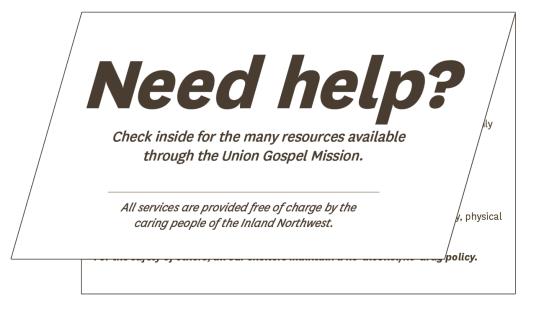
Printable help cards

FINAL CARD WILL LOOK LIKE THIS.

Print the next 2 pages on the front and back sides of a sheet of card stock.
Cut out along the gray line and fold in half.







MEN'S SHELTER

1224 E Trent Ave., Spokane; 509.535.8510, press 1

Lodging: Check-in daily: 7 a.m. – 10 p.m.

Emergencies only: 10 p.m. – 7 a.m.

Breakfast: Daily, overnight guests only Lunch: Daily: Noon, residents & visitors Dinner: Daily: 6 p.m., residents & visitors

Additional services available to overnight guests and on an emergency basis.

Services available to men, women and children at 1224 E Trent Ave.

Chapel Services: Daily: 7 p.m., residents & visitors

Medical Clinic: Wed., 1-4 p.m.; Sat., 9 a.m. - noon, first come, first served

 $\textbf{Legal Clinic:} \ \ \textbf{Wednesday, call ahead for times} \ (\textit{by appointment only})$

WOMEN & CHILDREN'S SHELTER

1515 E Illinois Ave.; 509.535.0486 (Guest entrance on Hogan.)

Lodging: Check-in daily: 6 a.m. - 9 p.m.

Emergencies & mothers with children 24/7

Breakfast, Lunch, & Dinner: Daily, overnight guests only Chapel Services: Mon. - Thurs., 7 p.m., overnight guests Medical Clinic: Tues. & Thurs., 1-4 p.m., overnight guests

RECOVERY PROGRAMS

Our 20-month recovery programs offer professional counseling, classes, Bible study, physical fitness activities, and opportunities for vocational and spiritual growth.

Men's Recovery: 1224 E Trent Ave., Spokane - 509.535.8510, press 1

Women's Recovery: Spokane - 509.535.0486; Coeur d'Alene - 208.665.4673

For safety reasons, all our shelters maintain an alcohol-free/drug-free policy.



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All services are provided free of charge by the caring people of the Inland Northwest.

Check inside for the many resources available through Union Gospel Mission.

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