

COMMUNITY RESOURCES as of 2018

http://palouserresources.org/?drop_cat=Support+Groups+and+Services

Community Action Center (Whitman County)

Hours: Monday-Friday 8:00 am to 4:30 pm, closed 12:00 pm - 1:00 pm

350 Fairmont Road, Pullman

Phone: 509-334-9147

Email: cac@cacwhitman.org

- Community Action Center serves all residents of Whitman County who are in need of basic assistance including; **housing, food, energy assistance, and other support services.**
- Emergency housing is facilitated by Family Service staff members who meet with clients to assist with eviction prevention and move-in assistance. Transitional housing is provided on a case by case basis as well as Tenant Based Rental Assistance (TBRA).
- The Section 8 Housing Choice Voucher Program is available for families, people with disabilities, and the seniors with limited incomes. Housing assistance payments are made directly to property managers that Community Action Center has an agreement with. A participating family will pay from 30% to 40% of their adjusted annual income for their rent and utilities. The Housing Choice Voucher Program pays the balance of the family's rent to the owner or manager of the unit.
- Community Action Center manages several low-to moderate- income rental properties for individuals, families, and people with disabilities. There are also self-help homes in Whitman County in which purchasers can get reduced payments by attending homebuyer classes and participating in home improvements.
- The Community Food Bank provides a client choice shopping model for households in need of supplemental food assistance. Clients are able to come once a month for food items. Food bank hours are Wednesdays from 11:00 a.m. to 1:00 p.m. and Thursdays from 4:00 p.m. to 6:00 p.m. The Food Bank Gardens provide fresh produce to the Community Food Bank to give shoppers healthy options. The Community Kitchen rescues prepared food from local institutions and makes it available to the food bank. Community Action Center also uses the kitchen to teach nutritional cooking classes for school aged residents to our seniors.
- The Energy Assistance Program provides financial assistance when energy costs rise beyond a household's means. A variety of assistance programs to provide various forms of energy needs. In addition, Community Action Center operates a Weatherization Program that identifies sources of energy loss and makes improvements to save homeowners energy costs.
- Community Action Center coordinates with other organizations to provide Support Services. Limited clothing vouchers, transportation expenses, prescription payments and Basic Food Application assistance are a few of the ways staff can assist families.
- Services:
- Emergency Services; Food & Nutrition Services; Case Management Services; Energy Assistance Programs; Emergency & Transitional Housing Program; Rental Assistance, or "Section 8" assistance; Affordable Rental Housing; Housing Development; Weatherization; Home Purchase Assistance

Department of Social and Health Services

Community Services Office

Colfax DCFS

418 South Main, Suite 2

Colfax, WA 99111-0031

Reception: (509) 397-5040

Toll Free Intake: 1-800-557-9671

After Hours: 1-800-562-5624

Fax: (509) 397-4583

TTY: (509) 397-5109

<https://www.washingtonconnection.org/home/>

<https://www.dshs.wa.gov/>

The Department of Social and Health Services, or DSHS, is Washington's social services department. The agency has its headquarters in Office Building Two in Olympia, the state capital. Annually, 2.2 million children, families, vulnerable adults and seniors come to the department for protection, comfort, food assistance, financial aid, medical and behavioral health care and other services.

Food Help	Cash Help	Medical Help
Basic Food Basic Food for Legal Immigrants	Temporary Assistance for Needy Families Paying Medical Bills Refugee Cash Assistance	Apple Health for Kids Basic Health Alien Emergency Medical Program Aged, Blind and Disabled Medical Program Pregnancy Medical Program

FOOD

Washington

Pullman Community Food Bank

Hours: Saturday 9 am – 11:00 am

108 NW Stadium Way, Pullman

Once per month

Community Action Center Food Bank

350 Fairmont Road, Pullman

Phone: 509-334-9147

Colfax Food Bank

Phone: 509-397-2205

Women Infants and Children (WIC) - WASHINGTON

WIC is a nutrition program for pregnant women, new and breastfeeding moms, and children under 5.

Phone: Pullman: 509-332-6752

Phone: Colfax: 509-397-6280

Idaho

Moscow Food Bank

Phone: 208-882-4813

Genesee Food Bank

Phone: 208-285-1195

Call for an appointment

Backyard Harvest

Phone: 208-669-2259

Email: info@backyardharvest.org

Women Infants and Children (WIC) - IDAHO

Phone: 1-208-334-4933

Email: WICVendor@dhw.idaho.gov

CLOTHING/HOUSEWARES/THRIFT STORES

Palouse Treasures

Phone: 509-332-4060

Address: 1005 NW Nye St., Pullman

The Thrift Shop

Phone: 509-334-6632

Address: 525 NE Campus St., Pullman

Goodwill

Phone: 208-883-4280

Address: 201 Warbonnet Dr., Moscow

Hope Center

Phone: 208-882-4144

Address: 1212 West Pullman Rd., Moscow

MEDICAL AND MENTAL HEALTH

Washington

Health Care Authority

The Washington State Health Care Authority purchases health care for more than 2 million Washington residents through Apple Health (Medicaid) and the Public Employees Benefits Board (PEBB) Program.

As the largest health care purchaser in the state, HCA leads the effort to transform health care, helping ensure Washington residents have access to better health and better care at a lower cost.

<https://www.hca.wa.gov>

Find a Medicaid Provider: <https://fortress.wa.gov>

Palouse River Counseling

Phone: 509-334-1133

Fax: 509-332-1608

Address: 340 NE Maple Street Pullman, WA 99163

Website: www.palouserivercounseling.org

Palouse Pediatrics

Phone: 509-332-2605

Address: 1205 SE Professional Mall Blvd, Pullman, WA 99163

Pullman Family Medicine

Phone: 509-332-3548

Address: 915 NE Valley Rd., Pullman, WA 99163

Palouse Medical

Phone: Palouse Medical: 509-332-2517

Phone: Ready Care: 509-332-8847

Address: 825 SE Bishop Blvd, Pullman, WA 99163

Total Health Physician's Group - Pullman

Phone: 509-332-6688

Address: 825 SE Bishop Blvd, Pullman, WA 99163

Pullman Regional Hospital

Phone: 509-332-2541

Address: 825 SE Bishop Blvd, Pullman, WA 99163

Pullman Regional Hospital Emergency Care

Phone: 509-336-7359

Address: 825 SE Bishop Blvd, Pullman, WA 99163

Whitman Health & Rehab - Colfax

Phone: 509-397-4603

Address: 1150 West Fairview Rd., Colfax

Whitman Hospital - Colfax

Phone: 509-397-3435

Address: 1200 W Fairview St., Colfax, WA 99111

Friends of Hospice

Phone: 509-332-4414

Email: contact@friendsofhospice.net

Statewide Health Insurance Benefits Advisors (SHIBA)

SHIBA is a free and impartial public service offering counseling, advocacy, assistance and education.

Phone: 509-458-2509

IDAHO**Latah Community Health - CHAS**

Phone: 208-848-8300

Pharmacy: 208-848-8312

Address: 803 S. Main St., Suite 120, Moscow, ID 83843

Website: www.chas.org

Services: Medical, Pediatric, Behavioral Health, Pharmacy, Dental

- CHAS Health is a non-profit, federally qualified health center (FQHC) providing high-quality medical, dental, pharmacy, and behavioral health services to families and individuals of all ages, regardless of insurance status.

Moscow Family Medicine

Phone: 208-882-2011

Address: 623 S Main, Moscow, ID 83843

QuickCARE Urgent Care

Phone: 208-882-0540

Address: West A Street, Moscow, ID 83843

Moscow Medical

Phone: 208-882-7565

Address: 213 N Main St, Moscow, ID 83843

Palouse Pediatrics

Phone: 208-882-2247

Address: 1420 S Blaine St., Ste. 5, Moscow, ID 83743

Total Health Physician's Group- Moscow

Phone: 208-892-1346

Address: 619 S Washington, Ste. 203, Moscow, ID

Public Health - Idaho North Central District (PH-INCD)

Phone: 208-882-7506

Palouse Free Clinic

Palouse Free Clinic provides free, high-quality healthcare for community members with an emphasis on reducing barriers to care.

Email: PalouseFreeClinic@gmail.com

Wish Medical

Phone: 208-892-WISH (9474)

Address: 1515 West A St., Moscow

Email: office@wishmedical.com

Wish Medical provides services related to the challenges of an unplanned pregnancy.

Gritman Hospital Emergency Care

Phone: 208-882-4511

Address: 700 S Main, Moscow, ID 83843

Gritman Medical Center

Phone: 208-882-4511

Address: 700 S Main, Moscow, ID 83843

EMPLOYMENT**Rural Resources Community Action**

The Pullman branch of Rural Resources offers senior, training and employment services.

Whitman County – Pullman Office

Community Living Connections (senior services) only

Phone: 509-332-0365 or toll free at 1-800-873-5889

1615 NE Eastgate, Section G, Ste. 4E

Pullman, WA 99163

Whitman County – Pullman Office

Employment & Training services only

Phone: 509-334-2375

Address: 594 S.E. Bishop Blvd, Ste. 103, Pullman

Work Source Washington

Job search and training services to job seekers and employers in Washington.

WorkSource is a statewide partnership of state, local and nonprofit agencies that provides an array of employment and training services to job seekers and employers in Washington. Customers access services electronically through WorkSourceWA.com or through a network of more than 60 WorkSource centers, affiliates and connection sites.

<https://www.worksourcewa.com>

Pullman office: WorkSource affiliate - Most employment and training services available on site. Others available electronically.

Hours: M-TH 7:30 a.m.-12 p.m., 1 p.m.-4:30 p.m. Friday 9 a.m.-12 p.m., 1 p.m.-4:30 p.m.

350 SE Fairmont Road

Pullman, WA 99163-5500

Phone: 509-332-6549

Fax: 509-338-4206

Email: pullmanjobs@esd.wa.gov

Relay service: 711

Business services office

Phone: 509-527-1836

Fax: 509-338-4206

Idaho Department of Labor - IdahoWorks

An online resource for job seekers and employers in the state of Idaho.

Address: 530 S. Asbury, Suite 1m Moscow

Phone: 208-882-7571

Fax: 208-882-8324

Unemployment Fax: 208-639-3256

Email: moscowmail@labor.idaho.gov

Hours: 8 a.m. - 1 p.m., 2 p.m. - 5 p.m., Monday – Friday (except observed holidays)

Goodwill Industries of the Inland Northwest

We're working to build a better community, where each person experiences independence.

Phone: 208-882-9977

Email: StanW@giin.org

Hope Center

A thrift store that provides employment and life skills training through onsite work experience and coaching.

Phone: 208-882-4144

Email: hopecenterservices@gmail.com

Boost Collaborative/Palouse Industries

Boost Collaborative will provide education, training, and employment opportunities for persons with disabilities residing in Whitman and Latah Counties.

Phone: 509-332-6561

Email: echoyle@pullman.com

HOUSING

Community Action Center (see page 1)

Family Promise of the Palouse

Family Promise of the Palouse provides shelter and program services for families on the Palouse struggling with homelessness.

Phone: 208-882-0165

Email: info@familypromisepalouse.org

Sojourner's Alliance

Sojourners' Alliance is a private, nonprofit organization working toward a vision of dignity and equality for all people.

Phone: 208-883-3438

Email: shelter@turbonet.com

Blue Mountain Action Council

A housing first approach for Veteran families who are currently homeless, or at risk of becoming homeless. BMAC is a nonprofit community action partnership.

Phone: 509-529-4980

Email: bmac@bmacww.org

Kenwood Square Apartments

Housing owned and operated by the Community Action Center for seniors 62+ and persons with disabilities.

Phone: Leasing Office: 509-334-2414

Palouse Cove Apartments

Independent living, low-income Senior apartments owned and operated by the Community Action Center.

Phone: 509-334-9147

Palouse Habitat for Humanity

Phone: Office: 208-883-8502

Phone: Store: 208-882-5246

Address: Office: 306 North Main St., Moscow

Address: Store: 304 North Main St., Moscow

Email: habitat@palousehabitat.org

TRANSPORTATION

Pullman Transit

775 NW Guy St.

Pullman, WA 99163

Phone: (509) 332-6535

Dial-A-Ride: (509) 332-5471

Fax: (509) 332-6590

E-mail: [Contact Form](#)

Website: www.pullmantransit.com

Twitter: [@pullman_transit](#)

Northwestern Trailways

Phone: 800-366-3830, Español 800-531-5332

Website: www.northwesterntrailways.com

Email: team@busnws.com

Limited service north to Spokane (through Colfax) and south to Boise (through Moscow and Lewiston)

A1 Taxi – Pullman

Phone: 509-432-3830

Website: www.A1taxipullman.com

Pro Cab – Pullman

Phone: 509-3380500

Address: 110 SW Stadium Way, Pullman

Website: www.aaaprocab.com

College Cabs – Pullman

Phone: 855-829-4487

Address: 2460 South Grand Ave., Pullman

A Wild Cat Taxi – Moscow

Phone: 208-301-2175

Moscow Taxi – Moscow

Phone: 208-892-4544

Pegasus Taxi – Moscow

Phone: 208-874-7500

COAST Public Transportation

Hours: COAST generally operates Monday through Friday, 6am - 6pm. Exceptions may be made.

Phone: 509-397-2935

Alternate Phone: 509-397-4305

Fax: 509-397-9229

Address: 210 S. Main St. P.O. Box 107 Colfax, WA 99111

Website: www.coacolfax.org/transportation

Email: cokeefecoast@gmail.com

- Services: COAST serves citizens who live in five counties in Idaho (Latah, Nez Perce, Idaho, Lewis and Clearwater) and three counties in Washington (Asotin, Garfield, and Whitman) with rides for medical, personal care, social, nutrition, and other needs. No age or disabled qualifications exist in Washington. In Idaho, citizens must be elderly or disabled to receive rides. Neither state has any income qualifications. Residents who are Medicaid qualified must seek transportation services through their respective state's Medicaid transportation broker. Recently, COAST has also received funding to provide rides to elderly or disabled citizens in Southern Spokane County who need to travel into any area served by the Spokane Transit Authority. COAST uses both paid drivers with Agency vehicles and volunteers using their personal vehicles to provide services. Volunteers are reimbursed mileage and are in control of their own schedule. New volunteers are always needed. COAST encourages citizens living within the local transit agency's service area (Pullman, Moscow, Lewiston, Clarkston) to utilize that agency for trips within the local service area. When the local transit's schedule or service are does not meet the client's needs, COAST may be able to help.

OTHER

Alternatives to Violence on the Palouse (ATVP)

ATVP is the sole 24-hour provider of emergency domestic violence and sexual assault victim services in Whitman and Latah counties

Hours: 24/7 hotline; public offices in Moscow and Pullman are open Monday - Friday 8:30am - 5pm

Phone: Whitman: 1-509-332-HELP (4357) or Latah: 1-208-883-HELP (4357)

Alternate Phone: 24-hour crisis hotline: 1-877-334-2887

Fax: 509-332-3314 Phone: Whitman: 1-509-332-HELP (4357) or Latah: 1-208-883-HELP (4357)

Email: home@atvp.org

Address: 1125 NW Nye St Pullman, WA 99163 and 111 E 2nd St Moscow, ID 83843

Website: www.atvp.org

Whitman County Public Health Department

Whitman County Health Department providing Public Health, Environmental Health and Vital Records service.

Pullman

Phone: 509-397-6280

Address: 1205 SE Professional Mall Blvd., Ste. 203, Pullman

Colfax

Phone: 509-397-6280

Address: 310 North Main St., Ste. 108, Colfax

American Red Cross - Whitman Chapter

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

Phone: 509-332-4357

Palouse Alliance for Healthy Individuals, Families, and Communities

The Palouse Alliance is a coalition of over 50 health and human service providers in Whitman and Latah Counties. We are committed to interagency cooperation, resource sharing and grant writing collaboration.

Phone: 509-335-8180

Palouse Care Network

We are a network of care that is committed to embracing life, promoting health, and providing hope. Our center offers you and your family free resources, education, and services.

Phone: 208-882-2370

Email: office@palousecarenetwork.com

United Way of Pullman

United Way of Pullman is a voluntary non-profit organization supporting a local network of social service, youth and health agencies helping people who live and work in Pullman and Whitman County.

Phone: 509-332-3691

Email: unitedwayofpullman@gmail.com

United Way of Moscow

Our purpose is to increase the organized capacity of people, in Moscow/Latah County, to care for one another.

Phone: 208-882-3474

Email: unitedway@moscow.com

Community Action Partnership

Community Action Partnership Association of Idaho (CAPAI) is a private, non-profit association dedicated to fighting the causes and conditions of poverty in Idaho.

SCHOOL DISTRICTS

Colfax School District Office
Colfax, Washington
Phone: 509-397-3042

Colton School District Office
Colton, Washington
Phone: 509-229-3385

Garfield Cooperative School District
Garfield, Washington
Phone: 509-635-1331

Palouse Cooperative School District
Palouse, Washington
Phone: 509-878-1921

Pullman School District
Pullman, Washington
Phone: 509-332-3581

Genesee Joint School District
Genesee, Idaho
Phone: 208-285-1161

Moscow School District
Moscow, Idaho
Phone: 208-882-1120

Potlach School District
Potlatch, Idaho
Phone: 208-875-0327

EARLY CHILDHOOD PROGRAMS

Head Start of Latah County

<http://www.freepreschools.org/county/id-latah>

Whitman County - Early Head Start, Head Start, ECEAP, and child care offered by Community Child Care Center

Phone: 509-332-7005

Address: 1410 NE Stadium Way, Pullman

Website: www.community-childcare.org

Early Childhood Education and Assistance Program (ECEAP) is a Washington State funded program. It serves low-income children and their families through high quality preschool programs as well as comprehensive services for both children and their families, at no cost to the families. CCCC is the ECEAP Grantee for Whitman County, offering programs in Pullman, Colfax, Endicott, Garfield, Palouse, Rosalia, and Tekoa.

Head Start is a federally funded early childhood program. It serves low-income children and their families through high quality preschool programs as well as comprehensive services for both children and their families, at no cost to the families. CCCC is the Head Start Grantee for Whitman County, offering programs in Pullman, Washington.

Early Head Start is a year-round, home-based program, federally funded program for income qualifying families with infants, toddlers and pregnant women that provides high quality programs as well as comprehensive services for both children and their families, at no cost to the families.

Whitman County Infant-Toddler Program

Boost Collaborative is the Local Lead Agency for Whitman County's Infant-Toddler (Birth – 3) Program and provides services throughout Whitman and Garfield Counties.

Phone: 509-332-4420

Fax: 509-339-2399

Address: 115 NW State Street, Suite 106, Pullman

Boost Collaborative's children and family support services coordinates a system of early intervention services to assist families and children birth to three years of age who have a developmental delay or who have conditions (such as prematurity, Down Syndrome, hearing loss) that may result in a developmental delay.

Idaho Infant-Toddler Program

Department of Health & Welfare - Idaho's Infant Toddler Program (ITP) coordinates a system of early intervention services to assist Idaho children birth to three years of age who have a developmental delay or who have conditions (such as prematurity, Down Syndrome, hearing loss) that may result in a developmental delay.

Phone: 208-882-0670

Child Care Aware

Connects families to high-quality child care and early learning programs, and we support child care providers who deliver high-quality care. Provides scholarships for early learning professionals to enrich their expertise. Advocates high-quality child care for *every* child who needs care in Washington.

Phone: 866-416-4321

Website: <http://wa.childcareaware.org/>

P.S. I Love You

A fun and dynamic parent support group that seeks to serve families in the Palouse area. Upon joining, participating families find friends, parenting support, and a fun loving community.

Phone: 509-332-5212

Email: pullmanpsiloveyou@gmail.com

LIBRARIES**Neill Public Library**

Address: 210 North Grand Ave., Pullman

Phone: 509-334-3595

Monday-Thursday: 9am – 7pm

Friday and Saturday: 12pm – 6pm

Sunday: Closed

Moscow Public Library

Address: 110 S Jefferson St., Moscow

Phone: 208-882-3925

Monday - Thursday: 10am - 7pm

Friday: 10am - 6pm

Saturday: 10am - 5pm

Sunday: Closed

Whitman County Rural Library System

The mission of Whitman County Library is to be our community's #1 resource for education, recreation and discovery.

Phone: Main Branch: 509-397-4366

Email: sheri@whitco.lib.wa.us

AGING

Rural Resources Community Living Connections

Rural Resources Community Living Connections provides information and support to aging and disabled adults, their families and caregivers. Our goal is to assist individuals in maintaining and achieving their maximum level of health and independence. Case/Care Managers can assist individuals and families to explore personal goals for maintaining independence, provide options for support and access to resources.

Phone: 509-332-0365

Pullman Community Council on Aging

Pullman Community Council on Aging improves the quality of life for local seniors through advocacy and action: identifying needs, developing solutions, and connecting resources.

Phone: 509-334-2667 (Admin home/office)

Email: PullmanComCoA@gmail.com (general); PullmanSrChores@gmail.com (for Senior Chore Services)

Idaho Commission on Aging

Our hope is to realize Aging in abundance by eliminating economic poverty, poverty of meaning and poverty of relationship.

Phone: 208-882-3535

The Council on Aging & Human Services

The Council on Aging & Human Services and Coast Transportation supports our communities with nutrition and transportation services in Whitman County and beyond.

Phone: 509-397-4305

Email: pcollinscoa@gmail.com

Blue Mountain Action Council

A housing first approach for Veteran families who are currently homeless, or at risk of becoming homeless. BMAC is a nonprofit community action partnership.

Phone: 509-529-4980

Email: bmac@bmacww.org