Veteran Resource Guide

- 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!

VA | U.S. Department of Veterans Affairs

Veterans Health Administration
Mann-Grandstaff VAMC, Spokane ,WA

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Veterans Health Administration
Mann-Grandstaff VAMC, Spokane ,WA

- 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

Veterans Crisis Line
1-800-273-8255 PRESS 1
Confidential chat at VeteransCrisisLine.net or text to 838255

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

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

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Getting Care

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.

Mann-Grandstaff VA Medical Center Wellness Resources:
https://www.spokane.va.gov/services/WellnessResources.asp

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

Talk to the Veterans Crisis Line now

Coping With Stress During Infectious Disease Outbreak

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.

Thoughts (Cognition) to be concerned about:

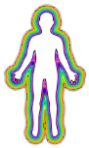
- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly and concentrating
- Having difficulty making decisions

Emotions to be concerned about:

- Being unreasonably anxious or fearful
- Feeling depressed
- Feeling guilty
- Feeling angry
- Feeling heroic, euphoric, or invulnerable
- Not caring about anything
- Feeling overwhelmed by sadness
- Wanting to be alone most of the time
- Blaming other people for everything
- Having difficulty communicating or listening
- Having difficulty giving or accepting help
- Inability to feel pleasure or have fun

Physical symptoms to be concerned about:

- Having stomachaches or diarrhea
- Having headaches and other pains
- Losing your appetite or eating too much
- Sweating or having chills
- Getting tremors or muscle twitches



Behaviors to be concerned about:

- An increase or decrease in your energy and activity levels
- An increase in your alcohol, tobacco use, or use of illegal drugs
- An increase in irritability, with outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping
- Crying frequently
- Worrying excessively

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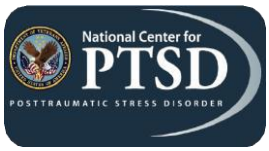
National Center for PTSD-Managing Stress Associated w/ COVID-19



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:

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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.rosauers.com/how-to-shop-online/

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

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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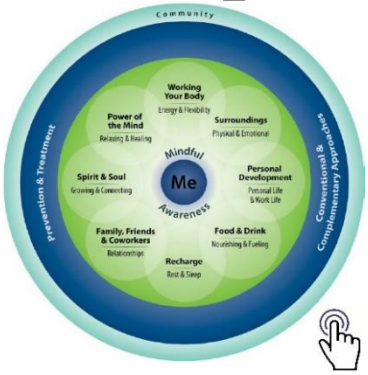
- You may be off work or working from home. In either case, it is crucial to create a routine that involves getting up and moving every day.
- Set consistent bed/wake times
- Get enough sleep
- Go for a walk
- Outside, just remember to keep your distance from others. Enjoy the sunshine and fresh air. 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 Zoom, 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.

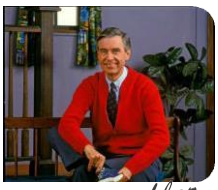
Online and telephone support:

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.*



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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

VA App Store

MOBILE APPS

- ☐ **ACT COACH** — Add acceptance and commitment therapy (ACT) tips to daily life
- ☐ **BREATHE2RELAX** — Manage stress by learning and practicing deep-breathing exercises
- ☐ **CBT-i COACH** — Use with cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep
- ☐ **CONCUSSION COACH** — Identify concussion symptoms and cope with related problems
- ☐ **CPT COACH** — Use with cognitive processing therapy (CPT) to reduce PTSD symptoms
- ☐ **DREAM EZ** — Based on imagery rehersal therapy (IRT) can help diffuse nightmares
- ☐ **FEEL ELECTRIC!** — Help your grade-school children identify and express their feelings
- ☐ **LIFEARMOR** — Take self-assessments and learn more about topics like PTSD, anger, depression and more
- ☐ **MINDFULNESS COACH** — Learn to practice mindfulness meditation to live in the present
- ☐ **MOVING FORWARD** — Learn problem-solving techniques that help you make better decisions
- ☐ **MILD TBI POCKET GUIDE** — Access this handy reference when assessing and treating symptoms of mild TBI
- ☐ **PARENTING2GO** — Strengthen your relationships with your children
- ☐ **PE COACH** — Use with prolonged exposure (PE) therapy to improve results
- ☐ **PFA MOBILE** — Get support as a responder when your job is to provide psychological first aid (PFA)
- ☐ **POSITIVE ACTIVITY JACKPOT** — Find local activities to improve your mood and avoid negative thinking
- ☐ **PROVIDER RESILIENCE** — Use when dealing with burnout and compassion fatigue
- ☐ **PTSD COACH** — Get support in managing PTSD symptoms
- ☐ **STAY QUIT COACH** — Get help either while in smoking cessation treatment or to prevent relapse
- ☐ **T2 MOOD TRACKER** — Monitor your emotional health by tracking your moods over time
- ☐ **TACTICAL BREATHER** — Learn to use breathing to control your response during times of stress
- ☐ **THE BIG MOVING ADVENTURE** — Help prepare military children emotionally for the stress of moving
- ☐ **VIRTUAL HOPE BOX** — Helps reduce symptoms of depression with a digital version of hope box therapy

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Remember,
Most importantly,
take care of yourself!

It's the greatest way to ensure you can be there for others.

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Veterans Crisis Line

1-800-273-8255 PRESS 1

Other Connection Options

Text to 838255

or

Confidential Chat at

www.veteranscrisisline.net

⇒ **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, helping qualified responders at the Veterans Crisis Line are specially trained and experienced in 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.

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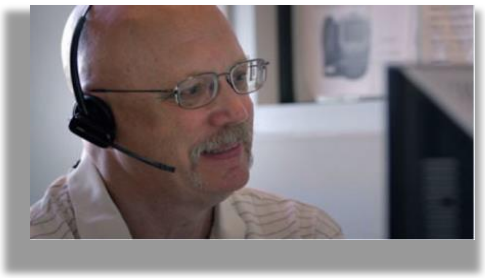


⇒ If you are in danger — or the Veteran or Service member you're concerned about is in danger — the responder will work to make sure everyone is safe. The responder will help you get through the crisis and then help you connect with the services you need, either from your local VA medical center or elsewhere 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.

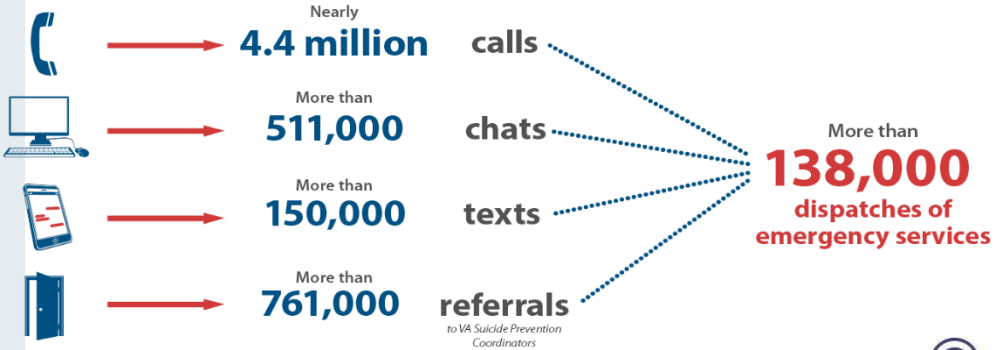
⇒ If you — or the Veteran or Service member you are concerned about — are in crisis but not at imminent risk for injury or suicide, then the responder will listen, offer support, and help you make a plan to stay safe.

⇒ **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

Emergency Food Outlets

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

Food Banks:

Chelan County

Wenatchee Community Center
504 South Chelan
509-662-6156
Thurs:9:00-11:00am

Wenatchee Salvation Army
1205 S Columbia
509-662-8864
M-F 1:00-3:00pm

St. Vincent de Paul
600 St. Joseph Place, Wenatchee
509-662-4569
Sat: 8:00am until no food

Women's Resource Center
20 Adams, Wenatchee
509-662-0121
Apr-Nov Tues: 1:30pm
Dec-Mar Tues: 12:00pm

Bridgeport Community Church
1300 Foster Ave., Bridgeport
509-686-7155
2nd & 4th Thurs: 1:00-2:30pm

Cashmere Food Bank
109 Railroad Ave., Cashmere
509-782-4262
By appointment

Chelan Food Bank
102 Emerson, Chelan
509-682-9063
Tues: 9:00-10:30am

Entiat Food Bank
2188 Entiat Way
509-784-7117
Call for dates/times

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Community Cupboard
219 14th, Leavenworth
509-548-6727
Mon-Sat: 11:00am -5:00pm

Mansfield Senior Center
303 Maple Rd., Mansfield
509-689-2815
Every other Fri: 11:00am-12:00pm

Orondo Community Church
13966 State Route 2, Orondo
1st & 3rd Wed: 4:00-6:00pm

Rock Island Food Bank
1 Freemont
509-662-6156
Tues: 9:00-11:00am

Waterville Senior Center
413 S Central
509-745-8237
Every other Thurs: 2:30-4:20pm

Okanogan County

Brewster
301 S. 4th St., Brewster
Thurs: 9:00-10:30am

Conconully
219 N. Main, Conconully
1st & 3rd Wed: 1:30-3:00pm

Nespelem
37 Lakes St., Nespelem
509-634-2769 (please call ahead)
Mon-Fri: 8:00am-3:00pm

Okanogan
424 2nd Ave S, Okanogan
M & Tues: 9:00am-2:30pm

Omak
1010 W. 4th Ave. , Omak
Mons: 9:00-11:00am

Oroville
9th & Main, Oroville
Thurs: 9:30-11:30am

Okanogan County Community Action Council
101 Hwy 97 N, Tonasket
Thurs: 9:00-11:00am

Twisp/Methows
The Cove, 128 Glover St., Twisp
Thurs: 1:00-4:00pm

Wauconda
129 Toroda Creed Rd., Wauconda
Thurs: 2nd & 4th 1:00-2:00pm

Grant County

Coulee City First Presbyterian
509-632-5696
Call for days/time

Lind Sr. Center
2nd Harvest
509-677-3620
Call for days/time

Grand Coulee Dam
509-633-2742
Call for days/time

Quincy
509-787-4963
Call for days/time

Ephrata
509-754-5772
Call for days/time

Meal Sites

Chelan County

Chelan Senior Center
509-682-2712
Call for days/time

Entiat Senior Center
509-888-0952
Call for days/time

Leavenworth Senior Center
509-548-6666
Call for days/time

Rock Island
509-886-3239
Call for days/time

Mansfield Senior Center
509-683-1091
Call for days/time

Manson Senior Center
509-687-3377
Call for days/time

Waterville Senior's (Kopey's Rest)
509-745-8237
Call for days/time

Okanogan County

Brewster Senior Center
509-689-2815
Call for days/time

Methow Valley Senior Center
509-997-7722
Call for days/time

Okanogan Senior Center
509-422-6776
Call for days/time

Omak Senior Center
509-826-4741
Call for days/time

Oroville Senior Center
509-476-2412
Call for days/time

Tonasket Senior Center
509-486-2483
Call for days/time

Grant County

Coulee City Senior Center
509-632-8701
Call for days/times

Ephrata Senior Center
509-754-2382
Call for days/time

Grand Coulee Dam Area Seniors
509-633-2321
Call for dates/times

Lind Senior Center
509-677-3620
Call for dates/times

Quincy Senior Center
509-787-3231
Call for dates/times

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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.

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."

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/Homeless Shelters

Chelan County

Gospel House
810 S Wenatchee Ave., Wenatchee
509-664-6775

Hospitality House
1450 S Wenatchee Ave., Wenatchee
509-663-4289

YWCA Emogene's Emergency Women's Shelter
212 5th St., Wenatchee
509-662-3531

Okanogan County

Okanogan Community Homeless Shelter
505 4th Ave. S., Okanogan
509-826-1789

Okanogan County Community Action Okanogan
424 2nd Ave. South, Okanogan
509-422-4014
Provides motel vouchers

Transitional Housing

Chelan County

Bruce Housing Program Transitional Housing
206 Palouse St., Wenatchee
509-662-2485

Oxford House
214 Methow St., Wenatchee
509-470-6262

Okanogan County

Oxford House Okanogan
217 4th Ave. South, Okanogan
509-557-9919

Please contact Mann-Grandstaff VA Medical Center Social Work Service regarding

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