

**FREE**

Summer  
2024

# NORTH IDAHO FAMILY

M A G A Z I N E

*Celebrating  
25 Years!*



**Family Day in the Park • Friday, June 7**

**2024 Summer Camp Guide**

**Family Day in the Park**

**Summer Bucket List!**

***Event Information Inside!***

**Books & Giveaways**

**Games & Activities**

**Local Entertainment**

**Food Court**

**North Idaho Family Marketplace**

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







**Heritage Health**  
Healthcare from the Heart

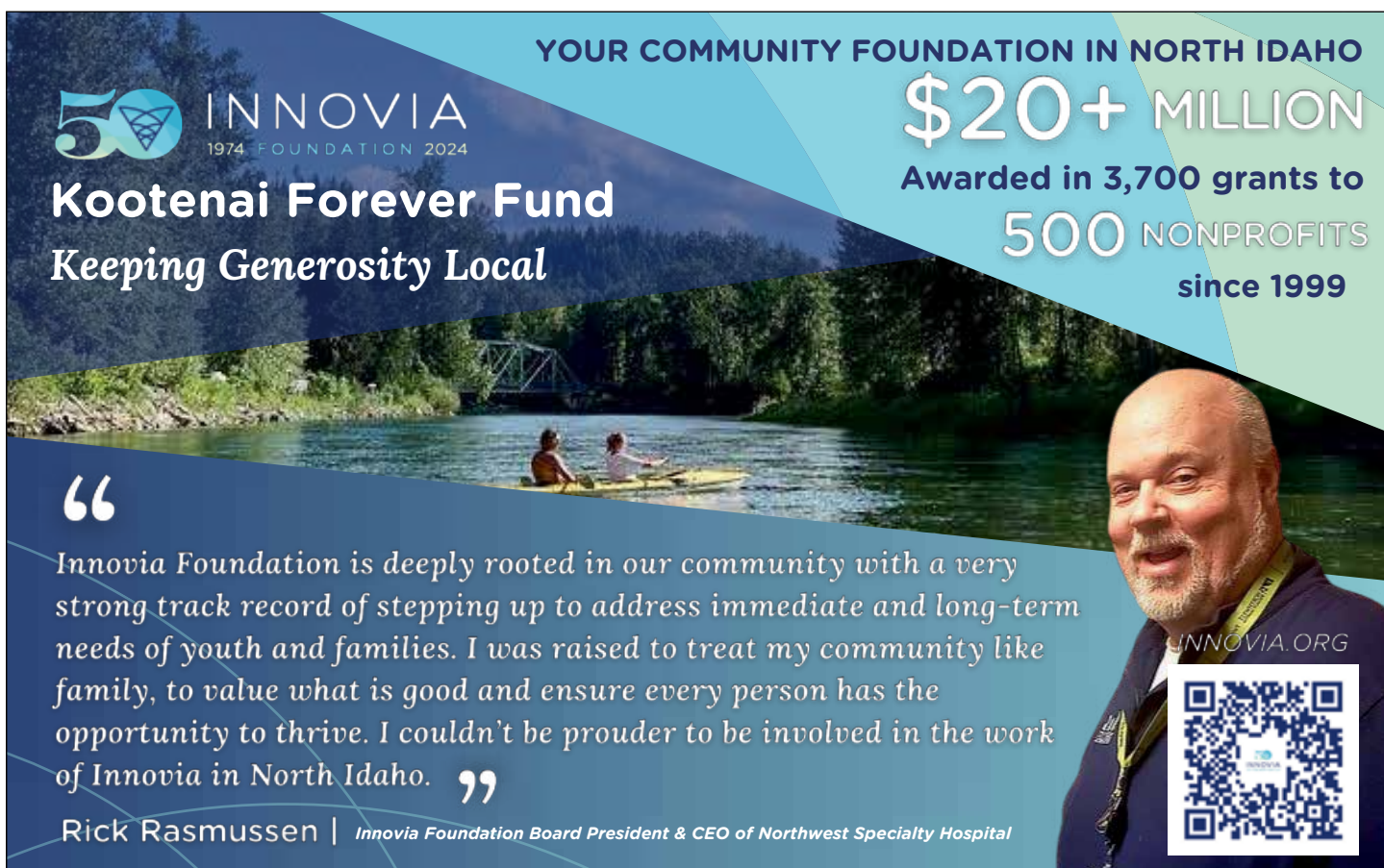
**BEE ACTIVE,  
GET DIRTY,  
BEE HEALTHY!**

**MUDDY MILES 2023**  
Saturday, June 24<sup>th</sup>  
Kootenai County Fairgrounds  
11:00am-3:00pm

**HERITAGE HEALTH  
2K FUN RUN**

**PREMIER SPONSOR**  **Mountain West Bank**

**REGISTRATION IS OPEN!**

**50 INNOVIA**  
1974 FOUNDATION 2024

**Kootenai Forever Fund**  
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**YOUR COMMUNITY FOUNDATION IN NORTH IDAHO**

**\$20+ MILLION**  
Awarded in 3,700 grants to  
**500 NONPROFITS**  
since 1999

**“**  
Innovia Foundation is deeply rooted in our community with a very strong track record of stepping up to address immediate and long-term needs of youth and families. I was raised to treat my community like family, to value what is good and ensure every person has the opportunity to thrive. I couldn't be prouder to be involved in the work of Innovia in North Idaho. **”**

**Rick Rasmussen** | *Innovia Foundation Board President & CEO of Northwest Specialty Hospital*

**UNNOVIA.ORG**



# 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  
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!

Celebrating 25 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))
- 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.

## Editor's Note:



Hello!

It's my favorite time of the year! Bringing 100s of organizations, agencies, resources, businesses, crafters, & services together to serve North Idaho Families at Family Day in the Park!

My good friend, Rose Backs, says, "This is our favorite family event of the year, because it feels like it's FOR US."

That's why I love it! CONNECTING PEOPLE, CONNECTING COMMUNITY WITH RESOURCES! And having some fun in the sun while we're at it!

Thank you to our sponsors, participants, and the community for making this one of the premier events of the year!

*Sheef*

## IT'S ALMOST HERE!

**June 7: Family Day in the Park**

See pullout on pages 11-14

## North Idaho Nonprofits: GET CONNECTED!

## Join the North Idaho Family Group

For your \$100 annual investment you will receive:

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



# NORTH IDAHO FAMILY KIDS! MAGAZINE



**The Mouchett Kids**



**The Houser Grandkids**

We LOVE our North Idaho Family Magazine KIDS! - Local kids, doing local activities, having fun, learning, making stuff, etc. We feature 2-3 families in each issue. Email [community@nifamily.com](mailto:community@nifamily.com) for more information or to send your high-resolution Kid Pics for the next issue!



# Member Spotlight: Family Promise of North Idaho

Family Promise of North Idaho recognizes that family homelessness and poverty are complex issues that require comprehensive, innovative solutions. Solving homelessness is not just about housing. Our holistic approach to the crisis of family homelessness includes four key areas of focus: Eviction Prevention, Shelter Diversion, Shelter, and Stabilization. FPNI works with family resources and relationships to secure temporary housing to divert families from entering shelter. Shelter is our anchor program suited for families with children with heavy community engagement. Stabilization is goal centered case management that involves financial help.

FPNI provided housing stabilizing services for 137 people last year.

More opportunities are on the horizon to grow and expand the reach of FPNI.

FPNI provides a family friendly option to end family homelessness.

You are invited to be a part of the solution: Learn. Volunteer. Give.



[www.familypromiseni.org](http://www.familypromiseni.org)  
208-777-4190



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 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)



This institution is an equal opportunity provider.

# Summer FUN & KIDS' Camps!

VISIT US ONLINE AT [NIFAMILY.COM/NORTH-IDAHO-SUMMER-CAMPS](http://NIFAMILY.COM/NORTH-IDAHO-SUMMER-CAMPS) FOR THE LATEST UPDATES AND INFORMATION ABOUT NEW CAMPS.

## Residential/Family 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](http://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](http://gsewni.org) or 509-747-8091

### Camp Lutherhaven

3258 W. Lutherhaven Rd., Lake Coeur d'Alene  
Grades 1-12, Kindercamp, Family, Special  
Needs, Year-Round camps & Cabin Rentals  
Paddle boarding, canoeing, boating, Ninja  
Warrior wall, climbing tower, high ropes  
course, zip-line, Giant swing, mini-golf,  
archery, craft yurt, all-camp games, Bible  
studies, songs and skits. All levels of financial  
assistance available. [Lutherhaven.com](http://Lutherhaven.com) or  
208-667-3459

### Camp Mivoden

17415 E Hayden Lake Road, Hayden  
Ages 8-17 Youth Camps June – July, Family  
Camps July-August. Some reduced rate  
fees available. Seventh-day Adventist,  
wakeboard, paddleboard, equestrian, 9  
element challenge course and zip line,  
survival, rock wall, drama, ceramic and craft  
studio.  
[Mivoden.com](http://Mivoden.com) or 509-242-0506

### Real Life Ministries Camps

4th & 5th Graders, July 9-12  
[reallifeministries.com/kidscamp](http://reallifeministries.com/kidscamp)

### Camp Sweyolakan

Lake Coeur d'Alene Ages 5-18, July-Aug Camp  
Fire Inland Northwest. Kayaking, outdoor  
cooking, archery, ropes courses, backpacking,  
hiking, arts and crafts, and games.  
[campfireinc.org/camp-sweyolakan](http://campfireinc.org/camp-sweyolakan) 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](http://clbcamp.org) or 208-263-3912

### 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](http://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](http://rosspoint.org) or 208-773-1655

### Shoshone Creek Ranch Camp

North Fork, Coeur d'Alene River  
Grades 5-12, Family Camp dates for all Ages,  
June-August. Horseback riding, river floating,  
creek swimming, arts, crafts, campfires,  
worship, Bible studies, ropes course, zip  
lining, rock climbing, and a hootenanny  
event. [Lutherhaven.com](http://Lutherhaven.com) or 208-667-3459

### Shoshone Mountain Retreat Youth Camp

Coeur d'Alene River  
Grades 5-12, Family Camps, Year-Round  
camps & Cabin Rentals  
Horseback riding, river floating, creek  
swimming, ball field games, cookouts, sleep-  
outs under the Milky Way, Bible studies and  
campfires. [Lutherhaven.com](http://Lutherhaven.com) 208-667-3459

### Twinlow Camp

Rathdrum  
Grades 1-12, Adult, Family, June-Aug  
United Methodist Church Camp. Games,  
waterskiing, crafts, swimming, canoeing.  
[twinlowcamp.org](http://twinlowcamp.org) or 208-352-2671

### Twin Eagles Summer Camps

Sandpoint, Coeur d'Alene, Priest River,  
Spokane, Bozeman  
Ages 6-18 and Family, June, July & August.  
Limited scholarships, up to 50% off total  
camp cost. Day and residential. Nature  
connection, wilderness survival, animal  
tracking, stealth & invisibility, wild edible  
plants. [twineagles.org](http://twineagles.org) or 208-265-3685

### Schweitzer Adventure Camp

Schweitzer Resort, Sandpoint  
Ages 6-11, June-Aug  
Hiking, crafts, swimming.  
[schweitzer.com](http://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  
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, K-3rd Grade, -Pathfinders Camp, 4th & 5th Grade, -Ridgeline Camp, 6th-9th Grade  
cdanaz.org/quest or 208-667-3543

### **Lake City Church Superstar Summer Camp for Foster & Adopted Kids**

June  
lakecitycc.org

### **School PLUS Day Camp/Childcare**

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

## Educational Camps

### **Camp Invention**

Sorensen Magnet School, Coeur d'Alene  
Nonprofit science enrichment camp.  
Grades K-6, June  
invent.org/local  
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

## Art & Theater Camps

### **Coeur d'Alene Summer Theatre**

Camp Carrousel at CDA Summer Theatre  
Coeur d'Alene, June & July  
cstmtti.com or 208-219-5175

### **Christian Youth Theater**

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

### **Summer in Color: Emerge's Summer Art Camps**

Emerge is offering art camps this summer for kids ages 7 - 18.  
Emerge also partnered with Coeur Climbing this summer to offer a unique collaboration. Scholarships available courtesy of the CDA Arts Commission.  
emergecda.com/pages/summer-art-camps

### **Kids Draw Architecture**

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

### **Music Conservatory of Coeur d'Alene**

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

# Unraveling the Science Behind Learning

There are countless misconceptions and myths about learning. Take, for instance, the popular notion that individuals are either left-brained or right-brained. While it's true that different tasks are associated with each half of the brain, the reality is far more complicated and the truth is we utilize both sides of our brains in the learning process. Similarly, there is no scientific support for the long-standing myth of different learning styles. Even though this stubborn myth is still popular in education, there is no scientific evidence that people learn better through their self-reported learning styles.

## So, then, what is learning?

Learning is the rewiring or creation of neural pathways—a phenomenon known as neural plasticity. It involves making strong neural connections, like constructing highways for information processing in the brain.

## How are these neural connections strengthened?

According to neuroscience, the answer is practice, practice, practice. To build robust neural connections, one must engage in repetitive, challenging tasks and apply newfound knowledge to diverse contexts.

Consider a novice shot putter honing their technique. They start by breaking down the complex footwork into manageable parts, practicing each component until it becomes second nature. Only then do they progress to integrating the entire sequence, refining their skills through repetition and competition. Similarly, a chemistry student grasps the basic elements through repetition and hands-on experimentation in the laboratory.

## What does this mean for children with learning disabilities?

For children who struggle to learn, the path to mastery often requires even more dedication and repetition. Remediation for learning disabilities involves targeted, intensive practice in areas of weakness. For instance, a student struggling with phonics may need systematic, multisensory practice to grasp letter-sound associations before applying this knowledge to reading comprehension.

A child with a learning disability often needs double, triple or even more repetitions than the average learner in their cognitively weaker areas. That means that a child with a learning disability needs “massed” practice. In other words, they need to be practicing their lacking skills over and over, every day, at the appropriate level with the opportunity to put that skill to use in a novel setting.

The key takeaway from neuroscience’s insights into learning is clear: repetition, exposure, challenge, and application are the building blocks of effective learning. Whether we’re mastering a new skill, delving into complex theories, or overcoming learning obstacles, the principles remain the same. Learning thrives in the delicate balance between difficulty and attainability, where practice creates the way to proficiency.



wired2learn.org  
208-262-9730

# Submit your Community Events!

Plan your fundraisers, find family-friendly events, and see what’s happening in North Idaho on the N.I.C.E. Calendar!

JUNE 2024						
SU	MO	TU	WE	TH	FR	SA
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7



nifamily.com

LOCATED IN POST FALLS, ID

## When TRADITIONAL TEACHING ISN'T WORKING



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## ENROLL NOW

208.262.9730    [wired2learn.org](http://wired2learn.org)





# SUMMER BUCKET LIST.

100 fun things to do before summer kicks the bucket!

- |   |                                 |  |
|---|---------------------------------|--|
| <b>Meet a new person</b>                | <b>Run through a sprinkler</b>  | <b>Go to Library</b>   |
| <b>Overcome a fear</b>                  | <b>Play frisbee</b>             | <b>Go on date with mom or dad</b>  |
| <b>Read at least 10 books</b>           | <b>Have a water gun fight</b>   | <b>Wash a car</b>  |
| <b>Have a water balloon fight</b>       | <b>Drink a slurpee</b>          | <b>Bake cookies</b>  |
| <b>Go to the beach</b>                  | <b>See a magic show</b>         | <b>Play in a puddle</b>  |
| <b>Go to the park</b>                   | <b>Watch a sunrise</b>          | <b>Ice cream for dinner</b>  |
| <b>Ride on a carousel</b>               | <b>Watch a sunset</b>           | <b>Movie night with snacks</b>   |
| <b>Fly a kite</b>                       | <b>Plant flowers</b>            | <b>Take a picture of a butterfly</b>                                     |
| <b>Collect seashells</b>                | <b>Bake cupcakes</b>            | <b>Pajama Day</b>  |
| <b>Watch fireworks</b>                  | <b>Feed ducks</b>               | <b>Make lemonade</b>   |
| <b>Make S'mores</b>                     | <b>Paint rocks</b>              | <b>Breakfast in bed</b>  |
| <b>Roast marshmallows</b>               | <b>Scavenger Hunt</b>           | <b>Skip rocks</b>  |
| <b>Stay up super late</b>               | <b>Climb a tree</b>             | <b>Hula Hoop</b>   |
| <b>Go to a fair</b>                     | <b>Go to a farmers market</b>   | <b>Make handprint art</b>  |
| <b>Have a pillow fight</b>              | <b>Go on a hike</b>             | <b>Go on a nature walk</b>   |
| <b>Play mini golf</b>                   | <b>Visit a toy store</b>        | <b>Make popsicles</b>  |
| <b>Make homemade pizza</b>              | <b>Have family game night</b>   | <b>Have a relay race</b>   |
| <b>Make an outdoor fort</b>             | <b>Visit a relative</b>         | <b>Have breakfast for dinner</b>   |
| <b>Catch a lightening bug</b>           | <b>Help cook dinner</b>         | <b>Treasure Hunt</b>   |
| <b>Go swimming</b>                      | <b>Picnic in a park</b>         | <b>Play hide and seek</b>  |
| <b>Slide down a water slide</b>         | <b>Visit mom or dad at work</b> | <b>Visit a local farm or petting zoo</b>                                 |
| <b>Go to a BBQ</b>                      | <b>Make homemade jam</b>        | <b>Star Gaze</b>   |
| <b>Go to the movies</b>                 | <b>Go to the zoo</b>            | <b>Jump on a trampoline</b>  |
| <b>Eat a snow cone</b>                  | <b>Family bike ride</b>         | <b>Make a fruit salad</b>  |
| <b>Play flashlight tag</b>              | <b>Play catch</b>               | <b>Dinner at the beach or lake</b>                                       |
| <b>Take a mini road trip</b>            | <b>Make root beer floats</b>    | <b>Play in kiddie pool</b>   |
| <b>Blow bubbles</b>                     | <b>Make a journal</b>           | <b>Play jump rope or hopscotch</b>                                       |
| <b>Make lemonade</b>                    | <b>Go bowling</b>               | <b>Watch a thunderstorm</b>  |
| <b>Pick wildflowers</b>                 | <b>Watch a movie outdoors</b>   | <b>Go to a new park</b>  |
| <b>Play in the rain</b>                 | <b>Have a cousin sleepover</b>  | <b>Go to Amusement or water park</b>                                     |
| <b>Camp indoors</b>                     | <b>Play on monkey bars</b>      | <b>Do a fun summer craft</b>   |
| <b>Play with sidewalk chalk</b>         | <b>Build a sandcastle</b>       | <b>Unplug for one full day (no TV, computer, tablet, or cell phone).</b> |
| <b>Potato sack race</b>                 | <b>Eat watermelon</b>           |  |
| <b>Donate food to animal shelter</b>    |                                 |  |
| <b>Get ice cream from ice cream man</b> |                                 |  |

# 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.*

**WHEN:**

**Monday - Thursday/Friday, June 17 - August 16**  
(closed July 4 & 5)

**WHERE:**

**Coeur d'Alene School District**

Ramsey Magnet School of Science, 1351 W. Kathleen Ave.  
Breakfast: 8-9 a.m. Lunch: 11 a.m. to 12:30 p.m.

Lakes Middle School, 930 N. 15th St.  
Breakfast: 8-9 a.m. Lunch: 11 a.m. to 12:30 p.m.

**Post Falls School District**

Ponderosa Elementary, 3483 E. Ponderosa Blvd.  
Breakfast: 8-9 a.m. Lunch: 11 a.m. to 12:30 p.m.

River City Middle School, 1505 N. Fir St.  
Breakfast: 7:30-8:30 a.m. Lunch: 11 a.m. to 12:30 p.m.

Post Falls High School, 2832 E. Poleline Ave.  
Breakfast: 7:30-8:30 a.m. Lunch: 10:30 a.m. to 12:30 p.m.

**Lakeland School District**

Lakeland Middle School, 15601 Highway 41, Rathdrum  
Breakfast: 7:30-9 a.m. Lunch: 11:30 a.m. to 1 p.m.

Athol Elementary School, 6333 E. Menser Ave., Athol  
Breakfast: 8:30-9 a.m.

Timberlake High School, 5973 W. Highway 54, Spirit Lake  
Breakfast: 9:30-10 a.m.

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

**MORE INFO:**

- **Coeur d'Alene SD Nutrition Services**  
208-667-7469
- **Post Falls SD Child Nutrition Office**  
208-773-1625
- **Lakeland SD Food Service Office**  
208-687-5451



**Family Day 2024 Sponsor:**



**A NEW AND GENTLY USED  
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**WE BUY AND SELL NEW & GENTLY USED:  
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"Wonderful store! Super impressed with the selection of new and gently used clothing, as well as toys, gifts, and baby items. Fair prices. I left with a lovely pile of things for my littles." *Ashley B.*

**2120 N. 3<sup>RD</sup> ST. CDA, IDAHO**

**FAMILY & LOCALLY OWNED AND OPERATED**

Just South of 190 off the 4<sup>th</sup> Street exit.





# June 7, 2024

Noon-6pm · 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](http://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 with North Idaho Rock School and other local performers!





THANK YOU Sponsors & Activity Partners!





# City Park & Beach, Downtown Coeur d'Alene

Museum of NI

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



NORTH  
IDAHO  
ROCK  
SCHOOL



# 2024 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, Richie's Dawg House, 7B Bistro, Kona Shaved Ice, Ben & Jerry's, Spokane Sugar Candy, Good Dilla, joMi's Coffee, 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

**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, Safe Start ...** Heritage Health and Panhandle Health District will provide a variety of health screenings, Mobile Safety Lab & "Booster Party" (FREE Booster Seats) from Safe Start.

**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, Idaho Disaster Dogs, Kootenai County Fire Prevention Smokey Bear - Meet Smokey, sit in a Fire Truck, meet our local heroes!

**Games & Fun!** Inflatables from Jump for Joy, Pony Rides from Carribou Creek Farm, Guardians of the Children motorcycle club, 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](http://familydaycda.com) for additional partners, activities, and participants



## Event Vendors (Subject to Change)

- 211/Navigation / Kinship Idaho Health & Welfare
- 7B Bistro
- AH! Publishing
- Ben & Jerry's
- Carribou Creek Farm LLC Escrea Equine Facility
- CDAIDE
- Cd'A Fire Department
- Cd'A Library / Cd'A Library Foundation
- Cd'A Police Department
- Cd'A School District #271
- Cherry Hill BMX CDA
- Children's Village
- The Children's Warehouse (EVENT SPONSOR)
- Coeur Climbing Company
- Community Action Partnership
- Community Library Network Bookmobile
- Dog N It Hotel & Daycare
- Domino's Pizza
- Emerge CDA
- Family Promise North Idaho
- Fostering Idaho/ EWU (ICWRTC)
- Ginno Construction
- Girl Scouts of E WA and N Idaho
- Good-Dilla, LLC (Food Vendor)
- Guardians of the Children
- Habitat for Humanity
- Heritage Health Mobile Clinic
- Hospice of North Idaho
- Human Rights Education Institute
- Idaho Department of Health & Welfare
- Idaho Central Credit Union – ICCU
- Idaho Disaster Dogs / Kg
- Idaho Public Television
- Idaho Sound Beginnings
- Idaho Infant Toddler Program/ Regional Early Childhood Committee
- joMi's Coffee
- Jump for Joy
- Kona Shaved Ice
- Kootenai Health – Family Medicine Outreach
- Lake City Highland Dance, Inc.
- La Rosa Gitana Fun Faces & more
- Lutherhaven Ministries
- Mountain States Early Head Start
- Museum of North Idaho
- Music Conservatory of Cd'A
- North Idaho College with Cecil the Cardinal!
- North Idaho College Workforce Training Center
- North Idaho Youth Symphony
- Northwest Family Network
- Northwest Specialty Hospital
- NIC Head Start
- North Idaho Rock School
- North Idaho Youth Symphony
- O'Houli's Kettle Corn
- Open Arms PCC & Real Choices Clinic
- Panhandle Health District (multiple programs)
- Renewal by Anderson
- Richie's Dawg Haus
- SafeSplash + SwimLabs Cd'A
- Safe Start
- Smokey Bear – Kootenai County Fire Prevention Co-op
- St. Vincent de Paul
- Spoelstra Chiropractic / CDA Focus Program
- Tails Foundation, Inc
- The Vine Church
- Your Friend Pamela Faye
- And More!

## North Idaho Family Marketplace!

- Cozy Moments Co.
- doTerra Essential Oil
- Gems & Things
- Hidden Springs Candle Co.
- ID Blast That
- Little Bear Farm, LLC
- North Woods Confections
- Pacific Birch
- PaperPie
- Pupcakes and More
- Simply Mini
- Spokane Sugar Candy
- Sunrise Scent Works
- Twinkle Tattoos & Body Art
- And more!



## AT A GLANCE ...

### WELCOME NEW MEMBERS!

Cherry Hill BMX

North Idaho Youth Symphony

Carribou Creek Farm LLC

Coeur d'Alene Music Conservatory

Tails Foundation

Dog N It Hotel & Daycare

Your Friend Pamela Faye

### 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](https://parksandrecreation.idaho.gov/activities/boating/life-jacket-safety)

### CITY OF CDA COMMUNITY DEVELOPMENT BLOCK GRANT FUNDS AVAILABLE

The City of Coeur d'Alene is currently accepting applications for the 2023 and 2024 Community Development Block Grant (CDBG) Program. Any for profit or nonprofit organization, or business may apply for the CDBG's Grant for qualifying projects and services that benefit low-to-moderate income (LMI) neighborhoods residents in Coeur d'Alene. Applicants must be in compliance with federal, state, and local laws and regulations.

An Educational Workshop will be held in-person on June 6, 2024, at 4:00 p.m. To participate in the workshop, plan to attend in-person at City Hall, 710 E. Mullan Ave, Conference Room 6.

Grant proposals must be received by 5:00 p.m. on June 21, 2024. Submit a hard copy to the City of Coeur d'Alene, Attn: Sherrie Badertscher, 710 E. Mullan Ave, Coeur d'Alene, ID, 83814, or by email to [SherrieB@cdaid.org](mailto:SherrieB@cdaid.org).

The Grant Application and more information about the grant program can be found on the city's website at: [cdaid.org/community-opportunity-grant](https://cdaid.org/community-opportunity-grant).



**Tuesday, July 16, 2024**

What is 5k to Marathon? It's an opportunity for elementary and junior high students to run or walk, accumulating 23.1 miles over the next few months.

Include your family, friends, pets - it's fun and all finishers will receive a shirt, medal and some cool swag.

Get active, get engaged, get the family involved!  
Registration is open. Sign up NOW and get moving!

Sign up at Family Day in the Park!

<https://runsignup.com/sktoMarathon>



## LEARN HOW YOU CAN MAKE A DIFFERENCE IN OUR COMMUNITY

Discover how you can get involved, volunteer, and make a positive impact in our community!

Enjoy informational booths, light refreshments, and the chance to win prizes!

This is a fantastic, free event for anyone interested in building a stronger community - plus it's a great way to enhance your resume or college applications.

[www.kcyp.org](https://www.kcyp.org)

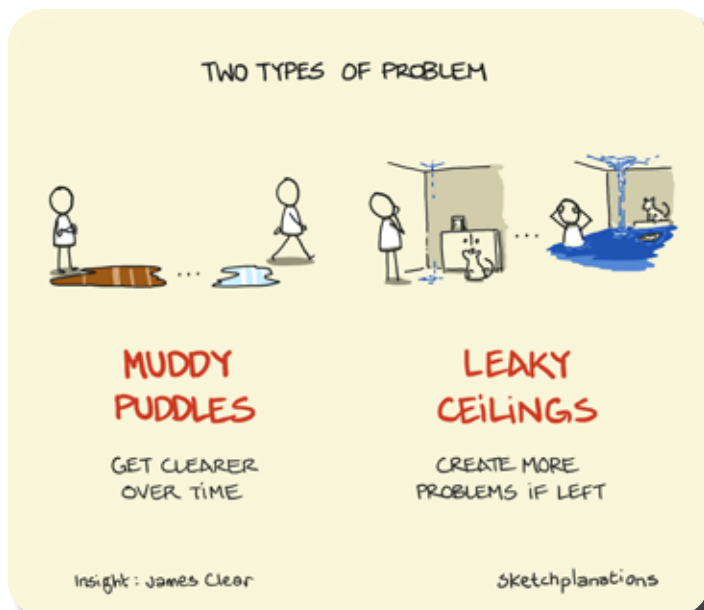
**2024  
Nonprofit  
Showcase**

**June 20th  
3:30-6:30 pm  
Silverlake Mall**





# Muddy Puddles, Leaky Ceilings



What type of problem are you dealing with? James Clear (author of Atomic Habits) shared a technique of splitting problems into two types: muddy puddles or leaky ceilings.

A muddy puddle problem is one where leaving it alone can help to make it clearer.

A leaky ceiling problem is one where leaving it alone causes more problems.

Leaky ceilings need resolving soon. Muddy puddles can be left until they are clearer.

Here's James Clear explaining it in his own words:

"I split problems into two groups: muddy puddles and leaky ceilings.

Some problems are like muddy puddles. The way to clear a muddy puddle is to leave it alone. The more you mess with it, the muddier it becomes.

Many of the problems I dream up when I'm overthinking or worrying or ruminating fall into this category. Is life really falling apart or am I just in a sour mood? Is this as hard as I'm making it or do I just need to go workout? Drink some water. Go for a walk. Get some sleep. Go do something else and give the puddle time to turn clear.

Other problems are like a leaky ceiling. Ignore a small leak and it will always widen. Relationship tension that goes unaddressed. Overspending that becomes a habit. One missed workout drifting into months of inactivity. Some problems multiply when left unattended. You need to intervene now.

Are you dealing with a leak or a puddle?"

- June 7 Family Day in the Park | City Park, Downtown CdA
- June 7 Annual Post Falls Open Golf Tournament
- June 11 Free Fishing Day
- June 14-15 Car d' Lane | cdadowntown.com
- June 22 Dog Days of Summer-Fest - Hayden
- June 24 Hayden Bike Rodeo
- July 3 Kiddies Parade | Downtown CdA
- July 4 4th of July Parade and Festival | Downtown CdA
- July 12-14 Post Falls Festival and Parade | postfallsidaho.org
- July 12 Matt's Place Foundation Charity Golf Classic
- July 13 Hayden Triathlon
- July 23(est) Race the River Triathlon | CdA
- July 25 Wine, Women, & Shoes fundraiser | CdA
- July 26-28 Hayden Days and Parade | cityofhaydenid.us
- July 26-28 Harrison Old Time Picnic
- July 26-27 Priest River Timber Days
- Aug 1 The CASA Classic Golf Tournament
- Aug 2-4 Downtown Coeur d'Alene Street Fair
- Aug 2-4 Art on the Green | artonthegreencda.com
- Aug 4 Post Falls Sprint Triathlon | postfallsidaho.org
- Aug(?) Night Under the Stars | safestartnw.org
- Aug 10 Coeur d'Alene Triathlon/Duathlon | CdA City Park
- Aug 18 Spokane to Sandpoint Relay
- Aug 16-25 North Idaho Fair | northidahofair.com
- Aug 21 Tesh Benefit Event & Auction @ Settler's Creek
- Sept 14 Boys & Girls Club A Night in Black & White Auction
- Sept(?) Coeur d'Fondo | cdagranfondo.com
- Sept 26 Day of Caring | unitedwayofnorthidaho.org
- Oct(?) Run for the Angels 2024
- Oct 12 Hayden Lake Marathon

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."

INFO

208-620-5250  
myheritagehealth.org

## 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.







## Award Winning Pediatric Care



7600 N. Mineral Dr., Suite 600  
Coeur d'Alene, ID 83815  
(208) 619-8250

[nwsh.com/pediatrics](http://nwsh.com/pediatrics)



# Thank You NORTH IDAHO!

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NONPROFIT END OF LIFE  
CARE AND SUPPORT.**



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OF NORTH IDAHO

SCAN HERE



**WWW.HOSPICEOFNORTHIDAHO.ORG**  
(208) 772-7994



## Free Summer Concerts



**JULY 11: NU JACK CITY**  
(OPENER: SON OF BRAD)

**JULY 18: PAMELA BENTON BAND**  
(OPENER: THE KINDREDS)

**JULY 25: TUXEDO JUNCTION**  
(OPENER: AP COLLECTIVE)

**AUGUST 1: ROCKABILLY SPACEFORCE**  
(OPENER: DAYAN KAI)

**AUGUST 8: MILONGA**  
(OPENER: DAG ZAGGENZ)

**AUGUST 15: JAMES BAND**  
(OPENER: RCA)

**AUGUST 22: SPARE PARTS**  
(OPENER: THE WEDDLE TWINS)

**AUGUST 29: DIEGO ROMERO BAND**  
(OPENER: SHIRAZ)



**LINE-UP COMING SOON AT KOEPCONCERTS.COM**

**Have a Spare Room? Need Affordable Housing?**



**HOMESHARE**  
KOOTENAI COUNTY

Homesharing enables two or more unrelated  
people to share housing for their mutual benefit.

**It's about people helping people!**

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

[info@homesharekc.org](mailto:info@homesharekc.org)

# Summer of Adventure

Wondering how to keep your kids busy and engaged this summer?

Here are a few quick tips:

1. Ask lots of questions. Encourage your kids to participate in conversations by asking them questions like: "Why do you think that happened? What will happen next?"
2. Encourage kids to search for answers. When your children ask you "why?" see if you can work together to figure out what they need to know or do to find the answer.
3. Try something new. Summer is a great time to try new things like reading a new kind of book, tasting a new food or exploring a new park.



4. Just have fun. Summertime comes along only once a year, so make sure to have fun while you're learning.

Find ways to spark curiosity and creativity with FREE hands-on activities, crafts, recipes, and games supporting literacy, math, science, and fun at [pbs.org/parents/summer](https://pbs.org/parents/summer).

Contact North Idaho's IdahoPTV Education Specialist Lenea Pierzchanowski on how to bring educational events and resources to your summer program, event, or library!



INFO

[idahoptv.org](https://idahoptv.org)  
208-912-4485  
[lenea.pierzchanowski@idahoptv.org](mailto:lenea.pierzchanowski@idahoptv.org)



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

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



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under  
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always  
FREE  
with paid  
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[www.jumpforjoycda.com](http://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.cdapedes.com](http://www.cdapedes.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




School's out &  
**FOSTERING**  
is in!





Learn how you can become a foster parent  
by calling 211 or visiting [fosteringidaho.org](http://fosteringidaho.org)

Fostering Idaho  
FOSTER | SERVE | SUPPORT





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[pbs.org/games](http://pbs.org/games)  
[pbs.org/apps](http://pbs.org/apps)

# NORTH IDAHO FAMILY MAGAZINE

## 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!**
- ☐ **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](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 | [200WmullanAvePostFallsIdaho.org](http://200WmullanAvePostFallsIdaho.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 | [civicengagecdac.com](http://civicengagecdac.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 | [shrinershospitalsforchildren.org/spokane](http://shrinershospitalsforchildren.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.

Cherry Hill BMX | 1727 N 15th, Cd'A | [facebook.com/CherryHillBMXtrack](https://facebook.com/CherryHillBMXtrack)  
Christian Youth Theater (CYT) North Idaho | PO Box 3250, CdA | 765-8600 | [cynorthidaho.org](http://cynorthidaho.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 Public Library/ Foundation | 702 E Front Ave, CdA | 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)  
Escrea Equine Facility | 31782 North Caravelle Road, Athol | 208-597-4731  
Express Employment Professionals | 2834 N Ramsey Rd #104, CdA  
667-5627 | [expresspros.com](http://expresspros.com) |  
Idaho Education News | [idahoednews.org](http://idahoednews.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)  
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)  
Music Conservatory of CDA | 627 N. Government Way, Cd'A | 208-551-3933  
[cdaconservatory.org](http://cdaconservatory.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)  
North Idaho Youth Symphony | [niysmusic.org](http://niysmusic.org)  
Northwest Family Network | 721 E Linden Ave #308, CDA  
[facebook.com/northwestfamilynetwork](http://facebook.com/northwestfamilynetwork)  
Pillar of Legacy, LLC | [pillaroflegacy@gmail.com](mailto:pillaroflegacy@gmail.com)  
Positive Possibilities | [facebook.com/groups/positivepossibilities](http://facebook.com/groups/positivepossibilities)  
Renewal by Anderson | [rbawa.com](http://rbawa.com)  
Running Shoes 4 Kids | [facebook.com/runningshoes4kids](http://facebook.com/runningshoes4kids)  
Safesplash + Swimlabs of CdA | [safesplash.com/locations/coeur-d-alene-id](http://safesplash.com/locations/coeur-d-alene-id)  
The Salvation Army Ray & Joan Kroc Community Center | 1765 W Golf Course  
Rd, CdA | [kroccda.org](http://kroccda.org)  
Your Friend Pamela Faye | [friendsofpamela.org](http://friendsofpamela.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)  
Dog N It Hotel & Daycare | 2890 N Govt Way, Cd'A | 676-8868 | [dognitcda.com](http://dognitcda.com)  
Tails Foundation, Inc. | Post Falls | [tailsfoundationinc.com](http://tailsfoundationinc.com)

### 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, SUDP | 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.

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

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