

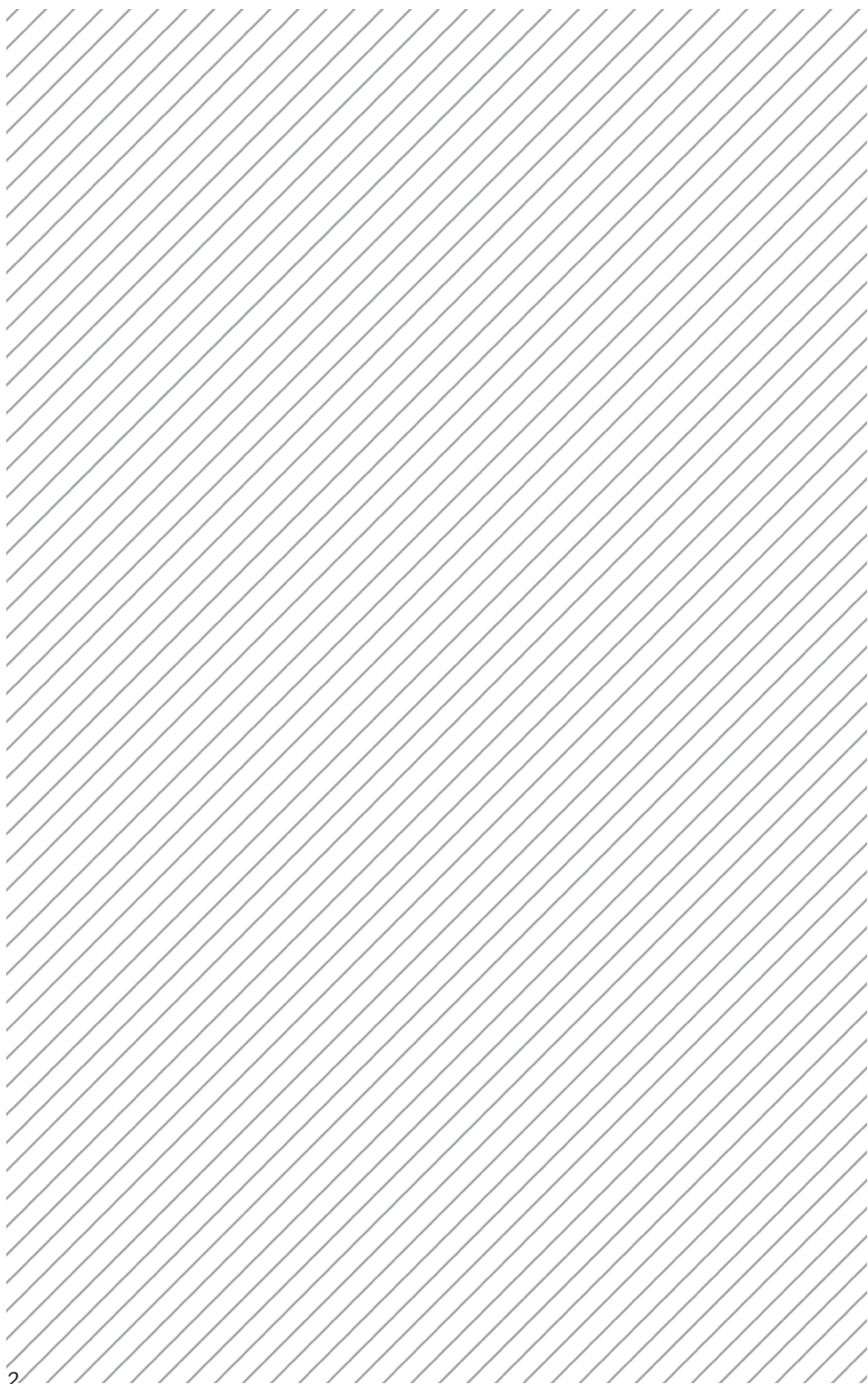
COUNSELING & COMMUNITY

Resource

GUIDE



REAL LIFE
PASTORAL CARE



COUNSELING & COMMUNITY *Resource* GUIDE

We all have defining moments in our lives: challenging circumstances, relational pain, transitional seasons, etc. If you are walking through a difficult place or season, our Pastoral Care Ministry is able to offer biblical guidance and counsel. In many cases, professional counseling is the best option. We can assist you in finding the best fit for you on your journey to gaining health and healing.

This booklet contains counseling and resource recommendations for Crisis Resources, Community Resources, and Real Life Ministries Resources. If you are unsure what your next step should be, or if you are having trouble choosing a resource contact us to make an appointment:

Pastor Sean Fryling
208-777-7325 ext. 7178



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For a full list of resources in Kootenai County visit:
www.niservicesdirectory.com

CRISIS RESOURCES

National Suicide & Mental Health Hotline 988

Idaho Suicide Prevention Hotline 988 or
208-398-4357

Kootenai Health Emergency Room 208-625-5700
📍 2003 Kootenai Health Way, CDA, ID 83814

Kootenai County Law Enforcement (*non-Emergency Numbers*)

CDA Police 208-769-2320

Kootenai County Police 208-446-1300

Post Falls Police 208-773-3517

Mobile Response (*Behavioral Health*) 988

North Idaho Crisis Center (*24 Hour*) 208-625-4884
📍 2195 Ironwood Ct. Ste D, CDA, ID, 83814

OASIS Post Falls Police (*24 Hour*) 208-773-1080
Crisis Hotline Domestic Violence Crisis

Safe Passage Violence Prevention Center 208-664-9303
(Women's Center) 24 Hour Hotline

Union Gospel Mission – Spokane 509-535-0486
Crisis Shelter for Women & Children
📍 1515 E. Illinois Ave., Spokane, WA 99027

CRISIS RESOURCES

Union Gospel Mission - Coeur d' Alene

208-665-4673

Center for Women & Children

 196 W Haycraft Ave., CDA, ID 83814

Veterans Crisis Line (24 Hour) Hotline

1-800-273-8255

ARMS

1-509-484-0600

(Abuse Recovery Ministry Services)

 abusercovery.org

Open Arms Pregnancy Clinic

208-667-5433

COMMUNITY RESOURCES

The Guardians Foundation, Inc

208-449-1210

Veterans helping veterans. Assists military veterans and their families primarily with homelessness, but also with food, clothing, household items, counseling referrals, education & job opportunities, and unexpected expenses.

✉ mstheguardians@gmail.com

💻 theguardiansfoundation.org

Newby-ginnings of North Idaho, Inc.

208-610-6996

Basic Necessities and essential household items for veterans, active military, and their families.

💻 newbyginnings.org

📍 570 S Clearwater LP unit A, Post Falls, ID

St. Vincent de Paul- Veterans Services

208-664-3095

💻 stvincentdepaulcda.org/social-services/veterans-services/

📍 201 E. Harrison Ave., CDA, ID

ICARE: Parenting Classes in the Community

208-676-1515

✉ Melanie@stvincentdepaulcda.org

💻 icareforchildren.org

📍 201 E Harrison Ave., CDA, ID

Attorneys Northwest Inc.

A 501(c)(3) Idaho Non-Profit Law Firm

Eric Smith

208-667-2000,

Virginia Robinson

208-292-3934

💻 attorneysnw.com

📍 1900 NW Blvd. Ste 106, CDA, ID

REAL LIFE MINISTRIES RESOURCES

Community Assistance

Post Falls Campus: Tuesday, Wednesday, Thursday 10am-12pm

For food assistance please call between 10am-12pm to set up your appointment. Financial Assistance (rent, minor medical, utilities) Please arrive by 9:45am, as space is limited. Bring your photo ID and a copy of your bill/medical agreement. Located in the lobby of Building 1.

 Steve Abell 208-777-8600

 Kristi Biddle 208-777-8600

Job Club

Post Falls Campus: Tue, Wed & Thurs, 10 am - 12 pm.

Includes job search assistance and resume coaching. Located in the lobby of Building 1.

Re:Generation/Purity

Drug and alcohol addictions, Sexual addictions, PTSD and Combat trauma, Eating disorders, and Co-dependence

 Post Falls Campus - Tuesdays - Large Group Meetings


 Coeur d'Alene Campus - Mondays - Large Group Meetings

For information on small groups


 reallifeministries.com/pfcarerecovery

 Myles Devlin, PF Campus 208-651-0417

 Lorie Weiss, PF Campus 509-280-1369

 Mike Nicassio, PF Campus 208-964-6508

 reallifeministries.com/cdarecovery

 Dave Sayers, CDA Campus 208-664-4238

REAL LIFE MINISTRIES RESOURCES

Jail Ministry


208-651-0417

 Myles Devlin, PF Campus

Divorce Care, Grief Share

 Sean Fryling: sfryling@reallifeministries.com

Marriage, Family & Parenting Classes *(Marriage Mentoring available)*

 Jeani Waco

208-777-7325

 reallifeministries.com/classes

Women's Genesis Process Groups

 Real Life Ministries


208-777-7325

COUNSELING RESOURCES

AJI Counseling

Substance Abuse, Prevention & Education

208-699-1450

 218 N. 23rd St., CDA, ID 83814

Alongside Services

Faith based Counseling for Recovery, Women, Children, Marriage & Family

 Leslie Guttromson


208-640-6777


Ascent Counseling, LLC

208-762-8777

Addiction-State Licensed Approved Facility for all Substance Abuse, Disorder, Evaluations and Treatment. Mental, Physical & Emotional Health. Marriage & Family

Marie Phillipson

 ascentcda.com

 8382 N Wayne Dr, Suite 201, Hayden, ID 83835

Center for Biblical Counseling

 Mark Hardy

208-755-9290

Marriage and Family

 1220 Idaho St., PF, ID 83854

COUNSELING RESOURCES

Consider Hope

📞 Candy Joubert

509-798-3139

Women, marriage & family, trauma, EMDR

considerhope.com

DKK Counseling

📞 Deborah K Krajcir, LCPC

208-964-5522

Counseling & Consulting for: Children, Grief, Marriage &

Family, Women

✉ dkkcounseling@gmail.com

📍 1810 Schneidmiller Ave. Ste 101-A, PF, ID 83854

Selah Counseling, LLC

📞 Rob Wheeler LCSW

208-755-3247

Marriage, Individual and Grief Recovery

📍 Coeur d'Alene, Idaho

Koep Counseling, PLLC

📞 Beth Koep LCSW

208-755-6450

Trauma, personality disorders, emotion dysregulation, Bi-polar, anxiety, depression, and grief. (Ages 14+)

Coeur d'Alene, Idaho

COUNSELING RESOURCES

Michele Robison , PHD – Psychologist

208-449-5183

949-433-4844

Depression, Anxiety, Adolescents, Young adults, Family

✉ michele@michelerobison.com

💻 michelerobison.com

📍 1250 Ironwood Drive Suite 303, CDA, ID 83814

Nathan Berghost MA,LMFT,LBT

209-573-1883

Depression, Anxiety, Marriage & Family

✉ NathanJVN@aol.com

💻 christianmarriageandfamilytherapist.com

📍 2115 E. Sherman Ave., CDA, ID 83814

North Idaho Counseling Center

951-751-7175

First Responders & Military Personnel

✉ Nicole Nestor-Gray MA,LMFT

💻 nicolefamilytherapist.com

📍 8596 N. Wayne Dr., Hayden, ID 83835

North Lakes Family Center

👤 Cathi Marceau

208-664-5941

Marriage and Family Therapist

📍 661 E Lakeside Ave., CDA, ID 83814

Ray Smith, Dr.

509-466-6632


Marriage, Family, Anxiety, Depression, PTSD

💻 healthy counseling.com

📍 Telehealth Only

COUNSELING RESOURCES

Restart Counseling, PLLC

 Angela Holland M.S.

208-930-4383

Co-occurring Bipolar and Recovery Issues, Anxiety, Depression, Marriage and Family

 1625 N. 4th St. Ste. 102C, CDA, ID 83814

Spokane Christian Counseling

509-209-8961


 Rikki Miller

509-242-7302

Children and Adolescences

 rikkim@spokanechristiancounseling.com


 spokanechristiancounseling.com

 2426 S. Dishman Mica Rd. Spokane Valley, WA 99206


Tim Tyler, Pastor

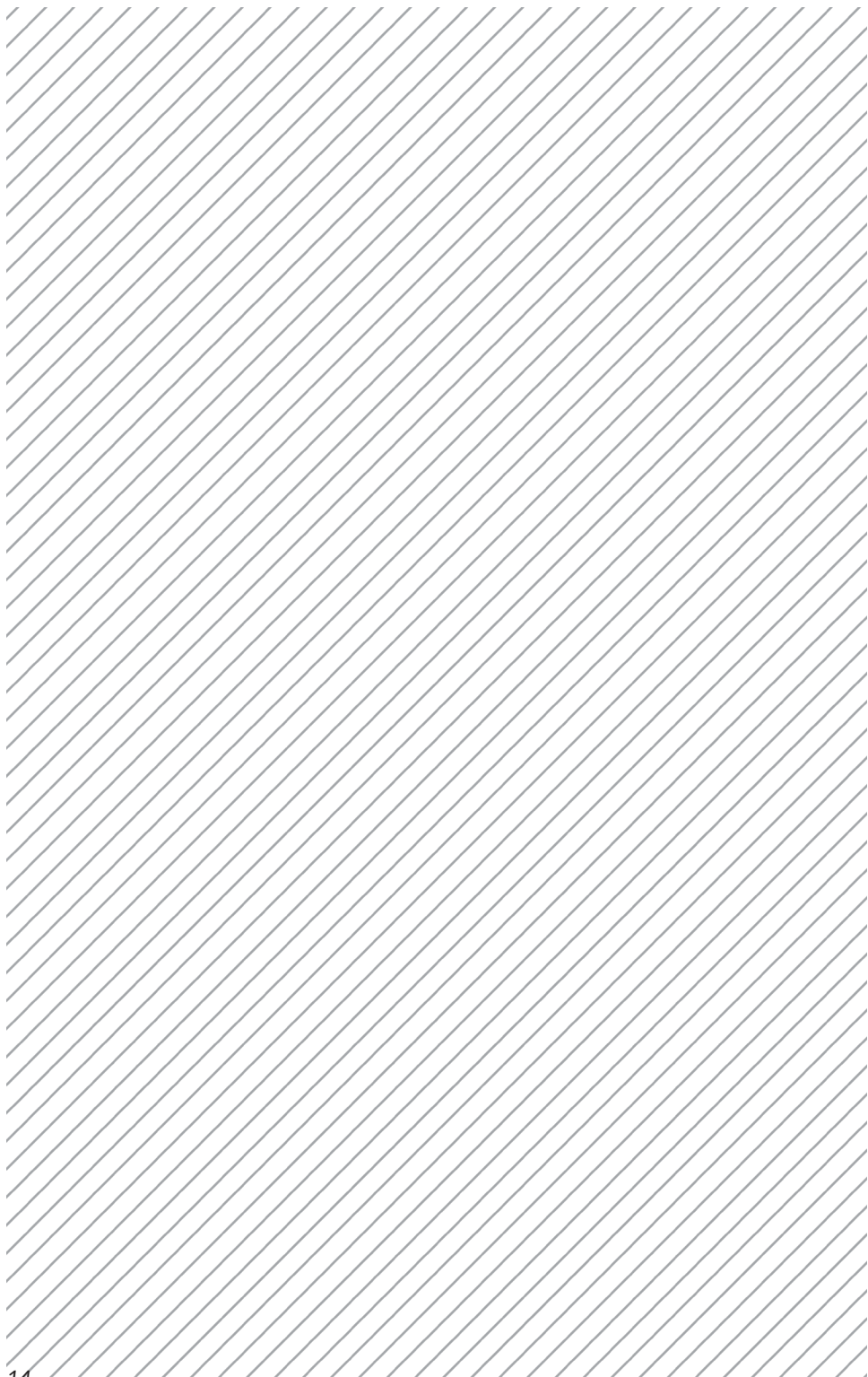
208-691-8610

Marriage & Relationships

 tim@timtyler.faith

 timtyler.faith

 4055 E. 3rd Ave. Post Falls, ID 83854



The background of the entire page is a photograph of a large, leafy tree in a field of tall grasses. The sun is setting behind the tree, creating a bright lens flare. The entire image is overlaid with a semi-transparent herringbone or chevron pattern. The color palette is a warm, monochromatic orange-red.

REAL LIFE
PASTORAL CARE

1860 N. Cecil Rd., Post Falls, ID 83854 // 208.777.7325

reallifeministries.com

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