

**FREE**

Fall  
2023

# NORTH IDAHO FAMILY

M A G A Z I N E

*Now in its  
24th year!*

**NIFM KIDS!**

*plus* **100 Fall Bucket List Things to Do!**  
**Focus on 2024 Graduates**



[www.nifamily.com](http://www.nifamily.com)



Sharing the joy of professional musical theatre since 1967

# 2024 SUMMER SEASON



JUNE 28 - JULY 7



JULY 19-28



AUGUST 9-18

Ranked one of the top 5 regional theatres in the country & the only professional musical theatre in the Inland Northwest, Coeur d'Alene Summer Theatre produces live musical theatre often deemed "Better than Broadway!" **Tickets: [cstidaho.com](http://cstidaho.com)**

## MUSICAL THEATRE CLASSES

*Fall & Spring Session*  
**INTRO TO  
PROFESSIONAL  
MUSICAL THEATRE**  
#001  
AGES 8 to 13

*Fall & Spring Session*  
**VOICE FOR  
MUSICAL THEATRE**  
#001  
AGES 14 to ADULT

*Fall & Spring Session*  
**ACTING FOR  
MUSICAL THEATRE**  
#001  
AGES 14 to ADULT

*Fall Session*  
**TECH FOR  
MUSICAL THEATRE**  
#001  
AGES 14 to ADULT

*Fall Session*  
**AUDITIONS FOR  
MUSICAL THEATRE**  
AGES 16 to Adult

*Spring Session*  
**ACTING FOR  
MUSICAL THEATRE**  
#002  
AGES 14 to ADULT

*Spring Session*  
**VOICE FOR  
MUSICAL THEATRE**  
#002  
AGES 14 to ADULT

*Spring Session*  
**AUDITIONS FOR  
MUSICAL THEATRE**  
AGES 8-15

Coeur d'Alene Summer Theatre's Musical Theatre Training Institute is the first pre-professional certification program of its kind in the Pacific Northwest. The mission of MTI is to develop quality talent for careers in musical theatre. **To enroll: [cstmtti.com](http://cstmtti.com)**

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

**208.699.0126**

Refer to ad on page 19.

**www.nifamily.com**

PO Box 3125

Coeur d'Alene, ID 83816

Email: [sales@nifamily.com](mailto: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](http://www.nifg.org)

# Welcome!

For over 24 years the North Idaho Family Magazine and its companion website, [nifamily.com](http://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](http://niseservicesdirectory.com)) See pg. 22.
- Education Information Center ([edinfocenterca.com](http://edinfocenterca.com))
- Marketing & Communications to area nonprofits and agencies.

## 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-time \$150 gift certificate toward an ad or ad program
- Member Directory listing in magazine, and a link on [www.nifg.org](http://www.nifg.org)
- Exposure in The Group Scoop & Social Media
- Inclusion in NIFG collaborations and events

### How to Join

- Online: Visit [www.nifg.org](http://www.nifg.org) and click "Join Now"
- Email: [Members@nifamily.com](mailto:Members@nifamily.com)
- Call: 208-699-0126

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# 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](http://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.







# NORTH IDAHO FAMILY KIDS! MAGAZINE



The Amador Crew  
(Dad says, "We know  
who our thrill seeker  
is in the family")



The Meeks Family - Fishing in Hayden &  
Biking around the neighborhood

We LOVE North Idaho Family Magazine KIDS! - Local kids, doing local activities, having fun, learning, making stuff, etc. We'll feature 3-4 kids in each issue, chosen from social media, messages to [facebook.com/NorthIdahoFamilyMagazine](https://facebook.com/NorthIdahoFamilyMagazine), etc.





COMMUNITY

# Save the Date!



**June 7, 2024**  
**City Park & Beach**  
**Downtown Coeur d'Alene**

**familydaycda.com**



Fun for the Whole Family!



Dancin' Dinos!



Hands On Activities!



The always fabulous Princes & Princesses

## 2024 Family Day in the Park Sponsorship Opportunities

**ATTENTION VENDORS, NONPROFITS, CIVIC GROUPS :: SAVE THE DATE! - JOIN US FOR THE PREMIER, OLD FASHIONED FAMILY FUN EVENT IN THE REGION.**

This event has brought close to 5,000 people in years past, and the spring 2024 event promises to be bigger and better. Contact us for vendor, volunteer, sponsor or

- ☐ **Title Sponsorship** (*EXCLUSIVE. Includes but not limited to: Activity Sponsor benefits plus company name title, listing on event banner at park, additional ad in winter issue, cover page listing on Event Program*)
- ☐ **Activity Sponsor** (*Includes but not limited to: Major benefits + banner at event activity, recognition/signage in all event marketing*)
- ☐ **Major Sponsor** (*Includes but not limited to: Partner benefits plus ad in Event Program*)
- ☐ **Partner** (*Includes but not limited to: Supporter benefits + logo in program*)
- ☐ **Supporter** (*Includes but not limited to: listing in magazine and announcement at event*)
- ☐ **Vendor** (*non-member*)

**SPONSORSHIP/VENDOR INFO:**

**OFFICIAL WEBSITE: [FAMILYDAYCDA.COM](http://FAMILYDAYCDA.COM) FACEBOOK: [FACEBOOK.COM/CDAFAMILYDAYINTHEPARK](https://FACEBOOK.COM/CDAFAMILYDAYINTHEPARK) PHONE: 208-699-0126**



# Get Ready for Winter!

Cold weather is just around the corner! Don't forget to get your house prepared for the cooler months ahead! Here are some home maintenance ideas to help keep your home operating in peak condition all winter long:



- Check foundation for cracks and caulk around the areas where necessary to prevent heat from escaping.
- Make sure the roof is in good shape. Inspect for missing and loose shingles.
- Clean out gutters and downspouts and tighten brackets if necessary to help avoid an ice dam.
- Weather-strip your garage door.
- Have your heating system serviced by a licensed HVAC company to help ensure more fuel efficiency, fewer problems and longer life of the system.
- Change the direction of your ceiling fan to create an upward draft for redistribution of warm air.
- Drain garden hoses and shut off outdoor water valves.
- Check to see that all of your snow equipment is up and running before the first snow falls!

WE ARE HONORED TO CARE FOR YOUR LOVED ONES

**BEST OF 2023**  
HOSPICE CARE PROVIDER  
BUSINESS JOURNAL  
OF NORTH IDAHO

**HOSPICE OF NORTH IDAHO**

OUR COMMUNITY TRUSTED NONPROFIT PROVIDING EXPERT  
END OF LIFE CARE AND SUPPORT SINCE 1981, SERVING  
KOOTENAI, SHOSHONE, SOUTH BONNER,  
AND BENEWAH COUNTIES.

Call us today! (208) 772-7994  
WWW.HOSPICEOFTNORTHIDAHO.ORG

Thank You

## Have a Spare Room? Need Affordable Housing?

### 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.

**HOME SHARE KOOTENAI COUNTY**

Welcome to HomeShare Kootenai County

"Homesharing enables two or more unrelated people to share housing for their mutual benefit. It's a homesharing arrangement in essence. It's about people helping people."

**www.HomeShareKC.org**



# Cd'A Library Opens New Reading Room

Coeur d'Alene, ID— The Library is celebrating a new addition and everyone is invited. A reading cabin has been added to the Children's Library and is intended to be a small, cozy space designed for reading and relaxing. It is equipped with comfortable seating and a quiet atmosphere, making it the perfect place for little book lovers to escape into their favorite stories.

A ribbon-cutting event took place in August and the Cd'A Library invited community members to attend a family storytime filled with books, songs, and activities, followed by a ribbon-cutting celebration complete with yummy treats, free outdoorsy giftbags, and a visit from Mudgy & Millie! The Reading Cabin was generously funded by Knudtsen Chevrolet, with help from Architects West, Ginno Construction, Accurate CNC Services, and All Wall Contracting, who have been working hard this summer to design and build the cabin of the Library's dreams. Building supplies were also contributed by Gibbs Lumber and Rodda Paint who helped to make the perfect getaway for kids to read and play! Library Communications Coordinator JD Smithson says, "we are so excited for this fun new attraction in the Children's Library. Kid's have been patiently waiting for weeks, watching the construction from a distance, and we can't wait to finally let them explore it."



INFO

[www.cdalibrary.org](http://www.cdalibrary.org)

## Need Volunteers? Want to Volunteer?

Organizations: Add your volunteer needs!

Community: Find a place to volunteer! It's all here:

A volunteer portal to input your organization's volunteer needs, or for the public to search for volunteer opportunities:



INFO

[nivolunteers.com](http://nivolunteers.com)

## 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.civicengagecda.com](http://www.civicengagecda.com)





## AT A GLANCE ...

### MEMBER SPOTLIGHT

Open Arms Real Choices Clinics is a non-profit pregnancy medical clinic that is donor-supported.

They offer support, information, and compassion to those in North Idaho facing the challenge of an unplanned pregnancy. Our medical and support services are focused on educating women and men on pregnancy, parenting, adoption, and abortion.

If you or a loved one feels uncertain about pregnancy, they can help guide you through the pregnancy process to make informed decisions. See ad on page 19.

### WOMEN OF DISTINCTION

For the past 41 years Sorooptimist has presented awards to women whose achievements in their respective fields of work and interest, and dedication to community service set them apart. If you know an outstanding woman, deserving of an award in one of the following categories, please fill out the nomination form below.

Entries are due October 15, 2023.

Nomination form: [surveymonkey.com/r/SXDVQN7](https://surveymonkey.com/r/SXDVQN7)

### LOVE LIVES HERE CDA

Love Lives Here is currently taking submissions for postcard artwork for the 2024 Kindness cards project until OCTOBER 10th, 2023!

The top 3 artists' work will be printed for the January 2024 Kindness Card project and the artists will each receive a \$75 prize!

Submission information can be found here:

[forms.gle/xjRw9KbKvgHpRx1B6](https://forms.gle/xjRw9KbKvgHpRx1B6)

### HEAD INJURY SUPPORT GROUPS

The Washington State Traumatic Brain Injury Council provides Support Groups throughout the Department of Social and Health Services (DSHS) that emphasize education and interpersonal support.

Multiple days, times, and focuses throughout the month.

Sign up for the virtual support groups here: [heypeers.com/members/sign\\_up?org=Washington](https://heypeers.com/members/sign_up?org=Washington)

Visit [nifg.org](https://nifg.org) to get more info & join the North Idaho Family Group!

## Leaf Fest 2023

As the fall turns to winter every year City of CDA street crews begin their annual Leaf-fest. Leaf Pickup historically will generate over 1400 tons of leaves from all corners of town.

The leaves are pulled away from the gutter of the streets where loaders will bunch them into the intersections. The leaves are shredded, to become compost.

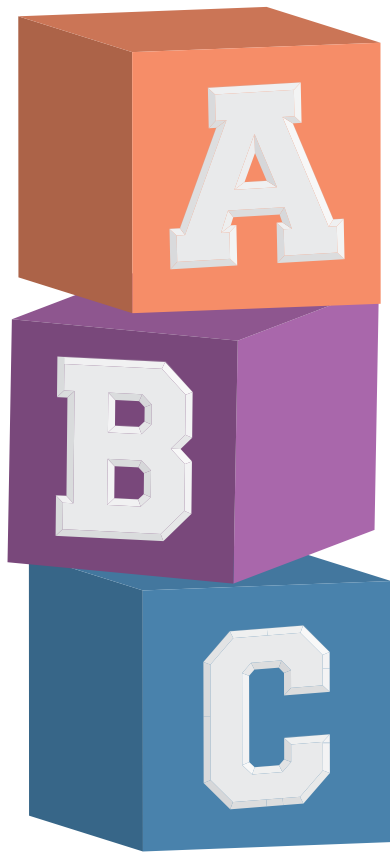
**Monday, November 13th** marks the start of the Coeur d'Alene's annual leaf pick-up program. **Please keep leaves on your property until Tuesday, November 1st**. After this time, leaves may be placed in the street **at least one foot from the curb** to allow for water drainage. City crews and equipment are limited, so they need your help. Leaves will be picked up only once. Please do not put leaves in the street after city crews have completed your area and do not include bagged leaves, branches, debris or trash.

Pick-up will start south of Sherman Avenue and move north. The City expects completion before December 8th, 2023. **Follow their progress on [maps.cdavid.org/leaf](https://maps.cdavid.org/leaf).**

When Leaf Pickup begins in your neighborhood:

- Please keep your eyes and ears out for equipment.
- Please move vehicles off the street.
- Sweepers come behind the crews to clean the streets, and their goal is curb-to-curb cleaning.
- Please do not put any leaves out after they have completed your neighborhood.

More info: [www.cdavid.org/leafpickup](https://www.cdavid.org/leafpickup)



## ABC's of safe infant sleep

- A** Sleep alone
- B** On their backs with no blankets or bedding
- C** In a crib and cool (70 degrees)
- S** In a smoke free environment

On average, almost 20 Idaho babies die in their sleep each year - suddenly, unexpectedly, and without a clear explanation or due to accidental suffocation or strangulation. Twenty might not seem like a lot, but Idaho ranks in the top 20 percent of all states.

Safe Start NW is dedicated to educating the people of Idaho on safe sleep practices for infants and providing grief support to those who have experienced a SUID/ SIDS loss. Their goal is to eliminate preventable infant deaths in Idaho.

### DO:

- Do put babies to sleep alone on their backs in a crib or on another firm surface with a tight-fitting bottom sheet.
- Do keep babies away from second hand smoke.
- Dress the child lightly and control the room temperature. 70 degrees is ideal.
- Do breast feed and use pacifiers.

### DON'T:

- Don't put a baby to sleep with blankets, pillows, stuffed animals, or bumper pads.
- Don't ever sleep with an infant.
- Don't put a baby to sleep on chairs, sofas, futons, beanbags, or cushions.
- Don't put babies to sleep on soft mattresses such as pillow-tops, waterbeds, or memory foam. If the baby leaves an impression in the mattress, it's too soft.
- Don't expose babies to secondhand smoke.



[www.safestartnw.org](http://www.safestartnw.org)



## YOU MAKE ME LAUGH

I love to make people laugh. One of the biggest compliments I receive is when people tell me I made them laugh. I was thinking about this last night, and I realized that when people tell me "you made me laugh," I receive it differently than when people say, "you are so funny."

I wondered why.

This thought has meandered through my brain over the years. I think it has to do with the fact that we're not good at receiving compliments, or at least I'm not. I always feel a little awkward, and almost feel like I need to brush it off or minimize it. Why do we do that? I wonder if it has to do with my "comparison brain." ... that even when people tell me I'm funny, I think, "well, I'm not as funny as that person," and "maybe, but I wish I could do stand up comedy," etc. I do this across the board ... especially with body-image, but that's another topic.

On the other hand, when someone tells me I made them laugh, it makes me really happy. It makes me smile.

Because, who am I to argue? I made them feel A THING. ME. I did that. I notice and take to heart when someone tells me I made them feel something. Joy. Happy. A memory. Any emotion, really. I receive that compliment like an infusion. It fills me up to be able to express more ... I still like it when people tell me I'm funny or kind, but maybe that kind of compliment is more like a jacket. I wear it for a minute, but then I get too warm and take it off ... it's more transient.

Anyway, just a thought. I'm going to think more about that when I compliment people. Tell them how they make me feel. How they light up a room. How they remind me of a time when ... or how they inspire me.

Shelly Zollman - North Idaho Family Group







# FALL FAMILY BUCKET LIST

1. GO APPLE PICKING
2. DECORATE YOUR HOUSE FOR FALL
3. COLLECT LEAVES & MAKE A CRAFT
4. MAKE YOUR OWN FALL WREATH
5. BAKE AN APPLE PIE
6. JUMP IN LEAF PILES
7. ATTEND A FALL FESTIVAL
8. DO A FALL SCAVENGER HUNT
9. HAVE A FAMILY PUZZLE NIGHT
10. MAKE A YUMMY CROCKPOT MEAL
11. DO A FAMILY PHOTOSHOOT
12. GO PUMPKIN PICKING
13. BAKE PUMPKIN BREAD
14. PAINT PUMPKINS
15. GO TO A CORN MAZE
16. GO TO A FOOTBALL GAME
17. TAKE A FAMILY HIKE
18. BAKE PUMPKIN PIE
19. HAVE A FALL MOVIE FAMILY NIGHT
20. CARVE PUMPKINS
21. VISIT THE LOCAL FARMERS MARKET
22. MAKE CARMEL APPLES
23. DONATE TO A LOCAL FOOD PANTRY
24. GO ON A SCENIC DRIVE
25. GO TO A HAUNTED HOUSE
26. BAKE FALL COOKIES
27. GO PUDDLE JUMPING
28. GO ON A HAYRIDE
29. TOAST PUMPKIN SEEDS
30. GO TO A DRIVE IN MOVIE
31. RAKE LEAVES
32. PLANT YOUR FALL GARDEN
33. MAKE SOME SOUP
34. TAKE A FAMILY WALK
35. CLEAN OUT YOUR CLOSETS
36. MAKE A PUMPKIN SPICE LATTE
37. TAKE A WALK AROUND TUBBS HILL
38. DRINK APPLE CIDER
39. MAKE PINECONE BIRD FEEDER
40. DRINK HOT CHOCOLATE
41. WATCH 'IT'S THE GREAT PUMPKIN, CHARLIE BROWN'
42. PLAN FAMILY HALLOWEEN CUSTOMS
43. FAMILY GAME NIGHT
44. DEORATE FOR HALLOWEEN
45. VISIT A PUMPKIN PATCH AT PRAIRIE HOME FARM IN CDA/ DALTON
46. WATCH HALLOWEEN MOVIES
47. CREATE THANKFUL JOURNALS
48. MAKE TURKEY HANDPRINTS
49. MAKE SCENTED PLAYDOUGH
50. PAINT ACORNS
51. MAKE LEAF PRINTS
52. MAKE CHRISTMAS LISTS
53. GO CLIMB THE ROCK WALL AT THE KROC CENTER
54. HAVE A BONFIRE
55. EAT HALLOWEEN CANDY
56. ROAST MARSHMALLOWS
57. READ GHOST STORIES
58. FALL CLEAN THE YARD
59. MAKE PUMPKIN PANCAKES
60. HAVE A SCREEN FREE DAY
61. BUILD A BLANKET FORT
62. HAVE AN OUTDOOR PICNIC
63. MAKE HOMEMADE APPLESAUCE
64. HAVE A SWEATER DAY
65. GO HORSEBACK RIDING
66. LEARN THE HISTORY OF THANKSGIVING
67. MAKE A SCARECROW
68. KNIT A SCARF
69. FALL MANICURES
70. PLAY BACKYARD FOOTBALL
71. HAVE A BOOK READING DAY
72. VOLUNTEER YOUR TIME
73. GO STARGAZING
74. MAKE CHILI
75. HAVE A CUDDLE DAY
76. TAKE AN ARTWALK IN DOWNTOWN CDA (5-8pm EVERY 2ND FRIDAY)
77. WATCH THE SUNSET
78. WATCH THE SUNRISE
79. GO TO THE ZOO
80. JACK-O-LANTERN SHOW
81. MAKE APPLE CRISP
82. DONATE CLOTHING
83. PLAN THANKSGIVING
84. BLACK FRIDAY SHOPPING
85. CYBER MONDAY SHOPPING
86. PURCHASE ADVENT CALENDAR
87. ENJOY MORNING COFFEE
88. BUY FUZZY SOCKS
89. COOK BEEF STEW
90. VISIT A FARM
91. TAKE A CABIN VACATION
92. WATCH A FALL TV SERIES
93. BUY SCENTED CANDLES
94. GO BIRD WATCHING
95. SCRAPBOOKING DAY
96. LEARN TO KNIT
97. MAKE CINNAMON BUNS
98. MAKE A THANKFUL TREE
99. RIDE YOUR BIKES
100. WATCH NFL FOOTBALL

Source: [Plannermom.com](http://Plannermom.com)

# Fall & Winter Fundraisers, Festivals & Fun

September 28	<b>Day of Caring</b> NORTH IDAHO uwnorthidaho.org	November 14	<b>North Idaho Philanthropy Day Celebration</b> VIRTUAL EVENTS THROUGHOUT IDAHO NO DATE AT PRESS TIME idahononprofits.org
September 30	<b>NAACP Freedom Fund Gala</b> ALT'S COPPERHOUSE kootenaicountynaacp.org	Nov 24	<b>Christmas Parade &amp; Lighting Ceremony</b> DOWNTOWN CDA Lighted Christmas Parade, carols, and fireworks followed by the lighting of over 1.5 million lights to kick off the holiday season.
September 30	<b>Tails at Twilight</b> COMPANION'S ANIMAL CENTER companionsanimalcenter.org	Nov 24-25	<b>Kootenai Health Foundation's Festival of Trees</b> VIRTUAL EVENT kootenaihealthfoundation.org
October 4	<b>A Martini Affair - benefit for Safe Passage ID</b> safepassageid.org/events	December 1-2	<b>Hayden Christmas Market</b> MCINTIRE FAMILY PARK
October 8	<b>Run for the Angels 5K and Family Fun Event</b> MCEUEN PARK, CDA safestartnw.org	December 9	<b>Kootenai Farmers Market - Winter Market</b> KOOTENAI COUNTY FAIRGROUNDS
October 12	<b>CDAIDE 2023 Chef Challenge</b> HAGADONE EVENT CENTER cdaide.org	December 10	<b>Human Rights Day</b> HUMAN RIGHTS EDUCATION INSTITUTE
October 14	<b>Hayden Lake Marathon</b> haydenlakemarathon.org	January 1	<b>Hangover Handicap Fun Run</b> TESH INC - ATLAS WATERFRONT PARK/RIVERSTONE
October 18	<b>Unity Day</b> HUMAN RIGHTS EDUCATION INSTITUTE hrei.org	January 13	<b>Mac &amp; Cheese Festival</b> DOWNTOWN COEUR D'ALENE
November 2	<b>CASA Un-Corked Benefit</b> HAGADONE EVENT CENTER northidahocasa.com	February 10	<b>The Chocolate Affair</b> DOWNTOWN COEUR D'ALENE
October 27-28	<b>3C's Craft Show</b> KOOTENAI FAIRGROUNDS	<div> <h2>Harvest &amp; Holiday Fun</h2> <h3>Scarywood Haunted Nights</h3> <p>Sept 28-Oct 28. Online ticket sales only.</p> <h3>Prairie Home Farm</h3> <p>Wed &amp; Sat in October</p> <h3>Holiday Light Show Cruise to the North Pole</h3> <p>November 24 - January 2</p> <h3>Winter Lights in Downtown CDA</h3> <p>January 26-February 4</p> <h3>Traditions of Christmas</h3> <p>December 8-22</p> </div>	
October 28	<b>Fall Fest, Applepalooza &amp; Scavenger Hunt</b> DOWNTOWN COEUR D'ALENE		
November	<b>WinterSwap - No Date at Press Time</b> KOOTENAI COUNTY FAIRGROUNDS. winterswap.com		
November 2	<b>Souport the End of Homelessness</b> ST. VINCENT DE PAUL CDA BENEFIT SILVER LAKE MALL		
November 4	<b>EXCEL Foundation Big Event</b> VIRTUAL EXCELFUNDATION.ORG/THE-BIG-EVENT		
November 7	<b>VOTE!!!</b>		
November 9	<b>Flannel Fest Red Kettle Gala</b> KROCCDA.ORG/KROC-CDA/KETTLES		
November 11	<b>SARS Ski Swap</b> BONNER COUNTY FAIRGROUNDS.		

Events listed were current as of press time. Visit **NIFAMILY.COM** for the **COMPLETE North Idaho Charitable Events (N.I.C.E.) Calendar**





# Fall & Winter Fundraisers, Festivals & Fun

## Celebrate Culture & Diversity !

Oct 18: Unity Day



Together against bullying. UNITED for kindness, acceptance and inclusion.

Make it ORANGE and make it end! What are your true colors when it comes to showing that you believe that all youth should be safe from bullying? Come together in one giant ORANGE message of hope and support, WEAR AND SHARE ORANGE to color our nation, and even the world, visibly showing that our society believes that no child should ever experience bullying.

All regional schools will be participating and businesses and community members are encouraged to show their support.

9:00 a.m. First Friday of Every Month



A great networking opportunity to meet & discuss upcoming arts & culture related events. Network, collaborate & plan together with other artists, performers, arts organizations, and stay up-to-date on our local arts events. Share talents and opportunities. Anyone interested in the arts, or looking for volunteer opportunities, is welcome.

November is Native American Heritage Month



Join HREI and experience various cultural activities throughout the month.

Dec 10: Human Rights Day



This annual community program highlights the Universal Declaration of Human Rights with a reading from students, musical celebration, crafts and a viewing of our current Social Justice exhibit.



For info on all events, visit  
[www.HREI.org](http://www.HREI.org)



# CLASS OF 2024

## FOCUS ON GRADUATION

### COLLEGE CHOICES AVAILABLE IN COEUR D'ALENE

It's now easier than ever to get a college degree and not even leave North Idaho. Whether you're in high school, about to graduate from high school, or you've been out of school for many years, there's lots of higher education opportunities in our backyard.

Not only are there a wide variety of courses to choose from, there's also variety when it comes to the type of degree to pursue. Here's some basic information about North Idaho colleges and universities:

### WHAT COLLEGES AND UNIVERSITIES ARE IN COEUR D'ALENE?:

- North Idaho College
- University of Idaho
- Lewis-Clark State College
- Boise State University
- Idaho State University

### WHERE ARE THE COLLEGES LOCATED?

The DeArmond Building was officially opened in September 2019 to serve all five colleges and universities represented at the North Idaho College Campus. Students are able to speak with college representatives to work on their admission & transfer process, financial aid, tutoring, and more.

### WHAT'S AVAILABLE FROM EACH COLLEGE OR UNIVERSITY?

For an excellent overview of what is offered in CdA, visit [www.northidahohighereducation.org](http://www.northidahohighereducation.org). There you'll find a summary of each school, a summary of what programs they offer, and links to the colleges' websites.

### THE APPLICATION PROCESS

Each school has a slightly different process, but here's some basic information that will help.


1. Idaho colleges operate on a semester system. In general that means one semester begins in August and the other in January. Most colleges also offer a compressed summer session.
2. The Idaho State Board of Education has made applying to Idaho Colleges even easier. Seniors receive an

acceptance letter from Idaho Colleges based on their test scores. They can then follow these steps from the [nextsteps.idaho.gov](http://nextsteps.idaho.gov) website:

- Use the Idaho Schools Directory to research your options.
- Compare your options side by side.
- Think about visiting an Idaho college campus.
- Use Apply Idaho to submit applications to the Idaho colleges and universities you may want to attend, with no application fee.

### FINANCIAL AID AND SCHOLARSHIPS

Going to college is expensive. Be sure to tap into every resource you have to help fund your college experience. Here are a few tips:

1. Visit your college website and search for scholarship opportunities. Every college has scholarship money available. You'll also find lots of information and links on their website to great resources to help pay for college.
2. Complete and submit the Free Application for Federal Student Aid or FAFSA. It's the federal government program for financial aid and student loans. Each college can help you learn about the financial aid process and there's lots of information online at [studentaid.gov](http://studentaid.gov) 
3. There is funding available for Idaho high school students that helps pay for college tuition for dual credit classes or exams. Check with your high school counseling office for how to apply.
4. Visit [edinfocentercda.com/Pay-for-School/North-Idaho-Scholarships](http://edinfocentercda.com/Pay-for-School/North-Idaho-Scholarships) for the most comprehensive list of local, state, and regional scholarships

### A FEW MORE THINGS!

- Don't be afraid to ask LOTS of questions.
- The Admissions Office at every college is there to help you.
- You're not the only one to ask that question! Keep asking questions until you understand exactly what needs to be done.
- Deadlines are deadlines. There's no flexibility. Start early so you have lots of time to figure it out.





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208.666.6707

  
University of Idaho  
Coeur d'Alene  
[www.uidaho.edu/cda](http://www.uidaho.edu/cda)  
208.667.2588

  
BOISE STATE UNIVERSITY  
[sspa.boisestate.edu/  
socialwork](http://sspa.boisestate.edu/socialwork)  
208.426.1568

  
Idaho State  
University  
[www.isu.edu](http://www.isu.edu)  
208.282.7818

 North Idaho College

## HEAD START

Head Start is a free preschool program, serving low income families with children between the ages of 3 and 5 years.

For information, call (208) 666-6755  
► Visit [nic.edu/headstart](http://nic.edu/headstart)



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# Transitioning Back-to-School

As summer draws to a close, the palpable excitement of a new school year is upon us. However, for many children, transitioning back to school after an extended break can be more complicated than expected. As a parent, it's crucial to recognize and address potential sources of stress your child might encounter during this period while providing additional support to help them meet the demands of the new academic year.

The back-to-school period brings various stress factors, including routine changes, academic pressures, social demands, extracurricular activities, and sensory overload. As stress levels rise, you might start noticing changes in your child's behavior, like heightened anxiety, push-back, a pulling-in or shifts in self-esteem, increased emotional outbursts or difficulty with emotional regulation, physical or somatic health complaints like headaches or tummy aches, and more. It's important to recognize these symptoms and behaviors as windows into an individual's brain and give us clues into understanding how they are processing and adapting to stress. This understanding allows us to shift into a brain-based lens of observing our children (and self) and recognizing their need for more support. To help you as the parent navigate this time of year with a brain-based approach, here are practical strategies you can employ to help ease the transition for all ages!

- **Establish a Dedicated Learning Space:** Create a designated area in your home where your child can focus on their studies.
- **Prioritize Nutrition:** Ensure your child receives balanced meals that support brain function and energy levels.
- **Establish Predictable Routines:** Incorporate consistent routines and "prediction pegs" to provide a sense of stability and security.
- **Include Brain and Movement Breaks:** Incorporate intentional breaks to allow your child to refresh and refocus their mind.
- **Utilize Visual Imagery:** Implement visual aids to enhance your child's understanding and retention of information.



Remember that each child is unique, so adapt these strategies to their specific needs.

Additionally, nurturing the nervous system and brain is vital. The nervous system controls communication within the body and is essential for brain growth and function. Consider seeking neuro-based chiropractic care to optimize nervous system



[www.cdahealth.com](http://www.cdahealth.com)  
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## Education INFORMATION Center™

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## School Lunch Ideas Can Spark a Brainstorm

Packing a school lunch can be daunting for parents, especially if you have a picky eater. The foods you chose are important for a couple of reasons. The obvious is providing your child healthy options that establish a lifetime of good eating. Childhood obesity is a real thing. The Centers for Disease Control estimate that about 20 percent of children and adolescents are obese. This means providers are seeing high blood pressure, diabetes, breathing problems, high cholesterol and joint problems at much earlier ages.

Children and teenagers need fuel to learn. You can't concentrate on math if your stomach is empty.

Things to think about when packing a health lunch:

- **Cool** - A good, insulated bag and an ice pack are key to making your packed lunch fresh, safe, and appetizing.
- **Whole** - Reach for whole grains whenever possible. Many loaves of bread, bagels, tortillas, crackers and more come with the option to purchase whole grain. Fiber promotes good digestion, and a happy gut makes it easy to focus on anything school or work might throw at you.
- **Variety** - Using a wide array of food items can help you or your child reach a balanced diet. Different foods provide different nutrients, so mixing them up can ensure you are getting enough. It can also make mealtime fun. Consider packing a variety of foods throughout the week and thinking about a variety of textures within each meal. Writing a grocery list with ideas can help avoid buying the same old things. Try including new things in your lunch like a soft peach, crunchy sugar snap peas, crispy pretzels, smooth hummus, and turkey and creamy cheese rollups.
- **Colorful** - Various colors also provide very beneficial nutrients to both growing children, adolescents and adult diners. No, not colorful sugared cereal loops. Check the produce aisle for a rainbow of fruits and vegetables.
- **Protein** - Including protein-rich foods can bring satisfaction during mealtime as well as keep hunger at bay throughout the remainder of the busy day. It is also an important nutrient for playful, growing kids. Lean lunch meats, nut butters, dairy, hard-boiled eggs, and dips like hummus provide protein that the body needs.

**Something Special** - A small treat or something you or your child really like can bring joy. Maybe a favorite cookie, bar, drink, or even a special note.

It can be a challenge to keep lunchtime interesting and exciting. Some weeks, lunches might be similar but remember the gesture to pack lunch for another is an accomplishment to be celebrated. If you are feeling in a rut, remember these things: keep things cool, reach for whole, add variety, think colorful, pack some protein, and include a little something special!



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## Get Ready for Snow!

National Safety Council recommends the following tips to shovel safely.

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion

More info: [goo.gl/yYSCQb](http://goo.gl/yYSCQb)



### Distribution:

Counter & rack locations, schools and member organizations throughout Kootenai County. Entire magazine appears on [www.niFamily.com](http://www.niFamily.com).

## Advertising Rates

- ☐ **Sponsorship - tailored to your needs!**
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1500	1350	1200
800	700	600
500	475	450
300	275	250

Rates include standard production. Additional fees for unusual production.

# Idaho Public Television in the Classroom

Where can students experience the life of a logger on northern Idaho's Clearwater River, understand the Chinese immigrant experience in early Idaho, and learn what it's like to be a state wildlife agent?

Idaho teachers create media-based classroom activities on these topics and many more, and Idaho Public Television publishes them on PBS LearningMedia, a free, national online library of more than 120,000 digital media resources across all K-12 curriculum areas.

Moscow teacher Lacey Watkins says it can be challenging to find Idaho Standards-based content for use in the classroom. This is especially true for fourth-grade history, which focuses on the Gem State.

When Watkins discovered PBS LearningMedia lesson plans on Idaho historical figures and events featured in the historical documentary series Idaho Experience, she was excited to share it with her colleagues. "I feel like more fourth-grade teachers need to know about this."

The Idaho Standards-aligned lessons use short videos and other media to encourage student engagement in the classroom. Students can complete and submit assignments through the platform, and teachers can check progress on their work.

"I am blown away by the resources provided on the PBS LearningMedia website. I instantly contacted my teacher friends and told them they must use this!" says Jacque B., homeschool parent, former kindergarten teacher, and former elementary school principal in Boise.

"I was so delighted to find this massive portal of all of these resources," says Molly Loayza, English Language Learner (ELL) teacher at Lewis and Clark Elementary in Caldwell. "There is a plethora of well-planned, standards-aligned resources for all grade levels."

Idaho Public Television's content on the platform includes Outdoor Idaho, Idaho Experience, Science Trek, Know Vape: The Dangers of Youth Vaping, Native Voices (Kessler Keener Foundation), and Moments in Time from the Journals of Lewis and Clark.

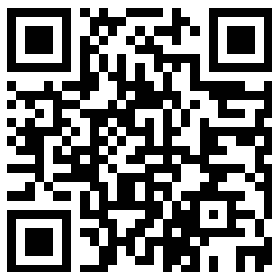
Dworshak Elementary second-grade teacher Melissa Simmons says there are endless PBS LearningMedia activities to use in classrooms. Idaho Experience's lessons on Idaho history are some she is particularly fond of. With PBS LearningMedia, "I can filter lessons by standards and go from English Language Arts to Science to Social Studies."

Not only do Idaho educators, homeschool parents, childcare providers, and librarians use Idaho lesson plans on PBS LearningMedia, but educators and students around the nation learn about our state through the curriculum.

Content includes:



More information:



*Browse free  
educator resources.*



*Watch tutorials on how to make the  
most of PBS LearningMedia.*



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# Holiday Crafts & Recipes

## Turkey Windsocks

### MATERIALS

- Recycled Food Can (cleaned and dried, with top and bottom removed)
- Brown Paint
- Elmer's CraftBond Quick Dry Glue
- Elmer's Medium Tip Painters Pen, Orange
- Large Googly Eyes
- Ribbons in Fall Colors
- Feathers, Felt, and/or Construction Paper in Fall Colors (can mix and match)
- Masking Tape, optional

### INSTRUCTIONS

- Start by painting the can brown and allowing it to dry completely before using the Painters marker to draw the turkey's beak.
- Attach the googly eyes to the can using Elmer's CraftBond Quick Dry glue.
- Run a thick line of glue inside the rim at the back side of the can, and attach the turkey's tail "feathers" (made from actual feathers, construction paper, felt, etc.). Note: if the interior rim of your can has sharp edges, you can cover it with a layer or two of masking tape to protect your fingers!
- Cut 10-15 pieces of ribbon approximately 18" in length.
- Run another thick line of Elmer's CraftBond glue around the entire inside rim at the bottom of the can, and use the glue to attach the ribbon streamers. Allow to dry completely.
- Use the glue to attach a red wattle (made of felt or paper) and a ribbon for hanging.



Source: [happinessishomemade.net/thanksgiving-kids-craft-turkey-windsocks](http://happinessishomemade.net/thanksgiving-kids-craft-turkey-windsocks)

## Candy Cane Rudolph Treats

### INGREDIENTS (To make 1 dozen treats:)

- 24 container Mini candy canes
- About 6 oz. of brown chocolate melts – you'll have some excess
- 12 red candy for the nose, like Sixlets or mini M&Ms
- 24 candy eyes –
- Optional holly sprinkles

Extra equipment needed:

- wax paper
- toothpick
- small microwave proof bowl

### DIRECTIONS

- melt the chocolate in the microwave-proof bowl – I usually pop the bowl into the microwave for 1 minute, stir and throw it back in for 30 more seconds
- Have some wax paper ready on your work surface, and set out your supplies
- dip the candy canes into the chocolate, 1 at a time – placing them down in pairs facing the opposite way on the wax paper
- After you have made each pair of chocolate candy canes, decorate them while the chocolate is still melted and warm
- Add the eyes and the nose
- If you want, you can add the holly sprinkles
- If the chocolate has already dried before you can stick the decorations on, dip your toothpick into the chocolate and use that as chocolate glue to adhere your pieces Sprinkle remaining 1 Tbsp candy canes over chocolate and allow chocolate to set at room temperature, then break popcorn into pieces. Source: [www.cookingclassy.com/peppermint-bark-popcorn](http://www.cookingclassy.com/peppermint-bark-popcorn)



Source: [kidfriendlythingstodo.com/simple-candy-cane-chocolate-rudolph-treats-christmas](http://kidfriendlythingstodo.com/simple-candy-cane-chocolate-rudolph-treats-christmas)



# 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](http://www.niservicesdirectory.com) for an ongoing and updated list of North Idaho Immediate & Basic Needs service providers.

## Child/Youth - Services/Support

Boys & Girls Club of Kootenai County | 925 N 15th St, CdA | 618-2582 | 200 W Mullan Ave, Post Falls | 457-9089 | [northidahobgc.org](http://northidahobgc.org)  
Campfire Inland Northwest | 524 N Mullan, Spokane WA | 509-747-6191 | [campfireinc.org](http://campfireinc.org)  
Fosterful | 2633 W Apperson Drive CdA | [fosterful.org](http://fosterful.org)  
Fostering Idaho | 2005 Ironwood Pkwy #200, CdA | [fosteringidaho.org](http://fosteringidaho.org) (800) 745-1186  
Guardians of the Children | 2315 N Rebecca St, Spokane WA | 509-998-2535 | [guardiansofthechildren.com](http://guardiansofthechildren.com)  
Girl Scouts of Eastern Washington & Northern Idaho | 509-747-8091 | [gsewni.org](http://gsewni.org)  
Idaho Drug Free Youth | IDFY.org | 664-4339  
Idaho Sound Beginnings | [healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)  
Idaho Youth Ranch/Anchor House | 1609 N Government Way, CdA | 667-3340 | [youthranch.org](http://youthranch.org)  
Region 1 Idaho Infant Toddler Program/Regional Early Childhood Committee | 208-882-6904 | [healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)

## Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave, CdA | 292-2359 | [hrei.org](http://hrei.org)  
Civic Engagement Alliance | 414 Mullan Ave, CdA | 274-3426 | [civicengagementcda.com](http://civicengagementcda.com)

## Crisis Intervention

Emergency, Fire & Police | 911  
Child Protective Services | 1120 Ironwood Drive, CdA | 855-552-5437 | [healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)  
Children's Village | 1350 W Hanley Ave, CdA | 667-1189 | [thechildrensvillage.org](http://thechildrensvillage.org)  
ICARE | 201 E Harrison Ave, CdA | 676-1515 | [icareforchildren.org](http://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 #D, CdA | 625-4884 | [nicrisiscenter.org](http://nicrisiscenter.org)  
Post Falls Police Victim Services Unit | 1717 E Polston Ave, Post Falls | 773-1080 | [postfallspolice.com](http://postfallspolice.com)  
Rape Crisis Line | 661-2522  
Safe Passage | 850 N 4th St, CdA | 664-9303 | [safepassageid.org](http://safepassageid.org)

## Education - Adult

North Idaho College | 1000 W Garden Ave, CdA | 769-3315 | [nic.edu](http://nic.edu)  
North Idaho Higher Education | [northidahohighereducation.org](http://northidahohighereducation.org)  
North Idaho College Workforce Training & Community Education | 525 W Clearwater Loop, Post Falls | 769-3222 | [nic.edu/wtc](http://nic.edu/wtc)  
University of Idaho | 1031 N Academic Way #242, CdA | 667-2588 | [uidaho.edu](http://uidaho.edu)

## Education - Child

Cd'A School #271 | 1400 N Northwood Center Ct, CdA | [cdaschools.org](http://cdaschools.org)  
Emerge CDA | 119 N 2nd Street, CdA | [emergecda.com](http://emergecda.com)  
Emerged Learning: Academic Enrichment | [emerge-learn.com](http://emerge-learn.com)  
GeoKids | [exploregeokidz@gmail.com](mailto:exploregeokidz@gmail.com)  
Iris' House Pre-School & Childcare | 410 N 20th St, CdA | 667-3785  
KTEC-Kootenai Technical Education Campus | 6838 W Lancaster Rd, Rathdrum | 712-4733 | [ktectraining.org](http://ktectraining.org)  
Lake City Figure Skating / Frontier Ice Arena | 3525 W Seltice Way | CdA | 603-667-7178 | [lakecityfigureskating.org](http://lakecityfigureskating.org)  
Lake City Highland Dance Inc. | 4672 Magrath Dr, CdA | 619-9278 | [lakecityhighlanddance.com](http://lakecityhighlanddance.com)

Mountain States Early Head Start | 411 N 15th St #200, CdA | 765-6955 | [msehs.org](http://msehs.org)  
North Idaho College Head Start | 411 N 15th St #103, CdA | 666-6755 | [nicheadstart.org](http://nicheadstart.org)  
Natural Connections Academy | 5827 W Conklin Rd, Worley | 208-428-6224  
North Idaho School of Rock | [northidahorockschool.com](http://northidahorockschool.com)  
Quest Academy North Idaho | 6200 W Hayden Ave, Rathdrum | 889-8040 | [questacademyni.com](http://questacademyni.com)  
Wired2Learn Academy | 1800 N Hwy 41, Post Falls | 699-6232 | [wired2learnacademy.com](http://wired2learnacademy.com)

## Family Services

Family Promise of North Idaho | 501 E Wallace Ave, CdA | 777-4190 | [familypromiseni.org](http://familypromiseni.org)

## Government

2-1-1 Idaho CareLine | PO Box 83720 | Boise | 800-926-2588 | [idahocareline.org](http://idahocareline.org)  
Coeur d'Alene Parks Department | 710 E Mullan Ave, CdA | 769-2252 | [cdaid.org/parks](http://cdaid.org/parks)  
Department of Health and Welfare | 1120 Ironwood Dr, CdA | 769-1409 or 211  
Family Resource & Training Center | 2005 Ironwood Parkway #200, CdA | 800-745-1186 | [icwrtc.org](http://icwrtc.org)  
Idaho SHIBA / Idaho Department of Insurance | [doi.idaho.gov](http://doi.idaho.gov)

## Healthcare

Heritage Health | 1090 Park Place, CdA | 292-0292 | [myheritagehealth.org](http://myheritagehealth.org)  
HomeTown Family Chiropractic | 291 E Appleway Ave #101, CdA | 261-2206 | [hometowncda.com](http://hometowncda.com)  
Hospice of North Idaho | 2290 W Prairie Ave, CdA | 772-7994 | [honi.org](http://honi.org)  
Idaho Sound Beginnings | 334-0829 | [healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov) | [idahosoundbeginnings@dhw.idaho.gov](mailto:idahosoundbeginnings@dhw.idaho.gov)  
Kootenai Health | 2003 Kootenai Health Way, CdA | 667-3742, PF 619-4100, SP 263-6763 | [kootenaihealth.org](http://kootenaihealth.org)  
Kootenai Urgent Care | CdA, Post Falls, Hayden | [kootenaiurgentcare.com](http://kootenaiurgentcare.com)  
Open Arms PCC & Real Choices Clinic | 8056 N Wayne Drive, Haydenn | 667-5433 | [realchoicesclinic.com](http://realchoicesclinic.com)  
Panhandle Health District | 8500 N Atlas Rd, Hayden | 415-5100 | [panhandlehealthdistrict.org](http://panhandlehealthdistrict.org)  
Peach Orthodontics | 1145 E Polston Ave, Post Falls | 618-5111 | [peachortho.com](http://peachortho.com)  
SafeStart - NISSA | 212 South 11th St #1, CdA | 206-548-9290 | [nwsids.org](http://nwsids.org)  
Shriner's Hospital for Children | 911 W 5th Ave, Spokane, WA | 509-455-7844 | [shrinerhospitalsforchildren.org/spokane](http://shrinerhospitalsforchildren.org/spokane)  
Spoelstra Family Chiropractic | 214 West Sunset Ave, CdA | 667-7434 | [cdahealth.com](http://cdahealth.com)

## Healthcare - Mental

Northern Idaho Crisis Center | 2195 Ironwood Court, #D, CdA 625-4884 | [nicrisiscenter.org](http://nicrisiscenter.org)  
Northwest Behavioral Health | 1612 N 3rd St, CdA | 765-4509

## Community / Misc.

Christian Youth Theater (CYT) North Idaho | PO Box 3250, CdA | 765-8600 | [cytnorthidaho.org](http://cytnorthidaho.org)  
Coeur d'Alene Arts & Cultural Alliance | 105 N 1st St #100, CdA | 292-1629 | [artsandculturecda.org](http://artsandculturecda.org)  
Coeur Climbing Company | 764 Clearwater Loop Rd #101, Post Falls | 777-9253 | [coeurclimbing.com](http://coeurclimbing.com)  
Coeur d'Alene Library Foundation | 702 E Front Ave, CdA | 769-2315 | [cdalibrary.org](http://cdalibrary.org)  
Coeur d'Alene Public Library | 702 E Front Ave, CdA | 208-769-2315 | [cdalibrary.org](http://cdalibrary.org)



Coeur d'Alene Summer Theatre | 4951 Building Center Dr #105, CdA  
660-2958 | [cdasummertheatre.com](http://cdasummertheatre.com)  
Community Library Network | Athol, Harrison, Hayden, Pinehurst, Post Falls,  
Rathdrum, Spirit Lake | [communitylibrary.net](http://communitylibrary.net)  
Destiny King Productions | [destinykingpro.com](http://destinykingpro.com)  
DogNIt Hotel & Daycare | 2890 N Government Way, CdA | [dognit-daycare-kennel.business.site](http://dognit-daycare-kennel.business.site)  
Elite Auction | 640-7449 | [eliteauctioninc.com](http://eliteauctioninc.com)  
Express Employment Professionals | 2834 N Ramsey Rd #104, CdA  
667-5627 [expresspros.com](http://expresspros.com) |  
Idaho Education News | [idahodnews.org](http://idahodnews.org)  
Idaho Public Television | [idahoptv.org](http://idahoptv.org)  
Innovia Foundation | [innovia.org](http://innovia.org)  
Jump for Joy | 250 W Dalton Ave, CdA | 664-5200 | [jumpforjoycda.com](http://jumpforjoycda.com)  
LeafFilter Gutter Protection | [leaffilter.com](http://leaffilter.com)  
LeafGuard of Spokane | 11407 E Montgomery, Spokane Valley | [leafguard.com](http://leafguard.com)  
Momentum Sports and Play | 245 W Bosanko Ave Ste 1, CdA | 966-4535  
[momentumsportsandplay.com](http://momentumsportsandplay.com)  
Museum of North Idaho | 115 NW Blvd, CdA | 664-3448 | [museumni.org](http://museumni.org)  
NIBCA Education Committee | [nibca.com](http://nibca.com)  
North Idaho Sports Commission | PO Box 391, CdA | 503-740-9946  
[nisportscommission.org](http://nisportscommission.org)  
Northwest Family Network | 721 E Linden Ave #308, CDA  
[facebook.com/northwestfamilynetwork](https://facebook.com/northwestfamilynetwork)  
Northwest Health & Safety Network | 1424 E Sherman Ave, CdA |  
[northwesthsn@gmail.com](mailto:northwesthsn@gmail.com)  
Pillar of Legacy, LLC | [pillaroflegacy@gmail.com](mailto:pillaroflegacy@gmail.com)  
Positive Possibilities | [facebook.com/groups/positivepossibilities](https://facebook.com/groups/positivepossibilities)  
Primerica | [brianhoran@icloud.com](mailto:brianhoran@icloud.com)  
Renewal by Anderson | [rbawa.com](http://rbawa.com)  
Running Shoes 4 Kids | [facebook.com/runningshoes4kids](https://facebook.com/runningshoes4kids)  
Safesplash + Swimlabs of CdA | [safesplash.com/locations/coeur-d-alene-id](http://safesplash.com/locations/coeur-d-alene-id)  
T-Mobile | [T-Mobile.com](http://T-Mobile.com)  
The Salvation Army Ray & Joan Kroc Community Center | 1765 W Golf Course  
Rd, CdA | [kroccda.org](http://kroccda.org)

## Religious/Fraternal

First Presbyterian Church | 521 E Lakeside Ave, CdA | 667-8446  
[1stpresdowntown.org](http://1stpresdowntown.org)  
Heart of the City Church | 722 W Kathleen, CdA | 665-7808 | [theheartcda.com](http://theheartcda.com)  
Lutherhaven Ministries | 3258 W Lutherhaven Rd, CdA | 667-3459 |  
[lutherhaven.com](http://lutherhaven.com)  
The Vine Church | 9140 N Reed Rd, Hayden | 449-2080 |  
[thevineidaho.org](http://thevineidaho.org)

## Pet & Animal Services

Coeur d'Alene Animal Control | 5500 N Government Way, CdA  
446-1300 | [kcsheiff.com/animalcontrol.html](http://kcsheiff.com/animalcontrol.html)

## Senior Services

Adult Protection Services | 2120 Lakewood Dr. #B, CdA | 667-3179  
ElderHelp | 9420 Government Way, Hayden | 661-8870 | [ehoni.org](http://ehoni.org)  
North Idaho Home Health | [lhcgroupp.com/locations/north-idaho-home-health](http://lhcgroupp.com/locations/north-idaho-home-health)  
Onsite4Seniors | 967-4771 | [onsite4seniors.org](http://onsite4seniors.org)

## Social Services

CAP Community Action Partnership Food Bank | 4144 Industrial Ave #E, CdA  
664-8757 | [cap4action.org](http://cap4action.org)  
Habitat for Humanity | 176 W Wyoming Ave, Hayden | 762-4663  
Idaho Dept. of Health & Welfare | 1120 Ironwood Drive, CdA  
[healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)  
St Vincent de Paul | 201 E. Harrison Ave, CdA | 664-3095  
[stvincentdepaulcda.org](http://stvincentdepaulcda.org)  
Union Gospel Mission Center for Women & Children | 196 W Haycraft Ave, CdA  
665-4673 | [uniongospelmission.org](http://uniongospelmission.org)  
United Way of North Idaho | 501 E. Lakeside Ave #3, CdA | 667-8112  
[unitedwayofnorthidaho.org](http://unitedwayofnorthidaho.org)

## Special Needs

Trinity Group Homes, SVDP | 201 E. Harrison Ave, CdA | 664-3095  
[stvincentdepaulcda.org](http://stvincentdepaulcda.org)

## Substance Abuse-Recovery/Prevention

Al-Anon | CdA | 676-0549 | [al-anon-idaho.org](http://al-anon-idaho.org)  
Alcoholics Anonymous | 118 N 7th St #B5, CdA | 667-4633 | [aa.org](http://aa.org)  
Idaho Drug Free Youth | 2028 Best Ave, CdA | 664-4339  
[idahodrugfreeyouth.org](http://idahodrugfreeyouth.org)  
Kootenai Recovery Community Center | 120 E Anton Ave, CdA | 932-8005 |  
[kootenairecovery.org](http://kootenairecovery.org)

## Support Networks/Groups

Operation Second Chance | [operationsecondchance.org](http://operationsecondchance.org)  
Disability Action Center | [dacnw.org](http://dacnw.org)  
Ds Connections NW | [dsconnections nw.org](http://dsconnections nw.org) |  
3839 W Prairie Ave, Hayden | (877) 733-3955  
Reentry Idaho | 900-9075 | [reentryidaho.org](http://reentryidaho.org)

## 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](http://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!

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- 4 You'll be guided from class to career.
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