne Branch 4322 N Argonne (509) 893-8260
 - Cheney Branch 610 First St (509) 893-8280
 - Deer Park Branch 208 S. Forest (509) 893-8300
 - Fairfield Branch 305 E Main St (509) 893-8320
 - Medical Lake Branch 321 E Herb St (509) 893-8330
 - Moran Prairie Branch 6004 S. Regal (509) 893-8340
 - North Spokane Branch 44 E. Hawthorne Rd (509) 893-8350
 - Otis Orchards Branch 22324 E. Wellesley (509) 893-8390
 - Spokane Valley Branch 12004 E. Main (509) 893-8400
- Spokane City Libraries (Call for hours) www.spokanelibrary.org/
 - Library Services for Children (509) 444-5331
 - Downtown Spokane Branch 906 W. Main (509) 444-5300
 - East Side Library 524 S. Stone (509) 444-5375
 - Hillyard Library 4005 N. Cook (509) 444-5380
 - Indian Trail Library 4909 W. Barnes (509) 444-5395
 - Shadle Library 2111 W. Wellesley (509) 444-5390
 - South Hill Library 3324 S. Perry (509) 444-5385
- Housing/Transportation
 - Air Force Base Housing Office/Balfour Beatty (509) 244-9044
 - Affordable Rental Program/Mortgage Assistance Programs (509) 456-7106 www.snapwa.org
 - Habitat for Humanity (509) 534-2552 www.habitat-spokane.com
 - Northwest Fair Housing Alliance (509) 325-2665 www.nwfairhouse.org
 - Special Mobility Services medicaid broker for transportation and foreign language interpreters (509) 534-9760 or 1-800-892-4817

- Spokane County Disabled Parking Privileges (509) 477-2222 or 1-800-642-5174 www.wa.spokanecounty.org
 - Spokane Neighborhood Action programs (509) 456-7164 www.snapwa.org
 - Spokane Housing Authority (509) 328-2953 www.spokanehousing.org
 - Spokane Paratransit Services (509) 325-6026 www.spokanetransit.com/ridesta/paratransit.asp
 - Spokane Transit Authority (509) 328-7443 www.spokanetransit.com/
 - U.S. Department of Housing and Urban Development www.hud.gov
- Financial Assistance/Basic Needs
 - Air Force Aid Society/Financial Counseling (509) 247-2246 www.afas.org
 - Army Relief Society 1-866-878-6378 www.aerhq.org
 - Navy/Marine Corp. Relief Society (703) 696-4904 www.nmcrcs.org
 - Airway Heights/Spokane Food Bank (509) 244-2474/(509) 534-6678
 - Commodity Supplemental Food Program, (509) 534-6678 www.2-harvest.org
 - Family Food Hotline local resources 1-888-436-6392 www.familyfoodhotline.org
 - The Food Stamp Program Information (National) www.fns.usda.gov
 - Food Banks in area. Call for times and requirements
 - Airway Baptist Church 12322 Sunset Hwy (509) 244-2474
 - Caritas Center 5109 N. Adams (509) 326-2249
 - Cheney Outreach 630 3rd St (509) 235-2325
 - City Gate 170 S. Madison (509) 455-9670
 - East SNAP 500 S. Stone (509) 456-7106
 - Greenhouse 222 E. Crawford Deer Park (509) 276-8224
 - Mead Food Pantry 12611 N Wilson Rd Mead (509) 466-7068
 - Medical Lake Food Bank 211 N Levre (509) 299-9024
 - No County Food Bank 37417 N Conklin Rd (509) 292-2530
 - North East SNAP Food Bank 4001 N. Cook (509) 487-1114
 - Northwest Ecumenical Food Bank 3908 N Driscoll (509) 325-4541
 - Otis Orchards Food Bank 4308 N. Harvard Rd. (509) 926-4909
 - Our Place 1509 W. College (509) 326-7267
 - Salvation Army 2020 N. Division (509) 325-6821

- Southside Food Pantry 2934 E. 27th (509) 535-2301
 - Valley Food Bank 10814 E. Broadway (509) 928-7769
 - Westminster Presbyterian Church 2705 W. Boone (509) 328-5002
- Clothing Banks/ Free – Call for hours and requirements
 - Fairchild AFB Airman’s Attic: free clothing, toys for families E-5 and below, all ranks on Thursday (509) 247-5154
 - Central Lutheran Church 512 S. Bernard (509) 624-9233
 - Cheney Clothing Exchange 630 Third (509) 455-9670
 - City Gate 170 S. Madison (509) 455-9670
 - Greenhouse 222 E Crawford Deer Park (509) 276-8224
 - Mission Outreach 1906 E. Mission (509) 536-1084
 - Our Place 1509 W. College (509) 326-7267
 - Peaceful Valley Community Center 214 N Cedar (509) 624-8634
 - Salvation Army Services 2020 N Division #B (509) 325-6821
 - Valley Center 10814 E. Broadway (509) 927-1153
- Shalom Ministries -Dining with Dignity (call for hours) 518 W. Third, Spokane open to anyone who is hungry (509) 455-9019
 - Spokane County Veterans Services: Emergency assistance for veterans residing in Spokane County for food, rent, prescriptions, clothing, fuel, utilities, travel, burial (509) 477-3690
 - Supplemental Security Income (SSI) 1-800-772-1213 www.ssa.org
 - Temporary Assistance for Needy Families(TANF) (formerly the Welfare/Food stamp program) (509) 227-2500

Senior Resources

- Education /Classes
 - Adult Basic Education (ABE) program for GED's 2310 N. Monroe St. (509) 533-4600
 - Aging and Long Term Care (ALTCEW) Caregiving Classes (509) 458-2509 www.altcew.org
 - American Red Cross Caregiving/CPR Classes (509) 326-3330 www.spokaneredcross.org
 - Department of Defense Education Activity www.dodea.edu
 - Spokane Community College Extended Learning Senior Programs (509) 533-4756. www.iel.spokane.edu/seniors.htm
 - US Department of Education: www.ed.gov

- Legal/Employment
 - Fairchild Air Force Base Legal Office (by appointment) (509) 247-2838
 - Birth and Death Certificates (509) 324-1522 or (360) 236-4300 www.doh.wa.gov
 - Center for Justice (509) 835-5211 <http://cforjustice.org/>
 - End of Life Planning/Five Wishes Legal Document 1-888-594-7437 www.agingwithdignity.org
 - Human Rights Commission Washington State (509) 568-3196 www.hum.wa.gov
 - Northwest Justice Project (509) 324-9128 www.nwjustice.org
 - Northwest Justice Project Coordinated Legal Education Advice and Referral Service (CLEAR) Seniors(ages 60+) Hotline 1-888-387-7111
 - Office of the Attorney General Washington State Consumer Protection Line 1-800-551-4636 www.atg.wa.gov
 - Public Defender's Office (Spokane County) (509) 477-4246 www.spokanecounty.org
 - Tenants Union of Washington State Hotline (206) 723-0500 www.tenantsunion.org
 - University Legal Assistance Free legal representation and counseling to low income seniors age 60+ (509) 323-5791
 - Volunteer Lawyers Program (509) 324-0144 www.spokanebar.org
 - Washington State Bar Association Service Center 1-800-945-9722 www.wsba.org

- Wrightslaw: www.wrightslaw.com
- Employment Resources for Seniors:
 - AARP/Senior Employment Program (low income 55+ seniors) (509) 325-7712 www.aarp.org
 - Title V Senior Community Employment (ALTCEW) (509) 458-2509 www.altcew.org
- Medical/Health
 - 92d Medical Group Family Health Center (509) 247-5661
 - 92d Medical Group Health & Wellness Center (509) 247-5590
 - 92d Medical Group Immunizations Clinic (509) 247-5284
 - 92d Medical Group Family Advocacy Nurse (509) 247-3249
 - Tricare/Triwest Information 1-888-363-2273 or www.tricare.osd.mil
 - Tricare Appointment line (509) 247-2361
 - Triwest Medical Provider directory
www.triwest.com/unauth/apps/OnlineProviderDirectory/default.aspx
 - Triwest for Extended Care Health Option (Special Needs)
<http://www.triwest.com/beneficiary/echo/default.aspx>
 - Triwest Behavioral Health Portal:
www.triwest.com/beneficiary/BehavioralHealth/
 - American Red Cross CPR and First Aid Classes (509) 326-3330
www.spokaneredcross.org
 - Department of Veterans Affairs: 1-800-827-1000 www.va.gov
 - Veterans Affairs Medical Center (509) 434-7000 or 1-800-325-7940
www.visn20.med.va.gov/spokane
 - Basic Healthcare Plan of Washington 1-800-826-2444
 - Caregiver Resources
 - Family Caregiving 101 www.familycaregiving101.org
 - American Red Cross Caregiving Classes
www.americanredcross.org
 - National Family Caregivers Association www.nfca.org
 - National Respite Locator Services
www.respitelocator.org/index.htm
 - National Respite Locator: <http://chtop.org/ARH/National-Respite-Locator.html>

- Well Spouse Support for Caregiving Spouses
www.wellspouse.org
- CHAS Medical Clinics of Spokane (509) 444-8200 www.chas.org
- Deaconess Medical Center (509) 458-5800 www.deaconess-spokane.org/
- Holy Family Hospital (509) 482-0111 www.holy-family.org/
- Holy Family Adult Day Centers: Provides physical and mental health monitoring socialization and activities for impaired adults an elderly (509) 252-6600. www.hfadc.org
- Home and Community Services Medicaid eligibility required for most services to help with long term care, personal care and services, adult protective services (509) 323-9400 or (509) 323-9409 Intake www.aasa.dshs.wa.gov
- Hospice of Spokane (509) 456-0438 www.hospiceofspokane.org
- Hospital Equipment Loan (Masonic Temple) medical equipment loan for 30 days. (509) 747-0899
- Long Term Care Ombudsman Program : Advocacy program for residents in long term care facilities, assisted living (509) 456-7133 www.snapwa.org
- Medical Assistance Administration (DSHS) www.maa.dshs.wa.gov
- Medicare 1-800-633-4227 www.medicare.gov
- Medicaid www.cms.hhs.gov
- Medicaid Service Plans/Long Term Care Programs(including Community Options Program Entry System, Personal Care Services) 1-866-323-9409
- Mental Health Ombudsman Spokane free assistance to eligible persons for publically funded mental health services having a grievance about their service (509) 477-4666
- National Alliance on Mental Illness Spokane (NAMI) (509) 838-5515 www.nami.org
- National Hospice and Palliative Care Association 1-800-658-8898 www.nhpco.org
- RSVP (Retired and Senior Volunteer Program of Spokane County: Provides seniors with community involvement through volunteer service. (509) 344-7787 www.ymcaspokane.org
- Sacred Heart Medical Center (509) 474-3131 www.shmc.org

- Statewide Health Insurance Benefits Advisor (SHIBA) Helpline 1-800-562-6900 www.insurance.wa.gov/shiba
- Spokane Regional Health District Public Health Clinic (509) 324-1600
- Spokane Regional Health District (509) 324-1500 www.srhd.org/
- Substance Abuse & Recovery Services
 - Alcohol Drug Network Crisis Line (509) 324-1420
 - Community Detox Line (509) 747-4620
 - National Alcohol and Substance Abuse Information Center 1-800-784-6776
 - The Prevention Center/The Greater Spokane Substance Abuse Council's Prevention Center (509) 922-8383
www.gssacpreventioncenter.com
 - VAMC SATP (Substance Abuse Treatment Center) (509) 434-7014
- Valley Hospital and Medical Center (509) 924-6650
www.valleyhospital.org
- WSDA Outreach Program (Aging & Long Term Care) Provides reduced dental rates to low income seniors age 65+ (509) 458-2509
www.altcew.org
- Advocacy/ Support/Information
 - Airman & Family Readiness Center (509) 247-2246
www.fairchildfun.com/
 - Fairchild Family Advocacy FAFB (509) 247-2687
www.public.fairchildamc.af.mil
 - Spokane County Veterans Services (509) 477-3690
 - Fairchild Military and Family Life Consultants (MFLAC) (509) 435-1992 or (509) 570-2428
 - Fairchild Air Force Base Chaplain (509) 247-2264
 - Air Force Crossroads-Supporting the Air Force Community
www.afcrossroads.com/
 - Assistive Technology Alliance for people with Disabilities (Washington State) (206) 685-4181 or 1-800-841-8345 (TTY in state)
www.wata.org
 - Assistive Technology Program (Idaho State) (208) 885-3559 (TTY) or 1-800-432-8324 (TTY) www.educ.uidaho.edu/idatech

- AMVETS provides information and counseling to veterans and their families www.amvets.org
- Disabled American Veterans(DAV) www.dav.org/
- DCoE Outreach Center Real Warriors: www.realwarriors.net/
- Hope4Heroes founded by veterans to support veterans and their families www.hope4heroes.org
- Military Community and Family Policy E-Newsletter A quarterly e-newsletter to support military personnel and their families
<http://apps.mhf.dod.mil/pls/psgprod/f?p=eMag:Home:1891295148117971>
- National Military Family Association - the voice for military families www.nmfa.org
- National Council on Family Relations (NCFR) <http://ncfr.org>
- National Resource Directory for Military Members and Family <http://www.nationalresourcedirectory.gov>
- U.S. Veteran Resource www.vetsresource.com/
- Veterans Resource Central www.veteransresourcecentral.org/
- Virtual Personnel Flight (VMPH) online resource to obtain information about Air Force special needs programs
www.ask.afpc.randolph.af.mil
- Wounded Warrior Resource Call Center (WWRCC) 1-800-342-9647
www.woundedwarriorresourcecenter.com/
- Adult Protective Services Department of Social and Health Services (509) 323-9400 or 1-800-459-0421
- Aging & Long Term Care (ALTCEW) (509) 458-2509 www.altcew.org
- Alcoholic Anonymous (509) 624-1442 (24 hour line) www.aa.org
- Alzheimer's Association including support group, resource information (509) 473-3390 www.inwalza.org
- Counseling Services
 - Catholic Charities Counseling (509) 242-2308
www.catholiccharitiesspokane.org
 - Family Service Spokane (509) 838-4128
www.familyservicespokane.org
 - Lutheran Community Services Northwest (509) 747-8224
www.lcsnw.org
 - St. Joseph Family Center (509) 483-6495
www.stjosephfamilycenter.org

- Friend to Friend a volunteer program providing friendship to lonely, isolated residents of long terms care and assisted living facilities (509) 483-1600
- National Military Family Association www.nmfa.org
- Military Homefront Supporting Military & Their Families www.militaryhomefront.dod.mil/
- Military One Source 1-800-342-9647 www.militaryonesource.com
- Brain Injury Association of WA (509) 473-6153 www.biawa.org/spokane
- Eastern Washington Center for the Deaf and Hard of Hearing (509) 328-9220 www.ewcdhh.org
- Lilac Blind Foundation (509) 328-9116 www.lilacblindfoundation.org
- Washington Talking Book & Braille Library a free library service for individuals who cannot read regular print due to a disability 1-800-542-0866 www.wtbbbl.org
- Catholic Charities many programs for seniors and volunteer services (509) 358-4250 www.catholiccharitiesspokane.org
- Spokane Mental Health Elder Services (509) 458-7450 www.smhca.org/elder
- Veteran's Outreach Center 100 N. Mullan Rd #102 provides free group, individual and family counseling to veterans and their families (509) 444-8387
- US Veterans Resource: www.vetsresource.com/
- Veterans Resource Central www.veteransresourcecentral.org/
- Senior Centers: www.spokaneparks.org/Senior
 - Corbin Senior Center 827 W. Cleveland (509) 327-1584 www.corbinseniorcenter.org
 - East Central Senior Center 500 S. Stone (509) 625-6693
 - Hillyard Senior Center 4001 N Cook (509) 482-0803
 - IEL Seniors Program Community Colleges Spokane (509) 533-4756
 - Mid-City Senior Center 122 W. 2nd (509) 747-3257 www.mowspokane.org
 - North Star Senior Center 8415 N. Wall St (509) 466-6350
 - Sinto Senior Activity Center 1124 W. Sinto (509) 327-2861
 - Southside Senior Activity Center 3151 E. 27th (509) 535-0803 www.sssac.org

- Valley Senior Center 11423 E. Mission (509) 926-1937
www.spokanevalley.org
 - Deer Park Senior Center 316 E. Crawford Rd (509) 276-2411
www.claytoncommunityfair.org/seniorcenter/seniorcenter.htm
 - Tum Tum Senior Center SE 214 Franklin Dr. Nine Mile Falls, WA (509) 466-9643
- Safety
 - **Fire/Police/Ambulance for Emergency: Dial 911**
 - FAFB Security Forces Desk (509) 247-5493
 - American Red Cross (509) 326-3330 www.spokaneredcross.org
 - AVISTA Cares Life Support Notification (if family member uses life support equipment 1-800-227-9187
 - COPS (Community Oriented Policing Services) (509) 735-4592
www.spokanepolice.org
 - Crime Victims Crisis Line (509) 624-7273
 - Crime Prevention Spokane County (509) 477-6044
www.spokanesherriff.org
 - First Call for Help Crisis Hotline for mental health emergencies (509) 838-4428 or 1-877-678-4428 www.smhca.org
 - National Suicide Hopeline 1-800-784-2433
 - National Suicide Prevention Lifeline 1-800-273-8255
www.suicidepreventionlifeline.org
 - Poison Center Emergency and Information 1-800-222-1222
www.wapc.org
 - SCOPE Sheriff Community Oriented Policing Effort (509) 477-4717
www.spokanesherriff.org
 - Temporary Housing Shelters:
 - Hope House provides emergency shelter to single homeless women (509) 455-2886 www.voaspokane.org
 - House of Charity for men, winter shelter (509) 624-7821
 - Interfaith Hospitality Network of Spokane (need referral from social service agency) (509) 747-5487
 - Saint Margaret's Shelter provides emergency shelter for women and children (509) 624-9788
 - Salvation Army (SAFE)(Families with children, married couples) (509) 325-6814

- Union Gospel Mission (men) (509) 535-8510
www.ugmspokane.org
 - Veterans Homeless Program (Resources for homeless veterans) (509) 462-2500
- Recreation
 - Family Oasis/Deel Community Center (509) 247-2619
 - Fairchild Fun Spot Bowling (509) 247-2242
 - Fairchild Fun website for activities around the base
www.fairchildfun.com
 - Fairchild Outdoor Recreation (509) 247-2511
 - Fairchild Indoor/Outdoor Pool (509) 247-2242 or 247-2631
 - Base Theater Movie Schedule Recording (509) 247-5600
 - Fairchild Fitness Center (509) 247-2791
 - Airway Heights Community Center 13120 W. 13th (509) 244-4845
www.cawh.org
 - Spokane Parks & Recreation (509) 625-6200 www.spokaneparks.org/
 - Spokane Valley Parks & Recreation (509) 688-0300
www.spokanevalley.org
 - YMCA/YWCA Central Office 930 N. Monroe St (509) 777-9622
www.ymcaspokane.org/
 - Fairchild Air Force Base Library (509) 247-5556
 - Spokane County Libraries (Call for hours) www.scl.d.org
 - Airway Heights Branch 1213 S. Lundstrom (509) 893-8250
 - Argonne Branch 4322 N Argonne (509) 893-8260
 - Cheney Branch 610 First St (509) 893-8280
 - Deer Park Branch 208 S. Forest (509) 893-8300
 - Fairfield Branch 305 E Main St (509) 893-8320
 - Medical Lake Branch 321 E Herb St (509) 893-8330
 - Moran Prairie Branch 6004 S. Regal (509) 893-8340
 - North Spokane Branch 44 E. Hawthorne Rd (509) 893-8350
 - Otis Orchards Branch 22324 E. Wellesley (509) 893-8390
 - Spokane Valley Branch 12004 E. Main (509) 893-8400
 - Spokane City Libraries (Call for hours) www.spokanelibrary.org/
 - Library Services for Children (509) 444-5331
 - Downtown Spokane Branch 906 W. Main (509) 444-5300

- East Side Library 524 S. Stone (509) 444-5375
 - Hillyard Library 4005 N. Cook (509) 444-5380
 - Indian Trail Library 4909 W. Barnes (509) 444-5395
 - Shadle Library 2111 W. Wellesley (509) 444-5390
 - South Hill Library 3324 S. Perry (509) 444-5385

- Housing/Transportation
 - Base Housing Office/Balfour Beatty (509) 244-9044
 - AARP 55 Alive Safe Driving Classes 1-888-227-7669
www.aarp.org/families/driver_safety
 - Affordable Rental Program/Mortgage Assistance Programs (509) 456-7106 www.snapwa.org
 - Habitat for Humanity (509) 534-2552 www.habitat-spokane.com
 - Northwest Fair Housing Alliance (509) 325-2665
www.nwfairhouse.org
 - Spokane Transit Authority (509) 328-7443 www.spokanetransit.com/
 - Paratransit Services (509) 325-6026
www.spokanetransit.com/ridesta/paratransit.asp
 - Spokane Neighborhood Action programs (509) 456-7164
www.snapwa.org
 - Disabled Parking Privileges (509) 477-2222 or 800-642-5174
www.wa.spokanecounty.org
 - Spokane Housing Authority (509) 328-2953 www.spokanehousing.org
 - U.S. Department of Housing and Urban Development www.hud.gov

- Financial Assistance/Basic Needs
 - Air Force Aid Society/Financial Counseling (509) 247-2246
 - Airway Heights/Spokane Food Bank (509) 244-2474/(509) 534-6678
 - Brown Bag Program for the Homebound & Seniors Catholic Charities Senior Services (509) 276-2411 www.catholiccharitiesspokane.org
 - Commodity Supplemental Food Program (509) 534-6678 www.2-harvest.org
 - Family Food Hotline local resources 1-888-436-6392
www.familyfoodhotline.org
 - Meals on Wheels:
 - Spokane Valley (509) 924-6976
www.spokanevalleymealsonwheels.com

- Spokane and Deer Park (Mid City Concerns/Senior Center) (509) 456-6597 www.mowspokane.org
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- Food Banks in area. Call for times and requirements
 - Airway Baptist Church 12322 Sunset Hwy (509) 244-2474
 - Caritas Center 5109 N. Adams (509) 326-2249
 - Cheney Outreach 630 3rd St (509) 235-2325
 - City Gate 170 S. Madison (509) 455-9670
 - East SNAP 500 S. Stone (509) 456-7106
 - Greenhouse 222 E. Crawford Deer Park (509) 276-8224
 - Mead Food Pantry 12611 N Wilson Rd Mead (509) 466-7068
 - Medical Lake Food Bank 211 N Levre (509) 299-9024
 - No. County Food Bank 37417 N Conklin Rd (509) 292-2530
 - North East SNAP Food Bank 4001 N. Cook (509) 487-1114
 - Northwest Ecumenical Food Bank 3908 N Driscoll (509) 325-4541
 - Otis Orchards Food Bank 4308 N. Harvard Rd (509) 926-4909
 - Our Place 1509 W. College (509) 326-7267
 - Salvation Army 2020 N. Division (509) 325-6821
 - Southside Food Pantry 2934 E. 27th (509) 535-2301
 - Valley Food Bank 10814 E. Broadway (509) 928-7769
 - Westminster Presbyterian Church 2705 W. Boone (509) 328-5002
- Clothing Banks/ Free – Call for hours and requirements
 - Airman’s Attic: free clothing, toys for families E-5 and below, all ranks on Thursday (509) 247-5154
 - Central Lutheran Church 512 S. Bernard (509) 624-9233
 - Cheney Clothing Exchange 630 Third (509) 455-9670
 - City Gate 170 S. Madison (509) 455-9670
 - Greenhouse 222 E Crawford Deer Park (509) 276-8224
 - Mission Outreach 1906 E. Mission (509) 536-1084
 - Our Place 1509 W. College (509) 326-7267
 - Peaceful Valley Community Center 214 N Cedar (509) 624-8634
 - Salvation Army Services 2020 N Division #B (509) 325-6821
 - Valley Center 10814 E. Broadway (509) 927-1153

- Senior Nutrition Program (Spokane Regional Health District) (509) 324-1532 www.srhd.org/services/senior.asp
- Shalom Ministries -Dining with Dignity (call for hours) 518 W. Third, Spokane open to anyone who is hungry (509) 455-9019
- SNAP Energy Assistance line (509) 252-2376 www.snapwa.org
- Supplemental Security Income (SSI) 1-800-772-1213 www.ssa.org
- Temporary Assistance for Needy Families(TANF) (formerly the Welfare/Food stamp program) (509) 227-2500
- Spokane County Veterans Services: Emergency assistance for veterans residing in Spokane County for food, rent, prescriptions, clothing, fuel, utilities, travel, burial (509) 477-3690

**AIRMAN & FAMILY
READINESS**



"The Heart of Fairchild"

4 W Castle St, Fairchild AFB WA 99011

(509) 247-2246 DSN 657-2246