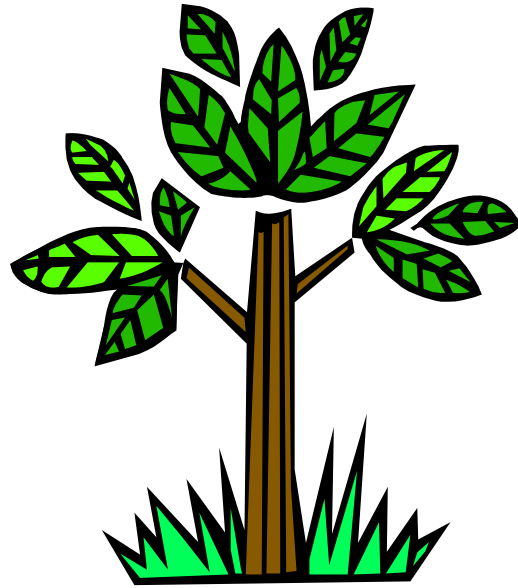




# Resources Galore

a community directory  
by Monica Parmley, LCSW

July 2011



Monica Parmley, LCSW

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

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

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

To submit an update, email the enclosed "Update and Addition Form" to [resourcesgalore@yahoo.com](mailto:resourcesgalore@yahoo.com)

or mail the update to:

Monica Parmley

PO Box 42382

Portland, OR 97242

# Resources Galore

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# RESOURCES GALORE

## **Tips for Using Resources Galore**

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

- ❖ An updated edition of Resources Galore will be electronically distributed at least once a year. Please add Resources Galore to your email address book so that it does not go to your junk mail folder. If you would like to receive regular updates and you are not on the distribution list, please email your request and contact information to [resourcesgalore@yahoo.com](mailto:resourcesgalore@yahoo.com).
- ❖ Please familiarize yourself with the organization and contents of this guide. It is in the best interests of your clients/consumers to be fully aware of which resources are available.
- ❖ Use the "warm handoff" technique. Rather than simply giving out phone numbers, call the agencies ahead of time to ensure that services are appropriate for your clients/consumers and that they will be well-received and well-prepared.
- ❖ In order for this resource guide to be useful and successful for you and your clients/consumers, the information in it needs to be accurate and current. While I have attempted to provide an exhaustive list of the resources available, if you encounter new information or corrections, please complete the "Update and Addition Form" and email it to [resourcesgalore@yahoo.com](mailto:resourcesgalore@yahoo.com), or mail it to:

Monica Parmley  
PO Box 42382  
Portland, OR 97242

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



# RESOURCES GALORE

## Resources Galore Update & Addition Form

This submission is an (check one): ☐ Update ☐ Addition

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

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

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

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

**PLEASE PROVIDE ALL APPLICABLE INFORMATION BELOW:**

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

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

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

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

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



# RESOURCES GALORE

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



# RESOURCES GALORE

| Agency                                                       | Contact Info                                                                                                                                                               | Additional Information                                                                                                                                                                                                                                                                                                                                                                                                 |
|--------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Alcohol and Drug Recovery &amp; Treatment</b>             |                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Breakthrough<br/>(Morrison Child and Family Services)</b> | 3390 SE Milwaukie Ave<br>Portland, OR 97202<br><b>Phone:</b> 503-231-4000                                                                                                  | Drug and alcohol day treatment services for youth ages 13-18. Outpatient services include individual and family therapy.<br><a href="http://www.morrisonkids.org">www.morrisonkids.org</a>                                                                                                                                                                                                                             |
| <b>Bridgeview Community</b>                                  | 707 NW Everett St<br>Portland, OR 97209<br><b>Phone:</b> 503-222-4906                                                                                                      | 24-hour staff on-site. Provides short-term housing stabilization that helps residents obtain treatment. Includes mental health services, case management, and other supportive services.                                                                                                                                                                                                                               |
| <b>CareMark Behavioral Health</b>                            | 6110 SE Belmont<br>Portland, OR 97215<br><b>Phone:</b> 503-413-4848                                                                                                        | Provides mental health and chemical dependency treatment services for children, adolescents, and adults in inpatient and outpatient settings. Available 24 hours per day.<br><a href="http://www.legacyhealth.org">www.legacyhealth.org</a>                                                                                                                                                                            |
| <b>Cascadia Behavioral Healthcare</b>                        | 10373 NE Hancock St<br>Suite 200<br>Portland, OR 97220<br><br>24-Hour Walk-in Clinic:<br>2415 SE 43rd<br>Suite 100<br>Portland, OR 97206<br><br><b>Phone:</b> 503-674-7777 | Providing mental health services, crisis intervention, addictions treatment, case management and medication management to youth and adults with OHP. Some school-based services available. Also provides free services for those with gambling addictions. Transitional, secure residential and permanent housing for people with psychiatric challenges. <a href="http://www.cascadiabhc.org">www.cascadiabhc.org</a> |
| <b>Center for Family and Adolescent Research (CFAR)</b>      | 729 NE Oregon St<br>Suite 150<br>Portland, OR 97232<br><b>Phone:</b> 503-243-1065                                                                                          | Power of Parents (POP) is a counseling and support group for parents or guardians of youth (ages 14-20) who are using drugs but refusing counseling. Open Monday-Thursday, 9:00am-8:00pm and Friday, 9:00am-5:00pm. Call to determine research eligibility. All services are free.<br><a href="http://www.ori.org/cfar/portland">www.ori.org/cfar/portland</a>                                                         |



## RESOURCES GALORE

| Agency                                                                  | Contact Info                                                               | Additional Information                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Alcohol and Drug Recovery &amp; Treatment</b>                        |                                                                            |                                                                                                                                                                                                                                               |
| <b>Central City Concern</b>                                             | 232 NW 6th Ave<br>Portland, OR 97209<br><b>Phone:</b> 503-294-1681         | Community Engagement Program, detox, residential treatment for mothers, mentor program, parole transition program, programs for Spanish-speaking youth and adults. <a href="http://www.centralcityconcern.org">www.centralcityconcern.org</a> |
| <b>Changepoint Diversion Associates</b>                                 | 1949 SE 122nd Ave<br>Portland, OR 97292<br><b>Phone:</b> 503-253-5954      | Various locations. Outpatient services, cultural & gender-specific programs, and gambling treatment. Spanish-speaking services available. OHP and sliding fee scale accepted.                                                                 |
| <b>CityTeam Ministries</b>                                              | 526 SE Grand Ave<br>Portland, OR 97214<br><b>Phone:</b> 503-231-9334       | Outpatient drug and alcohol treatment for adults and youth includes both short- and long-term programs. <a href="http://www.cityteam.org">www.cityteam.org</a>                                                                                |
| <b>Clackamas County Mental Health and Addictions Treatment Services</b> | 1002 Liberty Ct<br>Oregon City, OR 97045<br><b>Phone:</b> 503-655-8401     | Various locations. Intensive and non-intensive outpatient services, DUII, and gambling treatment for youth and adults. Spanish-speaking services available.                                                                                   |
| <b>Clark County Alcohol and Drug Program</b>                            | 1601 E 4th Plain Blvd<br>Vancouver, WA 98661<br><b>Phone:</b> 360-397-2075 | Outpatient alcohol and drug treatment services for adults and youth.                                                                                                                                                                          |
| <b>Cocaine Anonymous</b>                                                | Various locations<br><b>Phone:</b> 503-256-1666                            | Information, groups and meetings throughout the Portland Metro Area. Washington residents call 800-662-2463. <a href="http://www.caorwa.org">www.caorwa.org</a>                                                                               |
| <b>CODA Drug Treatment Service</b>                                      | 1027 E Burnside<br>Portland, OR 97214<br><b>Phone:</b> 503-239-8400        | Various locations. Outpatient treatment, methadone, DUII, referrals to community resources, services for women and children. Open Monday-Friday, 7:00am-5:00pm.                                                                               |
| <b>Community Services Northwest</b>                                     | 1601 E 4th Plain Blvd<br>Vancouver, WA 98661<br><b>Phone:</b> 360-397-8484 | Men's and women's program, treatment for adolescents and adults with co-occurring mental health issues, and a gambling program. <a href="http://www.communityservicesnw.org">www.communityservicesnw.org</a>                                  |





## RESOURCES GALORE

| Agency                                           | Contact Info                                                                                                                        | Additional Information                                                                                                                                                                                                                                                                                                                                                                                       |
|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Alcohol and Drug Recovery &amp; Treatment</b> |                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Delta Clinic</b>                              | 2600 SE Belmont<br>Portland, OR 97214<br><b>Phone:</b> 503-239-5738                                                                 | Methadone, therapy & addictions treatment, outpatient detox services, assistance for pregnant women. Self-payment, Medicaid and private insurance accepted. Also in Washington County.                                                                                                                                                                                                                       |
| <b>DePaul Treatment Center</b>                   | Various locations<br><b>Phone:</b> 503-535-1181                                                                                     | Treatment services for all ages. Gender-specific residential treatment and outpatient services. Covered by most insurance plans, including OHP.<br><a href="http://www.depaultreatmentcenters.org">www.depaultreatmentcenters.org</a>                                                                                                                                                                        |
| <b>HOPE Clinic</b>                               | 9747 SE Powell Blvd<br>Portland, OR 97266<br><b>Phone:</b> 503-762-9386                                                             | Methadone treatment program and counseling.                                                                                                                                                                                                                                                                                                                                                                  |
| <b>InAct</b>                                     | 727 NE 24th Ave<br>Portland, OR 97232<br><b>Phone:</b> 503-228-9229                                                                 | Outpatient program for substance abuse, problem gambling and mental health treatment. Serves men and women ages 18 and older in English and Spanish. Program of Volunteers of America.                                                                                                                                                                                                                       |
| <b>LifeChange at Union Gospel Mission</b>        | 3 NW 3rd Ave<br>Portland, OR 97209<br><b>Phone:</b> 503-274-4483                                                                    | Christian residential addiction recovery community of men and women.                                                                                                                                                                                                                                                                                                                                         |
| <b>Lifeline Connections</b>                      | 1601 E 4th Plain Blvd<br>Building 17, Suite A212<br>Vancouver, WA 98661<br><b>Phone:</b> 360-397-8246                               | Non-medical detox, inpatient treatment, services for deaf consumers, outpatient treatment. Accepts Medicaid, private pay, and has a sliding scale.                                                                                                                                                                                                                                                           |
| <b>LifeWorks Northwest</b>                       | Various locations in Multnomah and Washington County<br><br><b>Intake:</b> 503-645-9010<br><br><b>Family Coaching:</b> 503-627-9194 | Mental health and addiction services for people of all ages, cultural backgrounds and abilities. Accepts OHP, private insurance and sliding scale. Free alcohol and drug assessments for youth. Outpatient and adolescent day treatment and residential services for pregnant women or moms. Family Coaching available in Washington County.<br><a href="http://www.lifeworksnw.org">www.lifeworksnw.org</a> |



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                          | Contact Info                                                                                                           | Additional Information                                                                                                                                                                                                                                                                                                                                                                                        |
|-----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Alcohol and Drug Recovery &amp; Treatment</b>                |                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Mothers Against Drunk Driving (MADD)</b>                     | 4035 NE Sandy Blvd<br>Room 211<br>Portland, OR 97212<br><b>Phone:</b> 503-656-4805                                     | Member-facilitated victim support group.                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Multnomah County Central Intake Services</b>                 | 421 SW 6th Ave<br>Suite 500<br>Portland, OR 97204<br><b>Phone:</b> 503-988-5464                                        | Evaluation & referral DUI, community-based intervention & treatment referral, services for DHS clients and corrections clients.                                                                                                                                                                                                                                                                               |
| <b>NARA (Native American Rehabilitation Association)</b>        | 1631 SW Columbia St<br>Portland, OR 97201<br><b>Phone:</b> 503-231-2641<br><br><b>24-Hour Hotline:</b><br>503-923-4357 | Various locations throughout the Metro area. Serves Native Americans. Offers outpatient & residential, mental health services & youth treatment ages 13-21.                                                                                                                                                                                                                                                   |
| <b>Network Residential Integrated Treatment Services (RITS)</b> | 5009 NE Killingsworth<br>Portland, OR 97218<br><b>Phone:</b> 503-872-0480                                              | Men's residential treatment for dual diagnosis clients through corrections, aftercare groups.                                                                                                                                                                                                                                                                                                                 |
| <b>Network Youth Watershed Program</b>                          | 5802 SE Powell<br>2nd Floor<br>Portland, OR 97202<br><b>Phone:</b> 503-774-3251                                        | Intensive & non-intensive outpatient treatment for ages 12-18, marijuana treatment, dual diagnosis                                                                                                                                                                                                                                                                                                            |
| <b>Northwest Behavioral Healthcare Services</b>                 | 18000 SE Webster Road<br>Gladstone, OR 97027<br><b>Phone:</b> 503-722-4470                                             | Secure adolescent residential treatment program for mental health, drug and alcohol and eating disorder issues. Serves youth 12-17 and their families. Drug and alcohol assessments available as a free service to the community. Accepts most major private insurance plans. Free Teen Recovery groups are available in the Portland area.<br><a href="http://www.northwestbhs.com">www.northwestbhs.com</a> |
| <b>Northwest Treatment</b>                                      | 511 Main St<br>Suite 201<br>Oregon City, OR 97045<br><b>Phone:</b> 503-655-1029                                        | Intensive & non-intensive outpatient, DUI education and rehabilitation; Spanish-speaking services available.                                                                                                                                                                                                                                                                                                  |
| <b>OHSU Behavioral Health</b>                                   | 621 SW Alder St<br>Suite 520<br>Portland, OR 97205<br><b>Phone:</b> 503-494-4745                                       | Mental health and substance abuse treatment for adults 18+, intensive & non-intensive outpatient, DUI, gambling treatment, SE Asian program. Sliding fee scale available.                                                                                                                                                                                                                                     |



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                             | Contact Info                                                                        | Additional Information                                                                                                                                                                                                     |
|----------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Alcohol and Drug Recovery &amp; Treatment</b>   |                                                                                     |                                                                                                                                                                                                                            |
| <b>Oregon Partnership</b>                          | 6443 SW Beaverton-Hillsdale Hwy<br>Portland, OR 97221<br><b>Phone:</b> 800-923-HELP | Information & referral for callers of all ages, advocacy and workshops. Free services. Available 24 hours a day. Youth Line: 1-877-553-TEEN. Spanish: 1-877-515-7848                                                       |
| <b>Oxford Houses of Oregon</b>                     | Various locations<br><b>Phone:</b> 503-247-0777                                     | Affordable, alcohol and drug-free living environment for individuals in recovery.                                                                                                                                          |
| <b>Pacific Alcohol &amp; Drug Counseling, Inc.</b> | 12950 SW Pacific Hwy<br>Suite 245<br>Tigard, OR 97223<br><b>Phone:</b> 503-624-9545 | Intensive & non-intensive outpatient, DUI, domestic violence and parenting programs.                                                                                                                                       |
| <b>Portland Alternative Health Center (PAHC)</b>   | 625 SW 12th<br>Portland, OR 97205<br><b>Phone:</b> 503-228-4533                     | A program of Central City Concern. Intensive & non-intensive outpatient treatment, acupuncture & naturopathic care, psychiatric programs for dual-diagnosis clients, funding for HIV+ clients who meet 200% poverty level. |
| <b>Portland Public Schools Student Services</b>    | 501 N Dixon<br>Portland, OR 97227<br><b>Phone:</b> 503-916-5460                     | Alcohol and drug assessments for students in grades 6-12. Four-week Insight class for students who have an alcohol or drug violation or as a preventative measure for youth who want to attend voluntarily.                |
| <b>Portland Rescue Mission</b>                     | 111 W Burnside<br>Portland, OR 97209<br><b>Phone:</b> 503-227-0859                  | One year program for men. 1+ year program for women and children at Shepherd's Door.                                                                                                                                       |
| <b>Project Network</b>                             | 2801 NE Gantenbein<br>Portland, OR 97227<br><b>Phone:</b> 503-335-0855              | Services for African-American women and their families, including medical and mental health services and children's services.                                                                                              |
| <b>Project Stop</b>                                | 2415 SE 43rd<br>Suite 200<br>Portland, OR 97206<br><b>Phone:</b> 503-230-9654       | Assessment, counseling, and support groups for youth. Sliding fee scale available.                                                                                                                                         |
| <b>Providence</b>                                  | 9450 SW Barnes Rd<br>Suite 200<br>Portland, OR 97229<br><b>Phone:</b> 503-215-1550  | Intensive & non-intensive outpatient and DUI services. NE Portland site offers residential medical detox and stabilization services.                                                                                       |
| <b>RAM (Recovery and Methadone Clinic)</b>         | 3610 NE 82nd Ave<br>Suite 100<br>Portland, OR 97220<br><b>Phone:</b> 503-408-9585   | Outpatient methadone addictions treatment.                                                                                                                                                                                 |



# RESOURCES GALORE

| Agency                                                                           | Contact Info                                                                                                  | Additional Information                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Alcohol and Drug Recovery &amp; Treatment</b>                                 |                                                                                                               |                                                                                                                                                                                                                                                                      |
| <b>RAP (Recovery Association Project)</b>                                        | 1903 SE Ankeny<br>Portland, OR 97214<br><b>Phone:</b> 503-234-3133                                            | Run by people in recovery for people in recovery.                                                                                                                                                                                                                    |
| <b>REAL (Recovery, Empowerment, Achievement in Life)</b>                         | 4925 N Albina Ave<br>Portland, OR 97217<br><b>Phone:</b> 503-548-4922                                         | A program of LifeWorks Northwest that provides culturally-specific alcohol and drug treatment for African American adolescents. Includes outpatient, day treatment, residential and aftercare services. Family and mental health services are included.              |
| <b>Rosemont Treatment Center and School (Morrison Child and Family Services)</b> | 9911 SE Mt Scott Blvd<br>Portland, OR 97266<br><b>Phone:</b> 503-777-8090                                     | Intensive & non-intensive outpatient services for adolescents girls ages 11-17. Includes intensive drug and alcohol assessment and individual, family and group counseling.                                                                                          |
| <b>Salvation Army Adult Rehab Center</b>                                         | 139 SE MLK Jr Blvd<br>Portland, OR 97214<br><b>Phone:</b> 503-235-4192                                        | In-patient treatment.                                                                                                                                                                                                                                                |
| <b>SAMHSA's Substance Abuse Treatment Facility Locator</b>                       | <b>Phone:</b><br>1-800-662-4357<br><br><b>Spanish:</b><br>1-800-662-9832<br><br><b>TDD:</b><br>1-800-228-0427 | Online tool for finding private and public facilities that are licensed, certified, or approved by a state substance abuse agency. Facilities administered by the U.S. Department of Veterans Affairs, the Indian Health Service and the U.S. Department of Defense. |
| <b>Serenity Lane</b>                                                             | 9414 SW Barbur Blvd<br>Suite B<br>Portland, OR 97219<br><b>Phone:</b> 503-244-4500                            | Intensive & non-intensive outpatient, DUI, men's groups, women's groups and family groups.                                                                                                                                                                           |
| <b>Stay Clean</b>                                                                | 1223 NE Alberta<br>Portland, OR 97211<br><b>Phone:</b> 503-282-1922                                           | Relapse prevention, gender specific groups, spiritual enhancement, criminality groups.                                                                                                                                                                               |
| <b>Volunteers of America</b>                                                     | 200 SE 7th Ave<br>Portland, OR 97214<br><b>Phone:</b> 503-235-0131                                            | Separate locations for men's and women's centers. Both centers are corrections only.                                                                                                                                                                                 |
| <b>Western Counseling Treatment Services</b>                                     | 150 NE 3rd St<br>Suite A<br>Hillsboro, OR 97123<br><b>Phone:</b> 503-640-1715                                 | Intensive & non-intensive outpatient, DUI education and batterer-specific domestic violence treatment.                                                                                                                                                               |



## RESOURCES GALORE

| Agency                                           | Contact Info                                                                         | Additional Information                                                                                                                                                                                                              |
|--------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Alcohol and Drug Recovery &amp; Treatment</b> |                                                                                      |                                                                                                                                                                                                                                     |
| <b>Youth Contact</b>                             | 447 SE Baseline<br>Hillsboro, OR 97123<br><b>Phone:</b> 503-640-4222                 | Outpatient child and family counseling for mental health disorders and chemical dependency. Drug testing available. School based services throughout Washington County.                                                             |
| <b>Youth Integrated Program (YIP)</b>            | 10373 NE Hancock St<br>Suite 200<br>Portland, OR 97220<br><b>Phone:</b> 503-230-9654 | A program of Cascadia Behavioral Health designed for youth ages 12-21 who are struggling with drug or alcohol issues and addictions. Offers early intervention and education as well as various support groups. Call for an intake. |



# RESOURCES GALORE

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



## RESOURCES GALORE

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





# RESOURCES GALORE

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





Monica Parmley, LCSW

## RESOURCES GALORE

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



# RESOURCES GALORE

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



## RESOURCES GALORE

| Agency                                               | Contact Info                                                                                            | Additional Information                                                                                                                                                        |
|------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Clothing and Household Resources</b>              |                                                                                                         |                                                                                                                                                                               |
| <b>Friendly House</b>                                | 1808 NW Irving<br>Portland, OR 97209<br><b>Phone:</b> 503-228-4335                                      | Small clothing closet available.                                                                                                                                              |
| <b>Goodwill Thrift Shops</b>                         | Various locations                                                                                       | Check website to locate a store:<br><a href="http://www.meetgoodwill.org">www.meetgoodwill.org</a>                                                                            |
| <b>Hillsboro Family Resource Center</b>              | 222 NE 6th Ave<br>Hillsboro, OR 97124<br><b>Phone:</b> 503-844-1063                                     | Located in the basement of JB Thomas Middle School. Food, clothing, and referrals to social services. Free to residents of Washington County. Open Monday-Thursday at 9:00am. |
| <b>Hope Center</b>                                   | 12117 SE Stevens Ct<br>Portland, OR 97226<br><b>Phone:</b> 503-659-4483                                 | Free clothes available Mondays 9:00-11:00am and Wednesday 11:30am-1:30 pm.                                                                                                    |
| <b>Life Center</b>                                   | 2746 NE MLK Jr. Blvd<br>Portland, OR 97212<br><b>Phone:</b> 503-284-6878                                | Volunteer in exchange for clothing. Open to the public. Bring an ID or social security card.                                                                                  |
| <b>Lotus (Council for Prostitution Alternatives)</b> | 1811 NE 39th Ave<br>Portland, OR 97212<br><b>Phone:</b> 503-282-1082                                    | Clothing and food resources.                                                                                                                                                  |
| <b>MacDonald Center</b>                              | 605 NW Couch St<br>Portland, OR 97209<br><b>Phone:</b> 503-222-5720                                     | <a href="http://www.macdcenter.org">www.macdcenter.org</a>                                                                                                                    |
| <b>New Hope Community Church Helping Hands</b>       | 11731 SE Stevens Rd<br>Portland, OR 97233<br><b>Phone:</b> 503-659-5683                                 | Open Monday 9:00-11:00am and Wednesday 11:30am-1:30pm. Call or walk-ins welcome, bring ID.                                                                                    |
| <b>Outreach Ministries</b>                           | 203 NW 3rd Ave<br>Portland, OR 97209<br><b>Phone:</b> 503-225-0590                                      | Free clothing. Open Monday-Friday, 1:00-3:00pm.                                                                                                                               |
| <b>Piccolina</b>                                     | 2700 SE Clinton St<br>Portland, OR 97202<br><b>Phone:</b> 503-963-8548                                  | Buy, trade, and consign. Children's and maternity clothing. \$1 and \$2 bins.                                                                                                 |
| <b>Portland Adventist Community Services (PACS)</b>  | 11020 NE Halsey<br>Portland, OR 97220<br><b>Phone:</b> 503-252-8500                                     | Thrift store and free larger furniture.                                                                                                                                       |
| <b>Portland Rescue Mission</b>                       | 111 W Burnside<br>Portland, OR 97209<br><b>Phone:</b> 503-227-0421                                      | Provides clean clothing, shelter, shower, and food. Open 24 hours a day, 7 days a week.                                                                                       |
| <b>PTA Clothing Center</b>                           | Marshall HS Campus<br>3905 SE 91st Ave<br>Room C-58<br>Portland, OR 97266<br><b>Phone:</b> 503-293-0783 | Clothing resource for youth in Portland Public Schools. Students must be referred by their school or a social service agency. Open Monday & Thursday 10:00am-1:00pm.          |



# RESOURCES GALORE

| Agency                                              | Contact Info                                                               | Additional Information                                                                                                                                                                                                                                      |
|-----------------------------------------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Clothing and Household Resources</b>             |                                                                            |                                                                                                                                                                                                                                                             |
| <b>Rose Haven</b>                                   | 627 NW 18th St<br>Portland, OR<br><b>Phone:</b> 503-248-6364               | Community & intervention program for women & children. Services include housing, legal aid, medical and mental health care, clothing and hygiene items. Open Monday-Wednesday 9:00am-12:00pm.<br><a href="http://www.rosehaven.org">www.rosehaven.org</a> . |
| <b>Salvation Army</b>                               | <b>Phone:</b> 503-239-1226                                                 | Various thrift stores. Consult website for more specifics:<br><a href="http://www.salvationarmy.usawest.org">www.salvationarmy.usawest.org</a>                                                                                                              |
| <b>Second Thoughts</b>                              | 108 NE 28th Ave<br>Portland, OR 97232<br><b>Phone:</b> 503-233-2282        | Contemporary women's resale clothing.                                                                                                                                                                                                                       |
| <b>SHARE</b>                                        | 21970 SW Sherwood Blvd<br>Sherwood, OR 97140<br><b>Phone:</b> 503-825-5480 | Available to students and families in the Sherwood School District. Offers parenting classes, ESL classes, food, clothing, housing and energy assistance, and counseling services.                                                                          |
| <b>Sisters of the Community</b>                     | 8900 SW Burnham St E14<br>Tigard, OR 97223<br><b>Phone:</b> 503-639-1295   | Families must be referred by a community based health clinic or social service agency. Items for infants, small appliances, household items, clothing and toys.<br><a href="http://www.sistersofthecommunity.org">www.sistersofthecommunity.org</a>         |
| <b>SnowCAP</b>                                      | 17805 SE Stark<br>Portland, OR 97233<br><b>Phone:</b> 503-674-8785         | Free clothing. Service area is East of 82nd in Multnomah County. Need proof of address and picture ID.                                                                                                                                                      |
| <b>St. Andrew's Clothes Closet</b>                  | 7600 N Hereford Ave<br>Portland, OR 97203<br><b>Phone:</b> 503-281-1005    | Clothes closet at St. Andrew's Episcopal Church.                                                                                                                                                                                                            |
| <b>St. Matthew's Church</b>                         | 475 SE 3rd<br>Hillsboro, OR 97123<br><b>Phone:</b> 503-648-1998            | Clothes closet in Washington County.                                                                                                                                                                                                                        |
| <b>St. Vincent de Paul</b>                          | 8033 SE Holgate<br>Portland, OR 97206<br><b>Phone:</b> 503-777-5442        | Vouchers to thrift store for homeless. Need ID. Those without an address can have a voucher sent from a Catholic Church.                                                                                                                                    |
| <b>Sunshine Division<br/>Portland Police Bureau</b> | 687 N Thompson<br>Portland, OR 97227<br><b>Phone:</b> 503-823-2102         | Apply over phone. Clothing for women and children by appointment only.                                                                                                                                                                                      |



# RESOURCES GALORE

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



Monica Parmley, LCSW

# RESOURCES GALORE

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



Monica Parmley, LCSW

## RESOURCES GALORE

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





# RESOURCES GALORE

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





# RESOURCES GALORE

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



Monica Parmley, LCSW

# RESOURCES GALORE

| Agency                                                       | Contact Info                                                                                                        | Additional Information                                                                                                                                                                                                                                                                                                                           |
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| <b>Domestic Violence (DV) Resources</b>                      |                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                  |
| <b>Domestic Violence Shelters</b>                            |                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                  |
| <b>Bradley Angle House</b>                                   | PO Box 14694<br>Portland, OR 97214<br><b>Phone:</b> 503-281-2442                                                    | Confidential shelter for women and children, male or female, 17 years old and younger, leaving DV situations. Cannot use drugs and/or alcohol within 24 hours of coming into shelter. Services also available in Spanish. Meeting attendance is required. Seven week length of stay with transitional housing possible. Support group available. |
| <b>Clackamas Women's Services</b>                            | 704 Main St<br>Suite 200<br>Oregon City, OR 97045<br><b>Phone:</b> 503-722-2366<br><br><b>24 Hour:</b> 503-654-2288 | 24-hour crisis and support line available. Confidential shelter for women and children leaving DV situations. Support groups, free counseling and legal advocacy for restraining orders available.                                                                                                                                               |
| <b>Columbia County Women's Resource Center</b>               | <b>Phone:</b> 503-397-6161                                                                                          | Confidential shelter for women and children leaving DV situations. No boys over 17. Services available in Spanish. 30 day length of stay.                                                                                                                                                                                                        |
| <b>Domestic Violence Resources</b>                           | PO Box 494<br>Hillsboro, OR 97123<br><b>Phone:</b> 503-469-8620                                                     | Confidential shelter for women and children leaving DV situations. Sober upon entry, no boys over 17 years unless 18+ and still in high school. Support group available.                                                                                                                                                                         |
| <b>Portland State University Community Counseling Clinic</b> | PO Box 751<br>Portland, OR 97207<br><b>Phone:</b> 503-725-4620                                                      | Support group for female survivors of domestic abuse. Cost is \$8 per session.                                                                                                                                                                                                                                                                   |
| <b>Raphael House</b>                                         | 2828 NE Alberta<br>Portland, OR 97211<br><b>Phone:</b> 503-282-7973                                                 | Women & children. No males over 17 years. Four week limit. Spanish speaking advocates available.                                                                                                                                                                                                                                                 |
| <b>Safechoice-Vancouver YWCA</b>                             | 3609 Main St<br>Vancouver, WA 98663<br><b>Phone:</b> 360-695-0501                                                   | Confidential shelter for women and children leaving DV situations. Sober upon entry, no boys over 17 years. <a href="http://www.ywcaclarkcounty.org">www.ywcaclarkcounty.org</a>                                                                                                                                                                 |
| <b>Volunteers of America Family Center</b>                   | 537 SE Alder<br>Portland, OR 97214<br><b>Phone:</b> 503-232-6562                                                    | No shelter, but voucher women and families into hotels. Spanish-speaking case managers available.                                                                                                                                                                                                                                                |



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                              | Contact Info                                                     | Additional Information                                                                                                                                                                                                         |
|---------------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Domestic Violence (DV) Resources</b>                             |                                                                  |                                                                                                                                                                                                                                |
| <b>West Women and Children's Shelter</b>                            | PO Box 2398<br>Portland, OR 97208<br><b>Phone:</b> 503-224-7718  | Not a Confidential Location. Shelter for women and children leaving DV situations. No boys over 12 years, 30 days clean and sober. Many required meetings, 30 day to 6 week length of stay with transitional housing possible. |
| <b>YWCA Yolanda House</b>                                           | PO Box 19178<br>Portland, OR 97280<br><b>Phone:</b> 503-535-3269 | Confidential shelter for women and children leaving DV situations. 24-hour crisis line support for DV survivors. Spanish advocacy available. 60-day length of stay. <a href="http://www.ywca-pdx.org">www.ywca-pdx.org</a>     |
| <b>Emergency Numbers</b>                                            |                                                                  |                                                                                                                                                                                                                                |
| <b>Child Abuse Hotline</b>                                          | <b>Phone:</b> 503-731-3100                                       | To report any suspected child abuse. It is against the law for children to witness DV.                                                                                                                                         |
| <b>National Coalition Against Domestic Violence</b>                 | <b>Phone:</b> 303-839-1852                                       | National DV information and resources.                                                                                                                                                                                         |
| <b>National Domestic Violence Hotline</b>                           | <b>Phone:</b> 1-800-799-SAFE                                     | To locate national and local victim services.                                                                                                                                                                                  |
| <b>National Runaway Hotline</b>                                     | <b>Phone:</b> 1-800-621-4000                                     | Runaway crisis line.                                                                                                                                                                                                           |
| <b>Non-Emergency Police Line</b>                                    | <b>Phone:</b> 503-823-3333                                       | Call to speak with police in a non-emergency situation.                                                                                                                                                                        |
| <b>Portland Police DV Reduction Unit</b>                            | <b>Phone:</b> 503-823-0992                                       | To report incidents of domestic violence.                                                                                                                                                                                      |
| <b>Portland Women's Crisis Line</b>                                 | <b>Phone:</b> 503-235-5333<br><b>Toll free:</b> 1-800-235-5333   | Connects women and their children to various domestic violence resources and shelters in the area.                                                                                                                             |
| <b>RAINN</b>                                                        | <b>Phone:</b> 1-800-656-4673                                     | National Rape/Sexual Assault Crisis Line.                                                                                                                                                                                      |
| <b>Volunteers of America Domestic Violence Intervention Program</b> | <b>Phone:</b> 503-771-5503                                       | Free and confidential advocacy and short-term case management.                                                                                                                                                                 |
| <b>Washington State Domestic Violence Hotline</b>                   | <b>Phone:</b> 1-800-562-6025                                     | DV hotline for Washington state.                                                                                                                                                                                               |



# RESOURCES GALORE

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



# RESOURCES GALORE

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



# RESOURCES GALORE

| Agency                                                                  | Contact Info                                                                               | Additional Information                                                                                                                                                                                                                           |
|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Domestic Violence (DV) Resources</b>                                 |                                                                                            |                                                                                                                                                                                                                                                  |
| <b>DHS Domestic Violence Information Line</b>                           | Portland Metro Area<br><b>Phone:</b> 971-673-2748                                          | Information on DHS TA-DVS Grant. Offers eligibility criteria, how and where to apply, as well as resource information for survivors. Available Monday-Friday, 8:00am-12:00pm and 1:00pm-5:00pm.                                                  |
| <b>Domestic Violence Resource Center</b>                                | 3800 SW Cedar Hills Blvd<br>Suite 195<br>Beaverton, OR 97007<br><b>Phone:</b> 503-640-5352 | Free and bilingual services available to survivors of domestic violence. Services offered to children ages 4-17 and adults through educational groups and individual and family counseling. <a href="http://www.dvrc-or.org">www.dvrc-or.org</a> |
| <b>DV Prevention Fund</b>                                               | PO Box 12105<br>Portland, OR 97212<br><b>Phone:</b> 503-890-2095                           | Contact Laura Heiser                                                                                                                                                                                                                             |
| <b>Gateway Center for Domestic Violence Services</b>                    | 10305 E Burnside St<br>Portland, OR 97216<br><b>Phone:</b> 503-988-6400                    | Open Monday-Friday, 9:00am-4:00pm. One stop place for people trying to break free from an abusive partner. Access legal help, get a shelter referral, file a police report, apply for DV grant, and get food and clothing assistance.            |
| <b>Listen to Kids</b>                                                   | 5135 NW St Helens Rd<br>Portland, OR 97210<br><b>Phone:</b> 503-280-1388                   | Programs teach children how to know if they are being abused and/or living with violence. Also provides groups and home visits to children and mothers leaving DV situations.                                                                    |
| <b>Multnomah County DV Coordinator</b>                                  | 421 SW 6th<br>Suite 700<br>Portland, OR<br><b>Phone:</b> 503-988-4112                      |                                                                                                                                                                                                                                                  |
| <b>Oregon AIDS Hotline</b>                                              | <b>Phone:</b> 503-223-2437<br><b>Toll free:</b> 1-800-777-2437                             | AIDS hotline for Oregon residents.                                                                                                                                                                                                               |
| <b>Oregon Coalition Against Domestic &amp; Sexual Violence (OCADSV)</b> | <b>Phone:</b> 1-503-365-9644                                                               |                                                                                                                                                                                                                                                  |
| <b>Sexual Assault Resource Center</b>                                   | 9450 SW Barnes Rd<br>Suite 240<br>Portland, OR 97225<br><b>Phone:</b> 503-640-5311         | Contact LeeAnne Dillon                                                                                                                                                                                                                           |



# RESOURCES GALORE

| Agency                                            | Contact Info                                                                                                       | Additional Information                                                                                                                                                                                                                                                                        |
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| <b>Domestic Violence (DV) Resources</b>           |                                                                                                                    |                                                                                                                                                                                                                                                                                               |
| <b>Volunteers of America Outreach Office</b>      | 217 SE 8th Ave<br>Portland, OR 97214<br><b>Phone:</b> 503-771-5503                                                 | Adult and children's DV support groups. Drop-in DV services also available. <a href="http://www.voaor.org">www.voaor.org</a>                                                                                                                                                                  |
| <b>Volunteers of America Safe Spaces</b>          | 3910 SE Stark<br>Portland, OR 97214<br><b>Phone:</b> 503-802-0502                                                  | Group provides a safe place for children ages 4-11 to talk about experiences with abuse in their families and learn skills for safety.                                                                                                                                                        |
| <b>WomenStrength</b>                              | 10225 E Burnside<br>Portland, OR 97216<br><b>Phone:</b> 503-823-0260                                               | Introductory self-defense classes for women. Classes are free and are held every month around Portland. Open to any woman or girl over age 13. Call to register.                                                                                                                              |
| <b>YWCA Sexual Assault Program (Clark County)</b> | 3609 Main Street<br>Vancouver, WA 98663<br><b>Hotline:</b> 360-695-0501<br><b>Toll free:</b> 800-695-0167          | Support, information, and referrals for victims/survivors who have experienced sexual assault. Therapy and support groups for teens and adults.<br><a href="http://www.ywcaclarkcounty.org">www.ywcaclarkcounty.org</a>                                                                       |
| <b>Batterer Intervention Programs</b>             |                                                                                                                    |                                                                                                                                                                                                                                                                                               |
| <b>ASAP Treatment Services</b>                    | 2130 SW 5th Ave<br>Portland, OR<br><b>Phone:</b> 503-224-0075                                                      | Court-ordered substance abuse treatment and batterer program.                                                                                                                                                                                                                                 |
| <b>Change Point</b>                               | 1949 SE 122nd Ave<br>Portland, OR 97292<br><b>Phone:</b> 503-253-5954                                              | Batterer intervention and education.<br><a href="http://www.changepointinc.com">www.changepointinc.com</a>                                                                                                                                                                                    |
| <b>Men's Resource Center</b>                      | 729 Molalla Ave #8<br>Oregon City, OR 97045<br><b>Phone:</b> 503-557-0802                                          | Mandated and volunteer batterer's intervention and retraining program. Support groups available.<br><a href="http://www.portlandmrc.com">www.portlandmrc.com</a>                                                                                                                              |
| <b>Oregon SafeNet</b>                             | 621 SW Alder<br>Suite 810<br>Portland, OR 97205<br><b>Phone:</b> 503-988-5858<br><br><b>Hotline</b> 1-800-723-3638 | Referrals to health and social services programs including primary care, dental, mental health, DV, child abuse, etc, as well as government programs such as WIC and food stamps. Available Monday-Friday, 8:00am-8:00pm.<br><a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a> |
| <b>Women's Counseling Center</b>                  | 12 SE 14th Ave<br>Portland, OR 97214<br><b>Phone:</b> 503-235-4050                                                 | Part of the Men's Resource Center. Counseling for DV survivors, batterers, and families<br><a href="http://www.portlandmrc.com">www.portlandmrc.com</a>                                                                                                                                       |





# RESOURCES GALORE

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





# RESOURCES GALORE

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



# RESOURCES GALORE

| Agency                                                 | Contact Info                                                                         | Additional Information                                                                                                                                                                                                                                                                                                                           |
|--------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Domestic Violence (DV) Resources</b>                |                                                                                      |                                                                                                                                                                                                                                                                                                                                                  |
| <b><u>Lincoln County</u></b>                           |                                                                                      |                                                                                                                                                                                                                                                                                                                                                  |
| <b>My Sisters' Place</b>                               | Newport<br><b>Crisis Line:</b> 541-994-5959<br><b>Toll free:</b> 1-800-841-8325      | DV services in Lincoln County.<br>Office Phone: 541-574-9424                                                                                                                                                                                                                                                                                     |
| <b>Women's Violence Intervention Program, Inc.</b>     | Lincoln City<br><b>Crisis Line:</b> 541-994-5959<br><b>Toll free:</b> 1-800-841-8325 | DV services in Lincoln County.<br>Office Phone: 541-574-9424                                                                                                                                                                                                                                                                                     |
| <b><u>Malheur County</u></b>                           |                                                                                      |                                                                                                                                                                                                                                                                                                                                                  |
| <b>Project DOVE</b>                                    | Ontario<br><b>Crisis Line:</b> 541-889-2000                                          | DV services in Malheur County.<br>Office Phone: 541-889-6316                                                                                                                                                                                                                                                                                     |
| <b><u>Marion County</u></b>                            |                                                                                      |                                                                                                                                                                                                                                                                                                                                                  |
| <b>Mid-Valley Women's Crisis Services</b>              | Salem<br><b>Crisis Line:</b> 503-399-7722                                            | DV services in Marion County.<br>Office Phone: 503-399-7722                                                                                                                                                                                                                                                                                      |
| <b>Canyon Crisis Center</b>                            | Mill City<br><b>Crisis Line:</b> 503-897-2327                                        | DV services in Marion/Linn County.<br>Office Phone: 503-897-2327                                                                                                                                                                                                                                                                                 |
| <b><u>Multnomah County</u></b>                         |                                                                                      |                                                                                                                                                                                                                                                                                                                                                  |
| <b>Bradley Angle House</b>                             | Portland<br><b>Crisis Line:</b> 503-281-2442                                         | Confidential shelter for women and children, male or female, 17 years old and younger, leaving DV situations. Cannot use drugs and/or alcohol within 24 hours of coming into shelter. Services also available in Spanish. Meeting attendance is required. Seven week length of stay with transitional housing possible. Support group available. |
| <b>DVERT: Domestic Violence Enhanced Response Team</b> | 10225 E Burnside<br>Portland, OR 97216<br><b>Phone:</b> 503-988-6440                 | Open Monday-Friday, 8:00am-5:00pm. Works with high-risk DV cases that would benefit from a coordinated, multi-disciplinary response, including investigation and prosecution of crimes in Multnomah County. Referrals accepted. Call for more info.                                                                                              |
| <b>Portland Women's Crisis Line</b>                    | Portland<br><b>Crisis Line:</b> 503-235-5333<br><b>Toll free:</b> 1-800-235-5333     | Multnomah, Washington, Clackamas Counties.<br>Office Phone: 503-232-9751                                                                                                                                                                                                                                                                         |
| <b>Raphael House</b>                                   | Portland<br><b>Crisis Line:</b> 503-222-6222                                         | DV services in Multnomah, Washington, Clackamas Counties.<br>Office Phone: 503-222-6507                                                                                                                                                                                                                                                          |
| <b>Volunteers of America Family Center</b>             | Portland<br><b>Crisis Line:</b> 503-232-6562                                         | DV services in Multnomah County.<br>Office Phone: 503-232-6562                                                                                                                                                                                                                                                                                   |



Monica Parmley, LCSW

# RESOURCES GALORE

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



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## RESOURCES GALORE

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



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## RESOURCES GALORE

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



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## RESOURCES GALORE

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



# RESOURCES GALORE

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



## RESOURCES GALORE

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





## RESOURCES GALORE

| Agency                                               | Contact Info                                                                           | Additional Information                                                                                                                                                                                                                                                                               |
|------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Employment Services: Adults</b>                   |                                                                                        |                                                                                                                                                                                                                                                                                                      |
| <b>Beehive</b>                                       | www.thebeehive.org                                                                     | Website designed to provide information on matters such as money, health, and jobs.                                                                                                                                                                                                                  |
| <b>Better People</b>                                 | 4310 NE Martin Luther King Jr Blvd<br>Portland, OR 97211<br><b>Phone:</b> 503-281-2263 | Helps people with legal histories find and retain jobs. Recently released and current parole participants can access classes on interviewing and job application preparation.                                                                                                                        |
| <b>Central City Concern Employment Access Center</b> | 2 NW 2nd Ave<br>Portland, OR 97209<br><b>Phone:</b> 503-226-7387                       | Provides employment workshops, job resource center, job announcements, training services, employment-related housing and veterans' services.<br>www.centralcityconcern.org                                                                                                                           |
| <b>City Concern Jobs Program</b>                     | 2 NW 2nd<br>Portland, OR 97030<br><b>Phone:</b> 503-281-2663                           | Educational classes and job readiness for those recovering from drugs or alcohol.                                                                                                                                                                                                                    |
| <b>Clackamas Community College Career Center</b>     | <b>Phone:</b> 503-657-6958<br>x2409                                                    | Career exploration resources, job search information and planning, résumé, cover letter, application and interviewing assistance, individualized training arranged with local employers, employment listings, career workshops and classes, job search workshops and classes, and career counseling. |
| <b>Community Solutions for Clackamas County</b>      | 2828 NE Alberta<br>Portland, OR 97211<br><b>Phone:</b> 503-282-7973                    | Employment and training services for ages 14-senior.                                                                                                                                                                                                                                                 |
| <b>Confederated Tribes of Siletz</b>                 | 12790 SE Stark St<br>Suite 102<br>Portland, OR 97233<br><b>Phone:</b> 503-238-1512     | Jobs program for Native Americans.                                                                                                                                                                                                                                                                   |
| <b>Connect to Jobs</b>                               | 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.                                                                                                                                                              |



Monica Parmley, LCSW

# RESOURCES GALORE

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



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                    | Contact Info                                                                                                                               | Additional Information                                                                                                                                               |
|-----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Employment Services: Adults</b>                        |                                                                                                                                            |                                                                                                                                                                      |
| <b>PCC Metro One-Stop</b>                                 | 5600 NE 42nd Ave<br>Portland, OR 97218<br><b>Phone:</b> 503-943-2283                                                                       | One-stop employment center.                                                                                                                                          |
| <b>Portland Employment Office</b>                         | North Portland:<br>30 N Webster<br>Suite E<br>Portland, OR 97217<br><b>Phone:</b> 503-280-6046                                             | Employment services, job listings, job search assistance.                                                                                                            |
| <b>Portland Habilitation Center</b>                       | 5312 NE 148th<br>Portland, OR 97230<br><b>Phone:</b> 503-261-1266                                                                          | Job assistance for people with disabilities.                                                                                                                         |
| <b>SE Works</b>                                           | 6927 SE Foster<br>Portland, OR 97206<br><b>Phone:</b> 503-772-2300                                                                         | One-stop employment center. Includes youth ages 16-21. Bring picture ID and social security card or proof of citizenship. Informational session attendance required. |
| <b>Steps to Success</b>                                   | 14030 NE Sacramento St<br>Portland, OR 97212<br><b>Phone:</b> 503-256-0432                                                                 | <a href="http://www.mhcc.cc.or.us">www.mhcc.cc.or.us</a>                                                                                                             |
| <b>Vocation Rehabilitative Services</b>                   | East Portland<br>(102nd & Burnside)<br><b>Phone:</b> 503-257-4412<br><br>Central Portland<br>(39th & Powell)<br><b>Phone:</b> 503-731-3210 | Job assistance for people with disabilities.                                                                                                                         |
| <b>Workforce Alliance</b>                                 | 18624 NW Walker Rd<br>Beaverton, OR 97006<br><b>Phone:</b> 503-533-2713                                                                    | One-stop employment center in Washington County.                                                                                                                     |
| <b>Workforce Connections (MHCC)</b>                       | 4510 NE 102nd Ave<br>Portland, OR 97220<br><b>Phone:</b> 503-252-0758                                                                      | One-stop employment center.<br><a href="http://www.1stop.org">www.1stop.org</a>                                                                                      |
| <b>WorkSource Clackamas (formerly Clackamas One Stop)</b> | 506 High St<br>Oregon City, OR 97045<br><b>Phone:</b> 971-673-6400                                                                         | <a href="http://www.worksourceclackamas.org">www.worksourceclackamas.org</a>                                                                                         |
| <b>WorkSource Portland Metro Beaverton/Hillsboro</b>      | 241 SW Edgeway Dr<br>Beaverton, OR 97006<br><b>Phone:</b> 503-526-2700                                                                     |                                                                                                                                                                      |
| <b>WorkSource Portland Metro Tualatin</b>                 | 7995 SW Mohawk St<br>Tualatin, OR 97062<br><b>Phone:</b> 503-612-4240                                                                      | Formerly Beaverton Employment Office.                                                                                                                                |



# RESOURCES GALORE

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



# RESOURCES GALORE

| Agency                                                     | Contact Info                                                                    | Additional Information                                                                                                                                                                                           |
|------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Financial Assistance</b>                                |                                                                                 |                                                                                                                                                                                                                  |
| <b>Community Action Program</b>                            | 421 SW Oak St<br>Suite 200<br>Portland, OR<br><b>Phone:</b> 503-988-6295        | Free weatherization services for low-income families. Must be Multnomah County residents.<br><a href="http://www.co.multnomah.or.us">www.co.multnomah.or.us</a>                                                  |
| <b>Community Energy Project</b>                            | 422 NE Alberta<br>Portland, OR 97211<br><b>Phone:</b> 503-284-6827              | <a href="http://www.communityenergyproject.org">www.communityenergyproject.org</a>                                                                                                                               |
| <b>Consumer Credit Counseling</b>                          | 9955 SE Washington St<br>Portland, OR<br><b>Phone:</b> 503-253-5115             | Consumer counseling and consolidation program for a fee.                                                                                                                                                         |
| <b>Energy Office</b>                                       | 721 NW 9th Ave<br>Suite 350<br>Portland, OR 97209<br><b>Phone:</b> 503-823-7222 | Block-by-block weatherization program. Must live in Portland. Need insulation and must meet certain income guidelines.<br><a href="http://www.sustainableportland.org">www.sustainableportland.org</a>           |
| <b>Francis Center</b>                                      | 6535 SE 82nd<br>Portland, OR<br><b>Phone:</b> 503-775-6784                      | Open Monday-Thursday, 10:00am-2:00pm. Must live between 60th and 82nd, between Glisan and Powell or Powell and Clatsop between 39th and 136th. Emergency money for utilities, medical needs, food, and clothing. |
| <b>Human Solutions</b>                                     | 12350 SE Powell Blvd<br>Portland, OR 97236<br><b>Phone:</b> 503-548-0200        | Serves Portland and Rockwood residents. Water/sewer, gas and electric assistance as funding is available. Please call first. For Water & Sewer, call 503-988-5200 to leave a message.                            |
| <b>Impact Northwest</b>                                    | 10055 E Burnside St<br>Portland, OR 97216<br><b>Phone:</b> 503-988-6000         | Serves low income SE Portland residents and the Slavic community. Water/sewer, gas and electric and rent assistance as funding is available. Please call first.                                                  |
| <b>IRCO (Immigrant and Refugee Community Organization)</b> | 10301 NE Glisan St<br>Portland, OR 97220<br><b>Phone:</b> 503-234-1541          | Serves Multnomah County residents, African immigrants and the Asian/Pacific Islander community. Water/sewer, gas and electric assistance as funding is available. Please call first.                             |
| <b>Native American Rehabilitation Association</b>          | 1776 SW Madison St<br>Portland, OR 97205<br><b>Phone:</b> 503-224-1044          | Serves Multnomah County and the Native American community. Information and referral to community resources available. Walk-ins welcome.                                                                          |



## RESOURCES GALORE

| Agency                                     | Contact Info                                                               | Additional Information                                                                                                                                                                                                                                                                                                                                                       |
|--------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Financial Assistance</b>                |                                                                            |                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Neighborhood House</b>                  | 7780 SW Capital Hwy<br>Portland, OR 97219<br><b>Phone:</b> 503-246-1663    | Emergency assistance for 5-day shut-off notices. Must live in Multnomah County.                                                                                                                                                                                                                                                                                              |
| <b>Oregon Telephone Assistance Program</b> | <b>Phone:</b> 1-800-848-4442                                               | If you receive food stamps, OHP or SSI, you qualify for up to \$13.50 each month off your telephone bill. Call to receive application and more information. <a href="http://www.rspf.org">www.rspf.org</a>                                                                                                                                                                   |
| <b>Rebuilding Together</b>                 | 12555 SW 4th Street<br>Beaverton, OR 97005<br><b>Phone:</b> 503-644-4544   | Non-profit housing rehabilitation organization repairs and rehabilitates the houses of low-income homeowners in Washington County. Preference is given to elderly, disabled and families with dependent children. Work is performed free of charge. Applications are available by calling the office or at local libraries, senior centers and disability service providers. |
| <b>Salvation Army</b>                      | 1712 NE Sandy Blvd<br>Portland, OR 97232<br><b>Phone:</b> 503-239-1267     | Serves Multnomah County residents in certain zip codes. Offers food boxes, water discount program and energy assistance. Must meet income requirements.                                                                                                                                                                                                                      |
| <b>Scottish Rite</b>                       | 709 SW 15th Ave<br>Portland, OR 97205<br><b>Phone:</b> 503-228-9405        | Limited assistance with medical bills. Call for information.                                                                                                                                                                                                                                                                                                                 |
| <b>Self Enhancement Inc. (SEI)</b>         | 3920 N Kerby<br>Portland, OR 97227<br><b>Phone:</b> 503-285-0493           | Open Monday-Friday, 8:00am-5:00pm. Serves various zip codes in Multnomah County and the African American community. Energy Assistance: 503-240-0820.                                                                                                                                                                                                                         |
| <b>SHARE</b>                               | 21970 SW Sherwood Blvd<br>Sherwood, OR 97140<br><b>Phone:</b> 503-825-5480 | Available to students and families in the Sherwood School District. Offers parenting classes, ESL classes, food, clothing, housing and energy assistance, and counseling.                                                                                                                                                                                                    |



# RESOURCES GALORE

| Agency                                   | Contact Info                                                        | Additional Information                                                                                                                                                                                                                                                             |
|------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Financial Assistance</b>              |                                                                     |                                                                                                                                                                                                                                                                                    |
| <b>SnowCAP</b>                           | 17805 SE Stark<br>Portland, OR 97216<br><b>Phone:</b> 503-674-8785  | Utility assistance, prescription assistance and limited bus tickets for employment and medical purposes. Must provide ID, proof of address and income. Limit 3 visits per year. Services east of 82nd Ave, N. Clackamas, Boring, and Damascus. Open Monday-Friday, 10:00am-2:00pm. |
| <b>St. Vincent de Paul</b>               | 3601 SE 27th<br>Portland, OR 97202<br><b>Phone:</b> 503-235-8431    | Serves Multnomah County residents. Water/sewer, gas and electric assistance as funding is available. Please call first.                                                                                                                                                            |
| <b>YWCA Housing Enrichment Resources</b> | 4620 N Maryland<br>Portland, OR 97217<br><b>Phone:</b> 503-721-6760 | Serves Multnomah County residents. LIEAP, water and sewer program. Please call first to see what funds are available. For water assistance, call 503-721-6762.                                                                                                                     |



Monica Parmley, LCSW

# RESOURCES GALORE

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





## RESOURCES GALORE

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



## RESOURCES GALORE

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



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                        | Contact Info                                                               | Additional Information                                                                                                                                                                                                                                                                                                 |
|---------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Food Assistance and Information</b>                        |                                                                            |                                                                                                                                                                                                                                                                                                                        |
| <b>Oregon Food Bank</b>                                       | <b>Phone:</b> 503-282-0555                                                 | Emergency food assistance. Information about Community Basket supplemental food and free produce days.<br><a href="http://www.oregonfoodbank.org">www.oregonfoodbank.org</a>                                                                                                                                           |
| <b>Ortiz Family Center</b>                                    | 6736 NE Killingsworth<br>Portland, OR 97218<br><b>Phone:</b> 503-988-4119  | Food bags available third Tuesday of each month at 10:00am. First come, first served.                                                                                                                                                                                                                                  |
| <b>Portland Adventist Community Services</b>                  | 11020 NE Halsey<br>Portland, OR 97220<br><b>Phone:</b> 503-252-8500        | Food boxes once every 30 days. Walk-in Monday-Friday, 9:00am-12:00pm. Bring ID and proof of address.                                                                                                                                                                                                                   |
| <b>Rahab's Sisters (Sts. Peter and Paul Episcopal Church)</b> | 8147 SE Pine St<br>Portland, OR 97215<br><b>Phone:</b> 503-254-8168        | A ministry to women in prostitution. Offers a meal, personal hygiene items, bus tickets, health information, and undergarments. Takes place 1st, 3rd, and 5th Fridays, from 7:00pm-11:00pm.                                                                                                                            |
| <b>Salvation Army Family Services</b>                         | 1712 NE Sandy<br>Portland, OR 97232<br><b>Phone:</b> 503-872-8379          | Call for appointment first. Open Monday-Friday, 9:00am-11:00am and 1:00pm-3:00pm. Wednesday is produce day in Gresham. Need ID for each family member, verification of current address and social security number. Serves families only. Food boxes may be requested once every 30 days for a max of 3 times per year. |
| <b>Sandy Community Action Center</b>                          | 88982 Pioneer Ave<br>Sandy, OR 97055<br><b>Phone:</b> 503-668-4746         | Community Basket 3rd Thursday of each month from 10:00am-3:00pm. \$15/year or \$5/four months. Includes 2 bags of groceries and fresh produce when available.                                                                                                                                                          |
| <b>Seventh Day Adventists</b>                                 | 223 SE Cleveland<br>Gresham, OR 97080<br><b>Phone:</b> 503-665-2690        | Food boxes available once a month, 10:00am-3:00pm. Serves clients living from SE 162nd to Boring.                                                                                                                                                                                                                      |
| <b>SHARE</b>                                                  | 21970 SW Sherwood Blvd<br>Sherwood, OR 97140<br><b>Phone:</b> 503-825-5480 | Available to students and families in the Sherwood School District. Offers parenting classes, ESL classes, food, clothing, housing, energy assistance, and counseling services.                                                                                                                                        |



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                    | Contact Info                                                             | Additional Information                                                                                                                                                                     |
|-----------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Food Assistance and Information</b>                    |                                                                          |                                                                                                                                                                                            |
| <b>Snow CAP at Rockwood Methodist Church</b>              | 17805 SE Stark<br>Portland, OR 97233<br><b>Phone:</b> 503-674-8785       | Open Monday-Friday, 10:00am-2:00pm. Must provide proof of address, income and photo ID. Only two visits per year, but additional visits granted with referral letter.                      |
| <b>St. Andrews Church</b>                                 | 4919 NE 9th Ave<br>Portland, OR 97211<br><b>Phone:</b> 503-281-1005      | Call first. Must live in church neighborhood.                                                                                                                                              |
| <b>St. Vincent de Paul Social Services Department</b>     | 2740 SE Powell<br>Portland, OR 97202<br><b>Phone:</b> 503-235-8431       | Food available. Need ID and current mailing address.                                                                                                                                       |
| <b>Sunset Presbyterian Church</b>                         | 14986 NW Cornell Rd<br>Portland, OR 97229<br><b>Phone:</b> 503-292-9293  | 3-day food supply. Ten items of clothing per person. Limit 3 times per year. Beaverton/Washington County preferred. Bring picture ID and verification of address.                          |
| <b>Sunshine Division</b>                                  | 687 N Thompson St<br>Portland, OR 97227<br><b>Phone:</b> 503-823-2119    | Monday-Friday, 8:30am-12:00pm, 12:30pm-3:30pm. For families, seniors and disabled. Emergency food only. Call first and have social security numbers for all family members.                |
| <b>Transition Projects, Inc.</b>                          | 650 NW Irving<br>Portland, OR 97209<br><b>Phone:</b> 503-280-4700        | Food box vouchers available once every thirty days. Must have proof of downtown address.<br><a href="http://www.tprojects.org">www.tprojects.org</a>                                       |
| <b>Tualatin Valley Gleaners</b>                           | 925 SW Baseline<br>Hillsboro, OR 97123<br><b>Phone:</b> 503-640-0903     | Members pick food from fields and orchards and collect food/non-food items donated by stores, markets, and Oregon Food Bank.<br><a href="http://www.tvgleaners.org">www.tvgleaners.org</a> |
| <b>Union Gospel Mission</b>                               | 222 NW Couch<br>Portland, OR 97209<br><b>Phone:</b> 503-228-0319         | Sack lunches Monday-Friday at 9:00am. Dinner at 7:00pm.                                                                                                                                    |
| <b>We Care Outreach (Parkrose Deliverance Tabernacle)</b> | 5740 NE Portland Hwy<br>Portland, OR 97218<br><b>Phone:</b> 503-287-5796 | <a href="http://www.parkrosetabernacle.org">www.parkrosetabernacle.org</a>                                                                                                                 |
| <b>WIC</b>                                                | 426 SE Stark<br>Portland, OR 97204<br><b>Phone:</b> 503-731-4022         | Branches throughout Metro area. Provides supplemental nutrition program for women, infants and children.                                                                                   |



Monica Parmley, LCSW

## RESOURCES GALORE

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



# RESOURCES GALORE

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



Monica Parmley, LCSW

# RESOURCES GALORE

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





# RESOURCES GALORE

| Agency                                           | Contact Info                                                                       | Additional Information                                                                                                                                                                             |
|--------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Hearing and Vision Resources</b>              |                                                                                    |                                                                                                                                                                                                    |
| <b>Deavers Memorial Eye Clinic</b>               | 1040 NW 22nd Ave<br>Suite N168<br>Portland, OR 97210<br><b>Phone:</b> 503-413-7022 | Eye exams, referrals, treatment programs, eye surgery. No eyeglasses. Serves children 6 years and older.                                                                                           |
| <b>Family Vision Center</b>                      | 511 SW 10th<br>5th Floor<br>Portland, OR 97205<br><b>Phone:</b> 503-224-2323       | General vision care. Free vision screenings for all ages. Exams and lens prescriptions. Sliding scale.                                                                                             |
| <b>Independent Living Resources</b>              | 2410 SE 11th Ave<br>Portland, OR 97214<br><b>Phone:</b> 503-232-7411               | Serving people with disabilities. Provides transcription services, Braille and audio cassette recording. Most services are free or have a minimum charge.                                          |
| <b>Oregon Lions Sight and Hearing Foundation</b> | 1410 SW Morrison<br>Portland, OR 97205<br><b>Phone:</b> 503-827-6952               | Free eyeglasses and hearing aids, eye and ear surgeries available. Referrals to specialists. Assist non-citizens too. Uninsured only.                                                              |
| <b>Pacific University</b>                        | 5329 NE MLK Blvd<br>Portland, OR 97211<br><b>Phone:</b> 503-988-3821               | Full service optical. Sliding fee. Interpreters available. Accept open cards, Care Oregon, and Medicare.                                                                                           |
| <b>Pacific University SE Family Vision</b>       | 3653 SE 34th Ave<br>Portland, OR 97202<br><b>Phone:</b> 503-988-3506               | Full service optical. Sliding fee. Have some glasses available. Will refer low-income & uninsured to ophthalmologist. Free glaucoma testing.                                                       |
| <b>Vision Aid Services</b>                       | 6032 SE Pardee St<br>Portland, OR 97206<br><b>Phone:</b> 503-775-8812              | Vision aid for legally blind and visually impaired persons. Assessments, consultations, selections, training and referrals.                                                                        |
| <b>Zenni Optical</b>                             | 27 Sunny Oaks Dr.<br>San Rafael, CA 94903<br><b>Phone:</b> 1-800-211-2105          | Affordable eyeglasses available with a prescription for corrective eyeglass lenses and your pupillary distance (PD) information.<br><a href="http://www.zennioptical.com">www.zennioptical.com</a> |





Monica Parmley, LCSW

# RESOURCES GALORE

| Agency                                                            | Contact Info                                                                     | Additional Information                                                                                                                                                                                                                                                                                |
|-------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Homeless Resources &amp; Shelters</b>                          |                                                                                  |                                                                                                                                                                                                                                                                                                       |
| <b>211 Info</b>                                                   | 621 SW Alder St<br>Suite 810<br>Portland, OR 97205<br><b>Phone:</b> 503-222-5555 | Locate local emergency services.<br><a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>                                                                                                                                                                                                  |
| <b>Can We Help?<br/>(A Ministry of Father's<br/>House Church)</b> | 633 SW Montgomery St<br>Portland, OR 97201<br><b>Phone:</b> 971-230-0039         | Community service initiative for<br>downtown homeless community<br>providing resource and referral and<br>limited personal care items. Open<br>Tuesday, 9:00am-5:00pm, Thursday,<br>10:00am-5:00pm and Friday,<br>9:00am-12:00pm.<br><a href="http://www.canwehelp-you.com">www.canwehelp-you.com</a> |
| <b>Dignity Village</b>                                            | 9401 NE Sunderland Ave<br>Portland, OR 97211<br><b>Phone:</b> 503-803-1348       | Community for homeless persons.<br><a href="http://www.dignityvillage.org">www.dignityvillage.org</a>                                                                                                                                                                                                 |
| <b>Street Roots</b>                                               | 1231 SW Morrison<br>Portland, OR 97205<br><b>Phone:</b> 503-443-6084             | Newspaper sold by homeless<br>persons.                                                                                                                                                                                                                                                                |
| <b>Family Shelters</b>                                            |                                                                                  |                                                                                                                                                                                                                                                                                                       |
| <b>211 Info</b>                                                   | 621 SW Alder St<br>Suite 810<br>Portland, OR 97205<br><b>Phone:</b> 503-222-5555 | Locate local emergency services.<br><a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>                                                                                                                                                                                                  |
| <b>Community Action<br/>Family Shelter</b>                        | 210 SE 12th<br>Hillsboro, OR<br><b>Phone:</b> 503-640-3263                       | Shelter for families with children.                                                                                                                                                                                                                                                                   |
| <b>Good Neighbor Center</b>                                       | 11130 SW Greenburg Rd<br>Tigard, OR 97223<br><b>Phone:</b> 503-443-6084          | Emergency housing and supportive<br>services. Every family has a private<br>room. Shelter has 9 rooms to serve 9<br>families. Clients may stay up to five<br>weeks. Offers 3 meals a day.                                                                                                             |
| <b>Interfaith Hospitality<br/>Network</b>                         | Hillsboro<br><b>Phone:</b> 503-844-2919                                          | Men or women with children in<br>Washington County.                                                                                                                                                                                                                                                   |
| <b>My Father's House</b>                                          | Address is confidential<br><b>Phone:</b> 503-492-3046                            | A family shelter. Office hours:<br>Tuesday-Friday 9:00am-5:00pm.                                                                                                                                                                                                                                      |
| <b>Metro East Portland</b>                                        | Various host churches<br><b>Phone:</b> 503-256-2340                              | A family shelter. Office hours:<br>Monday-Friday 9:00am-3:00pm.                                                                                                                                                                                                                                       |
| <b>Northwest Fair Housing</b>                                     | Annie Ross House<br><b>Phone:</b> 503-654-1007                                   | Family shelter serving Clackamas<br>County. Call Clackamas County<br>Social Services to get on a waiting<br>list. Waiting List: 503-655-8861                                                                                                                                                          |



Monica Parmley, LCSW

# RESOURCES GALORE

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



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                 | Contact Info                                                        | Additional Information                                                                                                                                                                    |
|--------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Homeless Resources &amp; Shelters</b>               |                                                                     |                                                                                                                                                                                           |
| <b>Rose Haven</b>                                      | 116 NW 3rd<br>Portland, OR 97209<br><b>Phone:</b> 503-248-6364      | Resource counseling, nurse practitioner, clothing, and food available to women and children.                                                                                              |
| <b>Royal Palm</b>                                      | 310 NW Flanders<br>Portland, OR 97209<br><b>Phone:</b> 503-827-3949 | Those with mental illness only. Facility accommodates 10 men and 10 women.                                                                                                                |
| <b>Salvation Army Female Emergency Shelter (SAFES)</b> | 11 NW 5th Ave<br>Portland, OR 97209<br><b>Phone:</b> 503-227-8681   | Women's shelter, up to 30 days. Services and housing placement assistance. Day access service is available for residents and other homeless women from 7:00am-11:00pm, 7 days a week.     |
| <b>Share Emergency Housing</b>                         | 1115 W 13th St<br>Vancouver, WA 98660<br><b>Phone:</b> 360-695-7658 | Men's shelter. 7:00am check-in.                                                                                                                                                           |
| <b>Shepherd's Door</b>                                 | 13207 NE Halsey<br>Portland, OR 97230<br><b>Phone:</b> 503-256-2353 | Long-term Biblically-based housing for women and children. Must be a non-smoker, 18 years and older, 30 days clean and sober (with treatment for chemical dependency). Referral required. |
| <b>St. Francis</b>                                     | 330 SE 11th<br>Portland, OR 97214<br><b>Phone:</b> 503-232-5880     | Showers available Monday-Thursday, 1:00pm-3:30pm.                                                                                                                                         |
| <b>Transition Projects, Inc.</b>                       | 650 NW Irving<br>Portland, OR 97209<br><b>Phone:</b> 503-280-4700   | Shelters for adult men and women (waitlist). Showers, phone messages, mail, clothes, hygiene items, laundry vouchers and ID assistance available at community service center.             |
| <b>West Women &amp; Children Shelter</b>               | 2010 NW Kearney<br>Portland, OR 97209<br><b>Phone:</b> 503-239-1254 | 24-hour shelter. No fee under income guidelines.                                                                                                                                          |



# RESOURCES GALORE

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



Monica Parmley, LCSW

## RESOURCES GALORE

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



# RESOURCES GALORE

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



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                           | Contact Info                                                                          | Additional Information                                                                                                                                                                                                                                                                                                                                                                             |
|------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Housing Services</b>                                          |                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Hacienda CDC<br/>(Community Development Corp)</b>             | 5136 NE 42nd Ave<br>Portland, OR 97218<br><b>Phone:</b> 503-595-2111                  | Open Monday-Friday, 8:30am-5:00pm. Affordable housing with rent based on income. 1, 2, 3 and 4 bedroom apartments available. Programs include resource referrals, academic support programs, health promotion, adult education programs and monthly resident meetings. If no apartments are available, ask to be on the waiting list. <a href="http://www.haciendacdc.org">www.haciendacdc.org</a> |
| <b>Housing Authority of Clackamas County</b>                     | 13930 S Gain St<br>Oregon City, OR 97045<br><b>Phone:</b> 503-655-8267                | Subsidized rental housing in Clackamas County.                                                                                                                                                                                                                                                                                                                                                     |
| <b>Housing Authority of Portland (HAP)<br/>Section 8 Housing</b> | 135 SW Ash<br>Portland, OR 97204<br><b>Phone:</b> 503-802-8300                        | Office opens for applications only at 7:30am. <a href="http://www.hapdx.org">www.hapdx.org</a>                                                                                                                                                                                                                                                                                                     |
| <b>Housing Authority of Washington County</b>                    | 111 NE Lincoln St<br>Suite 200-L<br>Hillsboro, OR 97124<br><b>Phone:</b> 503-693-4794 | <a href="http://www.co.washington.or.us/housing">www.co.washington.or.us/housing</a>                                                                                                                                                                                                                                                                                                               |
| <b>Housing Connections</b>                                       | <b>Phone:</b> 503-802-8562                                                            | Provides lists of low cost and special needs housing on website. Covers Clackamas, Multnomah, and Washington Counties. Use online calculator to determine affordable rent based on income. <a href="http://www.housingconnections.org">www.housingconnections.org</a>                                                                                                                              |
| <b>Human Solutions</b>                                           | 12350 SE Powell Blvd<br>Portland, OR 97236<br><b>Phone:</b> 503-548-0200              | Transitional housing for families. Please call for appointment and information.                                                                                                                                                                                                                                                                                                                    |
| <b>Impact Northwest</b>                                          | 10055 E Burnside St<br>Portland, OR 97216<br><b>Phone:</b> 503-988-6000               | May have a waiting list for rental assistance. Eligibility based on income.                                                                                                                                                                                                                                                                                                                        |
| <b>Independence Property Management</b>                          | 5312 NE 148th Ave<br>Portland, OR 97230<br><b>Phone:</b> 503-232-6308                 | Open 8:00am-5:00pm, Monday-Friday. Provides lists of available Section 8 and low-income housing.                                                                                                                                                                                                                                                                                                   |
| <b>Innovative Housing, Inc.</b>                                  | 219 NW 2nd Ave<br>Portland, OR 97209<br><b>Phone:</b> 503-226-4368                    | <a href="http://www.innovativehousinginc.com">www.innovativehousinginc.com</a>                                                                                                                                                                                                                                                                                                                     |



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                          | Contact Info                                                                       | Additional Information                                                                                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Housing Services</b>                                         |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Northwest Pilot Project</b>                                  | 1430 SW Broadway<br>Portland, OR 97201<br><b>Phone:</b> 503-227-5605               | Assists people age 55+ with affordable housing. Walk-in Monday, Tuesday, Wednesday, and Friday at 9:00am and Monday-Friday at 1:00pm. The first four people will be seen at these times. Be one hour early.                                                                                                                                                                                          |
| <b>OSTA</b>                                                     | <b>Phone:</b> 1-800-423-9371                                                       | Mobile home owner assistance number.                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Patton Home</b>                                              | North Portland<br><b>Phone:</b> 503-281-1844                                       | For people who make less than \$28,500/year. Furnished rooms available with communal dining area. Meal service available. Oregon Trail Card accepted. \$30 application fee. \$395/month, utilities included.                                                                                                                                                                                         |
| <b>Peninsula Community Development Corporation</b>              | 8525 N Lombard St<br>Suite 203<br>Portland, OR 97203<br><b>Phone:</b> 503-283-1096 | Community based, affordable housing developer that offers rental and ownership opportunities for low and moderate income people and families. Service area is North Portland including Arbor Lodge, Cathedral Park, Kenton, Portsmouth, Overlook, St. Johns, and University Park neighborhoods. Very low income rental housing applicants should contact Infinity Property Management, 503-625-6555. |
| <b>Portland Community Reinvestment Initiatives, Inc. (PCRI)</b> | 4829 NE MLK Blvd<br>Portland, OR 97211<br><b>Phone:</b> 503-288-2923               | Affordable housing provider. Call for availability and eligibility. Offers services such as a parent network, emergency childcare funding, and a gardening program.<br><a href="http://www.pcrihome.org">www.pcrihome.org</a>                                                                                                                                                                        |
| <b>Proud Ground</b>                                             | 5288 N Interstate Ave<br>Portland, OR 97217<br><b>Phone:</b> 503-493-0293          | Formerly Portland Community Land Trust. Provides affordably priced homes for first-time homebuyers of low or moderate income families or individuals. <a href="http://www.proudground.org">www.proudground.org</a>                                                                                                                                                                                   |
| <b>REACH Community Development</b>                              | 1135 SE Salmon<br>Portland, OR 97214<br><b>Phone:</b> 503-231-0682                 | Low income housing available; waiting list for 6-12 months.                                                                                                                                                                                                                                                                                                                                          |





# RESOURCES GALORE

| Agency                                                   | Contact Info                                                                           | Additional Information                                                                                                                                |
|----------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Housing Services</b>                                  |                                                                                        |                                                                                                                                                       |
| <b>Rose Community</b>                                    | 5215 SE Duke<br>Portland, OR 97206<br><b>Phone:</b> 503-788-8052                       | Rentals and homes for sale in SE Portland.                                                                                                            |
| <b>Shared Housing</b>                                    | 1819 NW Everett<br>Portland, OR 97209<br><b>Phone:</b> 503-225-9924                    | \$10 application fee. In case of hardship, this fee can be deferred for up to 2 weeks. One time placement fee from \$10-\$30 depending on income.     |
| <b>St. Vincent de Paul</b>                               | 3601 SE 27th Ave<br>Portland, OR 97202<br><b>Phone:</b> 503-595-2288                   | Occasionally have funds to assist with emergency housing or rental assistance.                                                                        |
| <b>Transition Projects, Inc.</b>                         | 650 NW Irving<br>Portland, OR 97209<br><b>Phone:</b> 503-280-4700                      | Provides rental assistance for single people who are homeless or at risk of homelessness.<br><a href="http://www.tprojects.com">www.tprojects.com</a> |
| <b>Transitional Housing</b>                              |                                                                                        |                                                                                                                                                       |
| <b>Aging and Disability Services of Multnomah County</b> | 421 SW Oak St<br>Suite 510<br>Portland, OR 97204<br><b>Phone:</b> 503-988-3620         | Serves people with disabilities and senior citizens. Offers rental assistance, shelter services, basic furniture, and move-in costs.                  |
| <b>Albina Ministerial Alliance</b>                       | 4867 NE MLK Blvd<br>Portland, OR 97211<br><b>Phone:</b> 503-285-0493                   | Provides resources such as housing, utilities and food to families with children.                                                                     |
| <b>Better People</b>                                     | 4310 NE Martin Luther King Jr Blvd<br>Portland, OR 97211<br><b>Phone:</b> 503-281-2263 | Housing for women transitioning out of prison system.                                                                                                 |
| <b>Cascade AIDS Project (CAP)</b>                        | 620 SW 5th Ave<br>Suite 300<br>Portland, OR 97204<br><b>Phone:</b> 503-223-5907        | Assists people with HIV+ status with appropriate documentation.                                                                                       |
| <b>Cascadia Bridgeview Community</b>                     | 707 NW Everett<br>Portland, OR 97209<br><b>Phone:</b> 503-222-4906                     | Serves adults with severe mental illness.                                                                                                             |
| <b>Cascadia Royal Palm</b>                               | 310 NW Flanders<br>Portland, OR 97209<br><b>Phone:</b> 503-827-3949                    | Serves mentally ill in 30 single-room occupancy units.                                                                                                |
| <b>Central City Concern</b>                              | 232 NW 6th Ave<br>Portland, OR 97209<br><b>Phone:</b> 503-294-1681                     | Located in Old Town/Downtown Portland. Subsidized and non-subsidized housing.                                                                         |



# RESOURCES GALORE

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



# RESOURCES GALORE

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



Monica Parmley, LCSW

# RESOURCES GALORE

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



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# RESOURCES GALORE

| Agency                                                                                | Contact Info                                                                                     | Additional Information                                                                                                                                                                                                             |
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| <b>Legal Services</b>                                                                 |                                                                                                  |                                                                                                                                                                                                                                    |
| <b>Court Information</b>                                                              |                                                                                                  |                                                                                                                                                                                                                                    |
| <b>Clackamas County Courthouse</b>                                                    | 807 Main St<br>Oregon City, OR 97045<br><b>Phone:</b> 503-655-2455                               |                                                                                                                                                                                                                                    |
| <b>Clark County Courthouse</b>                                                        | 120 Franklin<br>Vancouver, WA<br><b>Phone:</b> 360-397-2292                                      |                                                                                                                                                                                                                                    |
| <b>Multnomah County Courthouse</b>                                                    | 2828 NE Alberta<br>Portland, OR 97211<br><b>Phone:</b> 503-282-7973                              | Family Court self-help center. Open Monday-Friday, 8:00am-5:00pm.                                                                                                                                                                  |
| <b>Washington County Courthouse</b>                                                   | 150 N First Ave<br>Hillsboro, OR 97124<br><b>Phone:</b> 503-846-8888                             |                                                                                                                                                                                                                                    |
| <b>Immigration Information</b>                                                        |                                                                                                  |                                                                                                                                                                                                                                    |
| <b>Catholic Charities Immigration Services</b>                                        | 901 SE Oak St<br>Suite 105<br>Portland, OR 97214<br><b>Phone:</b> 503-491-9141 or 1-800-491-9232 | Open Monday-Friday, 8:30am-5:00pm. Free bilingual services. DV and immigration specialists available for low income immigrants and refugees.                                                                                       |
| <b>Immigration Counseling Services</b>                                                | 519 SW Park Ave<br>Suite 610<br>Portland, OR 97205<br><b>Phone:</b> 503-221-1689                 | Phone hours Monday and Tuesday, 2:00pm-5:00pm. Free assistance provided to people fleeing persecution, families separated by borders and individuals becoming citizens.                                                            |
| <b>Lesbian/Gay Immigration Rights Task Force</b>                                      | PO Box 12526<br>Portland, OR 97212<br><b>Phone:</b> 503-471-1568                                 | Immigrants, attorneys, and activists address widespread discriminatory impact of immigration laws on the lives of GLBTQ individuals.                                                                                               |
| <b>Lutheran Community Services Immigration Counseling and Advocacy Program (ICAP)</b> | 605 SE 39th Ave<br>Portland, OR 97214<br><b>Phone:</b> 503-231-7480                              | Low cost immigration counseling provided for clients in English, Chinese, Vietnamese, Lao, Thai, Russian, Ukrainian and Spanish. Refugee resettlement, family reunification, and immigration assistance, including visa petitions. |
| <b>SOAR (Sponsors Organized to Assist Refugees)</b>                                   | 2906 NE Glisan<br>Portland, OR<br><b>Phone:</b> 503-284-3002                                     | Open Monday-Friday, 8:30am-5:00pm. Refugee resettlement and immigration services.                                                                                                                                                  |



# RESOURCES GALORE

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



Monica Parmley, LCSW

## RESOURCES GALORE

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



# RESOURCES GALORE

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





Monica Parmley, LCSW

## RESOURCES GALORE

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



# RESOURCES GALORE

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



Monica Parmley, LCSW

# RESOURCES GALORE

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



# RESOURCES GALORE

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



# RESOURCES GALORE

| Agency                                                       | Contact Info                                                          | Additional Information                                                                                                                                                                                                                                                  |
|--------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Medical and Healthcare Services</b>                       |                                                                       |                                                                                                                                                                                                                                                                         |
| <b>General Information</b>                                   |                                                                       |                                                                                                                                                                                                                                                                         |
| <b>Advance PCS Prescription Savings Plan</b>                 | <b>Phone:</b> 800-238-2623                                            | Offers low prices on prescription medications.<br><a href="http://www.AdvanceRx.com">www.AdvanceRx.com</a>                                                                                                                                                              |
| <b>Blue Cross Blue Shield of Oregon</b>                      | <b>Phone:</b> 888-427-0470                                            | Members can call for information about providers, claims and coverage. <a href="http://www.myregence.com">www.myregence.com</a>                                                                                                                                         |
| <b>Family Health Insurance Assistance Program (FHIAP)</b>    | <b>Phone:</b> 503-373-1656 x22006<br><b>Toll free:</b> 1-888-564-9669 | For those who do not qualify for OHP. 70-95% subsidy of private insurance. Cannot be on or eligible for Medicare.<br><a href="http://www.ipgb.state.or.us/fhiap">www.ipgb.state.or.us/fhiap</a>                                                                         |
| <b>Heath Finder</b>                                          | <a href="http://www.healthfinder.gov">www.healthfinder.gov</a>        | Provides basic resources on diseases, conditions and injuries. Contains a medical library and connections to federal and non-profit sites. Information is also available in Spanish.                                                                                    |
| <b>Healthy Kids</b>                                          | <b>Phone:</b> 971-634-0005                                            | Oregon State no cost and low cost children's health insurance program. Medical, dental, vision and mental health coverage for every uninsured child under age 19. Based on a sliding scale.<br><a href="http://www.oregonhealthykids.gov">www.oregonhealthykids.gov</a> |
| <b>Insurance Advocacy Line</b>                               | <b>Phone:</b> 503-947-7984<br><b>Toll free:</b> 1-888-877-4894        | Offers free help with insurance questions and complaints and assists callers in working with insurance companies.                                                                                                                                                       |
| <b>MESD Child Health Insurance</b>                           | <b>Phone:</b> 503-257-1732                                            | Multnomah County residents may call to speak to an outreach specialist to see if a child qualifies for free health insurance. Income restrictions apply. Program is a partnership between MESD, Kaiser, and Multnomah County Health Department.                         |
| <b>Multnomah County Health Information and Referral Line</b> | 2828 NE Alberta<br>Portland, OR 97211<br><b>Phone:</b> 503-282-7973   | Available Monday-Friday, 8:00am-5:00pm.                                                                                                                                                                                                                                 |



## RESOURCES GALORE

| Agency                                                                | Contact Info                                                                                   | Additional Information                                                                                                                                                                                                                                                                                            |
|-----------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Medical and Healthcare Services</b>                                |                                                                                                |                                                                                                                                                                                                                                                                                                                   |
| <b>ODS Behavioral Health</b>                                          | <b>Phone:</b> 503-624-9382<br><b>Toll free:</b> 1-800-799-9391                                 | Assists members in locating in-network physicians, providers and facilities. <a href="http://www.odscompanies.com">www.odscompanies.com</a>                                                                                                                                                                       |
| <b>Oregon Health Connect</b>                                          | <a href="http://www.oregonhealthconnect.org">www.oregonhealthconnect.org</a>                   | Information about healthcare and health insurance in Oregon. Find public health, affordable medical services and county health departments. Learn how private health insurance works, including appeal and complaint rights. Track healthcare reform. Find programs for healthy living.                           |
| <b>Oregon Health Plan</b>                                             | 426 SW Stark<br>Portland, OR<br><b>Phone:</b> 503-988-5140<br><b>Toll free:</b> 1-800-699-9075 | Eligibility Hotline.                                                                                                                                                                                                                                                                                              |
| <b>Oregon Hospice Association</b>                                     | <b>Phone:</b> 503-228-2104                                                                     |                                                                                                                                                                                                                                                                                                                   |
| <b>Oregon Prescription Drug Program</b>                               | <b>Phone:</b> 1-800-913-4146                                                                   | Any Oregon resident, regardless of age or income and without adequate prescription coverage may qualify. Offers discounts up to 60% on prescriptions. Apply over the phone or online at <a href="http://www.opdp.org">www.opdp.org</a>                                                                            |
| <b>Poison Center</b>                                                  | 3505 SW Veterans Rd<br>Portland, OR 97239<br><b>Phone:</b> 503-494-8968                        | First aid information for poisonings and toxic substances. Located on OHSU campus. Open 24 hours.                                                                                                                                                                                                                 |
| <b>Red Cross</b>                                                      | <b>Phone:</b> 503-284-1234                                                                     | Information and appointments for donors.                                                                                                                                                                                                                                                                          |
| <b>Starlight Children's Foundation (Oregon Chapter)</b>               | PO Box 66032<br>Portland, OR 97290<br><b>Phone:</b> 503-298-3862                               | Improves the quality of life for children with chronic and life-threatening illnesses and life-altering injuries by providing entertainment, education and family activities that help them cope with the pain, fear and isolation of prolonged illness. <a href="http://www.starlight.org">www.starlight.org</a> |
| <b>Susan G. Komen for the Cure Oregon and SW Washington Affiliate</b> | 1500 SW 1st Ave<br>Suite 270<br>Portland, OR 97201<br><b>Phone:</b> 503-552-9160               | Survivor resources, survivor stories, events, support groups and cancer education. <a href="http://www.komenoregon.org">www.komenoregon.org</a>                                                                                                                                                                   |



# RESOURCES GALORE

| Agency                                                    | Contact Info                                                                     | Additional Information                                                                                                                                                                                                                      |
|-----------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Medical and Healthcare Services</b>                    |                                                                                  |                                                                                                                                                                                                                                             |
| <b>Washington County Cooperative Library "Victor Kit"</b> | www.wcccls.org                                                                   | Resource for people living with cancer, mental illness, Alzheimer's, autism, difficult teens, or other challenging circumstances. Find online by searching "Victor Kit."                                                                    |
| <b>www.needymeds.com</b>                                  | P.O. Box 63716<br>Philadelphia, PA 19147-7516                                    | Internet site listing special prescription coverage programs (pharmaceutical companies).                                                                                                                                                    |
| <b>www.phrma.org</b>                                      |                                                                                  | Assists people with medicines and prescriptions.                                                                                                                                                                                            |
| <b>Medical Services/Providers</b>                         |                                                                                  |                                                                                                                                                                                                                                             |
| <b>Adventist Health</b>                                   | 13435 SE 97th Ave<br>Clackamas, OR 97015<br><b>Phone:</b> 503-659-0880           | Family practice and immediate care clinic. \$116 new patient, \$95 established patient.                                                                                                                                                     |
| <b>Children's Community Clinic</b>                        | 27 NE Killingsworth St<br>Portland, OR 97211<br><b>Phone:</b> 503-284-5239       | For children who lack health insurance or are covered by the Oregon Health Plan. Total out of pocket expense will not exceed \$59, including vaccinations, laboratory services, x-rays and prescriptions. Open Monday-Friday 9:00am-5:00pm. |
| <b>Coalition of Community Health Clinics</b>              | 619 SW 11th Ave<br>Suite 225<br>Portland, OR 97205<br><b>Phone:</b> 503-546-4991 | Medical clinics that provide free or low-cost healthcare to the uninsured. www.coalitionclinics.org                                                                                                                                         |
| <b>Corbett Chiropractic Clinic</b>                        | 4004 SW Kelly<br>Suite 100<br>Portland, OR 97201<br><b>Phone:</b> 503-223-5152   | Sliding fee scale for low income and uninsured chiropractic care. Spanish-speaking staff available.                                                                                                                                         |
| <b>Department of Veteran Affairs</b>                      | 1220 SW 3rd<br>Portland, OR 97204                                                | Free health services for veterans. www.va.gov                                                                                                                                                                                               |
| <b>Douglas Brown, RN</b>                                  | <b>Phone:</b> 503-253-6334                                                       | Accepts OHP Open Card. Limited openings on a sliding scale.                                                                                                                                                                                 |
| <b>East-West College of the Healing Arts</b>              | 525 NE Oregon St<br>Portland, OR 97232<br><b>Phone:</b> 503-231-6500             | Student clinic is open to the public and offers 45 minute massages for \$25. The professional clinic offers 60 minute massages for \$50 and 90 minute massages for \$70. www.ewcha.com                                                      |





# RESOURCES GALORE

| Agency                                              | Contact Info                                                                                                           | Additional Information                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <b>Medical and Healthcare Services</b>              |                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Essential Health Clinic</b>                      | 266 West Main St<br>Hillsboro, OR 97123<br><br>15296 SW Royalty Pkwy<br>Tigard, OR 97224<br><b>Phone:</b> 503-846-4904 | Open Monday and Thursday evenings from 4:30pm-6:00pm in Hillsboro and Wednesday evenings from 4:30pm-6:00pm in Tigard. Free healthcare for children and adults without insurance.                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Fulcrum Health Center</b>                        | <b>Phone:</b> 503-234-7299                                                                                             | Andrew Bonner, ND; Kathy Dahlke, MD; Rebecca Raskin, MD have limited openings on a sliding scale.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Gresham Urgent Care</b>                          | 2850 E Powell Valley Rd<br>Suite 100<br>Gresham, OR 97080<br><b>Phone:</b> 503-666-5050                                | Urgent care only. Occupational medicine, worker's comp and motor vehicle accidents. Private insurance and uninsured, as available.                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Helen Anthony Fund (Salvation Army)</b>          | 1712 NE Sandy Blvd<br>Portland, OR 97232<br><b>Phone:</b> 503-239-1226                                                 | Free prescriptions for seniors over 60. No narcotics.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Hill Burton Program/ Emanuel Legacy Hospital</b> | 2801 N Gantenbein<br>Portland, OR 97227<br><b>Phone:</b> 503-413-2200                                                  | Free or sliding scale services.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Indian Health Service</b>                        | 1220 SW 3rd<br>Suite 476<br>Portland, OR 97204                                                                         | Free to tribal members. Appointment needed.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Legacy Clinic- Good Samaritan</b>                | 1200 NW 23rd<br>Portland, OR 97210<br><b>Phone:</b> 503-413-7260                                                       | General medicine, no pediatrics or obstetrics. Open Monday-Friday, 9:00am-4:30pm.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Lifespan</b>                                     | 421 SW Oak<br>Suite 510<br>Portland, OR 97204<br><b>Phone:</b> 503-988-4790                                            | Free service links caregivers to respite and recreation, support groups and financial assistance. The Family Caregiver Support Program helps people who provide care for an elderly parent, family member, neighbor or friend over 60 to access payment for respite care, housework, cooking, yard work and other services. Financial assistance for grandparents who are over 60 and who are legal guardians of their grandchildren. Open Monday-Friday 9:00am- 5:00pm. Scholarships may be available.<br><a href="http://www.co.multnomah.or.us/dchs/lifespan">www.co.multnomah.or.us/dchs/lifespan</a> |





Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                              | Contact Info                                                                 | Additional Information                                                                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Medical and Healthcare Services</b>              |                                                                              |                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Malcolm Smith, ND</b>                            | <b>Phone:</b> 503-251-4535                                                   | Homeopathic physician with limited openings on a sliding scale.                                                                                                                                                                                                                                                                                                          |
| <b>Medical Transportation</b>                       | <b>Phone:</b> 503-802-8700                                                   | Provides transportation to medical, counseling, and dental appointments for clients on OHP or Medicaid. Need at least one-day notice if you cannot ride the bus and 3-4 days if you can.                                                                                                                                                                                 |
| <b>Mercy and Wisdom</b>                             | 2 NW 3rd Ave<br>Portland, OR 97209<br><b>Phone:</b> 503-227-1222             | Complimentary nutritional, acupuncture, counseling therapies, as well as dental and vision care. Sliding scale (\$20-\$50 per visit) & reduced rate on lab work.                                                                                                                                                                                                         |
| <b>Molalla Health Center</b>                        | <b>Phone:</b> 503-723-2944                                                   | Clackamas County Public Health Clinic. Services include family planning, primary care, prenatal, immunization, AIDS info, WIC, well child, nutritional services, and dental services.                                                                                                                                                                                    |
| <b>Multnomah County School-Based Health Clinics</b> | 13 locations<br><b>Phone:</b> 503-988-4424                                   | Services to youth, ages 5-20, in Multnomah County. Offer diagnosis and treatment of injuries, sports physicals, age appropriate reproductive health care, immunizations, fitness and nutrition education, mental health services, prescription medications, and referrals to outside medical providers. <a href="http://www.mchealth.org/sbhc">www.mchealth.org/sbhc</a> |
| <b>NARA NW Indian Health Clinic</b>                 | 15 N Morris<br>Portland, OR 97227<br><b>Phone:</b> 503-230-9875              | Accepts Medicaid and insurance. Free to enrolled members of tribes.                                                                                                                                                                                                                                                                                                      |
| <b>National College of Naturopathic Medicine</b>    | 2220 SW 1st Ave<br>Portland, OR 97201<br><b>Phone:</b> 503-552-1551          | Low cost alternative healthcare. \$20 flat fee.                                                                                                                                                                                                                                                                                                                          |
| <b>OHSU Urgent Care Center</b>                      | 3180 SW Sam Jackson Park<br>Portland, OR 97201<br><b>Phone:</b> 503-494-8311 | Urgent care. OHP is accepted. No one is turned away.                                                                                                                                                                                                                                                                                                                     |



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## RESOURCES GALORE

| Agency                                                 | Contact Info                                                                           | Additional Information                                                                                                                                                                                                                                                                                        |
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| <b>Medical and Healthcare Services</b>                 |                                                                                        |                                                                                                                                                                                                                                                                                                               |
| <b>Old Town Clinic</b>                                 | 219 W Burnside<br>Portland, OR 97209<br><b>Phone:</b> 503-241-3836                     | Open Monday-Friday, 9:00am-12:00pm and 1:15pm-5:00pm. Closed Thursday afternoons. Primary care for homeless and low-income women and men of downtown Portland. If no OHP, sliding fee scale available. TB testing and general medical.                                                                        |
| <b>Open Gate Acupuncture and Herb Clinic</b>           | 1011 E Burnside<br>Portland, OR<br><b>Phone:</b> 503-232-3857                          | Chinese herbal medicine available as well as acupuncture. Ask about sliding scale.                                                                                                                                                                                                                            |
| <b>Oregon Center for Clinical Investigations, Inc.</b> | 2230 NW Pettygrove St<br>Suite 120<br>Portland, OR 97210<br><b>Phone:</b> 503-276-6224 | Mental health studies: depression, bi-polar, anxiety, panic and ADD. Free mental health assessment, primary care and medications for those who qualify.                                                                                                                                                       |
| <b>Oregon City Health Center</b>                       | <b>Phone:</b> 503-655-8471                                                             | Clackamas County Public Health Clinic. Services include family planning, primary care, prenatal, immunization, AIDS info, WIC, well child, nutritional services, and dental services.                                                                                                                         |
| <b>Oregon College of Oriental Medicine</b>             | 10541 SE Cherry Blossom<br>Portland, OR<br><b>Phone:</b> 503-253-3443                  | Herbal medicine and acupuncture. Sliding scale. Open Monday-Saturday, 8:30am-5:30pm. Thursday open until 8:00pm. Take #15 bus.                                                                                                                                                                                |
| <b>Outside In</b>                                      | 1132 SW 13th<br>Portland, OR 97205<br><b>Phone:</b> 503-535-3800                       | Walk-in medical services for ages 30 and under on Monday, Wednesday, and Friday at 9:00am. Walk-in naturopath for any age Monday-Friday at 1:30pm, Thursday at 9:00am, or Monday and Wednesday 6:00pm-9:30pm. Acupuncture and chiropractic by appointment. Help with OHP enrollment. Sliding scale available. |
| <b>Portland Adventist Community Services</b>           | 11020 NE Halsey<br>Portland, OR 97220<br><b>Phone:</b> 503-252-8500                    | Free or \$10. Family health services.                                                                                                                                                                                                                                                                         |
| <b>Portland Alternative Health Center</b>              | <b>Phone:</b> 503-228-4533                                                             |                                                                                                                                                                                                                                                                                                               |



# RESOURCES GALORE

| Agency                                                          | Contact Info                                                                        | Additional Information                                                                                                                                                                                                                                            |
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| <b>Medical and Healthcare Services</b>                          |                                                                                     |                                                                                                                                                                                                                                                                   |
| <b>Portland Naturopathic Clinic</b>                             | 11231 SE Market<br>Portland, OR<br><b>Phone:</b> 503-255-7355                       | Herbal medicine and wholesale. Sliding scale fees for low-income people.                                                                                                                                                                                          |
| <b>Portland Niño's</b>                                          | 1200 SE Morrison<br>Portland, OR 97214<br><b>Phone:</b> 503-233 0721                | Health education for Latino families with children ages 0-6. Parents participate in community talks on nutrition, dental care and safety with "Promotores de Salud" (Health Promoters). Parents learn about important child health issues. Childcare is provided. |
| <b>Project Quest Integrative Health Center</b>                  | 2901 E Burnside<br>Portland, OR 97214<br><b>Phone:</b> 503-238-5203                 | Mental health, osteopathic doctor, support groups, HIV support group, yoga and meditation, community groups. Open Monday-Friday 8:00am-5:00pm.                                                                                                                    |
| <b>Providence Ambulatory Care &amp; Education Center (PACE)</b> | 5050 NE Hoyt<br>Suite 540<br>Portland, OR 97213<br><b>Phone:</b> 503-215-6600       | Financial assistance available to those who qualify. Patients are billed at a full rate and must complete a financial assistance application with requested documentation.                                                                                        |
| <b>Rosewood Family Health Center</b>                            | 8935 SE Powell Blvd<br>Portland, OR 97266<br><b>Phone:</b> 503-772-4335             | Primary care facility. Sliding scale and OHP. Call for appointment. Open Monday-Friday, 8:00am-4:30pm.                                                                                                                                                            |
| <b>Sandy Health Center</b>                                      | <b>Phone:</b> 503-722-6660                                                          | Clackamas County Public Health Clinic. Services include family planning, primary care, prenatal, immunization, AIDS info, WIC, well child, nutritional services, and dental services.                                                                             |
| <b>Summit Research Network</b>                                  | 1849 NW Kearney St<br>Suite 201<br>Portland, OR 97209<br><b>Phone:</b> 503-279-8252 | Medical research organization that conducts studies on anxiety, ADHD, bi-polar, and social phobias.                                                                                                                                                               |
| <b>TB Management Clinic</b>                                     | 426 SW Stark<br>3rd Floor<br>Portland, OR 97204                                     | No TB tests for shelters.                                                                                                                                                                                                                                         |
| <b>Tim Shannon, ND.</b>                                         | 2610 SE Clinton St<br>Suite E<br>Portland, OR 97202<br><b>Phone:</b> 503-236-8853   | Homeopathic physician with limited openings on sliding scale.                                                                                                                                                                                                     |



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## RESOURCES GALORE

| Agency                                       | Contact Info                                                                      | Additional Information                                                                                                                                            |
|----------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Medical and Healthcare Services</b>       |                                                                                   |                                                                                                                                                                   |
| <b>Wallace Medical Concern- Downtown</b>     | Estate Hotel Clinic<br>225 NW Couch<br>Portland, OR<br><b>Phone:</b> 503-274-1277 | Free basic urgent medical care for uninsured people over age 15. Call for appointment. Dermatology and podiatry care available. Spanish interpretation available. |
| <b>Wallace Medical Concern- Gresham</b>      | 800 SE 181st<br>Gresham, OR<br><b>Phone:</b> 503-274-1277                         | General medical clinic for uninsured or low insured.                                                                                                              |
| <b>Wallace Medical Concern- Youth Clinic</b> | 820 SW Oak<br>Portland, OR 97205<br><b>Phone:</b> 503-274-1277                    | General medicine for street youth, plus chiropractic care, pregnancy, & STD testing, referrals. By appointment.                                                   |
| <b>West Burnside Chiropractic Clinic</b>     | 134 W Burnside<br>Portland, OR 97209<br><b>Phone:</b> 503-223-2213                | Free services for low income and no insurance. Open Monday-Thursday, 9:00am-5:00pm. Closed for lunch 12:30-1:30pm.                                                |
| <b>Westside Natural Health Center</b>        | 4444 SW Corbett<br>Portland, OR 97239<br><b>Phone:</b> 503-224-4003               | Holistic, pediatrics, pre-natal, etc. Open Monday-Friday, 8:30am-5:30pm.                                                                                          |
| <b>William Temple House</b>                  | 2023 NW Hoyt<br>Portland, OR 97209<br><b>Phone:</b> 503-226-3021                  | Prescription assistance up to \$50 one time a year.                                                                                                               |
| <b>Zoomcare</b>                              | Multiple locations.<br><a href="http://www.zoomcare.com">www.zoomcare.com</a>     | Schedule online for same-day visits for everyday health problems. Prices are listed on website. Clinics also run basic lab tests.                                 |
| <b>Multnomah County Health Clinics</b>       |                                                                                   |                                                                                                                                                                   |
| <b>East County Health Clinic</b>             | 620 NE 2nd St<br>Gresham, OR 97030<br><b>Phone:</b> 503-988-5155                  | Primary care for all ages. Referrals to specialists.                                                                                                              |
| <b>La Clinica de Buena Salud</b>             | 6736 NE Killingsworth<br>Portland, OR 97218<br><b>Phone:</b> 503-248-3991         | Primary care for all ages. Referrals to specialists.                                                                                                              |
| <b>Mid-County Health Center</b>              | 12710 SE Division<br>Portland, OR 97236<br><b>Phone:</b> 503-988-3601             | Primary care for all ages. Referrals to specialists.                                                                                                              |
| <b>North Portland Health Clinic</b>          | 9000 N Lombard<br>Portland, OR 97203<br><b>Phone:</b> 503-988-5304                | Primary care for all ages. Referrals to specialists.                                                                                                              |
| <b>Northeast Health Center</b>               | 5329 NE MLK Jr Blvd<br>Portland, OR 97211<br><b>Phone:</b> 503-988-5055           | Primary care for all ages. Referrals to specialists.                                                                                                              |



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| Agency                                      | Contact Info                                                                                                  | Additional Information                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| <b>Medical and Healthcare Services</b>      |                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>School-Based Health Clinic Program</b>   | Various locations<br><b>Phone:</b> 503-988-4424<br><b>Fax:</b> 503-988-4464                                   | 13 medical clinics provide services to youth, ages 5-21, who live in Multnomah County. Offers diagnosis and treatment of injuries, sports physicals, age-appropriate reproductive health care, immunizations, fitness and nutrition education, mental health services, prescription medications, and referrals to outside medical providers. Program materials available in multiple languages. <a href="http://www.mchealth.org/sbhc">www.mchealth.org/sbhc</a> |
| <b>Southeast Health Center</b>              | 3653 SE 34th Ave<br>Portland, OR 97202<br><b>Phone:</b> 503-988-3500                                          | Primary care for all ages. Referrals to specialists.                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Westside Health Center</b>               | 426 SW Stark<br>5th Floor<br>Portland, OR 97204<br><b>Phone:</b> 503-988-5140                                 | Walk-in clinic. Open Monday-Friday, 8:00am-5:00pm. Sliding scale, OHP Plus A&C only and Care Oregon.                                                                                                                                                                                                                                                                                                                                                             |
| <b>Women's Healthcare</b>                   |                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>All Women's Health Services</b>          | <b>Phone:</b> 503-233-0808                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Birthright</b>                           | 1515 NE 41st<br>Portland, OR 97232<br><b>Phone:</b> 503-249-5801<br><b>Hotline:</b> 800-550-4900              | Open Monday-Thursday, 10:00am-8:00pm; Friday- Saturday, 10:00am-3:00pm. Free pregnancy tests and maternity & baby clothes.                                                                                                                                                                                                                                                                                                                                       |
| <b>Boys and Girls Aid</b>                   | 018 SW Boundary Court<br>Portland, OR 97239<br><b>Phone:</b> 503-222-9661<br><b>Crisis Line:</b> 800-342-6688 | Services for pregnant women and young parents. Crisis line available 24-hours.                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Breast &amp; Cervical Cancer Program</b> | <b>Phone:</b> 503-988-4043                                                                                    | For women 40 years and older. Offers regular mammograms and pap smear paid for by county at participating clinics. Call for eligibility and screening locations.                                                                                                                                                                                                                                                                                                 |
| <b>Child's Path</b>                         | 1712 NE Sandy<br>Portland, OR 97232<br><b>Phone:</b> 503-872-8379                                             | Food program for pregnant and breast-feeding women and children ages 1-6. Open Monday, Wednesday, and Friday, 9:00am-11:30am and 1:30pm-3:30pm. Must live in Portland.                                                                                                                                                                                                                                                                                           |



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| Agency                                         | Contact Info                                                                       | Additional Information                                                                                                                                                                                                                                       |
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| <b>Medical and Healthcare Services</b>         |                                                                                    |                                                                                                                                                                                                                                                              |
| <b>Crisis Pregnancy</b>                        | 1626 NE 9th<br>Portland, OR 97232<br><b>Phone:</b> 503-284-1977                    | Free pregnancy tests and maternity & baby clothes.                                                                                                                                                                                                           |
| <b>De Mujer a Mujer</b>                        | 6737 NE Killingsworth<br>Suite 100<br>Portland, OR 97218                           | Mammograms and pap smears provided for Spanish-speaking women.                                                                                                                                                                                               |
| <b>Elizabeth House</b>                         | 4055 SE Salmon<br>Portland, OR<br><b>Phone:</b> 503-236-7235                       | Shelter for pregnant women ages 14-21. Maximum stay of 6 months. Open Monday- Friday, 8:30am-5:00pm.                                                                                                                                                         |
| <b>Healthy Start and Welcome Baby</b>          | 5329 NE MLK Jr Blvd<br>Portland, OR 97211<br><b>Phone:</b> 503-988-5055            | Prenatal care for low-income families.                                                                                                                                                                                                                       |
| <b>Lovejoy Surgicenter</b>                     | 933 NW 25th<br>Portland, OR<br><b>Phone:</b> 1-800-752-6189                        | Pap smears, infection tests, pregnancy tests, and birth control. Abortions available. Outpatient tubal ligations.                                                                                                                                            |
| <b>Multnomah County Field Nursing Services</b> | 5329 NE MLK Jr Blvd<br>Portland, OR 97211<br><b>Phone:</b> 503-988-5055            | Resources for prenatal care for low-income families (home visits).                                                                                                                                                                                           |
| <b>Multnomah County Health Department</b>      | 5329 NE MLK Jr Blvd<br>Portland, OR 97211<br><b>Phone:</b> 503-988-5055            | Provides primary care for OHP patients.                                                                                                                                                                                                                      |
| <b>NARA Indian Health Clinic</b>               | 15 N Morris<br>Portland, OR 97227<br><b>Phone:</b> 503-230-9875                    | Native American services. Prenatal care, immunizations, STD education, well-child exams, women's health care and more.                                                                                                                                       |
| <b>Neighborhood Health Clinics</b>             | 4945 NE 7th<br>Portland, OR<br><b>Phone:</b> 503-288-5995                          | Office hours Monday-Friday, 8:00am-5:00pm. Clinic for people with no insurance Monday-Thursday, 6:30pm-9:30pm. Dental service available Monday evenings for \$25.                                                                                            |
| <b>OHSU Center for Women's Health</b>          | 3181 Sam Jackson Park Rd, L466<br>Portland, OR 97239<br><b>Phone:</b> 503-346-1212 | Free appointments for women experiencing barriers to preventative health care, including pelvic exams, Pap tests, and breast exams. Available on a first come, first served basis.<br><a href="http://www.ohsuwomenshealth.com">www.ohsuwomenshealth.com</a> |
| <b>Old Town Clinic</b>                         | 219 W Burnside<br>Portland, OR 97209<br><b>Phone:</b> 503-241-3836                 |                                                                                                                                                                                                                                                              |



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| Agency                                        | Contact Info                                                                                                                                             | Additional Information                                                                                                                                                                                                                                                                                                |
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| <b>Medical and Healthcare Services</b>        |                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                       |
| <b>Open Adoption and Family Services</b>      | 5200 SW Macadam<br>Suite 250<br>Portland, OR 97239<br><b>Phone:</b> 503-226-4870                                                                         | Adoption counseling and financial aid. Facilitates child-centered open adoptions.                                                                                                                                                                                                                                     |
| <b>Oregon SafeNet Hotline</b>                 | <b>Phone:</b> 503-988-5858<br><br><b>Toll free:</b> 1-800-723-3638                                                                                       | Women and children's health line for Oregon. Callers are referred to health and social services programs including reproductive health, primary care, dental, mental health, domestic violence, child abuse, etc, as well as government programs such as WIC and food stamps. Available Monday-Friday, 8:00am-8:00pm. |
| <b>Planned Parenthood</b>                     | 3231 SE 50th Ave<br>Portland, OR 97202<br><b>Phone:</b> 503-775-4931                                                                                     | Reproductive health care, HIV/AIDS testing, STD testing, abortions, birth control and pregnancy tests. Free/sliding scale.                                                                                                                                                                                            |
| <b>Planned Parenthood Teen Clinic</b>         | 3531 NE 15th<br>Suite B<br>Portland, OR 97212<br><b>Phone:</b> 503-288-8826                                                                              | Free/sliding scale. <a href="http://www.ppcw.org">www.ppcw.org</a>                                                                                                                                                                                                                                                    |
| <b>Pregnancy Resource Center</b>              | 9255 NE Halsey<br>Portland, OR 97220<br><b>Phone:</b> 503-256-0808                                                                                       | Pregnancy tests, prenatal and parenting classes, post-abortion counseling, prevention services.                                                                                                                                                                                                                       |
| <b>Providence Maternal Care Clinic</b>        | 2705 E Burnside St<br>Suite 114<br>Portland, OR 97214<br><b>Phone:</b> 503-215-6262                                                                      | Annual and maternal health care. OHP accepted or sliding scale and payment plan available.                                                                                                                                                                                                                            |
| <b>Salvation Army White Shield Program</b>    | 2640 NW Alexandra<br>Portland, OR 97296<br><b>Phone:</b> 503-239-1248                                                                                    | Residential treatment facility for pregnant mothers; shelter for emergency care, ages 10-18.                                                                                                                                                                                                                          |
| <b>Virginia Garcia Memorial Health Clinic</b> | 2935 SW Cedar Hills Blvd<br>Beaverton, OR 97005<br><b>Phone:</b> 503-352-6000<br><br>226 SE 8th Ave<br>Hillsboro, OR 97123<br><b>Phone:</b> 503-601-7400 | Primary care, maternity, parenting and immigrant services.                                                                                                                                                                                                                                                            |
| <b>WIC (Women, Infants, and Children)</b>     | <b>Phone:</b> 503-988-3503                                                                                                                               | Nutritional and educational services for pregnant women and women with young children.                                                                                                                                                                                                                                |





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| Agency                                              | Contact Info                                                                                                     | Additional Information                                                                                                                                                                                                                                                                                                         |
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| <b>Medical and Healthcare Services</b>              |                                                                                                                  |                                                                                                                                                                                                                                                                                                                                |
| <b>Women's Veterans Health Services</b>             | 3710 SW US Veterans Hospital Rd<br>Portland, OR 97239<br><b>Phone:</b> 888-233-8306                              | Provides health care for female veterans of the Armed Services and Coast Guard. Fees vary by service. Open Monday-Friday, 9:00am-4:00pm.                                                                                                                                                                                       |
| <b>HIV/AIDS Services</b>                            |                                                                                                                  |                                                                                                                                                                                                                                                                                                                                |
| <b>AIDS Hotline</b>                                 | <b>Phone:</b> 800-777-2437<br><b>Help line:</b> 503-223-2437                                                     | Info and help for individuals with STDs, AIDS/HIV, or anyone with questions regarding these matters.                                                                                                                                                                                                                           |
| <b>CARE Assist</b>                                  | 800 NE Oregon Suite 1105<br>Portland, OR 97232<br><b>Phone:</b> 503-731-4029<br><b>Toll free:</b> 1-800-805-2313 | Helps HIV positive Oregonians with health insurance, prescription drugs, or co-payments and deductibles. Office hours Monday-Friday, 8:00am-5:00pm. Clients must be HIV positive and be up to 200% federal poverty level.                                                                                                      |
| <b>Cascade AIDS Project (CAP)</b>                   | 620 SW 5th Ave Suite 300<br>Portland, OR 97204<br><b>Phone:</b> 503-223-5907                                     | Non-medical services for people and families with HIV/AIDS including housing assistance, support groups, emergency financial assistance, counseling and assistance with domestic chores.                                                                                                                                       |
| <b>Catholic Charities AIDS Ministry</b>             | 528 NE 52nd Ave<br>Portland, OR 97213<br><b>Phone:</b> 503-963-8102                                              | Job and housing resources for women who are HIV positive. Office hours Monday and Thursday 9:00am-4:00pm and Tuesday, 9:00am-3:30pm.                                                                                                                                                                                           |
| <b>Ecumenical Ministries of Oregon HIV Services</b> | 2941 NE Ainsworth<br>Portland, OR 97211<br><b>Phone:</b> 503-460-3822                                            | HIV day center is a drop-in center for people living with AIDS. Meals available, as well as other supportive services (haircuts, washer/dryer, etc.) Office hours Monday-Friday 9:00am-3:00pm. Must have written verification of HIV and be TB negative. Day center also has a monthly group in Washington County (Hillsboro). |
| <b>Esther's Pantry</b>                              | 2761 NE Halsey<br>Portland, OR 97232<br><b>Phone:</b> 503-281-8868                                               | Food bank for low-income individuals who are disabled due to AIDS. Food delivery is possible.                                                                                                                                                                                                                                  |





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| Agency                                                  | Contact Info                                                                  | Additional Information                                                                                                                                                                                                                                                                                                                                           |
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| <b>Medical and Healthcare Services</b>                  |                                                                               |                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Free HIV Testing</b>                                 | 10 NE 10th<br>Portland, OR 97232<br><b>Phone:</b> 503-988-3030                | Testing and counseling for people with HIV or Hepatitis C.                                                                                                                                                                                                                                                                                                       |
| <b>Institute for Traditional Medicine</b>               | 2017 SE Hawthorne Blvd<br>Portland, OR<br><b>Phone:</b> 503-233-2101          | Immune-enhancement project. Sponsors naturopathic treatment program for HIV-related illnesses.                                                                                                                                                                                                                                                                   |
| <b>Legacy Cancer/AIDS Nutrition Counseling</b>          | 1130 NW 22nd Ave<br>Portland, OR 97210<br><b>Phone:</b> 503-413-7283          | Nutritional assessment, planning, and education for cancer or AIDS patients. Call for an appointment. Office hours Monday-Friday, 8:00am-4:30pm.                                                                                                                                                                                                                 |
| <b>Multnomah County Health Department (Downtown)</b>    | 426 SW Stark<br>6th floor<br>Portland, OR 97204<br><b>Phone:</b> 503-988-3775 | Anonymous and confidential AIDS testing and counseling. \$20 fee, although no one is turned away.                                                                                                                                                                                                                                                                |
| <b>Multnomah County Health Department (NE Portland)</b> | 5329 NE MLK Jr Blvd<br>Portland, OR 97211<br><b>Phone:</b> 503-988-5020       | Free AIDS testing on Tuesdays 5:00pm-6:30pm.                                                                                                                                                                                                                                                                                                                     |
| <b>Northwest Naturopathic Clinic</b>                    | 2606 NW Vaughn<br>Portland, OR<br><b>Phone:</b> 503-224-8083                  | Naturopathic treatment for HIV/AIDS patients.                                                                                                                                                                                                                                                                                                                    |
| <b>Our House</b>                                        | 2727 SE Alder St<br>Portland, OR 97214<br><b>Phone:</b> 503-234-0175          | Many programs including a foster care home called Swan House in Milwaukie, a Neighborhood Housing and Care Program, food pantry, and free store providing men's clothing and household items. Includes a residential care facility providing care for men and women living with HIV/AIDS. Office hours Monday-Friday 9:00am-5:00pm. Call admissions for details. |
| <b>Planned Parenthood</b>                               | Various Locations<br>Portland, OR<br><b>Phone:</b> 800-230-7526               | Reproductive health care, HIV/AIDS testing, STD testing, abortions, birth control and pregnancy test. Free/sliding scale.                                                                                                                                                                                                                                        |
| <b>Russell Street Dental Clinic/HIV Services</b>        | 214 N Russell<br>Portland, OR 97227<br><b>Phone:</b> 503-494-6822             | Free dental services to HIV patients. Office hours Monday-Saturday, 8:00am-5:00pm.                                                                                                                                                                                                                                                                               |
| <b>Women's Inter-Community AIDS Resource</b>            | 1608 SE Ankeny<br>Portland, OR 97214<br><b>Phone:</b> 503-238-4420            | Serves children & women affected by HIV/AIDS. Support groups, food bank, clothing, advocacy, and education.                                                                                                                                                                                                                                                      |



# RESOURCES GALORE

| Agency                                       | Contact Info                                                                                                                                     | Additional Information                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <b>Mental Health and Counseling Services</b> |                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Mental Health Agencies</b>                |                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>A Better Way Counseling</b>               | 818 NW 17th Ave<br>Portland, OR 97209<br><b>Phone:</b> 503-226-9061                                                                              | Works with eating disorders, provides individual family and group therapy, nutrition counseling, medical support and family support groups. Offers adolescent art therapy groups and movement and exercise specialists. Office hours Monday-Friday, 8:00am-8:00pm. No fee for support groups.                                                                                                                                                       |
| <b>Albertina Kerr Centers</b>                | 722 NE 162nd Ave<br>Portland, OR 97230<br><b>Phone:</b> 503-255-4205                                                                             | Provides services for adults and youth, including outpatient counseling services, early intervention and therapeutic preschool programs, psychiatric residential services, and services for children and adults with developmental disabilities. Also offers a Family Resource Center with a library and various activities and events. Accepts OHP and some private insurance.<br><a href="http://www.albertinakerr.org">www.albertinakerr.org</a> |
| <b>Alliance Counseling Center</b>            | 818 NW 17th Ave<br>Suite 3<br>Portland, OR 97209<br><b>Phone:</b> 503-221-4531                                                                   | Provides individual, group, family and couples counseling. Tailored to the financial resources of the client. Some private insurance billing, OHP and sliding fee scale. Free information and support groups for those with eating disorders. Equine Assistance Program is a short-term therapy model.<br><a href="http://www.alliancecounselingcenter.org">www.alliancecounselingcenter.org</a>                                                    |
| <b>Allies in Change Counseling Center</b>    | 3800 NE Sandy Blvd<br>Suite 123<br>Portland, OR 97232<br><br>1815 SW Marlow Ave<br>Suite 208<br>Portland, OR 97225<br><b>Phone:</b> 503-297-7979 | Individual and couples counseling, group counseling, men's abuse intervention groups, women's abuse recovery groups, and anger groups available. Some insurance billing and sliding fee scale available.                                                                                                                                                                                                                                            |



# RESOURCES GALORE

| Agency                                                                | Contact Info                                                                                  | Additional Information                                                                                                                                                                                                                                                                                                                                                                   |
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| <b>Mental Health and Counseling Services</b>                          |                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>American Foundation for Suicide Prevention Northwest Chapter</b>   | PO Box 25587<br>Portland, OR 97298<br><b>Phone:</b> 503-291-0373                              | Conducts suicide prevention presentations for schools and community groups. Assists survivors of suicide in accessing resources.                                                                                                                                                                                                                                                         |
| <b>Avel Gordly Center for Healing</b>                                 | 621 SW Alder<br>Suite 520<br>Portland, OR 97205<br><b>Phone:</b> 503-494-4745                 | Mental health services culturally responsive to the needs of African Americans. Offers individual, group and family therapy, outpatient addictions treatment, treatment for gambling addictions and case management.                                                                                                                                                                     |
| <b>Bienestar de la Familia</b>                                        | 6736 NE Killingsworth St<br>Suite 101<br>Portland, OR<br><b>Phone:</b> 503-988-3999<br>x29520 | Counseling and addiction services for Spanish speaking residents of Multnomah County.                                                                                                                                                                                                                                                                                                    |
| <b>Bridge City Counseling</b>                                         | 712 SE Hawthorne Blvd<br>Suite 100<br>Portland, OR 97214<br><b>Phone:</b> 503-954-2188        | Outpatient mental health counseling for children, families and adults. Psychiatric and medication management services available. Sliding scale and low fee intern counselor available.<br><a href="http://www.bridgecitycounseling.com">www.bridgecitycounseling.com</a>                                                                                                                 |
| <b>Caremark Behavioral Health Services</b>                            | 3001 N Gatenbein<br>Portland, OR 97227<br><b>Phone:</b> 503-413-4848                          | Inpatient psychiatric services for adults and adolescents at Emmanuel, Good Samaritan and Adventist hospitals. Specializing in crisis intervention, sex offender treatment, fire setting assessment, and sexual assault victims. Individual, group and family counseling. Adolescent outpatient for chemical dependency and mental health issues. 24 hour program; fees vary by service. |
| <b>CARES Northwest (Child Abuse Response and Evaluation Services)</b> | 2800 N Vancouver<br>Suite 201<br>Portland, OR 97227<br><b>Phone:</b> 503-276-9000             | Children referred because of concerns about child abuse or neglect. Safe environment for children's medical exams and interviews. Referrals to mental health services and other community interventions are also available.                                                                                                                                                              |



# RESOURCES GALORE

| Agency                                       | Contact Info                                                                                                                                                               | Additional Information                                                                                                                                                                                                                                                                                                                                                                                                   |
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| <b>Mental Health and Counseling Services</b> |                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Cascade AIDS Project (CAP)</b>            | 620 SW 5th Ave<br>Suite 300<br>Portland, OR 97204<br><b>Phone:</b> 503-223-5907                                                                                            | Located on the bus mall downtown between SW Alder and Morrison. Shelter, financial assistance, employment counseling, life skill education, and emotional support. No fee except for testing (\$20).                                                                                                                                                                                                                     |
| <b>Cascadia Behavioral Healthcare</b>        | 10373 NE Hancock St<br>Suite 200<br>Portland, OR 97220<br><br>24-Hour Walk-in Clinic:<br>2415 SE 43rd<br>Suite 100<br>Portland, OR 97206<br><br><b>Phone:</b> 503-674-7777 | Providing mental health services, crisis intervention, addictions treatment, case management and medication management to youth and adults with OHP. Some school-based services available. Also provides free services for those with gambling addictions. Transitional, secure residential and permanent housing for people with psychiatric challenges. <a href="http://www.cascadiabhbc.org">www.cascadiabhbc.org</a> |
| <b>ChristieCare</b>                          | Various sites.<br><br><b>Intake:</b> 1-888-982-2237                                                                                                                        | Assessment and evaluation, psychiatric assessments, psychiatric residential treatment services, educational services, stabilization and treatment services, sub-acute services, medication stabilization and management, transitional aged youth services and culturally specific residential services.                                                                                                                  |
| <b>Clackamas County Mental Health</b>        | <b>Phone:</b> 503-655 -8401                                                                                                                                                | 24-hour crisis line and comprehensive mental health services to county residents.                                                                                                                                                                                                                                                                                                                                        |
| <b>Clark County Crisis Line</b>              | <b>Phone:</b> 360-696-9560<br><b>Toll free:</b> 1-800-626-8137                                                                                                             | 24-hour crisis line in Clark County for residents experiencing a mental health emergency or emotional crisis.                                                                                                                                                                                                                                                                                                            |
| <b>Conexiones</b>                            | 3500 NE Martin Luther King Jr Blvd<br>Portland, OR 97212<br><b>Phone:</b> 503-235-8057                                                                                     | Bilingual Spanish/English counseling services for children, adolescents, and adults. Services include family and individual counseling, trauma counseling, parent training, and DV counseling. Some private insurance accepted. <a href="http://www.conexiones.us">www.conexiones.us</a>                                                                                                                                 |
| <b>Council for Prostitution Alternatives</b> | Confidential location<br><b>Phone:</b> 503-282-1082                                                                                                                        | Free services to those who are looking at alternatives to prostitution.                                                                                                                                                                                                                                                                                                                                                  |



## RESOURCES GALORE

| Agency                                                   | Contact Info                                                        | Additional Information                                                                                                                                                                                                                     |
|----------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mental Health and Counseling Services</b>             |                                                                     |                                                                                                                                                                                                                                            |
| <b>Counseling Center of Vancouver</b>                    | 521 E 33rd St<br>Vancouver, WA 98663<br><b>Phone:</b> 360-694-7046  | Counseling for children, adolescents, and adults for a range of emotional issues including depression, anxiety, adjustment disorders, behavioral problems, domestic violence, and sex abuse.                                               |
| <b>Counterpoint (Morrison Child and Family Services)</b> | 1718 NE 82nd<br>Portland, OR<br><b>Phone:</b> 503-252-2392          | Programs include outpatient, residential and day treatment services. Serves youth ages 4-18 who are displaying inappropriate sexual behavior. Case management, individual, family and group therapy available.                             |
| <b>Dads Against Discrimination</b>                       | 320 SW Stark St<br>Portland, OR 97204<br><b>Phone:</b> 503-222-1111 | Telephone crisis line, support and counseling services for fathers.                                                                                                                                                                        |
| <b>Dougy Center</b>                                      | PO Box 86852<br>Portland, OR 97286<br><b>Phone:</b> 503-775-5683    | Provides peer support for children, teens, young adults and families who have experienced the death of a loved one. Services also available in Spanish. Sites in Portland, Hillsboro and Canby.                                            |
| <b>Dual Diagnosis Anonymous of Oregon</b>                | <b>Phone:</b> 503-737-4126                                          | Program based on the 12-steps with an additional 5 steps that focus on dual diagnosis. Meetings are open. <a href="http://www.ddaoregon.com">www.ddaoregon.com</a>                                                                         |
| <b>Early Assessment and Support Alliance (EASA)</b>      | <b>Phone:</b> 503-988-3272                                          | The purpose of EASA is to identify youth (ages 15-25) with symptoms of psychosis as early as possible, and to provide the most effective support and treatment so they can be successful. Services available regardless of ability to pay. |
| <b>Early Childhood Outpatient Service</b>                | 11456 NE Knott<br>Portland, OR<br><b>Phone:</b> 503-256-3040        | Accepts clients with OHP or Medicaid. Also offers a sliding fee scale.                                                                                                                                                                     |
| <b>FamilyCare Inc.</b>                                   | <b>Phone:</b> 503-345-5703                                          | Member services for those covered by OHP FamilyCare. Contracted providers include Cascadia Behavioral Healthcare, LifeWorks NW, Morrison Child and Family Services and Western Psychological Services.                                     |



# RESOURCES GALORE

| Agency                                                                   | Contact Info                                                                                                       | Additional Information                                                                                                                                                                                                                                                                                                        |
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| <b>Mental Health and Counseling Services</b>                             |                                                                                                                    |                                                                                                                                                                                                                                                                                                                               |
| <b>Family Violence Intervention Program</b>                              | <b>Phone:</b> 503-846-3020                                                                                         | Individual and group counseling for adult domestic violence victims in Washington county.                                                                                                                                                                                                                                     |
| <b>Family Works</b>                                                      | 605 SE 39th Ave<br>Portland, OR 97214<br><b>Phone:</b> 503-256-2330                                                | Individual and family counseling services.                                                                                                                                                                                                                                                                                    |
| <b>Goose Hollow Mental Health/Parent Education and Support Workshops</b> | 1215 SW 18th Ave<br>Portland, OR 97205<br><b>Phone:</b> 503-224-1223                                               | Parent education and counseling for couples, individuals, children and adolescents. Special focus on relationships and parenting issues. Office hours Monday-Friday, 9:00am-7:pm. Sliding scale and private insurance.                                                                                                        |
| <b>Grief Watch</b>                                                       | 2116 NE 18th Ave<br>Portland, OR 97212<br><b>Phone:</b> 503-284-7426                                               | List of local support groups, online support groups and resources for adults dealing with various types of grief and loss. <a href="http://www.griefwatch.com">www.griefwatch.com</a>                                                                                                                                         |
| <b>Harry's Mother</b>                                                    | 738 NE Davis<br>Portland, OR 97232<br><b>Phone:</b> 503-542-4551<br><br><b>Crisis:</b> 503-233-8111                | Free counseling for youth ages 9-17 and their families. Provides crisis intervention, emergency shelter, and follow-up care. The program goal is to reunite youth with their families. Parental consent necessary for shelter but not for counseling.                                                                         |
| <b>Intercultural Psychiatric Program at OHSU</b>                         | 3181 SW Sam Jackson Park Rd<br>Portland, OR 97239<br><b>Phone:</b> 503-494-4222<br><br><b>Intake:</b> 503-494-6176 | Specializing in therapy and psychiatric services with youth and families from refugee and immigrant populations. Staff speaks the following languages: Amharic, Bosnian, Cambodian, Farsi, Iranian, Iraqi, Japanese, Kurdish, Lao, Mien, Oromo, Russian, Somali, Spanish, Swahili and Vietnamese. Most health plans accepted. |
| <b>Jewish Family and Child Services</b>                                  | 1130 SW Morrison St<br>Suite 316<br>Portland, OR 97205<br><b>Phone:</b> 503-226-7079                               | Provides counseling for individuals, couples, and families (children through senior citizens). Private insurance billing and sliding fee scale available.<br><a href="http://www.jfcs-portland.org">www.jfcs-portland.org</a>                                                                                                 |



# RESOURCES GALORE

| Agency                                               | Contact Info                                                                                                                           | Additional Information                                                                                                                                                                                                                                                                                                                                                                                         |
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| <b>Mental Health and Counseling Services</b>         |                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Kaiser Mental Health Services</b>                 | <b>Intake:</b> 503-249-3434<br><br><b>24 Hour Crisis Line:</b><br>503-331-6425<br><br><b>Member Concerns:</b><br>503-249-5636          | Kaiser intake is open 8:00am-5:30pm. Kaiser Emergency Psychiatric Services (crisis line) is managed by mental health clinicians who are available 24 hours a day, 7 days a week for Kaiser members.<br><a href="http://www.kaiserpermanente.org">www.kaiserpermanente.org</a>                                                                                                                                  |
| <b>Kartini Clinic</b>                                | 2800 N Vancouver<br>Suite 106<br>Portland, OR 97227<br><b>Phone:</b> 503-249-8851                                                      | Serves children and adolescents (ages 6 - 17) of the Pacific Northwest who suffer from eating disorders such as anorexia nervosa, bulimia, or binge eating disorders, as well as those whose disordered eating contributes to obesity or wasting. <a href="http://www.kartiniclinic.com">www.kartiniclinic.com</a>                                                                                             |
| <b>Kinship House</b>                                 | 1823 NE 8th<br>Portland, OR 97212<br><b>Phone:</b> 503-460-2796                                                                        | Offers individual therapy for children and adults, family therapy for foster and adoptive children and their families, therapy for prospective adoptive parents, specialized adult adoptee services, outreach and training, support groups and consultation. OHP accepted. <a href="http://www.kinshiphouse.org">www.kinshiphouse.org</a>                                                                      |
| <b>LifeWorks Northwest</b>                           | Various locations in Multnomah and Washington County<br><br><b>Intake:</b> 503-645-9010<br><br><b>Family Coaching:</b><br>503-627-9194 | Mental health and addiction services for people of all ages, cultural backgrounds and abilities. Accepts OHP, some private insurance and sliding scale. Free alcohol and drug assessments for youth. Outpatient and adolescent day treatment and residential services for pregnant women or moms. Family Coaching available in Washington County. <a href="http://www.lifeworksnw.org">www.lifeworksnw.org</a> |
| <b>Lotus (Council for Prostitution Alternatives)</b> | <b>Phone:</b> 503-282-1082                                                                                                             | Supports women and children affected by the sex industry. Services include case management, advocacy and counseling.                                                                                                                                                                                                                                                                                           |





# RESOURCES GALORE

| Agency                                                     | Contact Info                                                                                                                                                                                    | Additional Information                                                                                                                                                                                                                                                                                                                                                                    |
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| <b>Mental Health and Counseling Services</b>               |                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Lutheran Community Services NW</b>                      | 605 SE 39th Ave<br>Portland, OR 97214<br><b>Phone:</b> 503-231-7480                                                                                                                             | Individual, couple, family, multicultural and child counseling. OHP accepted.                                                                                                                                                                                                                                                                                                             |
| <b>Me, Too</b>                                             | PO Box 10796<br>Portland, OR 97296<br><b>Phone:</b> 503-220-1000                                                                                                                                | Free grief and bereavement support groups for children, teens and their adult guardians.<br><a href="http://www.oregonhospice.org">www.oregonhospice.org</a>                                                                                                                                                                                                                              |
| <b>Men's Resource Center</b>                               | 12 SE 14th<br>Portland, OR 97214<br><b>Phone:</b> 503-235-3433                                                                                                                                  | General counseling, DV violence intervention groups, men's counseling groups.                                                                                                                                                                                                                                                                                                             |
| <b>Morrison Child and Family Services</b>                  | 1500 NE Irving St<br>Suite 250<br>Portland, OR 97232<br><br>1818 SE Division<br>Portland, OR 97202<br><br>2951 NW Division<br>Suite 200<br>Gresham, OR 97030<br><br><b>Intake:</b> 503-542-3025 | Provides outpatient mental health services for youth as well as crisis intervention and case management. Offers alcohol and drug treatment, day treatment, and residential services. Also has special services for sexual offenders 19 and under.                                                                                                                                         |
| <b>Multnomah County Crisis Line</b>                        | <b>Phone:</b> 503-988-4888                                                                                                                                                                      | 24-hour brief counseling and referral service. Dispatches Project Respond and Crisis Prevention Outreach in mental health emergencies.                                                                                                                                                                                                                                                    |
| <b>Multnomah County School-Based Health Clinic Program</b> | Various locations<br><br><b>Phone:</b> 503-988-4424<br><br><b>Fax:</b> 503-988-4464                                                                                                             | 13 clinics provide services to youth, ages 5-21, who live in Multnomah County. Offers mental health services to those who are uninsured or covered by the Oregon Health Plan. Prescription medications and referrals to outside mental health providers available. Program materials available in multiple languages.<br><a href="http://www.mchealth.org/sbhc">www.mchealth.org/sbhc</a> |
| <b>NARA Indian Health Clinic</b>                           | 15 N Morris<br>Portland, OR 97227<br><b>Phone:</b> 503-230-9875                                                                                                                                 | No fee for Native Americans.                                                                                                                                                                                                                                                                                                                                                              |





# RESOURCES GALORE

| Agency                                                                    | Contact Info                                                                                                | Additional Information                                                                                                                                                                                                                                                                                                                                                                                        |
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| <b>Mental Health and Counseling Services</b>                              |                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>National Alliance for the Mentally Ill (NAMI) of Multnomah County</b>  | 524 NE 52nd Ave<br>Portland, OR 97213<br><b>Phone:</b> 503-228-5692<br><br><b>Toll free:</b> 1-800-343-6264 | Provides free NAMI Basics classes, information and referral to those suffering from severe mental illness and support groups for family and friends. Groups also available for those with major depression and Schizophrenia. Membership dues may be waived.<br><a href="http://www.nami.org/multnomah">www.nami.org/multnomah</a>                                                                            |
| <b>National Alliance for the Mentally Ill (NAMI) of Washington County</b> | 18680 SW Shaw St<br>Aloha, OR 97007<br><b>Phone:</b> 503-356-6835                                           | Support groups, educational classes, and resource library available. Program assists individuals living with mental illness and their families in navigating prescription assistance programs, medical care, and advocacy.                                                                                                                                                                                    |
| <b>National Suicide Prevention Lifeline</b>                               | <b>Phone:</b> 1-800-273-TALK                                                                                | Free and confidential 24-hour hotline available for those in a suicidal crisis or emotional distress.                                                                                                                                                                                                                                                                                                         |
| <b>NE Catholic Counseling Center</b>                                      | 8383 NE Sandy Blvd<br>Suite 205<br>Portland, OR<br><b>Phone:</b> 503-253-0964                               | Sliding scale available.                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>NorthStar</b>                                                          | 522 NE 52nd Ave<br>Portland, OR 97213<br><b>Phone:</b> 971-544-7485                                         | Mental health recovery program for adults living with mental illness. Supports members in employment, education, skill building and recreation.                                                                                                                                                                                                                                                               |
| <b>Northwest Behavioral Healthcare Services</b>                           | 18000 SE Webster Road<br>Gladstone, OR 97027<br><b>Phone:</b> 503-722-4470                                  | Secure adolescent residential treatment program for mental health, drug and alcohol and eating disorder issues. Serves youth 12-17 and their families. Drug and alcohol assessments available as a free service to the community. Accepts most major private insurance plans. Free Teen Recovery groups are available in the Portland area.<br><a href="http://www.northwestbhs.com">www.northwestbhs.com</a> |



## RESOURCES GALORE

| Agency                                                 | Contact Info                                                                                                  | Additional Information                                                                                                                                                                                                               |
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| <b>Mental Health and Counseling Services</b>           |                                                                                                               |                                                                                                                                                                                                                                      |
| <b>OHSU Behavioral Health Clinic</b>                   | 621 SW Alder St<br>Portland OR 97205<br><b>Phone:</b> 503-494-4745                                            | Adult outpatient treatment for an array of problems. Services include individual therapy, group therapy, marital and family therapy, psychiatric evaluation, and medication management.                                              |
| <b>OHSU Child and Adolescent Psychiatry Clinic</b>     | 3181 SW Sam Jackson Rd<br>Portland, OR 97201<br><b>Phone:</b> 503-418-5775<br><br><b>Intake:</b> 503-494-6176 | Mental health assessment and treatment for children and families experiencing behavior or emotional issues. Specializing in abuse evaluation and treatment, anxiety disorders, mood disorders, ADHD, and development disorders.      |
| <b>Options Counseling Services</b>                     | 2410 SE 121st Ave<br>Suite 216<br>Portland, OR 97216<br><b>Phone:</b> 503-335-5975                            | In-home services for children and families. Therapeutic and skills training services also available. OHP accepted.                                                                                                                   |
| <b>Oregon Mental Health Associates, Inc.</b>           | 5125 SW Macadam Ave<br>Suite 145<br>Portland, OR 97239<br><b>Phone:</b> 503-231-7854                          | Work with adolescents and adults specializing in Dialectical Behavior Therapy and depression/anxiety issues. Individual, group and family counseling available.                                                                      |
| <b>Oregon Partnership</b>                              | <b>Crisis:</b> 888-457-4838                                                                                   | Confidential help line for mental health crisis, suicide intervention and referral available for veterans 24 hours a day, 7 days a week.                                                                                             |
| <b>Oregon Warmline</b>                                 | <b>Phone:</b> 800-698-2392                                                                                    | Free call for Oregonians who want to speak to trained peers who have struggled with mental health issues, addictions, homelessness and related issues using the Intentional Peer Support model. Available 7 days a week. Hours vary. |
| <b>Outside In</b>                                      | 1132 SW 13th<br>Portland, OR<br><b>Phone:</b> 503-535-3800                                                    | Walk-in mental health services. Open Monday-Friday, 1:30pm-3:30pm.                                                                                                                                                                   |
| <b>Pacific University Psychological Service Center</b> | 511 SW 10th St<br>Suite 400<br>Portland, OR 97205<br><b>Phone:</b> 503-352-2400                               | Assessment for learning disabilities and ADD. Individual adults, children, couples, family and group therapy services available. Specialty clinic for anxiety disorders.                                                             |



## RESOURCES GALORE

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



Monica Parmley, LCSW

## RESOURCES GALORE

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



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                          | Contact Info                                                          | Additional Information                                                                                                                                                                                                                                           |
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| <b>Mental Health and Counseling Services</b>                    |                                                                       |                                                                                                                                                                                                                                                                  |
| <b>SOSSA (Speaking Out on Sibling Sexual Abuse)</b>             | PO Box 86244<br>Portland, OR 97286<br><b>Phone:</b> 503-956-3378      | SOSSA offers individual support and support groups for teen and adult survivors and non-offending family members of sibling sexual abuse. Also provides educational workshops for service providers.<br><a href="http://www.sossainfo.org">www.sossainfo.org</a> |
| <b>Trauma Intervention Programs of Portland/Vancouver (TIP)</b> | 4800 NE 122nd Ave<br>Portland, OR 97230<br><b>Phone:</b> 503-823-3937 | Trained volunteers called by hospitals and public safety personnel to assist family members after a sudden death, victims of a crime or witnesses to a tragedy. Volunteers available 24 hours a day, 7 days a week.                                              |
| <b>Trillium Family Services</b>                                 | <b>Phone:</b> 503-234-7332                                            | Counseling for children and their families. Some school-based services available. OHP accepted.                                                                                                                                                                  |
| <b>University Individual and Family Matters</b>                 | 12570 SW 69th Ave<br>Portland, OR 97223<br><b>Phone:</b> 503-554-6060 | Offers individual, family, couple and group therapy services with graduate interns. Sliding fee scale available.                                                                                                                                                 |
| <b>Urban League of Portland</b>                                 | 10 N Russell<br>Portland, OR 97227<br><b>Phone:</b> 503-280-2600      | Recreation, counseling, and advocacy services for youth and their families.                                                                                                                                                                                      |
| <b>Washington County Mental Health Crisis Line</b>              | <b>Phone:</b> 503-291-9111                                            | 24 hour crisis line for mental health emergencies.                                                                                                                                                                                                               |
| <b>Washington County Mental Health Services</b>                 | <b>Phone:</b> 503-291-9155<br><b>24 hour line:</b><br>503-291-8401    | Non-urgent information and referral for mental health and addiction treatment services.                                                                                                                                                                          |
| <b>Wellness Project</b>                                         | Vancouver, WA<br><b>Phone:</b> 360-798-2918                           | Free individual, group, couples and family counseling. Therapists, case managers, psychiatric prescribers, and nurses are available.                                                                                                                             |
| <b>Western Psychological</b>                                    | Various locations.<br><br><b>Phone:</b> 503-624-2600                  | Outpatient mental health services for children, adolescents and adults. Psychiatric services and psychological evaluations available.                                                                                                                            |
| <b>Westside Youth &amp; Family Services</b>                     | 7688 SW Capital Hwy<br>Portland, OR<br><b>Phone:</b> 503-244-2292     | Counseling services for youth and families.                                                                                                                                                                                                                      |



# RESOURCES GALORE

| Agency                                       | Contact Info                                                                          | Additional Information                                                                                                                                                                                                                                                                                                                                                                   |
|----------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mental Health and Counseling Services</b> |                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>William Temple House</b>                  | 2923 NW Hoyt<br>Portland, OR 97232<br><b>Phone:</b> 503-226-3021                      | Provides free counseling and social services.                                                                                                                                                                                                                                                                                                                                            |
| <b>Women's Counseling Center</b>             | 12 SE 14th<br>Portland, OR 97214<br><b>Phone:</b> 503-235-4050                        | Individual and group counseling for women; specializing in domestic violence, abuse issues, recovery, healing and support. Anger management classes also offered.                                                                                                                                                                                                                        |
| <b>Youth Contact</b>                         | 447 SE Baseline<br>Hillsboro, OR 97123<br><b>Phone:</b> 503-640-4222                  | Outpatient child and family counseling. Drug testing available. School based services available throughout Washington County.                                                                                                                                                                                                                                                            |
| <b>Private Counseling Providers</b>          |                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Alicia Richards, LCSW</b>                 | 5404 N Montana<br>Portland, OR 97217<br><b>Phone:</b> 503-232-0969 x1                 | Works with individuals, couples, adolescents and families dealing with issues like depression, anxiety, attachment, sexuality, and divorce or separation. Bills ODS and Blue Cross Blue Shield and accepts private pay.                                                                                                                                                                  |
| <b>Allison Rider, MC, LPC, NCC</b>           | 4900 SW Griffith Dr<br>Suite 261<br>Beaverton, OR 97005<br><b>Phone:</b> 503-804-1285 | Works with adult individuals (both men and women) and couples. Specializes in relationship issues, depression and anxiety, addictions and co-dependency. Many types of insurance accepted.                                                                                                                                                                                               |
| <b>Amy Swift, LCSW</b>                       | 1605 NE Broadway St<br>Portland, OR 97232<br><b>Phone:</b> 503-331-8156               | Specializes in working with girls.                                                                                                                                                                                                                                                                                                                                                       |
| <b>Anna Booth, MA, CADC I</b>                | 5932 NE Glisan St<br>Portland, OR 97213<br><b>Phone:</b> 503-421-0152                 | Offers assessments (mental health and addictions), individual, family and group therapy. Works with issues including divorce, parent/child conflict, loss, anger, anxiety, bullying, peer pressure, drugs and alcohol, depression, body image and sexual and gender identity. Fees range from \$40-\$60.<br><a href="http://www.annaboothcounseling.com">www.annaboothcounseling.com</a> |



## RESOURCES GALORE

| Agency                                       | Contact Info                                                                          | Additional Information                                                                                                                                                                                                                                                                                                                                                       |
|----------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mental Health and Counseling Services</b> |                                                                                       |                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Bridget Geraghty, LCSW</b>                | 5404 N Montana<br>Portland, OR 97217<br><b>Phone:</b> 503-367-0882                    | Specializes in working with children (6 and above), teens and families dealing with issues like depression, anxiety, attachment, sexuality, and divorce or separation. Bills ODS and Blue Cross Blue Shield and accepts private pay.                                                                                                                                         |
| <b>Cherie Masshardt, LCSW</b>                | 2607 SE Hawthorne Blvd<br>Suite H<br>Portland, OR 97214<br><b>Phone:</b> 503-502-2037 | Individual, family, and group counseling and trainings. Specialties: Play therapy, sand tray, grief, terminal illness, cancer, family change (separation, divorce, foster care, adoption). Some insurance billing and sliding scale available. <a href="http://www.healingjourneyoftheheart.com">www.healingjourneyoftheheart.com</a>                                        |
| <b>Danelle Chapman, MS</b>                   | 2125 N Willis<br>Portland, OR 97217<br><b>Phone:</b> 503-516-5095                     | Counseling for individuals, families, adolescents and children. Specialties: Working with families, children and teens struggling behaviorally and academically in school. \$40 per session.                                                                                                                                                                                 |
| <b>devora moon holland, LCSW</b>             | 5404 N Montana<br>Portland, OR 97217<br><b>Phone:</b> 503-310-8178                    | Services offered in Spanish or English. Provides counseling for adolescents and their parents as well as individual adults and couples. Conducts mental health evaluations for immigration cases and training on cultural competency. Accepts Blue Cross Blue Shield, Reliant Behavioral Health, and ODS. <a href="http://www.fluidcommunity.net">www.fluidcommunity.net</a> |
| <b>Heidi Thomas, MA</b>                      | 4605 NE Fremont<br>Suite 210C<br>Portland, OR 97213<br><b>Phone:</b> 503-407-8955     | Individual, couple and family counseling. Specializes in Autism Spectrum Disorders.                                                                                                                                                                                                                                                                                          |
| <b>Howard Hiton, MS, LPC</b>                 | 516 SE Morrison St<br>Suite 405<br>Portland, OR 97214<br><b>Phone:</b> 503-234-6972   | Works with children, teens and adults individually and with their families. Specializes in managing depression and anxiety, school struggles, family conflicts, adjusting to divorce and substance abuse. <a href="http://www.hitonassociates.net">www.hitonassociates.net</a>                                                                                               |





## RESOURCES GALORE

| Agency                                       | Contact Info                                                                              | Additional Information                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <b>Mental Health and Counseling Services</b> |                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Jeni Felker, PsyD</b>                     | 4900 SW Griffith Dr<br>Suite 235<br>Beaverton, OR 97005<br><b>Phone:</b> 503-936-2555     | Counseling for children, adolescents and women. Women's support group also available. Specializes in working with stepfamilies. Some insurance accepted. Evening appointments available. <a href="http://www.drjenifelkerpsyd.com">www.drjenifelkerpsyd.com</a>                                                                                                                                                                         |
| <b>John Deihl, LCSW</b>                      | 4900 SW Griffith Dr<br>Suite 239<br>Beaverton, OR 97005<br><b>Phone:</b> 503-520-9977     | Specializes in working with children, youth and families. Some insurance billing available.                                                                                                                                                                                                                                                                                                                                             |
| <b>John Wolfe, LCSW</b>                      | 2306 NE Glisan<br>Suite 200<br>Portland, OR 97212<br><b>Phone:</b> 503-702-9259           | Services offered to adolescents and adults. Works with multicultural individuals, people of color, blended families, LGBTQ couples and individuals. Accepts Blue Cross Blue Shield, Cascade Health, Great-West, Kaiser, LifeWise and ODS and a sliding fee scale is available.                                                                                                                                                          |
| <b>Julie Jorgensen</b>                       | 7929 SW 37th Ave<br>Suite D<br>Portland, OR 97219<br><b>Phone:</b> 503-577-3621           | Specializes in behavioral problems, parenting, trauma, anxiety, transition, loss, attachment, Collaborative Problem Solving, play and art therapy. Provides individual and family therapy and serves early childhood through teens. Fee for private pay is \$90 per hour.                                                                                                                                                               |
| <b>Julie Prindle, LCSW</b>                   | 820 NW 21st Ave<br>Suite B<br>Portland, OR 97209<br><b>Phone:</b> 503-975-4898            | Counseling for adolescents, individuals, couples and families. <a href="http://www.collaborativealliancecounseling.com">www.collaborativealliancecounseling.com</a>                                                                                                                                                                                                                                                                     |
| <b>Kameron Dill, PsyD</b>                    | 8440 SE Sunnybrook Blvd<br>Suite 120<br>Clackamas, OR 97015<br><b>Phone:</b> 503-653-0631 | Individual, family and group counseling available for \$40/hour. Specializes in issues related to child behavior challenges, sleep problems, adjustment disorders, habit/tic disorders, anxiety, depression, family adjustment, chronic illness, obesity, ADHD, learning difficulties, school difficulties and developmental disabilities. Testing also available. <a href="http://www.sundstromclinic.com">www.sundstromclinic.com</a> |



# RESOURCES GALORE

| Agency                                       | Contact Info                                                                                      | Additional Information                                                                                                                                                                                                                                                                       |
|----------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mental Health and Counseling Services</b> |                                                                                                   |                                                                                                                                                                                                                                                                                              |
| <b>Kathleen Macdonald, MA</b>                | 7440 SW Hunziker St<br>Suite A<br>Tigard, OR 97223<br><b>Phone:</b> 971-404-7192                  | Counsels adolescents, adults, couples, and families. Specializes in relationship issues, depression, anxiety, parenting, divorce, trauma and grief/loss. Fees range from \$50-\$70 per session or sliding fee scale.                                                                         |
| <b>Lisa Loewenthal, MSW, CSWA</b>            | 2100 NE Broadway<br>Suite 225<br>Portland, OR 97232<br><b>Phone:</b> 503-896-4499                 | Serves adults, couples, children and families. Specializes in crisis, trauma and addiction issues. LGBTQ friendly. Sliding fee scale available.                                                                                                                                              |
| <b>Lisa Race, LCSW</b>                       | 420 South State St<br>Lake Oswego, OR 97034<br><b>Phone:</b> 503-624-5705                         | Specializes in trauma work from a holistic perspective. Primarily works with parents and middle school aged students as well as LGBTQ youth and adults. Private pay and sliding fee scale available.                                                                                         |
| <b>Lynn Knope, PsyD</b>                      | 8305 SE Monterey<br>Suite 219<br>Portland, OR 97266<br><b>Phone:</b> 503-223-6183                 | Specializes in play therapy with children under 12. Individual, family and group counseling services for all ages. Bills some insurances and sliding fee scale available.                                                                                                                    |
| <b>Martha Corona, LCSW</b>                   | 5404 N Montana<br>Portland, OR 97217<br><b>Phone:</b> 503-501-8047                                | Native Spanish speaker who works with school-aged children and families dealing with trauma, sex abuse, human trafficking, and ADHD. Accepts Blue Cross Blue Shield, Aetna, ODS and Kaiser.                                                                                                  |
| <b>MereAnn Reid, MA</b>                      | Northwest Adoption Support<br>909 N. Beech St<br>Portland, OR 97227<br><b>Phone:</b> 971-533-0228 | Offers individual and family counseling and post-adoption services, adoptive parent support group, life story book group, and consultation. Sessions are \$60/hour. Sliding fee scale available.<br><a href="http://www.northwestadoptionssupport.com">www.northwestadoptionssupport.com</a> |
| <b>Michele Gilson, LCSW</b>                  | 2455 NW Marshall St<br>Suite 7A<br>Portland, OR 97210<br><b>Phone:</b> 503-349-4435               | Specializes in trauma, abuse, depression, anxiety, post-traumatic stress, addictions, eating disorders and difficult relationships for ages 14-Senior. Sliding scale and some insurance accepted.                                                                                            |



## RESOURCES GALORE

| Agency                                       | Contact Info                                                                                                                 | Additional Information                                                                                                                                                                                                                                                                                                                              |
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| <b>Mental Health and Counseling Services</b> |                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                     |
| <b>Mike Chapman, LPC, CADC III</b>           | Northwest Passages<br>5331 SW Macadam Ave<br>Suite 363<br>Portland, OR 97239<br><b>Phone:</b> 503-858-8770                   | Counsels adolescents and their families with drug or alcohol issues as well as those dealing with depression, anxiety, ADHD, court involvement and family challenges.<br><a href="http://www.northwestpassages.com">www.northwestpassages.com</a>                                                                                                   |
| <b>Monica Parmley, LCSW</b>                  | Foundations Counseling & Consultation Services<br>500 Abernethy Rd #6<br>Oregon City, OR 97045<br><b>Phone:</b> 503-481-2515 | Serves children, adolescents and families dealing with issues such as depression, anxiety, stress, grief/loss, divorce, self-harm, suicidal ideation, school issues and adoption/foster care. Some insurance billing and sliding scale available.                                                                                                   |
| <b>Nate Bagley, LPC</b>                      | 712 SE Hawthorne Blvd<br>Suite 100<br>Portland, OR 97214<br><b>Phone:</b> 503-545-5329                                       | Serves children, adolescents, families and individual adults. Specializes in trauma, sexual abuse, depression and anxiety. Groups for kids with separating or divorced parents. Many types of insurance accepted, including Aetna and Crime Victims Compensation.<br><a href="http://www.natebagleycounseling.com">www.natebagleycounseling.com</a> |
| <b>Paige Hirt, MA, CADC I</b>                | Foundations Counseling & Consultation Services<br>500 Abernethy Rd #6<br>Oregon City, OR 97045<br><b>Phone:</b> 503-953-5769 | Counseling available for children, adolescents, families and adults. Specializes in adolescent addictions, Cognitive-Behavioral Therapy (CBT), depression, anxiety, parenting, suicidality and drug/alcohol education. Sliding fee scale available.                                                                                                 |
| <b>Pam Crow, LCSW</b>                        | 823 NE Broadway<br>Suite 2B<br>Portland, OR 97232<br><b>Phone:</b> 503-281-0085                                              | Specializes in trauma, play therapy, art therapy and sand tray with adults and children. Some insurance accepted. Sliding fee scale available.                                                                                                                                                                                                      |
| <b>Paul Stretch, LCSW</b>                    | 5404 N Montana<br>Portland, OR 97217<br><b>Phone:</b> 503-232-0969                                                           | Serves adolescents and adults dealing with trauma, sexual abuse, depression and anxiety. Also provides evaluations in immigration cases. Services offered in English and Spanish. Bills Blue Cross Blue Shield, Great West, and Kaiser.                                                                                                             |



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                       | Contact Info                                                                | Additional Information                                                                                                                                                                                                                                                                                                    |
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| <b>Mental Health and Counseling Services</b> |                                                                             |                                                                                                                                                                                                                                                                                                                           |
| <b>Peggy Van Duyne, LPC</b>                  | 5932 NE Glisan<br>Portland, OR 97213<br><b>Phone:</b> 503-956-4506          | Diversity oriented and GLBTQ friendly. Specializes in working with adolescents and college-aged adults dealing with grief/loss, alcohol/drug treatment, academic success, anxiety and depression. Groups for adolescent girls also available. Charges \$65/hour or sliding fee scale.                                     |
| <b>Rachael Berkeley, LCSW</b>                | 5404 N Montana<br>Portland, OR 97217<br><b>Phone:</b> 503-309-2368          | Specializes in working with children ages 4 and up and families around parenting issues, abuse and trauma. Private pay and sliding fee scale available.                                                                                                                                                                   |
| <b>Reid Vanderburgh, MA, LMFT</b>            | 4115 N Mississippi Ave<br>Portland, OR 97217<br><b>Phone:</b> 503-341-7001  | Therapeutic services to people undergoing major life transformations, grief/loss, chronic illness, shifting sexual orientation and transgender issues. Provides consultation and educational services about gender identity and transgender issues.<br><a href="http://www.transtherapist.com">www.transtherapist.com</a> |
| <b>Richard Colman, PhD</b>                   | 5441 SW Macadam Ave<br>Portland, OR 97239<br><b>Phone:</b> 503-227-4007     | Specializes in ADHD, Aspergers Syndrome, and Autism.                                                                                                                                                                                                                                                                      |
| <b>Sally Adelman, LCSW</b>                   | 3434 SW Kelly<br>Portland, OR 97239<br><b>Phone:</b> 503-348-9811           | Specializes in individual, group, and family therapy, grief and loss, adolescent issues, GLBTQ populations, anxiety and depression. Bills some insurance and has sliding fee scale.                                                                                                                                       |
| <b>Sara Penner, LCSW</b>                     | 1820 SW Vermont St<br>Suite H<br>Portland, OR<br><b>Phone:</b> 503-320-8753 | Child and family therapy for \$95/session. Specializes in working with those who have experienced trauma as well as the adoption triad. Out of network insurance billing available.                                                                                                                                       |
| <b>Sarah Ruhl, LCSW</b>                      | 650 Officer's Row<br>Suite B<br>Vancouver, WA<br><b>Phone:</b> 360-931-0113 | Counseling for children, teens, families, adults and groups. Insurance billing available.                                                                                                                                                                                                                                 |



# RESOURCES GALORE

| Agency                                       | Contact Info                                                                                          | Additional Information                                                                                                                                                                                                                                                                                                                                                                                           |
|----------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mental Health and Counseling Services</b> |                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Stacy Hartline, RN, PMHNP-BC</b>          | 712 SE Hawthorne Blvd<br>Suite 100<br>Portland, OR 97214<br><b>Phone:</b> 503-954-2188                | Assists children and adults with recovery from insomnia, mood problems, psychosis, and eating disorders. Assessment and recovery options may include prescribing medications, nutrition, exercise and collaboration with other providers. Some sliding scale services available.<br><a href="http://www.bridgecitycounseling.com">www.bridgecitycounseling.com</a>                                               |
| <b>Stephen Grant, LCSW</b>                   | Clarity Counseling<br>2306 NE Glisan<br>Suite 200<br>Portland, OR 97212<br><b>Phone:</b> 503-752-9943 | Counseling for individuals, couples, children, or families. Specializes in working with boys and the African American community. Sliding scale and some insurance billing for Blue Cross Blue Shield available.<br><a href="http://www.claritycounseling.org">www.claritycounseling.org</a>                                                                                                                      |
| <b>Stuart Jackson, LCSW</b>                  | 5331 SW Macadam Ave<br>Suite 363<br>Portland, Oregon 97239<br><b>Phone:</b> 503-803-1250              | Individual, family, and couples therapy for issues including depression, anxiety, trauma, addiction, relationship and parenting concerns, sexuality, grief and loss, medical problems, school and learning-related problems and life transitions. Specialties also include working with education issues, as well as blended families and divorcing, or post-divorce families. Some insurance billing available. |
| <b>Susan Danehy, LPC</b>                     | 423 NE 60th Ave<br>Portland, OR 97213<br><b>Phone:</b> 503-995-5264                                   | Individual, couples, and family counseling. Specialties: Grief & loss, sexual abuse/trauma, depression and relational issues. Fees are \$75/individuals and couples and \$90 for families. Sliding fee scale available.<br><a href="http://www.danehytherapy.com">www.danehytherapy.com</a>                                                                                                                      |
| <b>Susie Snyder, LCSW</b>                    | 5616 SE Hawthorne Blvd<br>Portland, OR 97215<br><b>Phone:</b> 503-233-2442                            | Counseling for children, teens, families, and adults.                                                                                                                                                                                                                                                                                                                                                            |



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                       | Contact Info                                                                         | Additional Information                                                                                                                                                                                                                                                                                         |
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| <b>Mental Health and Counseling Services</b> |                                                                                      |                                                                                                                                                                                                                                                                                                                |
| <b>Theresa Page, MA</b>                      | 2538 NE Broadway<br>Suite C<br>Portland, OR 97232<br><b>Phone:</b> 503-282-8600      | Therapy for children, families, and groups and parent education. Specialties: Play therapy, adoption, adolescent addiction, ADHD, depression, ODD, PTSD, physical and sexual abuse.                                                                                                                            |
| <b>Todd Nicholson, MS</b>                    | 3701 SE Milwaukie Ave<br>Suite C<br>Portland, OR 97202<br><b>Phone:</b> 503-314-7801 | Parent coaching and counseling for children and adolescents. Specializes in play therapy, anxiety, depression, anger management, selective mutism, foster care and adoption issues, grief, adjustment and family conflict.<br><a href="http://www.pinnaclefamconsulting.com">www.pinnaclefamconsulting.com</a> |
| <b>Vivian Coles, LPC</b>                     | 2732 NE Broadway St<br>Portland, OR 97232<br><b>Phone:</b> 503-202-5424              | Specializes in EMDR (eye movement desensitization reprocessing), trauma, anxiety, divorce or relationship issues. Also utilizes play therapy and art therapy. Works with adults and children. Sliding scale and some insurance accepted.                                                                       |
| <b>Well</b>                                  | 3800 NE Sandy Blvd<br>Suite 124<br>Portland, OR 97232<br><b>Phone:</b> 503-936-0427  | Therapists Nina Danielsen, MS and Leticia Sainz, MA serve individuals, couples, families, children and teens. Free 30-minute consultations available for new clients. No insurance billing. Sliding fee scale available.<br><a href="http://www.wellcounseling.com">www.wellcounseling.com</a>                 |
| <b>Wise Counsel &amp; Comfort</b>            | Various locations.<br><br><b>Phone:</b> 503-282-0182                                 | Website lists a number of private therapists and their specialties.<br><a href="http://www.portland-therapist.com">www.portland-therapist.com</a> .                                                                                                                                                            |



Monica Parmley, LCSW

## RESOURCES GALORE

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





Monica Parmley, LCSW

## RESOURCES GALORE

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



# RESOURCES GALORE

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



# RESOURCES GALORE

| Agency                                                                    | Contact Info                                                                      | Additional Information                                                                                                                                                                                                                                                                                                                                         |
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| <b>Parenting Resources</b>                                                |                                                                                   |                                                                                                                                                                                                                                                                                                                                                                |
| <b>211 Info</b>                                                           | 621 SW Alder St<br>Suite 810<br>Portland, OR 97205<br><b>Phone:</b> 503-222-5555  | Locate local emergency services.<br><a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>                                                                                                                                                                                                                                                           |
| <b>Adoption Mosaic</b>                                                    | PO Box 18102<br>Portland, OR 97218<br><b>Phone:</b> 971-533-0102                  | Workshops, support groups and resource library for individuals and families who are a part of the transracial adoption community.                                                                                                                                                                                                                              |
| <b>Adventist Medical Center</b>                                           | <b>Phone:</b> 503-256-4000                                                        | Group for moms with babies 0-4 months and 4-12 months. Provides socialization with other moms, troubleshooting, weight checks and help with lactation issues, etc. Cost: \$30 for 6 weeks.                                                                                                                                                                     |
| <b>Baby Blues Connection</b>                                              | <b>Phone:</b> 503-797-2843                                                        | Volunteer group providing information and support to postpartum mothers and families.<br><a href="http://www.babybluesconnection.org">www.babybluesconnection.org</a>                                                                                                                                                                                          |
| <b>Beaverton Family Resource Center</b>                                   | 16550 SW Merlo Rd<br>Beaverton, OR 97006<br><b>Phone:</b> 503-591-4176            | Open Monday-Friday, 8:00am-4:00pm. Offers free information and referral services to families in the Beaverton School District.                                                                                                                                                                                                                                 |
| <b>Boys and Girls Town Hotline</b>                                        | <b>Phone:</b> 1-800-448-3000                                                      | Hotline offering parent support.                                                                                                                                                                                                                                                                                                                               |
| <b>Center for Family and Adolescent Research (CFAR)</b>                   | 729 NE Oregon St<br>Suite 150<br>Portland, OR 97232<br><b>Phone:</b> 503-243-1065 | Power of Parents (POP) is a counseling and support group for parents or guardians of youth (ages 14-20) who are using drugs but refusing counseling. Open Monday-Thursday, 9:00am-8:00pm and Friday, 9:00am-5:00pm. Call to determine research eligibility. All services are free.<br><a href="http://www.ori.org/cfar/portland">www.ori.org/cfar/portland</a> |
| <b>Center for Family Success (Project of Children's Justice Alliance)</b> | 8010 N Charleston<br>Portland, OR<br><b>Phone:</b> 503-286-0600                   | "Parenting Inside Out" curriculum for parents/caregivers of children of all ages involved in DHS and the criminal justice system. No fees. Group meets for 12 weeks for 4 hours per week.                                                                                                                                                                      |



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                 | Contact Info                                                              | Additional Information                                                                                                                                                                                                                                                                                                                                           |
|--------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Parenting Resources</b>                             |                                                                           |                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Children's Home Society of Washington</b>           | 1112 Columbia St<br>Vancouver, WA<br><b>Phone:</b> 360-695-1325           | Weekly drop-in groups available to any parent or caregiver. No registration or fees. Childcare available.                                                                                                                                                                                                                                                        |
| <b>Emanuel Hospital Collaborative Problem Solving</b>  | 3001 N Gantenbein Ave<br>Portland, OR 97227<br><b>Phone:</b> 503-413-4844 | Free classes and support group for parents/caregivers of children and teens with behavioral problems. Held Monday evenings from 6:00pm-7:30pm at Caremark Behavioral Health Services (1st floor conference room).                                                                                                                                                |
| <b>Family Relief Nursery (Volunteers of America)</b>   | <b>Phone:</b> 503-236-8492                                                | Offers a 16-week parenting course. Parents and children attend a weekly 4-hour session, including play lab sessions. Parents also receive instruction on parenting topics, receive individual coaching and participate in group discussions.                                                                                                                     |
| <b>Family Resource Center (Albertina Kerr Centers)</b> | 722 NE 162nd Ave<br>Portland, OR 97230<br><b>Phone:</b> 503-255-4205      | The Family Resource Center is a safe place for families who are raising a child who has mental health and behavioral challenges. Families may gather for peer support and hold family activities and events. An extensive resource library is also available with accessible free materials.<br><a href="http://www.albertinakerr.org">www.albertinakerr.org</a> |
| <b>Full Esteem Ahead</b>                               | 2828 NE Alberta<br>Portland, OR 97211<br><b>Phone:</b> 503-282-7973       | Offers seminars and classes that provide insights to supporting kids as they move from being children through adolescents and into adulthood.<br><a href="http://www.fullesteemahead.org">www.fullesteemahead.org</a>                                                                                                                                            |
| <b>Hillsboro Family Resource Center</b>                | 222 NE 6th Ave<br>Hillsboro, OR 97124<br><b>Phone:</b> 503-844-1063       | Located in the basement of JB Thomas Middle School. Food, clothing and referrals to social services. Services are free to residents of Washington County. Open Monday-Thursday.                                                                                                                                                                                  |



# RESOURCES GALORE

| Agency                                                          | Contact Info                                                                                                                        | Additional Information                                                                                                                                                                                                                                                                                                                                                                                         |
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| <b>Parenting Resources</b>                                      |                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Impact Northwest Parent Child Development Program (PCDS)</b> | 7211 SE 62nd Ave<br>Portland, OR 97206<br><b>Phone:</b> 503-988-5961                                                                | Serves families with children 0-5 years. Provides age and developmentally appropriate educational guidance and support services, Parents as Teachers home visits, play groups, developmental screenings and case management.                                                                                                                                                                                   |
| <b>Insights Teen Parent Program</b>                             | 2020 SE Powell Blvd<br>Portland, OR 97211<br><b>Phone:</b> 503-239-6996                                                             | Provides counseling, support groups, education, and child care for pregnant and parenting teens.                                                                                                                                                                                                                                                                                                               |
| <b>Jewish Family and Child Services</b>                         | 1130 SW Morrison St<br>Suite 316<br>Portland, OR 97205<br><b>Phone:</b> 503-226-7079                                                | Side by Side parent coaching services. Includes office and home visits and phone consultation. Private pay and sliding fee scale available. <a href="http://www.jfcs-portland.org">www.jfcs-portland.org</a>                                                                                                                                                                                                   |
| <b>Kids' Turn</b>                                               | <b>Phone:</b> 503-846-0665                                                                                                          | Psychoeducational groups for parents in the process of divorce or custody changes and their children ages 5-16 in Washington County.                                                                                                                                                                                                                                                                           |
| <b>LifeWorks Northwest</b>                                      | Various locations in Multnomah and Washington County<br><br><b>Intake:</b> 503-645-9010<br><br><b>Family Coaching:</b> 503-627-9194 | Mental health and addiction services for people of all ages, cultural backgrounds and abilities. Accepts OHP, some private insurance and sliding scale. Free alcohol and drug assessments for youth. Outpatient and adolescent day treatment and residential services for pregnant women or moms. Family Coaching available in Washington County. <a href="http://www.lifeworksnw.org">www.lifeworksnw.org</a> |
| <b>Metropolitan Family Service (MFS)</b>                        | 1808 SE Belmont St<br>Portland, Oregon 97214<br><b>Phone:</b> 503-232-0007                                                          | Offers 13-week "Make Parenting A Pleasure" classes for parents with children birth to 8 years old.                                                                                                                                                                                                                                                                                                             |
| <b>Neighborhood House Oregon Pre-Kindergarten Program</b>       | 3445 SW Moss St<br>Portland, OR 97219<br><b>Phone:</b> 503-432-6746                                                                 | Open Monday-Friday, 8:00am-5:00pm. Free services for children ages 0- 5. Weekly home visits and groups for parents with kids 0-3. Half-day preschool for ages 3-5. Must meet income guidelines and live in West Multnomah County or have a child in childcare in North Portland.                                                                                                                               |



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                      | Contact Info                                                                                                | Additional Information                                                                                                                                                                                                                                                                                                                                                                                        |
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| <b>Parenting Resources</b>                                  |                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Neighborhood House Parenting Program</b>                 | Markham Elementary<br>10531 SW Capitol Hwy<br>Portland, OR 97219<br><b>Phone:</b> 971-244-0148              | Free parent/child play groups for children 0-5 on Tuesdays, 9:30am-11:00am. Topics covered include child development, brain development, developmental screening, and school readiness.                                                                                                                                                                                                                       |
| <b>New Avenues for Youth</b>                                | 812 SW 10th Ave<br>Portland, OR 97205<br><b>Phone:</b> 503-224-4339<br><br><b>Toll free:</b> 1-800-995-7936 | Serves homeless teens, at-risk youth, and young adults aged 12-22. Youth Parenting Course teaches youth about child development, nutrition and baby care. Case management, parent education and support services for pregnant and parenting teens. Some funding for subsidized housing available.                                                                                                             |
| <b>Northwest Adoptive Families Association, Inc. (NAFA)</b> | PO Box 25355<br>Portland, OR 97298<br><b>Phone:</b> 503-243-1356                                            | NAFA provides support to adoptive families through social, educational and cultural events. Website provides information about adoption resources.<br><a href="http://www.nafaonline.org">www.nafaonline.org</a>                                                                                                                                                                                              |
| <b>Northwest Behavioral Healthcare Services</b>             | 18000 SE Webster Road<br>Gladstone, OR 97027<br><b>Phone:</b> 503-722-4470                                  | Secure adolescent residential treatment program for mental health, drug and alcohol and eating disorder issues. Serves youth 12-17 and their families. Drug and alcohol assessments available as a free service to the community. Accepts most major private insurance plans. Free Teen Recovery groups are available in the Portland area.<br><a href="http://www.northwestbhs.com">www.northwestbhs.com</a> |
| <b>Northwest Families</b>                                   | <a href="http://www.northwestfamilies.org">www.northwestfamilies.org</a>                                    | Website provides thorough information on activities, books, events and resources for families.                                                                                                                                                                                                                                                                                                                |
| <b>NW Attachment Parenting</b>                              | Kennedy School<br>Community Room<br>8736 NE 33rd Ave<br>Portland, OR<br><b>Phone:</b> 503-234-6004          | Provides two support and play groups each week for parents and children ages five and under.<br><a href="http://www.nw-ap.org">www.nw-ap.org</a>                                                                                                                                                                                                                                                              |



## RESOURCES GALORE

| Agency                                               | Contact Info                                                                                                            | Additional Information                                                                                                                                                                                                                                                                                                                                                                                          |
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| <b>Parenting Resources</b>                           |                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Oregon Family Support Network (OFSN)</b>          | PO Box 324<br>Marylhurst, OR 97036<br><b>Phone:</b> 1-800-323-8521                                                      | Offers support groups, classes and information/referral for parents and caregivers of children and adolescents with special needs, including emotional, behavioral, mental and/or physical challenges. <a href="http://www.ofsn.com">www.ofsn.com</a>                                                                                                                                                           |
| <b>Oregon Parent Training and Information Center</b> | 2288 Liberty St NE<br>Salem, OR 97301<br><b>Phone:</b> 1-888-505-2673<br><br><b>Helpline:</b> 1-888-891-6784            | Serves parents of children ages birth-26 with disabilities or suspected disabilities as well as children with emotional or behavioral problems. Offers a lending library, trainings, information and referrals. Open 9:00am-4:00pm.                                                                                                                                                                             |
| <b>Oregon Post-Adoption Resource Center (ORPARC)</b> | 2950 SE Stark St<br>Suite 130<br>Portland, OR 97214<br><b>Phone:</b> 503-241-0799<br><br><b>Toll free:</b> 800-764-8367 | Free information, referral, consultation, resource library, education and advocacy for Oregon DHS adoptive and assisted guardianship families. <a href="http://www.orparc.org">www.orparc.org</a>                                                                                                                                                                                                               |
| <b>Parent Coaching Institute (PCI)</b>               | <b>Phone:</b> 206-654-2994                                                                                              | Call or visit website for a list of parent coaches or call for a referral based on specialty area or location. <a href="http://www.thepci.com">www.thepci.com</a>                                                                                                                                                                                                                                               |
| <b>Parenting Connections: The R.A.F.T.</b>           | PO Box 90822<br>Portland, OR 97290<br><b>Phone:</b> 503-761-4686                                                        | Faith-based organization provides a support network to relative, adoptive, and foster families, which include training, support and connections to resources. <a href="http://www.pctheraft.org">www.pctheraft.org</a>                                                                                                                                                                                          |
| <b>Parents Anonymous</b>                             | <b>Phone:</b> 503-258-4557                                                                                              | A parent support line which provides emotional support and crisis intervention for parents. Offers effective parenting techniques, information on child development, referrals to community resources and a safe place to confidentially discuss parenting challenges and successes. Free weekly support groups for parents that are co-led by parent leaders and professional facilitators are also available. |





## RESOURCES GALORE

| Agency                                                     | Contact Info                                                                    | Additional Information                                                                                                                                                                                                                   |
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| <b>Parenting Resources</b>                                 |                                                                                 |                                                                                                                                                                                                                                          |
| <b>Parents Without Partners</b>                            | 10320 SE Pine St<br>Portland, OR<br><b>Phone:</b> 503-295-4280                  | Offers family, parent, and educational activities for single parents and their children.<br><a href="http://www.parentswithoutpartners.org">www.parentswithoutpartners.org</a>                                                           |
| <b>PdxParenting</b>                                        | <a href="http://www.PdxParenting.com">www.PdxParenting.com</a>                  | Website and workshops provided offering tips and resources for parents on relevant topics for children and teens.                                                                                                                        |
| <b>Portland Public Schools Student Services Department</b> | 501 N Dixon<br>Portland, OR 97227<br><b>Phone:</b> 503-916-5460                 | Education opportunities for families in Portland Public Schools on topics such as bullying, substance abuse prevention, social-skills, adolescent brain development, and cybersafety.                                                    |
| <b>Portland Public Schools Teen Parent Services</b>        | 4039 NE Alberta Ct<br>Portland, OR 97211<br><b>Phone:</b> 503-916-5858          | Childcare, parenting education, transportation, young father services, counseling, advocacy, home instruction, night schools and post-high school planning.                                                                              |
| <b>Pregnancy Resource Center</b>                           | 9255 NE Halsey<br>Portland, OR 97220<br><b>Phone:</b> 503-256-0808              | Prenatal and parenting classes.                                                                                                                                                                                                          |
| <b>Resolutions NW<br/>*Conflict Resolution Services*</b>   | 1827 NE 44th<br>Suite 300<br>Portland, OR 97213<br><b>Phone:</b> 503-595-4890   | Family, couple, and parent-adolescent mediation is available on a sliding scale. Services are available in English and Spanish. Call for an intake.<br><a href="http://www.resolutionsnorthwest.org">www.resolutionsnorthwest.org</a>    |
| <b>Self Enhancement, Inc. (SEI)</b>                        | 3920 N Kerby Ave<br>Portland, OR 97227<br><b>Phone:</b> 503-249-1721 x238       | Parenting classes focus on child development, discipline, supervision, praise and cultural awareness. Childcare is available.                                                                                                            |
| <b>SHARE</b>                                               | 21970 SW Sherwood Blvd<br>Sherwood, OR 97140<br><b>Phone:</b> 503-825-5480      | Available to students and families in the Sherwood School District. Offers parenting classes, ESL classes, food, clothing, housing and energy assistance, and counseling.                                                                |
| <b>Stand Up Parenting</b>                                  | Powellhurst Baptist Church<br>SE 112th and Powell<br><b>Phone:</b> 503-281-5176 | Support and goal setting group for parents with children of all ages. Parents may join at anytime. First meeting is free; additional charge of \$20 membership fee and \$5 per week following. Scholarships available. Walk-ins welcome. |



## RESOURCES GALORE

| Agency                                                           | Contact Info                                                            | Additional Information                                                                                                                                                                                                         |
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| <b>Parenting Resources</b>                                       |                                                                         |                                                                                                                                                                                                                                |
| <b>Talk it Over</b>                                              | 830 NE 47th Ave<br>Portland, OR 97213<br><b>Phone:</b> 503-317-1130     | Free support group for families with a child or teen with mental illness, substance abuse or a serious behavior problem. Located at Providence Child Center. Sponsored by Trillium Family Services and Albertina Kerr Centers. |
| <b>Trillium Family Services (Waverly Children's Home Campus)</b> | 3550 SE Woodward St<br>Portland, OR 97202<br><b>Phone:</b> 503-234-7532 | The Incredible Years is a 12-week parenting class most appropriate for parents of children ages 5-12. Classes are open to the public, though you must be enrolled in the outpatient program. Accepts OHP or private pay.       |
| <b>Virginia Garcia Memorial Health Clinic</b>                    | <b>Phone:</b> 503-359-8413                                              | Free parenting class in Spanish.                                                                                                                                                                                               |
| <b>Western Psychological Counseling Services</b>                 | Various locations<br><b>Phone:</b> 503-666-8832                         | Counseling center offers a variety of parenting classes throughout the year. Call for latest information.                                                                                                                      |
| <b>Youth Contact</b>                                             | 447 SE Baseline<br>Hillsboro, OR 97123<br><b>Phone:</b> 503-640-4222    | Parenting classes offered throughout Washington County.                                                                                                                                                                        |



Monica Parmley, LCSW

# RESOURCES GALORE

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



# RESOURCES GALORE

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



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                   | Contact Info                                                                                  | Additional Information                                                                                                                                                                                                                                                                                                                                   |
|----------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Population Specific Agencies/Assistance</b>           |                                                                                               |                                                                                                                                                                                                                                                                                                                                                          |
| <b>Bienestar de la Familia</b>                           | 6736 NE Killingsworth St<br>Suite 101<br>Portland, OR<br><b>Phone:</b> 503-988-3999<br>x29520 | Counseling and addiction services for Spanish speaking residents of Multnomah County.                                                                                                                                                                                                                                                                    |
| <b>Beaverton Hispanic Resource Center</b>                | 12555 SW 4th St<br>Beaverton, OR 97005<br><b>Phone:</b> 503-270-0272                          | Open Monday-Wednesday, 9:00am-12:00pm and Wednesday evenings 6:00-8:00pm. Provides English and Spanish classes, food assistance, and referrals for clothing, immigration, DV services, and counseling as well as direct advocacy and a variety of services for the Hispanic community.<br><a href="http://www.beavertonhrc.org">www.beavertonhrc.org</a> |
| <b>Catholic Charities Immigration Services</b>           | 231 SE 12th Ave<br>Portland, OR 97214<br><b>Phone:</b> 503-231-4866<br>x133                   | Consultations in asylum and deportation cases.                                                                                                                                                                                                                                                                                                           |
| <b>Centro de Apoyo, Catholic Charities</b>               | <b>Phone:</b> 503-263-4944                                                                    | Services for Spanish-speakers in Clackamas County, including information and referral, employment and fair housing.                                                                                                                                                                                                                                      |
| <b>Chrysalis Survivors Group</b>                         | 3024 NE MLK Jr Blvd<br>Portland, OR 97212<br><b>Phone:</b> 971-235-6165                       | A weekly group for LGBTQ youth who are survivors of physical, sexual, or emotional abuse. Program of SMYRC and Trillium Family Services.                                                                                                                                                                                                                 |
| <b>Clackamas County Spanish Information and Referral</b> | <b>Phone:</b> 503-655-8568                                                                    |                                                                                                                                                                                                                                                                                                                                                          |
| <b>Conexiones</b>                                        | 3500 NE Martin Luther King Jr Blvd<br>Portland, OR 97212<br><b>Phone:</b> 503-235-8057        | Bilingual Spanish/English counseling services for children, adolescents, and adults. Services include family and individual counseling, trauma counseling, parent training, and DV counseling. Some private insurance accepted. <a href="http://www.conexiones.us">www.conexiones.us</a>                                                                 |
| <b>Desarrollo Integral de La Familia</b>                 | 2710 NE 14th<br>Portland, OR 97212<br><b>Phone:</b> 503-284-5178                              | Family violence prevention services, parenting classes, and support groups.                                                                                                                                                                                                                                                                              |



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                              | Contact Info                                                                                                                                      | Additional Information                                                                                                                                                                                                                                                                                                    |
|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Population Specific Agencies</b>                 |                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                           |
| <b>Easter Seals Latino Connection Program</b>       | 4134 N Vancouver Ave<br>Suite 300C<br>Portland, OR 97217<br><b>Phone:</b> 503-335-6161                                                            | Vocational rehabilitation services, including employment for Latinos with disabilities. Also ESL and computer classes in Spanish, job placement, translation and interpretation services, resume and interview workshops, information and referral.<br><a href="http://www.or.easterseals.com">www.or.easterseals.com</a> |
| <b>Eastside Jewish Community</b>                    | <b>Phone:</b> 503-973-5267                                                                                                                        | Shabbat Services Registration 5:30pm, Dinner 6:00pm, Services 7:00pm-8:00pm. GLBTQ welcoming congregation.                                                                                                                                                                                                                |
| <b>El Programa Hispano</b>                          | 901 SE Oak St<br>Suite 106<br>Portland, OR 97214<br><b>Phone:</b> 503-236-9670<br><br>451 NW 1st Ave<br>Gresham, OR<br><b>Phone:</b> 503-669-8350 | Open Monday-Thursday, 9:00am-4:00pm. Culturally-specific social services for Latinos.                                                                                                                                                                                                                                     |
| <b>First Congregational United Church of Christ</b> | 1137 SW Broadway<br>Portland, OR<br><b>Phone:</b> 503-228-7219                                                                                    | GLBTQ welcoming congregation.                                                                                                                                                                                                                                                                                             |
| <b>First Unitarian Church</b>                       | 1011 SW 12th Ave<br>Portland, OR<br><b>Phone:</b> 503-228-6389                                                                                    | GLBTQ welcoming congregation.                                                                                                                                                                                                                                                                                             |
| <b>Hacienda CDC Homeownership</b>                   | 5136 NE 42nd<br>Portland, OR 97218<br><b>Phone:</b> 503-595-2111                                                                                  | Free bilingual (English/Spanish) home buying and foreclosure prevention education. Available Monday-Friday, 9:00am-5:00pm.<br><a href="http://www.haciendacdc.org">www.haciendacdc.org</a>                                                                                                                                |
| <b>Hambleton Project</b>                            | 1112 NE 21st Ave<br>Suite 5<br>Portland, OR 97232<br><b>Phone:</b> 503-335-6591                                                                   | Support for lesbians with cancer or other life threatening conditions as well as support to their partners, families and friends.                                                                                                                                                                                         |
| <b>Havurah Shalom</b>                               | 825 NW 18th<br>Portland, OR<br><b>Phone:</b> 503-248-4662                                                                                         | Kaballat Shabbat Services every Friday at 8:00pm. Saturday Minyan at 10:00am. Wednesday morning Minyan at 8:30am. GLBTQ welcoming congregation.                                                                                                                                                                           |



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                     | Contact Info                                                                         | Additional Information                                                                                                                                                                                                                                                                                            |
|------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Population Specific Agencies</b>                        |                                                                                      |                                                                                                                                                                                                                                                                                                                   |
| <b>Immigration Counseling Services</b>                     | 434 NW 6th Ave<br>Suite 202<br>Portland, OR<br><b>Phone:</b> 503-221-1689            | Free immigration legal assistance. Phone hours: Monday and Tuesday, 2:00pm-5:00pm. All other times, leave a message.                                                                                                                                                                                              |
| <b>IRCO (Immigrant and Refugee Community Organization)</b> | 10301 NE Glisan St<br>Portland, OR 97220<br><b>Phone:</b> 503-234-1541               | Open Monday-Friday, 9:00am-4:00pm. Social services for African immigrants, Asian/Pacific Islanders, and Slavic community. Job counseling and English training available.                                                                                                                                          |
| <b>Jewish Family and Child Services</b>                    | 1130 SW Morrison St<br>Suite 316<br>Portland, OR 97205<br><b>Phone:</b> 503-226-7079 | Assists individuals and families within the context of Jewish values. Services include individual and group counseling, emergency financial assistance, and referrals during times of crisis. Insurance billing and sliding fee scale available. <a href="http://www.jcfs-portland.org">www.jcfs-portland.org</a> |
| <b>Keshet Jewish Group</b>                                 | <b>Phone:</b> 503-226-7079                                                           | Jewish community for GLBTQ and their partners, regardless of religion. Potlucks, dinners, and parties. Also provides links to GLBTQ friendly synagogues. <a href="http://www.gayjewishportland.com">www.gayjewishportland.com</a>                                                                                 |
| <b>Love Makes a Family</b>                                 | PO Box 5163<br>Portland, OR 97208<br><b>Phone:</b> 503-228-3892                      | Works for social change by providing a supportive environment for all families. Monthly support groups and school based advocacy services available. Hours: Monday-Friday, 10:30am-5:00pm.                                                                                                                        |
| <b>Lutheran Family Services</b>                            | 605 SE 39th Ave<br>Portland, OR 97214<br><b>Phone:</b> 503-233-0042                  | Call for appointments. Assists with asylum and deportation cases and offers mental health services. Refugee resettlement, family reunification, immigration assistance including visa petitions. Services offered in other languages. Hours: Monday-Thursday, 8:30am-5:00pm, Friday 8:30am-2:30pm.                |





Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                        | Contact Info                                                                                                                               | Additional Information                                                                                                                                                |
|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Population Specific Agencies</b>                           |                                                                                                                                            |                                                                                                                                                                       |
| <b>Metropolitan Community Church (MCC)</b>                    | 2400 NE Broadway<br>Portland, OR 97232<br><b>Phone:</b> 503-281-8868                                                                       | GLBTQ welcoming congregation. Outreach to gay and lesbian community, counseling and referrals, Christian-based spiritual support.                                     |
| <b>Middle Eastern Women's Empowerment and Resource Center</b> | Confidential location.<br><br><b>Phone:</b> 503-778-8333                                                                                   | Advocacy and support groups addressing the needs of women and children of the Middle East or Central Asia and descendants. Leave message if no answer.                |
| <b>Mittleman Jewish Community Center</b>                      | 6651 SW Capitol Hwy<br>Portland, OR 97219<br><b>Phone:</b> 503-244-0111                                                                    | Cultural, athletic, and educational center. Membership fees vary. Call for more information.                                                                          |
| <b>NARA (Native American Rehabilitation Association)</b>      | 1438 SE Division<br>Portland, OR<br><b>Phone:</b> 503-231-2641<br><br>Clinic:<br>15 N Morris<br>Portland, OR<br><b>Phone:</b> 503-230-9875 | Open Monday-Friday, 8:00am-5:00pm. Inpatient/outpatient, treatment services, community, medical and emergency services focused toward the Native American population. |
| <b>NAYA (Native American Youth Association)</b>               | 5135 NE Columbia Blvd<br>Portland, OR 97219<br><b>Phone:</b> 503-288-8177                                                                  | Open Monday-Friday, 9:00am-6:00pm. Education and support services for Native youth and families. DV support groups offered.                                           |
| <b>Northwest Gender Alliance</b>                              | PO Box 4928<br>Portland, OR 97208<br><b>Phone:</b> 503-533-8787                                                                            | Social support and educational group for individuals who desire to explore and express another gender.                                                                |
| <b>Northwest Pilot Project</b>                                | 1430 SW Broadway<br>Suite 200<br>Portland, OR<br><b>Phone:</b> 503-227-5605                                                                | Open Monday-Friday, 8:00am-5:00pm. Serves Multnomah County residents age 50 or older.                                                                                 |
| <b>NW Primary Care Group</b>                                  | 3033 SE Monroe St<br>Milwaukie, OR<br><b>Phone:</b> 503-659-4988                                                                           | Dr. Sarah Becker is an endocrinologist for trans individuals in the Portland Metro area. Also provides low-cost care once a month at Old Town Clinic.                 |
| <b>Oregon Somali Family Education Center (OSFEC)</b>          | 5080 SW 185th Ave<br>Aloha, OR 97007<br><b>Phone:</b> 503-995-6031                                                                         | Culturally relevant services for Somali youth and families. Services include tutoring, recreational opportunities, health education and early intervention.           |



# RESOURCES GALORE

| Agency                                                             | Contact Info                                                                    | Additional Information                                                                                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Population Specific Agencies</b>                                |                                                                                 |                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Our House</b>                                                   | 2727 SE Alder St<br>Portland, OR 97214<br><b>Phone:</b> 503-234-0175            | Many programs including a foster care home called Swan House in Milwaukie, a Neighborhood Housing and Care Program, food pantry, and free store providing men's clothing and household items. Also includes a residential care facility providing care for men and women living with HIV/AIDS. Office hours Monday-Friday 9:00am-5:00pm. Call admissions for details. |
| <b>Pacific Interpreters, Inc.</b>                                  | 520 SW Yamhill<br>Suite 320<br>Portland, OR 97204<br><b>Phone:</b> 800-870-1069 | Provides professional interpretation and translation for foreign language and ASL. Onsite phone and video conferencing services available. Fees vary by service. Hours: Monday-Friday, 8:30am-5:00pm.                                                                                                                                                                 |
| <b>Parents, Families, and Friends of Lesbians and Gays (PFLAG)</b> | PO Box 8944<br>Portland, OR 97207<br><b>Phone:</b> 503-232-7676                 | Support group for people who have a LGBTQ loved one.                                                                                                                                                                                                                                                                                                                  |
| <b>Portland International Community School</b>                     | 1131 SE Oak Street<br>Portland, OR 97214<br><b>Phone:</b> 503-232-5334          | Provides free English classes, high school diplomas and academic support for youth ages 14-20.<br><a href="http://www.emoregon.com">www.emoregon.com</a>                                                                                                                                                                                                              |
| <b>Project Network</b>                                             | 2801 N Gantenbein Ave<br>Portland, OR 97227<br><b>Phone:</b> 503-335-0855       | Substance abuse treatment for African American women and their families, including medical services, mental health services, parent skill building, and children's services.                                                                                                                                                                                          |
| <b>Raphael House</b>                                               | PO Box 10797<br>Portland, OR 97296-0787<br><b>Phone:</b> 503-222-6507           | Shelter for women & children. No males over 17. Four week limit. Spanish speaking advocates available. After Hours Line: 503-222-6222                                                                                                                                                                                                                                 |
| <b>Russian Oregon Social Services (ROSS)</b>                       | 4033 SE Woodstock<br>Portland, OR<br><b>Phone:</b> 503-777-3437                 | Comprehensive services for Russian speakers, including case management, DV awareness, translations, dental program, legal consultation, housing assistance, and senior services.                                                                                                                                                                                      |
| <b>SAWERA</b>                                                      | <b>Phone:</b> 503-778-7386                                                      | Services for South Asian women and families.                                                                                                                                                                                                                                                                                                                          |



# RESOURCES GALORE

| Agency                                               | Contact Info                                                                        | Additional Information                                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Population Specific Agencies</b>                  |                                                                                     |                                                                                                                                                                                                                                                                                                                                 |
| <b>Self Enhancement, Inc. (SEI)</b>                  | 3920 N Kerby<br>Portland, OR<br><b>Phone:</b> 503-249-1721                          | Open Monday-Friday, 8:00am-5:00pm. Serves African American community.                                                                                                                                                                                                                                                           |
| <b>Sexual Minority Youth Resource Center (SMYRC)</b> | 3024 NE MLK Jr Blvd<br>Portland, OR 97212<br><b>Phone:</b> 503-872-9664             | Free HIV testing, art therapy, support groups, counseling and open mic last Friday of the month.                                                                                                                                                                                                                                |
| <b>SOAR (Sponsors Organized to Assist Refugees)</b>  | 2906 NE Glisan<br>Portland, OR<br><b>Phone:</b> 503-284-3002                        | Hours: Monday-Friday, 8:30am-5:00pm. Refugee resettlement and immigration services.                                                                                                                                                                                                                                             |
| <b>South Metro Jewish Congregation</b>               | 21420 Willamette Dr<br>West Linn, OR<br><b>Phone:</b> 503-650-7013                  | Tot Shabbat: Friday 6:00pm. Family Shabbat: Friday 7:00pm. GLBTQ welcoming congregation.                                                                                                                                                                                                                                        |
| <b>St. Mark Presbyterian</b>                         | 9750 SW Terwilliger Blvd<br>Portland, OR<br><b>Phone:</b> 503-244-8177              | GLBTQ welcoming congregation.                                                                                                                                                                                                                                                                                                   |
| <b>The Old Church</b>                                | 1422 SW 11th<br>Portland, OR<br><b>Phone:</b> 503-222-2031                          | GLBTQ welcoming congregation.                                                                                                                                                                                                                                                                                                   |
| <b>TransActive</b>                                   | 1441 SE 122nd Ave<br>Suite 1435<br>Portland, OR 97233<br><b>Phone:</b> 503-252-3000 | Provides the necessary support to improve the quality of life of transgender and gender non-conforming children, youth and their families through education, services, advocacy and research.                                                                                                                                   |
| <b>Value Language Services, Inc.</b>                 | 13401 SW 136th Pl<br>Tigard, OR 97223<br><b>Phone:</b> 503-590-0535                 | Vietnamese interpretation onsite or on the phone. Fees vary.                                                                                                                                                                                                                                                                    |
| <b>Washington County Pride Project</b>               | 2100 SE Belmont<br>Portland, OR 97214<br><b>Phone:</b> 503-206-5792                 | Open Wednesday and Thursday, 4:00pm-5:30pm. Free program for LGBTQ youth ages 14-21 in Washington County. Offers 2 weekly social support, skill-building groups in Beaverton and Portland. Focus on alcohol and drug abuse prevention and safer sex education. <a href="http://www.prideproject.org">www.prideproject.org</a> . |



# RESOURCES GALORE

| Agency                                                                            | Contact Info                                                                         | Additional Information                                                                                                                                                                            |
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| <b>Senior and Disability Services</b>                                             |                                                                                      |                                                                                                                                                                                                   |
| <b>Senior Services</b>                                                            |                                                                                      |                                                                                                                                                                                                   |
| <b>211 Info</b>                                                                   | 621 SW Alder St<br>Suite 810<br>Portland, OR 97205<br><b>Phone:</b> 503-222-5555     | Locate local emergency services.<br><a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a>                                                                                              |
| <b>AARP</b>                                                                       | <b>Phone:</b> 800-424-3410                                                           | Information and referral, support programs, travel services and free tax assistance.                                                                                                              |
| <b>Alzheimer's Association</b>                                                    | 1311 NW 21st<br>Portland, OR<br><b>Phone:</b> 800-733-0402                           | 24-hour crisis line, information and referral, support groups, classes, and library.                                                                                                              |
| <b>Donated Dental Services</b>                                                    | Locations statewide.<br><b>Phone:</b> 503-774-3898                                   | Primarily serves developmentally disabled. Serves low-income seniors, age 65 or older. Provides dentures. No emergencies.                                                                         |
| <b>Elders in Action</b>                                                           | 1411 SW Morrison<br>Suite 290<br>Portland, OR 97205<br><b>Phone:</b> 503-235-5474    | Advocacy, support and ombudsman services for Multnomah, Clackamas, and Washington County residents age 60 and over.                                                                               |
| <b>Family Caregiver Support Program (Multnomah County Aging and Disabilities)</b> | 421 SW Oak<br>Suite 510<br>Portland, OR 97204<br><b>Phone:</b> 503-988-3646          | Grant funds assist grandparents, age 55 and older, who are raising their grandchildren. Funds may help pay for childcare, counseling, recreational activities, and parenting classes.             |
| <b>Geriatric Dental</b>                                                           | 6319 SE Powell<br>Portland, OR 97206<br><b>Phone:</b> 503-772-3677                   | Serves adults, age 55 and older. Emergency dental care, including dentures. Serves those under 55 if in a wheelchair. Mobile dental services available.                                           |
| <b>Impact Northwest Southeast Multicultural Senior Center</b>                     | 4610 SE Belmont St<br>Suite 102<br>Portland, OR 97215<br><b>Phone:</b> 503-988-3660  | Services for seniors and adults with disabilities. Provides case management, information and referral, transportation, friendly visits, legal and tax assistance, utility assistance and respite. |
| <b>Lifeline (Jewish Family and Child Services)</b>                                | 1130 SW Morrison St<br>Suite 316<br>Portland, OR 97205<br><b>Phone:</b> 503-226-7079 | Comprehensive needs assessment, resource linkages, home care services and support services for seniors. <a href="http://www.jfcs-portland.org">www.jfcs-portland.org</a>                          |



## RESOURCES GALORE

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



# RESOURCES GALORE

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



# RESOURCES GALORE

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





## RESOURCES GALORE

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



## RESOURCES GALORE

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



## RESOURCES GALORE

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



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                  | Contact Info                                                                       | Additional Information                                                                                                                                                                                                                                                                                                                                         |
|---------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Youth Services</b>                                   |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                |
| <b>Bridge House</b>                                     | 4015 SE Madison<br>Portland, OR 97214<br><b>Phone:</b> 503-238-1702                | Provides transitional housing for youth. Serves youth ages 16-20. No fees.                                                                                                                                                                                                                                                                                     |
| <b>Caldera</b>                                          | 224 NW 13th Ave<br>Suite 304<br>Portland, OR 97209<br><b>Phone:</b> 503-937-7404   | Arts education organization which serves underserved youth (ages 11-18) and adults in N, NE, and SE Portland.                                                                                                                                                                                                                                                  |
| <b>Camp Erin</b>                                        | 6410 NE Halsey St<br>Suite 300<br>Portland, OR 97213<br><b>Phone:</b> 503-215-2273 | Free weekend-long camp for children and teens, ages 6-17, who are grieving the death of someone close to them.                                                                                                                                                                                                                                                 |
| <b>Campfire USA</b>                                     | 619 SW 11th Ave<br>Suite 200<br>Portland, OR 97205<br><b>Phone:</b> 503-224-7800   | Teen parent program and childcare resource and referral. Some school-based programs available.                                                                                                                                                                                                                                                                 |
| <b>Cascade AIDS Project (CAP) Teen2Teen Program</b>     | 620 SW 5th Ave<br>Suite 300<br>Portland, OR 97204<br><b>Phone:</b> 503-223-5907    | Group of youth ages 15-19 who volunteer for CAP and are trained as peer educators in HIV and sexuality education. Offers agent trainings to community youth ages 15-21.                                                                                                                                                                                        |
| <b>Center for Community Mental Health</b>               | 7025 N Lombard<br>Portland, OR 97203<br><b>Phone:</b> 503-289-9071                 | Psychiatric treatment for youth 13-18 years. Income restrictions apply. Open to N/NE Portland residents. Hours: Monday-Friday, 8:30am-4:00pm.                                                                                                                                                                                                                  |
| <b>Center for Family and Adolescent Research (CFAR)</b> | 729 NE Oregon St<br>Suite 150<br>Portland, OR 97232<br><b>Phone:</b> 503-243-1065  | Power of Parents (POP) is a counseling and support group for parents or guardians of youth (ages 14-20) who are using drugs but refusing counseling. Open Monday-Thursday, 9:00am-8:00pm and Friday, 9:00am-5:00pm. Call to determine research eligibility. All services are free.<br><a href="http://www.ori.org/cfar/portland">www.ori.org/cfar/portland</a> |
| <b>Changes Program</b>                                  | 4015 SE Madison<br>Portland, OR 97214<br><b>Phone:</b> 503-238-1702                | Follow-up support for former Bridge House youth as well as case management services for youth not needing a group home program. Also operates two apartment placement programs. Office hours Monday-Friday, 9:00am-5:00pm.                                                                                                                                     |



## RESOURCES GALORE

| Agency                                                                    | Contact Info                                                            | Additional Information                                                                                                                                                                                                                |
|---------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Youth Services</b>                                                     |                                                                         |                                                                                                                                                                                                                                       |
| <b>Chrysalis Survivors Group</b>                                          | 3024 NE MLK Jr Blvd<br>Portland, OR 97212<br><b>Phone:</b> 971-235-6165 | A weekly group for LGBTQ youth who are survivors of physical, sexual, or emotional abuse. Program of SMYRC and Trillium Family Services.                                                                                              |
| <b>Clark County TeenTalk</b>                                              | <b>Phone:</b> 360-397-CHAT                                              | Teen help line where calls are taken by teens ages 15-18. Available Monday-Thursday, 4:00pm-9:00pm and Friday 4:00pm-7:00pm.<br><a href="http://www.ccteentalk.clark.wa.gov">www.ccteentalk.clark.wa.gov</a>                          |
| <b>Community Cycling Center</b>                                           | 1700 NE Alberta<br>Portland, OR 97211<br><b>Phone:</b> 503-288-8864     | Bicycle repair, training, and education. Serves youth ages 6-19.                                                                                                                                                                      |
| <b>CONNECTIONS Young Mom's program</b>                                    | 5139 N Lombard<br>Portland, OR 97203<br><b>Phone:</b> 503-285-9871      | Links young parents in N/NE Portland with services to address emergency needs, case management, education, job training, and parent support.                                                                                          |
| <b>Counterpoint (Morrison Child and Family Services)</b>                  | 1718 NE 82nd<br>Portland, OR<br><b>Phone:</b> 503-252-2392              | Programs include outpatient, residential and day treatment services. Serves youth ages 4-18 who are displaying inappropriate sexual behavior. Case management, individual, family and group therapy available.                        |
| <b>DHS Teen Branch</b>                                                    | 3975 SE Powell Blvd<br>Portland, OR 97202<br><b>Phone:</b> 503-731-4793 | Works with teen moms providing cash benefits and food stamps. Teens need a parent signature to receive benefits.                                                                                                                      |
| <b>Dougy Center</b>                                                       | PO Box 86852<br>Portland, OR 97286<br><b>Phone:</b> 503-775-5683        | Provides peer support for children, teens, young adults and families who have experienced the death of a loved one. Services also available in Spanish. Sites in Portland, Hillsboro and Canby.                                       |
| <b>Edgefield Children's Services (Morrison Child and Family Services)</b> | 2408 SW Halsey St<br>Troutdale, OR 97060<br><b>Phone:</b> 503-665-0157  | Residential and day treatment program. Serves children 6-12 with emotional, behavioral and academic problems who are unable to function in neighborhood schools. Includes individual and family therapy. Call for intake appointment. |



## RESOURCES GALORE

| Agency                                    | Contact Info                                                                         | Additional Information                                                                                                                                                                                                                                                                                                                                                     |
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| <b>Youth Services</b>                     |                                                                                      |                                                                                                                                                                                                                                                                                                                                                                            |
| <b>El Programa Hispano</b>                | 231 SE 12th Ave<br>Portland, OR 97214<br><b>Phone:</b> 503-669-8350                  | A program of Catholic Charities that offers school-based services for Latino youth. Includes case management, academic support, tutoring, counseling and cultural and recreational activities.                                                                                                                                                                             |
| <b>Emmanuel Community Service</b>         | 5034 N Missouri<br>Portland, OR 97217<br><b>Phone:</b> 503-281-0355                  | Youth redirection program for youth at-risk of gang involvement. Individual and family counseling, group rap sessions, teen parenting, and youth job placement assistance. Office hours Monday-Friday, 8:00am-5:00pm.                                                                                                                                                      |
| <b>Ethos Music Center</b>                 | 10 N Killingsworth St<br>Portland, OR 97217<br><b>Phone:</b> 503-241-8824            | Open Monday-Friday, 11:00am-7:00pm and Saturday 10:00am-2:00pm. Students must register for classes/lessons/camps. Financial aid available for students eligible for free/reduced lunch. Classes, private lessons, camps, ensembles, and performance opportunities on a wide range of instruments. All offered on a sliding scale. Free drop-in hip hop classes.            |
| <b>Girls, Inc. of Northwest Oregon</b>    | 105 SE Taylor St<br>Portland, OR 97214<br><b>Phone:</b> 503-230-0054                 | Works to ensure girls' voices are heard and needs are met by lawmakers. Also develops girls' groups in schools and community agencies and offers training for parents and professionals on topics relevant to girls.<br><a href="http://www.girlsinpnworegon.org">www.girlsinpnworegon.org</a>                                                                             |
| <b>Girls on the Run of Portland Metro</b> | 3439 NE Sandy Blvd<br>Suite 129<br>Portland, OR 97232<br><b>Phone:</b> 503 -318-5212 | Character development program for 3rd - 5th grade girls. 12-week programs meet twice per week for 90 minutes around the Portland Metro area. Combines running and walking games with discussions about various life skills, including healthy eating, leadership, setting goals and cooperation.<br><a href="http://www.girlsontherunpdx.org">www.girlsontherunpdx.org</a> |



## RESOURCES GALORE

| Agency                                                                            | Contact Info                                                            | Additional Information                                                                                                                                                                                                                                                                                                                   |
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| <b>Youth Services</b>                                                             |                                                                         |                                                                                                                                                                                                                                                                                                                                          |
| <b>Hand in Hand Early Childhood Services (Morrison Child and Family Services)</b> | 11456 NE Knott<br>Portland, OR<br><b>Phone:</b> 503-256-3040            | Programs include Early Childhood Intensive Outpatient Services, Hand in Hand Day Treatment and Outpatient, Listos Para Aprender. Provides intervention for at-risk children from birth to 13 years and intensive therapy in a preschool setting. Accepts clients with OHP, Medicaid or private insurance and offers a sliding fee scale. |
| <b>Hands on Greater Portland</b>                                                  | 2145 NW Overton St<br>Portland, OR 97210<br><b>Phone:</b> 503-413-7787  | Clearinghouse for volunteer opportunities for youth and adults.<br><a href="http://www.handsonportland.org">www.handsonportland.org</a>                                                                                                                                                                                                  |
| <b>Harry's Mother</b>                                                             | 738 NE Davis<br>Portland, OR 97232<br><b>Phone:</b> 503-233-8111        | Free counseling. Serves adolescents 9-17 who are at-risk for running away or in crisis. Provides crisis intervention, emergency shelter, and follow-up care. Goal is to reunite youth with their families. Parental consent necessary for shelter but not for counseling.                                                                |
| <b>House of Umoja</b>                                                             | 1626 NE Alberta<br>Portland, OR<br><b>Phone:</b> 503-282-3296           | After school program for youth 11-16 years. Homework help, art projects, and African-American history. Also gang prevention and intervention services.                                                                                                                                                                                   |
| <b>Impact Northwest</b>                                                           | 10055 E Burnside<br>Portland, OR 97216<br><b>Phone:</b> 503-988-6000    | Provides school-based services to youth in elementary, middle, and high schools. Operates several SUN Community School programs.                                                                                                                                                                                                         |
| <b>Insights Teen Parent Program</b>                                               | 2020 SE Powell Blvd<br>Portland, OR 97211<br><b>Phone:</b> 503-239-6996 | Provides various services such as: case management, counseling, support groups, information and referral, parent education, housing assistance, crisis intervention, healthcare, and child care for pregnant and parenting teens.                                                                                                        |
| <b>Juvenile Rights Project</b>                                                    | 123 NE 3rd<br>Suite 310<br>Portland, OR<br><b>Phone:</b> 503-232-2540   | Hours: 8:30am-5:00pm. Legal advice and referrals for youth, pro-bono services for youth, assistance with minority discrimination, and class action suits with juveniles.                                                                                                                                                                 |





Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                                 | Contact Info                                                                                                                                                                                    | Additional Information                                                                                                                                                                                                                                                                                                                                                                                           |
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| <b>Youth Services</b>                                  |                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Legacy Child &amp; Adolescent Treatment Program</b> | 3001 N Gantenbein<br>Portland, OR 97227<br><b>Phone:</b> 503-413-4848                                                                                                                           | Inpatient/outpatient services available for ages 5-17. Hours: Monday-Friday, 9:00am-5:00pm.                                                                                                                                                                                                                                                                                                                      |
| <b>LifeWorks Northwest</b>                             | Various locations in Multnomah and Washington County<br><br><b>Intake:</b> 503-645-9010<br><br><b>Family &amp; Community Alliance:</b> 503-234-3400<br><br><b>Family Coaching:</b> 503-627-9194 | Family & Community Alliance is a free and voluntary program that provides home visits, skill building, case management, and information and referral. Family Coaching available for residents of Washington County. Weekly sessions cover topics such as family communication, conflict resolution, parenting skills, and behavioral management.<br><a href="http://www.lifeworksnw.org">www.lifeworksnw.org</a> |
| <b>Me, Too</b>                                         | PO Box 10796<br>Portland, OR 97296<br><b>Phone:</b> 503-220-1000                                                                                                                                | Free grief and bereavement support groups for children, teens and their adult guardians.<br><a href="http://www.oregonhospice.org">www.oregonhospice.org</a>                                                                                                                                                                                                                                                     |
| <b>Metropolitan Family Service (MFS)</b>               | 1808 SE Belmont St<br>Portland, OR 97214<br><b>Phone:</b> 503-232-0007                                                                                                                          | Creates opportunities for children to succeed in their families, in school, and the community. Operates several SUN Community School programs.<br><a href="http://www.metfamily.org">www.metfamily.org</a> .                                                                                                                                                                                                     |
| <b>Morrison Child and Family Services</b>              | 1500 NE Irving St<br>Suite 250<br>Portland, OR 97232<br><br>1818 SE Division<br>Portland, OR 97202<br><br>2951 NW Division<br>Suite 200<br>Gresham, OR 97030<br><br><b>Intake:</b> 503-542-3025 | Provides outpatient mental health services for youth as well as crisis intervention and case management. Offers alcohol and drug treatment, day treatment, and residential services. Special services also available for sexual offenders 19 and under.                                                                                                                                                          |
| <b>Multnomah County Library</b>                        | Various locations.<br><br><b>Phone:</b> 503-988-5402                                                                                                                                            | Open 7 days a week and two evenings each week. Free to all Multnomah County residents.<br><a href="http://www.multcolib.org">www.multcolib.org</a> .                                                                                                                                                                                                                                                             |



## RESOURCES GALORE

| Agency                                                   | Contact Info                                                                                                           | Additional Information                                                                                                                                                                                                                                                                       |
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| <b>Youth Services</b>                                    |                                                                                                                        |                                                                                                                                                                                                                                                                                              |
| <b>National Runaway Switchboard</b>                      | <b>Phone:</b> 1-800-621-4000                                                                                           | 24-hour crisis line for runaway youth ages 12-20. Offers problem solving, suicide prevention, local referrals, conference calls and messages for runaways and their parents. Some bus tickets available.                                                                                     |
| <b>NARA (Native American Rehabilitation Association)</b> | 1631 SW Columbia St<br>Portland, OR 97201<br><b>Phone:</b> 503-231-2641<br><br><b>24-Hour Hotline:</b><br>503-923-4357 | Various locations throughout the Metro area. Serves Native Americans, outpatient & residential, mental health services, youth treatment ages 13-21.                                                                                                                                          |
| <b>Native American Youth and Family Center (NAYA)</b>    | 5135 NE Columbia Blvd<br>Portland, OR 97218<br><b>Phone:</b> 503-288-8177                                              | A culturally-specific agency working to promote family unity and educational achievement while honoring cultural traditions. Several youth programs and alternative school.                                                                                                                  |
| <b>Neighborhood House Youth and Family Services</b>      | 7688 SW Capitol Hwy<br>Portland, OR 97219<br><b>Phone:</b> 503-244-2292                                                | Program provides youth and family services to build assets for youth and strengthen families. Some school-based services available. Office hours Monday-Friday, 9:00am-5:00pm.                                                                                                               |
| <b>New Avenues for Youth</b>                             | 812 SW 10th Ave<br>Portland, OR 97205<br><b>Phone:</b> 503-224-4339<br><br><b>Toll free:</b> 1-800-995-7936            | Serves homeless teens, at-risk youth, and young adults aged 12-22 years. Includes 24-hour crisis line, day service center, onsite health clinic, alternative high school, programs for pregnant and parenting teens, career training, transitional housing and counseling. Drop-ins welcome. |
| <b>Newman Foundation</b>                                 | 10260 SW Greenburg Rd<br>Number 400<br>Portland, OR 97223<br><b>Phone:</b> 503-452-6900                                | Youth learn teamwork, self esteem, and cultural understanding through free football camps.                                                                                                                                                                                                   |



Monica Parmley, LCSW

## RESOURCES GALORE

| Agency                                          | Contact Info                                                                                                                                                          | Additional Information                                                                                                                                                                                                                                                                                                                                                                                        |
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| <b>Youth Services</b>                           |                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Northwest Behavioral Healthcare Services</b> | 18000 SE Webster Road<br>Gladstone, OR 97027<br><b>Phone:</b> 503-722-4470                                                                                            | Secure adolescent residential treatment program for mental health, drug and alcohol and eating disorder issues. Serves youth 12-17 and their families. Drug and alcohol assessments available as a free service to the community. Accepts most major private insurance plans. Free Teen Recovery groups are available in the Portland area.<br><a href="http://www.northwestbhs.com">www.northwestbhs.com</a> |
| <b>Open Meadow Alternative School</b>           | 7621 N Wabash<br>Portland, OR 97217<br><b>Phone:</b> 503-230-2378                                                                                                     | Alternative school program which serves youth up to age 19.                                                                                                                                                                                                                                                                                                                                                   |
| <b>Operation Easy, Inc.</b>                     | 4222 NE 12th<br>Portland, OR 97211<br><b>Phone:</b> 503-288-3728                                                                                                      | Provides tutoring, counseling, mentoring, parent education and teacher education. Hours Monday-Friday, 7:00am-7:00pm.                                                                                                                                                                                                                                                                                         |
| <b>Oregon Mentors</b>                           | 1221 SW Yamhill St<br>Suite 260<br>Portland, OR 97205<br><b>Phone:</b> 503-517-8990                                                                                   | Statewide database of mentoring programs in Oregon.<br><a href="http://www.oregonmentors.org">www.oregonmentors.org</a>                                                                                                                                                                                                                                                                                       |
| <b>Oregon Partnership</b>                       | 6443 SW Beaverton-Hillsdale Hwy<br>Portland, OR 97221<br><b>Phone:</b> 800-923-HELP<br><br><b>Youth Line:</b><br>1-877-553-TEEN<br><br><b>Spanish:</b> 1-877-515-7848 | Information & referral for callers of all ages, advocacy and workshops. Free services. Youth Line offers peer support for youth.                                                                                                                                                                                                                                                                              |
| <b>Oregon SafeNet</b>                           | <b>Phone:</b> 503-988-5858<br><br><b>Hotline:</b> 1-800-723-3638                                                                                                      | Women and children's health line for Oregon. Callers are referred to medical, dental, mental health, domestic violence, child abuse services, as well as government programs such as WIC and food stamps. Available Monday-Friday, 8:00am-8:00pm.                                                                                                                                                             |



## RESOURCES GALORE

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



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## RESOURCES GALORE

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



## RESOURCES GALORE

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



## RESOURCES GALORE

| Agency                                              | Contact Info                                                                         | Additional Information                                                                                                                                                                                                                            |
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| <b>Youth Services</b>                               |                                                                                      |                                                                                                                                                                                                                                                   |
| <b>Title X</b>                                      | <b>Phone:</b> 503-916-5773                                                           | Portland Public Schools program for homeless youth returning to school or in transition.                                                                                                                                                          |
| <b>Trillium Family of Friends Mentoring Program</b> | Phone: 503-813-7724                                                                  | Matches volunteer singles, couples and families with children ages 6-9 for mentoring relationships.<br><a href="http://www.family-of-friends.org">www.family-of-friends.org</a>                                                                   |
| <b>WomenStrength</b>                                | 10225 E Burnside<br>Portland, OR 97216<br><b>Phone:</b> 503-823-0260                 | Introductory self-defense classes for any woman or girl over age 13. Classes are free and are held every month around Portland. Call to register.                                                                                                 |
| <b>Youth Contact</b>                                | 447 SE Baseline<br>Hillsboro, OR 97123<br><b>Phone:</b> 503-640-4222                 | Outpatient child and family counseling. Drug testing available. School based services in Washington County.                                                                                                                                       |
| <b>Youth Crisis Hotline</b>                         | <b>Toll free:</b> 1-800-448-4663                                                     | 24 hour information and referral for youth ages 17 and younger.                                                                                                                                                                                   |
| <b>Youth Employment Institute (YEI)</b>             | 1704 NE 26th<br>Portland, OR 97212<br><b>Phone:</b> 503-280-1058                     | Offers specialized services for youth ages 11-23. Includes GED preparation, case management, employment services, teen parenting services and gang prevention and intervention. Childcare available. <a href="http://www.yei.org">www.yei.org</a> |
| <b>Youth Integrated Program (YIP)</b>               | 10373 NE Hancock St<br>Suite 200<br>Portland, OR 97220<br><b>Phone:</b> 503-230-9654 | A program of Cascadia Behavioral Health designed for youth ages 12-21 who are struggling with drug or alcohol issues and addictions. Offers early intervention and education as well as various support groups. Call for an intake.               |
| <b>Youth Opportunity Center</b>                     | 3034 NE MLK Jr Blvd<br>Portland, OR<br><b>Phone:</b> 503-528-3034                    | Employment opportunities for youth.                                                                                                                                                                                                               |
| <b>YWCA Young Families/<br/>Familias Jovenes</b>    | 5630 NE MLK Jr Blvd<br>Portland, OR<br><b>Phone:</b> 503-721-1750                    | Support/self-advocacy programs for young families. A bi-lingual organization.                                                                                                                                                                     |