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Passages Family Support and FYSPRT Northeast

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Passages Family Support is a recovery oriented, licensed behavioral health agency that provides outpatient mental health and recovery support services to individuals and families residing in Spokane County.

For More information about Passages and/or FYSPRT, Please Call: 509-892-9241

Passages Family Support & NE FYSPRT are funded by the Washington State Health Care Authority
We believe every child has the capacity to improve and achieve their potential.

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On the Cover:
The West Valley Outdoor Learning Center

Contest:
Find Nelson the Tortoise Contest

Activities:
Celebrating Earth Day Every Day

Parenting Resources
Starting a Family Garden
Family Friendly Businesses

Education:
Spokane School Districts
N. Idaho School Districts

Publisher: Charity@thefamilyguide.org
(509) 928-9664
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www.thefamilyguide.org

Summer Issue Deadline:
April 20, 2020

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Contest Giveaways
Kid Friendly Events
Family Activities
Community Resources
Find Nelson the Tortoise Contest!

Uh Oh! Nelson the resident tortoise from the West Valley Outdoor Learning Center has wandered somewhere in the pages of The Family Guide!

2—Readers who correctly identify the page where Nelson has wandered will be eligible to receive a $50.00 Gift Certificate from The Flying Squirrel Trampoline and $45.00 Gift Card to Azteca Mexican Restaurant!

Send us an email: Charity@thefamilyguide.org
Subject: I Found Nelson

Dear Family Guide, I found Nelson on page#
Please include your name, phone number and mailing address!
Drawing will be held on April 1, 2020

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www.southsidechristianschool.org

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i-STEM at North Idaho College
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Coeur d’Alene, ID 83814
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www.stem.idaho.gov/apply/i-stem/nic/

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www.spokane.wsu.edu/about/mesa

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(509) 279-0299 | www.spark-central.org

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(509) 624-1393 | www.spokanestem.org

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Spokane WA 99202
(509) 455-8722 | www.mlkspokane.org

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Colbert WA 99005
(509) 292-6700 | www.nwcs.org

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Spokane, WA 99203
(509) 624-1286 | www.pavlishplayhouse.com

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Spokane WA 99203
(509) 747-1040 | www.plumtreeschool.com

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Lake Spokane Parent Co-op Preschool
Suncrest Family Worship Center
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Manito Parent Co-op Preschool
Manito United Methodist Church
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Country Homes Christian Church
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United Church of Christ
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West Valley Parent Co-op Preschool
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Getting Ready for Kindergarten!
Please check the school district information for additional forms you may need.
To find your school district, search your address on www.schooldigger.com

North Idaho
United Way of N. Idaho READY! for Kindergarten: Eligibility - Parents/grandparents/caregivers of children 2-5 (before kindergarten) who will attend school in Coeur d’Alene, Post Falls, or Lakeland school district. We encourage--but don't require--you to attend
workshops at your local district. Classes are free to families in North Idaho, and free child care is provided. (208)-667-8112 www.unitedwayofnorthidaho.org/ready-kindergarten

Coeur d’ Alene School District: Our scheduled Kindergarten Registration events begin in April. If you have a young one entering our school district for the 2020-21 school year, registration is available at your zoned, neighborhood school. For more information about our district or your attendance zone call the district office at 208-664-8241 www.cdaschools.org/kindergarten

Post Falls School District: In the beginning of March, more information will be shared regarding a spring registration and a fall kindergarten open house at each elementary school. www.pfsd.com

Coeur d’ Alene Public Library
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Coeur d’Alene ID 83814
(208) 769-2315 | www.cdalibrary.org

Early Literacy Programs: Children have fun attending weekly programs with their caregivers, make new friends and develop early literacy skills.

- Book Babies Lap-Sit – for infants from birth to 2 years and their caregivers
- Tales for Two’s and Three’s – a story program designed for toddlers and their caregivers
- Preschool Story Time – for children 3-5 years old and their caregivers
- Music & Motion – for children 3-5 years old and their caregivers

North Idaho College Head Start is a school-readiness program that provides education and support for young children and their families. Free program for income eligible families. For children ages 3 or 4 before September 1. Now accepting applications at Head Start centers located throughout North Idaho. www.idahohsa.org/north-idaho-programs

NIC Head Start Offices
Harding Family Center
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Coeur d’Alene ID 83814
(208) 666-6755

Community Early Learning Center
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Coeur d’Alene ID 83815
(208) 666-5493
Mountain States Early Head Start
411 N. 15th St. Suite 200
Coeur d’Alene ID 83814
www.msehs.org
(208) 765-6955

NIC Children’s Center
1000 W. Garden Ave
Coeur d’Alene ID 83814
(208) 769-3471

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106 W. 9th
Post Falls ID 83854
(208) 773-6164

Spokane
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ECEAP Provides:
Early childhood education in half-day & full-day classrooms. Social and emotional development. Nutritious meals and snacks. Health screenings and connections to medical, dental & mental health services. Family support services. Parent education and leadership opportunities.

Who is Eligible?
- Children 3 or 4 years old by August 31,
- From a family with annual income at or below 110 percent of federal poverty level; or
- Qualify for school district special education services; or Have developmental or environmental risk factors that could affect school success.

(509) 533-4800
www.facebook.com/Spokane.HS.ECEAP.EHS
www.ccs.spokane.edu/Head-Start

NEWESD 101 – ECEAP
(509) 323-2720
www.esd101.net/learning/early_childhood/

ECEAP FREE Preschool for eligible children and families. Sites include: Mead Early Learning Center at Midway. Green Gable Children’s Learning Centers: North and Waterford Court (South Hill), and the Spokane Tribal TANF center.

YWCA Spokane ECEAP
(509) 789-9271
www.ywcaspokane.org
FREE PRESCHOOL for eligible children and families. Sites downtown, Airway Heights and Medical Lake.

FREE High-Quality ECEAP Preschool
ECEAP provides a preschool curriculum that helps children enter kindergarten ready to succeed. healthy meals & snacks, health screenings, and family support. Children ages 3 or 4 who are income eligible, qualify for school district special education, or have high environmental risk factors that could affect school success should apply!

For information or to start an application today, go to:
www.esd101.net/learning/early_childhood/ECEAP
or call: (509) 323-2720 or 1/800-531-4285
Spokane Kindergarten Registration:
Registering for kindergarten gives schools an idea of how many incoming kindergarten students to expect. Please contact the school district or your neighborhood school directly.

All registrations begin in March
Here are some common items that you will need to register your child for school: Birth certificate, Immunization records, Proof of residence: driver’s License, piece of first-class mail. For more information please visit: www.scll.org/getting-ready-for-kindergarten

West Valley School District
Enrollment packets for the 2020-21 school year are now available! Families with incoming kindergarten students (must turn 5 by August 31) are invited to join us on Tuesday, March 3, 2020 at 4 PM – 6:30 PM at Millwood Kindergarten Center to pick up or return a registration packet for next year. Take a peek at our building and browse the Scholastic Book Fair going on during this time. For those unable to attend this night, enrollment packets can be picked up and returned at the school office between the hours of 8 a.m. and 2:30 p.m. beginning in March. For more information, call 509.922.5469 or visit millwood.wvsd.org.

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GET and DreamAhead are qualified tuition programs sponsored and distributed by the State of Washington. The Committee on Advanced Tuition Payment and College Savings administers and the Washington Student Achievement Council supports these plans. DreamAhead investment returns are not guaranteed and you could lose money by investing in the plan. If in-state tuition decreases in the future, GET tuition units may lose value.
PLEASE JOIN US!
The Ultimate Parenting Expo

Our goal is to connect parents with Scholarships, Summer Camps, Activities, Visual&Performing Arts, Health, Sports&Fitness, Education, Family Emergency Services, Support Groups, Resources addressing Children’s Mental Health, Special Needs, Autism & Learning Disabilities. 100+ Vendors, Carnival Games & More!

10th Family Fun Fair Spokane  
Saturday May 9, 2020  
9 am – 4 pm: Downtown Riverfront Park

5th Family Fun Fair Coeur d’ Alene  
Saturday May 16, 2020 from 11 am – 4 pm  
Silver Lake Mall: 200 W. Hanley, Coeur d’ Alene

VENDORS WANTED!  
Charity@thefamilyguide.org | 509.928.9664
The West Valley Outdoor Learning Center
Connecting students of all ages to nature through experiential learning.

Tucked back in a corner on the grounds of Pasadena Park Elementary School. Their mission is connecting students of all ages to nature through experiential learning.

The WVOLC currently reaches 3,500 students in Spokane and neighboring counties through programs. One of our outreach programs is the Hawk and Owl Outreach Talks (H.O.O.T.) program; which includes a live raptor, interactive presentation and a knowledgeable educator. It is designed to increase awareness about wildlife as well as enhance classroom units on ecosystems, food webs and adaptations.

The WVOLC is home to 5 Birds of Prey, thanks to the Hawk and Owl sanctuary on our grounds. Residents of this sanctuary include a Harris's Hawk, a Red-Tailed Hawk, a Rough-Legged Hawk, a hybrid Sparred Owl, and a Great Horned Owl. All of these birds were injured at some point in their lives and are unable to survive in the wild. Thankfully, through one way or another, these birds gain a new lease on life and become educational birds! By having live birds of prey available in our lessons, we can more effectively and impactfully teach students and parents about the environment and the challenges that are posed to the environment and habitats every day.

We offer many inquiry-based programs for all ages from preschool to adult. All programs focus around the natural world with an emphasis on science, however, math, reading, writing, social studies and physical activity are also heavily incorporated. Our knowledgeable staff are flexible and able to customize lessons to meet most any request. We host many events that are open to the community. Volunteer opportunities available for adults including Elementary, Middle and High School Students.

WVOLC
8508 E Upriver Dr Bldg B
Spokane, WA 99212
(509) 340-1028

For more information please visit: www.olc.wvsd.org

Find us on facebook
West Valley Outdoor Learning Ctr
Adoption, Surrogacy & Guardianship Services
921 W. Broadway Ave; Ste 305
Spokane WA 99201
(509) 462-3678
www.Adoptionwa.com
Mark@adoptionlegalservices.org

Heritage Health
1090 W. Park Place
Coeur d’ Alene Id 83814
(208)620-5250
Medical.Dental.Behavioral Health Care
www.myheritagehealth.org

HOST AN INTERNATIONAL STUDENT
with Greenheart Exchange
(509) 308-7628
sbarnes@greenheart.org
www.greenheartexchange.org/host/host-an-exchange-student

Open Arms Real Choices Clinic
1800 Lincoln Way Ste 201
Coeur d’Alene ID 83814
(208)667-5433
www.realchoicesclinic.com

Shriners Hospitals for Children
911 W. Fifth Ave
Spokane WA 99204
(509)455-7844  | www.shrinersspokane.org
Shriners Hospitals for Children — Spokane has been providing expert pediatric specialty care for kids with orthopaedic conditions since 1924. Children up to age 18 with orthopaedic conditions, ranging from serious orthopaedic issues to simple fractures or sports injuries are eligible for care and receive all services in a family-centered environment, regardless of the patients’ ability to pay.

Sharkey’s Cuts for Kids
6501 N. Cedar Rd Bldg 4 Ste A
Spokane WA 99208
(509) 309-2594
www.sharkeyscutsforkids.com/locations/spokane/washington-spokane/

Spokane Neighborhood Action Partners
I need to prevent a foreclosure. I need help with housing or home repair. I need help with my energy bill. I want to start or expand a business. I am looking to rebuild my credit. Call (509) 456-SNAP or visit www.snapwa.org

PARENTING RESOURCES

Foster PARENTS ARE NEEDED IN OUR COMMUNITY!

Fostering WA
FOSTER | SERVE | SUPPORT
CALL: 1.888.KIDS.414
VISIT: FOSTERINGWA.ORG

Fostering Idaho
FOSTER | SERVE | SUPPORT
CALL: 2-1-1
VISIT: FOSTERINGIDaho.ORG

FOSTER
Bright Smiles for Healthy Kids!

Healthy smiles start early—first tooth or first birthday. Make sure your little ones get a check-up every six months for a lifetime of great oral health.

Make an appointment today!
509.444.8200 • chas.org

MONDAY MAY 4th 2020

YODACON

MAY THE 4TH BE WITH YOU!
CELEBRATING THE POWER WITHIN

Starwars costume contest
Drone Racing
Live music
Robots and More!

GIVE AWAYS AND CASH PRIZES

Hosted by Skate Plaza and V Sports Arena
Activities

Creative Music Learning Center
15803 E. Sprague Ave
Spokane Valley WA 99037
(509)891-9250
www.Creativemusiclearningcenter.com

Post Falls Guitar Lessons
1420 E. 3rd Ave Ste 204
Post Falls ID 83854
(509)8691625
www.postfallsguitarlessons.com

Irv's Jewelry Rocks and Gifts
11907 E. Trent Ave.
Spokane WA 99206
(509)924-5464 | www.IrvsShop.com
Family Fun Day every Saturday (except holidays). Anytime during store hours 10:00 to 4:00. Kids under 18 with an adult, spin our "Fun Wheel" for a cool prize! Collect a "Rock or Fossil" trading card, a different one each week.

Spokane Art School
811 W. Garland Ave
Spokane WA 99203
(509) 325-1500
www.spokaneartschool.net

Kindermusik with Munchkins to Mozart
1309 W. 14th Ave
Spokane WA 99204
(509) 456-3559
www.munchkins.yourvirtuoso.com
Kindermusik - where fun and learning meet! Children birth to seven years’ delight in our music-and-movement classes. Our research-based curriculum helps develop critical early-learning skills, nurtures the whole child, and offers ours of irresistibly engaging fun for little ones and their families!

Spokane Trail Rides & Authentic Barn BnB
522 E. Washington Rd
Spokane WA 99224
(509) 227-9077
www.SpokaneTrailRides.com
Authentic Western Ranch open year-round 7 days a week! Offering Guided Trail Rides, Camping, Unique Barn BnB stalls, Boarding, Lessons, Leasing & More!

Live Love Flowers
THE GILDED LILY
2218 N MONROE ST
SPOKANE, WA 99205
(509) 326-4511
www.gildedlilyspokane.com

"Thank you," "I'm sorry," "I love you," "Hope you're having a good day," "Good luck," "Congratulations," "I miss you," "I wish I could be there," or "Forgive me."

Browse our selection and order online or call us to place an order.
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Precious Ponies for Perfect Parties
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www.storybookfarmponies.com

Wild Walls
202 W. 2nd Ave Ste 2
Spokane WA 99201
(509)455-9596
www.wildwalls.com

School Fundraiser Craft Show
When you shop at a high school craft show, you support local students & the community.

Central Valley High School
Mar 14– Mar 15 at 9 AM – 4 PM
821 S .Sullivan Rd
Spokane Valley WA 99037

Rogers High School
Mar 21 at 9 AM – 4 PM
1622 E. Wellesley Ave

Spokane WA 99207
Shadle Park High School
Mar 28 – Sun, Mar 29
4327 N. Ash St
Spokane WA 99205

Spokane Community College Lair
Mar 7 at 9 AM – 4 PM
1810 N. Greene St
Spokane WA 99217

FOLLOW US ON FACEBOOK NWFAMILYFUNFAIR

Easter Egg Hunts
Spring Activities
Community Events
Contests & More!

Dance Center of Spokane
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Join us for Summer Dance in our air conditioned building!
Now offering pre-school STEAM camps, dance camps, and cheer clinics for all ages!
Now enrolling for our performing arts pre-school, Creative Minds Bright Minds for the 2020/2021 school year!

One week Summer Dance Camps at incredible prices!
Classical Ballet • Jazz • Hiphop • Tap • Advanced Classes
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www.dancecenterofspokane.com
“Voted Spokane’s Best Family Italian Restaurant!”
With giant Chalkboards, & crayons & playdough & noodle necklaces for the kids!

Visit us at River Park Square
(509) 315-4175

North Spokane
(509) 484-4500

Coeur d'Alene
(208) 667-5000
Strong schools. Strong communities.

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**Tecate Grill**
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Spokane, WA 99205
(509) 934-1940

**Azteca Northpointe**
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Spokane, WA 99218
(509) 465-9101

**Azteca Southwest Grill**
2462 N Old Mill Loop,
Coeur d’Alene, ID 83814
(208) 676-0200

**Azteca Valley Mall**
14700 E Indiana Ave
Spokane Valley, WA 99216
(509) 228-9661


www.aztecamex.com | www.tecate2go.com
Earth Day is Every Day!
Be an Earth Angel and here are some tips to make a difference, every day of the year.

- Plant a tree or donate a tree through our Canopy Project.
- Join a local park, river or beach clean-up.
- Use environmentally friendly, non-toxic cleaning products.
- Replace inefficient incandescent light bulbs with efficient CFLs or LEDs.
- Carpool, ride your bike, use public transportation or drive an electric/hybrid car.
- Keep your tires properly inflated to get better gas mileage & change your car’s air filter regularly.
- Stop using disposable plastics, especially single-use plastics like bottles, bags and straws.
- Recycle paper, plastic and glass.
- Donate your old clothes and home goods instead of throwing them out. When you need something, consider buying used items.
- Use cloth towels instead of paper ones.
- Change your paper bills to online billing.
- Read documents online instead of printing them.
- Use reusable bottles for water, and reusable mugs for beverages.
- Bring reusable bags when you shop.
- Pack your lunch in a reusable bag.
- Buy local food to reduce the distance from farm to fork. Buy straight from the farm, frequent your local farmers’ market, or join a local food co-op.
- Grow your own organic garden or join a farm-share group.
- Compost kitchen scraps for use in your garden — turning waste into fertilizer.
- Take a shorter shower and lower the temperature on your water heater.
- Fix leaky faucets and showerheads.
- Run your dishwasher only when it’s full to save water and energy.
- Conserve water outdoors by only watering your lawn in the early morning or late at night. Use drought-resistant plants in dry areas.
- Wash your clothes only when necessary, use cold water and line dry.
- Turn off lights when you leave a room and unplug electronics you’re not using. This includes turning off your computer at night.
- Take the stairs instead of the elevator to save energy (and get exercise!).
- Move your heater thermostat down two degrees in winter and up two degrees in the summer.
Celebrate Earth Day Every Day!  
**Start a Family Garden**

Gardening engages all of the senses, encourages healthy eating, enhances fine motor development, introduces kids to scientific concepts, fosters family bonding, teaches responsibility, helps learn to plan and organize & creates environmental stewards.

**The Seed Libraries**

**Coeur d’ Alene Public Library**

True To Seed is a non-profit seed sharing resource plus education about growing and saving seeds. At no cost, the seed library offers a collection of heirloom and home-grown vegetable, herb and flower seeds.  
www.truetoseedcda.org

**Spokane County Library District**

Bring your saved seeds to any of our seed Spokane County library locations! Borrow from a selection of vegetable, herb, and flower seeds at any time during the year, plant them in your garden, and when it’s time to harvest, collect some seeds to bring back in for the next round of gardeners to enjoy.  
www.scld.org/take-and-give-seed-libraries

**Spokane Public Library**

The Seed Library at Hillyard, Shadle, and Indian Trail houses hundreds of seeds available for check out. As a library card holder, you can check out edible plant seeds and packets of decorative plant seeds per season.  
www.spokanelibrary.org/seedlibrary/

**Community Gardens**

Community Gardens are open to the public and can either offer individual plots or be gardened in common/communally.  
www.spokanegardens.org

**Youth Gardens**

**River City Youth Ops**

1832 W. Dean Ave. Spokane WA 99201  
(509) 991-5858

**Urban Eden Farm School**

2121 S. Cherry St. Spokane, WA 99224

**YMCA Youth Garden**

10727 N. Newport Hwy. Spokane WA 99218  
(509) 720 – 5740

**Shared Harvest Community Garden**

Corner of 10th St. & Foster Ave.  
(208) 664-0608  
www.sharedharvestgarden.org  
www.facebook.com/SharedHarvest  
Hands-on learning. Featuring native drought tolerant plants, volunteers are also able to grow Xeriscape seedlings to give out to the community. Wheelchair accessible growing beds for the handicapped and elderly, a grape arbor, a composting area, and a shaded seating area under four stunning 100-year-old oak trees.

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*Having a party? We have something tasty for everyone! We’re here for you!*

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509.232.0424 (THAI)

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12722 E. Sprague Ave.  
509.444.8424 (THAI)

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Enjoy Sustainable Themed & Educational Activities

Reuse
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Recycle
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Happy 50th Birthday
April 22, 2020
3:00 pm—5:00 pm
Riverfront Park’s
Sister City Gardens for
Birthday Cup Cakes!

Join Us! Earth Day Vendor Fair

NorthTown Mall
April 4, 2020
10 am—6 pm

Spokane Valley Mall
April 18, 2020
10 am—6 pm

VENDORS WANTED!
Charity@thefamilyguide.org | 509.928.9664
Tickets Start at $20!

Restrictions, exclusions and additional charges may apply. Subject to availability. Purchase tickets at venue box office or ticketmaster.com.

SPOKANE ARENA | FEB 21 – 23