



Helpful Links for Parents

- ◇ Community-Minded Enterprises Virtual Play & Learn Facebook page for parents and their children ages birth to 5. Learn about child development and encourage healthy play with your children. Join here: [CME Virtual Play & Learn Group](#) (please indicate you've been referred by CCAP)
- ◇ Coping with Anxiety & Mental Health: Join a mindfulness meditation session via zoom with our partners at Recovery Café Spokane, Each Wednesday at 3:30pm. Join at: <https://zoom.us/j/693180866>
- ◇ Explore creative writing with instructors from EWU. Creative writing workshops provide a great outlet for creativity and can help process emotions. Classes held via zoom each Wednesday at 2:30pm. Join at <https://ewu.zoom.us/j/518109394>
- ◇ The Fig Tree of Spokane has compiled a resource directory with updated information related to COVID-19. Find information on food banks, food pick-up for school children, community centers and agencies, shelters and housing/tenants, city resources, public health and emergency management here: [The Fig Tree Resource Guide](#)
- ◇ A list of helpful community resources including insurance enrollment, food and supply resources, unemployment and paid sick leave information: <http://www.betterhealthtogether.org/bold-solutions-content/resources-for-clients>
- ◇ Recovery Support & Resources: <https://www.samhsa.gov/brss-tacs/recovery-support-tools/parents-families>
- ◇ National Alliance on Mental Illness Spokane: <http://www.namispokane.org/>
- ◇ Spokane - Our Kids: Our Business: <http://ourkidsspokane.org/>



The Child Care Assistance Program provides parents in outpatient substance abuse treatment programs in Spokane County with access to quality licensed child care.

Child care programs are open and welcoming children into their care! Due to COVID there are places for children in a variety of locations. Please contact CCAP or your child care provider directly for more information.

(509) 362-2521 / ccap@community-minded.org

Recovery Services & Community Supports

- **Community-Minded Enterprises (CME) / Recovery Community Services**

- ◊ **Recovery Café Spokane**

(509) 960-8529

- ◊ **Child Care Assistance Program (CCAP)**

(509) 362-2521

- ◊ **SOR/SAS**

(509) 385-5266

- ◊ **Plan To Work/Ticket To Work**

(866) 968-7842

- **Pacific Northwest Adult & Teen Challenge**

2400 N Craig Rd

(509) 244-5610

- **Compassionate Addiction Treatment**

2713 E 4th Ave

(509) 368-9832

- **Peer Spokane**

425 W. 1st Ave

(509)867-3778

- **Parent Child Assistance Program (PCAP)**

725 E 3rd Ave

(509) 838-6092 ext. 123

- **Union Gospel Mission - Faith Based Recovery**

1224 E Trent Ave

(509) 535-8510

- **Alcoholics Anonymous**

(509) 624-1442

- **Narcotics Anonymous**

www.newana.org/

- **Gamblers Anonymous**

www.gamblersanonymous.org

Co-Occurring Programs:

Mental Health & Chemical Dependency

- **Spokane Treatment and Recovery Services (STARS)**

312 W 8th Ave

(509) 477-4650

- **Spokane Addiction Recovery Center (SPARC)**

1508 W 6th Ave

(509) 624-5228

- **YFA Connections**

22 S Thor St

(509) 532-2000 ext. 15

- **Partners with Families and Children**

1321 W Broadway Ave

(509) 473-4810

Behavioral Health

- **Inland Northwest Behavioral Health**

104 W. 5th

(509) 992-1888

- **Frontier Behavioral Health**

107 S Division

(509) 838-4651

Health Care Enrollment

- **Better Health Together**

(509) 321-7500

Adult Providers

- **American Behavioral Health Systems**

44 E Cozza Dr

(509) 325-6800

- **American Behavioral Health Systems**

12715 E Mission Ave

(509)232-5766

- **ADEPT**

1321 N Ash St

(509) 327-3120

- **Spokane Treatment and Recovery Services (STARS)**

105 W 3rd

(509) 570-7250

- **Riverside Recovery Center**

3710 N Monroe St

(509) 328-5234

- **New Horizon Care Centers**

201 E 3rd Ave

(509) 838-6092

15407 E Mission Ave

(509) 927-1543

- **Partners with Families and Children**

106 W Mission

(509) 473-4810

- **Spokane Addiction Recovery Center (SPARC)**

1508 W 6th Ave

(509) 624-5228

- **Spokane Regional Health District Treatment**

1101 W College Ave

(509) 324-1420

- **YFA Connections**

22 S Thor St

(509) 532-2000 ext. 15

- **Pioneer Human Services**

910 W Boone Ave

(509) 325-7232

Youth Services

- **Daybreak Youth Services**

960 E 3rd Ave

(509) 444-7033

- **Excelsior Youth Center**

3754 W Indian Trail Rd

(509) 328-7041

- **NATIVE Project**

1803 W Maxwell Ave

(509) 325-5502

- **Spokane Public Schools**

200 N Bernard St

(509) 354-5900

