

## ACKNOWLEDGEMENTS

The Street Roots Rose City Resource Guide is a publication of Street Roots and is the Metro region's most comprehensive, up-to-date list of services for people experiencing homelessness and poverty. This booklet serves people who may not otherwise have access to a computer or social-service agency, and allows individuals to be independent in their search for services that fit their specific needs. Funding for the Rose City Resource is made possible by the support of many organizations, agencies and foundations. It is distributed at no charge.

Listings in the Street Roots Rose City Resource are selected based upon the demand for their service and their accessibility to people experiencing poverty and homelessness. Listings are organizations or agencies that are structured specifically to work with people in need. Because of limited space, the services provided under each listing are not all-inclusive.

Organizations and agencies wanting to distribute the booklet can pick up copies of the Rose City Resource in bulk at the Street Roots' office.

211 NW Davis St.

### Have an update, correction or addition?

All information is updated twice yearly. Listings are considered for publication based upon their relevance to the needs of low-income individuals and families. If you would like your information listed in the Street Roots Rose City Resource Guide (RCRG), or to make updates or changes to the listings, e-mail your information directly to [guide@streetroots.org](mailto:guide@streetroots.org) or call Street Roots Rose City Resource Manager; Sophie Maziraga at 503-228-5657 ext. 506

## COVID-19 TESTING AND VACCINE SITES

### Oregon Health Authority Vaccine Locator

Find free to low-cost COVID-19 vaccination and testing sites in Oregon by going to <https://www.oregon.gov/oha/covid19/Pages/>

## LOCAL GOVERNMENT SERVICES

PDX 311

503-823-4000 or 311

1120 Fifth Ave, 1st Floor

PDX 311 provides access to local government within Multnomah County with single point of contact – in person, online or over the phone to find information, report issues, or request services. Staff speak Spanish, Romanian, and Tagalog and have resources to assist community members in additional languages and aid in ADA Accommodation requests. Office Hours: 7 a.m. - 8 p.m., Mon-Fri.

## STREET CRISIS INTERVENTION

### Portland Street Response

Call 911 or the non-emergency Line: 503-833-3333

Portland Street Response is a mobile crisis first responder system that provides free, confidential services Monday through Friday 8 a.m.-10 p.m within the city of Portland. Portland Street Response is designed to provide an alternative to law enforcement whenever possible in crisis situations. [www.portland.gov/streetresponse](http://www.portland.gov/streetresponse)

Behavioral Health Resource Center 503-988-4100  
333 SW Park Ave (at SW Oak St)

Safe, welcoming day center where anyone who is houseless and or experiencing addiction or mental health challenges can take a break from living on the street. Free peer support, laundry service, lockers, showers, restrooms, computer and internet access. Connection to supportive resources. 7 a.m. to 10 p.m. daily

Hygiene4All 971-236-2524  
Under the Morrison Bridge.  
(Corner of SE Martin Luther King Boulevard and SE Belmont Street)

Showers, toilets, trash drop-off, a laundry exchange, and physical and mental health first aid that is designed, guided, and operated by and for our unsheltered community members. Hours: 3 p.m.-9 p.m., Sun, Tues, Thurs; 3 p.m.-7 p.m. Fri

JOIN Day Space 503-232-2031

1435 NE 81st Ave., Ste. 100. (Closed every 2nd Fri.)  
Outdoor mail service, noon.-2 p.m. Mon.,Wed., Fri. Restrooms, phone charging, internet access, mail services, family area, showers including ADA/family shower, hygiene items and referral services. First come, first serve. Many offered on time-barter basis. Weekly partner services include B.E.S.T., SSI, CCC Employment. Monthly services include OHP and legal clinics.

## DAY SERVICES/HOSPITALITY

Portland Rescue Mission

503-906-7690

111 W. Burnside St.

24/7 drop-in services for any individual. Restrooms, sinks, hygiene products, socks, water fountain and water bottle filling station, crisis care, and information about houseless services available in the city. Mail services available 24/7.

[www.PortlandRescueMission.org](http://www.PortlandRescueMission.org)

Social Justice Action Center

400 SE 12th Avenue

Led by Right 2 Survive. The hygiene Station at Social Justice Action Center (SJAC) offers a range an array of services. Hygiene resources, handwashing stations, restrooms. Hours: Monday: 9 a.m. - Noon, Fri. and Sat. 4 p.m. - 7 p.m., Sun 6 p.m. - 9 p.m.

## DAY SERVICES/HOSPITALITY

Sunnyside Shower Project 971-202-1721  
3520 SE Yamhill Street (Sunnyside Methodist Church)  
Call to make an appointment for a shower. (one person per appointment). Hours: Tues and Thurs, 1pm - 5pm, Sat. 2pm – 6pm

Transition Projects 503-280-4700  
665 NW Hoyt St  
Resource Center at Bud Clark Commons. Bathrooms, clothing, showers, laundry, phone charging and mail services available. Clothing sign-up hours: Mon.-Fri., 10 a.m.-1 p.m.. Shower, laundry sign-up hours: 8 a.m.-Noon. Weekly lockers available. Haircuts Wed. and Fri, 1-4 p.m. Get info and sign up for shelters weekdays starting at 11:30 a.m., residential programs daily at 8 a.m. Phone & drop-in hours: 8 a.m. - 4 p.m. Mon. -Fri.  
MAX Green, Yellow. [www.tprojects.org](http://www.tprojects.org)

## WINTER SHELTERS

The City of Portland and Multnomah County fund year-round, winter and severe weather emergency shelters. There are also privately funded organizations that provide shelter services. Anyone seeking shelter should contact 211info, reached by dialing 2-1-1. 211info will be available to identify available shelter and warming center resources between 8 a.m. to 6 p.m., Mon.-Fri. Winter shelter is available nightly from December 1 to March 31 at most locations.

Severe weather shelters open as needed when any of the following thresholds are met for any one of the conditions below that are forecasted to persist for four (4) hours or more between the hours of 8 p.m. and 7 a.m.:

- Forecasted temperature of 25° F (-4° C) or below.
- Forecasted snow accumulation of 1.0 inch or more.
- Forecasted temperature at or below 32° F (0° C) with driving rain of 1.0 inch or more overnight.

## WINTER SHELTERS

Walnut Park Shelter 503-280-4700

5329 NE MLK Blvd.

Serves: All genders and couples, age 18 and older, pets welcome.

Hours: Overnight. Reservation required, call or visit the Resource Center at 650 NW Irving St.

Do Good Downtown 503-358-0519

550 NW 6th Ave

Serves: All genders and couples, 18 and older.

Central Church of Nazarene 503-274-4483

9715 SE Powell Blvd 97266

9pm-6am, 7 days per week, November 1, 2023 to March 31, 2024.

Call or stop in for reservation. Intake hours: 9pm - 10pm. Serves: All

genders and individuals age 18 and older. Services animals only.

Ability to get up and down from mats on the floor without assistance.

Arbor Lodge Shelter 503-792-9001

7440 N Denver Ave

24 hours a day. Serves: All genders and couples, age 18 and older.

Pets allowed. Call or drop in to be placed on the waitlist.

## ALL YEAR ROUND SHELTERS

### All Good Northwest

#### Various Locations

(Previously known as C3PO Camps)

Safe Rest Village, culturally-specific village-model sheltering (LGBTQ+ and BIPOC communities), and congregate sheltering services.

Showers, restrooms and daily meals to program participants. Onsite case management and mental health services available. Maximum of 2 pets per person. Allgoodnw.org

### Market Street Shelter

971-408-2024

120 SE Market Street

8am-6p.m. -Open 24/7, all year round, ages +18, 120 units, Call to request a bed.

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### Queer Affinity Villiage

971-380-7596

2185 SW Naito parkway

35 units, Call to request a bed.

### Multnomah County Safe

Rest Village (MSRV)

(971) 716-3203

2731 SW Multnomah Blvd

All genders and couples, age 18. 30 units. Call to be placed on the waitlist.

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### BiPOC Village

971-380-7594

84 NE Weidler St

42 units available. Call to request a bed.



## MULTNOMAH COUNTY SEVERE WEATHER

Severe weather shelters open as needed when any of the following thresholds below are met: The conditions below that are forecasted to persist for four (4) hours or more between the hours of 8 p.m. and 7 a.m. Forecasted temperature of 25° F (-4° C) or below. Forecasted snow accumulation of 1.0 inch or more. Forecasted temperature at or below 32° F (0° C) with driving rain of 1.0 inch or more overnight. Call 211 for info and transportation during a severe weather activation. Text the word pdxshelter to 898211 to sign up for severe weather alerts. For more information check: [www.multco.us/care-when-its-cold](http://www.multco.us/care-when-its-cold)

### East Portland Community Center

740 SE 106th Ave, Portland

TriMet: 15 - SE 106th & Cherry Blossom stop

Bus #20 - SE Washington & 108th stop

### The Salvation Army's Moore Street Center, in North Portland

5325 N Williams Ave.

50 beds. Call 211 for hours. TriMet: 72 - N Killingsworth & Vancouver.

Bus #44 - N Williams & Emerson stop

### Imago Dei Church

1302 SE Ankeny St.

Hours: 8:30 p.m.-7 a.m., check-in on site, no reservation required.

Serves: All genders and couples, age 18 and older, pets, bikes and carts welcome.

## MULTNOMAH COUNTY SEVERE WEATHER

### Walnut Park Shelter

503-280-4700

5329 NE MLK Blvd.

Serves: All genders and couples, age 18 and older, pets welcome

Hours: Overnight. Reservation required, call or visit the Resource Center at 650 NW Irving St.

### Do Good Downtown

503-358-0519

Greyhound Station - 550 NW 6th Ave (operated by Do Good Multnomah) Serves: All genders and couples, 18 and older.

### Central Church of Nazarene

503-274-4483

Open from 9pm-6am, 7 days per week, November 1, 2022-April 30, 2023

Call or stop in for reservation. Intake hours: 9pm - 10pm. Serves: All genders and individuals age 18 and older. No pets except for services animals. Ability to get up and down from mats on the floor without assistance.

### The Sunrise Center, in Gresham

18901 E Burnside St.

Hours: 8:30 p.m.-7 a.m., check-in on site, no reservation required.

Serves: All genders and couples, age 18 and older, pets, bikes and carts welcome. TriMet: MAX Blue, Bus 20

### The Portland Building

1120 SW 5th Ave, Portland

TriMet: Bus #2, #9, #14, #17 -

MAX Green/Yellow/Orange Lines

### Mt. Scott Community Center

5530 SE 72nd Ave, Portland

TriMet Bus #10 -

## MULTNOMAH COUNTY LIBRARIES

Multco. Libraries and public government buildings serve as a safe ground for anyone looking to get warm during days when severe weather shelters are not open.

### Belmont Library

503-988-5123

1038 SE Cesar E Chavez Blvd

Weekly Hours · Monday 10 am - 6 pm · Tuesday 10 am - 8 pm ·  
Wednesday Noon - 8 pm · Thursday Noon - 8 pm · Friday 10 am -  
6 pm · Saturday 10 am - 6 pm · Sunday 10 am - 5pm. Transit: Bus  
20

### Hollywood Library

503-988-5123

4040 NE Tillamook St

Weekly Hours · Monday 10 a.m.- 6 p.m. · Tuesday 10 a.m.- 8 p.m. ·  
Wednesday 12-8p.m. · Thursday 12-8 p.m. · Friday 10 a.m.- 6 p.m. ·  
Saturday 10 a.m.- 6 p.m. · Sunday 10 a.m.- 5 p.m. Transit: Bus 12

## Portland Public Restrooms

- South Waterfront Park, south of River Place Esplanade, (9 a.m.-11:30 p.m.)
  - Resource Center at Bud Clark Commons, 650 NW Irving St. (8 a.m.-4 p.m.)
  - Lownsdale Square (men), SW Fourth, Main and Salmon streets (9 a.m.-11:30 p.m.)
  - NW First and Davis, Smart Park Garage (morning hours fluctuate)
  - Pioneer Courthouse Square (8:30 a.m.-5:30 p.m. Mon.-Fri., 10 a.m.-4 p.m. Sat.)
  - NW Irving & Broadway, Transition Projects (8 a.m.-4 p.m.)
  - NW Fifth and Glisan, Portland Loo (24 hours)
  - NW Johnson and 11th, Jamison
- If restrooms need repair, please notify Parks and Recreation, 503-823-3664.

[pdx.maps.arcgis.com](http://pdx.maps.arcgis.com)

- Square, Portland Loo (24 hours)
- 111 W Burnside St., Portland Rescue Mission (24/7)
- SW Taylor and Naito Parkway, Portland Loo (24 hours)
- SW Ash and Naito, Portland Loo
- NW Couch and Eighth, Portland Loo (24 hours)
- SW Columbia and Park, Portland Loo (24 hours)
- Waterfront Park, under Hawthorne Bridge (9 a.m.-11:30 p.m.)
- Director Park, SW Taylor and Ninth (hours vary seasonally)
- Couch Park, NW 19th and Couch, (9 a.m.-10 p.m.)
- Fields Park, Portland Loo, NW Overton and

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Syringe Exchange Harm Reduction Line, 503-280-1611; Spanish, 503-988-6333. Must be 18 or older at all sites. Closed major holidays.

Outside In  
(must be 18, ID)  
503-535-3826  
503-535-3800  
1219 SW Main St.  
Noon-5p.m.Mon.-Fri.

SE Portland: White  
van 82nd Ave.  
and Ash St.,  
7-9 p.m. Tues., Fri.  
SE 190th Ave. and  
Division,3-5p.m.Wed.

Clackamas  
Service Center  
8800 SE 80th Ave.  
1-4 p.m. Tues.,  
Thurs. Clack. Vol.  
in Medicine  
700 Molalla Ave  
Oregon City,  
11 a.m.-1 p.m.Mon.

Eastside Harm  
Reduction Clinic  
12425 NE Glisan  
11 a.m.-7p.m.Mon.,  
Thurs.  
Port. People's  
Outreach  
7101 N Lombard St.  
11 a.m.-5 p.m. Sat.

## PORTABLE TOILETS AND HAND WASHING STATIONS

[pdx.maps.arcgis.com](http://pdx.maps.arcgis.com)

- NW 22nd and Nicolai
- NW 29th and Nicolai
- NW 23rd and Lovejoy
- NW 18th and Pettygrove NW 9th and Lovejoy
- NW Park AND Glisan
- NW 14th and Davis
- SW 15th and Taylor
- SW 18TH AND Market
- SW 4th and Pine
- NW 14th and Davis
- SW 13TH AND Montgomery
- SW 11th and Clay
- SW 6th and Jackson
- SW 6th and Grant
- SW Harrison and Water
- NE Interstate and Oregon
- NE Grand and Lloyd
- SW Oak and Naito
- SE 3rd and Morrison
- SE 6th and Woodward
- SE 6th and Alder
- SE 12th and Washington
- SE 17th and Powell
- SE 20th and Belmont
- SE 38th and Division
- SE 162nd and Sandy
- SE Jenne and Baldry
- SE 92nd and Powell
- NE 94th and Glisan
- SE 96th and Main
- SE 82nd and Crystal Springs
- SE 88TH AND POWELL
- SE 69th and Foster
- N Ross and Russel
- N Williams and Weidler
- N Going and Greeley
- N Going AND Interstate
- N Ross and Russel
- N Skidmore and Montana
- NE 20th and Pacific
- NE 33rd and Broadway
- NE 33rd and Elrod
- NE 33rd and Marine Dr
- NE 34th and Halsey
- NE 138th and Airport Way
- N Richmond and Crawford
- 8044 N Richmond

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Social Justice Action Center  
Hygiene Station  
Led by Right 2 Survive members  
400 12th SE Ave  
Friday, Saturday 4-7 p.m.  
Sunday 6-9 p.m.  
Monday 9:00am - Noon



## ROSE CITY RESOURCE

A comprehensive guide to the public services and assistance programs in the Portland-metro area

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## CLOTHING

Francis Center

503-775-6784

6535 SE 82nd Ave.

Free clothing and emergency food assistance within four zip codes 97206, 97215, 97216, 97266. Assistance once a month.

Clothing hours: Mon.-Thurs. 10 a.m.-1:30 p.m. Food distribution hours - 10 a.m.-2p.m. Mon.-Thurs. Bus: 72.

[www.franciscenterpdx.org/](http://www.franciscenterpdx.org/)

Mainspring

503-233-5533

3500 NE 82nd Ave.

Clothing for people in need. Clothing pantry access once per month. Personal care products (soap, toothpaste, laundry soap, etc.) when available and referrals for people most in need.

Clothing pantry hours: 9 a.m.-1p.m., Tues. and Thurs., Hours subject to change. Bus: 24, 72. [www.mainspringpdx.org](http://www.mainspringpdx.org)

Rahab's Sisters

247 SE 82nd Ave., Sts. Peter and Paul Episcopal Church

All women, trans, non-binary, and gender-queer guests are invited inside for refreshments, connection, and activities. 2 - 4 p.m., every 1st and 3rd Wed features a clothing boutique. 2nd and 4th Wed features a supply shop.



Portland Rescue Mission  
111 W Burnside St.

503-906-7690

Free clothing provided from 1-2 p.m. on Tuesday, must sign up between 8 a.m.-Noon Tues. Clothing also offered as needed to overnight dormitory guests and in emergency situations, 24/7. Socks and general hygiene items are also available 24/7. Bus: 12, 19, 20, MAX. [www.portlandrescuemission.org](http://www.portlandrescuemission.org)

Rose Haven  
1740 Northwest Glisan St

503-248-6364

Emergency clothing, diapers, wipes, hygiene products, mail service, pet food, outdoor supplies provided at the door for women, children and marginalized genders. Showers and restroom use available. Advocacy and emotional support are also available. Morning services: Monday - Friday 9 a.m.-12 p.m. Afternoon services: Tuesday and Thursday 1-4 9.m. Family hours (for guests with registered minor children): Wednesdays 1-4 p.m.

## CLOTHING

St. Andre Bessette 503-228-0746

601 W Burnside St. (Downtown Chapel)

Hygiene items, socks, underwear once a week. Sleeping bags and backpacks on Thurs. depending on availability. Sack Lunches Tues, Wed, Thurs 9:30-10:30 a.m. Evening meal Fridays at 6:30 p.m. Very limited food pantry. Must apply in person at least 1 day in advance. Pickup times Tuesday or Thursday from 1:30-2 p.m. Evening meal on Friday at 6:30 p.m. Bus: 12, 20, 33, 54, Downtown MAX.

Transition Projects 503-280-4700

650 NW Irving St. (Resource Center at Bud Clark Commons)

Clothing sign-up hours: See the front desk. Mon.-Fri. Resource Center hours: 8:30 a.m.-3:30 p.m. Mon.-Fri. Bus: 17, 33, MAX. [www.tprojects.org](http://www.tprojects.org)

Union Gospel Mission 503-274-4483

3 NW Third Ave.

Provides clothing to people in need, available most days. Hours: 4 p.m. Tues.-Fri. Bus: 12, 17, 19, 20, 54, 56, Downtown MAX. [www.ugmportland.org](http://www.ugmportland.org)

- Baby Blues Connection** 800-557-8375  
24-hour message line. Free telephone, email, online and in-person group support and resources to women and their families experiencing any variety of perinatal and postnatal mood disorders. [www.babybluesconnection.org](http://www.babybluesconnection.org)
- Catholic Charities Family Support and Counseling** 503-238-5196  
2740 SE Powell Blvd., Ste. 7  
Some in person and some virtual visits. Support available in Russian, Español, and English. Intercultural Counseling Center provides mental health services for individuals and families. Counseling, medication management, psychiatric evaluation, support groups, and culturally specific services. Accepts OHP Health Share. Pregnancy and parenting support provides counseling, case management, parenting education classes, mentoring for mothers, lactation support, infant supplies and adoption services. Serves expectant families and families with children (up to 2 yrs old). Serves tri-county area. Hours: 9:00 a.m.-6 p.m. Mon - Thurs; 9 a.m.- 1 p.m. on Fri. Closed on holidays. Bus: 9, 10. [www.catholiccharitiesoregon.org](http://www.catholiccharitiesoregon.org)
- David Romprey Oregon Warmline** 1-800-698-2392  
Free telephone peer support line. Hours: 9 a.m.-11 p.m. daily.

## COUNSELING/MEDIATION

Dougy Center Linklater Commons 503-775-5683, 866-775-5683

Free peer grief support groups for children ages 3-18 and adults ages 18-40 and their families who have experienced the death of a parent, sibling or significant person in their lives. Pathways Program (SE Portland only): advanced or terminal illness.

Kids, teens, adult care, group and adults with illness. Group sites in Portland and Canby. Bilingual Spanish groups available.

Portland hours: 9 a.m.-5 p.m Mon.-Fri. Call for Canby groups.  
[www.dougy.org](http://www.dougy.org)

Jewish Family and Child Services 503-226-7079

Seeing clients by appointment only at their downtown office. Call to make an appointment. Sliding scale; providing a wide-range of counseling group and individual services for individuals, couples and families. Hours: 9 a.m.-5 p.m. Mon.-Thurs., 9 a.m.-2 p.m. Fri. Downtown Bus; MAX Blue, Red; Streetcar. [www.jfcs-portland.org](http://www.jfcs-portland.org)

Lewis & Clark Problem Gambling Services 503-768-6325

Para Citas en Español: 503-646-4600

Free counseling for individuals, families and friends who are impacted by gambling. Hours: Mon. 11:00 a.m.-7:00 p.m.; Tues. & Fri. 9:00 a.m.-7:00 p.m.; Sat. & Sun. 9:00 a.m.-4:00 p.m. Bus: 1, 12, 38, 44, 45, 54, 55, 56. [www.graduate.lclark.edu/clinics/problem\\_gambling/](http://www.graduate.lclark.edu/clinics/problem_gambling/)

**Mother and Child Education Center**

503-249-5801

1515 NE 41st Ave.

Spanish Line: 503-913-9360

Free pregnancy testing. Need proof of pregnancy. Childbirth, parenting classes; maternity clothes, and emergency supplies for babies and toddlers. Hours: Monday-Thursday 10:00 a.m.-5:00 p.m. and Friday 10:00 a.m.- 3:00 p.m.

Bus: 12, 66, 77, 75, MAX. [www.momchildpdx.org](http://www.momchildpdx.org)

**Family Resolution Services**

503-988-3189

1200 SW 1st Suite 3400

Helps parents navigate personal decisions, meet legal requirements and make healthy plans for children related to separation and divorce. Offers conflict resolution and parent information services to support positive connections as families change. We currently offer mediation by phone. Parent Education and Co-Parent Coaching will be offered via Zoom or Google Meet. Please call 503-988-3189 or check our website for more information about our services. Phone and walk-in hours: 8:30 a.m-5 p.m. Mon - Fri. Downtown Bus, MAX. [www.multco.us/dcj/fcs](http://www.multco.us/dcj/fcs)

## COUNSELING/MEDIATION

### Northwest Family Services

503-546-6377

6200 SE King Rd.

Call for appt. Mental Health First Aid classes also available in English and Spanish for adults and for youth. Teach Parenting Inside Out (PIO) courses 3-4 times a year. PIO is a research-based parent management skills training program designed specifically for criminal justice and systems-involved parents. Visit the website for information and to register. Hours: 8 a.m.-4:30 p.m. Mon.-Fri. Bus: 33, 34, 71. [www.nwfs.org](http://www.nwfs.org)

### Pathfinder Network, Center for Family Success

503-286-0600

7305 NE Glisan St.

We deliver holistic community based services at our Center for Family Success, in east Multnomah County, for justice-impacted adults and their children. Programs we offer at the Center include parenting classes, early childhood home visiting, parent advocacy, peer mentoring, reentry support, family engagement activities and youth mentoring. Call for intake appt. Hours: 9 a.m.-5 p.m. Mon.-Fri.; [www.thepathfindernetwork.org](http://www.thepathfindernetwork.org)

### Racial Equity Support Line

503-575-3764

A supportive service line dedicated to and staffed by Black, Indigenous and people of color. All callers will get help from a counselor with lived experience of racism and will provide appropriate support. Hours: 10 a.m.-7 p.m. Mon.-Fri.

Rose Haven

503-248-6364

1740 Northwest Glisan Street

Advocacy support and referral assistance provided for women, children and gender diverse people. Financial assistance provided for rent, utilities, medical needs, transportation and emergency needs as available. Morning services: Monday-Friday 9 a.m.-12 p.m., Afternoon services: Tuesday and Thursday 1-4 p.m., Family hours (for guests with registered minor children): Wednesdays 1-4 p.m.; Bus: 77, Max, Streetcar. [www.rosehaven.org](http://www.rosehaven.org)

Senior Loneliness HelpLine

503-200-1633

Available 24 hours

1-800-282-7055

Supports aging adults who are experiencing loneliness, isolation, depression or anxiety. Call to speak with confidentiality to a Senior Loneliness specialist. Staffed by clinicians. Available 24 hours. [www.seniorlonelinessline.org](http://www.seniorlonelinessline.org); [www.linesforlife.org](http://www.linesforlife.org)

## COUNSELING/MEDIATION

William Temple House  
2023 NW Hoyt St.

503-226-3021

Individual, couples, family, and group counseling provided on a sliding scale of \$0-\$80. In-person and Telehealth sessions available, based on client preference. We work with children, adolescents, and adults. Client Request for Services forms are available on our website <https://www.williamtemple.org/our-services/counseling/> or call 971-242-2826 to have forms mailed to you. We may have a waitlist for services and do not offer medication or crisis counseling. Hours by appointment: 9 a.m.-9 p.m. Mon-Thurs. Bus: 15, 20, 77, Streetcar. [www.williamtemple.org/counseling.html](http://www.williamtemple.org/counseling.html).

## DOMESTIC VIOLENCE AND SEXUAL ASSAULT

Bradley Angle

503-281-2442 ext. #3

24 HOUR CRISIS LINE 503.235.5333

Undisclosed location. Emergency shelter for survivors of domestic violence seeking safety. Advocacy, support groups, culturally specific programs for the Black/African American community and LGBTQIA2S+ community, housing program, emergency shelter [www.bradleyangle.org](http://www.bradleyangle.org)



## DOMESTIC VIOLENCE AND SEXUAL ASSAULT

**Call to Safety** Crisis line: 503-235-5333, or 1-888-235-5333  
Support for all survivors of domestic and sexual violence and Call to Safety provides confidential advocacy services including a 24/7 crisis line, 24/7 sexual assault crisis response to hospitals and additional response sites, follow-up/case management services, support groups and community engagement including outreach and education. Services are available to people who have been impacted by sexual violence, domestic violence, sex trafficking and/or stalking. All services are free of cost. Specialized services for survivors with survivors experiencing houselessness, and sex workers. [www.calltosafety.org](http://www.calltosafety.org)

**The Gateway Center for Domestic Violence Svcs.** 503-988-6400  
10305 E Burnside St. (yellow house set back from street)  
No in-person services. Telephone services available Mon.-Fri. 9:00 a.m.- 12:00 p.m. and 2:00 p.m. - 4:00 p.m. A center for survivors of intimate partner violence, sexual assault, and their children. Restraining order applications, safety and crisis planning, crime reporting and prosecution, civil legal assistance, counseling and therapeutic services for parents and children, and access to a wide variety of services. People over 65 can receive assistance with restraining orders not related to intimate partner violence. Services available in many languages. Hours: Mon.-Fri. 9:00 a.m.-12:00 p.m. and 2:00 p.m. - 4:00 p.m. Mon.-Fri. Bus: 15, 20; Max Blue. [www.gatewaycenterdv.org](http://www.gatewaycenterdv.org)

## DOMESTIC VIOLENCE AND SEXUAL ASSAULT

IRCO – RIFS Program 503-445-1446

Works with immigrants and refugees experiencing trafficking, domestic and/or sexual violence. 24-hour hotline.

NAYA Family Center–Healing Circle Program 503-288-8177x 339

5135 NE Columbia Blvd.

An array of services for domestic and sexual violence survivors including safety planning, housing stabilization, crisis intervention, advocacy, and educational services. Domestic violence support groups held off site for confidentiality. The Healing Circle works to reinforce the fact that domestic violence is not, nor ever has been, a traditional Native American value.

Hours: 9 a.m.-6 p.m. Mon.-Fri. Bus: 75.

Proyecto UNICA 503-232-4448

El Programa Hispano Catolico En Español

24-hour crisis line. Provides bilingual and bicultural services for Spanish speaking survivors of domestic and or sexual violence. Provides support, advocacy and opportunity for self empowerment, enabling survivors to exercise free and informed life choices.

## DOMESTIC VIOLENCE AND SEXUAL ASSAULT

- Raphael House of Portland 503-222-6222 24 Hour Hotline  
Undisclosed, confidential location. Emergency shelter that is gender inclusive for single survivors and families fleeing intimate partner abuse; pets allowed. Provides ongoing assistance, housing aid, youth programming, food/clothing, support groups, and employment and education advocacy for current and past residents. Screens as shelter space becomes available – SSA required. [www.raphaelhouse.com/get-help/](http://www.raphaelhouse.com/get-help/)
- SEI Community & Family Programs 503-285-0493 ext. 4  
African American advocacy, support groups and case-management services. Call hours: Mon. - Thurs. 8:30am - 5:30pm, Fri. 8:30am - Noon.  
After hours calls forward to Call to Safety 503-235-5333.
- Slavic Oregon Social Services 503-777-3437  
Slavic-speaking advocacy, support and case-management for survivors of domestic and sexual violence. Call for an appointment. Hours: 8:30 a.m.-5 p.m. Mon.-Fri. After hours calls will be forwarded to the crisis line.

## DOMESTIC VIOLENCE AND SEXUAL ASSAULT

Volunteers of America – Home Free

Hotline: 503-771-5503

EMERGENCY SERVICES CRISIS HOTLINE: (9:00 A.M. – 5:00 P.M.  
MONDAY – FRIDAY)

Crisis support, safety plan, access to motel vouchers when available for survivors fleeing domestic and sexual violence. Support with Safety and Stabilization Assessments as capacity allows for referrals into Domestic and Sexual Violence Shelters and Housing Programs. Spanish/English Advocacy, and access to interpretation services. This line forwards to Linea Unica after hours.

RESTRAINING ORDER SERVICES: (503) 802-0506

8:00am – 2:00pm, Mon. - Fri.

Protection order filing support, hearing accompaniment, legal advocacy related to protection orders. Servings all survivors of domestic and sexual violence, supporting with all types of protection orders. Spanish/English Advocacy, and access to interpretation services.

PORTLAND PUBLIC SCHOOLS CONFIDENTIAL STUDENT HOTLINE:  
503-809-4357(HELP) - (CALL OR TEXT)

A confidential hotline for Portland Public Schools High School students. Staffed by advocates at Home Free and Raphael House, during school and regular business hours. Interpretation services are available.

## DOMESTIC VIOLENCE AND SEXUAL ASSAULT

West Women's and Children's Shelter 503-731-3900  
Undisclosed Location. Emergency shelter for survivors of domestic violence with a wide range of supportive services for clients who apply for shelter. Those services include: advocacy, housing assistance, food and extended services.

YWCA of Greater Portland Main Line: 503 294-7400  
Call to Safety: 503-235-5333  
Culturally responsive support and housing related advocacy services. Contact Call to Safety or go to the Gateway Center to access services. The Gateway Center is not currently offering in-person services for the foreseeable future. For one-on-one support call 503-988-6400; Hours: 9 a.m.-noon, 2 p.m.-5 p.m. Mon.-Fri. [www.ywcapdx.org](http://www.ywcapdx.org)

## EMPLOYMENT & TRAINING

Central Portland Vocational Rehabilitation Dept. 971-673-2555  
1704 NE 26th Ave.  
Vocational rehabilitation, job skills training and job placement for people with disabilities. Hours: 8 a.m.-5 p.m Mon.-Fri. Bus: 17, 70, 77. [www.oregon.gov/dhs/vr/](http://www.oregon.gov/dhs/vr/)

## EMPLOYMENT AND TRAINING

Constructing Hope  
405 NE Church St.

503-281-1234

Offers a no-cost, 10-week, construction education and life skills pre-apprenticeship construction training program for low-income adults and those with legal history. Constructing Hope's mission is to rebuild lives by encouraging self-sufficiency and providing services for career placement. Constructing Hope also offers a summer program for youth who are 16-19 years old. Apply anytime at 503-281-1234 or [www.constructinghope.org](http://www.constructinghope.org) Bus: 6, 72.

The DPI Group  
4950 NE MLK Jr. Blvd.

503-281-1289

Jobs for people with barriers to employment, such as a disability, chronic medical issue, in recovery or criminal record. Temporary staffing division hires for light industrial and administrative jobs. Security division hires security officers, with DPSST training provided. Northwest Success hires janitorial staff. Clients without access to computers can call for appointment. Apply at [www.dpisecurity.com](http://www.dpisecurity.com). Staffing is THC friendly for non-government jobs. Hours: 8 a.m.-5 p.m., Mon.-Fri. Bus: 6, 72. [www.thedpigroup.com](http://www.thedpigroup.com); [dpi.avionte.com/thedpigroup](http://dpi.avionte.com/thedpigroup) for quick access to general jobs

Disability Rights Oregon  
Plan for Work/WIPA Program  
511 SW 10th Ave., Ste. 200

503-243-2081 ext. 227

Information and no-cost work incentives planning for individuals receiving SSDI or SSI who are employed or seriously considering re-entering the workforce. For general information about work assistance, call Ticket to Work at 1-800-968-7842. Also, you can fill out an intake form on the website, Call 503-243-2081 or 1-800-452-1694 between 9 to 11 am or 1 to 4 pm, Monday through Friday. Hours: 9 a.m.-noon, 1-5 p.m. Mon.-Fri., or write to Disability Rights Oregon, 511 SW 10th Ave., Suite 200, Portland, OR 97205. Downtown Bus, MAX. [www.droregon.org](http://www.droregon.org)

East Portland Vocational Rehab Department  
305 NE 102nd Ave., Ste. 200

971-673-5858

Call for an intake appointment. Hours: 8 a.m.-5 p.m. Monday thru Friday. Bus: 15, 20; MAX Blue.

Easterseals Connecting Communities  
10011 SE Division St., Ste 305

503-335-6161  
En Español: 503-335-5900

Vocational rehabilitation services, including employment for people with disabilities, ESL and computer classes, job development and job placement; translation and interpretation, resume and interview workshops; ESL support and referral. Hours: 8:30 a.m.-5 p.m. Mon.-Fri. Bus: 9, 66, 75. [www.easterseals.com/oregon](http://www.easterseals.com/oregon)

## EMPLOYMENT AND TRAINING

Easterseals Oregon 503-228-5100

10011 SE Division St., Ste. 101

Senior Community Services Employment Program, ages 55 and older. Hours: 8:30 a.m.-5 p.m. Mon.-Thurs., Bus: 4, 70. [www.easterseals.com/oregon](http://www.easterseals.com/oregon)

Employment Access Center (Central City Concern) 503-226-7387

2 NW Second Ave.

Assists Central City Concern Clients and other individuals enrolled in specific programs. WorkSource Express Walk-ins hours vary Mon-Thurs. EAC Hours 8-5 pm, Mon- Fri. Closed Holidays and Weekends Downtown bus, MAX. [www.centalcityconcern.org](http://www.centalcityconcern.org)

Goodwill Job Connection 503-239-1734

1943 SE Sixth Ave.

Free program that develops personalized job search strategy based on individual strengths and goals. Resume assistance, job leads, job fairs, and interview practice. Hours: 9 a.m.- 5:30 p.m. Mon.-Fri. Bus: 6, 14, 30; Streetcar [www.meetgoodwill.org](http://www.meetgoodwill.org)



**Job Corps** 503-326-6800

Various Locations. Provides hands-on career training for 30 trades for economically disadvantaged youths. GED/high school diploma programs. Free residential training program for youths 16-21 who are low income, homeless, have documented disability or in the foster care system. Call for appt. Hours: 8 a.m.-12 and 1p.m-5 p.m. Mon.-Fri. [www.jobcorps.gov](http://www.jobcorps.gov)

**Our Just Future** 503-548-0200

Several programs for individuals who are or were unhoused to find the right work for them, with an emphasis on living-wage and career-track jobs.

Call for eligibility. Hours 8 a.m. - 5 p.m. Mon.-Fri. <https://humansolutions.org>

**PIVOT Job Corps** 503-274-7343

2701 NW Vaughn St., Ste. 151

Non-residential, year round school that provides free high school diploma, GED and training for a Medical Administrative Assistant for women and men ages 16-24. Internship/job placement services, gas stipend or monthly bus pass, daily lunch allowance, bi-weekly attendance stipend, clothing closet on site and driver's education offered. Open house hours: 2 p.m. Wed. Hours: 8 a.m.-4:30 p.m. Mon.-Fri. Bus: 77. [www.pivot.jobcorps.gov](http://www.pivot.jobcorps.gov)

## EMPLOYMENT AND TRAINING

### Relay Resources

503-261-1266

5312 NE 148th Ave.

Online only. Jobs for people with disabilities or other barriers to employment. Apply online or in person. Careers in janitorial, landscape, administrative and product assembly. Call for assistance or go online. [www.relayresources.org/careers](http://www.relayresources.org/careers)

### Stone Soup PDX

503-719-4772

306 NW Broadway St.

Stone Soup is a nonprofit social venture providing training for those facing barriers to employment and housing insecurity. Tee 12-week job training program provides hands-on culinary skills while feeding residents, businesses, and those on the front lines of food insecurity across the city. To join, fill out an application on our website. Call 8 a.m.-5 p.m. Mon.-Fri. for more information. [www.stonesouppdx.com](http://www.stonesouppdx.com)

### Street Roots

503-228-5657

211 NW Davis St.

Immediate work opportunities through vendor program. Vendors are able to become a seller of the weekly publication after completing an orientation. Orientations held on Wednesdays and Fridays at 12:15. Downtown Bus, MAX. [www.streetroots.org](http://www.streetroots.org)

Voz Workers Rights Education Project  
240 NE MLK Jr. Blvd.

503-234-2043

Temporary address 5940 N. Albina. Will eventually move to their permanent address at: 240 NE MLK Jr. Blvd. Please call to access their location information.

Nonprofit organization that advocates for immigrants and day laborers' rights. New member orientation every other week please call to sign up. Hours: 7 a.m.-2 p.m. Mon.-Sat. Bus: 6, 12, 19, 20, MAX to Convention Center, Streetcar.

### WorkSource Oregon Centers

WorkSource offices are now open and taking appointments. Staff are available Monday thru Friday, 8:30 a.m. to 5 p.m. Oregon labor market information system, job search database and skills development:

Portland Metro North/NE: 503-280-6046; 30 N Webster St., Ste. E. Bus: 4, 44.

WorkSource Metro Gresham: 503-669-7112 ext. 2; 18633 SE Stark ST Ste 201., Gresham; Bus: 20, MAX Blue to Rockwood TC.

Worksource Portland Metro SE: 503-772-2300, ext. 365; 7916 SE Foster Rd., Ste. 104; Bus: 10, 14. [www.worksourceoregon.org](http://www.worksourceoregon.org)

## FINANCIAL ASSISTANCE

### Social Security Administration

1538 SW Yamhill St.

1-800-772-1213

TTY 1-800-325-0778

General information about Social Security Disability Insurance and Supplemental Security Income. Hours: 9 a.m.-4 p.m. Mon., Tues., Thurs., Fri.; 9 a.m.-noon Wed. Call for appointment. MAX Blue, Red to Galleria or Providence Park stop. [www.socialsecurity.gov](http://www.socialsecurity.gov)

## FOOD BOXES

### Allen Temple Emergency Aid Center

4214 NE Eighth Ave.

503-289-6615

Food boxes. Service area from NE Broadway to N Lombard and NE 42nd to N Greeley. Hours: 11 a.m.-2 p.m. Wed., Sat. Closed 1st Wed. and Sat. of the month. Bus: 6.

### Equitable Giving Circle

4212 NE Prescott

Black led org providing BIPOC families with food from BIPOC owned farms. Weekly food pantry pop up Hours: 10 a.m.-2 p.m. on Thursdays. [www.equitablegivingcircle.org](http://www.equitablegivingcircle.org)

Francis Center 503-775-6784

6535 SE 82nd Ave.

Food boxes every 30 days with current mail as proof of address. Clothing and hygiene items offered as well. Serving zip codes 97206, 97215, 97216 and 97266. Visits are limited to once per month or once a week if unhoused. Food pantry hours: 10 a.m.-2 p.m. Mon.-Thurs. Closed major holidays. Bus: 72. [www.franciscenterpdx.org/](http://www.franciscenterpdx.org/)

First Baptist Church 503-228-7465

909 SW 11th Ave.

Meals to go with no voucher required. Hours: 2-4 p.m. Monday and Thursday. Bus: 15, 51; MAX Red, Blue; Streetcar. [www.fbc-portland.org](http://www.fbc-portland.org)

Food Pantries through Oregon Food Bank 503-282-0555

Various locations. Helps individuals find perishable and non-perishable food to anyone in need. Phone hours: 8 a.m.-5 p.m. Mon.-Fri. <https://foodfinder.oregonfoodbank.org/>

Hand Up Project 503-451-0715

4115 N. Mississippi Avenue (Q-Center)

Provides a shopping style food pantry service in which people can choose the food that works best for them. Mon. and Tues. 12-4 p.m. and the 4th Sat. of the month from 10 a.m.-1 p.m. [www.handupproject.org](http://www.handupproject.org)

## FOOD AND GROCERY ASSISTANCE

Food Stamps (SNAP) - Department of Human Services 971-673-1400  
Downtown: Self-sufficiency branch, New Market Theater Building, 50  
SW Second Ave.

Downtown Bus, MAX. Apply online. apps.state.or.us/ connect/ Alberta Branch 30 N Webster St., Ste. A 971-673-6900 Bus: 44, 72	Northeast Portland 4425 NE Broadway St. 971-673-5722 Bus: 77, 75, MAX Hollywood East Self-Sufficiency Office 11826 NE Glisan St. 971-673-0909	Bus: Gresham TC Midtown Child Welfare 1425NEIrvingSt.,#400 503-673-1800 Bus:MaxRed/BlueLine Southeast Branch 8129 SE Malden St. 971-673-2550 Bus: 9, 75
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Multnomah County SNAP Outreach Program 503-320-6658  
503-928-9689

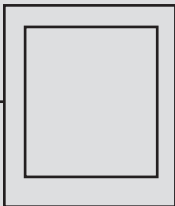
Mobile team providing on-site SNAP application assistance in  
Mult. Co. area to individuals and families. Schedule appts. by  
phone (call or text). Hours: 8 a.m.-5 p.m. Evenings and weekends  
by appt.  
<https://multco.us/food-assistance/snap-food-stamps-multnomah-county>

## FOOD AND GROCERY ASSISTANCE

### Women, Infants and Children (WIC) - 503-988-3503

Provides monthly healthy food benefits, growth monitoring and referral to other programs for pregnant and post-partum women, infants and children up to age 5.

North Portland Health  
Center 9000 N  
Lombard St Bus: 4,  
11,16, 75



Northeast Health Center  
5329 NE MLK Jr. Blvd.  
Bus: 6, 72

Gateway Program  
131 NE 102nd Ave.,  
Bldg. #1 Bus: 15, 20,  
MAX

East County Program  
600 NE Eighth St., No.  
230, Gresham Bus:  
Gresham TC, MAX

## FOOD BOXES

- Good Roots Community Church 503-654-0507  
1908 SE Courtney Rd., Milwaukie  
Food boxes available for residents needing extra food. Clothing closet. Hours: Food bank 10- Noon Saturday; clothing closet 9-11:30 Saturdays. Closed holidays. Bus: 33.  
[www.goodrootscommunity.com](http://www.goodrootscommunity.com)
- Lift Urban Portland 503-221-1224  
1838 SW Jefferson St (First United Methodist Church)  
Food pantry for low-income NW and downtown residents. Available twice per month. Delivered food boxes available with referral. Call for more info. 3-6 p.m. Tuesday (by appointment only for those who require assistance shopping), Thursday and Friday (open to all). Shoppers can access the pantry twice a month. Tues is by appt only. 503-221-1224 ext 105. Appointments are limited to people with disability or over the age of 60. Bus: 15, 17, 77.  
[www.lifturbanportland.org](http://www.lifturbanportland.org)
- Metro Church of Christ 503-667-0773  
1525 NW Division St., Gresham  
Emergency food boxes. Hours: 11 a.m.-1 p.m. Mon.-Fri. Free Saturday Community Breakfast hours: 8-10 a.m. Sat. Bus: 4, MAX Blue. [www.metrocofc.org](http://www.metrocofc.org)



Neighborhood House 503-246-1663  
3445 SW Moss St. ext. 5119

Limited deliveries in the nearby SW area. To order a food box to be delivered please use the online order form or, please give us a call. Food boxes two times per month. Portland city limits west of the Willamette and Lake Oswego. Pick up by appointment only. Hours: 10 a.m.-4 p.m. Mon. and Wed.; 2 p.m.- 6 p.m., Thurs.  
Bus: 44, 45. [www.nhpx.org](http://www.nhpx.org)

Northeast Emergency Food Program 503-284-5470  
4800 NE 72nd Ave.

Emergency food boxes. Free groceries are now available indoors, self-serve style. Clients may shop one time each week. Please bring your own bags. No geographic boundaries. Hours: Tuesday 4-6:30 p.m., Thursday and Saturday 9:30 a.m.-noon. Call or check the website for more information. Bus: 71, 72. [www.emo-nefp.org](http://www.emo-nefp.org)

Portland Adventist Community Services 503-252-8500  
11020 NE Halsey St.

Pre-made boxes provide emergency 3 to 5 days' supply of food once a month. Drive through pickup only. Hours: 9-11 a.m. Mon.-Fri.; 5-7 p.m every First Thursday. Eight mobile pantries available for people who live outside of the Portland metro. Call or visit website for location and times. Bus: 23, 77. [www.pacsonline.org](http://www.pacsonline.org)

## FOOD BOXES

### The Salvation Army (Multiple locations)

Food boxes once every 30 days for select zip codes. Proof of address required, unless unhoused. Call locations for applicable zip codes.

■Gresham Family Services: 473 SE 194th Ave. 503-661-8972 ext. 420 Hours: Noon- 1 p.m. every 1st Friday dry food boxes; Noon-1 p.m. 3rd Friday fruits and vegetables Bus: 20.

■Moore St.: 5325 N Williams Ave. (entrance on Moore Ave.) 971-340-4019

Hours: 10 a.m.-noon, 9 a.m. - 1 p.m. Wed., Fri., Bus: 44, 72.

■Portland Tabernacle Family Services: 1712 NE Sandy Blvd. 503-239-1264

Must bring reusable bag. Hours: 9-11:30 a.m., 1-4 p.m. Mon., Wed., Fri. Bus: 12,19, 20

### SnowCap Community Charities

503-674-8785

17805 SE Stark St., Gresham (behind the Rockwood Center)

Shopping-style food boxes available up to once a month with proof of address postmarked within 30 days. Limited energy assistance when available (est. Jan.-March). Serves only east of 82nd Ave. Hours: 10 a.m.-2 p.m. Mon.-Fri.; 6-8 p.m. Mon., Wed. Bus: 20, 25, 87, MAX Blue to 181st Station. [www.snowcap.org](http://www.snowcap.org)

## FOOD BOXES

St. Andrew Emergency Services (St. Vincent de Paul) 971-244-0339

4940 NE Eighth Ave. (Martha H. Terrell Comm. Center)

Emergency food pantry available to individuals in zip code 97211 once a month. Call if you need food delivery. Food Pantry Hours: 9 a.m.-1 p.m. Wed.-Fri. Bus: 72. [www.standrewchurch.com](http://www.standrewchurch.com)

St. Stephen's Episcopal Church (Clay St. Table) 503-223-6424

1432 SW 13th Ave.

4th Thurs. monthly food pantry. Lottery style. Hours: 12-4 p.m. [www.claystreettable.org](http://www.claystreettable.org)

St. Vincent de Paul 503 535 2990

8101 SE Cornwell St.

Food boxes: 1-3:30 p.m. every Fri; Clack. & Mult. counties only. Closed major holidays, Good Friday and Friday after Thanksgiving. Bus: 72, MAX: Green. [www.svdpx.org](http://www.svdpx.org)

St. Mark's Lutheran Church 503-777-1443

5415 SE Powell Blvd.

Food pantry: every Friday from 2pm to 5pm, except holidays or days with inclement weather. We serve all zip codes, You can come every week and you don't need to bring ID. Bus: 9, 71.

## FOOD BOXES

Trinity Episcopal Cathedral 503-222-9811  
147 NW 19th Ave. at Everett St.

Mon, Tues, Thur, Fri, Sat: Canned items, grab and go food, coffee at door. Hours: 11 a.m.-1:00 p.m. Bus: 15, 77, 20. [www.trinity-episcopal.org](http://www.trinity-episcopal.org)

William Temple House 503-226-3021  
2023 NW Hoyt St.

Food pick-up twice each month, all year. Includes health and hygiene items. Hours: 11 a.m.-2 p.m. Tues.-Thurs. See also Health Care. Bus: 15, 20, 77, Streetcar. [www.williamtemple.org](http://www.williamtemple.org)

Union Gospel Mission 503-274-4483  
15 NW Third Ave.

Food boxes until supplies last. Eligible every 30 days. Signature, photo ID and questionnaire required upon receipt of food. Food boxes for 1st 25 people, arrive before numbers passed out at 11, boxes served at 11:30 a.m.- Noon on Fri. Showers 9 a.m.-1 p.m. on Fri. Downtown Bus, MAX. [www.ugmportland.org](http://www.ugmportland.org)

Zarephath Pantry 503-667-7932  
59 NW Ava Ave., Gresham (enter through parking lot door)

Emergency food boxes for low-income residents living in East Mult. Co. ID requested to verify residency. Closed major holidays. Hours: 10 a.m.-1 p.m. Thurs. Bus: 9. <http://www.feedeastcounty.org/>

**Brave Space**

503-486-8936

3620 SE Powell Blvd., #102

REMOTE ONLY. Must be insured by OHP. Facilitates access to knowledgeable providers for transgender and genderqueer youths, adults and their families. Services include counseling, assessments and planning for medical transition, psychological assessments, scholarship for gender-related care not covered by insurance. Bus: 9, 75. [www.bravespacellc.com](http://www.bravespacellc.com)

**Elder Pride Services**

503-224-2640

1737 NW 26th Ave.

A program of Friendly House Senior Program. Works to enhance the lives of older (ages 60+) gay, lesbian, bisexual and transgender community members through education, advocacy, outreach, resource referral. Call for a program schedule and events. Bus: 15, 77. [www.fhpdx.org](http://www.fhpdx.org)

## LGBTQ SERVICES

Outside In's Transgender Services 503-535-3860

Downtown: 1132 SW 13th Ave. Open Mon-Fri 8:30-5 and until 7:30  
Tues & Wed

Eastside: 16144 E. Burnside 503-535-3860 #2 Open Mon.-Thur. 8:30  
a.m.-5 p.m, closed for lunch 12-1.

Assists transgender/gender non-conforming people in establishing Outside In as primary care location, initiate hormone therapy and manage their health as they physically transition. The ID Project helps change their legal documentation through the courts or DMV. Call for more information and appt. availability.  
Downtown Bus; MAX Red, Blue.

Prism Health 503-445-7699

2236 SE Belmont St.

LGBTQ+ focused health center. STI testing, PrEP, hormone therapy, HIV care, mental health services and primary care. Specialized services for transgender. Hours: 8:30 a.m.-5 p.m. Mon.-Fri. Bus: 15.  
[www.prismhealth.org](http://www.prismhealth.org)

## LGBTQ SERVICES

Q Center 503-234-7837

4115 N Mississippi Ave.

Provides safe spaces, community building and empowerment for the positive transformation of LGBTQ2SIA+ communities and allies in the region. Offers peer support groups, programs for LGBTQ+ seniors, drop-in hours and virtual events. A food pantry every 2nd and 4th Monday. Hours: noon-8 p.m. Mon.- Fri., noon-6 p.m. Sat., Sun. Bus: 4, MAX Yellow. [www.pdxqcenter.org](http://www.pdxqcenter.org)

Sexual and Gender Minority Youth Resource Center 503-872-9664

1220 SW Columbia St.

Drop-in center for Queer/Trans youths. LGBTQIA2s+ youths ages 13-25. Supportive social space, counseling, basic needs, resource referrals, field trips, leadership opportunities, special events, affinity groups and more. Monthly calendar of activities on website and Instagram @smyrcpdx. Hours: 4 - 6 p.m. on tues, 4- 7 p.m. on wed., fri. Bus: 6, MAX Blue/Red, Orange/Green.

## HEALTH CARE

Avel Gordly Center for Healing (OHSU) 503-494-4745

621 SW Alder St., Ste. 520

Outpatient psychiatry, counseling and culturally specific services. Sliding scale fee. Hours: 8 a.m.-5 p.m. Mon.-Fri. Downtown Bus, MAX. [www.ohsuhealth.com/counseling](http://www.ohsuhealth.com/counseling)

## HEALTH CARE

Cascadia Health Urgent Walk-In Clinic 503-963-2575

4212 SE Division St., Ste. 100

Urgent mental health needs. Selected based on clinical need, may include counseling, medication prescribing, referrals to affordable mental health and substance treatment and referrals to other community resources. Hours: 7 a.m.-9 p.m. Mon.-Sun.

Bus: 2. [www.cascadiabhc.org](http://www.cascadiabhc.org)

Children's Community Clinic 503-284-5239

2252 Lloyd Center, third floor

Health center for low-income, under and uninsured families, children, and youths up to age 21 only. Accepts OHP, other insurance.

\$125 max. out of pocket for uninsured per child, per visit. Asthma and allergy clinic hours: 4 p.m.-7 p.m. 2nd and 4th Wed. Clinic

hours: 1 p.m.-4 p.m. Mon.-Fri. Bus: 8, 70, 77.

Young adults clinic hours: 1 p.m.- 4 p.m. Wed; [www.ccc4kids.org](http://www.ccc4kids.org)

Coalition of Community Health Clinics 503-546-4991

434 NW Sixth Ave., Ste. 303

Info. and referral to community health clinics for Medicaid, under-insured and insured community members. Clinic hours: 9 a.m.-5

p.m. Mon.-Fri. [www.coalitionclinics.org](http://www.coalitionclinics.org)



Mult. Co. Aging, Disability and Vet. Services Helpline: 503-988-3646  
Provides information, assistance and referrals to support adults age 60 and older, people with disabilities of all ages, veterans, and caregivers. Remote only. Helpline hours: 24/7. [www.adrco-foregon.org](http://www.adrco-foregon.org)

Multnomah County Call Center 503-988-4888, 1-800-716-9769  
TTY Oregon Relay: 711  
24-hour mental health resource for information, referral and crisis support. Additionally, available mobile mental health crisis response team called Project Respond: clinicians provide crisis risk assessment and support to individuals and families in Multnomah County 24/7.

Mult. Co. Primary Care Clinics 503-988-5558  
REMOTE ONLY. Low-cost family health care at seven locations. Serves all Mult. Co. residents including low-income and uninsured. Free interpretation services available. Transportation assistance provided to eligible patients. Covid-19 testing. Call for appt. Hours: 7:30 a.m.-5:30 p.m. Mon.-Fri. Bus: 9. [www.multco.us/health/primary-care-clinics](http://www.multco.us/health/primary-care-clinics)

## HEALTH CARE

NARA

503-224-1044

NARA Mental Health Intake: 503-307-7775

Full-service medical clinics open to public, free to tribal members and descendants (others by sliding scale, \$30 min. unless insured). New patients by appt. only. Clinic and wellness center hours: 8 a.m.-5 p.m. Mon.-Fri. Call for pharmacy hours.

[www.naranorthwest.org](http://www.naranorthwest.org)

- Wellness Center: 12360 E Burnside St. 971-279-4800. MAX Blue.
- Totem Lodge: Adult Mental Health: 1438 SE Division St. 503-548-0346.

Hours: 8:30 a.m.-5 p.m. Mon-Fri. Bus: 4, 70, MAX Orange.

North by Northeast Community Health Center

503-287-4932

714 NE Alberta St.

Primary care services provided with a focus on African American health and management of hypertension and diabetes. Accepts OHP CareOregon and uninsured patients. Insurance enrollment assistance for uninsured adult residents. First-time patients, call. Office hours: 9 a.m.-5 p.m. Mon.-Fri. Bus: 6, 72. [www.nxneclinic.org](http://www.nxneclinic.org)

OHSU Family Medicine Immediate Care Clinic

503-418-1500

4212 SE Division St., Ste. 150

Appointment only. Hours: 8 a.m.-8 p.m. Mon.-Fri., 8 a.m.-5 p.m. Sat. Bus: 4, 75. [www.ohsu.edu](http://www.ohsu.edu)

Old Town Clinic (Central City Concern)  
727 W Burnside St.

503-228-4533

Primary and naturopathic care, preventive exams, injury treatment, minor procedures, mental health care and addiction treatment (including medication). Call to make initial appointment. Hours: 8 a.m.-5 p.m. Mon.-Fri. Opens at 9. a.m. on 1st, 3rd and 5th Wednesdays. Downtown bus, MAX. [www.cccconcern.org](http://www.cccconcern.org)

Old Town Recovery Center (Central City Concern) 503-228-7134  
33 NW Broadway St.

Not accepting new patients at this time. Specialty mental health care with integrated addiction services for adults. OHP, Medicare, uninsured. Hours: 9 a.m.-5 p.m. Mon.-Fri. Bus: 20, Downtown MAX. [www.centralcityconcern.org](http://www.centralcityconcern.org)

Operation Nightwatch  
1432 SW 13th Ave.

503-220-0438

RN health room provides enhanced first aid and referral as appropriate. Charging stations for electronics. Basic hygiene items. To-go sandwiches and coffee. Limited services. Hours: 7 p.m. - 9 p.m. Fri. and Sat. Bus: 6, Streetcar, MAX. [www.operationnightwatch.org](http://www.operationnightwatch.org)

## HEALTH CARE

### Oregon Health Marketplace

855-268-3767

Connects Oregonians to health insurance and help paying for it.

Phone hours: 8 a.m.-5 p.m. Mon.-Fri. [www.oregonhealthcare.gov](http://www.oregonhealthcare.gov)

### Outside In Clinic

503-535-3860

1132 SW 13th Ave.

General Info: 503-535-3800

No walk-in appointments. Accepts most insurance. Primary care and referrals, same day appts. transgender health services, syringe exchange, general medicine, women's health care, naturopath, help with OHP enrollment. Sliding scale fees apply.

Downtown Hours: 8:30 a.m.-5 p.m. Mon., Thurs., Fri.; 8:30 a.m.-7:30 p.m. Tues., Wed.

Downtown Bus; MAX Red, Blue. [www.outsidein.org](http://www.outsidein.org)

■ East Portland Clinic: 16144 East Burnside St. 8:30 a.m.-noon, 1-5 p.m. Tues., Wed., Thurs.

■ Mobile Medical Van at 8800 SE 80th Ave: 9 a.m.-12:40 p.m., 2-4 p.m. Tues., Thurs.

Planned Parenthood Columbia Willamette

888-576-7526

3727 NE MLK Jr. Blvd.

231 SE 50th Ave.

14601 SE Division St.

Low-cost birth control; annual visits and Pap exams; pregnancy testing at a sliding scale. Emergency contraception; STI testing and treatment; HIV testing; PrEP; cancer screenings; vasectomy; medication and surgical abortion care; gender affirming hormone services; menopausal care. Schedule appointments by phone or online. Same-day and walk-in appts. available. Financial assistance available.

NE Bus: 6, 24. SE Bus: 9, 14. Max green line, bus #6, #2, #8, #9

[www.ppcw.org](http://www.ppcw.org)

## HEALTH CARE

### Portland People's Outreach Project (PPOP)

503-765-7767

Provides syringes, injection supplies, Naloxone and other items.

Used syringes not required to receive supplies. Bicycle, driving and foot outreach:

✦ Portland and downtown. Friday Evenings - Drop-in and Bike Outreach: 6:00 PM - 9:00 PM: Warehouse drop-in open (call to request the address)

7:25 PM - 7:50 PM: Greyhound/Bud Clark NW 6th & Hoyt

8:00 PM - 8:30 PM: NW 19th & Couch in McDonald's

✦ Saturday Afternoons - St. Johns Site:

1:00 PM - 4:00 PM: St. Johns - The Cut (Peninsula Crossing Trail), on the bike path just west of N. Lombard & Macrum

✦ Sunday Afternoons - Driving/Foot Outreach:

2:30 PM - 3:15 PM: Hollywood Transit Center – end of NE Weidler off 42nd

3:45 PM - 4:30 PM: South Park Blocks - SW Park & Jefferson

4:45 PM - 5:30 PM: Greyhound/Bud Clark

Visit [www.portlandpeoplesoutreach.org](http://www.portlandpeoplesoutreach.org) for outreach schedule.

Quest Center for Integrative Health  
2901 E Burnside St.

503-238-5203

Limited acupuncture and other in-person treatments. Mental health services all remote, osteopathic physician on site, support groups, yoga, meditation classes, naturopath, acupuncture, chronic pain support, individual adult counseling, outpatient drug and alcohol counseling. Support, resources for LGBTQ+ community, recovery services for those with HIV. Hours: Mon. - Fri. 8 a.m.-5 p.m. Bus: 19, 20.  
[www.quest-center.org](http://www.quest-center.org)

Ride to Care

503-416-3955

Provides transportation for OHP Health Share member to any appt. or service covered by Health Share. Call center hours: 24/7.  
[www.ridetocare.com](http://www.ridetocare.com)

The Salvation Army, Tabernacle Family Services  
1712 NE Sandy Blvd.

503-239-1224

Discount prescriptions for seniors ages 60 and older, once every 12 months. Purchase at Hollywood Fred Meyer, 3030 NE Weidler St. 90-day supply up to \$500. Low-income guidelines, bring photo ID, proof of address, verification of income. Hours: 9 a.m.-1 p.m. Mon. Bus: 12, 19, 20. [www.portlandtabernacle.salvationarmy.org](http://www.portlandtabernacle.salvationarmy.org)

## DENTAL

Wallace MC Rockwood Medical and Dental 503-489-1760  
18139 NE Couch St. (Dental)  
18633 SE Stark Street, Suite 401 (Medical)  
Mobile Medical Clinic (Various Locations)  
Provides primary and urgent health care, including pediatric care, well-child visits/immunizations, chronic disease management, women's health and dental care. For residents east of I-205. Sliding scale for uninsured; \$25 min. Rockwood hours: Mon. - Friday 8:00 a.m. - 5 p.m. [www.mywallace.org/](http://www.mywallace.org/)

NARA Dental Clinic 971-347-3009  
12750 SE Stark St., Bldg. E  
Basic and preventative dental care for the whole family. Call for referral and intake process. No walk-ins, call for an appt. Hours: 7:45 a.m.-6 p.m. Mon.-Fri. Bus: 20, MAX Blue.

OHSU Dental Clinics at the School of Dentistry 503-494-8867  
2730 SW Moody Ave.  
For urgent care the fee is up to \$250, or more depending on treatment. Urgent care closed over school breaks and holidays. Reduced fee for established clients, due at time of service. Accepts OHP and other insurance. No free dental services. Student work supervised by faculty. New patients call to check schedules. Scheduling hours: 8:15 a.m.-1:30 p.m. Mon.-Fri. Appointment required. Bus: 9, 17, 35, Streetcar, MAX Orange. [www.ohsu.edu/school-of-dentistry](http://www.ohsu.edu/school-of-dentistry)



## DENTAL

Russell Street Dental Clinic  
214 N Russell St.

503-494-6822

Low-cost dental program for insured/uninsured people, including patients with HIV/AIDS. Sliding fee scale for enrolled patients. \$76-128 for emergency exams and x-rays plus additional costs for services \$100-200 per tooth, paid at time of service. Call to see if accepting new patients, no walk-ins. Hours: 7:30 a.m.-5 p.m. Mon.-Fri. Walk-in emergencies, standby only (5 per day): 7:30 a.m.-1 p.m. Stand-by emergency walk-in wait-to-be seen appointments 7:30 a.m. and 12:30 p.m. Bus: 4, 44.

Wallace Medical Concern  
18139 NE Couch St. (Dental)

503-226-3021, ext. 1297

Medical Teams International Dental Van comes approx. once per month. By appt. only. . Bus: 15, 20, 77, Streetcar.

## STD/HIV/AIDS

Cascade AIDS Project  
520 NW Davis St., Ste. 215

503-223-5907

Free and confidential HIV and STI testing services. Check the calendar online or call for locations/times. Education, housing and support services for HIV-positive individuals who meet eligibility requirements. Services offered for people recently incarcerated. Call for intake. Monday through Thursday. In-person office hours: 9 a.m.-5 p.m. Mon- Thurs. Downtown Bus, MAX. [www.capnw.org](http://www.capnw.org)

## STD/HIV/AIDS

HIV Day Center/Ecumenical Ministries of Oregon    503-460-3822  
2941 NE Ainsworth St.

Drop-in center for low-income people living with HIV. Hot breakfasts, lunches, phones, mail drop, computer, internet access, clothing and hygiene-related needs. Information, referrals available. Recreational events. Verification of HIV status and low-income status required. Hours: Mon-Fri 9am-4pm. Languages offered: English and Spanish. Bus: 17. [www.emoregon.org/hiv-services/](http://www.emoregon.org/hiv-services/)

Multnomah Co. STD Clinic    503-988-3700  
619 NW Sixth Ave., Second floor

Affordable, confidential, non-judgemental STD testing. Accepts OHP, Medicare and Medicaid. No one turned away for inability to pay. Call for appt. Spanish-speaking staff. Hours: Mon-Fri 8:45 a.m.-5 p.m, Tuesday evening clinic 5-7:30 p.m. Phone lines are open at 9 a.m.-5 p.m. Downtown Bus, MAX. [www.multco.us/health](http://www.multco.us/health)

OHSU Partnership Project  
5525 SE Milwaukie Ave.

503-230-1202

Remote only. Comprehensive array of services to both persons living with HIV and to those of transgender and gender non-conforming communities. Call for more info. Case management for persons living with HIV, call the main line. Insurance enrollment assistance, call main line for assistance. Service navigation for immigrants and refugees living with HIV. Bus: 19, 70. [www.ohsu.edu/partnership](http://www.ohsu.edu/partnership)

Our House  
2727 SE Alder St.

503-234-0175

Residential Care facility for 14 residents with HIV/AIDS. 24-hour skilled nursing, social services, drug and alcohol counseling. Tod's Corner, Esther's Pantry from 1-3 p.m. Wed, Neighborhood Housing and Care Program. Bus: 15, 20. [www.ourhouseofportland.org](http://www.ourhouseofportland.org)

Women of Wisdom

503-238-5203 ext. 321

2901 E Burnside St. at the Quest Center for Integrative Health  
Peer and community support for women living with HIV/AIDS. Hours: Mon.-Thurs. 8 a.m.-6 p.m., Friday 8 a.m.-5 p.m. Fri. Outpatient Program information and meal on Nutrition Night, 6 p.m. Thurs. in Quest building or call intake coordinator. Bus: 19, 20. [www.quest-center.org](http://www.quest-center.org)

## HOUSING SERVICES

Blanchet House of Hospitality  
310 NW Glisan St.

971-337-8747

Seven-month transitional living program for men who are unemployed or struggling with personal issues. Must be physically and mentally able to work full time in the kitchen during the first 90 days. After completing a seven-month program, guests may be eligible for a nine-month residential program. Bus: 4, 8, 35, 44, 77. MAX. [www.blanchethouse.org](http://www.blanchethouse.org)

Cascadia Housing, Inc.

503-674-7777, 503-238-0705

Independent subsidized and tax credit apartments for people who are disabled or have a dual diagnosis. Applications given when the waitlist is open. Hours: 9 a.m.-5 p.m. Mon.-Fri., Leave message. [www.cascadiabhc.org](http://www.cascadiabhc.org)

Catholic Charities: Housing Transitions Program

971-222-1880

2740 SE Powell Blvd., Suite #6 (enter rear of building, lower level)

Assists self-identified women, 25 years or older, who are non-parenting and currently experiencing homelessness with permanent housing info and intake needed. Includes Kenton Women's village. Phone and internet computer usage by appointment only. Call for intake information. Drop-in mailing address, coffee, lunch to go on Mon.-Fri. no intake needed. First come, first serve showers and laundry 10 a.m.-1 p.m., Mon.-Fri. Sign-up starts at 9 a.m. Bus: 9, 10. [www.catholiccharitiesoregon.org](http://www.catholiccharitiesoregon.org)

## HOUSING SERVICES

### Central City Concern Housing

503-525-8483

523 NW Everett St.

Recovery housing for singles and families, low-barrier housing communities and specialized housing for the HIV community. Section 8 and fair market residential options. Must meet income restrictions and other criteria. Inquiry hours: 8 a.m.-5 p.m., Mon.-Fri. Downtown Bus, MAX. [www.centralcityconcern.org](http://www.centralcityconcern.org)

### Our Just Future

503-548-0200 (Portland office)

12350 SE Powell Blvd.

503-405-7875 (Rockwood office)

Assists in finding affordable housing for families experiencing homelessness. Call 211 to enter queue. Hours: Mon. - Fri., 8 a.m. - 5 p.m. Bus: 9, 17, 71, MAX Blue. Also 124 NE 181 Ave., Ste. 109, Gresham. Bus: 25, 87, MAX Blue. [www.humansolutions.org](http://www.humansolutions.org)

### New Narrative

503-726-3742

Confidential location

Formerly known as Luke-Dorf Bridgeview Community. Two-year transitional housing for adults with severe mental illness. Full mental health services on site. Requires referral from current mental health provider or primary care. [www.newnarrativepdx.org](http://www.newnarrativepdx.org)

## Know your Rights

Whether or not you are a United States citizen, you have rights under the United States Constitution. If you think your rights have been violated, the following organizations may be able to help you:

### Portland Copwatch

PO Box 42456, Portland, OR 97242  
For police complaints in Portland only. Incident Report Line: 503-321-5120  
copwatch@portlandcopwatch.org

### Metropolitan Public

Defender (Multnomah County)  
101 SW Main St Suite 1100  
503-225-9100 8am - 5pm, Monday - Friday. Legal aid and public defense services.  
<https://mpdlaw.com/>

Independent Police Review Division (IPR) 503-823-0146 ( 8am - 5pm, Mon.- Fri.) 1221 SW Fourth Ave., Room 140. Walk-ins welcome every Friday, 9am - 4 pm.

Victims Advocates: 503-988-3222  
Support Enforcement Division (DA's office). Child Support issues: 503-988-3150 1200 SW 1st Ave., Ste. 4200 Hours: 8 a.m.-5 p.m. Mon.-Fri. [www.mcda.us](http://www.mcda.us)

### Property Recovery

All property collected by the City of Portland is maintained by Rapid Response Bio Clean, at their storage facility, for a minimum of 30 days after the day it was collected. Call Rapid Response Bio Clean to locate your property. 503-387-1336. Hours:

9:30 a.m. to 3:30 p.m. Mon.-Fri.,  
10:30 a.m. to 2:30 p.m. Sat. Please be ready to provide a date and location from which the property was taken. Property left for longer than 30 days from the date it was taken will be destroyed/donated

**Northwest Pilot Project**

503-227-5605

1430 SW Broadway St.

Secures permanent housing for seniors, 55 and older, who are homeless or at risk of becoming homeless with no minor children. New clients should call for eligibility and hours. 9 a.m.-4 p.m. Mon.-Wed., Fri., 1 p.m.-4 p.m. Thurs. Closed noon-1 p.m. Limited walk in services on Tues. Weds. and Thurs. from 1 p.m. - 4 p.m. Downtown Bus, MAX. [www.nwpilotproject.org](http://www.nwpilotproject.org)

**Oxford Houses of Oregon**

971-998-4223

Various locations. Alcohol/drug-free living environment in shared housing. Must be recovering from addiction or alcoholism. Each house is democratically run by members and financially self-supporting. Must live clean and sober, be able to pay equal share of expenses; inpatient treatment completion not a requirement for housing. [www.oxfordvacancies.com](http://www.oxfordvacancies.com)

**Portland Rescue Mission - Connect Program**

503-980-4998

111 W Burnside St.

3-6-month transitional program for men that provides stability and community within a clean and sober environment to transition away from homelessness. Receive job readiness through vocational assignments, guidance toward obtaining housing and employment and supportive relationships through regular life group meetings. Attend orientation on Mon, Wed or Fri at 1 p.m.

## HOUSING SERVICES

St. Vincent de Paul Portland Council

503-235-8431

8101 SE Cornwell St.

REMOTE ONLY. One-time help with part of rent to avoid eviction, depending on residence location and funds availability. Hours: 9:30 a.m.-noon, 1-3:30 p.m. Mon.-Fri. Bus: 72, MAX Green. [www.svdppdx.org/a150/](http://www.svdppdx.org/a150/)

Transition Projects

503-280-4700

650 NW Irving St. (Resource Center at Bud Clark Commons)

Offering short-term residential and emergency shelter programs for individuals of all gender identities and couples. Shelter hours, services, and locations vary. If you would like to seek a space in one of our shelters, please visit our Resource Center or fill out the following form: [www.tprojects.org/shelter-access](http://www.tprojects.org/shelter-access) Resource Center at the Bud Clark Commons. Bathrooms, clothing, showers, laundry, and mail services are available. Clothing sign-up hours: See the front desk. Shower, laundry, sign-up hours: 8:30 a.m. Resource Center Hours: Monday-Friday, 8:30 a.m.-3:30 p.m. Phone hours: 8 a.m.-4 p.m. Mon.-Fri Bus: 17, 33; MAX Green, Yellow.



- American Civil Liberties Union of Oregon 1-888-527-2258  
Assistance in cases that will establish precedent on civil liberties and civil rights principles. Legal inquiries must use online legal request form. [www.aclu-or.org](http://www.aclu-or.org)
- Catholic Charities Immigration Legal Services 503-542-2855  
2740 SE Powell Blvd., Ste. 2  
Immigration legal services. Spanish speaker available. Call for appt. Bus: 9, 10. [www.catholiccharitiesoregon.org](http://www.catholiccharitiesoregon.org)
- Disability Rights Oregon 503-243-2081  
511 SW 10th Ave., Ste. 200  
Information, referral and advocacy for civil rights of people with disabilities, including employment, special education, rights to public and private services, guardianship, voting, and in-care facilities or institutions. Hours: 9 a.m.-11 a.m, 1-4 p.m. Mon.-Fri. Downtown Bus, MAX. [www.droregon.org](http://www.droregon.org)
- Legal Aid Services of Oregon (Portland regional office) 503-224-4086  
520 SW Sixth Ave., Ste. 700 Toll-free: 800-228-6958  
Free legal assistance in civil cases for low-income residents of Clack., Mult., Hood River, Sherman and Wasco counties. Call for consultation. Hours: 9 a.m.-noon, 1-4 p.m. Mon.-Fri. Public benefits helpline: 1-800-520-5292. [www.lasoregon.org](http://www.lasoregon.org)

## LEGAL SERVICES

St. Andrew Legal Clinic 503-281-1500

2950 SE Stark St Ste 200.

Provides legal services in the area of family law to low-income individuals and families in Mult. and Clack. counties. Charges based on a sliding scale. \$50 for a 30 minute consultation. Call or go to [www.salcgroup.org](http://www.salcgroup.org) to request an appointment.

Hours: 9 a.m.-noon, 1-5 p.m. Mon.-Fri.

Thomas, Coon, Newton & Frost 503-228-5222

820 SW Second Ave., Ste. 200

Social security disability, personal injury and workers' compensation legal services for injured and disabled people. Spanish-speaking attorney. Free phone consultation. Hours: 8:30 a.m.-5 p.m. Mon.-Fri. Downtown Bus, MAX. [www.tcnf.legal](http://www.tcnf.legal)

Victim Rights Law Center 1-855-411-5477 ext. 6

520 SW Yamhill St., Ste. 430

REMOTE ONLY. Free and confidential legal advice and representation for victims of sexual assault and rape in Multnomah, Clackamas and Washington counties. Limited statewide services.

Hours: 9 a.m.-5 p.m. Mon.-Fri. Call for appt. Or fill out the form on their website. Downtown Bus, MAX. [www.victimrights.org](http://www.victimrights.org)

- All Saints Episcopal Church 503-777-3829  
4033 SE Woodstock Blvd.  
Food Pantry Fri. and Sat. Noon-2 p.m. Hot meals, showers, laundry, clothing and hygiene items Sat. beginning at 11 a.m. Bus: 19, 75. [www.allsaintspdx.org](http://www.allsaintspdx.org)
- Blanchet House of Hospitality 503-241-4340  
310 NW Glisan St.  
Free hot meals. No questions asked. Breakfast: 7 a.m., every day, Dinner 5:30 p.m. every day, Women-only shower and clothing hours: 1-3 p.m., Mon., Wed., Fri. Bus 4, 8, 35, 44, 77, MAX.
- Cityteam Portland 503-231-9334  
526 SE Grand Ave.  
Breakfast: 7:00 a.m. Mon.-Sun. Dinner: 5:30 p.m. Mon.-Sun. Women-only shower and clothing hours: 1-3 p.m. Mon., Wed., Fri. Bus: 6, Streetcar. [www.cityteam.org](http://www.cityteam.org)
- First Baptist Church 503-228-7465  
909 SW 11th Ave.  
Hot meal and Carry-out groceries. We also have a Resource center with clothing, hygiene, and pastoral counsel. No ID or voucher required. Hours: 2-4 p.m. Monday and Thursday. Bus: 15, 51; MAX Red, Blue; Streetcar. [www.fbc-portland.org](http://www.fbc-portland.org)

## MEALS

- Grace Memorial Episcopal Church 503-287-0418  
1535 NE 17th Ave.  
Sack lunch hours: 11 a.m.-1 p.m. Tues.-Thurs. One per person, once a week.  
Bus: 8, 9, 73, 77, MAX. [www.grace-memorial.org](http://www.grace-memorial.org).
- Operation Nightwatch 503-220-0438  
1432 SW 13th Ave  
Sandwiches, hot meals and coffee. Drop-in. Hours 6:30- 10 p.m.  
Thurs - Sat. Bus: 6, MAX, Streetcar.
- Parkrose Community Kitchen 503-253-5457  
12505 NE Halsey St.  
Lunch to-go every Mon., Wed., and Fri from 12:30 p.m. - 1:30 p.m.  
Bus 73, 77.
- Portland Rescue Mission 503-906-7690  
N111 W. Burnside St.  
Meals offered: Dining Room hosting breakfast (7-8AM) and dinner (6-7PM) - 7 days a week, 365 days a year. Robust, hot meals provided, with an indoor waiting area.

- Potluck In The Park** 503-255-7611  
Waterfront Park, under Hawthorne Bridge on ramp (Mid-November to April)  
NW 8th and NW Glisan, in front of PNCA (May to Mid-November)  
Hot meal on Sundays. High-quality food pet food also. available.  
Hours: Meal tickets given out at noon. Meal begins: 3 p.m.  
Website has latest details. Downtown MAX,  
[www.potluckinthepark.org](http://www.potluckinthepark.org)
- Rahab's Sisters** 971-208-3176  
232 SE 80th St, Portland, OR 97215 - Montavilla United Methodist  
All women, trans, non-binary, and gender-queer guests welcome to join at dining room for a restaurant style dinner with focus creating connection while sitting and share a group meal. Other resources available include mental health support and rotating activities. Every Fri. 5 p.m. - 8 p.m. Bus: 15, 20, 72. [www.rahabs-sisters.org](http://www.rahabs-sisters.org)
- Rose Haven** 503-248-6364  
1740 NW Glisan  
Nutritious meals provided to women and folks of other marginalized genders. Serving hot breakfast and lunch to go for registered guests. Call to request intake for sign up. Morning services: Monday - Friday 9 a.m.-12 p.m. Afternoon services: Tuesday and Thursday 1-4 p.m., Family hours (for guests with registered minor children): Wednesdays 1-4 p.m. Bus: 77, MAX, Streetcar.  
[www.rosehaven.org](http://www.rosehaven.org)

## MEALS

Sisters Of The Road 503-222-5694

The cafe will remain closed with no food or beverage service until 2025. Nonprofit cafe & community organizing space for radical human & economic rights. [www.sistersoftheroad.org](http://www.sistersoftheroad.org)

St. Andre Bessette 503-228-0746

601 W Burnside St. (Downtown Chapel)

Food pantry available once every 30 days per individual. Fill out form in advance. Food pantry pick-up hours: 1:30-2 p.m. Tues. and Thurs. Hot meal Friday 6:30. sack lunches served at the door Tues.-Thurs. 9:30-10:30 a.m. Bus: 12, 20, 33, 54, MAX.  
<https://www.saintandrebesettepdx.org>

St. Francis Dining Hall

320 SE 11th Ave. (Lower level)

Lunch served outdoors 10:30 a.m-12:30 p.m. Sun.-Thurs., with dinner to go at 5 p.m. Bus: 12, 19, 20, 70.

St. Philip the Deacon Episcopal Church 503-281-5802

120 NE Knott St.

Take-out meals served on the third and fourth Saturdays of the month from 11am-12:30pm. Closed December 2023 and January 2024. Bus: 4, 6. Hands Up Project Food pantry, noon-4 p.m. Tues. [www.stphilipthedeacon.org](http://www.stphilipthedeacon.org)

St. Stephen's Episcopal Church (Clay Street Table) 503-223-6424  
1314 SW Park Ave.

Soup and sandwich hours: 10:30-11:30 a.m. Mon., Fri. 11:45 a.m.-12:30 p.m. Tues. Hot breakfast hours: 7:30-10 a.m. Sat. Bus: 6, 45, 55, 58, 68, Streetcar. [www.claystreettable.org](http://www.claystreettable.org)

Trinity Episcopal Cathedral 503-478-1210  
147 NW 19th Ave.

Hot meals. Hours: 11 a.m.-1 p.m. Wed. Bus: 15, 77, 20.  
[www.trinity-episcopal.org](http://www.trinity-episcopal.org)

Union Gospel Mission 503-274-4483  
3 NW Third Ave.

Sack lunches: 7 a.m. Mon., Tues., Thurs. Clothing: (upon availability) hours: 4-5 p.m. Tuesday through Friday. 2pm meal: Tues.-Sat. Chapel: Wednesdays 1pm, 7pm, Thursdays 7pm. Dinner: 8:00p.m. Tues.-Fri. Breakfast: 6:30 a.m. Wed., Fri. Thanksgiving day dinner: 10 a.m.-12 p.m. Downtown Bus, MAX. [www.ugmportland.org](http://www.ugmportland.org)

Zarephath Kitchen 503-667-2692  
59 NW Ava Ave., Gresham (enter through parking lot door)

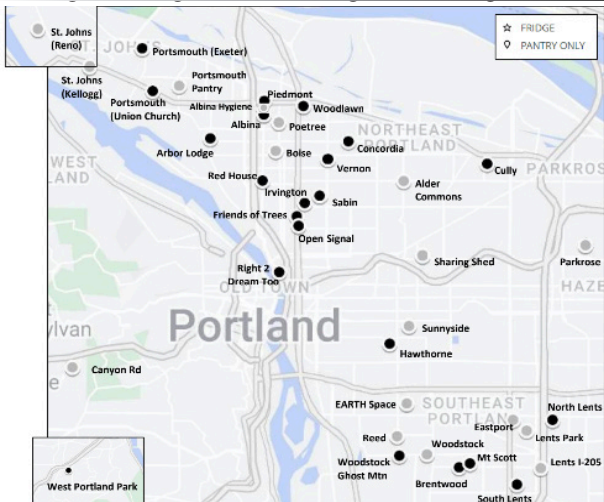
Hot meals hours: 11 a.m.-1 p.m. Mon., Tues., Wed., Fri.  
Food Pantry Hours: 10 a.m. -1 p.m. Thursdays. Bus: 9  
[www.feedeastcounty.org](http://www.feedeastcounty.org)

## MUTUAL AID

### PDX Free Fridges

#### Various Locations

Fridges and pantries containing various free food options.  
Accessible 24/7. Locations subject to change. Volunteer led.  
Instagram: Instagram: PDXFreeFridge. Pdxfreefridge.com





## PDX Free Fridges, cont.

Albina ❄️  
N Albina btw  
Bryant & Morgan

Arbor Lodge ❄️ Ⓜ️  
N Greeley btw  
Ainsworth & Holman

Brentwood ❄️ Ⓜ️  
SE Duke & SE 63<sup>rd</sup>

Creston ❄️ Ⓜ️  
SE Rhone St &  
SE 49th Ave

Open Signal ❄️  
NE Graham Btw NE  
MLK & NE 7<sup>th</sup>

Piedmont Ⓜ️  
N Albina & N Russet

Portsmouth (Exeter)  
N Exeter & N Cecelia

Portsmouth (Union  
Church)  
N Lombard & N Fiske

## Fridge Locations

Concordia ❄️  
NE Ainsworth & 24<sup>th</sup>

Cully ❄️  
NE 73<sup>rd</sup> btw Roselawn  
& Alberta

Friends of Trees ❄️  
NE MLK btw Fargo  
& Monroe

Hawthorne ❄️  
SE 29th & SE  
Gladstone St

Red House ❄️  
N Albina & N Prescott

Right 2 Dream Too ❄️  
999 N Thunderbird

Tabor Ⓜ️  
SE Stark & SE 75th

Vernon ❄️ 🏠  
NE 15th & NE Emerson

Irvington Ⓜ️  
NE 7th btw NE  
Fremont & Beech

Lents (North) ❄️  
SE 99th & SE Pardee

Lents (South) ❄️ 🏠  
SE 85th near Knapp

Mt Scott/Arleta ❄️  
SE 67th & SE Henry

West Portland Park ❄️ 🏠  
SW Huber btw  
40<sup>th</sup> & 35<sup>th</sup>

Woodstock/Ghost Mtn ❄️  
SE 40th & SE  
Woodstock

Woodlawn ❄️  
NE 6<sup>th</sup> & NE Stafford



## MUTUAL AID

Meals on Us PDX  
2816 NE Halsey St

503-895-2195

Variety of healthy meal programs to anyone, free of charge. Currently offering a Trans Meal Train Program providing free meal delivery to trans individuals recovering from gender affirming surgeries. [www.mealsonuspx.org](http://www.mealsonuspx.org)

### Milk Crate Kitchen

Request a free meal for delivery or pick up no questions asked. Meal request form request form is open from Monday to Wednesday, or until capacity is hit. Requests must be made weekly and limit 1 family meal per household. Deliveries are performed on Fridays. Pick up is on Friday 10 a.m. -Noon. Contactless delivery is made on Saturday from 10am-1pm. Someone from your household must be available to receive delivery. Request a meal by going to [www.milkcratekitchen.com](http://www.milkcratekitchen.com)

## PET CARE

Animal Aid 503-292-6628  
5335 SW 42nd Ave. (message line)

Information list for community resources, including veterinary financial assistance, low-cost spay/neuter options and pet food banks. Resource list also available on website. The shelter is open to the public M-F, 11-4, and some Saturdays 12-4. Please check the website. Bus: 54, 56. [www.animalaidpdx.org](http://www.animalaidpdx.org)

Oregon Humane Society 503-285-7722  
1067 NE Columbia Blvd.

Low-cost spay/neuter for cats with proof of some form of government assistance. Adoptions by appointment. Call for information on spay/neuter for cats. Free emergency dog food when available. To surrender a pet, schedule an appointment. Hours: 10 a.m.-7 p.m. Mon.- Sun. Bus: 6, 70, 75. [www.oregonhumane.org](http://www.oregonhumane.org)

PAW Team 503-206-6033  
1718 NE 82nd Ave.

Basic veterinary care including examinations, vaccinations, deworming, flea treatment, and limited spay/neuter surgeries available by appointment. Clients must be below the federal poverty line, documentation may be required for veterinary care. Free pet supply bank open and welcome to the public. Hours: 10 a.m.-3 p.m. Tues.-Thurs. for pet food and other supplies as available by donation. Bus: 72, 77; MAX Blue, Green, Red. [www.pawteam.org](http://www.pawteam.org)

## PET CARE

The Pixie Project 503-542-3432  
510 NE MLK Jr. Blvd.  
Appointment only. Personalized pet adoption, low-cost veterinary care, and spay and neuter surgeries. Bus: 6, MAX Convention Center stop. [www.pixieproject.org](http://www.pixieproject.org)

The Pongo Fund 503-939-7555  
1067 NE Columbia Blvd.  
Provides high-quality dog and/or cat food, spay/neuter services, lifesaving veterinary care and more per service guidelines. First-time visitors, please call at least 7 days in advance or register by emailing [info@thepongofund.org](mailto:info@thepongofund.org). Hours: 10 a.m.-1 p.m. Call or check the website to find days in service. [www.thepongofund.org](http://www.thepongofund.org)

Spay and Save 1-800-345-7729  
Multiple locations (message line)  
Waitlist. Low-cost spay and neuter services for cats of low-income people. Vaccinations offered at time of spay/neuter. Qualified pet owners must be receiving OHP, Apple Health, Medicaid, WIC, food stamps, SSI, Section 8, TANF, public housing, free or reduced school lunches. Must be a resident of Mult., Wash., Clack. or Clark Cos. Schedule online at [www.asapmetro.org](http://www.asapmetro.org)

## RECOVERY SERVICES

Alano Club of Portland  
909 NW 24th Ave.

503-222-5756

More than 125 support meetings each week, monthly recovery workshops, wellness seminars, free weekly yoga, CrossFit and meditation classes, sober social events, and holiday community dinners. Peer support available for mental health support and people struggling with addiction. Because of COVID restrictions, call or check our website to confirm the dates and times of classes and events. Hours: 11 a.m.-8 p.m., 7 days a week, Bus: 15, 17, 77. [www.portlandalano.org](http://www.portlandalano.org)

Alcoholics Anonymous/Portland Area Intergroup 503-223-8569  
825 NE 20th Ave., Suite 200 Portland, OR 97232

24/7 hotline for help finding a meeting. Store stocked with AA materials open 9 a.m.-5p.m., Mon.-Fri. [www.pdxaa.org](http://www.pdxaa.org)

Avel Gordly Center for Healing (OHSU)  
621 SW Alder St., Ste. 520

503-494-4745

Multicultural, outpatient mental health services, culturally specific services. Hours: 8 a.m.-1:30 p.m. Mon.-Fri. Downtown Bus, MAX. [www.ohsuhealth.com/counseling](http://www.ohsuhealth.com/counseling)

## RECOVERY SERVICES

Blanchet House of Hospitality

971-337-8747

310 NW Glisan St.

Long-term (7 to 19 mos.) clean and sober residential living program for men in recovery. Must be physically and mentally able to volunteer in kitchen during the first 90 days. Must first complete a phone interview with a case manager.

Bus: 4, 8, 35, 44, 77, MAX. [www.blanchethouse.org](http://www.blanchethouse.org)

Boulder

(888) 720-2236

Telehealth MAT services -we treat people with substance use disorder (SUD) — including opioid use disorder (OUD) and alcohol use disorder (AUD) — grounded in kindness, respect, and unconditional support.

[www.boulder.care](http://www.boulder.care)

**Cascadia B. H. Addiction Treatment** 503-674-7777

DUI program, addiction and co-occurring treatment, medication-supported recovery, youth and family services. Multiple locations in Mult. and Clack. counties.

Call for hours and locations. [www.cascadiabhc.org](http://www.cascadiabhc.org)

Adult outpatient/recovery, child and family, primary care, problem gambling, substance use disorder treatment, supported employment. [www.cascadiabhc.org](http://www.cascadiabhc.org)

■ Urgent Walk-In Clinic, For mental health needs. 4212 SE Division. Hours: 7 a.m.-9 p.m. Mon.- Fri. 9a.m - 9 p.m. Sat and Sun; Bus: 2

■ Garlington, 3036 NE Martin Luther King, Jr. Blvd., 503-283-3763. Hours: 9 a.m.-5 p.m. Mon.-Fris. Bus: 6.

■ Plaza, 2415 SE 43rd Ave., 503-230-9654. Hours: 9 a.m.-5 p.m. Mon.-Fri., Bus: 2.

■ Woodland Park, 10373 NE Hancock St., Ste. 200, 503-253-6754. Hours: 9 a.m.-5 p.m. Mon.-Fri. Bus: 22, 24, 77, 87

### Central City Concern

[www.centralcityconcern.org](http://www.centralcityconcern.org)

#### Multiple sites

- Blackburn Center: 971-361-7700

12121 E Burnside St.

Walk-ins welcome for adult outpatient primary health care, hepatitis C treatment, addiction treatment (including medication), mental health services. Recovery housing by referral only. 8 a.m.-5 p.m. Mon., Tues., Thurs., Fri. 9 a.m.-5 p.m. Wed.; Bus: 20, 25, 73; MAX Blue.

- Hooper Detoxification Stabilization Center: 503-238-2067

1535 N. Williams

Inpatient and outpatient withdrawal management stabilization services for people seeking treatment for alcohol, opiate, stimulant and benzodiazepine addiction. Treatment includes medical and clinical services, peer support, care coordination, 24-hour nursing support & connections to housing & employment. Walk-in inpatient admission: 6:45-7:45 a.m. Mon.-Fri. Outpatient: 1-4 p.m. Mon.-Fri.

- Imani Center. 503-226-4060

709 NW Everett St

Mental health care, Outpatient addiction treatment for adults, group counseling, individual counseling, peer support and employment and housing support for the Black and African American community.



## Central City Concern (Continued)

■ Letty Owings Center: 503-235-3546

Confidential location

Intensive residential drug and alcohol treatment for single women who are pregnant or with children 5 years and younger. Women with no insurance can receive assistance in enrolling. Ask for intake.

■ Puentes: 503-546-9975

Linguistically and culturally appropriate outpatient mental health treatment for Latino adults, and substance use disorder treatment for adults, including DUI treatment. Hours: 9am - 5pm

■ Old Town Recovery Center SUDS 503-231-9334

33 NW Broadway

Intensive outpatient alcohol/drug treatment services, including counseling groups, relapse prevention and off-site acupuncture. Appointments preferred. Only OHP Insurance accepted. Funding available for no income or uninsured. Call for information. Hours: 8:30 a.m.-5 p.m. Mon-Fri. Downtown Bus, MAX.

## Cityteam Portland

503-231-9334

526 SE Grand Ave.

Long-term, residential, faith-based, 12-step, 6-12 month recovery program for men with case management and more. Program screening 9 a.m.-12 Mon.-Fri. Bus: 6, Streetcar. [www.cityteam.org](http://www.cityteam.org)

## RECOVERY SERVICES

CODA

855-733-2632

Inpatient and outpatient medication-assisted treatment clinic for substance use disorders. OHP accepted. Call for intake appt. [www.codainc.org](http://www.codainc.org)

■Portland Recovery Center: 15 NE 11th Ave. Hours: 7:30 a.m.-4 p.m. Mon.-Fri. Bus: 12, 19, 20, 70.

■Gresham Outpatient Recovery Center: 1427 SE 182nd St., Intake by appt. only, no walk-ins.

Crystal Meth Anonymous of Oregon

855-638-4373

855-METH-FREE (24/7 help line)

Free support for individuals looking to recover from addiction to crystal meth. Twelve- step fellowship offered. Meeting times, locations and additional information can be found at [OregonCMA.org](http://OregonCMA.org)

Fora Treatment Center

503-535-1151

10230 SE Cherry Blossom Dr.

Programs include detox, medications to treat addiction (MAT), medically monitored treatment, residential, outpatient, state-certified DUII services; family therapy and peer mentoring. Office Hours 8am-5pm M-F, Open Access Tuesdays 2-4pm and Thursdays 10:30am-2pm Detox: must be in line by 7:30am Monday-Saturday Saturdays for detox we are only able to accept patients with OHP. Downtown Bus, MAX. [www.forahealth.org](http://www.forahealth.org)

- Coda Research 971-202-7748  
Research studies for people using various substances (Opioids, Methamphetamine, Cannabis, etc). Participants are compensated in the form of gift cards for their time and effort. Call to see if you qualify for current recruiting studies. Hours 9am-5pm  
Mon-Fri., Bus: 12, 19, 20, 70
- Dual Diagnosis Anonymous of Oregon 503-222-6484  
Multiple Locations 1-877-222-1332  
Peer support program based on a version of 12-step AA with 5 additional steps focused on mental illness. Numerous meeting times including evenings and weekends. Directory online. Hours: 9:30 a.m.-1:30 p.m. Mon.-Fri. [ddainc.org](http://ddainc.org)
- Impact NW 503-721-1740  
10055 E Burnside St.  
Assists with achieving and maintaining self-sufficiency. Offers an array of resources such as early childhood/youth, family and senior services and housing services.  
Hours: 9 a.m.-5 p.m., Mon.- Fri.; [www.impactnw.org](http://www.impactnw.org)

## RECOVERY SERVICES

### Iron Tribe Network

503-344-6710

17763 SE 82nd Dr., #A, Gladstone

Provides a community of belonging where people can be understood and accepted. Offers peer support, housing and family reunification services to individuals and families overcoming pressures and barriers while in transition to leading a life that reflects their values. Call for information about Support Group Meetings. Our community support group meeting on Friday nights has changed time and location. We now meet from 6-7pm at Mt.Scott Presbyterian Church located at 5512 SE 73rd Ave, Portland, OR 97206. This is a hybrid meeting, in person and on zoom. <https://us02web.zoom.us/j/86437555041/>  
Meeting ID: 864 3755 5041 [www.irontribenetwork.org](http://www.irontribenetwork.org)

### LifeWorks Northwest

503-645-9010

#### Multiple Locations

Youths, adults, adult DUII, children & family. Assessment, outpatient mental health and addiction treatment. Offices in Wash., Clack., and Mult., Co. Accepting OHP under HealthShare plan and Yamhill CCOA and MODA, as well as Kaiser for drug and alcohol treatment. Kaiser requires authorization. If not covered by OHP or MODA, patients may have to pay out of pocket. Check the website for clinic locations and services. For more info, or an appointment call 503-645-9010 or (toll-free) 888-645-1666 or email [intakeferrals@lifeworksnw.org](mailto:intakeferrals@lifeworksnw.org). [www.lifeworksnw.org](http://www.lifeworksnw.org)

## RECOVERY SERVICES

- Lines for Life Alcohol and Drug Helpline** 800-923-4357  
For individuals and family members seeking crisis intervention, treatment referral and chemical dependency information. line open 24/7. Text "RecoveryNow" to 839863. [www.linesforlife.org](http://www.linesforlife.org)
- Miracles Club** 503-249-8559  
4200 NE MLK Jr. Blvd.  
Gender-specific, culturally-specific recovery services. Alcohol and drug-free housing. GED for those in recovery program. Employment help, life skills, transportation support, rent well classes, holistic healing, acupuncture. Certified recovery mentor training quarterly. Narcotics Anonymous meetings daily. Peer services and phone hours: 8 a.m.-5 p.m. Mon.-Fri, 8am-10pm Sat-Sun. Bus: 6. [www.themiraclesclub.org](http://www.themiraclesclub.org)
- Multnomah County Assessment & Referral Center** 503-988-3081  
421 SW Fifth Ave., Ste. 600 (Mead Bldg.)  
Transitional services for inmates returning to the community. Services to stabilize offenders who are engaged in community supervision. Hours: 8 a.m.-5 p.m. Mon.-Fri.
- NARA Outpatient Treatment Services** 503-231-2641  
1631 SW Columbia St.  
Chemical dependency, outpatient. Family-oriented recovery. Call for admission coordinator. Intakes performed Mon.-Fri. Hours: 8 a.m.-4:30 p.m. [www.naranorthwest.org](http://www.naranorthwest.org)

## RECOVERY SERVICES

NARA Residential Treatment Center 503-621-1069  
17645 NW Saint Helens Rd.

Residential treatment for adults over 18. In some cases, parents may bring children 5 years and younger. Call hours: 8 a.m.-5 p.m. Mon.-Fri.

New Narrative Mill Park Center 503-726-3690  
1952 SE 122nd Ave.

Formerly known as Luke-Dorf Eastside Clinic. Outpatient mental health treatment including counseling, case management and medication management. Not a walk-in clinic. Clinical Services to support client wellness. For intake, call 503-726-3742. Hours: 8 a.m.-4:30 p.m. Mon.-Fri. [www.newnarrativepdx.org](http://www.newnarrativepdx.org)

Northwest Treatment 503-655-1029  
948 NE 102nd Ave., Ste. 101  
706 Main St., Oregon City

Enhanced outpatient services, mental health services, general outpatient, DUII, recovery services and peer mentoring. Spanish available. Hours: 8:30 a.m.-noon, 1-5 p.m. Mon.-Fri.

Portland Narcotics Anonymous 503-345-9839  
Meetings and counseling: [info@portlandna.com](mailto:info@portlandna.com), [www.portlandna.com](http://www.portlandna.com)

Portland Rescue Mission, Shepard's Door  
13207 NE Halsey St.

503-746-9743

Shepherd's Door offers a free 5-week residential Discovery Program for single women and mothers with children providing stabilization, community, and recovery support in a retreat-like setting in east Portland. Onsite daycare and programming for children aged 10 and younger is provided along with parenting support. Upon completion of Discovery, participants may either graduate or enter the free New Life Program, a 12-month comprehensive holistic program providing life transformation through Christ-based, highly relational care. Join other women who are overcoming addictions, receiving life skills development and legal advocacy, growing in job-readiness, experiencing relational growth, and being strengthened in faith. Begin your steps to a new life by calling our Intake Specialist now at 503-746-9743 to apply. Bus: 12, 19, 20, MAX. [www.portlandrescuemission.org](http://www.portlandrescuemission.org)

## RECOVERY SERVICES

Portland Rescue Mission, The Harbor  
10336 NE Wygant St.

503-746-9664

The Harbor offers a free 5-week residential Discovery Program for men providing stabilization, community, and recovery support in a retreat-like setting in northeast Portland. Upon completion of Discovery, participants may either graduate or enter the free New Life Program, a 12-month comprehensive holistic program providing life transformation through Christian-based, highly relational care. Join other men who are overcoming addictions, receiving life skills development and legal advocacy, growing in job-readiness, experiencing relational growth, and being strengthened in faith. Call or apply in-person at Portland Rescue Mission's Burnside Shelter (111 W. Burnside St.) on Tues or Thurs between 11:00am-1:00pm. [www.portlandrescuemission.org](http://www.portlandrescuemission.org)

Providence Addiction Treatment Services  
9155 SW Barnes Rd., Suite 205, Saint Vincent Hospital  
5228 NE Hoyt St Building B Providence Hospital

503-215-9320

Adult outpatient services, DUII, eating disorders, related programs. Hours: 8 a.m.-5:30 p.m. Mon.-Fri. Bus: 20. [www.providence.org/oregon](http://www.providence.org/oregon)



## Quest Center for Integrative Health

503-238-5203

3231 SE 50

Finding and Sustaining Recovery (FSR) is an integrated behavioral health treatment program designed to help those dealing with addiction build sober and healthy lifestyles. 8-6 Mon-Thur, and 8-5 Fri. [www.quest-center.org](http://www.quest-center.org). Bus. 20

## Recovery Works NW

503-906-9995

12612 SE Stark St., Portland

308 Villa Rd Ste 114, Newberg

16083 SE McLoughlin Blvd, Milwaukie (Opening January 2024)

Substance Use Disorder and Mental Health Treatment program offering medication assisted treatment (MAT) services (Suboxone, Vivitrol, Naltrexone), and outpatient treatment, intensive outpatient treatment, peer support services, MRT groups (temporarily unavailable) and DUII services. MAT for both alcohol and opioid use disorders. Withdrawal Management (“Detox”) & Outpatient Substance Use Disorder and Mental Health Treatment program offering fast access to medications (MAT/MSR) services (Sublocade, Suboxone, Subutex, Vivitrol, Naltrexone, support medications), and outpatient treatment, peer support services, and DUII services. Medications for alcohol, opioid/fentanyl, and methamphetamine use disorders. OHP and some private insurance accepted. Call for screening. Hours: 9 a.m.-5 pm. Mon.-Thurs., Fri. 9 a.m.-3 p.m. [www.recoveryworksnw.com](http://www.recoveryworksnw.com)

## RECOVERY SERVICES

Texas Intervention and Counseling Inc.  
3945 SE Hawthorne Blvd.

503-719-5250

Outpatient substance abuse treatment services; DUII Diversion rehabilitation and information, batterer intervention, anger management, individual and group counseling, adult DUII/DWI offenders, and substance abuse disorders. Self-referred and from primary care. OHP and Health Share accepted. Hours: 10 a.m.-9 p.m. Mon.-Fri.; appt. only on Sat. from 10 a.m-6 p.m. Outpatient substance use disorder treatment and DUII Services in the Spanish language. For information call 971-917-7163. By appointment only. Bus: 14, 75. [www.terasinc.org](http://www.terasinc.org)

Union Gospel Mission (LifeChange Recovery)  
3 NW Third Ave.

503-274-4483

Drug and alcohol residential program. Goal-based program. Offers Christian-based recovery community for men. Residents receive individual counseling, spiritual and life skills classes, work therapy, healing and hope while living at mission. Call or go to website for appointment & interview. Contact intake coordinator to schedule an intake - 503-688-0513. Downtown Bus, MAX. [www.ugmportland.org](http://www.ugmportland.org)

URS Club 503-253-9321

17200 SE Stark St.

Recovery meetings: AA, NA, GA, Crystal Meth (CMA) and Meth (MA). Call, drop in or go to [ursclub.com](http://ursclub.com) for meeting schedules.

Bus: 20.

Volunteers of America Intake line: 503-328-0270

Men's Residential Center Main line: 503-335-8611

2318 NE MLK Jr. Blvd.

Referral required from probation or parole officer. Residential drug/alcohol treatment for adult men on high- or very high-risk supervision from parole to probation in Mult. Co. 3 months inpatient, then referral to outpatient treatment. Bus: 6. [www.voaoor.org](http://www.voaoor.org)

Volunteers of America 503-235-0131

Women's Residential Center

200 SE 7th Ave. Residential treatment for women and women with children. Referral through parole, probation, and self-referral or provider referral with OHP. Phone hours: 24/7. Service hours: 8 a.m.-5 p.m. Mon.-Fri.

VOA Outpatient Services 503-228-9229

10564 SE Washington St.

Addictions treatment, mental health, problem gambling and wellness services. Hours: 9 a.m.-6:15 p.m. Mon.-Sat. Bus: 15, 20; MAX Green, Blue. [www.voaoor.org](http://www.voaoor.org)

## RENTAL ASSISTANCE

### Community Alliance of Tenants

503-288-0130

Advocacy for tenant issues. Organizing for immediate improvements in buildings, increased funding for affordable housing and improved tenant protections. Live hotline hours: Mon and Wed 1-5 pm, Tues 5-8 pm, and Live Tuesday 6-7 pm.

[www.oregoncat.org](http://www.oregoncat.org)

### Fair Housing Council of Oregon

503-223-8197 Ext. 2

1221 SW Yamhill St., #305

If you believe you have been discriminated against: Email [inquiries@fhco.org](mailto:inquiries@fhco.org) or call 503-223-8197X2. The Fair Housing Council of Oregon (FHCO) is a statewide civil rights organization working to eliminate housing discrimination and ensure equal access to housing choice through education and enforcement of fair housing law. [www.fhco.org](http://www.fhco.org)

### Home Forward

503-802-8300

135 SW Ash St. (Rent Assistance Department) 503-802-8333

1605 NE 45th Ave. (Property Management) 503-280-3750.

Housing Choice Voucher program provides rental subsidies to qualified low-income residents allowing them to rent from private landlords. The Section 8 waiting list is currently closed. Property Management rent-subsidized apartments including public housing and affordable housing apartments. Newsletter will inform of when Waitlists become available - [www.homeforward.org](http://www.homeforward.org)

St. Andrew Emergency Services (St. Vincent de Paul) 971-244-0339  
4940 NE Eighth Ave. (Martha H. Terrell Comm. Center)

No drop-in call first. All services, except food distribution, are handled remotely. Help pay a portion of the rent with a 72-hour eviction notice. Assistance to those within the parish boundary, limited to once every 12 months. Hours: 9 a.m-1 p.m. Wednesday, Thursday and Friday. Bus: 72. [www.standrewchurch.com](http://www.standrewchurch.com) individual with basic daily living resources that are essential in navigating the first to second month after re-entry.

■New Market West 135 SW Ash: On Monday – Thursday, virtual business hours at this location are 8:00AM – 4:00PM except for some in-person appointments. The lobby window is open Tuesday – Thursday from 9:00AM – noon and 1:00PM-3:00PM. Information regarding Section 8 and other voucher subsidy programs. The office is closed to the public on Fridays.

■Hollywood East 1605 NE 45; On Monday – Friday, from 9:00AM – noon and 1:00PM – 4:00PM. The Property Management Department is open on the non-residential side of our Hollywood East location. You can visit us here for assistance with properties that are managed by Home Forward, including the status of existing waitlist applications.

## RENTAL ASSISTANCE

Resolutions Northwest

971-389-7138

4531 SE Belmont St Suite 300

Mediation service geared towards assisting renters and landlords resolve conflicts before an eviction in the city of Portland. Provides resources and mediation for issues ranging from repairs, rent increases, property damage, noise complaints, and more. Assists with improving communication tenant-landlord relations and maintaining current housing for those

## RE-ENTRY SERVICES

Beyond These Walls

P.O. Box 13006, Portland OR 97213

Investment in the leadership, skill development, and societal reentry of incarcerated LGBTQIA2S+ people. We make sure everyone in our LGBTQ+ community has the level of support they need to transition from incarceration back into society. That includes helping people navigate DSHS to get services, sign up for medical insurance, and find care. [www.beyondthesewallslgbt.org/reentry-support](http://www.beyondthesewallslgbt.org/reentry-support)

### Central City Concern - Flip the Script

305 SW 4th Avenue, Portland, OR 97204

A culturally specific reentry program serving individuals who: identify as black, are being released from incarceration, and who are under supervision in Multnomah county. Income-based program. They can help with job placement, transitional housing into permanent housing through employment specialists, case management, peer mentoring, advocacy coordination, etc. The referral system is managed through Multnomah County Department of Community Justice. Call for an appointment: 503-412-9295 or email [billy.anfield@ccconcern.org](mailto:billy.anfield@ccconcern.org)

### Fresh Out Community-Based Re-Entry Program

503-764-8373

4200 NE Martin Luther King Jr Blvd, Portland, OR 97211 503-819-1695

Helping underserved and overrepresented Black and African American populations transition from prison, back into society. We assist formerly incarcerated with bus fare, food, clothing and mentoring in hopes to end the cycle of recidivism. Services include:

- Employment and housing referrals
- Peer-to-peer counseling, Family support services , Behavioral Health Referral, Drug/Alcohol Referral
- Access to public transportation
- Clothing and Food Boxes
- Volunteer Opportunities

<https://freshoutcbrp.org/>

## RE-ENTRY SERVICES

Guidance 2 Greatness

503-575-7612

P.o. Box 16781, Portland, OR 97292

Guidance 2 Greatness (G2G) is a non-profit organization that enacts a behavioral health approach to reentry training. We provide services and resources to individuals reentering into society following incarceration with emphasis on the African American; BIPOC community. G2G is peer founded and operated by persons with some of the same life experiences. G2G area of service and focus can include, but are not limited to the following opportunities:

- Job Development, Work Place Basics 101 and Financial Literacy
- Health & Engagement
- Economic Sustainability
- Felony Rights, Beyond Reentry and Mentors, and Entrepreneurship



## Helping Hands Re-Entry Outreach Centers

971-333-5070

P.O. Box 413, Seaside, OR 97138

Trauma-informed, date-driven, person-centered homeless and reentry services. Locations in Clatsop, Lincoln, Multnomah, Tillamook, & Yamhill Counties in Oregon. [www.helpinghand-sreentry.org/](http://www.helpinghand-sreentry.org/) The reentry program offers:

- Reentry Program Key Components
- Frequent drug and alcohol screenings, mandatory community service hours
- Job applications until employed
- Weekly process groups and recovery support
- On-site classes to build basic life skills

## MercyCorps NW- Re-entry Transition Center

503-896-5070

The Re-entry Transition Center (RTC) coordinates reentry services for formerly incarcerated people leaving county, state and federal jails and prisons. Lifelong Information for Entrepreneurs (LIFE) is a 32-week entrepreneurial training program for incarcerated Oregonians who are within 18 to 24 months of release and post-prison re-entry. [contact.mcnw@mercy Corps.org](mailto:contact.mcnw@mercy Corps.org)  
[nw.mercycorps.org/what-we-do/prison-and-reentry](http://nw.mercycorps.org/what-we-do/prison-and-reentry)

## RE-ENTRY SERVICES

SE Works New Start Re-Entry Resource Center (503) 772-2300  
8044 SE Harold St., Portland, OR 97206

The NewStart Reentry Resource Center is a program dedicated to helping you successfully re-enter the community after incarceration from State or Local Jails in Multnomah County within the last two years. Navigators/Case Managers assist with:

- Support services funding, securing your state ID
- Navigating resources for housing, health care, and treatment,
- Family reunification
- Disability services
- Housing Referrals and emergency vouchers
- Access to phone, email, fax, internet, mailbox

Employment assistance includes:

- Case management
- Resume development
- Master application assistance
- Work related training certifications
- Transitional and career track placement services

### Village Resources

480-737-3595

Designed to mitigate the initial barriers that “Adults in Custody” encounter after release from Oregon correctional facilities. Recovery and support services that can assist with housing, employment, medical and related social services.

City Team Shelter 503 231-9334  
526 SE Grand Ave.

Men only, sobriety required. \$5/night or voucher from a partner agency for shelter. Dinner, breakfast, shower included daily. Shelter sign-up 5:45-6:30 p.m. Bus: 6, Streetcar. [www.cityteam.org](http://www.cityteam.org)

Do Good Multnomah Downtown Shelter 503 358 0519  
550 NW 6th

We have 90 beds serving individuals, aged 18+, with case management that assists our participants in moving onto the next step in their lives - whether that be rehabilitation, transitional housing, or permanent housing. Waitlist full at this time. [www.dogoodmultnomah.org](http://www.dogoodmultnomah.org)

Good Multnomah Motel Shelters  
Stark Street 1823 SE Stark 503-328-8539  
Roseway 9723 NE Sandy 503-841-5276  
Barbur Blvd 10450 SW Barbur Blvd 503-328-8698

Our Motel Shelters were born out of a need for safe and isolated space for individuals experiencing houselessness that are experiencing high vulnerability to COVID-19. The shelters have transitioned into a long-term model for alternative sheltering. Participants each have their own room, a case manager, and their basic needs met in a safe space so they can focus on the steps they need to take to move into permanent housing. [www.dogoodmultnomah.org](http://www.dogoodmultnomah.org)

## SHELTERS

Do Good Multnomah Volunteer Isolation Motel 971-500-9163  
Located on 82nd street, VIMo offers 39 rooms for medical isolation. Couples are welcome, as well as one pet per person. This shelter is open to adults only (18+, no children). Referrals can come from a case manager call 971-500-9163 [www.dogoodmultnomah.org](http://www.dogoodmultnomah.org)

My Father's House 503-492-3046  
Address confidential, Gresham  
Six-month shelter program for families with children. Case management, life skills curriculum, Rent Well classes. Work intense. Call for information. [www.familyshelter.org](http://www.familyshelter.org)

Our Just Future 503-548-0200 (Portland office)  
East Portland  
Previously known as Human Solutions Family Center. 24-hour shelters: Lilac Meadows for families with at least one child under 18. Gresham Women's Shelter for self-identifying women. No walk-up access. Call 211 for eligibility/intake.

Path Home 211 or 503-915-8306

6220 SE 92nd Ave

Previously known as Portland Homeless Family Solutions Family Village for homeless families. Path Home's Family Village is a shelter for 17 homeless families with children open every day of the year, 24 hours a day. Meals, showers, laundry, computers, internet, and rapid re-housing support in addition to family recreation spaces and child play areas. Designed using trauma-informed design & architecture, the shelter is a very calm and peaceful environment. Families must have children under age 18 in their care to qualify, and must be experiencing homelessness. To access this shelter program, call 211 to be put on the Homeless Family System Waitlist. <https://www.path-home.org/>

Portland Rescue Mission 503-906-7690

111 W Burnside St.

Free overnight emergency shelter for men. Open space provided nightly, as available. Spaces are maintained for guests who return nightly. Showers and clothing provided daily from 2:00pm-4:00pm to those staying in the shelter. Requests for available space can be made from 8:00am-4:30pm. All requests are randomized, and selections are announced by 5:00pm. Check-in at 8:00pm nightly. Bus: 12, 19, 20, MAX. [www.portlandrescuemission.org](http://www.portlandrescuemission.org)

## SHELTERS

Transition Projects 503-280-4700

650 NW Irving St. (Bud Clark Commons) 5411 NE MLK Blvd.

Offering short-term residential and emergency shelter programs for individuals of all gender identities and couples. Shelter hours, services, and locations vary. If you would like to seek a space in one of our shelters, please visit our Resource Center or fill out the following form: [www.tprojects.org/shelter-access](http://www.tprojects.org/shelter-access) Resource Center at the Bud Clark Commons. Bathrooms, clothing, showers, laundry, and mail services are available. Clothing sign-up hours: See the front desk. Shower, laundry, sign-up hours: 8:30 a.m. Resource Center Hours: Monday-Friday, 8:30 a.m.-3:30 p.m. Phone hours: 8 a.m.-4 p.m. Mon.-Fri. Bus: 17, 33, MAX. [www.tprojects.org/get-assistance/housing](http://www.tprojects.org/get-assistance/housing)

## TRANSPORTATION

Ride Connection 503-226-0700

9955 NE Glisan St.

Nonprofit that works with community partners to provide free transportation options primarily for older adults and people with disabilities in Mult. and Wash. Co.

## UTILITY SERVICES

211info 211

Call for recording of up-to-date info on utility assistance in Mult. Co. Text your zip code to 898211 or check website for updates. [www.211info.org/energy](http://www.211info.org/energy)

- Our Just Future 503-405-7877  
Water Discount Hotline 503-548-0217  
Formerly Human Solutions Energy Hotline. No walk-ins. Help with gas, wood, propane and electric bills. 24-hour Energy Hotline 503-405-7877: call for funding availability. 24-hour Water Discount (and one-time crisis) Hotline: 503-548-0217. Documentation same for both. Call 211 to check if funding is available.  
[www.humansolutions.org](http://www.humansolutions.org)
- IRCO Africa House 503-802-0082  
709 NE 102nd Ave.  
Part of Immigrant Refugee Community Organization (IRCO). Bus: 12, 15, 19, 22, 23, 24, 87. [www.irco.org](http://www.irco.org). Check the website for updated informtion
- IRCO Pacific Islander and Asian Family Center 503-235-4932  
8040 NE Sandy Blvd.  
Part of Immigrant Refugee Community Organization (IRCO). Bus: 12, 72. [www.irco.org](http://www.irco.org)
- Oregon Telephone Assistance Program/Lifeline 800-848-4442  
Discount on monthly phone or broadband internet access service (landline, wireless) for eligible low-income Oregonians. Call or visit website for information or application. Phone hours: 9 a.m.-4 p.m. Mon.-Fri. [www.lifeline.oregon.gov](http://www.lifeline.oregon.gov)

## UTILITY SERVICES

SEI Community & Family Programs

503-285-0493

4803 NE Seventh Ave.

Energy Hotline: 503-240-0828

Appointment Line: 503-713-5590

Call Energy Hotline for current availability. Energy assistance for PGE, Pacific Power, NW natural and heating fuels. Must have required documents. Energy Dept. Hours: 8:30 a.m.-5:30 p.m. Mon.-Thurs., 8:30 a.m.-12:30 p.m. Fri. Closed 2nd Fri. Bus: 6, 72. [www.selfenhancement.org](http://www.selfenhancement.org)

St. Andrew Emergency Services (St. Vincent de Paul) 971-244-0339

4940 NE Eighth Ave. (Martha H. Terrell Comm. Center)

Walk ins welcome from 10am - noon , wed/thurs/fri, services are offered only within the parish boundary. Call for an appointment. Able to help with utility assistance with shut-off notice. Assistance limited to once per year. Service area: 97211. Hours: 10 a.m-12 p.m. Wed., Thurs. and Fri. Bus: 72. [www.standrewchurch.com](http://www.standrewchurch.com)

## VETERANS SERVICES

Central City Concern, Per Diem Program

971-352-8754

Transitional housing services for male and female veterans.

Access program by attending orientation held every Mon. 10 a.m. Tues. at Employment Access Center. Check the website for more info. Downtown Bus, MAX.

<https://centralcityconcern.org/blog/caring-for-our-vets/>



Community Resource and Referral Center 503-808-1256

308 SW First Ave. (Lawrence Bldg.)

Part of VA Portland Health Care System. Services for veterans who are homeless or at risk of becoming homeless. Call to find out about medical care. Walk-in hours: Tues. and Fri. 7:30-9 a.m. and Thurs. 10 a.m.-noon. Downtown Bus; MAX Red, Blue. [www.portland.va.gov/locations/crrc.asp](http://www.portland.va.gov/locations/crrc.asp)

Easterseals Oregon HVRP 503-280-6037

237 NE Broadway

Provides services that assist veterans who are homeless or at risk of becoming homeless. We provide veterans with the tools they need to gain new skill sets such as financial literacy, computer training, job search training, and interview guidance. Veterans learn skills to retain employment and become financially independent. 8:30 am - 5:00 pm Monday thru Friday. Call for more information or apply for services online at [www.or.easterseals.com](http://www.or.easterseals.com)

Easterseals Oregon SSVF 971-317-9660

17811 NE Glisan St.

Services for Veteran Families. Provides assistance with homelessness prevention and transition to permanent housing, outreach, case management with referrals to other resources. To qualify, must be homeless or at risk and have any discharge status other than dishonorable while serving at least one day of active duty.

## VETERANS SERVICES

### Lines for Life Military Helpline

1-888-457-4838

Staffed by folks trained in military culture to department.

Community resource and referral center. Primary care and support services. Housing placement, mental health and social work.

Hours: 24/7. Bus: 8. MAX Red/Blue Line [www.portland.va.gov](http://www.portland.va.gov)

### Portland Vet Center

503-688-5361

1505 NE 122nd Ave., Ste. 110

Readjustment counseling services for combat veterans and their families, also for veterans who experienced military sexual trauma. Grief counseling for families who have lost someone in active service. Other services through VA, state and community agencies also available. Hours: 8 am-4:30 p.m. Mon.-Fri., Bus: 73, 77. [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

### Transition Projects

503-280-4700

7916 SE Foster Rd, Suite #104, Mt. Scott Office

Case management, short- and long-term housing programs.

Eviction prevention, deposit assistance. Resources, referrals to VA, and other services. Supportive Services for Veteran Families (SSVF) program available. Services orientation available Tues.

Screening and eligibility info - 1-855-425-5544 Orientation 9 a.m. Tues. at 650 NW Irving St. (Bud Clark Commons) Bus: 17, 33, MAX. [www.tprojects.org/get-assistance/veterans-services](http://www.tprojects.org/get-assistance/veterans-services)

## VETERANS SERVICES

**Veterans Crisis Line** 1-800-273-8255  
Connects veterans in crisis, their families and friends with VA responders. Press 1 for veterans or text 838255 or chat online.  
Hours: 24/7. [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

## YOUTH SERVICES

**Access Center (Janus Youth)** 503-432-3986  
1635 SW Alder St.

16-24 years old experiencing homelessness. Screenings 365 days a year. Call between 8 a.m.-6 p.m. to talk to a screener. After 5 pm. go to Porch Light Crisis Shelter 1635 SW Alder St., at 8:45 p.m. for a safe place to stay. Porch Light phone: 503-380-7200. Access center is appointment only. Start lining up at Porch Light at 8:45 pm. Bus: 15, 20, 51, MAX. [www.janusyouth.org](http://www.janusyouth.org)

**Albina Early Head Start** 503-236-9389  
911 North Skidmore

For children 6 weeks to 3 years and prenatal services. Provides school readiness; family advocacy; and educational, health, nutritional, social and other services. Home-based education program available. Multiple locations; call for more information. [www.albinahs.org](http://www.albinahs.org)



## School-Based Health Centers



Student health centers serve Mult. County youths ages 5 to 18, even if not in school. Comprehensive primary and mental health care services at no cost. Do not need to attend school where center is located. Appt. recommended, walk-ins welcome. Free interpretations in all languages. Check website for more information and locations.

[www.multco.us/health/student-health-center](http://www.multco.us/health/student-health-center)

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### N/NE Portland

Jefferson: 503-988-3360

McDaniel: 503-988-3382

Roosevelt: 503-988-3909

### SE Portland

Cleveland: 503-988-3350

Franklin: 503-988-3370

Reynold: 503-988-3340

### East County

Centennial: 503-988-5488

David Douglas: 503-988-3554

Parkrose: 503-988-3392 (open year round)

Albina Head Start 503-282-1975  
3417 NE Seventh Ave.

Free preschool for qualifying families with children 3-5 that provides school readiness; family advocacy; and educational, health, nutritional, social and other services. Office hours: 8 a.m.-4:30 p.m. Mon.-Fri. Classroom hours: 7 a.m.-4:30 p.m. Mon-Fri. Families can also apply on website. [www.albinahs.org](http://www.albinahs.org)

AntFarm Homeless Youth Services 503-668-7962  
39140 Proctor Blvd.

AntFarm is an important resource for local youth whom have life struggles resulting in unstable living situations. Serving youth ages 14-24 by connecting youth to resources to secure stable housing. 9 a.m.-5 p.m., Mon.-Fri. [www.antfarmyouthservices.com](http://www.antfarmyouthservices.com)

Boys and Girls Aid 503-222-9661  
Foster care and adoption services, homeless youths shelter program and all-options counseling for pregnant women. Hours: 8:30 a.m.-5 p.m. Mon.-Fri. [www.boysandgirlsaid.org](http://www.boysandgirlsaid.org)

Child Care Resource and Referral of Mult. Co. 503-491-6205  
Child Behavior Specialist: 503-491-6219

Assistance for qualifying families to pay for child care services through the Community Child Care Initiative program. If searching for childcare, call 211. Phone hours 8 a.m.-4:30 p.m. Mon.-Fri. Office hours Tues. & Thurs 8:30am - 4 p.m, [www.ccr-rmc.org](http://www.ccr-rmc.org)

## YOUTH SERVICES

Community Transitional School 503-249-8582  
6601 NE Killingsworth St.

Free private, nonprofit Pre-K to eighth grade school for children whose families are homeless, in housing transition or children at risk of school failure. Call for information. Enroll over the phone. Bus: 72. [www.transitionalschool.org](http://www.transitionalschool.org)

Insights Young Parents Services 503-239-6996  
4900 NE Glisan St.

Services and support for teen parents and their partners who are younger than 22, including case management, information and recreation. Call for screening/referral. Resource closet of children's items and diapers available by appt. Hours: 9 a.m.-5 p.m. Mon.-Fri. Bus: 19. [www.insightstpp.org](http://www.insightstpp.org)

Lines for Life YouthLine 1-877-968-8491

Peer-to-peer crisis and help line for teens. Support to youths regarding anything bothering you. No problem too big or small. Line answered 24/7. Staffed by teens. Texting available 4-10 p.m. Text teen2teen to 839863. Chat online. [oregonyouthline.org](http://oregonyouthline.org)

Multnomah Early Childhood Program 503-261-5535

Early intervention and early childhood special education services to children, birth to age 5. Services are individually designed to address the special needs of young children with developmental delays or disabilities free of charge. Hours: 8 a.m.-4 p.m. Mon.-Fri.

## YOUTH SERVICES

NARA Gresham Youth Center

971-274-3757

620 NE Second St., Gresham

- Child and Family Program: Child and family services include Mental Health assessments, services and counseling.
- Youth Program: Groups, outings, life skills training, suicide prevention.  
Call: 971-279-4838.
- Youth Residential Treatment: Holistic and culturally specific outpatient and advocacy services. Intake: 971-274-3757.

Native American Youth and Family Center (NAYA) 503-288-8177

5135 NE Columbia Blvd.

No walk ins, call for appt. Culturally specific wraparound and educational advocacy, tutoring and career skills development for Native-American youths. Domestic violence prevention and intervention services. Access to homeless youth services, including shelter and basic needs for all youths ages 16-24. Mon - Thurs 9 a.m. - 4:30 p.m. Bus: 75. [www.nayapdx.org](http://www.nayapdx.org)

## YOUTH SERVICES

Neighborhood House Early Childhood Program 503-246-1663

Three Head Start locations in West Portland:

Ramona Apartments, Stephens Creek Crossing and Markham Elementary  
Free preschool for qualifying families with children 0-5 that provides school readiness; family advocacy; and educational, health, nutritional, social and other services. Office hours: 8 a.m.-4 p.m. Mon.-Fri. Email for more information: [earlylearning@nhpdx.org](mailto:earlylearning@nhpdx.org). Families can apply on website. [nhpdx.org/early-childhood/](http://nhpdx.org/early-childhood/)

New Avenues for Youth 503-224-4339

314 SW Ninth Ave.

Alternative School, transitional housing, day services, job-readiness training for youths ages 16-24. Drop-in day services for youths ages 16-24. Meal hours: 9-10 a.m., 1-2 p.m., 5-6 p.m. Mon.-Fri., 1-2 p.m., 5-6 p.m. Sat. Open hours: 1-6 p.m. Mon., Wed., Sat. Bus: 20, Streetcar.

New Avenues East: SE Stark and 165th 24/7 for youth ages 9-17; Monday-Friday 10am-6pm for youth ages 18-24. Emergency shelter for youth ages 9-17, case management, mentorship and family mediation; case management and wraparound services for youth ages 18-24, including education and employment., 971-754-4350. [www.newavenues.org](http://www.newavenues.org)



p:ear

503-228-6677

338 NW Sixth Ave.

Food, mentoring, art, education, recreation and job training program for homeless young people ages 15-24. Open Tuesday-Friday 9am-2pm. Bus: 9, 33, 44; MAX Yellow, Green. [www.pearmentor.org](http://www.pearmentor.org)

Portland Youth Builders

503-286-9350

4816 SE 92nd Ave.

ext. 254

Helps students 17-24 complete high school, hands-on job training in construction or technology. Enrolls year round. After the first two sentences I would add: We offer two programs: YouthBuild For those ages 17-24 who want to finish high school and learn a trade. Call 503-286-9350 Email [apply@pybpd.org](mailto:apply@pybpd.org). Bridge For High School grads ages 18-26 who want to work in construction. Call 503-286-9350 x214. Email [elle.goldstein@pybpd.org](mailto:elle.goldstein@pybpd.org). Hours are 8:30-4 mon -fri. Bus: 17, MAX Green. <https://pybpd.org/>

SEI Community &amp; Family Programs

503-285-0493

4803 NE Seventh Ave.

Parent support groups. Childcare provided. Call for updates. Hours: 9 a.m.-5 p.m. Mon-Fri. Bus: 6, 72. [www.selfenhancement.org](http://www.selfenhancement.org)

## YOUTH SERVICES

### Street Light/Porch Light Youth Shelter

503-380-7200

1635 SW Alder St.

Street Light provides 30 short-term shelter beds and Porch Light provides 30 long-term beds for homeless youth age 15-23.

Emergency shelter to those new to the streets or in immediate need of shelter available at 8:45 p.m. Beds distributed first-come first-served. Street Light requires reservation from case manager.

Street light hours: 9 p.m.-9 a.m. Mon.-Sun. Porch Light hours: 8:45 p.m.-8:45 a.m. Bus: 15, 20, 51. [www.janusyouth.org](http://www.janusyouth.org)

### Transitional Youth

503-350-7215

Outreach, support and housing with a faith-based approach.

Housing for youths ages 18 to 24 (male and female) and pregnant or parenting females, ages 18 to 24. For more information visit [transitionalyouth.org](http://transitionalyouth.org). Downtown Bus, MAX.

[www.transitionalyouth.org](http://www.transitionalyouth.org)

### Yellow Brick Road Outreach

503-789-4123

First aid and hygiene supplies, resource information, and crisis information available. Nightly street outreach program focuses on providing street-based information, referral and crisis intervention services directly to street-dependent youths ages 15-24. On the street from 6-9 p.m. every night. [www.janusyouth.org](http://www.janusyouth.org)

# Clackamas County Services

CLOTHING

CLACKAMAS

Clackamas Service Center  
8800 SE 80th Ave.

503-771-7914

Social distancing and mask usage required while accessing services. Meals, clothing & mail are provided in a to-go format.

✦ Food: To-Go Meals: 1-2:30pm on Tues.- Thurs. Grocery bags are available for pick up during lunch hours.

✦ Grocery Delivery: Please fill out our online form at [www.cscoregon.org/groceries](http://www.cscoregon.org/groceries) or call to request groceries, and leave a message with your name, phone number & zip code.

Translators are available for non-English speakers.

✦ Outside In Medical Services: 9 a.m. 1 p.m. & 2p.m.-4 p.m. on Thurs.

✦ Needle Exchange: 1-4p.m. Tues & Thurs.

✦ Showers: 10a.m.-1pm, Tues.-Thurs.

✦ Clothing: 10a.m.-1pm, Tues.-Thurs.

✦ Mail: 1-2:30pm, Tues.-Thurs.

✦ Bus Tickets (To get to and from appointments) 1-2:30pm, Tues.-Thurs.

The Canby Center  
681 SW Second Ave., Canby

503-266-2920

Clothing exchange. Clothing hours: 11 a.m.-2 p.m. Mon.-Thurs.

Free Lunch 11 a.m.-1 p.m., Mon.- Thurs. Laundry available by appt only. Laundry hours: 11 a.m.-3:30 p.m. Mon.-Thurs.

[thecanbycenter.org](http://thecanbycenter.org)

## CLOTHING

CLACKAMAS

Estacada Yellow House 503-630-6991  
244 NW Zobrist St., Estacada (entrance on Broadway)  
Clothing & household items. Some emergency assistance. Hours:  
Sunday, 12-4, Mon, Tues, Wed 10-3 Food Pantry Truck on the 4th  
Tuesday of every month 4 p.m.

Sandy Community Action Center 503-668-4746  
38982 Pioneer Blvd., Sandy  
Serves Oregon Trail School District geographic area. Clothing card  
for thrift store available to clients accessing food pantry. Pantry  
hours: Wed. & Fri., 10 a.m. - 4 p.m. Thrift store hours: 10 a.m.-4  
p.m. Mon.-Fri. [sandyactioncenter.com](http://sandyactioncenter.com)

## COUNSELING / MEDIATION SERVICES

CLACKAMAS

Clackamas County Behavioral Health 503-655-8401  
Crisis Line: 503-655-8585  
Call 503-655-8401 to access out-patient services for help in  
assessing mental health and addiction issues for Health Share  
members in Oregon City, Sandy, and Clackamas. For mental  
health emergencies call the crisis line. Clinic hours vary.

Clackamas Mental Health Center 503-655-8585  
11211 SE 82nd Ave. Suite O, Happy Valley  
Urgent mental health walk-in clinic and 24 hour crisis line. Walk-in  
clinic hours: 9 a.m.-7 p.m. Mon.-Fri.

## COUNSELING / MEDIATION SERVICES

CLACKAMAS

Folk Time

971-888-1784

710 Sixth St., Oregon City

Peer support for adults living with mental health differences in the metro area through a variety of clinical and social programs. Drop-in center and free meal Mon., Tue., Thurs., 10 a.m.-4 p.m. folktime.org/oregon-city

## DOMESTIC VIOLENCE/ASSAULT

CLACKAMAS

Casa Esperanza

503-974-9882

Undisclosed location

Culturally specific, trauma-informed group home providing free temporary housing, case coordination and advocacy for women affected by domestic violence.

Clackamas Women's Services

503-655-8600

256 Warner Milne Rd., Oregon City

Crisis Line: 888-654-2288

Services for survivors of domestic violence, intimate partner violence, sexual violence, stalking, trafficking, and elder abuse. Drop-in hours: 8 a.m.-4 p.m. Mon.-Thurs., 8 a.m.-1 p.m. Fri. Crisis line hours: 24/7 . www.cwsor.org

## DOMESTIC VIOLENCE / ASSAULT

CLACKAMAS

## Safe Place Justice Center

503-655-8600

256 Warner Milne Rd., Oregon City

Support and safety planning for anyone experiencing family violence, sexual violence, stalking or abuse against older adults and people with disabilities. Hours: 8 a.m.-4 p.m. Mon.-Thurs., 8 a.m.-1 p.m. Fri. [www.ASafePlaceFJC.org](http://www.ASafePlaceFJC.org)

## FAMILY SERVICES

CLACKAMAS

## Children's Center of Clackamas County

503-655-7725

1713 Penn Lane, Oregon City

Child advocacy center specializing in medical assessments and forensic interviews for kids who've experienced abuse, neglect, drug exposure. Family support services offered. Referrals accepted from DHS/Law enforcement, primary care providers, parents, and any concerned school staff. [www.childrenscenter.cc](http://www.childrenscenter.cc)

## Love In the Name of Christ (Love Inc.)

503-650-0153

720 Jefferson St., Oregon City

By appointment only. Provides personalized care by matching needs with resources, including infant and children's items, cleaning and personal hygiene, furniture and household goods. Also offers classes, workshops, vocational support. Hours: 10:30 a.m.-1 p.m. Tues and Thurs. [www.clackamasloveinc.org](http://www.clackamasloveinc.org)

## FAMILY SERVICES

CLACKAMAS

## Todos Juntos

503-341-3381

Provides kindergarten readiness classes, after-school classes, parenting education, prevention, intervention, early learning programs, middle school programs, family engagement and resources for children. Call for info or check website: [www.todos-juntos.net](http://www.todos-juntos.net).

## FINANCIAL ASSISTANCE

CLACKAMAS

## Social Security Administration

800-772-1213

1830 Blankenship Rd Suite 150, West Linn

Call for in office appointments. General information about Social Security Disability Insurance and Supplemental Security Income.  
Hours: 9 a.m.-4 p.m. Mon.-Fri.

## FOOD BOXES / MEALS

CLACKAMAS

## Clackamas County Gleaners

503-655-8740 13821

13821 Fir St, Oregon City

Call for information on emergency food boxes and membership.  
Hours: 8 a.m.-3 p.m. Mon.-Fri. Opens at 7:00 a.m. during summer months. [www.gleanerscc.org](http://www.gleanerscc.org)

## Colton Helping Hands

503-829-5679

30138 S. Wall St., Colton

Food boxes available 9:30 am-1pm on Monday. See facebook pages for notices.

- Estacada Area Food Bank 503-630-2888  
272 S Broadway St., Estacada  
Food pantry. Hours: Wed 10-2; Thurs 1-5, 2nd, 4th and 5th  
Tuesdays from 10-2. On the First Tuesday go to St Aloysius  
Catholic Church, 192 SW 3rd, Estacada. Call or check the website,  
estacadafoodbank.org for updated information.
- Esther's Pantry/Tod's Corner 503-349-4699  
10202 SE 32nd Ave.; Esther's Pantry Ste. 601, Tod's Corner Ste. 502,  
Milwaukie  
Supplemental food program for HIV positive with referral.  
Hours: 1:00 p.m.-3:00 p.m. Wed.  
Bus: 28, 31, 33, 35, 75, MAX Orange. [www.ourhouseofportland.org](http://www.ourhouseofportland.org)
- First Baptist Church 503-656-3854  
819 John Adams St., Oregon City  
Food pantry. Hours: 12 p.m.-4 p.m. Fri.
- First Evangelical Presbyterian Church 503-656-7444  
1321 Linn Ave., Oregon City  
Food pantry. Hours: 1-4 p.m. Tues.
- Foot Hills Community Church 503-829-5101  
122 Grange Ave., Molalla  
Food pantry for members of the Molalla Community. Hours: 9:00  
a.m-3:00 p.m. Tues., and Thurs.



- Molalla Service Center 503-829-5561  
412 Sweigle St., Molalla  
Food pantry. Hours: 10 a.m.-2 p.m. Mon., Wed.
- Oregon Provider 503-342-8448  
39330 Proctor Blvd, Sandy  
Hot meals 2-4 p.m. Thurs. Free delivery within 5 miles. Office hours  
8am-4:30 pm Mon. through Fri. [www.oregonprovider.com](http://www.oregonprovider.com)
- St. John the Apostle 503-742-8200  
417 Washington St., Oregon City  
Food pantry. Near the corner of Center St & 5th St. in Oregon City.  
Hours: 3:15-5:15 p.m. Thurs.
- St. John's Episcopal Church 503 653-5880  
2036 SE Jefferson St., Milwaukie  
Sit-down meals: Hours: 2:15 p.m. Sun. Bus: 32, 33, 70, 75; MAX Orange.
- St. Paul's Episcopal Parish 503-656-9842  
822 Washington Street, Oregon City, OR 97045  
Community Dinners, Hot Meal Thursdays 5:00-6:15pm except 1st  
Thursday and Thanksgiving. <https://www.stpaulsoregoncity.org/>

- St. Vincent de Paul 503-630-2416  
2192 NW 3rd Ave #8544, Estacada  
Free lunches. Hours: 12 a.m.-2 p.m. First and third Tuesday.
- SVDP St. Aloysius Church 503-630-2416  
289 NW Broadway St., Estacada  
Food boxes distributed first and third Tues.
- SVDP St. Patrick's Church 503-266-9411  
498 NW Ninth St., Canby  
Food pantry. Hours: 3:30-7 p.m. Wed.
- Sandy Community Action Center 503-688-4746  
38982 Pioneer Blvd., Sandy  
Services Oregon Trail School District and beyond. Food pantry,  
monthly food boxes, clothing cards, monthly senior food boxes,  
Thanksgiving baskets, energy assistance when funds are available.  
Pantry hours: Food Box Hours: 10 a.m.- 4 p.m. Wed.; 10 a.m.-4 p.m.  
Friday. Thrift Store hours: 10 a.m.-4 p.m. Mon.-Fri.

- The Canby Center 503-266-2920  
681 SW Second Ave., Canby  
Food pantry and Harvest Share. Pantry hours: Pantry hours 9:30-10 a.m. Tues and Sat.(Check in at 9 a.m. on Tuesday and Saturday.); 3:30-4 p.m. Thurs. (Check in at 3 p.m. on Thursday.) Serves people in the Canby, Hubbard and Aurora communities. Members are required 1 hour of volunteer service a month to receive food boxes. Free hot lunch open to everyone. Hours: 11 a.m.-1 p.m. Mon.-Thurs. Languages Offered: English, Spanish <https://www.thecanbycenter.org/>
- West Linn Food Pantry 503-915-9446  
1683 Willamette Falls Dr., West Linn  
Must provide proof of address and curbside pick-up only  
Thursday 3-6 p.m. Homebound may call to set up a delivery. [www.westlinnfoodpantry.com](http://www.westlinnfoodpantry.com)
- Wichita Center Family Support Line: 503-353-5663  
6031 SE King Rd., Milwaukie  
Food pantry still operating, 10 a.m.-4 p.m. Tues.-Thurs. [www.nclack.k12.or.us/wichita](http://www.nclack.k12.or.us/wichita)
- Zoar Lutheran Church 503-266-4061  
190 SW Third Ave., Canby  
Meal hours & food pantry 5-6:30 Tuesdays. [www.zoarlutheran.org](http://www.zoarlutheran.org)

**Food Stamps (SNAP) - Department of Human Services**

North Clackamas: 503-731-3400, 16440 SE 82nd Dr., Clackamas

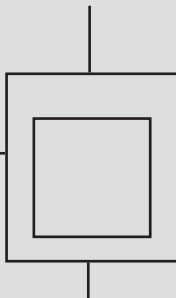
Oregon City: 971-673-7300, 315 S. Beaver Creek Rd., Oregon City

**Women, Infants and Children (WIC) - 503-655-8476**

Provides monthly healthy food benefits, growth monitoring and referral to other programs for pregnant and post-partum women, infants and children up to age 5. Phone 9 a.m.-5 p.m. Mon.-Fri.

6031 SE King  
Rd.,  
Milwaukie  
Bus: 33

999 Library Ct.,  
Oregon City  
Bus: 33



38872 Proctor  
Blvd.,  
Sandy  
503-722-6978

350 SE 12th  
Ave.,  
Canby

**Cascadia Clackamas Health Center****503-303-4000**

12360 SE Sunnyside Rd., Clackamas

Adult outpatient/recovery, primary care, addiction services, Medication Supported Recovery Program, supported employment. Hours: 8:30 a.m.-5:30 p.m. Mon. and Fri., 8:30 a.m.-6:30 p.m. Tues.-Thurs., 8:30 a.m.-2 p.m. Sat. Bus: 33, 99.  
[www.cascadiabhc.org](http://www.cascadiabhc.org)

**Clack. County Aging & Disability Resource Connection****503 650-5622**

2051 Kaen Rd., #135, Oregon City

Information and resources for older adults and people with disabilities. Hours: 8:30 a.m.-5:30 p.m. Mon.-Thurs. [www.clackamas.us/socialservices/crc.html](http://www.clackamas.us/socialservices/crc.html)

**Clackamas County Health Clinics**

Main Line: 503-655-8471

Health centers which provide affordable primary care, prenatal, dental & mental health services. View website for info about each clinic. [www.clackamas.us/healthcenters](http://www.clackamas.us/healthcenters)

- Gladstone Health and Wellness Center. 18911 Portland Ave., Gladstone
- Beaver Creek Health and Wellness Center. 110 Beaver Creek Rd., Ste. 100, Oregon
- Sunnyside Health and Wellness Center. 9775 Sunnyside Rd., Ste. 200, Clackamas
- Sandy Health and Wellness Center. 39740 Pleasant St, Sandy, OR 97055 Phone: 503-655-8471
- Stewart Behavioral Health Center. 1002 Library Court Oregon City, OR 97045  
Phone: 503-655-8264
- Hilltop Behavioral Health Center. 998 Library Court Oregon City, OR 97045. Phone: 503-655-8401

**Clackamas Mental Health Crisis Line**

503-655-8585

Call if having a mental health crisis. English/Spanish. Hours: 24/7.

**Department of Human Services**

320 SW Zobrist, Estacada, 971-673-7070

221 Molalla Ave., No. 104, 971-673-7600

Provides medical and at home care for the elderly and those with disabilities. Hours 8 a.m.-5 p.m. Mon.-Fri.

## Clackamas Free Clinic

503-722-4400

Clackamas Community College

19600 Molalla Ave, Clairmont Hall

Free medical care to uninsured and underinsured. Primary care, non-emergency care, preventative care and educational service. Call to set up a screening appt. Hours 10 a.m-5 p.m. Mon.-Thurs. [www.clackamasvim.org](http://www.clackamasvim.org)

## Oregon Health Plan/Medicaid

1-800-273-0557

OHP Client Assistance helps members getting medical, dental or mental health care. Provides information & referral for OHP. Hours: 8 a.m. -5 p.m. Mon.-Fri. [www.oregon.gov/oha](http://www.oregon.gov/oha)

## Planned Parenthood

503-788-7273

14411 SE McLoughlin Blvd., Milwaukee

Low-cost birth control; annual visits and Pap exams; free pregnancy testing and options information; emergency contraception; STI testing and treatment; HIV testing; PrEP; cancer screenings; vasectomy; medication and surgical abortion care; gender affirming hormone services; menopausal care; Tele-Medicine. Schedule appointments by phone or online. Same-day appointments. available. Financial assistance available. 10 a.m.-6:30 p.m. Tues. and Wed. 8 a.m.-4 p.m.; Thurs- Sat. [www.ppcw.or](http://www.ppcw.or)

## HEALTH CARE

CLACKAMAS

Quest Center for Integrative Health 503-238-5203  
112 Beaver Creek Rd., Oregon City

Wellness center provides multidisciplinary and integrative health care in a community-based setting to all people. Serves those living with chronic illnesses and pain, as well as offering a holistically focused medical/wellness component.

Senior Health Insurance Benefits Assistance Helpline 503-655-8269  
2051 Kaen Rd., #135, Oregon City

Helps older adults and persons with disabilities understand their health insurance benefits. Hours: 9 a.m.-5 p.m. Mon.-Thurs. [www.clackamas.us/socialservices/insurance.html](http://www.clackamas.us/socialservices/insurance.html)

## HOUSING SERVICES

CLACKAMAS

Coordinated Housing Access 503-655-8575

Central point for households experiencing homelessness or a housing crisis to seek assistance. Call and leave message to begin process of getting assistance.  
[www.clackamas.us/communitydevelopment/cccha.html](http://www.clackamas.us/communitydevelopment/cccha.html)



## HOUSING SERVICES

CLACKAMAS

Housing Rights & Resource Program (HRRP) 503-650-5750  
Para español llama 503-650-5713.

2051 Kaen Rd., #135, Oregon City

Provides general housing information and referral regarding landlord-tenant relations, fair housing, and other housing-related issues. Hours: 8 a.m.-5 p.m. Mon.-Thurs. Apply at [www.clackamas.us/socialservices/housingassistance.html](http://www.clackamas.us/socialservices/housingassistance.html)

## LAUNDRY SERVICES

CLACKAMAS

Living Way Fellowship 503-668-8088  
39300 Dubarko Rd., Sandy (Fellowship); 36651 Hwy. 26, Sandy  
(Laundromat)

Laundry services with hot meal provided. Soap and fabric softener provided. Laundry (at laundromat) 6-8 p.m. Second Tues. Meal only at Fellowship: 5:45-6:30 p.m. first and third Wed., Sept.-May. [www.sandy.church](http://www.sandy.church)

## LEGAL ASSISTANCE

CLACKAMAS

District Attorney Victims Assistance Crisis Line: 503-655-8616  
707 Main St., Ste. 201, Oregon City

Support for people who have suffered physical, emotional, and/or financial harm as a result of the commission of a crime. Assistance filing restraining orders, stalking, sexual assault.

## PET SERVICES

CLACKAMAS

Fido 503-655-FOOD (3663)  
14186 Fir St., Ste. 203 Oregon City  
Pet food bank. Hours: 9 a.m.-2 p.m. 3rd Sat. of every month.  
[www.fidoanimals.org](http://www.fidoanimals.org)

## RECOVERY SERVICES

CLACKAMAS

CODA Clackamas Recovery Center 855-733-2632  
10822 SE 82nd Ave., Ste. K, Happy Valley  
Outpatient medication assisted treatment clinic for substance use disorders. OHP accepted. Call for intake appt. Hours: 9 a.m.-7 p.m.  
Mon.-Fri. Bus: 31, 71, 72.  
[www.codainc.org](http://www.codainc.org)

## UTILITY ASSISTANCE

CLACKAMAS

St. Vincent de Paul 503-235-8431  
720 Jefferson St., Oregon City  
All applications are taken by phone. Rent and utility assistance hotline. Hours: 9:30 a.m.-3:30 p.m. Mon.-Fri.svdp.pdx.org

Social Services Energy Assistance Program 503-650-5640  
2051 Kaen Rd., #135, Oregon City  
No walk-ins. Check the website or call for information about applying for assistance and how to fill out an application. Hours: 7 a.m.-6 p.m. Mon.-Thurs. Bus: 33.

## VETERANS SERVICES

CLACKAMAS

Clackamas County Veterans Services Office 503-650-5631

2051 Kaen Rd., Ste. 281, Oregon City

Helps military veterans and their families get the benefits they've earned. Hours: 7 a.m.-5 p.m. Mon.-Thurs. Bus: 33.  
[www.clackamas.us/socialservices/veterans.html](http://www.clackamas.us/socialservices/veterans.html)

Fort Kennedy

503-765-2661

7600 SE Johnson Creek Blvd.

Support for veterans and their families including food, clothing, and shelter or housing. Call for more info. Hours: 9 a.m.-3 p.m. Mon. - Fri. ; [www.fortkennedy.org](http://www.fortkennedy.org)

## YOUTH SERVICES

CLACKAMAS

The Living Room

503-825-2535

LGBTQ+ youths ages 14-20. Drop-in, peer support, resource closet. Call or connect through Instagram (@thelivingroomyouth), Facebook or [www.thelivingroomyouth.org](http://www.thelivingroomyouth.org) for hours, location.

## School Homeless Liaisons

Any student who is unsheltered, couch surfing or living in an insecure housing situation is eligible for homeless student services including transportation to school district of origin when feasible.

- Canby S.D.: Magda Moreno, 503-266-0043
- Colton S.D.: Lishia Stone, stonel@colton.k12.or.us; 503-824-3535
- Estacada S.D.: Jason Hobson, hobsonj@estacada.k12.or.us/ 503-630-6871 x2906
- Gladstone S.D.: Ali Feuerstein feuersteina@gladstone.k12.or.us. 503.655.2544 ext. 418
- Lake Oswego S.D.: Jim Sanders, 503-534-2359
- Molalla River S.D.: Cristina Carrizales, cristina.carrizales@molal-lariv.k12.or.us  
(503) 929-2129
- North Clackamas S.D.: Sulma Martinez/ Jaalam Roberson, 503-353-5663
- Oregon City S.D.: Mary Ellen Winterhalter, 503-785-7892
- Oregon Trail S.D.: Sarah Fox, 503-668-8011 ext. 7134; Andrea Miller, 503-668-8011, ext. 7122
- West Linn-Wilsonville S.D.: Laurenn Brisbby, 503-673-7059; brigbsyl@wlwv.k12.or.

# Washington County Services

## CLOTHING

## WASHINGTON

Beaverton Seventh-Day Adventist 503-646-9828  
14645 SW Davis Rd.

Walk-in clothes closet. Hours: 9 a.m.-noon, Tues. come to the back of the church. Bus: 62, 88. [www.beavertonsda.com](http://www.beavertonsda.com)

Birthingright of Hillsboro 503-648-6766  
232 NE Lincoln St., Ste. F

Maternity and baby clothes up to 12 months. Free confidential pregnancy testing, doctor referrals and housing resources. Proof of pregnancy documentation (provided by Birthingright of Hillsboro) needed to sign up for OHP and WIC. Hours: Noon-2 p.m; Tues., Wed., and Fri; 3 p.m.-7:30 p.m. Thurs. Bus: 46, 48, 57, MAX Blue

Clothes for Kids 503-356-4322  
16550 SW Merlo Rd., Beaverton

Free clothing for low-income students attending Beaverton schools. Must make an appointment through a ParentSquare account, or call 503-356-4322. Clothing not provided to adults, infants or toddlers. Call for information. Bus: 67, MAX Blue.  
[www.beaverton.k12.or.us/departments/communications-community-involvement/volunteer/clothes-for-kids](http://www.beaverton.k12.or.us/departments/communications-community-involvement/volunteer/clothes-for-kids)

- Sunset Church 503-591-9025  
14986 NW Cornell Rd. (Sunset Presbyterian Church, west entrance door)  
Every Wed, 9:30 a.m.-11:30 a.m. and 4-6 p.m. No appointment or paperwork is required. Enter through Main Entrance for volunteers to direct you to the clothing closet. An individual is allotted a maximum of 2 visits per month.  
Bus: 48. <https://sunsetpres.org/outreach/local>
- Tigard-Tualatin Family Resource Center 503-603-1585  
9500 SW Murdock St, Tigard, OR 97224 (James Templeton Elementary School)
- All services, including resource connection and information on how to get clothing and other items for babies and children, school supplies, furniture, and early learning supports, are for Tigard-Tualatin School District families only. By appointment on school days. [www.ttsdschools.org/Domain/33](http://www.ttsdschools.org/Domain/33)

**Good Samaritan Ministries**

503-644-2339

7929 SW Cirrus Dr., Bldg. 23, Beaverton

Faith-based organization offering counseling for adults, families, couples and children. Classes include anger management, trauma recovery, DBT, drug and alcohol recovery classes and counseling, and parenting. All services offered on a donation basis. Office hours: 9 a.m.-8 p.m. Mon.-Thurs., 9 a.m.-5 p.m. Fri. Bus: 76, 78. [www.goodsamaritanministries.org](http://www.goodsamaritanministries.org)

**Morrison Child and Family Services**

503-258-4495

Various Locations

Provides a comprehensive continuum of mental health, substance abuse and prevention, and education services for youth, from birth to age 21. Delivers specialized outpatient mental health services to children, ages 3 through 18. Must be under age 18 to start services. Outpatient central intake: 503-258-4381. Intake hours: 8 a.m.-4 p.m. Mon.-Fri. Clinic hours vary by location. Bus: 52, 57. [www.morrisonkids.org](http://www.morrisonkids.org)

NAMI Washington County 503-356-6835  
18680 SW Shaw St., Aloha Crisis line: 503-291-9111  
National Alliance on Mental Illness: Support and education for adults with mental illness and/or families of youths and adults with mental illness through classes, support groups, referral and advocacy help. Hours: 10 a.m.-4 p.m. Mon.-Fri.  
Bus: 52, 57. [www.washconami.org](http://www.washconami.org)

Sequoia Mental Health Services 503-591-9280  
4585 SW 185th Ave., Aloha. Hours: 9-7 M-Thurs, 9-5 Friday  
395 West Main Street, Hillsboro. Hours: 9-6 M-Thurs, 9-5 Fri  
Call for intakes and referrals. Serves adults and children with mental illness and substance use disorder in Wash. Co. Hours: 9 a.m.-4 p.m. Mon.-Fri. Bus: 52, MAX Blue to Willow Creek/SW 185th Ave. TC. [www.sequoiamhs.org](http://www.sequoiamhs.org)

Wash. Co. Counseling and Victims' Services Program 503-846-3020  
160 SW Washington St. MS57A, Hillsboro  
Free individual, couples, career and family therapies; open to community. Hours: 8:30 a.m.-4:30 p.m. Mon.-Fri. or by appt. Bus: 46, 48, 57, MAX Blue.  
[www.co.washington.or.us/CommunityCorrections/VictimServices/](http://www.co.washington.or.us/CommunityCorrections/VictimServices/)



## COUNSELING/MEDIATION

## WASHINGTON

Wash. Co. Mental Health & Addiction Services 503-291-1155  
5240 NE Elam Young Parkway, Ste. 150, Hillsboro Wash. Co. Crisis  
Line: 503-291-9111

Hawthorne Walk-In Center: Urgent care services for mental health and addiction concerns. Hours may vary. Please call in advance. For referrals for treatment, education materials, presentations on addictions and information on treatment options in the county call member services line for Wash. Co. Health Share: 503-291-1155. Hours: 8 a.m.-5 p.m. MAX Blue to Hawthorn Farm Station. <https://www.co.washington.or.us/HHS/MentalHealth>

## DOMESTIC VIOLENCE/SEXUAL ASSAULT

## WASH.

Domestic Violence Resource Center, Inc. 503-640-5352  
Community Advocacy & Protective Orders: 503-640-5352  
Counseling Services 503-521-7997

Counseling services for adult survivors of interpersonal violence and their children. Call for intake appt. Services also available in Spanish. Individual counseling and group support for adults who have experienced intimate partner or domestic violence. Individual counseling for children and youths ages 5-18 who have witnessed family violence, non-offending parental education and support encouraged. All services free of charge. After hours, reach crisis line at 503-469-8620.

Monika's House Shelter Line: 503-640-5352 Ext 604  
Confidential location Crisis line: 1-866-469-8600  
Domestic violence shelter for men, women, children and pets.  
Does not require SSA.  
Advocacy & Restraining Orders: 503-640-5352.

Oregon Crime Victims Law Center 503-208-8160  
Free legal information, referrals, and representation for victims of crime regarding their crime victims' rights in criminal cases; legal information and representation in protective order cases for survivors of domestic violence, sexual assault, and stalking. Call for intake to determine eligibility for services. Serves all Oregon counties. Office visits by appointment only. Hours 9 a.m.-5 p.m. Mon.-Fri. [www.ocvlc.org](http://www.ocvlc.org)

Sexual Assault Resource Center (SARC) Crisis line: 1-888-640-5311  
4900 SW Griffith Dr., Ste. 135, Beaverton Crisis Line 2: 503-640-5311  
Provides immediate 24-hour response and support to survivors of sexual assault. Case management, education and outreach programs, support groups, free mental health services. Office phone: 503-626-9100. Office hours: 10 a.m.-4 p.m. Mon.-Fri. Bus: 20. [www.sarcoregon.org](http://www.sarcoregon.org)

**A.S.S.I.S.T. Program** 503-888-2690  
4412 S Barbur Blvd., Ste. 240 Fax: 503-477-4177  
Resource for people with disabilities who need help starting a Social Security disability application. Non-attorney representatives with a mission to get disability applications approved quickly and avoid the multi-year appeal process whenever possible. Program referral forms for enrollment screening are found on website. Hours: 9 a.m.-5 p.m. Mon.-Fri. Bus: 1, 12, 38, 43, 44, 45, 54, 55, 56. [www.programassist.org](http://www.programassist.org)

**Social Security Administration** 1-800-772-1213  
11975 SW Second St., Ste. 100, Beaverton TTY 1-800-325-0778  
General information about Social Security Disability Insurance and Supplemental Security Income. Hours: 9:00 a.m.-4 p.m. Mon.-Fri. Bus: 53, 57, 78, 88. [www.ssa.gov](http://www.ssa.gov)

**WorkSource**  
Hillsboro/Beaverton/Portland Metro 503-526-2700 ext. 2  
Oregon labor market information system, job search database and skills development. Hours: 8 a.m.-5 p.m. Mon.-Fri. [www.worksourceoregon.org](http://www.worksourceoregon.org)  
■ WorkSource Portland Metro Beaverton/Hillsboro:, ext. 2  
241 SW Edgeway Dr., Beaverton. Bus: 48, 57, MAX Blue. [www.worksourceoregon.org](http://www.worksourceoregon.org)

**Beaverton Seventh-Day Adventist**

503-646-9828 ext. 16

14645 SW Davis Rd.

Visitors are able to select from food available. Grocery Store style Food Pantry: Walk in and select available food from racks. Please come to the back of the church. Hours: 9 a.m.-noon, 12:30-1:30 p.m. Tues. Bus: 62, 88. [www.beavertonsda.com](http://www.beavertonsda.com)

**Beaverton Resource Center**

503-591-9025

13565 SW Walker Road, Beaverton

Care to Share: 503-591-9025, Hours: Mon-Fri., 9 a.m.-2 p.m.  
Hours: Tues., Wed. and Fri., 9 a.m.-1 p.m. We offer a central hub for the Beaverton community struggling with hunger, housing insecurity and poverty. Our broad range of resources in one, easy-to-use center allows us to educate those in need. We strive to connect our community to the right help so they're empowered to create long-term stability. [beavertonresourcecenter.org/](http://beavertonresourcecenter.org/)

**Bethel Congregational United Church of Christ**

503-626-4994

5150 SW Watson Ave., Beaverton

Food pantry for low-income Beaverton residents. Hours 11:30-1 on Monday; 6-7pm Wed.

Portland Vineyard Church 503-684-8225  
14460 SW 114th Ave., Tigard (behind Christ the King Lutheran Church)  
Food pantry. Lottery system. Hours: Noon-3 p.m. Thurs. Bus: 94. [www.cascadevineyard.org](http://www.cascadevineyard.org)

Community Table Food Pantry 503-724-9766  
1095 S Beech Ave., Cornelius at Cornelius United Methodist Church  
Emergency food boxes. Walk-ins welcome. English/Spanish. Pantry  
and clothes closet hours: First Monday 1-3; Third Saturday 10-12. Bus:  
57. [www.corneliusumc.com](http://www.corneliusumc.com)

Forest Grove Foursquare Church and Food Pantry 503-357-4400  
1719 Cedar St., Forest Grove  
Food pantry for low-income residents of Dilly, Cornelius, Forest Grove,  
Gales Creek, Gaston and Laurelwood. Hours: 10:00 a.m.-12:30 p.m.  
Thurs. Bus: 57. [www.solidlifecenter.org](http://www.solidlifecenter.org)

Helping Hands Food Pantry and Clothes Closet 503-292-9293  
14986 NW Cornell Rd. (Sunset Presbyterian Church)  
Wednesdays, 9:30-11:30 and 4:00-6:00pm. Make an appointment  
through Care2Share (503-591-9025) for Sunset Church. Drive thru  
style: Volunteers will collect a list of groceries and food you would  
like for your household. They will collect the food and bring it out  
to you in your car or curbside. Adult and children's clothing and  
shoes. Bus: 48. <https://sunset.church/food-pantry/>

Hillsboro Seventh-Day Adventist 503-648-3922  
367 NE Grant St., Hillsboro  
Food boxes for Wash. Co. residents. Hours: 6:30-8 p.m. Thurs.  
Clothing closet. Bus: 46

Holy Trinity Food Closet 503-591-9025  
13715 SW Walker Rd., Beaverton Care to Share Referral  
Food pantry. Must schedule an appointment through Care to  
Share (503-591-9025). Unable to assist with rent, utilities, motel  
voucher, gas card, etc. - refer to Beaverton Resource Center (503-  
207-5670). Food pantry Hours: 10 a.m.-12:30 p.m. Tues., Wed. and  
Fri. To make an appointment call Care to Share. Call 503-591-9025.  
May receive assistance twice a month. Bus: 59, 62, 67. [www.h-t.org](http://www.h-t.org)

Oregon Food Bank 503-439-6510  
Various locations  
Resource for finding fruits vegetables and pantry staples free of  
charge to anyone in need of food. Go to website to find nearest  
food pantry. Phone hours: 8 a.m.-4:30 p.m. Mon.-Fri. [www.oregon-foodbank.org/find-helper/food-finder/](http://www.oregon-foodbank.org/find-helper/food-finder/)

Rock Creek Church Food Pantry 503-645-2525  
4470 NW 185th Ave.

Shopping style food pantry. Bring shopping bags, if available.  
Online waitlist signup starts one hour before opening. Hours: 4-6  
p.m. Tues. Bus: 52. [www.rockcreek.church/pantry](http://www.rockcreek.church/pantry)

Sherwood Helping Hands 503-625-7975  
22280 SW Washington St., (Sherwood United Methodist Church)  
Food boxes for families. Hours: 9-10 a.m. 3rd Sat. Call to set up  
appt. Bus: 94

The Salvation Army Tualatin Valley Citadel 503-640-4311  
351 SE Oak St., Hillsboro  
Food Pantry: Food, Bread, Hygiene Products Hours: 1:00 - 4:00 PM  
Open: Monday, Tuesday, Thursday and Fridays, Closed: Wednesdays,  
Free Community Meals: Daily Sack Lunch: 9:30 AM - 3:30 PM Bus: 57  
MAX Blue. [foodfinder.oregonfoodbank.org](http://foodfinder.oregonfoodbank.org)

St. Francis Food Pantry 503-625-7067  
15659 SW Oregon St., Sherwood  
Shopping-style food pantry available for low-income residents of  
Tualatin, Sherwood, Newberg and King City. Hours: 9-11 a.m., 5-7 p.m.  
Wed.; 9-11 a.m. Thurs. Bus: 94.  
[www.stfrancissherwood.org](http://www.stfrancissherwood.org)

### St. Vincent de Paul Food Pantries

- Forest Grove Food Pantry, 1611 Elm St. Forest Grove: 503-357-9647, Call between 9 a.m.-Noon on Tues., Wed., Fri., Sat. to schedule a pick-up.
- St. Matthew's Food Pantry: 503-693-7528, 442 SE Third., Hillsboro. Hours: 9-11:30 a.m. Mon.-Fri. Consult website [www.svdphillsboro.com](http://www.svdphillsboro.com) for furniture, rent and utility assistance.
- St. Anthony Tigard Emergency Services: 503-684-8280, press 1, food pantry access from St. Anthony Church, 9905 SW McKenzie St. Serves 97223, 97224. Hours vary. Drive-up food pantry: 12-2:30 M, W and F; 10-2 Sat
- St. Cecilia: 503- 644-2619 12250 SW Fifth St., Beaverton. Mon.-Fri. by appt. Contact Care to Share for appt.
- St. Elizabeth Ann Seton: 503-649-5841, 3145 SW 192nd Ave., Aloha. Hours 11-2 M, T,Th and F. Call for an appointment.
- St. Juan Diego: 503-985-6046, 5995 NW 178th Ave. Once a month shopping style food pantry. Hours 4-5:30 Mon and 11:00-12:30 Fri.

True Life Fellowship Food Pantry  
1895 NW 169th Pl., Beaverton

503-810-7426

Emergency food boxes for low-income Wash. Co. residents. Hours:  
10 a.m.-1 p.m. 2nd and 4th Sat. Bus: 89. [www.tlfchurch.com](http://www.tlfchurch.com)



- Tualatin Schoolhouse Pantry** 503-783-0721  
3550 SW Borland Rd., Tualatin (Rolling Hills Community Church)  
Shopping style pantry twice a month for low-income residents of Durham, Lake Oswego, Tualatin, West Linn and Wilsonville with proof of address. Hours: 11 a.m.- 1p.m. and 4-7 p.m. Mon., 10 a.m.- 1 p.m. Wed., 4-6 p.m. Thurs. & 10 a.m.-1 p.m Fri. See website for additional services, including dental van information. Transit: Bus: 96, Tualatin Valley Shuttle - Green. [www.schoolhousepantry.org](http://www.schoolhousepantry.org)
- Unity Church of Beaverton Food Pantry** 503-646-3364  
12650 SW Fifth St., Beaverton (enter through the parking lot door)  
Food boxes for low-income residents within specific zip codes: 97005, 97006, 97007, 97008. Hours: 10 a.m.-4 p.m. Tues., Wed.  
Food Pantry will close 1/1/2024. Bus: 52, 76, 78. [www.unityofbeaverton.org](http://www.unityofbeaverton.org)
- Vernonia Cares Food Bank** 503-429-1414  
547 Weed Ave., Vernonia  
Emergency food boxes provide 3-day supply of groceries per month for low-income residents of Vernonia, Timber, Manning and Buxton. Hours: 10 a.m.-2 p.m. Tues., Thurs. [www.vernoniacares.org](http://www.vernoniacares.org)

## FOOD BOXES

## WASHINGTON

## Wapato Valley Church Food Pantry

503-985-3351

200 Front St., Gaston (The Hub)

Food bank available for low-income residents of Gales Creek, Gaston, Laurelwood and Cherry Grove. Hours: 5-7 p.m. Thurs. [Wapatovalley.org](http://Wapatovalley.org)

## HEALTH CARE

## WASHINGTON

## Borland Free Clinic

503-974-8887

3550 SW Borland Rd., Tualatin

Bilingüe. Primary care for uninsured and under-insured patients.

Urgent care, primary care, chronic disease treatment, physical therapy, pre-diabetes and diabetes education, women's health, and behavioral health. Assistance with referrals, medications, and OHP applications. Walk-ins and appointments. Walk-in only for urgent care and as schedule allows. During construction we have moved our hours to 3:00 pm-7:00 pm Tues. and Thurs. [www.borlandclinic.org](http://www.borlandclinic.org)

## Oregon Health Plan/Medicaid

800-273-0557

OHP Client Assistance Services assists members having problems getting medical, dental or mental health care. Provides information and referral for OHP. Call for assistance. Hours: 8 a.m.- 5 p.m. Mon.-Fri. [www.oregon.gov/oha](http://www.oregon.gov/oha)

Planned Parenthood 888-576-7526  
Columbia Willamette  
12220 SW First St., Ste. 200, Beaverton

Low-cost birth control; annual visits and Pap exams; free pregnancy testing and options information; emergency contraception; STI, HIV testing and treatment; PrEP; cancer screenings; vasectomy; medication abortion; prenatal care; menopausal care; erectile dysfunction. Hours: 8 a.m.-3:30 p.m. Tues., Thurs.-Fri., 10 a.m.-5:30 p.m. Mon., Wed. Financial assistance available. Bus: 76, 78, MAX. [www.ppcw.org](http://www.ppcw.org)

### Virginia Garcia Memorial Health Centers

Insurance accepted. Spanish, English, interpreters available for other language needs. [www.virginiagarcia.org](http://www.virginiagarcia.org)

Beaverton Dental @ The Round 503 718-3675  
12600 SW Crescent St: 7:00 a.m.-6 p.m. Mon., Fri; Bus 20 57, MAX Blue.

Beaverton Wellness Center 503-352-6000  
2725 SW Cedar Hills Blvd., Ste. 200 Hours: 8 a.m.-7 p.m. Mon., Fri.,  
Bus: 20, 57, MAX Blue.

Beaverton Wellness Center Pharmacy 503-352-6006  
2725 SW Cedar Hills Blvd., Ste. 200. Hours: 9 a.m.-6 p.m. Mon.  
Tues., Thurs., Fri. 9 a.m.-6 p.m.; Wed. 10 a.m.-6 p.m.,

## Virginia Garcia Memorial Health Centers (Continued)

Beaverton Vision 503-352-1699  
12600 SW Crescent St. Ste. 130. Hours: 8 a.m.-5 p.m. Mon. Fri.

Cornelius Wellness Center Dental 503-359-8505  
1151 N Adair St. Hours: 7 a.m.-6 p.m. Mon., - Fri.; Appointments  
must be made by phone. No walk-ins.

Cornelius Wellness Center 503-359-5564  
1151 N Adair St. Hours: M, W and F 8-5 T and Th 8-7. Bus: 57.

Cornelius Wellness Center Vision 503-352-8543  
1151 N Adair St. Hours: 8-5 M-F Bus: 57

Cornelius Wellness Center Pharmacy 503-352-8852  
1151 N Adair St. Hours: Mon and Fri 8:30-5:15, Tu and Th 9:30-6:30,  
Wed 9:30-5:15. Bus: 57.

Hillsboro Clinic 503-601-7400  
226 SE Eighth Ave. Hours: M-F 8-7.  
Pharmacy Hours: 9 a.m. - 6 p.m. Mon., Tues., Thurs., and Fri. 10  
a.m.-6 p.m. Wed. MAX Blue.

Hillsboro Vision Clinic 503-601-7400  
226 SE Eighth Ave. Hours: 8 a.m.-5 p.m. Mon.-Fri. MAX Blue.  
Closed daily Noon to 1 p.m. Pacific University College of  
Optometry operates the Vision Clinic in Hillsboro.

## Virginia Garcia Memorial Health Centers (Continued)

Hillsboro Dental 503-352-2354  
730 SE Oak St., Ste. A and B. Hours: 7: a.m.-6 p.m. Mon.-Fri. Bus:  
46, 47, 57, MAX Blue. Appointments must be made by phone. No  
walk-ins

Hillsboro Pharmacy  
226 SE 8th Ave., Hillsboro  
M, T, Th and Fri 9-6, Wed 10-6

Virginia Garcia Reproductive Health Services 503 359-5564  
333 SE 7th Ave, Suite 550 Hillsboro  
Hours 8 a.m. - 5 p.m. Mon., Wed., and Fri. 10 a.m.-7 p.m. Tues. and  
Thurs.

Lawyer Referral Service 503-684-3763, 800-452-7636  
Referrals to attorneys in the area of needed assistance; a 30 min-  
ute consultation is \$35 and other lower cost options available as  
well. Hours: 8 a.m.-5 p.m. Mon.-Fri.

## Oregon Law Center Farmworker Program

503-726-4381

138 NE 3rd Suite 203 Gresham

No appointments necessary. Walk-ins and phone contact accepted. Part of the Oregon Law Center. English/Spanish/Mixteco.

Provides free legal assistance to low-income farmworkers.

Typically help with cases related to employment as a farmworker including wage claims, discrimination, sexual harassment, claims under laws that apply to farm labor contractors and agricultural employers, housing and occupational health and safety. Hours: 9 a.m.-5 p.m. Mon.-Fri., other hours by appt.

## Oregon Law Center:

Wash., Columbia, Clatsop, Tillamook, Yamhill Co. 503-640-4115

230 NE Second Ave., Ste. F, Hillsboro

Family Law hotline: 503-676-5400; Public Benefits hotline 1-800-520-5292 .Assistance with civil legal services. No criminal or personal

injury cases. Please call the main line for eviction defense.

English/Spanish. All languages and dialects .Call for walk-in hours.

Bus: 48, MAX Blue. [www.oregonlawhelp.org](http://www.oregonlawhelp.org)

## LEGAL SERVICES

## WASHINGTON

St. Andrew Legal Clinic-Washington County 503-648-1600  
232 NE Lincoln St., Ste. H, Hillsboro

Community-based nonprofit organization that provides legal services in the area of family law to low-income individuals and families in Washington, Yamhill and Columbia counties. Charges based on sliding scale, \$50 for consultations via phone only. You must call for an appointment. Hours: 9 a.m.-5 p.m. Mon.-Fri. Closed noon-1 p.m.. Bus: 46, MAX. [www.salcgroup.org](http://www.salcgroup.org)

## MEALS

## WASHINGTON

Community Cafe at St. Anthony Parish Center 503-639-4179  
12520 SW Grant, Tigard; around the corner from the church  
Free hot dinners to go. Doors open 5:30 p.m. Meals served 5:30-6:30 p.m. Sun.  
Bus: 45, 94.

## Faith Café

5150 SW Watson Ave., Beaverton

Located in: Bethel Congregational United Church of Christ

Dine-in or take-out hot meals: hours: 4 :15 p.m. Sun. and the last Thursday of the month: 4 :15 p.m. A variety of donated fruits, vegetables, and baked goods are available each Sunday. Guests can select items based on their own preferences.

Bus: 76, 78. [www.faithcafeor.org](http://www.faithcafeor.org)

## MEALS

## WASHINGTON

**Food Stamps/Supplemental Nutrition Assistance Program - SNAP**

The Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, helps low-income people and families buy the food they need. Benefits are provided on a debit card and are accepted at most grocery stores. You can apply for a SNAP card at the following locations, 8 a.m.-5 p.m. Mon.-Fri., or get more info at the Department of Human Services: [www.oregon.gov/DHS](http://www.oregon.gov/DHS)

- Hillsboro: 503-693-4555, 5300 NE Elam Young Pkwy, Ste. 110, MAX Blue.
- Beaverton: 503-646-9952, 15425 NW Greenbrier Pkwy., Bus: 48, 67.
- Tigard: 503-670-9711, 10777 SW Cascade Ave., Bus: 76, 78.

**Women, Infants and Children (WIC)**

503-846-3555

Provides monthly healthy food benefits, growth monitoring and referral to other programs for pregnant and post-partum women, infants and children up to age 5. To make an appointment, call or submit an interest form:

<https://forms.co.washington.or.us/form/wic-web-referral>

- Hillsboro: 254

N First Ave. Bus: 46, 57, MAX Blue. Hours: Mon 10 a.m. - 4:30 p.m. Tues., Wed., Thurs. and Fri.: 8 a.m. - 4:30 p.m.

- Beaverton: 12550 SW Second St. Bus: 52, 76, 78. Hours: Monday: 10 a.m. - 4:30 p.m. Tue., Wed., Thursday and Fri. : 8 a.m. - 4:30 p.m.

- Tigard: 11515 SW Durham Rd, Suite E8., Ste. Thurs., Bus: 78. Hours: Mon.: 10 a.m. - 12:30 p.m. and 2-6:30 p.m. Tues., Wed., Thurs. and Fri.: 8-11:30 a.m. and 1-4:30 p.m.



Forest Grove Senior & Community Center      503-357-2021

2037 Douglas St., Forest Grove

Activities for seniors. Tuesday and Thursday lunches available through Meals on Wheels. Hours: 11:30am.-1:30p.m. Ride Connections available to those eligible. Medical equipment lending program. First Friday dinners for \$15. Start at 5:00 p.m. Friday breakfast for \$3, \$6, or \$7.50. Starts at 7:30a.m. Bus: 57.[www.fgsc.org](http://www.fgsc.org)

## Meals on Wheels People

503-736-6325

7710 SW 31st Ave., Portland

Senior nutrition program for only 60 and older. Home delivery, dozens of neighborhood locations. Meals served at noon. Meals are delivered Monday - Thursday between 10 a.m. and 2 p.m. Free to 60 and over suggested donation \$9.05. Meals delivered can be covered by insurance. Call or view website to check eligibility.

Serves Clark, Wash. and Mult. cos. [www.mowp.org](http://www.mowp.org)

Meals are served at:

- Beaverton Center/ 5550 SW Hall Blvd; Hours: Mon. and Wed. 11:30 a.m. - 1 p.m.
- Tigard Center/ 8815 SW O'Mara Street; Hours: Tues. and Thurs. Noon-1p.m. Currently being remodled.
- Tualatin Center (Juanita Pohl Center)/ 8513 SW Tualatin Road; Hours: Tues. and Thurs. Noon-1 p.m.
- Hillsboro Center (Sonrise Church) 6701 Campus Way; Hours: Tues. and Thurs. Noon-1 p.m.
- Forest Grove Center 2037 Douglas Street Tues. and Thurs. Noon-1 p.m.

## The Salvation Army Tualatin Valley Corps

503-640-4311

351 SE Oak St., Hillsboro

Sack lunches. Daily from 10-11:30 a.m.

Food Pantry: Mon., Tues., Thurs., Fri. Hours: 1 p.m.-4 p.m.

Bus: 47, 48, 57, MAX Blue. [www.hillsboro.salvationarmy.org](http://www.hillsboro.salvationarmy.org)

- CODA Hillsboro Recovery Center** 855-733-2632  
720 SE Washington St., Hillsboro  
Outpatient medication assisted treatment clinic for substance use disorders. OHP accepted. Walk-in: 9:00 a.m.-7 p.m. Mon.-Fri Bus: 47, 57, MAX Blue.
- CODA Tigard Recovery Center** 855-733-2632  
10362 SW McDonald St., Tigard (men's residential program)  
Men's residential alcohol and drug treatment facility. Intake by appt. only, no walk-ins. OHP accepted. 11970 SW Greenburg Rd. (outpatient)
- Fora Health Outpatient Services** 503-535-1151  
205 SE Third Ave., Ste. 100, Hillsboro  
Dual diagnosis substance use treatment for adults, state-certified DUII programs. Walk-in hours: 9:30 a.m.-5 p.m. Mon.-Fri., Phone hours: 8 a.m.-4:30 p.m. Mon.-Fri., Bus: 47, 48, 57 MAX Blue. www.forahealth.org
- Inner Journey Healing Arts** Assessment/Intake: 503-543-6100  
134 SE Fifth Ave., Ste. C, Hillsboro Fax/Phone: 503-648-5269  
161 St. Helens St., Ste. 102, St. Helens  
Substance Use Disorder, DUII, and Trauma Informed Treatment call 503-543-6100 or fill out a request for treatment at their web-site. OHP and some insurances. MAX Blue.  
www.innerjourneyhealingarts.com

## RECOVERY SERVICES

WASHINGTON

New Narrative Spring Creek Center

503-726-3690

8935 SW Center St., Tigard

Outpatient mental health treatment including counseling, case management and medication management. Not a walk-in clinic. Clinical Services to support client wellness For intake, call 503-726-3742. Hours: 8 a.m.-4:30 p.m. Mon.-Fri. [www.newnarrativepdx.org](http://www.newnarrativepdx.org)

## RENTAL AND UTILITY ASSISTANCE

WASHINGTON

Community Action

503-615-0770

1001 SW Baseline St., Hillsboro

Limited emergency rental assistance to Wash. Co. residents. Subject to availability. 72-hour eviction notice. Please call to be screened for eligibility on the 8th of the month at 9 a.m or Submit an Online Screen Request on the 15th of the month at 6 p.m.. Bus: 57. [www.caowash.org](http://www.caowash.org)

The Salvation Army Tualatin Valley Corps

503-640-4311

1440 SE 21st Ave.

Not accepting applications at the current time. Call for updates. Water bill assistance with ID for Hillsboro only. Call to make an appt. Proof of address, photo ID and income required. Water: Shut-off notice required. Water assistance only in the morning 9-11:30 a.m. Must have contacted the water company on payment requirements. Hours: 9-11:30 a.m., 1-4 p.m. Mon., Tues., Thurs., Fri. Bus: 47, 48, 57, MAX Blue. [www.hillsboro.salvationarmy.org](http://www.hillsboro.salvationarmy.org)

**Washington County Housing Services**

503-846-4794

161 NW Adams Ave, Suite 2000, MS 63

Rental assistance & affordable rental opportunities for low-income families in Wash. Co. Section 8 & public housing programs. Most programs have waiting lists. Applicants must notify the Department of changes in mailing address to keep application current, English/Spanish. Hours: 8:30 am.-12:30 am. then 1:30-4 pm. Mon. - Fri. Bus: 47, 48, MAX Blue to Hatfield Govt. Ctr. Station. [www.co.washington.or.us/housing](http://www.co.washington.or.us/housing)

**Community Action Family Shelter**

503-726-0812

210 SE 12th Ave., Hillsboro

Shelter for families with children or mothers in the last trimester of pregnancy. Call to join the waitlist through Community Connect: 503-640 3263. Food boxes (Wash. Co. residents only) hours: 5:30-9 p.m. Mon.-Fri.; 9 a.m.-9 p.m. Sat.and Sun. Bus: 47, 57, MAX Blue. [www.caowash.org](http://www.caowash.org)

## Family Promise of Beaverton

503-844-2919

5625 SW Erickson Ave, Beaverton

Family shelter for women and/or men with children. Three- family limit; call 211 or Community Connect (503-640-3263) to join the waitlist for shelter. Maximum stay six weeks. Children must be enrolled in and attend public school or Head Start during their stay. Requires drug screening test with clean results and background check for all participants 13 years or older. 24-hour shelter. Join the Community Action wait list. Hours M-F 10-5. Bus: 76, MAX Blue/Red. [www.familypromisewashingtoncountyoregon.org](http://www.familypromisewashingtoncountyoregon.org)

## Good Neighbor Center

Wait list: 503-726-0812

11130 SW Greenburg Rd., Tigard

503-443-6084

Provides safe emergency housing with supportive empowering services to adults with children younger than 18. Families have up to six weeks to meet their goals with the help of staff. No singles. To join the waitlist call Community Connect 503-640-3263 or Family Promise of Tualatin Valley 503-427-2768. Hours: 6 a.m.-10 p.m. Intake hours: 8 a.m.- 6 p.m. Mon.-Sun. Bus: 76, 78. [www.goodneighborcenter.org](http://www.goodneighborcenter.org)

## Monika's House

Shelter Line: 503-640-5352 Ext 604

Confidential location (Hillsboro)

Crisis line: 1-866-469-8600

Domestic violence shelter for men, women, children and pets. Does not require SSA. Call for Advocacy & Restraining Orders.

## HOUSING SERVICES

WASHINGTON

## Open Door

503-640-6689

34420 SW Tualatin Valley Hwy., Hillsboro

Call or come to the drop-in center for specific information about shelter referrals, housing services, day shelter, showers, laundry, food boxes and community meals from 8 a.m.-2 p.m. Mon.-Fri. Office hours: 8 a.m.-4 p.m. Mon.-Fri. Bus: 57. [www.odhw.org](http://www.odhw.org)

## VETERANS SERVICES

WASHINGTON

## Disability, Aging and Veteran Services

503-846-3060

5240 NE Elam Young Pkwy., Ste. 300, Hillsboro

Programs and services to enhance quality of life and ensure basic needs are met for Wash. Co. seniors, veterans and people with disabilities. Most programs serve those 60 and older, but veterans and benefits enrollment center serves all ages. Includes Oregon Project Independence, food and nutrition services. Hours 8 a.m.-5 p.m. Mon.-Fri. [www.co.washington.or.us/hhs/davs](http://www.co.washington.or.us/hhs/davs)

## The Salvation Army Veteran and Family Center

503-239-1259

14825 SW Farmington Rd., Beaverton

Per diem short-term transitional housing and case management for veterans. Up to nine-month program for vets and their families. Emergency transitional housing for singles up to 30 days with possible extension to 90 days. VA must refer. MAX Red, Blue to bus 52. [veterans.salvationarmy.org](http://veterans.salvationarmy.org)

Children and Youth Counseling, DVRC  
735 SW 158th Ave, Suite 100, Beaverton

503-521-7997

Call for current appointment availability. Individual counseling services for children and youths who have witnessed family violence. Individual counseling for teens 14 to 18 who have experienced teen dating violence. Bilingual (Spanish) services available. Call to schedule intake appt. Children and youths under 14 must have a non-offending parent or guardian willing to receive some parental education. Hours: 10 a.m.-7:30 p.m. Mon.-Thurs. [www.dvrc-or.org](http://www.dvrc-or.org)

Home Plate Youth Services  
12685 SW 4th Beaverton

503-320-8965

503-867-4954

First Congregational UCC (494 E Main St., Hillsboro)

503-648-4341

Resource center helping youths ages 12-24 find housing, education, employment, health referrals, clothes, food. Place to relax. Free meal. No religious doctrines. Laundry (at Beaverton location) and shower facilities. Day-space hours: Mon 6 p.m.-8 p.m, Tues 2 p.m-5 p.m, Wed 6 p.m-8 p.m at Beaverton location; Thurs 6 p.m-8 p.m at Hillsboro location. Call about more services. [www.homeplateyouth.org](http://www.homeplateyouth.org)



Northwest Regional Education Service District 503-614-1446

5825 NE Ray Circle, Hillsboro Spanish: 503-614-1299

Provides free early intervention and early childhood special education services to children from birth to age 5 who have developmental delays or disabilities, including speech and language, motor, behavioral, social skills, learning, self-help, vision, and hearing. Hours: 8 a.m.-4 p.m. Mon.-Fri. [www.nwresd.org](http://www.nwresd.org)

Safe Families for Children 503-906-1027

Provides support to parents in crisis, or parents needing to meet a wellness goal. Assists with giving time to get back on their feet while their children are cared for in a loving, safe environment by volunteer host families. Gives parents support and flexibility to work through challenges without fear of losing custody of their children. Hosts children for a wellness goal No cost to families. Also offers opportunities for mentoring and coaching of parents and teens. Call, check their website or get in touch: <https://safe-familiespdx.org/get-in-touch>

Safe Place for Youth 503-542-2717

9320 SW Barbur Blvd. #200 Portland

Shelter, supportive services for homeless, runaway and at-risk youths ages 12 to 20. Offers food and basic needs assistance, case management, referrals to resources. 30-day shelter program. Drop-in services hours: 9 a.m.-8 p.m., 7 days a week. [www.boysandgirlsaid.org](http://www.boysandgirlsaid.org)

Second Home 503-221-1054 ext. 277

245 SW Bancroft St., Ste. B

Provides stable housing and ongoing support for unaccompanied students experiencing homelessness, so they can focus on completing their secondary education. Call for more information or talk to school district homeless liaison for referral. Serves youths in Gresham-Barlow and Washington, Clackamas, East Multnomah County and Lincoln County school districts. Bus: 12, 43, 44, 54.  
[www.emo-secondhome.org](http://www.emo-secondhome.org)

### Virginia Garcia Memorial Health Centers

Located in the following schools. Hours vary, call or check the Virginia Garcia Memorial Health Centers for hours and information.  
[www.viriniagarcia.org](http://www.viriniagarcia.org)

Beaverton High School 503-356-3985  
13000 SW 2nd St, Beaverton

Century High School School 503-597-4580  
1998 SE Century Blvd., Hillsboro

Forest Grove High School 503-359-4057  
1715 Nichols Lane, Forest Grove

Tigard High School 503-431-5775  
9000 SW Durham Road, Building 7110, Tigard

Wash. Co. Transition Age Youth Intensive Services Intake: 503-449-2249  
5240 N.E. Elam Young Parkway, Suite 150, MS 70, Hillsboro

Intensive Services Array program provides care coordination and wraparound mental health services planning for eligible older adolescents and young adults. Services may include community-based treatment, day treatment, treatment for foster care youths, respite, psychiatric residential treatment. Hours: 8 a.m.-5 p.m. Mon.-Fri. [www.co.washington.or.us](http://www.co.washington.or.us)

#### Youth Contact

503-640-4222

447 SE Baseline St., Hillsboro

Bilingual counseling services focusing on mental health and substance use/abuse problems. Serving Hillsboro youths (up to age 18) and their families, call to schedule appt. HSO insurance accepted. Hours: 9 a.m.-7 p.m. Mon.-Thurs. Evening hours by appointment only. Bus: 47, 48, 57, MAX. [www.youthcontact.org](http://www.youthcontact.org)

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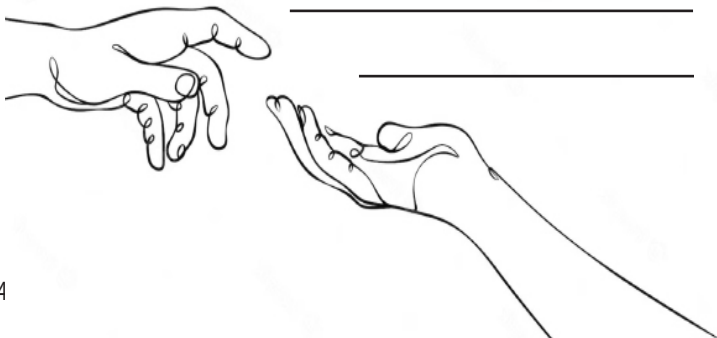
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