

FREE

Summer
2023

NORTH IDAHO FAMILY

M A G A Z I N E

*Now in its
24th year!*



Family Day in the Park .. Friday, June 9

2023 Summer Camp Guide

Family Day in the Park

**25 Fun Things to
do for Summer**

Event Information Inside!

Books & Giveaways

Games & Activities

Local Entertainment

Food Court

North Idaho Family Marketplace



www.nifamily.com

2023 SEASON



Ranked as one of the top 5 regional theatres in the country and the only professional musical theatre in the Inland Northwest, Coeur d'Alene Summer Theatre produces live musical theatre often deemed "Better than Broadway!" #ShareTheJoy

Tickets:
cstidaho.com



and, opening Fall 2023...

Musical Theatre Training Institute

Coeur d'Alene Summer Theatre (CST) is proud to announce the launch of the Musical Theatre Training Institute (MTTI), the first pre-professional certification program of its kind in the Pacific Northwest. The mission of MTTI is to develop quality talent for careers in musical theatre.

The Musical Theatre Training Institute (MTTI) will move students through a certification program that prepares them for a professional career. Students will gain hands-on experience with coursework such as scene study and audition techniques, production design and technology, music theory and vocal technique, playwriting and dramaturgy, musical theatre dance styles & techniques, and more.

The Institute's primary focus is talent ages 14 through adult. Students will have the opportunity to develop skills in three key areas of musical theatre: performance, technical, and arts administration. MTTI will also feature programming for young performers ages 8-13, looking to advance in their musical theatre journey.

"The institute will provide students with the foundations they need to improve their current skills, and bring them to a point where they can pursue a career in musical theatre whether locally, regionally or beyond," Chuck Ethridge, Executive Artistic Director of Coeur d'Alene Summer Theatre.

At MTTI, students will be able to network with other performers, creatives, and organizations while learning valuable skills needed for success within the world of musical theatre. The immersive program will allow students to gain real-world professional experience through internships and performance opportunities. Graduates will be able to confidently pursue a career path within the industry knowing they have a competitive advantage.

By launching this program we are developing performers, creatives, technicians, and arts administrators for our stage and beyond. We're creating a "talent destination" by being the first choice in professional musical theatre training programs in the country.

More details & class
schedule available at:

CSTmtti.com



NORTH IDAHO FAMILY MAGAZINE

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

208.699.0126

Refer to ad on page 21.

www.nifamily.com

PO Box 3125 < (new PO Box!)

Coeur d'Alene, ID 83816

Email: sales@nifamily.com

ACKNOWLEDGEMENTS:

©2023 by North Idaho Family Group, Inc. All rights reserved. No portion of this magazine may be reproduced in whole or in part without the express written consent of the owner, North Idaho Family Group, Inc. Distribution of this publication does not constitute an endorsement of products or services therein. All information is as accurate as given from contributing sources. North Idaho Family Group, Inc. reserves the right to refuse advertising or submissions for editorial purposes for any reason. Copies are free.

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 24 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)
- 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 9: 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

CONTENTS



pg.
5

HomeShare Kootenai County

HomeShare Kootenai County is now accepting applications!



pg.
6

2023 Summer Camps

A complete guide to area summer camp opportunities



pg.
11

Family Day in the Park Pull-out Program

The map and schedule of activities for the June 9 event.



EDUCATION

5



FAMILY

6



COMMUNITY

11



CALENDAR

17



HEALTH

18



NORTH IDAHO FAMILY KIDS! MAGAZINE



We LOVE our North Idaho Family Magazine KIDS! - Local kids, doing local activities, having fun, learning, making stuff, etc. This issue features amazing abstract art from students of Heather Riviere at A Developing Mind Academy. Bravo!



Have a Spare Room? Need Affordable Housing?

HomeShare Kootenai County has been up & running since February and accepting applications from Home Seekers & Home Owners! Apply today!

About Homesharing:

- There are approximately 60 homeshare programs up and running around the country
- HomeShare Kootenai County, Inc. is modeled using best practices from the National HomeShare Resource Center, and is a proud member of that organization.
- Best practices for homeshare programs include providing key services to ensure the success of the match, such as: thorough screening mechanisms, criminal background checks, follow-up support, conflict mediation

Match Fees will be collected from participants in the program, but will only cover a portion of the actual cost of services, so donations are welcome. Volunteers are also needed to act as "Match Ambassadors" to match potential Home Providers & Home Seekers.

HomeShare Kootenai County, Inc. is a fast, creative, solution that can immediately increase housing affordability and availability in our community.



INFO

www.homesharekc.org



Camp Invention®

HIGH-ENERGY,
HANDS-ON STEM



Secure your spot and save today at
INVENT.ORG/LOCAL

Northwest Expedition Academy | 6/19 - 6/23
Fernan STEM Academy | 6/19 - 6/23
Ramsey Magnet School of Science | 6/26 - 6/30

**NORTH IDAHO
HIGHER EDUCATION**

5 SCHOOLS. 1 LOCATION.

Looking to prepare for a career or develop professionally?
Visit us at 1 location in Coeur d'Alene
Explore your options at NorthIdahoHigherEducation.org/take-action



MAKE AN APPOINTMENT TODAY

 North Idaho College www.nic.edu 208.769.3300	 LEWIS & CLARK STATE COLLEGE www.lcsc.edu/cda 208.667.5275	 University of Idaho Coeur d'Alene www.uidaho.edu/cda 208.667.2588	 BOISE STATE UNIVERSITY www.boisestate.edu 208.661.0694	 Idaho State University www.isu.edu 208.251.8809
---	--	---	--	--



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 Road, Hayden
Ages 8-17 and Family Camps, June – August.
Some discounts available. Seventh-day
Adventist. Wakeboard, swimming, high ropes
course, equestrian, crafts and much more.
mivoden.com or 509-242-0506

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 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

Shoshone Mountain Retreat Youth Camp

North Fork, Coeur d'Alene River
Grades 3-9, July
This six day, five night program includes
awesome outdoor adventures you don't get
at Camp Lutherhaven!
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, Spokane and Priest
River
Ages 6-18 and Family, June - August. Limited
scholarships up to 50% off total camp cost.
Day and residential. Nature Connection,
Wilderness Survival, Wild Edible & Medicinal
Plants, Primitive Skills, Animal Tracking.
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

Coeur Climbing Co. Summer Camps

Post Falls. Ages 4-7 & 7-12: July 10-Sept 1
5-day summer camps: rock climbing, games, and other fun activities
<https://coeurclimbing.com/youth-camps> or (208) 777-9253

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.
lamcda.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! June-August
PeeWee Camp (ages 4-5)
Discovery Camp (ages 6-10)
Adventure Camp (ages 11-14) Scholarship application available at the Kroc Center Front Desk (up to 50% off).
kroccda.org/camp.html

Momentum Sports & Play

Coeur d'Alene. Physical activities including parkour, obstacle courses and gymnastics each day, as well as themed activities such as cooking, science, Warrior Games (dart battles), and action and adventure!
Momentumsportsandplay.com
(208) 966-4535

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 the Nazarene, Coeur d'Alene, ID
A 10 week summer day camp packed with adventures and friendships!
-Explorers Camp, 1st-3rd Grade, -Pathfinders Camp, 4th & 5th Grade, -Ridgeline Camp, 6th-9th Grade
cdanaz.org/quest | (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
See ad on Page 5

HREI Summer Camps

Youth Advocates for Human Rights and Multicultural Camps - July & August, HREI.org

Gizmo CDA

Ages 7-18, June-August
Each week has a different theme, allowing for campers to learn unique arts and crafts, coding & programming, 3D modeling & printing, welding, forensics and more!
gizmo-cda.org/camps.html

Natural Connections Academy

Varying ages, July
www.naturalconnectionsacademy.net/camps

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

Classes "on hold" for 2023
uidaho.edu/dignit-camp

Art & Theater Camps

Art of Nature Summer Camp

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

Coeur d'Alene Summer Theatre

Summer Sit-In Sessions - 'Sit-in' sessions are in the style of "Inside the Actor's Studio" with 45-60 minutes of guest expert, led by a moderator, and 30-45 minutes of interactive Q&A. Ages 14+. June 19-Aug 3
cstmtti.com/enroll/summer-sit-in-sessions
See other opportunities at cstmtti.com

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

Music Conservatory of Coeur d'Alene

Ages 2-Adult, wide variety of classes
cdaconservatory.org/summercamp



YOU TALKED. WE LISTENED.

Parents, teachers, and concerned community members said you want to feel connected again...to your kids, your neighbors, and your community.



Let's come together and make it happen! Learn how you can be a part of building a stronger community for youth.

Join the conversation at
www.communitiesforyouth.org



Want to know more about us? Communities for Youth is dedicated to partnering with Idaho schools, parents, and community members to help our young people struggling with mental health issues thrive into adulthood.



SCAN ME

25 Fun Things For Kids To Do

1. Attend a **FREE** concert in the park. See page 15 for a whole list!
2. Go fishing! June 10 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 9! 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 7-9.
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. Learn to Swim at SafeSplash + SwimLabs
15. Take an **ART CLASS** at EMERGE www.emergecda.com
16. Chase butterflies across your yard.
17. Visit a museum. Museum of North Idaho offers free admission on 2nd Fridays during ArtWalk.
18. It's happenin' in Hayden: Dog Days of Summer-Fest, Sat. June 24, Hayden Days on July 28-29. 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! at local craft & farmers' markets! -- 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. Certain restrictions apply for curbside pick-ups.

- 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 School District

Monday - Thursday/Friday, June 12 - July 14 (closed July 3 & 4)

Borah Elementary, M-F, Breakfast 8-9am, Lunch 11am-12:30pm

Fernan Elementary, M-Th, Breakfast 8-9am, Lunch 11am-12:30pm

Lakes Middle School, M-F, Breakfast 8-9am, Lunch 11am-12:30pm

Post Falls School District

Monday - Friday, June 19 - Aug 18 (closed July 3 & 4)

Ponderosa Elementary, Breakfast 8-9am, Lunch 11am-12:30pm

Seltice Elementary, Breakfast 8-9am, Lunch 11am-1pm

Post Falls High School, Breakfast 7:30-8:30am, Lunch 10:30am-12:30pm

River City Middle School, Breakfast 7:30-8:30am, Lunch 11am-1pm

<https://nutrition.pfsd.com/quick-links/summer-meals>

Lakeland School District

Monday-Friday June 20-Aug 19 (Closed July 3 & 4)

Lakeland Middle School, Breakfast 7:30-9am, Lunch 11:30am-1pm

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



FEATURED RECIPE

Chocolate-Dipped Frozen Bananas

You need:

BANANAS - Perfectly ripe bananas work best. Underripe bananas can have a bitter taste when frozen and overripe bananas can be too soft, the brown spots can also be undesirable.

CHOCOLATE - I use dark chocolate which compliments the sweetness of the banana. You can use your favourite chocolate.

COCONUT OIL - Makes the chocolate much smoother to work with, it isn't essential. Skip it altogether or replace it with vegetable oil.

TOPPINGS - Get creative, anything goes. Nut butter, finely chopped nuts/seeds, shredded coconut, freeze-dried fruits, sprinkles, crushed corn flakes, crushed cookies.

Instructions:

FREEZING - Find a tray that will easily fit into your freezer and line with parchment paper. Space out your bananas (they shouldn't be touching) and ensure they are properly frozen before dipping them in chocolate. You will need to freeze the bananas for 2+ hours.

MELTING CHOCOLATE - You can use a double boiler but I find the microwave easier. If you aren't using chocolate chips make sure to break the chocolate up into similar sized pieces. Place in a microwavable bowl with coconut oil. Microwave, stirring the chocolate every 20 - 30 seconds until the chocolate is melted. Be careful not to get any water into the chocolate (e.g. from a wet spoon), this will cause the chocolate to seize.

DIPPING TIPS - Using a tall slim jar makes dipping the chocolate much easier. Allow any excess chocolate to fall back into the jar.

BE QUICK WITH THE TOPPINGS - Prepare your topping in advance (before melting the chocolate). Sprinkle toppings immediately after dipping, before the chocolate hardens.



June 9, 2023

Noon-6pm-ish · Cd'A City Park



WELCOME & THANK YOU!

Close to 100 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
- NEW! North Idaho Family Marketplace - Local Retail vendors
- Don't forget to enjoy entertainment ALL DAY sponsored by Northwest Specialty Hospital!



THANK YOU Sponsors & Activity Partners!



City Park & Beach, Downtown Coeur d'Alene

Museum of NI

Heritage Activities

NEW!

North Idaho Family
Marketplace

Cd'A Police Dept.

Independence Point

Bounce Houses

Cultural
Activities

Parks Activities

Bandshell

Shell
ment!
Artists

City Beach



FAMILY DAY

IN THE PARK



2023 Family Day in the Park Highlights & Activities (Subject to Change)

CLOSE TO 100 VENDORS AND COUNTING AT PRESS TIME! Featured Activities & Partners:

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

Local artists & acts: Various local acts, music, performers, and activities throughout the day, including multiple performances from North Idaho Rock School!

Food Court: O'Houli's Kettle Corn, Domino's Pizza, Eric's Dawg House, Bean & Bubba Coffee, Broken Spoke Soda Wagon, Kona Shaved Ice, Rodeo Dogs (Tacos & Teriyaki Bowls), PJ's Dawgs & More, Spokane Sugar Candy, and more!

North Idaho Family Marketplace! Local Retail Vendors at Family Day in the Park: Crafts, Bath & Body, and all sorts of local gift items

Coeur d'Alene School District #271: Multiple programs & resources!

Toddler/Pre-K/Elementary School Area: Multiple organizations - reading activities, book giveaways, Library reading program and card sign ups. Visit the Bookmobile!

Heritage Health Mobile Clinic, Panhandle Health, Kootenai Health: Heritage Health and Panhandle Health District will provide a variety of health screenings.

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 and Ginno Construction.

First Responders! Coeur d'Alene Fire Department, Coeur d'Alene Police Department, Kootenai Search & Rescue, Kootenai County Fire Prevention Smokey Bear - Meet Smokey, sit in a Fire Truck, meet our local heroes!

Games & Fun! Inflatables from Jump for Joy, Guardians of the Children motorcycle club, Idaho Disaster Dogs K-9 fun, Facepainting, obstacle courses, etc.

Cultural Center Activities: Crafts and table displays from multiple vendors including HREI (Human Rights Education Institute).

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

Event Vendors (as of press time)

- 211/Navigation / Kinship Idaho Health & Welfare
- Bean & Bubb Coffee
- Big Bear Body Art
- Broken Spoke Soda Wagon
- Camp Fire Inland Northwest
- Cd'A Fire Department
- Cd'A Library
- Cd'A Police Department
- Cd'A School District #271
- Cd'A Summer Theatre
- Christian Youth Theatre
- Civic Engagement Alliance
- Coeur Climbing Company
- Community Action Partnership
- Community Library Network Bookmobile
- Destiny King Productions
- Disability Action Center
- Domino's Pizza
- Eric's Dawg Haus
- Emerge
- Emerged Learning: Academic Enrichment
- Express Employment Professionals
- Family Promise North Idaho
- Fosterful
- GeoKids
- Ginno Construction
- Girl Scouts of E WA and N Idaho
- Guardians of the Children
- Habitat for Humanity of North Idaho
- Heritage Health Mobile Clinic
- HomeTown Family Chiropractic
- Hospice of North Idaho
- Human Rights Education Institute
- Idaho Disaster Dogs / Kg
- Idaho Sound Beginnings
- Idaho Infant Toddler Program/ Regional Early Childhood Committee
- Jump for Joy
- Kona Shaved Ice
- Kootenai Health
- Lake City Highland Dance, Inc.
- LeafFilter Gutter Protection
- LeafGuard of Spokane
- Lutherhaven Ministries
- Momentum Sports & Play
- Mountain States Early Head Start
- Museum of North Idaho
- Music Conservatory of CDA
- Natural Connections Academy
- NIBCA - Education Committee
- North Idaho College
- Northwest Health & Safety Network
- Northwest Family Network
- NIC Head Start
- North Idaho Rock School
- O'Houli's Kettle Corn
- Open Arms PCC & Real Choices Clinic
- Panhandle Health District
- Pillar of Legacy, LLC
- PJ's Dawgs & More
- Positive Possibilities
- Primerica
- Quest Summer Day Camp
- Rodeo Dog
- Regional Early Childhood Coordinating Committee (RECC)
- Renewal by Anderson
- SafeSplash + SwimLabs Cd'A
- Safe Start
- Smokey Bear - Kootenai County Fire Prevention Co-op
- St. Vincent de Paul - ICARE
- Spoelstra Family Chiropractic
- T-Mobile
- United Way of North Idaho
- The Vine Church

North Idaho Family Marketplace!

- Abigail's Love (KIDS!)
- BettyLoudBeadBaubles
- Big Bear Body Art
- Broken Net Fishing (KIDS!)
- Cozy Moments Co.
- Custom Cut NW
- Dreamers
- Emibombs
- Gems & Things
- ID Blast That
- IRLY
- JDEducational
- JTC Tumblers & 3D (KIDS!)
- Kozy Stitches
- Lake Life Custom Creations
- Lil Bits of Randomness
- Lilla Rose
- Little Bear Farm, LLC
- LYHITM INC
- The Little Mellon Patch Co.
- Lots of Craft (KIDS!)
- Mama Quail
- Moonlight & Alchemy
- MooreCraftShopCo
- My Elegant Alibi
- My Sweet Babycakes
- Narrow Road Threads+Co
- Pacific Birch
- Simply Mini
- Spokane Sugar Candy
- Sweet Pops By Shania
- White Dove Essentials



NEW & RETURNING MEMBERS

211/Navigation / Kinship
Idaho Health & Welfare
Camp Fire Inland Northwest
Cd'A Fire Department
Cd'A Library
Cd'A Summer Theatre
Christian Youth Theatre
Civic Engagement Alliance
Coeur Climbing Company
Community Action Partnership
Community Library Network Bookmobile
Destiny King Productions
Disability Action Center
Emerge
Emerged Learning: Academic Enrichment
Express Employment
Professionals
Family Promise North Idaho
Fosterful
GeoKids
Girl Scouts of E WA and N Idaho
Guardians of the Children
Habitat for Humanity of North Idaho
Heritage Health Mobile Clinic
HomeTown Family Chiropractic
Hospice of North Idaho
Human Rights Education Institute
Idaho Disaster Dogs / K9
Idaho Sound Beginnings
Idaho Infant Toddler Program/RECC
Kootenai Health
Lake City Highland Dance, Inc.
LeafFilter Gutter Protection
LeafGuard of Spokane
Lutherhaven Ministries
Momentum Sports & Play
Mountain States Early Head start

Museum of North Idaho
Natural Connections Academy
NIBCA - Education Committee
North Idaho College
Northwest Health & Safety Network
Northwest Family Network
NIC Head Start
North Idaho Rock School
Open Arms PCC & Real Choices Clinic
Panhandle Health District
Pillar of Legacy, LLC
Positive Possibilities
Primerica
Regional Early Childhood Coordinating Committee
Renewal by Anderson
SafeSplash + SwimLabs Cd'A
Safe Start
Spoelstra Family Chiropractic
T-Mobile
United Way of North Idaho
The Vine Church

WATER SAFETY - IDAHO LIFE JACKET LOANER STATIONS

Kids 14 years of age and under on boats 19 feet or less are required to wear a Coast Guard approved and properly fitting life jacket when underway.

The life jacket loaner program is free. If you arrive at the lake without your life jackets or not enough, you can borrow and return it at the end of the day.

More info & locations:

parksandrecreation.idaho.gov/activities/boating/life-jacket-safety

COMMUNITY LIBRARY NETWORK NAMES NEW EXECUTIVE DIRECTOR

The Community Library Network (CLN) Board of Trustees has named Alexandria "Alexa" Eccles new Director of the Community Library Network.

Eccles' background includes 17 years of executive leadership roles in public libraries throughout Washington, Texas, and Idaho. Eccles broad experience building public-private partnerships, library facility planning and design, innovative technologies, and deep passion for promoting literacy and award-winning community-based programs and services, will help further advance the mission of the Community Library Network.



Art Walk! Celebrating 18 Years!



Celebrating 18 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

- June 1 Connect Kootenai Open House
- June 9 Family Day in the Park | City Park, Downtown Cd'A
- June 9 Annual Post Falls Open Golf Tournament
- June 10 5K ISP Foot Pursuit for North Idaho CASA
- June 10 Free Fishing Day
- June 16-17 Car d' Lane | cdadowntown.com
- June 20 Wine, Women, & Shoes fundraiser | Cd'A
- June 24 Dog Days of Summer-Fest - Hayden
- June 28 Hayden Bike Rodeo
- July 3 Kiddies Parade | Downtown Cd'A
- July 4 4th of July Parade and Festival | Downtown Cd'A
- July 7-9 Post Falls Festival and Parade | postfallsidaho.org
- July 15 Hayden Triathlon
- July 15 Matt's Place Foundation Charity Golf Classic
- July 21-22 Spokane to Sandpoint Relay
- July 23(est) Race the River Triathlon | Cd'A
- July 27 Tesh Benefit Event & Auction @ Settler's Creek
- July 28-29 Hayden Days and Parade | cityofhaydenid.us
- July 28-30 Harrison Old Time Picnic
- July 28-29 Priest River Timber Days
- Aug 4-6 Downtown Coeur d'Alene Street Fair
- Aug 4-6 Art on the Green | artonthegreencda.com
- Aug 5 Ride for ALICE | unitedwayofnorthidaho.org
- Aug 6 Post Falls Sprint Triathlon | postfallsidaho.org
- Aug(?) Night Under the Stars | safestartnw.org
- Aug 12 Coeur d'Alene Triathlon/Duathlon | Cd'A City Park
- Aug 18-27 North Idaho Fair | northidahofair.com
- Sept 9 Boys & Girls Club A Night in Black & White Auction
- Sept 16 Coeur d'Fondo | cdagranfondo.com
- Sept 28 Day of Caring | unitedwayofnorthidaho.org
- Oct 8 Run for the Angels 2023

VISIT THE NORTH IDAHO CHARITABLE EVENTS (N.I.C.E.) CALENDAR
AT NIFAMILY.COM FOR MORE DATES & DETAILS!





Fear the Needle No More



Historically, children don't like getting their shots. Who can blame them? It hurts!

Research shows that in addition to short-term pain, many children develop lifelong fears and anxieties about receiving vaccinations and other shots.

Deb Magnuson, a Pediatric Nurse Practitioner with Heritage Health, is hoping to change those outcomes with a new approach to delivering and receiving vaccinations and flu shots through what's called the "Comfort Care Promise."

The Comfort Care Promise is a child-friendly effort intended to make injections nearly pain-free. Based on the age of the child, different methods are used.

"It needs to be a coordinated effort that includes parents, staff and the provider," said Magnuson. "The goal is to help reduce the fear of pain and anxiety."

For example, a small toy bee that vibrates is used near the injection site, along with a cooling pack. Children can also be given a wand to distract them during the vaccination procedure. Medical personnel will use a calm voice and have a positive attitude, said Taryn Grattic, PA-C and Heritage Health's VP of Medical Services.

"We hope that the child isn't traumatized by the experience," said Grattic. "It is the effort to try and create a kind and compassionate environment and engage the child to move away from fear."

What are the initial results of the Comfort Care Promise with children?

"So far, it has been about 50-50 as we are very early in the effort," said Magnuson. "Some young children are naturally curious and others enter a room in heightened anxiety."

"Last week, I had a five-year-old who screamed from the alcohol wipe, but a week before, a four-year-old was completely calm and had several finger pokes and shots. It all starts with the temperament of the child. Educating them on what is happening goes a long way."



(208) 620-5250
myheritagehealth.org

Heritage Health
Healthcare from the Heart

BEE ACTIVE, GET DIRTY, BEE HEALTHY!

MUDDY MILES 2023
Saturday, June 24th
Kootenai County Fairgrounds
11:00am-3:00pm

HERITAGE HEALTH 2K FUN RUN

PREMIER SPONSOR **Mountain West Bank**

REGISTRATION IS OPEN!



CELEBRATING 11 YEARS OF FREE PROFESSIONAL CONCERTS!

JULY 6: NU JACK CITY (FUNK/SOUL/BLUES/MOTOWN)

JULY 13: MACEY GARD BAND (ROCK/POP/SOUL/ATTITUDE)

JULY 20: CRAIG CATLETT BIG BAND (SWING JAZZ)

JULY 27: PAMELA BENTON-STRINGZ ON FIRE (SWING JAZZ)

AUGUST 3: WORKING SPLIFFS (REGGAE/SKA/R&B)

AUGUST 10: WHAT ABOUT BOB (ROCK/BLUES)

AUGUST 17: SOUL PROPRIETOR (FUNK/SOUL/BLUES/MOTOWN)

AUGUST 24: JUSTIN JAMES BAND (COUNTRY/ROCK/SOUL)

AUGUST 31: CDA SYMPHONY (CLASSICAL)

HOSPICE OF NORTH IDAHO

Thank You
NORTH IDAHO!

WE ARE HONORED TO CARE FOR YOUR LOVED ONES.

PROUDLY SERVING KOOTENAI, SHOSHONE, AND BENEWAH COUNTIES WITH EXPERT NONPROFIT END OF LIFE CARE AND SUPPORT.

SCAN HERE

WWW.HOSPICEOFNORTHIDAHO.ORG
(208)772-7994

f @ in

Open Arms
Real Choices Clinic
Care. For. More. People!

You're Not Alone
We Can Help
208.667.5433

Follow & Like Us on our Friends Facebook Page

www.RealChoicesClinic.com
info@realchoicesclinic.com
8056 N. Wayne Drive, Hayden, Idaho 83835

- Pregnancy Testing
- Limited OB Ultrasound
- STI Testing & Treatment
- Options Counseling
- Student Engagement
- Children's Boutique
- Education
- Support Groups

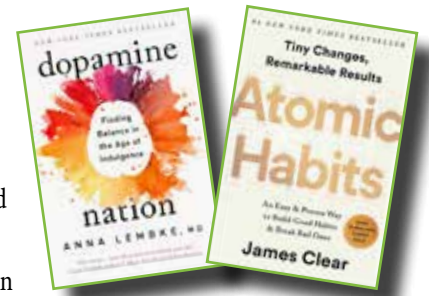
Serving Our Community Since 2001
We offer Low and No Cost Services to Clients

Books for Better Living

I was an English Major, but for some reason had just stopped reading in the last few years. Life and work and screen-time seemed to have taken the place of a pastime that I missed very much.

In about September, I decided to turn over a new leaf. Before I mindlessly started watching the latest show on Netflix, I vowed to pick up a book and read at least a chapter. Now, about just over eight months later, my life has dramatically changed. I've been reading about two books per month, but will provide a few highlights.

1. **The Power of Now by Eckhardt Tolle.** This is one of those books that a LOT of people have sitting on the shelf. I have probably started it a few times over the years. It's a bit repetitive, and I found myself very interested in some parts, and kind of bored by others. If you stick with it, I think the repetition is needed for it to land. Acceptance & detachment from outcomes leads to great freedom!
2. **Atomic Habits by James Clear.** Game Changer! Very consumable and easy to read. Short chapters, good summaries, and it builds on the tools. I made a few habit changes fairly early that I've stuck with for quite a while. Very worth it for taking small steps.
3. **Welcoming the Unwelcome by Pema Chödrön.** Chödrön is an American Tibetan-Buddhist. The whole title includes "Wholehearted Living in a Brokenhearted World" and how we can deal with the chaos around us by focusing on our own spirits and hearts. She talks a lot about labels and how we artificially attach meaning to things, and she encourages us to be compassionate during these crazy times.
4. **Dopamine Nation: Finding Balance in the Age of Indulgence by Anna Lembke.** This is a fascinating book about cravings and impulses and how we are a nation of "thrill-seekers" - whether it's drugs or alcohol, or adventure sports or gambling, it is an interesting read to examine our own quest for dopamine, and the effects of this pursuit on society.
5. **The Untethered Soul by Michael Singer.** Of anything, this was the most transformational book of the last many months. A friend said, "I found myself captivated by its wisdom and lucidity. Took me on a journey through the depths of my own mind, allowing me to understand and gain clarity about my inner workings." Our inner voices! Mere awareness that we can observe our thoughts has provided amazing insights into my behaviors and reactions. Highly recommend!



by Shelly Zollman, North Idaho Family Group



Jump for Joy

Coeur d'Alene's indoor inflatable Play and Party Center.

Open 7 days a week for Parties and Open Jump. Conveniently located 250 W. Dalton Ave.

Kids under 2 are always FREE with paid sibling

RENTALS NOW AVAILABLE

Visit our website for more info, pictures, and to see our commercial airing on KXLY.

250WestDaltonAve.|CoeurdAlene,ID,83815|208-664-5200|info@jumpforjoycda.com
www.jumpforjoycda.com



Coeur d'Alene Pediatrics
Pediatrics • Adolescent Medicine

New Patients Welcome
We Specialize in Pediatric and Adolescent Care.

Check out our Online Patient Services at
www.cdapeds.com

Evening and Saturday Clinic Available
3 Locations to serve you!
700 W. Ironwood Dr, Coeur d'Alene – 667-0585
1300 E. Mullan Ave, Post Falls – 777-1330
9095 N. Hess St, Hayden – 772-8940

10 WAYS TO GET INVOLVED IN YOUR COMMUNITY

- 1) Attend a city council meeting
- 2) Contact your local representatives
- 3) Vote
- 4) Volunteer for a local organization
- 5) Organize a local green space cleanup
- 6) Plant a tree
- 7) Organize a food drive
- 8) Take a first-aid class
- 9) Shop local
- 10) Encourage your friends to get involved



www.civicengagedca.com

Free Service for Parents and Caregivers

Our free service **Bright by Text** provides Idaho parents and caregivers of children prenatal to age 8 with tips, games, and resources proven to promote a child's healthy development and improve school readiness.

Available in English and Spanish, this research-based content is curated from resources such as PBS Parents, Sesame Street in Communities, health organizations, libraries and other **local** partners, sent right to your phone.

To sign up for **Bright by Text**, text the word **IDAHO FAMILY** to **274448**. You will receive 3 to 5 text messages per week, each providing a link for more information.

IdahoPTV.org/brightbytext

NORTH IDAHO FAMILY MAGAZINE

Distribution:

Counter & rack locations, schools and member organizations throughout Kootenai County. Entire magazine appears on www.niFamily.com.

Advertising Rates

- ☐ **Sponsorship - tailored to your needs!**
- ☐ **Back Cover** (8.5"w x 8.5"h + .125" bleed)
- ☐ **Inside Cover - Front | Back** (8.5"w x 11"h + .125" bleed)
- ☐ **Full Page** (8.5"w x 11"h + .125" bleed)
- ☐ **1/2 Page** (7.5"w x 4.75"h)
- ☐ **1/4 Page** (3.67"w x 4.75"h)
- ☐ **1/8 Page** (3.67"w x 2.25"h)

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
Boy Scouts of America, Inland NW Council | 411 W Boy Scout Way | Spokane
Campfire Inland Northwest | 524 N. Mullan | Spokane WA | 509-747-6191
campfireinc.org
Fostering Idaho | 2005 Ironwood Pkwy ste 200 | Cd'A | fosteringidaho.org |
(800) 745-1186
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 Drug Free Youth | IDFY.org | 664-4339
Idaho Sound Beginnings | healthandwelfare.idaho.gov
Idaho Youth Ranch/Anchor House | 1609 N. Government Way | Cd'A
667-3340 | youthranch.org
Neighbors n Need Sensory Play Center | 2700 E Seltice Way | Post Falls |
neighborsneed.wixsite.com/neighborsneed | 509-220-1918
Region 1 Idaho Infant Toddler Program/Regional Early Childhood Committee
208-882-6904 | healthandwelfare.idaho.gov

Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave | Cd'A | 292-2359 | hrei.org
Civic Engagement Alliance | 414 Mullan Ave | Cd'A | 274-3426 |
civicengagementcdca.com/

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

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

Be SMART for Kids | besmartforkids.org
Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct.
Cd'A | cdaschools.org
Delightful Days Drop-In Daycare | 14870 N. Hwy 41 | Rathdrum
| 261-1016 | delightfuldaysdropin.com

The Dance Company | thedancecompanycdca.com
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 | kctectraining.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
666-6755 | nicheadstart.org
Natural Connections Academy | 5827 W Conklin Rd | Worley, ID 83876 | 208-
428-6224
North Idaho School of Rock | northidahorockschool.com
Opening Books, Opening Doors | openingbooksopeningdoors.com
Quest Academy North Idaho | 6200 W Hayden Ave | Rathdrum |
questacademyni.com | 889-8040
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

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
First Steps Chiropractic | 8836 N Hess Street Suite E | Hayden | 758-9335 |
firststepschiropractic.com
Heritage Health | 1090 Park Place | Cd'A | 292-0292 | myheritagehealth.org
Hospice of North Idaho | 2290 W Prairie Ave | Cd'A | 772-7994 | 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 | 8056 N. Wayne Drive | Hayden |
realchoicesclinic.com | 667-5433
Panhandle Health District | 8500 N. Atlas Rd. | Hayden | 415-5100
panhandlehealthdistrict.org
Peach Orthodontics | peachortho.com | 618-5111 | 1145 E Polston Ave, Post
Falls
SafeStart - NISSA | 1130 North 4th Street | Cd'A | 206-548-9290 | nwsids.org
Shriner's Hospital for Children | 911 W. 5th Ave. | Spokane, WA
509-455-7844 | shrinerhospitalsforchildren.org/spokane
Spoelstra Family Chiropractic | 214 West Sunset Ave | Cd'A | 667-7434 |
cdahealth.com
Syringa Family Partnership | 8680 N Wayne Dr, Ste C | Hayden | 635-5907 |
<https://www.syringafp.com/>

Healthcare - Mental

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 | 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 Library Foundation | 702 E Front Ave, Cd'A | 208-769-2315 | cdalibrary.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

DogNIt Hotel & Daycare | 2890 N Government Way | Cd'A | dognit-daycare-kennel.business.site/

Elite Auction | PO Box 1354 Hayden 83835 | 640-7449 | eliteauctioninc.com

Idaho Education News | idahoeidnews.org

Idaho Public Television | idahoptv.org

Innovia Foundation | innovia.org

Jump for Joy | 250 West Dalton Ave | Cd'A | 664-5200
jumpforjoycda.com

Kagey Company | 1048 1/2 N 3rd St | Cd'A | 667-2314

Momentum Sports and Play | 245 W Bosanko Ave Ste 1 | Cd'A | katie@momentumsportsandplay.com | 966-4535

North Idaho Sports Commission | PO Box 391 | Cd'A | 503-740-9946 | nisportscommission.org

Northwest Health & Safety Network | 99 Brown Creek Rd | Naples

Quest Summer Day Camp @ CDA Nazarene | 4000 N 4th St. | Cd'A | 667-4813
cdanaz.org

Running Shoes 4 Kids | facebook.com/runningshoes4kids

Safesplash + Swimlabs of Cd'A | safesplash.com/locations/coeur-d-alene-id

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

American Senior Resources | Daniel Osburn | 360-926-5372

ElderHelp | 9420 Government Way, Hayden | 661-8870 | ehoni.org

North Idaho Home Health | lhcgroupp.com/locations/north-idaho-home-health
Onsite4Seniors | onsite4seniors.org | 967-4771

Social Services

CAP Community Action Partnership Food Bank | 4144 Industrial Ave., Ste E
Cd'A | 664-8757 | cap4action.org

Habitat for Humanity | 176 W Wyoming Ave | Hayden | 762-4663

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

Kootenai Recovery Community Center | 405 N 2nd St
Cd'A | (208) 932-8005 | kootenairecoverycenter.org

Reentry Idaho | PO Box 3581 | Cd'A | 900-9075 | reentryidaho.org

Support Networks/Groups

Operation Second Chance | operationsecondchance.org

Disability Action Center | dacnw.org

Ds Connections NW | dsconnections nw.org |
3839 W Prairie Ave, Hayden, ID | (877) 733-3955

NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS • BASIC NEEDS • COMMUNITY RESOURCES



Attention crisis, front-line users, and case managers looking for current, accurate
immediate & basic needs resources:

www.NIServicesDirectory.com

Bookmark it now!

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.

Join the North Idaho Family Group!

Join the ever-increasing Membership! Join the over 100 agencies/organizations who see the value of leveraging their outreach dollars!

FINISH YOUR DEGREE

Lewis-Clark State College works for working adults



Coeur d'Alene, Lewiston or Online

- **Flexible:** Study online, in the evening, on the weekend, and move toward your degree at whatever pace works best for you - including online, evening and weekend, 8-week, virtual remote, and portfolio courses.
- **Affordable:** The Idaho Opportunity Scholarship awards eligible applicants up to \$3,500 per year and is renewable for up to four years. Plus, LC State offers the lowest tuition among public four-year institutions in Idaho.
- **Focused:** Specialized programs, services, advising, including transfer-friendly degree options.