



RESOURCE LIST

Parenting Programs

<u>Children's Home Society of WA</u>	747-4174
<ul style="list-style-type: none"> • Adoption Support • Counseling • Early Childhood Development programs 	
<u>Family Home Care Baby Steps Service</u>	473-4900
<ul style="list-style-type: none"> • Experienced help with new baby and household chores from nurses and home health professionals 	
<u>Family Service Spokane</u>	838-4128
<ul style="list-style-type: none"> • Assist individuals in effectively dealing with mental illness, coping skills, and family support 	
<u>St. Joseph's Counseling Center</u>	483-6495
<ul style="list-style-type: none"> • Anger class • Parenting Children of Divorce Seminar • Counseling services 	
<u>Vanessa Behan Crisis Nursery</u>	535-3155
<ul style="list-style-type: none"> • Respite Care for up to 3 days • 10 week parenting class: positive ways to talk to your child, developmental stages 	
<u>CAPA (Childbirth & Parenting Alone)</u>	325-7667
<ul style="list-style-type: none"> • Counseling • Doula Project • Childbirth Education / Preparation Classes • Volunteer Labor Coaches • Parenting Classes – newborn through 3 years • Clothing Bank – maternity and children's clothing (newborn – 6T) • Emergency Diapers 	
<u>Community Minded Enterprises Child Care Referral</u>	484-0048
<ul style="list-style-type: none"> • Help families find child care 	
<u>YWCA Programs and Services</u>	326-1190
24 Hr Crisis Line	326-2255
Alternatives to Domestic Violence	326-2255
Child and Youth Programs	789-9310
Fitness and Swim	777-9622 (YMCA)
Women and Multicultural Services	789-9281
<u>Healthy Mothers Healthy Babies</u>	800-322-2588
<u>WIC Locations</u>	
Airway Heights	244-9334
Deer Park	276-3770
East Central Community Center	323-2830
Northeast Community Center	323-2828
North Spokane	323-2818
Spokane Regional Health District	324-1620
Valley Center	323-2800
West Central Community Center	326-9540



Court Ordered Parenting Seminars

Fulcrum Institute

838-2799

- Dispute Resolution Clinic offers a three hour program: Communication Skills, Stress Indicators Age Appropriate Expectations, Impact of Divorce Reducing Stress, Visitations, Financial Obligations – Alternatives to the Courts

Mediation Center / Madeline Kardong

324-9052

- Co-parenting seminars
- Divorce – Separation – Custody Modification
- Family Mediation
- Parenting Program (12 step / week)

Birth Doulas

www.bloomspokane.com

inwdoulanetwork.com

Hospital Resources

Lactation Services

Deaconess Medical Center	473-7056
Holy Family Hospital	474-2400
Sacred Heart Medical Center	474-2400
Valley Medical Center	473-5706

Hospital Labor & Deliver - Tours

Deaconess	473-7241
Sacred Heart Medical Center	474-2400
Holy Family Hospital	482-2229
Valley Hospital	473-5475

Free Screenings at Valley Hospital

Bone Density & Blood Pressure Checks	473-2194
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Spokane Regional Health District

Alcohol & Drug Clinic	324-1420
Clinic - immunizations, TB testing	324-1600
Senior Nutrition	324-1531
Breast Cancer & Colon Screenings	324-1553

www.cherspokane.org