

FREE

Summer
2019

NORTH IDAHO FAMILY

M A G A Z I N E



FAMILY DAY

IN THE PARK

Friday, June 7

Program Inside!

FREE Books

FREE Bike Rodeo/Tune-ups

FREE Museum Admission

FREE Archery Challenge & Games

FREE SWAG Bags & Door Prizes

2019 Summer Camp Guide
25 Fun Things to do for Summer
Science Experiments!

www.nifamily.com





**NORTH IDAHO
HIGHER EDUCATION**

5 SCHOOLS. 1 LOCATION.

Coeur d'Alene, Idaho

**Visit Us at 1 Location this
Summer in Coeur d'Alene.**

Visit NorthIdahoHigherEducation.org to Learn More.

FOR MORE INFORMATION

North Idaho College | www.nic.edu | (208) 769-3311

Lewis-Clark State College Coeur d'Alene | www.lcsc.edu/cda | (208) 666-6707

University of Idaho Coeur d'Alene | www.uidaho.edu/cda | (208) 667-2588

Boise State University | sspa.boisestate.edu/socialwork | (208) 426-1568

Idaho State University | www.isu.edu | (208) 373-1798

NORTH IDAHO FAMILY MAGAZINE

For advertising information,
or item for inclusion
in the next issue:

208.667.2314

Refer to ad on page 21.

www.nifamily.com

1048½ N. 3rd St.

Coeur d'Alene, ID 83814

Email: sales@nifamily.com

ACKNOWLEDGEMENTS:

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the Group North Idaho Family Scoop

The **North Idaho Family Group** has re-tooled our communication to area nonprofits to focus on more direct, relevant, educational information for area nonprofits and North Idaho Family Group members, supporters and partners. ***That's The Scoop!***

Sign up today at www.nifg.org

Welcome!

For over 19 years the North Idaho Family Magazine and its companion website, nifamily.com have provided:

- Hundreds of local features on things that matter to North Idaho families.
- The N.I.C.E. calendar for charitable events planning.
- Connections through social media.

North Idaho Family Group:

The North Idaho Family Group is a 501(c)3 nonprofit organization whose mission is building healthy families and lifelong learning in our community, predominantly by being a backbone organization for other area nonprofits and projects, in addition to its own products and services.

What We Do:

- North Idaho Services Directory (niseservicesdirectory.com) See pg. 22.
- Education Information Center (edinfocenterca.com) See pg. 4.
- Family Day in the Park: Annual collaborative, community event held on the last day of school.
- Marketing & Communications to area nonprofits and agencies in The Group Scoop.

IT'S ALMOST HERE!

June 7: Family Day in the Park

See pullout on pages 11-14

North Idaho Nonprofits: GET CONNECTED!

Join the North Idaho Family Group

For your \$100 annual investment you will receive:

- A 250 - word article in up to three issues (Preference for articles is always given to Members)
- FREE vendor booth at Family Day in the Park
- One \$150 gift certificate toward an ad of your choice in one issue
- Service Directory listing in magazine, and a link on www.nifg.org
- Exposure in The Group Scoop & Social Media
- Inclusion in NIFG collaborations and events

How to Join

- Online: Visit www.nifg.org and click "Join Now"
- Email: Members@nifamily.com
- Call: 208-699-0126

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A complete guide to area summer camp opportunities



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Seniors! Parents! Counselors Educators!

Questions ... ? It's all HERE:

EdInfoCenterCDA.com

**Links to Regional Education Information
from Birth through Retirement**

- ☑ Bookmark It
- ☑ Use It
- ☑ Contact us for Help

Education INFORMATION CenterTM

**START
HERE!**

Tutors

Local Preschools 

Specialty instruction

School District links

Second career

Recertification

Developmental Screening

News blogs

Professional Tech

Education savings plans

Dual Enrollment

Career Counseling

Home school standards

Glossary of terms

Drivers Training

Your Search for Regional Educational Information & Resources is Over!

IT'S ALL HERE:

EdInfoCenterCdA.com

ANSWERS

FROM

PRE-KINDERGARTEN

TO CAREER TRAINING

AND BEYOND!



Sponsored by:

Knudtsen
CHEVROLET 





Invent Idaho 2019!



Twenty-five young inventors from Idaho will take the National Invention Convention by storm May 28 in at the Henry Ford in Dearborn, Michigan! 12 of those young inventors are from North Idaho. The National Invention Convention will host 550 young inventors from across the United States and 9 foreign countries at the largest museum in the U.S., the Henry Ford and Greenfield Village. In 2018, Idaho received more major awards per number of attendees than any other state, including Best of Show for most innovative invention, won by Quinn Holt of Coeur d' Alene.

The 2019-2020 inventing season will begin in September, so children in grades 1-12 are encouraged to use their creative thinking skills and start thinking now of innovative solutions to real world problems. Learn more about Invent Idaho and how you can become involved at the website www.inventidaho.com

The North Idaho young inventors attending the 2019 National Invention Convention are Rory Spurway, Amiah VanHill, Caleb Torgenson, Bridgett and Lillian McNamee, Quinn Holt, Katherine Barney, Mia Stroh, Grace Gardiner, Roman Lavrador, Gretta McDevitt (pictured above), and Cal McDevitt



inventidaho.com

Shedding Light on Learning Disabilities

Do you know what learning disabilities are? Are you sure?

Surveys show that 70% of parents and educators think learning disabilities are linked to autism and intellectual disabilities. In fact, students with learning disabilities are of average or above average intelligence.

Many people associate learning disabilities with blindness and deafness. In fact, learning disabilities are not about sensory perception, but about mental processes.

Sadly, people often think that "learning disability" is a label given to students who are lazy. The truth is students with learning disabilities have to work tremendously hard to accomplish what a non-LD student can do with ease.

The most common learning disability is dyslexia, but others include dysgraphia, dyscalculia and dyspraxia.

Without help, students with learning disabilities are on course to have significant problems in life.

33% of students with LD are held back a grade. They're more likely to drop out of school.

As students with LD often exhibit reduced self-esteem, academic difficulty, loneliness, depression and the desire for social acceptance, all risk factors for substance abuse, they have alcoholism and drug use problems at a rate much higher than the general population.

46 percent of working-age adults with LD report being employed, as compared to 71 percent of adults without LD.

67 percent earned \$25,000 or less per year within eight years of leaving high school.

There is hope, however.

Students with learning disabilities, when helped, can also become some of our greatest heroes. Titans like Albert Einstein, Richard Branson and Steven Spielberg all have dyslexia.

Wired2Learn Foundation exists to provide access to neuroscience research based education that has been proven to fix the underlying causes of learning disabilities. They do that by providing scholarships to students accepted into Wired2Learn Academy, a school in Post Falls, Idaho, providing cutting edge education in an understanding and caring environment to students from grades 3-12.



w2lfoundation.com
wired2learnacademy.com



Summer FUN & KIDS' Camps!

VISIT US ONLINE AT NIFAMILY.COM/NORTH-IDAHO-SUMMER-CAMPS FOR THE LATEST UPDATES AND INFORMATION ABOUT NEW CAMPS.

Residential Camps

Camp Cross

McDonald Point, Lake Coeur d'Alene
Grades 2-12, Adult and Family, May-Oct
Residential Bible. Canoeing, boating, hiking, Dutch oven cooking. campcross.org or 509-624-3191

Camp Four Echoes

Lake Coeur d'Alene, Worley
Girls grades 1-12, Troops, Family, Adults June-Aug
Girl Scouts. Windsurfing, kayaking, sailing, sports, cooking, photography, hiking. Scholarships available. gsewni.org or 509-747-8091

Camp Lutherhaven

3258 W. Lutherhaven Rd., Coeur d'Alene Grades 1-12, Family, Special Needs, June-Aug Residential Bible. High-ropes adventure course, climbing tower, waterfront. Financial assistance and scholarships available. lutherhaven.com or 208.667.3459 x 119

Camp Mivoden

17415 E. Hayden Lake Rd., Hayden
Ages 8-17 and Family, June-Aug
Seventh-Day Adventist. Wakeboard, swimming, drama, crafts. mivoden.com or 208-772-3484

Camp Sweyolakan

Lake Coeur d'Alene Ages 5-18, July-Aug Camp Fire USA. Kayaking, outdoor cooking, sailing, backpacking, hiking, arts and crafts.
Financial assistance available. campfireinc.org/page/summer-camps or 509-747-6191

Cocolalla Lake Bible Camp

209 N. Cocolalla Loop Rd., Cocolalla
Ages 7-18, Family, July-Aug
Swimming, canoeing, paddle boats. clbcamp.org or 208-263-3912

Kids Camps

Various locations
4-18, June-Aug
Real Life Ministries Camps
reallifeministries.com

North Idaho Catholic Youth Camp

Shoshone Base Camp, North Fork, Coeur d'Alene River
Grades 5-12, July
Zip-lining, river tubing, rock climbing, campfires.
Scholarships available.
nicyc.org or 208-771-1915

Ross Point Baptist Camp

Post Falls
Grades 2-12, Family, June-July
Softball, swim, bouldering wall, canoeing, crafts, climbing wall, high ropes course.
rosspoint.org or 208-773-1655

Shoshone Creek Ranch Camp

North Fork, Coeur d'Alene River
Grades 5-12, July-Aug
Residential Bible camp operated by Lutherhaven.
Horseback riding, swimming, crafts.
lutherhaven.com or 866-729-8372 x119

Twinlow Camp

Rathdrum
Grades 1-12, Adult, Family, June-Aug
United Methodist Church Camp. Games, waterskiing, crafts, swimming, canoeing.
twinlowcamp.org or 208-352-2671

Twin Eagles Summer Camps

Coeur d'Alene, Sandpoint
Ages 6-18 and Family, June-July
Day and residential. Nature awareness, animal tracking, wild edible and medicinal plants.
twineagles.org or 208-265-3685

Schweitzer Adventure Camp

Schweitzer Resort, Sandpoint
Ages 6-11, June-Aug
Hiking, crafts, swimming.
schweitzer.com or 208-255-3081

Day & Week Camps

KidOne Camps

Coeur d'Alene
Unique children's camps combining character, science, games, history, Bible lessons and more.
kidonecamps.com

Twin Lakes Friends Camp

8068 W. Radmer Rd., Rathdrum
Grades 1-4, July
Christian-themed residential and day camps.
Scholarships available.
208-687-1026

LAM Christian Academy

Age 3-6th grade, June-August
6:45 a.m. - 6:00 p.m.
lamca.org

Boys and Girls Club

200 W. Mullan Avenue, Post Falls
Ages 6-18, July-Aug
Regular Program 9am-6pm (lunch and snacks included, \$20 for all summer) - Optional Breakfast Program 7-9am (additional \$175)
northidahobgc.org or 208-457-9089

Camp Ka-Mee-Lin

Kiwanis Park, Post Falls City of Post Falls Recreation Department, Age 4 ½-13
postfallsidaho.org or 208-773-0539

Camp Kroc – Salvation Army Kroc Center CDA

A whole summer of adventure with up to 9 weeks of summer camp!
PeeWee Camp (ages 4-5) June 17-Aug 16
Discovery Camp (ages 6-10) June 17-Aug 23
Adventure Camp (ages 11-14) June 17-Aug 16
Scholarship application available at the Kroc Center Front Desk (up to 50% off).
kroccda.org/camp.html

Castle Rock Ranch Camp

Overnight Summer Camp for Girls
Age 9-14, July-August
Horseback riding, tubing, animal care, gardening, cooking, hiking, and fun!
castlerockranchcamp.com

Hospice of North Idaho's Camp Kaniksu

A free summer camp experience for children and teens who are dealing with the loss of a loved one.

Ages 7-15, July
hospiceofnorthidaho.org or 772-7994

Quest Summer Day Camp

Church of Nazarene, CDA
Quest Kids: Grades 1-5, Ridgeline: Grades 6-9
June-Aug
cdanaz.org or 208-667-3543

Lake City Church Superstar Summer Camp for Foster & Adopted Kids

June
lakecitycc.org

School PLUS Day Camp/Childcare

Coeur d'Alene School District 271 at Borah (K-3rd) and Ramsey (4th-6th, K-3 siblings only) elementary schools. June-Aug
cdaschools.org/domain/291 or 208-769-0700\

Educational Camps

Camp Invention

Sorensen Magnet School, Coeur d'Alene
Nonprofit science enrichment camp.
Grades K-6, June
campinvention.org or 800-968-4332

HREI Summer Camps

Youth Advocates for Human Rights and Multicultural Camps - July & August, HREI.org
See ad on page 18.

Gizmo CDA

Different classes each week including unique arts & crafts, robotics, jewelry-making, 3D Modeling & printing, welding, forensics, and more.
Age varies based on class, June-Aug. gizmo-cda.org

KEA Nature Education Camp

Varying ages, June-August
kealliance.org/nature-education-camp/

Camp NIC

Acting, Writing, Coding, Comics, Game Design & Automation, Robotics, Art, and more. Camp NIC is the place to be.
Ages 7-17, June-Aug
nic.edu/campnic or 208-769-3316

University of Idaho Dig'nIT Tech Camps

Cosmetic Chemistry, AFA CyberCamp, Summer Coding Camp for Girls, STEAM Labs, Coding Swift with the iPad, Java Coding Camp
Varying ages, June-August
uidaho.edu/cda/outreach/dignit/camps

Art & Theater Camps Sports Camps

Art of Nature Summer Camp

Coeur d'Alene, July
kealliance.org/art-of-nature-summer-camp

Coeur d'Alene Summer Theatre

Ages 4-18, June -August, Scholarships Available
cdasummertheatre.com/camps.html 208-660-2958

Christian Youth Theater

Coeur d'Alene
Age 5-18, July-Aug
CYTNI.org or 208-762-9373

Emerge Art Workshops

Grades 3-12, June-Aug
emergecda.com

Kids Draw Architecture

Coeur d'Alene, Fall
artsandculturecda.org/kids-draw-architecture

Coeur d'Alene Parks and Recreation

cdaid.org or 208-769-2252

Hayden Parks and Recreation

cityofhaydenid.us or 208-209-1080

Post Falls Parks and Recreation

postfallsidaho.org or 208-773-0539

Rathdrum Parks and Recreation

rathdrum.org or 208-687-2399

Sandpoint Parks and Recreation

cityofsandpoint.com or 208-263-3613

North Idaho College

1000 W. Garden Ave., Coeur d'Alene Grades 3-12, June-Aug Basketball, soccer, volleyball, wrestling, softball, baseball, cheerleading, mascot.
nicathletics.com/camps.aspx or 208-769-3348

NIC Outdoor Pursuits

1000 W. Garden Ave., Coeur d'Alene
Rock climbing, kayaking, canoeing, white water rafting, sailing, hiking. Includes equipment and transportation.
nic.edu/op or 208-769-7809

Skyhawk Sports Camps

Various locations
Ages 4-12, June-Aug
Basketball, baseball, tennis, soccer, football
skyhawks.com





Summer Fun Science Experiments!

Start the summer with these fun and easy science experiments using dish soap!

BURSTS OF COLOR

Materials: Dish soap, a large dish, whole milk, food coloring, and a cotton swab.



1. Fill a dish about 1/4" deep with whole milk.



2. Add drops of various colors of food coloring to the center and around the edges of the milk.



3. Soak one end of the cotton swab in dish soap.



4. Dip the cotton swab in the middle of the milk on top of the colors for a few seconds. Watch what happens!



5. Experiment by dropping the soap at different places around the dish. See what designs you can make.

SOAP BOAT

Materials: Dish soap, a large dish, a foam plate or thick paper and a cotton swab



1. Cut a foam plate or thick paper into a 2" boat shape with a notch in the back end.



2. Fill a large dish with water and place the boat in the water.



3. Using a cotton swab, put a little drop of soap into the notch on the boat. Watch it go!



4. To do it again you will need to replace the water and make sure there is no soap in the dish.

Why does this happen? To learn more about these fun experiments and why they happen, visit www.kidonecamps.com/more-fun

Tip for parents: You can use these experiments to teach character to your children. Get ideas by visiting KidOne Camps at www.kidonecamps.com/more-fun

25 Fun Things For Kids To Do

1. Take an ART CLASS at EMERGE
208 N 4th St. Cd'A. www.emergecda.com
2. Go fishing! June 8 is FREE Fishing Day in Idaho. No license is needed. 
3. Hike, bike, ride, swim, fly model aircraft, view wildlife, camp, or go "Tree to Tree" (or all of the above!) at Farragut State Park.
4. Go to Family Day in the Park on June 7! A fabulous summer kick-off with dozens of fun activities!
5. Make Popsicles out of your favorite juice. Fill an ice cube tray with juice. Cover with plastic wrap. Poke a tooth pick through wrap into each cube. Freeze and enjoy. 
6. Ask your Mom or Dad (or Grandma or Grandpa) to tell you about their favorite summer.
7. Learn to skip stones on the water.
8. Enjoy the Post Falls Festival July 12-14, 2019.
9. Visit a local library where they will have special events & activities based on themes for children, teen readers, and adults.
10. Walk around Tubbs Hill. Go all the way to the top and check out the view!
11. Plant sunflower seeds and watch them grow. 
12. Give your dog a bath. (Seriously!)
13. Pack a picnic lunch and head to the lake with your family.
14. Participate in a local Kids' Triathlon: Race the River (July 27), Iron Kids (June 29)
15. Attend a FREE concert in the park. See page 15 for a whole list!
16. Chase butterflies across your yard. 
17. Visit a museum. Museum of North Idaho offers free admission on 2nd Fridays during ArtWalk and ALL DAY during Family Day in the Park on June 7!
18. Go to Hayden Days on July 26-27. Don't miss the parade and car show!
19. Learn to play disc golf at Cherry Hill or Bluegrass Park (Cd'A), Farragut State Park, or Corbin Park (Post Falls). 
20. Make a lemonade stand. Donate the money you make to a local charity.
21. Write a poem about a summer day.
22. Ride your bike on the North Idaho Centennial Trail, the Trail of the Coeur d'Alenes, or Route of the Hiawatha. Make sure to wear your helmet! 
23. Shop 'til you drop! CDA Makers' Market is a partner for Family Day in the Park -- Buy Local!
24. Help mom or dad in the garden.
25. Give your best friend a hug. 



FREE Summer Meals



Area school districts offer free summer meals to youth 18 and under. Adults are welcome to enjoy breakfast and lunch for a small fee.

- Coeur d'Alene SD Nutrition Services 667 - 7469
- Post Falls SD Child Nutrition Office 773 - 1625
- Lakeland SD Food Service Office 687 - 5451

Coeur d'Alene SD - Monday - Friday, June 12 - Aug 16 (closed July 4)
Breakfast 8am - 9am, Lunch 11am - 12:30pm (Same Times at All Locations)
 Bryan, Ramsey, Skyway, and Fernan Elementary Schools

Post Falls SD - Monday - Friday, June 12 - Aug 16 (closed July 4, 5)
 Ponderosa Elementary, Breakfast 8-9am, Lunch 11am-1pm
 Seltice Elementary, Breakfast 8-9am, Lunch 11am-1pm
 Post Falls Middle School, Breakfast 7:30am-8:30am, Lunch 10:30am-12pm
 Post Falls High School, Breakfast 7:30am-8:30am, Lunch 10:30am-12:30pm
 River City Middle School, Breakfast 7:30am-8:30am, Lunch 10:30am-12:30pm

Lakeland SD

June 17 - August 23 (closed July 4 & 5th)

- Farmin Elementary - Lunch 11:30am - 12:30pm (Mon-Fri)

July 1 - August 23 (closed July 4 & 5th)

- Sandpoint City Beach - Lunch 11:30am - 12:30pm (Mon-Fri)

(Additional locations will be available, but not finalized at press time).

See each location for exact dates and times (subject to change).

FEATURED RECIPE

Flipflop Sandal Cookies

You need:

- Oval-shaped cookies
- Frosting
- Sour gummy worms
- Rope licorice
- Gummy candy



Instructions:

Frost two oval-shaped cookies or dab frosting on each cookie where the "straps" will be attached.

For wide straps, snip the rounded ends from a gummy worm, cut it in half, and slice each half lengthwise, leaving one end intact. For thin straps, cut rope licorice into four 1-3/4 pieces, cut one end of each piece on an angle, and pinch together the pointed ends to form two pairs.

Press the straps, connected ends first, into the frosting. Use more frosting to add gummy candy jewels. Let the cookies set for 20 minutes. Serve on a dish towel or tray spread with a beach of graham cracker crumbs.

CAMP KROC

REGISTER ONLINE
KROCCDA.ORG/CAMP

SUMMER BOREDOM IS A THING OF THE PAST

PEE WEE CAMP

AGES 4-5, 8:30AM-12:30PM
 • THEMED WEEKS • DRESS UP DAYS
 • ARTS & CRAFTS • SPLASH TIME

DISCOVERY CAMP

AGES 6-10, 8:30AM-3:30PM
 • THEMED WEEKS • ROCK CLIMBING
 • SWIMMING • BOUNCE HOUSES

ADVENTURE CAMP

AGES 11-14, 8:30AM-3:30PM
 • OVERNIGHT TRIPS • SWIMMING
 • EXPLORE NORTH IDAHO • EPIC GAMES
 • ROCK CLIMBING & MORE!

MINI CAMPS

AGES 4-16, TIMES VARY
 • TWO-HOUR SESSIONS
 • ART • THEATRE • FILM PRODUCTION
 • 3D PRINTING & DESIGN & MORE



RAY & JOAN
KROC CENTER
 COEUR D'ALENE, ID

June 7, 2019

Noon-Dusk - Cd'A City Park

Abundant Life Surrogacy
Aligned Family Chiropractic
Bank On
Bean & Pie
Be Smart for Kids
CC Delivery, LLC - Ice Cream
CDA Canoe & Kayak Club
CDA Carousel
CDA Fire Dept
CDA Police Dept
CDA Public Library
Community Library Network
CDA Makers Market
CDA School District
CDA Summer Theatre
Christian Youth Theatre
City of CDA
Coeur d'Alene Tribe
Coeur Group
Community Library Network
Daft Badger Brewing, LLC
The Dance Company
Domino's Pizza
Eat This! Italian Ice
Eric's Dawg House
Evans Brothers Coffee



Family Promise North Idaho
Family Resource & Training Center
First Steps Chiropractic
Girl Scouts of E WA and N Idaho
Guardians of the Children
Heritage Health Mobile Clinic
Human Rights Education Institut
ICCU
Idaho National Guard
Idaho SHIBA/Dept of Insurance

Jazzed about Reading
Jump for Joy
Kayak Coeur d'Alene
Kootenai Health
KidOne Camps
Lady d'Alenes
Lake City Bicycle Collective
Lake City Figure Skating
Mountain States Early Head Start
Museum of North Idaho
North Idaho Head Start
Office Depot
O'Houli's Kettle Corn
Opening Books, Opening Doors
Panhhandle Health District
Real Choices Clinic
RECC
Safe Start Northwest
Shriners Hospitals
Smokey the Bear
Taste of Newbery's
United Way of North Idaho
The Vine Church
Wired2Learn
VRCDA / Strikezone
and more! Visit familydaycda.com

WELCOME & THANK YOU!

Over 60 organizations dedicated to healthy families and lifelong learning are working together to bring you the Annual Family Day in the Park! (As of print deadline, with more to come!)

The event is a collaborative, community wide, fun filled kick-off to summer, with loads of free stuff and valuable information for families. We welcome feedback that will continue to build this into the "last day of school, must attend event" for years to come.

The map and information listed is as accurate as possible to date. Visit familydaycda.com or Facebook for updated partners, activities and participants up to the day of the event.



VISIT THESE EXHIBITS AND ADDED ATTRACTIONS!

- Cd'A Fire Dept. Ladder truck & Cd'A Police Vehicles
- BookMobile
- Lake City Bicycle Collective Bike Rodeo & Giveway
- Coeur d'Alene Makers' Market retail vendors
- Don't forget to pick up your free SWAG Bag sponsored by Northwest Specialty Hospital!



COMMUNITY

Parking

Skate Park Exhibits

Curtis Orthodontic's
Hawaiian Ice

Bike Rodeo /
Giveaway
Bike Repair
Helmets

Memorial Field

Horse & Carriage
Rides

Interactive Heavy
Equipment

Workers
Memorial
Site

Info

Cd'A Fire Dept
Ladder Truck,
CD'A PD Cars

Bookmobile
Book Giveaways

Tot Lot
Moms, Babes

Playground

HREI

NEW!
CDA Makers
Market!

Vendor Booths
& Activities

Vendor Booths
& Activities

Gazebo

Beer Garden

Cd'A
Kids Ca
Bounce

Food Co

Nerf, VRCDA,
Archery Tag, Games, Etc.

Bands
Entertain
Red Hot

THANK YOU Sponsors & Activity Partners!



City Park & Beach, Downtown Coeur d'Alene

Museum of NI

Heritage Activities
FREE Admission

Cd'A Police Dept.

Info

#271
Carnival /
Houses

Independence Point

PaddleFest /
Historic Canoes

Cultural
Activities

Court & Snacks

Parks Activities

City Beach

Bandshell

Shell
ment!
Mamas!



FAMILY DAY

IN THE PARK



2019 Family Day in the Park Highlights & Activities (Subject to Change)

OVER 60 VENDORS AND COUNTING AT PRESS TIME! Featured Activities & Partners:

ALL ACTIVITIES LISTED BELOW WILL RUN 12PM-6PM UNLESS OTHERWISE NOTED.

NEW!	Red Hot Mamas!: Throughout the day on the main stage, the Mamas will be bringing on the song & dance! Various acts throughout the day.	
NEW!	Horse & Carriage Rides!	
	Food Court: O'Houli's Kettle Corn, Domino's Pizza, Evans Bros Coffee, Bean & Pie, CC Delivery LLC Ice Cream, Eat This! Italian Ice, Eric's Dawg House, and more!	Food Court
	"The Market" at Family Day in the Park - partnership with CDA Makers Market: Outside of HREI building, pick up free SWAG Bags sponsored by Northwest Specialty Hospital	Near HREI
	Coeur d'Alene School District #271: Multiple activities throughout the day	Main Park Area
	Paddlefest: Cd'A Kayak and Canoe Club. Wooden Kayaks & Canoe builders. Demonstrations & vendors.	Main Park Area/ City Beach
	Reading in the Round: Multiple organizations - reading activities, book giveaways, Library reading program and card sign ups. Visit the Bookmobile!	Reading Area
	Heritage Health Mobile Clinic, Panhandle Health, Kootenai Health: Heritage Health and Panhandle Health District will provide a variety of health screenings. NEW: Kootenai Health is our "First Aid Station!"	Main Park Area
2pm-4pm	Shaved Ice! Curtis Orthodontics' Shaved Ice Truck in the Memorial Plaza with special-event-priced Shaved Ice!	Main Park Area
	Interactive Heavy Equipment Activity: The City of Cd'A will have actual, working earth moving equipment that your entire family can explore. Or take a shot at getting in the driver's seat and operating a big, yellow machine! Free "construction workers' hats" for the first 500 kids. Sponsored by the City of Coeur d'Alene.	NW Corner of Park
	First Responders! Coeur d'Alene Fire Department, Coeur d'Alene Police Department, Smokey Bear - Meet Smokey, sit in a Fire Truck, meet our local heros!	
	Games & Fun! Inflatables from Jump for Joy, Archery Tag hosted by Idaho National Guard, (Like Dodge Ball but with big foam darts!), NEW! Nerf tag, Virtual Reality from Strike Zone/ VRCDA, and other Games.	Lawn near bandshell
	Cultural Center Activities: Crafts and table displays from multiple vendors including HREI (Human Rights Education Institute).	Lawn
2pm-6pm	Gazebo Bar: sponsored/hosted by Daft Badger Brewery and The Coeur Group	Gazebo
	ICCU Money Machine! Chance to win a visit to the ICCU Money Machine!	Main Park Area
	Wheel Deals! Lake City Bike Collective Bike Rodeo, NI Skate Park, and more present demonstrations, merchandise, exhibitions. Located in Memorial Plaza area.	Memorial Plaza and Skate Park area
6pm-ish	Booths close	All locations

NOTE: Information listed is as accurate as possible to date. Visit familydaycda.com for additional partners, activities, and participants

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GOT SWAG? WANT TO VOLUNTEER?

- REACH THOUSANDS with your SWAG item - lip balms, bandaids, coupons/BOGO
- VOLUNTEER OPPORTUNITIES available for the day of the event - perfect for clubs & civic organizations!

Email familydaycda@nifamily.com for more info.



JUNE 27: VAN PAEGPEGHEM QUARTET (JAZZ)

JULY 11: SWAY WILD (FOLK/ROCK)

JULY 18: NORTH POINT JAZZ (LATIN JAZZ FUSION)

JULY 25: ERIN HALL (DOO WOP/SURF ROCK/JAZZ/
FRENCH POP)

AUGUST 1: CDA SUMMER THEATRE (SHOWTUNES)

AUGUST 8: NU JACK CITY (MOTOWN/SOUL/FUNK)

AUGUST 15: JACOB MAXWELL

AUGUST 17: CDA SYMPHONY CONDUCTED BY JON
PELLANT

AUGUST 22: THE TALBOTT BROTHERS (FOLK/ROCK/
POP/BLUES)

AUGUST 29: NATE BOSFORD (ALTERNATIVE ROCK/
FOLK ROCK)

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Our Community **AT A GLANCE**



NEW MEMBERS

Aligned Family Chiropractic

Annie Winston/Jazzed About Reading

Be Smart for Kids

The Dance Company

First Steps Chiropractic

Innovia Foundation

Idaho Education News

Melissa Dalton Hunt/A Taste of the Newberys

Katy Bean - Bean & Pie

KidOne Camps

Sport Clips

Strikezone/VRCDA

The Vine Church

Office Depot

IN THE NEWS AT ST. VINNIES

Larry Riley, formerly of the Coeur d'Alene Press, was recently announced as the new executive director of St. Vincent de Paul North Idaho. Riley, who started work on May 20, succeeds Jeff Conroy.

GROUP SCOOP + SOUP ...

COMING THIS FALL! - The North Idaho Family Group will be launching a new series of events. Featured speakers, networking opportunities, and soup!

Art Walk! Celebrating 16 Years!



Celebrating 16 years in Downtown Coeur d'Alene!

5:00-8:00pm every second Friday of the month, April-December, stroll through beautiful Downtown Coeur d'Alene and enjoy local and nationally acclaimed artists. Visit supporting galleries, shops, restaurants and businesses. A free family-friendly event!



artsandculturecda.org/artwalk



Bank On!

Bank On North Idaho connects unbanked and underbanked North Idaho residents with mainstream financial services such as affordable checking products as well as free, community-based financial education opportunities. Through these pathways, the long-term outcomes are that participants have:

- Reduced levels of debt
- Increased credit scores
- Emergency savings that will cover three months of expenses
- Achieved financial goals
- Build assets and increase net worth
- Increased levels of financial well-being



Bank On

Idaho
A United Way Initiative

INFO

www.bankonidaho.org

- June 1 Run for #271 | McEuen Park, Cd'A
- June 7 Family Day in the Park | City Park, Downtown Cd'A
- June 14 Annual Post Falls Open Golf Tournament
- June 15 Day for Kids - McEuen Park - Boys & Girls Club
- June 14-15 Car d' Lane | cdadowntown.com
- June 22 4th Annual Mayors' Cup Golf Tournament
- June 21 Ride the Wall! Benefit at the Snakepit, Enaville, ID
- July 3 Kiddies Parade | Downtown Cd'A
- July 4 4th of July Parade and Festival | Downtown Cd'A
- July 6 Coeur d'Alene Brewfest
- July 12-14 Post Falls Festival and Parade | postfallsidaho.org
- July 17 Wine, Women, & Shoes fundraiser | Cd'A
- July 19 Rathdrum Days
- July 26-27 Priest River Timber Days
- July 26-27 Hayden Days and Parade | cityofhaydenid.us
- July 27 Race the River Kids' Triathlon | Cd'A
- July 27 Matt's Place Foundation Charity Golf Classic
- July 26-28 Julyamsh Powwow | Kootenai Fairgrounds
- July 28 Race the River Triathlon | Cd'A
- July 27-29 Harrison Old Time Picnic
- Aug 2-4 Downtown Coeur d'Alene Street Fair
- Aug 2-4 Art on the Green | artonthegreencda.com
- Aug 3 Post Falls Sprint Triathlon | postfallsidaho.org
- Aug 3 Ride for ALICE | unitedwayofnorthidaho.org
- Aug 7 Night Under the Stars | inwsids.org
- Aug 10 Ales for the Trail | McEuen Park, Cd'A | nictf.org
- Aug 10 Coeur d'Alene Triathlon/Duathlon | Cd'A City Park
- Aug 21-25 North Idaho Fair | northidahofair.com
- Sept 6 Boys & Girls Club A Night in Black & White Auction
- Sept 12 Day of Caring | unitedwayofnorthidaho.org
- Sept 21 Coeur d'Fondo | cdagranfondo.com

VISIT THE NORTH IDAHO CHARITABLE EVENTS (N.I.C.E.) CALENDAR

AT NIFAMILY.COM FOR MORE DATES & DETAILS!



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Sleeping Tips for Baby & You

At Open Arms we see many moms who have this number one commonality: "My baby is awake for hours at night and I need my sleep!" With babies' different temperaments, parents' routines, technology and trying to keep up with social media, along with trying to be the best parent, these all are important factors in those hours where sleep is sometimes allusive.

These are recommendations by the Inland Northwest SIDS/SUID Foundation that may help you and your baby to get into a sleep routine:

Stay calm at night when doing the diaper duty or feeding your baby. Your baby feels your moods. Playing soft music can help the mood for you and baby.

- Play with your baby during the day. Sing, practice moving their body parts for stimulation and have fun by playing with toes and feet. This is a fun way to stimulate and keep your baby awake for longer periods. Giving your baby lots of attention is not spoiling. Babies need the security of your presence.
- Learning to fall asleep is an important step in good sleep. Lay your baby down when sleepy, but still awake. Try to refrain from rocking or holding, as this causes a pattern you may not want developed.
- If your baby is crying or fussing, try to refrain from attending to your baby right away. Make sure they are not hungry, or wet or soiled or feverish. Sometimes teething causes a baby to have interrupted sleep. Wait. Be patient. Count to 10. Check on your baby and try to soothe without the disruption of light or sound.
- Be proactive in noticing signs of your baby being overly tired or fussy and learn when is a good time to lay your baby down for the night.
- Play music throughout the day and in the evening hours leading up to bed. "Music stimulates the brain in a very powerful way because of our emotional connection to it." (Neuropsychologist Catherine Loveday) Music not only benefits your baby but you as well.

"It's important for parents, caregivers, families, and friends to understand that at this age (infant), a good sleeper is a child who wakes up frequently but can get himself back to sleep. It is not a child who sleeps without waking for 10 hours at night. Frequent waking is developmentally appropriate and allows the baby to wake up when he is in a situation in which he is not getting enough oxygen or is having problems breathing. Sleeping undisturbed for prolonged periods at this age is not healthy." (Inland Northwest SIDS/SUID Foundation)

Good sleep is important for you and baby. Refrain from comparing yourself to what works with other families. Do your best and as far as the rest goes, have fun and enjoy your baby.

INFO

www.realchoicesclinic.com
208-667-543



SUMMER CAMPS AT: HREI.ORG

Youth Advocates for Human Rights Camp

1PM - 4PM
July 29-August 2
(Weekdays)

For Preteens & Teens
ages 11-14 years old.

Teens learn how to be agents of change in society. Daily presentations about local, national, and international topics provide inspiration for young adults to be advocates in their community.



Registration & Information
Contact HREI:
208-292-2359
JLaster@HREI.org
www.HREI.org

Around the World Summer MultiCultural Camp

11AM-2PM
July 8-12
(Weekdays)

For Kids
ages 6-11 Years Old

Campers explore culture, music, games, arts, and crafts, language, food, and other activities from regions around the world:

- Eastern Asia
- Pacific Asian
- Latin America
- Australia
- Africa
- Native American



Break Patterns with Intuitive Eating

Restrict. Binge. Repeat. According to the Boston Medical Center, 45 million Americans follow this pattern as they cling to a new diet each year. Whether they're too obsessed with French fries, or too fixated on calories, most Americans don't interact in a healthy way with food. In 1995 two registered dietitian nutritionists, Evelyn Tribole and Elyse Resch, recognized the need for people to return to a healthy food relationship and developed the intuitive eating approach to help break the dieting mentality.



The health and wellness framework is centered around equipping people to become more in tune with their physical and emotional needs, as they pertain to food. It disregards calorie counting and food group restrictions, while improving body image, and good cholesterol. Altogether, it's based on 10 principles.

1. Ditch the Diet Mentality. Most diets fail you in the long term. Choose to ditch them forever.
2. Honor Your Hunger. Relearn how to gauge hunger/satiety cues and to eat when your body is hungry.
3. Make peace with food. Certain foods are often restricted due to a lack of trust. Unrealistic restriction usually leads to binging.
4. Challenge the food police. Learn to eat without having guilt or shame accompany you to the table.
5. Feel your fullness. When you relinquish food rules, you often eat less because you know that you'll be able to have the food again and can therefore stop when you're full rather than stuffing yourself on "special" occasions.
6. Discover the satisfaction factor. Eating what sounds good allows you to feel satisfied while eating less, rather than eating what you "should" PLUS what you truly wanted.
7. Cope with your emotions without using food. Food is not your counselor.
8. Respect your body. You do not have to love what you look like, but you do need your body with the same respect you give your pet. Walk it, feed it, be nice to it.
9. Exercise-feel the difference. Find physical activity that brings you joy, and do it.
10. Honor your health with gentle nutrition. Establish an overall lifestyle of healthy eating, while also eating to enjoy life to the fullest.

Intuitive eating brings freedom to the table. If you deal with shame, guilt, or confusion when it comes to food, intuitive eating might be a great next step. Reach out to Mikyah Owens, RDN, LD at Honest Nutrition for a free consultation.



www.honestnutritioncda.com
208-215-8727



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9095 N. Hess St, Hayden – 772-8940



Step Away from the Smartphone



Children's screen times are going up despite mounting evidence that computer technology is having a negative impact on their physical and mental health.

Screen time includes watching TV, movies, computers, video games, phones, and tablets and overuse is linked to unhealthy dietary patterns, cardiovascular diseases, obesity and poor sleep quality in children.

Researchers are also studying behavioral problems and the long-term social impact of interacting with computer devices instead of human beings

"My concern level is high," said Heritage Health Pediatrician Dr. Nicole Odom. "These devices and games are designed to be addictive. The long-term consequences could be very harmful to a child's development. There's a lot we don't know."

What is known is that electronic technology continues to become more sophisticated with each passing day too.

"These devices are not going away, video games are not going away," said Odom. "They're being built to be more engaging, more immersive, more intense. They light up all the reward centers in our brain."

Parents continue to wrestle with managing their child's screen time and typically come up short. Not surprising, considering kids are bombarded with media from all directions at home, school and pretty much everywhere.

"It's something I talk with parents about every day," Odom said. "They don't know how to control it and it's a huge problem. Many times, the parents have their own issues managing screen time. They can't let go of their phone."

The American Academy of Pediatrics recently announced it was recommending more leniency for screen time, encouraging parents to create a media use plan and to have screen free zones at home.

Odom encourages parents to have a good media plan for their children and to set real limits, like no screens at the dinner table or using the computer right before bed.

"Parenting is just hard," she said. "You have to set a rule and stick by it. There is a lot of social pressure kids face to use these devices. Find activities that replace the screen time and encourage at least 60 minutes of physical exercise."

--Guest Article by Marc Stewart, Heritage Health

myheritagehealth.org

INFO



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Smokey Joe's Cafe August 8 - 25

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A TASTE OF NEWBERYS FOR READERS AND EATERS

I was born into a home of readers. There were books on shelves, in kids' rooms and even in the bathroom, sometimes known as the library, to those in the Dalton family. I had older sisters to read to me and with every move in the Air Force we always found the base library. My bike with saddle baskets came in handy when I wanted to check out a dozen books. The Scholastic book orders at school were the best and I am sure that many of them were Newbery winners.

At college my favorite class was Children's Literature. During my teaching years, I taught, read aloud, and collected Newberys. But what does a retired teacher do with 174 Newbery Medal and Honor books? My neighbor Kathy helped me hatch the idea of combining my love of cooking and reading into a cookbook. So, A Taste of Newberys was created, featuring the award-winning books and the recipes for the food within them.

Initially, my project began for my children and grandkids. I wanted to share my love of my favorite books with them, because reading as a family and eating meals together brings communication time and bonding into homes.

My husband willingly taste-tested every recipe. My daughter, Jessica Hunt Parsons, illustrated the cover art and encouraged me to self-publish, then sell the books on Amazon. I'm grateful for all that support and encouragement.

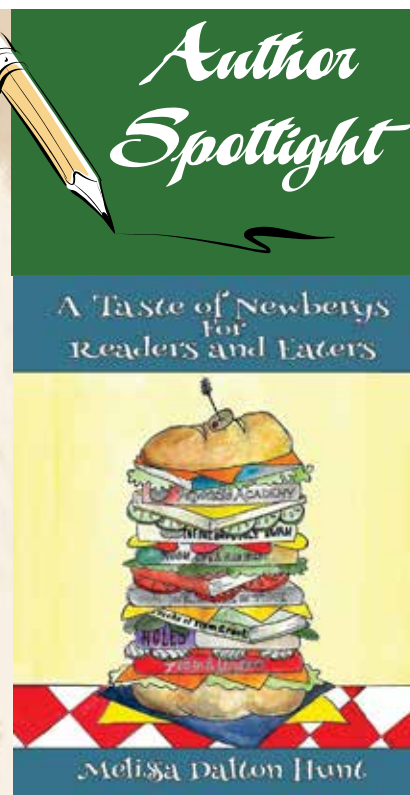
I hope you'll devour these tasty Newbery books aloud with your family, then add flavor to the stories by preparing the recipes inspired by each book. In the kitchen together, families can gain a taste for great literature.

A Taste of Newberys for Readers and Eaters gives a peek at some of my favorite Newbery books and recipes such as Sarah's beef stew from Sarah Plain and Tall and chocolate chip cookies from Frog and Toad Together. Every recipe comes with conversation prompts such as vocabulary words, discussion questions, and favorite quotes from the story.

A portion of the proceeds from A Taste of Newberys is donated to the Kootenai Health Foundation, Women's Wellness Program in CDA, ID to help provide 3D mammograms for those in need.

A Taste of Newberys for Readers and Eaters can be purchased on Amazon.com

Taste the world through reading, to open your minds to thoughts beyond your own.



MELISSA DALTON HUNT
mbhunts1965@gmail.com

NORTH IDAHO FAMILY MAGAZINE

Distribution:

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Single Issue	2 Issues each	3 Issues each
\$2500	\$2250	\$2000
2000	1850	1700
1700	1500	1300
1500	1350	1200
800	700	600
500	475	450
300	275	250

Rates include standard production. Additional fees for unusual production.

MEMBER DIRECTORY

This is a partial list of services provided by members of the North Idaho Family Group and select immediate needs providers. All area codes are 208 unless specified. Visit www.niservicesdirectory.com for an ongoing and updated list of North Idaho Immediate & Basic Needs service providers.

Child/Youth - Services/Support

American Childhood Cancer Organization Inland Northwest | PO Box 8031
Spokane, WA | 509-443-4162 | acco.org/inlandnw
Boys & Girls Club of Kootenai County | 925 N. 15th St. | Cd'A
208-618-2582 | 200 W. Mullan Ave. | Post Falls | 208-457-9089
northidahobgc.org
Campfire Inland Northwest | 524 N. Mullan | Spokane WA | 509-747-6191
campfireinc.org
Guardians of the Children | 2315 N Rebecca St | Spokane WA | 509-998-2535
guardiansofthechildren.com
Girl Scouts of Eastern Washington & Northern Idaho | 509-747-8091
gsewni.org
Idaho Youth Ranch/Anchor House | 1609 N. Government Way | Cd'A
667-3340 | youthranch.org
Kid Centric Sports Association | 6848 N. Government Way, STE 114, PMB #46
Dalton Gardens | 659-3130 | kcsa-kidcentric.org
Region 1 Idaho Infant Toddler Program/Regional Early Childhood Committee
208-882-6904 | infanttoddler.idaho.gov

Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave | Cd'A | 292-2359 | hrei.org

Crisis Intervention

Emergency, Fire & Police | 911
Child Protective Services | 1120 Ironwood Drive | Cd'A
855-552-5437 | healthandwelfare.idaho.gov
Children's Village | 1350 W. Hanley Ave. | Cd'A | 667-1189 | thechildrensvillage.org
ICARE | 201 E. Harrison Ave | Cd'A | 676-1515 | icareforchildren.org
Domestic Violence Hotline | 664-9303
Idaho Poison Control Center | ID | 800-222-1222
Idaho Suicide Prevention Hotline | 800-273-8255
Kootenai County Crisis Hotline | 664-1443
Kootenai County Sheriff | 466-1300 or 911
National Center for Missing and Exploited Children | 800-843-5678
Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D
Cd'A | 625-4884 | nicrisiscenter.org
Post Falls Police Victim Services Unit | 1717 E. Polston Ave. | Post Falls
773-1080 | postfallspolice.com
Rape Crisis Line | 661-2522
Safe Passage | 850 N. 4th St. | Cd'A | 664-9303 | safepassageid.org

Education - Adult

American Institute of Clinical Massage | 4365 Inverness Drive | Post Falls
773-5890 | aicm.edu
Bank On | www.bankonidaho.org
North Idaho College | 1000 W. Garden Ave. | Cd'A | 769-3315 | nic.edu
North Idaho Higher Education | northidahohighereducation.org
North Idaho College Workforce Training & Community Education
525 W. Clearwater Loop, Post Falls | ID | 769-3222 | nic.edu/wtc
University of Idaho | 1031 N. Academic Way, Suite 242 | Cd'A
667-2588 | uidaho.edu

Education - Child

Coeur d'Alene Charter Academy | 4904 N. Duncan Dr | Cd'A | cdacharter.org
Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct.
Cd'A | cdaschools.org
Coeur d'Alene Education Partnership | Cd'A | 714-4561 | cdaep.org
Hope on the Homefront @ Cd'A #271 | 1400 N Northwood Center Ct
664-8241 x1061 | cdaschools.org/Page/711
Idaho Distance Education Academy | 877-1513 | idahoidea.org
Iris' House Pre-School & Childcare | 410 N 20th St | Cd'A | 667-3785

KidOne Camps | kidonecamps.com
KTEC-Kootenai Technical Education Campus | 6838 W. Lancaster Rd.
Rathdrum | 208-712-4733 | ktectraining.org
Lake City Figure Skating / Frontier Ice Arena | 3525 W Seltice Way | Cd'A
603-667-7178 | lakecityfigureskating.org
Lake City Highland Dance Inc. | Silver Lake Mall | Cd'A | 771-0828
lakecityhighlanddance.com
Mountain States Early Head Start | 411 N. 15th St, Ste 200 | Cd'A
765-6955 | msehs.org
North Idaho College Head Start | 411 N. 15th St, Ste 103 | Cd'A
765-6755 | nicheadstart.org
Opening Books, Opening Doors | openingbooksopeningdoors.com
Wired2Learn Academy | 1800 N. Hwy 41 | Post Falls
wired2learnacademy.com | 699-6232
North Idaho Robotics Opportunities (formerly Xanterra FLL) | facebook.com/XanterraFLL

Family Services

Family Promise of North Idaho | 501 E. Wallace Ave. | Cd'A
777-4190 | familypromiseni.org

Food, Agriculture, Nutrition

Eat Smart Idaho - U of I Extension | uidaho.edu/extension/eat-smart-idaho
Inland Northwest Food Network | Cd'A | 546-9366 | inwfoodnetwork.org

Government

2-1-1 Idaho CareLine | PO Box 83720 | Boise | 800-926-2588
idahocareline.org
Coeur d'Alene Parks Department | 710 E. Mullan Ave. | Cd'A
769-2252 | cdaid.org/parks
Department of Health and Welfare | 1120 Ironwood Drive | Cd'A
769-1409 or 2-1-1
Family Resource & Training Center | 2005 Ironwood Parkway, Suite 200 | Cd'A
800-745-1186 | icwrtc.org
Idaho SHIBA / Idaho Department of Insurance | doi.idaho.gov

Healthcare

Abundant Life Surrogacy | Nampa, ID | abundantlifesurrogacy.com
Aligned Family Chiropractic | 3904 E Mullan Ave STE C | Post Falls | 981-0093
Evenson Chiropractic | 916 W Ironwood Dr Suite 1 | Cd'A | 769-4800
First Steps Chiropractic | 8836 N Hess Street Suite E | Hayden | 758-9335 |
firststepschirpractic.com
Heritage Health (formerly Dirne) | 1090 Park Place | Cd'A
292-0292 | myheritagehealth.org
Hospice of North Idaho | 9493 N Government Way | Cd'A
691-6996 | honi.org
Kootenai Health | 2003 Kootenai Health Way | Cd'A
667-3742, PF 619-4100, SP 263-6763 | kootenaihealth.org
Kootenai Urgent Care | Cd'A, Post Falls, Hayden | kootenaiurgentcare.com
Open Arms PCC & Real Choices Clinic | 1800 Lincoln Way #201 | Cd'A
Panhandle Health District | 8500 N. Atlas Rd. | Hayden | 415-5100
panhandlehealthdistrict.org
Shriner's Hospital for Children | 911 W. 5th Ave. | Spokane, WA
509-455-7844 | shrinershospitalsforchildren.org/spokane
Spoelstra Family Chiropractic | 214 W Sunset Ave | Cd'A | 667-7434
cdahealth.com

Healthcare - Mental

Imagine Behavioral & Developmental Services | 7905 Meadowlark Way, Suite C
Cd'A | 762-1250 | imaginebehavior.com
Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D | Cd'A 625-4884 |
nicrisiscenter.org
Northwest Behavioral Health | 1612 N. 3rd St. | Cd'A | 765-4509

Misc.

The Art Spirit Gallery | 415 Sherman Ave | Cd'A | 765-6006 | theartspiritgallery.com
Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Cd'A | 765-8600 | cytnorthidaho.org
Coeur d'Alene Arts & Cultural Alliance | 105 N 1st St, Suite 100 | Cd'A | 292-1629 | artsandculturecda.org
Coeur d'Alene Canoe & Kayak Club, Inc | PO Box 3312 | Cd'A | cdacanoekayakclub.org
Coeur d'Alene Public Library | 702 E Front Ave, Cd'A | 208-769-2315 | cdalibrary.org
Coeur d'Alene Summer Theatre | 4951 Building Center Dr., #105 Cd'A | 660-2958 | cdasummertheatre.com
Community Library Network | Athol, Harrison, Hayden, Pinehurst, Post Falls, Rathdrum, Spirit Lake | communitylibrary.net
Eat This! Italian Ice | 2900 N Government Way | Hayden | 416-1300
Elite Auction | PO Box 1354 Hayden 83835 | 208-640-7449 | eliteauctioninc.com
Emerge | 208 N 4th St | Cd'A | 818-3342 | emergecda.org
Melissa Dalton Hunt - A Taste of Newberys | mbhunts1965@gmail.com
Idaho Education News | idahoednews.org
Idaho Public Television | idahoptv.org
Innovia Foundation | innovia.org
Jump for Joy | 250 West Dalton Ave | Cd'A | 208-664-5200 | jumpforjoycda.com
Kagey Company | 1048 1/2 N 3rd St | Cd'A | 667-2314
Kayak Coeur d'Alene | 311 E Coeur d'Alene Ave #A | Cd'A | 676-1533 | kayakcoeurdalene.com
On-Call Babysitting Service | 777-5788 | oncallbabysitting.com
Panhandle Parks Foundation | 212 Ironwood Drive, STE D, PMB 124 | Cd'A | 446-4813 | panhandleparksfoundation.org
Quest Summer Day Camp @ CDA Nazarene | 4000 N 4th St. | Cd'A | 667-4813 | cdanaz.org
The Salvation Army Ray & Joan Kroc Community Center | 1765 W. Golf Course Rd. | Cd'A | kroccda.org

Pet & Animal Services

Coeur d'Alene Animal Control | 5500 N. Government Way | Cd'A | 446-1300 | kcsheriff.com/animalcontrol.html

Religious/Fraternal

First Presbyterian Church | 521 E Lakeside Ave | Cd'A | 1stpresdowntown.org | 667-8446
Heart of the City Church | 722 W Kathleen | Cd'A | 665-7808 | theheartcda.com
The Vine Church | 9407 N Government Way | Hayden | 449-2080 | thevineidaho.org

Senior Services

Adult Protection Services | 2120 Lakewood Dr. #B | Cd'A | 667-3179
ElderHelp of North Idaho | 9420 Government Way, Hayden | 661-8870 | ehoni.org
Kootenai Health Senior Care Program | 2003 Kootenai Health Way Cd'A | 625-5353 | kh.org/family-support-services/respite-care-program

Social Services

CAP Community Action Partnership Food Bank | 4144 Industrial Ave., Ste E Cd'A | 664-8757 | cap4action.org
Goodwill Industries | 130 E Third Avenue | Spokane, WA | 509-838-4246 | discovergoodwill.org
Idaho Dept. of Health & Welfare | 1120 Ironwood Drive | Cd'A | healthandwelfare.idaho.gov
St Vincent de Paul | 201 E. Harrison Ave. | Cd'A | 664-3095 | stvincentdepaulcda.org
Union Gospel Mission Center for Women & Children | 196 W Haycraft Ave | Cd'A | 665-4673 | uniongospelmission.org
United Way of North Idaho | 501 E. Lakeside Ave., Ste. 3 Cd'A | 667-8112 | unitedwayofnorthidaho.org

Special Needs

Trinity Group Homes, SVDP | 201 E. Harrison Ave. | Cd'A | 664-3095 | stvincentdepaulcda.org

Substance Abuse-Recovery/Prevention

Al-Anon | Cd'A | 676-0549 | al-anon-idaho.org
Alcoholics Anonymous | 118 N. 7th St., Ste B5 | Cd'A | 667-4633 | aa.org
Idaho Drug Free Youth | 610 W. Hubbard, Ste 123 | Cd'A | 664-4339 | idahodrugfreeyouth.org
Idaho Meth Project | PO Box 738 | Boise | 1-888-331-2060 | idaho.methproject.org
Kootenai Recovery Community Center | 405 N 2nd St Cd'A | (208) 932-8005 | kootenairecoverycenter.org

Support Networks/Groups

Mothers Haven | MothersHaven.com & Mamanook.com
Operation Second Chance | operationsecondchance.org

NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS ♦ BASIC NEEDS ♦ COMMUNITY RESOURCES



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www.NIServicesDirectory.com

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The North Idaho Services Directory is the most comprehensive online list of service providing organizations in the region, with the ability to sort, filter, and search by category, agency name, zip code, city, and other fields. See page 11 for updates!

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