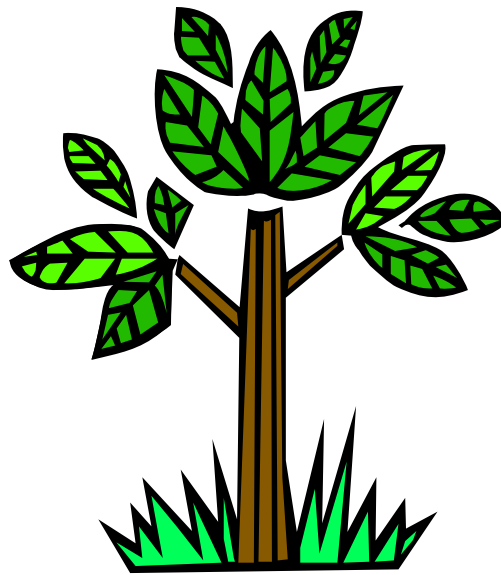




Monica Parmley, LCSW



# Resources Galore

a community directory

January 2010



Monica Parmley, LCSW

**Monica Parmley is a Licensed Clinical Social Worker (LCSW) who works as a Mental Health Coordinator and supervisor of social work interns in Portland schools. She has been co-creating Resources Galore since 2004.**



**The Native American Youth and Family Center's mission is to enhance the diverse strengths of our youth and families in partnership with the community through cultural identity and education.**

Together these community partners are focused on the goal of supporting the success and empowerment of youth and families in the Portland Metro area.

NAYA Family Center  
5135 NE Columbia Blvd.  
Portland, OR 97218  
503-288-8177  
[www.nayapdx.org](http://www.nayapdx.org)

Monica Parmley, LCSW  
P.O. Box 42382  
Portland, OR 97242  
503-481-2515

# Resources Galore

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# RESOURCES GALORE



## Tips for Using Resources Galore

*Resources in this guide are included as a convenience. The creators of Resources Galore are not responsible for services provided and do not guarantee specific results.*

- ❖ Familiarize yourself with the organization and contents of this guide. It is in the best interests of your clients to be fully aware of which resources are available.
- ❖ Use the “warm handoff” technique. Rather than simply giving out phone numbers, call the agencies ahead of time to ensure that services are appropriate for your client and that your client will be well-received and well-prepared.
- ❖ In the referral process, assert the power your position provides you by developing professional relationships with other service providers. In the interest of your clients, we suggest documenting the contacts and information you receive to assist you in the future.
- ❖ An updated edition of Resources Galore will be electronically distributed twice a year. Please add Resources Galore to your email address book so that it does not go to your junk mail folder. If you would like to receive regular updates and you are not on the distribution list, please email your request and contact information to [resourcesgalore@yahoo.com](mailto:resourcesgalore@yahoo.com).
- ❖ In order for this resource guide to be useful and successful for you and your clients, the information in it needs to be accurate and current. While we have attempted to provide an exhaustive list of the resources available, if you encounter new information or corrections, please complete the Update and Addition Form and email it to [resourcesgalore@yahoo.com](mailto:resourcesgalore@yahoo.com), or mail it to:

Monica Parmley  
PO Box 42382  
Portland, OR 97242



# RESOURCES GALORE



## Resources Galore Update & Addition Form

This submission is an (check one):     Update                       Addition

Submitted by (name): \_\_\_\_\_

Phone: \_\_\_\_\_                      Email: \_\_\_\_\_

**Please mark the appropriate section(s) for the update or addition to the guide:**

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Alcohol & Drug Recovery & Tx | <input type="checkbox"/> Financial Assistance           | <input type="checkbox"/> Native American Resources    |
| <input type="checkbox"/> Childcare & Preschool Info   | <input type="checkbox"/> Food Assistance & Info         | <input type="checkbox"/> Parenting Resources          |
| <input type="checkbox"/> Clothing & Household         | <input type="checkbox"/> Hearing & Vision Resources     | <input type="checkbox"/> Pet Resources                |
| <input type="checkbox"/> Dental Resources             | <input type="checkbox"/> Homeless Resources & Shelters  | <input type="checkbox"/> Population-Specific Agencies |
| <input type="checkbox"/> DHS Program Information      | <input type="checkbox"/> Housing Services               | <input type="checkbox"/> Senior & Disability Services |
| <input type="checkbox"/> Domestic Violence Resources  | <input type="checkbox"/> Legal Services                 | <input type="checkbox"/> Transportation & Bus Tickets |
| <input type="checkbox"/> Education Services: Adults   | <input type="checkbox"/> Medical & Health Care Services | <input type="checkbox"/> Youth Services               |
| <input type="checkbox"/> Employment Services: Adults  | <input type="checkbox"/> Mental Health & Counseling     |   |

**PLEASE PROVIDE ALL APPLICABLE INFORMATION BELOW:**

Agency Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_                      Fax: \_\_\_\_\_

Email: \_\_\_\_\_                      Website: \_\_\_\_\_

Days/Hours of Operation: \_\_\_\_\_

Agency/Program Overview: \_\_\_\_\_

\_\_\_\_\_

Application procedures/Fees for service/Qualification criteria: \_\_\_\_\_

\_\_\_\_\_

Additional Info/Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please email additions and updates to: [resourcesgalore@yahoo.com](mailto:resourcesgalore@yahoo.com)



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Alcohol and Drug Recovery &amp; Treatment</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Acadia Northwest</b>	10101 SW Barbur Blvd Suite 101 Portland, OR 97219 <b>Phone:</b> 503-245-6262	Intensive outpatient drug and alcohol program. <a href="http://www.acadianw.com">www.acadianw.com</a>
<b>Adult Children of Alcoholics</b>	1750 SW Skyline Blvd Suite 133 Portland, OR 97221 <b>Phone:</b> 503-292-1333	Substance abuse support group for those with alcoholic family members. Office hours Monday-Friday, 9:00am-5:00pm.
<b>Alano Club</b>	909 NW 24th Ave Portland, OR 97210 <b>Phone:</b> 503-222-5756	A place for various 12-step recovery meetings. Meeting times vary. <a href="http://www.portlandalano.org">www.portlandalano.org</a>
<b>Alcohol and Drug Helpline</b>	6443 SW Beaverton-Hillsdale Hwy Suite 200 Portland, OR 97221 <b>Phone:</b> 503-244-1312	Crisis line with referrals for drug and alcohol treatment resources. Managed by Oregon Partnership. 24-Hour Crisis Line is 877-553-8336. <a href="http://www.orpartnership.org">www.orpartnership.org</a>
<b>Alcoholics Anonymous</b>	1212 SE Division Portland, OR 97202 <b>Phone:</b> 503-223-8569	Various locations. Information, groups and meetings. <a href="http://www.pdxaa.com">www.pdxaa.com</a>
<b>Allied Health Services East/CRC Health</b>	16141 E Burnside Portland, OR 97223 <b>Phone:</b> 866-575-8186	Outpatient methadone addictions treatment with a family component, women's groups, hepatitis training, and 90-day aftercare.
<b>ASAP Treatment Services</b>	2130 SW 5th Ave Suite 100 Portland, OR 97201 <b>Phone:</b> 503-224-0075	Outpatient treatment, DUI education, parenting groups, gender-specific groups, and financial assistance for those who are HIV positive.
<b>BI Community Corrections Services</b>	400 East Main Plaza Suite 140 Hillsboro, OR 97123 <b>Phone:</b> 503-640-8307	Outpatient substance abuse treatment in English or Spanish. Sliding fee scale available.
<b>Breakthrough (Morrison Child and Family Services)</b>	3390 SE Milwaukie Ave Portland, OR 97202 <b>Phone:</b> 503-231-4000	Drug and alcohol day treatment services for youth ages 13-18. Outpatient services include individual and family therapy. <a href="http://www.morrisonkids.org">www.morrisonkids.org</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Alcohol and Drug Recovery &amp; Treatment</b>		
<b>Bridgeview Community</b>	707 NW Everett St Portland, OR 97209 <b>Phone:</b> 503-222-4906	24-hour staff on-site. Provides short-term housing stabilization that helps residents obtain treatment. Includes mental health services, case management, and other supportive services.
<b>CareMark Behavioral Health</b>	6110 SE Belmont Portland, OR 97215 <b>Phone:</b> 503-413-4848	Provides mental health and chemical dependency treatment services for children, adolescents, and adults in inpatient and outpatient settings. Available 24 hours per day. <a href="http://www.legacyhealth.org">www.legacyhealth.org</a>
<b>Cascadia Behavioral Healthcare</b>	10373 NE Hancock St Suite 200 Portland, OR 97220  24-Hour Walk-in Clinic: 2415 SE 43rd Suite 100 Portland, OR 97206  <b>Phone:</b> 503-674-7777	Providing mental health services, crisis intervention, addictions treatment, case management and medication management to youth and adults with OHP. Some school-based services available. Also provides free services for those with gambling addictions. Transitional, secure residential and permanent housing for people with psychiatric challenges. <a href="http://www.cascadiabhc.org">www.cascadiabhc.org</a>
<b>Center for Family and Adolescent Research (CFAR)</b>	729 NE Oregon St Suite 150 Portland, OR 97232 <b>Phone:</b> 503-243-1065	Free substance use treatment for adolescents and their families as part of research studies. Programs for youth using methamphetamine, substance-using youth with depression and for families seeking help engaging youth in treatment. Open Monday-Thursday, 9:00am-8:00pm and Friday, 9:00am-5:00pm. Call to determine research eligibility. All services are free. <a href="http://www.ori.org/cfar/portland">www.ori.org/cfar/portland</a>
<b>Central City Concern</b>	232 NW 6th Ave Portland, OR 97209 <b>Phone:</b> 503-294-1681	Community Engagement Program, detox, residential treatment for mothers, mentor program, parole transition program, programs for Spanish-speaking youth and adults. <a href="http://www.centralcityconcern.org">www.centralcityconcern.org</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Alcohol and Drug Recovery &amp; Treatment</b>		
<b>Changepoint Diversion Associates</b>	1949 SE 122nd Ave Portland, OR 97292 <b>Phone:</b> 503-253-5954	Various locations. Outpatient services, cultural & gender-specific programs, and gambling treatment. Spanish-speaking services available. OHP and sliding fee scale accepted.
<b>CityTeam Ministries</b>	526 SE Grand Ave Portland, OR 97214 <b>Phone:</b> 503-231-9334	Outpatient drug and alcohol treatment for adults and youth includes both short- and long-term programs. <a href="http://www.cityteam.org">www.cityteam.org</a>
<b>Clackamas County Mental Health and Addictions Treatment Services</b>	1002 Liberty Ct Oregon City, OR 97045 <b>Phone:</b> 503-655-8401	Various locations. Intensive and non-intensive outpatient services, DUII, and gambling treatment for youth and adults. Spanish-speaking services available.
<b>Clark County Alcohol and Drug Program</b>	1601 E 4th Plain Blvd Vancouver, WA 98661 <b>Phone:</b> 360-397-2075	Outpatient alcohol and drug treatment services for adults and youth.
<b>Cocaine Anonymous</b>	Various locations <b>Phone:</b> 503-256-1666	Information, groups and meetings throughout the Portland Metro Area. Washington residents call 800-662-2463. <a href="http://www.caorwa.org">www.caorwa.org</a>
<b>CODA Drug Treatment Service</b>	1027 E Burnside Portland, OR 97214 <b>Phone:</b> 503-239-8400	Various locations. Outpatient treatment, methadone, DUII, referrals to community resources, services for women and children. Open Monday-Friday, 7:00am-5:00pm.
<b>Community Services Northwest</b>	1601 E 4th Plain Blvd Vancouver, WA 98661 <b>Phone:</b> 360-397-8484	Men's and women's program, treatment for adolescents and adults with co-occurring mental health issues, and a gambling program. <a href="http://www.communityservicesnw.org">www.communityservicesnw.org</a>
<b>Delta Clinic</b>	2600 SE Belmont Portland, OR 97214 <b>Phone:</b> 503-239-5738	Methadone, therapy & addictions treatment, outpatient detox services, assistance for pregnant women. Self-payment, Medicaid and private insurance accepted. Also in Washington County.





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Alcohol and Drug Recovery &amp; Treatment</b>		
<b>DePaul Treatment Center</b>	Various locations <b>Phone:</b> 503-535-1181	Treatment services for all ages. Gender-specific residential treatment and outpatient services. Covered by most insurance plans, including OHP. <a href="http://www.depaultreatmentcenters.org">www.depaultreatmentcenters.org</a>
<b>HOPE Clinic</b>	9747 SE Powell Blvd Portland, OR 97266 <b>Phone:</b> 503-762-9386	Methadone treatment program and counseling.
<b>InAct</b>	727 NE 24th Ave Portland, OR 97232 <b>Phone:</b> 503-228-9229	Outpatient program for substance abuse, problem gambling and mental health treatment. Serves men and women ages 18 and older in English and Spanish. Program of Volunteers of America.
<b>LifeChange at Union Gospel Mission</b>	3 NW 3rd Ave Portland, OR 97209 <b>Phone:</b> 503-274-4483	Christian residential addiction recovery community of men and women.
<b>Lifeline Connections</b>	1601 E 4th Plain Blvd Building 17, Suite A212 Vancouver, WA 98661 <b>Phone:</b> 360-397-8246	Non-medical detox, inpatient treatment, services for deaf consumers, outpatient treatment. Accepts Medicaid, private pay, and has a sliding scale.
<b>LifeWorks Northwest</b>	4925 N Albina Ave Portland, OR 97217  4531 SE Belmont Portland, OR 97215  14600 NW Cornell Rd Portland, OR 97229  17214 SE Division St Suite 2 Portland, OR 97236  8770 SW Scoffins St Tigard, OR 97223  <b>Intake:</b> 503-645-9010  <b>Family Coaching:</b> 503-627-9194	Provides mental health and addiction services. Accepts OHP, private insurance and sliding scale. Services available for people of all ages, cultural backgrounds and abilities. Free alcohol and drug assessments for youth. Outpatient and adolescent day treatment and residential services for pregnant women or moms. Family Coaching available for residents of Washington County. Weekly sessions cover topics such as family communication, conflict resolution, parenting skills, and behavioral management. <a href="http://www.lifeworksnw.org">www.lifeworksnw.org</a>



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# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Alcohol and Drug Recovery &amp; Treatment</b>		
<b>Mothers Against Drunk Driving (MADD)</b>	4035 NE Sandy Blvd Room 211 Portland, OR 97212 <b>Phone:</b> 503-656-4805	Member-facilitated victim support group.
<b>Multnomah County Central Intake Services</b>	421 SW 6th Ave Suite 500 Portland, OR 97204 <b>Phone:</b> 503-988-5464	Evaluation & referral DUII, community-based intervention & treatment referral, services for DHS clients and corrections clients.
<b>NARA (Native American Rehabilitation Association)</b>	1631 SW Columbia St Portland, OR 97201 <b>Phone:</b> 503-231-2641  <b>24-Hour Hotline:</b> 503-923-4357	Various locations throughout the Metro area. Serves Native Americans. Offers outpatient & residential, mental health services and youth treatment ages 13-21.
<b>Network Residential Integrated Treatment Services (RITS)</b>	5009 NE Killingsworth Portland, OR 97218 <b>Phone:</b> 503-872-0480	Men's residential treatment for dual diagnosis clients through corrections, aftercare groups.
<b>Network Youth Watershed Program</b>	5802 SE Powell 2nd Floor Portland, OR 97202 <b>Phone:</b> 503-774-3251	Intensive & non-intensive outpatient treatment for ages 12-18, marijuana treatment, dual diagnosis
<b>Northwest Treatment</b>	511 Main St Suite 201 Oregon City, OR 97045 <b>Phone:</b> 503-655-1029	Intensive & non-intensive outpatient, DUII education and rehabilitation; Spanish-speaking services available. Located in Clackamas County.
<b>OHSU Behavioral Health</b>	621 SW Alder St Suite 520 Portland, OR 97205 <b>Phone:</b> 503-494-4745	Mental health and substance abuse treatment for adults 18+, intensive & non-intensive outpatient, DUII, gambling treatment, SE Asian program. Sliding fee scale available.
<b>Oregon Partnership</b>	6443 SW Beaverton-Hillsdale Hwy Portland, OR 97221 <b>Phone:</b> 800-923-HELP	Information & referral for callers of all ages, advocacy and workshops. Free services. Available 24 hours a day. Youth Line: 1-877-553-TEEN. Spanish: 1-877-515-7848
<b>Oxford Houses of Oregon</b>	Various locations <b>Phone:</b> 503-247-0777	Affordable, alcohol and drug-free living environment for individuals in recovery.
<b>Pacific Alcohol &amp; Drug Counseling, Inc.</b>	12950 SW Pacific Hwy Suite 245 Tigard, OR 97223 <b>Phone:</b> 503-624-9545	Intensive & non-intensive outpatient, DUII, domestic violence and parenting programs.



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# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Alcohol and Drug Recovery &amp; Treatment</b>		
<b>Portland Alternative Health Center (PAHC)</b>	625 SW 12th Portland, OR 97205 <b>Phone:</b> 503-228-4533	A program of Central City Concern. Intensive & non-intensive outpatient treatment, acupuncture & naturopathic care, psychiatric programs for dual-diagnosis clients, funding for HIV+ clients who meet 200% poverty level.
<b>Portland Public Schools Student Services</b>	501 N Dixon Portland, OR 97227 <b>Phone:</b> 503-916-5460	Alcohol and drug assessments for students in grades 6-12. Four-week Insight class for students who have an alcohol or drug violation or as a preventative measure for youth who want to attend voluntarily.
<b>Portland Rescue Mission</b>	111 W Burnside Portland, OR 97209 <b>Phone:</b> 503-227-0859	One year program for men. 1+ year program for women and children at Shepherd's Door.
<b>Project Network</b>	2801 NE Gantenbein Portland, OR 97227 <b>Phone:</b> 503-335-0855	Services provided to African-American women and their families, including medical and mental health services and children's services.
<b>Project Stop</b>	2415 SE 43rd Suite 200 Portland, OR 97206 <b>Phone:</b> 503-230-9654	Assessment, counseling, and support groups for youth. Sliding fee scale available.
<b>Providence</b>	9450 SW Barnes Rd Suite 200 Portland, OR 97229 <b>Phone:</b> 503-215-1550	Intensive & non-intensive outpatient and DUII services. NE Portland site offers residential medical detox and stabilization services.
<b>RAM (Recovery and Methadone Clinic)</b>	3610 NE 82nd Ave Suite 100 Portland, OR 97220 <b>Phone:</b> 503-408-9585	Outpatient methadone addictions treatment.
<b>RAP (Recovery Association Project)</b>	1903 SE Ankeny Portland, OR 97214 <b>Phone:</b> 503-234-3133	Run by people in recovery for people in recovery.
<b>REAL (Recovery, Empowerment, Achievement in Life)</b>	4925 N Albina Ave Portland, OR 97217 <b>Phone:</b> 503-548-4922	A program of LifeWorks Northwest that provides culturally-specific alcohol and drug treatment for African American adolescents. Includes outpatient, day treatment, residential and aftercare services. Family and mental health services are included.



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# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Alcohol and Drug Recovery &amp; Treatment</b>		
<b>Rosemont Treatment Center and School (Morrison Child and Family Services)</b>	9911 SE Mt Scott Blvd Portland, OR 97266 <b>Phone:</b> 503-777-8090	Intensive & non-intensive outpatient services for adolescents girls ages 11-17. Includes intensive drug and alcohol assessment and individual, family and group counseling.
<b>Salvation Army Adult Rehab Center</b>	139 SE MLK Jr Blvd Portland, OR 97214 <b>Phone:</b> 503-235-4192	In-patient treatment.
<b>SAMHSA's Substance Abuse Treatment Facility Locator</b>	<b>Phone:</b> 1-800-662-4357  <b>Spanish:</b> 1-800-662-9832  <b>TDD:</b> 1-800-228-0427	Online tool for finding private and public facilities that are licensed, certified, or approved by a state substance abuse agency. Facilities administered by the U.S. Department of Veterans Affairs, the Indian Health Service and the U.S. Department of Defense.
<b>Serenity Lane</b>	9414 SW Barbur Blvd Suite B Portland, OR 97219 <b>Phone:</b> 503-244-4500	Intensive & non-intensive outpatient, DUII, men's groups, women's groups and family groups.
<b>Stay Clean</b>	1223 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-1922	Relapse prevention, gender specific groups, spiritual enhancement, criminality groups.
<b>Volunteers of America</b>	200 SE 7th Ave Portland, OR 97214 <b>Phone:</b> 503-235-0131	Separate locations for men's and women's centers. Both centers are corrections only.
<b>Western Counseling Treatment Services</b>	150 NE 3rd St Suite A Hillsboro, OR 97123 <b>Phone:</b> 503-640-1715	Intensive & non-intensive outpatient, DUII education and batterer-specific domestic violence treatment.
<b>Youth Contact</b>	447 SE Baseline Hillsboro, OR 97123 <b>Phone:</b> 503-640-4222	Outpatient child and family counseling for mental health disorders and chemical dependency. Drug testing available. School based services throughout Washington County.
<b>Youth Integrated Program (YIP)</b>	10373 NE Hancock St Suite 200 Portland, OR 97220 <b>Phone:</b> 503-230-9654	A program of Cascadia Behavioral Health designed for youth ages 12-21 who are struggling with drug or alcohol issues and addictions. Offers early intervention and education as well as various support groups. Call for an intake.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Childcare and Preschool Information</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Albina Head Start</b>	Main Office: 3417 NE 7th Portland, OR 97212 <b>Phone:</b> 503-282-1975  Garlington Center: 4514 SE Flavel  Lexington Ct Center: 7858 SE 72nd	Free childcare birth-age 5 for low-income families. Must meet income guidelines, be working or in school, and live in North, NE, or SE Portland. Apply at main office.
<b>ARC of Multnomah County</b>	619 SW 11th Suite 234 Portland, OR 97205 <b>Phone:</b> 503-223-7279	Respite care for special needs children.
<b>Brooklyn Preschool</b>	2901 SE Steel Portland, OR 97202 <b>Phone:</b> 503-234-7103	Cooperative preschool at a lower price. Accepts children ages 3-5. Onsite sibling nursery.
<b>Childcare Neighbor Network (Rose CDC)</b>	5212 SE Duke Portland, OR 97206 <b>Phone:</b> 503-788-0826 x109	Provides listing of community childcare providers.
<b>Child's Work Learning Center</b>	5120 SE 28th Portland, OR 97202 <b>Phone:</b> 503-234-3611	Low-cost preschool with before and after care. <a href="http://www.childswork.org">www.childswork.org</a>
<b>Department of Human Services Employment/ Education Related Day Care (ERDC)</b>	<b>Phone:</b> 1-800-342-6712	Childcare assistance for parents who are working or in school. Apply at a local DHS office. Call for the closest location and qualification information.
<b>Early Head Start Family Center of Portland</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Child development program primarily for low income families. Services for children 6 weeks to 3 years old. Daycare for working or teen parents. Partial-day preschool and full-day childcare. Also provides social services and parent education. Serves North, NE, & SE Portland. <a href="http://www.ehspdx.org">www.ehspdx.org</a>



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# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Childcare and Preschool Information</b>		
<b>Friendly House Preschool</b>	Mailing address: 2617 NW Savier Portland, OR 97210  Preschool Address: 1715 NW 26th Ave Portland, OR 97210 <b>Phone:</b> 503-228-4391	Contact program director for information. Preschool program is fee-for-service and subsidized placements. Sliding scale available. Placements are based on income and residency. Classes held Monday, Wednesday, and Friday 8:30am-12:00pm or Monday-Thursday 12:30pm-4:00pm. <a href="mailto:jnettleton@friendlyhouseinc.org">jnettleton@friendlyhouseinc.org</a>
<b>Head Start (Portland Public Schools)</b>	4800 NE 74th Ave Portland, OR 97218 <b>Phone:</b> 503-916-5724	Half-day or full-day preschool, primarily for low income families and children with disabilities. Caregivers who work or are in school qualify for extended daycare. No charge for families who meet the income guidelines. Other social services provided.
<b>Iinim Miyac Play Group</b>	710 SW Jackson St Portland, OR 97207 <b>Phone:</b> 503-725-9695 or 503-665-5904	No pre-application needed. Fill out information form at first attendance. No fee for services. Play group for Native children and their parent/guardians. All people are accepted. Open Wednesday 10:30am-12:30pm.
<b>Inclusive Childcare Program</b>	<b>Phone:</b> 503-731-4132	Childcare services for children with special needs. Serves children birth-17 with physical, mental, developmental, emotional, behavioral, or medical disabilities.
<b>Metro Childcare Resource &amp; Referral</b>	123 E Powell Gresham, OR 97030 <b>Phone:</b> 503-548-4400	Referrals & information for choosing safe and appropriate care and accessing community resources and child care subsidy programs, Emergency childcare assistance for children under age 5 in Multnomah County. <a href="http://www.OregonChildCare.org">www.OregonChildCare.org</a>
<b>Mt. Hood Community College Head Start</b>	10100 NE Prescott St Portland, OR 97220 <b>Phone:</b> 503-491-6111	Free childcare for low-income families.
<b>Mt. Scott Community Center</b>	5530 SE 72nd Portland, OR 97206 <b>Phone:</b> 503-823-3183	Community center offering preschool and activity classes for kids. Scholarships available.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Childcare and Preschool Information</b>		
<b>Multnomah Education Service District (MESD)</b>	14030 NE Sacramento Portland, OR 97230 Main Office: <b>Phone:</b> 503-262-4250  MECP West: <b>Phone:</b> 503-262-4275  MECP East: <b>Phone:</b> 503-262-4100	MESD is the contractor for the provision of early intervention/early childhood special education services for birth to 5 years. Free screening, evaluation and services for children with learning, motor, speech, or behavioral needs. Inclusive preschool programs for all children. Contact MECP West if you live in Portland Public Schools or Riverdale attendance areas and MECP East if you live in Centennial, Corbett, David Douglas, Gresham-Barlow, Parkrose, or Reynolds attendance areas.
<b>Neighborhood House Oregon Pre-Kindergarten Program</b>	3445 SW Moss St Portland, OR 97219 <b>Phone:</b> 503-432-6746	Open Monday-Friday 8:00am-5:00pm. Free services. Weekly home visits and groups for parents with kids 0-3. Half-day preschool for ages 3-5. Must meet income guidelines and live in West Multnomah Co or have a child in childcare in North Portland.
<b>New Day School</b>	1825 SE Clinton St Portland, OR 97202 <b>Phone:</b> 503-231-7425	Preschool offers moderate sliding fee scale and has some slots for DHS assistance.
<b>Oregon Child Care Resource &amp; Referral Network</b>	805 Liberty Street NE Suite 2 Salem, OR 97301 <b>Phone:</b> 1-800-342-6712	Referral line and online database to connect parents and caregivers with childcare resources and service referrals throughout Oregon. Also has helpful links for parents. <a href="http://www.occrn.org">www.occrn.org</a> .
<b>Sellwood Community Center</b>	1436 SE Spokane Portland, OR 97202 <b>Phone:</b> 503-823-3195	Offers an after school program for children K through 5, from 2:30pm-6:00pm. Scholarships available to cover 50% of costs.
<b>Siletz Tribal Head Start</b>	7326 SE Flavel Portland, OR 97206 <b>Phone:</b> 503-771-8867	Head Start program utilizing Native American curriculum. Also provides health exams and resources for families.
<b>Volunteers of America</b>	234 SE 7th Ave Portland, OR 97214 <b>Phone:</b> 503-236-8492	Full time childcare center. Care available for children 6 weeks to 6 years old. Partial scholarships available. <a href="http://www.voar.org">www.voar.org</a> .



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# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Childcare and Preschool Information</b>		
<b>Washington County Childcare Resource and Referral</b>	<b>Phone:</b> 1-800-624-9516	Provides referrals for licensed childcare providers.
<b>YMCA Childcare Development Centers</b>	<b>Main Phone:</b> 503-946-5437  ABC Center: 6036 SE Foster Portland, OR 97206 <b>Phone:</b> 503-771-0261  St. Anthony: 3740 SE 79th Portland, OR 97206 <b>Phone:</b> 503-771-7579  Y's Choice: 511 SE 60th Portland, OR 97215 <b>Phone:</b> 503-231-7277	Childcare for ages 6 weeks through school age. Scholarship assistance available.
<b>YMCA Childcare School-Age Program</b>	9500 SW Barbur Blvd Suite 310 Portland, OR 97219 <b>Phone:</b> 503-327-0007	Referrals to before and after school childcare offered in Southeast Portland by the YMCA. Scholarships available.





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Clothing and Household Resources</b>		
<b>General Information</b>		
<b>Baggies Resale Clothing</b>	3028 E Burnside Portland, OR 97214 <b>Phone:</b> 503-234-4778	Resale clothing and appliances.
<b>Beaverton Adventist Community Services</b>	14645 SW Davis Rd Beaverton, OR 97007 <b>Phone:</b> 503-646-9828	Clothing, food, dishes, and small household items available.
<b>Beaverton Family Resource Center</b>	16550 SW Merlo Rd #1 Beaverton, OR 97006 <b>Phone:</b> 503-649-0367	Provides information and referral services for families in Beaverton.
<b>Buffalo Exchange</b>	1420 SE 37th Portland, OR 97214 <b>Phone:</b> 503-234-1302	New and recycled clothing.
<b>City Team Ministries</b>	526 SE Grand Ave Portland, OR 97214 <b>Phone:</b> 503-231-9334	Showers, clothing, meals for \$1. For women only.
<b>Community Clothes Closet</b>	805 NE Alberta St Portland, OR 97211 <b>Phone:</b> 971-244-0339	Distribution of clothes and shoes. Open Thursday 9:00am-11:30am. Call for an appointment.
<b>Deseret Industries</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Thrift store for clothing, household items, and furniture.
<b>Downtown Catholic Chapel</b>	601 W Burnside Portland, OR 97209 <b>Phone:</b> 503-228-0746	Open 9:00am-11:00am daily for walk-ins. Clients are eligible every 30 days.
<b>Dress For Success</b>	1532 NE 37th Ave Portland, OR 97232 <b>Phone:</b> 503-249-7300	Free career clothing for low-income women going back to work. Client needs a referral from a job training organization or caseworker. Five pieces of clothing available prior to a job interview and five more after job hire. <a href="http://www.dressforsuccessorgeon.org">www.dressforsuccessorgeon.org</a>
<b>Fish Emergency Services</b>	1335 SE Hawthorne Portland, OR 97214 <b>Phone:</b> 503-233-5533	Bring ID and proof of address. Call in advance.
<b>Forest Grove Adventist Community Service</b>	<b>Phone:</b> 503-357-9797	Smaller household items, clothing, dishes.
<b>Francis Center</b>	6535 SE 82nd Portland, OR 97266 <b>Phone:</b> 503-775-6784	Free clothing and food. Call ahead.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Clothing and Household Resources</b>		
Friendly House	1808 NW Irving Portland, OR 97209 <b>Phone:</b> 503-228-4335	Small clothing closet available.
Goodwill Thrift Shops	Various locations	Check website to locate a store: <a href="http://www.meetgoodwill.org">www.meetgoodwill.org</a>
Helping Hands Community Store	9999 NE Glisan Portland, OR 97220 <b>Phone:</b> 503-517-0298	Program of Human Solutions that offers free clothing to residents of Multnomah County. Open Monday-Wednesday from 10:00am-2:00pm. Clients can shop twice a month and receive up to ten items of free clothing per family member and ten household items per family each visit. Bring picture ID or OHP card for each family member. Located four blocks from 102nd and Burnside MAX.
Hillsboro Family Resource Center	222 NE 6th Ave Hillsboro, OR 97124 <b>Phone:</b> 503-844-1063	Located in the basement of JB Thomas Middle School. Food, clothing, and referrals to social services. Services are free to residents of Washington County. Open Monday-Thursday at 9am.
Hope Center	12117 SE Stevens Ct Portland, OR 97226 <b>Phone:</b> 503-659-4483	Free clothes available Mondays 9:00-11:00am and Wednesday 11:30am-1:30 pm.
Life Center	2746 NE MLK Jr. Blvd Portland, OR 97212 <b>Phone:</b> 503-284-6878	Volunteer in exchange for clothing. Open to the public. Bring an ID or social security card.
Lotus (Council for Prostitution Alternatives)	1811 NE 39th Ave Portland, OR 97212 <b>Phone:</b> 503-282-1082	Clothing and food resources.
MacDonald Center	605 NW Couch St Portland, OR 97209 <b>Phone:</b> 503-222-5720	<a href="http://www.macdcenter.org">www.macdcenter.org</a>
New Hope Community Church Helping Hands	11731 SE Stevens Rd Portland, OR 97233 <b>Phone:</b> 503-659-5683	Open Monday 9:00-11:00am and Wednesday 11:30am-1:30pm. Call or walk-ins welcome, bring ID.
Outreach Ministries	203 NW 3rd Ave Portland, OR 97209 <b>Phone:</b> 503-225-0590	Free clothing. Open Monday-Friday, 1:00-3:00pm.
Piccolina	2700 SE Clinton St Portland, OR 97202 <b>Phone:</b> 503-963-8548	Buy, trade, and consign. Children's and maternity clothing. \$1 and \$2 bins.



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# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Clothing and Household Resources</b>		
<b>Portland Adventist Community Services (PACS)</b>	11020 NE Halsey Portland, OR 97220 <b>Phone:</b> 503-252-8500	Thrift store and free larger furniture.
<b>Portland Rescue Mission</b>	111 W Burnside Portland, OR 97209 <b>Phone:</b> 503-227-0421	Provides clean clothing, shelter, shower, and food. Open 24 hours a day, 7 days a week.
<b>PTA Clothing Center</b>	Marshall HS Campus 3905 SE 91st Ave Room C-58 Portland, OR 97266 <b>Phone:</b> 503-293-0783	Volunteer-run clothing resource for children in Portland Public Schools who need appropriate clothing. Students must be referred by their school or a social service agency. Open Monday & Thursday 10:00am-1:00pm.
<b>Rose Haven</b>	627 NW 18th St Portland, OR <b>Phone:</b> 503-248-6364	Community & intervention program for women & children. Open Monday-Wednesday 9:00am-12:00pm. <a href="http://www.rosehaven.org">www.rosehaven.org</a> .
<b>Salvation Army</b>	<b>Phone:</b> 503-239-1226	Various thrift stores. Consult website for more specifics: <a href="http://www.salvationarmy.usawest.org">www.salvationarmy.usawest.org</a>
<b>Second Thoughts</b>	108 NE 28th Ave Portland, OR 97232 <b>Phone:</b> 503-233-2282	Contemporary women's resale clothing.
<b>SHARE</b>	21970 SW Sherwood Blvd Sherwood, OR 97140 <b>Phone:</b> 503-825-5480	Available to students and families in the Sherwood School District. Offers parenting classes, ESL classes, food, clothing, housing and energy assistance, and counseling services.
<b>Sisters of the Community</b>	8900 SW Burnham St E14 Tigard, OR 97223 <b>Phone:</b> 503-639-1295	Families must be referred by a community based health clinic or social service agency. Items for infants, small appliances, household items, clothing and toys. <a href="http://www.sistersofthecommunity.org">www.sistersofthecommunity.org</a>
<b>SnowCAP</b>	17805 SE Stark Portland, OR 97233 <b>Phone:</b> 503-674-8785	Free clothing. Service area is East of 82nd in Multnomah County. Need proof of address and picture ID.
<b>St. Andrew's Clothes Closet</b>	7600 N Hereford Ave Portland, OR 97203 <b>Phone:</b> 503-281-1005	Clothes closet at St. Andrew's Episcopal Church.
<b>St. Matthew's Church</b>	475 SE 3rd Hillsboro, OR 97123 <b>Phone:</b> 503-648-1998	Clothes closet in Washington County.



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# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Clothing and Household Resources</b>		
<b>St. Vincent de Paul</b>	8033 SE Holgate Portland, OR 97206 <b>Phone:</b> 503-777-5442	Vouchers to thrift store for homeless. Need ID. Those without an address can have a voucher sent from a Catholic Church.
<b>Sunshine Division Portland Police Bureau</b>	687 N Thompson Portland, OR 97227 <b>Phone:</b> 503-823-2102	Apply over phone. Clothing for women and children by appointment only.
<b>Transition Projects, Inc.</b>	475 NW Glisan Portland, OR 97209 <b>Phone:</b> 503-823-4930	Sign-up for clothing room and showers: 8:00am-9:00am sign up for women; 12:30pm-1:00pm & 5:00pm-5:30pm sign up for men <a href="http://www.tprojects.org">www.tprojects.org</a>
<b>Union Gospel Mission</b>	15 NW 3rd Ave Portland, OR 97209 <b>Phone:</b> 503-274-4483	Thrift store, larger furniture available. Open Tuesday-Saturday, 10:00am-5:45pm.
<b>Village Merchants</b>	3360 SE Division Portland, OR 97202 <b>Phone:</b> 503-234-6343	Unique resale and consignment clothing, shoes, furniture and other items.
<b>Why Not Resale Shop</b>	8536 SE Stark Portland, OR 97216 <b>Phone:</b> 503-253-5554	Women's resale/consignment clothing.
<b>William Temple House</b>	2023 NW Hoyt St Portland, OR 97209 <b>Phone:</b> 503-226-3021	Open Monday-Thursday. Thrift store available.
<b>Maternity and Baby Clothes</b>		
<b>Birthright</b>	1525 NE 41st St Portland, OR 97232 <b>Phone:</b> 503-249-5801	Free pregnancy tests and maternity & baby clothes. Adoption referrals.
<b>Crisis Pregnancy Center (Milwaukie)</b>	14419 SE McLaughlin Milwaukie, OR 97267 <b>Phone:</b> 503-659-3336	Pregnancy resource center. Maternity and baby clothes available.
<b>Pregnancy Resource Center</b>	1626 NE 9th Portland, OR 97232 <b>Phone:</b> 503-284-1977	Maternity clothes and clothes for babies up to 1 year. Please call for appointment.
<b>Car Seats</b>		
<b>Multnomah County Health Department</b>	3653 SE 34th Portland, OR <b>Phone:</b> 503-248-3520	1 year car seat rental for low-income families. \$20 toddler, \$10 infant. Wait list.
<b>Tualatin Valley Fire and Rescue</b>	<b>Phone:</b> 503-649-8577	3 week loan. \$25 deposit required. Call for availability.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Dental Resources</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Assistance League Dental Center at Creston School</b>	4701 SE Bush Portland, OR 97206 <b>Phone:</b> 503-916-5808	Serves children who qualify for free/reduced lunch. Serves Portland Public School children K-12th grade from September-June.
<b>Clackamas County Community Health Dental Clinic</b>	1425 Beaver Creek Rd Oregon City, OR 97045 <b>Phone:</b> 503-655-8569	Open Monday-Thursday, 8:30am-7:00pm and Friday 8:30am-5:00pm. OHP, sliding fee scale, payments accepted. Call for an appointment.
<b>Dental Department</b>	12000 SW 49th Portland, OR 97219 <b>Phone:</b> 503-977-4909	Under \$20 for most services. Cleaning and x-rays only. Limited basis. No emergencies.
<b>Donated Dental Services</b>	Various locations <b>Phone:</b> 503-774-3898	Primarily serve developmentally disabled. Serves low-income seniors, age 65 or older. Provides dentures. No emergencies.
<b>Exceptional Needs Dental Service (ENDS)</b>	4707 SW Kelly Ave Suite 205 Portland, OR 97201 <b>Phone:</b> 503-295-1201	Provides services to OHP and private pay clients who have severe developmental disabilities or mental impairment. Hours Monday-Friday, 8:00am-5:00pm.
<b>Geriatric Dental</b>	6319 SE Powell Portland, OR 97206 <b>Phone:</b> 503-772-3677	Serves adults, age 55 and older. Emergency dental care, including dentures. Serves those under 55 if in a wheelchair. Mobile dental services available.
<b>Mt. Hood Community College Dental Hygiene Clinic</b>	26000 SE Stark Gresham, OR 97030 <b>Phone:</b> 503-491-7176	Basic cleaning services only.
<b>MultiCare Dental</b>	600 NE 8th Gresham, OR 97030 <b>Phone:</b> 503-988-6942	\$40 fee. Urgent care.
<b>Multnomah County Dental Access Program</b>	426 SW Stark St 9th floor Portland, OR 97204  421 SW 6th Ave Portland, OR 97201 <b>Phone:</b> 503-988-6942	Referral for urgent and emergency dental appointments for uninsured clients. Sliding fee scale. Office hours Monday-Thursday, 8:00am-3:00pm.



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# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Dental Resources</b>		
<b>NE Dental Clinic</b>	5329 NE MLK Blvd Portland, OR 97211 <b>Phone:</b> 503-988-3664	Offers appointments for the uninsured when available.
<b>Northwest Medical Teams Dental Van</b>	6955 SW Sandburg Tigard, OR 97223 <b>Phone:</b> 503-624-1000	Call for information on dental van locations.
<b>OHSU Dental School</b>	611 SW Campus Dr Portland, OR 97201 <b>Phone:</b> 503-494-8867	Provides general dentistry, fillings and emergency care. \$30-\$60 fee for x-rays. \$30-\$40 for visit with students.
<b>Outside In</b>	1132 SW 13th Portland, OR 97205 <b>Phone:</b> 503-535-3800	Dental van. Call for schedule. Sliding fee scale available. <a href="http://www.outsidein.org">www.outsidein.org</a>
<b>Portland Community College</b>	Various locations <b>Phone:</b> 503-977-4909	Low cost hygiene and cleaning. Provides services from October-June.
<b>Project Dental Health</b>	214 N Russell Portland, OR 97227 <b>Phone:</b> 503-494-6822	\$40 fee. Emergency care provided. Free for those who are HIV positive and those covered on OHP.
<b>Russell Street Dental Clinic</b>	214 N Russell Portland, OR 97227 <b>Phone:</b> 503-494-6822	Emergency dental services only. \$40 cash fee at time of service.
<b>Senior Smile</b>	Various locations <b>Phone:</b> 503-513-5010	Call for locations between 9:00am-1:00pm. Serves low-income seniors age 60 and older. Call for application.
<b>William Temple House</b>	2023 NW Hoyt Portland, OR 97209 <b>Phone:</b> 503-226-3021	Pain related emergencies only. Extractions only. Call for appointment. Dental van every other Wednesday.
<b>Women's Health Clinic</b>	3181 Sam Jackson Park Rd Portland, OR 97239 <b>Phone:</b> 503-494-8311	Insurance and self-pay available.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Department of Human Services (DHS) Program Information</b>		
Assessment Program	Phone: 503-731-3111	Assessment program occurs before client receives TANF assistance. It is designed to help clients find employment.
Cash Benefits	Phone: 503-731-3111	TANF: Cash assistance for low-income adults with minor children.
Child Welfare Hotline (Multnomah County)	Phone: 503-731-3100	Call to report child abuse or to consult about suspected child abuse cases.
Clackamas County OHP, Family Health Insurance Assistance Program, Children's Health Insurance Program	Phone: 503-655-8336	For Clackamas County residents to contact for health insurance assistance.
Clackamas County Social Services	Phone: 503-655-8640	Available for Clackamas County residents.
Expedited Food Stamps	Phone: 503-731-3111	Must be issued 7 days from the application date. Gross income must be less than \$150.00/month and less than \$100 on hand; or monthly gross income + cash on hand is less than rent + utilities; or a member of the household is a seasonal or migrant worker making less than \$100.
Food Stamps	2828 NE Alberta Portland, OR 97211 Phone: 503-282-7973	Must meet income standards.
Foster Care and Adoption Line	018 SW Boundary Ct Portland, OR 97239 Phone: 1-800-331-0503	Information on the adoption and foster care process through the Department of Human Services. Phone line is answered 8:00am-7:00pm, Monday-Friday.
Grievance (filing a grievance)	Phone: 503-731-3111  Legal Aid Welfare Rights Hotline: 503-241-4111	If a person feels mistreated, filing a grievance is a way to protest that treatment and demand action from DHS and DSO supervisors. File at the reception area of any DHS office and keep a copy for personal records. Every person has the right to file for a grievance.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Department of Human Services (DHS) Program Information</b>		
<b>Hearing (requesting a hearing)</b>	<b>Phone:</b> 503-731-3111	People may request a hearing if they feel they have been wrongly denied money, medical coverage or food stamps or they have been wrongly adjusted. Request a hearing in writing with the receptionist at any DHS office.
<b>Independent Living Program</b>	<b>Phone:</b> 503-731-3111	Assists current or former foster care youth with education and training.
<b>JOBS program</b>	<b>Phone:</b> 503-731-3111	Those who receive TANF are required to participate in this program. JOBS is a program designed to promote self-sufficiency, through education and employment. Childcare payments are available while participating in this program.
<b>Oregon Adoptive Rights Association</b>	PO Box 882 Portland, OR 97207 <b>Phone:</b> 503-235-3669	Supportive services for those involved in the adoption experience. 24-hour line. \$40 membership fee for the first year.
<b>Oregon Helps</b>	<a href="http://www.oregonhelps.org">www.oregonhelps.org</a>	Website to help people find out if they qualify for assistance with food, housing, health insurance, tax credits, and cash assistance for families with children.
<b>Temporary Aid to Need Families (TANF)</b>	<b>Phone:</b> 503-731-3111	Cash assistance for families with children may also qualify for medical benefits. Available to relatives raising minor children.
<b>Temporary Assistance to Domestic Violence Survivors (TA-DVS)</b>	<b>Phone:</b> 503-731-3111  Legal Aid Welfare Rights <b>Hotline:</b> 503-241-4111	Cash assistance for families with children fleeing abusive situations. DHS can pay up to \$1200 in a 90-day period. The money can be used for any needs that lead to safety for the family and children. (If someone is denied TA-DVS and feels it is unjust, request a hearing).





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Domestic Violence (DV) Resources</b>		
<b>Domestic Violence Shelters</b>		
<b>Bradley Angle House</b>	PO Box 14694 Portland, OR 97214 <b>Phone:</b> 503-281-2442	Confidential shelter for women and children, male or female, 17 years old and younger, leaving DV situations. Cannot use drugs and/or alcohol within 24 hours of coming into shelter. Services also available in Spanish. Meeting attendance is required. Seven week length of stay with transitional housing possible. Support group available.
<b>Clackamas Women's Services</b>	PO Box 22547 Milwaukie, OR <b>Phone:</b> 503-654-2288	Confidential shelter for women and children leaving DV situations. No boys over 15 years. Must be sober upon entry (last use 1 week ago). Some house meetings. 30 day length of stay. Support group available. Drop-in DV services also available.
<b>Columbia County Women's Resource Center</b>	<b>Phone:</b> 503-397-6161	Confidential shelter for women and children leaving DV situations. No boys over 17. Services available in Spanish. 30 day length of stay.
<b>Domestic Violence Resources</b>	PO Box 494 Hillsboro, OR 97123 <b>Phone:</b> 503-469-8620	Confidential shelter for women and children leaving DV situations. Sober upon entry, no boys over 17 years unless 18+ and still in high school. Support group available.
<b>Portland State University Community Counseling Clinic</b>	PO Box 751 Portland, OR 97207 <b>Phone:</b> 503-725-4620	Support group for female survivors of domestic abuse. Cost is \$8 per session.
<b>Raphael House</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Women & children. No males over 17 years. Four week limit. Spanish speaking advocates available.
<b>Safechoice-Vancouver YWCA</b>	3609 Main St Vancouver, WA 98663 <b>Phone:</b> 360-695-0501	Confidential shelter for women and children leaving DV situations. Sober upon entry, no boys over 17 years. <a href="http://www.ywcaclarkcounty.org">www.ywcaclarkcounty.org</a>
<b>Volunteers of America Family Center</b>	537 SE Alder Portland, OR 97214 <b>Phone:</b> 503-232-6562	No shelter, but voucher women and families into hotels. Spanish-speaking case managers available.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Domestic Violence (DV) Resources</b>		
<b>West Women and Children's Shelter</b>	PO Box 2398 Portland, OR 97208 <b>Phone:</b> 503-224-7718	Not a Confidential Location. Shelter for women and children leaving DV situations. No boys over 12 years, 30 days clean and sober. Many required meetings, 30 day to 6 week length of stay with transitional housing possible.
<b>Yolanda House</b>	PO Box 19178 Portland, OR 97280 <b>Phone:</b> 503-977-7930	Confidential shelter for women and children leaving DV situations. No boys over 9 years. Sober upon entry. Bilingual services available. Few required meetings. 30 day length of stay.
<b>Emergency Numbers</b>		
<b>Child Abuse Hotline</b>	<b>Phone:</b> 503-731-3100	To report any suspected child abuse. It is against the law for children to witness DV.
<b>National Coalition Against Domestic Violence</b>	<b>Phone:</b> 303-839-1852	National DV information and resources.
<b>National Domestic Violence Hotline</b>	<b>Phone:</b> 1-800-799-SAFE	To locate national and local victim services.
<b>National Runaway Hotline</b>	<b>Phone:</b> 1-800-621-4000	Runaway crisis line.
<b>Non-Emergency Police Line</b>	<b>Phone:</b> 503-823-3333	Call to speak with police in a non-emergency situation.
<b>Portland Police DV Reduction Unit</b>	<b>Phone:</b> 503-823-0992	To report incidents of domestic violence.
<b>Portland Women's Crisis Line</b>	<b>Phone:</b> 503-235-5333 <b>Toll free:</b> 1-800-235-5333	Connects women and their children to various domestic violence resources and shelters in the area.
<b>RAINN</b>	<b>Phone:</b> 1-800-656-4673	National Rape/Sexual Assault Crisis Line.
<b>Volunteers of America Domestic Violence Intervention Program</b>	<b>Phone:</b> 503-771-5503	Free and confidential advocacy and short-term case management.
<b>Washington State Domestic Violence Hotline</b>	<b>Phone:</b> 1-800-562-6025	DV hotline for Washington state.



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# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Domestic Violence (DV) Resources</b>		
<b>Population-Specific Resources</b>		
<b>El Programa Hispano/ Un Nuevo Inicio Para Concluir el Abuso</b>	901 SE Oak St Suite 106 Portland, OR 97214 <b>Phone:</b> 503-669-8350	DV services and advocacy for Spanish-speaking people.
<b>Healing Roots Center</b>	5432 N Albina Ave Portland, OR <b>Phone:</b> 503-595-9591	DV services are for African and African American women and children. Programs include yoga classes, support groups, parenting classes, job preparation, and youth groups. Drop-in Monday 7:00am-12:00pm, Tuesday 10:00am-3:00pm, Wednesday 2:00pm-6:00pm.
<b>Insights Teen Parent Program</b>	711 SE Ankeny St #2 Portland, OR 97214 <b>Phone:</b> 503-239-6996	Services for pregnant teens. <a href="http://www.insightstpp.org">www.insightstpp.org</a>
<b>IRCO (Immigrant and Refugee Community Organization)</b>	10301 NE Glisan St Portland, OR 97220 <b>Phone:</b> 503-234-1541	Domestic violence services and advocacy for Asian, refugee and immigrant women and families.
<b>NAYA Family Center Healing Circle</b>	5135 NE Columbia Blvd Portland, OR 97219 <b>Phone:</b> 503-288-8177	Domestic violence services for Native women and children. Support group available.
<b>Portland Children's Intervention Project (PChip)</b>	5315 N Vancouver Portland, OR 97217 <b>Phone:</b> 503-280-1388	Intensive services to children 0-5 who have witnessed DV. Hours: Monday-Friday, 9:00am-5:00pm. Call for more information.
<b>Russian Oregon Social Services (ROSS)</b>	4033 SE Woodstock Ave Portland, OR 97202 <b>Phone:</b> 503-777-3437	Services for Russian women and families.
<b>SAWERA</b>	PO Box 91242 Portland, OR 97291 <b>Phone:</b> 503-778-7386	Services for South Asian women and families.
<b>Important Contact Numbers</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Domestic Violence (DV) Resources</b>		
<b>DHS DV Contacts, Downtown</b>	New Market: 50 SW 2nd Ave Portland, OR 97204 <b>Phone:</b> 503-731-3336  Metro Processing: 1976 SW 6th Ave Portland, OR 97201 <b>Phone:</b> 503-731-8383	New Market: Tina Reynolds ext. 3271  Metro Processing: Laurie Saunders ext. 2221 Ginger Mackey ext. 3292 Linda Evans ext. 3330 Barbara Thomas ext. 2270
<b>DHS DV Contacts, East Area</b>	East: 1415 SE 122nd Ave Portland, OR 97233 <b>Phone:</b> 503-257-4200  Gresham: 912 NE Kelly Gresham, OR 97030 <b>Phone:</b> 503-491-1979	East: Lauralee Rose ext. 248  Gresham: LuAnn Peterson ext. 247
<b>DHS DV Contacts, North Area</b>	Albina: 30 N Webster Suite A Portland, OR 97217 <b>Phone:</b> 503-280-6781  Northeast: 4425 NE Broadway Portland, OR 97213 <b>Phone:</b> 503-280-6683  St. Johns: 6443 N. Lombard St Portland, OR 97203 <b>Phone:</b> 503-731-4646	Albina: Estela Rodriguez-Cook  Northeast: Alyssa Fulks ext. 334  St. Johns: Sherrie Burrell ext. 2261
<b>DHS DV Contacts, Southeast Area</b>	Southeast: 3975 SE Powell Blvd <b>Phone:</b> 503-731-3181  Multnomah Teens: 3975 SE Powell Blvd Portland, OR 97202 <b>Phone:</b> 503-731-3466	Southeast: Phuong Tran ext. 2253  Multnomah Teens: Cindi Lewis ext. 2510



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Domestic Violence (DV) Resources</b>		
<b>Domestic Violence Resource Center</b>	3800 SW Cedar Hills Blvd Suite 195 Beaverton, OR 97007 <b>Phone:</b> 503-640-5352	Free and bilingual services available to survivors of domestic violence. Services offered to children ages 4-17 and adults through educational groups and individual and family counseling. <a href="http://www.dvrc-or.org">www.dvrc-or.org</a>
<b>DV Prevention Fund</b>	PO Box 12105 Portland, OR 97212 <b>Phone:</b> 503-890-2095	Contact Laura Heiser
<b>Listen to Kids (formerly Community Advocates)</b>	5135 NW St Helens Rd Portland, OR 97210 <b>Phone:</b> 503-280-1388	Programs teach children how to know if they are being abused and/or living with violence. Also provides groups and home visits to children and mothers leaving DV situations.
<b>Multnomah County DV Coordinator</b>	421 SW 6th Suite 700 Portland, OR <b>Phone:</b> 503-988-4112	Contact Chiquita Rollins
<b>Oregon AIDS Hotline</b>	<b>Phone:</b> 503-223-2437 <b>Toll free:</b> 1-800-777-2437	AIDS hotline for Oregon residents.
<b>Oregon Coalition Against Domestic &amp; Sexual Violence (OCADSV)</b>	<b>Phone:</b> 1-503-365-9644	
<b>Sexual Assault Resource Center</b>	9450 SW Barnes Rd Suite 240 Portland, OR 97225 <b>Phone:</b> 503-640-5311	Contact LeeAnne Dillon
<b>Volunteers of America Outreach Office</b>	217 SE 8th Ave Portland, OR 97214 <b>Phone:</b> 503-771-5503	Adult and children's DV support groups. Drop-in DV services also available. <a href="http://www.voao.org">www.voao.org</a>
<b>WomenStrength</b>	10225 E Burnside Portland, OR 97216 <b>Phone:</b> 503-823-0260	Introductory self-defense classes for women. Classes are free and are held every month around Portland. Open to any woman or girl over age 13. Call to register.
<b>Batterer Intervention Programs</b>		
<b>ASAP Treatment Services</b>	2130 SW 5th Ave Portland, OR <b>Phone:</b> 503-224-0075	Court-ordered substance abuse treatment and batterer program.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Domestic Violence (DV) Resources</b>		
<b>Change Point</b>	1949 SE 122nd Ave Portland, OR 97292 <b>Phone:</b> 503-253-5954	Batterer intervention and education. <a href="http://www.changepointinc.com">www.changepointinc.com</a>
<b>Men's Resource Center</b>	729 Molalla Ave #8 Oregon City, OR 97045 <b>Phone:</b> 503-557-0802	Mandated and volunteer batterer's intervention and retraining program. Support groups available. <a href="http://www.portlandmrc.com">www.portlandmrc.com</a>
<b>Oregon SafeNet</b>	621 SW Alder Suite 810 Portland, OR 97205 <b>Phone:</b> 503-988-5858  <b>Hotline</b> 1-800-723-3638	Referrals to health and social services programs including primary care, dental, mental health, DV, child abuse, etc, as well as government programs such as WIC and food stamps. Available Monday-Friday, 8:00am-8:00pm. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Women's Counseling Center</b>	12 SE 14th Ave Portland, OR 97214 <b>Phone:</b> 503-235-4050	Part of the Men's Resource Center. Counseling for DV survivors, batterers, and families <a href="http://www.portlandmrc.com">www.portlandmrc.com</a>
<b>All Oregon County Services</b>		
<b><u>Baker County</u></b>		
<b>May Day, Inc.</b>	Baker County <b>Crisis Line:</b> 541-523-4134 <b>Toll free:</b> 1-888-213-4134	DV services in Baker County. Office Phone: 541-523-9472
<b><u>Benton County</u></b>		
<b>Center Against Rape and Domestic Violence (CARDV)</b>	Corvallis County <b>Crisis Line:</b> 541-754-0110 <b>Toll free:</b> 1-800-927-0197	DV services in Benton and Linn Counties. Office Phone: 541-758-0219
<b><u>Clackamas County</u></b>		
<b>Clackamas Women's Resource Center</b>	Milwaukie <b>Crisis Line:</b> 503-654-2288	DV services in Clackamas, Multnomah and Washington Counties. Office Phone: 503-654-2807
<b><u>Clatsop County</u></b>		
<b>Clatsop Women's Resource Center</b>	Astoria <b>Crisis Line:</b> 503-325-5735	DV services in Clatsop County. Office Phone: 503-325-3426
<b><u>Columbia County</u></b>		
<b>Columbia Women's Resource Center</b>	St. Helens <b>Crisis Line:</b> 503-397-6161	DV services in Columbia County. Office Phone: 503-397-7110



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Domestic Violence (DV) Resources</b>		
<b><u>Coos and Curry Counties</u></b>		
Coos Women's Safety and Resource Center	North Bend <b>Crisis Line:</b> 541-756-7000	DV services in Coos and Curry County. Office Phone: 541-756-7864
Oasis Women's Shelter	Gold Beach <b>Crisis Line:</b> 541-247-0607	DV services in Curry County. Office Phone: 541-247-0607
<b><u>Deschutes County</u></b>		
Central Oregon Battering & Rape Alliance (COBRA)	Bend <b>Crisis Line:</b> 541-389-7021 <b>Toll free:</b> 1-800-356-2369	DV services in Deschutes, Crook, Jefferson and Grant Counties. Office Phone: 541-382-9227
<b><u>Douglas County</u></b>		
Battered Person's Advocacy	Roseburg <b>Crisis Line:</b> 541-673-7867 <b>Toll free:</b> 1-800-464-6543	DV services in Douglas County. Office Phone: 541-673-7867
<b><u>Gilliam County</u></b>		
Haven from DV Crisis	<b>Crisis Line:</b> 541-298-4789 <b>Toll free:</b> 1-800-249-4789	DV services in Gilliam County. Office Phone: 541-296-1662
<b><u>Harney County</u></b>		
Burns Paiute Human Services Department	HC 71 100 Pasigo St Social Services Director Burns, OR 97720 <b>Phone:</b> 541-573-2267	
Harney Helping Organization for Personal Emergencies (HHOPE)	Burns <b>Crisis Line:</b> 541-573-7176	DV services in Harney County. Office Phone: 541-573-7176
<b><u>Hood River County</u></b>		
Project Helping Hands Against Violence	Hood River <b>Crisis Line:</b> 541-386-6603	DV services in Hood River County. Office Phone: 541-386-6603
<b><u>Jackson County</u></b>		
Community Works (Dunn House)	Medford <b>Crisis Line:</b> 541-779-4357	DV services in Jackson County. Office Phone: 541-779-2393
<b><u>Josephine County</u></b>		
Illinois Valley Safe House Alliance	535 E River St Cave Junction, 97523 <b>Phone:</b> 503-592-5332	
Women's Crisis Support Team	Grants Pass <b>Crisis Line:</b> 541-479-9349	DV services in Josephine County. Office Phone: 541-476-3877



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Domestic Violence (DV) Resources</b>		
<b><u>Klamath County</u></b>		
Klamath Crisis Center	Klamath Falls <b>Crisis Line:</b> 541-884-0390	DV services in Klamath County. Office Phone: 541-884-0390
<b><u>Lake County</u></b>		
Lake County Crisis Center	<b>Crisis Line:</b> 541-947-2449	DV services in Lake County. Office Phone: 541-947-2498
New Beginnings Intervention Center	PO Box 346 Christmas Valley, OR 97641 <b>Phone:</b> 541-576-3009 <b>Crisis Line:</b> 541-576-3051 <b>Toll free:</b> 1-800-850-4838	
<b><u>Lane County</u></b>		
Sexual Assault Support Services	Eugene <b>Crisis Line:</b> 541-485-6700 <b>Toll free:</b> 1-800-788-4727	DV services in Lane County. Office Phone: 541-484-9791
Siuslaw Area Women's Center	Florence <b>Crisis Line:</b> 541-997-4444	DV services in Lane County. Office Phone: 541-997-2816
Womenspace	Eugene <b>Crisis Line:</b> 541-485-6513 <b>Toll free:</b> 1-800-281-2800	DV services in Lane County. Office Phone: 541-485-8232
<b><u>Lincoln County</u></b>		
My Sisters' Place	Newport <b>Crisis Line:</b> 541-994-5959 <b>Toll free:</b> 1-800-841-8325	DV services in Lincoln County. Office Phone: 541-574-9424
Women's Violence Intervention Program, Inc.	Lincoln City <b>Crisis Line:</b> 541-994-5959 <b>Toll free:</b> 1-800-841-8325	DV services in Lincoln County. Office Phone: 541-574-9424
<b><u>Malheur County</u></b>		
Project DOVE	Ontario <b>Crisis Line:</b> 541-889-2000	DV services in Malheur County. Office Phone: 541-889-6316
<b><u>Marion County</u></b>		
Mid-Valley Women's Crisis Services	Salem <b>Crisis Line:</b> 503-399-7722	DV services in Marion County. Office Phone: 503-399-7722
Canyon Crisis Center	Mill City <b>Crisis Line:</b> 503-897-2327	DV services in Marion/Linn County. Office Phone: 503-897-2327





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Domestic Violence (DV) Resources</b>		
<b>Multnomah County</b>		
<b>Bradley Angle House</b>	Portland <b>Crisis Line:</b> 503-281-2442	Confidential shelter for women and children, male or female, 17 years old and younger, leaving DV situations. Cannot use drugs and/or alcohol within 24 hours of coming into shelter. Services also available in Spanish. Meeting attendance is required. Seven week length of stay with transitional housing possible. Support group available.
<b>DVERT: Domestic Violence Enhanced Response Team</b>	10225 E Burnside Portland, OR 97216 <b>Phone:</b> 503-988-6440	Open Monday-Friday, 8:00am-5:00pm. Works with high-risk DV cases that would benefit from a coordinated, multi-disciplinary response, including investigation and prosecution of crimes in Multnomah County. Referrals accepted. Call for more info.
<b>Portland Women's Crisis Line</b>	Portland <b>Crisis Line:</b> 503-235-5333 <b>Toll free:</b> 1-800-235-5333	Multnomah, Washington, Clackamas Counties. Office Phone: 503-232-9751
<b>Raphael House</b>	Portland <b>Crisis Line:</b> 503-222-6222	DV services in Multnomah, Washington, Clackamas Counties. Office Phone: 503-222-6507
<b>Volunteers of America Family Center</b>	Portland <b>Crisis Line:</b> 503-232-6562	DV services in Multnomah County. Office Phone: 503-232-6562
<b>Volunteers of America Home Free</b>	Portland <b>Hotline:</b> 503-771-5503	Advocacy, emergency housing, children's services, legal advocacy for Multnomah and surrounding counties.
<b>West Women's &amp; Children's Shelter</b>	Portland <b>Crisis Line:</b> 503-224-7718	DV services in Multnomah, Washington & Clackamas Counties. Office Phone: 503-224-7718
<b>YWCA Women's Resource Center</b>	Portland <b>Crisis Line:</b> 503-294-7444	DV services in Multnomah, Washington, Clackamas Counties. Office Phone: 503-294-7444
<b>YWCA Yolanda House</b>	Portland <b>Crisis Line:</b> 503-977-7930	DV services in Multnomah, Washington, Clackamas Counties. Office Phone: 503-977-7911



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Domestic Violence (DV) Resources</b>		
<b><u>Polk County</u></b>		
S.A.B.L.E. House	Dallas <b>Crisis Line:</b> 503-623-4033	DV services in Polk County. Office Phone: 503-623-6703
<b><u>Tillamook County</u></b>		
Women's Crisis Center	Tillamook <b>Crisis Line:</b> 503-842-9486 <b>Toll free:</b> 1-800-992-1679	DV services in Tillamook County. Office Phone: 503-842-9486
<b><u>Umatilla County</u></b>		
Domestic Violence Services	Pendleton <b>Crisis Line:</b> 541-278-0241 <b>Toll free:</b> 1-800-833-1161	DV services in Umatilla and Morrow Counties. Office Phone: 541-276-3322
<b><u>Union County</u></b>		
Shelter from the Storm	LaGrande <b>Crisis Line:</b> 541-963-9261	DV services in Union County. Office Phone: 541-963-7226
<b><u>Wallowa County</u></b>		
Safe Harbors	Enterprise <b>Crisis Line:</b> 541-426-6565	DV services in Wallowa County. Office Phone: 541-426-4004
<b><u>Wasco County</u></b>		
Haven from Domestic Violence	The Dalles <b>Crisis Line:</b> 541-298-4789	DV services in Wasco, Sherman and Gilliam Counties. Office Phone: 541-296-1662
<b><u>Washington County</u></b>		
Shelter/Domestic Violence Resource Center	Hillsboro <b>Crisis Line:</b> 503-640-1171	DV services in Washington, Multnomah and Clackamas Counties. Office Phone: 503-640-5352
<b><u>Wheeler County</u></b>		
Haven from DO	<b>Crisis Line:</b> 541-298-4789 <b>Toll free:</b> 1-800-249-4789	DV services in Wheeler County. Office Phone: 541-296-1662
<b><u>Yamhill County</u></b>		
Family Crisis Shelter and Services (Henderson House)	McMinnville <b>Crisis Line:</b> 503-472-1503	DV services in Yamhill County. Office Phone: 503-472-0244



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Education Services: Adults</b>		
<b>Educational Services</b>		
<b>Clackamas Community College</b>	19600 S Molalla Ave Oregon City, OR 97045 <b>Phone:</b> 503-657-9795	Life & career options. <a href="http://www.clackamas.cc.or.us">www.clackamas.cc.or.us</a>
<b>El Programa Hispano</b>	901 SE Oak St Suite 106 Portland, OR 97214 <b>Phone:</b> 503-236-9670  451 NW 1st Ave Gresham, OR 97030 <b>Phone:</b> 503-669-8350	Drivers Ed., ESL Classes, Spanish literacy.
<b>Human Solutions</b>	12350 SE Powell Blvd Portland, OR 97236 <b>Phone:</b> 503-548-0200	Computer and finance classes. Skill development and support services.
<b>Mt. Hood Community College Steps-to-Success</b>	1415 SE 122nd Ave Portland, OR 97233 <b>Phone:</b> 503-256-0432	
<b>Mt. Hood Community College Transitions Program</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Career planning and classes for single parents and displaced homemakers. Financial assistance is available for transportation and childcare.
<b>Multnomah County Library</b>	Various locations  Central Library 801 SW 10th Avenue Portland, OR 97205 <b>Phone:</b> 503-988-5402  <b>Reference Line:</b> 503-988-5234	Open 7 days a week and two evenings each week. Free to all Multnomah County residents. Show photo I.D. or have a parent/guardian sign application form if under 13 years old. Use library card to borrow a wide variety of materials from any library location and to access the internet from library computers. Access the library subscriptions databases from home, office, or school computer. Offers fun programs to start preschoolers and their parents on the road to reading, lively entertainment every month. Also teaches ESL/citizenship classes. <a href="http://www.multcolib.org">www.multcolib.org</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Education Services: Adults</b>		
<b>Neighborhood Pride Team</b>	9123 SE Foster Portland, OR 97266 <b>Phone:</b> 503-774-4880	Computer classes, entrepreneurial training program and Trillium Artisans.
<b>Oregon Literacy, Inc.</b>	1001 SW 5th Portland, OR 97204 <b>Phone:</b> 503-244-3898	Tutoring referral service for ABE, ESL, and GED classes.
<b>PCC Adult Basic Skills Program</b>	2850 SE 82nd Ave Portland, OR 97216 <b>Phone:</b> 503-788-6230	ABE, GED, and ESL classes, alternative programs and volunteer literacy training.
<b>PCC Computer Education Program</b>	2305 SE 82nd Ave Portland, OR 97216 <b>Phone:</b> 503-788-6200	Computer classes through PCC.
<b>PCC Metro One-Stop Work Force Network</b>	5600 NE 42nd Ave Portland, OR 97218 <b>Phone:</b> 503-943-2283	Employment center and dislocated worker's office.
<b>PCC Migrant Assistance Program</b>	PO Box 1900 Portland, OR 97229 <b>Phone:</b> 503-614-7473	Academic guidance and financial assistance to migrant/seasonal farm workers and their families. Office hours Monday-Friday, 9:00am-5:00pm.
<b>PCC Volunteer Tutoring Center</b>	12000 SW 49th Ave SS123 Portland, OR 97219 <b>Phone:</b> 503-977-4148	Individual tutoring for free. ESL available. Monday-Friday, 8:00am-4:00pm. Call for an appointment.
<b>PCC Women's Resource Center</b>	17705 NW Springville Rd Portland, OR 97229 <b>Phone:</b> 503-614-7448	Provides a variety of resources for women to help them stay in school and stay safe. Office hours Monday-Friday, 8:30am-5:00pm.
<b>SOAR Sponsors Organized to Assist Refugees</b>	2906 NE Glisan Portland, OR 97232 <b>Phone:</b> 503-284-3002	Teaches ESL to refugees. <a href="http://www.emoreong.org">www.emoreong.org</a>
<b>Local Colleges &amp; Universities</b>		
<b>Cascade College</b>	9101 E Burnside Portland, OR 97216 <b>Phone:</b> 503-255-7060	<a href="http://www.cascade.edu">www.cascade.edu</a>
<b>Clackamas Community College</b>	19600 S Molalla Ave Oregon City, OR 97045 <b>Phone:</b> 503-657-6958	<a href="http://www.clackamas.cc.or.us">www.clackamas.cc.or.us</a>
<b>Concordia University</b>	2811 NE Holman St Portland, OR 97211 <b>Phone:</b> 503-288-9371	<a href="http://www.cu-portland.edu">www.cu-portland.edu</a>



Monica Parmley, LCSW

# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Education Services: Adults</b>		
<b>East-West College of the Healing Arts</b>	Portland Campus: 4531 SE Belmont St Portland, OR 97215 <b>Phone:</b> 503-231-1500  Beaverton Campus: 10226 SW Park Way Beaverton, OR 97225 <b>Phone:</b> 503-297-3800	<a href="http://www.ewcha.com">www.ewcha.com</a>
<b>Eastern Oregon University</b>	One University Blvd La Grande, OR 97850 <b>Phone:</b> 541-962-3672	<a href="http://www.eou.edu">www.eou.edu</a>
<b>George Fox University</b>	414 N Meridian Street Newberg, OR 97132 <b>Phone:</b> 503-538-8383	<a href="http://www.georgefox.edu">www.georgefox.edu</a>
<b>Heald College</b>	625 SW Broadway Suite 200 Portland, OR 97205 <b>Phone:</b> 503-229-0492	<a href="http://www.heald.edu">www.heald.edu</a>
<b>Lewis and Clark College</b>	0615 SW Palantine Hill Rd Portland, OR 97219 <b>Phone:</b> 503-768-7040	<a href="http://www.lclark.edu">www.lclark.edu</a>
<b>Linfield College</b>	900 SE Baker Street McMinnville, OR 97128 <b>Phone:</b> 503-883-2200	<a href="http://www.linfield.edu">www.linfield.edu</a>
<b>Marylhurst College</b>	17600 Pacific Hwy PO Box 261 Marylhurst, OR 97036 <b>Phone:</b> 503-636-8141	<a href="http://www.marylhurst.edu">www.marylhurst.edu</a>
<b>Mt. Hood Community College</b>	26000 SE Stark St Gresham, Oregon 97030 <b>Phone:</b> 503-491-6422	<a href="http://www.mhcc.cc.or.us">www.mhcc.cc.or.us</a>
<b>Multnomah University</b>	8435 NE Glisan St Portland, Oregon 97220 <b>Phone:</b> 503-255-0332	<a href="http://www.multnomah.edu">www.multnomah.edu</a>
<b>Oregon Graduate Institute</b>	20000 NW Walker Rd Beaverton, OR 97006 <b>Phone:</b> 503-748-1121	<a href="http://www.ogi.edu">www.ogi.edu</a>
<b>Oregon Health Sciences University</b>	3181 SW Sam Jackson Park Rd Portland, OR 97239-3098 <b>Phone:</b> 503-494-8311	<a href="http://www.ohsu.edu">www.ohsu.edu</a>



Monica Parmley, LCSW

# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Education Services: Adults</b>		
<b>Oregon State University</b>	Corvallis, OR 97331-4501 <b>Phone:</b> 541-737-1000	<a href="http://www.oregonstate.edu">www.oregonstate.edu</a>
<b>Pacific Northwest College of Art (PNCA)</b>	1241 NW Johnson St Portland, OR 97209 <b>Phone:</b> 503-226-4391	<a href="http://www.pnca.edu">www.pnca.edu</a>
<b>Pacific University</b>	2043 College Way Forest Grove, OR 97116 <b>Phone:</b> 503-6357-6151	<a href="http://www.pacificu.edu">www.pacificu.edu</a>
<b>Portland Community College</b>	Various locations <b>Phone:</b> 503-244-6111	<a href="http://www.pcc.edu">www.pcc.edu</a>
<b>Portland State University</b>	PO Box 751 Portland, OR 97207 <b>Phone:</b> 503-725-3511	<a href="http://www.pdx.edu">www.pdx.edu</a>
<b>Reed College</b>	3203 SE Woodstock Blvd Portland, OR 97202 <b>Phone:</b> 503-771-1112	<a href="http://www.reed.edu">www.reed.edu</a>
<b>University of Oregon</b>	Eugene OR 97403 <b>Phone:</b> 541-346-1000	<a href="http://www.uoregon.edu">www.uoregon.edu</a>
<b>University of Portland</b>	5000 N Willamette Blvd Portland, OR 97203 <b>Phone:</b> 503-943-8000	<a href="http://www.uofport.edu">www.uofport.edu</a>
<b>Warner Pacific College</b>	2219 SE 68th Ave Portland, OR 97215 <b>Phone:</b> 503-517-1000	<a href="http://www.warnerpacific.edu">www.warnerpacific.edu</a>
<b>Washington State University, Vancouver</b>	14204 NE Salmon Creek Ave Vancouver, WA 98686 <b>Phone:</b> 360-546-9779	<a href="http://www.vancouver.wsu.edu">www.vancouver.wsu.edu</a>
<b>Western Baptist College</b>	5000 Deer Park Drive SE Salem, OR 97301 <b>Phone:</b> 1-800-845-3005	<a href="http://www.wbc.edu">www.wbc.edu</a>
<b>Western States Chiropractic College</b>	2900 NE 132nd Ave Portland, OR 97230 <b>Phone:</b> 1-800-641-5641	<a href="http://www.wschiro.edu">www.wschiro.edu</a>
<b>Willamette University</b>	900 State St Salem Oregon 97301 <b>Phone:</b> 503-370-6300	<a href="http://www.willamette.edu">www.willamette.edu</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Employment Services: Adults</b>		
Beehive	www.thebeehive.org	Website designed to provide information on matters such as money, health, and jobs.
Better People	4310 NE MLK Jr Blvd Portland, OR 97211 <b>Phone:</b> 503-281-2663	Job and life readiness program for offenders.
Central City Concern	<b>Phone:</b> 503-226-7387	Workforce Program
City Concern Jobs Program	2 NW 2nd Portland, OR 97030 <b>Phone:</b> 503-281-2663	Educational classes and job readiness for those recovering from drugs or alcohol.
Clackamas Community College Career Center	<b>Phone:</b> 503-657-6958 x2409	Career exploration resources, job search information and planning, résumé, cover letter, application and interviewing assistance, individualized training arranged with local employers, employment listings, career workshops and classes, job search workshops and classes, and career counseling.
Community Solutions for Clackamas County	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Employment and training services for ages 14-senior.
Confederated Tribes of Siletz	12790 SE Stark St Suite 102 Portland, OR 97233 <b>Phone:</b> 503-238-1512	Jobs program for Native Americans.
Connect to Jobs	www.connect2jobs.org	Online job search and recruiting system. Provides a variety of tools that support job seekers such as job searches and resume creation.
Employment Department	Hillsboro <b>Phone:</b> 503-681-0219  Beaverton <b>Phone:</b> 503-644-1229  Gresham <b>Phone:</b> 503-669-7713  Downtown <b>Phone:</b> 503-791-4139	www.employment.oregon.gov



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Employment Services: Adults</b>		
<b>Goal Post Housing Authority</b>	6443 N Lombard Portland, OR 97203 <b>Phone:</b> 503-240-5600	One-stop employment center, computer lab, GOALS program.
<b>Gresham Employment Office</b>	19421 SE Stark Portland, OR 97233 <b>Phone:</b> 503-669-7112	Employment services, job listings, job search assistance.
<b>HELP (Housing Employment Link Partnership)</b>	18624 NW Walker Rd Room 1522 Beaverton, OR 97006 <b>Phone:</b> 503-533-2541	Helps those who are homeless or have unstable housing and are unemployed or do not have stable income. Ready to Rent classes, rental assistance funds, case management, connections to jobs, job skill building, career resources and mental health services available.
<b>JobCorp</b>	1130 SW Morrison St Suite 525 Portland, OR 97206 <b>Phone:</b> 503-326-6800	Open Monday-Friday, 8:00am-5:00pm. Vocational, educational, and employment skills training for low-income youth (ages 16-24). <a href="http://www.jobcorps.org">www.jobcorps.org</a>
<b>Labor Ready</b>	12641 SE Division St Portland, OR <b>Phone:</b> 1-800-245-2267	<a href="http://www.laborready.com">www.laborready.com</a>
<b>Northeast Urban League One-Stop Career Center</b>	3034 MLK Blvd Portland, OR 97212 <b>Phone:</b> 503-241-4644	One-stop employment center and youth opportunity center.
<b>Oregon City Employment Office</b>	506 High St PO Box 2170 Oregon City, OR 97045 <b>Phone:</b> 503-657-2071	Employment services, job listings, job search assistance, resume writing classes, job corps, and vocational rehabilitation.
<b>PCC Metro One-Stop</b>	5600 NE 42nd Ave Portland, OR 97218 <b>Phone:</b> 503-943-2283	One-stop employment center.
<b>Portland Employment Office</b>	Downtown: 1433 SW 6th Ave Portland, OR 97201 <b>Phone:</b> 503-731-4139  North Portland: 30 N Webster Suite E Portland, OR 97217 <b>Phone:</b> 503-280-6046	Employment services, job listings, job search assistance.





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Employment Services: Adults</b>		
Portland Habilitation Center	5312 NE 148th Portland, OR 97230 <b>Phone:</b> 503-261-1266	Job assistance for people with disabilities.
SE Works	6927 SE Foster Portland, OR 97206 <b>Phone:</b> 503-772-2300	One-stop employment center. Includes youth ages 16-21. Bring picture ID and social security card or proof of citizenship. Informational session attendance required.
Steps to Success	14030 NE Sacramento St Portland, OR 97212 <b>Phone:</b> 503-256-0432	<a href="http://www.mhcc.cc.or.us">www.mhcc.cc.or.us</a>
Vocation Rehabilitative Services	East Portland (102nd & Burnside) <b>Phone:</b> 503-257-4412  Central Portland (39th & Powell) <b>Phone:</b> 503-731-3210	Job assistance for people with disabilities.
Workforce Alliance	18624 NW Walker Rd Beaverton, OR 97006 <b>Phone:</b> 503-533-2713	One-stop employment center in Washington County.
Workforce Connections (MHCC)	4510 NE 102nd Ave Portland, OR 97220 <b>Phone:</b> 503-252-0758	One-stop employment center. <a href="http://www.1stop.org">www.1stop.org</a>
WorkSource Clackamas (formerly Clackamas One Stop)	506 High St Oregon City, OR 97045 <b>Phone:</b> 971-673-6400	<a href="http://www.worksourceclackamas.org">www.worksourceclackamas.org</a>
WorkSource Portland Metro Beaverton/Hillsboro	241 SW Edgeway Dr Beaverton, OR 97006 <b>Phone:</b> 503-526-2700	
WorkSource Portland Metro Tualatin	7995 SW Mohawk St Tualatin, OR 97062 <b>Phone:</b> 503-612-4240	Formerly Beaverton Employment Office.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Financial Assistance</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Africa House</b>	8523 SE Stark Portland, OR 97220 <b>Phone:</b> 503-802-0082	Program of IRCO. Service center for African families. Offers service access workshops, support groups, anti-poverty services, and parent-child development services. <a href="http://www.irco.org">www.irco.org</a>
<b>Albina Ministerial Alliance</b>	4867 NE MLK Blvd Portland, OR 97211 <b>Phone:</b> 503-285-0493	Serves low income NE Portland residents. Water/sewer, gas and electric assistance as funding is available. Can access once in a calendar year. Please call first.
<b>Beaverton Family Resource Center</b>	16550 SW Merlo Rd #1 Beaverton, OR 97005 <b>Phone:</b> 503-649-0367	Provides clothing, food, information and referral services for families in Beaverton.
<b>Care to Share</b>	12901 SW Jenkins Rd Suite A Portland, OR <b>Phone:</b> 503-646-8378	Serves Aloha and Beaverton residents. Coordinated emergency services and referrals for rent and utilities.
<b>CASH (Cash, Assets, Saving &amp; Hope)</b>	<a href="http://www.cashoregon.org/">http://www.cashoregon.org/</a>	The CASH website will provide information on free tax assistance, tax credits and financial literacy.
<b>Catholic Charities-El Programa Hispano</b>	451 NW First St Gresham, OR 97030 <b>Phone:</b> 503-669-8350	Serves Latinos in Multnomah County. Water/sewer, gas and electric assistance as funding is available. Please call first.
<b>Clackamas County Energy Assistance Line</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Serves low income Clackamas County residents. Water/sewer, gas and electric assistance as funding is available. Call first.
<b>Clackamas County Weatherization Line</b>	<b>Phone:</b> 503-534-5470	Free weatherization services for low-income families. Must be Clackamas County residents.
<b>Community Action Emergency Rent</b>	1001 SW Baseline Hillsboro, OR 97123 <b>Phone:</b> 503-648-6646  Energy Assistance: <b>Phone:</b> 503-615-0771	Located in Washington County. Provides information and referrals.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Financial Assistance</b>		
<b>Community Action Program</b>	421 SW Oak St Suite 200 Portland, OR <b>Phone:</b> 503-988-6295	Free weatherization services for low-income families. Must be Multnomah County residents. <a href="http://www.co.multnomah.or.us">www.co.multnomah.or.us</a>
<b>Community Energy Project</b>	422 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-284-6827	<a href="http://www.communityenergyproject.org">www.communityenergyproject.org</a>
<b>Consumer Credit Counseling</b>	9955 SE Washington St Portland, OR <b>Phone:</b> 503-253-5115	Consumer counseling and consolidation program for a fee.
<b>Energy Office</b>	721 NW 9th Ave Suite 350 Portland, OR 97209 <b>Phone:</b> 503-823-7222	Block-by-block weatherization program. Must live in Portland. Need insulation and must meet certain income guidelines. <a href="http://www.sustainableportland.org">www.sustainableportland.org</a>
<b>Francis Center</b>	6535 SE 82nd Portland, OR <b>Phone:</b> 503-775-6784	Open Monday-Thursday, 10:00am-2:00pm. Must live between 60th and 82nd, between Glisan and Powell or Powell and Clatsop between 39th and 136th. Emergency money for utilities, medical needs, food, and clothing.
<b>Friendly House</b>	1808 NW Irving Portland, OR <b>Phone:</b> 503-228-4335	Rent and utility assistance as funds are available.
<b>HELP (Housing Employment Link Partnership)</b>	18624 NW Walker Rd Room 1522 Beaverton, OR 97006 <b>Phone:</b> 503-533-2541	Helps those who are homeless or have unstable housing and are unemployed or do not have stable income. Ready to Rent classes, rental assistance, case management, connections to jobs, and mental health services.
<b>Human Solutions</b>	12350 SE Powell Blvd Portland, OR 97236 <b>Phone:</b> 503-548-0200	Serves Portland and Rockwood residents. Water/sewer, gas and electric assistance as funding is available. Please call first. For Water & Sewer, call 503-988-5200 to listen to recording and leave a message.
<b>Impact Northwest</b>	10055 E Burnside St Portland, OR 97216 <b>Phone:</b> 503-988-6000	Serves low income SE Portland residents and the Slavic community. Water/sewer, gas and electric and rent assistance as funding is available. Please call first.



Monica Parmley, LCSW

# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Financial Assistance</b>		
<b>IRCO (Immigrant and Refugee Community Organization)</b>	10301 NE Glisan St Portland, OR 97220 <b>Phone:</b> 503-234-1541	Serves Multnomah County residents, African immigrants and the Asian/Pacific Islander community. Water/sewer, gas and electric assistance as funding is available. Please call first.
<b>Native American Rehabilitation Association</b>	15 N Morris Portland, OR 97227 <b>Phone:</b> 503-230-9875	Serves Multnomah County and the Native American community. Please call first.
<b>Neighborhood House</b>	7780 SW Capital Hwy Portland, OR 97219 <b>Phone:</b> 503-246-1663	Emergency assistance for 5-day shut-off notices. Must live in Multnomah County.
<b>Oregon Telephone Assistance Program</b>	<b>Phone:</b> 1-800-848-4442	If you receive food stamps, OHP or SSI, you qualify for \$10.50 each month off your telephone bill. Call to receive application and more information. <a href="http://www.rspf.org">www.rspf.org</a>
<b>Salvation Army</b>	1785 NE Sandy Blvd Portland, OR 97232 <b>Phone:</b> 503-239-1264	Serves Multnomah County residents. Water/sewer, gas and electric assistance as funding is available. Please call first.
<b>Scottish Rite</b>	709 SW 15th Ave Portland, OR 97205 <b>Phone:</b> 503-228-9405	Limited assistance with medical bills. Call for information.
<b>Self Enhancement Inc. (SEI)</b>	3920 N Kerby Portland, OR 97227 <b>Phone:</b> 503-285-0493	Open Monday-Friday, 8:00am-5:00pm. Serves various zip codes in Multnomah County and the African American community. Energy Assistance: 503-240-0820.
<b>SHARE</b>	21970 SW Sherwood Blvd Sherwood, OR 97140 <b>Phone:</b> 503-825-5480	Available to students and families in the Sherwood School District. Offers parenting classes, ESL classes, food, clothing, housing and energy assistance, and counseling.
<b>SnowCAP</b>	17805 SE Stark Portland, OR 97216 <b>Phone:</b> 503-674-8785	Utility assistance, prescription assistance and limited bus tickets for employment and medical purposes. Must provide ID, proof of address and income. Limit 3 visits per year. Services east of 82nd Ave, N. Clackamas, Boring, and Damascus. Open Monday-Friday, 10:00am-2:00pm.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Financial Assistance</b>		
<b>St. Vincent de Paul</b>	3601 SE 27th Portland, OR 97202 <b>Phone:</b> 503-235-8431	Serves Multnomah County residents. Water/sewer, gas and electric assistance as funding is available. Please call first.
<b>YWCA Housing Enrichment Resources</b>	4620 N Maryland Portland, OR 97217 <b>Phone:</b> 503-721-6760	Serves Multnomah County residents. LIEAP, water and sewer program. Please call first to see what funds are available. For water assistance, call 503-721-6762.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Food Assistance and Information</b>		
<b>General Assistance</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Amvets</b>	3214 SE 50th Portland, OR 97206 <b>Phone:</b> 503-777-6677	Food bank for honorably discharged veterans. Open Monday-Friday, 7:00am-3:30pm.
<b>Baltazar Ortiz Family Center</b>	6736 NE Killingsworth Portland, OR 97218 <b>Phone:</b> 503-988-4119	Food bags available third Tuesday of each month at 10:00am. First come, first served.
<b>Beaverton Family Resource Center</b>	16550 SW Merlo Rd # 1 Beaverton, OR 97006 <b>Phone:</b> 503-649-0367	Provides information and referral services for families in Beaverton.
<b>Blanchet House</b>	340 NW Glisan Portland, OR 97209 <b>Phone:</b> 503-226-3911	Free meals three times a day. Open Monday-Saturday, 6:30am-7:15am breakfast; 11:00am-12:30pm lunch; 5:15pm dinner. Must be in line 45 minutes before serving.
<b>Brigid's Table (Sts. Peter and Paul Episcopal Church)</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Hot meals available Wednesday evenings at 6:00pm. <a href="http://www.stspeterandpaulepiscopal.org">www.stspeterandpaulepiscopal.org</a>
<b>Childs' Path: The Healthy Kids and Seniors Program</b>	1712 NE Sandy Portland, OR 97232 <b>Phone:</b> 503-872-8379	Food available to low-income seniors and kids under 6 who are not on WIC. Call first. Open Monday, Wednesday, and Friday, 9:00am-11:45am and 1:00pm-3:00pm. Intakes on Tuesday.
<b>Christ Community Ministries</b>	2627 NE MLK Blvd Portland, OR 97212 <b>Phone:</b> 503-282-7683	Food assistance for all populations. Open Monday, Wednesday, and Friday, 11:00am-3:00pm.
<b>Church of St. Michael the Archangel</b>	4242 SW Mill Portland, OR 97201 <b>Phone:</b> 503-228-8629	Open Monday, Wednesday, Friday, 12:45pm-2:30pm. Food boxes once per month. For downtown residents only. Must bring own bag or box.
<b>Clackamas Service Center</b>	8800 SE 80th Ave Clackamas, OR 97206 <b>Phone:</b> 503-771-7914	Community Basket 1st Friday of each month, from 11:00am-1:00pm. \$15/year or \$5/four months. Includes 2 bags of groceries and fresh produce when available.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Food Assistance and Information</b>		
<b>Downtown Catholic Chapel</b>	601 W Burnside Portland, OR 97209 <b>Phone:</b> 503-228-0746	Open Monday-Friday, 1:00pm–3:00pm. Clients may have one food box per month at no charge. Bring proof of address. Meals every Friday at 7:00pm. Walk-ins welcome.
<b>Esther's Pantry</b>	2761 NE Halsey St Portland, OR 97232 <b>Phone:</b> 503-493-2222	Open Tuesday and Thursday 5:00pm-7:00pm and Sunday 1:00pm-3:00pm. Food bank for those disabled by AIDS.
<b>First Baptist Church</b>	909 SW 11th Ave Portland, OR 97205 <b>Phone:</b> 503-228-7645	Food boxes available on Monday & Tuesday, 10:30am-2:00pm. Need photo ID, birth certificate or health card.
<b>First Presbyterian Church Food Box Ministry</b>	522 SW 13th Ave Portland, OR 97205 <b>Phone:</b> 503-916-4009	Limited emergency assistance. Up to 3-day food supply. Available one time per month. Must have agency referral.
<b>Fish Emergency</b>	1335 SE Hawthorne Portland, OR 97214 <b>Phone:</b> 503-233-5533	Clients may request food boxes every four months. Requires photo ID for anyone over 18 and proof of age of family members under 18. Bring a current piece of mail. Open 10:30am-1:30pm, Monday-Friday. Serves most residents of Multnomah and Clackamas Counties.
<b>Food Stamp Offices (DHS Self-Sufficiency)</b>	1425 NE Irving St Suite 400 Portland, OR <b>Phone:</b> 503-731-3111	Call ahead to find out application procedures and office locations.
<b>Francis Center</b>	6535 SE 82nd Ave Portland, OR 97265 <b>Phone:</b> 503-775-6784	Open Monday-Thursday, 10:00am-2:00pm. Monthly food boxes available. Call for hours of operation. Serves the area North of Powell from 60th-82nd, and South of Powell 39th-136th. Must provide proof that address is in service area.
<b>Friendly House</b>	1808 NW Irving Portland, OR 97209 <b>Phone:</b> 503-228-4335	Open Tuesday & Friday 11:00am-1:00pm. Bring proof of address, proof of income, ID and social security card. Serves clients who live in NW Portland.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Food Assistance and Information</b>		
<b>Generous Ventures</b>	8830 SE Woodstock Portland, OR 97206 <b>Phone:</b> 503-788-0209	Food recovery program for low income, elderly and disabled. Call for more information.
<b>Good Samaritan Center</b>	8307 N Ivanhoe Portland, OR 97203 <b>Phone:</b> 503-289-1255	One food box per month. Open Monday & Thursday, 1:00pm-3:00pm.
<b>Heartwork Ministries (Richmond Community Church)</b>	3941 SE Division Portland, OR 97202 <b>Phone:</b> 503-460-7335	Open Tuesdays and Thursdays, 11:00am-1:00pm, and Sunday 12:00pm-1:00pm. Provides non-perishable food, clothing and small household items. Enter by the ramp door in back of church, follow signs to "the giving room."
<b>Hillsboro Family Resource Center</b>	222 NE 6th Ave Hillsboro, OR 97124 <b>Phone:</b> 503-844-1063	Located in the basement of JB Thomas Middle School. Food, clothing, and referrals to social services. Services are free to residents of Washington County. Open Monday-Thursday at 9am.
<b>Hope Center</b>	12117 SE Stevens Ct Portland, OR 97226 <b>Phone:</b> 503-659-4483	Food boxes available on Thursdays 10:00am-1:00pm. Bring ID.
<b>Impact Northwest</b>	10055 E Burnside St Portland, OR 97216 <b>Phone:</b> 503-988-6000	Community Basket on the 4th Friday of each month, 11:30am-1:00pm. \$15/year, \$1.50 per month or \$5 for 4 months. Scholarships available. Includes 2 bags of groceries and fresh produce when available.
<b>Molalla Service Center</b>	412 S Swiegle Ave Molalla, OR 97038 <b>Phone:</b> 503-829-5561	Emergency food for low-income residents of Clackamas County.
<b>Nazarene Ministry of Help</b>	5805 SE Gladstone Portland, OR 97206 <b>Phone:</b> 503-777-9039	Produce available on the 4th Thursday of every month at 10:00am.
<b>Neighborhood House</b>	7780 SW Capitol Hwy Portland, OR 97219 <b>Phone:</b> 503-246-1663	Food boxes available. Call for hours. Need ID and proof of address.
<b>New Hope Baptist Church</b>	3836 N Gantenbein Portland, OR 97227 <b>Phone:</b> 503-281-0163	Harvest share produce 3rd and 4th Wednesdays, 9:00am-3:00pm.
<b>Northeast Emergency Food Program (EMO)</b>	1912 NE Killingsworth Portland, OR 97211 <b>Phone:</b> 503-284-5470	Serves all Metro area. Need photo ID, mail or rent receipt, and social security card. Also helps with baby formula and diapers.





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Food Assistance and Information</b>		
Oregon Food Bank	Phone: 503-282-0555	Emergency food assistance. Information about Community Basket supplemental food and free produce days. <a href="http://www.oregonfoodbank.org">www.oregonfoodbank.org</a>
Portland Adventist Community Services	11020 NE Halsey Portland, OR 97220 Phone: 503-252-8500	Food boxes once every 30 days. Walk-in Monday-Friday, 9:00am-12:00pm. Bring ID and proof of address.
Rahab's Sisters (Sts. Peter and Paul Episcopal Church)	8147 SE Pine St Portland, OR 97215 Phone: 503-254-8168	A ministry to women in prostitution. Offers a meal, personal hygiene items, bus tickets, health information, and undergarments. Takes place 1st, 3rd, and 5th Fridays, from 7:00pm-11:00pm.
Salvation Army Family Services	1712 NE Sandy Portland, OR 97232 Phone: 503-872-8379	Call for appointment first. Open Monday-Friday, 9:00am-11:00am and 1:00pm-3:00pm. Wednesday is produce day in Gresham. Need ID for each family member, verification of current address and social security number. Serves families only. Food boxes may be requested once every 30 days for a max of 3 times per year.
Sandy Community Action Center	88982 Pioneer Ave Sandy, OR 97055 Phone: 503-668-4746	Community Basket 3rd Thursday of each month from 10:00am-3:00pm. \$15/year or \$5/four months. Includes 2 bags of groceries and fresh produce when available.
Seventh Day Adventist	223 SE Cleveland Gresham, OR 97080 Phone: 503-665-2690	Food boxes available once a month, 10:00am-3:00pm. Serves clients living from SE 162nd to Boring.
SHARE	21970 SW Sherwood Blvd Sherwood, OR 97140 Phone: 503-825-5480	Available to students and families in the Sherwood School District. Offers parenting classes, ESL classes, food, clothing, housing, energy assistance, and counseling services.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Food Assistance and Information</b>		
<b>Snow CAP at Rockwood Methodist Church</b>	17805 SE Stark Portland, OR 97233 <b>Phone:</b> 503-674-8785	Open Monday-Friday, 10:00am-2:00pm. Must provide proof of address, income and photo ID. Only two visits per year, but additional visits granted with referral letter.
<b>St. Andrews Church</b>	4919 NE 9th Ave Portland, OR 97211 <b>Phone:</b> 503-281-1005	Call first. Must live in church neighborhood.
<b>St. Vincent de Paul Social Services Department</b>	2740 SE Powell Portland, OR 97202 <b>Phone:</b> 503-235-8431	Food available. Need ID and current mailing address.
<b>Sunset Presbyterian Church</b>	14986 NW Cornell Rd Portland, OR 97229 <b>Phone:</b> 503-292-9293	3-day food supply. Ten items of clothing per person. Limit 3 times per year. Beaverton/Washington County preferred. Bring picture ID and verification of address.
<b>Sunshine Division</b>	687 N Thompson St Portland, OR 97227 <b>Phone:</b> 503-823-2119	Monday-Friday, 8:30am-12:00pm, 12:30pm-3:30pm. For families, seniors and disabled. Emergency food only. Call first and have social security numbers for all family members.
<b>Transition Projects</b>	475 NW Glisan Portland, OR 97209 <b>Phone:</b> 503-823-4930	Food box vouchers given on first come first serve basis Monday-Friday, 8:30am. Call for locations. Must have proof of downtown address. <a href="http://www.tprojects.org">www.tprojects.org</a>
<b>Tualatin Valley Gleaners</b>	925 SW Baseline Hillsboro, OR 97123 <b>Phone:</b> 503-640-0903	Members pick food from fields and orchards and collect food/non-food items donated by stores, markets, and Oregon Food Bank. <a href="http://www.tvgleaners.org">www.tvgleaners.org</a>
<b>Union Gospel Mission</b>	222 NW Couch Portland, OR 97209 <b>Phone:</b> 503-228-0319	Sack lunches Monday-Friday at 9:00am. Dinner at 7:00pm.
<b>We Care Outreach (Parkrose Deliverance Tabernacle)</b>	5740 NE Portland Hwy Portland, OR 97218 <b>Phone:</b> 503-287-5796	<a href="http://www.parkrosetabernacle.org">www.parkrosetabernacle.org</a>
<b>WIC</b>	426 SE Stark Portland, OR 97204 <b>Phone:</b> 503-731-4022	Branches throughout Metro area. Provides supplemental nutrition program for women, infants and children.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Food Assistance and Information</b>		
<b>William Temple House</b>	2023 NW Hoyt Portland, OR 97209 <b>Phone:</b> 503-283-3511	Self-service food shopping available. Community Basket at Hereford location on the 3rd Friday of each month from 12:00pm-2:00pm. \$15/year or \$5/four months. Includes 2 bags of groceries and fresh produce when available.
<b>Food: Meals</b>		
<b>All Saints Episcopal Church</b>	4022 SE Woodstock Portland, OR 97202 <b>Phone:</b> 503-777-3829	Serves lunch at 11:15am on Saturdays.
<b>Blanchet House</b>	340 NW Glisan Portland, OR 97209 <b>Phone:</b> 503-226-3911	Open Monday-Saturday. Breakfast 6:00am-7:30am; lunch 11:30am-12:30pm; dinner 5:00pm-6:00pm.
<b>City Team Ministries</b>	526 E Grand Portland, OR 97214 <b>Phone:</b> 503-231-9334	Lunch 11:00am and dinner 6:00pm Monday through Saturday. Some clothing also available.
<b>First Baptist Church</b>	909 SW 11th Ave Portland, OR 97205 <b>Phone:</b> 503-228-7645	Meals on Monday and Thursday from 2:00pm-4:00pm. Youth under 21 may also eat on Tuesdays from 6:00pm-8:00pm.
<b>Food Not Bombs</b>	Burnside Bridge Park or NW Park and Couch	Dinner at 5:30pm on Thursdays and Fridays.
<b>Loaves and Fishes Central Office</b>	7710 SW 31st Ave Portland, OR 97280 <b>Phone:</b> 503-736-6325	All locations offer group meals and Meals on Wheels to seniors 60 or over.
<b>Portland Rescue Mission</b>	111 W Burnside Portland, OR 97209 <b>Phone:</b> 503-227-0859	Breakfast at 7:30am and dinner at 6:00pm, Sunday-Friday.
<b>St. Francis Dining Hall</b>	330 SE 11th Portland, OR 97214 <b>Phone:</b> 503-234-2028	Meals offered Monday-Friday at 5:00pm and Sunday at 3:30pm.
<b>Sunnyside Methodist Church</b>	3520 SE Yamhill Portland, OR 97214 <b>Phone:</b> 503-235-8726	Dinners served Wednesdays 6:00pm-7:30pm. Coffee House on Fridays 6:00pm-9:30pm. Bible study is included.
<b>Union Gospel Mission</b>	222 NW Couch Portland, OR 97209 <b>Phone:</b> 503-731-4022	Sack lunches distributed Monday-Friday at 9:00am. Hot lunch at 1:30pm and dinner at 7:00pm.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Hearing and Vision Resources</b>		
<b>Hearing Resources</b>		
<b>American Tinnitus Association</b>	65 SW Yamhill St Suite 200 Portland, OR 97204 <b>Phone:</b> 503-248-9985	Information and referral and educational materials. Healthcare provider referral service. Assistance for patients who are unable to afford services. Fees vary.
<b>Child Development and Rehabilitation Center (CDRC)</b>	707 SW Gaines Rd Portland, OR 97201 <b>Phone:</b> 503-494-8095	Evaluation and diagnosis of developmental concerns. Occupational therapy, speech pathology, audiology and psychiatry. Private insurance and OHP accepted. Serves birth-21 yrs.
<b>Columbia Regional Program</b>	833 NE 74th Ave Portland, OR 97213 <b>Phone:</b> 503-916-8540	Supplementary services for deaf/hearing impaired children in classrooms, resources rooms, or learning centers. Parent/child support team provides in home training. Limited financial assistance for purchase of hearing aids. Interpreter services for students in classrooms. Serves ages 0-21.
<b>Elks Children's Eye Clinic</b>	3375 SW Terwilliger Portland, OR 97239 <b>Phone:</b> 503-494-7830	Children's eye care, including full exam and diagnosis. Medical, surgical treatment and retail glass wear. Serves birth-19. Fees vary. Call for appointment. Open Monday-Friday, 8:00am-5:00pm.
<b>Hearing and Speech Institute</b>	3515 SW US Veterans Hospital Road Portland, OR 97239 <b>Phone:</b> 503-552-8617	Services include adult audiology, child communication and infant hearing resources. Speech and language evaluations and consults, hearing aids, occupational therapy and free educational classes. Sliding fee scale and OHP accepted.
<b>Oregon Scottish Rite Clinics</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Speech language services for late infancy to kindergarten aged children whose primary problem is a speech-language disorder. Office hours Monday-Friday, 9:00am-5:00pm.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Hearing and Vision Resources</b>		
<b>Professional Interpretation Services</b>	421 SW 6th Ave Suite 1150 Portland, OR 97204 <b>Phone:</b> 503-241-9756	Sign language interpretation, 24 hours a day. Fees vary.
<b>Providence Neurodevelopmental Center for Children</b>	3510 NE 122nd Ave Suite 101 Portland, OR 97230 <b>Phone:</b> 503-215-2233	Provides physical, occupational and speech therapies, feeding and nutrition services, audiology, and neurodevelopmental assessments. Fees vary.
<b>PSU Speech and Hearing Clinic</b>	724 SW Harrison Portland, OR 97201 <b>Phone:</b> 503-725-3070	Diagnostic testing and treatment of hearing, voice, stuttering, and speech and language problems. Hearing aids and testing available. Sliding scale. Serves preschool through adult ages.
<b>Self Help for Hard of Hearing</b>	1015 NW 22nd Ave Suite 300 Portland, OR 97210 <b>Phone:</b> 503-413-7348	Support group offers information sharing and peer support group. Call for meeting locations.
<b>Tucker-Maxon Oral School</b>	2860 SE Holgate Blvd Portland, OR 97202 <b>Phone:</b> 503-235-6551	School for hearing impaired children ages 3 years to 5th grade. Parental counseling, cochlear implant program, no manual signing. Children mainstreamed after 5th grade.
<b>Vision Resources</b>		
<b>Casey Eye Institute</b>	3375 SW Terwilliger Portland, OR 97239 <b>Phone:</b> 503-494-3000	Adults: No vision exams, OHP accepted, no discount for eye exams. Children: OHP accepted with medical reason.
<b>Columbia Regional Program-Vision Service</b>	531 SE 14th Portland, OR 97214 <b>Phone:</b> 503-916-5840	Teachers for visually impaired, parent/teacher training, large print and Braille books provided. Serves birth-21 years.
<b>Commission for the Blind</b>	535 SE 12th Ave Portland, OR 97214 <b>Phone:</b> 503-731-3221	Vocational rehabilitation, independent living skills training, career exploration and counseling. Serves adults who are legally blind or diagnosed with conditions leading to blindness or 55 and over and unable to drive or read.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Hearing and Vision Resources</b>		
<b>Deavers Memorial Eye Clinic</b>	1040 NW 22nd Ave Suite N168 Portland, OR 97210 <b>Phone:</b> 503-413-7022	Eye exams, referrals, treatment programs, eye surgery. No eyeglasses. Serves children 6 years and older.
<b>Family Vision Center</b>	511 SW 10th 5th Floor Portland, OR 97205 <b>Phone:</b> 503-224-2323	General vision care. Free vision screenings for all ages. Exams and lens prescriptions. Sliding scale.
<b>Independent Living Resources</b>	2410 SE 11th Ave Portland, OR 97214 <b>Phone:</b> 503-232-7411	Serving people with disabilities. Provides transcription services, Braille and audio cassette recording. Most services are free or have a minimum charge.
<b>Mobile Optic</b>	4542 NE MLK Blvd Portland, OR 97211 <b>Phone:</b> 503-280-2020	Eyewear available. OHP accepted. Please call first.
<b>Oregon Lions Sight and Hearing Foundation</b>	1410 SW Morrison Portland, OR 97205 <b>Phone:</b> 503-827-6952	Free eyeglasses and hearing aids, eye and ear surgeries available. Referrals to specialists. Assist non-citizens too. Uninsured only.
<b>Pacific University</b>	5329 NE MLK Blvd Portland, OR 97211 <b>Phone:</b> 503-988-3821	Full service optical. Sliding fee. Interpreters available. Accept open cards, Care Oregon, and Medicare.
<b>Pacific University SE Family Vision</b>	3653 SE 34th Ave Portland, OR 97202 <b>Phone:</b> 503-988-3506	Full service optical. Sliding fee. Have some glasses available. Will refer low-income & uninsured to ophthalmologist. Free glaucoma testing.
<b>Vision Aid Services</b>	6032 SE Pardee St Portland, OR 97206 <b>Phone:</b> 503-775-8812	Vision aid for legally blind and visually impaired persons. Assessments, consultations, selections, training and referrals.
<b>Vision NW</b>	9225 SW Hall Blvd Tigard, OR 97223 <b>Phone:</b> 503-684-8389	Support for those who have low vision or who are losing their vision. Information and referral services. All services are free.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Homeless Resources &amp; Shelters</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Can We Help? (A Ministry of Father's House Church)</b>	633 SW Montgomery St Portland, OR 97201 <b>Phone:</b> 971-230-0039	Community service initiative for downtown homeless community providing resource and referral and limited personal care items. Open Tuesday, 9:00am-5:00pm, Thursday, 10:00am-5:00pm and Friday, 9:00am-12:00pm. <a href="http://www.canwehelp-you.com">www.canwehelp-you.com</a>
<b>Dignity Village</b>	9401 NE Sunderland Ave Portland, OR 97211 <b>Phone:</b> 503-803-1348	Community for homeless persons. <a href="http://www.dignityvillage.org">www.dignityvillage.org</a>
<b>HELP (Housing Employment Link Partnership)</b>	18624 NW Walker Rd Room 1522 Beaverton, OR 97006 <b>Phone:</b> 503-533-2541	Helps those who are homeless or have unstable housing and are unemployed or do not have stable income. Ready to Rent classes, rental assistance funds, case management, connections to jobs, career resources and mental health services available.
<b>Street Roots</b>	1231 SW Morrison Portland, OR 97205 <b>Phone:</b> 503-443-6084	Newspaper sold by homeless persons.
<b>Family Shelters</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Community Action Family Shelter</b>	210 SE 12th Hillsboro, OR <b>Phone:</b> 503-640-3263	Shelter for families with children.
<b>Good Neighbor Center</b>	11130 SW Greenburg Rd Tigard, OR 97223 <b>Phone:</b> 503-443-6084	Emergency housing and supportive services. Every family has a private room. Shelter has 9 rooms to serve 9 families. Clients may stay up to five weeks. Offers 3 meals a day.
<b>Interfaith Hospitality Network</b>	Hillsboro <b>Phone:</b> 503-844-2919	Men or women with children in Washington County.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Homeless Resources &amp; Shelters</b>		
<b>My Father's House</b>	Address is confidential <b>Phone:</b> 503-492-3046	A family shelter. Office hours: Tuesday-Friday 9:00am-5:00pm.
<b>Metro East Portland</b>	Various host churches <b>Phone:</b> 503-256-2340	A family shelter. Office hours: Monday-Friday 9:00am-3:00pm.
<b>Northwest Fair Housing</b>	Annie Ross House <b>Phone:</b> 503-654-1007	Family shelter serving Clackamas County. Call Clackamas County Social Services to get on a waiting list. Waiting List: 503-655-8861
<b>Single Adult Shelters</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>After Hours Emergency Food &amp; Shelter Line</b>	<b>Help Line:</b> 503-525-6400	Monday-Friday, 4:00pm-9:00am.
<b>Bridgeview Community</b>	707 NW Everett Portland, OR 97209 <b>Phone:</b> 503-222-4906	Housing for adults with severe mental illness. Case management required.
<b>Cascade AIDS Project (CAP)</b>	620 SW 5th Ave Suite 300 Portland, OR 97204 <b>Phone:</b> 503-223-5907	Community services, case management, and medical care available to those who are HIV+ who meet eligibility requirements. Call for intake.
<b>City Team Ministries</b>	526 SE Grand Portland, OR 97214 <b>Phone:</b> 503-231-9334	Men only. TB card and sobriety required.
<b>Danmoore Hotel</b>	1217 SE Morrison Portland, OR 97205 <b>Phone:</b> 503-227-1243	Housing for men and women in alcohol and drug treatment.
<b>Door of Hope</b>	30 SW 2nd Portland, OR 97204 <b>Phone:</b> 503-239-1259	Housing for homeless women with children. Alcohol and drug treatment available.
<b>Elizabeth House</b>	4055 SE Salmon Portland, OR 97214 <b>Phone:</b> 503-236-7235	Transitional housing for pregnant women ages 14-22. A program of Catholic Charities.
<b>JOIN</b>	3338 SE 17th Portland, OR 97202 <b>Phone:</b> 503-232-2031	Homeless outreach. Barter system for services, such as showers and locker facilities. Office open 10:00am-3:00pm.





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Homeless Resources &amp; Shelters</b>		
<b>Northwest Pilot Project</b>	1430 SW Broadway Suite 200 Portland, OR 97201 <b>Phone:</b> 503-227-5605	Housing for people 55 years and over. No minor children.
<b>Outreach Ministries</b>	203 NW 3rd Portland, OR 97209 <b>Phone:</b> 503-225-0590	Open Monday-Friday, 1:00pm-3:00pm. Clothing, coffee and hygiene items available.
<b>Portland Rescue Mission</b>	111 W Burnside Portland, OR 97209 <b>Phone:</b> 503-227-0421	Sober men only. TB card/church service required.
<b>Rose Haven</b>	116 NW 3rd Portland, OR 97209 <b>Phone:</b> 503-248-6364	Resource counseling, nurse practitioner, clothing, and food available to women and children.
<b>Royal Palm</b>	310 NW Flanders Portland, OR 97209 <b>Phone:</b> 503-827-3949	Those with mental illness only. Facility accommodates 10 men and 10 women.
<b>Salvation Army Female Emergency Shelter (SAFES)</b>	11 NW 5th Ave Portland, OR 97209 <b>Phone:</b> 503-227-8681	Women's shelter, up to 30 days. Services and housing placement assistance. Day access service is available for residents and other homeless women from 7:00am-11:00pm, 7 days a week.
<b>Share Emergency Housing</b>	1115 W 13th St Vancouver, WA 98660 <b>Phone:</b> 360-695-7658	Men's shelter. 7:00am check-in.
<b>Shepherd's Door</b>	13207 NE Halsey Portland, OR 97230 <b>Phone:</b> 503-256-2353	Long-term Biblically-based housing for women and children. Must be a non-smoker, 18 years and older, 30 days clean and sober (with treatment for chemical dependency). Referral required.
<b>St. Francis</b>	330 SE 11th Portland, OR 97214 <b>Phone:</b> 503-232-5880	Showers available Monday-Thursday, 1:00pm-3:30pm.
<b>Transitions Project</b>	475 NW Glisan Portland, OR 97209 <b>Phone:</b> 503-823-4930	Shelters and transitional housing. Showers, phone messages, mail, clothes, hygiene items available at community service center.
<b>West Women &amp; Children Shelter</b>	2010 NW Kearney Portland, OR 97209 <b>Phone:</b> 503-239-1254	24-hour shelter. No fee under income guidelines.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Homeless Resources &amp; Shelters</b>		
<b>Winter Shelters (open approximately November-March)</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Goose Hollow Shelter</b>	<b>Phone:</b> 503-721-1500	Couples and families of at least two. TB card required. Call for more information.
<b>Safe Haven (YWCA)</b>	4610 N Maryland Portland, OR 97217 <b>Phone:</b> 503-246-1663 x100	Serves couples with families and women with children or pregnant women. 28 night (+ extensions) shelter. Open 24 hours/day, 7 days/week. Intakes Monday-Friday, 8:00am-5:00pm.
<b>Salvation Army Door of Hope</b>	<b>Phone:</b> 503-721-1500	Accepts homeless women and children. Male parent housed separately. Call for more information.
<b>Sunnyside Church Shelter</b>	<b>Phone:</b> 503-235-8726	Accepts homeless families. Call for more information.
<b>Youth Shelters</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Access Center (Janus Youth)</b>	314 SW 9th Ave Portland, OR 97205 <b>Phone:</b> 503-432-3986	Single point of entry for youth ages 13-24 who need homeless services. Intake, screening, and referrals to services for food, clothing and shelter.
<b>Harry's Mother</b>	738 NE Davis Portland, OR 97232 <b>Phone:</b> 503-233-8111	24-hour crisis line. Emergency temporary shelter for ages 9-17 who are at risk of running away or in crisis. Parental consent necessary for shelter stay. Average stay of 4-5 days. Individual and family counseling also available.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Homeless Resources &amp; Shelters</b>		
<b>National Runaway Switchboard</b>	<b>Phone:</b> 1-800-621-4000	24-hour crisis line for runaway youth ages 12-20. Offers problem solving, suicide prevention, local referrals, conference calls and messages for runaways and their parents. Some bus tickets available.
<b>New Avenues for Youth</b>	812 SW 10th Portland, OR 97205 <b>Phone:</b> 503-224-4339	Day services provided, transitional housing, education program, and case management for ages 12-21.
<b>Outside In</b>	1132 SW 13th Portland, OR 97205 <b>Phone:</b> 503-535-3800	Monday-Friday, 9:00am-6:00pm. Emergency services for 21 and under, including drop-in center, case management, shelter, medical and HIV clinics.
<b>Reception Center (Janus Youth)</b>	738 NE Davis Portland, OR <b>Phone:</b> 503-542-4640	Provides 24-hour immediate intervention for youth ages 11-17 that are picked up by police for truancy, violating curfew, running away or trespassing.
<b>Street Light Youth Shelter</b>	314 SW 9th Ave Portland, OR 97205 <b>Phone:</b> 503-224-5988	Shelter for individuals 20 or younger. Shelter residents must have case manager assigned to them.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Housing Services</b>		
<b>Permanent Housing</b>		
<b>Albina Ministerial Alliance</b>	4867 NE MLK Blvd Portland, OR 97211 <b>Phone:</b> 503-285-0493	Housing assistance that may have a waiting list. Based on income.
<b>Banyan Tree</b>	4565 SW 185th Ave Aloha, OR 97007 <b>Phone:</b> 503-591-9280	Located in Aloha. Housing for people with severe mental illness who are incapable of living on their own.
<b>Clackamas County Community Development Division</b>	2051 Kaen Rd Oregon City, OR 97045 <b>Phone:</b> 503-655-8591	Home rehabilitation loan programs in Clackamas County. <a href="http://www.clackamas.us.cd">www.clackamas.us.cd</a>
<b>Clackamas County Social Services Community Action Agency</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Fair housing information and referral in Clackamas County. Deals with housing discrimination, landlord/tenant issues, emergency shelter, and low-cost housing.
<b>Community Alliance of Tenants (CAT)</b>	2710 NE 14th Portland, OR 97212 <b>Phone:</b> 503-460-9702	Hotline for renters' rights information. Educates and empowers renters to demand safe, stable, and affordable rental housing. Also organizes Building Repair Forums.
<b>Directory of Assisted Housing</b>	<b>Phone:</b> 503-326-2788	Directory of HUD housing in Clackamas, Multnomah and Washington Counties.
<b>Ecumenical Ministries of Oregon</b>	2906 NE Glisan Portland, OR 97232 <b>Phone:</b> 503-225-9924	Shared housing program.
<b>Friendly House</b>	1808 NW Irving Portland, OR 97209 <b>Phone:</b> 503-228-4335	Call once a week for availability of housing assistance. Serves homeless families with children. Must have a referral from a community provider.
<b>Habitat for Humanity</b>	1478 NE Killingsworth Portland, OR 97211 <b>Phone:</b> 503-287-9529	Income guidelines. Applicants must be willing to work 500 hours.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Housing Services</b>		
<b>Hacienda CDC (Community Development Corp)</b>	5136 NE 42nd Ave Portland, OR 97218 <b>Phone:</b> 503-284-3985 or 503-493-1315	Open Monday-Friday, 8:30am-5:00pm. Affordable housing with rent based on income. 1, 2, 3 and 4 bedroom apartments available. Programs include resource referrals, academic support programs, health promotion, adult education programs and monthly resident meetings. If no apartments are available, ask to be on the waiting list. <a href="http://www.haciendacdc.org">www.haciendacdc.org</a>
<b>Housing Authority of Clackamas County</b>	13930 S Gain St Oregon City, OR 97045 <b>Phone:</b> 503-655-8267	Subsidized rental housing in Clackamas County.
<b>Housing Authority of Portland (HAP) Section 8 Housing</b>	135 SW Ash Portland, OR 97204 <b>Phone:</b> 503-802-8300	Office opens for applications only at 7:30am. <a href="http://www.hapdx.org">www.hapdx.org</a>
<b>Housing Authority of Washington County</b>	111NE Lincoln St Suite 200-L Hillsboro, OR 97124 <b>Phone:</b> 503-693-4794	<a href="http://www.co.washington.or.us/housing">www.co.washington.or.us/housing</a>
<b>Housing Connections</b>	<b>Phone:</b> 503-802-8562	Provides lists of low cost and special needs housing on website. Covers Clackamas, Multnomah, and Washington Counties. Use online calculator to determine affordable rent based on income. <a href="http://www.housingconnections.org">www.housingconnections.org</a>
<b>Human Solutions</b>	12350 SE Powell Blvd Portland, OR 97236 <b>Phone:</b> 503-548-0200	Transitional housing for families. Please call for appointment and information.
<b>Impact Northwest</b>	10055 E Burnside St Portland, OR 97216 <b>Phone:</b> 503-988-6000	May have a waiting list for rental assistance. Eligibility based on income.
<b>Independence Property Management</b>	5312 NE 148th Ave Portland, OR 97230 <b>Phone:</b> 503-232-6308	Open 8:00am-5:00pm, Monday-Friday. Provides lists of available Section 8 and low-income housing.
<b>Innovative Housing, Inc.</b>	219 NW 2nd Ave Portland, OR 97209 <b>Phone:</b> 503-226-4368	<a href="http://www.innovativehousinginc.com">www.innovativehousinginc.com</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Housing Services</b>		
<b>Northwest Pilot Project</b>	1430 SW Broadway Portland, OR 97201 <b>Phone:</b> 503-227-5605	Assists people age 55+ with affordable housing. Walk-in Monday, Tuesday, Wednesday, and Friday at 9:00am and Monday-Friday at 1:00pm. The first four people will be seen at these times. Be one hour early.
<b>OSTA</b>	<b>Phone:</b> 1-800-423-9371	Mobile home owner assistance number.
<b>Patton Home</b>	North Portland <b>Phone:</b> 503-281-1844	For people who make less than \$28,500/year. Furnished rooms available with communal dining area. Meal service available. Oregon Trail Card accepted. \$30 application fee. \$395/month, utilities included.
<b>Peninsula Community Development Corporation</b>	8525 N Lombard St Suite 203 Portland, OR 97203 <b>Phone:</b> 503-283-1096	Community based, affordable housing developer that offers rental and ownership opportunities for low and moderate income people and families. Service area is North Portland including Arbor Lodge, Cathedral Park, Kenton, Portsmouth, Overlook, St. Johns, and University Park neighborhoods. Very low income rental housing applicants should contact Infinity Property Management, 503-625-6555.
<b>Portland Community Reinvestment Initiatives, Inc. (PCRI)</b>	4829 NE MLK Blvd Portland, OR 97211 <b>Phone:</b> 503-288-2923	Affordable housing provider. Call for availability and eligibility. Offers services such as a parent network, emergency childcare funding, and a gardening program. <a href="http://www.pcrihome.org">www.pcrihome.org</a>
<b>Proud Ground</b>	5288 N Interstate Ave Portland, OR 97217 <b>Phone:</b> 503-493-0293	Formerly Portland Community Land Trust. Provides affordably priced homes for first-time homebuyers of low or moderate income families or individuals. Makes home ownership affordable by taking land costs out of the equation. <a href="http://www.proudground.org">www.proudground.org</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Housing Services</b>		
<b>REACH Community Development</b>	1135 SE Salmon Portland, OR 97214 <b>Phone:</b> 503-231-0682	Low income housing available; waiting list for 6-12 months.
<b>Rose Community</b>	5215 SE Duke Portland, OR 97206 <b>Phone:</b> 503-788-8052	Rentals and homes for sale in SE Portland.
<b>Shared Housing</b>	1819 NW Everett Portland, OR 97209 <b>Phone:</b> 503-225-9924	\$10 application fee. In case of hardship, this fee can be deferred for up to 2 weeks. One time placement fee from \$10-\$30 depending on income.
<b>St. Vincent de Paul</b>	3601 SE 27th Ave Portland, OR 97202 <b>Phone:</b> 503-595-2288	Occasionally have funds to assist with emergency housing or rental assistance.
<b>Transition Projects, Inc.</b>	475 NW Glisan Portland, OR 97209 <b>Phone:</b> 503-823-4930 x316	Provides rental assistance for single people who are homeless or at risk of homelessness. <a href="http://www.tprojects.com">www.tprojects.com</a>
<b>Transitional Housing</b>		
<b>Aging and Disability Services of Multnomah County</b>	421 SW Oak St Suite 510 Portland, OR 97204 <b>Phone:</b> 503-988-3620	Serves people with disabilities and senior citizens. Offers rental assistance, shelter services, basic furniture, and move-in costs.
<b>Albina Ministerial Alliance</b>	4867 NE MLK Blvd Portland, OR 97211 <b>Phone:</b> 503-285-0493	Provides resources such as housing, utilities and food to families with children.
<b>Better People</b>	<b>Phone:</b> 503-281-2263	Housing for women transitioning out of prison system.
<b>Cascade AIDS Project (CAP)</b>	620 SW 5th Ave Suite 300 Portland, OR 97204 <b>Phone:</b> 503-223-5907	Assists people with HIV+ status with appropriate documentation.
<b>Cascadia Bridgeview Community</b>	707 NW Everett Portland, OR 97209 <b>Phone:</b> 503-222-4906	Serves adults with severe mental illness.
<b>Cascadia Royal Palm</b>	310 NW Flanders Portland, OR 97209 <b>Phone:</b> 503-827-3949	Serves mentally ill in 30 single-room occupancy units.
<b>Central City Concern</b>	232 NW 6th Ave Portland, OR 97209 <b>Phone:</b> 503-294-1681	Located in Old Town/Downtown Portland. Subsidized and non-subsidized housing.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Housing Services</b>		
<b>Danmoore Hotel</b>	1217 SE Morrison Portland, OR 97205 <b>Phone:</b> 503-227-1243	Men's and women's drug and alcohol treatment. Available through referrals only.
<b>DePaul Center</b>	4310 NE Killingsworth Portland, OR 97217 <b>Phone:</b> 503-294-1449	Fresh Start Program for individuals with any barriers to housing in Multnomah County.
<b>Estate Hotel</b>	225 NW Couch 4th floor Portland, OR 97209	Single resident occupancy for men and women in alcohol and drug treatment.
<b>Everett Hotel</b>	318 NW Broadway Portland, OR 97209	Single resident occupancy for men and women on parole/probation.
<b>Friendly House</b>	1808 NW Irving Portland, OR 97209 <b>Phone:</b> 503-228-4335	Provides or gives referrals for housing, utilities, food and clothing resources. Assists with emergency needs for homeless.
<b>Friendship Unlimited</b>	1819 SE Ladd Portland, OR 97214 <b>Phone:</b> 503-239-0983	Serves women over 18 out of prison with no more than 1 child.
<b>Hopespring Transitional Housing</b>	<b>Phone:</b> 503-609-2009	Locations in Aloha and Tigard.
<b>Housing Outreach Team</b>	<b>Phone:</b> 503-238-5201	Serves people receiving mental health services through Cascadia. Offers eviction prevention services, home-based stabilization services, case management, advocacy, and mediation between tenants and landlords.
<b>Human Solutions</b>	12350 SE Powell Blvd Portland, OR 97236 <b>Phone:</b> 503-548-0200	Gives referrals for resources such as housing, utilities, and clothing. Provides case management. Operates Daybreak day shelter for families with children.
<b>Impact Northwest</b>	10055 E Burnside St Portland, OR 97216 <b>Phone:</b> 503-988-6000	Provides or gives referrals for resources such as housing, utilities, food and clothing. Assists with emergency needs for homeless families and children.
<b>Lotus</b>	<b>Phone:</b> 503-282-1082	Housing for women transitioning out of prison system.
<b>Luke-Dorf, Inc.</b>	<b>Phone:</b> 503-598-1186	Located in Tigard. Provides housing for people with mental disabilities.





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Housing Services</b>		
<b>Neighborhood House</b>	7780 SW Capitol Hwy Portland, OR 97219 <b>Phone:</b> 503-245-2819	Provides referrals for resources in SW Portland such as housing, rental assistance, and utilities. Assists with emergency needs for homeless.
<b>Northwest Housing Alternatives</b>	2316 SE Willard Street Milwaukie, OR 97222 <b>Phone:</b> 503-654-1007	
<b>Northwest Pilot Project</b>	1430 SW Broadway Portland, OR 97201 <b>Phone:</b> 503-227-5605	Serves homeless seniors 55 and over.
<b>Oxford Houses</b>	<b>Phone:</b> 503-244-7890 x 213	Call for more information.
<b>Safety Net</b>	<b>Phone:</b> 503-233-9779	Fresh Start Program for individuals with any barriers to housing in Multnomah County.
<b>Tillamook Community Corrections</b>	<b>Phone:</b> 503-842-3422	Fresh Start Program for individuals with any barriers to housing in Multnomah County.
<b>TOPS Programs/YWCA</b>	<b>Phone:</b> 503-297-7424	Housing for women transitioning out of prison system.
<b>Transition Projects, Inc.</b>	475 NW Glisan Portland, OR 97209 <b>Phone:</b> 503-823-4930	Separate shelters for men & women (6-12 week wait). Men can be housed up to 4 months, women up to 11 months. <a href="http://www.tprojects.org">www.tprojects.org</a>
<b>Unity, Inc.</b>	<b>Phone:</b> 503-273-8433	Fresh Start Program for individuals with any barriers to housing in Multnomah County.
<b>Women's Drug Fee Housing</b>	200 SE 7th Portland, OR 97214	Women on probation or parole. Women can stay up to 9 months.
<b>YWCA</b>	<b>Phone:</b> 503-294-7400	Fresh Start Program for individuals with any barriers to housing in Multnomah County.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Legal Services</b>		
<b>Child Support Information</b>		
<b>Legal Aid Child Support Helpline</b>	<b>Phone:</b> 1-800-383-1222	Hours: Monday 1:00pm-4:00pm; Thursdays 9:00am-12:00pm. Phone advice on cases handled by District Attorney or Child Support Enforcement for low income Oregonians.
<b>State of Oregon Division of Child Support/ Portland</b>	<b>Phone:</b> 503-229-5706	Open Monday-Friday, 8:00am-5:00pm. Establishes paternity and support orders for children on OHP, receiving public assistance, in state custody, or in foster care.
<b>Support Enforcement Division</b>	<p>Multnomah County DA: 1120 SW 5th Suite 1530 Portland, OR 97204 <b>Phone:</b> 503-988-3150</p> <p>Clackamas County DA: 619 Madison Suite 106 Oregon City, OR <b>Phone:</b> 503-655-8469</p> <p>Washington County DA: 150 N 1st Ave Hillsboro, OR <b>Phone:</b> 503-846-8759</p>	\$1.00 processing fee; offers services such as establishing paternity, support orders, and enforcement of orders.
<b>Supportkids</b>	<b>Phone:</b> 1-800-801-KIDS (5437)	Headquarters in Texas. Must have court order and must not be receiving welfare. Fees are 25-34% of collected child support payments (if no \$ is collected, no payment is required). This private agency cooperates with government agencies to help collect past support.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Legal Services</b>		
<b>Court Information</b>		
<b>Clackamas County Courthouse</b>	807 Main St Oregon City, OR 97045 <b>Phone:</b> 503-655-2455	
<b>Clark County Courthouse</b>	120 Franklin Vancouver, WA <b>Phone:</b> 360-397-2292	
<b>Multnomah County Courthouse</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Family Court self-help center. Open Monday-Friday, 8:00am-5:00pm.
<b>Washington County Courthouse</b>	150 N First Ave Hillsboro, OR 97124 <b>Phone:</b> 503-846-2680	
<b>Immigration Information</b>		
<b>Catholic Charities Immigration Services</b>	901 SE Oak St Suite 105 Portland, OR 97214 <b>Phone:</b> 503-491-9141 or 1-800-491-9232	Open Monday-Friday, 8:30am-5:00pm. Free bilingual services. DV and immigration specialists available for low income immigrants and refugees.
<b>Immigration Counseling Services</b>	519 SW Park Ave Suite 610 Portland, OR 97205 <b>Phone:</b> 503-221-1689	Phone hours Monday and Tuesday, 2:00pm-5:00pm. Free assistance provided to people fleeing persecution, families separated by borders and individuals becoming citizens.
<b>Lesbian/Gay Immigration Rights Task Force</b>	PO Box 12526 Portland, OR 97212 <b>Phone:</b> 503-471-1568	Immigrants, attorneys, and activists address widespread discriminatory impact of immigration laws on the lives of LGBTQ individuals.
<b>Lutheran Community Services Immigration Counseling and Advocacy Program (ICAP)</b>	605 SE 39th Ave Portland, OR 97214 <b>Phone:</b> 503-231-7480	Low cost immigration counseling provided for clients in English, Chinese, Vietnamese, Lao, Thai, Russian, Ukrainian and Spanish. Refugee resettlement, family reunification, and immigration assistance, including visa petitions.
<b>SOAR (Sponsors Organized to Assist Refugees)</b>	2906 NE Glisan Portland, OR <b>Phone:</b> 503-284-3002	Open Monday-Friday, 8:30am-5:00pm. Refugee resettlement and immigration services.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Legal Services</b>		
<b>Jail Information</b>		
<b>Clackamas County Jail</b>	<b>Phone:</b> 503-655-8331 x7449 After 5pm: 503-655-8218	
<b>Clark County Jail</b>	<b>Phone:</b> 360-397-2211 x4201	
<b>Multnomah County Jail</b>	<b>Phone:</b> 503-988-3689	
<b>Washington County Jail</b>	<b>Phone:</b> 503-846-2600	
<b>Juvenile Justice Information</b>		
<b>Attorneys for Youth</b>	<b>Phone:</b> 503-226-6111 x216	Contact McKanna, Bishop, Joffe and Sullivan law firm. Serves homeless and near homeless teens and teens in job training programs. Attorneys respond to criminal charges, family immigration, landlord/tenant issues, and employment law.
<b>Clackamas County Juvenile Justice</b>	2121 Kaen Rd Oregon City, OR <b>Phone:</b> 503-655-8342	Information and referrals for parents of juveniles who have entered the legal system. Hours are from 8:00am-6:00pm. Spanish speakers available.
<b>Family Court Services</b>	704 Main St Suite 200 Oregon City, OR <b>Phone:</b> 503-655-8415	Open Monday & Wednesday, 8:30am-4:30pm; Tuesday & Thursday, 8:30am-6:00pm. Parent/teen mediation and peer mediation in schools available for Clackamas county residents.
<b>Juvenile Rights Project (JRP)</b>	123 NE 3rd Suite 310 Portland, OR <b>Phone:</b> 503-232-2540	Open 8:30am-5:00pm. Legal advice and referrals for youth, pro-bono services for youth, assistance with minority discrimination, and class action suits with juveniles.
<b>Lawyer Referral Services</b>	<b>Phone:</b> 503-684-3763	Problem Solvers Program provides free legal counseling for youth (ages 7-11) in exchange for volunteer community service.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Legal Services</b>		
<b>Multnomah County Juvenile Justice</b>	1401 NE 68th Portland, OR <b>Phone:</b> 503-988-3475	Information and referrals for parents of juveniles who have entered the legal system. Open 8:00am-6:00pm. Spanish speakers available.
<b>Washington County Juvenile Justice</b>	222 N 1st Ave Hillsboro, OR <b>Phone:</b> 503-846-8861	Information and referrals for parents of juveniles who have entered the legal system. Hours are from 8:00am-6:00pm. Spanish speakers available.
<b>General Legal Information</b>		
<b>American Civil Liberties Union</b>	<b>Phone:</b> 503-227-3186	<a href="http://www.aclu-or.org">www.aclu-or.org</a>
<b>Bureau of Indian Affairs</b>	1849 C Street NE MS 4603 Washington, D.C. 20240 <b>Phone:</b> 202-208-2721	<a href="http://www.doi.gov/bia">http://www.doi.gov/bia</a>
<b>CASA for Children, Inc.</b>	1401 NE 68th Ave Portland, OR 97213 <b>Phone:</b> 503-988-5115	Volunteers receive extensive training and are appointed by a judge to advocate for the best interest of a child who has become a ward of the state because of neglect, dependency or abuse. Open Monday-Friday, 8:30am-5:00pm. Advocates must be 21 years or older. Services provided for children 0-18 years old.
<b>Children's Representation Project</b>	<b>Phone:</b> 503-988-3060	Attorneys are appointed by the court to represent children involved in custody disputes in Multnomah County.
<b>Clackamas County Legal Aid</b>	421 High St Suite 110 Oregon City, OR <b>Phone:</b> 503-655-2518	Open Monday-Friday, 9:00am-12:00pm and 1:00pm-5:00pm. No walk-ins accepted. Service are free to low income people and people over age 60.
<b>Clark County Domestic Issues Facilitator</b>	707 W 13th St Vancouver, WA	Walk-ins welcome 8:30am-12:00pm. 1:00-pm-4:20pm by appointment only.
<b>CLEAR Legal Advice &amp; Referral</b>	<b>Phone:</b> 1-888-201-1014	Free telephone advice and referrals for low income WA state residents with non-criminal matters.



Monica Parmley, LCSW

# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Legal Services</b>		
<b>Community Alliance of Tenants (CAT)</b>	2710 NE 14th Portland, OR 97212 <b>Phone:</b> 503-460-9702	Advocacy in landlord/tenant issues.
<b>Court Care</b>	<b>Phone:</b> 503-988-4334	Open Monday-Friday, 8:00am-5:00pm. Childcare provided.
<b>East Metro Mediation</b>	1333 NW Eastman Gresham, OR 97030 <b>Phone:</b> 503-618-3247	Conflict resolution services for neighbors, landlords/tenants and businesses/customers. Open Monday, Wednesday, Thursday and Friday from 8:00am-5:00pm and Tuesday 10:00am-8:30pm.
<b>Fair Housing Council of Oregon</b>	1020 SW Taylor St Suite 700 Portland, OR 97205 <b>Phone:</b> 503-223-8197	Education and outreach programs regarding fair housing. Investigates cases involving discrimination acquiring or retaining housing. Open Monday-Friday, 8:30am-5:00pm.
<b>Federal Eviction Information</b>	1021 SW 4th Portland, OR <b>Phone:</b> 503-988-3022	
<b>Legal Aid Welfare Rights Hotlines</b>	Multnomah and Washington Counties: <b>Phone:</b> 503-241-4111  Clackamas County: <b>Phone:</b> 503-655-2518  <b>Statewide Hotline:</b> 1-800-520-5292  <b>Family Law Hotline:</b> 503-299-6101	Hotline for people who have been denied public assistance benefits and want to challenge that decision. Also answers questions about social security, SSI, welfare, food stamps, or medical assistance.
<b>Lewis and Clark Legal Clinic</b>	310 SW 4th Suite 1018 Portland, OR <b>Phone:</b> 503-768-6500	Open Monday-Friday, 9:00am-5:00pm. \$25 retainer fee. Multnomah County cases only. Covers divorces with no real property or minor children. Works on child support modification, restraining orders and stalking orders. For low-income people or people over 60.
<b>Metropolitan Public Defenders</b>	<b>Phone:</b> 503-225-9100	Attorney on duty Monday-Friday to answer general questions.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Legal Services</b>		
<b>Multnomah County Domestic Violence Advice Line</b>	<b>Phone:</b> 503-299-6101	Legal consultation for domestic violence survivors.
<b>Multnomah County Family Law Self-Help Center</b>	1021 SW 4th Room 211 Portland, OR <b>Phone:</b> 503-988-4003	Open Monday-Friday, 8:00am-5:00pm. File restraining and stalking orders here.
<b>Multnomah County Legal Aid</b>	921 SW Washington Suite 500 Portland, OR 97205 <b>Phone:</b> 503-224-4086	Open Monday-Friday, 9:00am-12:00pm and 1:00pm-5:00pm. No walk-ins accepted. Free services for low income people and people over 60.
<b>Multnomah Defenders</b>	<b>Phone:</b> 503-226-3083	Court appointed attorneys for low-income people charged with misdemeanors in Multnomah County.
<b>NAPOLS (Native American Program of Oregon Legal Services)</b>	812 SW Washington Suite 700 Portland, OR <b>Phone:</b> 503-223-9483	Free to low income members of an Oregon tribe.
<b>Oregon Advocacy Center</b>	<b>Phone:</b> 503-243-2081	Advice about civil rights, special education, healthcare, rights to public and private services, and guardianship and rights in care facilities. <a href="http://www.oradvocacy.org">www.oradvocacy.org</a>
<b>Oregon Law Center</b>	813 SW Alder Suite 500 Portland, OR 97205 <b>Phone:</b> 530-295-2760 or 503-224-2414	Open Monday-Friday, 9:00am-5:00pm. Call for an intake Monday-Wednesday from 4:30pm-7:00pm. Free service for low income Oregon residents with civil law cases only. Help is also available for immigration legal issues.
<b>Oregon Office of Homeland Security</b>	4760 Portland Rd NE Salem, OR 97305 <b>Phone:</b> 503-378-4145	Criminal Justice Services Division.
<b>Oregon State Bar</b>	5200 SW Meadows Rd Lake Oswego, OR 97035 <b>Phone:</b> 503-684-3763 or 1-800-452-7636	Lawyer referral service. Modest Means Panel that uses a sliding fee based on income.
<b>Renter's Rights Hotline</b>	<b>Phone:</b> 503-288-0130	Information by phone about tenant rights. Available Monday-Thursday, 3:00pm-7:00 pm.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Legal Services</b>		
<b>Resolutions NW</b> <b>*Conflict Resolution Services*</b>	1827 NE 44th Suite 300 Portland, OR 97213 <b>Phone:</b> 503-595-4890	Family, couple, and parent-adolescent mediation is available on a sliding scale. Neighborhood mediation services are free for City of Portland residents. Services are available in English and Spanish. Call for an intake. <a href="http://www.resolutionsnorthwest.org">www.resolutionsnorthwest.org</a>
<b>SafeChoice Domestic Violence Legal Advocacy Program</b>	<b>Phone:</b> 360-696-0167	Domestic violence protection order assistance.
<b>St. Andrew's Legal Clinic/Oregon City</b>	421 High St Suite 210 Oregon City, OR <b>Phone:</b> 503-551-9800	Retainer: Sliding scale \$300-1250. All fees based on income. Fees are on a sliding scale, \$25 for first visit, and \$45+ thereafter. Multnomah County cases only.
<b>St. Andrew's Legal Clinic/Portland</b>	807 NE Alberta Portland, OR <b>Phone:</b> 503-281-1500	Agency deals with family law. Practice aimed at tri-county area. Appointments can be made after 9:00am. Night clinic on Tuesdays and Wednesdays. Sliding scale: \$25 for first visit, \$40+ thereafter.
<b>St. Matthew Legal Clinic</b>	232 NE Lincoln Suite H Hillsboro, OR <b>Phone:</b> 503-648-1600	Intakes on Wednesday evenings, \$25 for first consultation, and the hourly fee is on a sliding scale. Washington county cases only.
<b>Stevens-Ness</b>	916 SW 4th Ave Portland, OR 97204 <b>Phone:</b> 503-223-3137	Store that sells legal forms.
<b>Stoel Rives Night Clinic</b>	921 SW Washington Suite 500 Portland, OR 97205 <b>Phone:</b> 503-224-4086	A program of Legal Aid Services of Oregon (LASO). Evening clinic every other Thursday from 5:30pm-7:30pm. Attorneys provide advice and representation to low income clients with civil legal issues
<b>SW Washington Lawyer Referral Service</b>	<b>Phone:</b> 360-695-0599	Referrals to attorneys in SW Washington. Initial consultation fee \$35; hourly rates vary.
<b>Tel-Law Legal Information Line</b>	<b>Phone:</b> 503-620-3000	Recorded messages of general legal information in English, Spanish, Vietnamese, and Russian.
<b>Tribal Law and Policy Institute</b>	P.O. Box 460370 San Francisco, CA 94146 <b>Phone:</b> 415-647-1755	<a href="http://www.tribal-institute.org">http://www.tribal-institute.org</a>





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Legal Services</b>		
<b>Washington County Family Law Facilitator</b>	150 N First Ave Room 102C Hillsboro, OR <b>Phone:</b> 503-846-2898	Open Tuesday-Friday, 8:00am-3:00pm; walk-ins welcome. Closed Mondays.
<b>Washington County Legal Aid</b>	230 NE 2nd Suite A Hillsboro, OR <b>Phone:</b> 503-648-7163	Open Monday-Friday 9:00am-12:00pm and 1:00pm-5:00pm. No walk-ins. Free services for low income people and those over 60.
<b>Police Information</b>		
<b>Clackamas County</b>	<b>Phone:</b> 503-655-8211	Non-emergency police dispatch.
<b>Clackamas County Sheriff's Domestic Violence Enhanced Response Team</b>	<b>Phone:</b> 503-655-8218	DVERT Advocate: 503-723-4974
<b>Clark County DV Intervention &amp; Child Recovery Unit</b>	<b>Phone:</b> 360-397-2108 Vancouver, WA	
<b>County Sheriff</b>	Multnomah County: <b>Phone:</b> 503-255-3600  Clackamas County: <b>Phone:</b> 503-655-8218  Washington County: <b>Phone:</b> 503-846-2700	
<b>Gresham Police Domestic Violence Unit</b>	<b>Phone:</b> 503-618-2581	Community Safety Specialist: 503-618-2454; 503-618-2237
<b>Hillsboro Police Domestic Violence Detective</b>	<b>Phone:</b> 503-681-6175	DVRC Police Advocate: 503-640-5352 ext. 311
<b>Multnomah County</b>	<b>Phone:</b> 503-823-3333	Non-emergency police dispatch.
<b>Portland Police Domestic Violence Reduction Unit</b>	<b>Phone:</b> 503-823-0992	Advocates: 503-823-0571; 503-823-0306
<b>Washington County</b>	<b>Phone:</b> 503-629-0111	Non-emergency police dispatch.
<b>Washington County ElderSafe Program</b>	<b>Phone:</b> 503-846-6048	



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Legal Services</b>		
<b>Senior Information</b>		
<b>Elders in Action</b>	501 SW Washington Portland, OR 97204 <b>Phone:</b> 503-235-5474	Advocacy, support and ombudsman services for Multnomah, Clackamas, and Washington County residents age 60 and over.
<b>Multnomah County Aging &amp; Disability Service Helpline</b>	<b>Phone:</b> 503-988-3620	24-hour helpline.
<b>Senior Law Project</b>	700 SW Taylor Suite 300 Portland, OR 97205 <b>Phone:</b> 503-224-4086	Pro bono volunteer lawyers meet with clients age 60+ with civil legal issues.
<b>Washington State Vulnerable Adult Abuse Reporting Hotline</b>	<b>Phone:</b> 1-866-363-4276	
<b>Victim Services Information</b>		
<b>Victim Assistance Clackamas County</b>	708 Main St Oregon City, OR <b>Phone:</b> 503-655-8616	Provides liaison between crime victims and prosecutors. 24-hour assistance for crime victims, domestic violence and victim restraining orders.
<b>Victim Assistance Multnomah County</b>	1021 SW 4th Ave Room 804 Portland, OR <b>Phone:</b> 503-988-3222	Provides liaison between crime victims and prosecutors.
<b>Victim Assistance Washington County</b>	150 N First Ave Suite 300 Hillsboro, OR <b>Phone:</b> 503-846-8671	Provides liaison between crime victims and prosecutors.
<b>VINE (Victim Information and Notification Everyday)</b>	<b>Phone:</b> 1-877-674-8463	



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>General Information</b>		
<b>Advance PCS Prescription Savings Plan</b>	<b>Phone:</b> 800-238-2623	Offers low prices on prescription medications. <a href="http://www.AdvanceRx.com">www.AdvanceRx.com</a>
<b>Blue Cross Blue Shield of Oregon</b>	<b>Phone:</b> 888-427-0470	Members can call for information about providers, claims and coverage. <a href="http://www.myregence.com">www.myregence.com</a>
<b>Family Health Insurance Assistance Program (FHIAP)</b>	<b>Phone:</b> 503-373-1656 x22006 <b>Toll free:</b> 1-888-564-9669	For those who do not qualify for OHP. 70-95% subsidy of private insurance. Cannot be on or eligible for Medicare. <a href="http://www.ipgb.state.or.us/fhiap">www.ipgb.state.or.us/fhiap</a>
<b>Health Finder</b>	<a href="http://www.healthfinder.gov">www.healthfinder.gov</a>	Provides basic resources on diseases, conditions and injuries. Contains a medical library and connections to federal and non-profit sites. Information is also available in Spanish.
<b>Insurance Advocacy Line</b>	<b>Phone:</b> 503-947-7984 <b>Toll free:</b> 1-888-877-4894	Offers free help with insurance questions and complaints and assists callers in working with insurance companies.
<b>MESD Child Health Insurance</b>	<b>Phone:</b> 503-257-1732	Multnomah County residents may call to speak to an outreach specialist to see if a child qualifies for free health insurance. Income restrictions apply. Program is a partnership between MESD, Kaiser, and Multnomah County Health Department.
<b>Multnomah County Health Information and Referral Line</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Available Monday-Friday, 8:00am-5:00pm.
<b>ODS Behavioral Health</b>	<b>Phone:</b> 503-624-9382 <b>Toll free:</b> 1-800-799-9391	Assists members in locating in-network physicians, providers and facilities. <a href="http://www.odscompanies.com">www.odscompanies.com</a>
<b>Oregon Health Plan</b>	426 SW Stark Portland, OR <b>Phone:</b> 503-988-5140 <b>Toll free:</b> 1-800-699-9075	Eligibility Hotline.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>Oregon Hospice Association</b>	<b>Phone:</b> 503-228-2104	
<b>Oregon Prescription Drug Program</b>	<b>Phone:</b> 1-800-913-4146	Any Oregon resident, regardless of age or income and without adequate prescription coverage may qualify. Offers discounts up to 60% on prescriptions. Apply over the phone or online at <a href="http://www.opdp.org">www.opdp.org</a>
<b>Poison Center</b>	3505 SW Veterans Rd Portland, OR 97239 <b>Phone:</b> 503-494-8968	First aid information for poisonings and toxic substances. Located on OHSU campus. Open 24 hours.
<b>Red Cross</b>	<b>Phone:</b> 503-284-1234	Information and appointments for donors.
<b>State Children's Health Insurance Program (SCHIP)</b>	<b>Phone:</b> 503-945-6955 <b>Toll free:</b> 1-800-359-9517	Covers children and teens living in households up to 185% of the federal poverty level. Must be uninsured for 6 months.
<b><a href="http://www.needymeds.com">www.needymeds.com</a></b>	P.O. Box 63716 Philadelphia, PA 19147-7516	Internet site listing special prescription coverage programs (pharmaceutical companies).
<b><a href="http://www.phrma.org">www.phrma.org</a></b>		Assists people with medicines and prescriptions.
<b>Medical Services/Providers</b>		
<b>Adventist Health</b>	13435 SE 97th Ave Clackamas, OR 97015 <b>Phone:</b> 503-659-0880	Family practice and immediate care clinic. \$116 new patient, \$95 established patient.
<b>Children's Community Clinic</b>	27 NE Killingsworth St Portland, OR 97211 <b>Phone:</b> 503-284-5239	For children who lack health insurance or are covered by the Oregon Health Plan. Total out of pocket expense will not exceed \$59, including vaccinations, laboratory services, x-rays and prescriptions. Open Monday-Friday 9:00am-5:00pm.
<b>Coalition of Community Health Clinics</b>	619 SW 11th Ave Suite 225 Portland, OR 97205 <b>Phone:</b> 503-546-4991	Medical clinics that provide free or low-cost health care to the uninsured. <a href="http://www.coalitionclinics.org">www.coalitionclinics.org</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>Corbett Chiropractic Clinic</b>	4004 SW Kelly Suite 100 Portland, OR 97201 <b>Phone:</b> 503-223-5152	Sliding fee scale for low income and uninsured chiropractic care. Spanish-speaking staff available.
<b>County Health Nurse: New Avenues for Youth</b>	812 SW 10th Portland, OR 97205 <b>Phone:</b> 503-224-4339	TB, flu, pneumonia, and tetanus shots.
<b>County Health Nurse: Salvation Army</b>	131 SE Ankeny Portland, OR 97233 <b>Phone:</b> 503-239-1259	TB, flu, pneumonia, and tetanus shots. Open Wednesdays, 1:15pm-3:15pm.
<b>County Health Nurse: Transition Projects, Inc.</b>	475 NW Glisan St Portland, OR 97209 <b>Phone:</b> 503-823-4930	TB, flu, pneumonia, and tetanus shots. Open Mondays, 1:30pm-3:00pm.
<b>Department of Veteran Affairs</b>	1220 SW 3rd Portland, OR 97204	Free health services for veterans. <a href="http://www.va.gov">www.va.gov</a>
<b>Douglas Brown, RN</b>	<b>Phone:</b> 503-253-6334	Accepts OHP Open Card. Limited openings on a sliding scale.
<b>Essential Health Clinic</b>	266 West Main St Hillsboro, OR 97123  15296 SW Royalty Pkwy Tigard, OR 97224 <b>Phone:</b> 503-846-4904	Open Monday and Thursday evenings from 4:30pm-6:00pm in Hillsboro and Wednesday evenings from 4:30pm-6:00pm in Tigard. Free healthcare for children and adults without insurance.
<b>Fulcrum Health Center</b>	<b>Phone:</b> 503-234-7299	Andrew Bonner, ND; Kathy Dahlke, MD; Rebecca Raskin, MD have limited openings on a sliding scale.
<b>Gresham Urgent Care</b>	2850 E Powell Valley Rd Suite 100 Gresham, OR 97080 <b>Phone:</b> 503-666-5050	Urgent care only. Occupational medicine, worker's comp and motor vehicle accidents. Private insurance and uninsured, as available.
<b>Helen Anthony Fund (Salvation Army)</b>	1712 NE Sandy Blvd Portland, OR 97232 <b>Phone:</b> 503-239-1226	Free prescriptions for seniors over 60. No narcotics.
<b>Hill Burton Program/ Emanuel Legacy Hospital</b>	2801 N Gantenbein Portland, OR 97227 <b>Phone:</b> 503-413-2200	Free or sliding scale services.
<b>Indian Health Service</b>	1220 SW 3rd Suite 476 Portland, OR 97204	Free to tribal members. Appointment needed.
<b>Legacy Clinic- Good Samaritan</b>	1200 NW 23rd Portland, OR 97210 <b>Phone:</b> 503-413-7260	General medicine, no pediatrics or obstetrics. Open Monday-Friday, 9:00am-4:30pm.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>Lifespan</b>	421 SW Oak Suite 510 Portland, OR 97204 <b>Phone:</b> 503-988-4790	Free referral service that links caregivers to respite and recreation, support groups and financial assistance. The Family Caregiver Support Program (FCSP) helps people who provide care for an elderly parent, family member, neighbor or friend over 60 to access assistance to pay for respite care, housework, cooking, yard work and other services. Provides financial assistance for grandparents who are over 60 and who are legal guardians of their grandchildren. Open Monday-Friday 9:00am- 5:00pm. Scholarships may be available. Website: <a href="http://www.co.multnomah.or.us/dchs/lifespan">www.co.multnomah.or.us/dchs/lifespan</a>
<b>Malcolm Smith, ND</b>	<b>Phone:</b> 503-251-4535	Homeopathic physician with limited openings on a sliding scale.
<b>Medical Transportation</b>	<b>Phone:</b> 503-802-8700	Will provide transportation to medical, counseling, and dental appointments to clients on OHP or Medicaid. Need at least one-day notice if you cannot ride the bus and 3-4 days if you can.
<b>Molalla Health Center</b>	<b>Phone:</b> 503-723-2944	Clackamas County Public Health Clinic. Services include family planning, primary care, prenatal, immunization, AIDS info, WIC, well child, nutritional services, and dental services.
<b>Multnomah County School-Based Health Clinics</b>	Various locations <b>Phone:</b> 503-988-5464	Services to youth, ages 11-21, in Multnomah County. Offer diagnosis and treatment of injuries, sports physicals, reproductive health info, immunizations, fitness and nutrition education, mental health services, prescription medications, and referrals to outside medical providers.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>NARA NW Indian Health Clinic</b>	15 N Morris Portland, OR 97227 <b>Phone:</b> 503-230-9875	Accepts Medicaid and insurance. Free to enrolled members of tribes.
<b>National College of Naturopathic Medicine</b>	2220 SW 1st Ave Portland, OR 97201 <b>Phone:</b> 503-552-1551	Low cost alternative healthcare. \$20 flat fee.
<b>New Day Homeopathic Clinic</b>	1917 SE Clinton Portland, OR 97202 <b>Phone:</b> 503-795-7008	Free clinic open the first and third Wednesday evening of every month. Call for an appointment.
<b>Old Town Clinic</b>	219 W Burnside Portland, OR 97209 <b>Phone:</b> 503-241-3836	Open Monday-Friday, 9:00am-12:00pm and 1:15pm-5:00pm. Closed Thursday afternoons. Primary care for homeless and low-income women and men of downtown Portland. If no OHP, sliding fee scale available. TB testing and general medical.
<b>OHSU Urgent Care Center</b>	3180 SW Sam Jackson Park Portland, OR 97201 <b>Phone:</b> 503-494-8311	Urgent care. OHP Is accepted. No one is turned away.
<b>Open Gate Acupuncture and Herb Clinic</b>	1011 E Burnside Portland, OR <b>Phone:</b> 503-232-3857	Chinese herbal medicine available as well as acupuncture. Ask about sliding scale.
<b>Oregon Center for Clinical Investigations, Inc.</b>	2230 NW Pettygrove St Suite 120 Portland, OR 97210 <b>Phone:</b> 503-276-6224	Mental health studies: depression, bi-polar, anxiety, panic and ADD. Free mental health assessment, primary care and medications for those who qualify.
<b>Oregon City Health Center</b>	<b>Phone:</b> 503-655-8471	Clackamas County Public Health Clinic. Services include family planning, primary care, prenatal, immunization, AIDS info, WIC, well child, nutritional services, and dental services.
<b>Oregon College of Oriental Medicine</b>	10541 SE Cherry Blossom Portland, OR <b>Phone:</b> 503-253-3443	Herbal medicine and acupuncture. Sliding scale. Open Monday-Saturday, 8:30am-5:30pm. Thursday open until 8:00pm. Take #15 bus.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>Outside In</b>	1132 SW 13th Portland, OR 97205 <b>Phone:</b> 503-535-3800	Walk-in medical services for ages 30 and under on Monday, Wednesday, and Friday at 9:00am. Walk-in naturopath for any age Monday-Friday at 1:30pm, Thursday at 9:00am, or Monday and Wednesday 6:00pm-9:30pm. Acupuncture and chiropractic by appointment. Help with OHP enrollment. Sliding scale available.
<b>Portland Adventist Community Services</b>	11020 NE Halsey Portland, OR 97220 <b>Phone:</b> 503-252-8500	Free or \$10. Family health services.
<b>Portland Alternative Health Center</b>	<b>Phone:</b> 503-228-4533	
<b>Portland Naturopathic Clinic</b>	11231 SE Market Portland, OR <b>Phone:</b> 503-255-7355	Herbal medicine and wholesale. Sliding scale fees for low-income people.
<b>Portland Niño's</b>	1200 SE Morrison Portland, OR 97214 <b>Phone:</b> 503-233 0721	Health education for Latino families with children ages 0-6. Parents participate in community talks on nutrition, dental care and safety with "Promotores de Salud" (Health Promoters). Parents learn about important child health issues. Childcare is provided.
<b>Project Quest Integrative Health Center</b>	2901 E Burnside Portland, OR 97214 <b>Phone:</b> 503-238-5203	Mental health, osteopathic doctor, support groups, HIV support group, yoga and meditation, community groups. Open Monday-Friday 8:00am-5:00pm.
<b>Providence Ambulatory Care &amp; Education Center (PACE)</b>	5050 NE Hoyt Suite 540 Portland, OR 97213 <b>Phone:</b> 503-215-6600	Providence has financial assistance available to those who qualify once they have applied. Patients are billed at a full rate and must complete a financial assistance application with requested documentation.
<b>Rosewood Family Health Center</b>	8935 SE Powell Blvd Portland, OR 97266 <b>Phone:</b> 503-772-4335	Primary care facility. Sliding scale and OHP. Call for appointment. Open Monday-Friday, 8:00am-4:30pm.





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>Sandy Health Center</b>	<b>Phone:</b> 503-722-6660	Clackamas County Public Health Clinic. Services include family planning, primary care, prenatal, immunization, AIDS info, WIC, well child, nutritional services, and dental services.
<b>Summit Research Network</b>	1849 NW Kearney St Suite 201 Portland, OR 97209 <b>Phone:</b> 503-279-8252	Medical research organization that conducts studies on anxiety, ADHD, bi-polar, and social phobias.
<b>TB Management Clinic</b>	426 SW Stark 3rd Floor Portland, OR 97204	No TB tests for shelters.
<b>Tim Shannon, ND.</b>	2610 SE Clinton St Suite E Portland, OR 97202 <b>Phone:</b> 503-236-8853	Homeopathic physician with limited openings on sliding scale.
<b>Wallace Medical Concern- Downtown</b>	Estate Hotel Clinic 225 NW Couch Portland, OR <b>Phone:</b> 503-274-1277	Free basic urgent medical care for uninsured people over age 15. Call for appointment. Dermatology and podiatry care available. Spanish interpretation available.
<b>Wallace Medical Concern- Gresham</b>	800 SE 181st Gresham, OR <b>Phone:</b> 503-274-1277	General medical clinic for uninsured or low insured.
<b>Wallace Medical Concern- Youth Clinic</b>	820 SW Oak Portland, OR 97205 <b>Phone:</b> 503-274-1277	General medicine for street youth, plus chiropractic care, pregnancy, & STD testing, referrals. By appointment.
<b>West Burnside Chiropractic Clinic</b>	134 W Burnside Portland, OR 97209 <b>Phone:</b> 503-223-2213	Free services for low income and no insurance. Open Monday-Thursday, 9:00am-5:00pm. Closed for lunch 12:30-1:30pm.
<b>Westside Natural Health Center</b>	4444 SW Corbett Portland, OR 97239 <b>Phone:</b> 503-224-4003	Holistic, pediatrics, pre-natal, etc. Open Monday-Friday, 8:30am-5:30pm.
<b>William Temple House</b>	2023 NW Hoyt Portland, OR 97209 <b>Phone:</b> 503-226-3021	Prescription assistance up to \$50 one time a year.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>Multnomah County Health Clinics</b>		
<b>East County Health Clinic</b>	620 NE 2nd St Gresham, OR 97030 <b>Phone:</b> 503-988-5155	Primary care for all ages. Referrals to specialists.
<b>La Clinica de Buena Salud</b>	6736 NE Killingsworth Portland, OR 97218 <b>Phone:</b> 503-248-3991	Primary care for all ages. Referrals to specialists.
<b>Mid-County Health Center</b>	12710 SE Division Portland, OR 97236 <b>Phone:</b> 503-988-3601	Primary care for all ages. Referrals to specialists.
<b>North Portland Health Clinic</b>	9000 N Lombard Portland, OR 97203 <b>Phone:</b> 503-988-5304	Primary care for all ages. Referrals to specialists.
<b>Northeast Health Center</b>	5329 NE MLK Jr Blvd Portland, OR 97211 <b>Phone:</b> 503-988-5055	Primary care for all ages. Referrals to specialists.
<b>School-Based Health Clinic Program</b>	Various locations <b>Phone:</b> 503-988-5464	Services to youth, ages 11-21, in Multnomah County. Offers diagnosis and treatment of injuries, sports physicals, reproductive health info, immunizations, fitness and nutrition education, mental health services, prescription medications, and referrals to outside medical providers.
<b>Southeast Health Center</b>	3653 SE 34th Ave Portland, OR 97202 <b>Phone:</b> 503-988-3500	Primary care for all ages. Referrals to specialists.
<b>Westside Health Center</b>	426 SW Stark 5th Floor Portland, OR 97204 <b>Phone:</b> 503-988-5140	Walk-in clinic. Open Monday-Friday, 8:00am-5:00pm. Sliding scale, OHP Plus A&C only and Care Oregon.
<b>Women's Healthcare</b>		
<b>All Women's Health Services</b>	<b>Phone:</b> 503-233-0808	
<b>Birthright</b>	1515 NE 41st Portland, OR 97232 <b>Phone:</b> 503-249-5801 <b>Hotline:</b> 800-550-4900	Open Monday-Thursday, 10:00am-8:00pm; Friday- Saturday, 10:00am-3:00pm. Free pregnancy tests and maternity & baby clothes.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>Boys and Girls Aid</b>	018 SW Boundary Court Portland, OR 97239 <b>Phone:</b> 503-222-9661 <b>Crisis Line:</b> 800-342-6688	Services for pregnant women and young parents. Crisis line available 24-hours.
<b>Breast &amp; Cervical Cancer Program</b>	<b>Phone:</b> 503-988-4043	For women 40 years and older. Once in program, regular mammograms and pap smear paid for by county at participating clinics. Call for eligibility and screening locations.
<b>Child's Path</b>	1712 NE Sandy Portland, OR 97232 <b>Phone:</b> 503-872-8379	Food program for pregnant and breast-feeding women and children ages 1-6. Open Monday, Wednesday, and Friday, 9:00am-11:30am and 1:30pm-3:30pm. Must live in Portland.
<b>Crisis Pregnancy</b>	1626 NE 9th Portland, OR 97232 <b>Phone:</b> 503-284-1977	Free pregnancy tests and maternity & baby clothes.
<b>De Mujer a Mujer</b>	6737 NE Killingsworth Suite 100 Portland, OR 97218	Mammograms and pap smears provided for Spanish-speaking women.
<b>Elizabeth House</b>	4055 SE Salmon Portland, OR <b>Phone:</b> 503-236-7235	Shelter for pregnant women ages 14-21. Maximum stay of 6 months. Open Monday- Friday, 8:30am-5:00pm.
<b>Healthy Start and Welcome Baby</b>	5329 NE MLK Jr Blvd Portland, OR 97211 <b>Phone:</b> 503-988-5055	Prenatal care for low-income families.
<b>Lovejoy Surgicenter</b>	933 NW 25th Portland, OR <b>Phone:</b> 1-800-752-6189	Pap smears, infection tests, pregnancy tests, and birth control. Abortions available. Outpatient tubal ligations.
<b>Multnomah County Field Nursing Services</b>	5329 NE MLK Jr Blvd Portland, OR 97211 <b>Phone:</b> 503-988-5055	Resources for prenatal care for low-income families (home visits).
<b>Multnomah County Health Department</b>	5329 NE MLK Jr Blvd Portland, OR 97211 <b>Phone:</b> 503-988-5055	Provides primary care for OHP patients.
<b>NARA Indian Health Clinic</b>	15 N Morris Portland, OR 97227 <b>Phone:</b> 503-230-9875	Native American services. Prenatal care, immunizations, STD education, well-child exams, women's health care and more.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>Neighborhood Health Clinics</b>	4945 NE 7th Portland, OR <b>Phone:</b> 503-288-5995	Office hours Monday-Friday, 8:00am-5:00pm. Clinic for people with no insurance Monday-Thursday, 6:30pm-9:30pm. Dental service available Monday evenings for \$25.
<b>OHSU Center for Women's Health</b>	3181 Sam Jackson Park Rd, L466 Portland, OR 97239 <b>Phone:</b> 503-346-1212	Free appointments for women experiencing barriers to preventative health care, including pelvic exams, Pap tests, and breast exams. Available on a first come, first served basis. <a href="http://www.ohsuwomenshealth.com">www.ohsuwomenshealth.com</a>
<b>Old Town Clinic</b>	219 W Burnside Portland, OR 97209 <b>Phone:</b> 503-241-3836	
<b>Open Adoption and Family Services</b>	5200 SW Macadam Suite 250 Portland, OR 97239 <b>Phone:</b> 503-226-4870	Adoption counseling and financial aid. Facilitates child-centered open adoptions.
<b>Oregon SafeNet Hotline</b>	<b>Phone:</b> 503-988-5858  <b>Toll free:</b> 1-800-723-3638	Women and children's health line for Oregon. Callers are referred to health and social services programs including reproductive health, primary care, dental, mental health, domestic violence, child abuse, etc, as well as government programs such as WIC and food stamps. Available Monday-Friday, 8:00am-8:00pm.
<b>Planned Parenthood</b>	3231 SE 50th Ave Portland, OR 97202 <b>Phone:</b> 503-775-4931	Reproductive health care, HIV/AIDS testing, STD testing, abortions, birth control and pregnancy tests. Free/sliding scale.
<b>Planned Parenthood Teen Clinic</b>	3531 NE 15th Suite B Portland, OR 97212 <b>Phone:</b> 503-288-8826	Free/sliding scale. <a href="http://www.ppcw.org">www.ppcw.org</a>
<b>Pregnancy Resource Center</b>	9255 NE Halsey Portland, OR 97220 <b>Phone:</b> 503-256-0808	Pregnancy tests, prenatal and parenting classes, post-abortion counseling, prevention services.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>Providence Maternal Care Clinic</b>	2705 E Burnside St Suite 114 Portland, OR 97214 <b>Phone:</b> 503-215-6262	Annual and maternal health care. OHP accepted or sliding scale and payment plan available.
<b>Salvation Army White Shield Program</b>	2640 NW Alexandra Portland, OR 97296 <b>Phone:</b> 503-239-1248	Residential treatment facility for pregnant mothers; shelter for emergency care, ages 10-18.
<b>Virginia Garcia Memorial Health Clinic</b>	2935 SW Cedar Hills Blvd Beaverton, OR 97005 <b>Phone:</b> 503-352-6000  226 SE 8th Ave Hillsboro, OR 97123 <b>Phone:</b> 503-601-7400	Primary care, maternity, parenting and immigrant services.
<b>WIC (Women, Infants, and Children)</b>	<b>Phone:</b> 503-988-3503	Nutritional and educational services for pregnant women and women with young children.
<b>Women's Veterans Health Services</b>	3710 SW US Veterans Hospital Rd Portland, OR 97239 <b>Phone:</b> 888-233-8306	Provides health care for female veterans of the Armed Services and Coast Guard. Fees vary by service. Open Monday-Friday, 9:00am-4:00pm.
<b>HIV/AIDS Services</b>		
<b>AIDS Hotline</b>	<b>Phone:</b> 800-777-2437 <b>Help line:</b> 503-223-2437	Info and help for individuals with STDs, AIDS/HIV, or anyone with questions regarding these matters.
<b>CARE Assist</b>	800 NE Oregon Suite 1105 Portland, OR 97232 <b>Phone:</b> 503-731-4029 <b>Toll free:</b> 1-800-805-2313	Helps HIV positive Oregonians with health insurance, prescription drugs, or co-payments and deductibles. Office hours Monday-Friday, 8:00am-5:00pm. Clients must be HIV positive and be up to 200% federal poverty level.
<b>Cascade AIDS Project (CAP)</b>	620 SW 5th Ave Suite 300 Portland, OR 97204 <b>Phone:</b> 503-223-5907	Non-medical services for people and families with HIV/AIDS including housing assistance, support groups, emergency financial assistance, counseling and assistance with domestic chores.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>Catholic Charities AIDS Ministry</b>	528 NE 52nd Ave Portland, OR 97213 <b>Phone:</b> 503-963-8102	Job and housing resources for women who are HIV positive. Office hours Monday and Thursday 9:00am-4:00pm and Tuesday, 9:00am-3:30pm.
<b>Ecumenical Ministries of Oregon HIV Services</b>	2941 NE Ainsworth Portland, OR 97211 <b>Phone:</b> 503-460-3822	HIV day center is a drop-in center for people living with AIDS. Meals available, as well as other supportive services (haircuts, washer/dryer, etc.) Office hours Monday-Friday 9:00am-3:00pm. Must have written verification of HIV and be TB negative.
<b>Esther's Pantry</b>	2761 NE Halsey Portland, OR 97232 <b>Phone:</b> 503-281-8868	Food bank for low-income individuals who are disabled due to AIDS. Food delivery is possible.
<b>Free HIV Testing</b>	10 NE 10th Portland, OR 97232 <b>Phone:</b> 503-988-3030	Testing and counseling for people with HIV or Hepatitis C.
<b>Institute for Traditional Medicine</b>	2017 SE Hawthorne Blvd Portland, OR <b>Phone:</b> 503-233-2101	Immune-enhancement project. Sponsors naturopathic treatment program for HIV-related illnesses.
<b>Legacy Cancer/AIDS Nutrition Counseling</b>	1130 NW 22nd Ave Portland, OR 97210 <b>Phone:</b> 503-413-7283	Nutritional assessment, planning, and education for cancer or AIDS patients. Call for an appointment. Office hours Monday-Friday, 8:00am-4:30pm.
<b>Multnomah County Health Department (Downtown)</b>	426 SW Stark 6th floor Portland, OR 97204 <b>Phone:</b> 503-988-3775	Anonymous and confidential AIDS testing and counseling. \$20 fee, although no one is turned away.
<b>Multnomah County Health Department (NE Portland)</b>	5329 NE MLK Jr Blvd Portland, OR 97211 <b>Phone:</b> 503-988-5020	Free AIDS testing on Tuesdays 5:00pm-6:30pm.
<b>Northwest Naturopathic Clinic</b>	2606 NW Vaughn Portland, OR <b>Phone:</b> 503-224-8083	Naturopathic treatment for HIV/AIDS patients.
<b>Our House of Portland</b>	2727 SE Alder St Portland, OR 97214 <b>Phone:</b> 503-234-0175	Only residential care facility providing care for men and women with advanced stage AIDS. Office hours Monday-Friday 9:00am-5:00pm. Call admissions for details.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Medical and Health Care Services</b>		
<b>Planned Parenthood</b>	Various Locations Portland, OR <b>Phone:</b> 800-230-7526	Reproductive health care, HIV/AIDS testing, STD testing, abortions, birth control and pregnancy test. Free/sliding scale.
<b>Russell Street Dental Clinic/HIV Services</b>	214 N Russell Portland, OR 97227 <b>Phone:</b> 503-494-6822	Free dental services to HIV patients. Office hours Monday-Saturday, 8:00am-5:00pm.
<b>Swan House</b>	2614 SE 160th Ave Milwaukie, OR <b>Phone:</b> 503-786-4829	Hospice and residential care for AIDS patients.
<b>Women's Inter-Community AIDS Resource</b>	1608 SE Ankeny Portland, OR 97214 <b>Phone:</b> 503-238-4420	Serves children & women affected by HIV/AIDS. Support groups, food bank, clothing, advocacy, and education.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Mental Health Agencies</b>		
<b>A Better Way Counseling</b>	818 NW 17th Ave Portland, OR 97209 <b>Phone:</b> 503-226-9061	Works with eating disorders, provides individual family and group therapy, nutrition counseling, medical support and family support groups. Offers adolescent art therapy groups and movement and exercise specialists. Office hours Monday-Friday, 8:00am-8:00pm. No fee for support groups.
<b>Albertina Kerr Centers</b>	722 NE 162nd Ave Portland, OR 97230 <b>Phone:</b> 503-255-4205	Provide services for adults and youth, including outpatient counseling services, early intervention and therapeutic preschool programs, psychiatric residential services, and services for children and adults with developmental disabilities. Also offers a Family Resource Center with a library and various activities and events. Accepts OHP and some private insurance. <a href="http://www.albertinakerr.org">www.albertinakerr.org</a>
<b>Alliance Counseling Center</b>	818 NW 17th Ave Suite 3 Portland, OR 97209 <b>Phone:</b> 503-221-4531	Provides individual, group, family and couples counseling. Programs are tailored to the financial resources of the client. Some private insurance billing, OHP and sliding fee scale available. Free information and support groups for those with eating disorders. Equine Assistance Program is a short-term therapy model. <a href="http://www.alliancecounselingcenter.org">www.alliancecounselingcenter.org</a>
<b>American Foundation for Suicide Prevention Northwest Chapter</b>	PO Box 25587 Portland, OR 97298 <b>Phone:</b> 503-291-0373	Conducts suicide prevention presentations for schools and community groups. Assists survivors of suicide in accessing resources.





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Avel Gordly Center for Healing</b>	621 SW Alder Suite 520 Portland, OR 97205 <b>Phone:</b> 503-494-4745	Mental health services culturally responsive to the needs of African Americans. Offers individual, group and family therapy, outpatient addictions treatment, treatment for gambling addictions, case management and medical management.
<b>Bienestar de la Familia</b>	6736 NE Killingsworth St Suite 101 Portland, OR <b>Phone:</b> 503-988-3999 x29520	Counseling and addiction services for Spanish speaking residents of Multnomah County.
<b>Boys &amp; Girls Aid</b>	018 SW Boundary Ct Portland, OR 97201 <b>Phone:</b> 503-222-9661	Family strengths program. In-home counseling for middle school youth.
<b>Caremark Behavioral Health Services</b>	3001 N Gatenbein Portland, OR 97227 <b>Phone:</b> 503-413-4848	Inpatient psychiatric services for adults and adolescents at Emmanuel, Good Samaritan, and Adventist hospitals. Specializing in crisis intervention, sex offender treatment, fire setting assessment, and sexual assault victims. Individual, group and family counseling. Adolescent outpatient for chemical dependency and mental health issues. 24 hour program; fees vary by service.
<b>CARES Northwest (Child Abuse Response and Evaluation Services)</b>	2800 N Vancouver Suite 201 Portland, OR 97227 <b>Phone:</b> 503-276-9000	Program for children referred because of concerns about child abuse or neglect. Provides a safe environment for children's medical exams and interviews. Referrals to mental health services and other community interventions are also available.
<b>Cascade AIDS Project (CAP)</b>	620 SW 5th Ave Suite 300 Portland, OR 97204 <b>Phone:</b> 503-223-5907	Located on the bus mall downtown between SW Alder and Morrison. Shelter, financial assistance, employment counseling, life skill education, and emotional support. No fee except for testing (\$20).



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Cascadia Behavioral Healthcare</b>	10373 NE Hancock St Suite 200 Portland, OR 97220  24-Hour Walk-in Clinic: 2415 SE 43rd Suite 100 Portland, OR 97206  <b>Phone:</b> 503-674-7777	Providing mental health services, crisis intervention, addictions treatment, case management and medication management to youth and adults with OHP. Some school-based services available. Also provides free services for those with gambling addictions. Transitional, secure residential and permanent housing for people with psychiatric challenges. <a href="http://www.cascadiabhc.org">www.cascadiabhc.org</a>
<b>Catholic Charities Aids Ministry</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Free mental health services.
<b>ChristieCare</b>	Marylhurst Campus  Clackamas River Campus  Mosaic  <b>Intake:</b> 1-888-982-2237	Assessment and evaluation, psychiatric assessments, psychiatric residential treatment services, educational services, stabilization and treatment services, sub-acute services, medication stabilization and management, transitional aged youth services and culturally specific residential services.
<b>Clackamas County Mental Health</b>	<b>Phone:</b> 503-655 -8401	24-hour crisis line and comprehensive mental health services to county residents.
<b>Clark County Crisis Line</b>	<b>Phone:</b> 360-696-9560 <b>Toll free:</b> 1-800-626-8137	24-hour crisis line in Clark County for residents experiencing a mental health emergency or emotional crisis.
<b>Conexiones</b>	2325 E Burnside Suite 202 Portland, OR 97214 <b>Phone:</b> 503-235-8057	Bilingual Spanish/English counseling services for children, adolescents, and adults. Services include family and individual counseling, trauma counseling, parent training, and DV counseling. Some private insurance accepted.
<b>Council for Prostitution Alternatives</b>	Confidential location <b>Phone:</b> 503-282-1082	Free services to those who are looking at alternatives to prostitution.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Counseling Center of Vancouver</b>	521 E 33rd St Vancouver, WA 98663 <b>Phone:</b> 360-694-7046	Counseling for children, adolescents, and adults for a range of emotional issues including depression, anxiety, adjustment disorders, behavioral problems, domestic violence, and sex abuse.
<b>Counterpoint (Morrison Child and Family Services)</b>	1718 NE 82nd Portland, OR <b>Phone:</b> 503-252-2392	Programs include outpatient, residential and day treatment services. Serves youth ages 4-18 who are displaying inappropriate sexual behavior. Case management, individual, family and group therapy available.
<b>Dads Against Discrimination</b>	320 SW Stark St Portland, OR 97204 <b>Phone:</b> 503-222-1111	Telephone crisis line, support and counseling services for fathers.
<b>Dougy Center</b>	3909 SE 52nd Ave Portland, OR 97286 <b>Phone:</b> 503-775-5683	Provides peer support for children, teens, young adults and families who have experienced the death of a loved one. Services also available in Spanish.
<b>Early Childhood Outpatient Service</b>	11456 NE Knott Portland, OR <b>Phone:</b> 503-256-3040	Accepts clients with OHP or Medicaid. Also offers a sliding fee scale.
<b>FamilyCare Inc.</b>	<b>Phone:</b> 503-345-5703	Member services for those covered by OHP FamilyCare. Contracted providers include Cascadia Behavioral Healthcare, LifeWorks NW, Morrison Child and Family Services and Western Psychological Services.
<b>Family Violence Intervention Program</b>	<b>Phone:</b> 503-846-3020	Individual and group counseling for adult domestic violence victims in Washington county.
<b>Family Works</b>	605 SE 39th Ave Portland, OR 97214 <b>Phone:</b> 503-256-2330	Individual and family counseling services.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Goose Hollow Mental Health/Parent Education and Support Workshops</b>	1215 SW 18th Ave Portland, OR 97205 <b>Phone:</b> 503-224-1223	Parent education and counseling for couples, individuals, children and adolescents. Special focus on relationships and parenting issues. Office hours Monday-Friday, 9:00am-7:pm. Sliding scale and private insurance.
<b>Harry's Mother</b>	738 NE Davis Portland, OR 97232 <b>Phone:</b> 503-233-8111	Free counseling for youth ages 9-17 and their families. Provides crisis intervention, emergency shelter, and follow-up care. The program goal is to reunite youth with their families. Parental consent necessary for shelter but not for counseling.
<b>Intercultural Psychiatric Program OHSU</b>	3181 SW Sam Jackson Park Rd Portland, OR 97239 <b>Phone:</b> 503-494-4222  <b>Intake:</b> 503-494-6176	Staff speaks the following languages: Amharic, Bosnian, Cambodian, Farsi, Kurdish, Iraqi, Specializing in therapy and psychiatric services with youth and families from refugee and immigrant populations. Staff speaks Iranian, Lao, Oromo, Japanese, Laotian, Mien, Russian, Somali, Swahili, Spanish, and Vietnamese. Most health plans accepted.
<b>Jewish Family and Child Services</b>	1130 SW Morrison St Suite 316 Portland, OR 97205 <b>Phone:</b> 503-226-7079	Provides counseling for individuals, couples, and families (children through seniors). Private insurance billing and sliding fee scale available. <a href="http://www.jfcs-portland.org">www.jfcs-portland.org</a>
<b>Kaiser Mental Health Services</b>	<b>Intake:</b> 503-249-3434  <b>24 Hour Crisis Line:</b> 503-331-6425  <b>Member Concerns:</b> 503-249-5636	Kaiser intake is open 8:00am-5:30pm. Kaiser Emergency Psychiatric Services (crisis line) is managed by mental health clinicians who are available 24 hours a day, 7 days a week for Kaiser members. <a href="http://www.kaiserpermanente.org">www.kaiserpermanente.org</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Kartini Clinic</b>	2800 N Vancouver Suite 106 Portland, OR 97227 <b>Phone:</b> 503-249-8851	Serves children and adolescents (ages 6 - 17) of the Pacific Northwest who suffer from eating disorders such as anorexia nervosa, bulimia, or binge eating disorders, as well as those whose disordered eating contributes to obesity or wasting. <a href="http://www.kartiniclinic.com">www.kartiniclinic.com</a>
<b>Kinship House</b>	1823 NE 8th Portland, OR 97212 <b>Phone:</b> 503-460-2796	Offers individual therapy for children and adults; family therapy for foster and adoptive children and their families; therapy for prospective adoptive parents; specialized adult adoptee services; outreach and training; support groups and consultation. <a href="http://www.kinshiphouse.org">www.kinshiphouse.org</a>
<b>LifeWorks Northwest</b>	4925 N Albina Ave Portland, OR 97217  4531 SE Belmont Portland, OR 97215  14600 NW Cornell Rd Portland, OR 97229  17214 SE Division St Suite 2 Portland, OR 97236  8770 SW Scoffins St Tigard, OR 97223  <b>Intake:</b> 503-645-9010  <b>Family Coaching:</b> 503-627-9194	Provides mental health and addiction services. Accepts OHP, private insurance and sliding scale. Services available for people of all ages, cultural backgrounds and abilities. Free alcohol and drug assessments for youth. Outpatient and adolescent day treatment and residential services for pregnant women or moms. Family Coaching available for residents of Washington County. Weekly sessions cover topics such as family communication, conflict resolution, parenting skills, and behavioral management. <a href="http://www.lifeworksnw.org">www.lifeworksnw.org</a>
<b>Lotus (Council for Prostitution Alternatives)</b>	<b>Phone:</b> 503-282-1082	Supports women and children affected by the sex industry. Services include case management, advocacy and counseling.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Lutheran Community Services NW</b>	605 SE 39th Ave Portland, OR 97214 <b>Phone:</b> 503-231-7480	Individual, couples, families, multicultural and child counseling. OHP accepted.
<b>Me, Too &amp; Company</b>	PO Box 10796 Portland, OR 97296 <b>Phone:</b> 503-220-1000	Free grief and bereavement support groups for children, teens and their adult guardians.
<b>Men's Resource Center</b>	12 SE 14th Portland, OR 97214 <b>Phone:</b> 503-235-3433	General counseling, DV violence intervention groups, men's counseling groups.
<b>Morrison Child and Family Services</b>	1500 NE Irving St Suite 250 Portland, OR 97232  1818 SE Division Portland, OR 97202  2951 NW Division Suite 200 Gresham, OR 97030  <b>Intake:</b> 503-542-3025	Provides outpatient mental health services for youth as well as crisis intervention and case management. Offers alcohol and drug treatment, day treatment, and residential services. Also has special services for sexual offenders 19 and under.
<b>Multnomah County Crisis Line</b>	<b>Phone:</b> 503-988-4888	Brief counseling and referral service. 24-hour line. Dispatches Project Respond in mental health emergencies.
<b>NARA Indian Health Clinic</b>	15 N Morris Portland, OR 97227 <b>Phone:</b> 503-230-9875	No fee for Native Americans.
<b>National Alliance for the Mentally Ill (NAMI)</b>	524 NE 52nd Ave Portland, OR 97213 <b>Phone:</b> 503-228-5692  <b>Toll free:</b> 1-800-343-6264	Provides information and referral to those suffering from severe mental illness and support groups for family and friends. Membership dues may be waived. <a href="http://www.nami.org/multnomah">www.nami.org/multnomah</a>
<b>National Alliance for the Mentally Ill (NAMI) of Washington County</b>	18680 SW Shaw St Aloha, OR 97007 <b>Phone:</b> 503-356-6835	Support groups, educational classes, and resource library available. Program assists individuals living with mental illness and their families in navigating prescription assistance programs, medical care, and advocacy.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>National Suicide Prevention Lifeline</b>	<b>Phone:</b> 1-800-273-TALK	Free and confidential 24-hour hotline available for those in a suicidal crisis or emotional distress.
<b>NE Catholic Counseling Center</b>	8383 NE Sandy Blvd Suite 205 Portland, OR <b>Phone:</b> 503-253-0964	Sliding scale available.
<b>Northwest Behavioral Healthcare Services</b>	18000 SE Webster Road Gladstone, OR 97027 <b>Phone:</b> 503-722-4470	Provides residential services to youth ages 12-17. Free drug and alcohol assessments. Services covered by most insurances and financial arrangements are available.
<b>OHSU Behavioral Health Clinic</b>	621 SW Alder St Portland OR 97205 <b>Phone:</b> 503-494-4745	Adult outpatient treatment for an array of problems. Services include individual therapy, group therapy, marital and family therapy, psychiatric evaluation, and medication management.
<b>OHSU Child and Adolescent Psychiatry Clinic</b>	3181 SW Sam Jackson Rd Portland, OR 97201 <b>Phone:</b> 503-418-5775 <b>Intake:</b> 503-494-6176	Mental health assessment and treatment for children and families experiencing behavior or emotional issues. Specializing in abuse evaluation and treatment, anxiety disorders, mood disorders, ADHD, and development disorders.
<b>Options Counseling Services</b>	2410 SE 121st Ave Suite 216 Portland, OR 97216 <b>Phone:</b> 503-335-5975	In-home services for families who have been referred by DHS. Therapeutic and skills training services available.
<b>Oregon Mental Health Associates, Inc.</b>	5125 SW Macadam Ave Suite 145 Portland, OR 97239 <b>Phone:</b> 503-231-7854	Work with adolescents and adults specializing in Dialectical Behavior Therapy and depression/anxiety issues. Individual, group and family counseling available.
<b>Outside In</b>	1132 SW 13th Portland, OR <b>Phone:</b> 503-535-3800	Walk-in mental health services. Open Monday-Friday, 1:30pm-3:30pm.
<b>Pacific University Psychological Service Center</b>	511 SW 10th St Suite 400 Portland, OR 97205 <b>Phone:</b> 503-352-2400	Assessment for learning disabilities and ADD. Individual adults, children, couples, family and group therapy services available. Specialty clinic for anxiety disorders.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Parents Anonymous</b>	<b>Phone:</b> 503-258-4557	A parent support line which provides emotional support and crisis intervention for parents throughout Portland metro area. Offers effective parenting techniques, information on child development, referrals to community resources, and a safe place to confidentially discuss parenting challenges and successes. Free weekly support groups for parents that are co-led by parent leaders and professional facilitators are also available.
<b>Parry Center</b>	3415 SE Powell Blvd Portland, OR 97202 <b>Phone:</b> 503-234-9591	Residential treatment for youth who are emotionally disturbed. Children attend onsite schooling. Individual, family and group counseling available. Sliding scale, Medicaid, and private insurance accepted.
<b>Peace House</b>	2116 NE 18th Ave Portland, OR 97212 <b>Phone:</b> 503-285-1714	Suicide bereavement support group. Meets 3rd Monday each month, from 7:00pm-9:00pm. Email: <a href="mailto:suicidebereavement@msn.com">suicidebereavement@msn.com</a> .
<b>Planned Parenthood</b>	Various locations. <b>Phone:</b> 503-775-4931 x276	Provides individual counseling for ages 14 and up, addressing a variety of mental health issues. No medication management or prescribing available. Call for an intake. Sliding scale available. <a href="http://www.ppcw.org">www.ppcw.org</a>
<b>Portland State University Counselor Education Program</b>	615 SW Harrison Portland, OR 97201 <b>Phone:</b> 503-725-4620	Individual couple and family counseling, Please call for availability, sliding fee scale available.
<b>Portland Veteran's Outreach Center</b>	8383 NE Sandy Blvd Suite 110 Portland, OR 97220 <b>Phone:</b> 503-273-5370	Provides free readjustment counseling to eligible veterans and sexual trauma counseling to veterans who experienced sexual harassment or trauma during military service. Office hours Monday-Friday, 9:00am-4:30pm.





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Providence Adult Outpatient Services</b>	5228 NE Hoyt St Building B Portland, OR 97213 <b>Phone:</b> 503-215-6474	Adult day treatment programs for those with chronic mental illness. Group and individual counseling services available. Must be 18 and older to participate. Hours: Monday-Friday, 8:00am-5:00pm.
<b>Recovery Inc.</b>	361 SW 4th St Gresham, OR 97030 <b>Phone:</b> 503-231-1334	Volunteer led support groups addressing symptoms such as depression, anxiety, low self-esteem, anger and phobias.
<b>REDES</b>	2325 E Burnside Suite 200 Portland, OR 97214 <b>Phone:</b> 503-235-8057 x2	Network of mental health and other related service providers for Latinos.
<b>Resolutions NW *Conflict Resolution Services*</b>	1827 NE 44th Suite 300 Portland, OR 97213 <b>Phone:</b> 503-595-4890	Family, couple, and parent-adolescent mediation is available on a sliding scale. Neighborhood mediation services are free for City of Portland residents. Services are available in English and Spanish. Call for an intake. <a href="http://www.resolutionsnorthwest.org">www.resolutionsnorthwest.org</a>
<b>Restoration Community</b>	7523 SE 52nd Ave Portland, OR 97206 <b>Phone:</b> 503-777-4810	Provides faith-based individual and family counseling. Fees on a sliding scale. <a href="http://www.rci-pdx.org">www.rci-pdx.org</a> .
<b>River's Way Clinic</b>	2049 NW Hoyt St Portland, OR 97209 <b>Phone:</b> 503-222-3436	Provides counseling for individuals, couples and families. Sliding scale available.
<b>Samaritan Counseling Centers</b>	Various locations <b>Phone:</b> 503-281-3318	Locations throughout the Portland Metro Area. Therapists integrate spiritual and religious beliefs into sessions. Some insurance billed. Sliding fee scale available.
<b>Self Enhancement, Inc. (SEI)</b>	3920 N Kerby Ave Portland, OR <b>Phone:</b> 503-249-1721	Individual, family, or group counseling, information and referral, and parenting classes.
<b>Solo Center</b>	4511 NE 90th Portland, OR 97220 <b>Phone:</b> 503-287-0642	Individual and group counseling for persons separated, divorced or single. Does not provide services to those who are psychotic, violent or substance abusers. Sliding fee scale.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Trauma Intervention Programs of Portland/ Vancouver (TIP)</b>	4800 NE 122nd Ave Portland, OR 97230 <b>Phone:</b> 503-823-3937	Trained volunteers called by hospitals and public safety personnel to assist family members after a sudden death, victims of a crime or witnesses to a tragedy. Volunteers available 24 hours a day, 7 days a week.
<b>Trillium Family Services</b>	<b>Phone:</b> 503-234-7332	Counseling for children and their families. Some school-based services available.
<b>University Individual and Family Matters</b>	12570 SW 69th Ave Portland, OR 97223 <b>Phone:</b> 503-554-6060	Offers individual, family, couple and group therapy services with graduate interns. Sliding fee scale available.
<b>Urban League of Portland</b>	10 N Russell Portland, OR 97227 <b>Phone:</b> 503-280-2600	Recreation, counseling, and advocacy services for youth and their families.
<b>Washington County Mental Health Crisis Line</b>	<b>Phone:</b> 503-291-9111	24 hour crisis line for mental health emergencies.
<b>Washington County Mental Health Services</b>	<b>Phone:</b> 503-291-9155  <b>24 hour line:</b> 503-291-8401	Non-urgent information and referral for mental health and addiction treatment services.
<b>Wellness Project</b>	<b>Phone:</b> 360-798-2918 Vancouver, WA	Free individual, group, couples and family counseling. Therapists, case managers, psychiatric prescribers, and nurses are available.
<b>Western Psychological</b>	Various locations <b>Phone:</b> 503-624-2600	Outpatient mental health services for children, adolescents and adults. Psychiatric services and psychological evaluations available.
<b>Westside Youth &amp; Family Services</b>	7688 SW Capital Hwy Portland, OR <b>Phone:</b> 503-244-2292	Counseling services for youth and families.
<b>William Temple House</b>	2923 NW Hoyt Portland, OR 97232 <b>Phone:</b> 503-226-3021	Provides free counseling and social services.
<b>Women's Counseling Center</b>	12 SE 14th Portland, OR 97214 <b>Phone:</b> 503-235-4050	Individual and group counseling for women; specializing in domestic violence, abuse issues, recovery, healing and support. Anger management classes also offered.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Youth Contact</b>	447 SE Baseline Hillsboro, OR 97123 <b>Phone:</b> 503-640-4222	Outpatient child and family counseling. Drug testing available. School based services throughout Washington County.
<b>YWCA Counseling Center</b>	1111 SW 10th Ave Portland, OR 97205 <b>Phone:</b> 503-294-7440	Individual and couples counseling for adults; specializing in depression issues, anxiety, life transitions, stress, post-traumatic stress syndrome, relationship issues, self-esteem, recovery from sexual trauma and group anger management classes.
<b>YWCA Women's Resource Center</b>	<b>Phone:</b> 503-294-7440	Individual and group counseling; specializing in women's issues, violence against women, general counseling, and survivors of childhood trauma/sexual abuse.
<b>Private Counseling Providers</b>		
<b>Alicia Richards, LCSW</b>	5404 N Montana Portland, OR 97217 <b>Phone:</b> 503-232-0969 x1	Works with individuals, couples, adolescents and families dealing with issues like depression, anxiety, attachment, sexuality, and divorce or separation. Bills ODS and Blue Cross Blue Shield and accepts private pay.
<b>Allison Rider, MC, LPC, NCC</b>	4900 SW Griffith Dr Suite 261 Beaverton, OR 97005 <b>Phone:</b> 503-804-1285	Works with adult individuals (both men and women) and couples. Specializes in relationship issues, depression and anxiety, addictions and co-dependency. Many types of insurance accepted.
<b>Amy Swift, LCSW</b>	1605 NE Broadway St Portland, OR 97232 <b>Phone:</b> 503-331-8156	Specializes in working with girls.
<b>Bridget Geraghty, LCSW</b>	5404 N Montana Portland, OR 97217 <b>Phone:</b> 503-367-0882	Specializes in working with children (6 and above), teens and families dealing with issues like depression, anxiety, attachment, sexuality, and divorce or separation. Bills ODS and Blue Cross Blue Shield and accepts private pay.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Cherie Masshardt, LCSW</b>	SE Portland <b>Phone: 503-239-6337</b>  Oregon City <b>Phone: 503-502-2037</b>	Individual, family, and group counseling. Specialties: Grief, terminal illness, cancer, family change (separation, divorce, foster care, adoption). <a href="http://www.oregoncounseling.org">www.oregoncounseling.org</a>
<b>devora moon marbin, LCSW</b>	5404 N Montana Portland, OR 97217 <b>Phone: 503-310-8178</b>	Services offered in Spanish or English. Provides counseling for adolescents and their parents as well as individual adults and couples. Conducts mental health evaluations for immigration cases and training on cultural competency. Bills Blue Cross Blue Shield, Reliant Behavioral Health, and ODS. <a href="http://www.fluidcommunity.net">www.fluidcommunity.net</a>
<b>Howard Hiton, MS, LPC</b>	516 SE Morrison St Suite 405 Portland, OR 97214 <b>Phone: 503-234-6972</b>	Works with children, teens and adults individually and with their families. Specializes in managing depression and anxiety, school struggles, family conflicts, adjusting to divorce and substance abuse. <a href="http://www.hitonassociates.net">www.hitonassociates.net</a>
<b>John Wolfe, LCSW</b>	2306 NE Glisan Suite 200 Portland, OR 97212 <b>Phone: 503-702-9259</b>	Services offered to adolescents and adults. Works with multicultural individuals, people of color, blended families, LGBTQ couples and individuals. Bills Blue Cross Blue Shield, Cascade Health, Great-West, Kaiser, LifeWise, ODS and sliding fee scale available.
<b>Kameron Dill, PsyD</b>	8440 SE Sunnybrook Blvd Suite 120 Clackamas, OR 97015 <b>Phone: 503-653-0631</b>	Individual, family and group counseling available for \$40/hour. Specializes in issues related to child behavior challenges, sleep problems, adjustment disorders, habit/tic disorders, anxiety, depression, family adjustment, chronic illness, obesity, ADHD, learning difficulties, school difficulties and developmental disabilities. Testing also available. <a href="http://www.sundstromclinic.com">www.sundstromclinic.com</a>



Monica Parmley, LCSW

# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Kathleen Macdonald, MA</b>	7440 SW Hunziker St Suite A Tigard, OR 97223 <b>Phone:</b> 971-404-7192	Counsels adolescents, adults, couples, and families. Specializes in relationship issues, depression, anxiety, parenting, divorce, trauma and grief/loss. Fees range from \$50-\$70 per session or sliding fee scale.
<b>Kitty Miller, MSW</b>	21st and NE Broadway <b>Phone:</b> 971-645-3868	Counsels adults, families, adolescents, couples, and groups. Fees range from \$40-\$60/session.
<b>Lisa Race, LCSW</b>	420 South State St Lake Oswego, OR 97034 <b>Phone:</b> 503-624-5705	Specializes in trauma work from a holistic perspective. Primarily works with parents and middle school aged students as well as GLBTQ youth and adults. Private pay and sliding fee scale available.
<b>Lynn Knope, PsyD</b>	8305 SE Monterey Suite 219 Portland, OR 97266 <b>Phone:</b> 503-223-6183	Specializes in play therapy with children under 12. Individual, family and group counseling services for all ages. Bills some insurances and sliding fee scale available.
<b>Martha Corona, LCSW</b>	5404 N Montana Portland, OR 97217 <b>Phone:</b> 503-501-8047	Native Spanish speaker who works with school-aged children and families dealing with trauma, sex abuse, human trafficking, and ADHD. Bills Blue Cross Blue Shield, Aetna, ODS and Kaiser.
<b>Michele Gilson, LCSW</b>	2455 NW Marshall St Suite 7A Portland, OR 97210 <b>Phone:</b> 503-349-4435	Specializes in trauma, abuse, depression, anxiety, post-traumatic stress, addictions, eating disorders and difficult relationships for ages 14-Senior. Sliding scale and some insurance accepted.
<b>Pam Crow, LCSW</b>	823 NE Broadway, Suite 2B Portland, OR 97232 <b>Phone:</b> 503-281-0085	Specializes in trauma, play therapy, art therapy and sand tray with adults and children. Some insurances accepted, sliding fee scale available.
<b>Paul Stretch, LCSW</b>	5404 N Montana Portland, OR 97217 <b>Phone:</b> 503-232-0969	Serves adolescents and adults dealing with trauma, sexual abuse, depression and anxiety. Also provides evaluations in immigration cases. Services offered in English and Spanish. Bills Blue Cross Blue Shield, Great West, and Kaiser.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
Peggy Van Duyne, LPC	5932 NE Glisan Portland, OR 97213 <b>Phone:</b> 503-956-4506	Diversity oriented and GLBTO friendly. Specializes in working with adolescents and college-aged adults dealing with grief/loss, alcohol/drug treatment, eating disorders, academic success, anxiety and depression. Charges \$65/hour or sliding fee scale.
Rachael Berkeley, LCSW	5404 N Montana Portland, OR 97217 <b>Phone:</b> 503-309-2368	Specializes in working with children ages four and up and families around parenting issues, abuse and trauma. Private pay and sliding fee scale available.
Richard Colman, PhD	5441 SW Macadam Ave Portland, OR 97239 <b>Phone:</b> 503-227-4007	Specializes in ADHD, Aspergers Syndrome, and Autism.
Sally Adelman, LCSW	3434 SW Kelly Portland, OR 97239 <b>Phone:</b> 503-348-9811	Specializes in individual, group, and family therapy, grief and loss, adolescent issues, GLBTO, anxiety and depression. Bills some insurance and has sliding fee scale.
Sara Penner, LCSW	1820 SW Vermont St Suite H Portland, OR <b>Phone:</b> 503-320-8753	Child and family therapy for \$95/session. Specializes in working with those who have experienced trauma as well as the adoption triad. Out of network insurance billing available.
Sarah Ruhl, LCSW	650 Officer's Row Suite B Vancouver, WA <b>Phone:</b> 360-931-0113	Counseling for children, teens, families, adults, and groups. Insurance billing available.
Stacy Hartline, RN, PMHNP-BC	712 SE Hawthorne Blvd Suite 100 Portland, OR 97214 <b>Phone:</b> 503-954-2188	Assists children and adults with recovery from insomnia, mood problems, psychosis, and eating disorders. Assessment and recovery options may include prescribing medications, nutrition, exercise and collaboration with other providers. <a href="http://www.bridgcitycounseling.com">www.bridgcitycounseling.com</a>
Stephen Grant, LCSW	Clarity Counseling 2306 NE Glisan Suite 200 Portland, OR 97212 <b>Phone:</b> 503-752-9943	Counseling for individuals, couples, children, or families. Sliding scale and some insurance billing for Blue Cross Blue Shield available. <a href="http://www.claritycounseling.org">www.claritycounseling.org</a>



Monica Parmley, LCSW

## RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Mental Health and Counseling Services</b>		
<b>Susie Snyder, LCSW</b>	5616 SE Hawthorne Blvd Portland, OR 97215 <b>Phone:</b> 503-233-2442	Counseling for children, teens, families, and adults.
<b>Theresa Page, MA</b>	2538 NE Broadway Suite C Portland, OR 97232 <b>Phone:</b> 503-282-8600	Child and family therapist. Play therapy, group therapy, and parent education. Specialties: Adoption, adolescent addiction, ADHD, depression, ODD, PTSD, physical and sexual abuse.
<b>Tom Bialozor, LCSW</b>	Clarity Counseling 2306 NE Glisan Suite 200 Portland, OR 97212 <b>Phone:</b> 503-230-1011	Provides counseling for individuals, couples, children, or families. Sliding scale and some insurance billing available (Blue Cross Blue Shield, ODS, RBH). <a href="http://www.claritycounseling.org">www.claritycounseling.org</a>
<b>Vivian Coles, LPC</b>	2732 NE Broadway St Portland, OR 97232 <b>Phone:</b> 503-202-5424	Specializes in EMDR (eye movement desensitization reprocessing), trauma, anxiety, divorce or relationship issues. Also utilizes play therapy and art therapy. Works with adults and children. Sliding scale and some insurance accepted.
<b>Well</b>	3800 NE Sandy Blvd Suite 124 Portland, OR 97232 <b>Phone:</b> 503-936-0427	Therapists Nina Danielsen, MS and Leticia Sainz, MA serve individuals, couples, families, children and teens. Free 30-minute consultations available for new clients. No insurance billing. Sliding fee scale available. <a href="http://www.wellcounseling.com">www.wellcounseling.com</a>
<b>Wise Counsel &amp; Comfort</b>	Various locations <b>Phone:</b> 503-282-0182	Website lists a number of private therapists and their specialties. <a href="http://www.portland-therapist.com">www.portland-therapist.com</a> .



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Native American Resources</b>		
<b>Affiliated Tribes of Northwest Indians</b>	<b>Phone:</b> 503-249-5770	
<b>Bow and Arrow Culture Club</b>	5135 NE Columbia Blvd Portland, OR 97218 <b>Phone:</b> 503-762-4286 or 503-492-8488	Provides cultural events and social gatherings every Friday from 7:00pm-9:00pm at the NAYA Family Center.
<b>Bureau of Indian Affairs</b>	911 NE 11th Ave Portland, OR 97232 <b>Phone:</b> 503-231-6273 or 503-231-6702	Information and referral about Native American tribes in the Northwest Region. Hours: Monday-Friday, 7:30am-3:30pm.
<b>Children's Services Division (CSD): Indian Unit</b>	<b>Phone:</b> 503-731-3147 x2206	
<b>Columbia River Inter-Tribal Fish Commission (CRITFC)</b>	<b>Phone:</b> 503-238-0667	
<b>Concerned Indian Citizens</b>	<b>Phone:</b> 503-285-4474	Limited funds for travel, some food and other Native resources.
<b>Confederate Tribe of Siletz Indians</b>	12790 SE Stark St Suite 102 Portland, OR 97233 <b>Phone:</b> 503-238-1512	Provide job training and advocacy for employment, life skills, clothing and work experience.
<b>Confederate Tribe of Warm Springs</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Victims of Crime Services Department
<b>Four Winds Community Church</b>	<b>Phone:</b> 503-281-5802	Provides church services for Native people of all denominations.
<b>Healing Circle</b>	<b>Phone:</b> 503-288-8177	A domestic violence program for Native women and children.
<b>linim Miyac Play Group</b>	710 SW Jackson St Portland, OR 97207 <b>Phone:</b> 503-725-9695 or 503-665-5904	No pre-application needed. Fill out information form at first attendance. No fee for services. Play group for Native American children ages infant-5 and their parent/guardians. All people are accepted. Open Wednesday, 10:30am-12:30pm.
<b>Independent Living Resources</b>	2410 SE 11th Ave Portland, OR 97214 <b>Phone:</b> 503-232-7411	Serving people with disabilities.





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Native American Resources</b>		
<b>Indian Health Services</b>	1220 SW 3rd Room 476 Portland, OR 97204 <b>Phone:</b> 503-326-2020	Provides referrals for medical, dental and psychological care to Native Americans who are members of federally recognized tribes and who live on reservations for Native Americans in the service area. Hours: Monday-Friday, 8:00am-4:00pm.
<b>National Indian Child Welfare Association (NICWA)</b>	5100 SW Macadam Suite 300 Portland, OR <b>Phone:</b> 503-222-4044	Provides training and information regarding social services to Indian children and their families. Hours: Monday-Friday, 8:00am-5:00pm.
<b>Native American AIDS Hotline</b>	<b>Phone:</b> 1-800-283-2437	Open 8:30am-1:00pm, 2:00pm-5:00pm, Monday-Friday.
<b>Native American Parent Support</b>	3917 NE Shaver Portland, OR 97212 <b>Phone:</b> 503-666-1740	Support and encouragement for those parenting Native American children with disabilities or learning challenges.
<b>Native American Program of Oregon Legal Services (NAPOLS)</b>	812 SW Washington Suite 700 Portland, OR 97205 <b>Phone:</b> 503-223-9483	Provide job training and advocacy for employment, life skills, clothing and work experience through the Department of Legal Aid.
<b>Native American Rehabilitation Association (NARA)</b>	1631 SW Columbia Portland, OR 97201 <b>Phone:</b> 503-231-2641  Clinic: 15 N Morris Portland, OR <b>Phone:</b> 503-230-9875	Open Monday-Friday, 8:00am-5:00pm. Inpatient/outpatient, treatment services, community, medical and emergency services focused toward the Native American population.
<b>Native American Student and Community Center at PSU (NASCC)</b>	710 SW Jackson Portland, OR <b>Phone:</b> 503-725-9695	Located on the southern tip of PSU campus on SW Jackson St, between Broadway and Park. Open to the public Monday-Friday, 9:00am-6:00pm. Computer use and room rental available. Learning center dedicated to promoting culture and connection through education. <a href="http://www.nativecenter.pdx.edu">www.nativecenter.pdx.edu</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Native American Resources</b>		
<b>Native American Youth and Family Center (NAYA)</b>	5135 NE Columbia Blvd Portland, OR 97219 <b>Phone:</b> 503-288-8177	A culturally-specific agency working to promote family unity and educational achievement while honoring cultural traditions.
<b>Northwest Indian Veterans Association (NIVA)</b>	PO Box 1035 Portland, OR 97207 <b>Phone:</b> 503-220-8262	Advocacy for Native veterans.
<b>Oregon Native American Business and Entrepreneurial Network (ONABEN)</b>	<b>Phone:</b> 503-968-1500	Provides small business trainings and workshops around owning and maintaining small business.
<b>Pi-Nee-Waus</b>	<b>Phone:</b> 503-988-3660 or 503-230-9875	Elders program. Potluck every Tuesday, 5:00pm-7:00pm.
<b>Siletz Tribal Headstart</b>	7326 SE Flavel St Portland, OR 97206 <b>Phone:</b> 503-771-8867	Phones are answered after 12:00pm. Headstart is operated Monday-Friday, 8:30am-12:00pm. Provides breakfast and lunch and limited transportation. Applications accepted year round for children ages 3-4, preference given to Native children, but serve all populations.
<b>Title 7 Indian Education</b>	2303 SE 28th Place Portland, OR 97214 <b>Phone:</b> 503-916-6499	Provides student advocacy and tutoring.
<b>United Indian Students of Higher Education (UISHE)</b>	724 SW Harrison St Portland, OR 97201 <b>Phone:</b> 503-725-5671	Provides student advocacy and community events for Native students at Portland State University.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Parenting Resources</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Adventist Medical Center</b>	<b>Phone:</b> 503-256-4000	Group for moms with babies 0-4 months and group for moms with babies 4-12 months. Provides socialization with other moms, trouble shooting, weight checks, lactation issues, etc. Cost: \$30 for 6 weeks. Call to register.
<b>Baby Blues Connection</b>	<b>Phone:</b> 503-797-2843	Volunteer group providing information and support to postpartum mothers and families. <a href="http://www.babybluesconnection.org">www.babybluesconnection.org</a>
<b>Boys and Girls Town Hotline</b>	<b>Phone:</b> 1-800-448-3000	Hotline offering parent support.
<b>Center for Family Success (Project of Children's Justice Alliance)</b>	8010 N Charleston Portland, OR <b>Phone:</b> 503-286-0600	"Parenting Inside Out" curriculum for parents/caregivers of children of all ages involved in DHS and the criminal justice system. No fees. Group meets for 12 weeks for 4 hours per week.
<b>Children's Home Society of Washington</b>	1112 Columbia St Vancouver, WA <b>Phone:</b> 360-695-1325	Weekly drop-in groups available to any parent or caregiver. No registration or fees. Childcare available.
<b>Emanuel Hospital Collaborative Problem Solving</b>	3001 N Gantenbein Ave Portland, OR 97227 <b>Phone:</b> 503-413-4844	Free classes and support group for parents/caregivers of children and teens with behavioral problems. Held Monday evenings from 6:00pm-7:30pm at Caremark Behavioral Health Services (1st floor conference room).
<b>Family Relief Nursery (Volunteers of America)</b>	<b>Phone:</b> 503-236-8492	Offers a 16-week parenting course. Parents and children attend a weekly 4-hour session, including play lab sessions. Parents also receive instruction on parenting topics, receive individual coaching and participate in group discussions.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Parenting Resources</b>		
<b>Family Resource Center (Albertina Kerr Centers)</b>	722 NE 162nd Ave Portland, OR 97230 <b>Phone:</b> 503-255-4205	The Family Resource Center is a safe place for families who are raising a child who has mental health and behavioral challenges. Families may gather for peer support, and hold family activities and events. An extensive resource library is also available with accessible free materials. <a href="http://www.albertinakerr.org">www.albertinakerr.org</a>
<b>Full Esteem Ahead</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Offers seminars and classes that provide insights to supporting kids as they move from being children through adolescents and into adulthood. <a href="http://www.fullesteemahead.org">www.fullesteemahead.org</a>
<b>Hillsboro Family Resource Center</b>	222 NE 6th Ave Hillsboro, OR 97124 <b>Phone:</b> 503-844-1063	Located in the basement of JB Thomas Middle School. Food, clothing, and referrals to social services. Services are free to residents of Washington County. Open Monday-Thursday at 9am.
<b>Impact Northwest Parent Child Development Program (PCDS)</b>	7211 SE 62nd Ave Portland, OR 97206 <b>Phone:</b> 503-988-5961	Serves families with children prenatal to 5 years. Providing age and developmentally appropriate educational guidance and support services. Provides Parents as Teachers home visits, parent/child play groups, developmental screenings and case management.
<b>Insights Teen Parent Program</b>	2020 SE Powell Blvd Portland, OR 97211 <b>Phone:</b> 503-239-6996	Provides counseling, support groups, parent education, and child care for pregnant and parenting teens.
<b>Jewish Family and Child Services</b>	1130 SW Morrison St Suite 316 Portland, OR 97205 <b>Phone:</b> 503-226-7079	Side by Side parent coaching services. Includes office and home visits and phone consultation. Private pay and sliding fee scale available. <a href="http://www.jfcs-portland.org">www.jfcs-portland.org</a>
<b>Kids' Turn</b>	<b>Phone:</b> 503-846-0665	Psychoeducational groups for parents in the process of divorce or custody changes and their children ages 5-16 in Washington County.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Parenting Resources</b>		
<b>LifeWorks Northwest</b>	4925 N Albina Ave Portland, OR 97217  4531 SE Belmont Portland, OR 97215  14600 NW Cornell Rd Portland, OR 97229  17214 SE Division St Suite 2 Portland, OR 97236  8770 SW Scoffins St Tigard, OR 97223  <b>Intake:</b> 503-645-9010  <b>Family Coaching:</b> 503-627-9194	Provides mental health and addiction services. Accepts OHP, private insurance and sliding scale. Services available for people of all ages, cultural backgrounds and abilities. Free alcohol and drug assessments for youth. Outpatient and adolescent day treatment and residential services for pregnant women or moms. Family Coaching available for residents of Washington County. Weekly sessions cover topics such as family communication, conflict resolution, parenting skills, and behavioral management. <a href="http://www.lifeworksnw.org">www.lifeworksnw.org</a>
<b>Metropolitan Family Service (MFS)</b>	1808 SE Belmont St Portland, Oregon 97214 <b>Phone:</b> 503-232-0007	Offers 13-week "Make Parenting A Pleasure" classes for parents with children birth to 8 years old.
<b>Neighborhood House Oregon Pre-Kindergarten Program</b>	3445 SW Moss St Portland, OR 97219 <b>Phone:</b> 503-432-6746	Open Monday-Friday, 8:00am-5:00pm. Free services for children ages 0- 5. Weekly home visits and groups for parents with kids 0-3. Half-day preschool for ages 3-5. Must meet income guidelines and live in West Multnomah County or have a child in childcare in North Portland.
<b>Neighborhood House Parenting Program</b>	Markham Elementary 10531 SW Capitol Hwy Portland, OR 97219 <b>Phone:</b> 971-244-0148	Free parent/child play groups for children 0-5 on Tuesdays, 9:30am-11:00am. Topics covered include child development, brain development, developmental screening, and school readiness.
<b>NW Attachment Parenting</b>	Kennedy School Community Room 8736 NE 33rd Ave Portland, OR <b>Phone:</b> 503-234-6004	Provides two support and play groups each week for parents and children ages five and under. <a href="http://www.nw-ap.org">www.nw-ap.org</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Parenting Resources</b>		
<b>Oregon Family Support Network (OFSN)</b>	PO Box 324 Marylhurst, OR 97036 <b>Phone:</b> 1-800-323-8521	Offers support groups, classes and information/referral for parents and caregivers of children and adolescents with special needs, including emotional, behavioral, mental and/or physical challenges. <a href="http://www.ofsn.com">www.ofsn.com</a>
<b>Oregon Parent Training and Information Center</b>	2288 Liberty St NE Salem, OR 97301 <b>Phone:</b> 1-888-505-2673  <b>Helpline:</b> 1-888-891-6784	Serves parents of children ages birth-26 with disabilities or suspected disabilities as well as children with emotional or behavioral problems. Offers a lending library, trainings, information and referrals. Open 9:00am-4:00pm.
<b>Parent Coaching Institute (PCI)</b>	<b>Phone:</b> 206-654-2994	Call or visit website for a list of parent coaches or call for a referral based on specialty area or location. <a href="http://www.thepci.com">www.thepci.com</a>
<b>Parents Anonymous</b>	<b>Phone:</b> 503-258-4557	A parent support line which provides emotional support and crisis intervention for parents throughout Portland metro area. Offers effective parenting techniques, information on child development, referrals to community resources, and a safe place to confidentially discuss parenting challenges and successes. Free weekly support groups for parents that are co-led by parent leaders and professional facilitators are also available.
<b>Parents Who Care</b>	Various locations <b>Phone:</b> 503-591-4597	Parenting classes for parents with children in 5th-12th grades.
<b>Parents Without Partners</b>	10320 SE Pine St Portland, OR <b>Phone:</b> 503-295-4280	Offers family, parent, and educational activities for single parents and their children. Meetings are the 2nd Wednesday of each month at 6:00pm in the Russellville Commons Meeting Room. <a href="http://www.parentswithoutpartners.org">www.parentswithoutpartners.org</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Parenting Resources</b>		
<b>Portland Public Schools Integrated Student Support Department</b>	501 N Dixon Portland, OR 97227 <b>Phone:</b> 503-916-5460	Education opportunities for families in Portland Public Schools on topics such as bullying, substance abuse prevention, social-skills, adolescent brain development, and cybersafety.
<b>Pregnancy Resource Center</b>	9255 NE Halsey Portland, OR 97220 <b>Phone:</b> 503-256-0808	Prenatal and parenting classes.
<b>Resolutions NW *Conflict Resolution Services*</b>	1827 NE 44th Suite 300 Portland, OR 97213 <b>Phone:</b> 503-595-4890	Family, couple, and parent-adolescent mediation is available on a sliding scale. Services are available in English and Spanish. Call for an intake. <a href="http://www.resolutionsnorthwest.org">www.resolutionsnorthwest.org</a>
<b>Self Enhancement, Inc. (SEI)</b>	3920 N Kerby Ave Portland, OR 97227 <b>Phone:</b> 503-249-1721 x238	Parenting classes focus on child development, discipline, supervision, praise and cultural awareness. Classes are Tuesday, 6:30pm-8:30pm for 20 weeks. Childcare is available.
<b>SHARE</b>	21970 SW Sherwood Blvd Sherwood, OR 97140 <b>Phone:</b> 503-825-5480	Available to students and families in the Sherwood School District. Offers parenting classes, ESL classes, food, clothing, housing and energy assistance, and counseling services.
<b>Stand Up Parenting</b>	Powelhurst Baptist Church SE 112th and Powell <b>Phone:</b> 503-281-5176	Support and goal setting group for parents with children of all ages. Parents may join at anytime. First meeting is free; additional charge of \$20 membership fee and \$5 per week following. Scholarships available. Walk-ins welcome.
<b>Talk it Over</b>	830 NE 47th Ave Portland, OR 97213 <b>Phone:</b> 503-317-1130	Free support group for families with a child or teen with mental illness, substance abuse or a serious behavior problem. Located at Providence Child Center. Sponsored by Trillium Family Services and Albertina Kerr Centers.



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# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Parenting Resources</b>		
<b>Trillium Family Services (Waverly Children's Home Campus)</b>	3550 SE Woodward St Portland, OR 97202 <b>Phone:</b> 503-234-7532	The Incredible Years is a 12-week parenting class most appropriate for parents of children ages 5-12. Classes are open to the public, though you must be enrolled in the outpatient program. Accepts OHP or private pay.
<b>Virginia Garcia Memorial Health Clinic</b>	<b>Phone:</b> 503-359-8413	Free parenting class in Spanish.
<b>Western Psychological Counseling Services</b>	Various locations <b>Phone:</b> 503-666-8832	Counseling center offers a variety of parenting classes throughout the year. Call for latest information.
<b>Youth Contact</b>	447 SE Baseline Hillsboro, OR 97123 <b>Phone:</b> 503-640-4222	Parenting classes offered throughout Washington County.





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Pet Resources</b>		
<b>General Information</b>		
<b>Animal Aid, Inc.</b>	3150 SW 87th Portland, OR <b>Phone:</b> 503-292-6628	General animal care provided.
<b>Critter Gitter</b>	PO Box 30454 Portland, OR 97294 <b>Phone:</b> 503-253-5584	Pick up deceased animals, also live capture and relocation of wildlife. Operates 24 hours. Call for fees.
<b>Dove Lewis Emergency Animal Hospital</b>	1984 NW Pettygrove Portland, OR 97209 <b>Phone:</b> 503-228-7282	24 hour emergency care for pets. Website offers free listing for lost or found pets. <a href="http://www.dovelewis.org">www.dovelewis.org</a> .
<b>Oregon Humane Society</b>	1067 NE Columbia Blvd Portland, OR <b>Phone:</b> 503-285-7722	Discount coupons to spay and neuter cats and dogs. Free program for cats of people with low or no income.
<b>Oregon Spay and Neuter Fund</b>	7425 N Leavitt Portland, OR 97203 <b>Phone:</b> 503-286-2411	Provides coupons to spay/neuter and vaccinations at reduced costs at 7 veterinary locations including the Humane Society.
<b>Portland Veterinary Medical Association</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Referral to member vets by geographical location or by specialty. Office hours Monday-Thursday, 9:30am-4:00pm.
<b>Pet Fostering &amp; Adoption</b>		
<b>Cat Adoption Team</b>	<b>Phone:</b> 503-925-8803	Cat adoption and boarding with reduced fees for volunteering.
<b>House of Dreams</b>	<b>Phone:</b> 503-262-0763	Pet adoption.
<b>Mixed Breed Dog Club of Oregon</b>	<b>Phone:</b> 503-649-3855	
<b>Multnomah County Animal Control Division</b>	<b>Phone:</b> 503-988-7387	Protective custody for pets program. Reduced boarding fees.
<b>Oregon Humane Society</b>	<b>Phone:</b> 503-285-7722	Ask for the Red Cross Program.
<b>Oregon Purebred Dog Rescue</b>	<b>Phone:</b> 503-638-7502 or 503-254-9902	



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Population Specific Agencies</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Ainsworth United Church of Christ</b>	2941 NE Ainsworth Portland, OR <b>Phone:</b> 503-284-8767	GLBTQ welcoming congregation.
<b>American Friends Service Committee</b>	2249 E Burnside Portland, OR 97214 <b>Phone:</b> 503-740-8035	Latino American/Asian Pacific Youth Program works to develop leadership skills.
<b>Andalex International</b>	510 SW 3rd Ave Suite 400 Portland, OR 97204 <b>Phone:</b> 503-241-9756	Interpretation services in 40 languages. Services may be paid for through OHP card.
<b>Asian Family Center (IRCO)</b>	4424 NE Glisan St Portland, OR 97213 <b>Phone:</b> 503-235-9396	Provides early childhood development services, parent education and support, youth services, anti-poverty assistance and health education programs to Asians and Pacific Islanders.
<b>Asian Health and Service Center</b>	3633 SE 35th Pl Portland, OR 97202 <b>Phone:</b> 503-872-8822	Services for Asian community such as case management, ESL classes, mental health services, addiction treatment, employment info, and recreational/cultural activities.
<b>Avel Gordly Center for Healing</b>	621 SW Alder Suite 520 Portland, OR 97205 <b>Phone:</b> 503-494-4745	Mental health services culturally responsive to the needs of African Americans. Offers individual, group and family therapy, outpatient addictions treatment, treatment for gambling addictions, case management and medical management.
<b>Baltazar Ortiz Family Center</b>	6736 NE Killingsworth St Portland, OR 97218 <b>Phone:</b> 503-988-4119	Food bags available last Monday of each month. Parenting classes available in Spanish.
<b>Basic Rights Oregon</b>	PO Box 40625 Portland, OR 97240 <b>Phone:</b> 503-222-6151	Works to end discrimination based on sexual orientation and gender identity. Information and referrals to legal services and mentors, education and outreach and political advocacy. Office hours Monday-Friday, 9:00am-6:00pm.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Population Specific Agencies/Assistance</b>		
<b>Bienestar de la Familia</b>	6736 NE Killingsworth St Suite 101 Portland, OR <b>Phone:</b> 503-988-3999 x29520	Counseling and addiction services for Spanish speaking residents of Multnomah County.
<b>Black United Fund</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Offers financial and management workshops and houses a non-profit resource library. Provides scholarship funds for individuals and businesses.
<b>Catholic Charities Immigration Services</b>	231 SE 12th Ave Portland, OR 97214 <b>Phone:</b> 503-231-4866 x133	Consultations in asylum and deportation cases.
<b>Centro de Apoyo, Catholic Charities</b>	<b>Phone:</b> 503-263-4944	Services for Spanish-speakers in Clackamas County, including information and referral, employment, and fair housing.
<b>Chrysalis Survivors Group</b>	3024 NE MLK Jr Blvd Portland, OR 97212 <b>Phone:</b> 971-235-6165	A weekly group for GLBTQ youth who are survivors of physical, sexual, or emotional abuse. Program of SMYRC and Trillium Family Services.
<b>Clackamas County Spanish Information and Referral</b>	<b>Phone:</b> 503-655-8568	
<b>Desarrollo Integral de La Familia</b>	2710 NE 14th Portland, OR 97212 <b>Phone:</b> 503-284-5178	Family violence prevention services, parenting classes, and support groups.
<b>Eastside Jewish Community</b>	<b>Phone:</b> 503-973-5267	Shabbat Services Registration 5:30pm, Dinner 6:00pm, Services 7:00pm-8:00pm. GLBTQ welcoming congregation.
<b>El Programa Hispano</b>	901 SE Oak St Suite 106 Portland, OR 97214 <b>Phone:</b> 503-236-9670  451 NW 1st Ave Gresham, OR <b>Phone:</b> 503-669-8350	Open Monday-Thursday, 9:00am-4:00pm. Culturally-specific social services for Latinos.



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# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Population Specific Agencies</b>		
<b>First Congregational United Church of Christ</b>	1137 SW Broadway Portland, OR <b>Phone:</b> 503-228-7219	GLBTQ welcoming congregation.
<b>First Unitarian Church</b>	1011 SW 12th Ave Portland, OR <b>Phone:</b> 503-228-6389	GLBTQ welcoming congregation.
<b>Hambleton Project</b>	1112 NE 21st Ave Suite 5 Portland, OR 97232 <b>Phone:</b> 503-335-6591	Non-profit organization that provides services to the lesbian community. Support for lesbians with cancer or other life threatening conditions as well as support to their partners, families and friends.
<b>Havurah Shalom</b>	825 NW 18th Portland, OR <b>Phone:</b> 503-248-4662	Kaballat Shabbat Services every Friday at 8:00pm. Saturday Minyan at 10:00am. Wednesday morning Minyan at 8:30am. GLBTQ welcoming congregation.
<b>Immigration Counseling Services</b>	434 NW 6th Ave Suite 202 Portland, OR <b>Phone:</b> 503-221-1689	Free immigration legal assistance. Phone hours: Monday and Tuesday, 2:00pm-5:00pm. All other times leave a message.
<b>IRCO (Immigrant and Refugee Community Organization)</b>	10301 NE Glisan St Portland, OR 97220 <b>Phone:</b> 503-234-1541	Open Monday-Friday, 9:00am-4:00pm. Social services for African immigrants, Asian/Pacific Islanders, and Slavic community. Job counseling and English training available.
<b>Jewish Family and Child Services</b>	1130 SW Morrison St Suite 316 Portland, OR 97205 <b>Phone:</b> 503-226-7079	Assists individuals and families within the context of Jewish values. Services include individual and group counseling, emergency financial assistance, and referrals during times of crisis. Insurance billing and sliding fee scale available. <a href="http://www.jcfs-portland.org">www.jcfs-portland.org</a>
<b>Keshet Jewish Group</b>	<b>Phone:</b> 503-226-7079	Jewish community for GLBTQ and their partners, regardless of religion. Potlucks, dinners, and parties. Also provides links to GLBTQ friendly synagogues. <a href="http://www.gayjewishportland.com">www.gayjewishportland.com</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Population Specific Agencies</b>		
<b>Love Makes a Family</b>	PO Box 5163 Portland, OR 97208 <b>Phone:</b> 503-228-3892	Works for social change by providing a supportive environment for all families. Monthly support groups and school based advocacy services available. Hours: Monday-Friday, 10:30am-5:00pm.
<b>Lutheran Family Services</b>	605 SE 39th Ave Portland, OR 97214 <b>Phone:</b> 503-233-0042	Call for appointments. Assists with asylum and deportation cases and offers mental health services. Refugee resettlement, family reunification, immigration assistance including visa petitions. Services offered in other languages. Hours: Monday-Thursday, 8:30am-5:00pm, Friday 8:30am-2:30pm.
<b>Metropolitan Community Church (MCC)</b>	2400 NE Broadway Portland, OR 97232 <b>Phone:</b> 503-281-8868	GLBTQ welcoming congregation. Outreach to gay and lesbian community, counseling and referrals, Christian-based spiritual support. Fees vary.
<b>Middle Eastern Women's Empowerment and Resource Center</b>	Confidential location <b>Phone:</b> 503-778-8333	Advocacy and support groups addressing the needs of women and children of the Middle East or Central Asia and descendants. Leave message if no answer.
<b>Mittleman Jewish Community Center</b>	6651 SW Capitol Hwy Portland, OR 97219 <b>Phone:</b> 503-244-0111	Cultural, athletic, and educational center. Membership fees vary. Call for more information.
<b>NARA (Native American Rehabilitation Association)</b>	1438 SE Division Portland, OR <b>Phone:</b> 503-231-2641  Clinic: 15 N Morris Portland, OR <b>Phone:</b> 503-230-9875	Open Monday-Friday, 8:00am-5:00pm. Inpatient/outpatient, treatment services, community, medical and emergency services focused toward the Native American population.
<b>NAYA (Native American Youth Association)</b>	5135 NE Columbia Blvd Portland, OR 97219 <b>Phone:</b> 503-288-8177	Open Monday-Friday, 9:00am-6:00pm. Education and support services for Native youth and families. DV support groups offered.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Population Specific Agencies</b>		
<b>Northside Family Support Center</b>	7650 N Commercial Portland, OR 97217 <b>Phone:</b> 503-916-5875	Located at Applegate Elementary School. Available to all Portland Public School families. Provides translation and interpretation in multiple languages.
<b>Northwest Gender Alliance</b>	PO Box 4928 Portland, OR 97208 <b>Phone:</b> 503-533-8787	Social support and educational group for individuals who desire to explore and express another gender.
<b>Northwest Pilot Project</b>	1430 SW Broadway Suite 200 Portland, OR <b>Phone:</b> 503-227-5605	Open Monday-Friday, 8:00am-5:00pm. Serves Multnomah County residents age 50 or older.
<b>NW Primary Care Group</b>	3033 SE Monroe St Milwaukie, OR <b>Phone:</b> 503-659-4988	Dr. Sarah Becker is an endocrinologist for trans individuals in the Portland Metro area. Also provides low-cost care once a month at Old Town Clinic.
<b>Pacific Interpreters, Inc.</b>	520 SW Yamhill Suite 320 Portland, OR 97204 <b>Phone:</b> 800-870-1069	Provides professional interpretation and translation for foreign language and ASL. Onsite phone and video conferencing services available. Fees vary by service. Hours: Monday-Friday, 8:30am-5:00pm.
<b>Parents, Families, and Friends of Lesbians and Gays (PFLAG)</b>	PO Box 8944 Portland, OR 97207 <b>Phone:</b> 503-232-7676	Support group for people who have a GLBTQ loved one.
<b>Portland International Community School</b>	1131 SE Oak Street Portland, OR 97214 <b>Phone:</b> 503-232-5334	Provides free English classes, high school diplomas and academic support for youth ages 14-20. <a href="http://www.emoregon.com">www.emoregon.com</a>
<b>Project Network</b>	2801 N Gantenbein Ave Portland, OR 97227 <b>Phone:</b> 503-335-0855	Substance abuse treatment for African American women and their families, including medical services, mental health services, parent skill building, and children's services.
<b>Raphael House</b>	PO Box 10797 Portland, OR 97296-0787 <b>Phone:</b> 503-222-6507	Shelter for women & children. No males over 17. Four week limit. Spanish speaking advocates available. After Hours Line: 503-222-6222



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Population Specific Agencies</b>		
<b>Russian Oregon Social Services (ROSS)</b>	4033 SE Woodstock Portland, OR <b>Phone:</b> 503-777-3437	Comprehensive services for Russian speakers, including case management, DV awareness, translations, dental program, legal consultation, housing assistance, and senior services.
<b>SAWERA</b>	<b>Phone:</b> 503-778-7386	Services for South Asian women and families.
<b>Self Enhancement, Inc. (SEI)</b>	3920 N Kerby Portland, OR <b>Phone:</b> 503-249-1721	Open Monday-Friday, 8:00am-5:00pm. Serves African American community.
<b>Sexual Minority Youth Resource Center (SMYRC)</b>	3024 NE MLK Jr Blvd Portland, OR 97212 <b>Phone:</b> 503-872-9664	Free HIV testing, art therapy, support groups, counseling and open mic last Friday of the month.
<b>SOAR (Sponsors Organized to Assist Refugees)</b>	2906 NE Glisan Portland, OR <b>Phone:</b> 503-284-3002	Hours: Monday-Friday, 8:30am-5:00pm. Refugee resettlement and immigration services.
<b>South Metro Jewish Congregation</b>	21420 Willamette Dr West Linn, OR <b>Phone:</b> 503-650-7013	Tot Shabbat: Friday 6:00pm. Family Shabbat: Friday 7:00pm. GLBTQ welcoming congregation.
<b>Southside Family Support Center</b>	9015 SE Rural Portland, OR 97266 <b>Phone:</b> 503-916-5729	Located near Kelly Elementary School. Available to all Portland Public School families. Provides translation and interpretation services in multiple languages.
<b>St. Mark Presbyterian</b>	9750 SW Terwilliger Blvd Portland, OR <b>Phone:</b> 503-244-8177	GLBTQ welcoming congregation.
<b>The Old Church</b>	1422 SW 11th Portland, OR <b>Phone:</b> 503-222-2031	GLBTQ welcoming congregation.
<b>Value Language Services, Inc.</b>	13401 SW 136th Pl Tigard, OR 97223 <b>Phone:</b> 503-590-0535	Vietnamese interpretation onsite or on the phone. Fees vary.
<b>Washington County Pride Project</b>	2100 SE Belmont Portland, OR 97214 <b>Phone:</b> 503-206-5792	Open Wednesday and Thursday, 4:00pm-5:30pm. Free program for LBGTQ youth ages 14-21 in Washington County. Offers 2 weekly social support, skill-building groups in Beaverton and Portland. Focus on alcohol and drug abuse prevention and safer sex education. <a href="http://www.prideproject.org">www.prideproject.org</a> .



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# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Senior and Disability Services</b>		
<b>Senior Services</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>AARP</b>	<b>Phone:</b> 800-424-3410	Information and referral, support programs, travel services and free tax assistance.
<b>Alzheimer's Association</b>	1311 NW 21st Portland, OR <b>Phone:</b> 800-733-0402	24-hour crisis line, information and referral, support groups, classes, and library.
<b>Donated Dental Services</b>	Locations statewide <b>Phone:</b> 503-774-3898	Primarily serves developmentally disabled. Serves low-income seniors, age 65 or older. Provides dentures. No emergencies.
<b>Elders in Action</b>	501 SW Washington Portland, OR 97204 <b>Phone:</b> 503-823-5293	Free information and support for people 60+ yrs. or 18-59 with long term disability. Hours Monday-Friday, 8:00am-5:00pm.
<b>Family Caregiver Support Program (Multnomah County Aging and Disabilities)</b>	421 SW Oak Suite 510 Portland, OR 97204 <b>Phone:</b> 503-988-3646	Grant funds assist grandparents, age 55 and older, who are raising their grandchildren. Funds may help pay for childcare, counseling, recreational activities, and parenting classes.
<b>Geriatric Dental</b>	6319 SE Powell Portland, OR 97206 <b>Phone:</b> 503-772-3677	Serves adults, age 55 and older. Emergency dental care, including dentures. Serves those under 55 if in wheelchair. Mobile dental available.
<b>Impact Northwest Southeast Multicultural Senior Center</b>	4610 SE Belmont St Suite 102 Portland, OR 97215 <b>Phone:</b> 503-988-3660	Services for seniors and adults with disabilities. Provides case management, information and referral, transportation, friendly visits, legal and tax assistance, utility assistance and respite.
<b>Lifeline (Jewish Family and Child Services)</b>	1130 SW Morrison St Suite 316 Portland, OR 97205 <b>Phone:</b> 503-226-7079	Comprehensive needs assessment, resource linkages, home care services and support services for seniors. <a href="http://www.jfcs-portland.org">www.jfcs-portland.org</a>





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Senior and Disability Services</b>		
<b>Makin' It Right</b>	<b>Phone:</b> 503-522-2588	Provides convicted felons opportunities to offer free services such as lawn care, wood splitting, painting, moving, cleaning gutters and washing vehicles for those who need assistance.
<b>Medicare Rights Center</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	<a href="http://www.medicarerights.org">www.medicarerights.org</a>
<b>Metro Home Safety Repair Program</b>	<b>Phone:</b> 503-977-4582	Recruits and refers workers age 55 and over or persons with disabilities. Must meet income eligibility guidelines.
<b>Metropolitan Family Service (MFS)</b>	1808 SE Belmont St Portland, OR 97214 <b>Phone:</b> 503-232-0007	Creates access to community resources. Helps older adults maintain their independence. <a href="http://www.metfamily.org">www.metfamily.org</a>
<b>National Medicare Hotline</b>	<b>Phone:</b> 1-800-Medicare (1-800-633-4227)	<a href="http://www.medicare.gov">www.medicare.gov</a>
<b>Oregon Project Independence</b>	<b>Phone:</b> 503-248-3646	Provides in-home services, such as housekeeping, bath assistance and respite care, to eligible people 60 years and over. Sliding fee scale.
<b>Portland State University Senior Adult Learning Center</b>	506 SW Mill St Room 470 Portland, OR 97207 <b>Phone:</b> 503-574-4739	Free classes for people 65 years and older. Register at the office.
<b>Resolutions NW *Conflict Resolution Services*</b>	1827 NE 44th Suite 300 Portland, OR 97213 <b>Phone:</b> 503-595-4890	Family, couple, and parent-adolescent mediation is available on a sliding scale. Neighborhood mediation services are free for City of Portland residents. Services are available in English and Spanish. Call for an intake. <a href="http://www.resolutionsnorthwest.org">www.resolutionsnorthwest.org</a>
<b>TASK (Jewish Family and Child Services)</b>	1130 SW Morrison St Suite 316 Portland, OR 97205 <b>Phone:</b> 503-226-7079	Provides information and support for Jewish parents and children with disabilities. Offers individual consultation, support groups, a lending library, information and referral services and informational events. <a href="http://www.jfcs-portland.org">www.jfcs-portland.org</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Senior and Disability Services</b>		
<b>Unlimited Choices</b>	<b>Phone:</b> 503-234-6167	Provides renovation to homes to increase accessibility and safety.
<b>Disability Services</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Access Technologies Inc.</b>	951 NW Hall Room 110 Portland, OR 97201 <b>Phone:</b> 503-725-8395	Program assists people with disabilities to access assistive technologies. Sliding fee scale for evaluation and training. No fee for information and referral services.
<b>ARC of Multnomah and Clackamas Counties</b>	619 SW 11th Suite 234 Portland, OR 97205 <b>Phone:</b> 503-223-7279	Serves people with developmental disabilities and their families through public education, information and referral. Adult and family case management, in home and center based respite care. Monday-Friday, 8:30am-5:00pm.
<b>DePaul Industries</b>	4950 NE MLK Blvd Portland, OR 97211 <b>Phone:</b> 503-281-1289	Teaches office skills, computer applications, and employment skills to people with disabilities. Fees vary by service.
<b>Eastco Diversified Services</b>	215 SW Wallula Ave Gresham, OR 97080 <b>Phone:</b> 503-667-0613	Serves developmentally disabled people 18 and older. Vocational and residential services.
<b>Epilepsy Foundation of Oregon</b>	619 SW 11th Suite 225 Portland, OR 97205 <b>Phone:</b> 503-228-7651	Information and referral, community education, parent support, advocacy, adult support and employment services.
<b>Goodwill Industries</b>	1943 SE 6th Ave Portland, OR 97214 <b>Phone:</b> 503-238-6100	Provides vocational evaluation and training for adults with disabilities. No fee for job placement. Must have a referral from Voc Rehab. Monday-Friday, 7:30am-4:00pm.
<b>Impact Northwest Southeast Multicultural Senior Center</b>	4610 SE Belmont St Suite 102 Portland, OR 97215 <b>Phone:</b> 503-988-3660	Services for seniors and adults with disabilities. Provides case management, information and referral, transportation, friendly visits, legal and tax assistance, utility assistance, respite, and multicultural events.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Senior and Disability Services</b>		
<b>Independence Network</b>	1819 NW Everett Portland, OR 97209 <b>Phone:</b> 503-225-9192	Serves borderline developmentally disabled persons. Fees vary.
<b>Independent Living Resources</b>	2410 SE 11th Ave Portland, OR 97214 <b>Phone:</b> 503-232-7411	Serving people with disabilities.
<b>Kerr Developmental Disabilities Services</b>	722 NE 162nd Ave Portland, OR 97230 <b>Phone:</b> 503-255-4205	Adapted living and vocational services for youth and adults with developmental disabilities, including group homes, supported living, and employment services. Fees vary by service.
<b>Metro Home Safety Repair Program</b>	<b>Phone:</b> 503-977-4582	Recruits and refers workers age 55 and over or persons with disabilities. Must meet income eligibility guidelines.
<b>Oregon Association of Children and Adults with Learning Disabilities</b>	4475 SW Scholls Ferry Rd #204 Portland, OR 97225 <b>Phone:</b> 1-888-899-2253	Information and referral for people with learning disabilities. Adult testing, support groups, workshops and conferences. Fees vary by services. Hours Monday-Thursday, 9:30am-4:30pm.
<b>Oregon Brain Injury Support Group</b>	<b>Phone:</b> 503-413-7707	Support group for brain injury survivors, parents, families, and spouses.
<b>Vocation Rehabilitative Services</b>	4744 N Interstate Portland, OR <b>Phone:</b> 503-280-6940	Job assistance for people with disabilities.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Transportation and Bus Tickets</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Bicycle Hotline</b>	<b>Phone:</b> 503- 823-CYCL (2925)	Information on bike lanes and bike facilities, safe cycling, and a free color map of Portland's bikeway network.
<b>Citybikes Worker Co-Op</b>	734 SE Ankeny St Portland, OR 97214 <b>Phone:</b> 503-239-6951  1914 SE Ankeny St Portland, OR 97214 <b>Phone:</b> 503-239-0553	First location has used bikes and performs small repairs. The second location offers full repair service.
<b>COMET (State)</b>	<b>Phone:</b> 503-283-5859 or 503-731-4652	24-hour emergency service on state highways. Flats & jumps free and a fee for tows.
<b>Community Cycling Center</b>	1700 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-288-8864	Bicycle repair, training, and education. Serves youth ages 6-19.
<b>Downtown Catholic Chapel</b>	601 West Burnside Portland, OR 97209 <b>Phone:</b> 503-228-0746	Bus tickets for medical appointments.
<b>FlexCar Portland</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Network of cars, minivan, and pickup trucks for people who do not need a car every day. Pay for hours and miles driven. <a href="http://www.flexcar.com">www.flexcar.com</a> .
<b>Free Rail Zone (formerly Fareless Square)</b>	<a href="http://www.trimet.org">www.trimet.org</a>	Free fare on buses, MAX and streetcar. Includes most of downtown Portland and the MAX to Lloyd Center. See website for more details.
<b>Greyhound Portland</b>	<b>Phone:</b> 503-243-2357 or 800-231-2222	
<b>Medical Transportation</b>	<b>Phone:</b> 503-802-8700	Transportation to medical, counseling, and dental appointments to children and disabled clients on Oregon Health Plan or Medicaid. Need at least one-day notice if you cannot ride the bus and 3-4 days if you can.



Monica Parmley, LCSW

# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Transportation and Bus Tickets</b>		
NW Pilot Project	1430 SW Broadway Suite 200 Portland, OR 97201 <b>Phone:</b> 503-227-5605	Offers services to individuals 60+ who need assistance to remain independent.
NW Portland Ministries	1816 NW Irving Portland, OR 97209 <b>Phone:</b> 503-221-1224	Transportation for seniors and disabled people in NW and SW Portland. Fees vary by service.
Project Linkage	2200 NE 24th Ave Portland, OR 97212 <b>Phone:</b> 503-249-0471	Provides transportation to elderly or disabled in NE and SE Portland.
Ride Connection	3131 N Vancouver Portland, OR 97227 <b>Phone:</b> 503-280-1445	Transportation available for elderly and disabled clients. <a href="http://www.rideconnection.org">www.rideconnection.org</a>
Salvation Army	1712 NE Sandy Blvd Portland, OR 97232 <b>Phone:</b> 503-239-1226	Occasional \$5.00 gas vouchers as a one-time emergency. License and insurance required.
Senior Citizens Grocery Shuttle (African American Chamber)	PO Box 5488 Portland, OR 97228 <b>Phone:</b> 503-572-0812	Provides free grocery shopping transportation for adults 60+ years living in N/NE Portland.
St. Vincent de Paul	Southeast 3601 SE 27th Ave Portland, OR 97202 <b>Phone:</b> 503-235-8431  Northeast <b>Phone:</b> 503-233- 5589	Occasional gas vouchers. Call for more information.
Transportation Reaching People	<b>Phone:</b> 503-655-8208	Volunteer transportation for elderly and disabled.
Tri-Met	4012 SE 17th Ave Portland, OR 97202 <b>Phone:</b> 503-238-RIDE <b>TTY:</b> 503-238-5811	Call or visit website for trip planning and transportation schedules and to get information about using the bike racks. <a href="http://www.trimet.org">www.trimet.org</a> .
Tri-Met Call-A-Bus	<b>Phone:</b> 503-231-3199 <b>TTY:</b> 503-239-3010	
Tri-Met LIFT	<b>Phone:</b> 503-802-8200 or 503-802-8000	For people with disabilities who are not able to ride public transportation. Call for application and reservation.
Tri-Met Senior and Honored Citizen Info	<b>Phone:</b> 503-962-2455 <b>TTY:</b> 503-238-5811	
William Temple House	2023 NW Hoyt Portland, OR 97209 <b>Phone:</b> 503-226-3021	Bus tickets available for medical appointments.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Youth Services</b>		
<b>211 Info</b>	621 SW Alder St Suite 810 Portland, OR 97205 <b>Phone:</b> 503-222-5555	Locate local emergency services. <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>
<b>Acadia Northwest</b>	10101 SW Barbur Blvd Suite 101 Portland, OR 97219 <b>Phone:</b> 503-245-6262	Intensive teen outpatient program.
<b>Access Center (Janus Youth)</b>	314 SW 9th Ave Portland, OR 97205 <b>Phone:</b> 503-432-3986	Point of entry for youth ages 13-24 who need homeless services. Intake, screening, and referrals for food, clothing and shelter.
<b>Albina Youth Opportunity School</b>	3710 N Mississippi Ave Portland, OR 97227 <b>Phone:</b> 503-288-5813	Alternative middle and high school for ages 12- 21 serving Portland Public Schools.
<b>Betties 3SIXTY</b>	17446 SW Jay St Beaverton, OR 97006 <b>Phone:</b> 503-407-9272	Outdoor enrichment program for women and girls. Provides opportunities for girls to enjoy health and fitness through fun outdoor sports like rock climbing, windsurfing and hiking.
<b>Big Brother Big Sister Program</b>	<b>Phone:</b> 503-249-4859	Youth mentoring services for ages 6-16.
<b>Blazers Boys and Girls Club</b>	5250 NE MLK Jr Blvd Portland, OR <b>Phone:</b> 503-282-8480	After school and summer program for youth ages 6-18. Fee is \$15/school year. Character and leadership development, health and life skills, art, sports, etc.
<b>Boys and Girls Aid</b>	018 SW Boundary Court Portland, OR 97239 <b>Phone:</b> 503-222-9661  <b>Crisis Line:</b> 800-342-6688	24 hour services for pregnant women and young parents. Emergency shelter placement and crisis intervention and all options pregnancy counseling. Crisis line available 24- hours. <a href="http://www.boysandgirlsaid.org">www.boysandgirlsaid.org</a>
<b>Boys and Girls Club</b>	2828 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-282-7973	Drop in site. Summer and after school programs. Summer sports programs.
<b>Breakthrough Latino Project</b>	3390 SE Milwaukie Portland, OR 97202 <b>Phone:</b> 503-231-4000	Serves Hispanic youth. Outpatient drug and alcohol treatment, individual and family therapy and therapeutic groups. Hours: Monday-Friday, 8:00am-5:00pm.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Youth Services</b>		
<b>Bridge House</b>	4015 SE Madison Portland, OR 97214 <b>Phone:</b> 503-238-1702	Provides transitional housing for youth. Serves youth ages 16-20. No fees.
<b>Caldera</b>	224 NW 13th Ave Suite 304 Portland, OR 97209 <b>Phone:</b> 503-937-7404	Arts education organization which serves underserved youth (ages 11-18) and adults in N, NE, and SE Portland.
<b>Campfire USA</b>	619 SW 11th Ave Suite 200 Portland, OR 97205 <b>Phone:</b> 503-224-7800	Teen parent program and childcare resource and referral. Some school-based programs available.
<b>Cascade AIDS Project (CAP) Teen2Teen Program</b>	620 SW 5th Ave Suite 300 Portland, OR 97204 <b>Phone:</b> 503-223-5907	Group of youth ages 15-19 who volunteer for CAP and are trained as peer educators in HIV and sexuality education. Offers agent trainings to community youth ages 15-21.
<b>Center for Community Mental Health</b>	7025 N Lombard Portland, OR 97203 <b>Phone:</b> 503-289-9071	Psychiatric treatment for youth 13-18 years. Income restrictions apply. Open to N/NE Portland residents. Hours: Monday-Friday, 8:30am-4:00pm.
<b>Center for Family and Adolescent Research</b>	812 SW Washington Suite 500 Portland, OR 97205 <b>Phone:</b> 503-243-1065	Free drug treatment for adolescents and their families. The project provides intensive help to parents who want treatment for their drug abusing youth, ages 15-20. The program is specifically focused on engaging adolescents who are resistant to receiving substance abuse treatment.
<b>Changes Program</b>	4015 SE Madison Portland, OR 97214 <b>Phone:</b> 503-238-1702	Follow-up support for former Bridge House youth as well as case management services for youth not needing a group home program. Also operates two apartment placement programs. Office hours Monday-Friday, 9:00am-5:00pm.
<b>Chrysalis Survivors Group</b>	3024 NE MLK Jr Blvd Portland, OR 97212 <b>Phone:</b> 971-235-6165	A weekly group for LGBTQ youth who are survivors of physical, sexual, or emotional abuse. Program of SMYRC and Trillium Family Services.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Youth Services</b>		
Clark County TeenTalk	Phone: 360-397-CHAT	Teen help line where calls are taken by teens ages 15-18. Available Monday-Thursday, 4:00pm-9:00pm and Friday 4:00pm-7:00pm. <a href="http://www.ccteentalk.clark.wa.gov">www.ccteentalk.clark.wa.gov</a>
Community Cycling Center	1700 NE Alberta Portland, OR 97211 Phone: 503-288-8864	Bicycle repair, training, and education. Serves youth ages 6-19.
CONNECTIONS Young Mom's program	5139 N Lombard Portland, OR 97203 Phone: 503-285-9871	Links young parents in N/NE Portland with services to address emergency needs, case management, education, job training, and parent support.
Counterpoint (Morrison Child and Family Services)	1718 NE 82nd Portland, OR Phone: 503-252-2392	Programs include outpatient, residential and day treatment services. Serves youth ages 4-18 who are displaying inappropriate sexual behavior. Case management, individual, family and group therapy available.
DHS Teen Branch	3975 SE Powell Blvd Portland, OR 97202 Phone: 503-731-4793	Works with teen moms providing cash benefits and food stamps. Teens need a parent signature to receive benefits.
Douguy Center	3909 SE 52nd Ave Portland, OR 97286 Phone: 503-775-5683	Provides peer support for children, teens, young adults and families who have experienced the death of a loved one. Services also available in Spanish.
Edgefield Children's Services (Morrison Child and Family Services)	2408 SW Halsey St Troutdale, OR 97060 Phone: 503-665-0157	Residential and day treatment program. Serves children 6-12 with emotional, behavioral and academic problems who are unable to function in neighborhood schools. Includes individual and family therapy. Call for intake appointment.
El Programa Hispano	231 SE 12th Ave Portland, OR 97214 Phone: 503-669-8350	A program of Catholic Charities that offers school-based services for Latino youth. Includes case management, academic support, tutoring, counseling and cultural and recreational activities.





# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Youth Services</b>		
<b>Emmanuel Community Service</b>	5034 N Missouri Portland, OR 97217 <b>Phone:</b> 503-281-0355	Youth redirection program for youth at-risk of gang involvement. Individual and family counseling, group rap sessions, teen parenting, and youth job placement assistance. Office hours Monday-Friday, 8:00am-5:00pm.
<b>Ethos Music Center</b>	10 N Killingsworth St Portland, OR 97217 <b>Phone:</b> 503-241-8824	Open Monday-Friday, 11:00am-7:00pm and Saturday 10:00am-2:00pm. Students must register for classes/lessons/camps. Financial aid available for students eligible for free/reduced lunch. Classes, private lessons, camps, ensembles, and performance opportunities on a wide range of instruments. All offered on a sliding scale. Free drop-in hip hop classes.
<b>Girls' Inc. of Northwest Oregon</b>	1233 SE Stark Portland, OR 97214 <b>Phone:</b> 503-230-0054	Works to ensure girls' voices are heard and needs are met by lawmakers. Also develops girls' groups in schools and community agencies.
<b>Hand in Hand Early Childhood Services (Morrison Child and Family Services)</b>	11456 NE Knott Portland, OR <b>Phone:</b> 503-256-3040	Programs include Early Childhood Intensive Outpatient Services, Hand in Hand Day Treatment and Outpatient, Listos Para Aprender. Provides intervention for at-risk children from birth to 13 years and intensive therapy in a preschool setting. Accepts clients with OHP, Medicaid or private insurance and offers a sliding fee scale.
<b>Hands on Greater Portland</b>	2145 NW Overton St Portland, OR 97210 <b>Phone:</b> 503-413-7787	Clearinghouse for volunteer opportunities for youth and adults. <a href="http://www.handsonportland.org">www.handsonportland.org</a>
<b>Harry's Mother</b>	738 NE Davis Portland, OR 97232 <b>Phone:</b> 503-233-8111	Free counseling. Serves adolescents 9-17 who are at-risk for running away or in crisis. Provides crisis intervention, emergency shelter, and follow-up care. Goal is to reunite youth with their families. Parental consent necessary for shelter but not for counseling.



Monica Parmley, LCSW

# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Youth Services</b>		
<b>House of Umoja</b>	1626 NE Alberta Portland, OR <b>Phone:</b> 503-282-3296	After school program for youth 11-16 years. Homework help, art projects, and African-American history. Also gang prevention and intervention services.
<b>Impact Northwest</b>	10055 E Burnside Portland, OR 97216 <b>Phone:</b> 503-988-6000	Provides school-based services to youth in elementary, middle, and high schools. Operates several SUN Community School programs.
<b>Insights Teen Parent Program</b>	2020 SE Powell Blvd Portland, OR 97211 <b>Phone:</b> 503-239-6996	Provides various services such as: case management, counseling, support groups, information and referral, parent education, housing assistance, crisis intervention, health care, and child care for pregnant and parenting teens.
<b>Juvenile Rights Project</b>	123 NE 3rd Suite 310 Portland, OR <b>Phone:</b> 503-232-2540	Hours: 8:30am-5:00pm. Legal advice and referrals for youth, pro-bono services for youth, assistance with minority discrimination, and class action suits with juveniles.
<b>Legacy Child &amp; Adolescent Treatment Program</b>	3001 N Gantenbein Portland, OR 97227 <b>Phone:</b> 503-413-4848	Inpatient/outpatient services available for ages 5-17. Hours: Monday-Friday, 9:00am-5:00pm.
<b>LifeWorks Northwest</b>	4925 N Albina Ave Portland, OR 97217  4531 SE Belmont Portland, OR 97215  14600 NW Cornell Rd Portland, OR 97229  17214 SE Division St Suite 2 Portland, OR 97236  8770 SW Scoffins St Tigard, OR 97223  <b>Intake:</b> 503-645-9010  <b>Family Coaching:</b> 503-627-9194	Provides mental health and addiction services. Accepts OHP, private insurance and sliding scale. Services available for people of all ages, cultural backgrounds and abilities. Free alcohol and drug assessments for youth. Outpatient and adolescent day treatment and residential services for pregnant women or moms. Family Coaching available for residents of Washington County. Weekly sessions cover topics such as family communication, conflict resolution, parenting skills, and behavioral management. <a href="http://www.lifeworksnw.org">www.lifeworksnw.org</a>



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Youth Services</b>		
<b>Metropolitan Family Service (MFS)</b>	1808 SE Belmont St Portland, OR 97214 <b>Phone:</b> 503-232-0007	Creates opportunities for children to succeed in their families, in school, and the community. Operates several SUN Community School programs. <a href="http://www.metfamily.org">www.metfamily.org</a>
<b>Morrison Child and Family Services</b>	1500 NE Irving St Suite 250 Portland, OR 97232  1818 SE Division Portland, OR 97202  2951 NW Division Suite 200 Gresham, OR 97030  <b>Intake:</b> 503-542-3025	Provides outpatient mental health services for youth as well as crisis intervention and case management. Offers alcohol and drug treatment, day treatment, and residential services. Special services also available for sexual offenders 19 and under.
<b>Multnomah County Library</b>	Various locations  <b>Phone:</b> 503-988-5402	Open 7 days a week and two evenings each week. Free to all Multnomah County residents. <a href="http://www.multcolib.org">www.multcolib.org</a>
<b>National Runaway Switchboard</b>	<b>Phone:</b> 1-800-621-4000	24-hour crisis line for runaway youth ages 12-20. Offers problem solving, suicide prevention, local referrals, conference calls and messages for runaways and their parents. Some bus tickets available.
<b>NARA (Native American Rehabilitation Association)</b>	1631 SW Columbia St Portland, OR 97201 <b>Phone:</b> 503-231-2641  <b>24-Hour Hotline:</b> 503-923-4357	Various locations throughout the Metro area. Serves Native Americans, outpatient & residential, mental health services, youth treatment ages 13-21.
<b>Native American Youth and Family Center (NAYA)</b>	5135 NE Columbia Blvd Portland, OR 97218 <b>Phone:</b> 503-288-8177	A culturally-specific agency working to promote family unity and educational achievement while honoring cultural traditions. Several youth programs.
<b>Neighborhood House Youth and Family Services</b>	7688 SW Capitol Hwy Portland, OR 97219 <b>Phone:</b> 503-244-2292	Program provides youth and family services to build assets for youth and strengthen families. Office hours Monday-Friday, 9:00am-5:00pm.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Youth Services</b>		
<b>New Avenues for Youth</b>	812 SW 10th Ave Portland, OR 97205 <b>Phone:</b> 503-224-4339  <b>Toll free:</b> 1-800-995-7936	Serves homeless teens, at-risk youth, and young adults aged 12-22 years. Includes 24-hour crisis line, day service center, onsite health clinic, alternative high school, career training, transitional housing, and counseling. Drop-ins welcome.
<b>Newman Foundation</b>	10260 SW Greenburg Rd Number 400 Portland, OR 97223 <b>Phone:</b> 503-452-6900	Youth learn teamwork, self esteem, and cultural understanding through free football camps.
<b>Northwest Behavioral Healthcare Services</b>	18000 SE Webster Road Gladstone, OR 97027 <b>Phone:</b> 503-722-4470	Provides residential services to youth ages 12-17. Free drug and alcohol assessments. Services covered by most insurances or financial arrangements available.
<b>Open Meadow Alternative School</b>	7621 N Wabash Portland, OR 97217 <b>Phone:</b> 503-230-2378	Alternative school program which serves youth up to age 19.
<b>Operation Easy, Inc.</b>	4222 NE 12th Portland, OR 97211 <b>Phone:</b> 503-288-3728	Provides tutoring, counseling, mentoring, parent education and teacher education. Hours Monday-Friday, 7:00am-7:00pm.
<b>Oregon Mentors</b>	1221 SW Yamhill St Suite 260 Portland, OR 97205 <b>Phone:</b> 503-517-8990	Statewide database of mentoring programs in Oregon. <a href="http://www.oregonmentors.org">www.oregonmentors.org</a>
<b>Oregon Partnership for Drug and Alcohol</b>	6443 SW Beaverton-Hillsdale Hwy Portland, OR 97221 <b>Phone:</b> 800-923-HELP  <b>Youth Line:</b> 1-877-553-TEEN  <b>Spanish:</b> 1-877-515-7848	Information & referral for callers of all ages, advocacy and workshops. Free services.
<b>Oregon SafeNet</b>	<b>Phone:</b> 503-988-5858  <b>Hotline:</b> 1-800-723-3638	Women and children's health line for Oregon. Callers are referred to medical, dental, mental health, domestic violence, child abuse services, as well as government programs such as WIC and food stamps. Available Monday-Friday, 8:00am-8:00pm.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Youth Services</b>		
<b>Oregon Youth Authority</b>	530 Center St NE Suite 200 Salem, OR 97301 <b>Phone:</b> 503-373-7205	Provides youth offenders with opportunities for reformation.
<b>Outside In</b>	1132 SW 13th Portland, OR 97205 <b>Phone:</b> 503-535-3800	Drop-in day center. Employment resources and limited medical and dental resources. Hours: Monday-Friday, 9:00am-6:00pm. <a href="http://www.outsidein.org">www.outsidein.org</a>
<b>Outside In Trans Identity Resource Center</b>	1132 SW 13th Portland, OR <b>Phone:</b> 503-223-4121 or 503-535-3895	Walk-in hours: Tuesday-Thursday, 11:00am-6:00pm. Art based programs, peer-counseling, referrals, HIV testing and prevention work, internet resources, syringe exchange, and pharmacy shuttle.
<b>Parry Center</b>	3415 SE Powell Blvd Portland, OR 97202 <b>Phone:</b> 503-234-9591	Residential treatment for youth with mental and emotional issues. Children attend onsite schooling. Individual, family and group counseling available. Sliding scale, Medicaid, and private insurance accepted.
<b>P:ear</b>	809 SW Alder Portland, OR 97205 <b>Phone:</b> 503-228-6677	Works with homeless and transitional youth ages 15-24 using education, art, and recreation to affirm personal worth.
<b>PFLAG</b>	Portland <b>Phone:</b> 503-232-7676  Clackamas <b>Phone:</b> 503-998-1450	Support for friends and family of GLBTQ people. Focus on education, equality and advocacy. Clackamas group meets 4th Tuesday of every month at 7:00pm at Atkinson Memorial Church. Portland group meets 2nd Tuesday of every month at the First United Methodist Church.
<b>PIVOT</b>	2701 NW Vaughn St Suite 151 Portland, OR 97210 <b>Phone:</b> 503-274-7343	Educational and vocational training for youth and parenting youth ages 16-24.
<b>Planned Parenthood</b>	Various locations. <b>Phone:</b> 503-775-4931	Family planning, birth control distribution, sex education, STD prevention and gynecological exams.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Youth Services</b>		
<b>Portland International Community School (PICS)</b>	1131 SE Oak St Portland, OR <b>Phone:</b> 503-232-5334	Alternative high school for youth of diverse backgrounds. ESL classes, diploma program, free bus tickets, free health care, and childcare funding. Serves youth 14-20 years.
<b>Portland Metro Center: Teen Challenge International</b>	3121 NE Sandy Blvd Portland, OR 97232 <b>Phone:</b> 503-230-1910	Faith-based, one-year residential addictions recovery program. Call for an appointment.
<b>Portland Public Schools Teen Parent Program</b>	Various locations <b>Phone:</b> 503-916-5858	High school completion program for pregnant/parenting teens. Provides outreach to young moms and dads who have dropped out of school, parenting classes, support groups, vocational program, case management.
<b>Portland Youth Builders</b>	4816 SE 92nd Portland, OR <b>Phone:</b> 503-286-9350	Alternative school for youth 17-24 years. Paid construction training, GED or high school diploma assistance, college prep courses, and job readiness skills.
<b>Project Return</b>	<b>Phone:</b> 503-916-5773	Portland Public Schools program for homeless youth returning to school or in transition.
<b>Project Stop</b>	2415 SE 43rd Suite 200 Portland, OR 97206 <b>Phone:</b> 503-230-9654	Assessment, counseling, and support groups for youth. Sliding fee scale.
<b>Project Success</b>	<b>Phone:</b> 971-227-8558 or 503-872-5562 or 503-725-9604	Partnership between Portland Public Schools, DHS and Portland State University. Serves youth ages 14-16 who are in foster care and who have received special education services at any time during their schooling.
<b>REAL (Recovery, Empowerment, Achievement in Life)</b>	4925 N Albina Ave Portland, OR 97217 <b>Phone:</b> 503-548-4922	A program of LifeWorks Northwest that provides culturally-specific alcohol and drug treatment for African American adolescents. Includes outpatient, day treatment, residential and aftercare services. Family and mental health services are included.



# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Youth Services</b>		
<b>Reception Center (Janus Youth)</b>	738 NE Davis Portland, OR <b>Phone:</b> 503-542-4640	Provides 24-hour immediate intervention for youth ages 11-17 who are picked up by police for truancy, violating curfew, running away or trespassing.
<b>Resolutions NW *Conflict Resolution Services*</b>	1827 NE 44th Suite 300 Portland, OR 97213 <b>Phone:</b> 503-595-4890	Family, couple, and parent-adolescent mediation is available on a sliding scale. Services are available in English and Spanish. Call for an intake. <a href="http://www.resolutionsnorthwest.org">www.resolutionsnorthwest.org</a>
<b>Restoration Community</b>	7523 SE 52nd Ave Portland, OR 97206 <b>Phone:</b> 503-777-4810	Provide faith-based drop-in teen center and after school programs. <a href="http://www.rci-pdx.org">www.rci-pdx.org</a> .
<b>Rosemont Treatment Center and School (Morrison Child and Family Services)</b>	9911 SE Mt Scott Blvd Portland, OR 97266 <b>Phone:</b> 503-777-8090	Intensive & non-intensive outpatient services for adolescent girls ages 11-17. Includes intensive drug and alcohol assessment and individual, family and group counseling.
<b>Salvation Army White Shield Program</b>	<b>Phone:</b> 503-239-1248	Residential treatment facility for pregnant mothers ages 10-18; shelter for emergency care.
<b>Self Enhancement Inc. (SEI)</b>	3920 N Kerby Portland, OR 97227 <b>Phone:</b> 503-249-1721	Open Monday-Friday, 8:00am-5:00pm. Serves African American youth, ages 7-24, and families in Multnomah County. Summer programs also available.
<b>Sexual Minority Youth Resource Center (SMYRC)</b>	3024 NE MLK Jr Blvd Portland, OR 97212 <b>Phone:</b> 503-872-9664	Serves youth around issues of sexual orientation and gender identity. Free HIV testing, art therapy, support groups, and open mic last Friday of the month.
<b>Sisters in Action for Power</b>	<b>Phone:</b> 503-331-1244	Youth leadership program for young women in North and Northeast Portland.
<b>Springdale JobCorp</b>	<b>Phone:</b> 800-344-4349	Serves youth ages 15-19. Helps individuals achieve a GED or diploma and train for a vocation.
<b>Teen Info Line</b>	<b>Phone:</b> 503-988-5519	Provides information for teens on pregnancy prevention, parenting alternatives, STD's and information on how to access low-cost exams. Multilingual services offered.



Monica Parmley, LCSW

# RESOURCES GALORE



Agency	Contact Info	Additional Information
<b>Youth Services</b>		
<b>WomenStrength</b>	10225 E Burnside Portland, OR 97216 <b>Phone:</b> 503-823-0260	Introductory self-defense classes for women. Classes are free and are held every month around Portland. Open to any woman or girl over age 13. Call to register.
<b>Youth Contact</b>	447 SE Baseline Hillsboro, OR 97123 <b>Phone:</b> 503-640-4222	Outpatient child and family counseling. Drug testing available. School based services in Washington County.
<b>Youth Crisis Hotline</b>	<b>Toll free:</b> 1-800-448-4663	24 hour information and referral for youth ages 17 and younger.
<b>Youth Employment Institute (YEI)</b>	1704 NE 26th Portland, OR 97212 <b>Phone:</b> 503-280-1058	Offers specialized services for youth ages 11-23. Includes GED preparation, case management, employment services, teen parenting services and gang prevention and intervention. Childcare available. <a href="http://www.yei.org">www.yei.org</a>
<b>Youth Integrated Program (YIP)</b>	10373 NE Hancock St Suite 200 Portland, OR 97220 <b>Phone:</b> 503-230-9654	A program of Cascadia Behavioral Health designed for youth ages 12-21 who are struggling with drug or alcohol issues and addictions. Offers early intervention and education as well as various support groups. Call for an intake.
<b>Youth Opportunity Center</b>	3034 NE MLK Jr Blvd Portland, OR <b>Phone:</b> 503-528-3034	Employment opportunities for youth.
<b>YWCA Young Families/ Familias Jovenes</b>	5630 NE MLK Jr Blvd Portland, OR <b>Phone:</b> 503-721-1750	Support/self-advocacy programs for young families. A bi-lingual organization.