

NEED / SERVICE:	WHAT:	INFO and HOURS
Car Repairs	Vehicle Emission Repair Program: Organization that repairs vehicle emission problems that prevent auto registration.	509-456-7106 VERP webpage 500 S. Stone Spokane, WA 99201 M-F 8:30 a.m. - Noon & 1 - 4 p.m.
Women in Crisis/DV cases	UGM Crisis Shelter for Women & Children: Crisis shelter for women and women with children.	509-535-0486 1515 E Illinois Ave Spokane, WA 99207 M-F 8:30 a.m. - 4:30 p.m.
Shelter Directory	Shelter Me Spokane: List of shelters in the Spokane area, filterable by demographic.	https://sheltermespokane.org/
Crisis Response for Mental Health	Frontier Behavioral Health: Number provided is the crisis line. However, individuals can also do a walk-in intake to get into counseling services.	509-838-4651 Crisis line webpage 107 S. Division Spokane, WA 99202 24/7
North Spokane County (Deer Park)	The Greenhouse: Information and referral service for North Spokane County area. Provides a free clothing bank, Deer Park food bank, emergency services, counseling services, furniture, and household items. GED program is also available.	509-276-6897 https://greenhousedp.com/ 211N Fir Ave Deer Park, WA 99006 MWF 1:00pm - 3:45pm
Transportation	ParaTransit: Wheelchair-accessible public transit service which serves those with disabilities that prevent them from riding on Spokane's main transit system. Fill out an application to start using ParaTransit services.	509-328-1552 https://www.spokanetransit.com/paratransit/
	Spokane Transit Authority: Provides public transit around Spokane. STA's Community Access Pass program provides reduced-cost passes for qualifying riders.	https://www.spokanetransit.com/ https://www.spokanetransit.com/fares-passes/community-access-program/
Healthcare for low income/uninsured	Project Access- provides office visits, inpatient and outpatient- for uninsured individuals.	509-532-8877 104 S. Freya, Suite 114 Spokane, WA 99202
Affordable Telephone Services	Telephone Assistance Program; requires DSHS number but could be helpful for those whose phones get turned off	1-800-700-8880 M-F, 7 a.m. - 7 p.m.

	and struggle to get in touch with us.	
Essential Community Services	2-1-1; reach information and referral services to health, human, and social service organizations. Including transportation, housing, food assistance, and legal resources	211 https://wa211.org/region/eastern-washington/