



FREE TIP SHEET: *How to Help a Panhandler* *Step-by-step guide to helping homeless people you encounter on the street.*

It's happened to us all.

You pass by a man or woman holding a cardboard sign and wonder, *Do I ignore her? Do I give him money?*
You want to help, but how?

1. Treat them with dignity.

Make eye contact. Smile. And, in a safe (daylight, public) place, take the time to speak to them. Through brief, civil conversation, you can help homeless individuals combat the loneliness, depression and isolation many of them face.

2. Give them food/supplies.

Carry granola or energy bars in your car. If the person's sign says he is hungry and you have the time, buy him a sandwich and a beverage.

3. Direct them to a shelter.

The Mission has service information cards that list all of our free services (meals, clothing, showers, medical and legal clinics) and time schedules. Pick up a supply at 1224 E Trent Avenue or print the attached form; package them with a granola bar and a bus pass; and you'll be ready to offer real help to the next homeless person you meet.



PLEASE DO NOT . . .

1. Hand out money. Well-intended gifts are often converted to drugs or alcohol.

2. Give rides to strangers. Particularly if you are alone. It is best to provide a bus pass and/or directions to a nearby shelter.

FINAL CARD WILL LOOK LIKE THIS.

Print the next 2 pages on the front and back sides of a sheet of card stock. Cut out along the gray line and fold in half.



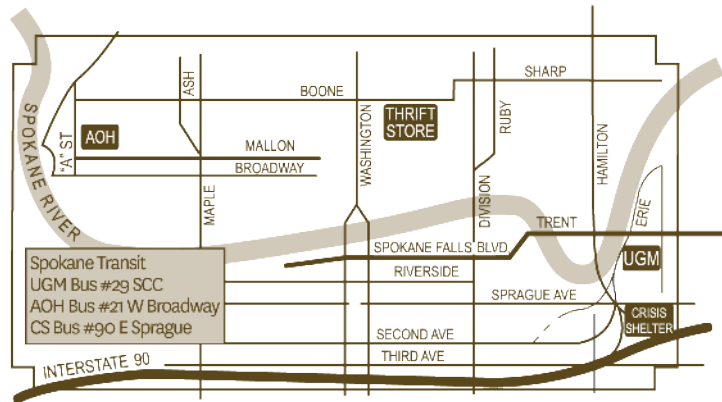
MEN'S SHELTER 1224 E Trent 509-535-8510		
Lodging	Check-in daily 7 a.m. – 2 a.m. Check-in daily 2 a.m. – 7 a.m.	overnight guests emergencies only
Breakfast	Daily 6:15 a.m.	overnight guests
Lunch	Daily 12 p.m.	residents & visitors
Dinner	Daily 5:30 p.m.	residents & visitors
Clothing	Monday-Friday 1 – 2 p.m.	residents & visitors
Showers	Monday-Friday 1 – 2 p.m. Daily 4:30 p.m. and 8 p.m.	visitors residents
Barber Shop	check with intake staff	residents & visitors
CRISIS SHELTER FOR WOMEN & CHILDREN 1234 E Sprague 509-535-0486		
Lodging/Check-in	Before 5:00 p.m. use front gate After 5:00 p.m. use back gate	
Breakfast, Lunch & Dinner	Daily	overnight guests only
Services available to both men and women at 1224 E Trent Ave.		
Veterinarian Clinic	Wednesday 10 – 11:30 a.m.	first come, first served
Medical Clinic	Wednesday call ahead for times	first come, first served
Eye Clinic	Thursday 9 a.m. – 11:00 a.m.	by appointment only
Chapel Services	Tues. – Sat. 7 p.m. Sunday 4 p.m.	residents & visitors residents & visitors
Celebrate Recovery	Monday 6:30 p.m.	residents & visitors
Legal Clinic	Wednesday	by appointment only
RECOVERY PROGRAMS		
Men: 1224 E Trent Ave. Spokane, WA 99202		
Women: 2828 W Mallon Ave. Spokane, WA 99201		
Our 5-phase recovery programs offer professional counseling, classes, Bible study, physical fitness activities, and opportunities for vocational and spiritual growth.		
For the safety of others, all our shelters maintain a no-alcohol/no-drug policy.		

INSIDE

*All services are provided free-of-charge
to the caring people of the Inland Northwest.*

This card lists services provided for men and women
of all ages who find themselves in crisis situations.

SERVICE INFORMATION



Men's Shelter, 1224 E Trent | Women's Recovery - Anna Ogden Hall, 2828 W Mallon
Crisis Shelter for Women & Children, 1234 E Sprague | Thrift Stores, 301 W Boone & 11921 E Sprague

www.uniongospelmission.org

OUTSIDE