

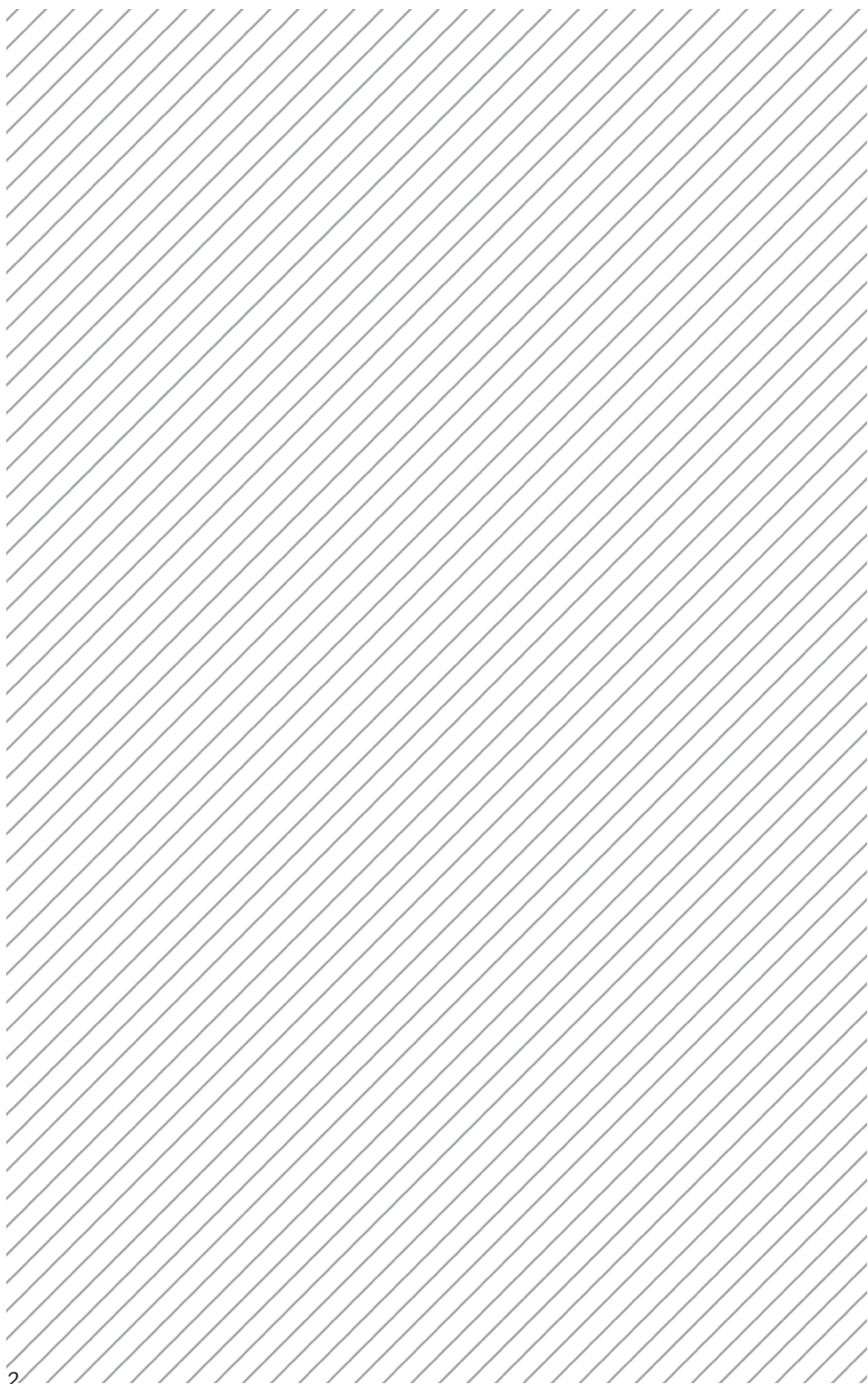
COUNSELING & COMMUNITY

# *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** 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](http://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](mailto:mstheguardians@gmail.com)

💻 [theguardiansfoundation.org](http://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](http://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/](http://stvincentdepaulcda.org/social-services/veterans-services/)

📍 201 E. Harrison Ave., CDA, ID

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

208-676-1515

✉ [Melanie@stvincentdepaulcda.org](mailto:Melanie@stvincentdepaulcda.org)

💻 [icareforchildren.org](http://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](http://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

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

 Myles Devlin, PF Campus 208-651-0417  
 Lorie Weiss, PF Campus 509-280-1369  
 Mike Nicassio, PF Campus 208-964-6508

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

 Dave Sayers, CDA Campus 208-664-4238



# 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 *(Marriage Mentoring available)*

 Jeani Waco

208-777-7325

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

## **Koep Counseling, PLLC**

📞 Beth Koep 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

# COUNSELING RESOURCES

## **Michele Robison , PHD – Psychologist**

208-449-5183

949-433-4844

*Depression, Anxiety, Adolescents, 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

## **Ray Smith, Dr.**

509-466-6632

*Marriage, Family, Anxiety, Depression, PTSD*

💻 healthycounseling.com



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

# COUNSELING RESOURCES


## **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


## **Tim Tyler, Pastor**

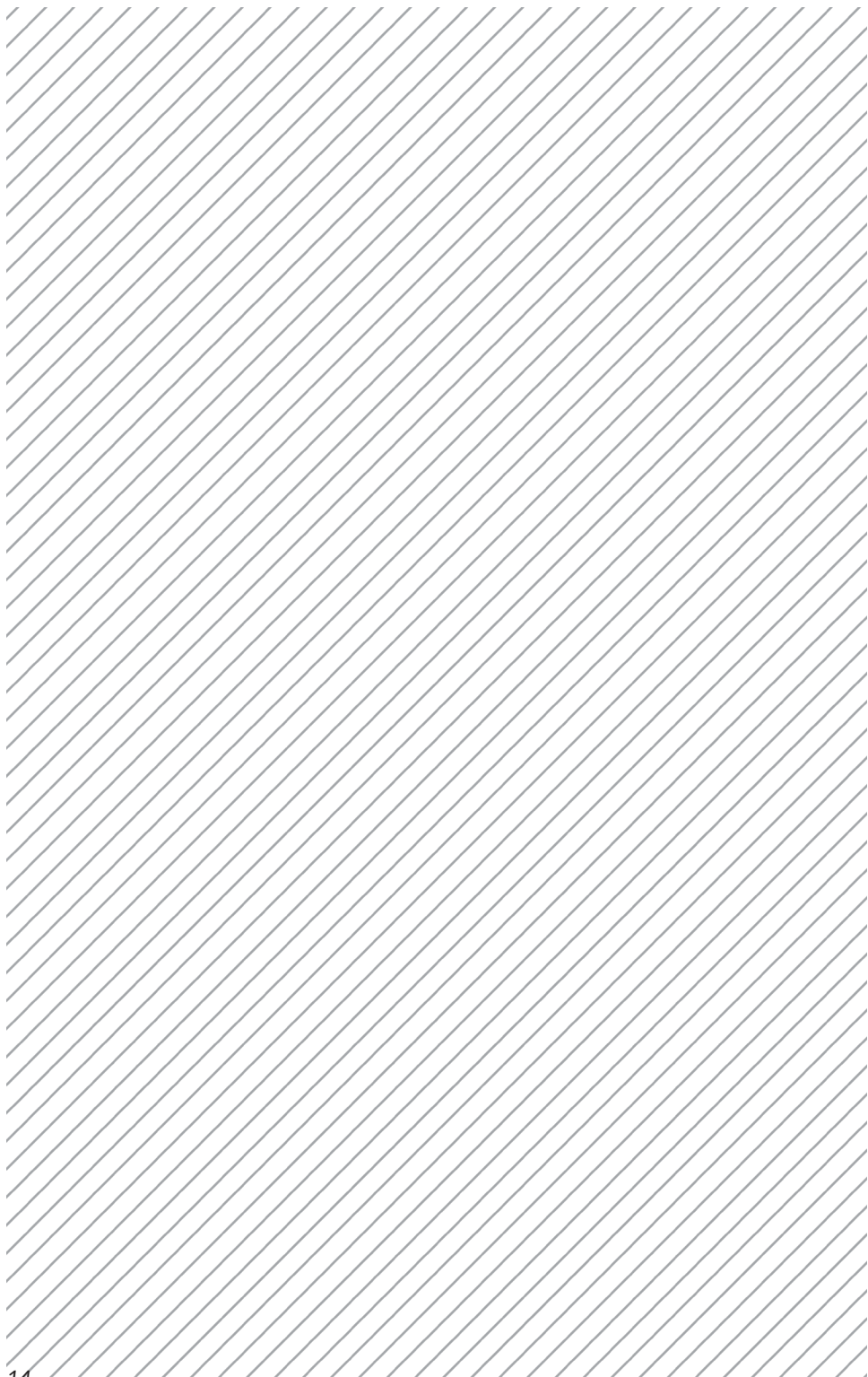
208-691-8610

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

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