



**REAL LIFE**  
PASTORAL CARE



# **COUNSELING**

## RESOURCE GUIDE

# **CRISIS RESOURCES**

**Idaho Suicide Prevention Hotline:** 1 (800) 273-8255

**Kootenai Health Emergency Room**

Address: 2003 Kootenai Health Way, Coeur d'Alene, ID

Phone: (208) 625-5700

**Kootenai County Law Enforcement:** *(non-emergency numbers)*

Coeur d'Alene Police: (208) 769-2320

Kootenai County Police: (208) 446-1300

Post Falls Police: (208) 773-3517

**Mobile Response (Behavioral Health)**

Phone: (208) 769-2730

**North Idaho Crisis Center (24 HOUR)**

Address: 2195 Ironwood Ct, Ste D Coeur d'Alene, ID

Phone: (208) 625-4884

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

- Domestic Violence Crisis

**Safe Passage Violence Prevention Center (Women's Center)**

- 24 HOUR HOTLINE (208) 664-9303

**Union Gospel Mission**

**SPOKANE:** Crisis Shelter for Women & Children

Address: 1515 E Illinois Ave., Spokane, WA 99207

Phone: (509) 535-0486

**COEUR D'ALENE:** Center for Women & Children

Address: 196 W Haycraft Ave., Coeur d'Alene, ID

Phone: (208) 665-4673

**Veterans' Crisis Line 24 Hour Hotline:** 1 (800) 273-8255

# **Real Life Counseling 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 here to help! Through our team, we offer biblical guidance and counsel, but in many cases, professional counseling is the best choice to help people to a place of health and healing.

This book contains a variety of counseling resources. For a full list of resources for Kootenai County see the link at the bottom of the Table of Contents page. If you are unsure what your next step should be, or if you are having trouble choosing a resource you can contact Pastor Sean Fryling at (208) 777-7325 x7178 to make an appointment.



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*For a full list of resources in Kootenai County visit:  
<http://niservicesdirectory.com>*

# ADDICTION

## **Real Life Ministries – Celebrate Recovery**

Large group meetings at both Post Falls Campus (Tuesdays) and Coeur d'Alene Campus (Saturdays).

Contacts: Myles Devlin / PF Campus / (208) 651-0417

Dave Sayers / CDA Campus / (208) 664-1361

Online: [www.reallifeministries.com/pfrecovery](http://www.reallifeministries.com/pfrecovery)

[www.reallifeministries.com/cdarecovery](http://www.reallifeministries.com/cdarecovery)

## **Alpha Counseling**

Phone: (208) 497-5308

Online: [myalphacounseling.org](http://myalphacounseling.org)

## **The Altar Church & Good Samaritan's Drug and Alcohol Rehab Program**

Contact: Pastor Tim Remington / (208) 664-1453

Online: [www.goodsamaritanrehab.com](http://www.goodsamaritanrehab.com)

## **Alongside Services**

No insurance accepted but is low cost, fee based. Specializing in faith-based counseling for recovery issues. Women and Children.

Contact: Leslie Guttromson / (208) 640-6777

Online: [alongsidefaithbasedservices.org/](http://alongsidefaithbasedservices.org/)

## **Ascent Counseling, LLC (3-4 wk wait)**

State-licensed, court-approved facility for all Substance Use Disorder Evaluations & Treatment.

Address: 1044 Northwest Blvd Ste C, Coeur d'Alene, ID

Phone: (208) 762-8777

Online: [ascentcda.com](http://ascentcda.com)

## **Cascade Heights Recovery Center**

Address: 14525 N Newport Hwy Mead, WA 99021

Phone: (866) 407-1055

## **Coeur d'Alene Counseling**

Certified Sexual Addiction Therapist

Contact: Ed Dudding (M.A., LPC, CSAT, NCC, DCC)

Phone: (208) 755-7114

### **Grace Christian Counseling**

Contact: Kerry Pfaff (MCT) / (208) 818-6170

### **Port of Hope Family Treatment Center**

Address: 218 N 23rd St Coeur d'Alene, ID 83814

Phone: (208) 664-3300

Online: portofhopecenters.org

### **Rathdrum Counseling Center**

Insurances accepted. Offers Alcohol and Drug Information School (ADIS).

Online: rathdrumcounseling.com

### **Spokane Christian Counseling**

Email: support@spokanechristiancounseling.com

Online: <https://spokanechristiancounseling.com/>

Spokane Phone: (509) 209-8961

Spokane Valley Phone: (509) 340-0779

### **Transformations Christian Treatment Center in Spokane**

Phone: (877) 408-3222

Online: [admissions@trasnformationtreatment.com](mailto:admissions@trasnformationtreatment.com)

### **Union Gospel Mission**

Online: <https://www.uniongospelmission.org>

#### **Coeur d'Alene - Center for Women & Childeren**

Address: 196 W Haycraft Ave., Coeur d'Alene, ID 83815

Phone: (208) 665-4673

#### **Spokane Men's Shelter**

Address: 1224 E Trent Ave., Spokane, WA 99202

Phone: (509) 535-8510

### **Spokane Crisis Shelter for Women & Children**

Address: 1515 E Illinois Ave., Spokane, WA 99207

Phone: (509) 535-0486

# **MENTAL, PHYSICAL, & EMOTIONAL HEALTH**

**Idaho Suicide Prevention Hotline: 1 (800) 273-8255**

## **Real Life Ministries**

### **Recovery Ministry**

Large group meetings at both Post Falls (Tuesdays) and Coeur d'Alene (Saturdays) campuses. Contact us for information on small groups.

Contacts: Myles Devlin / PF Campus / (208) 651-0417

Dave Sayers / CDA Campus / (208) 664-1361

Online: [reallifeministries.com/pfrecovery](http://reallifeministries.com/pfrecovery) and [/cdarecovery](http://cdarecovery)

### **GriefShare Support Groups**

Meet with people who are going through grief.

Contact: Sean Fryling

Phone: (208) 777-7325 x7178

Email: [sfryling@reallifeministries.com](mailto:sfryling@reallifeministries.com)

## **ARMS (Abuse Recovery Ministry and Services)**

Phone: (509) 484-0600

Email: [armsonline.org](http://armsonline.org)

## **Ascent Counseling, LLC (3-4 wk wait)**

Address: 1044 Northwest Blvd Ste C (Lower Level), CDA, ID

Phone: (208) 762-8777

Online: [ascentcda.com](http://ascentcda.com)

### **Nathan Berghorst (MA, LMFT, LBT)**

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: [NathanJVN@aol.com](mailto:NathanJVN@aol.com)

Online: [christianmarriageandfamilytherapist.com](http://christianmarriageandfamilytherapist.com)

### **Genesis Associates**

Contacts: Mark Cornelius, Bob Henninger, and Linda Strahan

Phone: ( 208) 664-1606

### **Genesis Institute**

Address: 1220 N Howard St Spokane, WA 99201

Phone: (509) 467-7913

Online: [genesisinstitute.com](http://genesisinstitute.com)

### **Genesis Process Counseling**

Certified Life & Health Coach, Certified Genesis Process Counselor

Contact: Jeani Waco / (208) 818-6115

Email: [wacojeani@gmail.com](mailto:wacojeani@gmail.com)

### **Grace Christian Counseling**

Contact: Kerry Pfaff (MCT)

Phone: (208) 818-6170

### **Nicole Nestor-Gray (MA, LMFT)**

Marriage & Family Therapist

Contact: (951) 751-7175

Email: [Nicstor@earthlink.net](mailto:Nicstor@earthlink.net)

Online: <http://www.nicolefamilytherapist.com>

### **Idaho Department of Health & Welfare**

Contact: Mike Wraith (LCSW), Clinical Supervisor

Phone: (208) 769-1406



### **Rathdrum Counseling Center**

Various insurances accepted.

Online: [rathdrumcounseling.com](http://rathdrumcounseling.com)

### **Restart Counseling, PLLC**

Co-occurring bipolar and recovery issues

Contact: Angela Holland (M.S.) / (208) 930-4383

### **Safe Passage Violence Prevention Center (Women's Center)**

24 HOUR HOTLINE (208) 664-9303

Phone: (208) 664-9303

Online: <https://www.safeassageid.org/>

### **Dr. Ray Smith**

Accepts most insurance including Blue Cross and Medicaid

Phone: (509) 466-6632

Online: [healthy counseling.com](http://healthy counseling.com)

### **Spokane Christian Counseling**

Email: [support@spokanechristiancounseling.com](mailto:support@spokanechristiancounseling.com)

Online: <https://spokanechristiancounseling.com/>

Spokane Phone: (509) 209-8961

Spokane Valley Phone: (509) 340-0779

### **Selah Counseling, LCC**

Marriage, individual, & grief recovery

Contact: Rob Wheeler (LCSW) / (208) 755-3247

**Veterans' Crisis Line 24 Hour Hotline: 1 (800) 273-8255**



# **MARRIAGE & RELATIONSHIPS**

## **Alpha Counseling**

Phone: (208) 497-5308

Online: [myalphacounseling.com](http://myalphacounseling.com)

## **Ascent Counseling, LLC (3-4 wk wait)**

Address: 1044 Northwest Blvd Ste C, Coeur d'Alene, ID

Phone: (208) 762-8777

Online: [ascentcda.com](http://ascentcda.com)

## **Nathan Berghorst (MA, LMFT, LBT)**

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: [NathanJVN@aol.com](mailto:NathanJVN@aol.com)

Online: [christianmarriageandfamilytherapist.com](http://christianmarriageandfamilytherapist.com)

## **Center for Biblical Counseling**

Contact: Mark Hardy / (208) 755-9290

## **Genesis Associates**

Contacts: Mark Cornelius, Bob Henninger, and Linda Strahan

Phone: (208) 664-1606

## **Genesis Institute**

Address: 1220 N Howard St Spokane, WA 99201.

Phone: (509) 467-7913

## **Genesis Process Counseling**

Certified Life & Health Coach, Certified Genesis Process Counselor

Contact: Jeani Waco / (208) 818-6115

Email: [wacojeani@gmail.com](mailto:wacojeani@gmail.com)

### **Grace Christian Counseling**

Contact: Kerry Pfaff (MCT) / (208) 818-6170

### **Nicole Nestor-Gray (MA, LMFT)**

Marriage & Family Therapist

Phone: (951) 751-7175

Email: [Nicstor@earthlink.net](mailto:Nicstor@earthlink.net)

Online: <http://www.nicolefamilytherapist.com>

### **Help Center Counseling Services**

Marriage, family, and financial issues counseling.

Contact: Ron Vieselmeyer / (208) 765-2407

### **O'Neal Mediation Service**

Coaching and Marriage Counseling

Elder Mediation

Contact: Cathy O'Neal

Phone: (208) 691-2215

### **Restart Counseling, PLLC**

Contact: Angela Holland (M.S.) / (208) 755-7198

### **Spokane Christian Counseling**

Email: [support@spokanechristiancounseling.com](mailto:support@spokanechristiancounseling.com)

Online: <https://spokanechristiancounseling.com/>

Spokane Phone: (509) 209-8961

Spokane Valley Phone: (509) 340-0779

### **Pastor Tim Tyler**

Hours are Monday-Friday, 3-6PM. Rate is \$30 for 55 minutes.

Contact: (208) 691-8610

Email: [tim@timtyler.faith](mailto:tim@timtyler.faith)

Online: [timtyler.faith](http://timtyler.faith)

# **FAMILY, PARENTING, & CHILDREN**

## **Abundant Hope**

Assisting in behavior management with in-home Family Group Decision Making.

Contact: Lisa Johnson / (208) 699-8419 /

Email: [abundanthopecda@gmail.com](mailto:abundanthopecda@gmail.com)

## **Ascent Counseling, LLC (3-4 wk wait)**

State-licensed, court-approved facility for all Substance Use Disorder Evaluations & Treatment.

Address: 1044 Northwest Blvd Ste C, Coeur d'Alene, ID

Phone: (208) 667-7777

Online: [ascentcda.com](http://ascentcda.com)

## **Nathan Berghorst (MA, LMFT, LBT)**

Various insurances accepted, including Medicaid.

Phone: (209) 573-1883

Email: [NathanJVN@aol.com](mailto:NathanJVN@aol.com)

Online: [christianmarriageandfamilytherapist.com](http://christianmarriageandfamilytherapist.com)

## **Genesis Associates**

Contacts: Mark Cornelius, Bob Henninger, and Linda Strahan

Phone: (208) 664-1606

## **Genesis Institute**

Address: 1220 N Howard St Spokane, WA 99201

Contact: Lynette Palmer (LMHC, MHP, CMHS)

Phone: (509) 467-7913

## **Grace Christian Counseling**

Contact: Kerry Pfaff (MCT)

Phone: (208) 818-6170

**Nicole Nestor-Gray (MA, LMFT)**

Marriage & Family Therapist

Contact: (951) 751-7175

Email: [Nicstor@earthlink.net](mailto:Nicstor@earthlink.net)

Online: <http://www.nicolefamilytherapist.com>

**ICARE: Parenting Classes in the Community**

Address: 201 E Harrison Ave Coeur d'Alene, ID 83814

Phone: (208) 676-1515

Email: [melanie@stvincentdepaulcda.org](mailto:melanie@stvincentdepaulcda.org)

Online: [icareforchildren.org](http://icareforchildren.org)

**North Lakes Family Center**

Address: 661 East Lakeside Ave Coeur d'Alene, ID 83814

Contact: Cathi Marceau / (208) 664-5941

**O'Neal Mediation Services**

Elder mediation. Shared family decision-making with dignity, sensitivity, and respect.

Contact: Gary & Cathy O'Neal / (208) 691-2215

**Open Arms Pregnancy Clinic**

Offers pregnancy counseling services.

Phone: (208) 667-5433

**Restart Counseling, PLLC**

Contact: Angela Holland (M.S.) / (208) 755-7198

**Spokane Christian Counseling**

Email: [support@spokanechristiancounseling.com](mailto:support@spokanechristiancounseling.com)

Online: <https://spokanechristiancounseling.com/>

Spokane Phone: (509) 209-8961

Spokane Valley Phone: (509) 340-0779

**Pastor Tim Tyler**

Hours are Monday-Friday, 3-6PM. Rate is \$30 for 55 minutes.

Contact: (208) 691-8610

Email: [tim@timtyler.faith](mailto:tim@timtyler.faith)

Online: [timtyler.faith](http://timtyler.faith)

# **LEGAL, OCCUPATION, FINANCE, & VETERANS**

## **Real Life Ministries**

### **Community Assistance**

Open Tuesday, Wednesday, Thursday / 10am - 12:45pm

- For food, please arrive before noon to set up your account. All you need is your photo ID.

Contact for Food Room: Wendy Ruf / (208) 777-7325  
x7189

- For financial assistance (rent & utilities only), please arrive by 10am as appointments fill up quickly. Please bring you photo ID and a copy of your bill/rental agreement.

Contact for Financial Assistance: Kristi Biddle / (208)  
777.7325 x7130

### **Job Club**

Wednesdays / 10am - 12pm / Building 1 Lobby

Includes job search assistance and resume coaching.

Contact: Clay Shippy / (562) 441-5883

### **Jail Ministry**

Contact: Myles Devlin / (208) 777-7325 x7120 / (208) 651-  
0417

## **Attorneys Northwest Inc.**

A 501(c)(3) Idaho Non-Profit Law Firm. Legal fees based on income.

Address: 1900 Northwest Blvd. Ste 106

Coeur d'Alene, ID 83814

Phone: (208) 292-3934

Online: [attorneysnw.com](http://attorneysnw.com)

**Eric Smith**

Christian attorney

Phone: (208) 667-2000

**The Guardians Foundation, Inc.**

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.

Contact: ( 208) 449-1210

Email: mstheguardians@gmail.com

Online: theguardiansfoundation.org

**Newby-ginnings of North Idaho, Inc.**

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

Address: 570 S Clearwater Lp Unit A Post Falls, ID 83854

Phone: (208) 610-6996

**St. Vincent de Paul – Veterans Services**

Veterans Counseling & Service Center and their families. all veterans requiring service must show a copy of their DD214.

Address: 201 E. Harrison Ave, Coeur d’Alene, ID 83814

Phone: 208-664-3095

Online: <http://stvincentdepaulcda.org/social-services/veterans-services/>





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1860 N Cecil Rd - Post Falls, ID 83854 - 208.777.7325

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

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