



## **FREE TIP SHEET:** *How to Help a Panhandler*

*Step-by-step guide to helping homeless people you encounter on the street.*

### **It's happened to us all.**

You pass by a man or woman holding a cardboard sign and wonder, *Do I ignore her? Do I give him money?*  
You want to help, but how?

#### **1. Treat them with dignity.**

Make eye contact. Smile. And, in a safe (daylight, public) place, take the time to speak to them. Through brief, civil conversation, you can help homeless individuals combat the loneliness, depression and isolation many of them face.

#### **2. Give them food/supplies.**

Carry granola or energy bars in your car. If the person's sign says he is hungry and you have the time, buy him a sandwich and a beverage.

#### **3. Direct them to a shelter.**

The Mission has service information cards that list all of our free services (meals, clothing, showers, medical and legal clinics) and time schedules. Pick up a supply at 1224 E Trent Avenue or print the attached form; package them with a granola bar and a bus pass; and you'll be ready to offer real help to the next homeless person you meet.

### ***Need help?***

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

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

### **PLEASE DO NOT . . .**

**1. Hand out money.** Well-intended gifts are often converted to drugs or alcohol.

**2. Give rides to strangers.** Particularly if you are alone. It is best to provide a bus pass and/or directions to a nearby shelter.

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; 509.535.8510, press 1

Lodging	Check-in daily: 7 a.m. – 12 a.m.	Overnight guests
	Check-in daily: 12 a.m. – 7 a.m.	Emergencies only
Breakfast	Daily: 6:15 a.m.	Overnight guests only
Lunch	Daily: 12 p.m.	Residents & visitors
Dinner	Daily: 6 p.m.	Residents & visitors

*Additional services available to checked-in, overnight guests and on an emergency basis.*

**CRISIS SHELTER FOR WOMEN & CHILDREN** 1515 E Illinois; 509.535.0486

Lodging	Check-in daily: 6 a.m. – 9 p.m.	Overnight guests
	Check-in daily: 9 p.m. – 6 a.m.	Emergencies only
	(Use guest entrance on Hogan.)	
Breakfast, Lunch, & Dinner	Daily	Overnight guests only

**Services available to both men and women at 1224 E Trent Ave.**

Chapel Services	Mon.–Sat.: 7 p.m., Sunday: 4 p.m.	Residents & visitors
Medical Clinic	Call ahead for days & times	First come, first served
Eye Clinic	Thursday: 9 a.m. – 11 a.m.	By appointment only
Legal Clinic	Wednesday, call ahead for times	By appointment only
Veterinarian Clinic	1 <sup>st</sup> –3 <sup>rd</sup> Wednesdays: 9 a.m. – 11:30 a.m.	First come, first served

**RECOVERY PROGRAMS**

**Men:** 1224 E Trent Ave. Spokane, WA 99202; 509.535.8510

**Women:** Anna Ogden Hall – 2828 W Mallon Ave. Spokane, WA 99201; 509.327.7737

The Center for Women and Children – 196 W Haycraft Ave. Coeur d'Alene, ID 83815;  
208.665.4673

*Our 18 – 24 month recovery programs offer professional counseling, classes, Bible study,  
physical fitness activities, and opportunities for vocational and spiritual growth.*

***For the safety of others, all our shelters maintain a no-alcohol/no-drug policy.***

INSIDE

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

OUTSIDE