

Panhandle Health District -- Kootenai County Resource Guide

8500 N. Atlas Road, Hayden, ID 83835
(208) 415-5100

Moms, Babies, and Children Resources

Birthright of CDA birthright.org 923 E. Sherman CDA **208-664-1390** 24-hour hotline **800-550-4900** Pregnancy services and free pregnancy tests, maternity and baby clothes.

Dental Day **208-415-5270** 3rd Wednesday of the month. For pregnant women and children ages 0-17.

Diaper resource: Community Action Partnership (CAP) 4144 W Industrial Loop CDA **208-664-8757** Call ahead to make sure they are in stock.

Eat Smart Idaho - UI Extension eatsmart@idaho.edu **208-446-1688** Helps adults learn how to stretch food dollars to provide families nutritious, low cost meals.

Head Start nic.edu Central Office 411 N 15th St CDA **208-666-6755** -- Harding Head Start 411 N 15th CDA **208-666-6762** -- Lakeland High School Rathdrum **208-687-1682** -- NIC Childrens Center 1000 W. Garden CDA **208-666-6755** -- Post Falls Head Start 106 W 9th **208-773-6164**

ID Department of Health and Welfare 1120 Ironwood Dr. CDA **208-769-1456** Medicaid, SNAP (food stamps), TAFI

ID Stars idahostars.org **800-926-2588** Referral resource for quality child care.

Idaho CARE line **2-1-1**

Infant Toddler Program IDHW healthandwelfare.idaho.gov **208-769-1403** Development Disabilities Screenings and Treatment 0-3 years.

Medicine Man Pharmacies most pharmacies provide free multi-vitamins for children-18 years for families on Medicaid

Milestone Moments www.cdc.gov -- ActEarly **800-232-4636** Website has information about your child's development based on age and what to do if you have a concern.

Mountain States Early Head Start Center msehs.org 411 N 15th CDA **208-765-6955** -- Lakeland Center 14790 N Kimo Rathdrum **208-712-3152**

Nurse Family Partnership **208-415-5298** first time pregnant moms, under 28 weeks gestation

Open Arms and Real Choices Clinic realchoicesclinic.com 1800 Lincoln Wy Ste 201 CDA **208-667-5433** Confidential pregnancy help.

Parents as Teachers **208-415-5298** Open to all families with children prenatal to age 4.

Pregnancy Support Center 2004 North Lucas Post Falls **208-449-8512** or **703-380-9806** Free pregnancy tests, parenting classes, financial assistance, and mentoring.

Safe Start Infant and Child Safety safestartnw.org 1130 N. 4th, CDA **206-582-6191** Offering no-cost courses and training on infant sleep, car seat safety, infant CPR and first aid. Car seats, cribs and sleep sacks may be available.

St. Pius Outreach Ministry stpiuscda@roadrunner.com 625 E. Haycraft, CDA **208-765-5108** Provides low-income people with food vouchers, rental and utility assistance, prescriptions and minor auto repairs.

St. Vincent dePaul ICARE Program icareforchildren.org HELP Center 201 E Harrison Ave CDA **208-676-1515 ext. 315** Assistance with baby needs and diaper resources.

Tobacco Cessation **208-415-5143** Including 3-Call Program

WIC Program 8500 N. Atlas Rd, CDA -- 925 E. Polston Ave. Post Falls **208-415-5130** Women, Infants, and Children program including nutrition and breastfeeding education and support

At Risk Programs

Children's Village, Inc thechildrensvillage.org 1350 W. Hanley CDA **208-667-1189** Provides home for children who are abused, neglected, homeless or in severe family crises.

Guardians of the Children Inland NW Chapter 611 E. Seltice Way Post Falls **208-998-2335** Motorcycle enthusiasts who educate on child abuse and prevention, and create a safe place for abused children.

Idaho 24-hour Domestic Violence Hotline **800-669-3176**

Idaho Legal Aid Domestic Violence Program idaholegalaid.org North Idaho **208-667-9559** Free legal representation for low income victims of domestic violence in divorces and child custody.

Kootenai County Crises Line **208-664-1443** -- **Rape Crises** **208-661-2522** -- **Domestic Violence Hotline** **208-664-9303**

Safe Passage safepassage.org 850 N. 4th St CDA **208-664-9303** or text **208-449-7228** Provides 24-hour crisis intervention for adults and children affected by domestic or sexual violence.

St Vincent de Paul's HELP Center 201 E Harrison CDA **208-664-3095** Provides services for the poor, hungry, and the homeless.

Food Banks/Pantries

Cherished Ones 401 N 2nd St CDA **208-704-0908**

Canvas Community Outreach 2200 N 7th St CDA **208-667-5481**

The Altar Food Bank 901 E Best Ave CDA **208-664-1453**

Seventh-Day Adventist Food Bank 1804 N 4th St CDA **208-930-1891**

Lake City Market 6000 N. Ramsey Rd CDA **208-676-0632**

Community Action Partnership (CAP) 4144 W Industrial Loop CDA **208-664-8757**

Real Life Ministries Food Bank 1866 N Cecil Rd Post Falls **208-777-7325**

Post Falls Food Bank 415 E. 3rd Ave Post Falls **208-773-0139**

Rathdrum Food Bank 8027 W. Main St Rathdrum **208-687-0482**

Food Banks/Pantries continued

ABC Food Bank 30355 3rd St, Athol **208-683-7010**

Spirit Lake Food Bank 32154 N 4th Ave Spirit Lake **208-623-3107**

Spirit Valley Food Bank 82 Industrial Park Ave Spirit Lake **208-304-0582**

Mobile Markets For a list of places and dates nearby please visit 2-harvest.org/food-near-me-wa/#mobilemarkets

Little Free Pantry parkersubaru.com CDA Parker Subaru Food Pantry Government Way and Clayton

Medical Care Resources

Ancient Paths Birth and Wellness Center sarah@ancientpathsbirth.com 2201 N. Government Way Unit C CDA **208-415-1788**

Coeur d'Alene Pediatrics 700 W. Ironwood Drive, CDA **208-667-0585** -- 9095 N. Hess Street, Hayden **208-772-8940** -- 1300 E. Mullan Ave, Ste. 1000, Post Falls **208-777-1330**

Coeur OBGYN 980 W. Ironwood Drive Ste. 201 CDA **208-765-4888**

HazelTree Midwifery hazeltreebabies@gmail.com 1048 N. 3rd St CDA **208-699-3625**

Health Care for Women 980 W. Ironwood Drive, Ste. 306 CDA **208-765-1455**

Heritage Health 1090 W. Park Place, CDA **208-292-0292** -- 925 E. Polston Post Falls **208-618-0787**

Kootenai Health -KH OBGYN 980 W. Ironwood Drive #306 CDA **208-625-4970** -- 1300 E. Mullan Ave #500 Post Falls **208-625-4970**

Lakeside Pediatric and Adolescent Medicine 980 W. Ironwood Drive Ste 302 CDA **208-292-5437**

Panhandle Health District panhandlehealthdistrict.org 8500 N Atlas Rd Hayden **208-415-5100**

Shriners Hospital **509-455-7844** 911 W. 5th Ave Spokane, WA Expert pediatric specialty care in cleft lip and palate, spinal cord injuries, orthopedics, burns.

Spokane River Midwives spokanerivermidwives@gmail.com 615 E. 6th Ave Post Falls **208-964-5268**

Substance Use and Recovery Services

Family Residency EMERGE Program 1919 Lincoln Way, CDA **208-625-5017**

Heritage Health Restored Paths **208-664-8347** Substance use disorder treatment.

Kootenai Recovery Community Center 1621 N 3rd St St. 700 CDA **208-932-8005** joinus@kootenairecovery.org

Northern Idaho Crisis Center 2195 Ironwood Court Suite D CDA **208-625-4884** Free 24-hour service to help people who are having a mental health crisis or drug or alcohol problem.

Project Butterfly Panhandle Health District **208-415-5285** Designed to help pregnant and postpartum women find treatment and recover from substance use.

UGM Center for Women and Children 196 W. Haycraft, CDA **208-665-4673** 18 month recovery program for single women and women with children.

Mental Health and Counseling Services

Depression and Anxiety during pregnancy and after birth nichd.nih.gov/maternalmentalhealth

Heritage Health Psychiatric myheritagehealth.org **208-844-1758**

IDHW Behavioral Health North Idaho **888-926-2588** or **208-769-1406** Childrens Mental Health

National Maternal Mental Health Hotline <https://mchb.hrsa.gov/national-maternal-mental-health-hotline> **833-943-5746**

Northern Idaho Crisis Center 2195 Ironwood Court Suite D CDA **208-625-4884** Free 24-hour service to help people who are having a mental health crisis, drug or alcohol problem.

Postpartum Support International www.postpartum.net Warmline: **800-944-4773** Help for women and families suffering from perinatal mood and anxiety disorders.

Housing-Utility Assistance

Idaho Housing rentalassistance@ihfa.org 915 W. Canfield **866-621-2994** Assists low-income families with rent.

Kootenai County Assistance kcgov.us 451 Government Way **208-446-1886** Provides rent and utility assistance.

Lifeline Support Program lifelinesupport.org Assurance Wireless **888-321-5880** -- EnTouch Wireless **866-488-8719** -- Q Link Wireless **855-754-6543** -- Standup Wireless **800-544-4441** Lowers the monthly cost of phone or internet service.

Weatherization Assist-IDHW healthandwelfare.idaho.gov **208-255-2910** Helps to make your house more energy efficient and save on bills.

Bereavement Services

Bereaved Parents USA nibereavedparents.org 2016 N. Beck Rd, Post Falls **208-773-5684** Supporting families who have experienced the death of a child.

Northwest Infant Survival and SIDS Alliance (NISSA) nwsids.org 24 hour support line **208-557-4371** Bereavement support for pregnancy, infant or child loss.



Revised 12/2022

WIC IS AN EQUAL OPPORTUNITY PROVIDER.