



Resources Galore

a community directory
by Monica Parmley, LCSW

July 2011



Monica Parmley, LCSW

Monica Parmley is a Licensed Clinical Social Worker (LCSW) who provides private counseling, consultation and training in the Portland area on topics such as suicide prevention, grief/loss, crisis and safety planning, adopting children with special needs, and school social work. Monica also works as a mental health coordinator and clinical supervisor of social work interns in the school setting.

Monica has been creating and distributing Resources Galore since 2004, in partnership with Impact Northwest (formerly Portland Impact) and the Native American Youth and Family Center.

As of January 2010, Monica assumed sole responsibility for updating and distributing the guide. Resources Galore is a volunteer effort and depends on the community to help keep information accurate and current.

To submit an update, email the enclosed "Update and Addition Form" to resourcesgalore@yahoo.com

or mail the update to:

Monica Parmley

PO Box 42382

Portland, OR 97242

Resources Galore

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RESOURCES GALORE

Tips for Using Resources Galore

Resources in this guide are included as a convenience. The creator of Resources Galore is not responsible for services provided and does not guarantee specific results.

- ❖ An updated edition of Resources Galore will be electronically distributed at least once 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.
- ❖ Please familiarize yourself with the organization and contents of this guide. It is in the best interests of your clients/consumers 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 clients/consumers and that they will be well-received and well-prepared.
- ❖ In order for this resource guide to be useful and successful for you and your clients/consumers, the information in it needs to be accurate and current. While I 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, or mail it to:

Monica Parmley
PO Box 42382
Portland, OR 97242

- ❖ For additional questions or concerns, please feel free to contact Monica Parmley at resourcesgalore@yahoo.com or 503-481-2515.



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 & Healthcare 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: _____

City: _____ State: _____ Zip: _____

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



Monica Parmley, LCSW

RESOURCES GALORE

Agency	Contact Info	Additional Information
Alcohol and Drug Recovery & Treatment		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Acadia Northwest	10101 SW Barbur Blvd Suite 101 Portland, OR 97219 Phone: 503-245-6262	Intensive outpatient drug and alcohol program. www.acadianw.com
Adult Children of Alcoholics	1750 SW Skyline Blvd Suite 133 Portland, OR 97221 Phone: 503-292-1333	Substance abuse support group for those with alcoholic family members. Office hours Monday-Friday, 9:00am-5:00pm.
Al-Anon & Al-Ateen	1750 SW Skyline Blvd Portland, OR 97221 Phone: 503-292-1333	Various locations. Support for people affected by the alcoholism of a loved one or friend. www.al-anonportlandoregon.org
Alano Club	909 NW 24th Ave Portland, OR 97210 Phone: 503-222-5756	A place for various 12-step recovery meetings. Meeting times vary. www.portlandalano.org
Alcohol and Drug Helpline	6443 SW Beaverton-Hillsdale Hwy Suite 200 Portland, OR 97221 Phone: 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. www.orpartnership.org
Alcoholics Anonymous	Phone: 503-223-8569	Various locations. Information, groups and meetings. www.pdxaa.com
Allied Health Services East/CRC Health	16141 E Burnside Portland, OR 97223 Phone: 866-575-8186	Outpatient methadone addictions treatment with a family component, women's groups, hepatitis training, and 90-day aftercare.
ASAP Treatment Services	2130 SW 5th Ave Suite 100 Portland, OR 97201 Phone: 503-224-0075	Outpatient treatment, DUI education, parenting groups, gender-specific groups, and financial assistance for those who are HIV positive.
BI Community Corrections Services	400 East Main Plaza Suite 140 Hillsboro, OR 97123 Phone: 503-640-8307	Outpatient substance abuse treatment in English or Spanish. Sliding fee scale available.



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Agency	Contact Info	Additional Information
Alcohol and Drug Recovery & Treatment		
Breakthrough (Morrison Child and Family Services)	3390 SE Milwaukie Ave Portland, OR 97202 Phone: 503-231-4000	Drug and alcohol day treatment services for youth ages 13-18. Outpatient services include individual and family therapy. www.morrisonkids.org
Bridgeview Community	707 NW Everett St Portland, OR 97209 Phone: 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.
CareMark Behavioral Health	6110 SE Belmont Portland, OR 97215 Phone: 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. www.legacyhealth.org
Cascadia Behavioral Healthcare	10373 NE Hancock St Suite 200 Portland, OR 97220 24-Hour Walk-in Clinic: 2415 SE 43rd Suite 100 Portland, OR 97206 Phone: 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. www.cascadiabhc.org
Center for Family and Adolescent Research (CFAR)	729 NE Oregon St Suite 150 Portland, OR 97232 Phone: 503-243-1065	Power of Parents (POP) is a counseling and support group for parents or guardians of youth (ages 14-20) who are using drugs but refusing counseling. Open Monday-Thursday, 9:00am-8:00pm and Friday, 9:00am-5:00pm. Call to determine research eligibility. All services are free. www.ori.org/cfar/portland



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Agency	Contact Info	Additional Information
Alcohol and Drug Recovery & Treatment		
Central City Concern	232 NW 6th Ave Portland, OR 97209 Phone: 503-294-1681	Community Engagement Program, detox, residential treatment for mothers, mentor program, parole transition program, programs for Spanish-speaking youth and adults. www.centralcityconcern.org
Changepoint Diversion Associates	1949 SE 122nd Ave Portland, OR 97292 Phone: 503-253-5954	Various locations. Outpatient services, cultural & gender-specific programs, and gambling treatment. Spanish-speaking services available. OHP and sliding fee scale accepted.
CityTeam Ministries	526 SE Grand Ave Portland, OR 97214 Phone: 503-231-9334	Outpatient drug and alcohol treatment for adults and youth includes both short- and long-term programs. www.cityteam.org
Clackamas County Mental Health and Addictions Treatment Services	1002 Liberty Ct Oregon City, OR 97045 Phone: 503-655-8401	Various locations. Intensive and non-intensive outpatient services, DUII, and gambling treatment for youth and adults. Spanish-speaking services available.
Clark County Alcohol and Drug Program	1601 E 4th Plain Blvd Vancouver, WA 98661 Phone: 360-397-2075	Outpatient alcohol and drug treatment services for adults and youth.
Cocaine Anonymous	Various locations Phone: 503-256-1666	Information, groups and meetings throughout the Portland Metro Area. Washington residents call 800-662-2463. www.caorwa.org
CODA Drug Treatment Service	1027 E Burnside Portland, OR 97214 Phone: 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.
Community Services Northwest	1601 E 4th Plain Blvd Vancouver, WA 98661 Phone: 360-397-8484	Men's and women's program, treatment for adolescents and adults with co-occurring mental health issues, and a gambling program. www.communityservicesnw.org



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Agency	Contact Info	Additional Information
Alcohol and Drug Recovery & Treatment		
Delta Clinic	2600 SE Belmont Portland, OR 97214 Phone: 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.
DePaul Treatment Center	Various locations Phone: 503-535-1181	Treatment services for all ages. Gender-specific residential treatment and outpatient services. Covered by most insurance plans, including OHP. www.depaultreatmentcenters.org
HOPE Clinic	9747 SE Powell Blvd Portland, OR 97266 Phone: 503-762-9386	Methadone treatment program and counseling.
InAct	727 NE 24th Ave Portland, OR 97232 Phone: 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.
LifeChange at Union Gospel Mission	3 NW 3rd Ave Portland, OR 97209 Phone: 503-274-4483	Christian residential addiction recovery community of men and women.
Lifeline Connections	1601 E 4th Plain Blvd Building 17, Suite A212 Vancouver, WA 98661 Phone: 360-397-8246	Non-medical detox, inpatient treatment, services for deaf consumers, outpatient treatment. Accepts Medicaid, private pay, and has a sliding scale.
LifeWorks Northwest	Various locations in Multnomah and Washington County Intake: 503-645-9010 Family Coaching: 503-627-9194	Mental health and addiction services for people of all ages, cultural backgrounds and abilities. Accepts OHP, private insurance and sliding scale. Free alcohol and drug assessments for youth. Outpatient and adolescent day treatment and residential services for pregnant women or moms. Family Coaching available in Washington County. www.lifeworksnw.org



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Agency	Contact Info	Additional Information
Alcohol and Drug Recovery & Treatment		
Mothers Against Drunk Driving (MADD)	4035 NE Sandy Blvd Room 211 Portland, OR 97212 Phone: 503-656-4805	Member-facilitated victim support group.
Multnomah County Central Intake Services	421 SW 6th Ave Suite 500 Portland, OR 97204 Phone: 503-988-5464	Evaluation & referral DUII, community-based intervention & treatment referral, services for DHS clients and corrections clients.
NARA (Native American Rehabilitation Association)	1631 SW Columbia St Portland, OR 97201 Phone: 503-231-2641 24-Hour Hotline: 503-923-4357	Various locations throughout the Metro area. Serves Native Americans. Offers outpatient & residential, mental health services & youth treatment ages 13-21.
Network Residential Integrated Treatment Services (RITS)	5009 NE Killingsworth Portland, OR 97218 Phone: 503-872-0480	Men's residential treatment for dual diagnosis clients through corrections, aftercare groups.
Network Youth Watershed Program	5802 SE Powell 2nd Floor Portland, OR 97202 Phone: 503-774-3251	Intensive & non-intensive outpatient treatment for ages 12-18, marijuana treatment, dual diagnosis
Northwest Behavioral Healthcare Services	18000 SE Webster Road Gladstone, OR 97027 Phone: 503-722-4470	Secure adolescent residential treatment program for mental health, drug and alcohol and eating disorder issues. Serves youth 12-17 and their families. Drug and alcohol assessments available as a free service to the community. Accepts most major private insurance plans. Free Teen Recovery groups are available in the Portland area. www.northwestbhs.com
Northwest Treatment	511 Main St Suite 201 Oregon City, OR 97045 Phone: 503-655-1029	Intensive & non-intensive outpatient, DUII education and rehabilitation; Spanish-speaking services available.
OHSU Behavioral Health	621 SW Alder St Suite 520 Portland, OR 97205 Phone: 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.



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Agency	Contact Info	Additional Information
Alcohol and Drug Recovery & Treatment		
Oregon Partnership	6443 SW Beaverton-Hillsdale Hwy Portland, OR 97221 Phone: 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
Oxford Houses of Oregon	Various locations Phone: 503-247-0777	Affordable, alcohol and drug-free living environment for individuals in recovery.
Pacific Alcohol & Drug Counseling, Inc.	12950 SW Pacific Hwy Suite 245 Tigard, OR 97223 Phone: 503-624-9545	Intensive & non-intensive outpatient, DUII, domestic violence and parenting programs.
Portland Alternative Health Center (PAHC)	625 SW 12th Portland, OR 97205 Phone: 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.
Portland Public Schools Student Services	501 N Dixon Portland, OR 97227 Phone: 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.
Portland Rescue Mission	111 W Burnside Portland, OR 97209 Phone: 503-227-0859	One year program for men. 1+ year program for women and children at Shepherd's Door.
Project Network	2801 NE Gantenbein Portland, OR 97227 Phone: 503-335-0855	Services for African-American women and their families, including medical and mental health services and children's services.
Project Stop	2415 SE 43rd Suite 200 Portland, OR 97206 Phone: 503-230-9654	Assessment, counseling, and support groups for youth. Sliding fee scale available.
Providence	9450 SW Barnes Rd Suite 200 Portland, OR 97229 Phone: 503-215-1550	Intensive & non-intensive outpatient and DUII services. NE Portland site offers residential medical detox and stabilization services.
RAM (Recovery and Methadone Clinic)	3610 NE 82nd Ave Suite 100 Portland, OR 97220 Phone: 503-408-9585	Outpatient methadone addictions treatment.



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Agency	Contact Info	Additional Information
Alcohol and Drug Recovery & Treatment		
RAP (Recovery Association Project)	1903 SE Ankeny Portland, OR 97214 Phone: 503-234-3133	Run by people in recovery for people in recovery.
REAL (Recovery, Empowerment, Achievement in Life)	4925 N Albina Ave Portland, OR 97217 Phone: 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.
Rosemont Treatment Center and School (Morrison Child and Family Services)	9911 SE Mt Scott Blvd Portland, OR 97266 Phone: 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.
Salvation Army Adult Rehab Center	139 SE MLK Jr Blvd Portland, OR 97214 Phone: 503-235-4192	In-patient treatment.
SAMHSA's Substance Abuse Treatment Facility Locator	Phone: 1-800-662-4357 Spanish: 1-800-662-9832 TDD: 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.
Serenity Lane	9414 SW Barbur Blvd Suite B Portland, OR 97219 Phone: 503-244-4500	Intensive & non-intensive outpatient, DUI, men's groups, women's groups and family groups.
Stay Clean	1223 NE Alberta Portland, OR 97211 Phone: 503-282-1922	Relapse prevention, gender specific groups, spiritual enhancement, criminality groups.
Volunteers of America	200 SE 7th Ave Portland, OR 97214 Phone: 503-235-0131	Separate locations for men's and women's centers. Both centers are corrections only.
Western Counseling Treatment Services	150 NE 3rd St Suite A Hillsboro, OR 97123 Phone: 503-640-1715	Intensive & non-intensive outpatient, DUI education and batterer-specific domestic violence treatment.



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Agency	Contact Info	Additional Information
Alcohol and Drug Recovery & Treatment		
Youth Contact	447 SE Baseline Hillsboro, OR 97123 Phone: 503-640-4222	Outpatient child and family counseling for mental health disorders and chemical dependency. Drug testing available. School based services throughout Washington County.
Youth Integrated Program (YIP)	10373 NE Hancock St Suite 200 Portland, OR 97220 Phone: 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.



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Agency	Contact Info	Additional Information
Childcare and Preschool Information		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Albina Head Start	Main Office: 3417 NE 7th Portland, OR 97212 Phone: 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.
ARC of Multnomah County	619 SW 11th Suite 234 Portland, OR 97205 Phone: 503-223-7279	Respite care for special needs children.
Brooklyn Preschool	2901 SE Steel Portland, OR 97202 Phone: 503-234-7103	Cooperative preschool at a lower price. Accepts children ages 3-5. Onsite sibling nursery.
Childcare Neighbor Network (Rose CDC)	5212 SE Duke Portland, OR 97206 Phone: 503-788-0826 x109	Provides listing of community childcare providers.
Child's Work Learning Center	5120 SE 28th Portland, OR 97202 Phone: 503-234-3611	Low-cost preschool with before and after care. www.childswork.org
Department of Human Services Employment/Education Related Day Care (ERDC)	Phone: 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.
Early Head Start Family Center of Portland	2828 NE Alberta Portland, OR 97211 Phone: 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. www.ehspdx.org



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Agency	Contact Info	Additional Information
Childcare and Preschool Information		
Friendly House Preschool	<p>Mailing address: 2617 NW Savier Portland, OR 97210</p> <p>Preschool Address: 1715 NW 26th Ave Portland, OR 97210 Phone: 503-228-4391</p>	<p>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. jnettleton@friendlyhouseinc.org</p>
Head Start (Portland Public Schools)	<p>4800 NE 74th Ave Portland, OR 97218 Phone: 503-916-5724</p>	<p>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.</p>
linim Miyac Play Group	<p>710 SW Jackson St Portland, OR 97207 Phone: 503-725-9695 or 503-665-5904</p>	<p>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.</p>
Inclusive Childcare Program	Phone: 503-731-4132	<p>Childcare services for children with special needs. Serves children birth-17 with physical, mental, developmental, emotional, behavioral, or medical disabilities.</p>
Metro Childcare Resource & Referral	<p>123 E Powell Gresham, OR 97030 Phone: 503-548-4400</p>	<p>Referrals & information for choosing safe and appropriate care and accessing community resources & child care subsidy programs. Emergency childcare assistance for children under age 5 in Multnomah County. www.OregonChildCare.org</p>
Mt. Hood Community College Head Start	<p>10100 NE Prescott St Portland, OR 97220 Phone: 503-491-6111</p>	<p>Free childcare for low-income families.</p>
Mt. Scott Community Center	<p>5530 SE 72nd Portland, OR 97206 Phone: 503-823-3183</p>	<p>Community center offering preschool and activity classes for kids. Scholarships available.</p>



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Agency	Contact Info	Additional Information
Childcare and Preschool Information		
Multnomah Education Service District (MESD)	14030 NE Sacramento Portland, OR 97230 Main Office: Phone: 503-262-4250 MECP West: Phone: 503-262-4275 MECP East: Phone: 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.
Neighborhood House Oregon Pre-Kindergarten Program	3445 SW Moss St Portland, OR 97219 Phone: 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.
New Day School	1825 SE Clinton St Portland, OR 97202 Phone: 503-231-7425	Preschool offers moderate sliding fee scale and has some slots for DHS assistance.
Oregon Child Care Resource & Referral Network	805 Liberty Street NE Suite 2 Salem, OR 97301 Phone: 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. www.occrn.org .
Sellwood Community Center	1436 SE Spokane Portland, OR 97202 Phone: 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.
Siletz Tribal Head Start	7326 SE Flavel Portland, OR 97206 Phone: 503-771-8867	Head Start program utilizing Native American curriculum. Also provides health exams and resources for families.
Volunteers of America	234 SE 7th Ave Portland, OR 97214 Phone: 503-236-8492	Full time childcare center. Care available for children 6 weeks to 6 years old. Partial scholarships available. www.voaor.org .



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Agency	Contact Info	Additional Information
Childcare and Preschool Information		
Washington County Childcare Resource and Referral	Phone: 1-800-624-9516	Provides referrals for licensed childcare providers.
YMCA Childcare Development Centers	Various locations. Phone: 503-946-5437	Childcare for ages 6 weeks through school age. Scholarship assistance available.
YMCA Childcare School-Age Program	9500 SW Barbur Blvd Suite 310 Portland, OR 97219 Phone: 503-327-0007	Referrals to before and after school childcare offered in Southeast Portland by the YMCA. Scholarships available.



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RESOURCES GALORE

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



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Agency	Contact Info	Additional Information
Clothing and Household Resources		
Friendly House	1808 NW Irving Portland, OR 97209 Phone: 503-228-4335	Small clothing closet available.
Goodwill Thrift Shops	Various locations	Check website to locate a store: www.meetgoodwill.org
Hillsboro Family Resource Center	222 NE 6th Ave Hillsboro, OR 97124 Phone: 503-844-1063	Located in the basement of JB Thomas Middle School. Food, clothing, and referrals to social services. Free to residents of Washington County. Open Monday-Thursday at 9:00am.
Hope Center	12117 SE Stevens Ct Portland, OR 97226 Phone: 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 Phone: 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 Phone: 503-282-1082	Clothing and food resources.
MacDonald Center	605 NW Couch St Portland, OR 97209 Phone: 503-222-5720	www.macdcenter.org
New Hope Community Church Helping Hands	11731 SE Stevens Rd Portland, OR 97233 Phone: 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 Phone: 503-225-0590	Free clothing. Open Monday-Friday, 1:00-3:00pm.
Piccolina	2700 SE Clinton St Portland, OR 97202 Phone: 503-963-8548	Buy, trade, and consign. Children's and maternity clothing. \$1 and \$2 bins.
Portland Adventist Community Services (PACS)	11020 NE Halsey Portland, OR 97220 Phone: 503-252-8500	Thrift store and free larger furniture.
Portland Rescue Mission	111 W Burnside Portland, OR 97209 Phone: 503-227-0421	Provides clean clothing, shelter, shower, and food. Open 24 hours a day, 7 days a week.
PTA Clothing Center	Marshall HS Campus 3905 SE 91st Ave Room C-58 Portland, OR 97266 Phone: 503-293-0783	Clothing resource for youth in Portland Public Schools. Students must be referred by their school or a social service agency. Open Monday & Thursday 10:00am-1:00pm.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Clothing and Household Resources		
Rose Haven	627 NW 18th St Portland, OR Phone: 503-248-6364	Community & intervention program for women & children. Services include housing, legal aid, medical and mental health care, clothing and hygiene items. Open Monday-Wednesday 9:00am-12:00pm. www.rosehaven.org .
Salvation Army	Phone: 503-239-1226	Various thrift stores. Consult website for more specifics: www.salvationarmy.usawest.org
Second Thoughts	108 NE 28th Ave Portland, OR 97232 Phone: 503-233-2282	Contemporary women's resale clothing.
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 and energy assistance, and counseling services.
Sisters of the Community	8900 SW Burnham St E14 Tigard, OR 97223 Phone: 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. www.sistersofthecommunity.org
SnowCAP	17805 SE Stark Portland, OR 97233 Phone: 503-674-8785	Free clothing. Service area is East of 82nd in Multnomah County. Need proof of address and picture ID.
St. Andrew's Clothes Closet	7600 N Hereford Ave Portland, OR 97203 Phone: 503-281-1005	Clothes closet at St. Andrew's Episcopal Church.
St. Matthew's Church	475 SE 3rd Hillsboro, OR 97123 Phone: 503-648-1998	Clothes closet in Washington County.
St. Vincent de Paul	8033 SE Holgate Portland, OR 97206 Phone: 503-777-5442	Vouchers to thrift store for homeless. Need ID. Those without an address can have a voucher sent from a Catholic Church.
Sunshine Division Portland Police Bureau	687 N Thompson Portland, OR 97227 Phone: 503-823-2102	Apply over phone. Clothing for women and children by appointment only.



Monica Parmley, LCSW

RESOURCES GALORE

Agency	Contact Info	Additional Information
Clothing and Household Resources		
Transition Projects, Inc.	650 NW Irving Portland, OR 97209 Phone: 503-280-4700	Day center is in the Bud Clark Commons. Clothing room is open 10:00-11:00am and 6:00-7:00pm on weekdays and 11:00-Noon on weekends. You can get one outfit per day. www.tprojects.org
Union Gospel Mission	15 NW 3rd Ave Portland, OR 97209 Phone: 503-274-4483	Thrift store, larger furniture available. Open Tuesday-Saturday, 10:00am-5:45pm.
Village Merchants	3360 SE Division Portland, OR 97202 Phone: 503-234-6343	Unique resale and consignment clothing, shoes, furniture and other items.
William Temple House	2023 NW Hoyt St Portland, OR 97209 Phone: 503-226-3021	Open Monday-Thursday. Thrift store available.
Maternity and Baby Clothes		
Birthright	1525 NE 41st St Portland, OR 97232 Phone: 503-249-5801	Free pregnancy tests and maternity & baby clothes. Adoption referrals.
Crisis Pregnancy Center (Milwaukie)	14419 SE McLaughlin Milwaukie, OR 97267 Phone: 503-659-3336	Pregnancy resource center. Maternity and baby clothes available.
Pregnancy Resource Center	1626 NE 9th Portland, OR 97232 Phone: 503-284-1977	Maternity clothes and clothes for babies up to 1 year. Please call for appointment.
Car Seats		
Child Safety Seat Resource Center	Phone: 503-643-5620	Certified Child Passenger Safety Technicians and trained volunteers will check for correct installation, damage, recalls, and size and age appropriateness. www.childsafetyseat.org
Multnomah County Health Department	3653 SE 34th Portland, OR Phone: 503-248-3520	1 year car seat rental for low-income families. \$20 toddler, \$10 infant. Wait list.
Tualatin Valley Fire and Rescue	Phone: 503-649-8577	3 week loan. \$25 deposit required. Call for availability.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Dental Resources		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Assistance League Dental Center at Creston School	4701 SE Bush Portland, OR 97206 Phone: 503-916-5808	Serves children who qualify for free/reduced lunch. Serves Portland Public School children K-12th grade from September-June.
Clackamas County Community Health Dental Clinic	1425 Beaver Creek Rd Oregon City, OR 97045 Phone: 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.
Dental Department	12000 SW 49th Portland, OR 97219 Phone: 503-977-4909	Under \$20 for most services. Cleaning and x-rays only. Limited basis. No emergencies.
Donated Dental Services	Various locations Phone: 503-774-3898	Primarily serve developmentally disabled. Serves low-income seniors, age 65 or older. Provides dentures. No emergencies.
Exceptional Needs Dental Service (ENDS)	4707 SW Kelly Ave Suite 205 Portland, OR 97201 Phone: 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.
Geriatric Dental	6319 SE Powell Portland, OR 97206 Phone: 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.
Mt. Hood Community College Dental Hygiene Clinic	26000 SE Stark Gresham, OR 97030 Phone: 503-491-7176	Basic cleaning services only.
MultiCare Dental	600 NE 8th Gresham, OR 97030 Phone: 503-988-6942	\$40 fee. Urgent care.
Multnomah County Dental Access Program	426 SW Stark St 9th floor Portland, OR 97204 421 SW 6th Ave Portland, OR 97201 Phone: 503-988-6942	Referral for urgent and emergency dental appointments for uninsured clients. Sliding fee scale. Office hours Monday-Thursday, 8:00am-3:00pm.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Dental Resources		
NE Dental Clinic	5329 NE MLK Blvd Portland, OR 97211 Phone: 503-988-3664	Offers appointments for the uninsured when available.
Northwest Medical Teams Dental Van	6955 SW Sandburg Tigard, OR 97223 Phone: 503-624-1000	Call for information on dental van locations.
OHSU Dental School	611 SW Campus Dr Portland, OR 97201 Phone: 503-494-8867	Provides general dentistry, fillings and emergency care. \$30-\$60 fee for x-rays. \$30-\$40 for visit with students.
Outside In	1132 SW 13th Portland, OR 97205 Phone: 503-535-3800	Dental van. Call for schedule. Sliding fee scale available. www.outsidein.org
Portland Community College	Various locations Phone: 503-977-4909	Low cost hygiene and cleaning. Provides services from October-June.
Project Dental Health	214 N Russell Portland, OR 97227 Phone: 503-494-6822	\$40 fee. Emergency care provided. Free for those who are HIV positive and those covered on OHP.
Russell Street Dental Clinic	214 N Russell Portland, OR 97227 Phone: 503-494-6822	Emergency dental services only. \$40 cash fee at time of service.
Senior Smile	Various locations Phone: 503-513-5010	Call for locations between 9:00am-1:00pm. Serves low-income seniors age 60 and older. Call for application.
The Children's Program	Phone: 503-265-5627 Toll free: 888-393-2772 Email: childrensprogram@odsc.companies.com	Gives uninsured children access to dental care. Provides basic dental services for children between ages 6-12 years who are not covered under any dental plan. Referrals must come from an authorized representative from the child's school, County Health, ER or pediatrician's office
William Temple House	2023 NW Hoyt Portland, OR 97209 Phone: 503-226-3021	Pain related emergencies only. Extractions only. Call for appointment. Dental van every other Wednesday.
Women's Health Clinic	3181 Sam Jackson Park Rd Portland, OR 97239 Phone: 503-494-8311	Insurance and self-pay available.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Department of Human Services (DHS) Program Information		
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
Department of Human Services (DHS) Program Information		
Hearing (requesting a hearing)	Phone: 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.
Independent Living Program	Phone: 503-731-3111	Assists current or former foster care youth with education and training.
JOBS program	Phone: 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.
Oregon Adoptive Rights Association	PO Box 882 Portland, OR 97207 Phone: 503-235-3669	Supportive services for those involved in the adoption experience. 24-hour line. \$40 membership fee for the first year.
Oregon Helps	www.oregonhelps.org	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.
Temporary Aid to Need Families (TANF)	Phone: 503-731-3111	Cash assistance for families with children may also qualify for medical benefits. Available to relatives raising minor children.
Temporary Assistance to Domestic Violence Survivors (TA-DVS)	Phone: 503-731-3111 Legal Aid Welfare Rights Hotline: 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
Domestic Violence (DV) Resources		
Domestic Violence Shelters		
Bradley Angle House	PO Box 14694 Portland, OR 97214 Phone: 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.
Clackamas Women's Services	704 Main St Suite 200 Oregon City, OR 97045 Phone: 503-722-2366 24 Hour: 503-654-2288	24-hour crisis and support line available. Confidential shelter for women and children leaving DV situations. Support groups, free counseling and legal advocacy for restraining orders available.
Columbia County Women's Resource Center	Phone: 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.
Domestic Violence Resources	PO Box 494 Hillsboro, OR 97123 Phone: 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.
Portland State University Community Counseling Clinic	PO Box 751 Portland, OR 97207 Phone: 503-725-4620	Support group for female survivors of domestic abuse. Cost is \$8 per session.
Raphael House	2828 NE Alberta Portland, OR 97211 Phone: 503-282-7973	Women & children. No males over 17 years. Four week limit. Spanish speaking advocates available.
Safechoice-Vancouver YWCA	3609 Main St Vancouver, WA 98663 Phone: 360-695-0501	Confidential shelter for women and children leaving DV situations. Sober upon entry, no boys over 17 years. www.ywcaclarkcounty.org
Volunteers of America Family Center	537 SE Alder Portland, OR 97214 Phone: 503-232-6562	No shelter, but voucher women and families into hotels. Spanish-speaking case managers available.



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Agency	Contact Info	Additional Information
Domestic Violence (DV) Resources		
West Women and Children's Shelter	PO Box 2398 Portland, OR 97208 Phone: 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.
YWCA Yolanda House	PO Box 19178 Portland, OR 97280 Phone: 503-535-3269	Confidential shelter for women and children leaving DV situations. 24-hour crisis line support for DV survivors. Spanish advocacy available. 60-day length of stay. www.ywca-pdx.org
Emergency Numbers		
Child Abuse Hotline	Phone: 503-731-3100	To report any suspected child abuse. It is against the law for children to witness DV.
National Coalition Against Domestic Violence	Phone: 303-839-1852	National DV information and resources.
National Domestic Violence Hotline	Phone: 1-800-799-SAFE	To locate national and local victim services.
National Runaway Hotline	Phone: 1-800-621-4000	Runaway crisis line.
Non-Emergency Police Line	Phone: 503-823-3333	Call to speak with police in a non-emergency situation.
Portland Police DV Reduction Unit	Phone: 503-823-0992	To report incidents of domestic violence.
Portland Women's Crisis Line	Phone: 503-235-5333 Toll free: 1-800-235-5333	Connects women and their children to various domestic violence resources and shelters in the area.
RAINN	Phone: 1-800-656-4673	National Rape/Sexual Assault Crisis Line.
Volunteers of America Domestic Violence Intervention Program	Phone: 503-771-5503	Free and confidential advocacy and short-term case management.
Washington State Domestic Violence Hotline	Phone: 1-800-562-6025	DV hotline for Washington state.



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



RESOURCES GALORE

Agency	Contact Info	Additional Information
Domestic Violence (DV) Resources		
DHS DV Contacts, Downtown	<p>New Market: 50 SW 2nd Ave Portland, OR 97204 Phone: 503-731-3336</p> <p>Metro Processing: 1976 SW 6th Ave Portland, OR 97201 Phone: 503-731-8383</p>	Use the DHS Domestic Violence Information Line at 971-673-2748 to get branch-specific contact information.
DHS DV Contacts, East Area	<p>East: 1415 SE 122nd Ave Portland, OR 97233 Phone: 503-257-4200</p> <p>Gresham: 912 NE Kelly Gresham, OR 97030 Phone: 503-491-1979</p>	Use the DHS Domestic Violence Information Line at 971-673-2748 to get branch-specific contact information.
DHS DV Contacts, North Area	<p>Albina: 30 N Webster Suite A Portland, OR 97217 Phone: 503-280-6781</p> <p>Northeast: 4425 NE Broadway Portland, OR 97213 Phone: 503-280-6683</p> <p>St. Johns: 6443 N. Lombard St Portland, OR 97203 Phone: 503-731-4646</p>	Use the DHS Domestic Violence Information Line at 971-673-2748 to get branch-specific contact information.
DHS DV Contacts, Southeast Area	<p>Southeast: 3975 SE Powell Blvd Phone: 971-673-2550</p> <p>Multnomah Teens: 3975 SE Powell Blvd Portland, OR 97202 Phone: 971-673-2552</p>	Use the DHS Domestic Violence Information Line at 971-673-2748 to get branch-specific contact information.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Domestic Violence (DV) Resources		
DHS Domestic Violence Information Line	Portland Metro Area Phone: 971-673-2748	Information on DHS TA-DVS Grant. Offers eligibility criteria, how and where to apply, as well as resource information for survivors. Available Monday-Friday, 8:00am-12:00pm and 1:00pm-5:00pm.
Domestic Violence Resource Center	3800 SW Cedar Hills Blvd Suite 195 Beaverton, OR 97007 Phone: 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. www.dvrc-or.org
DV Prevention Fund	PO Box 12105 Portland, OR 97212 Phone: 503-890-2095	Contact Laura Heiser
Gateway Center for Domestic Violence Services	10305 E Burnside St Portland, OR 97216 Phone: 503-988-6400	Open Monday-Friday, 9:00am-4:00pm. One stop place for people trying to break free from an abusive partner. Access legal help, get a shelter referral, file a police report, apply for DV grant, and get food and clothing assistance.
Listen to Kids	5135 NW St Helens Rd Portland, OR 97210 Phone: 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.
Multnomah County DV Coordinator	421 SW 6th Suite 700 Portland, OR Phone: 503-988-4112	
Oregon AIDS Hotline	Phone: 503-223-2437 Toll free: 1-800-777-2437	AIDS hotline for Oregon residents.
Oregon Coalition Against Domestic & Sexual Violence (OCADSV)	Phone: 1-503-365-9644	
Sexual Assault Resource Center	9450 SW Barnes Rd Suite 240 Portland, OR 97225 Phone: 503-640-5311	Contact LeeAnne Dillon



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RESOURCES GALORE

Agency	Contact Info	Additional Information
Domestic Violence (DV) Resources		
Volunteers of America Outreach Office	217 SE 8th Ave Portland, OR 97214 Phone: 503-771-5503	Adult and children's DV support groups. Drop-in DV services also available. www.voaor.org
Volunteers of America Safe Spaces	3910 SE Stark Portland, OR 97214 Phone: 503-802-0502	Group provides a safe place for children ages 4-11 to talk about experiences with abuse in their families and learn skills for safety.
WomenStrength	10225 E Burnside Portland, OR 97216 Phone: 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.
YWCA Sexual Assault Program (Clark County)	3609 Main Street Vancouver, WA 98663 Hotline: 360-695-0501 Toll free: 800-695-0167	Support, information, and referrals for victims/survivors who have experienced sexual assault. Therapy and support groups for teens and adults. www.ywcaclarkcounty.org
Batterer Intervention Programs		
ASAP Treatment Services	2130 SW 5th Ave Portland, OR Phone: 503-224-0075	Court-ordered substance abuse treatment and batterer program.
Change Point	1949 SE 122nd Ave Portland, OR 97292 Phone: 503-253-5954	Batterer intervention and education. www.changepointinc.com
Men's Resource Center	729 Molalla Ave #8 Oregon City, OR 97045 Phone: 503-557-0802	Mandated and volunteer batterer's intervention and retraining program. Support groups available. www.portlandmrc.com
Oregon SafeNet	621 SW Alder Suite 810 Portland, OR 97205 Phone: 503-988-5858 Hotline 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. www.oregonsafenet.org
Women's Counseling Center	12 SE 14th Ave Portland, OR 97214 Phone: 503-235-4050	Part of the Men's Resource Center. Counseling for DV survivors, batterers, and families www.portlandmrc.com



RESOURCES GALORE

Agency	Contact Info	Additional Information
Domestic Violence (DV) Resources		
All Oregon County Services		
<u>Baker County</u>		
May Day, Inc.	Baker County Crisis Line: 541-523-4134 Toll free: 1-888-213-4134	DV services in Baker County. Office Phone: 541-523-9472
<u>Benton County</u>		
Center Against Rape and Domestic Violence (CARDV)	Corvallis County Crisis Line: 541-754-0110 Toll free: 1-800-927-0197	DV services in Benton and Linn Counties. Office Phone: 541-758-0219
<u>Clackamas County</u>		
Clackamas Women's Resource Center	Milwaukie Crisis Line: 503-654-2288	DV services in Clackamas, Multnomah and Washington Counties. Office Phone: 503-654-2807
<u>Clatsop County</u>		
Clatsop Women's Resource Center	Astoria Crisis Line: 503-325-5735	DV services in Clatsop County. Office Phone: 503-325-3426
<u>Columbia County</u>		
Columbia Women's Resource Center	St. Helens Crisis Line: 503-397-6161	DV services in Columbia County. Office Phone: 503-397-7110
<u>Coos and Curry Counties</u>		
Coos Women's Safety and Resource Center	North Bend Crisis Line: 541-756-7000	DV services in Coos and Curry County. Office Phone: 541-756-7864
Oasis Women's Shelter	Gold Beach Crisis Line: 541-247-0607	DV services in Curry County. Office Phone: 541-247-0607
<u>Deschutes County</u>		
Central Oregon Battering & Rape Alliance (COBRA)	Bend Crisis Line: 541-389-7021 Toll free: 1-800-356-2369	DV services in Deschutes, Crook, Jefferson and Grant Counties. Office Phone: 541-382-9227
<u>Douglas County</u>		
Battered Person's Advocacy	Roseburg Crisis Line: 541-673-7867 Toll free: 1-800-464-6543	DV services in Douglas County. Office Phone: 541-673-7867
<u>Gilliam County</u>		
Haven from DV Crisis	Crisis Line: 541-298-4789 Toll free: 1-800-249-4789	DV services in Gilliam County. Office Phone: 541-296-1662



RESOURCES GALORE

Agency	Contact Info	Additional Information
Domestic Violence (DV) Resources		
<u>Harney County</u>		
Burns Paiute Human Services Department	HC 71 100 Pasigo St Social Services Director Burns, OR 97720 Phone: 541-573-2267	
Harney Helping Organization for Personal Emergencies (HHOPE)	Burns Crisis Line: 541-573-7176	DV services in Harney County. Office Phone: 541-573-7176
<u>Hood River County</u>		
Project Helping Hands Against Violence	Hood River Crisis Line: 541-386-6603	DV services in Hood River County. Office Phone: 541-386-6603
<u>Jackson County</u>		
Community Works (Dunn House)	Medford Crisis Line: 541-779-4357	DV services in Jackson County. Office Phone: 541-779-2393
<u>Josephine County</u>		
Illinois Valley Safe House Alliance	535 E River St Cave Junction, 97523 Phone: 503-592-5332	
Women's Crisis Support Team	Grants Pass Crisis Line: 541-479-9349	DV services in Josephine County. Office Phone: 541-476-3877
<u>Klamath County</u>		
Klamath Crisis Center	Klamath Falls Crisis Line: 541-884-0390	DV services in Klamath County. Office Phone: 541-884-0390
<u>Lake County</u>		
Lake County Crisis Center	Crisis Line: 541-947-2449	DV services in Lake County. Office Phone: 541-947-2498
New Beginnings Intervention Center	PO Box 346 Christmas Valley, OR 97641 Phone: 541-576-3009 Crisis Line: 541-576-3051 Toll free: 1-800-850-4838	
<u>Lane County</u>		
Sexual Assault Support Services	Eugene Crisis Line: 541-485-6700 Toll free: 1-800-788-4727	DV services in Lane County. Office Phone: 541-484-9791
Siuslaw Area Women's Center	Florence Crisis Line: 541-997-4444	DV services in Lane County. Office Phone: 541-997-2816
Womenspace	Eugene Crisis Line: 541-485-6513 Toll free: 1-800-281-2800	DV services in Lane County. Office Phone: 541-485-8232



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RESOURCES GALORE

Agency	Contact Info	Additional Information
Domestic Violence (DV) Resources		
<u>Lincoln County</u>		
My Sisters' Place	Newport Crisis Line: 541-994-5959 Toll free: 1-800-841-8325	DV services in Lincoln County. Office Phone: 541-574-9424
Women's Violence Intervention Program, Inc.	Lincoln City Crisis Line: 541-994-5959 Toll free: 1-800-841-8325	DV services in Lincoln County. Office Phone: 541-574-9424
<u>Malheur County</u>		
Project DOVE	Ontario Crisis Line: 541-889-2000	DV services in Malheur County. Office Phone: 541-889-6316
<u>Marion County</u>		
Mid-Valley Women's Crisis Services	Salem Crisis Line: 503-399-7722	DV services in Marion County. Office Phone: 503-399-7722
Canyon Crisis Center	Mill City Crisis Line: 503-897-2327	DV services in Marion/Linn County. Office Phone: 503-897-2327
<u>Multnomah County</u>		
Bradley Angle House	Portland Crisis Line: 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.
DVERT: Domestic Violence Enhanced Response Team	10225 E Burnside Portland, OR 97216 Phone: 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.
Portland Women's Crisis Line	Portland Crisis Line: 503-235-5333 Toll free: 1-800-235-5333	Multnomah, Washington, Clackamas Counties. Office Phone: 503-232-9751
Raphael House	Portland Crisis Line: 503-222-6222	DV services in Multnomah, Washington, Clackamas Counties. Office Phone: 503-222-6507
Volunteers of America Family Center	Portland Crisis Line: 503-232-6562	DV services in Multnomah County. Office Phone: 503-232-6562



Monica Parmley, LCSW

RESOURCES GALORE

Agency	Contact Info	Additional Information
Domestic Violence (DV) Resources		
Volunteers of America Home Free	Portland Hotline: 503-771-5503	Advocacy, emergency housing, children's services, legal advocacy for Multnomah and surrounding counties.
West Women's & Children's Shelter	Portland Crisis Line: 503-224-7718	DV services in Multnomah, Washington & Clackamas Counties. Office Phone: 503-224-7718
YWCA Women's Resource Center	Portland Crisis Line: 503-294-7444	DV services in Multnomah, Washington, Clackamas Counties. Office Phone: 503-294-7444
YWCA Yolanda House	PO Box 19178 Portland, OR 97280 Phone: 503-535-3269	Confidential shelter for women and children leaving DV situations. 24-hour crisis line support for DV survivors. Spanish advocacy available. 60-day length of stay. www.ywca-pdx.org
<u>Polk County</u>		
S.A.B.L.E. House	Dallas Crisis Line: 503-623-4033	DV services in Polk County. Office Phone: 503-623-6703
<u>Tillamook County</u>		
Women's Crisis Center	Tillamook Crisis Line: 503-842-9486 Toll free: 1-800-992-1679	DV services in Tillamook County. Office Phone: 503-842-9486
<u>Umatilla County</u>		
Domestic Violence Services	Pendleton Crisis Line: 541-278-0241 Toll free: 1-800-833-1161	DV services in Umatilla and Morrow Counties. Office Phone: 541-276-3322
<u>Union County</u>		
Shelter from the Storm	LaGrande Crisis Line: 541-963-9261	DV services in Union County. Office Phone: 541-963-7226
<u>Wallowa County</u>		
Safe Harbors	Enterprise Crisis Line: 541-426-6565	DV services in Wallowa County. Office Phone: 541-426-4004
<u>Wasco County</u>		
Haven from Domestic Violence	The Dalles Crisis Line: 541-298-4789	DV services in Wasco, Sherman and Gilliam Counties. Office Phone: 541-296-1662



RESOURCES GALORE

Agency	Contact Info	Additional Information
Domestic Violence (DV) Resources		
<u>Washington County</u>		
Shelter/Domestic Violence Resource Center	Hillsboro Crisis Line: 503-640-1171	DV services in Washington, Multnomah and Clackamas Counties. Office Phone: 503-640-5352
<u>Wheeler County</u>		
Haven from DO	Crisis Line: 541-298-4789 Toll free: 1-800-249-4789	DV services in Wheeler County. Office Phone: 541-296-1662
<u>Yamhill County</u>		
Family Crisis Shelter and Services (Henderson House)	McMinnville Crisis Line: 503-472-1503	DV services in Yamhill County. Office Phone: 503-472-0244



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RESOURCES GALORE

Agency	Contact Info	Additional Information
Education Services: Adults		
Educational Services		
Clackamas Community College	19600 S Molalla Ave Oregon City, OR 97045 Phone: 503-657-9795	Life & career options. www.clackamas.cc.or.us
El Programa Hispano	901 SE Oak St Suite 106 Portland, OR 97214 Phone: 503-236-9670 451 NW 1st Ave Gresham, OR 97030 Phone: 503-669-8350	Drivers Ed., ESL Classes, Spanish literacy.
Hacienda CDC Homeownership	5136 NE 42nd Portland, OR 97218 Phone: 503-595-2111	Free bilingual (English/Spanish) home buying and foreclosure prevention education. Available Monday-Friday, 9:00am-5:00pm. www.haciendacdc.org
Human Solutions	12350 SE Powell Blvd Portland, OR 97236 Phone: 503-548-0200	Computer and finance classes. Skill development and support services.
Job Corps	1130 SW Morrison St Suite 240 Portland, OR 97205 Phone: 503-326-6800	Open Monday-Friday, 8:00am-5:00pm. Vocational, educational, and employment skills training for low-income youth (ages 16-24). www.jobcorps.org
Mt. Hood Community College Transitions Program	2828 NE Alberta Portland, OR 97211 Phone: 503-282-7973	Career planning and classes for single parents and displaced homemakers. Financial assistance is available for transportation and childcare.
Multnomah County Library	Various locations Central Library 801 SW 10th Avenue Portland, OR 97205 Phone: 503-988-5402 Reference Line: 503-988-5234	Free to all Multnomah County residents. Use library card to borrow materials from any library location and to access the internet from library computers. Access library subscriptions databases online. Fun programs to start preschoolers and their parents on the road to reading, lively entertainment every month. Also teaches ESL/citizenship classes. www.multcolib.org



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RESOURCES GALORE

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



RESOURCES GALORE

Agency	Contact Info	Additional Information
Education Services: Adults		
East-West College of the Healing Arts	525 NE Oregon St Portland, OR 97232 Phone: 503-231-6500	www.ewcha.com
Eastern Oregon University	One University Blvd La Grande, OR 97850 Phone: 541-962-3672	www.eou.edu
George Fox University	414 N Meridian Street Newberg, OR 97132 Phone: 503-538-8383	www.georgefox.edu
Heald College	625 SW Broadway Suite 200 Portland, OR 97205 Phone: 503-229-0492	www.heald.edu
Lewis and Clark College	0615 SW Palantine Hill Rd Portland, OR 97219 Phone: 503-768-7040	www.lclark.edu
Linfield College	900 SE Baker Street McMinnville, OR 97128 Phone: 503-883-2200	www.linfield.edu
Marylhurst College	17600 Pacific Hwy PO Box 261 Marylhurst, OR 97036 Phone: 503-636-8141	www.marylhurst.edu
Mt. Hood Community College	26000 SE Stark St Gresham, Oregon 97030 Phone: 503-491-6422	www.mhcc.cc.or.us
Multnomah University	8435 NE Glisan St Portland, Oregon 97220 Phone: 503-255-0332	www.multnomah.edu
Oregon Graduate Institute	20000 NW Walker Rd Beaverton, OR 97006 Phone: 503-748-1121	www.ogi.edu
Oregon Health Sciences University	3181 SW Sam Jackson Park Rd Portland, OR 97239-3098 Phone: 503-494-8311	www.ohsu.edu
Oregon State University	Corvallis, OR 97331-4501 Phone: 541-737-1000	www.oregonstate.edu
Pacific Northwest College of Art (PNCA)	1241 NW Johnson St Portland, OR 97209 Phone: 503-226-4391	www.pnca.edu



RESOURCES GALORE

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



RESOURCES GALORE

Agency	Contact Info	Additional Information
Employment Services: Adults		
Beehive	www.thebeehive.org	Website designed to provide information on matters such as money, health, and jobs.
Better People	4310 NE Martin Luther King Jr Blvd Portland, OR 97211 Phone: 503-281-2263	Helps people with legal histories find and retain jobs. Recently released and current parole participants can access classes on interviewing and job application preparation.
Central City Concern Employment Access Center	2 NW 2nd Ave Portland, OR 97209 Phone: 503-226-7387	Provides employment workshops, job resource center, job announcements, training services, employment-related housing and veterans' services. www.centralcityconcern.org
City Concern Jobs Program	2 NW 2nd Portland, OR 97030 Phone: 503-281-2663	Educational classes and job readiness for those recovering from drugs or alcohol.
Clackamas Community College Career Center	Phone: 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 Phone: 503-282-7973	Employment and training services for ages 14-senior.
Confederated Tribes of Siletz	12790 SE Stark St Suite 102 Portland, OR 97233 Phone: 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.



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RESOURCES GALORE

Agency	Contact Info	Additional Information
Employment Services: Adults		
Easter Seals Latino Connection Program	4134 N Vancouver Ave Suite 300C Portland, OR 97217 Phone: 503-335-6161	Vocational rehabilitation services, including employment for Latinos with disabilities. Also ESL and computer classes in Spanish, job placement, translation and interpretation services, resume and interview workshops, information and referral. www.or.easterseals.com
Employment Department	Hillsboro Phone: 503-681-0219 Beaverton Phone: 503-644-1229 Gresham Phone: 503-669-7713 Downtown Phone: 503-791-4139	www.employment.oregon.gov
Goal Post Housing Authority	6443 N Lombard Portland, OR 97203 Phone: 503-240-5600	One-stop employment center, computer lab, GOALS program.
Gresham Employment Office	19421 SE Stark Portland, OR 97233 Phone: 503-669-7112	Employment services, job listings, job search assistance.
Job Corps	1130 SW Morrison St Suite 240 Portland, OR 97205 Phone: 503-326-6800	Open Monday-Friday, 8:00am-5:00pm. Vocational, educational, and employment skills training for low-income youth (ages 16-24). www.jobcorps.org
Labor Ready	12641 SE Division St Portland, OR Phone: 1-800-245-2267	www.laborready.com
Northeast Urban League One-Stop Career Center	3034 MLK Blvd Portland, OR 97212 Phone: 503-241-4644	One-stop employment center and youth opportunity center.
Oregon City Employment Office	506 High St PO Box 2170 Oregon City, OR 97045 Phone: 503-657-2071	Employment services, job listings, job search assistance, resume writing classes, job corps, and vocational rehabilitation.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Employment Services: Adults		
PCC Metro One-Stop	5600 NE 42nd Ave Portland, OR 97218 Phone: 503-943-2283	One-stop employment center.
Portland Employment Office	North Portland: 30 N Webster Suite E Portland, OR 97217 Phone: 503-280-6046	Employment services, job listings, job search assistance.
Portland Habilitation Center	5312 NE 148th Portland, OR 97230 Phone: 503-261-1266	Job assistance for people with disabilities.
SE Works	6927 SE Foster Portland, OR 97206 Phone: 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 Phone: 503-256-0432	www.mhcc.cc.or.us
Vocation Rehabilitative Services	East Portland (102nd & Burnside) Phone: 503-257-4412 Central Portland (39th & Powell) Phone: 503-731-3210	Job assistance for people with disabilities.
Workforce Alliance	18624 NW Walker Rd Beaverton, OR 97006 Phone: 503-533-2713	One-stop employment center in Washington County.
Workforce Connections (MHCC)	4510 NE 102nd Ave Portland, OR 97220 Phone: 503-252-0758	One-stop employment center. www.1stop.org
WorkSource Clackamas (formerly Clackamas One Stop)	506 High St Oregon City, OR 97045 Phone: 971-673-6400	www.worksourceclackamas.org
WorkSource Portland Metro Beaverton/ Hillsboro	241 SW Edgeway Dr Beaverton, OR 97006 Phone: 503-526-2700	
WorkSource Portland Metro Tualatin	7995 SW Mohawk St Tualatin, OR 97062 Phone: 503-612-4240	Formerly Beaverton Employment Office.



RESOURCES GALORE

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



RESOURCES GALORE

Agency	Contact Info	Additional Information
Financial Assistance		
Community Action Program	421 SW Oak St Suite 200 Portland, OR Phone: 503-988-6295	Free weatherization services for low-income families. Must be Multnomah County residents. www.co.multnomah.or.us
Community Energy Project	422 NE Alberta Portland, OR 97211 Phone: 503-284-6827	www.communityenergyproject.org
Consumer Credit Counseling	9955 SE Washington St Portland, OR Phone: 503-253-5115	Consumer counseling and consolidation program for a fee.
Energy Office	721 NW 9th Ave Suite 350 Portland, OR 97209 Phone: 503-823-7222	Block-by-block weatherization program. Must live in Portland. Need insulation and must meet certain income guidelines. www.sustainableportland.org
Francis Center	6535 SE 82nd Portland, OR Phone: 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.
Human Solutions	12350 SE Powell Blvd Portland, OR 97236 Phone: 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 leave a message.
Impact Northwest	10055 E Burnside St Portland, OR 97216 Phone: 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.
IRCO (Immigrant and Refugee Community Organization)	10301 NE Glisan St Portland, OR 97220 Phone: 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.
Native American Rehabilitation Association	1776 SW Madison St Portland, OR 97205 Phone: 503-224-1044	Serves Multnomah County and the Native American community. Information and referral to community resources available. Walk-ins welcome.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Financial Assistance		
Neighborhood House	7780 SW Capital Hwy Portland, OR 97219 Phone: 503-246-1663	Emergency assistance for 5-day shut-off notices. Must live in Multnomah County.
Oregon Telephone Assistance Program	Phone: 1-800-848-4442	If you receive food stamps, OHP or SSI, you qualify for up to \$13.50 each month off your telephone bill. Call to receive application and more information. www.rspf.org
Rebuilding Together	12555 SW 4th Street Beaverton, OR 97005 Phone: 503-644-4544	Non-profit housing rehabilitation organization repairs and rehabilitates the houses of low-income homeowners in Washington County. Preference is given to elderly, disabled and families with dependent children. Work is performed free of charge. Applications are available by calling the office or at local libraries, senior centers and disability service providers.
Salvation Army	1712 NE Sandy Blvd Portland, OR 97232 Phone: 503-239-1267	Serves Multnomah County residents in certain zip codes. Offers food boxes, water discount program and energy assistance. Must meet income requirements.
Scottish Rite	709 SW 15th Ave Portland, OR 97205 Phone: 503-228-9405	Limited assistance with medical bills. Call for information.
Self Enhancement Inc. (SEI)	3920 N Kerby Portland, OR 97227 Phone: 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.
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 and energy assistance, and counseling.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Financial Assistance		
SnowCAP	17805 SE Stark Portland, OR 97216 Phone: 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.
St. Vincent de Paul	3601 SE 27th Portland, OR 97202 Phone: 503-235-8431	Serves Multnomah County residents. Water/sewer, gas and electric assistance as funding is available. Please call first.
YWCA Housing Enrichment Resources	4620 N Maryland Portland, OR 97217 Phone: 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
Food Assistance and Information		
General Assistance		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Amvets	3214 SE 50th Portland, OR 97206 Phone: 503-777-6677	Food bank for honorably discharged veterans. Open Monday-Friday, 7:00am-3:30pm.
Beaverton Family Resource Center	16550 SW Merlo Rd # 1 Beaverton, OR 97006 Phone: 503-649-0367	Provides information and referral services for families in Beaverton.
Blanchet House	340 NW Glisan Portland, OR 97209 Phone: 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.
Brigid's Table (Sts. Peter and Paul Episcopal Church)	2828 NE Alberta Portland, OR 97211 Phone: 503-282-7973	Hot meals available Wednesday evenings at 6:00pm. www.stspeterandpaulepiscopal.org
Childs' Path: The Healthy Kids and Seniors Program	1712 NE Sandy Portland, OR 97232 Phone: 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.
Christ Community Ministries	2627 NE MLK Blvd Portland, OR 97212 Phone: 503-282-7683	Food assistance for all populations. Open Monday, Wednesday, and Friday, 11:00am-3:00pm.
Church of St. Michael the Archangel	4242 SW Mill Portland, OR 97201 Phone: 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.
Clackamas Service Center	8800 SE 80th Ave Clackamas, OR 97206 Phone: 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
Food Assistance and Information		
Downtown Catholic Chapel	601 W Burnside Portland, OR 97209 Phone: 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.
Esther's Pantry	2761 NE Halsey St Portland, OR 97232 Phone: 503-493-2222	Open Tuesday and Thursday 5:00pm-7:00pm and Sunday 1:00pm-3:00pm. Food bank for those disabled by AIDS.
First Baptist Church	909 SW 11th Ave Portland, OR 97205 Phone: 503-228-7645	Food boxes available on Monday & Tuesday, 10:30am-2:00pm. Need photo ID, birth certificate or health card.
First Presbyterian Church Food Box Ministry	522 SW 13th Ave Portland, OR 97205 Phone: 503-916-4009	Limited emergency assistance. Up to 3-day food supply. Available one time per month. Must have agency referral.
Fish Emergency	1335 SE Hawthorne Portland, OR 97214 Phone: 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.
Food Stamp Offices (DHS Self-Sufficiency)	1425 NE Irving St Suite 400 Portland, OR Phone: 503-731-3111	Call ahead to find out application procedures and office locations.
Francis Center	6535 SE 82nd Ave Portland, OR 97265 Phone: 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.
Friendly House	1808 NW Irving Portland, OR 97209 Phone: 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
Food Assistance and Information		
Generous Ventures	8830 SE Woodstock Portland, OR 97206 Phone: 503-788-0209	Food recovery program for low income, elderly and disabled. Call for more information.
Good Samaritan Center	8307 N Ivanhoe Portland, OR 97203 Phone: 503-289-1255	One food box per month. Open Monday & Thursday, 1:00pm-3:00pm.
Heartwork Ministries (Richmond Community Church)	3941 SE Division Portland, OR 97202 Phone: 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."
Hillsboro Family Resource Center	222 NE 6th Ave Hillsboro, OR 97124 Phone: 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 Phone: 503-659-4483	Food boxes available on Thursdays 10:00am-1:00pm. Bring ID.
Impact Northwest	10055 E Burnside St Portland, OR 97216 Phone: 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.
Molalla Service Center	412 S Swiegle Ave Molalla, OR 97038 Phone: 503-829-5561	Emergency food for low-income residents of Clackamas County.
Nazarene Ministry of Help	5805 SE Gladstone Portland, OR 97206 Phone: 503-777-9039	Produce available on the 4th Thursday of every month at 10:00am.
Neighborhood House	7780 SW Capitol Hwy Portland, OR 97219 Phone: 503-246-1663	Food boxes available. Call for hours. Need ID and proof of address.
New Hope Baptist Church	3836 N Gantenbein Portland, OR 97227 Phone: 503-281-0163	Harvest share produce 3rd and 4th Wednesdays, 9:00am-3:00pm.
Northeast Emergency Food Program (EMO)	1912 NE Killingsworth Portland, OR 97211 Phone: 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
Food Assistance and Information		
Oregon Food Bank	Phone: 503-282-0555	Emergency food assistance. Information about Community Basket supplemental food and free produce days. www.oregonfoodbank.org
Ortiz Family Center	6736 NE Killingsworth Portland, OR 97218 Phone: 503-988-4119	Food bags available third Tuesday of each month at 10:00am. First come, first served.
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 Adventists	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.



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RESOURCES GALORE

Agency	Contact Info	Additional Information
Food Assistance and Information		
Snow CAP at Rockwood Methodist Church	17805 SE Stark Portland, OR 97233 Phone: 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.
St. Andrews Church	4919 NE 9th Ave Portland, OR 97211 Phone: 503-281-1005	Call first. Must live in church neighborhood.
St. Vincent de Paul Social Services Department	2740 SE Powell Portland, OR 97202 Phone: 503-235-8431	Food available. Need ID and current mailing address.
Sunset Presbyterian Church	14986 NW Cornell Rd Portland, OR 97229 Phone: 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.
Sunshine Division	687 N Thompson St Portland, OR 97227 Phone: 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.
Transition Projects, Inc.	650 NW Irving Portland, OR 97209 Phone: 503-280-4700	Food box vouchers available once every thirty days. Must have proof of downtown address. www.tprojects.org
Tualatin Valley Gleaners	925 SW Baseline Hillsboro, OR 97123 Phone: 503-640-0903	Members pick food from fields and orchards and collect food/non-food items donated by stores, markets, and Oregon Food Bank. www.tvgleaners.org
Union Gospel Mission	222 NW Couch Portland, OR 97209 Phone: 503-228-0319	Sack lunches Monday-Friday at 9:00am. Dinner at 7:00pm.
We Care Outreach (Parkrose Deliverance Tabernacle)	5740 NE Portland Hwy Portland, OR 97218 Phone: 503-287-5796	www.parkrosetabernacle.org
WIC	426 SE Stark Portland, OR 97204 Phone: 503-731-4022	Branches throughout Metro area. Provides supplemental nutrition program for women, infants and children.



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RESOURCES GALORE

Agency	Contact Info	Additional Information
Food Assistance and Information		
William Temple House	2023 NW Hoyt Portland, OR 97209 Phone: 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.
Food: Meals		
All Saints Episcopal Church	4022 SE Woodstock Portland, OR 97202 Phone: 503-777-3829	Serves lunch at 11:15am on Saturdays.
Blanchet House	340 NW Glisan Portland, OR 97209 Phone: 503-226-3911	Open Monday-Saturday. Breakfast 6:00am-7:30am; lunch 11:30am-12:30pm; dinner 5:00pm-6:00pm.
City Team Ministries	526 E Grand Portland, OR 97214 Phone: 503-231-9334	Lunch 11:00am and dinner 6:00pm Monday through Saturday. Some clothing also available.
First Baptist Church	909 SW 11th Ave Portland, OR 97205 Phone: 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.
Food Not Bombs	Burnside Bridge Park or NW Park and Couch	Dinner at 5:30pm on Thursdays and Fridays.
Loaves and Fishes Central Office	7710 SW 31st Ave Portland, OR 97280 Phone: 503-736-6325	All locations offer group meals and Meals on Wheels to seniors 60 or over.
Portland Rescue Mission	111 W Burnside Portland, OR 97209 Phone: 503-227-0859	Breakfast at 7:30am and dinner at 6:00pm, Sunday-Friday.
St. Francis Dining Hall	330 SE 11th Portland, OR 97214 Phone: 503-234-2028	Meals offered Monday-Friday at 5:00pm and Sunday at 3:30pm.
Sunnyside Methodist Church	3520 SE Yamhill Portland, OR 97214 Phone: 503-235-8726	Dinners served Wednesdays 6:00pm-7:30pm. Coffee House on Fridays 6:00pm-9:30pm. Bible study is included.
Union Gospel Mission	222 NW Couch Portland, OR 97209 Phone: 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
Hearing and Vision Resources		
Hearing Resources		
American Tinnitus Association	65 SW Yamhill St Suite 200 Portland, OR 97204 Phone: 503-248-9985	Information and referral and educational materials. Healthcare provider referral service. Assistance for patients who are unable to afford services. Fees vary.
Child Development and Rehabilitation Center (CDRC)	707 SW Gaines Rd Portland, OR 97201 Phone: 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.
Columbia Regional Program	833 NE 74th Ave Portland, OR 97213 Phone: 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.
Elks Children's Eye Clinic	3375 SW Terwilliger Portland, OR 97239 Phone: 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.
Hearing and Speech Institute	3515 SW US Veterans Hospital Road Portland, OR 97239 Phone: 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.
Oregon Scottish Rite Clinics	2828 NE Alberta Portland, OR 97211 Phone: 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.



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Agency	Contact Info	Additional Information
Hearing and Vision Resources		
Professional Interpretation Services	421 SW 6th Ave Suite 1150 Portland, OR 97204 Phone: 503-241-9756	Sign language interpretation, 24 hours a day. Fees vary.
Providence Neurodevelopmental Center for Children	3510 NE 122nd Ave Suite 101 Portland, OR 97230 Phone: 503-215-2233	Provides physical, occupational and speech therapies, feeding and nutrition services, audiology, and neurodevelopmental assessments. Fees vary.
PSU Speech and Hearing Clinic	724 SW Harrison Portland, OR 97201 Phone: 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.
Self Help for Hard of Hearing	1015 NW 22nd Ave Suite 300 Portland, OR 97210 Phone: 503-413-7348	Support group offers information sharing and peer support group. Call for meeting locations.
Tucker-Maxon Oral School	2860 SE Holgate Blvd Portland, OR 97202 Phone: 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.
Vision Resources		
Casey Eye Institute	3375 SW Terwilliger Portland, OR 97239 Phone: 503-494-3000	Adults: No vision exams, OHP accepted, no discount for eye exams. Children: OHP accepted with medical reason.
Columbia Regional Program-Vision Service	531 SE 14th Portland, OR 97214 Phone: 503-916-5840	Teachers for visually impaired, parent/teacher training, large print and Braille books provided. Serves birth-21 years.
Commission for the Blind	535 SE 12th Ave Portland, OR 97214 Phone: 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
Hearing and Vision Resources		
Deavers Memorial Eye Clinic	1040 NW 22nd Ave Suite N168 Portland, OR 97210 Phone: 503-413-7022	Eye exams, referrals, treatment programs, eye surgery. No eyeglasses. Serves children 6 years and older.
Family Vision Center	511 SW 10th 5th Floor Portland, OR 97205 Phone: 503-224-2323	General vision care. Free vision screenings for all ages. Exams and lens prescriptions. Sliding scale.
Independent Living Resources	2410 SE 11th Ave Portland, OR 97214 Phone: 503-232-7411	Serving people with disabilities. Provides transcription services, Braille and audio cassette recording. Most services are free or have a minimum charge.
Oregon Lions Sight and Hearing Foundation	1410 SW Morrison Portland, OR 97205 Phone: 503-827-6952	Free eyeglasses and hearing aids, eye and ear surgeries available. Referrals to specialists. Assist non-citizens too. Uninsured only.
Pacific University	5329 NE MLK Blvd Portland, OR 97211 Phone: 503-988-3821	Full service optical. Sliding fee. Interpreters available. Accept open cards, Care Oregon, and Medicare.
Pacific University SE Family Vision	3653 SE 34th Ave Portland, OR 97202 Phone: 503-988-3506	Full service optical. Sliding fee. Have some glasses available. Will refer low-income & uninsured to ophthalmologist. Free glaucoma testing.
Vision Aid Services	6032 SE Pardee St Portland, OR 97206 Phone: 503-775-8812	Vision aid for legally blind and visually impaired persons. Assessments, consultations, selections, training and referrals.
Zenni Optical	27 Sunny Oaks Dr. San Rafael, CA 94903 Phone: 1-800-211-2105	Affordable eyeglasses available with a prescription for corrective eyeglass lenses and your pupillary distance (PD) information. www.zennioptical.com



RESOURCES GALORE

Agency	Contact Info	Additional Information
Homeless Resources & Shelters		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Can We Help? (A Ministry of Father's House Church)	633 SW Montgomery St Portland, OR 97201 Phone: 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. www.canwehelp-you.com
Dignity Village	9401 NE Sunderland Ave Portland, OR 97211 Phone: 503-803-1348	Community for homeless persons. www.dignityvillage.org
Street Roots	1231 SW Morrison Portland, OR 97205 Phone: 503-443-6084	Newspaper sold by homeless persons.
Family Shelters		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Community Action Family Shelter	210 SE 12th Hillsboro, OR Phone: 503-640-3263	Shelter for families with children.
Good Neighbor Center	11130 SW Greenburg Rd Tigard, OR 97223 Phone: 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.
Interfaith Hospitality Network	Hillsboro Phone: 503-844-2919	Men or women with children in Washington County.
My Father's House	Address is confidential Phone: 503-492-3046	A family shelter. Office hours: Tuesday-Friday 9:00am-5:00pm.
Metro East Portland	Various host churches Phone: 503-256-2340	A family shelter. Office hours: Monday-Friday 9:00am-3:00pm.
Northwest Fair Housing	Annie Ross House Phone: 503-654-1007	Family shelter serving Clackamas County. Call Clackamas County Social Services to get on a waiting list. Waiting List: 503-655-8861



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RESOURCES GALORE

Agency	Contact Info	Additional Information
Homeless Resources & Shelters		
Single Adult Shelters		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
After Hours Emergency Food & Shelter Line	Help Line: 503-525-6400	Monday-Friday, 4:00pm-9:00am.
Bridgeview Community	707 NW Everett Portland, OR 97209 Phone: 503-222-4906	Housing for adults with severe mental illness. Case management required.
Cascade AIDS Project (CAP)	620 SW 5th Ave Suite 300 Portland, OR 97204 Phone: 503-223-5907	Community services, case management, and medical care available to those who are HIV+ who meet eligibility requirements. Call for intake.
City Team Ministries	526 SE Grand Portland, OR 97214 Phone: 503-231-9334	Men only. TB card and sobriety required.
Danmoore Hotel	1217 SE Morrison Portland, OR 97205 Phone: 503-227-1243	Housing for men and women in alcohol and drug treatment.
Door of Hope	30 SW 2nd Portland, OR 97204 Phone: 503-239-1259	Housing for homeless women with children. Alcohol and drug treatment available.
Elizabeth House	4055 SE Salmon Portland, OR 97214 Phone: 503-236-7235	Transitional housing for pregnant women ages 14-22. A program of Catholic Charities.
JOIN	1435 NE 81st Ave Suite 100 Portland, OR 97213 Phone: 503-232-2031	Homeless outreach. Barter system for services, such as showers and locker facilities. Office open 10:00am-3:00pm.
Northwest Pilot Project	1430 SW Broadway Suite 200 Portland, OR 97201 Phone: 503-227-5605	Housing for people 55 years and over. No minor children.
Outreach Ministries	203 NW 3rd Portland, OR 97209 Phone: 503-225-0590	Open Monday-Friday, 1:00pm-3:00pm. Clothing, coffee and hygiene items available.
Portland Rescue Mission	111 W Burnside Portland, OR 97209 Phone: 503-227-0421	Sober men only. TB card/church service required.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Homeless Resources & Shelters		
Rose Haven	116 NW 3rd Portland, OR 97209 Phone: 503-248-6364	Resource counseling, nurse practitioner, clothing, and food available to women and children.
Royal Palm	310 NW Flanders Portland, OR 97209 Phone: 503-827-3949	Those with mental illness only. Facility accommodates 10 men and 10 women.
Salvation Army Female Emergency Shelter (SAFES)	11 NW 5th Ave Portland, OR 97209 Phone: 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.
Share Emergency Housing	1115 W 13th St Vancouver, WA 98660 Phone: 360-695-7658	Men's shelter. 7:00am check-in.
Shepherd's Door	13207 NE Halsey Portland, OR 97230 Phone: 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.
St. Francis	330 SE 11th Portland, OR 97214 Phone: 503-232-5880	Showers available Monday-Thursday, 1:00pm-3:30pm.
Transition Projects, Inc.	650 NW Irving Portland, OR 97209 Phone: 503-280-4700	Shelters for adult men and women (waitlist). Showers, phone messages, mail, clothes, hygiene items, laundry vouchers and ID assistance available at community service center.
West Women & Children Shelter	2010 NW Kearney Portland, OR 97209 Phone: 503-239-1254	24-hour shelter. No fee under income guidelines.



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RESOURCES GALORE

Agency	Contact Info	Additional Information
Homeless Resources & Shelters		
Winter Shelters (open approximately November-March)		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Goose Hollow Shelter	Phone: 503-721-1500	Couples and families of at least two. TB card required. Call for more information.
Safe Haven (YWCA)	4610 N Maryland Portland, OR 97217 Phone: 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.
Salvation Army Door of Hope	Phone: 503-721-1500	Accepts homeless women and children. Male parent housed separately. Call for more information.
Sunnyside Church Shelter	Phone: 503-235-8726	Accepts homeless families. Call for more information.
Youth Shelters		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Access Center (Janus Youth)	314 SW 9th Ave Portland, OR 97205 Phone: 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.
Harry's Mother	738 NE Davis Portland, OR 97232 Phone: 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.



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Agency	Contact Info	Additional Information
Homeless Resources & Shelters		
National Runaway Switchboard	Phone: 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.
New Avenues for Youth	812 SW 10th Portland, OR 97205 Phone: 503-224-4339	Day services provided, transitional housing, education program, and case management for ages 12-21.
Outside In	1132 SW 13th Portland, OR 97205 Phone: 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.
Reception Center (Janus Youth)	738 NE Davis Portland, OR Phone: 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.
Street Light Youth Shelter	314 SW 9th Ave Portland, OR 97205 Phone: 503-224-5988	Shelter for individuals 20 or younger. Shelter residents must have case manager assigned to them.



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Agency	Contact Info	Additional Information
Housing Services		
Permanent Housing		
Albina Ministerial Alliance	4867 NE MLK Blvd Portland, OR 97211 Phone: 503-285-0493	Housing assistance that may have a waiting list. Based on income.
Banyan Tree	4565 SW 185th Ave Aloha, OR 97007 Phone: 503-591-9280	Located in Aloha. Housing for people with severe mental illness who are incapable of living on their own.
Clackamas County Community Development Division	2051 Kaen Rd Oregon City, OR 97045 Phone: 503-655-8591	Home rehabilitation loan programs in Clackamas County. www.clackamas.us.cd
Clackamas County Social Services Community Action Agency	2828 NE Alberta Portland, OR 97211 Phone: 503-282-7973	Fair housing information and referral in Clackamas County. Deals with housing discrimination, landlord/tenant issues, emergency shelter, and low-cost housing.
Community Alliance of Tenants (CAT)	2710 NE 14th Portland, OR 97212 Phone: 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.
Directory of Assisted Housing	Phone: 503-326-2788	Directory of HUD housing in Clackamas, Multnomah and Washington Counties.
Ecumenical Ministries of Oregon	2906 NE Glisan Portland, OR 97232 Phone: 503-225-9924	Shared housing program.
Friendly House	1808 NW Irving Portland, OR 97209 Phone: 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.
Habitat for Humanity	1478 NE Killingsworth Portland, OR 97211 Phone: 503-287-9529	Income guidelines. Applicants must be willing to work 500 hours.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Housing Services		
Hacienda CDC (Community Development Corp)	5136 NE 42nd Ave Portland, OR 97218 Phone: 503-595-2111	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. www.haciendacdc.org
Housing Authority of Clackamas County	13930 S Gain St Oregon City, OR 97045 Phone: 503-655-8267	Subsidized rental housing in Clackamas County.
Housing Authority of Portland (HAP) Section 8 Housing	135 SW Ash Portland, OR 97204 Phone: 503-802-8300	Office opens for applications only at 7:30am. www.hapdx.org
Housing Authority of Washington County	111 NE Lincoln St Suite 200-L Hillsboro, OR 97124 Phone: 503-693-4794	www.co.washington.or.us/housing
Housing Connections	Phone: 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. www.housingconnections.org
Human Solutions	12350 SE Powell Blvd Portland, OR 97236 Phone: 503-548-0200	Transitional housing for families. Please call for appointment and information.
Impact Northwest	10055 E Burnside St Portland, OR 97216 Phone: 503-988-6000	May have a waiting list for rental assistance. Eligibility based on income.
Independence Property Management	5312 NE 148th Ave Portland, OR 97230 Phone: 503-232-6308	Open 8:00am-5:00pm, Monday-Friday. Provides lists of available Section 8 and low-income housing.
Innovative Housing, Inc.	219 NW 2nd Ave Portland, OR 97209 Phone: 503-226-4368	www.innovativehousinginc.com



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Agency	Contact Info	Additional Information
Housing Services		
Northwest Pilot Project	1430 SW Broadway Portland, OR 97201 Phone: 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.
OSTA	Phone: 1-800-423-9371	Mobile home owner assistance number.
Patton Home	North Portland Phone: 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.
Peninsula Community Development Corporation	8525 N Lombard St Suite 203 Portland, OR 97203 Phone: 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.
Portland Community Reinvestment Initiatives, Inc. (PCRI)	4829 NE MLK Blvd Portland, OR 97211 Phone: 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. www.pcrihome.org
Proud Ground	5288 N Interstate Ave Portland, OR 97217 Phone: 503-493-0293	Formerly Portland Community Land Trust. Provides affordably priced homes for first-time homebuyers of low or moderate income families or individuals. www.proudground.org
REACH Community Development	1135 SE Salmon Portland, OR 97214 Phone: 503-231-0682	Low income housing available; waiting list for 6-12 months.



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Agency	Contact Info	Additional Information
Housing Services		
Rose Community	5215 SE Duke Portland, OR 97206 Phone: 503-788-8052	Rentals and homes for sale in SE Portland.
Shared Housing	1819 NW Everett Portland, OR 97209 Phone: 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.
St. Vincent de Paul	3601 SE 27th Ave Portland, OR 97202 Phone: 503-595-2288	Occasionally have funds to assist with emergency housing or rental assistance.
Transition Projects, Inc.	650 NW Irving Portland, OR 97209 Phone: 503-280-4700	Provides rental assistance for single people who are homeless or at risk of homelessness. www.tprojects.com
Transitional Housing		
Aging and Disability Services of Multnomah County	421 SW Oak St Suite 510 Portland, OR 97204 Phone: 503-988-3620	Serves people with disabilities and senior citizens. Offers rental assistance, shelter services, basic furniture, and move-in costs.
Albina Ministerial Alliance	4867 NE MLK Blvd Portland, OR 97211 Phone: 503-285-0493	Provides resources such as housing, utilities and food to families with children.
Better People	4310 NE Martin Luther King Jr Blvd Portland, OR 97211 Phone: 503-281-2263	Housing for women transitioning out of prison system.
Cascade AIDS Project (CAP)	620 SW 5th Ave Suite 300 Portland, OR 97204 Phone: 503-223-5907	Assists people with HIV+ status with appropriate documentation.
Cascadia Bridgeview Community	707 NW Everett Portland, OR 97209 Phone: 503-222-4906	Serves adults with severe mental illness.
Cascadia Royal Palm	310 NW Flanders Portland, OR 97209 Phone: 503-827-3949	Serves mentally ill in 30 single-room occupancy units.
Central City Concern	232 NW 6th Ave Portland, OR 97209 Phone: 503-294-1681	Located in Old Town/Downtown Portland. Subsidized and non-subsidized housing.



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RESOURCES GALORE

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



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Agency	Contact Info	Additional Information
Housing Services		
Neighborhood House	7780 SW Capitol Hwy Portland, OR 97219 Phone: 503-245-2819	Provides referrals for resources in SW Portland such as housing, rental assistance, and utilities. Assists with emergency needs for homeless.
Northwest Housing Alternatives	2316 SE Willard Street Milwaukie, OR 97222 Phone: 503-654-1007	
Northwest Pilot Project	1430 SW Broadway Portland, OR 97201 Phone: 503-227-5605	Serves homeless seniors 55 and over.
Oxford Houses	Phone: 503-244-7890 x 213	Call for more information.
Safety Net	Phone: 503-233-9779	Fresh Start Program for individuals with any barriers to housing in Multnomah County.
Tillamook Community Corrections	Phone: 503-842-3422	Fresh Start Program for individuals with any barriers to housing in Multnomah County.
TOPS Programs/YWCA	Phone: 503-297-7424	Housing for women transitioning out of prison system.
Transition Projects, Inc.	650 NW Irving Portland, OR 97209 Phone: 503-280-4700	Separate shelters for men & women (6-12 week wait). Men can be housed up to 4 months, women up to 11 months. www.tprojects.org
Unity, Inc.	Phone: 503-273-8433	Fresh Start Program for individuals with any barriers to housing in Multnomah County.
Women's Drug Fee Housing	200 SE 7th Portland, OR 97214	Women on probation or parole. Women can stay up to 9 months.
YWCA	Phone: 503-294-7400	Fresh Start Program for individuals with any barriers to housing in Multnomah County.



Monica Parmley, LCSW

RESOURCES GALORE

Agency	Contact Info	Additional Information
Legal Services		
Child Support Information		
Legal Aid Child Support Helpline	Phone: 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.
State of Oregon Division of Child Support/ Portland	Phone: 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.
Support Enforcement Division	<p>Multnomah County DA: 1120 SW 5th Suite 1530 Portland, OR 97204 Phone: 503-988-3150</p> <p>Clackamas County DA: 619 Madison Suite 106 Oregon City, OR Phone: 503-655-8469</p> <p>Washington County DA: 150 N 1st Ave Hillsboro, OR Phone: 503-846-8759</p>	\$1.00 processing fee; offers services such as establishing paternity, support orders, and enforcement of orders.
Supportkids	Phone: 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.



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Agency	Contact Info	Additional Information
Legal Services		
Court Information		
Clackamas County Courthouse	807 Main St Oregon City, OR 97045 Phone: 503-655-2455	
Clark County Courthouse	120 Franklin Vancouver, WA Phone: 360-397-2292	
Multnomah County Courthouse	2828 NE Alberta Portland, OR 97211 Phone: 503-282-7973	Family Court self-help center. Open Monday-Friday, 8:00am-5:00pm.
Washington County Courthouse	150 N First Ave Hillsboro, OR 97124 Phone: 503-846-8888	
Immigration Information		
Catholic Charities Immigration Services	901 SE Oak St Suite 105 Portland, OR 97214 Phone: 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.
Immigration Counseling Services	519 SW Park Ave Suite 610 Portland, OR 97205 Phone: 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.
Lesbian/Gay Immigration Rights Task Force	PO Box 12526 Portland, OR 97212 Phone: 503-471-1568	Immigrants, attorneys, and activists address widespread discriminatory impact of immigration laws on the lives of GLBTQ individuals.
Lutheran Community Services Immigration Counseling and Advocacy Program (ICAP)	605 SE 39th Ave Portland, OR 97214 Phone: 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.
SOAR (Sponsors Organized to Assist Refugees)	2906 NE Glisan Portland, OR Phone: 503-284-3002	Open Monday-Friday, 8:30am-5:00pm. Refugee resettlement and immigration services.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Legal Services		
Jail Information		
Clackamas County Jail	Phone: 503-655-8331 x7449 After 5pm: 503-655-8218	
Clark County Jail	Phone: 360-397-2211 x4201	
Multnomah County Jail	Phone: 503-988-3689	
Washington County Jail	Phone: 503-846-2600	
Juvenile Justice Information		
Attorneys for Youth	Phone: 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.
Clackamas County Juvenile Justice	2121 Kaen Rd Oregon City, OR Phone: 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.
Family Court Services	704 Main St Suite 200 Oregon City, OR Phone: 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.
Juvenile Rights Project (JRP)	123 NE 3rd Suite 310 Portland, OR Phone: 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.
Lawyer Referral Services	Phone: 503-684-3763	Problem Solvers Program provides free legal counseling for youth (ages 7-11) in exchange for volunteer community service.



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Agency	Contact Info	Additional Information
Legal Services		
Multnomah County Juvenile Justice	1401 NE 68th Portland, OR Phone: 503-988-3475	Information and referrals for parents of juveniles who have entered the legal system. Open 8:00am-6:00pm. Spanish speakers available.
Washington County Juvenile Justice	222 N 1st Ave Hillsboro, OR Phone: 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.
General Legal Information		
American Civil Liberties Union	Phone: 503-227-3186	www.aclu-or.org
Bureau of Indian Affairs	1849 C Street NE MS 4603 Washington, D.C. 20240 Phone: 202-208-2721	http://www.doi.gov/bia
CASA for Children, Inc.	1401 NE 68th Ave Portland, OR 97213 Phone: 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.
Children's Representation Project	Phone: 503-988-3060	Attorneys are appointed by the court to represent children involved in custody disputes in Multnomah County.
Clackamas County Legal Aid	421 High St Suite 110 Oregon City, OR Phone: 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.
Clark County Domestic Issues Facilitator	707 W 13th St Vancouver, WA	Walk-ins welcome 8:30am-12:00pm. 1:00-pm-4:20pm by appointment only.
CLEAR Legal Advice & Referral	Phone: 1-888-201-1014	Free telephone advice and referrals for low income WA state residents with non-criminal matters.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Legal Services		
Community Alliance of Tenants (CAT)	2710 NE 14th Portland, OR 97212 Phone: 503-460-9702	Advocacy in landlord/tenant issues.
Court Care	Phone: 503-988-4334	Open Monday-Friday, 8:00am-5:00pm. Childcare provided.
East Metro Mediation	1333 NW Eastman Gresham, OR 97030 Phone: 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.
Fair Housing Council of Oregon	1020 SW Taylor St Suite 700 Portland, OR 97205 Phone: 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.
Federal Eviction Information	1021 SW 4th Portland, OR Phone: 503-988-3022	
Legal Aid Welfare Rights Hotlines	Multnomah and Washington Counties: Phone: 503-241-4111 Clackamas County: Phone: 503-655-2518 Statewide Hotline: 1-800-520-5292 Family Law Hotline: 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.
Lewis and Clark Legal Clinic	310 SW 4th Suite 1018 Portland, OR Phone: 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.
Metropolitan Public Defenders	Phone: 503-225-9100	Attorney on duty Monday-Friday to answer general questions.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Legal Services		
Multnomah County Domestic Violence Advice Line	Phone: 503-299-6101	Legal consultation for domestic violence survivors.
Multnomah County Family Law Self-Help Center	1021 SW 4th Room 211 Portland, OR Phone: 503-988-4003	Open Monday-Friday, 8:00am-5:00pm. File restraining and stalking orders here.
Multnomah County Legal Aid	921 SW Washington Suite 500 Portland, OR 97205 Phone: 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.
Multnomah Defenders	Phone: 503-226-3083	Court appointed attorneys for low-income people charged with misdemeanors in Multnomah County.
NAPOLS (Native American Program of Oregon Legal Services)	812 SW Washington Suite 700 Portland, OR Phone: 503-223-9483	Free to low income members of an Oregon tribe.
Oregon Advocacy Center	Phone: 503-243-2081	Advice about civil rights, special education, healthcare, rights to public and private services, and guardianship and rights in care facilities. www.oradvocacy.org
Oregon Law Center	813 SW Alder Suite 500 Portland, OR 97205 Phone: 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.
Oregon Office of Homeland Security	4760 Portland Rd NE Salem, OR 97305 Phone: 503-378-4145	Criminal Justice Services Division.
Oregon State Bar	5200 SW Meadows Rd Lake Oswego, OR 97035 Phone: 503-684-3763 or 1-800-452-7636	Lawyer referral service. Modest Means Panel that uses a sliding fee based on income.
Renter's Rights Hotline	Phone: 503-288-0130	Information by phone about tenant rights. Available Monday-Thursday, 3:00pm-7:00 pm.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Legal Services		
Resolutions NW *Conflict Resolution Services*	1827 NE 44th Suite 300 Portland, OR 97213 Phone: 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 www.resolutionsnorthwest.org
SafeChoice Domestic Violence Legal Advocacy Program	Phone: 360-696-0167	Domestic violence protection order assistance.
St. Andrew's Legal Clinic/Oregon City	421 High St Suite 210 Oregon City, OR Phone: 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.
St. Andrew's Legal Clinic/Portland	807 NE Alberta Portland, OR Phone: 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.
St. Matthew Legal Clinic	232 NE Lincoln Suite H Hillsboro, OR Phone: 503-648-1600	Intakes on Wednesday evenings, \$25 for first consultation, and the hourly fee is on a sliding scale. Washington county cases only.
Stevens-Ness	916 SW 4th Ave Portland, OR 97204 Phone: 503-223-3137	Store that sells legal forms.
Stoel Rives Night Clinic	921 SW Washington Suite 500 Portland, OR 97205 Phone: 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.
SW Washington Lawyer Referral Service	Phone: 360-695-0599	Referrals to attorneys in SW Washington. Initial consultation fee \$35; hourly rates vary.
Tel-Law Legal Information Line	Phone: 503-620-3000	Recorded messages of general legal information in English, Spanish, Vietnamese, and Russian.
Tribal Law and Policy Institute	P.O. Box 460370 San Francisco, CA 94146 Phone: 415-647-1755	http://www.tribal-institute.org



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Agency	Contact Info	Additional Information
Legal Services		
Washington County Family Law Facilitator	150 N First Ave Room 102C Hillsboro, OR Phone: 503-846-2898	Open Tuesday-Friday, 8:00am-3:00pm; walk-ins welcome. Closed Mondays.
Washington County Legal Aid	230 NE 2nd Suite A Hillsboro, OR Phone: 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.
Police Information		
Clackamas County	Phone: 503-655-8211	Non-emergency police dispatch.
Clackamas County Sheriff's Domestic Violence Enhanced Response Team	Phone: 503-655-8218	DVERT Advocate: 503-723-4974
Clark County DV Intervention & Child Recovery Unit	Phone: 360-397-2108 Vancouver, WA	
County Sheriff	Multnomah County: Phone: 503-255-3600 Clackamas County: Phone: 503-655-8218 Washington County: Phone: 503-846-2700	
Gresham Police Domestic Violence Unit	Phone: 503-618-2581	Community Safety Specialist: 503-618-2454; 503-618-2237
Hillsboro Police Domestic Violence Detective	Phone: 503-681-6175	DVRC Police Advocate: 503-640-5352 ext. 311
Multnomah County	Phone: 503-823-3333	Non-emergency police dispatch.
Portland Police Domestic Violence Reduction Unit	Phone: 503-823-0992	Advocates: 503-823-0571; 503-823-0306
Washington County Non-Emergency Police	Phone: 503-629-0111	Non-emergency police dispatch.
Washington County ElderSafe Program	Phone: 503-846-6048	



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Agency	Contact Info	Additional Information
Legal Services		
Senior Information		
Elders in Action	1411 SW Morrison Suite 290 Portland, OR 97205 Phone: 503-235-5474	Advocacy, support and ombudsman services for Multnomah, Clackamas, and Washington County residents age 60 and over.
Multnomah County Aging & Disability Service Helpline	Phone: 503-988-3620	24-hour helpline.
Senior Law Project	700 SW Taylor Suite 300 Portland, OR 97205 Phone: 503-224-4086	Pro bono volunteer lawyers meet with clients age 60+ with civil legal issues.
Washington State Vulnerable Adult Abuse Reporting Hotline	Phone: 1-866-363-4276	
Victim Services Information		
Victim Assistance Clackamas County	708 Main St Oregon City, OR Phone: 503-655-8616	Provides liaison between crime victims and prosecutors. 24-hour assistance for crime victims, domestic violence and victim restraining orders.
Victim Assistance Multnomah County	1021 SW 4th Ave Room 804 Portland, OR Phone: 503-988-3222	Provides liaison between crime victims and prosecutors.
Victim Assistance Washington County	150 N First Ave Suite 300 Hillsboro, OR Phone: 503-846-8671	Provides liaison between crime victims and prosecutors.
VINE (Victim Information and Notification Everyday)	Phone: 1-877-674-8463	



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Agency	Contact Info	Additional Information
Medical and Healthcare Services		
General Information		
Advance PCS Prescription Savings Plan	Phone: 800-238-2623	Offers low prices on prescription medications. www.AdvanceRx.com
Blue Cross Blue Shield of Oregon	Phone: 888-427-0470	Members can call for information about providers, claims and coverage. www.myregence.com
Family Health Insurance Assistance Program (FHIAP)	Phone: 503-373-1656 x22006 Toll free: 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. www.ipgb.state.or.us/fhiap
Heath Finder	www.healthfinder.gov	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.
Healthy Kids	Phone: 971-634-0005	Oregon State no cost and low cost children's health insurance program. Medical, dental, vision and mental health coverage for every uninsured child under age 19. Based on a sliding scale. www.oregonhealthykids.gov
Insurance Advocacy Line	Phone: 503-947-7984 Toll free: 1-888-877-4894	Offers free help with insurance questions and complaints and assists callers in working with insurance companies.
MESD Child Health Insurance	Phone: 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.
Multnomah County Health Information and Referral Line	2828 NE Alberta Portland, OR 97211 Phone: 503-282-7973	Available Monday-Friday, 8:00am-5:00pm.



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Agency	Contact Info	Additional Information
Medical and Healthcare Services		
ODS Behavioral Health	Phone: 503-624-9382 Toll free: 1-800-799-9391	Assists members in locating in-network physicians, providers and facilities. www.odscompanies.com
Oregon Health Connect	www.oregonhealthconnect.org	Information about healthcare and health insurance in Oregon. Find public health, affordable medical services and county health departments. Learn how private health insurance works, including appeal and complaint rights. Track healthcare reform. Find programs for healthy living.
Oregon Health Plan	426 SW Stark Portland, OR Phone: 503-988-5140 Toll free: 1-800-699-9075	Eligibility Hotline.
Oregon Hospice Association	Phone: 503-228-2104	
Oregon Prescription Drug Program	Phone: 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 www.opdp.org
Poison Center	3505 SW Veterans Rd Portland, OR 97239 Phone: 503-494-8968	First aid information for poisonings and toxic substances. Located on OHSU campus. Open 24 hours.
Red Cross	Phone: 503-284-1234	Information and appointments for donors.
Starlight Children's Foundation (Oregon Chapter)	PO Box 66032 Portland, OR 97290 Phone: 503-298-3862	Improves the quality of life for children with chronic and life-threatening illnesses and life-altering injuries by providing entertainment, education and family activities that help them cope with the pain, fear and isolation of prolonged illness. www.starlight.org
Susan G. Komen for the Cure Oregon and SW Washington Affiliate	1500 SW 1st Ave Suite 270 Portland, OR 97201 Phone: 503-552-9160	Survivor resources, survivor stories, events, support groups and cancer education. www.komenoregon.org



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Agency	Contact Info	Additional Information
Medical and Healthcare Services		
Washington County Cooperative Library "Victor Kit"	www.wcccls.org	Resource for people living with cancer, mental illness, Alzheimer's, autism, difficult teens, or other challenging circumstances. Find online by searching "Victor Kit."
www.needymeds.com	P.O. Box 63716 Philadelphia, PA 19147-7516	Internet site listing special prescription coverage programs (pharmaceutical companies).
www.phrma.org		Assists people with medicines and prescriptions.
Medical Services/Providers		
Adventist Health	13435 SE 97th Ave Clackamas, OR 97015 Phone: 503-659-0880	Family practice and immediate care clinic. \$116 new patient, \$95 established patient.
Children's Community Clinic	27 NE Killingsworth St Portland, OR 97211 Phone: 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.
Coalition of Community Health Clinics	619 SW 11th Ave Suite 225 Portland, OR 97205 Phone: 503-546-4991	Medical clinics that provide free or low-cost healthcare to the uninsured. www.coalitionclinics.org
Corbett Chiropractic Clinic	4004 SW Kelly Suite 100 Portland, OR 97201 Phone: 503-223-5152	Sliding fee scale for low income and uninsured chiropractic care. Spanish-speaking staff available.
Department of Veteran Affairs	1220 SW 3rd Portland, OR 97204	Free health services for veterans. www.va.gov
Douglas Brown, RN	Phone: 503-253-6334	Accepts OHP Open Card. Limited openings on a sliding scale.
East-West College of the Healing Arts	525 NE Oregon St Portland, OR 97232 Phone: 503-231-6500	Student clinic is open to the public and offers 45 minute massages for \$25. The professional clinic offers 60 minute massages for \$50 and 90 minute massages for \$70. www.ewcha.com



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Agency	Contact Info	Additional Information
Medical and Healthcare Services		
Essential Health Clinic	266 West Main St Hillsboro, OR 97123 15296 SW Royalty Pkwy Tigard, OR 97224 Phone: 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.
Fulcrum Health Center	Phone: 503-234-7299	Andrew Bonner, ND; Kathy Dahlke, MD; Rebecca Raskin, MD have limited openings on a sliding scale.
Gresham Urgent Care	2850 E Powell Valley Rd Suite 100 Gresham, OR 97080 Phone: 503-666-5050	Urgent care only. Occupational medicine, worker's comp and motor vehicle accidents. Private insurance and uninsured, as available.
Helen Anthony Fund (Salvation Army)	1712 NE Sandy Blvd Portland, OR 97232 Phone: 503-239-1226	Free prescriptions for seniors over 60. No narcotics.
Hill Burton Program/ Emanuel Legacy Hospital	2801 N Gantenbein Portland, OR 97227 Phone: 503-413-2200	Free or sliding scale services.
Indian Health Service	1220 SW 3rd Suite 476 Portland, OR 97204	Free to tribal members. Appointment needed.
Legacy Clinic- Good Samaritan	1200 NW 23rd Portland, OR 97210 Phone: 503-413-7260	General medicine, no pediatrics or obstetrics. Open Monday-Friday, 9:00am-4:30pm.
Lifespan	421 SW Oak Suite 510 Portland, OR 97204 Phone: 503-988-4790	Free service links caregivers to respite and recreation, support groups and financial assistance. The Family Caregiver Support Program helps people who provide care for an elderly parent, family member, neighbor or friend over 60 to access payment for respite care, housework, cooking, yard work and other services. 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. www.co.multnomah.or.us/dchs/lifespan



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Agency	Contact Info	Additional Information
Medical and Healthcare Services		
Malcolm Smith, ND	Phone: 503-251-4535	Homeopathic physician with limited openings on a sliding scale.
Medical Transportation	Phone: 503-802-8700	Provides transportation to medical, counseling, and dental appointments for clients on OHP or Medicaid. Need at least one-day notice if you cannot ride the bus and 3-4 days if you can.
Mercy and Wisdom	2 NW 3rd Ave Portland, OR 97209 Phone: 503-227-1222	Complimentary nutritional, acupuncture, counseling therapies, as well as dental and vision care. Sliding scale (\$20-\$50 per visit) & reduced rate on lab work.
Molalla Health Center	Phone: 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.
Multnomah County School-Based Health Clinics	13 locations Phone: 503-988-4424	Services to youth, ages 5-20, in Multnomah County. Offer diagnosis and treatment of injuries, sports physicals, age appropriate reproductive health care, immunizations, fitness and nutrition education, mental health services, prescription medications, and referrals to outside medical providers. www.mchealth.org/sbhc
NARA NW Indian Health Clinic	15 N Morris Portland, OR 97227 Phone: 503-230-9875	Accepts Medicaid and insurance. Free to enrolled members of tribes.
National College of Naturopathic Medicine	2220 SW 1st Ave Portland, OR 97201 Phone: 503-552-1551	Low cost alternative healthcare. \$20 flat fee.
OHSU Urgent Care Center	3180 SW Sam Jackson Park Portland, OR 97201 Phone: 503-494-8311	Urgent care. OHP is accepted. No one is turned away.



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Agency	Contact Info	Additional Information
Medical and Healthcare Services		
Old Town Clinic	219 W Burnside Portland, OR 97209 Phone: 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.
Open Gate Acupuncture and Herb Clinic	1011 E Burnside Portland, OR Phone: 503-232-3857	Chinese herbal medicine available as well as acupuncture. Ask about sliding scale.
Oregon Center for Clinical Investigations, Inc.	2230 NW Pettygrove St Suite 120 Portland, OR 97210 Phone: 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.
Oregon City Health Center	Phone: 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.
Oregon College of Oriental Medicine	10541 SE Cherry Blossom Portland, OR Phone: 503-253-3443	Herbal medicine and acupuncture. Sliding scale. Open Monday-Saturday, 8:30am-5:30pm. Thursday open until 8:00pm. Take #15 bus.
Outside In	1132 SW 13th Portland, OR 97205 Phone: 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.
Portland Adventist Community Services	11020 NE Halsey Portland, OR 97220 Phone: 503-252-8500	Free or \$10. Family health services.
Portland Alternative Health Center	Phone: 503-228-4533	



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Agency	Contact Info	Additional Information
Medical and Healthcare Services		
Portland Naturopathic Clinic	11231 SE Market Portland, OR Phone: 503-255-7355	Herbal medicine and wholesale. Sliding scale fees for low-income people.
Portland Niño's	1200 SE Morrison Portland, OR 97214 Phone: 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.
Project Quest Integrative Health Center	2901 E Burnside Portland, OR 97214 Phone: 503-238-5203	Mental health, osteopathic doctor, support groups, HIV support group, yoga and meditation, community groups. Open Monday-Friday 8:00am-5:00pm.
Providence Ambulatory Care & Education Center (PACE)	5050 NE Hoyt Suite 540 Portland, OR 97213 Phone: 503-215-6600	Financial assistance available to those who qualify. Patients are billed at a full rate and must complete a financial assistance application with requested documentation.
Rosewood Family Health Center	8935 SE Powell Blvd Portland, OR 97266 Phone: 503-772-4335	Primary care facility. Sliding scale and OHP. Call for appointment. Open Monday-Friday, 8:00am-4:30pm.
Sandy Health Center	Phone: 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.
Summit Research Network	1849 NW Kearney St Suite 201 Portland, OR 97209 Phone: 503-279-8252	Medical research organization that conducts studies on anxiety, ADHD, bi-polar, and social phobias.
TB Management Clinic	426 SW Stark 3rd Floor Portland, OR 97204	No TB tests for shelters.
Tim Shannon, ND.	2610 SE Clinton St Suite E Portland, OR 97202 Phone: 503-236-8853	Homeopathic physician with limited openings on sliding scale.



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Agency	Contact Info	Additional Information
Medical and Healthcare Services		
Wallace Medical Concern- Downtown	Estate Hotel Clinic 225 NW Couch Portland, OR Phone: 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.
Wallace Medical Concern- Gresham	800 SE 181st Gresham, OR Phone: 503-274-1277	General medical clinic for uninsured or low insured.
Wallace Medical Concern- Youth Clinic	820 SW Oak Portland, OR 97205 Phone: 503-274-1277	General medicine for street youth, plus chiropractic care, pregnancy, & STD testing, referrals. By appointment.
West Burnside Chiropractic Clinic	134 W Burnside Portland, OR 97209 Phone: 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.
Westside Natural Health Center	4444 SW Corbett Portland, OR 97239 Phone: 503-224-4003	Holistic, pediatrics, pre-natal, etc. Open Monday-Friday, 8:30am-5:30pm.
William Temple House	2023 NW Hoyt Portland, OR 97209 Phone: 503-226-3021	Prescription assistance up to \$50 one time a year.
Zoomcare	Multiple locations. www.zoomcare.com	Schedule online for same-day visits for everyday health problems. Prices are listed on website. Clinics also run basic lab tests.
Multnomah County Health Clinics		
East County Health Clinic	620 NE 2nd St Gresham, OR 97030 Phone: 503-988-5155	Primary care for all ages. Referrals to specialists.
La Clinica de Buena Salud	6736 NE Killingsworth Portland, OR 97218 Phone: 503-248-3991	Primary care for all ages. Referrals to specialists.
Mid-County Health Center	12710 SE Division Portland, OR 97236 Phone: 503-988-3601	Primary care for all ages. Referrals to specialists.
North Portland Health Clinic	9000 N Lombard Portland, OR 97203 Phone: 503-988-5304	Primary care for all ages. Referrals to specialists.
Northeast Health Center	5329 NE MLK Jr Blvd Portland, OR 97211 Phone: 503-988-5055	Primary care for all ages. Referrals to specialists.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Medical and Healthcare Services		
School-Based Health Clinic Program	Various locations Phone: 503-988-4424 Fax: 503-988-4464	13 medical clinics provide services to youth, ages 5-21, who live in Multnomah County. Offers diagnosis and treatment of injuries, sports physicals, age-appropriate reproductive health care, immunizations, fitness and nutrition education, mental health services, prescription medications, and referrals to outside medical providers. Program materials available in multiple languages. www.mchealth.org/sbhc
Southeast Health Center	3653 SE 34th Ave Portland, OR 97202 Phone: 503-988-3500	Primary care for all ages. Referrals to specialists.
Westside Health Center	426 SW Stark 5th Floor Portland, OR 97204 Phone: 503-988-5140	Walk-in clinic. Open Monday-Friday, 8:00am-5:00pm. Sliding scale, OHP Plus A&C only and Care Oregon.
Women's Healthcare		
All Women's Health Services	Phone: 503-233-0808	
Birthright	1515 NE 41st Portland, OR 97232 Phone: 503-249-5801 Hotline: 800-550-4900	Open Monday-Thursday, 10:00am-8:00pm; Friday- Saturday, 10:00am-3:00pm. Free pregnancy tests and maternity & baby clothes.
Boys and Girls Aid	018 SW Boundary Court Portland, OR 97239 Phone: 503-222-9661 Crisis Line: 800-342-6688	Services for pregnant women and young parents. Crisis line available 24-hours.
Breast & Cervical Cancer Program	Phone: 503-988-4043	For women 40 years and older. Offers regular mammograms and pap smear paid for by county at participating clinics. Call for eligibility and screening locations.
Child's Path	1712 NE Sandy Portland, OR 97232 Phone: 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.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Medical and Healthcare Services		
Crisis Pregnancy	1626 NE 9th Portland, OR 97232 Phone: 503-284-1977	Free pregnancy tests and maternity & baby clothes.
De Mujer a Mujer	6737 NE Killingsworth Suite 100 Portland, OR 97218	Mammograms and pap smears provided for Spanish-speaking women.
Elizabeth House	4055 SE Salmon Portland, OR Phone: 503-236-7235	Shelter for pregnant women ages 14-21. Maximum stay of 6 months. Open Monday- Friday, 8:30am-5:00pm.
Healthy Start and Welcome Baby	5329 NE MLK Jr Blvd Portland, OR 97211 Phone: 503-988-5055	Prenatal care for low-income families.
Lovejoy Surgicenter	933 NW 25th Portland, OR Phone: 1-800-752-6189	Pap smears, infection tests, pregnancy tests, and birth control. Abortions available. Outpatient tubal ligations.
Multnomah County Field Nursing Services	5329 NE MLK Jr Blvd Portland, OR 97211 Phone: 503-988-5055	Resources for prenatal care for low-income families (home visits).
Multnomah County Health Department	5329 NE MLK Jr Blvd Portland, OR 97211 Phone: 503-988-5055	Provides primary care for OHP patients.
NARA Indian Health Clinic	15 N Morris Portland, OR 97227 Phone: 503-230-9875	Native American services. Prenatal care, immunizations, STD education, well-child exams, women's health care and more.
Neighborhood Health Clinics	4945 NE 7th Portland, OR Phone: 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.
OHSU Center for Women's Health	3181 Sam Jackson Park Rd, L466 Portland, OR 97239 Phone: 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. www.ohsuwomenshealth.com
Old Town Clinic	219 W Burnside Portland, OR 97209 Phone: 503-241-3836	



RESOURCES GALORE

Agency	Contact Info	Additional Information
Medical and Healthcare Services		
Open Adoption and Family Services	5200 SW Macadam Suite 250 Portland, OR 97239 Phone: 503-226-4870	Adoption counseling and financial aid. Facilitates child-centered open adoptions.
Oregon SafeNet Hotline	Phone: 503-988-5858 Toll free: 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.
Planned Parenthood	3231 SE 50th Ave Portland, OR 97202 Phone: 503-775-4931	Reproductive health care, HIV/AIDS testing, STD testing, abortions, birth control and pregnancy tests. Free/sliding scale.
Planned Parenthood Teen Clinic	3531 NE 15th Suite B Portland, OR 97212 Phone: 503-288-8826	Free/sliding scale. www.ppcw.org
Pregnancy Resource Center	9255 NE Halsey Portland, OR 97220 Phone: 503-256-0808	Pregnancy tests, prenatal and parenting classes, post-abortion counseling, prevention services.
Providence Maternal Care Clinic	2705 E Burnside St Suite 114 Portland, OR 97214 Phone: 503-215-6262	Annual and maternal health care. OHP accepted or sliding scale and payment plan available.
Salvation Army White Shield Program	2640 NW Alexandra Portland, OR 97296 Phone: 503-239-1248	Residential treatment facility for pregnant mothers; shelter for emergency care, ages 10-18.
Virginia Garcia Memorial Health Clinic	2935 SW Cedar Hills Blvd Beaverton, OR 97005 Phone: 503-352-6000 226 SE 8th Ave Hillsboro, OR 97123 Phone: 503-601-7400	Primary care, maternity, parenting and immigrant services.
WIC (Women, Infants, and Children)	Phone: 503-988-3503	Nutritional and educational services for pregnant women and women with young children.



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Agency	Contact Info	Additional Information
Medical and Healthcare Services		
Women's Veterans Health Services	3710 SW US Veterans Hospital Rd Portland, OR 97239 Phone: 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.
HIV/AIDS Services		
AIDS Hotline	Phone: 800-777-2437 Help line: 503-223-2437	Info and help for individuals with STDs, AIDS/HIV, or anyone with questions regarding these matters.
CARE Assist	800 NE Oregon Suite 1105 Portland, OR 97232 Phone: 503-731-4029 Toll free: 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.
Cascade AIDS Project (CAP)	620 SW 5th Ave Suite 300 Portland, OR 97204 Phone: 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.
Catholic Charities AIDS Ministry	528 NE 52nd Ave Portland, OR 97213 Phone: 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.
Ecumenical Ministries of Oregon HIV Services	2941 NE Ainsworth Portland, OR 97211 Phone: 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. Day center also has a monthly group in Washington County (Hillsboro).
Esther's Pantry	2761 NE Halsey Portland, OR 97232 Phone: 503-281-8868	Food bank for low-income individuals who are disabled due to AIDS. Food delivery is possible.



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Agency	Contact Info	Additional Information
Medical and Healthcare Services		
Free HIV Testing	10 NE 10th Portland, OR 97232 Phone: 503-988-3030	Testing and counseling for people with HIV or Hepatitis C.
Institute for Traditional Medicine	2017 SE Hawthorne Blvd Portland, OR Phone: 503-233-2101	Immune-enhancement project. Sponsors naturopathic treatment program for HIV-related illnesses.
Legacy Cancer/AIDS Nutrition Counseling	1130 NW 22nd Ave Portland, OR 97210 Phone: 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.
Multnomah County Health Department (Downtown)	426 SW Stark 6th floor Portland, OR 97204 Phone: 503-988-3775	Anonymous and confidential AIDS testing and counseling. \$20 fee, although no one is turned away.
Multnomah County Health Department (NE Portland)	5329 NE MLK Jr Blvd Portland, OR 97211 Phone: 503-988-5020	Free AIDS testing on Tuesdays 5:00pm-6:30pm.
Northwest Naturopathic Clinic	2606 NW Vaughn Portland, OR Phone: 503-224-8083	Naturopathic treatment for HIV/AIDS patients.
Our House	2727 SE Alder St Portland, OR 97214 Phone: 503-234-0175	Many programs including a foster care home called Swan House in Milwaukie, a Neighborhood Housing and Care Program, food pantry, and free store providing men's clothing and household items. Includes a residential care facility providing care for men and women living with HIV/AIDS. Office hours Monday-Friday 9:00am-5:00pm. Call admissions for details.
Planned Parenthood	Various Locations Portland, OR Phone: 800-230-7526	Reproductive health care, HIV/AIDS testing, STD testing, abortions, birth control and pregnancy test. Free/sliding scale.
Russell Street Dental Clinic/HIV Services	214 N Russell Portland, OR 97227 Phone: 503-494-6822	Free dental services to HIV patients. Office hours Monday-Saturday, 8:00am-5:00pm.
Women's Inter-Community AIDS Resource	1608 SE Ankeny Portland, OR 97214 Phone: 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
Mental Health and Counseling Services		
Mental Health Agencies		
A Better Way Counseling	818 NW 17th Ave Portland, OR 97209 Phone: 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.
Albertina Kerr Centers	722 NE 162nd Ave Portland, OR 97230 Phone: 503-255-4205	Provides 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. www.albertinakerr.org
Alliance Counseling Center	818 NW 17th Ave Suite 3 Portland, OR 97209 Phone: 503-221-4531	Provides individual, group, family and couples counseling. Tailored to the financial resources of the client. Some private insurance billing, OHP and sliding fee scale. Free information and support groups for those with eating disorders. Equine Assistance Program is a short-term therapy model. www.alliancecounselingcenter.org
Allies in Change Counseling Center	3800 NE Sandy Blvd Suite 123 Portland, OR 97232 1815 SW Marlow Ave Suite 208 Portland, OR 97225 Phone: 503-297-7979	Individual and couples counseling, group counseling, men's abuse intervention groups, women's abuse recovery groups, and anger groups available. Some insurance billing and sliding fee scale available.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
American Foundation for Suicide Prevention Northwest Chapter	PO Box 25587 Portland, OR 97298 Phone: 503-291-0373	Conducts suicide prevention presentations for schools and community groups. Assists survivors of suicide in accessing resources.
Avel Gordly Center for Healing	621 SW Alder Suite 520 Portland, OR 97205 Phone: 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 and case management.
Bienestar de la Familia	6736 NE Killingsworth St Suite 101 Portland, OR Phone: 503-988-3999 x29520	Counseling and addiction services for Spanish speaking residents of Multnomah County.
Bridge City Counseling	712 SE Hawthorne Blvd Suite 100 Portland, OR 97214 Phone: 503-954-2188	Outpatient mental health counseling for children, families and adults. Psychiatric and medication management services available. Sliding scale and low fee intern counselor available. www.bridgecitycounseling.com
Caremark Behavioral Health Services	3001 N Gatenbein Portland, OR 97227 Phone: 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.
CARES Northwest (Child Abuse Response and Evaluation Services)	2800 N Vancouver Suite 201 Portland, OR 97227 Phone: 503-276-9000	Children referred because of concerns about child abuse or neglect. Safe environment for children's medical exams and interviews. Referrals to mental health services and other community interventions are also available.



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Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
Cascade AIDS Project (CAP)	620 SW 5th Ave Suite 300 Portland, OR 97204 Phone: 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).
Cascadia Behavioral Healthcare	10373 NE Hancock St Suite 200 Portland, OR 97220 24-Hour Walk-in Clinic: 2415 SE 43rd Suite 100 Portland, OR 97206 Phone: 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. www.cascadiabhbc.org
ChristieCare	Various sites. Intake: 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.
Clackamas County Mental Health	Phone: 503-655 -8401	24-hour crisis line and comprehensive mental health services to county residents.
Clark County Crisis Line	Phone: 360-696-9560 Toll free: 1-800-626-8137	24-hour crisis line in Clark County for residents experiencing a mental health emergency or emotional crisis.
Conexiones	3500 NE Martin Luther King Jr Blvd Portland, OR 97212 Phone: 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. www.conexiones.us
Council for Prostitution Alternatives	Confidential location Phone: 503-282-1082	Free services to those who are looking at alternatives to prostitution.



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Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
Counseling Center of Vancouver	521 E 33rd St Vancouver, WA 98663 Phone: 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.
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.
Dads Against Discrimination	320 SW Stark St Portland, OR 97204 Phone: 503-222-1111	Telephone crisis line, support and counseling services for fathers.
Dougy Center	PO Box 86852 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. Sites in Portland, Hillsboro and Canby.
Dual Diagnosis Anonymous of Oregon	Phone: 503-737-4126	Program based on the 12-steps with an additional 5 steps that focus on dual diagnosis. Meetings are open. www.ddaoregon.com
Early Assessment and Support Alliance (EASA)	Phone: 503-988-3272	The purpose of EASA is to identify youth (ages 15-25) with symptoms of psychosis as early as possible, and to provide the most effective support and treatment so they can be successful. Services available regardless of ability to pay.
Early Childhood Outpatient Service	11456 NE Knott Portland, OR Phone: 503-256-3040	Accepts clients with OHP or Medicaid. Also offers a sliding fee scale.
FamilyCare Inc.	Phone: 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.



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Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
Family Violence Intervention Program	Phone: 503-846-3020	Individual and group counseling for adult domestic violence victims in Washington county.
Family Works	605 SE 39th Ave Portland, OR 97214 Phone: 503-256-2330	Individual and family counseling services.
Goose Hollow Mental Health/Parent Education and Support Workshops	1215 SW 18th Ave Portland, OR 97205 Phone: 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.
Grief Watch	2116 NE 18th Ave Portland, OR 97212 Phone: 503-284-7426	List of local support groups, online support groups and resources for adults dealing with various types of grief and loss. www.griefwatch.com
Harry's Mother	738 NE Davis Portland, OR 97232 Phone: 503-542-4551 Crisis: 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.
Intercultural Psychiatric Program at OHSU	3181 SW Sam Jackson Park Rd Portland, OR 97239 Phone: 503-494-4222 Intake: 503-494-6176	Specializing in therapy and psychiatric services with youth and families from refugee and immigrant populations. Staff speaks the following languages: Amharic, Bosnian, Cambodian, Farsi, Iranian, Iraqi, Japanese, Kurdish, Lao, Mien, Oromo, Russian, Somali, Spanish, Swahili and Vietnamese. Most health plans accepted.
Jewish Family and Child Services	1130 SW Morrison St Suite 316 Portland, OR 97205 Phone: 503-226-7079	Provides counseling for individuals, couples, and families (children through senior citizens). Private insurance billing and sliding fee scale available. www.jfcs-portland.org



RESOURCES GALORE

Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
Kaiser Mental Health Services	Intake: 503-249-3434 24 Hour Crisis Line: 503-331-6425 Member Concerns: 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. www.kaiserpermanente.org
Kartini Clinic	2800 N Vancouver Suite 106 Portland, OR 97227 Phone: 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. www.kartinclinic.com
Kinship House	1823 NE 8th Portland, OR 97212 Phone: 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. OHP accepted. www.kinshiphouse.org
LifeWorks Northwest	Various locations in Multnomah and Washington County Intake: 503-645-9010 Family Coaching: 503-627-9194	Mental health and addiction services for people of all ages, cultural backgrounds and abilities. Accepts OHP, some private insurance and sliding scale. Free alcohol and drug assessments for youth. Outpatient and adolescent day treatment and residential services for pregnant women or moms. Family Coaching available in Washington County. www.lifeworksnw.org
Lotus (Council for Prostitution Alternatives)	Phone: 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
Mental Health and Counseling Services		
Lutheran Community Services NW	605 SE 39th Ave Portland, OR 97214 Phone: 503-231-7480	Individual, couple, family, multicultural and child counseling. OHP accepted.
Me, Too	PO Box 10796 Portland, OR 97296 Phone: 503-220-1000	Free grief and bereavement support groups for children, teens and their adult guardians. www.oregonhospice.org
Men's Resource Center	12 SE 14th Portland, OR 97214 Phone: 503-235-3433	General counseling, DV violence intervention groups, men's counseling groups.
Morrison Child and Family Services	1500 NE Irving St Suite 250 Portland, OR 97232 1818 SE Division Portland, OR 97202 2951 NW Division Suite 200 Gresham, OR 97030 Intake: 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.
Multnomah County Crisis Line	Phone: 503-988-4888	24-hour brief counseling and referral service. Dispatches Project Respond and Crisis Prevention Outreach in mental health emergencies.
Multnomah County School-Based Health Clinic Program	Various locations Phone: 503-988-4424 Fax: 503-988-4464	13 clinics provide services to youth, ages 5-21, who live in Multnomah County. Offers mental health services to those who are uninsured or covered by the Oregon Health Plan. Prescription medications and referrals to outside mental health providers available. Program materials available in multiple languages. www.mchealth.org/sbhc
NARA Indian Health Clinic	15 N Morris Portland, OR 97227 Phone: 503-230-9875	No fee for Native Americans.



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Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
National Alliance for the Mentally Ill (NAMI) of Multnomah County	524 NE 52nd Ave Portland, OR 97213 Phone: 503-228-5692 Toll free: 1-800-343-6264	Provides free NAMI Basics classes, information and referral to those suffering from severe mental illness and support groups for family and friends. Groups also available for those with major depression and Schizophrenia. Membership dues may be waived. www.nami.org/multnomah
National Alliance for the Mentally Ill (NAMI) of Washington County	18680 SW Shaw St Aloha, OR 97007 Phone: 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.
National Suicide Prevention Lifeline	Phone: 1-800-273-TALK	Free and confidential 24-hour hotline available for those in a suicidal crisis or emotional distress.
NE Catholic Counseling Center	8383 NE Sandy Blvd Suite 205 Portland, OR Phone: 503-253-0964	Sliding scale available.
NorthStar	522 NE 52nd Ave Portland, OR 97213 Phone: 971-544-7485	Mental health recovery program for adults living with mental illness. Supports members in employment, education, skill building and recreation.
Northwest Behavioral Healthcare Services	18000 SE Webster Road Gladstone, OR 97027 Phone: 503-722-4470	Secure adolescent residential treatment program for mental health, drug and alcohol and eating disorder issues. Serves youth 12-17 and their families. Drug and alcohol assessments available as a free service to the community. Accepts most major private insurance plans. Free Teen Recovery groups are available in the Portland area. www.northwestbhs.com



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Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
OHSU Behavioral Health Clinic	621 SW Alder St Portland OR 97205 Phone: 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.
OHSU Child and Adolescent Psychiatry Clinic	3181 SW Sam Jackson Rd Portland, OR 97201 Phone: 503-418-5775 Intake: 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.
Options Counseling Services	2410 SE 121st Ave Suite 216 Portland, OR 97216 Phone: 503-335-5975	In-home services for children and families. Therapeutic and skills training services also available. OHP accepted.
Oregon Mental Health Associates, Inc.	5125 SW Macadam Ave Suite 145 Portland, OR 97239 Phone: 503-231-7854	Work with adolescents and adults specializing in Dialectical Behavior Therapy and depression/anxiety issues. Individual, group and family counseling available.
Oregon Partnership	Crisis: 888-457-4838	Confidential help line for mental health crisis, suicide intervention and referral available for veterans 24 hours a day, 7 days a week.
Oregon Warmline	Phone: 800-698-2392	Free call for Oregonians who want to speak to trained peers who have struggled with mental health issues, addictions, homelessness and related issues using the Intentional Peer Support model. Available 7 days a week. Hours vary.
Outside In	1132 SW 13th Portland, OR Phone: 503-535-3800	Walk-in mental health services. Open Monday-Friday, 1:30pm-3:30pm.
Pacific University Psychological Service Center	511 SW 10th St Suite 400 Portland, OR 97205 Phone: 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
Mental Health and Counseling Services		
Parents Anonymous	Phone: 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.
Parry Center	3415 SE Powell Blvd Portland, OR 97202 Phone: 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.
Peace House	2116 NE 18th Ave Portland, OR 97212 Phone: 503-285-1714	Free suicide bereavement support group. Meets 3rd Monday each month, from 7:00pm-9:00pm. www.sbsnw.org
Planned Parenthood	Various locations. Phone: 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. www.ppcw.org
Portland State University Counselor Education Program	615 SW Harrison Portland, OR 97201 Phone: 503-725-4620	Individual couple and family counseling. Call for availability. Sliding fee scale available.
Portland Veteran's Outreach Center	8383 NE Sandy Blvd Suite 110 Portland, OR 97220 Phone: 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.



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Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
Providence Adult Outpatient Services	5228 NE Hoyt St Building B Portland, OR 97213 Phone: 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.
Recovery Inc.	361 SW 4th St Gresham, OR 97030 Phone: 503-231-1334	Volunteer led support groups addressing symptoms such as depression, anxiety, low self-esteem, anger and phobias.
REDES	2325 E Burnside Suite 200 Portland, OR 97214 Phone: 503-235-8057 x2	Network of mental health and other related service providers for Latinos.
Resolutions NW *Conflict Resolution Services*	1827 NE 44th Suite 300 Portland, OR 97213 Phone: 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. www.resolutionsnorthwest.org
Restoration Community	7523 SE 52nd Ave Portland, OR 97206 Phone: 503-777-4810	Provides faith-based individual and family counseling. Fees on a sliding scale. www.rci-pdx.org .
River's Way Clinic	2049 NW Hoyt St Portland, OR 97209 Phone: 503-222-3436	Provides counseling for individuals, couples and families. Sliding scale available.
Samaritan Counseling Centers	Various locations. Phone: 503-281-3318	Locations throughout the Portland Metro Area. Therapists integrate spiritual and religious beliefs into sessions. Some insurance billed. Sliding fee scale available.
Self Enhancement, Inc. (SEI)	3920 N Kerby Ave Portland, OR Phone: 503-249-1721	Individual, family, or group counseling, information and referral, and parenting classes.
Solo Center	4511 NE 90th Portland, OR 97220 Phone: 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
Mental Health and Counseling Services		
SOSSA (Speaking Out on Sibling Sexual Abuse)	PO Box 86244 Portland, OR 97286 Phone: 503-956-3378	SOSSA offers individual support and support groups for teen and adult survivors and non-offending family members of sibling sexual abuse. Also provides educational workshops for service providers. www.sossainfo.org
Trauma Intervention Programs of Portland/ Vancouver (TIP)	4800 NE 122nd Ave Portland, OR 97230 Phone: 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.
Trillium Family Services	Phone: 503-234-7332	Counseling for children and their families. Some school-based services available. OHP accepted.
University Individual and Family Matters	12570 SW 69th Ave Portland, OR 97223 Phone: 503-554-6060	Offers individual, family, couple and group therapy services with graduate interns. Sliding fee scale available.
Urban League of Portland	10 N Russell Portland, OR 97227 Phone: 503-280-2600	Recreation, counseling, and advocacy services for youth and their families.
Washington County Mental Health Crisis Line	Phone: 503-291-9111	24 hour crisis line for mental health emergencies.
Washington County Mental Health Services	Phone: 503-291-9155 24 hour line: 503-291-8401	Non-urgent information and referral for mental health and addiction treatment services.
Wellness Project	Vancouver, WA Phone: 360-798-2918	Free individual, group, couples and family counseling. Therapists, case managers, psychiatric prescribers, and nurses are available.
Western Psychological	Various locations. Phone: 503-624-2600	Outpatient mental health services for children, adolescents and adults. Psychiatric services and psychological evaluations available.
Westside Youth & Family Services	7688 SW Capital Hwy Portland, OR Phone: 503-244-2292	Counseling services for youth and families.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
William Temple House	2923 NW Hoyt Portland, OR 97232 Phone: 503-226-3021	Provides free counseling and social services.
Women's Counseling Center	12 SE 14th Portland, OR 97214 Phone: 503-235-4050	Individual and group counseling for women; specializing in domestic violence, abuse issues, recovery, healing and support. Anger management classes also offered.
Youth Contact	447 SE Baseline Hillsboro, OR 97123 Phone: 503-640-4222	Outpatient child and family counseling. Drug testing available. School based services available throughout Washington County.
Private Counseling Providers		
Alicia Richards, LCSW	5404 N Montana Portland, OR 97217 Phone: 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.
Allison Rider, MC, LPC, NCC	4900 SW Griffith Dr Suite 261 Beaverton, OR 97005 Phone: 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.
Amy Swift, LCSW	1605 NE Broadway St Portland, OR 97232 Phone: 503-331-8156	Specializes in working with girls.
Anna Booth, MA, CADC I	5932 NE Glisan St Portland, OR 97213 Phone: 503-421-0152	Offers assessments (mental health and addictions), individual, family and group therapy. Works with issues including divorce, parent/child conflict, loss, anger, anxiety, bullying, peer pressure, drugs and alcohol, depression, body image and sexual and gender identity. Fees range from \$40-\$60. www.annaboothcounseling.com



RESOURCES GALORE

Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
Bridget Geraghty, LCSW	5404 N Montana Portland, OR 97217 Phone: 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.
Cherie Masshardt, LCSW	2607 SE Hawthorne Blvd Suite H Portland, OR 97214 Phone: 503-502-2037	Individual, family, and group counseling and trainings. Specialties: Play therapy, sand tray, grief, terminal illness, cancer, family change (separation, divorce, foster care, adoption). Some insurance billing and sliding scale available. www.healingjourneyoftheheart.com
Danelle Chapman, MS	2125 N Willis Portland, OR 97217 Phone: 503-516-5095	Counseling for individuals, families, adolescents and children. Specialties: Working with families, children and teens struggling behaviorally and academically in school. \$40 per session.
devora moon holland, LCSW	5404 N Montana Portland, OR 97217 Phone: 503-310-8178	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. Accepts Blue Cross Blue Shield, Reliant Behavioral Health, and ODS. www.fluidcommunity.net
Heidi Thomas, MA	4605 NE Fremont Suite 210C Portland, OR 97213 Phone: 503-407-8955	Individual, couple and family counseling. Specializes in Autism Spectrum Disorders.
Howard Hiton, MS, LPC	516 SE Morrison St Suite 405 Portland, OR 97214 Phone: 503-234-6972	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. www.hitonassociates.net



Monica Parmley, LCSW

RESOURCES GALORE

Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
Jeni Felker, PsyD	4900 SW Griffith Dr Suite 235 Beaverton, OR 97005 Phone: 503-936-2555	Counseling for children, adolescents and women. Women's support group also available. Specializes in working with stepfamilies. Some insurance accepted. Evening appointments available. www.drjenifelkerpsyd.com
John Deihl, LCSW	4900 SW Griffith Dr Suite 239 Beaverton, OR 97005 Phone: 503-520-9977	Specializes in working with children, youth and families. Some insurance billing available.
John Wolfe, LCSW	2306 NE Glisan Suite 200 Portland, OR 97212 Phone: 503-702-9259	Services offered to adolescents and adults. Works with multicultural individuals, people of color, blended families, GLBTQ couples and individuals. Accepts Blue Cross Blue Shield, Cascade Health, Great-West, Kaiser, LifeWise and ODS and a sliding fee scale is available.
Julie Jorgensen	7929 SW 37th Ave Suite D Portland, OR 97219 Phone: 503-577-3621	Specializes in behavioral problems, parenting, trauma, anxiety, transition, loss, attachment, Collaborative Problem Solving, play and art therapy. Provides individual and family therapy and serves early childhood through teens. Fee for private pay is \$90 per hour.
Julie Prindle, LCSW	820 NW 21st Ave Suite B Portland, OR 97209 Phone: 503-975-4898	Counseling for adolescents, individuals, couples and families. www.collaborativealliancecounseling.com
Kameron Dill, PsyD	8440 SE Sunnybrook Blvd Suite 120 Clackamas, OR 97015 Phone: 503-653-0631	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. www.sundstromclinic.com



RESOURCES GALORE

Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
Kathleen Macdonald, MA	7440 SW Hunziker St Suite A Tigard, OR 97223 Phone: 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.
Lisa Loewenthal, MSW, CSWA	2100 NE Broadway Suite 225 Portland, OR 97232 Phone: 503-896-4499	Serves adults, couples, children and families. Specializes in crisis, trauma and addiction issues. LGBTQ friendly. Sliding fee scale available.
Lisa Race, LCSW	420 South State St Lake Oswego, OR 97034 Phone: 503-624-5705	Specializes in trauma work from a holistic perspective. Primarily works with parents and middle school aged students as well as LGBTQ youth and adults. Private pay and sliding fee scale available.
Lynn Knope, PsyD	8305 SE Monterey Suite 219 Portland, OR 97266 Phone: 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.
Martha Corona, LCSW	5404 N Montana Portland, OR 97217 Phone: 503-501-8047	Native Spanish speaker who works with school-aged children and families dealing with trauma, sex abuse, human trafficking, and ADHD. Accepts Blue Cross Blue Shield, Aetna, ODS and Kaiser.
MereAnn Reid, MA	Northwest Adoption Support 909 N. Beech St Portland, OR 97227 Phone: 971-533-0228	Offers individual and family counseling and post-adoption services, adoptive parent support group, life story book group, and consultation. Sessions are \$60/hour. Sliding fee scale available. www.northwestadoptionssupport.com
Michele Gilson, LCSW	2455 NW Marshall St Suite 7A Portland, OR 97210 Phone: 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.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
Mike Chapman, LPC, CADC III	Northwest Passages 5331 SW Macadam Ave Suite 363 Portland, OR 97239 Phone: 503-858-8770	Counsels adolescents and their families with drug or alcohol issues as well as those dealing with depression, anxiety, ADHD, court involvement and family challenges. www.northwestpassages.com
Monica Parmley, LCSW	Foundations Counseling & Consultation Services 500 Abernethy Rd #6 Oregon City, OR 97045 Phone: 503-481-2515	Serves children, adolescents and families dealing with issues such as depression, anxiety, stress, grief/loss, divorce, self-harm, suicidal ideation, school issues and adoption/foster care. Some insurance billing and sliding scale available.
Nate Bagley, LPC	712 SE Hawthorne Blvd Suite 100 Portland, OR 97214 Phone: 503-545-5329	Serves children, adolescents, families and individual adults. Specializes in trauma, sexual abuse, depression and anxiety. Groups for kids with separating or divorced parents. Many types of insurance accepted, including Aetna and Crime Victims Compensation. www.natebagleycounseling.com
Paige Hirt, MA, CADC I	Foundations Counseling & Consultation Services 500 Abernethy Rd #6 Oregon City, OR 97045 Phone: 503-953-5769	Counseling available for children, adolescents, families and adults. Specializes in adolescent addictions, Cognitive-Behavioral Therapy (CBT), depression, anxiety, parenting, suicidality and drug/alcohol education. Sliding fee scale available.
Pam Crow, LCSW	823 NE Broadway Suite 2B Portland, OR 97232 Phone: 503-281-0085	Specializes in trauma, play therapy, art therapy and sand tray with adults and children. Some insurance accepted. Sliding fee scale available.
Paul Stretch, LCSW	5404 N Montana Portland, OR 97217 Phone: 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
Mental Health and Counseling Services		
Peggy Van Duyne, LPC	5932 NE Glisan Portland, OR 97213 Phone: 503-956-4506	Diversity oriented and LGBTQ friendly. Specializes in working with adolescents and college-aged adults dealing with grief/loss, alcohol/drug treatment, academic success, anxiety and depression. Groups for adolescent girls also available. Charges \$65/hour or sliding fee scale.
Rachael Berkeley, LCSW	5404 N Montana Portland, OR 97217 Phone: 503-309-2368	Specializes in working with children ages 4 and up and families around parenting issues, abuse and trauma. Private pay and sliding fee scale available.
Reid Vanderburgh, MA, LMFT	4115 N Mississippi Ave Portland, OR 97217 Phone: 503-341-7001	Therapeutic services to people undergoing major life transformations, grief/loss, chronic illness, shifting sexual orientation and transgender issues. Provides consultation and educational services about gender identity and transgender issues. www.transtherapist.com
Richard Colman, PhD	5441 SW Macadam Ave Portland, OR 97239 Phone: 503-227-4007	Specializes in ADHD, Aspergers Syndrome, and Autism.
Sally Adelman, LCSW	3434 SW Kelly Portland, OR 97239 Phone: 503-348-9811	Specializes in individual, group, and family therapy, grief and loss, adolescent issues, LGBTQ populations, anxiety and depression. Bills some insurance and has sliding fee scale.
Sara Penner, LCSW	1820 SW Vermont St Suite H Portland, OR Phone: 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 Phone: 360-931-0113	Counseling for children, teens, families, adults and groups. Insurance billing available.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
Stacy Hartline, RN, PMHNP-BC	712 SE Hawthorne Blvd Suite 100 Portland, OR 97214 Phone: 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. Some sliding scale services available. www.bridgecitycounseling.com
Stephen Grant, LCSW	Clarity Counseling 2306 NE Glisan Suite 200 Portland, OR 97212 Phone: 503-752-9943	Counseling for individuals, couples, children, or families. Specializes in working with boys and the African American community. Sliding scale and some insurance billing for Blue Cross Blue Shield available. www.claritycounseling.org
Stuart Jackson, LCSW	5331 SW Macadam Ave Suite 363 Portland, Oregon 97239 Phone: 503-803-1250	Individual, family, and couples therapy for issues including depression, anxiety, trauma, addiction, relationship and parenting concerns, sexuality, grief and loss, medical problems, school and learning-related problems and life transitions. Specialties also include working with education issues, as well as blended families and divorcing, or post-divorce families. Some insurance billing available.
Susan Danehy, LPC	423 NE 60th Ave Portland, OR 97213 Phone: 503-995-5264	Individual, couples, and family counseling. Specialties: Grief & loss, sexual abuse/trauma, depression and relational issues. Fees are \$75/individuals and couples and \$90 for families. Sliding fee scale available. www.danehytherapy.com
Susie Snyder, LCSW	5616 SE Hawthorne Blvd Portland, OR 97215 Phone: 503-233-2442	Counseling for children, teens, families, and adults.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Mental Health and Counseling Services		
Theresa Page, MA	2538 NE Broadway Suite C Portland, OR 97232 Phone: 503-282-8600	Therapy for children, families, and groups and parent education. Specialties: Play therapy, adoption, adolescent addiction, ADHD, depression, ODD, PTSD, physical and sexual abuse.
Todd Nicholson, MS	3701 SE Milwaukie Ave Suite C Portland, OR 97202 Phone: 503-314-7801	Parent coaching and counseling for children and adolescents. Specializes in play therapy, anxiety, depression, anger management, selective mutism, foster care and adoption issues, grief, adjustment and family conflict. www.pinnaclefamconsulting.com
Vivian Coles, LPC	2732 NE Broadway St Portland, OR 97232 Phone: 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.
Well	3800 NE Sandy Blvd Suite 124 Portland, OR 97232 Phone: 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. www.wellcounseling.com
Wise Counsel & Comfort	Various locations. Phone: 503-282-0182	Website lists a number of private therapists and their specialties. www.portland-therapist.com .



RESOURCES GALORE

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



Monica Parmley, LCSW

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Agency	Contact Info	Additional Information
Native American Resources		
Indian Health Services	1220 SW 3rd Room 476 Portland, OR 97204 Phone: 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.
National Indian Child Welfare Association (NICWA)	5100 SW Macadam Suite 300 Portland, OR Phone: 503-222-4044	Provides training and information regarding social services to Indian children and their families. Hours: Monday-Friday, 8:00am-5:00pm.
Native American AIDS Hotline	Phone: 1-800-283-2437	Open 8:30am-1:00pm, 2:00pm-5:00pm, Monday-Friday.
Native American Parent Support	3917 NE Shaver Portland, OR 97212 Phone: 503-666-1740	Support and encouragement for those parenting Native American children with disabilities or learning challenges.
Native American Program of Oregon Legal Services (NAPOLS)	812 SW Washington Suite 700 Portland, OR 97205 Phone: 503-223-9483	Provide job training and advocacy for employment, life skills, clothing and work experience through the Department of Legal Aid.
Native American Rehabilitation Association (NARA)	1631 SW Columbia Portland, OR 97201 Phone: 503-231-2641 Clinic: 15 N Morris Portland, OR Phone: 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.
Native American Student and Community Center at PSU (NASCC)	710 SW Jackson Portland, OR Phone: 503-725-9695	Located on the southern tip of PSU campus. 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. www.nativecenter.pdx.edu



RESOURCES GALORE

Agency	Contact Info	Additional Information
Native American Resources		
Native American Youth and Family Center (NAYA)	5135 NE Columbia Blvd Portland, OR 97219 Phone: 503-288-8177	A culturally specific agency working to promote family unity and educational achievement while honoring cultural traditions. Offers a variety of services.
Northwest Indian Veterans Association (NIVA)	PO Box 1035 Portland, OR 97207 Phone: 503-220-8262	Advocacy for Native veterans.
Oregon Native American Business and Entrepreneurial Network (ONABEN)	Phone: 503-968-1500	Provides small business trainings and workshops around owning and maintaining small business.
Pi-Nee-Waus	Phone: 503-988-3660 or 503-230-9875	Elders program. Potluck every Tuesday, 5:00pm-7:00pm.
Siletz Tribal Headstart	Phone: 503-771-8867	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. Phones are answered after 12:00pm.
Title 7 Indian Education	2303 SE 28th Place Portland, OR 97214 Phone: 503-916-6499	Provides student advocacy and tutoring.
United Indian Students of Higher Education (UISHE)	724 SW Harrison St Portland, OR 97201 Phone: 503-725-5671	Provides student advocacy and community events for Native students at Portland State University.



Monica Parmley, LCSW

RESOURCES GALORE

Agency	Contact Info	Additional Information
Parenting Resources		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Adoption Mosaic	PO Box 18102 Portland, OR 97218 Phone: 971-533-0102	Workshops, support groups and resource library for individuals and families who are a part of the transracial adoption community.
Adventist Medical Center	Phone: 503-256-4000	Group for moms with babies 0-4 months and 4-12 months. Provides socialization with other moms, troubleshooting, weight checks and help with lactation issues, etc. Cost: \$30 for 6 weeks.
Baby Blues Connection	Phone: 503-797-2843	Volunteer group providing information and support to postpartum mothers and families. www.babybluesconnection.org
Beaverton Family Resource Center	16550 SW Merlo Rd Beaverton, OR 97006 Phone: 503-591-4176	Open Monday-Friday, 8:00am-4:00pm. Offers free information and referral services to families in the Beaverton School District.
Boys and Girls Town Hotline	Phone: 1-800-448-3000	Hotline offering parent support.
Center for Family and Adolescent Research (CFAR)	729 NE Oregon St Suite 150 Portland, OR 97232 Phone: 503-243-1065	Power of Parents (POP) is a counseling and support group for parents or guardians of youth (ages 14-20) who are using drugs but refusing counseling. Open Monday-Thursday, 9:00am-8:00pm and Friday, 9:00am-5:00pm. Call to determine research eligibility. All services are free. www.ori.org/cfar/portland
Center for Family Success (Project of Children's Justice Alliance)	8010 N Charleston Portland, OR Phone: 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.



Monica Parmley, LCSW

RESOURCES GALORE

Agency	Contact Info	Additional Information
Parenting Resources		
Children's Home Society of Washington	1112 Columbia St Vancouver, WA Phone: 360-695-1325	Weekly drop-in groups available to any parent or caregiver. No registration or fees. Childcare available.
Emanuel Hospital Collaborative Problem Solving	3001 N Gantenbein Ave Portland, OR 97227 Phone: 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).
Family Relief Nursery (Volunteers of America)	Phone: 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.
Family Resource Center (Albertina Kerr Centers)	722 NE 162nd Ave Portland, OR 97230 Phone: 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. www.albertinakerr.org
Full Esteem Ahead	2828 NE Alberta Portland, OR 97211 Phone: 503-282-7973	Offers seminars and classes that provide insights to supporting kids as they move from being children through adolescents and into adulthood. www.fullesteemahead.org
Hillsboro Family Resource Center	222 NE 6th Ave Hillsboro, OR 97124 Phone: 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.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Parenting Resources		
Impact Northwest Parent Child Development Program (PCDS)	7211 SE 62nd Ave Portland, OR 97206 Phone: 503-988-5961	Serves families with children 0-5 years. Provides age and developmentally appropriate educational guidance and support services, Parents as Teachers home visits, play groups, developmental screenings and case management.
Insights Teen Parent Program	2020 SE Powell Blvd Portland, OR 97211 Phone: 503-239-6996	Provides counseling, support groups, education, and child care for pregnant and parenting teens.
Jewish Family and Child Services	1130 SW Morrison St Suite 316 Portland, OR 97205 Phone: 503-226-7079	Side by Side parent coaching services. Includes office and home visits and phone consultation. Private pay and sliding fee scale available. www.jfcs-portland.org
Kids' Turn	Phone: 503-846-0665	Psychoeducational groups for parents in the process of divorce or custody changes and their children ages 5-16 in Washington County.
LifeWorks Northwest	Various locations in Multnomah and Washington County Intake: 503-645-9010 Family Coaching: 503-627-9194	Mental health and addiction services for people of all ages, cultural backgrounds and abilities. Accepts OHP, some private insurance and sliding scale. Free alcohol and drug assessments for youth. Outpatient and adolescent day treatment and residential services for pregnant women or moms. Family Coaching available in Washington County. www.lifeworksnw.org
Metropolitan Family Service (MFS)	1808 SE Belmont St Portland, Oregon 97214 Phone: 503-232-0007	Offers 13-week "Make Parenting A Pleasure" classes for parents with children birth to 8 years old.
Neighborhood House Oregon Pre-Kindergarten Program	3445 SW Moss St Portland, OR 97219 Phone: 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.



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Agency	Contact Info	Additional Information
Parenting Resources		
Neighborhood House Parenting Program	Markham Elementary 10531 SW Capitol Hwy Portland, OR 97219 Phone: 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.
New Avenues for Youth	812 SW 10th Ave Portland, OR 97205 Phone: 503-224-4339 Toll free: 1-800-995-7936	Serves homeless teens, at-risk youth, and young adults aged 12-22. Youth Parenting Course teaches youth about child development, nutrition and baby care. Case management, parent education and support services for pregnant and parenting teens. Some funding for subsidized housing available.
Northwest Adoptive Families Association, Inc. (NAFA)	PO Box 25355 Portland, OR 97298 Phone: 503-243-1356	NAFA provides support to adoptive families through social, educational and cultural events. Website provides information about adoption resources. www.nafaonline.org
Northwest Behavioral Healthcare Services	18000 SE Webster Road Gladstone, OR 97027 Phone: 503-722-4470	Secure adolescent residential treatment program for mental health, drug and alcohol and eating disorder issues. Serves youth 12-17 and their families. Drug and alcohol assessments available as a free service to the community. Accepts most major private insurance plans. Free Teen Recovery groups are available in the Portland area. www.northwestbhs.com
Northwest Families	www.northwestfamilies.org	Website provides thorough information on activities, books, events and resources for families.
NW Attachment Parenting	Kennedy School Community Room 8736 NE 33rd Ave Portland, OR Phone: 503-234-6004	Provides two support and play groups each week for parents and children ages five and under. www.nw-ap.org



RESOURCES GALORE

Agency	Contact Info	Additional Information
Parenting Resources		
Oregon Family Support Network (OFSN)	PO Box 324 Marylhurst, OR 97036 Phone: 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. www.ofsn.com
Oregon Parent Training and Information Center	2288 Liberty St NE Salem, OR 97301 Phone: 1-888-505-2673 Helpline: 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.
Oregon Post-Adoption Resource Center (ORPARC)	2950 SE Stark St Suite 130 Portland, OR 97214 Phone: 503-241-0799 Toll free: 800-764-8367	Free information, referral, consultation, resource library, education and advocacy for Oregon DHS adoptive and assisted guardianship families. www.orparc.org
Parent Coaching Institute (PCI)	Phone: 206-654-2994	Call or visit website for a list of parent coaches or call for a referral based on specialty area or location. www.thepci.com
Parenting Connections: The R.A.F.T.	PO Box 90822 Portland, OR 97290 Phone: 503-761-4686	Faith-based organization provides a support network to relative, adoptive, and foster families, which include training, support and connections to resources. www.pctheraft.org
Parents Anonymous	Phone: 503-258-4557	A parent support line which provides emotional support and crisis intervention for parents. 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.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Parenting Resources		
Parents Without Partners	10320 SE Pine St Portland, OR Phone: 503-295-4280	Offers family, parent, and educational activities for single parents and their children. www.parentswithoutpartners.org
PdxParenting	www.PdxParenting.com	Website and workshops provided offering tips and resources for parents on relevant topics for children and teens.
Portland Public Schools Student Services Department	501 N Dixon Portland, OR 97227 Phone: 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.
Portland Public Schools Teen Parent Services	4039 NE Alberta Ct Portland, OR 97211 Phone: 503-916-5858	Childcare, parenting education, transportation, young father services, counseling, advocacy, home instruction, night schools and post-high school planning.
Pregnancy Resource Center	9255 NE Halsey Portland, OR 97220 Phone: 503-256-0808	Prenatal and parenting classes.
Resolutions NW *Conflict Resolution Services*	1827 NE 44th Suite 300 Portland, OR 97213 Phone: 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. www.resolutionsnorthwest.org
Self Enhancement, Inc. (SEI)	3920 N Kerby Ave Portland, OR 97227 Phone: 503-249-1721 x238	Parenting classes focus on child development, discipline, supervision, praise and cultural awareness. Childcare is available.
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 and energy assistance, and counseling.
Stand Up Parenting	Powellhurst Baptist Church SE 112th and Powell Phone: 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.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Parenting Resources		
Talk it Over	830 NE 47th Ave Portland, OR 97213 Phone: 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.
Trillium Family Services (Waverly Children's Home Campus)	3550 SE Woodward St Portland, OR 97202 Phone: 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.
Virginia Garcia Memorial Health Clinic	Phone: 503-359-8413	Free parenting class in Spanish.
Western Psychological Counseling Services	Various locations Phone: 503-666-8832	Counseling center offers a variety of parenting classes throughout the year. Call for latest information.
Youth Contact	447 SE Baseline Hillsboro, OR 97123 Phone: 503-640-4222	Parenting classes offered throughout Washington County.



Monica Parmley, LCSW

RESOURCES GALORE

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



RESOURCES GALORE

Agency	Contact Info	Additional Information
Population Specific Agencies		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Ainsworth United Church of Christ	2941 NE Ainsworth Portland, OR Phone: 503-284-8767	GLBTQ welcoming congregation.
American Friends Service Committee	2249 E Burnside Portland, OR 97214 Phone: 503-740-8035	Latino American/Asian Pacific Youth Program works to develop leadership skills.
Andalex International	510 SW 3rd Ave Suite 400 Portland, OR 97204 Phone: 503-241-9756	Interpretation services in 40 languages. Services may be paid for through OHP card.
Asian Family Center (IRCO)	4424 NE Glisan St Portland, OR 97213 Phone: 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.
Asian Health and Service Center	3633 SE 35th Pl Portland, OR 97202 Phone: 503-872-8822	Services for Asian community such as case management, ESL classes, mental health services, addiction treatment, employment info, and recreational/cultural activities.
Avel Gordly Center for Healing	621 SW Alder Suite 520 Portland, OR 97205 Phone: 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.
Baltazar Ortiz Family Center	6736 NE Killingsworth St Portland, OR 97218 Phone: 503-988-4119	Food bags, counseling, referral to resources and parenting classes available in Spanish.
Basic Rights Oregon	PO Box 40625 Portland, OR 97240 Phone: 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.



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RESOURCES GALORE

Agency	Contact Info	Additional Information
Population Specific Agencies/Assistance		
Bienestar de la Familia	6736 NE Killingsworth St Suite 101 Portland, OR Phone: 503-988-3999 x29520	Counseling and addiction services for Spanish speaking residents of Multnomah County.
Beaverton Hispanic Resource Center	12555 SW 4th St Beaverton, OR 97005 Phone: 503-270-0272	Open Monday-Wednesday, 9:00am-12:00pm and Wednesday evenings 6:00-8:00pm. Provides English and Spanish classes, food assistance, and referrals for clothing, immigration, DV services, and counseling as well as direct advocacy and a variety of services for the Hispanic community. www.beavertonhrc.org
Catholic Charities Immigration Services	231 SE 12th Ave Portland, OR 97214 Phone: 503-231-4866 x133	Consultations in asylum and deportation cases.
Centro de Apoyo, Catholic Charities	Phone: 503-263-4944	Services for Spanish-speakers in Clackamas County, including information and referral, employment and fair housing.
Chrysalis Survivors Group	3024 NE MLK Jr Blvd Portland, OR 97212 Phone: 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.
Clackamas County Spanish Information and Referral	Phone: 503-655-8568	
Conexiones	3500 NE Martin Luther King Jr Blvd Portland, OR 97212 Phone: 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. www.conexiones.us
Desarrollo Integral de La Familia	2710 NE 14th Portland, OR 97212 Phone: 503-284-5178	Family violence prevention services, parenting classes, and support groups.



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RESOURCES GALORE

Agency	Contact Info	Additional Information
Population Specific Agencies		
Easter Seals Latino Connection Program	4134 N Vancouver Ave Suite 300C Portland, OR 97217 Phone: 503-335-6161	Vocational rehabilitation services, including employment for Latinos with disabilities. Also ESL and computer classes in Spanish, job placement, translation and interpretation services, resume and interview workshops, information and referral. www.or.easterseals.com
Eastside Jewish Community	Phone: 503-973-5267	Shabbat Services Registration 5:30pm, Dinner 6:00pm, Services 7:00pm-8:00pm. GLBTQ welcoming congregation.
El Programa Hispano	901 SE Oak St Suite 106 Portland, OR 97214 Phone: 503-236-9670 451 NW 1st Ave Gresham, OR Phone: 503-669-8350	Open Monday-Thursday, 9:00am-4:00pm. Culturally-specific social services for Latinos.
First Congregational United Church of Christ	1137 SW Broadway Portland, OR Phone: 503-228-7219	GLBTQ welcoming congregation.
First Unitarian Church	1011 SW 12th Ave Portland, OR Phone: 503-228-6389	GLBTQ welcoming congregation.
Hacienda CDC Homeownership	5136 NE 42nd Portland, OR 97218 Phone: 503-595-2111	Free bilingual (English/Spanish) home buying and foreclosure prevention education. Available Monday-Friday, 9:00am-5:00pm. www.haciendacdc.org
Hambleton Project	1112 NE 21st Ave Suite 5 Portland, OR 97232 Phone: 503-335-6591	Support for lesbians with cancer or other life threatening conditions as well as support to their partners, families and friends.
Havurah Shalom	825 NW 18th Portland, OR Phone: 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.



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RESOURCES GALORE

Agency	Contact Info	Additional Information
Population Specific Agencies		
Immigration Counseling Services	434 NW 6th Ave Suite 202 Portland, OR Phone: 503-221-1689	Free immigration legal assistance. Phone hours: Monday and Tuesday, 2:00pm-5:00pm. All other times, leave a message.
IRCO (Immigrant and Refugee Community Organization)	10301 NE Glisan St Portland, OR 97220 Phone: 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.
Jewish Family and Child Services	1130 SW Morrison St Suite 316 Portland, OR 97205 Phone: 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. www.jcfs-portland.org
Keshet Jewish Group	Phone: 503-226-7079	Jewish community for GLBTQ and their partners, regardless of religion. Potlucks, dinners, and parties. Also provides links to GLBTQ friendly synagogues. www.gayjewishportland.com
Love Makes a Family	PO Box 5163 Portland, OR 97208 Phone: 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.
Lutheran Family Services	605 SE 39th Ave Portland, OR 97214 Phone: 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.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Population Specific Agencies		
Metropolitan Community Church (MCC)	2400 NE Broadway Portland, OR 97232 Phone: 503-281-8868	GLBTQ welcoming congregation. Outreach to gay and lesbian community, counseling and referrals, Christian-based spiritual support.
Middle Eastern Women's Empowerment and Resource Center	Confidential location. Phone: 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.
Mittleman Jewish Community Center	6651 SW Capitol Hwy Portland, OR 97219 Phone: 503-244-0111	Cultural, athletic, and educational center. Membership fees vary. Call for more information.
NARA (Native American Rehabilitation Association)	1438 SE Division Portland, OR Phone: 503-231-2641 Clinic: 15 N Morris Portland, OR Phone: 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.
NAYA (Native American Youth Association)	5135 NE Columbia Blvd Portland, OR 97219 Phone: 503-288-8177	Open Monday-Friday, 9:00am-6:00pm. Education and support services for Native youth and families. DV support groups offered.
Northwest Gender Alliance	PO Box 4928 Portland, OR 97208 Phone: 503-533-8787	Social support and educational group for individuals who desire to explore and express another gender.
Northwest Pilot Project	1430 SW Broadway Suite 200 Portland, OR Phone: 503-227-5605	Open Monday-Friday, 8:00am-5:00pm. Serves Multnomah County residents age 50 or older.
NW Primary Care Group	3033 SE Monroe St Milwaukie, OR Phone: 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.
Oregon Somali Family Education Center (OSFEC)	5080 SW 185th Ave Aloha, OR 97007 Phone: 503-995-6031	Culturally relevant services for Somali youth and families. Services include tutoring, recreational opportunities, health education and early intervention.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Population Specific Agencies		
Our House	2727 SE Alder St Portland, OR 97214 Phone: 503-234-0175	Many programs including a foster care home called Swan House in Milwaukie, a Neighborhood Housing and Care Program, food pantry, and free store providing men's clothing and household items. Also includes a residential care facility providing care for men and women living with HIV/AIDS. Office hours Monday-Friday 9:00am-5:00pm. Call admissions for details.
Pacific Interpreters, Inc.	520 SW Yamhill Suite 320 Portland, OR 97204 Phone: 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.
Parents, Families, and Friends of Lesbians and Gays (PFLAG)	PO Box 8944 Portland, OR 97207 Phone: 503-232-7676	Support group for people who have a LGBTQ loved one.
Portland International Community School	1131 SE Oak Street Portland, OR 97214 Phone: 503-232-5334	Provides free English classes, high school diplomas and academic support for youth ages 14-20. www.emoregon.com
Project Network	2801 N Gantenbein Ave Portland, OR 97227 Phone: 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.
Raphael House	PO Box 10797 Portland, OR 97296-0787 Phone: 503-222-6507	Shelter for women & children. No males over 17. Four week limit. Spanish speaking advocates available. After Hours Line: 503-222-6222
Russian Oregon Social Services (ROSS)	4033 SE Woodstock Portland, OR Phone: 503-777-3437	Comprehensive services for Russian speakers, including case management, DV awareness, translations, dental program, legal consultation, housing assistance, and senior services.
SAWERA	Phone: 503-778-7386	Services for South Asian women and families.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Population Specific Agencies		
Self Enhancement, Inc. (SEI)	3920 N Kerby Portland, OR Phone: 503-249-1721	Open Monday-Friday, 8:00am-5:00pm. Serves African American community.
Sexual Minority Youth Resource Center (SMYRC)	3024 NE MLK Jr Blvd Portland, OR 97212 Phone: 503-872-9664	Free HIV testing, art therapy, support groups, counseling and open mic last Friday of the month.
SOAR (Sponsors Organized to Assist Refugees)	2906 NE Glisan Portland, OR Phone: 503-284-3002	Hours: Monday-Friday, 8:30am-5:00pm. Refugee resettlement and immigration services.
South Metro Jewish Congregation	21420 Willamette Dr West Linn, OR Phone: 503-650-7013	Tot Shabbat: Friday 6:00pm. Family Shabbat: Friday 7:00pm. GLBTQ welcoming congregation.
St. Mark Presbyterian	9750 SW Terwilliger Blvd Portland, OR Phone: 503-244-8177	GLBTQ welcoming congregation.
The Old Church	1422 SW 11th Portland, OR Phone: 503-222-2031	GLBTQ welcoming congregation.
TransActive	1441 SE 122nd Ave Suite 1435 Portland, OR 97233 Phone: 503-252-3000	Provides the necessary support to improve the quality of life of transgender and gender non-conforming children, youth and their families through education, services, advocacy and research.
Value Language Services, Inc.	13401 SW 136th Pl Tigard, OR 97223 Phone: 503-590-0535	Vietnamese interpretation onsite or on the phone. Fees vary.
Washington County Pride Project	2100 SE Belmont Portland, OR 97214 Phone: 503-206-5792	Open Wednesday and Thursday, 4:00pm-5:30pm. Free program for LGBTQ 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. www.prideproject.org .



RESOURCES GALORE

Agency	Contact Info	Additional Information
Senior and Disability Services		
Senior Services		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
AARP	Phone: 800-424-3410	Information and referral, support programs, travel services and free tax assistance.
Alzheimer's Association	1311 NW 21st Portland, OR Phone: 800-733-0402	24-hour crisis line, information and referral, support groups, classes, and library.
Donated Dental Services	Locations statewide. Phone: 503-774-3898	Primarily serves developmentally disabled. Serves low-income seniors, age 65 or older. Provides dentures. No emergencies.
Elders in Action	1411 SW Morrison Suite 290 Portland, OR 97205 Phone: 503-235-5474	Advocacy, support and ombudsman services for Multnomah, Clackamas, and Washington County residents age 60 and over.
Family Caregiver Support Program (Multnomah County Aging and Disabilities)	421 SW Oak Suite 510 Portland, OR 97204 Phone: 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.
Geriatric Dental	6319 SE Powell Portland, OR 97206 Phone: 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.
Impact Northwest Southeast Multicultural Senior Center	4610 SE Belmont St Suite 102 Portland, OR 97215 Phone: 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.
Lifeline (Jewish Family and Child Services)	1130 SW Morrison St Suite 316 Portland, OR 97205 Phone: 503-226-7079	Comprehensive needs assessment, resource linkages, home care services and support services for seniors. www.jfcs-portland.org



RESOURCES GALORE

Agency	Contact Info	Additional Information
Senior and Disability Services		
Makin' It Right	Phone: 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.
Medicare Rights Center	2828 NE Alberta Portland, OR 97211 Phone: 503-282-7973	www.medicarerights.org
Metro Home Safety Repair Program	Phone: 503-977-4582	Recruits and refers workers age 55 and over or persons with disabilities. Must meet income eligibility guidelines.
Metropolitan Family Service (MFS)	1808 SE Belmont St Portland, OR 97214 Phone: 503-232-0007	Creates access to community resources. Helps older adults maintain their independence. www.metfamily.org
National Medicare Hotline	Phone: 1-800-Medicare (1-800-633-4227)	www.medicare.gov
Oregon Project Independence	Phone: 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.
Portland State University Senior Adult Learning Center	506 SW Mill St Room 470 Portland, OR 97207 Phone: 503-574-4739	Free classes for people 65 years and older. Register at the office.
Resolutions NW *Conflict Resolution Services*	1827 NE 44th Suite 300 Portland, OR 97213 Phone: 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. www.resolutionsnorthwest.org
TASK (Jewish Family and Child Services)	1130 SW Morrison St Suite 316 Portland, OR 97205 Phone: 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. www.jfcs-portland.org



RESOURCES GALORE

Agency	Contact Info	Additional Information
Senior and Disability Services		
Unlimited Choices	Phone: 503-234-6167	Provides renovation to homes to increase accessibility and safety.
Disability Services		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Access Technologies, Inc.	951 NW Hall Room 110 Portland, OR 97201 Phone: 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.
ARC of Multnomah and Clackamas Counties	619 SW 11th Suite 234 Portland, OR 97205 Phone: 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.
DePaul Industries	4950 NE MLK Blvd Portland, OR 97211 Phone: 503-281-1289	Teaches office skills, computer applications, and employment skills to people with disabilities. Fees vary by service.
Eastco Diversified Services	215 SW Wallula Ave Gresham, OR 97080 Phone: 503-667-0613	Serves developmentally disabled people 18 and older. Vocational and residential services.
Epilepsy Foundation of Oregon	619 SW 11th Suite 225 Portland, OR 97205 Phone: 503-228-7651	Information and referral, community education, parent support, advocacy, adult support and employment services.
Goodwill Industries	1943 SE 6th Ave Portland, OR 97214 Phone: 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.
Impact Northwest Southeast Multicultural Senior Center	4610 SE Belmont St Suite 102 Portland, OR 97215 Phone: 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
Senior and Disability Services		
Independence Network	1819 NW Everett Portland, OR 97209 Phone: 503-225-9192	Serves borderline developmentally disabled persons. Fees vary.
Independent Living Resources	2410 SE 11th Ave Portland, OR 97214 Phone: 503-232-7411	Serving people with disabilities.
Kerr Developmental Disabilities Services	722 NE 162nd Ave Portland, OR 97230 Phone: 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.
Metro Home Safety Repair Program	Phone: 503-977-4582	Recruits and refers workers age 55 and over or persons with disabilities. Must meet income eligibility guidelines.
Oregon Association of Children and Adults with Learning Disabilities	4475 SW Scholls Ferry Rd #204 Portland, OR 97225 Phone: 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.
Oregon Brain Injury Support Group	Phone: 503-413-7707	Support group for brain injury survivors, parents, families, and spouses.
Vocation Rehabilitative Services	4744 N Interstate Portland, OR Phone: 503-280-6940	Job assistance for people with disabilities.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Transportation and Bus Tickets		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Bicycle Hotline	Phone: 503- 823-CYCL (2925)	Information on bike lanes and bike facilities, safe cycling, and a free color map of Portland's bikeway network.
Citybikes Worker Co-Op	734 SE Ankeny St Portland, OR 97214 Phone: 503-239-6951 1914 SE Ankeny St Portland, OR 97214 Phone: 503-239-0553	First location has used bikes and performs small repairs. The second location offers full repair service.
COMET (State)	Phone: 503-283-5859 or 503-731-4652	24-hour emergency service on state highways. Flats & jumps free and a fee for tows.
Community Cycling Center	1700 NE Alberta Portland, OR 97211 Phone: 503-288-8864	Bicycle repair, training, and education. Serves youth ages 6-19.
Downtown Catholic Chapel	601 West Burnside Portland, OR 97209 Phone: 503-228-0746	Bus tickets for medical appointments.
FlexCar Portland	2828 NE Alberta Portland, OR 97211 Phone: 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. www.flexcar.com .
Free Rail Zone (formerly Fareless Square)	www.trimet.org	Free fare on buses, MAX and streetcar. Includes most of downtown Portland and the MAX to Lloyd Center. See website for more details.
Greyhound Portland	Phone: 503-243-2357 or 800-231-2222	
Medical Transportation	Phone: 503-802-8700	Transportation to medical, counseling, and dental appointments for 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.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Transportation and Bus Tickets		
NW Pilot Project	1430 SW Broadway Suite 200 Portland, OR 97201 Phone: 503-227-5605	Offers services to individuals 60+ who need assistance to remain independent.
NW Portland Ministries	1816 NW Irving Portland, OR 97209 Phone: 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 Phone: 503-249-0471	Provides transportation to elderly or disabled in NE and SE Portland.
Ride Connection	3131 N Vancouver Portland, OR 97227 Phone: 503-280-1445	Transportation available for elderly and disabled clients. www.rideconnection.org
Salvation Army	1712 NE Sandy Blvd Portland, OR 97232 Phone: 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 Phone: 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 Phone: 503-235-8431 Northeast Phone: 503-233- 5589	Occasional gas vouchers. Call for more information.
Transportation Reaching People	Phone: 503-655-8208	Volunteer transportation for elderly and disabled.
Tri-Met	4012 SE 17th Ave Portland, OR 97202 Phone: 503-238-RIDE TTY: 503-238-5811	Call or visit website for trip planning and transportation schedules and to get information about using the bike racks. www.trimet.org .
Tri-Met Call-A-Bus	Phone: 503-231-3199 TTY: 503-239-3010	
Tri-Met LIFT	Phone: 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	Phone: 503-962-2455 TTY: 503-238-5811	
William Temple House	2023 NW Hoyt Portland, OR 97209 Phone: 503-226-3021	Bus tickets available for medical appointments.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Youth Services		
211 Info	621 SW Alder St Suite 810 Portland, OR 97205 Phone: 503-222-5555	Locate local emergency services. www.oregonsafenet.org
Acadia Northwest	10101 SW Barbur Blvd Suite 101 Portland, OR 97219 Phone: 503-245-6262	Intensive teen outpatient program.
Access Center (Janus Youth)	314 SW 9th Ave Portland, OR 97205 Phone: 503-432-3986	Point of entry for youth ages 13-24 who need homeless services. Intake, screening, and referrals for food, clothing and shelter.
Albina Youth Opportunity School	3710 N Mississippi Ave Portland, OR 97227 Phone: 503-288-5813	Alternative middle and high school for ages 12- 21 in Portland Public Schools.
Betties 3SIXTY	17446 SW Jay St Beaverton, OR 97006 Phone: 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.
Big Brother Big Sister Program	Phone: 503-249-4859	Youth mentoring services for ages 6-16.
Blazers Boys and Girls Club	5250 NE MLK Jr Blvd Portland, OR Phone: 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.
Boys and Girls Aid	018 SW Boundary Court Portland, OR 97239 Phone: 503-222-9661 Crisis Line: 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. www.boysandgirlsaid.org
Boys and Girls Club	2828 NE Alberta Portland, OR 97211 Phone: 503-282-7973	Drop in site. Summer and after school programs. Summer sports programs.
Breakthrough Latino Project	3390 SE Milwaukie Portland, OR 97202 Phone: 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
Youth Services		
Bridge House	4015 SE Madison Portland, OR 97214 Phone: 503-238-1702	Provides transitional housing for youth. Serves youth ages 16-20. No fees.
Caldera	224 NW 13th Ave Suite 304 Portland, OR 97209 Phone: 503-937-7404	Arts education organization which serves underserved youth (ages 11-18) and adults in N, NE, and SE Portland.
Camp Erin	6410 NE Halsey St Suite 300 Portland, OR 97213 Phone: 503-215-2273	Free weekend-long camp for children and teens, ages 6-17, who are grieving the death of someone close to them.
Campfire USA	619 SW 11th Ave Suite 200 Portland, OR 97205 Phone: 503-224-7800	Teen parent program and childcare resource and referral. Some school-based programs available.
Cascade AIDS Project (CAP) Teen2Teen Program	620 SW 5th Ave Suite 300 Portland, OR 97204 Phone: 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.
Center for Community Mental Health	7025 N Lombard Portland, OR 97203 Phone: 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.
Center for Family and Adolescent Research (CFAR)	729 NE Oregon St Suite 150 Portland, OR 97232 Phone: 503-243-1065	Power of Parents (POP) is a counseling and support group for parents or guardians of youth (ages 14-20) who are using drugs but refusing counseling. Open Monday-Thursday, 9:00am-8:00pm and Friday, 9:00am-5:00pm. Call to determine research eligibility. All services are free. www.ori.org/cfar/portland
Changes Program	4015 SE Madison Portland, OR 97214 Phone: 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.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Youth Services		
Chrysalis Survivors Group	3024 NE MLK Jr Blvd Portland, OR 97212 Phone: 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.
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. www.ccteentalk.clark.wa.gov
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.
Dougy Center	PO Box 86852 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. Sites in Portland, Hillsboro and Canby.
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.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Youth Services		
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.
Emmanuel Community Service	5034 N Missouri Portland, OR 97217 Phone: 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.
Ethos Music Center	10 N Killingsworth St Portland, OR 97217 Phone: 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.
Girls, Inc. of Northwest Oregon	105 SE Taylor St Portland, OR 97214 Phone: 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 and offers training for parents and professionals on topics relevant to girls. www.girlsinpnworegon.org
Girls on the Run of Portland Metro	3439 NE Sandy Blvd Suite 129 Portland, OR 97232 Phone: 503 -318-5212	Character development program for 3rd - 5th grade girls. 12-week programs meet twice per week for 90 minutes around the Portland Metro area. Combines running and walking games with discussions about various life skills, including healthy eating, leadership, setting goals and cooperation. www.girlsontherunpdx.org



RESOURCES GALORE

Agency	Contact Info	Additional Information
Youth Services		
Hand in Hand Early Childhood Services (Morrison Child and Family Services)	11456 NE Knott Portland, OR Phone: 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.
Hands on Greater Portland	2145 NW Overton St Portland, OR 97210 Phone: 503-413-7787	Clearinghouse for volunteer opportunities for youth and adults. www.handsonportland.org
Harry's Mother	738 NE Davis Portland, OR 97232 Phone: 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.
House of Umoja	1626 NE Alberta Portland, OR Phone: 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.
Impact Northwest	10055 E Burnside Portland, OR 97216 Phone: 503-988-6000	Provides school-based services to youth in elementary, middle, and high schools. Operates several SUN Community School programs.
Insights Teen Parent Program	2020 SE Powell Blvd Portland, OR 97211 Phone: 503-239-6996	Provides various services such as: case management, counseling, support groups, information and referral, parent education, housing assistance, crisis intervention, healthcare, and child care for pregnant and parenting teens.
Juvenile Rights Project	123 NE 3rd Suite 310 Portland, OR Phone: 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.



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Agency	Contact Info	Additional Information
Youth Services		
Legacy Child & Adolescent Treatment Program	3001 N Gantenbein Portland, OR 97227 Phone: 503-413-4848	Inpatient/outpatient services available for ages 5-17. Hours: Monday-Friday, 9:00am-5:00pm.
LifeWorks Northwest	Various locations in Multnomah and Washington County Intake: 503-645-9010 Family & Community Alliance: 503-234-3400 Family Coaching: 503-627-9194	Family & Community Alliance is a free and voluntary program that provides home visits, skill building, case management, and information and referral. Family Coaching available for residents of Washington County. Weekly sessions cover topics such as family communication, conflict resolution, parenting skills, and behavioral management. www.lifeworksnw.org
Me, Too	PO Box 10796 Portland, OR 97296 Phone: 503-220-1000	Free grief and bereavement support groups for children, teens and their adult guardians. www.oregonhospice.org
Metropolitan Family Service (MFS)	1808 SE Belmont St Portland, OR 97214 Phone: 503-232-0007	Creates opportunities for children to succeed in their families, in school, and the community. Operates several SUN Community School programs. www.metfamily.org .
Morrison Child and Family Services	1500 NE Irving St Suite 250 Portland, OR 97232 1818 SE Division Portland, OR 97202 2951 NW Division Suite 200 Gresham, OR 97030 Intake: 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.
Multnomah County Library	Various locations. Phone: 503-988-5402	Open 7 days a week and two evenings each week. Free to all Multnomah County residents. www.multcolib.org .



RESOURCES GALORE

Agency	Contact Info	Additional Information
Youth Services		
National Runaway Switchboard	Phone: 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.
NARA (Native American Rehabilitation Association)	1631 SW Columbia St Portland, OR 97201 Phone: 503-231-2641 24-Hour Hotline: 503-923-4357	Various locations throughout the Metro area. Serves Native Americans, outpatient & residential, mental health services, youth treatment ages 13-21.
Native American Youth and Family Center (NAYA)	5135 NE Columbia Blvd Portland, OR 97218 Phone: 503-288-8177	A culturally-specific agency working to promote family unity and educational achievement while honoring cultural traditions. Several youth programs and alternative school.
Neighborhood House Youth and Family Services	7688 SW Capitol Hwy Portland, OR 97219 Phone: 503-244-2292	Program provides youth and family services to build assets for youth and strengthen families. Some school-based services available. Office hours Monday-Friday, 9:00am-5:00pm.
New Avenues for Youth	812 SW 10th Ave Portland, OR 97205 Phone: 503-224-4339 Toll free: 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, programs for pregnant and parenting teens, career training, transitional housing and counseling. Drop-ins welcome.
Newman Foundation	10260 SW Greenburg Rd Number 400 Portland, OR 97223 Phone: 503-452-6900	Youth learn teamwork, self esteem, and cultural understanding through free football camps.



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Agency	Contact Info	Additional Information
Youth Services		
Northwest Behavioral Healthcare Services	18000 SE Webster Road Gladstone, OR 97027 Phone: 503-722-4470	Secure adolescent residential treatment program for mental health, drug and alcohol and eating disorder issues. Serves youth 12-17 and their families. Drug and alcohol assessments available as a free service to the community. Accepts most major private insurance plans. Free Teen Recovery groups are available in the Portland area. www.northwestbhs.com
Open Meadow Alternative School	7621 N Wabash Portland, OR 97217 Phone: 503-230-2378	Alternative school program which serves youth up to age 19.
Operation Easy, Inc.	4222 NE 12th Portland, OR 97211 Phone: 503-288-3728	Provides tutoring, counseling, mentoring, parent education and teacher education. Hours Monday-Friday, 7:00am-7:00pm.
Oregon Mentors	1221 SW Yamhill St Suite 260 Portland, OR 97205 Phone: 503-517-8990	Statewide database of mentoring programs in Oregon. www.oregonmentors.org
Oregon Partnership	6443 SW Beaverton-Hillsdale Hwy Portland, OR 97221 Phone: 800-923-HELP Youth Line: 1-877-553-TEEN Spanish: 1-877-515-7848	Information & referral for callers of all ages, advocacy and workshops. Free services. Youth Line offers peer support for youth.
Oregon SafeNet	Phone: 503-988-5858 Hotline: 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
Youth Services		
Outside In	1132 SW 13th Portland, OR 97205 Phone: 503-535-3800	Drop-in day center. Employment resources and limited medical and dental resources. Hours: Monday-Friday, 9:00am-6:00pm. www.outsidein.org
Outside In Trans Identity Resource Center	1132 SW 13th Portland, OR Phone: 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.
Parry Center	3415 SE Powell Blvd Portland, OR 97202 Phone: 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.
p:ear	809 SW Alder Portland, OR 97205 Phone: 503-228-6677	Works with homeless and transitional youth ages 15-24 using education, art, and recreation to affirm personal worth.
PFLAG (Parents, Families and Friends of Lesbians and Gays)	Portland Phone: 503-232-7676 Clackamas Phone: 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.
PIVOT	2701 NW Vaughn St Suite 151 Portland, OR 97210 Phone: 503-274-7343	Educational and vocational training for youth and parenting youth ages 16-24.
Planned Parenthood	Various locations. Phone: 503-775-4931	Family planning, birth control distribution, sex education, STD prevention and gynecological exams.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Youth Services		
Portland International Community School (PICS)	1131 SE Oak St Portland, OR Phone: 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.
Portland Metro Center: Teen Challenge International	3121 NE Sandy Blvd Portland, OR 97232 Phone: 503-230-1910	Faith-based, one-year residential addictions recovery program. Call for an appointment.
Portland Public Schools Teen Parent Program	Various locations. Phone: 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.
Portland Youth Builders	4816 SE 92nd Portland, OR Phone: 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.
Project Stop	2415 SE 43rd Suite 200 Portland, OR 97206 Phone: 503-230-9654	Assessment, counseling, and support groups for youth. Sliding fee scale.
Project Success	Phone: 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.
REAL (Recovery, Empowerment, Achievement in Life)	4925 N Albina Ave Portland, OR 97217 Phone: 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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Agency	Contact Info	Additional Information
Youth Services		
Reception Center (Janus Youth)	738 NE Davis Portland, OR Phone: 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.
Resolutions NW *Conflict Resolution Services*	1827 NE 44th Suite 300 Portland, OR 97213 Phone: 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. www.resolutionsnorthwest.org
Restoration Community	7523 SE 52nd Ave Portland, OR 97206 Phone: 503-777-4810	Provides faith-based drop-in teen center and after school programs. www.rci-pdx.org .
Rosemont Treatment Center and School (Morrison Child and Family Services)	9911 SE Mt Scott Blvd Portland, OR 97266 Phone: 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.
Salvation Army White Shield Program	Phone: 503-239-1248	Residential treatment facility for pregnant mothers ages 10-18; shelter for emergency care.
Self Enhancement Inc. (SEI)	3920 N Kerby Portland, OR 97227 Phone: 503-249-1721	Open Monday-Friday, 8:00am-5:00pm. Serves African American youth, ages 7-24, and families in Multnomah County. School-based and summer programs available.
Sexual Minority Youth Resource Center (SMYRC)	3024 NE MLK Jr Blvd Portland, OR 97212 Phone: 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.
Sisters in Action for Power	Phone: 503-331-1244	Youth leadership program for young women in North and Northeast Portland.
Springdale JobCorp	Phone: 800-344-4349	Serves youth ages 15-19. Helps individuals achieve a GED or diploma and train for a vocation.
Teen Info Line	Phone: 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.



RESOURCES GALORE

Agency	Contact Info	Additional Information
Youth Services		
Title X	Phone: 503-916-5773	Portland Public Schools program for homeless youth returning to school or in transition.
Trillium Family of Friends Mentoring Program	Phone: 503-813-7724	Matches volunteer singles, couples and families with children ages 6-9 for mentoring relationships. www.family-of-friends.org
WomenStrength	10225 E Burnside Portland, OR 97216 Phone: 503-823-0260	Introductory self-defense classes for any woman or girl over age 13. Classes are free and are held every month around Portland. Call to register.
Youth Contact	447 SE Baseline Hillsboro, OR 97123 Phone: 503-640-4222	Outpatient child and family counseling. Drug testing available. School based services in Washington County.
Youth Crisis Hotline	Toll free: 1-800-448-4663	24 hour information and referral for youth ages 17 and younger.
Youth Employment Institute (YEI)	1704 NE 26th Portland, OR 97212 Phone: 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. www.yei.org
Youth Integrated Program (YIP)	10373 NE Hancock St Suite 200 Portland, OR 97220 Phone: 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.
Youth Opportunity Center	3034 NE MLK Jr Blvd Portland, OR Phone: 503-528-3034	Employment opportunities for youth.
YWCA Young Families/ Familias Jovenes	5630 NE MLK Jr Blvd Portland, OR Phone: 503-721-1750	Support/self-advocacy programs for young families. A bi-lingual organization.