

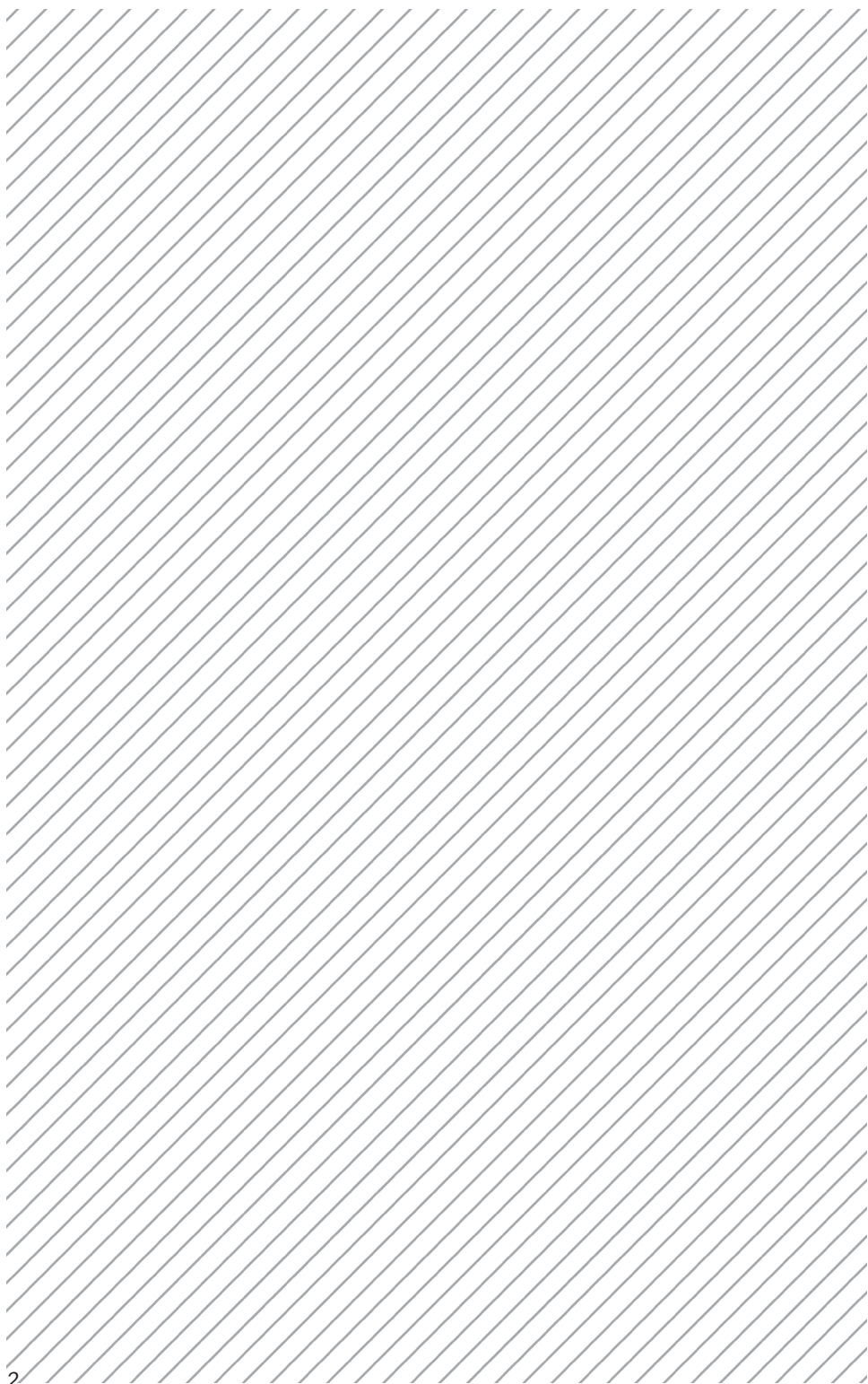
COUNSELING & COMMUNITY

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

CRISIS RESOURCES

National Suicide & Mental Health Hotline 988

Idaho Suicide Prevention Hotline 208-398-4357

Kootenai Health Emergency Room 208-625-5700

📍 2003 Kootenai Health Way, CDA, 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*) 208-769-1406

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 208-665-4673
Center for Women & Children
📍 196 W Haycraft Ave., CDA, ID 83814

Veterans Crisis Line (24 Hour) Hotline 1-800-273-8255

ARMS 1-509-484-0600
(Abuse Recovery Ministry & Services)
💻 armsonline.org

Idaho Department of Health & Welfare 208-769-1406
Crisis Response Team
Mike Wraith, (LCSW), Clinical Supervisor

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

St. Vincent de Paul- Veterans Services

208-664-3095

💻 stvincentdepaulcda.org/social-services/veterans-services/

📍 201 E. Harrison Ave., CDA, ID

ICARE: Parenting Classes in the Community

208-676-1515

✉ Melanie@stvincentdepaulcda.org

💻 icareforchildren.org

📍 201 E Harrison Ave., CDA, ID

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, CDA, ID

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.*

 Wendy Ruf 208-777-8600

 Kristi Biddle 208-777-8600

Job Club

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

Celebrate Recovery/Purity


Drug and alcohol addictions, Sexual addictions, PTSD and Combat trauma, Eating disorders, and Co-dependence

 Post Falls Campus - Tuesdays - Large Group Meetings

 Coeur d'Alene Campus - Mondays - Large Group Meetings

For information on small groups

 Myles Devlin, PF Campus 208-651-0417

 Chelsea Kaiser, PF Campus 208-661-3837

 reallifeministries.com/pfrecovery

 reallifeministries.com/cdarecovery


REAL LIFE MINISTRIES RESOURCES

Jail Ministry


 Myles Devlin, PF Campus

208-651-0417

Divorce Care, Grief Share

 Sean Fryling: sfryling@reallifeministries.com


Marriage, Family & Parenting Classes *(Marriage Mentoring available)*

 Jeani Waco

208-777-7325

 reallifeministries.com/classes

Women's Genesis Process Groups




 Real Life Ministries

208-777-7325

COUNSELING RESOURCES


Abundant Hope

Assisting in behavior management with in-home Family Group Decision Making

 Lisa Johnson 208-699-8419
 abundanthopecda@gmail.com
 212 W. Ironwood Ste. D129, CDA, ID 83814

AJI Counseling

Substance Abuse, Prevention & Education

208-699-1450
 218 N. 23rd St., CDA, ID 83814

Alongside Services

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



 Leslie Guttromson 208-640-6777

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

Jennifer Scott, Kari Threadgill

 ascentcda.com
 1044 Northwest Blvd Ste C, CDA, ID 83814

Center for Biblical Counseling

 Mark Hardy 208-755-9290

Marriage and Family


 1220 Idaho St., PF, ID 83854

COUNSELING RESOURCES


Coeur d' Alene Counseling

 Ed Dudding M.A.,LPC,CSAT,NCC,DCC 208-755-7114


Certified Sexual Addiction Therapist

 1910 Northwest Blvd. Ste. 201, CDA, ID 83814

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, PF, ID 83854

Eagle Life Services

 Rob Wheeler LCSW 208-666-9162

Marriage, Individual and Grief Recovery


 212 S. 11th St., CDA, ID 83814

Genesis Associates

208-664-1606

Mark Cornelius, Bob Henninger, Linda Strahan

Marriage, Family Individual

 421 Coeur d' Alene Ave. #2, CDA, ID 83814

Genesis Institute

509-467-7913

Todd Patrick, Haley Hansen, Katrina Mason, Kelly Walters

Anxiety, Depression, Marriage./Family, Parenting

 genesisinstitute.com

 1220 N Howard St., Spokane, WA 99201

COUNSELING RESOURCES

Keop Counseling, PLLC

 Beth Keop LCSW 208-755-6450

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

 410 E. Sherman Ave Suite 201, CDA, ID 83814

Michele Robison , PHD – Psychologist


208-449-5183

949-433-4844

Depression, Anxiety, Adolescences, Young adults, Family

 michele@michelerobison.com

 michelerobison.com

 1250 Ironwood Drive Suite 303, CDA, ID 83814

Nathan Berghost MA,LMFT,LBT

209-573-1883

Depression, Anxiety, Marriage & Family

 NathanJVN@aol.com

 christianmarriageandfamilytherapist.com


 2115 E. Sherman Ave., CDA, ID 83814

Nicole Nestor-Gray MA,LMFT

951-751-7175

Marriage and Family Therapist, children, adolescence, and trauma therapy

 Nicstor@earthlink.net

 nicolefamilytherapist.com

 8596 N. Wayne Dr., Hayden, ID 83835

North Lakes Family Center

 Cathi Marceau



208-664-5941

Marriage and Family Therapist

 661 E Lakeside Ave., CDA, ID 83814

COUNSELING RESOURCES


Radiant Christian Counseling


 Jess Robichaud 208-274-3320
Marriage and Family Trauma Therapy, EMDR
 727 N. Dundee Dr., PF, ID 83854

Ray Smith, Dr.

509-466-6632

Marriage, Family, Anxiety, Depression, PTSD

 healthycounseling.com

 9507 N. Division St. Ste. A, Spokane, WA 99218

Re-design Life Counseling


208-818-6115

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

 Jeani Waco, Certified Life & Health Coach, Genesis Process Counselor

 wacojeani@gmail.com

Restart Counseling, PLLC

 Angela Holland M.S. 208-930-4383

Co-occurring Bipolar and Recovery Issues, Anxiety, Depression, Marriage and Family

 1625 N. 4th St. Ste. 102C, CDA, ID 83814

Spokane Christian Counseling

509-209-8961

 Rikki Miller 509-242-7302

Children and Adolescents

 rikkim@spokanechristiancounseling.com

 spokanechristiancounseling.com

 2426 S. Dishman Mica Rd. Spokane Valley, WA 99206

COUNSELING RESOURCES

Tim Tyler, Pastor

208-691-8610

Marriage & Relationships

✉ tim@timtyler.faith

🖥 timtyler.faith

📍 4055 E. 3rd Ave. Post Falls, ID 83854



REAL LIFE
PASTORAL CARE

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

reallifeministries.com

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