



Monica Family, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Alcohol & Drug Recovery and Treatment		
211 Info	Phone: 503-222-5555	Locate local emergency services.
72 Youth Contact	447 SE Baseline Hillsboro, OR 97123 Phone: 503-640-4222	Adolescent outpatient with family services.
Acadia Northwest	10101 SW Barbur Blvd. Suite 101 Portland, OR 97219 Phone: 503-245-6262	Intensive teen outpatient program.
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, 9-5. Call for info.
Alano Club	909 NW 24th Ave. Portland, OR 97210 Phone: 503-222-5756	A place for various 12-step recovery meetings. Meeting times vary. Call for information.
Alcohol and Drug 24-hour Helpline	Phone: 503-244-1312	
Alcohol Treatment and Training Center	621 SW Alder St., Suite 520 Portland, OR 97205 Phone: 503-494-4745	
Alcoholics Anonymous	1212 SE Division Portland, OR 97202 Phone: 503-222-8569	Information, groups and meetings throughout Oregon.
Allied/Allied East Health Services for Drug Recovery	808 SW Alder, 3rd Floor Portland, OR 97205 Phone: 503-226-2203	Outpatient methadone addictions treatment with a family component, women's groups, hepatitis training, and 90-day aftercare component.
ASAP Treatment Services	2130 SW 5th Ave. Portland, OR 97201 Phone: 503-224-0075	Outpatient treatment, possible no fee services, DUII education, parenting and gender-specific groups, financial assistance for those who are HIV positive.
BI Community Corrections Service (Washington County)	400 East Main Plaza, Suite 140 Hillsboro, OR 97214 Phone: 503-640-8307	Spanish-speaking, intensive & non-intensive outpatient, DUII. Voluntary clients as well as corrections-mandated clients.
Breakthrough-Morrison Child & Family Services	3390 SE Milwaukie Ave. Portland, OR 97202 Phone: 503-231-4000	Drug treatment for youth ages 12-18.
Bridgeview Community	707 NW Everett Portland, OR 97209 Phone: 503-222-4906	Residential services for adults with major mental health issues, Axis 1. Case management on site, 24 emergency staff, single room occupancy only.
Caremark Behavioral Health	6110 SE Belmont St. Portland, OR 97215 Phone: 503-232-3627	Various locations. Intensive & non-intensive outpatient for adults (youths at Washington County site). Services vary by location.



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Alcohol & Drug Recovery and Treatment		
Cascadia Behavioral Health	412 SW 12th Ave. Portland, OR 97205 Phone: 503-228-7134	Dual diagnosis intensive & non-intensive outpatient services, DUII, gambling, age-specific and gender-specific treatment available.
Center for Family and Adolescent Research	812 SW Washington, Ste. 500 Portland, OR 97205 Phone: 503-243-1065	Free drug treatment for adolescents and their families. The project provides intensive help to parents who want treatment for their drug-abusing youth, ages 15-20.
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, health care. ccadmin@centralcityconcern.org
Change Point, Diversion Associates	1949 SE 122nd Ave. Portland, OR 97233 Phone: 503-253-5954	Various locations throughout the metro area. Outpatient, cultural/gender specific programs, Hispanic gambling treatment, sliding scale.
City Team Ministries	526 SE Grand Ave. Portland, OR 97214 Phone: 503-231-9334	Various locations throughout Metro area. Outpatient drug & alcohol treatment for adults and youth, inpatient component (3-6 months), DUII.
Clackamas County Mental Health & Addictions Treatment Services	1002 Library Ct. Oregon City, OR 97045 Phone: 503-655-8401	Intensive & non-intensive outpatient, DUII, gambling treatment, dual diagnosis, marijuana treatment, Spanish-speaking services, adults & adolescents, agency operates five sites.
Clark County Detox	Phone: 503-286-1086 or 360-696-1631	
Cocaine Anonymous	Phone: 503-256-1666	
CODA Drug Treatment Service	1027 E. Burnside Portland, OR 97214 Phone: 503-239-8400	Various locations throughout Metro area. Outpatient treatment, methadone, DUII, specific services for women and children. Walk-in hours.
Codependents Anonymous	Phone: 503-293-8254	
Delta Clinic	2600 SE Belmont Portland, OR 97214 Phone: 503-239-5738	Methadone, therapy & addictions treatment, outpatient detox services, assistance for pregnant women. Also has Washington County office.
DePaul Treatment Center	1300 SW Washington Portland, OR 97205 Phone: 503-535-1166 Hillsboro Phone: 503-693-3104	Various locations throughout metro area. Outpatient drug & alcohol treatment for adults and youth, inpatient component (3-6 months), DUII.



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Alcohol & Drug Recovery and Treatment		
Hooper Detox Center (Central City Concern)	20 NE Martin Luther King Portland, OR 97232 Phone: 503-238-2067	Residential medical detox (average 5-7 days), no opiates, referrals to continuing treatment, services for pregnant women. Free or sliding scale.
HOPE Clinic	9747 SE Powell Blvd. Portland, OR 97266 Phone: 503-762-9386	Methadone treatment program, counseling and drug-free counseling.
House of Change	6103 N. Albina Portland, OR 97217 Phone: 503-240-2909	Provides homeless persons with an opportunity to address drug, alcohol, and emotional issues in a safe, home-like environment. \$375/month rent.
InAct	310 SW 4th, Suite 900 Portland, OR 97204 Phone: 503-228-9229	Intensive & non-intensive outpatient, DUII, voluntary & corrections-mandated, Spanish-speaking services, acupuncture & naturopathic care.
Integrated Health Clinics	17882 SE McLoughlin Blvd Milwaukie, OR 97267 Phone: 503-353-9415	Outpatient methadone addictions treatment. Services Portland metro area.
Jada Outreach Ministries	1552 N. Killingsworth Portland, OR 97217 Phone: 503-286-9624	Provides behavior counseling for alcohol, drug, and addictive behaviors. Call for more info.
Kaiser	3550 N. Interstate Ave. Portland, OR 97227 Phone: 503-249-3434	Intensive & non-intensive outpatient for adults, DUII, co-dependency treatment. Various locations throughout the Metro area.
Leo Ni Leo	5010 NE 33rd Ave. Portland, OR 97211 Phone: 503-249-1731	Services provided to African-American adolescent males in a day treatment setting. Ages 12-18. Culturally specific services.
Letty Owings Center-Central City Concern	2545 NE Flanders Portland, OR 97232 Phone: 503-235-3546	Residential treatment for pregnant women and women with children age 5 and younger, daycare, acupuncture, family education.
Life Change at Union Gospel Mission	15 NW 3rd Portland, OR 97209 Phone: 503-274-4483	2-4 year live-in recovery program.



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Alcohol & Drug Recovery and Treatment		
Lifeworks Northwest	14600 NW Cornell Rd. Portland, OR 97229 Phone: 503-645-9010 www.lifeworksnw.org	Call for an intake & to schedule first appointment. Accepts OHP, private insurance & have a sliding scale. Free alcohol & drug assessments for youth. Provides mental health & addiction services for Multnomah, Washington, & Clatsop counties. Services also include abuse and violence prevention, school retention, & substance abuse prevention. Outpatient & adolescent day treatment available, & residential services for pregnant women or moms. School-based youth addiction services available.
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, outpatient & residential, mental health services, youth treatment ages 13-21. Call 503-224-1044 x 251 or 252.
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 Treatment (Clackamas County)	511 Main St., Suite 201 Oregon City, OR 97045 Phone: 503-655-1029	Intensive & non-intensive outpatient, DUII education and rehab; Spanish-speaking services.
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.
Oregon Partnership for Drug and Alcohol	6443 SW Beaverton-Hillsdale Hwy, Portland, OR 97221 Phone: 800-923-HELP 24 Hr Youth Line: 1-877-553-TEEN Spanish: 1-877-515-7848	Information & referral for callers of all ages, advocacy and workshops. Free services.



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Alcohol & Drug Recovery and Treatment		
Oxford Houses of Oregon	Locations throughout Oregon Phone: 503-247-0777	Affordable, alcohol and drug-free living environment for individuals in recovery from alcoholism and/or drug addiction.
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)-Central City Concern	625 SW 12th Portland, OR 97205 Phone: 503-228-4533	Intensive & non-intensive outpatient treatment, acupuncture & naturopathic care, psychiatric programs for dual-diagnosis clients, funding for HIV+ clients who meet 200% poverty level.
Project Network	2801 NE Gantenbein Ave. Portland, OR 97227 Phone: 503-335-0855	Services provided to 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.
Providence	9450 SW Barnes Rd. Suite 200 Portland, OR 97229 Phone: 503-215-1550	Intensive & non-intensive outpatient, DUII, NE Portland site offers residential medical detox and stabilization services, referrals.
RAM-Recovery and Methadone Clinic	3610 NE 82nd Ave., Suite 100 Portland, OR 97220 Phone: 503-408-9585	Outpatient methadone addictions treatment.
RAP- Recovery Association Project	1903 SE Ankeny Portland, OR 97214 Phone: 503-234-3133	Run by people in recovery for people in recovery.
Rosemont Treatment Center and School	9911 SE Mt Scott Blvd. Portland, OR 97266 Phone: 503-777-8090	Intensive & non-intensive outpatient services for adolescents.
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	Referral Help Line: English: 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 otherwise approved by their State substance abuse agency. In addition, it lists treatment facilities administered by the U.S. Department of Veterans Affairs, the Indian Health Service and the U.S. Department of Defense. For more information, see the website: http://findtreatment.samhsa.gov/facilitylocator.doc.htm



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Alcohol & Drug Recovery and Treatment		
Serenity Lane	9414 SW Barbur Blvd. Suite B Portland, OR 97219 Phone: 503-244-4500	Intensive & non-intensive outpatient, DUII, 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, cultural perspective, self management/spiritual enhancement, criminality groups
Treatment Services Northwest	9370 SW Greenburg Rd. Suite 601 Portland, OR 97223 Phone: 503-246-5238	Intensive & non-intensive outpatient, DUII
Volunteers of America	200 SE 7th Ave. Portland, OR 97214 Phone: 503-235-0131	Separate locations for men's and women's centers, both are corrections only.
Western Counseling Treatment Services	150 NE 3rd St., Suite A Hillsboro, OR 97123 Phone: 503-640-1715	Intensive & non-intensive outpatient, DUII education and batterers-specific domestic violence treatment
Woodland Park Hospital Behavioral Health Services	10300 NE Hancock Portland, OR 97220 Phone: 503-257-5680	No detox. Psychiatric and medical services only.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Childcare & Preschool Information		
Albina Head Start	Main Office: 3417 NE 7 th Portland, OR 97212 Phone: 503-282-1975 Garlington: 4514 SE Flavel Lexington Ct: 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 pre-school 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: 503-731-3111	Childcare assistance for parents who are working or in school. Apply at your local DHS office. Call for the closest location.
Early Head Start Family Center of Portland	911 N. Skidmore Portland, OR 97217 Phone: 503-236-9389	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
Friendly House Preschool	Preschool Address: 1715 NW 26th Ave. Portland, OR 97210 Phone: 503-228-4391 Mailing address: 2617 NW Savier Portland, OR 97210	Contact program director for information. Preschool program is fee-for-service and subsidized placements. Sliding scale avail. Placements are based on income and residency. Classes held Mon, Wed, Fri 8:30am-Noon or Mon-Thurs 12:30-4:00pm. jnettleton@friendlyhouseinc.org
Head Start Portland Public Schools	4800 NE 74th Ave Portland, OR 97218 Phone: 503-916-5724	Half-day or full-day preschool, primarily for low-income families and children with disabilities. Caregivers who work or are in school qualify for extended daycare. No charge for families meeting the income guidelines. Other social services provided.
Iinim Miyac Play Group	710 SW Jackson St. Portland, OR 97207 Phone: 503-725-9695 Phone: 503-665-5904	No preapplication 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 Wed. 10:30-12:30.



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Childcare & Preschool Information		
Inclusive Childcare Program	Phone: 503-731-4132	Childcare services for children with special needs. Serves children birth - 17 with physical, mental, developmental, emotional, behavioral, or medical disabilities.
Metro Childcare Resource & Referral	123 E. Powell Gresham, OR 97030 Phone: 503-548-4400	Referrals & information on choosing safe and appropriate care, on community resources and child care subsidy programs, and on assistance in finding care for children with special needs. Emergency childcare assistance for children under 5 in Multnomah County. www.OregonChildCare.org
Mt. Hood Community College Head Start	10100 NE Prescott St. Portland, OR 97220 Phone: 503-491-6111	Free childcare for low-income families.
Mt. Scott Community Center	5530 SE 72 nd Portland, OR 97206 Phone: 503-823-3183	Community center offering preschool and activity classes for kids. Scholarships available.
Multnomah Education Service District (MESD)	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. 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 PreKindergarten Program	3445 SW Moss St. Portland, OR 97219 Phone: 503-432-6746	Open M-F 8-5, 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.
New Day School	1825 SE Clinton St. Portland, OR 97202 Phone: 503-231-7425	Preschool offers moderate sliding scale fees, also 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 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 2:30 – 6pm. 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.



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Childcare & Preschool Information		
Volunteers of America	234 SE 7 th 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.voao.org .
Washington County Childcare Resource and Referral	Phone: 1-800-624-9516	Provides referrals for licensed childcare providers.
YMCA Childcare Development Centers (Various locations)	Main Phone: 503-946-5437 ABC Center: 6036 SE Foster Portland, OR 97206 Phone: 503-771-0261 St. Anthony: 3740 SE 79th Portland, OR 97206 Phone: 503-771-7579 Y's Choice: 511 SE 60th Portland, OR 97215 Phone: 503-231-7277	Childcare 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 Furniture Resources		
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, small household items.
Beaverton Family Resource Center	Phone: 503-649-0367	Provides information and referral services for families in Beaverton.
Buffalo Exchange	1420 SE 37 th 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 to people in need. Office hours: Thurs. 9-11:30am, call for an appt.
Deseret Industries	10330 SE 82 nd Ave. Portland, OR 97266 Phone: 503-777-3897	Thrift store for clothing (all ages), household items, and some furniture.
Downtown Catholic Chapel	601 West Burnside Portland, OR 97209 Phone: 503-228-0746	Clothes. 9-11:00 am daily walk in. Eligible every 30 days.
Dress For Success	Lloyd Center Portland, OR 97232 Phone: 503-249-7300	Career clothing for low-income women going back to work. Client needs a referral from a job-training organization or caseworker. No charge.
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 82 nd Portland, OR 97266 Phone: 503-775-6784	Free clothing and food. Call ahead.
Friendly House	1808 NW Irving Portland, OR 97209 Phone: 503-228-4335	Small clothing closet.
Goodwill Thrift Shops	Various Portland/Metro Locations. Go to website or phone book for more details.	www.meetgoodwill.org
Helping Hands Community Store	2740 SE Powell Blvd. Portland, OR 97202 Phone: 503-548-0231	Free clothing to residents of Mult.County. Open M, T & W from 10-2. Can shop twice a month and receive up to ten items of free clothing per household member each visit.



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Clothing and Furniture Resources		
Hillsboro Family Resource Center	222 NE 6th Ave. Hillsboro, OR 97124 Phone: 503-844-1063	Located in the basement of JB Thomas Middle School. Services are free to residents of Washington County. Open Monday-Thursday at 9am. Offers clothing closet.
Holy Trinity Catholic Church	13715 SW Walker Rd. Beaverton, OR 97005 Phone: 503-643-9528	Located in Beaverton.
Holy Trinity Social Services	Phone: 503-641-1842	Located in Beaverton.
Hope Center	12117 SE Stevens Ct. Portland, OR 97226 Phone: 503-659-4483	Free clothes. Mondays 9-11:00 am and Wednesday 11:30 am-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 39 th 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	
New Hope Community Church Helping Hands	11731 SE Stevens Rd. Portland, OR 97233 Phone: 503-659-5683	Hours: M 9-11am and Wed. 11:30-1:30pm. Call
Outreach Ministries	203 NW 3rd Ave. Portland, OR 97209 Phone: 503-225-0590	Free clothing, open M-F, 1-3pm.
PACS (Portland Adventist Community Services)	11020 NE Halsey Portland, OR 97220 Phone: 503-252-8500	Thrift store and free larger furniture
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 Rescue Mission	111 W Burnside Portland, OR 97209 Phone: 503-227-0421	Open everyday at 7:30 am. Provides clean clothing, shelter, shower, and food.
PTA Clothing Center	1301 SE Morrison Portland, OR 97214 Phone: 503-238-4522	Volunteer-run clothing resource for children in PPS who need appropriate clothing. Client must be referred by the child's school or a social service agency.
Rose Haven	Phone: 503-248-6364	
Salvation Army	Phone: 503-239-1226	Various thrift stores. Consult website for more specifics: www.salvationarmy.usawest.org



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Clothing and Furniture Resources		
Savvy Plus	3204 SE Hawthorne Portland, OR 97215 Phone: 503-231-7116	Resale and consignment clothing; sizes 12 & up.
Second Chance on Broadway	701 NE Broadway Portland, OR 97232 Phone: 503-284-0277	Thrift Store
Second Thoughts	108 NE 28 th Ave. Portland, OR 97232 Phone: 503-233-2282	Contemporary women's resale clothing.
Sister 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 82 nd in Multnomah County. Need proof of address and picture ID.
St. Andrews Clothes Closet	7600 N. Hereford Ave. Portland, OR 97203 Phone: 503-281-1005	At St. Andrew's Episcopal Church.
St. Matthew's Church	475 SE 3rd Hillsboro, OR 97123 Phone: 503-648-1998	Located in Washington County.
St. Vincent de Paul	Main Office: 503-235-8431 SE Office #1: 8033 SE Holgate Portland, OR 97206 Phone: 503-777-5442	Vouchers to thrift store for homeless, need ID. Those without an address can request to have a voucher sent from the nearest 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.
Transition Projects, Inc.	475 NW Glisan Portland, OR 97209 Phone: 503-823-4930	Sign-up for clothing room and showers: 7:30-8:30am for women; 12:30-1:30pm for men
Union Gospel Mission	15 NW 3rd Ave. Portland, OR 97209 Phone: 503-274-4483	Thrift store, larger furniture available. Tues-Sat. 10-5:45pm.
Value Village	Two locations: 5050 SE 82 nd Ave. Portland, OR 97266 Phone: 503-771-5472 4420 NE Hancock	Thrift store
Village Merchants	3360 SE Division Portland, OR 97202 Phone: 503-234-6343	Unique resale and consignment clothing, shoes, furniture and other items.



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Clothing and Furniture Resources		
Why Not Resale Shop	8536 SE Stark Portland, OR 97216 Phone: 503-253-5554	Women's resale/ consignment clothing.
William Temple House	2023 NW Hoyt St. Portland, OR 97209 Phone: 503-226-3021	Open Monday-Thursday, Thrift store available.
Clothing- 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	1626 NE 9th Portland, OR 97232 Phone: 503-284-1977	Free pregnancy tests and maternity & baby clothes.
Crisis Pregnancy Center (Milwaukie)	14419 SE McLaughlin Milwaukie, OR 97267 Phone: 503-659-3336	Pregnancy resource center. Maternity and baby clothes.
Pregnancy Resource Center	1626 NE 9 th Portland, OR 97212 Phone: 503-284-1977	Maternity clothes and clothes for babies up to 1yr. Please call for appointment.
Car Seats		
Multnomah County Health Dept.	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.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Dental Resources		
211 Info	Phone: 503-222-5555	Locate local emergency services.
Assistance League Dental Center-- Creston School	4701 SE Bush Portland, OR 97206 Phone: 503-916-5808	Serves children who qualify for free/reduced lunch. Serves PPS children K-12. September-June.
Clackamas County Public Health Dental Clinic	Phone: 503-655-8569	
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	Statewide. Call for 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., Ste. 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 M-F 8-5
Free Clinic of SW Washington	Phone: 360-313-1390	Tots n' Teeth program serves children who have NO dental insurance or ability to pay for dental care. The annual family income must be below 200% of Federal Poverty guidelines. Services will be provided for swelling and pain control -- no routine cleaning services will be available. Appointment space is limited to first come first served and by level of urgency. All services will be provided at no charge by local volunteer dentists.
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 wheelchair. Mobile dental 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 M-Th 8-3.
NE Dental Clinic	5329 NE MLK Blvd. Portland, OR 97211 Phone: 503-988-3664	Offers uninsured appointments when available.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Dental Resources		
Northwest Medical Teams Dental Van	6955 SW Sandburg Tigard, OR 97223 Phone: 503-624-1000	Info 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: 503-223-4121	Dental van. Call for schedule. Sliding scale. www.outsidein.org
Portland Community College	Located throughout Metro Area. Phone: 503-977-4909	Dental service: low cost hygiene and cleaning. Provides services from Oct-June.
Programa Hispano de Gresham	451 NW 1st Gresham, OR 97030 Phone: 503-669-8350	Free/sliding scale.
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	Call for locations from 9-1pm Phone: 503-513-5010	Serve low-income seniors age 60 and older. Call for application.
William Temple House	2023 NW Hoyt Portland, OR 97209 Phone: 503-226-3021	Pain related emergency 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, self-pay.



Monica Parmlay, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
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	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	Expedited food stamps must be issued seven days from the application date. Gross income must be less than \$150.00/mo. Less than \$100 on hand. Or monthly gross income + cash on hand is less than your rent + utilities. Or a member of your household is a seasonal or migrant worker +<\$100. All applicants should be screened for expedited food stamps, otherwise they should ask for them.
Food Stamps	Phone: 503-731-3111	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 8am-7pm, Monday through Friday.
Grievance - Filing a grievance	Phone: 503-731-3111 Legal Aid Welfare Rights Hotline: 503-241-4111	When you feel you have been 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, make sure you keep a copy. Every person who enters a DHS office has the right to file for a grievance and to request to see a manager. It is the client's responsibility to advocate for his/herself.
Hearing-Requesting a hearing	Phone: 503-731-3111	Request a hearing if you feel you 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.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
DHS Program Information		
JOB program	Phone: 503-731-3111	You are required to participate in this program if you receive TANF. 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 you find out if you 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 you are denied TA-DVS and feel it is unjust, request a hearing).



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Domestic Violence Resources		
Domestic Violence Resources - Shelters & Support Groups		
Bradley-Angle House	P.O. Box 14694 Portland, OR 97214 Phone: 503-281-2442	Confidential shelter for women and children leaving DV situations. No boys over 11 yrs., sober upon entry (last use 72 hrs.), bilingual services available (Spanish), meeting attendance required. 6 week length of stay with transitional housing possible. Support group available.
Clackamas Women's Services	P.O. Box 22547 Milwaukie, OR Phone: 503-654-2288	Confidential shelter for women and children leaving DV situations. No boys over 15yrs., sober upon entry (last use 1 wk.), few house meetings, 30 day length of stay. Support group available/Drop-in Domestic Violence Services available also.
Columbia Co. Women's Resource Center	Phone: 1-503-397-6161	Confidential shelter for women and children leaving DV situations. No boys over 17yrs., bilingual services avail. (Spanish), 30 day length of stay.
Domestic Violence Resources-Services	P.O. Box 494 Hillsboro, OR 97123 Phone: 503-469-8620	Confidential shelter for women and children leaving DV situations. Sober upon entry, no boys over 17yrs., 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	P.O. Box 10797 Portland, OR 97296-0787 Phone: 503-222-6507 After Hours Line: 503-222-6222	Women & children. No males over 17. 4 week limit. Spanish speaking advocates available.
Safechoice-Vancouver YWCA	Phone: 1-360-695-0501	Confidential shelter for women and children leaving DV situations. Sober upon entry, no boys over 17yrs.
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.
West Women and Children's Shelter	Not a Confidential Location P.O. Box 2398 Portland, OR 97208 Phone: 503-224-7718	Shelter for women and children leaving DV situations. No boys over 12yrs., 30 clean and sober, many required meetings, 30 day to 6 week length of stay with transitional housing possible.
Yolanda House	P.O. Box 19178 Portland, OR 97280 Phone: 503-977-7930	Confidential shelter for women and children leaving DV situations. No boys over 9yrs., sober upon entry, bilingual services available, few required meetings, 30 day length of stay.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Domestic Violence Resources		
Domestic Violence Resources-Emergency numbers		
211 Info	Phone: 503-222-5555	Locate local emergency services.
Child Abuse Hotline	Phone: 503-731-3100	To report any suspected child abuse. It is against the law for children to witness domestic violence.
National Coalition Against Domestic Violence	Phone: 1-303-839-1852	National DV information and resources.
National Domestic Violence Hotline	Phone: 1-800-799-SAFE(7233)	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	To speak with police.
OCADSV	Phone: 1-503-365-9644	Oregon Coalition Against Domestic and Sexual Violence.
Oregon AIDS Hotline	Phone: 503-223-2437 Toll free: 1-800-777-2437	AIDS hotline for Oregon residents.
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 WA state.
Domestic Violence Resources-Population Specific		
El Programa Hispano/ Un Nuevo Inicio Para Concluir el Abuso	901 SE Oak St., Ste. 106 Portland, OR 97214 Phone: 503-669-8350	Domestic Violence services and advocacy for Spanish-speaking people.
Healing Roots Center	5432 N. Albina Ave. Portland, OR Phone: 503-595-9591	Domestic violence services are for African and African American women and children. Programming includes yoga classes, support groups, parenting classes, job prep, and youth groups. Drop-in Mon 7-12, Tues 10-3, Wed 2-6; or call for an appointment.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Domestic Violence Resources		
Hope for Families	Phone: 503-661-4444 ext. 356	Christian-based services.
Insights Teen Parent Program	Phone: 503-239-6996	Services for pregnant teens.
International Refugee Center of Oregon (IRCO)	Asian Family Center Phone: 503-235-9396 Refugee and Immigrant Family Center 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: M-F, 9-5. Call for more info.
Russian Oregon Social Services (ROSS)	4033 SE Woodstock Ave. Portland, OR 97202 Phone: 503-777-3437	Services for Russian women and families.
SAWERA	P.O. Box 91242 Portland, OR 97291 Phone: 503-778-7386	Services for South Asian women and families.
Domestic Violence Resources-Important Contact Numbers		
Multnomah County DV Coordinator	421 SW 6th, Ste 700 Phone: 503-988-4112	Chiquita Rollins, County DV Coordinator
DV Prevention Fund	P.O. Box 12105 Portland, OR 97212 Phone: 503-890-2095	Laura Heiser, contact
Sexual Assault Resource Center	9450 SW Barnes Rd. #240 Portland, OR 97225 Phone: 503-384-0595	LeeAnne Dillon, contact
DHS DV Contacts, Downtown	New Market 50 SW 2nd Ave. Portland, OR 97204 Phone: 503-731-3336 Metro Processing 1976 SW 6th Ave. Portland, OR 97201 Phone: 503-731-8383	New Market: Tina Reynolds ext. 3271 Metro Processing: Laurie Saunders ext. 2221 Ginger Mackey ext. 3292 Linda Evans ext. 3330 Barbara Thomas ext. 2270



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Domestic Violence Resources		
DHS DV Contacts, East Area	East 1415 SE 122nd Ave. Portland, OR 97233 Phone: 503-257-4200 Gresham 912 NE Kelly Gresham, OR 97030 Phone: 503-491-1979	East: Lauralee Rose ext. 248 Gresham: LuAnn Peterson ext. 247
DHS DV Contacts, Southeast Area	Southeast 3975 SE Powell Blvd. Portland, OR 97202 Phone: 503-731-3181 Multnomah Teens 3975 SE Powell Blvd. Portland, OR 97202 Phone: 503-731-3466	Southeast: Phuong Tran ext. 2253 Multnomah Teens: Cindi Lewis ext. 2510
DHS DV Contacts, North Area	Albina 30 N. Webster, Ste. A Portland, OR 97217 Phone: 503-280-6781 Northeast 4425 NE Broadway Portland, OR 97213 Phone: 503-280-6683 St. Johns 6443 N. Lombard St. Portland, OR 97203 Phone: 503-731-4646	Albina: Estela Rodriguez-Cook ext. 344 Northeast: Alyssa Fulks ext. 334 St. Johns: Sherrie Burrell ext. 2261
Listen to Kids (formerly Community Advocates)	5315 N. Vancouver Portland, OR 97217 Phone: 503-280-1388	Carol Schrader, contact
Programa de Mujeres	Phone: 503-232-4448	Adult and children's Spanish-speaking DV support groups
Volunteers of America Outreach Office	Phone: 503-771-5503	Adult and children's DV support groups- Drop-in Domestic Violence Services available also.
Domestic Violence Resources-Batterer Intervention Programs		
ASAP Treatment Services	Phone: 503-224-0075	Court-ordered substance abuse treatment and batterer program.
ChangePoint	Phone: 503-253-5954	Batterer intervention and education.
Men's Resource Center	Phone: 503-235-3433	Mandated and volunteer batterer's intervention and re-training program. Support groups available.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Domestic Violence Resources		
Oregon SafeNet	Hotline 1-800-723-3638 Phone: 503-988-5858	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 foodstamps. Available M-F 8-8.
Women's Counseling Center	Phone: 503-235-4050	Part of the Men's Resource Center/ counseling for DV survivors, batterers, and families.
Domestic Violence Resources- Services in all Oregon Counties		
<u>Baker County</u>		
Baker County - May Day, Inc.	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>		
Corvallis County - Center Against Rape and Domestic Violence (CARDV)	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>		
Milwaukie - Clackamas Women's Resource Center	Crisis Line: 503-654-2288	DV services in Clackamas, Multnomah and Washington Counties. Office Phone: 503-654-2807
<u>Clatsop County</u>		
Astoria - Clatsop Women's Resource Center	Crisis Line: 503-325-5735	DV services in Clatsop County. Office Phone: 503-325-3426
<u>Columbia County</u>		
St. Helens - Columbia Women's Resource Center	Crisis Line: 503-397-6161	DV services in Columbia County. Office Phone: 503-397-7110
<u>Coos and Curry Counties</u>		
North Bend - Coos Women's Safety and Resource Center	Crisis Line: 541-756-7000	DV services in Coos and Curry County. Office Phone: 541-756-7864
Gold Beach - Oasis Women's Shelter	Crisis Line: 541-247-0607	DV services in Curry County. Office Phone: 541-247-0607



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Domestic Violence Resources		
<u>Deschutes County</u>		
Bend - Central Oregon Battering & Rape Alliance (COBRA)	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>		
Roseburg - Battered Person's Advocacy	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 Line: 541-298-4789 Toll free: 1-800-249-4789	DV services in Gilliam County. Office Phone: 541-296-1662
<u>Harney County</u>		
Burns Paiute Human Services Dept.	HC 71 100 Pasigo St. Social Services Director Burns, OR 97720 Phone: 541-573-2267	
Burns - Harney Helping Organization for Personal Emergencies (HHOPE)	Crisis Line: 541-573-7176	DV services in Harney County. Office Phone: 541-573-7176
<u>Hood River County</u>		
Hood River - Project Helping Hands Against Violence	Crisis Line: 541-386-6603	DV services in Hood River County. Office Phone: 541-386-6603
<u>Jackson County</u>		
Medford - Community Works (Dunn House)	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, OR 97523 Phone: 503-592-5332	
Grants Pass - Women's Crisis Support Team	Crisis Line: 541-479-9349	DV services in Josephine County. Office Phone: 541-476-3877
<u>Klamath County</u>		
Klamath Falls - Klamath Crisis Center	Crisis Line: 541-884-0390	DV services in Klamath County. Office Phone: 541-884-0390



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Domestic Violence Resources		
<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	P. O. 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>		
Eugene - Womenspace	Crisis Line: 541-485-6513 Toll free: 1-800-281-2800	DV services in Lane County. Office Phone: 541-485-8232
Eugene - Sexual Assault Support Services	Crisis Line: 541-485-6700 Toll free: 1-800-788-4727	DV services in Lane County. Office Phone: 541-484-9791
Florence - Siuslaw Area Women's Center	Crisis Line: 541-997-4444	DV services in Lane County. Office Phone: 541-997-2816
<u>Lincoln County</u>		
Lincoln City - Women's Violence Intervention Program, Inc.	Crisis Line: 541-994-5959 Toll free: 1-800-841-8325	DV services in Lincoln County. Office Phone: 541-574-9424
Newport - My Sisters' Place	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>		
Ontario - Project DOVE	Crisis Line: 541-889-2000	DV services in Malheur County. Office Phone: 541-889-6316
<u>Marion County</u>		
Salem - Mid-Valley Women's Crisis Services	Crisis Line: 503-399-7722	DV services in Marion County. Office Phone: 503-399-7722
Mill City - Canyon Crisis Center	Crisis Line: 503-897-2327	DV services in Marion/Linn County. Office Phone: 503-897-2327
<u>Multnomah County</u>		
DVERT: Domestic Violence Enhanced Response Team	10225 E. Burnside Portland, OR 97216 Phone: 503-988-6440	Open Mon-Fri, 8-5. 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 information.
Portland - Volunteers of America Family Center	Crisis Line: 503-232-6562	DV services in Multnomah County. Office Phone: 503-232-6562



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Domestic Violence Resources		
Portland - Volunteers of America Home Free	12 Hour Hotline: 503-771-5503	Advocacy, Emergency Housing, Children's services, Legal advocacy for Multnomah and surrounding counties.
Portland - Bradley-Angle House	Crisis Line: 503-281-2442	DV services in Multnomah County. Office Phone: 503-281-3540
Portland - West Women's & Children's Shelter	Crisis Line: 503-224-7718	DV services in Multnomah, Washington and Clackamas Counties. Office Phone: 503-224-7718
Portland - Programa de Mujeres	Crisis Line: 503-232-4448 Toll free: 1-800-556-2834	Latina DV services in Multnomah County. Office Phone: 503-238-7831
Portland - Portland Women's Crisis Line	Crisis Line: 503-235-5333 Toll free: 1-800-235-5333	DV services in Multnomah, Washington, Clackamas Counties. Office Phone: 503-232-9751
Portland - Raphael House	Crisis Line: 503-222-6222	DV services in Multnomah, Washington, Clackamas Counties. Office Phone: 503-222-6507
Portland - YWCA Women's Resource Center	Crisis Line: 503-294-7444	DV services in Multnomah, Washington, Clackamas Counties. Office Phone: 503-294-7444
Portland - YWCA Yolanda House	Crisis Line: 503-977-7930	DV services in Multnomah, Washington, Clackamas Counties. Office Phone: 503-977-7911
<u>Polk County</u>		
Dallas - S.A.B.L.E. House	Crisis Line: 503-623-4033	DV services in Polk County. Office Phone: 503-623-6703
<u>Tillamook County</u>		
Tillamook - Women's Crisis Center	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>		
Pendleton - Domestic Violence Services	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>		
LaGrande - Shelter from the Storm	Crisis Line: 541-963-9261	DV services in Union County. Office Phone: 541-963-7226
<u>Wallowa County</u>		
Enterprise - Safe Harbors	Crisis Line: 541-426-6565	DV services in Wallowa County. Office Phone: 541-426-4004
<u>Wasco County</u>		
The Dalles - Haven from Domestic Violence	Crisis Line: 541-298-4789	DV services in Wasco, Sherman and Gilliam Counties. Office Phone: 541-296-1662



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Domestic Violence Resources		
<u>Washington County</u>		
Hillsboro - Shelter/Domestic Violence Resource Center	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>		
McMinnville - Family Crisis Shelter and Services (Henderson House)	Crisis Line: 503-472-1503	DV services in Yamhill County. Office Phone: 503-472-0244



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Education Services: Adults		
Education: Educational Services		
Clackamas Community College	Phone: 503-657-6958 x2526	Life & career options.
El Programa Hispano	901 SE Oak St., Ste. 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.
Human Solutions	12350 SE Powell Blvd. Portland, OR 97236 Phone: 503-548-0200	Computer and finance classes. Skill development and support services.
Mt. Hood Community College Steps-to-Success	Phone: 503-256-0432	
Mt. Hood Community College Transitions Program	26000 SE Stark Gresham, OR 97030 Phone: 503-491-7680	Career planning and classes for single parents and displaced home-makers. Financial assistance is available for transportation and childcare.
Multnomah County Library	16 neighborhood locations; Central Library 801 S.W. 10th Avenue Portland, OR 97205 503-988-5402	Open 7 days a week and two evenings each week. Free to all Multnomah County residents. Show photo I.D. or if under 13 yrs. old, have a parent/guardian sign application form. Use library card to borrow a wide variety of materials from any library location and to access the internet from library computers. Access the library subscriptions databases from home, office, or school computer. The library offers fun programs to start preschoolers and their parents on the road to reading, lively entertainment every month (puppet shows, singers, animal programs), and a summer reading program that keeps kids reading. Learn more about the library by visiting www.multcolib.org .
Neighborhood Pride Team	9123 SE Foster Portland, OR 97266 Phone: 503-774-4880	Computer Classes, entrepreneurial training program and Trillium Artisans.
Oregon Council for Hispanic Advancement (OCHA)	108 NW 9th Suite 201 Portland OR, 97209 Phone: 503-228-4131	GED Preparation in English and Spanish. English and employment skills classes.
Oregon Literacy, Inc.	1001 SW 5th Portland, OR 97204 Phone: 503-244-3898	Tutoring referral service for ABE, ESL, and GED classes.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Education Services: Adults		
PCC Adult Basic Skills Program	2850 SE 82nd Ave Portland, OR 97266 Phone: 503-788-6230	ABE, GED, and ESL classes, alternative programs and volunteer literacy training.
PCC Computer Education Program	2305 SE 82nd Ave. Tabor Rm. 116 Portland, OR 97216 Phone: 503-788-6200	Computer Classes through PCC FEES ARE INVOLVED.
PCC Metro One-Stop Work Force Network	5600 NE 42nd Ave. Portland, OR 97218 Phone: 503-943-2283	One-Stop employment center and dislocated worker's office.
Education: Local Colleges		
Cascade College	9101 E. Burnside Portland, OR 97216 Phone: 503-255-7060	http://www.cascade.edu/
Central Washington University	400 E. University Way Ellensburg, WA 98926 Phone: 509-963-1111	http://www.cwu.edu/
Clackamas Community College	19600 S. Molalla Ave. Oregon City, OR 97045 Phone: 503-657-6958	http://www.clackamas.cc.or.us/
Concordia University	2811 NE Holman St. Portland, OR 97211 Phone: 503-288-9371 Toll free: 800-321-9371	http://www.cu-portland.edu/
East-West College of the Healing Arts	Portland Campus: 4531 SE Belmont St. Portland, OR 97215 Phone: 503-231-1500 Beaverton Campus: 10226 SW Park Way Beaverton, OR 97225 Phone: 503-297-3800	http://www.ewcha.com/
Eastern Oregon University	One University Boulevard La Grande, OR 97850-2889 Phone: 541-962-3672 x23635	http://www.eou.edu/
George Fox University	414 N. Meridian Street Newberg, OR 97132 Phone: 503-538-8383	http://www.georgefox.edu/
Heald College	625 S.W. Broadway, Ste. 200 Portland, OR 97205 Phone: 503-229-0492 Toll free: 800-755-3550	http://www.heald.edu/
Lewis and Clark College	0615 SW Palantine Hill Rd. Portland, OR 97219 Phone: 503-768-7040	http://www.lclark.edu



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Education Services: Adults		
Linfield College	900 SE Baker Street McMinnville, OR 97128 Phone: 503-883-2200	http://www.linfield.edu/
Marylhurst College	17600 Pacific Hwy (Hwy 43) P.O. Box 261 Marylhurst, OR 97036-0261 Phone: 503-636-8141	http://www.marylhurst.edu/
Mt. Hood Community College	26000 SE Stark Street Gresham, Oregon 97030 Phone: 503-491-6422	http://www.mhcc.cc.or.us/
Multnomah Biblical Seminary	8435 Northeast Glisan St. Portland, Oregon 97220 Phone: 503-255-0332 Toll free: 800-275-4672	http://www.multnomah.edu/
Oregon Graduate Institute	20000 NW Walker Rd. Beaverton, OR 97006 Phone: 503-748-1121	http://www.ogi.edu/
Oregon Health Sciences University	3181 S.W. Sam Jackson Park Portland, OR 97239-3098 Phone: 503-494-8311	http://www.ohsu.edu/
Oregon State University	Oregon State University Corvallis, OR 97331-4501 Phone: 541-737-1000	http://oregonstate.edu/
Pacific Northwest College of Art (PNCA)	1241 NW Johnson St. Portland, OR 97209 Phone: 503-226-4391	http://www.pnca.edu/
Pacific University	2043 College Way Forest Grove, OR 97116 Phone: 503-6357-6151 Toll free: 877-PAC-UNIV	http://www.pacificu.edu/
Portland Community College	Various sites in Metro Area. Phone: 503-244-6111 Toll free: 1-866-922-1010	GED preparation course, free course, \$15 assessment, \$100 test fee. http://www.pcc.edu/
Portland Community College 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, 9-5.
Portland Community College Volunteer Tutoring Center	12000 SW 49th Ave., SS123 Portland, OR 97219 Phone: 503-977-4148	Individual tutoring for free. ESL available. Monday-Friday, 8-4. Call for an appointment.
Portland Community College 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, 8:30-5. Drop-ins welcome.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Education Services: Adults		
Portland State University	PO Box 751 Portland, OR 97207 Phone: 503-725-3511	http://www.pdx.edu/
Reed College	3203 SE Woodstock Blvd. Portland, OR 97202 Phone: 503-771-1112	http://web.reed.edu/
University of Oregon / Portland Center	University of Oregon Eugene OR 97403 Phone: 541-346-1000	http://www.uoregon.edu/
University of Portland	5000 N. Willamette Boulevard Portland, OR 97203 Phone: 503-943-8000	http://www.uofport.edu/
University of Washington		http://www.washington.edu/
Warner Pacific College	2219 SE 68th Avenue Portland, OR 97215 Phone: 503-517-1000 Toll free: 1-800-804-1510	http://www.warnerpacific.edu/
Washington State University, Vancouver	14204 NE Salmon Creek Ave. Vancouver, WA 98686-9600 Phone: 360-546-9779	http://www.vancouver.wsu.edu/
Western Baptist College	5000 Deer Park Drive SE Salem, OR 97301 Phone: 1-800-845-3005	http://www.wbc.edu/
Western States Chiropractic College	2900 NE 132nd Avenue Portland, OR 97230 Phone: 1-800-641-5641	http://www.wschiro.edu/
Western Washington University	516 High Street Bellingham, WA 98225 Phone: 360-650-3000	http://www.wwu.edu/home.shtml
Willamette University (Salem)	900 State Street Salem Oregon 97301 Phone: 503-370-6300	http://www.willamette.edu/



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Employment Services: Adults		
The Beehive	www.thebeehive.org	Website designed to provide information on matters such as money, health, and jobs.
Better People	4310 NE MLK Jr. Blvd. Portland, OR 97211 Phone: 503-281-2663	Job and life readiness program for offenders.
Central City Concern	Phone: 503-226-7387	Workforce Program.
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	
Clackamas County One Stop	Phone: 503-657-2122	
Community Solutions for Clackamas County	Phone: 503-655-8840	Employment and training services for ages 14-senior.
Confederated Tribes of Siletz	3715 SE 39th Portland, OR 97202 Phone: 503-238-1512	Jobs program for Native Americans. Tribal office.
Connect to Jobs	www.connect2jobs.org	Online job search and recruiting system. Provides a variety of tools that support job seekers such as job searches and resume creation.
Employment Department	Hillsboro Phone: 503-681-0219 Beaverton Phone: 503-644-1229 Gresham Phone: 503-669-7713 Downtown Phone: 503-791-4139	
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.
IRCO	4033 SE Woodstock Portland, OR 97202 Phone: 503-777-3437	Assistance for Russian-speaking refugees.
JobCorp	1130 SW Morrison St, Ste. 525 Portland, OR 97206 Phone: 503-326-6800 Toll free: 877-410-0068	Hours: M-F 8-5; vocational, educational, and employment skills training for low-income youth (age 16-24) www.jobcorps.org



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Employment Services: Adults		
Labor Ready	Toll free: 1-800-245-2267	
Maywood One-Stop	102nd and Prescott Phone: 503-252-0758	Accessible on bus # 71
Northeast Urban League One-Stop Career Center	3034 MLK Blvd. Portland, OR 97212 Phone: 503-241-4644	One-Stop employment center, youth opportunity center.
Oregon City	506 High St. P.O. Box 2170 Oregon City, OR 97045 Phone: 503-6572071	Employment services, job listings, job search assistance, resume writing classes, job corp., vocational rehabilitation.
PCC Metro One-Stop	5600 NE 42nd Ave. Portland, OR 97218 Phone: 503-943-2283	One-Stop employment center
Portland - Downtown Employment Office	1433 SW 6th Ave Portland, OR 97201 Phone: 503-731-4139	Employment services, job listings, job search assistance
Portland -North Employment Office	30 N Webster Ste. 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.
Russian Oregon Social Services (ROSS)	4033 SE Woodstock Portland, OR 97202 Phone: 503-777-3437	Community orientation, agency referrals, domestic violence, mentorship program, and mental health services.
SE Works	6927 SE Foster Portland, OR 97206 Phone: 503-772-2300	One-Stop employment center, includes youth (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. http://www.1stop.org
Work Source Portland Metro Tualatin	7995 SW Mohawk St. Tualatin, OR 97062 Phone: 503-612-4240	Formerly Beaverton Employment Office.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Financial Assistance		
211 Info	Phone: 503-222-5555	Locate local emergency services.
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. Water appointments Monday-Thursday, 1:00-3:00pm. Can access only once in a calendar year (Nov-Oct). Please call first.
Beaverton Family Resource Center	Phone: 503-649-0367	Provides 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) Website	http://www.cashoregon.org/	The CASH website will provide information on free tax assistance, tax credits and financial literacy to the community.
Catholic Charities- Programa Hispano	451 NW First St. Gresham, OR 97030 Phone: 503-669-8350	Serves Multnomah County and Latinos. Water/sewer, gas and electric assistance as funding is available. Please call first.
Clackamas County Energy Assistance Line	Clackamas County Phone: 503-794-8057	Serves low income Clackamas County residents. Water/sewer, gas and electric assistance as funding is available. Please call first and leave a message. Messages are returned in the order that they are received.
Clackamas County Weatherization Line	Phone: 503-534-5470	Free weatherization services for low-income families. Must be Clackamas County residents.
Community Action	1001 SW Baseline Hillsboro, OR 97123 Phone: 503-648-6646 Emergency Rent Assistance: 503-615-0770 Emergency Energy Assistance: 503-615-0771	Located in Washington County. Provides information and referrals.
Community Action Program	Phone: 503-988-6295	Free weatherization services for low-income families. Must be Multnomah County residents.
Community Energy Project	422 NE Alberta Portland, OR 97211 Phone: 503-284-6827	
Consumer Credit Counseling	Phone: 503-232-8139	Consumer counseling and consolidation program (for fee).



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Financial Assistance		
Cuenta Conmigo/ Financial Planning Consultations	Phone: 503-282-1022	Individual and group sessions are designed to provide participants with a realistic picture of where their money is spent and how to decrease expenses. Services are available in English and Spanish. Contact Sandy Bacharach by phone or at phab@aracnet.com.
Energy Office	Phone: 503-823-7222	Block-by-block weatherization program. Must live in Portland. Need insulation and must meet certain income guidelines.
Francis Center	6535 SE 82nd Portland, OR Phone: 503-775-6784	Open Monday-Thursday, 10-2. 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.
Friendly House	1808 NW Irving Portland, OR Phone: 503-228-4335	Rent and utility assistance as funds are available.
Hispanic Access Center	1715 E. Burnside Portland, OR Phone: 503-236-9670	Rent assistance funds for Latino homeless families.
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 and press 5 to listen to recording and leave a message. For Energy Assistance, call 503-988-5200 and press 2 to listen to recording and leave a message.
IRCO- Asian Family Center	4424 NE Glisan Portland, OR 97213 Phone: 503-235-9396	Serves Multnomah County residents and culturally specific: African Immigrant, Asian Pacific Islander. Water/sewer, gas and electric assistance as funding is available. Please call first.
Link Up America	Phone: 1-800-848-4442	Requires DHS worker signature. Link-Up America will pay 1/2 of the line connection charge to hook up a new telephone in your home. Does NOT pay for monthly or special charges to install your phone or for a deposit. To apply, speak to your DHS worker or call the 1-800 number.
Native American Rehabilitation Association	15 N Morris Portland, OR 97227 Phone: 503-230-9875	Serves Multnomah County and culturally specific: Native American. Please call first.
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.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Financial Assistance		
Oregon Telephone Assistance Program	Phone: 1-800-848-4442	If you receive: food stamps, Oregon Health Plan or SSI, you qualify for \$10.50 each month off the basic rate of your telephone bill. Call to receive application and more information.
Portland Impact	10055 E. Burnside St. Portland, OR 97216 Phone: 503-988-6000	Serves low income SE and NE Portland residents and culturally-specific: Slavic community. Water/sewer, gas and electric assistance as funding is available. Please call first.
Salvation Army	1785 NE Sandy Portland, OR 97232 Phone: 503-239-1264	Serves Multnomah County residents. Water/sewer, gas and electric assistance as funding is available. Please call first.
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: 503-249-1721	Open Monday-Friday, 8-5:00pm. Serves various zip codes in Multnomah County and culturally-specific: African Americans.
SnowCAP	17805 SE Stark Portland, OR 97216 Phone: 503-674-8785	Seasonal utility assistance, prescription assistance and limited bus tickets for employment and medical purposes. Must provide ID, proof of address and income. Limited 3 visits per year. Services East of 82nd Ave, N. Clackamas, Boring, and Damascus. Office hours M-F, 10-2.
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.
Transition Projects, Inc.	475 NW Glisan Portland, OR 97209 Phone: 503-823-4930	Provides energy assistance for low-income and homeless.
YWCA Housing Enrichment Resources	4620 N Maryland Portland, OR 97217 Phone: 503-721-6762	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.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Food: Assistance & Information		
211 Info.	Phone: 503-222-5555	The community Information and referral line.
After Hours Emergency Food & Shelter Hotline	Phone: 503-525-6400	Available Monday-Friday, 4pm to 9pm and weekends and holidays.
Amvets	3214 SE 50th Portland, OR 97206 Phone: 503-777-6677	Food bank for honorably discharged veterans. Hours: M-F, 7-3:30.
Baltazar Ortiz Family Center	6736 NE Killingsworth Ave. Portland, OR 97218 Phone: 503-988-4119	Food bags available third Tuesday of each month at 10:00. First come, first serve.
Beaverton Family Resource Center	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	M-Sat. 6:30-7:15 breakfast; 11-12:30 lunch; 5:15 (until food is gone) dinner. Free meals three times a day. Must be in line 45 minutes before serving.
Brigid's Table (Sts. Peter and Paul Episcopal Church)	8147 SE Pine St. Portland, OR 97215 Phone: 503-254-8168	Hot meals available Wednesday evenings at 6:00pm. www.stspeterandpaulepiscopal.org
Brown Bag Program	Phone: 503-439-6510	
Carpenter's Food Bank	2225 N. Lombard Portland, OR 97217 Phone: 503-286-1898	
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, 9-11:45am and 1-3:00pm. Intakes on Tuesday.
Christ Community Ministries	2627 NE MLK Blvd. Portland, OR 97212 Phone: 503-282-7683	Food assistance for all populations. Hours: M,W,F 11-3:00.
Clackamas Service Center	8800 SE 80th Ave. Clackamas, OR 97206 Phone: 503-771-7914	Located off 82nd and Cornwell. Community Basket 1st Friday of each month, from 11:00-1:00. \$15/year or \$5/four months. Includes 2 bags of groceries and fresh produce when available.
Crossroads Church	2505 NE 102nd Ave. Portland, OR 97220 Phone: 503-257-9193	
Downtown Catholic Chapel	601 West Burnside Portland, OR 97209 Phone: 503-228-0746	Monday-Friday, 1:00–3:00pm. Clients may have one food box per month. Bring proof of address. Meals every Friday at 7pm--walk-in, no charge.
Emergency Food Box Program	5606 NE Killingsworth Portland, OR 97218	Food boxes. Limit one per month. Must have ID, address, and phone number (if available). Hours: M-f, 12-5.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Food: Assistance & Information		
Emergency Food Sites	Phone: 503-655-8861	Call for referral to a local food pantry in Clackamas County.
Estacada Family Resource Center	Phone: 503-630-2888	Emergency food for low-income residents of Clackamas County.
Esther's Pantry	2761 NE Halsey St. Portland, OR 97232 Phone: 503-493-2222	Tuesday and Thursday 5-7:00pm, Sunday 1-3:00pm. Food bank for those disabled by AIDS.
Fish Emergency	1335 SE Hawthorne Portland, OR 97214 Phone: 503-233-5533	Emergency food bags. 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.
First Baptist Church	909 SW 11 th Ave. Portland, OR 97205 Phone: 503-228-7645	Food boxes available on Monday & Tuesday 10:30am-2pm. Need Photo ID, birth certificate or health card.
First Presbyterian Church Foodbox 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.
Food Stamp Offices (DHS Self Sufficiency)	Phone: 503-731-3111	Call ahead to find out application procedures and office locations.
Francis Center	6535 SE 82 nd Ave. Portland, OR 97265 Phone: 503-775-6784	Monday-Thursday, 10am-2:00pm. Monthly food boxes. Call for hours of operation. Serves the area North of Powell from 60 th -82 nd , South of Powell 39 th -136 th . Must provide proof that address is in service area.
Friendly House	1808 NW Irving Portland, OR 97209 Phone: 503-228-4335	Tuesday & Friday 11am-1:00pm. Bring proof of address, proof of income, ID and SS card. Serves clients who live in NW Portland.
Generous Ventures	8830 SE Woodstock Portland, OR 97206 Phone: 503-788-0209	Food recovery program for low income, elderly and disabled. Call for more info.
Good Samaritan Center	8307 N. Ivanhoe Portland, OR 97203 Phone: 503-289-1255	Food boxes. Monday & Thursday, 1-3:00pm. One per month.
Heartwork Ministries (Richmond Community Church)	3941 SE Division Portland, OR 97202 Phone: 503-460-7335	Contact: Judie Nelson. Open Tuesdays and Thursdays 11-1pm, and Sunday Noon - 1pm. Provides non-perishable food, clothing and small household items. Enter by the ramp door in back of church, follow signs to "the giving room".



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Food: Assistance & Information		
Hillsboro Family Resource Center	222 NE 6th Ave. Hillsboro, OR 97124 Phone: 503-844-1063	Located in the basement of JB Thomas Middle School. Services are free to residents of Washington County. Open Monday-Thursday at 9am. Offers emergency food boxes.
Hope Center	12117 SE Stevens Ct. Portland, OR 97226 Phone: 503-659-4483	Food boxes available on Thursdays 10am-1:00pm. Bring ID.
Molalla Service Center	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 4 th 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 3 rd and 4 th Wednesdays, 9-3:00pm
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.
Oregon Food Bank	Phone: 503-282-0555	Emergency food assistance. Information about Community Basket supplemental food, free produce days, and fighting the root causes of hunger.
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-noon. Bring ID and proof of address.
Portland Foursquare Church	1302 SE Ankeny Portland, OR 97214 Phone: 503-232-5155	
Portland Impact	10055 E. Burnside St. Portland, OR 97216 Phone: 503-988-6000	Community Basket on the 4 th 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.
Rahab's Sisters (Sts. Peter and Paul Episcopal Church)	8147 SE Pine St. Portland, OR 97215 Phone: 503-254-8168	A ministry of hospitality to women in prostitution. Offers a meal, personal hygiene items, bus tickets, health information, and new undergarments. Takes place 1st, 3rd, and 5th Fridays, from 7-11:00pm.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Food: Assistance & Information		
Salvation Army Family Services	1712 NE Sandy Portland, OR 97232 Phone: 503-872-8379	Call for appointment first. M-F 9-11:00am & 1-3:00pm. 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 10-3:00. \$15/year or \$5/four months. Includes 2 bags of groceries and fresh produce when available.
Seventh Day Adventist	223 SE Cleveland Gresham, OR 97080 Phone: 503-665-2690	Food boxes available on Thursdays, 10am-3:00pm, once a month. Serves clients living from SE 162 nd to Boring.
Snow CAP at Rockwood Methodist Church	17805 SE Stark Portland, OR 97233 Phone: 503-674-8785	Monday-Friday, 10am-2:00pm. Must provide proof of address, income and photo ID. Client may only make request two times per year, but additional visits granted with referral letter.
St. Andrews Church	4919 NE 9 th Ave. Portland, OR 97211 Phone: 503-281-1005	Call first. Must live in church neighborhood.
St. Michael's Lutheran Church	6700 NE 29th Ave. Portland, OR 97211 Phone: 503-228-8629	Monday and Friday, 12:30-2pm; Wednesday, 2-3pm. Food boxes once per month. Must have proof of address in parish area.
St. Vincent de Paul Social Services Dept.	2740 SE Powell Portland, OR 97202 Phone: 503-235-8431	Food available. Need ID and current mailing address.
Sunset Church	14986 NW Cornell Rd. Portland, OR 97229 Phone: 503-292-9293	3-day food supply. 10 items of clothing per person. Limit 3 times per year. Beaverton/Washington County preferred. Bring picture ID and verification of need.
Sunshine Division	687 N. Thompson St. Portland, OR 97227 Phone: 503-823-2119	Monday-Friday, 8:30-noon, 12:30-3:30pm. For families, seniors and disabled. Emergency food only. Must call first and have social security numbers for all family members.
Transition Projects	475 NW Glisan Portland, OR 97209 Phone: 503-823-4930	Food box vouchers given on first come first serve basis Monday-Friday, 8:30am. Call for church locations. Must have proof of address.
Tualatin Valley Gleaners	925 SW Baseline Hillsboro, OR 97123 Phone: 503-640-0903	



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Food: Assistance & Information		
Union Gospel Mission	222 NW Couch Portland, OR 97209 Phone: 503-228-0319	Sack lunches Monday-Friday at 9am. Dinner at 7:00pm.
We Care Outreach (Parkrose Deliverance Tabernacle)	5740 NE Portland Hwy. Portland, OR 97218 Phone: 503-287-5796	
WIC	426 SE Stark Portland, OR 97204 Phone: 503-731-4022	Branches throughout Metro area. Call for the location nearest you. Provides supplemental nutrition program for women, infants and children
William Temple House	2023 NW Hoyt Portland, OR 97209 7704 N. Hereford Ave. Portland, OR 97203 Phone: 503-283-3511	Self-service food shopping available. Community Basket at Hereford location on the 3rd Friday of each month from 12-2:00. \$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	Monday through Saturday: Breakfast 6-7:30am; lunch 11:30-12:30pm; dinner 5-6:00pm. Those who are age 60+ go first.
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 11 th Ave. Portland, OR 97205 Phone: 503-228-7645	Meals on Monday & Thursday from 2-4:00pm. Youth under 21 may also eat on Tuesdays from 6-8:00pm.
Food Not Bombs	Burnside Bridge Park or NW Park and Couch	Dinner at 5:30 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 7:00pm, Sunday-Friday.
Richmond Community Church		



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Food: Assistance & Information		
Sisters of the Road Café	133 NW 6th Portland, OR 97209 Phone: 503-222-5694	Meals are 10:00am-2:45pm, Monday-Friday. They cost \$1.25 plus \$.25 for a beverage. Client can barter volunteer time for meals. The café accepts Oregon Trail Card or food stamps. Besides hot meals, the café offers mail & messages for homeless people, a children's play area, a telephone, job training, restrooms, movie night, diapers & formula, & more.
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 6-7:30pm. Coffee House on Fridays 6-9:30pm. 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.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Hearing and Vision Resources		
Hearing Resources		
American Tinnitus Association	65 SW Yamhill St., Ste.200 Portland, OR 97204 Phone: 503-248-9985	Information and referral and educational materials. Healthcare providers referral service. Assistance for patients who are unable to afford services. Fees vary.
Child Development and Rehabilitation Center	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 years.
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 glasswear. Serves birth-19. Fees vary. Call for appointment. Hrs: M-F, 8-5.
Hearing and Speech Institute	3515 SW U.S. 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.
Oregon Scottish Rite Clinics	1507 SW Morrison, Ste. A Portland, OR 97205 Phone: 503-226-1048	Speech language services for late infancy to kindergarten aged children whose primary problem is a speech-language disorder. Office hours M-F 9-5.
Professional Interpretation Services	421 SW 6th Ave, Ste. 1150 Portland, OR 97204 Phone: 503-241-9756	Sign language interpretation, 24hrs. a day, fees vary.
Providence Neurodevelopmental Center for Children	3510 NE 122nd Ave., Ste. 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.



Monica Parmley, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Hearing and Vision Resources		
Self Help for Hard of Hearing	1015 NW 22nd Ave., Ste. 300 Portland, OR 97210 Phone: 503-413-7348	Support group offers information sharing and peer support group. Call for meeting locations.
Terri Jo Christiansen, PhD	Phone: 503-274-9890	Sign language interpreter for mental health clients.
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, child 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, including open card. No discount for medical 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 certified legally blind or diagnosed with condition leading to blindness or those 55 and over and unable to drive or read.
Deavers Memorial Eye Clinic	1040 NW 22nd Ave Ste. N168 Portland, OR 97210 Phone: 503-413-7022	Eye exams, referrals, treatment programs, eye surgery. No eyeglasses. 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 transcriptions services, Braille and audio cassette recording. Most services are free or have a minimum charge.
Mobile Optic	4542 NE MLK Blvd. Portland, OR 97211 Phone: 503-280-2020	Eyewear. Accepts OHP. Best to call before going.
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.



Monica Parmley, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Hearing and Vision Resources		
Pacific University SE Family Vision	3653 SE 34th Ave. Portland, OR 97202 Phone: 503-988-3506	Full service optical. Sliding fee. Have 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.
Vision NW	9225 SW Hall Blvd. Tigard, OR 97223 Phone: 503-684-8389	Support for those who have low vision or losing their vision. Information referral services. Low vision accessory store. All services are free.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
211 Info	Phone: 503-222-5555	Locate local emergency services.
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. Days of operation: Tuesday, 9-5, Thurs, 10-5, Friday, 9-noon. www.canwehelp-you.com
Dignity Village	Phone: 503-803-1348	Community for homeless persons.
Street Roots	1231 SW Morrison Portland, OR 97205 Phone: 503-443-6084	Newspaper sold by homeless persons.
Housing: Family Shelters		
Clark County Clearinghouse	Phone: 360-695-9677	Open seven days/week, from 9am-8pm. Shelter for families with children and single women if space is available.
Community Action Family Shelter	210 SE 12th Hillsboro, OR Phone: 503-640-3263	Shelter for families with children.
Good Neighbor Center	Tigard Phone: 503-443-6084	Shelter for families and single women. Open 6am-10pm. 5-week program. Call to get on waiting list.
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 9-5:00.
Metro East Portland	Various host churches Phone: 503-256-2340	A family shelter. Office hours: Monday-Friday 9-3:00.
Northwest Fair Housing	Annie Ross House Phone: 503-654-1007	Family shelter serving Clackamas County. Call Clackamas County Social Services at 503-655-8861 to get on a waiting list.
Housing: Single Adult Men and Women Shelters		
After Hours Emergency Food & Shelter Line	Help Line: 503-525-6400	Monday thru Friday, 4pm-9am.
Breaking Free Ministries	Vancouver Phone: 360-737-9869	For men who have been incarcerated. Bible study required.
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	620 SW 5th #300 Portland, OR 97204 Phone: 503-223-5907	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.
Clark County Clearinghouse	Phone: 360-695-9677	Open seven days/week, from 9am-8pm. Shelter for families with children and single women if space is available.



Monica Parmlay, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
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.
Elizabeth House (Catholic Charities)	4055 SE Salmon Portland, OR 97214 Phone: 503-236-7235	Transitional housing for pregnant women ages 14-22.
Jean's Place	18 NE 11th St. Portland, OR 97232 Phone: 503-823-4926	
JOIN	3338 SE 17th Portland, OR 97202 Phone: 503-232-2031	Homeless outreach. Barter system for services, such as showers and locker facilities. Office open 10am-3pm.
NW 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	Monday-Friday, 1pm-3pm. Clothing, coffee and hygiene items.
Portland Rescue Mission	111 W. Burnside Portland, OR 97209 Phone: 503-227-0421	Sober men only. TB card/church service required.
Rose Haven	116 NW 3rd Portland, OR 97209 Phone: 503-248-6364	Resource counseling, nurse practitioner, clothing, and food available to women and small 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.
St. Francis	330 SE 11th Portland, OR 97214 Phone: 503-232-5880	Showers: Monday-Thursday, 1-3:30pm
Share Emergency Housing	1115 W 13th St Vancouver, WA 98660 Phone: 360-695-7658	Men's shelter. 7am check-in.
Shepherd's Door	13207 NE Halsey Portland, OR 97230 Phone: 503-256-2353	Long-term Biblically-based, comprehensive 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.
Transitions Project	475 NW Glisan Portland, OR 97209 Phone: 503-823-4930	Shelters and transitional housing. Showers, phone messages, mail, clothes, hygiene items available at community service center



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
West Women & Children Shelter	2010 NW Kearney Portland, OR 97209 Phone: 503-239-1254	24-hour shelter. No fee under income guidelines.
Housing: Winter Shelters (open approximately Nov-March)		
Goose Hollow Shelter	No address given. Call for more information. Phone: 503-721-1500	Couples and families of at least two. TB card required.
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 nights (+ extensions) shelter. Open 24 hours/day, 7 days/week. Intakes Monday-Friday, 8:00-5:00.
Salvation Army Door of Hope	No address given. Call for more information. Phone: 503-721-1500	Accepts homeless women and children. Male parent housed separately.
Sunnyside Church Shelter	No address given. Call for more information. Phone: 503-235-8726	Accepts homeless families.
Housing: Youth Shelters		
Access and Reception Center (Emergency Youth Shelter)	314 SW 9th Ave. Portland, OR 97205 Phone: 503-223-2050	Emergency crisis resource center for individuals without housing or shelter. 24-hour services for individuals 21 and younger. Year round shelter, short-term shelter and crisis shelter.
Harry's Mother	121 NE 8th St. Portland, OR 97232 Phone: 503-233-8111	24-hour crisis line. Emergency temporary shelter for ages 9-17. Average stay of 4-5 days. Individual and family counseling also available.
National Runaway Switchboard	Phone: 1-800-621-4000	
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. Reception Center also available at 204 NW 1st Ave.
Outside In	1132 SW 13th Portland, OR 97205 Phone: 503-223-4121	Monday-Friday, 9am-6pm. Emergency services for 21 and under, including drop-in center, case management, shelter, medical and HIV clinics.
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 through Street Light Shelter.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Housing Services		
Housing: Permanent		
Albina Community Development Corporation	3987 N Mississippi Portland, OR 97227	Serves North & Northeast low-income families with affordable rentals.
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.
Association of Oregon Housing Authority	Phone: 503-802-8300	
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 own.
Clackamas County Community Development Division	Phone: 503-655-8591	Home rehabilitation loan programs in Clackamas County.
Clackamas County Social Services Community Action Agency	Phone: 503-650-5750	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 or 503-326-2661	Directory of HUD housing in Portland Metro, Clackamas, Multnomah and Washington Counties.
Downtown Community Housing	Phone: 503-244-3435	
Ecumenical Ministries of Oregon	2906 NE Glisan Portland, OR 97232 Phone: 503-225-9924	Shared housing program.
Fair Housing	Phone: 503-693-3223	For residents of Washington County.
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.
Franciscan Enterprise	Phone: 503-284-8642	
Habitat for Humanity	1478 NE Killingsworth Portland, OR 97211 Phone: 503-287-9529	Income guidelines. Applicants must be willing to work 500 hours.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Housing Services		
Hacienda CDC (Community Development Corp.)	5136 NE 42nd Ave. Portland, OR 97218 Phone: 503-284-3985 or 503-961-6405 for QMS Property Management Phone: 503-595-2111 for Community Dev. Coordinator	Monday-Friday, 8:30-5:00. Affordable housing with rents based on income for 50% and 60%. 1,2,3, & 4 bedroom apts. available. \$35 application fee and \$300 refundable security deposit. Also provides a variety of community programs and classes and an onsite county health clinic.
Housing Authority of Clackamas County	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	Administers the Rent Assistance Program (RASP). Must go in and apply. There is a waiting list for next subsidized apartment. Office opens for applications only at 7:30am. www.hapdx.org
Housing Authority of Washington County	Phone: 503-693-4794	
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.
Independence Property Management	5312 NE 148th Ave. Portland, OR 97230 Phone: 503-232-6308	Open 8-5 Monday through Friday. Provides lists of available section 8 and low-income housing.
Innovative Housing, Inc.	Phone: 503-226-4368	
Northwest Pilot Project	1430 SW Broadway Portland, OR 97201 Phone: 503-227-5605	Assists people 55+ years of age with affordable housing. Walk-in Mon, Tues, Wed, and Fri at 9am 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 owners 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, accepts Oregon Trail Card. \$30 app fee. \$395/month, utilities included.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Housing Services		
Peninsula Community Development Corporation	8525 N. Lombard St., Ste. 203 Portland, OR 97203 Phone: 503-283-1096	Hours vary, generally M-F 9-5pm. Peninsula CDC is a 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 Part neighborhoods. Very low income rental housing applicants should contact Infinity Property Management, 503-625-6555.
Portland Community Land Trust	3109-B NE Broadway Portland, OR 97232 Phone: 503-493-0293 Fax: 503-493-7333	Portland Community Land Trust provides affordably priced homes for first-time homebuyers of low or moderate income families or individuals. They make home ownership affordable by taking land costs out of the equation. www.pclt.org
Portland Community Reinvestment Initiatives, Inc. (PCRI)	4829 NE Martin Luther King Portland, OR 97211 Phone: 503-288-2923	Affordable housing provider--call for availability and eligibility. Also offers services such as a parent network, emergency childcare funding, and a gardening program. www.pcrihome.org
Portland Housing Center	3233 NE Sandy Blvd. Portland, OR 97232 Phone: 503-282-7744	For low-income people who need assistance with negotiating payments of low mortgages. Ready to Rent classes. First time homebuyers program.
Portland Impact	10055 E. Burnside St. Portland, OR 97216 Phone: 503-988-6000	May have a waiting list for rental assistance. Eligibility based on income.
REACH Community Development	1135 SE Salmon Portland, OR 97214 Phone: 503-231-0682	Low income housing available, though there is a waiting list for 6-12 months.
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.	475 NW Glisan Portland, OR 97209 Phone: 503-823-4930	Provides rental assistance for single people who are homeless.



RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Housing Services		
Housing: Transitional		
Aging and Disability Services of Multnomah County	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 or gives referrals for resources such as housing, utilities and food to families with children.
Cascade AIDS Project	620 SW 5th #300 Portland, OR 97204 Phone: 503-223-5907	Assists people with HIV+ status with appropriate documentation.
Cascadia Behavioral Health Care	2415 SE 43rd Portland, OR 97206 Phone: 503-238-0769	Urgent walk-in 24 hours, mental health, drug and alcohol treatment. Call for intake hours.
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.
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	Phone: 503-294-1449	Fresh Start Program for individuals with any barriers to housing in Multnomah County.
Door of Hope	30 SW 2nd Portland, OR 97204	Open to homeless women with children. Offers free alcohol and drug treatment.
Estate Hotel	225 NW Couch, 4th floor Portland, OR 97209	Single resident occupancy for men and women in alcohol and drug treatment.
Everett Hotel	318 NW Broadway Portland, OR 97209	Single resident occupancy men and women on parole/probation.
Friendly House	1808 NW Irving Portland, OR 97209 Phone: 503-228-4335	Provides or gives referrals for resources: housing, utilities, food and clothing. 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.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Housing Services		
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	Provides or gives referrals for resources such as housing, utilities, and clothing. Provides case management. Operates Daybreak day shelter for families with children.
Jubilee House	Phone: 503-282-3550 Toll free: 1-800-365-8029	
Luke-Dorf, Inc.	Phone: 503-598-1186	Located in Tigard. Provides housing for people with mental disabilities.
NW 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.
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.
Oxford Houses	Phone: 503-244-7890 x 213	Contact Mike Morgester for more information.
Portland Impact	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.
Safety Net	Phone: 503-233-9779	Fresh Start Program for individuals with any barriers to housing in Multnomah County.
St. John's YWCA Family Shelter, Housing Enrichment Resources	4620 N Maryland Portland, OR 97217	Emergency and transitional housing.
Tillamook Community Corrections	Phone: 503-842-3422	Fresh Start Program for individuals with any barriers to housing in Multnomah County.
Transition Projects, Inc.	475 NW Glisan Portland, OR 97209 Phone: 503-823-4930	Separate shelters for men & women (5-8 week wait). Men can be housed up to 4 months, women up to 11 months.
Unity, Inc.	Phone: 503-273-8433	Fresh Start Program for individuals with any barriers to housing in Multnomah County.
YWCA	Phone: 503-294-7400	Fresh Start Program for individuals with any barriers to housing in Multnomah County.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Housing Services		
Housing: Women's Transitional		
Better People	Phone: 503-281-2263	Housing for women transitioning out of prison system.
Friendship Unlimited	Phone: 503-239-0983	Housing for women transitioning out of prison system.
Lotus	Phone: 503-282-1082	Housing for women transitioning out of prison system.
TOPS Programs/ YWCA	Phone: 503-297-7424	Housing for women transitioning out of prison system.
Women's Drug Fee Housing	200 SE 7th Portland, OR 97214	Women on probation or parole. Women can stay up to 9 months.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Legal Services		
Child Support Information		
Support Enforcement Division	Multnomah County DA: 1120 SW 5th, Suite 1530 Portland, OR 97204 Phone: 503-988-3150 Clackamas County DA: 619 Madison, Suite 106 Oregon City, OR Phone: 503-655-8469 Washington County DA: 150 N. 1st Ave Hillsboro, OR Phone: 503-846-8759	\$1.00 processing fee; offers services such as establish paternity, support orders, enforcement of orders.
Legal Aid Child Support Helpline	Phone: 1-800-383-1222	Hours: Monday 1-4pm; Thursdays 9-12pm. Phone advice on cases handled by DA or Child Support Enforcement for low income Oregonians.
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.
State of Oregon Division of Child Support/ Portland	Phone: 503-229-5706	Hours: Monday-Friday, 8-5. Establishes paternity and support orders for children on OHP, receiving public assistance, in state custody, or in foster care.
Court Information		
Multnomah County Courthouse	1021 SW 4th Ave, Rm 211 Portland, OR 97204 Phone: 503-988-3943	File restraining and stalking orders here. Family Court self-help center. Open Mon-Fri, 8-5.
Clackamas County Courthouse	807 Main St. Oregon City, OR 97045 Phone: 503-655-2455	
Washington County Courthouse	150 N. First Ave. Hillsboro, OR 97124 Phone: 503-846-2680	
Clark County, WA Courthouse	120 Franklin Vancouver, WA Phone: 360-397-2292	



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Legal Services		
Immigration Information		
Catholic Charities Immigration Services	901 SE Oak St., #105 Portland, OR 97214 Phone: 503-491-9141 1-800-491-9232	Hours: Monday-Friday; 8:30-5. Free service, domestic violence and immigration specialists for low income immigrants and refugees. Bilingual staff.
Immigration Counseling Services	519 SW Park Ave., Ste. 610 Portland, OR 97205 Phone: 503-221-1689	Phone hours: Monday and Tuesday, 2-5pm all other times leave a message, free immigration legal assistance provided to persons fleeing persecution, families separated by borders and individuals becoming citizens.
Immigration Counseling Program	Lutheran Comm. Services 605 SE 39th Ave. Portland, OR 97214 Phone: 503-731-9580	Hours: Monday-Thursday, 8:30-5, Friday 8:30-2:30. Refugee resettlement, family reunification, immigration assistance including visa petitions.
Lesbian/Gay Immigration Rights Task Force	PO Box 12526 Portland, OR 97212 Phone: 503-471-1568 212-818-9639	Coalition of immigrants, attorneys, and activists that address widespread discriminatory impact of immigration laws on the lives of LGBT individuals.
Lutheran Community Services Immigration Counseling and Advocacy Program (ICAP)	605 SE 39th Ave. Portland, OR 97214 Phone: 503-731-3580	Low cost immigration counseling provided for clients in English, Chinese, Vietnamese, Lao, Thai, Russian, Ukranian and Spanish.
SOAR (Sponsors Organized to Assist Refugees)	2906 NE Glisan Portland, OR Phone: 503-284-3002	Hours: Monday-Friday, 8:30-5pm, refugee resettlement and immigration services. Contact: Joel Lieberman at jlieberman@emoregon.org .
Jail Information		
Clackamas County Jail	Phone: 503-655-8331 ext. 7449 After 5pm: 503-655-8218	
Clark County, WA Jail	Phone: 360-397-2211 ext. 4201	
Multnomah County Jail	Phone: 503-988-3689	
Washington County Jail	Phone: 503-846-2600	
Juvenile Justice Information		



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Legal Services		
Attorneys for Youth	Phone: 503-226-6111 ext.216	Contact: Adam Arms of McKanna, Bishop, Joffe and Sullivan law firm. aarms@mbjlaw.com. Serves homeless and near homeless teens and teens in job training programs. Attorneys respond to criminal, family immigration, landlord/tenant, 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 8am-6pm. Spanish speakers available.
Family Court Services	704 Main St., Ste 200 Oregon City, OR Phone: 503-655-8415	Hours: Monday & Wednesday, 8:30am-4:30pm; Tuesday & Thursday, 8:30am-6:00pm. Parent/teen mediation, peer mediation in schools available for Clackamas county residents.
Juvenile Rights Project (JRP)	123 NE 3rd, Ste. 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.
Lawyer Referral Services	Phone: 503-684-3763	Problem Solvers Program: Free legal counseling for youth (ages 7-11) in exchange for volunteer community service.
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. Hours are from 8am-6pm. 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 8am-6pm. Spanish speakers available.
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. Hours: M-F 8:30-5 Advocates must be 21 yrs. or older, services provided for children 0-18 yrs. old.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Legal Services		
Children's Representation Project	Phone: 503-988-3060	Contact Brandy Jones, brandy.jones@ojd.state.or.us. Attorneys are appointed by the court to represent children involved in custody disputes in Multnomah County.
Clackamas County Legal Aid	421 High St., Ste. 110 Oregon City, OR Phone: 503-655-2518	Hours: Monday-Friday, 9-12; 1-5pm. No walk-ins accepted. Free to low income people and people over age 60.
Clark County, WA Domestic Issues Facilitator	707 W. 13th St. Vancouver, WA	Hours: 8:30-12 walk-in, 1-4:20 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.
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	Hours: Monday-Friday, 8-5pm; provides childcare.
East Metro Mediation	1333 NW Eastman Gresham, OR 97030 Phone: 503-618-3247	Conflict resolution services for neighbors, landlord/tenants and business/customers. Hours: Mon, Wed, Thur, Fri from 8-5, Tues. 10-8:30.
Fair Housing Council of Oregon	1020 SW Taylor St., Ste. 700 Portland, OR 97205 Phone: 503-223-8197	Education and outreach programs regarding fair housing. Investigates cases involving discrimination acquiring or retaining housing. Hours: M-F 8:30-5pm.
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 (Thurs 9-12)	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, Ste. 1018 Portland, OR Phone: 503-768-6500	Hours: Monday-Friday, 9-5, \$25 retainer. Multnomah County cases only; covers divorces with no real property or minor children. Works on child support modifications and restraining orders and stalking orders. For low-income or people over 60.



Monica Parmlay, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Legal Services		
Metropolitan Public Defenders	Phone: 503-225-9100	Attorney on duty Monday-Friday to answer general questions.
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, Rm. 211 Portland, OR Phone: 503-988-4003	Hours: Monday-Friday, 8-5:00pm. File restraining and stalking orders here.
Multnomah County Legal Aid	921 SW Washington Suite 500 Portland, OR 97205 Phone: 503-224-4086	Hours: Monday-Friday, 9-12; 1-5. No walk-ins accepted. Free to 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 Ste. 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, Ste. 500 Portland, OR 97205 Phone: 530-295-2760; 503-224-2414	Hours: Monday-Friday, 9-5. Call for an intake Monday-Wednesday from 4:30-7pm. Free to low income Oregon residents, civil law cases only. Help available for immigration legal issues.
Oregon Office of Homeland Security	4760 Portland Rd. NE Salem, OR 97305 Phone: 503-378-4145 Fax: 503-378-6993	Criminal Justice Services Division.
Oregon State Bar	5200 SW Meadows Rd. Lake Oswego, OR 97035 Phone: 503-684-3763 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, 3-7:00 pm.
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



Monica Parmley, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Legal Services		
SafeChoice Domestic Violence Legal Advocacy Program	Phone: 360-696-0167	Domestic violence protection order assistance.
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 made after 9:00am. Night clinic on Tuesdays and Wednesdays. Sliding scale: \$25 for first visit, \$40+ thereafter.
St. Andrew's Legal Clinic/Oregon City	421 High St., Ste. 210 Oregon City, OR Phone: 503-551-9800	Retainer: Sliding scale \$300-1250, all fees based on income. Fee: Sliding scale, \$25 for first visit, sliding scale \$45+ thereafter. Multnomah County cases only.
St. Matthew Legal Clinic	232 NE Lincoln, Ste. H Hillsboro, OR Phone: 503-648-1600	Intakes on Wednesday evenings, \$25 for first consultation, hourly fee 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 5:30-7:30pm. 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 state. 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
Washington County Family Law Facilitator	150 N. First Ave, Rm 102C Hillsboro, OR Phone: 503-846-2898	Hours: Tuesday-Friday, 8-3:00 walk-in. Closed Mondays.
Washington County Legal Aid	230 NE 2nd, Ste. A Hillsboro, OR Phone: 503-648-7163	Hours: Monday-Friday 9-12; 1-5. No walk-ins. Free to low income people and people 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	



Monica Parmlay, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Legal Services		
Clark County, WA DV Intervention & Child Recovery Unit	Phone: 360-397-2108	
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	Phone: 503-629-0111	Non-emergency police dispatch.
Washington County ElderSafe Program	Phone: 503-846-6048	
County Sheriff	Multnomah: 503-255-3600 Clackamas: 503-655-8218 Washington: 503-846-2700	
Senior Information		
Elders in Action	501 SW Washington Portland, OR 97204 Phone: 503-235-5474	Advocacy, support and ombudsman services for Multnomah, Clackamas, and Washington County residents 60 years old or over.
Multnomah County Aging & Disability Service Helpline	Phone: 503-988-3620	24-hour helpline.
Senior Law Project	700 SW Taylor, Ste. 300 Portland, OR 97205 Phone: 503-224-4086	Pro bono volunteer lawyers meet with client age 60+ with civil legal issues.
Washington State Vulnerable Adult Abuse Reporting Hotline	Phone: 1-866-363-4276	
Victim 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, Rm 804 Portland, OR Phone: 503-988-3222	Provides liaison between crime victims and prosecutors.
Victim Assistance Washington County	150 N. First Ave., Ste 300 Hillsboro, OR Phone: 503-846-8671	Provides liaison between crime victims and prosecutors.



RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Legal Services		
VINE (Victim Information and Notification Everyday)	Phone: 1-877-674-8463	



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Medical and Health Care Services		
Medical and Health Care: General		
Advance PCS Prescription Savings Plan	Phone: 800-238-2623	Offers low prices on prescription medications. For more information, see their website at: www.AdvanceRx.com
Essential Health Clinic	155 N 1st Ave. Hillsboro, OR 97124 Phone: 503-846-4919	Open Monday and Thursday evenings from 4:30-6:00pm. Free healthcare for children and adults without insurance.
Family Health Insurance Assistance Program (FHIAP)	Phone: 503-373-1656 x22006 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.
Lice Resource Team		http://w3.mesd.k12.or.us/shs/headlice/treat.htm
Multnomah County Health Info and Referral Line	Phone: 503-988-3333	Available Monday-Friday, 8-5:00.
Oregon Health Plan	426 SW Stark Portland, OR Phone: 503-988-5140 1-800-699-9075	Eligibility Hotline.
Oregon Hospice Association	Phone: 503-228-2104	
Prescription Assistance Program	1712 NE Sandy Blvd. Portland, OR 97232	Up to \$5 assistance on some prescriptions. Up to \$25 assistance once a year on some prescriptions.
Red Cross	Phone: 503-284-1234	Information and appointments.
State Children's Health Insurance Program (SCHIP)	Phone: 503-945-6955 1-800-359-9517	Covers children and teens living in households up to 185% of the federal poverty level. Must be uninsured for 6 months.
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 and Health Care: HIV/AIDS		
AIDS Hotline	Help line: 503-223-2437 Phone: 800-777-2437	Info and help for individuals with STDs, AIDS/HIV, or anyone with questions regarding these matters.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Medical and Health Care Services		
CARE Assist	800 NE Oregon #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, 8-5. Clients must be HIV positive and be up to 200% federal poverty level.
Cascade AIDS Project	620 SW 5th, Ste. 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 9-4 and Tuesday, 9-3:30.
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 9-3. Must have written verification of HIV and TB negative.
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.
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 8-4:30.
Multnomah County Health Department	5329 NE MLK, Jr. Blvd. Portland, OR 97211 Phone: 503-988-5020	Free AIDS testing on Tuesdays 5:00-6:30pm
Multnomah County Health Department	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.
Northwest Naturopathic Clinic	2606 NW Vaughn Portland, OR Phone: 503-224-8083	Naturopathic treatment for HIV/AIDS patients.
Our House of Portland	2727 SE Alder St. Portland, OR 97214 Phone: 503-234-0175	Only residential care facility providing care for men and women with advanced stage AIDS. Office hours Monday-Friday 9-5. Call admissions for details.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Medical and Health Care Services		
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 M-Sat. 8-5
Swan House	2614 SE 160th Ave. Milwaukie, OR Phone: 503-786-4829	Hospice and residential care for AIDS patients.
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.
Medical and Health Care: Medical Services		
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.
Coalition of Community Health Clinics	619 SW 11th Ave. Ste 225 Portland, OR 97205 Phone: 503-546-4991	Medical clinics that provide free or low-cost health care to the uninsured. www.coalitionclinics.org
Corbett Chiropractic Clinic	4004 SW Kelly, Ste. 100 Portland, OR 97201 Phone: 503-223-5152	Sliding scale fee for low income and uninsured chiropractic care. Spanish-speaking staff available.
County Health Nurse--New Avenues for Youth	812 SW 10th Portland, OR 97205 Phone: 503-224-4339	TB, flu, pneumonia, and tetanus shots.
County Health Nurse--Salvation Army	131 SE Ankeny Portland, OR 97233 Phone: 503-239-1259	TB, flu, pneumonia, and tetanus shots. Open Wednesday, 1:15pm-3:15 pm
County Health Nurse--Transition Projects, Inc.	475 NW Glisan St. Portland, OR 97209 Phone: 503-823-4930	TB, flu, pneumonia, and tetanus shots. Open Mondays, 1:30pm-3:00pm
Department of Veteran Affairs	1220 SW 3rd Portland, OR 97204 Phone: 503-253-6334	Free health services for veterans (www.va.gov).
Douglas Brown, RN	Phone: 503-234-7299	Accepts OHP Open Card. Limited openings on a sliding scale.
Fulcrum Health Center	2850 E. Powell Valley Rd, Suite 100 Gresham, OR 97080 Phone: 503-666-5050	Andrew Bonner, ND; Kathy Dahlke, MD; Rebecca Raskin, MD have limited openings on a sliding scale.
Gresham Urgent Care	1712 NE Sandy Blvd Portland, OR 97232 Phone: 503-239-1226	Urgent care only. Occupational medicine, worker's comp and motor vehicle accidents. Private insurance and uninsured, as available.
Helen Anthony Fund (Salvation Army)	Free prescriptions for seniors over 60. No narcotics.	



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Medical and Health Care Services		
Hill Burton Program/Emanuel Legacy Hospital	2801 N Gantenbein Portland, OR 97227 Phone: 503-413-2200	Free or sliding scale.
Indian Health Service	1220 SW 3rd #476 Portland, OR 97204	Free to tribal members. Appointment needed.
Internal Medicine Residency Clinic (aka PACE)	5050 NE Hoyt, Ste. 540 Portland, OR 97213 Phone: 503-215-6600	Providence has financial assistance available to those who qualify once they have applied. Patients are billed at a full rate and must complete a financial assistance application with requested documentation.
Legacy Clinic- Good Samaritan	1200 NW 23rd Portland, OR 97210 Phone: 503-413-7260	General medicine, no pediatrics or obstetrics. Open Monday-Friday, 9am-4:30pm
Lifespan	421 SW Oak Ste. 510 Portland, OR 97204 Phone: 503-988-4790	Free referral service that links caregivers to respite and recreation, support groups and financial assistance. The Family Caregiver Support Program (FCSP) helps people who provide care for an elderly parent, family member, neighbor or friend over 60 to access assistance to pay for respite care, housework, cooking, yard work and other services. Provides financial assistance for grandparents who are over 60 and who are legal guardians of their grandchildren. Open Monday-Friday 9am-5pm. Scholarships may be available. Website: www.co.multnomah.or.us/dchs/lifespan
Malcolm Smith, ND	Phone: 503-251-4535	Homeopathic physician with limited openings on a sliding scale.
Medical Transportation	Phone: 503-802-8700	Will provide transportation to medical, counseling, and dental appointments to clients on OHP or Medicaid. Need at least one-day notice if you cannot ride the bus and 3-4 days if you can.
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.
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.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Medical and Health Care Services		
Native American Rehab Association	2901 E. Burnside Portland, OR 97214	Primary care, mental health, psychiatric meds prescribed, and med management for Native Americans only.
New Day Homeopathic Clinic	1917 SE Clinton Portland, OR 97202 Phone: 503-795-7008	Free clinic open the first and third Wednesday evening of every month. Call for an appointment.
North Portland Nurse Practitioner Clinic	5311 N. Vancouver Portland, OR 97217 Phone: 503-284-5239	Urgent or immediate care for up to age 21 only. Well child immunizations, referrals to specialists. Spanish interpreters available. OHP or uninsured accepted. Open Monday 1pm-5pm, Tuesday-Friday 9am-5pm.
Old Town Clinic	219 W. Burnside Portland, OR 97209 Phone: 503-241-3836	Open Monday-Friday, 9-noon, 1:15-5:00pm. 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.
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.
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, 8:30-5:30. Thursday open until 8:00 pm. Take #15 bus.
Outside In	1132 SW 13th Portland, OR 97205 Phone: 503-223-4121	Walk-in medical services for ages 30 and under on Monday, Wednesday, and Friday at 9am. Walk-in naturopath for any age Monday-Friday at 1:30pm, Thursday at 9am, or Monday and Wednesday 6-9:30pm. 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.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Medical and Health Care Services		
Portland Alternative Health Center	Phone: 503-228-4533	
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 Integrated Health Center	2100 SE Belmont St. Portland, OR 97214	Mental health, osteopathic doctor, support groups (including HIV support group), yoga and meditation, community groups. Open Monday-Friday 8am-5pm
Providence Ambulatory Care & Education Center (PACE)	5050 NE Hoyt, Ste. 540 Portland, OR 97213 Phone: 503-215-6600	Providence has financial assistance available to those who qualify once they have applied. Patients are billed at a full rate and must complete a financial assistance application with requested documentation.
Providence Family Medicine North Portland	5279 N Lombard Portland, OR 97203	Family practice. Financial assistance available.
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. Hours: M-F, 8-4:30.
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.
School-Based Multnomah County Health Clinics	Call for all locations. Phone: 503-988-3360	Services to youth, ages 11-21, in Multnomah County. Offer diagnosis and treatment of injury, sports physicals, reproductive health info, immunizations, fitness and nutrition education, prescription medications, and referrals to outside medical providers.
Summit Research Network	1849 NW Kearney St. Suite 201 Portland, OR 97209 Phone: 503-279-8252	Medical Research Organization. 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.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Medical and Health Care Services		
Tim Shannon, ND.	2610 SE Clinton St., Suite E Portland, OR 97202 Phone: 503-236-8853	Homeopathic physician with limited openings on sliding scale.
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, 9am-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, 8:30-5:30.
William Temple House	2023 NW Hoyt Portland, OR 97209 Phone: 503-226-3021	Prescription assistance up to \$50 one time a year.
Medical and Health Care: 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.
Neighbor Clinic/ Brentwood Darlington Community Health Clinic	7200 SE 60th Portland, OR 97206 Phone: 503-916-6355	School-based health center at Lane Middle School. Students have access to physical and mental health care.
Northeast Health Center	5329 NE MLK, Jr. Blvd. Portland, OR 97211 Phone: 503-988-5055	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.
School-Based Health Center Program	Based at 13 elementary, middle and high schools. Phone: 503-988-3333	Free care with parental consent. Third party insurers are billed when possible.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Medical and Health Care Services		
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, 8-5:00. Sliding scale, OHP Plus A&C only and Care Oregon.
Medical and Health Care: Women's Health Care		
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, 10am-8pm; Friday-Saturday, 10am-3pm. Free pregnancy tests and maternity & baby clothes. Adoption referrals.
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	Call for eligibility and screening locations. Phone: 503-988-4043	For women 40 years and older. Once in program, regular mammograms and pap smear paid for by county at participating clinics.
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, 9-11:30, 1:30-3:30. Must live in Portland.
Community Health Program	Phone: 503-284-5239	
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-5pm.
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 Health Department	5329 NE MLK, Jr. Blvd. Portland, OR 97211 Phone: 503-988-5055	Provides primary care. OHP patients.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Medical and Health Care Services		
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).
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, 8-5:00. Clinic for people with no insurance Monday-Thursday, 6:30-9:30pm. Dental service available Monday evenings for \$25.
OHSU Women's Health Clinic	Phone: 503-494-1700	
Old Town Clinic	219 W. Burnside Portland, OR 97209 Phone: 503-241-3836	
Open Adoption and Family Services	5200 SW Macadam, Ste 250 Portland, OR Phone: 503-226-4870	Adoption counseling and financial aid.
Oregon SafeNet	Hotline 1-800-723-3638 Phone: 503-988-5858	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 foodstamps. Available M-F 8-8.
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 test. Free/sliding scale.
Planned Parenthood-Teen Clinic	3531 NE 15th, Ste. B. Portland, OR 97212 Phone: 503-288-8826	Free/sliding scale. www.ppcw.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 hrs.
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. #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.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Medical and Health Care Services		
Virginia Garcia Memorial Health Clinic	2935 SW Cedar Hills Blvd., Beaverton, OR 97005 Phone: 503-352-6000 226 SE 8th Ave., Hillsboro, OR 97123 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.
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. Hours: M-F, 9-4.



Mental Health, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Mental Health and Counseling Services		
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 M-F 8-8. No fee for support groups.
Albertina Kerr Centers	722 NE 162nd Ave. Portland, OR 97230 Phone: 503-255-4205	Provide services for adults and youth, including outpatient counseling services, early intervention and therapeutic preschool programs, psychiatric residential services, and services for children and adults with developmental disabilities. Accept OHP and some private insurance.
Boys & Girls Aid Society	018 SW Boundary Ct. Portland, OR 97201 Phone: 503-222-9661	Family strengths program. In-home counseling for middle school youth.
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. 24hr. program, fees vary by service.
Cascade Aids Project	620 SW 5th, 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	Many locations. Phone: 503-674-7777 (intakes)	Providing mental health, alcohol, and drug treatment, case management and medication management to people with OHP Plus. Also provides free services for those with gambling addictions.
Catholic Charities Aids Ministry	528 NE 52nd Portland, OR Phone: 503-963-8102	Free mental health services.
Children's Program	7707 SW Capitol Hwy Portland, OR 97219 Phone: 503-977-0877 or 503-452-8002	Outpatient mental health services. Bill over 100 private insurance companies. Do not accept OHP or Kaiser.
Clackamas County Mental Health	Phone: 503-655-8401	24-hour crisis line and comprehensive mental health services to county residents.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Mental Health and Counseling Services		
Clark County, Washington Crisis Line	Phone: 360-696-9560 Toll free: 1-800-626-8137	24-hour crisis line in Clark County for residents experiencing mental health emergency or emotional crisis.
Conexiones	2325 E. Burnside, Suite 202 Portland, OR 97214 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.
Council for Prostitution Alternatives	Confidential location. Phone: 503-282-1082	Free services to those who are looking at alternatives to prostitution.
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.
Dads Against Discrimination	320 SW Stark St. Portland, OR 97204 Phone: 503-222-1111	Telephone crisis line, support and counseling services for fathers.
Delaunay Family Services	5139 N Lombard Portland, OR 97203 Phone: 503-285-9871	Individual, group, couple and family counseling.
Dougy Center	3909 SE 52nd Ave. Portland, OR 97206 Phone: 503-775-3683	Provides peer support for children, teens 19-30yrs. and families who have experienced the death of a loved one.
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.
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 M-F 9-7. Sliding scale and private insurance.
Harry's Mother	121 NE 8th St. Portland, OR 97232 Phone: 503-233-8111	Free counseling for youth ages 9-17 and their families.
Humanist Counseling	Phone: 503-948-5473	Free Individual Counseling. Availability is limited and no acutely suicidal or self-harming clients.



Mental Health, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Mental Health and Counseling Services		
Intercultural Psychiatric Program OHSU	3181 SW Sam Jackson Rd Portland, OR 97201 Phone: 503-494-4222 503-494-6176 (Intake)	Serving Afghani, Bosnian, Cambodian, Kurdish, Iraqi, Iranian, Japanese, Laotian, Mien, Russian, Somali, Spanish, and Vietnamese youth and families. Specializing in therapy and psychiatric services with refugee/ immigrant populations.
Jewish Family and Child Services	1130 SW Morrison St. Suite 316 Portland, OR 97205 Phone: 503-226-7079	Provides counseling for individuals, couples, children, or families.
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 nervosa, or binge eating disorders, as well as those whose disordered eating contributes to obesity or wasting. www.kartiniclinic.com
LifeWorks Northwest	14600 NW Cornell Rd. Portland, OR 97229 Phone: 503-645-9010 Family Coaching: 503-627-9194	Call for an intake. Accepts OHP, private insurance and have a sliding scale. Alcohol and drug assessments for youth in Multnomah County are free. Provides mental health and addiction services for Multnomah, Washington, and Clatsop counties. Services available for people of all ages, cultural backgrounds and abilities. Services also include child abuse prevention, violence prevention, school retention, substance abuse prevention, culturally-specific programs, and outpatient and residential services for pregnant women or moms. School-based youth addiction services are available in Multnomah 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.
Lutheran Community Services NW	605 SE 39th Ave. Portland, OR 97214 Phone: 503-231-7480	Individual, couples, families, multicultural and child counseling. OHP accepted.
Me Too & Company	Phone: 503-499-5307	Free grief and bereavement support groups for children and their adult guardians. Leave a message for more information.
Men's Resource Center	12 SE 14th Portland, OR 97214 Phone: 503-235-3433	General counseling, DV violence intervention groups, men's counseling groups.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Mental Health and Counseling Services		
Morrison Child and Family Services	3355 SE Powell Portland, OR 97202 Phone: 503-542-3025(Intake)	Various programs and services provided throughout Metro area that provide mental health services for youth. Includes alcohol and drug, day treatment, residential, and outpatient. Also serves sexual offenders 19 and under.
Morrison Center Counterpoint Program for Youth	1718 NE 82nd Portland, OR Phone: 503-252-2392	Free.
Multnomah County Crisis Line (Project Respond)	Phone: 503-988-4888	Multnomah county crisis line. Brief counseling and referral service. 24-hour line.
NAMI-National Alliance for the Mentally Ill	524 NE 52nd Ave. Portland, OR 97213 Phone: 503-228-5692 Toll free: 1-800-343-6264	Provides information and referral to those suffering from severe mental illness, support groups for family and friends. Membership dues may be waived. Hours: M-F 9-5.
NARA Indian Health Clinic	15 N Morris Portland, OR 97227 Phone: 503-230-9875	No fee for Native Americans.
NE Catholic Counseling Center	8383 NE Sandy Blvd. Ste 205 Portland, OR Phone: 503-253-0964	Sliding scale available.
Northwest Behavioral Healthcare Services	18000 SE Webster Road Gladstone, OR 97027 Phone: 503-722-4470	Provides residential services to youth ages 12-17. Free drug and alcohol assessments. Services covered by most insurances or financial arrangements are available.
OHSU Behavioral Health	621 SW Alder St, Suite 520 Portland OR 97205 Phone: 503-494-4745	
OHSU Child and Adolescent Psychiatry Clinic	3181 SW Sam Jackson Rd Portland, OR 97201 Phone: 503-418-5775 503-494-6176 (Intake)	Mental health assessment and treatment for children and families experiencing behavior or emotional issues. Specializing in sexual and physical abuse evaluation and treatment, anxiety disorders, mood disorders, ADHD, and development disorders.
Options Counseling Services	2410 SE 121st Ave., Ste 216 Portland, OR 97216	In-home services for families who have been referred by DHS. Therapeutic and skills training services available.
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.
Outside In	1132 SW 13th Portland, OR Phone: 503-223-4121	Walk-in mental health services. Open Monday-Friday, 1:30-3:30pm.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Mental Health and Counseling Services		
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 or children, couples, family and group therapy services available. Specialty clinic for anxiety disorders. Evening and weekend appointments available.
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 Portland, OR Phone: 503-234-9591	Medicaid, OHP, sliding scale, in-patient only.
Peace House	2116 NE 18th Ave Portland, OR 97212 Phone: 503-285-1714	Suicide bereavement support group. Meets 3rd Monday each month, from 7-9pm. Contact Claire Woodruff at 503-236-8444 or email suicidebereavement@msn.com .
Planned Parenthood	Various locations in Portland Metro Area. Phone: 503-775-4931 x276	Multi-theoretical program providing 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
Plaza 24-Hour Crisis Walk-In Clinic	2415 SE 43rd Portland, OR	OHP sliding scale free. Use West entrance.
Portland State University Counselor Education Program	615 SW Harrison Portland, OR 97201 Phone: 503-725-4620	Individual couple and family counseling, Please call for availability, sliding scale- approximately \$15.
Portland Veteran's Outreach Center	8383 NE Sandy Blvd. Ste 110 Portland, OR 97220 Phone: 503-273-5370	Provides free readjustment counseling to eligible veterans and sexual trauma counseling to vets who experienced sexual harassment or trauma during military service. Office hours M-F 9-4:30.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Mental Health and Counseling Services		
Providence Adult Outpatient Services	5228 NE Hoyt St., Bldg. 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: M-F 8-5pm.
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 ext. 2	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	www.rci-pdx.org . Provide faith-based individual and family counseling. Fees on a sliding scale.
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	1817 NE 17th Portland, OR 97212 Phone: 503-281-3318	Therapists are stationed at 7 locations throughout the Portland Metro Area. They 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 that are psychotic, violent or substance abusers. Sliding fee scale.
Trillium Family Services	Phone: 503-234-7332	Counseling for children and their families.
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 Services	Phone: 503-291-9155 24 hour line: 503-291-8401	Non-urgent information and referral for mental health and addiction treatment services.
Washington County Mental Health Crisis Line	Phone: 503-291-9111	24 hr. crisis line for mental health emergencies



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Mental Health and Counseling Services		
Wellness Project	Phone: 360-798-2918	Located in Vancouver, WA. Free individual, group, couples and family counseling. Therapists, case managers, psychiatric prescribers, and nurses are available to assist clients.
Western Psychological	6655 SW Hampton, Suite 110 Tigard, OR 97223 Phone: 503-624-2600	Outpatient mental health services for children, adolescents and adults. Psychiatric services and psychological evaluations.
Westside Youth & Family Services	7688 SW Capital Highway Portland, OR Phone: 503-244-2292	Counseling services for youth and families.
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 and 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 in Washington County
YWCA Counseling Center	1111 SW 10th Ave Portland, OR 97205 Phone: 503-294-7440	Individual and couples counseling for adults, specializing in depression issues, anxiety, life transitions, stress, post-traumatic stress syndrome, relationship issues, self-esteem, recovery from sexual trauma and group anger management classes.
YWCA Women's Resource Center	Phone: 503-294-7440	Individual and group counseling specializing in women's issues, violence against women, general counseling, and survivors of childhood trauma/sexual abuse.
Private Counseling Providers		
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.
Cherie Masshardt, LCSW	SE Portland Phone: 503-239-6337 Oregon City Phone: 503-502-2037	Individual, family, and group counseling. Specialties: Grief, terminal illness, cancer, family change (separation, divorce, foster care, adoption). www.oregoncounseling.org
Howard Hiton, MS, LPC	Phone: 503-234-6972	Specializes in working with boys.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Mental Health and Counseling Services		
Kim Goldstien, LCSW	431 NE 60th Ave. Portland, OR 97213 Phone: 503-312-1232	Youth, adult, couples, and family therapy available. Private pay.
Kitty Miller, MSW	21st and NE Broadway Phone: 971-645-3868	Counsels adults, families, adolescents, couples, and groups. Fees range from \$40-\$60 per session.
Lynn Knope, PsyD	8305 SE Monterey, Ste. 219 Portland, OR 97266 Phone: 503-223-6183	Specializes in play therapy with children under 12yrs., but services available for people of all ages. Individual, family and group counseling available. Some insurances accepted, sliding fee scale available.
Melissa Handsaker, MA	Lakeside Plaza 8 North State St., Ste 300 Lake Oswego, OR 97034 Phone: 503-522-0633	Individual, family, and group counseling. Specialties: Art therapy, anxiety/depression, work/school difficulties, family and relationship stress and trauma. Also offers support group for children of divorce.
Michele Gilson, LCSW	2455 NW Marshall St., Ste 7A Portland, OR 97210 Phone: 503-349-4435	Specializes in trauma/abuse (physical, emotional and sexual), depression/anxiety, posttraumatic stress, addictions, eating disorders and difficult relationships. Services for ages 14-Senior. Sliding scale and some insurance accepted.
Pam Crow, LCSW	823 NE Broadway, Ste. 2B Portland, OR 97232 Phone: 503-281-0085	Specializes in trauma, play therapy, art therapy and sand tray. Works with adults and children. Some insurances accepted, slide fee scale available.
Patrick Welly, MFT	2106 NE 40th (corner of 40th and Tillamook) Phone: 503-249-9997	
Rachel Walters, M.Ed	Phone: 503-789-4867	Specializes in working with African Americans.
Ray Shellmire, LCSW	4134 N. Vancouver Ave #102 Portland, OR 97217 Phone: 503-331-2548	Specializes in working with African Americans.
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, LGBT, anxiety and depression. Some insurances accepted, sliding fee scale 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.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Mental Health and Counseling Services		
Shawna Randall, MA, LPC	10175 SW Barbur Blvd. Suite 300 BH Portland, OR 97219 Phone: 503-244-4996	Child and family therapist.
Stephen Grant, LCSW	Clarity Counseling 2707 SE Burnside Suite 102 Portland, OR 97214 Phone: 503-752-9943	Provides counseling for individuals, couples, children, or families. Sliding scale and some insurance billing available. www.claritycounseling.org
Susie Snyder, LCSW	5616 SE Hawthorne Blvd. Portland, OR 97215 Phone: 503-233-2442	Counseling for children, teens, families, and adults.
Theresa Page, MA	2538 NE Broadway, Ste. C Portland, OR 97232 Phone: 503-282-8600	Child and family therapist. Play therapy, group therapy, and parent education. Specialties: Adoption, adolescent addiction, ADHD, depression, ODD, PTSD, physical and sexual abuse.
Tom Bialozor, LCSW	Clarity Counseling 2707 SE Burnside Suite 102 Portland, OR 97214 Phone: 503-230-1011	Provides counseling for individuals, couples, children, or families. Sliding scale and some insurance billing available. www.claritycounseling.org
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.
Wendy Miller, PsyD	2732 NE Broadway St. Portland, OR 97232 Phone: 503-236-4909	
Wise Counsel & Comfort	Multiple Locations: 423 NE 60th Ave. 1305 NE Fremont 4605 NE Fremont Phone: 503-282-0182	Website lists a number of private therapists and their specialties. www.portland-therapist.com .



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Native American-Specific Resources		
Affiliated Tribes of Northwest Indians	Phone: 503-249-5770 Fax: 503-249-5773	
Bureau of Indians 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: M-F 7:30-3:30.
Bow and Arrow Culture Club	4000 N. Mississippi Ave. Portland, OR 97227 Phone: 503-762-4286 or 503-492-8488	Provide cultural events and social gatherings every Friday from 7-9pm in the Mississippi Ballroom.
Children's Services Division (CSD): Indian Unit	Phone: 503-731-3147 ext. 2206 Fax: 503-731-3151	
Columbia River Inter-Tribal Fish Commission (CRITFC)	Phone: 503-238-0667 Fax: 503-235-4228	
Concerned Indian Citizens	Phone: 503-285-4474	Limited funds for travel, some food and other Native resources.
Confederate Tribes of Warm Springs	P.O. Box C Warm Springs, OR 97761 Phone: 541-553-2293	Victims of Crime Services Department.
Confederate Tribe of Siletz Indians	3715 SE 39th Ave, Portland 97202 Phone: 503-238-1512	Provide job training and advocacy for employment, life skills, clothing and work experience.
Four Winds Community Church	Phone: 503-281-5802	Provides church services for Native people of all dominations.
Iinim Miyac Play Group	710 SW Jackson St. Portland, OR 97207 Phone: 503-725-9695 Phone: 503-665-5904	No preapplication needed. Fill out information form at first attendance. No fee for services. Play group for Native American children ages infant-5 and their parent/guardians. All people are accepted. Open Wed. 10:30-12:30.
Independent Living Resources	2410 SE 11th Ave. Portland, OR 97214 Phone: 503-232-7411	Serving people with disabilities.
Indian Health Services	1220 SW Third, Room 476 Portland, OR 97204 Phone: 503-326-2020 or 2015	Provides referrals for comprehensive medical, dental and psychological care to Native Americans who are members of federally recognized tribes and live on reservations for Native Americans in the service area. Hours: M-F 8-4.
National Indian Child Welfare Association (NICWA)	5100 SW Macadam, Ste. 300 Phone: 503-222-4044	Provides training and information regarding social services to Indian children and their families. Hours: M-F 8-5.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Native American-Specific Resources		
Healing Circle	Phone: 503-288-8177	A domestic violence program for Native women and children. Contact Naomi (ext. 202) or Tawna (ext. 209)
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 Student and Community Center at PSU (NASCC)	710 SW Jackson Portland, OR Phone: 503-725-9695 Fax: 503-725-9699	Located on the southern tip of PSU campus on SW Jackson St., between Broadway and Park. Open to the public Monday-Friday, 9am-6pm. Computer use and room rental available. Learning center dedicated to promoting culture and connection through education. www.nativecenter.pdx.edu
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.
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 Phone: 503-224-1044	Open Monday-Friday, 8-5. Clinic closed for staff meetings Wednesday mornings. Inpatient/outpatient, treatment services, community, medical and emergency services focused toward the Native American population.
Native American Program of Oregon Legal Services (NAPOLS)	812 SW Washington, Ste 700 Portland, OR 97205 Phone: 503-223-9483 Fax: 503-223-1429	Provide job training and advocacy for employment, life skills, clothing and work experience. Through the Department of Legal Aid. There may be a conflict of interest with other Legal Aid clients.
Northwest Indian Veterans Association (NIVA)	P.O. 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 5-7pm.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Native American-Specific Resources		
Siletz Tribal Headstart	7326 SE Flavel St. Portland, OR 97206 Phone: 503-771-8867	Phones are answered after 12pm. Family services provider (503)988-6127 ext. 242; M-W 8-5, Thur. 8-2. Headstart is operated M-F 8:30-12, provides breakfast and lunch, and very limited transportation. Applications accepted year round for children ages 3-4, preference given to Native children, but serve all populations.
Title 7 Indian Education	2303 SE 28th Place Portland, OR 97214 Phone: 503-916-6499	Provide student advocacy and tutoring.
United Indian Students of Higher Education (UISHE)	724 SW Harrison St. Portland, OR 97201 Phone: 503-725-5671	Provide student advocacy and community events for Native students at Portland State University.



RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Parenting Resources		
Adventist Medical Center	Phone: 503-256-4000	One group for moms with babies 0-4 months and one group for moms with babies 4-12 months. Provides socialization with other moms, trouble shooting, weight checks, lactation issues, etc. Cost: \$30 for 6 weeks. Call to register.
Baby Blues Connection	Phone: 503-797-2843	Volunteer group providing information resources and support to postpartum mothers and families. www.babybluesconnection.org
Boys and Girls Town Hotline	Phone: 1-800-448-3000	Hotline offering parent support.
Breast Feeding Support Group	334 SE 8th Ave. Hillsboro, OR Phone: 503-681-1700	Free weekly groups offered by Tuality Health Education Center.
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 and caregivers involved in DHS and the criminal justice system. Appropriate for parents/caregivers of children of all ages. No fees. Group meets for 12 weeks for 4 hours per week.
Family Relief Nursery (Volunteers of America)	Phone: 503-236-8492	Offers an intensive 16-week parenting course. Parents and children attend a weekly four-hour session, during which they participate in play lab sessions. Parents also receive instruction on parenting topics, individual coaching and participate in group discussions.
Full Esteem Ahead	10445 SW Canyon Rd., Suite 111D Beaverton, OR 97005 Phone: 503-644-5781	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. Services are free to residents of Washington County. Open Monday-Thursday at 9am. Offers parenting classes in English and Spanish.
Insights Teen Parent Program	2020 SE Powell Blvd. Portland, OR 97211 Phone: 503-239-6996	Provides counseling, support groups, parent education, and child care for pregnant and parenting teens.
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.



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RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Parenting Resources		
LifeWorks Northwest	14600 NW Cornell Rd. Portland, OR 97229 Phone: 503-645-9010 Family Coaching: 503-627-9194	Call for an intake. Accepts OHP, private insurance and have a sliding scale. Services available for people of all ages, cultural backgrounds and abilities. Outpatient and residential services for pregnant women or moms. Family Coaching available for residents of Washington County. Weekly sessions cover topics such as family communication, conflict resolutions, parenting skills, and behavioral management. www.lifeworksnw.org
Metropolitan Family Service (MFS)	1808 SE Belmont St. Portland, Oregon 97214 Phone: 503-232-0007 x251	Offers 13-week "Make Parenting A Pleasure" classes for parents with children birth to 8 years old.
Neighborhood House Oregon PreKindergarten Program	3445 SW Moss St. Portland, OR 97219 Phone: 503-432-6746	Open M-F 8-5, 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.
Neighborhood House Parenting Program	Markham Elementary School 10531 SW Capitol Hwy Portland, OR 97219 Phone: 971-244-0148	Parent/child play groups for children 0-5 on Tuesdays, 9:30-11:00 am. Topics covered include child development, brain development, developmental screening, and school readiness. Free.
NW Attachment Parenting	McMenamin's 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
NW Dads and Kids Playgroup	Phone: 503-288-2300	Group for dad and their one month to 24 month old children. Call for additional information.
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, info and referrals. Open 9-4
Parents Anonymous	Phone: 503-258-4557	Confidential and anonymous support line which offers crisis assistance, emotional support, and information and referrals to local community resources. Available to anyone in a parenting role experiencing stress or concerns in the tri-county area. www.morrisoncenter.org



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Parenting Resources		
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
Parents Who Care	Various Locations in Beaverton Phone: 503-591-4597	Parenting classes for parents with children in 5th-12th grades.
Parents Without Partners	10320 SE Pine St. Portland, OR Phone: 503-295-4280	PWP is a non-profit dedicated to helping single parents and their children. They have family, parent, and educational activities. Meetings are the 2nd Wednesday of each month at 6pm in the Russellville Commons Meeting Room. Call and press "3" and leave a message. www.parentswithoutpartners.org
Portland Impact - Parent Child Development Program (PCDS)	7211 SE 62nd Ave. Portland, OR 97206 Phone: 503-988-5961 10055 E. Burnside Portland, OR 97216 Phone: 503-988-6000	Serves families with children prenatal to 5 yrs. Providing age and developmentally appropriate educational guidance and support services. Provides Parents as Teachers home visits, parent/child play groups, developmental screenings and case management.
Pregnancy Resource Center	9255 NE Halsey Portland, OR 97220 Phone: 503-256-0808	Prenatal and parenting classes.
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. Classes are Tues., 6:30-8:30 pm for 20 weeks. Groups meet Wednesdays, 6:30-8:30 pm. Child care is available.
Stand Up Parenting	Powelhurst Baptist Church SE 112th and Powell Phone: 503-281-5176	Contact: Roberta Hegland. 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.
Strengthening Families	Various Locations in Hillsboro Phone: 503-844-1063	7 week parenting class open to parents and their children ages 10-14.
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. Call for more information.
Virginia Garcia Memorial Health Clinic	Phone: 503-359-8413	Free parenting class in Spanish.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Parenting Resources		
Western Psychological Counseling Services	PO Box 408 Gresham, OR 97030 Phone: 503-666-8832	Counseling center offers a variety of parenting classes throughout the year. Call for latest information.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Pet Resources		
Pet General Info		
Animal Aid, Inc.	3150 SW 87th Portland, OR Phone: 503-292-6628	General animal care provided.
Critter Gitter	P.O. Box 30454 Portland, OR 97294 Phone: 503-253-5584	Pick up deceased animals, also live capture and relocation of wildlife. Operates 24hrs. Call for fees.
Dove Lewis Emergency Animal Hospital	1984 NW Pettygrove Portland, OR 97209 Phone: 503-228-7282	www.dovelewis.org. Website offers free listing for lost or found pets.
Oregon Humane Society	1067 NE Columbia Blvd. Portland, OR Phone: 503-285-7722	Discount coupons for spay and neutering 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 for spay/neuter and vaccinations at reduced costs at 7 veterinary locations including the Humane Society.
Portland Veterinary Medical Association	1984 NW Pettygrove Portland, OR 97209 Phone: 503-228-7387	referral to member vets by geographical location or by specialty. Office hours M-Th 9:30-4.
Pet Fostering		
Mixed Breed Dog Club of Oregon	Phone: 503-649-3855	Ask for Maureen Bowman.
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 Phone: 503-254-9902	Contacts: Patty Webb or Zoy Johnson
Pet 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.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Population-Specific Agencies/Assistance		
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 Health and Service Center	3633 SE 35th Place 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.
Baltazar Ortiz Family Center	6736 NE Killingsworth Ave. Portland, OR 97218 Phone: 503-988-4119	Food bags available last Monday of each month. Parenting classes available in Spanish.
Basic Rights Oregon	PO Box 40625 Portland, OR 97240 Phone: 503-222-6151	Program 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 hrs M-F, 9-6.
Bienestar de la Familia	6736 NE Killingsworth Ave. Ste 101 Portland, OR Phone: 503-988-3999	Counseling and addiction services for Spanish-speaking residents of Multnomah County.
Black United Fund	2828 NE Alberta Portland, OR 97211 503-282-7973	Phone: Offers financial and management workshops and houses a non-profit resource library. Provides scholarship funds for individuals and businesses.
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.
Clackamas County Spanish Info and Referral	Phone: 503-655-8568	
Community Alliance of Tenants (CAT)	2710 NE 14th Portland, OR 97212 Phone: 503-460-9702	Advocacy in landlord/tenant issues. Spanish speakers available.
Desarrollo Integral de La Familia	2710 NE 14th Portland, OR 97212 Phone: 503-284-5178	Family violence prevention services, parenting classes, and support groups.
El Programa Hispano	901 SE Oak St., Ste. 106 Portland, OR 97214 Phone: 503-236-9670 451 NW 1st Ave Gresham, OR Phone: 503-669-8350	Open Monday-Thursday, 9-4:00; Culturally-specific social services for Latinos.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Population-Specific Agencies/Assistance		
Hambleton Project	1112 NE 21st Ave., Ste. 5 Portland, OR 97232 Phone: 503-335-6591	Non-profit organization that provides services to the lesbian community. Support for lesbians with cancer or other life threatening conditions as well as to their partners, families and friends.
Immigration Counseling Program	Lutheran Comm. Services 605 SE 39th Ave. Portland, OR 97214 Phone: 503-731-9580	Hours: Monday-Thursday, 8:30-5, Friday 8:30-2:30. Refugee resettlement, family reunification, immigration assistance including visa petitions.
Immigration Counseling Services	434 NW 6th Ave., Ste. 202 Portland, OR Phone: 503-221-1689	Free immigration legal assistance. Phone hours: Monday and Tuesday, 2-5pm. All other times leave a message.
IRCO (Immigrant and Refugee Community Organization)	4424 NE Glisan Portland, OR Phone: 503-234-2541	Open Monday-Friday 9-4:00. 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.
Love Makes a Family	P. O. 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: M-F 10:30-5.
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. Services offered in other languages.
Metropolitan Community Church	2400 NE Broadway Portland, OR 97232 Phone: 503-281-8868	Outreach to gay and lesbian community, counseling and referrals, Christian-based spiritual support. Fees vary. Hours: M-Th, 9-5 and Fri 9-12.
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 info.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Population-Specific Agencies/Assistance		
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 8-5. Clinic closed for staff meetings Wednesday mornings. 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, 9-6; education and support services for Native youth and families. DV support groups offered.
Northwest Gender Alliance	Phone: 503-232-7676	A social, support and educational group for individuals
Northwest Pilot Project	1430 SW Broadway #200 Portland, OR Phone: 503-227-5605	Open Monday-Friday 8-5. 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 Council for Hispanic Advancement (OCHA)	108 NW 9th, Ste. 201 Portland, OR 97205 Phone: 503-228-4131	Open Monday-Friday 9-5. Serves the Latino community, information/referral for mental health resources.
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: M-F, 8:30-5.
Parents, Families, and Friends of Lesbians and Gays (PFLAG)	P.O. Box 8944 Portland, OR 97207 Phone: 503-232-7676	Support group for people who have a gay/lesbian/bisexual/transsexual loved one.
Portland International Community School	1131 SE Oak Street, Portland, OR 97214 Phone: 503-232-5334	Provide free English classes, high school diplomas and academic support for youth ages 14-20. www.emoregon.com , use the immigrants and refugees link.
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, parenting skill building, and children's services.
Raphael House	P.O. Box 10797 Portland, OR 97296-0787 Phone: 503-222-6507 After Hours Line: 503-222-6222	Women & children. No males over 17. 4 week limit. Spanish speaking advocates available.



RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Population-Specific Agencies/Assistance		
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.
Self Enhancement, Inc. (SEI)	3920 N. Kerby Portland, OR Phone: 503-249-1721	Open Monday-Friday, 8-5:00pm. Serves African American community.
Sexual Minority Youth Resource Center (SMYRC)	2100 SE Belmont Portland, OR 97214 Phone: 503-872-9664	Free HIV testing, art therapy, support groups, 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, 8:30-5pm. Refugee resettlement and immigration services.
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	www.prideproject.org. Open W, Th 4:00-5:30. Free program for LBGTQ youth ages 14-21 in Washington County. Offers 2 weekly social support, skill-building groups in Beaveton and Portland. Focus on alcohol and drug abuse prevention and safer sex education.
Queer-Friendly Churches and Synagogues		
Ainsworth United Church of Christ	2941 NE Ainsworth Portland, OR Phone: 503-284-8767	Queer-positive congregation.
Beth Israel	1972 NW Flanders Portland, OR Phone: 503-222-1069	Services are at 6pm on all Fridays. Tot Shabbat and Oneg are held at 6pm on the 2nd Friday of the month in the temple.
Eastside Jewish Community	Phone: 503-973-5267	Shabbat Services Registration 5:30pm, Dinner 6pm, Services 7-8pm.
First Congregational United Church of Christ	1137 SW Broadway Portland, OR Phone: 503-228-7219	Queer-positive congregation.
First Unitarian Church	1011 SW 12th Ave. Portland, OR Phone: 503-228-6389	Queer-positive congregation.
Havurah Shalom	825 NW 18th Portland, OR Phone: 503-248-4662	Kaballat Shabbat Services: Every Friday 8pm Saturday Minyan: Saturday 10am Wednesday morning Minyan at 8:30am



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Population-Specific Agencies/Assistance		
Keshet Jewish Group	Phone: 503-226-7079	Jewish community for GLBTQQ and their partners, regardless of religion. Potlucks, dinners, and parties. Also provides links to GLBTQQ friendly synagogues. http://www.gayjewishportland.com/
Metropolitan Community Church of Portland	2400 NE Broadway Portland, OR Phone: 503-281-1233	Queer-positive congregation
Neveh Shalom	2900 SW Peaceful Lane Portland, OR Phone: 503-246-8831	Erev Shabbat: Fridays 8:15pm Shabbat: Saturday 9am. Daily Minyan: Monday-Friday 7:15am, Sundays and holidays 9am.
OCHA (Oregon Council for Hispanic Advancement)	Phone: 503-228-4131	Support and educational services for Latino youth and families.
Shir Tikvah	1631 NE Broadway #314 Portland, OR Phone: 503-282-1787	Shabbat Services: Every Saturday 10:30 am Erev Shabbat Services: Every Friday 7pm Torah Study: Every Saturday 9am
South Metro Jewish Congregation	21420 Willamette Dr. West Linn, OR Phone: 503-650-7013	Tot Shabbat: Friday 6pm Family Shabbat: Friday 7pm
St. Mark Presbyterian	9750 SW Terwilliger Blvd. Portland, OR Phone: 503-244-8177	Queer-positive congregation.
The Old Church	1422 SW 11th Portland, OR Phone: 503-222-2031	Queer-positive congregation.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Senior and Disability Services		
Senior Services		
AARP	Phone: 800-424-3410	Information and referral, support programs, travel services and free tax assistance.
Donated Dental Services	Statewide. Call for locations. Phone: 503-774-3898	Primarily serve developmentally disabled. Serves low-income seniors, age 65 or older. Provide dentures. No emergencies.
Elders in Action	501 SW Washington Portland, OR 97204 Phone: 503-823-5293	Free information and support for people 60+ yrs. or 18-59 with long term disability. Hours M-F 8-5
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 wheelchair. Mobile dental available.
Makin' It Right	Phone: 503-522-2588	email: services@makinitright.org . Non-profit organization that assist convicted felons in becoming productive members of society through offering free programs and services such as: lawn care, wood splitting, painting, moving, cleaning gutters and washing vehicles. All services are provided for free.
Medicare Rights Center	1460 Broadway New York, NY 10036 Phone: 1-800-333-4144	www.medicarerights.org
Metropolitan Family Service (MFS)	1808 SE Belmont St. Portland, OR 97214 Phone: 503-232-0007	Creates access to community resources. Supports older adults to help them maintain their independence. See website for more information about programs: www.metfamily.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.
National Medicare Hotline	Toll free Phone: 1-800-Medicare (633-4227)	www.medicare.gov
Oregon Project Independence	Phone: 503-248-3646	Provides in-home services, such as house keeping, bath assistance and respite care, to eligible people 60 yrs. and over. Sliding fee scale.
Portland Impact 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.
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.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Senior and Disability 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 available in English and Spanish. Call for an intake. www.resolutionsnorthwest.org
Unlimited Choices	Phone: 503-234-6167	Provide renovation to homes to increase accessibility and safety.
Disability Services		
Access Technologies Inc.	951 NW Hall, Rm 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. Call for and appointment.
Alzheimer's Association	1311 NW 21st. Portland, OR Phone: 800-733-0402	24-hour crisis line, information and referral, support groups, classes, and library.
ARC of Multnomah and Clackamas Counties	619 SW 11th, Ste. 234 Portland, OR 97205 Phone: 503-223-7279	Serves persons with developmental disabilities and their families through public education, information and referral. Adult and family case management, in home and center based respite care. Hours M-F 8:30-5.
DePaul Industries	4950 NE MLK Blvd. Portland, OR 97211 Phone: 503-281-1289	Program specializes in meeting the needs of persons with disabilities. Teaches office skills, computer applications, and employment skills. 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, Ste.225 Portland, OR 97205 Phone: 503-228-7651	Information and referral, community education, parents support network, advocacy, adult support network 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. M-F 7:30-4.
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.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Senior and Disability Services		
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., Number 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 M-Th 9:30-4:30.
Oregon Brain Injury Support Group	Phone: 503-413-7707	Support group for brain injury survivors, parents, families, and spouses.
Oregon Project Independence	Phone: 503-248-3646	Provides in-home services, such as house keeping, bath assistance and respite care, to eligible people 60 yrs. and over. Sliding fee scale.
Portland Impact 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.
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
Vocation Rehabilitative Services	4744 N. Interstate Portland, OR Phone: 503-280-6940	Job assistance for people with disabilities.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Transportation & Bus Tickets		
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 Phone: 503-731-4652	24-hour emergency service on state highways. Flats & jumps free, 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.
Fareless Square		300 block area in downtown and part of NE Portland with free fare on buses, Max and trolley. See www.trimet.org for more details.
Greyhound Portland	Phone: 503-243-2357 or 800-231-2222	
Medical Transportation	Phone: 503-802-8700	Will provide transportation to medical, counseling, and dental appointments to children and disabled clients on Oregon Health Plan or Medicaid. Need at least one-day notice if you cannot ride the bus and 3-4 days if you can.
NW Pilot Project	1430 SW Broadway, Ste 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 24 th Ave Portland, OR 97212 Phone: 503-249-0471	Provides transportation to elderly or disabled in NE and SE Portland.
Salvation Army	1712 NE Sandy Blvd. Portland, OR 97232 Phone: 503-239-1226	Family service assistance hotline. Occasional \$5.00 gas vouchers--one time emergency. Must make appointment. License and insurance required.
Senior Citizens Grocery Shuttle (African American Chamber of Commerce)	P.O. Box 5488 Portland, OR 97228 Phone: 503-572-0812/ 503-244-5794	Provides free grocery shopping transportation for adults 60+ yrs. living in N/NE Portland.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Transportation & Bus Tickets		
St. Vincent de Paul	3601 SE 27 th Ave. Portland, OR 97202 Southeast Phone: 503-235-8431 Northeast Phone: 503-233-5589	Occasional gas vouchers. Call for more information.
Transition Projects, Inc.	Phone: 503-823-4930	
Transportation Reaching People	Phone: 503-655-8208	Volunteer transportation for elderly and disabled.
Tri-Met	4012 SE 17 th Ave. Portland, OR 97202 Phone: 503-238-RIDE (7433) 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	
Volunteer Transportation --Ride Connection	3131 N. Vancouver Portland, OR 97227 Phone: 503-280-1445	Transportation available for elderly and disabled clients.
William Temple House	2023 NW Hoyt Portland, OR 97209 Phone: 503-226-3021	Bus tickets available for medical appointments.
ZipCar Portland	808 SW Third Avenue, Suite 480 Portland, OR 97204 503.328.3539 fax 503.241.3076	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 .



Monica Parmlay, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Youth Services		
Acadia Northwest	10101 SW Barbur Blvd. Ste 101 Portland, OR 97219 Phone: 503-245-6262	Intensive teen outpatient program.
Albina Youth Opportunity School	3710 N Mississippi Ave. Portland, OR 97227 Phone: 503-288-5813	Alternative middle and high school for ages 12-21 serving Portland Public Schools.
Betties 3SIXTY	17446 SW Jay St. Beaverton, OR 97006 Phone: 503-407-9272	Outdoor and enrichment program for women and girls. Provide opportunities for them 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	9330 SE Harold (several other locations in Portland) Portland, OR Phone: 503-775-1549	Drop in site. Summer and after school programs. Summer sports programs.
Boy Scouts	2145 SW Naito Pkwy Portland, OR Phone: 503-225-5721	Dens and camps, leadership and skill development, relationship building.
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: M-F 8-5.
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., Ste. 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.
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.
Cascadia Behavioral Health	412 SW 12th Ave. Portland, OR 97205 Phone: 503-228-7134	Case management, group activities, and educational support for youth.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Youth Services		
Center for Community Mental Health	7025 N. Lombard Portland, OR 97203 Phone: 503-289-9071	Psychiatric treatment for youth 13-18 yrs. Income restriction apply, open to N/NE Portland residents. Hours: M-F 8:30-4pm.
Center for Family and Adolescent Research	812 SW Washington, Ste 500 Portland, OR 97205 Phone: 503-243-1065	Free drug treatment for adolescents and their families. The project provides intensive help to parents who want treatment for their drug-abusing youth, ages 15-20. The program is specifically focused on engaging adolescents who are resistant to receiving substance abuse treatment.
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 M-F 9-5.
Common Bond: NE Portland Parent/Child Development Center	4915 NE 9th Ave. Portland, OR 97211 Phone: 503-280-1616	Provides family support services including parent training, child development services, mother/child play groups, and info/referral.
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 Pdx with services to address emergency needs, case management, education, job training, parenting support/peer support groups.
Damon Stoudamire Foundation	P. O. Box 17151 Portland, OR 97217 Phone: 503-819-8291	Provides basketball camps, grants, school supplies, and a Blazer fan club.
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 unless otherwise specified.
Dougy Center	3909 SE 52nd Ave. Portland, OR 97206 Phone: 503-775-3683	Provides peer support for children, teens 19-30 yrs. and families who have experienced the death of a loved one.
Early Childhood Outpatient Service/ Hand In Hand	11456 NE Knott Portland, OR Phone: 503-256-3040	Provides intervention and prevention for at-risk children from birth to 6 yrs. Intensive therapy in preschool setting available. Accepts clients with OHP, Medicaid or private insurance. Also offers a sliding fee scale. Hours: M-F 8-5.
Early Head Start Family Center	909 NE 52nd Ave Portland, OR Phone: 503-284-6267	Prenatal services, parent education programs, and info/referrals. Home-based services available.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Youth Services		
Edgefield Children's Services	2408 SW Halsey St. Troutdale, OR 97060 Phone: 503-665-0157	Seven day residential/ day treatment program. Serves children 6-12 with no physical disabilities, family involvement encouraged. Call for intake appointment.
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 session, teen parenting, and youth job placement assistance. Office hours M-F 8-5
Ethos, Inc.	10 NE Killingsworth Portland, OR 97217 Phone: 503-241-8824	Youth learn to play a variety of musical instruments.
Girls' Inc. of Northwest Oregon (formerly Girls' Initiative Network)	1233 SE Stark 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.
Girl Scouts	15171 SW Bangy Lake Oswego, OR Phone: 503-620-4567	Troops and camps for girls 5-17yrs.
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	121 NE 8th St. 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. The program goal is to reunite youth with their families. Parental consent necessary for shelter but not for counseling.
Hawa	Phone: 503-731-9553	Literacy tutoring and job training programs for refugee and immigrant children.
House of Umoja	1626 NE Alberta Portland, OR Phone: 503-282-3296	After school program for youth 11-16yrs. Homework help, art project, and African-American history.
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, health care, and child care for pregnant and parenting teens.
Janus Youth Access and Reception Center	324 NW 9th Ave. Portland, OR 97205 Phone: 503-223-2050	24 hr. drop-in facility for homeless and runaway youth. Provides for basic needs; food, clothing, basic medical supplies and shelter.



RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Youth Services		
Juvenile Rights Project	123 NE 3rd, Ste. 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.
Legacy Child/Adolescent Treatment Program	3001 N Gantenbein Portland, OR 97227 Phone: 503-413-4848	Inpatient/outpatient services available for youth ages 5-17. Hours: M-F 9-5.
Leo Ni Leo	5010 NE 33rd Ave. Portland, OR 97211 Phone: 503-249-1731	Services provided to African-American adolescent males in a day treatment setting. Ages 12-18. Culturally specific services.
Lifeworks Northwest	14600 NW Cornell Rd. Portland, OR 97229 Phone: 503-645-9010	Call for an intake & to schedule first appointment. Accepts OHP, private insurance & have a sliding scale. Free alcohol & drug assessments for youth. Provides mental health & addiction services for Multnomah, Washington, & Clatsop counties. Services also include abuse and violence prevention, school retention, & substance abuse prevention. Outpatient & adolescent day treatment available, & residential services for pregnant women or moms. School-based youth addiction services available.
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 in the community. Creates access to community resources. Operates several SUN Community School programs. Supports older adults to help them maintain their independence. See website for more information about programs: www.metfamily.org .
Morrison Child and Family Services	3355 SE Powell Portland, OR 97202 Phone: 503-542-3025 (Intake)	Various programs and services provided throughout Metro area that provide mental health services for youth. Includes alcohol and drug, day treatment, residential, and outpatient. Also serves sexual offenders 19 and under.
Morrison Center Counterpoint Program for Youth	1718 NE 82nd Portland, OR Phone: 503-252-2392	Program deals specifically with treating sexually inappropriate behaviors. Case Management, individual, family and group therapy available. Hours: M-Th 9-7, Friday 9-5. Free.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Youth Services		
Multnomah County Library	16 neighborhood locations; Central Library 801 S.W. 10th Avenue Portland, OR 97205 503-988-5402	Open 7 days a week and two evenings each week. Free to all Multnomah County residents. Show photo I.D. or if under 13 yrs. old, have a parent/guardian sign application form. Learn more about the library by visiting www.multcolib.org .
National Runaway Switchboard	Toll free: 1-800-621-4000	24-hour crisis line for runaway youth. Limited problem solving, suicide prevention, and local referrals. Conference calls and messages for runaways and their parents. Some bus tickets available. Serves youth ages 12-20.
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. Call 503-224-1044 x 251 or 252.
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.
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. Age restrictions vary by program. Office hours Monday-Friday 9-5.
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
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. 24-hour crisis line; day service center; onsite health clinic; alternative high school; career training; transitional housing; and counseling. Drop-ins welcome. Ages 12-22 years.
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.
Northwest Behavioral Healthcare Services	18000 SE Webster Road Gladstone, OR 97027 Phone: 503-722-4470	Provides residential services to youth ages 12-17. Free drug and alcohol assessments. Services covered by most insurances or financial arrangements are available.
Open Meadow Alternative School	7621 N Wabash Portland, OR 97217 Phone: 503-230-2378	Alternative school program which serves youth up to age 19.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Youth Services		
Operation Easy, Inc.	4222 NE 12th. Portland, OR 97211 Phone: 503-288-3728	Provides tutoring, counseling, mentoring, parent education and teacher education. Hours M-F 7-7.
Oregon Mentors		Statewide database of mentoring programs in Oregon. www.oregonmentors.org
Oregon Partnership for Drug and Alcohol	6443 SW Beaverton-Hillsdale Hwy, Portland, OR 97221 Phone: 800-923-HELP 24 Hr Youth Line: 1-877-553-TEEN Spanish: 1-877-515-7848	Information & referral for callers of all ages, advocacy and workshops. Free services.
Oregon SafeNet	Hotline 1-800-723-3638 Phone: 503-988-5858	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 foodstamps. Available M-F 8-8.
Oregon Youth Authority	530 Center St. NE, Ste. 200 Salem, OR 97301 Phone: 503-373-7205	Provides youth offenders with opportunities for reformation.
Outside In	1132 SW 13th Portland, OR 97205 Phone: 503-223-4121	Drop-in day center. Employment resources and limited medical and dental resources. Hours: M-F, 9-6. www.outsidein.org
Parrot Creek Child and Family Services	Phone: 503-722-4110	Counseling for children and their families.
Parry Center	3415 SE Powell Blvd. Portland, OR 97202 Phone: 503-234-9591	Residential treatment for seriously emotionally disturbed children, ages 5-12. Emphasis on children who have been sexually abused. Children attend onsite schooling. Individual, family and group counseling available. Sliding scale, Medicaid, and private insurance. Hours: M-F 8:30-4.
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.
PIVOT	2701 NW Vaughn St., Ste. 151 Portland, OR 97210 Phone: 503-274-7343	Educational and vocational training for youth and parenting youth ages 16-24.
Planned Parenthood	Multiple locations in Portland Phone: 503-775-4931	Family planning, birth control distribution, sex education, STD prevention and gynecological exams.
Portland Impact	Dancing Tree Family Center 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.



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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 yrs.
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	Monroe High School 2508 NE Everett Portland, OR Phone: 503-916-5858	High school completion program for pregnant/parenting teens. Provides outreach to young moms 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 17-24yrs. Paid construction training, GED or high school diploma assistance, college prep courses, and job readiness skills.
Project Return	Phone: 503-916-5773	PPS program for homeless youth returning to school or in transition.
Project Stop	2415 SE 43rd, Suite 200 Portland, OR 97206 Phone: 503-230-9654	Assessment, counseling, and support groups for youth. Sliding fee scale.
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	www.rci-pdx.org . Provide faith-based drop-in teen center and after school programs.
Rosemont Treatment Center and School	9911 SE Mt Scott Blvd. Portland, OR 97266 Phone: 503-777-8090	Intensive & non-intensive outpatient services for adolescents girls ages 12-18. Includes intensive drug and alcohol assessment and counseling. Hours: 24/7.
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, 8-5:00pm. Serves various zip codes in Multnomah County and culturally-specific: African Americans. Must be in school. Serves ages 7-24. Summer programs also available.
Sexual Minority Youth Resource Center (SMYRC)	Phone: 503-872-9664	Serves youth around issues of sexual orientation and gender identity.



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AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Youth Services		
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 GED or diploma and train for vocation.
Teen Info Line	Phone: 503-988-5519	Provides information to teens on pregnancy prevention, parenting alternatives, STD's and information on how to access to low-cost exams. Multilingual services offered.
Women's Strength	Phone: 503-988-6430	Free self-defense classes for youth and women ages 13 and up, sponsored by Portland Police Bureau. www.portlandonline.com/police
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	Serves out-of-school Portland-area youth, ages 16-21. Addresses barriers to self-sufficiency. Childcare available. Hours: M-F, 8-5.
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.
Sexual Minority Youth		
Northwest Gender Alliance	Phone: 503-232-7676	A social, support and educational group for individuals
Outside In- Trans Identity Resource Center	1132 SW 13th Portland, OR Phone: 503-223-4121 Phone: 503-535-3895	Walk-in hours: Tues-Thurs 11am-6pm. Art based programs, peer-counseling, referrals, HIV testing and prevention work, internet resources, syringe exchange, and pharmacy shuttle.
PFLAG	Portland Phone: 503-232-7676 Clackamas Phone: 503-998-1450	Support for friends and family of GBLT persons. Focus on education, equality and advocacy. Clackamas group meets 4th Tuesday of every month at 7pm at Atkinson Memorial Church. Portland group meets 2nd Tuesday of every month at the First United Methodist Church.
Sexual Minority Youth Resource Center (SMYRC)	2100 SE Belmont Portland, OR Phone: 503-872-9664	Free HIV testing, art therapy, support groups, and open mic last Friday of the month.