

RESOURCE GUIDE

COUNSELING

HOPE



REAL LIFE
PASTORAL CARE

This book contains a variety of counseling resources, by topic, as recommended by Real Life Ministries' staff.

If you're not sure what your next step should be, or if you're having trouble choosing a resource, a counseling evaluation by Pastor Sean Fyling is available to help you make those decisions. You can contact Sean at (208) 777-7325 x7178 to make an appointment.

To update a resource, contact Casey at cdoyle@reallifeministries.com.

CRISIS RESOURCES

IF SOMEONE IS SUICIDAL, CALL 911 IMMEDIATELY OR TAKE THEM TO THE EMERGENCY ROOM AT KOOTENAI MEDICAL CENTER.

Idaho Suicide Prevention Hotline: 1 (800) 273-8255

Veterans' Crisis Line: 1 (800) 273-8255

TEENS IN CRISIS

Crosswalk of North Idaho

24 Hour Emergency Hotline: (208) 676-0772

Address: 201 E Harrison Ave Coeur d'Alene, ID 83814

Office: Holly Zak / (208) 416-4701 / hzak@voaspokane.org

DOMESTIC VIOLENCE CRISIS

OASIS Post Falls Police 24 Hour Crisis Hotline: (208) 773-1080

MENTAL HEALTH CRISIS

Idaho Department of Health & Welfare

Contact: Mike Wraith / (208) 769-1406

CONTACT THE POLICE TO REPORT A RUN-AWAY OR DOMESTIC VIOLENCE.

Post Falls Police: (208) 773-3517

Coeur d'Alene Police: (208) 769-2320

Kootenai County Police: (208) 446-1300



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ADDICTION

DRUG AND ALCOHOL USE/ABUSE

Real Life Ministries' *Celebrate Recovery*

Large group meetings at both Post Falls (Tuesdays) and Coeur d'Alene (Saturdays) campuses. Contact us for information on small groups.

Contact: Myles Devlin / PF Campus / (208) 651-0417

Dave Sayers / CDA Campus / (208) 664-1361

Online: reallifeministries.com/pfrecovery and [/cdarecovery](http://cdarecovery.com)

The Altar Church & Good Samaritan's *Drug and Alcohol Rehab Program*

Contact: Pastor Tim Remington / (208) 664-1453

Online: <http://www.goodsamaritanrehab.com>

Alongside Services

No insurance accepted but is low cost, fee based. Specializing in faith-based counseling for recovery issues.

Contact: Leslie Guttromson / (208) 640-6777

Online: alongsidefaithbasedservices.org

Alpha Counseling

John Huffer (LMHC, LCPC, QSUDP) and Debbie Nunez (PhD, CADC, QSUDP, NCACII)

Phone: (208) 497-5308

Online: myalphacounseling.com

Ascent Counseling, LLC

State-licensed, court-approved facility for all Substance Use Disorder Evaluations & Treatment.

Leslie Lee (B.S. CADC) and Stephanie Mokry (B.S. CADC)

Phone: (208) 667-7777

Address: 1044 Northwest Blvd Ste C (Lower Level) Coeur d'Alene, ID

Online: ascentcda.com

Cascade Heights Recovery Center

Effective and affordable drug and alcohol rehab in Spokane.

Address: 14525 N Newport Hwy Mead, WA 99021

Phone: (866) 407-1055

Consumer Affairs' *Drug and Alcohol Rehab Guide*

Online: consumeraffairs.com/health/drug-and-alcohol-rehab-centers#guide-features

Legacy House Counseling, LCC

Address: 2151 W Hayden Ave Hayden, ID 83835

Phone: (208) 773-1423



Nathan Berghorst (MA, LMFT, LBT)

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: NathanJVN@aol.com

Online: christianmarriageandfamilytherapist.com

Rathdrum Counseling Center

Various insurances accepted. Offers Alcohol and Drug Information School (ADIS).

Contact: Dave Alverson / (208) 687-0538

Online: rathdrumcounseling.com

Restored Path's Alcohol & Drug Information School (ADIS)

Second Saturday of the Month (excluding holidays) / 9AM

Meets court ordered 8-hour alcohol and drug education requirements. Cost is \$80. Students completing the class receive a Certificate of Completion.

Phone: (208) 667-7777

Online: restoredpaths.com/alcohol-drug-info-school

Port of Hope Family Treatment Center

Address: 218 N 23rd St Coeur d'Alene, ID 83814

Phone: (208) 664-3300

Online: portofhopecenters.org

Restart Counseling, PLLC

Contact: Angela Holland / (208) 755-7198

Address: 1625 N 4th St Ste 102C Coeur D'Alene, ID 83814

Online: restartcda.com

Transformations Christian Treatment Center in Spokane

Phone: (877) 408-3222

Purchasing a Drug Test

You can purchase drug tests at most grocery stores or contact Idaho Drug Free Youth at (208) 664-4883.

GAMBLING

Real Life Ministries' Celebrate Recovery

Large group meetings at both Post Falls (Tuesdays) and Coeur d'Alene (Saturdays) campuses. Contact us for information on small groups.

Contact: Myles Devlin / PF Campus / (208) 651-0417

Dave Sayers / CDA Campus / (208) 664-1361

Online: reallifeministries.com/pfrecovery **and** /cdarecovery

PORNOGRAPHY

Real Life Ministries' *Men's & Women's Purity Groups*

Contact: Matt / (208) 691-6399 / myetter@reallifeministries.com

Coeur d'Alene Counseling

Certified Sexual Addiction Therapist: Ed Dudding (M.A., LPC, CSAT, NCC, DCC)

Phone: (208) 755-7144

Journey Counseling of Coeur d'Alene & Spokane Christian Counseling

Michael Unruh (LMHC, LCPC, CSAT) / (208) 953-1098 / (509) 279-0553

Ashlie Unruh (LMHC, LCPC, CSAT) / (208) 953-1403 / (509) 279-0554

Online: journeycounselingcda.com / spokanechristiancounseling.com

Recommended Books

Every Man's Battle by Stephen Arterburn and Fred Stoeker

Every Heart Restored by Brenda & Fred Stoeker, and Stephen Arterburn



MENTAL, PHYSICAL, & EMOTIONAL HEALTH

ABUSE *(Any type of abuse has to be reported to the police immediately.)*

Kootenai County Victims Assistance Program

They can offer financial assistance to help with needed counseling services for sexual abuse.

Phone: (208) 446-1800

Real Life Ministries' *Wounded Hearts*

Sexual abuse support group.

Contact: Kim Fordham / (208) 659-7401

Real Life Ministries' *Celebrate Recovery*

Large group meetings at both Post Falls (Tuesdays) and Coeur d'Alene (Saturdays) campuses. Contact us for information on small groups.

Contact: Myles Devlin / PF Campus / (208) 651-0417

Dave Sayers / CDA Campus / (208) 664-1361

Online: reallifeministries.com/pfrecovery and cdarecovery

ARMS (Abuse Recovery Ministry and Services)

Phone: (509) 484-0600

Email: armsonline.org

Evaluations, Assessments and Counseling

Victim's Counseling

Contact: Jennifer Scott (M.Ed, CRC, LPC) / (208) 667-7777

Online: ascentcda.com

Genesis Institute

Lynette Palmer (LMHC, MHP, CMHS), for past abuse.

Address: 1220 N Howard St Spokane, WA 99201

Phone: (509) 467-7913

North Idaho Violence Prevention Center (Women's Center)

Phone: (208) 664-9303

Email: mmc2911@outlook.com

OASIS

24-hour crisis hotline. Provides information and referrals for victims of domestic violence and sexual assault.

Phone: (208) 773-1080

ABUSE RESOURCES continued on the next page.

ABUSE CONTINUED *(Any type of abuse has to be reported to the police immediately.)*

Spokane Christian Counseling

Contact: Karina Anderson (MSW, LICSW, CMHS, MHP) / (509) 869-2974
Rikki Gruen (MA, LMHC, CCTP) / (509) 209-8961 / (641) 844-3491
Spokane and Spokane Valley: Ariele Oshiro-Wilkie (MS, MHP, LMFTA, LMHCA)
(509) 209-8961 / arieleo@spokanechristiancounseling.com

Ther'esa Anderson

Phone: (509) 251-1884
Email: mmc2911@outlook.com

ANGER MANAGEMENT

Real Life Ministries' *Celebrate Recovery*

Large group meetings at both Post Falls (Tuesdays) and Coeur d'Alene (Saturdays) campuses. Contact us for information on small groups.

Contact: Myles Devlin / PF Campus / (208) 651-0417
Dave Sayers / CDA Campus / (208) 664-1361

Online: reallifeministries.com/pfrecovery **and** /cdarecovery

The Amend Center (Court Approved)

Anger management and domestic violence counseling.

Address: 520 N Government Way Coeur d'Alene, ID 83814

Contact: Ed Hutchinson / (208) 665-2432

Ascent Counseling, LLC

Anger/Control Counseling

Contact: Jennifer Scott (M.Ed, CRC, LPC) / (208) 667-7777

Online: ascentcda.com

Genesis Institute

Anger issues and relational difficulties

Address: 1220 N Howard St Spokane, WA 99201

Contact: Lynette Palmer (LMHC, MHP, CMHS) / (509) 467-7913

Jud Leifheit LCSW (Court Approved)

Offers 52 weeks Domestic Violence counseling and anger management.

Address: 1110 W Park Place Ste 305 Coeur d'Alene, ID 83814

Phone: (208) 667-6606 / (208) 651-6893

Email: jud.leifheit@gmail.com

Nathan Berghorst (MA, LMFT, LBT)

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: NathanJVN@aol.com

Online: christianmarriageandfamilytherapist.com



Spokane Christian Counseling

Spokane and Spokane Valley. Sliding fee scale for those who qualify.

Ariele Oshiro-Wilkie (MS MHP, LMFTA, LMHCA)

Phone: (509) 209-8961

Email: arieleo@spokanechristiancounseling.com

AUTISM

Spokane Christian Counseling

Spokane and Spokane Valley. Sliding fee scale for those who qualify.

Ariele Oshiro-Wilkie (MS MHP, LMFTA, LMHCA)

Phone: (509) 209-8961

Email: arieleo@spokanechristiancounseling.com

CHRONIC ILLNESS/PAIN AND MEDICAL CARE

Real Life Ministries' *Chronic Illness Support*

Contact: George Forgacs / (208) 818-0649

Heritage Health

For those without health insurance.

Phone: (208) 292-0303

Inland Northwest Anesthesia and Pain

Contact: Doreen Thomas (CRNA, MAE, NSPM-C) / (208) 457-7078

Pain Management of North Idaho

Phone: (208) 765-4807

CUTTING/SELF-HARM

Spokane Christian Counseling

Contact: Rikki Gruen (MA, LMHC, CCTP) / (509) 209-8961 / (641) 844-3491

Genesis Institute

Address: 1220 N Howard St Spokane, WA 99201

Contact: Lynette Palmer (LMHC, MHP, CMHS) / (509) 467-7913

Ascent Counseling, LLC

Contact: Jennifer Scott (M.Ed, CRC, LPC) / (208) 667-7777

Online: ascentcda.com

DEPRESSION AND ANXIETY

Real Life Ministries' *Co-Occuring/Dual Diagnosis Mental Health Support Group*

Contact: Myles Devlin / PF Campus / (208) 651-0417

Dave Sayers / CDA Campus / (208) 664-1361

DEPRESSION AND ANXIETY RESOURCES continued on the next page.

DEPRESSION AND ANXIETY CONTINUED

Adult Mental Health Services

Phone: (208) 789-1406

Ascent Counseling, LLC

Contact: Jennifer Scott (M.Ed, CRC, LPC) / (208) 667-7777

Online: ascentcda.com

Genesis Institute

Address: 1220 N Howard St Spokane, WA 99201

Contact: Lynette Palmer (LMHC, MHP, CMHS) / (509) 467-7913

Heritage Health

For those without health insurance.

Phone: (208) 292-0303

Idaho Department of Health & Welfare

Contact: Mike Wraith (LCSW), Clinical Supervisor / (208) 769-1406

Journey Counseling of Coeur d'Alene

Michael Unruh (LMHC, LCPC, CSAT) / (208) 953-1098

Ashlie Unruh (LMHC, LCPC, CSAT) / (208) 953-1403

Online: journeycounselingcda.com

Nathan Berghorst (MA, LMFT, LBT)

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: NathanJVN@aol.com

Online: christianmarriageandfamilytherapist.com

Dr. Ray Smith

Accepts most insurance including Blue Cross and Medicaid

Phone: (509) 466-6632

Online: drraysmith.com

Restart Counseling, PLLC

Co-occurring bipolar and recovery issues

Contact: Angela Holland (M.S.) / (208) 755-7198

Spokane Christian Counseling

Contact: Karina Anderson (MSW, LICSW, CMHS, MHP) / (509) 869-2974

Rikki Gruen (MA, LMHC, CCTP) / (509) 209-8961 / (641) 844-3491

Frances Nocedal (MA, MHR, LMHC, CMHS, MHP) / (509-209-8961

Ariele Oshiro-Wilkie (MS, MHP, LMFTA, LMHCA) / (509) 209-8961

Online: spokanechristiancounseling.com

Ther'esa Anderson

Phone: (509) 251-1884

Email: mmc2911@outlook.com



Recommended Books

Depression - The Way Up When You Are Down by Edward T Welch

EATING DISORDERS

Real Life Ministries' *Celebrate Recovery*

Large group meetings at both Post Falls (Tuesdays) and Coeur d'Alene (Saturdays) campuses. Contact us for information on small groups.

Contact: Myles Devlin / PF Campus / (208) 651-0417

Dave Sayers / CDA Campus / (208) 664-1361

Online: reallifeministries.com/pfrecovery **and** [/cdarecovery](http://cdarecovery)

Dr. Ray Smith

Accepts most insurance including Blue Cross and Medicaid

Phone: (509) 466-6632

Online: drraysmith.com

GRIEF AND LOSS

Real Life Ministries' *GriefShare Support Group*

Meet with people who understand what you are going through in your grief. Contact Casey for information on the next class.

Phone: (208) 777-7325 x7136

Email: cdoyle@reallifeministries.com

GriefShare Website

Receive an email devotional daily for a year (free).

Online: griefshare.org

Ascent Counseling, LLC

Contact: Jennifer Scott (M.Ed, CRC, LPC) / (208) 667-7777

Online: ascentcda.com

Genesis Institute

Contact: Lynnette Palmer (LMHC, MHP, CMHS) / (509) 467-7913

Online: spokanechristiancounseling.com

Selah Counseling, LCC

Contact: Rob Wheeler (LCSW) / (208) 755-3247

Spokane Christian Counseling

Contact: Karina Anderson (MSW, LICSW, CMHS, MHP) / (509) 869-2974

Online: spokanechristiancounseling.com

Wellhouse Counseling by the Lake

Licensed therapist in both Idaho and Washington.

Contact: Juliette Anderson / (208) 755-8258

Online: wellhousecounseling.com

LIFE COACHING

Lisa Lessard Professional Coaching Services (BCMCLC)

Christian Life Coach specializing in issues of health and wellness, life struggles, home management, and other life issues. For both individuals and groups. Initial evaluation at no charge to determine level of coaching.

Phone: (208) 818-7526

Online: lisalessard.com

Email: thelessards@live.com

LIVING WITH MENTAL ILLNESS (*see also Mental Health & Medications*)

IF SOMEONE IS SUICIDAL, CALL 911 IMMEDIATELY OR TAKE THEM TO THE EMERGENCY ROOM AT KOOTENAI MEDICAL CENTER.

Idaho Suicide Prevention Hotline: 1 (800) 273-8255

Real Life Ministries' *Celebrate Recovery* Support Groups

Large group meetings at both Post Falls (Tuesdays) and Coeur d'Alene (Saturdays) campuses. Contact us for information on small groups.

Contact: Myles Devlin / PF Campus / (208) 651-0417

Dave Sayers / CDA Campus / (208) 664-1361

Online: reallifeministries.com/pfrecover **and** [/cdarecovery](http://cdarecovery)

Idaho Department of Health & Welfare

Contact: Mike Wraith (LCSW), Clinical Supervisor / (208) 769-1406

Nathan Berghorst (MA, LMFT, LBT)

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: NathanJVN@aol.com

Online: christianmarriageandfamilytherapist.com

National Alliance on Mental Illness

Support groups for families who have a member struggling with mental illness.

Contact: Bonnie Wilson / (208) 691-9674

Restart Counseling, PLLC

Co-occurring bipolar and recovery issues

Contact: Angela Holland (M.S.) / (208) 755-7198

Dr. Ray Smith

Accepts most insurance including Blue Cross and Medicaid

Phone: (509) 466-6632

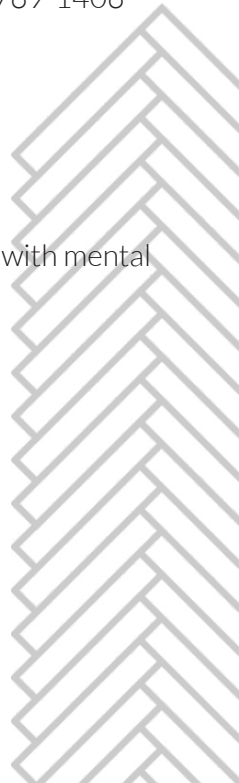
Online: drraysmith.com

Rathdrum Counseling Center

Various insurances accepted.

Contact: Dave Alverson / (208) 687-0538

Online: rathdrumcounseling.com



Spokane Christian Counseling

Licensed Mental Health Counselor. Accepts some insurance plans.
Weekend hours available.

Contact: Frances Nocedal (MA, MHR, LMHC, CMHS, MHP) / (509-209-8961)

Online: spokanechristiancounseling.com

Ther'esa Anderson

Phone: (509) 251-1884

Email: mmc2911@outlook.com

MENTAL HEALTH AND MEDICATIONS

ACES Community Health Services

Will take Medicaid

Phone: (208) 292-2188

Adult Mental Health Services

Phone: (208) 769-1406 / (208) 769-1405

Alpha Counseling

John Huffer (LMHC, LCPC, QSUDP) and Debbie Nunez (PhD, CADC, QSUDP, NCACII)

Phone: (208) 497-5308

Online: myalphacounseling.com

Genesis Institute

Lynette Palmer (LMHC, MHP, CMHS), Licensed Medical Health Counselor.

Address: 1220 N Howard St Spokane, WA 99201

Phone: (509) 467-7913

Heritage Health

For those without health insurance.

Phone: (208) 292-0303

Idaho Department of Health & Welfare

Contact: Mike Wraith (LCSW), Clinical Supervisor / (208) 769-1406

Kootenai Health - Coeur d'Alene

Licensed Psychiatrist.

Contact: Dr. Albert Crook (DO) / (208) 667-9400

National Alliance on Mental Illness

Support groups for families who have a member struggling with mental illness.

Contact: Susie Fischer / (208) 772-9650 / susiefischer5@gmail.com

Northwest Psychiatric Associates

Will also see children.

Phone: (208) 765-0955

MENTAL HEALTH AND MEDICATION RESOURCES continued on the next page.

Rathdrum Counseling Center

Various insurances accepted.

Contact: Dave Alverson / (208) 687-0538

Online: rathdrumcounseling.com

Dr. Ray Smith

Accepts most insurance including Blue Cross and Medicaid.

Phone: (509) 466-6632

Online: drraysmith.com

Spokane Christian Counseling

Contact: Rikki Gruen (MA, LMHC, CCTP) / (509) 209-8961 / (641) 844-3491

SAME SEX ATTRACTION

Real Life Ministries' *Celebrate Recovery* Support Groups

Large group meetings at both Post Falls (Tuesdays) and Coeur d'Alene (Saturdays) campuses. Contact us for information on small groups.

Contact: Myles Devlin / PF Campus / (208) 651-0417

Dave Sayers / CDA Campus / (208) 664-1361

Online: reallifeministries.com/pfrecovery **and** /cdarecovery

CPR (Caring, Preventing, Restoring)

Support for those experiencing same-sex attraction and their affected family members.

Contact: Tami Hassler / (509) 842-2716

Genesis Institute

Contact: Dave Hutchings / (509) 467-7913

Address: 1220 N Howard St Spokane, WA 99201

Ther'esa Anderson

Phone: (509) 251-1884

Email: mmc2911@outlook.com

SEXUAL ASSAULT - See ABUSE (pg. 7-8) and DOMESTIC VIOLENCE (pg. 17-18)

SUICIDE

IF SOMEONE IS SUICIDAL, CALL 911 IMMEDIATELY OR TAKE THEM TO THE EMERGENCY ROOM AT KOOTENAI MEDICAL CENTER.

Idaho Suicide Prevention Hotline: 1 (800) 273-8255

Dr. Ray Smith

Accepts most insurance including Blue Cross and Medicaid

Phone: (509) 466-6632

Online: drraysmith.com



Spokane Christian Counseling

Contact: Rikki Gruen (MA, LMHC, CCTP) / (509) 209-8961

SPAN (Suicide Prevention Action Network)

Meetings the third Friday of each month at the Kootenai Medical Center.

Address: 2003 Kootenai Health Way Coeur d'Alene, ID 83814

Contact: Catherine Perusse / (208) 290-6161 / spannorth@gmail.com

Ther'esa Anderson

Phone: (509) 251-1884

Email: mmc2911@outlook.com

WOMEN'S COUNSELING

Alongside Services

Low cost, fee based. No insurance accepted.

Contact: Leslie Guttromson / (208) 640-6777

Online: alongsidefaithbasedservices.org

Ther'esa Anderson

Phone: (509) 251-1884

Email: mmc2911@outlook.com

VETERANS' COUNSELING *(see also Veterans' Resources pg. 29)*

Real Life Ministries' Veterans' Ministry

Contact: Dale Stamper / (208) 819-8986

Ascent Counseling, LLC

PTSD Counselor

Contact: Darren Smiley (LPC) / (208) 667-7777

Online: ascentcda.com

Nathan Berghorst (MA, LMFT, LBT)

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: NathanJVN@aol.com

Online: christianmarriageandfamilytherapist.com

Dr. Ray Smith

Accepts most insurance including Blue Cross and Medicaid. Offers PTSD counseling. Nurse practitioner available for prescriptions.

Phone: (509) 466-6632

Online: drraysmith.com

Veterans' Crisis Line

24 Hour Hotline: 1 (800) 273-825

Wellhouse Counseling by the Lake

Licensed therapist in both ID & WA. Civilian and military family specialist.

Contact: Juliette Anderson / (208) 755-8258

Online: wellhousecounseling.com

MARRIAGE & RELATIONSHIPS

BOUNDARY ISSUES AND CO-DEPENDENCY

Real Life Ministries' *Celebrate Recovery* Boundaries Groups

Contact: Myles Devlin / PF Campus / (208) 651-0417
Dave Sayers / CDA Campus / (208) 664-1361

Recommended Books

Boundaries by Drs. Cloud & Townsend

Safe People by Drs. Cloud & Townsend

Online: cloudtownsend.com

DATING

Drs. Cloud and Townsend's *The Dating Channel*

Online: cloudtownsend.com/video-advice/channel/Dating

Genesis Institute

For relational difficulties and single adults.

Contact: Lynette Palmer (LMHC, MHP, CMHS) / (509) 467-7913

Address: 1220 N Howard St Spokane, WA 99201

DIVORCE AND SEPARATION: REMEDIATION

Real Life Ministries' *Marriages in Crisis*

Contact: Sean Fryling, Pastoral Care Pastor / (208) 777-7325 x7178

Ascent Counseling, LLC

Contact: Jennifer Scott (M.Ed, CRC, LPC) / (208) 667-7777

Online: ascentsda.com

Genesis Institute

Contact: Lynette Palmer (LMHC, MHP, CMHS) / (509) 467-7913

Address: 1220 N Howard St Spokane, WA 99201

Nathan Berghorst (MA, LMFT, LBT)

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: NathanJVN@aol.com

Online: christianmarriageandfamilytherapist.com

O'Neal Mediation Services

Contact: Gary O'Neal / (208) 691-2215



Selah Counseling, LCC

Contact: Rob Wheeler (LCSW) / (208) 755-3247

Recommended Books

How to Act Right When Your Spouse Acts Wrong by Leslie Vernick

DIVORCE AND SEPARATION: RECOVERY

Real Life Ministries' *DivorceCare*

Join in anytime to find help, discover hope, and experience healing. Check the website or call to check class dates.

Contact: LJ Brown, Family Ministry Coordinator / (208) 777-7325 x7134

Online: reallifeministries.com/marriageandparenting

Abundant Hope

Parenting issues associated with divorce/separation.

Contact: Lisa Johnson / (208) 699-8419 / abundanthopecda@gmail.com

Ascent Counseling, LLC

Contact: Jennifer Scott (M.Ed, CRC, LPC) / (208) 667-7777

Online: ascentcda.com

Genesis Institute

Contact: Lynette Palmer (LMHC, MHP, CMHS) / (509) 467-7913

Address: 1220 N Howard St Spokane, WA 99201

Spokane Christian Counseling

Spokane and Spokane Valley. Divorce recovery for both parents and children. Sliding fee scale for those who qualify. Ariele Oshiro-Wilkie (MS MHP, LMFTA, LMHCA)

Phone: (509) 209-8961

Email: arieleo@spokanechristiancounseling.com

DOMESTIC VIOLENCE *(Any type of abuse has to be reported to the police immediately.)*

Abuse Recovery Ministry and Services (ARMS)

Phone: (509) 484-0600

Email: armsonline.org

Nathan Berghorst (MA, LMFT, LBT)

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: NathanJVN@aol.com

Online: christianmarriageandfamilytherapist.com

North Idaho Violence Prevention Center (Women's Center)

Phone: (208) 664-9303

Email: mmc2911@outlook.com

DOMESTIC VIOLENCE RESOURCES continued on the next page.

DOMESTIC VIOLENCE CONTINUED *(Any type of abuse has to be reported to the police.)*

OASIS

24-hour crisis hotline. Provides information and referrals for victims of domestic violence and sexual assault.

Phone: (208) 773-1080

Spokane Christian Counseling

Contact: Karina Anderson (MSW, LICSW, CMHS, MHP) / (509) 869-2974

Ther'esa Anderson

Phone: (509) 251-1884

Email: mmc2911@outlook.com

EXTRA-MARITAL AFFAIR/INFIDELITY

Real Life Ministries' *Men's and Women's Purity Groups*

Contact: Matt Yetter / (208) 691-6399 / myetter@reallifeministries.com

Nathan Berghorst (MA, LMFT, LBT)

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: NathanJVN@aol.com

Online: christianmarriageandfamilytherapist.com

Spokane Christian Counseling

Spokane and Spokane Valley. Sliding fee scale for those who qualify.

Ariele Oshiro-Wilkie (MS MHP, LMFTA, LMHCA)

Phone: (509) 209-8961

Email: arieleo@spokanechristiancounseling.com

Recommended Books

Torn Usunder by David Carder and Duncan Jaenicke

LIVING TOGETHER BEFORE MARRIAGE/CO-HABITATING

Focus on the Family's *The Problem with Living Together*

Online: focusonthefamily.com/marriage/preparing-for-marriage/test-driving-marriage



MARRIAGE CONFLICT AND ISSUES

Real Life Ministries' *Marriage Ministry*

For information about marriage classes and mentors, contact:

LJ Brown / (208) 777-7325 x7134 / lj@reallifeministries.com

For a personal counseling resource assessment, contact:

Sean Fryling / (208) 777-7325 x7178 / sfryling@reallifeministries.com

Alpha Counseling

John Huffer (LMHC, LCPC, QSUDP) and Debbie Nunez (PhD, CADC, QSUDP, NCACII)

Phone: (208) 497-5308

Online: myalphacounseling.com

Ascent Counseling, LLC

Jennifer Scott (M.Ed, CRC, LPC), Darren Smiley (LPC), and Karen Threadgill

Phone: (208) 667-7777

Online: ascentcda.com

Center for Biblical Counseling

Contact: Mark Hardy / (208) 755-9290

Genesis Associates

Mark Cornelius, Bob Henninger, and Linda Strahan

Phone: (208) 664-1606

Genesis Institute

Contact: Lynette Palmer (LMHC, MHP, CMHS) / (509) 467-7913

Address: 1220 N Howard St Spokane, WA 99201

Help Center Counseling Services

Marriage, family, and financial issues counseling.

Contact: Ron Vieselmeyer / (208) 765-2407

O'Neal Mediation Services

Pre-marriage, marriage, and mediation counseling.

Contact: Gary O'Neal / (208) 691-2215

Nathan Berghorst (MA, LMFT, LBT)

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: NathanJVN@aol.com

Online: christianmarriageandfamilytherapist.com

Restart Counseling, PLLC

Contact: Angela Holland (M.S.) / (208) 755-7198

Selah Counseling, LCC

Contact: Rob Wheeler (LCSW) / (208) 755-3247

MARRIAGE CONFLICT AND ISSUES RESOURCES continued on the next page.

MARRIAGE CONFLICT AND ISSUES CONTINUED

Spokane Christian Counseling

Spokane and Spokane Valley. Certified in Prepare/Enrich. Sliding fee scale offered to those who qualify. Ariele Oshiro-Wilkie (MS MHP, LMFTA, LMHCA)

Phone: (509) 209-8961

Email: arieleo@spokanechristiancounseling.com

Pastor Tim Tyler

Hours are Monday-Friday, 3-6PM. Rate is \$30 for 55 minutes.

Contact: (208) 691-8610 / tim@timtyler.faith

Online: timtyler.faith

Wellhouse Counseling by the Lake

Licensed therapist in both Idaho and Washington.

Contact: Juliette Anderson / (208) 755-8258

Online: wellhousecounseling.com

SEXUAL DISSATISFACTION

Coeur d'Alene Counseling

Certified Sexual Addiction Therapist. Offers counseling for sexual addiction, internet porn addition, and sexual intimacy problems in marriage. Ed Dudding (M.A., LPC, CSAT, NCC, DCC)

Phone: (208) 755-7144

Journey Counseling of Coeur d'Alene

Michael Unruh (LMHC, LCPC, CSAT) / (208) 953-1098

Ashlie Unruh (LMHC, LCPC, CSAT) / (208) 953-1403

Online: journeycounselingcda.com



FAMILY, PARENTING, & CHILDREN

ADOLESCENT COUNSELING

Crosswalk of North Idaho (Previously Project Safe Place)

Crisis care for displaced teens.

24 Hr Emergency Hotline: (208) 676-0772

Office Contact: Holly Zak / (208) 416-4701 / hzak@voaspokane.org

Ascent Counseling, LLC

Jennifer Scott (M.Ed, CRC, LPC), Darren Smiley (LPC), and Karen Threadgill

Phone: (208) 667-7777

Online: ascentcda.com

Genesis Institute

Contact: Lynette Palmer (LMHC, MHP, CMHS) / (509) 467-7913

Address: 1220 N Howard St Spokane, WA 99201

Spokane Christian Counseling

Contact: Karina Anderson (MSW, LICSW, CMHS, MHP) / (509) 869-2974

Rikki Gruen (MA, LMHC, CCTP) / (509) 209-8961 / (641) 844-3491

Frances Nosedal (MA, MHR, LMHC, CMHS, MHP) / (509-209-8961

Online: spokanechristiancounseling.com

CHILDREN COUNSELING

Real Life Ministries' *Celebrate Recovery Celebration Place for Kids*

Contact: Myles Devlin / PF Campus / (208) 651-0417

Dave Sayers / CDA Campus / (208) 664-1361

Alliance Family Services

Accepts Medicaid

Phone: 664-9729

Alongside Services

Low cost, fee based. No insurance accepted. Specializes in faith-based counseling for women and children.

Contact: Leslie Guttromson / (208) 640-6777

Online: alongsidefaithbasedservices.org

Ascent Counseling, LLC

Jennifer Scott (M.Ed, CRC, LPC), Darren Smiley (LPC), and Karen Threadgill

Phone: (208) 667-7777

Online: ascentcda.com

Genesis Institute

Contact: Lynette Palmer (LMHC, MHP, CMHS) / (509) 467-7913

Address: 1220 N Howard St Spokane, WA 99201

Morrow Counseling, LLC

Contact: Sara Morrow / (208) 765-8608 / (208) 651-2412

Address: 7905 N Meadowlark Way Ste E Coeur d'Alene, ID 83815

Email: drsara@morrowcounseling.net

Online: saramorrowphd.com

Northwest Psychiatric Associates

Phone: (208) 765-0955

Spokane Christian Counseling

Contact: Karina Anderson (MSW, LICSW, CMHS, MHP) / (509) 869-2974

Rikki Gruen (MA, LMHC, CCTP) / (509) 209-8961 / (641) 844-3491

Frances Nocedal (MA, MHR, LMHC, CMHS, MHP) / (509) 209-8961

Ariele Oshiro-Wilkie (MS, MHP, LMFTA, LMHCA) / (509) 209-8961

Online: spokanechristiancounseling.com

CRISIS PREGNANCY/ABORTION HELP AND RESOURCES

Open Arms Pregnancy Clinic

Offers pregnancy counseling services.

Phone: (208) 667-5433

Ther'esa Anderson

Phone: (509) 251-1884

Email: mmc2911@outlook.com



FAMILY CONFLICT AND BEHAVIORAL MANAGEMENT

Abundant Hope

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

Contact: Lisa Johnson / (208) 699-8419 / abundanthopecda@gmail.com

ACES Community Health Services

Will take Medicaid

Phone: (208) 292-2188

Alliance Family Services

Child therapy. Accepts Medicaid

Phone: 664-9729

Ascent Counseling, LLC

Contact: Jennifer Scott (M.Ed, CRC, LPC) / (208) 667-7777

Online: ascentcda.com

Lisa Lessard Professional Coaching Services (BCMCLC)

Christian Life Coach specializing in issues of health and wellness, life struggles, home management, and other life issues. For both individuals and groups. Initial evaluation at no charge to determine level of coaching.

Phone: (208) 818-7526

Online: lisalessard.com

Email: thelessards@live.com

Nathan Berghorst (MA, LMFT, LBT)

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: NathanJVN@aol.com

Online: christianmarriageandfamilytherapist.com

Morrow Counseling, LLC

Contact: Sara Morrow / (208) 765-8608 / (208) 651-2412

Address: 7905 N Meadowlark Way Ste E Coeur d'Alene, ID 83815

Email: drsara@morrowcounseling.net

Online: saramorrowphd.com

North Lakes Family Center

Contact: Cathi Marceau / (208) 664-5941

Address: 661 East Lakeside Ave Coeur d'Alene, ID 83814

O'Neal Mediation Services

Elder mediation. Shared family decision-making with dignity, sensitivity, and respect.

Contact: Gary & Cathy O'Neal / (208) 691-2215

FAMILY CONFLICT AND BEHAVIORAL MANAGEMENT CONTINUED

Restart Counseling, PLLC

Contact: Angela Holland (M.S.) / (208) 755-7198

Selah Counseling, LCC

Contact: Rob Wheeler (LCSW) / (208) 755-3247

Spokane Christian Counseling

Contact: Rikki Gruen (MA, LMHC, CCTP) / (509) 209-8961 / (641) 844-3491

Online: spokanechristiancounseling.com

Pastor Tim Tyler

Hours are Monday-Friday, 3-6PM. Rate is \$30 for 55 minutes.

Contact: (208) 691-8610 / tim@timtyler.faith

Online: timtyler.faith

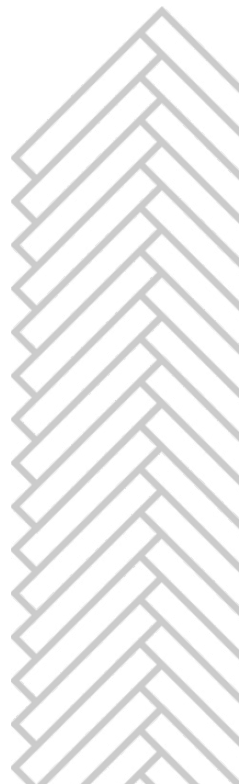
HAVING A BABY

Spokane River Midwives

Locations in both Post Falls and Spokane Valley.

Contact: Terri Young (CPM) / (208) 964-5268

Online: spokanerivermidwives.com



PARENTING CLASSES & COUNSELING

Real Life Ministries' *Marriage and Parenting Ministry*

Real Life Ministries offers counseling assessments, classes, and more.

For current classes information, visit us online or contact:

LJ Brown / (208) 777-7325 x7134 / lj@reallifeministries.com

For counseling resource assessments and evaluations, contact:

Sean Fryling / (208) 777-7325 x7178 / sfryling@reallifeministries.com

Team Leader Marriage and Parenting Ministry: Paul Schroeder /

(208) 777-7325 x7113 / pschroeder@reallifeministries.com

Online: reallifeministries.com/marriageandparenting

Ascent Counseling, LLC

Jennifer Scott (M.Ed, CRC, LPC) and Karen Threadgill

Phone: (208) 667-7777

Online: ascentcda.com

Christian Grandparenting Network

Online: christiangrandparenting.net

Genesis Institute

Includes counseling for children and adolescents.

Contact: Lynette Palmer (LMHC, MHP, CMHS) / (509) 467-7913

Address: 1220 N Howard St Spokane, WA 99201

ICARE: Parenting Classes in the Community

Phone: (208) 676-1515

Email: melanie@stvincentdepaulcda.org

Online: icareforchildren.org

Address: 201 E Harrison Ave Coeur d'Alene, ID 83814

O'Neal Mediation Services

Elder mediation. Shared family decision-making with dignity, sensitivity, and respect.

Contact: Gary & Cathy O'Neal / (208) 691-2215

Relatives as Parents Support Group

Contact: Glenda Weaver / (208) 769-7096 / glendainidaho@hotmail.com

Spokane Christian Counseling

Contact: Rikki Gruen (MA, LMHC, CCTP) / (509) 209-8961 / (641) 844-3491

Online: spokanechristiancounseling.com

Pastor Tim Tyler

Biblical Christian counseling for individuals, couples, and families. Hours are Monday-Friday, 3-6PM. Rate is \$30 for 55 minutes.

Contact: (208) 691-8610 / tim@timtyler.faith

Online: timtyler.faith

Recommended Books

The Smart Step Family: Seven Steps to a Healthy Family by Ron Deal

PARENTING CONFLICTS AND ISSUES

Real Life Ministries' *Marriage and Parenting Ministry*

Real Life Ministries offers counseling assessments, classes, and more.

For current classes information, visit us online or contact:

LJ Brown / (208) 777-7325 x7134 / lj@reallifeministries.com

For counseling resource assessments and evaluations, contact:

Sean Fryling / (208) 777-7325 x7178 / sfryling@reallifeministries.com

Team Leader Marriage and Parenting Ministry: Paul Schroeder /

(208) 777-7325 x7113 / pschroeder@reallifeministries.com

Online: reallifeministries.com/marriageandparenting

Abundant Hope

Blended family issues with in-home family group decision making.

Parenting issues associated with divorce/separation.

Contact: Lisa Johnson / (208) 699-8419 / abundanthopeccda@gmail.com

CoParenting International

Online: coparentinginternational.com

Focus on the Family

Online articles and resources for various parenting issues.

Online: focusonthefamily.com/parenting

O'Neal Mediation Services

Mediation for uncooperative coparenting. Help establishing a game plan for custody arrangements.

Contact: Gary O'Neal / (208) 691-2215

Relatives as Parents Support Group

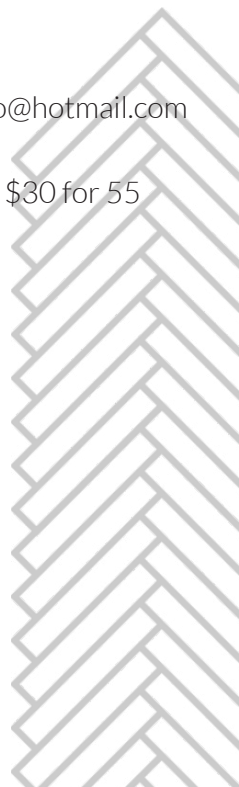
Contact: Glenda Weaver / (208) 769-7096 / glendainidaho@hotmail.com

Pastor Tim Tyler

Crisis parenting. Hours are Monday-Friday, 3-6PM. Rate is \$30 for 55 minutes.

Contact: (208) 691-8610 / tim@timtyler.faith

Online: timtyler.faith



LEGAL, FINANCE, & OCCUPATION

CONTINUING EDUCATION

Job Corps

Federally funded comprehensive program that provides essential academic and career skills training.

Nampa, Idaho: (208) 442-4500

Moses Lake, Washington: (509) 762-5581

Ronan, Montana: (406) 644-2217

Online: jobcorps.gov

Kootenai Bridge Academy

Charter High School for alternative path to High School diploma.

Phone: (208) 930-4515

Online: kootenaibrIDGEacademy.org

North Idaho College GED and Adult Education Center (AEC)

For those seeking their GED or to upgrade basic skills.

Phone: (208) 665-5099

COURT-APPROVED COUNSELING

The Amend Center

Anger management and domestic violence counseling.

Address: 520 N Government Way Coeur d'Alene, ID 83814

Contact: Ed Hutchinson / (208) 665-2432

Jud Leifheit LCSW

Offers 52 weeks Domestic Violence counseling and anger management.

Address: 1110 W Park Place Ste 305 Coeur d'Alene, ID 83814

Phone: (208) 667-6606 / (208) 651-6893

Email: jud.leifheit@gmail.com

Restored Path's *Alcohol & Drug Information School* (ADIS)

Second Saturday of the Month (excluding holidays) / 9AM

Meets court ordered 8-hour alcohol and drug education requirements.

Cost is \$80. Students completing the class receive a Certificate of Completion.

Phone: (208) 667-7777

Online: restoredpaths.com/alcohol-drug-info-school

FINANCE

Real Life Ministries' *Community Assistance*

Open Tuesday, Wednesday, Thursday / 10am - 12:45pm

For food, please arrive before noon to set up your account. All you need is your photo ID.

Contact for Food Room: Wendy Ruf / (208) 777-7325 x7189

For financial assistance (rent & utilities only), please arrive by 10am as appointments fill up quickly. Please bring your photo ID and a copy of your bill/rental agreement.

Contact for Financial Assistance: Kristi Biddle / (208) 777.7325 x7130

Help Center Counseling Services

Offers counseling for marriage, family, and financial issues.

Contact: Ron Vieselmeyer (PHD) / (208) 765-2407

INCARCERATION

Real Life Ministries' *Jail Ministry*

Contact: George Forgacs / (208) 777-7325 x7108 / (208) 818-0649

Myles Devlin / (208) 777-7325 x7120 / (208) 651-0417

Candlelight Christian Fellowship's *Juvenile Justice Outreach*

Contact: Jeff Cheeseborough / (208) 660-3168

LEGAL ISSUES

Real Life Ministries' *Jail Ministry*

Contact: George Forgacs / (208) 777-7325 x7108 / (208) 818-0649

Myles Devlin / (208) 777-7325 x7120 / (208) 651-0417

Attorneys Northwest Inc.

A 501(c)(3) Idaho Non-Profit Law Firm. Legal fees based on income.

Phone: (208) 292-3934

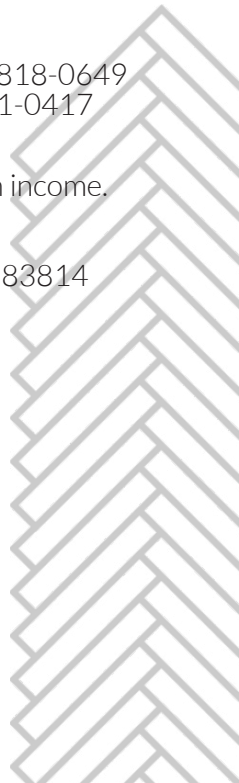
Online: attorneysnw.com

Address: 1900 Northwest Blvd. Ste 106 Coeur d'Alene, ID 83814

Eric Smith

Christian attorney.

Phone: (208) 667-2000



UNEMPLOYMENT

Real Life Ministries' *Job Club*

Wednesdays / 10am - 12pm / Building 1 Lobby

Includes job search assistance and resume coaching.

Contact: Clay Shippy / (562) 441-5883

Idaho Department of Labor

Phone: (208) 457-8789

Online: labor.idaho.gov

Address: 600 N Thornton St Post Falls, ID 83854

VETERANS' RESOURCES

Real Life Ministries' *Veterans' Ministry*

Contact: Dale Stamper / (208) 819-8986

The Guardians Foundation, Inc.

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.

Contact: (208) 449-1210 / mstheguardians@gmail.com

Online: theguardiansfoundation.org

Newby-ginnings of North Idaho, Inc.

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

Phone: (208) 610-6996

Address: 570 S Clearwater Lp Unit A Post Falls, ID 83854

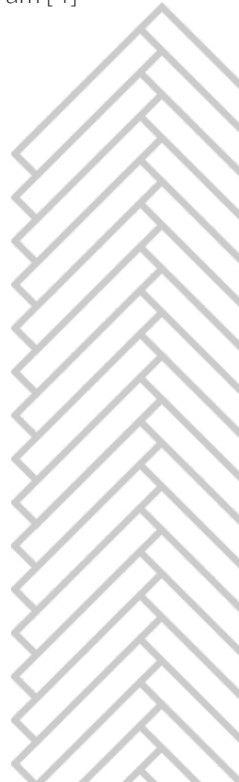
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A hand holding a sign that says "HOPE" in black marker. The background is dark with a white geometric pattern of overlapping lines forming a grid-like structure. The sign is held by a hand, and the word "HOPE" is written in large, bold, black letters.

HOPE



REAL LIFE
PASTORAL CARE

1860 N Cecil Rd - Post Falls, ID 83854 - 208.777.7325
www.reallifeministries.com

Booklet print date: Winter 2019