

# ***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.





CUT ALONG GRAY LINE



### **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*

**Legal Clinic:** Wednesday, call ahead for times *(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.*

INSIDE



CUT ALONG GRAY LINE



### **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*

**Legal Clinic:** Wednesday, call ahead for times *(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.*

INSIDE

# Need help?

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

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



509.535.8510 | [www.uniongospelmission.org](http://www.uniongospelmission.org)

OUTSIDE

# Need help?

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

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



509.535.8510 | [www.uniongospelmission.org](http://www.uniongospelmission.org)

OUTSIDE