This resource guide is a compilation of links and documents recommended by local VA staff and other providers across the nation.

There is a flood of information to digest as you work to support yourself, your family and your community.

Please take some time to review and find what may be helpful to you as you navigate these difficult times.

From everyone here at MGVAMC, thank you for your service. Together (but socially distanced) we can all get through this!
# Table of Contents

Click on any Section to Quickly Navigate to that Page.

**Getting Care** ........................................................................................................................................ 3  

**Coping With Stress During Infectious Disease Outbreaks** .................................................................. 3  
  - What You Should Know .................................................................................................................. 3  
  - Know the Signs of Stress .............................................................................................................. 4  
  - Know How To Relieve Stress ....................................................................................................... 5  

**What You Can Do** ............................................................................................................................... 6  
  - Keep Yourself Healthy .................................................................................................................. 6  
  - Keep your Family Healthy ............................................................................................................. 7  
  - Relax .............................................................................................................................................. 8  
  - Stay Connected ............................................................................................................................. 9  
  - Other Ideas ..................................................................................................................................... 10  

**The Veterans Crisis Line** .................................................................................................................... 12  
  - What is it? ....................................................................................................................................... 12  
  - When to Call? ................................................................................................................................. 12  
  - What to Expect .............................................................................................................................. 12  
  - After the Call ................................................................................................................................. 13  
  - A Confidential and Secure Resource ............................................................................................ 13  

**Other Resources** .................................................................................................................................. 14  
  - Food Banks .................................................................................................................................... 14  
  - Meal Sites ....................................................................................................................................... 14  
  - Non-Profit Organizations Supporting Veterans/Military Inland Northwest .............................. 15  
  - Emergency Shelters ....................................................................................................................... 18  
  - Transitional Housing ..................................................................................................................... 19

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➢ This document is intended to be interactive. Many of the pictures and sections have click-able links, allowing you to quickly navigate to information and websites.

➢ Interactive/linked text will be identified with blue underlined text. **EXAMPLE**

➢ Some but not all of this click-able content will have this logo next to the item, indicating that it is interactive

➢ Otherwise, just explore, there are other links that will be visible but may not have the icon next to them

To navigate back to the table of contents page, click this logo at the bottom of any page

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During the pandemic, our VA Medical Center may alter the way we provide services, but rest assured—

**We are still here for you!**

VA uses cutting-edge technologies to provide care without requiring you to come to our facility. If you have a need, we encourage you to contact your VA providers prior to heading to VAMC, as there are many healthcare needs that can be handled remotely. If you do feel the need to come in, our Urgent Care is still open during its normal hours.

**As always, if you have a life threatening emergency, please dial 911!**

**Coping With Stress During Infectious Disease Outbreaks**

**What You Should Know**

When you hear, read, or watch news about an outbreak of an infectious disease such as COVID-19, you may feel anxious and show signs of stress—even when the epidemic affects people far from where you live, and you are at low or no risk of getting sick. These signs of stress are typical, and may be more likely or pronounced in people with loved ones in parts of the world affected by the outbreak. As we know, each of us responds to stress uniquely. In the wake of an infectious disease outbreak, monitor your own physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress, and know when to get help.

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Know the Signs of Stress

What follows are behavioral, physical, emotional, and cognitive responses that are all common signs of anxiety and stress. You may notice some of them after you learn about an infectious disease outbreak.

<table>
<thead>
<tr>
<th>Thoughts (Cognition) to be concerned about:</th>
<th>Physical symptoms to be concerned about:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having trouble remembering things</td>
<td>Having stomachaches or diarrhea</td>
</tr>
<tr>
<td>Feeling confused</td>
<td>Having headaches and other pains</td>
</tr>
<tr>
<td>Having trouble thinking clearly and concentrating</td>
<td>Losing your appetite or eating too much</td>
</tr>
<tr>
<td>Having difficulty making decisions</td>
<td>Sweating or having chills</td>
</tr>
<tr>
<td></td>
<td>Getting tremors or muscle twitches</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emotions to be concerned about:</th>
<th>Behaviors to be concerned about:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being unreasonably anxious or fearful</td>
<td>An increase or decrease in your energy and activity levels</td>
</tr>
<tr>
<td>Feeling depressed</td>
<td>An increase in your alcohol, tobacco use, or use of illegal drugs</td>
</tr>
<tr>
<td>Feeling guilty</td>
<td>An increase in irritability, with outbursts of anger and frequent arguing</td>
</tr>
<tr>
<td>Feeling angry</td>
<td>Having trouble relaxing or sleeping</td>
</tr>
<tr>
<td>Feeling heroic, euphoric, or invulnerable</td>
<td>Crying frequently</td>
</tr>
<tr>
<td>Not caring about anything</td>
<td>Worrying excessively</td>
</tr>
<tr>
<td>Feeling overwhelmed by sadness</td>
<td></td>
</tr>
<tr>
<td>Wanting to be alone most of the time</td>
<td></td>
</tr>
<tr>
<td>Blaming other people for everything</td>
<td></td>
</tr>
<tr>
<td>Having difficulty communicating or listening</td>
<td></td>
</tr>
<tr>
<td>Having difficulty giving or accepting help</td>
<td></td>
</tr>
<tr>
<td>Inability to feel pleasure or have fun</td>
<td></td>
</tr>
</tbody>
</table>

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Know How To Relieve Stress

You can manage and alleviate your stress by taking the time to take care of yourself.

Keep things in perspective:

Set limits on how much time you spend reading or watching the news about the outbreak. You will want to stay up to date on news of the pandemic, particularly if you have loved ones in places where many people have gotten sick. But make sure to take time away from the news to focus on things in your life that are going well and that you can control.

Stick to the facts:

Find people and resources you can depend on for accurate health information. Learn from them about the outbreak and how you can protect yourself against illness, if you are at risk. You may turn to your family doctor, a state or local health department, U.S. government agencies, or an international organization.

Centers for Disease Control and Prevention – COVID-19

State COVID Links:
What You Can Do

Keep yourself healthy:

• Eat healthy foods and drink water.
• Avoid excessive amounts of caffeine and alcohol.
• Do not use tobacco or illegal drugs.
• Get enough sleep and rest.
• Get physical exercise.

Being stuck at home can make it difficult to ensure that you get adequate nutrition. Currently, grocery stores remain open for business, but if you cannot go out or have been advised by your healthcare provider to stay home, there are several options:

Home Delivery – Several retailers and organizations offer home delivery or pickup of grocery items.

https://www.instacart.com/grocery-delivery/spokane-wa
https://www.fredmeyer.com/i/ways-to-shop
https://grocery.walmart.com/delivery-unlimited/address
https://www.safeway.com/
https://www.costco.com/my-life-costco-grocery-online-delivery.html
https://spokanefoodfighters.org/

Community – Consider asking family/friends/neighbors for help.

Exercise and fitness

Even with your gym closed, you can still have a routine that will help you feel a sense of normalcy.

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• You may be off work or working from home. In either case, it is crucial to create a routine that involves getting up and moving every day.

• Set consistent bed/wake times

• Get enough sleep

• Go for a walk

• Outside, just remember to keep your distance from others. Enjoy the sunshine and fresh air. Also, remember that your pets need to get their exercise too!

• Go for a jog, a run, or bike ride, all still safe.

• Create a plan

• There are millions of FREE music videos on YouTube, find some of your favorites, and dance it out.

• There are many online resources to help you mix things up, and if you’re home alone, there’s nobody around to judge you. Free exercise videos available here:

Fitness Blender
Peloton is currently offering free 90-day memberships

Blogilates
CorePower Yoga

Orangetheory at Home
The Tai-chi for Health Institute

Free Yoga Classes

Keep your family healthy:

CDC - Caring for Children during COVID-19

CDC - Household Checklist

CDC – COVID 19, Pregnancy and Breastfeeding

National Association of School Psychologists - Helping Children Cope With Changes

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Relax:

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate, wash your face and hands, or engage in pleasurable hobbies.
- Pace yourself between stressful activities, and do a fun thing after a hard task.
- Use time off to relax—eat a good meal, read, listen to music, take a bath, or talk to your family.
- Talk about your feelings to loved ones and friends often.
- Focus on what you can control.
- Take things one day at a time.
- Recognize and heed early warning signs of stress.
- Recognize how your own past experiences affect your way of thinking and feeling about this event, and think of how you handled your thoughts, emotions, and behavior around past events.
- Know that feeling stressed, depressed, guilty, or angry is common after an event like an infectious disease outbreak, even when it does not directly threaten you.
- Connect with others who may be experiencing stress about the outbreak. Talk about your feelings about the outbreak, share reliable health information, and enjoy conversation unrelated to the outbreak, to remind yourself of the many important and positive things in your lives.
- Take time to renew your spirit through meditation, prayer, or helping others in need.

Additional articles/resources for coping with Coronavirus Anxiety and other topics

- Harvard Medical School - Coping with coronavirus anxiety
- EveryMind.org - COVID-19
- Anxiety and Depression Association of America - COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine
- Mental Health America - COVID-19 Information and Resources
- Mindful.org - Anxiety is Also Contagious. Here’s How to Calm Down
- Washington State Psychological Association - COVID-19 Updates
- Daily Life and Coping - Centers for Disease Control

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Stay connected:

For those looking to stay connected through technology, there are many social networking apps that host free video chatting services.

Consider using Zoo, TikTo, Facetime, or other technology platforms to connect through:

- Virtual happy hours
- Family sessions
- Lunch breaks
- School or Bible study
- Sharing jokes, music, stories
- Changing a group meet up that would usually happen (e.g. book club) to a virtual gathering
- Or simply talk about anything other than COVID-19.

Online and telephone support:

- **NAMI Mainline**

- **AFSP COVID-19 Digital Tool Kit**

- **Headspace.com**

- Other ways people are improving their mental and physical well-being and decreasing stressors are through their social connections in their neighborhoods.

- Around the country, people are reporting a return to a simpler time by offering a wave or small talk with their neighbors on their daily walks, communing from their lawns, front porches, or rooftops, and contributing to help those most at risk with food and supplies.

- Last weekend my neighborhood had a social distancing block-party, with everyone joining in, grilling burgers, washing their cars, and playing music from their driveways. It appears there is a silver lining of social distancing, having the time to be a good neighbor.
Other Ideas:

Activity Resource Booklet

This resource is intended to be a “Grab and Go” link to several printable resources that you can use.

Print in whole or in part, however, to ensure use of the additional resources within this document (most of which are printable PDFs), share digitally when able in order to utilize the embedded links.

mHEALTH TOOLS

MOBILE APPS

<table>
<thead>
<tr>
<th>App Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREATHRELAX</td>
<td>Manage stress by learning and practicing deep-breathing exercises.</td>
</tr>
<tr>
<td>ACT COACH</td>
<td>Add acceptance and commitment therapy (ACT) tips to daily life.</td>
</tr>
<tr>
<td>CONCUSSION COACH</td>
<td>Identify concussion symptoms and cope with related problems.</td>
</tr>
<tr>
<td>DREAM EZ</td>
<td>Based on imagery rehearsal therapy (IRT) can help diffuse nightmares.</td>
</tr>
<tr>
<td>FEEL ELECTRIC!</td>
<td>Help your grade-school children identify and express their feelings.</td>
</tr>
<tr>
<td>MINDFULNESS COACH</td>
<td>Learn to practice mindfulness meditation to live in the present.</td>
</tr>
<tr>
<td>MOVING FORWARD</td>
<td>Learn problem-solving techniques that help you make better decisions.</td>
</tr>
<tr>
<td>PPA MOBILE</td>
<td>Get support as a responder when your job is to provide psychological first aid (PFA).</td>
</tr>
<tr>
<td>PARENTING2GO</td>
<td>Strengthen your relationships with your children.</td>
</tr>
<tr>
<td>POSITIVE ACTIVITY JACKPOT</td>
<td>Find local activities to improve your mood and avoid negative thinking.</td>
</tr>
<tr>
<td>PTSD COACH</td>
<td>Get support in managing PTSD symptoms.</td>
</tr>
<tr>
<td>STAY QUIT COACH</td>
<td>Get help either while in smoking cessation treatment or to prevent relapse.</td>
</tr>
<tr>
<td>TACTICAL BREATHER</td>
<td>Learn to use breathing to control your response during times of stress.</td>
</tr>
<tr>
<td>THE BIG MOVING ADVENTURE</td>
<td>Help prepare military children emotionally for the stress of moving.</td>
</tr>
<tr>
<td>VIRTUAL HOPE BOX</td>
<td>Helps reduce symptoms of depression with a digital version of hope box therapy</td>
</tr>
</tbody>
</table>
Remember,
Most importantly,
take care of yourself!

It’s the greatest way to ensure you can be there for others.
What It Is: The Veterans Crisis Line is a free, confidential resource that’s available to anyone, even if you’re not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances.

When to Call: Veterans and Service members in crisis don’t have to face it alone. If you’re thinking about hurting yourself, having thoughts of suicide, or becoming self-destructive, there are responders ready to help. Contact the Veterans Crisis Line immediately for assistance.

Supporting a loved one through a crisis can feel overwhelming, but responders at the Veterans Crisis Line can help. Contact the Veterans Crisis Line immediately if the Veteran or Service member in your life is showing signs of crisis, such as:

- Talking about feeling hopeless
- Experiencing anxiety or agitation
- Increasing risky behaviors or substance use

What to Expect: When you call, chat, or text the Veterans Crisis Line, one of our trained responders will help you through any personal crisis, even if it does not involve thoughts of suicide. You decide how much you want to share — we’re here to listen and to help.
⇒ If you are in danger — or the Veteran or Service member you’re concerned about is in danger — the responder will work to make sure everyone is safe. The responder will help you get through the crisis and then help you connect with the services you need, either from your local VA medical center or elsewhere in your community. If you decide to share your contact information, the Suicide Prevention Coordinator at the nearest VA medical center will contact you by the next business day.

⇒ If you — or the Veteran or Service member you are concerned about — are in crisis but not at imminent risk for injury or suicide, then the responder will listen, offer support, and help you make a plan to stay safe.

⇒ **After the Call:** If you call, text, or chat with the Veterans Crisis Line, our support doesn’t end when the conversation’s over.

⇒ When callers need more support, Veterans Crisis Line responders can refer them to a Suicide Prevention Coordinator (SPC) at their local VA medical center. SPCs follow up and coordinate care for the issues that led to the crisis, like posttraumatic stress disorder, depression, readjustment challenges, sleeping problems, and more.

⇒ **A confidential and secure resource:** When you contact the Veterans Crisis Line, you decide how much personal information you’d like to share with our responders.

⇒ If you decide to get support from a local VA Suicide Prevention Coordinator, your responder may ask for your name and some personal information to help set up a meeting.

⇒ It takes the courage and the strength of a warrior to ask for help.

**Talk to the Veterans Crisis Line now**

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Other Resources

Spokane County Emergency Food Outlets

Each organization has its service area; inquire about accessibility to your location.

Food Banks:

American Indian Community Center
801 E. 2nd Avenue, Spokane 99202
509-535-0886
Tues-Thurs, 9:00 a.m. to 12:00 p.m. and 1:00 p.m. – 4:30 p.m.

Better Living Center
25 E. North Foothills Dr, Spokane 99207
509-325-1258
Tues, 9:00 a.m. to 12:00 p.m.
Thurs, 9:00 a.m. to 12:00 p.m. and 1:00 to 2:00 p.m.

The City Gate
170 S. Madison St., Spokane 99201
509-455-9670
Tues – Fri, 10:00-12:00 p.m. and 12:30 p.m. – 3:00 p.m.

East Central Food Bank
500 S. Stone, Spokane 99202
509-276-0856
Mon 10:00 a.m. – 3:15 p.m.
Wed – Fri 10:00 a.m. – 3:15 p.m.

Northwest Connect
4520 N. Crestline St., Spokane, 99207
509-487-2781
Mon – Thurs, 9:00 a.m. – 11:00 a.m.
Tues, 9:15 a.m. – 11:00 a.m.

NW Ecumenical Food Bank
3908 N. Driscoll Blvd., Spokane, 99205
509-325-4541 check
2nd and last Tuesday of month, 9:30 a.m. – 12:30 p.m.

Our Place
1509 W. College Ave., Spokane, 99201
509-326-7267
Mon, Tues, Thurs, 10:00 a.m. – 12:30 p.m.
Distributes 10 free bus passes a day on first come, first served basis

Salvation Army
204 E. Indiana, Spokane, 99208
509-998-5722
Mon, Tues, Thurs, Fri, 9:00 a.m. – 5:00 p.m.
Wed, 1:30 p.m. – 7:00 p.m.
Sat, 9:00 a.m. – 1:00 p.m.

Serve Spokane
8303 N. Division, Spokane, 99208
509-998-5722
2nd and 4th Saturday of month, 10:00 a.m. – 12:00 p.m.

Meal Sites

House of Charity
32 W. Pacific,
Spokane, 99201
509-624-7821

UGM Men’s Shelter
1224 E. Trent Ave., Spokane, 99202
509-535-8510

Student Impact Center
1234 E. Sprague Ave., Spokane, 99201
509-534-2916

Women and Children’s Free Restaurant
1408 N. Washington, Spokane, 99201
509-324-1995

Crosswalk (under 18)
525 W. 2nd Avenue, Spokane, 99201
509-241-1840
Open to youth 24 hrs., 7 days a week housing and counseling

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Non-Profit Organizations Supporting Veterans/Military Inland Northwest:

Operation Spokane Heroes:
http://opspokaneheroes.wixsite.com/spokane
Help OSH make a difference; Men and women from every branch of the military are answering the call to protect the freedoms that make this nation great, but the call to action is not for them to answer alone. It is up to each of us to do our part to support our military, and perhaps more importantly - to support the families of those who have left for foreign soil. OSH is designed to help us, as a community, do just that. By showing our support to military families, we let them know their importance to the Spokane Region and our country. We help families of deployed service personnel from the National Guard, Reserves and Active Duty. There is always more that can be done.

Meals on Wheels – Feed the Veterans
https://www.mowspokane.org
Meals on Wheels Spokane delivers hot, nutritious meals to disabled or home bound seniors in Spokane. Our service helps preserve dignity and independence by keeping seniors in their homes.

Newby-Ginnings:
http://www.newbyginnings.org/
570 S. Clearwater loop – Post Falls ID
Basic necessities. Common comforts. Things that most of us take for granted every day. Gratitude and respect for time served and sacrifices made for our freedom. That's what Newby-ginnings strives to provide to our Veterans, our Active Servicemen and Women, and our Gold Star Families every day. With no hoops. No red tape. No appointments. No waiting months on end. And we do this with the support of our community. With nothing but donations and fundraisers. Because no money exchanges hands. There are no income eligibility guidelines and no proof of need required. Whatever they need, at no charge. Newby-ginnings is a 5700 sq ft facility that provides household and personal essentials to Veterans, Active Service members and Gold Star Families. It is set up like a store with areas dedicated to clothes, shoes, household essentials, baby supplies, medical equipment, furniture, appliances and much more. We even have a library with books, movies, music and occasional video games.

Freedom Has A Face:
http://www.freedomhasaface.org/
Family members having a loved one killed in action are forever changed. As a humble gesture of appreciation, Freedom Has A Face has established the Gifts of Gratitude fund. This program directly aides families of our fallen heroes by promptly meeting a pressing financial need. This could include a major repair on a vehicle, fixing a leaky roof, or catching up on overdue bills.

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Washington State Fallen Heroes Project:
https://www.facebook.com/WAFallenHeroesProject/
Since the tragedy of 9/11/2001, Washington State Fallen Heroes Banner Project was formed to bring honor and remembrance to fallen military service members with ties to Washington and Northern Idaho who were willing to sacrifice their all. We provide comfort and support to the families of the fallen; our Gold Star Families. We strive to promote awareness among the community of the sacrifices being made to protect our freedoms. May they be forever remembered and may we always be forever grateful!

March for the Fallen Project:
http://www.marchfortheFallen.com/home-1.html
March For The Fallen is a memorial event to honor all of Washington’s fallen Military. Since September 11, 2001 there have been approximately 150 Military members from Washington state who have been killed in action while serving our country from all the branches of the military. We are honor our fallen with a 5K, 10K and 15K, Individual Ruck March and A Team Ruck March. Each member of the team will carry a 35LB backpack.

Spokane Veterans Forum:
https://www.spokaneveteransforum.org/
The Spokane Veterans Forum (SVF) is a 501(c)(3), non-profit organization that provides mentoring, educational, therapeutic, and life enhancing services to military veterans referred from regional Veterans Enhanced Therapeutic Courts (VET Court). The SVF was established in 2010. The SVF Program prepares veteran defendants to take their place as upstanding citizens in society and saves the community the cost of incarcerations.

Operation Dog Tag:
https://www.facebook.com/pg/OperationDogTag/about/?ref=page_internal
Operation Dog Tag is a Spokane based non-profit organization under Pointman International Ministries. We are dedicated to all of our men and women who served in combat and their families who love them. We teach and instruct these veterans to train qualified service dogs for other combat veterans to meet their critical needs, whether for assistance with post-traumatic stress or crutches, canes, walkers and wheel chaired. We are very determined to help veterans and their families begin living their lives again, as we “Make Man’s Best Friend Even Better For A Veteran.”

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Point Man Ministries Northwest:
http://pointmannorthwest.com/
“To connect the hurting veteran as well as their families and friends with others who have already begun the transition home after war. With Jesus Christ as our focal point it is our desire is to provide spiritual and emotional healing through our existing Outpost and Home Front system.”

Vets Garage:
https://vetsgarage.wixsite.com/vetsgaragespokane/about-vetsgarage
Since 2012, VetsGarage has helped veterans succeed in the civilian world by offering a variety of vocational and educational training opportunities to assist them in transitioning to the next phase in their lives. For some, that may be a new career, or even starting a business of their own. Others may choose to further their education through college courses.

Project Healing Waters:
https://www.facebook.com/ProjectHealingWatersFlyFishingSpokaneWa
Project Healing Waters Fly Fishing, Inc. is dedicated to the physical and emotional rehabilitation of disabled active military service personnel and veterans through fly fishing and fly tying education and outings.

Local Veterans Organizations with chapters/posts in the area:
Please Google for local contacts/locations
VFW
American Legion
DAV
Combat Riders
Order of the Purple Heart
Vietnam Veterans of American
Paralyzed Veterans of American
Wounded Warrior Project – Peer Mentor Support Program
National Guard Family Readiness Program
Armed Forces American Red Cross Program/USO

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Emergency Shelters

Hope House - 111 W. 3rd Avenue, Spokane, WA 99201-509.455.2886
Serves Women 18 Years and Older
Shelter Hours - 8pm to 8am (34 beds total) Office Hours - 9am - 5pm (M-F)
Hope House offers - a meal, showers, clothing, hygiene items and on site case management

Crosswalk Teen Shelter - 525 W. 2nd Ave, Spokane, WA 99201- 509-838-6596
Serves Children Ages 13 -17
Shelter Hours - 24 hours a day, 7 days a week
Crosswalk offers - family reconciliation services, clothing, showers, personal hygiene products, employment readiness programs, independent living training, school drop-out prevention, tutoring, transportation, access to transitional housing programs

Serves Women and Children
Check In Time - Any Time for New Guests 4pm - 5pm for Current Guests
UGM Crisis Shelter offers - Meals, medical clinic, eye clinic, chapel services, Life Skills Classes, Business Bound Track (if residents are interested in starting their own small business), Guest Assistant Track (if residents are interested in assisting with the day-to-day tasks of running the shelter)

YWCA Crisis Shelter - 509.326.2255
Serves Women and Children (also accepts pets!), Can provide resources to males experiencing DV
YWCA shelter offers - confidential location with security, basic food and necessities, emergency clothing and toiletries, laundry, connections to YWCA’s job readiness services

House of Charity (HOC) 32 W. Pacific Ave, Spokane, WA 99201- 509.624. 7821
Emergency Evening Shelter Serves Men, Men and Women over the age of 18 are able to access Day Program Services from 7:30AM to 12:00PM
Standby list starts at 7:30AM, Check in is at 6:30PM, Standby beds are available starting at 8PM
HOC offers - Meals, Showers, Haircuts, Mail services, SSI assistance, Medical Clinic

Open Doors Emergency Family Shelter (Family Promise) - 2002 East Mission Ave, Spokane, WA 99202-509.723.4663
Serves Families
Open 24 hours a day/7 days a week
Open Doors Offers - 24 hour shelter, food, supplies, showers, computers, laundry access, referrals to local resources

Serves Men 18 years and older
Check In Time - 24 hours a day (guests must be sober, drug free, and have ID)
UGM Men's Shelter offers - Medical clinic, eye clinic, meals, classes, and counseling

Salvation Army Emergency and Transitional Housing - 509.325-6810
Individuals are referred through the HFCA (509.325.5005)

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Serves families with children and couples without children
Participants can stay for up to 90 days. Participants work with a case manager, attend Life Skill classes, work to increase income and receive assistance looking for appropriate housing

The Regional Crisis Residential Center - YFA Connections - 201 W. 6th Ave, 509.624.2868
(24 hour Crisis Line) Serves Youth Age 12-17, Provides temporary shelter and crisis counseling for youth who are in conflict with their family, have run away from home, are at risk of running away, or are homeless.
Day Programs/Drop In Centers

House of Charity (HOC) - 32 W. Pacific Ave, Spokane, WA 99201 - 509.624.7821
Serves Men and Women 18+
Hours: 7:30AM -12:00PM
HOC offers - Meals, Showers, Haircuts, Mail services, SSI assistance, Medical Clinic

The Women's Hearth - 920 W. 2nd Ave., Spokane, WA 99201 - 509.455.4249
Serves Women 18+
Hours: 8:30AM - 5PM (M, Tu, Thu, Fri), 10:30AM - 5PM (Wed)
The Women's Hearth offers - access to showers, food, hygiene products, over 60 classes monthly, computer lab, resources and referrals to other services

Cup of Cool Water-1106 W. 2nd Ave, Spokane, WA 99201-509.747.6686
Serves youth ages 14-24
Hours - 1PM - 4PM (M-F) Day Drop-in - Mon, Tue, Thurs. 7-9pm Evening Drop in, Special programs on Wed
Hot meals, showers, clothing, toiletries, laundry facilities, computer lab, job training, mentoring, life skills

City Gate -170 S. Madison, Spokane, WA 99201 - 509.455.9670
Hours - 10AM - 3PM
City Gate Offers - Clothing bank, food bank, breakfast and lunch, showers, blankets and sleeping bags, toiletries, crafts and movies. Also offers church services on Sunday at 10am

Truth Ministries - 1910 E. Sprague, Spokane, WA 99202 – 509.456.2576
For 7 years operating on Donations alone Truth has had over 10,000 men get a meal and a bed for the night. We are a men's shelter only open from 8 p.m. to 8 a.m. open every Holiday.

Transitional Housing

St. Margaret's Shelter-509.358.4250
Individuals are referred through the HFCA (509.325.5005)
Transitional housing serving families
St Margaret's Offers - Case management, state of the art security, job training and support, parenting assistance, launder and computer access

Transitional Living Center (TLC) - 509.325.2959
Individuals are referred through the HFCA (509.325.5005)
Transitional housing serving women and children
TLC offers - case management services, life skills classes, computer access and childcare

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Bridges (Family Promise) - 509-747-5487
Individuals are referred through the HFCA (509.325.5005)
Serves Families, Bridges offers transitional housing for homeless families. Family Promise partners with 35 churches to offer breakfast, dinner and overnight accommodations. Families are then transported to the Day Center between 7:30AM and 7:30PM.

SNAP Transitional Housing
Individuals are referred through the HFCA - 509.325.5005

VOA: Alexandria's House - 509.489.0349
Individuals are referred through the HFCA - 509.325.5005
Serves women ages 16-20 and their children
Alexandria's House Offers - a welcoming home where young mothers are able to get support in education, employment, and treatment. Public health nurses, doulas and other community partners help provide emotional, psychological and physical support systems that moms and babies need

VOA: Aston Bleck - 509.624.2378
Individuals are referred through the HFCA - 509.325.5005
Serves women ages 18 - 21
Aston Bleck offers up to twenty four months (or until the mother turns 22) of supportive housing and case management services

Emergency Assistance Programs

SNAP-509.456.7627
Energy assistance program. Must have a final notice or be within 10 days of running out of deliverable fuel. Household receiving rent subsidies may receive reduced Project Share assistance. Households that have heat costs included in rent do not qualify for assistance. Assistance may be provided once only every other heating season (when funding available).

Catholic Charities -509.455.4963 (Spokane County)
if you live in the 99006 zip code, please call 509.276.8224 (The Greenhouse)

Are you having a dispute with your landlord?

Tenants Union of WA-206.723.0500
The Tenants Union of WA is offering free walk in Tenant Education and Counseling Clinics. There will be a walk in clinic from 1:30 - 3:30pm every Tuesday at the American Indian Community Center and downtown at the Homeless Family Coordinated Assessment on Thursdays from 1:30 - 3:30pm. Also, out in the Valley at Spokane Valley Partners on the 2nd and 4th Wednesday of every month from 1:30 - 3:30pm.