

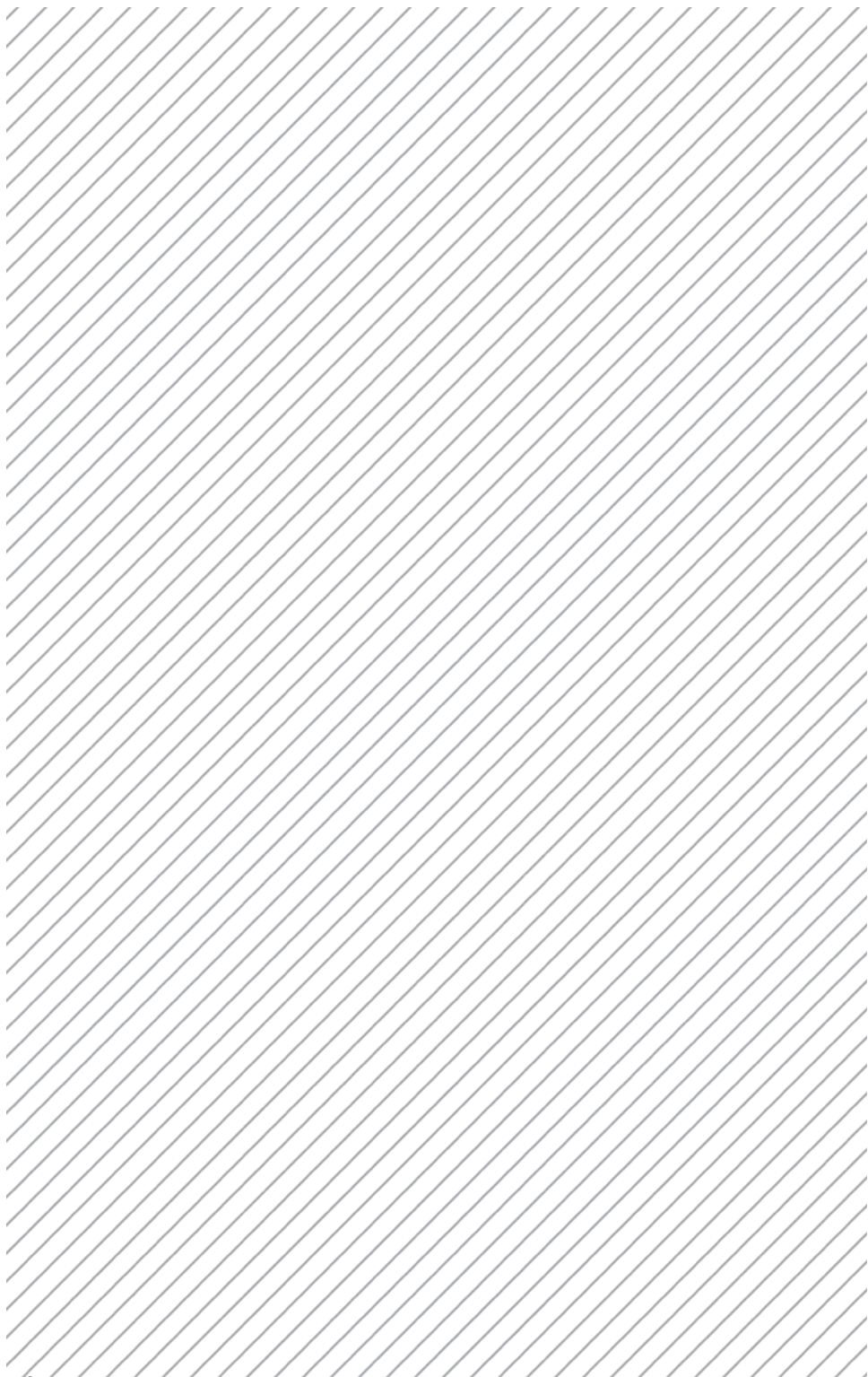
COUNSELING & COMMUNITY

# Resource

## GUIDE



**REAL LIFE**  
PASTORAL CARE



# COUNSELING & COMMUNITY **Resource** GUIDE

We all have defining moments in our lives: challenging circumstances, relational pain, transitional seasons, etc. If you are walking through a difficult place or season, our Pastoral Care Ministry is able to offer biblical guidance and counsel. In many cases, professional counseling is the best option. We can assist you in finding the best fit for you on your journey to gaining health and healing.

This booklet contains counseling and resource recommendations for Crisis Resources, Community Resources, and Real Life Ministries Resources. If you are unsure what your next step should be, or if you are having trouble choosing a resource contact us to make an appointment:

***Pastor Sean Fryling***  
**208-777-7325 ext. 7178**



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For a full list of resources in Kootenai County visit:  
***[www.niservicesdirectory.com](http://www.niservicesdirectory.com)***

# CRISIS RESOURCES

**National Suicide & Mental Health Hotline** 988

**Idaho Suicide Prevention Hotline** 988 or  
208-398-4357

**Kootenai Health Emergency Room** 208-625-5700  
2003 Kootenai Health Way, Coeur d'Alene, ID 83814

## **Kootenai county Law Enforcement** (non-Emergency Numbers)

CDA Police 208-769-2320

Kootenai County Police 208-446-1300

Post Falls Police 208-773-3517

**Mobile Response** (Behavioral Health) 988

**North Idaho Crisis Center** (24 Hour) 208-625-4884  
2195 Ironwood Ct. Ste D, CDA, ID 83814

**OASIS Post Falls Police** (24 Hour) 208-773-1080  
Crisis Hotline Domestic Violence Crisis

**Safe Passage Violence Prevention Center** 208-664-9303  
(Women's Center) 24 Hour Hotline

**Union Gospel Mission - Spokane** 509-535-0486  
Crisis Shelter for Women & Children  
1515 E. Illinois Ave., Spokane, WA 99027

## CRISIS RESOURCES

**Union Gospel Mission - Coeur d'Alene**  
Shelter for Women & Children  
196 W. Haycraft Ave., CDA, ID 83814

208-665-4673

**Veterans Crisis Line (24 Hour) Hotline**

1-800-273-8255

**ARMS**

(Abuse Recovery Ministry Services)  
abuserecovery.org

1-509-484-0600

**Open Arms Pregnancy Clinic**

208-667-5433

# COMMUNITY RESOURCES

## **The Guardians Foundation, Inc**

208-449-1210

Veterans helping veterans. Assists military veterans and their families primarily with homelessness, but also with food, clothing, household items, counseling referrals, education & job opportunities, and unexpected expenses.

*mstheguardians@gmail.com*

*theguardiansfoundation.org*

## **Newby-ginnings of North Idaho, Inc**

208-610-6996

Basic necessities and essential household items for veterans, active military, and their families.

*newbyginnings.org*

570 S. Clearwater Lp unit A, Post Falls, ID 83854

## **St. Vincent de Paul - Veterans Services**

208-664-3095

*stvincentdepaul.cda.org/social-services/veterans-services/*

201 E. Harrison Ave., Coeur d'Alene, ID 83814

## **ICARE: Parenting Classes in the Community**

208-676-1515

*melanie@stvincentdepaulcda.org*

*icareforchildren.org*

201 E. Harrison Ave., Coeur d'Alene, ID 83814

## **Attorneys Northwest Inc**

A 501(c)(3) Idaho Non-Profit Law Firm

Eric Smith

208-667-2000

Virginia Robinson

208-292-3934

*attorneysnw.com*

1900 NW. Blvd. Ste 106, Coeur d'Alene, ID 83814

## COMMUNITY RESOURCES

### **Path of Life**

Call or Text: 509-444-9035

Offers Christ-Centered hope and resources for sexual health and wholeness. Pregnancy services & support, post-abortion recovery, unwanted same-sex attraction & gender identity, relationship resource in the context of spiritual discipleship.

*[www.pathoflifespokane.org](http://www.pathoflifespokane.org)*

*[info@pathoflifespokane.org](mailto:info@pathoflifespokane.org)*

103 E. Indiana Ave, Ste B, Spokane, WA 99207

# REAL LIFE MINISTRIES RESOURCES

## Community Assistance

Post Falls Campus: Tuesday, Wednesday, Thursday 10am-12pm.  
For food assistance please call between 10am-12pm to set up your appointment. Financial Assistance (rent, minor medical, utilities), please arrive by 9:45am, as space is limited. Bring your photo ID and a copy of your bill/medical agreement. Located in the lobby of Building 1

Steve Abell 208-777-8600  
Kristi Biddle 208-777-8600

## Job Club

Post Falls Campus: Tues, Wed & Thurs, 10am-12pm.  
Includes job search assistance and resume coaching. Located in the lobby of Building 1.

## Re:Generation/Purity

Drug and alcohol addictions, sexual addictions, PTSD and combat trauma, eating disorders, co-dependence, and more.

Post Falls Campus - Tuesdays - Large Group Meetings  
Coeur d'Alene Campus - Mondays - Large Group Meetings  
North Campus - Sundays - Large Group Meetings

For information on small groups:

Lorie Weiss, PF Campus 509-280-1369  
Cory Speer, North Campus 208-500-2172

[reallifeministries.com/pfcarerecovery](http://reallifeministries.com/pfcarerecovery)  
[reallifeministries.com/cdarecovery](http://reallifeministries.com/cdarecovery)  
[reallifeministries.com/northcarerecovery](http://reallifeministries.com/northcarerecovery)

# REAL LIFE MINISTRIES RESOURCES

## **Jail Ministry**

Myles Devlin, PF Campus

208-651-0417

## **Divorce Care, Grief Share**

Sean Fryling: [sfryling@reallifeministries.com](mailto:sfryling@reallifeministries.com)

## **Marriage, Family & Parenting Classes**

Brenda Blankenship  
[reallifeministries.com/classes](http://reallifeministries.com/classes)

208-777-7325

REAL HELP. REAL HOPE. RIGHT HERE.

# City ON A Hill

— BEHAVIORAL HEALTH CENTER —

## WHO WE ARE

- **Driven** by God to provide compassionate, clinically excellent mental health care, guided by the love of Christ.
- **A nonprofit organization** reaching the world for Jesus.
- **Experienced** staff with a commitment to Christ-centered care.
- **Biblical truth** integrated with evidence-based practices.
- **Community-minded**, building partnerships to make a difference.
- **Family-centered** supporting the family system with care.

## OUR SERVICES

- Psychiatric Evaluations and Medication Management
- Individual, Couples, and Family Counseling
- Group Therapy
- Crisis Response & Safety Planning
- Comprehensive Psychological Assessments (ADHD, Autism, Mood, Trauma)
- Parenting Classes & Support Groups

## OUR SPECIALTIES

- Anxiety and Stress
- Depression and Grief
- Relationship Issues
- Trauma and PTSD
- Psychological Assessments
- Medication Management and More

**We provide accessible, affordable mental health services for individuals and families.**



208-981-3700



761 N Thornton Unit E,  
Post Falls, ID 83854



CityonaHillCenter.com



# COUNSELING RESOURCES

## **AJI Counseling**

208-699-1450

*Substance Abuse, Prevention & Education*

218 N. 23<sup>rd</sup> St., CDA, ID 83814

## **Alongside Services**

Leslie Guttromson

208-640-6777

*Faith based Counseling for Recovery, Women, Children, Marriage & Family*

6487 W. Covenant St, Rathdrum, ID 83858

## **Ascent Counseling, LLC**

208-762-8777

*Addiction-State Licensed Approved Facility for all Substance Abuse, Disorder, Evaluations and Treatment. Mental, Physical & Emotional Health. Marriage & Family*

Marie Phillipson

*ascentcda.com*

8382 N. Wayne Dr, Suite 201, Hayden, ID 83835

## **Cathy Hillman, LPC**

208-620-5255

*Individual, couples/family counseling.*

*trchpasser@gmail.com*

## **City on a Hill Behavioral Health**

208-981-3700

*A biblical-integrated environment for patients to identify their challenges and using biblical truth with evidence-based practices to help them develop healthier coping skills.*

*cityonahillcenter.com*

761 N Thornton Unit E, Post Falls, ID 83854

## **Center for Biblical Counseling**

Mark Hardy

208-755-9290

*Marriage and Family*

1220 Idaho St., Post Falls, ID 83854

# COUNSELING RESOURCES

## **Consider Hope**

Candy Joubert

509-798-3139

*Women, marriage & family, trauma, EMDR*

*considerhope.com*

## **DKK Counseling**

Deborah K Krajcir, LCPC

208-964-5522

*Counseling & Consulting for: Children, Grief, Marriage & Family, Women*

*dkkcounseling@gmail.com*

1810 Schneidmiller Ave. Ste 101-A, Post Falls, ID 83854

## **Jeff VanZant**

206-679-4321

*Men, Sexual Addiction*

*www.brighthearts.com*

## **Koep Counseling, PLLC**

Beth Koep LCSW

208-755-6450

*Trauma, personality disorders, emotion dysregulation, Bi-polar, anxiety, depression, and grief. (Ages 14+)*

*Coeur d'Alene, Idaho*

## **Michele Robison, PHD - Psychologist**

208-449-5183

*Depression, Anxiety, Adolescents, Young Adults, Family*

949-433-4844

*michele@michelerobison.com*

*michelrobison.com*

1250 Ironwood Drive Suite 303, Coeur d'Alene, ID 83814

## **Nathan Berghorst MA, LMFT, LBT**

209-573-1883

*Depression, Anxiety, Marriage & Family*

*nathanjvn@aol.com*

*christian marriageandfamilytherapist.com*

1220 Idaho St., Post Falls, ID 83854

# COUNSELING RESOURCES

## **North Idaho Counseling Center**

Nicole Nestor-Gray - MA, LMFT

208-640-6777

*First Responders & Military Personnel*

*nicolefamilytherapist.com*

8596 N Wayne Dr, Hayden, ID 83835

## **North Lakes Family Center**

208-664-5941

Cathi Marceau

*Marriage and Family Therapist*

661 E. Lakeside Ave, Coeur d'Alene, ID 83814

## **Radiant Christian Counseling**

208-274-3320

*Marriage and Family Trauma Therapy, EMDR, Attachment disorders, ages 6+, biblical focus of identity*

Nicole Nyquest - Infidelity & Betrayal

2101 N. Lakewood Dr, Ste 222 or 236, Coeur d'Alene, ID 83814

## **Ray Smith, Dr**

509-466-6632

*Marriage, Family, Anxiety, Depression, PTSD*

*healthycounseling.com*

Telehealth Only

## **Restart Counseling, PLLC**

Angela Holland, M.S.

208-930-4383

*Trauma, Drug & Alcohol Relating, Co-Occuring Bipolar & Recovery Issues, Anxiety, Depression, Marriage & Family (will work with 8+)*

1625 N. 4<sup>th</sup> St, Ste 102C, Coeur d'Alene, ID 83814

## **Selah Counseling, LLC**

Rob Wheeler LCSW

208-699-1450

*Marriage, Individual and Grief Recovery*

Coeur d'Alene, Idaho

# COUNSELING RESOURCES

## **Spokane Christian Counseling**

Rikki Miller

509-242-7302

*Children & Adolescents*

509-209-8961

*rikkim@spokanechristiancounseling.com*

6487 W. Covenant St, Rathdrum, ID 83858

## **Tim Tyler, Pastor**

208-691-8610

*Marriage & Relationships*

*tim@timtyler.faith*

*timtyler.faith*

4055 E. 3<sup>rd</sup> Ave, Post Falls, ID 83854

## **Threshold Counseling**

Nick Pack

208-758-7414

*Sexual Addictions*

*nick@thresholdcda.com*

1919 Northwest Blvd Ste. 201, Coeur d'Alene, ID 83814

# LIFE COACHING RESOURCES

## **Emmaus Road Counseling**

Paul Schroeder

208-770-1804

*emmausroadcounseling.org*

## **Re-Design Life Counseling**

Jeani Waco

208-699-1450

*Addressing behaviors, beliefs & identity. Identifying & resolving fears, developing and implementing habit change.*

## **Still Waters life Coaching & Counseling PCCS**

Ron Detwiler

208-818-2677

*Marriage/Family, Individual Life Coaching*  
*stillwaterspccs@gmail.com*



**REAL LIFE**  
PASTORAL CARE

1860 N. Cecil Rd., Post Falls, ID 83854 // 208.777.7325

[reallifeministries.com](http://reallifeministries.com)

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