

FREE

Fall
2024

NORTH IDAHO FAMILY

M A G A Z I N E

*Celebrating
25 Years!*



Youth, Technology, & the Internet

plus **Fall Family Bucket List Things to Do!**

Focus on 2025 Graduates!



www.nifamily.com



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

LEAD. IT MIGHT BE IN THE PAINT IN YOUR HOUSE.



The paint in homes built prior to 1978 might contain lead. Flaking and chipping paint could be exposing your children to lead. No amount of lead exposure is safe. Learn about your lead exposure risk. Test your children for lead poisoning. **EDUCATE. TEST. PREVENT.**

Learn more at healthandwelfare.idaho.gov/lead-poisoning



Educate. Test. Prevent.

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

ACKNOWLEDGEMENTS:

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

the Group
North Idaho Family
Scoop

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

Sign up today at www.nifg.org

Welcome!

For over 25 years the North Idaho Family Magazine and its companion website, nifamily.com have provided:

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

North Idaho Family Group:

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

What We Do:

- North Idaho Services Directory (niseservicesdirectory.com) See pg. 22.
- Education Information Center (edinfocentercda.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
- Exposure in The Group Scoop & Social Media
- Inclusion in NIFG collaborations and events

How to Join

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

CONTENTS



Youth, Technology & the Internet

A personal perspective from an expert.








Fall & Winter Calendar

Fundraisers, festivals and fun for the whole family.



Focus on 2025 Graduates

	COMMUNITY	5
	FAMILY	10
	CALENDAR	12
	EDUCATION	14
	HEALTH	16



YOU TALKED. WE LISTENED.

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



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

Join the conversation at
www.communitiesforyouth.org



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



SCAN ME



NORTH IDAHO FAMILY KIDS! MAGAZINE



Cora & Colson
enjoying the seasons



Shelly Z's Grandniece, Nova



We LOVE North Idaho Family Magazine KIDS! - Local kids, doing local activities, having fun, learning, making stuff, etc. We'll feature 2-4 kids in each issue, chosen from social media, messages to [facebook.com/NorthIdahoFamilyMagazine](https://www.facebook.com/NorthIdahoFamilyMagazine), etc.



COMMUNITY

Save the Date!



June 6, 2025
City Park & Beach
Downtown Coeur d'Alene

familydaycda.com



Hands On Activities!



Dancin' Dinos!



Fun for the Whole Family!



The always fabulous Princes & Princesses

2025 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 continues to grow and is one of the highlights for the community, and the spring 2025 event promises to be bigger and better. Contact us for vendor, volunteer, sponsor or organization participation and planning information.

- 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 FACEBOOK: 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
BEST OF 2023
HOSPICE CARE PROVIDER
BUSINESS JOURNAL
OF NORTH IDAHO

Thank You

 **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.HOSPICEOFNORTHIDAHO.ORG

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.





www.HomeShareKC.org

INFO

www.homesharekc.org



Part 1: Youth, Technology, and the Internet – A Personal Perspective

By Darren Laur, Co-Founder of The White Hatter



Recently, I was asked to share my personal views on technology, the internet, and today's youth. In response, I've put together a three-part series of articles to explore some of my thoughts specific to these topics.

With over 25 years of experience in digital literacy and internet safety education, I have closely studied how technology impacts youth and families – as most who follow me know, I look to the good evidence-based peer-reviewed research to help guide my beliefs and teachings when it comes to digital literacy and internet safety education. In today's hyper-connected world, the internet has become more than just a communication tool – it is a core element of youth culture, influencing how young people learn, socialize, and grow. Some adults may willfully choose to overlook this reality, but with these opportunities come significant responsibilities. As adults, whether parents, educators, or policymakers, we must help guide young people through this vast digital landscape together. Youth have valuable insights to offer adults; it's up to us as parents, caregivers, and educators to engage with them and listen.

Technology offers endless possibilities. It has revolutionized how youth access information, allowing them to learn about cultures, sciences, and experiences far beyond their immediate surroundings. The digital world opens doors to creativity, self-expression, and social interaction that previous generations could never have imagined. However, this online

world also brings real risks such as privacy concerns, cyberbullying, misinformation, inappropriate content, toxicity in all its forms, and exploitation – all very real threats that young people can face online. It's not a matter about “if” our kids come across this content, it's more about “when” they do!

I believe that the challenges our kids face shouldn't be addressed by banning, delaying, or heavily restricting technology, as some suggest. Instead, the focus should be on teaching youth how to use it responsibly and safely in a manner that's appropriate for their age and emotional development. Much like we wouldn't throw a teenager behind the wheel of a car without driver's education, we shouldn't let them loose in the online world without equipping them with digital literacy education, critical thinking skills, and access to developmentally age-appropriate technology.

I have found that when adults discuss youth and technology, the conversation often centers around fear. Fear of cyberbullying, fear of online predators, fear of what some call social media addiction, fear of age-inappropriate content. As Dr Candice Odgers, a well respected researcher in the area of teens and their use of technology stated in her most recent article in the Atlantic, “Caregivers are frightened, and people are just trying to do the right thing for young people. No one wants their children exploited online, or to be fed misinformation or sexually explicit

and violent content. Pointing a finger squarely at smartphones and social media offers people common and unlikeable enemies. But we simply do not know that these are the right targets.”

While these fears are extremely valid, they should not dominate our approach to youth, technology, and the internet. Instead, we need to shift our focus from fear to empowerment. By teaching young people how to manage risks, we enable them to embrace the internet as a positive and enriching force in their lives thus building resiliency, especially when outside the home when parents aren't around. Rather than being “threatened” about how our kids are using technology, let's get “challenged” about how we can teach them to use it in a positive rather than a negative way – something we do here at the White Hatter.

One of the biggest mistakes we can make is assuming that technology is inherently harmful or inherently good. The reality is, it's not the technology itself that's the issue, it's how it's used. When young people are educated on digital literacy, online safety, privacy settings, recognizing manipulative content, and understanding how algorithms work, they become informed users who can make informed decisions that protect their well-being.

I believe that in today's onlife world, digital literacy education is an extremely important skillset for youth and teens. It encompasses much more than just knowing how to use a smartphone or navigate a social media app. True digital literacy involves understanding the ethical and practical implications of online behavior, recognizing the potential impact of one's digital dossier, and being able to critically assess the reliability of online information.

Social media is often painted as a space where youth are vulnerable to harmful content. But with proper education, young people can learn to discern between real and manipulated images, recognize misinformation, and develop healthy online habits that protect them from this harmful content and support their mental health in their use of technology. This shift from passive consumers to active participants in their digital experience is key to building a healthier relationship with technology.

One issue I frequently encounter in my work with parents is what U.S. lawyer Dorrian Horsey calls the “arrogance of disbelief.” Many parents believe that because they have raised “good kids,” their children are immune to the dangers of the internet. This belief, while well-intentioned, can place youth at greater risk. The truth – online risks don't discriminate based on how “good” a child is. Predators, scammers, and exploitative forces prey on youth indiscriminately, exploiting their natural curiosity, desire for validation, and limited life experience – digital literacy education, combined with parent involvement, can act as the shield to help blunt these challenges.

Parents need to understand that no child is invincible in the onlife world. A proactive approach, built on open communication and trust, is far more effective than a reactive or fearful one such as delaying all technology until a certain age or covertly spying on what your kids are doing online. Encouraging dialogue about online experiences, setting realistic expectations, and teaching youth to navigate the internet as critically as they do the physical world can protect them from harm – it's not about “no” tech, it's all about “know” tech.

Parents, caregivers, and educators are crucial in helping youth develop healthy relationships with technology. The goal should not be to demonize the internet, technology, or restrict its use, but instead foster resilience and adaptability in young people. By embracing technology as a part of their lives, we can guide youth toward making safer and informed choices that allow them to thrive online, again building resiliency. When we share our concerns with our kids about their onlife world, we should do so in a way that ties into where they are today and is relevant to their life and appeals to their intelligence and experience. This will help them make good onlife decisions.

We must also model good behavior ourselves whether that's respecting privacy, engaging thoughtfully on social media, or being conscious of our screen use. If youth see us using technology responsibly, they are more likely to follow suit – I truly believe that we parents and caregivers are the best role models when it comes to the use of technology.

The internet and the technology to access it is here to stay, and it will only continue to evolve – case in point, the transformative development of artificial intelligence (AI). As it does, so too must our approach to guiding youth through its complexities. Rather than focusing on controlling or fearing technology, let's get challenged and focus on educating, empowering, and equipping young people with the skills they need to succeed in an increasingly digital world in a developmentally age-appropriate way. By doing so, we will help them become not just passive users but savvy, responsible, resilient, and thoughtful participants in today's onlife world.

My personal perspective – just saying!



Darren Laur, Co-Founder of The White Hatter, has dedicated his life to ensuring public safety, with over 30 years of experience in law enforcement. He retired as a highly regarded Staff Sergeant from the Victoria City Police Department in British Columbia, Canada. Darren's expertise in law enforcement encompasses a specialization in online Open-Source Intelligence (OSINT) collection and investigational techniques, backed by seven OSINT certifications.

Contact: whitehatter.ca or youtube.com/TheWhiteHatter



THE *Ultimate* FALL Bucket List for families

- ♡ TAKE A HAYRIDE
- ♡ GO PUMPKIN PICKING
- ♡ ESCAPE A CORN MAZE
- ♡ CARVE A PUMPKIN TOGETHER
- ♡ ROAST PUMPKIN SEEDS
- ♡ GO BACK-TO-SCHOOL SHOPPING
- ♡ HAVE A BONFIRE
- ♡ ROAST MARSHMALLOWS
- ♡ MAKE S'MORES
- ♡ GO ON A FALL NATURE WALK
- ♡ COLLECT LEAVES TO MAKE CRAYON IMPRINT
- ♡ GO APPLE PICKING
- ♡ JUMP IN A BIG PILE OF LEAVES
- ♡ MAKE AN APPLE PIE TOGETHER
- ♡ TRY A NEW PUMPKIN RECIPE
- ♡ PAINT PUMPKINS
- ♡ MAKE A FALL WREATH TOGETHER
- ♡ MAKE YOUR OWN COORDINATED FAMILY HALLOWEEN COSTUMES
- ♡ TRY A LEAF CRAFT
- ♡ DRINK APPLE CIDER
- ♡ HAVE A FAMILY TOUCH FOOTBALL GAME
- ♡ WATCH HOCUS POCUS TOGETHER
- ♡ GO TRICK-OR-TREATING
- ♡ TELL SCARY STORIES
- ♡ TAKE A SCENIC FALL DRIVE
- ♡ MAKE CANDY APPLES
- ♡ VISIT A FARMER'S MARKET
- ♡ HALLOWEEN MOVIE MARATHON
- ♡ ARCHERY OR LAZER TAG TOGETHER
- ♡ WEAR MATCHING FLANNELS
- ♡ SPOT BIRDS FLYING SOUTH FOR WINTER
- ♡ TURN BACK CLOCKS DLS DAY
- ♡ MAKE PUMPKIN BREAD
- ♡ MAKE GRANOLA OR TRAIL MIX
- ♡ FINISH A +100 PIECE PUZZLE

- ♡ EAT APPLE FRITTERS
- ♡ HAVE A FALL SCAVENGER HUNT
- ♡ GO TO A FALL FESTIVAL OR STREET FAIR
- ♡ MAKE SOUP TOGETHER
- ♡ LEARN TO KNIT A SCARF
- ♡ MAKE YOUR OWN SCENTED CANDLES
- ♡ GO FOR AN AUTUMN HIKE
- ♡ MAKE NOTES FOR EACH OTHER ABOUT WHAT YOU'RE MOST THANKFUL FOR
- ♡ PICK A FAMILY NOVEL FOR NIGHTLY READING CUDDLED IN A BLANKET
- ♡ TAKE AUTUMN THEMED FAMILY PHOTOS
- ♡ WATCH THE SUNSET OVER COLOURFUL TREES
- ♡ COLLECT AND PAINT ACORNS
- ♡ BUILD A COSY FORT WITH PILLOWS AND BLANKETS
- ♡ GO HORSEBACK RIDING
- ♡ HAVE AN APPLE BOBBING CONTEST
- ♡ HAVE A FALL PICNIC AT THE PARK
- ♡ COOK A FAMILY MEAL TOGETHER
- ♡ PLAY A BOARD GAME
- ♡ MAKE A SCARECROW
- ♡ HAVE A FAMILY GAME NIGHT

- ♡ MAKE A HEARTY STEW 
- ♡ MAKE CHILI
- ♡ VISIT AN ORCHARD
- ♡ MAKE A CORNUCOPIA CENTERPIECE
- ♡ ATTEND A FALL HARVEST FESTIVAL
- ♡ START A NEW FALL TV SERIES AS A FAMILY
- ♡ LEARN ABOUT ORIGIN OF HALLOWEEN
- ♡ HAVE A HARRY POTTER MARATHON (MOVIE OR BOOKS)
- ♡ COOK A TURKEY
- ♡ MAKE A DONATION TO A FOOD BANK
- ♡ VISIT A HAUNTED HOUSE
- ♡ VISIT A CABIN OR COTTAGE
- ♡ MAKE PINE CONE BIRD FEEDERS
- ♡ TRY A NEW PUMPKIN SPICE RECIPE
- ♡ MAKE APPLE CHIPS





AT A GLANCE ...

MEN'S GRIEF SUPPORT GROUP

3rd Tuesday, 3:30-5pm

In a society that often discourages men from openly discussing their emotions, this group provides a much-needed platform for sharing stories, offering support, and building resilience. It helps break down the stigma surrounding male grief, fostering emotional well-being and strengthening community relationships. No one should have to grieve alone; for many men, support groups offer a vital lifeline on their journey toward healing.

By providing tools to process grief in a healthy and supportive environment, our men's grief support group is not just important—it is essential.

Registration Required:

Please email griefsupport@honi.org or call (208) 772-7994 to register.

LEAF FEST WILL BEGIN ON NOVEMBER 12

More info on Page 16 of this issue or visit cdaid.org/leafpickup.

MEMBER SPOTLIGHT

Children's Village has grown into Canopy Village: Youth & Family Services.

Since the 1980's, their mission has remained unchanged. They are a trauma

responsive safe haven, restoring trust and hope for children and families who experience abuse, neglect, or are in crisis. Their Vision: compassionate communities where every child feels safe, secure, and is nurtured in a stable and loving family.



FAMILIES ON SNAP OR MEDICAID

Did you know families who are enrolled in Medicaid and SNAP are automatically eligible for WIC?

Don't wait to get started! Learn more and discover a WIC clinic near you by visiting www.signupwic.com.

Visit nifg.org to get more info & join the North Idaho Family Group!

THANK YOU! Family Day 2024 Sponsor:



A NEW AND GENTLY USED CHILDREN'S CLOTHING STORE



WE BUY AND SELL NEW & GENTLY USED:
CLOTHING ♥ TOYS ♥ BABY EQUIPMENT



"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. 3RD ST. CDA, IDAHO

FAMILY & LOCALLY OWNED AND OPERATED

Just South of I90 off the 4th Street exit.



Fall & Winter Fundraisers, Festivals & Fun

- | | | | |
|---------------|---|--------------|--|
| September 7 | Tails at Twilight
COMPANION'S ANIMAL CENTER
companionsanimalcenter.org | November 14 | Flannel Fest Red Kettle Gala
BEST WESTERN CDA INN
https://kroccda.org/kroc-cda/flannelfest |
| September 22 | NAACP Freedom Fund Gala
ALT'S COPPERHOUSE
kootenaicountynaacp.org | November 16 | EXCEL Foundation Big Event
BEST WESTERN CDA INN
excelandfoundation.org/annual-big-event |
| September 26 | Day of Caring
NORTH IDAHO
uwnorthidaho.org | Nov 29 | Christmas Parade & Lighting Ceremony
DOWNTOWN CDA
Lighted Christmas Parade, carols, and fireworks followed by the lighting of over 1.5 million lights to kick off the holiday season. |
| October 3 | Souport the End of Homelessness
ST. VINCENT DE PAUL CDA BENEFIT
KOOTANAI FAIRGROUNDS | Nov 29-30 | Kootenai Health Foundation's Festival of Trees
VARIOUS LOCATIONS & EVENTS
kootenaihealthfoundation.org |
| October 10 | CDAIDE 2023 Chef Challenge
HAGADONE EVENT CENTER
cdaide.org | December 6-7 | Hayden Christmas Market
MCINTIRE FAMILY PARK |
| October 11-12 | Think Big Festival
innovationcollective.co | December 7 | Kootenai Farmers Market - Winter Market
KOOTENAI COUNTY FAIRGROUNDS |
| October 12 | Hayden Lake Marathon
haydenlakemarathon.org | December 10 | Human Rights Day
HUMAN RIGHTS EDUCATION INSTITUTE |
| October 13 | Run for the Angels 5K and Family Fun Event
RIVERSTONE PARK, CDA
safestartnw.org | January 1 | Hangover Handicap Fun Run
TESH INC - ATLAS WATERFRONT PARK/RIVERSTONE |
| October 16 | EnVISION a community free from violence! - benefit for Safe Passage ID
safepassageid.org/events | January 18 | Mac & Cheese Festival
DOWNTOWN COEUR D'ALENE |
| October 16 | Unity Day
HUMAN RIGHTS EDUCATION INSTITUTE
hrei.org | February 8 | The Chocolate Affair
DOWNTOWN COEUR D'ALENE |
| October 19 | Fall Fest, Applepalooza
DOWNTOWN COEUR D'ALENE | | |
| October 19 | Harvest Festival
MUSEUM OF NORTH IDAHO | | |
| October 24 | CASA Un-Corked Benefit
HAGADONE EVENT CENTER
northidahocasa.com | | |
| October 25-26 | 3C's Craft Show
KOOTENAI FAIRGROUNDS | | |
| Oct 19 & 26th | Halloweekends @ Silver Mountain
silvermt.com/upcoming-events/details/halloweekends | | |
| November 5 | VOTE!!! | | |
| November 9 | SARS Ski Swap
BONNER COUNTY FAIRGROUNDS
sars.snowportal.com/fundraising/ski-swap | | |

Harvest & Holiday Fun

Scarywood Haunted Nights

Sept 27-Oct 26. Online ticket sales only.

Prairie Home Farm

Wed & Sat in October (other days available for field trips, barn rental, birthday parties)

Holiday Light Show Cruise to the North Pole

November 15 - January 2



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 16: 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. Visit: www.artsandculturecda.org/arts-buzz-1

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



CLASS OF 2025

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. 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 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
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 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.



When

TRADITIONAL TEACHING ISN'T WORKING

LOCATED IN
POST FALLS, ID



ENROLL NOW

208.262.9730 wired2learn.org

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



This institution is an equal opportunity provider.



PEACE & JOY

SCHOOL OF LIFE

Introduced by Alain de Botton
THE SCHOOL OF LIFE
An Emotional Education



Alain de Botton's School of Life offers a refreshing, compassionate approach to understanding ourselves and others, serving as a gentle reminder to extend grace—to ourselves and those around us. With its deep exploration of philosophy, psychology, and personal development, the program encourages emotional intelligence and self-awareness, reminding us that kindness and understanding are essential for navigating life's complexities.

One of the most striking elements of School of Life is its invitation to reconsider how we judge ourselves and others. Often, we carry harsh, critical inner voices or project unrealistic expectations onto those around us. De Botton urges us to recognize that everyone is navigating their own emotional challenges. By acknowledging our shared struggles, we are encouraged to approach others with empathy, seeing not just their actions but the unseen battles they may be fighting. This shift in perspective

invites us to let go of unnecessary judgments and offer more understanding, even in moments of frustration or disappointment.

Equally important is the grace School of Life helps us extend to ourselves. Many of the lessons gently remind us that it is okay to be flawed, to fail, or to feel lost at times. De Botton's tone is never harsh or prescriptive, but rather warm, conversational, and infused with humor. This makes even difficult subjects like insecurity, vulnerability, and emotional pain feel more approachable, offering a sense of solidarity in our shared human experience.

Ultimately, School of Life is not just a resource for self-improvement, but a call for collective emotional well-being. It reminds us that relationships, work, and personal fulfillment all benefit from empathy, patience, and grace. In a world that often prizes perfection, School of Life offers a comforting, much-needed antidote—an invitation to be kinder to ourselves and others as we navigate the ups and downs of life.

Shelly Zollman - North Idaho Family Group



Nurturing Resilience in Students: A Teacher’s Perspective on Addressing World Issues

One of the greatest issues we face as educators and parents is how to guide students through complex global topics. At ITCA, we emphasize the importance of critical thinking and media literacy. Teaching students to be critical thinkers and seek diverse perspectives helps equip them with the skills to differentiate credible sources from potentially misleading ones. This not only fosters a deeper understanding of current events but also cultivates a sense of responsibility both in consuming and sharing such information.

Technology enables everyone to share their own stories, almost making anyone a “journalist.” But true journalism is a profession that demands rigorous education and practice to ensure accuracy and authenticity. We guide our students to approach information with a healthy dose of skepticism, emphasizing that not everything they encounter online is necessarily true.

As you spend time with your student, consider how the conversations they overhear can shape their worldview — both positively and negatively. Invite your child to have conversations with you and other family members and help them to feel empowered to ask questions. When having these conversations, consider these points:

- When it comes to current world events, promoting open, respectful discussion is paramount. My team at ITCA encourages a thoughtful and empathetic environment where students learn to respect diverse opinions. Discussing current issues by encouraging open dialogue enables our students to engage in meaningful conversations.
- Look at history before forming an opinion. For example, if one studies the First and Second World Wars, one can see how different events and outcomes have shaped things geographically and politically and set the stage for where we are today.
- Ask questions, lots of questions. It’s good to ask questions, learn and form one’s own opinions. We encourage students to be active learners who gather as much information as one can about a topic or situation.

Having these discussions with your children provides them with support that fosters resilience and helps them navigate the emotional challenges that are often tied to current events.

By Kristi Granier, Counselor, Idaho Technical Career Academy. Granier has 13 years of experience as a college advisor and high school counselor and is committed to equipping students for life after high school. Her work centers on offering valuable opportunities and delivering both academic and personal support. Through her involvement with ITCA, she has been able to connect with students across all regions of Idaho.



Leaf Fest 2024

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.

Tuesday, November 12th marks the start of the Coeur d’Alene’s annual leaf pick-up program. **Please keep leaves on your property until Friday, 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 in early December. **Follow their progress on cdaid.org/leafpickup.**

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.



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.



Kootenai Forever Fund Keeping Generosity Local

YOUR COMMUNITY FOUNDATION IN NORTH IDAHO

\$20+ MILLION

Awarded in 3,700 grants to

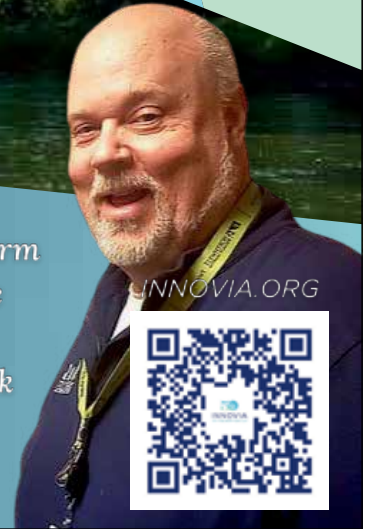
500 NONPROFITS

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*



INNNOVIA.ORG



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

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



**Kids
under
2 are
always
FREE
with paid
sibling**

RENTALS NOW AVAILABLE

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

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



Coeur d'Alene Pediatrics

Pediatrics • Adolescent Medicine

New Patients Welcome

We Specialize in Pediatric and Adolescent Care.



Check out our Online Patient Services at

www.cdapeds.com



Evening and Saturday Clinic Available

3 Locations to serve you!

700 W. Ironwood Dr, Coeur d'Alene – 667-0585
1300 E. Mullan Ave, Post Falls – 777-1330
9095 N. Hess St, Hayden – 772-8940



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



Visit Us Online

PrairieFamilyMed.com/accepting-new-patients-n-idaho-fam/

WE'RE HERE FOR WHAT MATTERS MOST

Comprehensive Care for You and Your Family

At Prairie Family Medicine, located in Coeur d'Alene, Idaho, it is our goal to provide you and your family with the best care at all stages of your life. With over 80 years of combined experience, we are well-equipped to provide our patients with the highest quality and most comprehensive care possible.

Our Services



Family Medicine



Internal Medicine

Now Accepting New Patients!

Call Today! ☎ (208) 209-0288

📍 1130 W. Prairie Avenue Coeur d'Alene, ID 83815



Scan QR Code

NORTH IDAHO FAMILY MAGAZINE

Distribution:

Counter & rack locations, schools and member organizations throughout Kootenai County.

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	SOLD
1700	1500	1300
1500	1350	1200
800	700	600
500	475	450
300	275	250

Rates include standard production. Additional fees for unusual production.

Big changes for Heritage Health on the way

“We’re thrilled to announce a significant milestone in the growth journey of Heritage Health,” says Baker. “As part of our sustained commitment to healthcare excellence, we’re embarking on a major expansion project that will transform the delivery of healthcare in our region.

“This consolidation allows us to offer a broader range of services under one roof, enhancing our commitment to providing comprehensive, patient-centered care.”

The new center will house various health divisions, including therapy, recovery services, and NBS. Behavioral Health Services is scheduled to begin moving into the remodeled building in early December through mid-January. Heritage Health will hold an open house in March of 2025.

Medical services, including pediatrics, dental and pharmacy, is expected to move into the Center for Healthy Living in 2026.

“As we innovate and enhance healthcare delivery in Idaho, our new facilities will serve the specific needs of our community and elevate patient care,” said Baker. “During this transformation, we’re fully committed to supporting our dedicated teams and ensuring continuity of care for our patients. We’re also mindful of the impact of this project on our local environment and community, taking substantial measures to minimize any disruptions during the construction and operational phases.”

Heritage Health was founded in 1985 by Lidwin Dirne, a community advocate. The nonprofit has changed names several times during its lifetime and it became a federally qualified community health center in 2004.

Heritage Health currently has 12 clinic locations in Coeur d’Alene, Post Falls, Rathdrum, Kellogg and St. Maries.



INFO

208-620-5250
myheritagehealth.org



ACCEPTING NEW PATIENTS

- Medical
- Dental
- Therapy Services
- Recovery Services

208.620.5250 | myHeritageHealth.org

Clinic Locations

Coeur d’Alene | Post Falls | Rathdrum | Kellogg | St. Maries



Follow Us



Holiday Crafts & Recipes

Beaded Corn Craft

MATERIALS

- Tan Pipe Cleaners (4)
- Pony Beads

NOTE: Place your pony beads into a bowl to keep them within easy reach while beading your pipe cleaners.

INSTRUCTIONS

- First, twist the pipe cleaners together in the center and fan out.
- Bead each piece, leaving about 2" unbeaded at the ends
- Fold the spokes up, and twist the ends of the pipe cleaners together to create the corn husk.
- Adjust the beaded pieces until they look like corn. Voila!

<https://www.happinessishomemade.net/beaded-corn-craft/>



Grinch Fruit Kabobs

Here's a (mostly) healthy treat that the kids can help make for your holiday party or after-school treats!

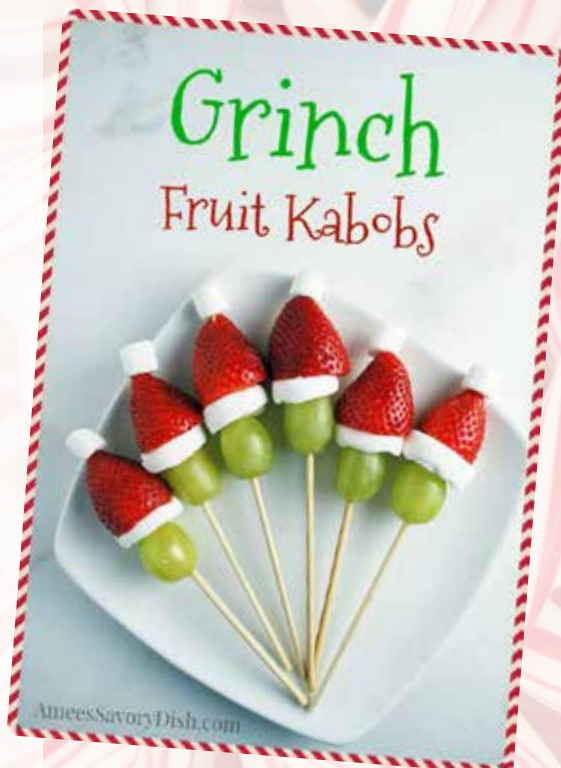
INGREDIENTS

- 8 large marshmallows
- 24 mini marshmallows
- 2 pints fresh strawberries 24 large strawberries
- 24 green grapes rinsed and patted dry
- 24 wooden kabob skewers
- *optional: tube of chocolate frosting or edible marker for making faces

DIRECTIONS

- Thread a grape onto the kabob skewer
- Cut a large marshmallow into thirds with kitchen scissors
- Slide a slice of marshmallow onto the stick
- Slice the top off a strawberry and thread onto the skewer (large side first)
- Top with mini marshmallow
- Serve plain or decorate with frosting.

Source: <https://ameessavorydish.com/grinch-fruit-kabobs/>



MEMBER DIRECTORY

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

Child/Youth - Services/Support

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

Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave, CdA | 292-2359 | hrei.org
Civic Engagement Alliance | 414 Mullan Ave, CdA | 274-3426 | civicengagecda.com

Crisis Intervention

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

Education - Adult

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

Education - Child

Cd'A School #271 | 1400 N Northwood Center Ct, CdA | cdaschools.org
Emerge CDA | 119 N 2nd Street, CdA | emergecda.com
Emerged Learning: Academic Enrichment | emerge-learn.com
GeoKids | 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
Lake City Figure Skating / Frontier Ice Arena | 3525 W Seltice Way | CdA | 603-667-7178 | lakecityfigureskating.org
Lake City Highland Dance Inc. | 4672 Magrath Dr, CdA | 619-9278 | lakecityhighlanddance.com

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

Family Services

Family Promise of North Idaho | 501 E Wallace Ave, CdA | 777-4190 | familypromiseni.org

Government

2-1-1 Idaho CareLine | PO Box 83720 | Boise | 800-926-2588 | idahocareline.org
Coeur d'Alene Parks Department | 710 E Mullan Ave, CdA | 769-2252 | 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 | icwrctc.org
Idaho SHIBA / Idaho Department of Insurance | doi.idaho.gov

Healthcare

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

Healthcare - Mental

Northern Idaho Crisis Center | 2195 Ironwood Court, #D, CdA 625-4884 | 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
Coeur d'Alene Arts & Cultural Alliance | 105 N 1st St #100, CdA | 292-1629 | artsandculturecda.org
Coeur Climbing Company | 764 Clearwater Loop Rd #101, Post Falls | 777-9253 | coeurclimbing.com
Coeur d'Alene Library Foundation | 702 E Front Ave, CdA | 769-2315 | cdalibrary.org
Coeur d'Alene Public Library | 702 E Front Ave, CdA | 208-769-2315 | cdalibrary.org

Coeur d'Alene Summer Theatre | 4951 Building Center Dr #105, CdA
660-2958 | cdasummertheatre.com

Community Library Network | Athol, Harrison, Hayden, Pinehurst, Post Falls, Rathdrum, Spirit Lake | communitylibrary.net

Destiny King Productions | Destinykingpro.com

DogNIt Hotel & Daycare | 2890 N Government Way, CdA | dognit-daycare-kennel.business.site

Elite Auction | 640-7449 | eliteauctioninc.com

Express Employment Professionals | 2834 N Ramsey Rd #104, CdA
667-5627 expresspros.com |

Idaho Education News | idahoednews.org

Idaho Public Television | idahoptv.org

Innovia Foundation | innovia.org

Jump for Joy | 250 W Dalton Ave, CdA | 664-5200 | jumpforjoycda.com

LeafFilter Gutter Protection | LeafFilter.com

LeafGuard of Spokane | 11407 E Montgomery, Spokane Valley | leafguard.com

Momentum Sports and Play | 245 W Bosanko Ave Ste 1, CdA | 966-4535
momentumsportsandplay.com

Museum of North Idaho | 115 NW Blvd, CdA | 664-3448 | museumni.org

NIBCA Education Committee | nibca.com

North Idaho Sports Commission | PO Box 391, CdA | 503-740-9946
nisportscommission.org

Northwest Family Network | 721 E Linden Ave #308, CDA
facebook.com/northwestfamilynetwork

Northwest Health & Safety Network | 1424 E Sherman Ave, CdA |
northwesthsn@gmail.com

Pillar of Legacy, LLC | pillaroflegacy@gmail.com

Positive Possibilities | facebook.com/groups/positivepossibilities

Renewal by Anderson | rbawa.com

Running Shoes 4 Kids | facebook.com/runningshoes4kids

Safesplash + Swimlabs of CdA | safesplash.com/locations/coeur-d-alene-id

The Salvation Army Ray & Joan Kroc Community Center | 1765 W Golf Course Rd, CdA | kroccda.org

Religious/Fraternal

First Presbyterian Church | 521 E Lakeside Ave, CdA | 667-8446
1stpresdowntown.org

Heart of the City Church | 722 W Kathleen, CdA | 665-7808 | theheartcda.com

Lutherhaven Ministries | 3258 W Lutherhaven Rd, CdA | 667-3459 |
lutherhaven.com

The Vine Church | 9140 N Reed Rd, Hayden | 449-2080 |
thevineidaho.org

Pet & Animal Services

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

Senior Services

Adult Protection Services | 2120 Lakewood Dr. #B, CdA | 667-3179

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

North Idaho Home Health | lhcgroup.com/locations/north-idaho-home-health

Onsite4Seniors | 967-4771 | onsite4seniors.org

Social Services

CAP Community Action Partnership Food Bank | 4144 Industrial Ave #E, CdA
664-8757 | cap4action.org

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

Idaho Dept. of Health & Welfare | 1120 Ironwood Drive, CdA
healthandwelfare.idaho.gov

St Vincent de Paul | 201 E. Harrison Ave, CdA | 664-3095
stvincentdepaulcda.org

Union Gospel Mission Center for Women & Children | 196 W Haycraft Ave, CdA
665-4673 | uniongospelmission.org

United Way of North Idaho | 501 E. Lakeside Ave #3, CdA | 667-8112
unitedwayofnorthidaho.org

Special Needs

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

Substance Abuse-Recovery/Prevention

Al-Anon | CdA | 676-0549 | al-anon-idaho.org

Alcoholics Anonymous | 118 N 7th St #B5, CdA | 667-4633 | aa.org

Idaho Drug Free Youth | 2028 Best Ave, CdA | 664-4339
idahodrugfreeyouth.org

Kootenai Recovery Community Center | 120 E Anton Ave, CdA | 932-8005 |
kootenairecovery.org

Support Networks/Groups

Operation Second Chance | operationsecondchance.org

Disability Action Center | dacnw.org

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

Reentry Idaho | 900-9075 | reentryidaho.org

Your Friend Pamela Faye Concert Support | friendsofpamela.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

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!

THRIVE

AT A SMALL COLLEGE

LC State is Idaho's only four-year institution that offers a small-school experience at an affordable public school price.

SIX reasons you'll reach your **FULL POTENTIAL** at LC State

- 1 You won't get lost in the crowd.
- 2 You'll feel comfortable on campus.
- 3 Faculty and staff will know your name.
- 4 You'll be guided from class to career.
- 5 You'll pay less and get more.
- 6 We have great programs.

Lewiston • Coeur d'Alene • Online

LEWIS  **CLARK**
STATE COLLEGE

