

24-HOUR CRISIS & HELP LINES

Sexual Assault Resource Center (SARC)*	503-640-5311
Dept. of Human Services (DHS) Child Abuse & Neglect Reporting	503-731-3100
National Center for Missing and Exploited Children	1-800-843-5678
Mult. Co Mental Health Line	503-988-4888
Suicide Prevention Line	1-800-273-8255
Alcohol & Drug Helpline	503-244-1312
211info	211

Information & referral for community services

SEX-TRAFFICKING SPECIFIC PROGRAMS*

Sexual Assault Resource Center (SARC)	503-640-5311
<i>Advocacy & case management for youth ages 13-25</i>	
Janus Youth Programs Athena House	503-233-8111
<i>Crisis shelter & transitional housing, case management for youth ages 14-21</i>	
Lifeworks NW (LWNW)	503-645-9010
CSEC & Intensive Community-based Treatment Services	
<i>Mental health services for youth ages 6+</i>	
New Options for Women	503-761-5272 x 6935
<i>Mental health & addictions services for female-identified adults ages 18+</i>	
Morrison Child & Family Services SAGE	503-258-4200
<i>Secure residential & stabilization services for female-identified youth ages 11-16</i>	
Door to Grace	503-747-5474
<i>Christian day program and mentorship for female-identified youth ages 14-17</i>	

ADVOCACY

Sexual Assault Resource Center (SARC)*	503-640-5311
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RUNAWAY & HOMELESS YOUTH CONTINUUM SERVICES

Runaway Youth Services	503-233-8111 (Portland) or 503-912-3423 (East)
Janus Youth Programs Harry's Mother & Reception Center	
Garfield House	
<i>Crisis shelter & family counseling for youth ages 9-17</i>	
Athena House*	
Homeless Youth Access Center	503-432-3986
Janus Youth Programs (Porch Light, Street Light, Bridge House, Changes), New Avenues for Youth, Outside In	
<i>Variety of shelter, housing, case management & self-sufficiency services for youth ages 17-24</i>	

SEX-TRAFFICKING SPECIFIC SUPPORT GROUPS

Sexual Assault Resource Center (SARC)*	503-640-5311
<i>Groups for youth ages 13-25</i>	
LWNW New Options for Women (NOW)*	503-761-5272 x 6935
<i>Groups for female-identified adults ages 18+</i>	
Raphael House Advocacy Center	503-222-6222
<i>Groups for youth participating in Athena House and adults participating in LWNW NOW</i>	

EDUCATION & EMPLOYMENT RESOURCES

Dress for Success	503-249-7300
<i>Career preparedness services, including professional clothing for female-identified adults</i>	
Job Corps	1-800-733-5627
<i>Education and training program for youth ages 16-24</i>	
New Avenues for Youth	
Alternative School Education	503-517-3985
Promoting Avenues to Employment (PAVE)	503-517-3935
<i>Programming and wraparound services for youth ages 17-24</i>	
SE Works & WorkSource	503-772-2300
<i>Education and employment services for adults and youth</i>	
Title X Homeless Student Services	503-916-5770

MENTAL HEALTH & SUBSTANCE USE SERVICES, THERAPEUTIC SUPPORT

Central City Concern (CCC) Recovery Centers	503-944-4410
<i>Addiction services for adults</i>	
Cascadia Behavioral Health	503-674-7777
<i>Mental health & addiction services for adults</i>	
CODA	503-239-8400
<i>Residential and outpatient addiction services for adults</i>	
DePaul Treatment Centers, Inc.	503-535-1151
<i>Detox, residential and outpatient services for youth ages 13-17</i>	
Hooper Detox	503-238-2067
<i>Detox services for adults</i>	
Lewis & Clark Community Counseling	503-768-6320
<i>Counseling services for adults</i>	
Lifeworks NW	503-645-9010
CSEC & Intensive Community-based Treatment Services*	
New Options for Women*	503-761-5272 x 6935
Project Network	503-528-2140
<i>Residential mental health and addiction services for female-identified adults</i>	
Morrison Child & Family Services SAGE*	503-258-4200
Native American Rehabilitation Association (NARA)	
Adult residential addiction services	503-621-1069
Adult outpatient addiction services	503-231-2641
Youth outpatient addiction services	503-224-1044
Quest Center for Integrative Health	503-238-5203
<i>Mental health and addictions services for adults</i>	
Tobacco Quit Line	1-800-784-8669
White Shield Wildflowers*	503-731-3970
<i>Residential treatment program for female-identified youth ages 12-18</i>	

MEDICAL & DENTAL RESOURCES

Cascade AIDS Project	503-223-5907
CAREAssist	971-673-0144
<i>Assistance with HIV/AIDS medication for low income individuals</i>	
Central City Concern (CCC) Health Service	503-228-4533
Child Abuse Response and Evaluation Services (CARES) NW*	503-276-9000
Downtown Women's Center	503-224-3435
<i>Sexual and reproductive health, family planning services</i>	
Kaiser Permanente	1-800-813-2000
Legacy GoHealth Urgent Care Clinic- North Portland	1-971-202-2910
Legacy GoHealth Urgent Care Clinic- Pearl	1-971-232-8620
Mult. Co. Health Clinics	503-988-5558
HIV Clinic	503-988-5020
STD Clinic	503-988-3700
Mult. Co. Dental Access	503-988-6942
<i>Routine and urgent dental care</i>	
National University of Natural Medicine (NUNM)	503-552-1515
<i>Naturopathic and integrative medicine for low income/uninsured individuals</i>	
OHSU	
Richmond clinic	503-418-3900
Walk-in Clinic @ 4212 SE Division	503-418-1500
<i>Primary medical care for homeless or uninsured individuals</i>	
Oregon Health Plan	1-800-359-9517
Outside In	503-535-3860
<i>Medical services and needle exchange for youth 25 & under</i>	
Planned Parenthood	888-875-7820
Prescription drug assistance	1-800-913-4146
Quest Center for Integrative Health	503-238-5203
Ride to Care	1-855-321-4899
<i>Non-emergency medical transport for individuals and families with OHP</i>	
SafeNet	1-800-SAFE-NET
<i>Statewide health referrals</i>	
Sexual Assault Nurse Examiner (SANE) practitioners	Kaiser, Legacy, OHSU
Social Security Administration	1-800-772-1213

PARENTING/FAMILY RESOURCES

Early Intervention/Early Childhood Special Education.....	503-947-5703
<i>Services for children with disabilities birth through age 2</i>	
Dept. Human Services (DHS) Self-Sufficiency.....	971-673-2748
<i>Food stamps (SNAP), TANF, OHP, JOBS</i>	
Employment Related Day Care.....	971-673-2411
WIC.....	503-988-3503
Head Start.....	503-947-0867
<i>Childhood development programs for low income families with youth ages 3-5</i>	
Insights Teen Parent Program.....	503-239-6996
LWNW Children's Relief Nurseries	
St. Johns Site.....	503-283-4776
Mill Park Site.....	503-564-0164
Multnomah Childcare & Referral.....	503-548-4400
Pathfinders Center for Family Success.....	503-286-0600
<i>Support & education for families experiencing re-entry</i>	

CULTURALLY-SPECIFIC SERVICES

Door to Grace*.....	503-747-5474
<i>Christian day program and mentorship for female-identified youth ages 14-17</i>	
El Programa Hispano & UNICA.....	503-669-8350 (Portland) or 503-231-4866(East)
<i>Wraparound services for Latinx individuals & families; DV, ST/HT services</i>	
Healing Roots Center.....	503-595-9591 x 308
<i>Advocacy and wraparound services for African & African American individuals & families fleeing domestic violence</i>	
IRCO.....	503-234-1541
<i>Advocacy and wraparound services for immigrant and refugee individuals & families</i>	
NARA.....	503-224-1044
<i>Mental health and addiction-focused services for Native American individuals & families</i>	
NAYA Family Center Healing Circle.....	503-288-8177
<i>Wraparound services for Native American individuals & families</i>	
Russian Oregon Social Services.....	503-777-3437
<i>Advocacy and wraparound services for Russian community members</i>	
Self Enhancement, Inc.....	503-285-0493
<i>Wraparound services and community support for African & African American individuals, youth & families</i>	

LGBTQ

Bradley Angle Intimate Partner Violence LGBTQ Program.....	503-595-9591
Outside In/Trans Clinic/ID Project.....	503-535-3828
Pivot/Cascade AIDS Project.....	503-445-7699
<i>Support services for MSM & male-identified transgender adults</i>	
Q Center.....	503-234-7837
<i>Social support and events</i>	
New Avenues for Youth SMYRC.....	503-872-9664
<i>Counseling, social, and education services for youth ages 12-23</i>	

DOMESTIC & INTIMATE PARTNER VIOLENCE SERVICES & SHELTERS

Bradley Angle Shelter.....	503-281-2442
Call to Safety.....	503-235-5333
<i>24-hour emotional support and safety planning, resource referral</i>	
Gateway Center for DV Services.....	503-988-6400
<i>Drop-in center for advocacy, access to/referral for shelter and housing, and other services for adults and families</i>	
Raphael House Shelter & Advocacy Center.....	503-222-6222
Salvation Army West Women's & Children's Shelter.....	503-224-7718
Volunteers of America Home Free.....	503-771-5503
<i>Advocacy services for adults and families</i>	
YWCA.....	503-294-7400
<i>Housing services for adults and families</i>	

HOUSING & HOMELESS FOR ADULTS

Central City Concern.....	503-525-8483
Community Warehouse	503-445-1449
<i>Furniture by referral from partnering agency</i>	
Human Solutions Eviction Prevention Hotline.....	503-907-2795
Human Solutions Family Center Shelter.....	503-477-9724
JOIN.....	503-232-2031
<i>Showers, laundry, phone, internet & mail</i>	
Oxford House.....	844-646-7529
<i>Affordable, shared recovery houses for adults & children</i>	
Portland Homeless Family Solutions (PHFS).....	503-915-8306
Portland Rescue Mission.....	503-906-7690
<i>Shelter for male-identified adults</i>	
REACH Community Development.....	503-231-0682
Rose Haven.....	503-248-6364
<i>Drop-in center services for female-identified individuals and children</i>	
Salvation Army Female Emergency Shelter (SAFES).....	503-227-0810
Transition Projects, Inc.....	503-280-4700
<i>Housing support and day center services, including IDs</i>	

UTILITIES ASSISTANCE

Heat Oregon.....	503-612-6300
Human Solutions Assistance Hotline.....	503-405-7877
Impact NW.....	503-988-6020
Low Income Energy Assistance Hotline.....	1-800-453-5511
SEI Community Services.....	503-240-0828

LAW ENFORCEMENT

Emergency.....	911
Gresham Police.....	503-618-2318
Multnomah County Jail Release Info.....	503-988-3689
Multnomah County Sheriff's Office.....	503-255-3600
Non-emergency Police Response.....	503-823-3333
Sex Trafficking Unit Tip Line*.....	503-255-0118
VINE (Jail/Prison/Corrections Information).....	1-877-OR-4-VINE

MULTNOMAH COUNTY COURTS

Child Support Enforcement.....	503-988-3150 (Portland) or 503-988-5321 (East)
Multnomah County Courts.....	503-988-3022
<i>Restraining orders and other protective order information</i>	
Multnomah County District Attorney's Office.....	503-988-3162
Oregon Crime Victim's Compensation.....	1-800-503-7983
Outreach for Underserved Populations.....	503-988-5419
Victim's Assistance Office.....	503-988-3222

CIVIL & FAMILY LEGAL SERVICES

Child Support Helpline.....	1-800-850-0228
Legal Aid Family Law Hotline.....	503-299-6101
Legal Aid Multnomah County Office.....	503-224-4086
Mult. Co. Family Court Self-Help Center.....	503-988-4003
Oregon Crime Victim Law Center.....	503-208-8160
Oregon State Bar Lawyer Referral and Modest Means Program...1-800-452-7636	
St. Andrews Legal Clinic.....	503-281-1500
Volunteers of America Court Care.....	503-988-4334

IMMIGRATION REPRESENTATION

Catholic Charities Immigration Services.....	503-542-2855
El Programa Hispano.....	503-669-8350
Immigration Counseling Services.....	503-221-1689
Lutheran Community Services NW.....	503-231-7480
SOAR.....	503-284-3002

EMERGENCY AND CRISIS SERVICES

24 Hour Emergency Service..... 9-1-1
A Safe Place Family Justice Center
Domestic violence resource center...(503) 655-8600
Adult Protective Services, State of Oregon, DHS
Abuse and neglect reporting regarding older adults and
adults with disabilities (971) 673-6655
Alcohol & Drug Helpline..... (800) 923-4357
Centerstone Mental Health Crisis Center
..... (503) 655-8585
Toll-free 24-hour Mental Health Crisis Line
..... (888) 414-1553
Child Protective Services, State of Oregon, DHS
24-hour child abuse hotline (971) 673-7112
Clackamas Women's Services (503) 655-8600
Domestic violence shelter and services
Domestic violence crisis line... (503) 654-2288
Developmental Disability Protective Services
..... (503) 557-2874
Abuse and neglect reporting regarding adults with
developmental disabilities
District Attorney Victim Assistance Division
..... (503) 655-8616
24-hour assistance for victims of crime and domestic
violence, victim restraining orders
Military Helpline (888) 457-4838
Suicide Lifeline (800) 273-8255

BASIC SERVICES

General Information and Referral 211
Including detailed food pantry information
Clackamas County Social Services
..... TTY (503) 650-5646..... (503) 655-8640
Community Service Centers
Services for low-income or homeless residents
Canby Center (503) 266-2920
Clackamas Service Center (503) 771-7914
Estacada Area Food Bank (503) 630-2888
Father's Heart Street Ministry (503) 722-9780
Molalla Service Center (503) 829-5561
Sandy Community Action (503) 668-4746
Wilsonville Community Sharing (503) 682-6939
Energy Assistance Program (503) 650-5640
Cleaners of Clackamas County (503) 655-8740
Food and clothing assistance
Love INC (503) 650-0153
Network of churches assisting people in-need in
Clackamas County
Oregon City Community Basket
Supplemental food program (503) 657-4386
Self Sufficiency Centers, State of Oregon, DHS
TANF, SNAP/Food Stamps and childcare assistance
North Clackamas Branch (503) 731-3400
Oregon City Branch (971) 673-7300
St. Vincent de Paul Social Services
Emergency Services (503) 235-8431
Veteran's Services (503) 650-5631
WIC Program (503) 655-8476

HOUSING RESOURCES

Community Development Division (503) 655-8591
Home rehabilitation grant and loan programs
Coordinated Housing Access (503) 655-8575
Central entry point for households experiencing
homelessness in Clackamas County
Foreclosure Helpline, Legal Aid (503) 227-0198
HomeBase Program, NW Housing Alternatives
Homeless Prevention 503-654-1007 x3
Housing Authority (503) 655-8267
Housing Helpline, Legal Aid (503) 295-2237
Landlord/tenant issues
Housing Rights and Resources Program
..... (503) 650-5750
Landlord/tenant issues, housing discrimination and low-cost
housing information
Rent Well (503) 650-5647
Help overcoming rental screening barriers
Weatherization (503) 650-3338

HEALTH RESOURCES

Clackamas County Behavioral Health
..... (503) 655-8401
Comprehensive mental health and addiction services
Clackamas County Health Centers
Medical and dental services (503) 655-8471
Oregon City, Sunnyside, Gladstone and Sandy
The Founders Clinic (503) 722-4400
Health Services for uninsured adults
Oregon Health Plan Enrollment Assistance
..... (503) 655-8336
Prescription Drug Helpline (503) 655-8269 x4

YOUTH & FAMILY RESOURCES

Child Welfare, State of Oregon, DHS
..... (971) 673-7200
Adoption, foster care, and parent support
Clackamas Child Care Resource and Referral 211
Information and support to families and child care providers
Healthy Families (503) 546-6533
Free support services to teen parents and families on WIC,
OHP or SNAP/Food Stamps

EDUCATION & EMPLOYMENT RESOURCES

Clackamas Community College (503) 594-6001
Career and workforce services
Clackamas Educational Service District (ESD)
..... (503) 675-4000
Clackamas Works (IRCO) (971) 673-6467
Job training and placement program for non-English
speaking persons
Community Solutions for Clackamas County
Employment and training services (503) 655-8840
Employment Department, State of Oregon
Worksource (971) 673-6400
Head Start Preschool (503) 675-4565
Unemployment Claims (503) 292-2057
Vocational Rehabilitation, State of Oregon, DHS
Employment services (971) 673-6130

OLDER ADULT AND DISABLED SERVICES

Adult and Community Centers
Canby Adult Center (503) 266-2970
Estacada Community Center (503) 630-7454
Gladstone Senior Center (503) 655-7701
Hoodland Senior Center (503) 622-3331
Lake Oswego Adult Community Center
..... (503) 635-3758
Milwaukie Center (503) 653-8100
Molalla Adult Community Center (503) 829-4214
Pioneer Community Center (503) 657-8287
Sandy Center (503) 668-5569
West Linn Adult Community Center (503) 557-4704
Wilsonville Community Center (503) 682-3727
Aging and Disability Resource Connection (ADRC)
..... (503) 650-5622
Information and referral for Clackamas County community
resources
Aging and People with Disabilities, State of Oregon, DHS
Medicaid, SNAP/Food Stamps
Canby Branch (503) 263-6700
Estacada Branch (503) 630-4605
Milwaukie Branch (971) 673-6600
Oregon City Branch (971) 673-7600
Adult Foster Care Home Licensing
..... (971) 673-6604
Maintains a list of adult foster care homes
Medicaid Long Term Care Services Screener
..... (971) 673-7601
Clackamas County Social Services
..... TTY (503) 650-5646
..... (503) 655-8640
Developmental Disabilities Program
Case management (503) 557-2824
Family Caregiver Support Program .. (503) 650-5724
Independent Living Resources (503) 232-7411
Disability advocacy
Money Management Program (503) 650-5623
Oregon Project Independence (OPI) (503) 650-5769
In-home care
Senior Citizens Council (503) 657-1366
Guardianship/Conservatorship services
Senior Companion Program (503) 655-8875
Senior Health Insurance Benefits Assistance (SHIBA)
..... (503) 655-8269 x4
Medicare and prescription drug assistance information
Social Security/Medicare Info 1-800-772-1213
TriMet Lift (503) 962-8000
Transportation for persons who are unable to use public
transportation due to a disabling condition
Transportation Reaching People (503) 655-8208
Volunteer transportation, wheelchair accessible vans
Volunteer Connection (503) 650-5796
LEGAL SERVICES
Clackamas County Circuit Court (503) 655-8447
Traffic court/accounting (503) 655-8453
Clackamas County Resolution Services
..... (503) 655-8415
Community and family law mediation and education
Legal Aid Services of Oregon (503) 224-4086
Child Support Helpline 1-800-383-1222
Oregon State Bar Association (503) 684-3763
Lawyer Referral Service; Modest Means Program

For additional Clackamas County information GO TO www.clackamas.us.
For additional information about your local community, GO TO your city's website.

FOR ADDITIONAL COMMUNITY RESOURCE INFORMATION DIAL 211 or GO TO www.211INFO.org

FOR ADDITIONAL COMMUNITY RESOURCE INFORMATION FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES
DIAL (503) 650-5622 or 1-855-673-2372 or GO TO www.adrcforegon.org

FOR CURRENT VERSIONS OF THIS DOCUMENT IN ENGLISH, SPANISH, AND RUSSIAN
GO TO <http://www.clackamas.us/h3s/resources.html>

RECURSOS DE CRISIS

Centerstone Mental Health Crisis Center.....(503) 655-8585
Sin cobracion de larga distancia..... 1 (888) 414-1553
Linea de crisis para la salud mental 24 horas/dia
Los Niños Cuentan.....(503) 974-9882
Apoyo y refugio para la mujer maltratada, recursos y servicios para familias afectadas por la violencia domestica y asalto sexual; consejeria, grupos de apoyo y clases de padres en español
Clackamas Women's Services.....(503) 654-2288
Linea de crisis, servicios y refugio de violencia domestica para la mujer maltratada
Clackamas County Social Services,
Developmental Disabilities Program.....(503) 557-2874
Servicios de proteccion para adultos con retardo mental u otras incapacidades mentales
State of Oregon, DHS, Child Welfare.....(971) 673-7112
Investigacion del descuido o abuso de niños, las 24horas
State of Oregon, DHS, Aging and People with Disabilities.....(971) 673-6655
Servicios de proteccion para personas de edad avanzada

RECURSOS BASICOS

2-1-1info
Informacion sobre comida para emergencias y otros recursos en la comunidad.....2-1-1
Clackamas County Social Services.....(503) 655-8640
.....TTY (503) 650-5646
Asistencia de Energia.....(503) 650-5640
Asistencia con limite para el pago de energia
Centros de Servicios Comunitarios
Comida para emergencias, informacion sobre servicios de la comunidad, y otros servicios para personas de bajos ingresos
Clackamas Service Center.....(503) 771-7914
Estacada Area Food Bank.....(503) 630-2888
The Fathers Heart Street Ministry.....(503) 722-9780
Molalla Service Center.....(503) 829-5561
Sandy Community Action.....(503) 668-4746
Wilsonville Community Sharing.....(503) 682-6939
Clackamas County Food Basket Program.....(503) 282-0555
Programa para suplementar alimentos a los residentes de bajos ingresos en el Condado de Clackamas
Gleaners of Clackamas County.....(503) 655-8740
Programa para suplementar alimentos a los residentes de bajos ingresos en el Condado de Clackamas
State of Oregon, DHS, Self Sufficiency
Programas de ayuda financiera para familias con niños, el medical, estampillas de comida, Plan de Salud de Oregon
Oficina de North Clackamas.....(503) 731-3400
Oficina de Oregon City.....(971) 673-7300
St. Vincent de Paul.....(503) 235-8431
Servicios de emergencia

RECURSOS EDUCATIVOS

Clackamas Community College
*Clases de inglés, GED, Ciudadania.....(503) 657-6958
*Servicios para Estudiantes Latinos.....(503) 594-3185
Asesoramiento académico, consejeria e informacion sobre estudios superiores para estudiantes Latinos
Educación para Migrantes.....(503) 675-4026
Escuela y servicios educativos para hijos(as) de trabajadores de agricultura, de 3 a 21 años
Head Start.....(503) 675-4565
Escuela preescolar para niños de 3 a 4 años de familias de bajos ingresos, y servicios de apoyo para sus familias

SU COMUNIDAD

El Programa Hispano
Servicios para la comunidad Latina
Oficina de Gresham.....(503) 669-8350
Clackamas County Dispute Resolution Center.....(503) 655-8850
Servicios gratis de ayuda voluntaria para resolver problemas entre vecinos, parientes, inquilinos y dueños, y para otras personas
Bibliotecas del Condado de Clackamas.....(503) 794-3883
Resolution Services.....(503) 655-8415
Ayuda para resolver problemas de parejas, de divorcio, y para los adolescentes

RECURSOS DE VIVIENDA

Clackamas County Community Development Division.....(503) 655-8591
Programas reparar casas para personas de bajos ingresos
Clackamas County Coordinated Housing Access.....(503) 655-8575
Punto de entrada de servicios para familias sin hogar
Clackamas County Social Services,
Derechos y Recursos de Vivienda.....(503) 650-5679
Información y servicios contra discriminación de viviendas, problemas entre dueños e inquilinos y vivienda de menos costo
Rent Well.....(503) 650-5647
Entrenamiento de capacitación y preparación para personas con obstáculos para rentar una vivienda
Clackamas County Weatherization.....(503) 650-3338
Ayuda técnica para proteger la casa del clima y bajar sus gastos de servicio eléctrico, gratis para dueños o inquilinos de bajos ingresos

PROGRAMAS JUVENILES Y FAMILIARES

Clackamas Education Service District (ESD),
Child Care Resource and Referral.....(503) 675-4100
Información y ayuda con la búsqueda de proveedoras del cuidado de niños
Springwater Transitional Living Programs.....(503) 496-1160
Servicios para jóvenes sin hogar, de 16 a 21 años
State of Oregon, DHS, Child Welfare.....(971) 673-7200
Investigación del descuido o abuso de niños las 24 horas, adopción, cuidado temporal de niños en el hogar, consejeria
Todos Juntos.....(503) 544-1513
Recreación, proyectos especiales, clubes Latinos y mediación para jóvenes y clases para ser padres mas efectivos

RECURSOS DE SALUD

Oregon Partnership Lines for Life
Linea de Ayuda.....1-800-923-4357
Informacion sobre servicios y tratamiento de abuso de alcohol y drogas, 24 horas/dia
Clackamas County Community Behavioral Health.....(503) 655-8401
Servicios de consejeria a los residentes del condado, incluye tambien consejeria de alcohol y drogas
Clackamas Mental Health Organization.....(503) 742-5335
Información sobre servicios de consejeria, y tratamiento del abuso de alcohol y drogas
Clackamas County Community Health/Public Health
Servicios médicos básicos, planificación de la familia, servicios prenatales, vacunas, chequeo confidencial del SIDA con consejero, nutrición, y cupones de WIC para madres y niños, servicios dentales
Clinica de Oregon City.....(503) 655-8471
Neighborhood Medical Center.....(503) 305-6282
WIC.....(503) 655-8476
Clinica Dental.....(503) 655-8569
The Founders Clinic.....(503)722-4400
Servicios medicos para adultos sin seguro de salud
Solicitud del Plan de Salud de Oregon,
y otros programas de seguro de salud.....(503) 655-8336
Información y ayuda con la solicitud para programas de seguro de salud para personas de bajos ingresos
Healthy Families
Linea de Español.....(503) 546-6533
Servicios de apoyo gratis para familias de bebés recién nacidos, y mujeres embarazadas

PROGRAMAS PARA GENTE DE EDAD AVANZADA Y PERSONAS INCAPACITADAS

Centros para Personas de Edad Avanzada
Para saber dónde está el centro más cercano llame a.....(650) 650-5679
Recreación, información, comidas en el centro y comidas llevadas a casa, servicios sociales, transporte y otros servicios para los de edad avanzada

Clackamas Education Service District.....(503) 675-4102
Programa para la Niñez Temprana
Servicios para niños con incapacidades mentales o físicas desde recién nacidos hasta los 3 años, y sus familias
Educación Especial
Clases especiales y servicios para niños con incapacidades mentales o físicas de 3 a 21 años
Clackamas County Social Services,
Aging and Disability Resource Connection
.....linea de español (503) 650-5679
Varios programas para los de edad avanzada y personas incapacitadas que incluye
Información sobre recursos, transporte por voluntarios y un programa para personas que cuidan un familiar de edad avanzada, o un niño o adulto incapacitado
Developmental Disabilities Program.....(503) 557-2824
Administración de casos para niños o adultos con retardo mental u otras incapacidades mentales y servicio de protección para adultos
State of Oregon, DHS, Aging and People with Disabilities
Servicios de protección para personas de edad avanzada, información acerca del cuidado de largo plazo, estampillas de comida, el medical y otros servicios para personas de edad avanzada y personas incapacitadas
.....TTY (971) 673-6639
Oficina de Canby.....(503) 263-6700
Oficina de Estacada.....(503) 630-4605
Oficina de Milwaukie.....(971) 673-6800
Oficina de Oregon City.....(971) 673-7600
Social Security Administration/Medicare.....1-800-772-1213
Pagos de Seguro Social y SSI para las personas incapacitadas o de edad avanzada, e información sobre los servicios de Medicare
Tri-Met LIFT Program.....(503) 802-8000
Transporte para personas incapacitadas o los de edad avanzada que no pueden usar el transporte público/autobús

ASISTENCIA EN EMPLEO Y NEGOCIOS

Business Development Center.....(503) 655-4447
Ayuda para el desarrollo de negocios pequeños
Clackamas Community College.....(503) 657-6958
Clases, carreras, y servicios de empleo
Community Solutions for Clackamas County.....(503) 655-8840
Empleo y entrenamiento para adultos, jóvenes y los de edad avanzada
State of Oregon, DHS, Vocational Rehabilitation.....(971) 673-6130
Servicios de rehabilitación vocacional para personas incapacitadas
State of Oregon Employment Department
Colocación de empleo
.....(971) 673-6400, extensión 22474
Reclamos de desempleo.....(503) 451-2400, extensión 2

SERVICIOS LEGALES

Clackamas County Community Corrections.....(503) 655-8603
Centro de detención.....(503) 655-8331
Centro residencial.....(503) 722-6000
Clackamas County District Attorney,
Victim's Assistance Division.....(503) 655-8616
Ayuda para víctimas del crimen y incluye la violencia domestica, asistencia las 24 horas
Clackamas County Sheriff's Department.....(503) 655-8218
Prevención de delitos, clases de DUII (para personas que manejan bajo la influencia del alcohol o drogas), cumplimiento de la ley
Cortes del Condado de Clackamas.....(503) 655-8447
Corte Juvenil del Condado de Clackamas.....(503) 655-8342
Corte, libertad, y servicios protectores para jóvenes menores de 18 años
Legal Aid Services of Oregon.....(503) 224-4086
Información y ayuda legal en casos civiles para personas de bajos ingresos (no se aceptan casos criminales o casos de tráfico) Linea de Ayuda de Sostentamiento de Niños
.....1-800-383-1222



Resource and Referral List
(Updated 11/1/2016)

INFORMATION AND REFERRAL

For up to date information about agencies and services in the Portland Metro Area:

211 Info

211 or (503) 222-5555

CASH ASSISTANCE/FOOD STAMPS

State of Oregon: Department of Human Services

Beaverton – 12901 SW Jenkins Road, Suite B, Beaverton

Hillsboro – 5350 NE Elam Young Pkwy. Hillsboro

Tigard – 10777 SW Cascade Ave, Tigard

503-646-9952 or 503-641-2319 TTY

503-648-8951 or 503-648-0542 TTY

503-670-9711 or 503-670-0246 TTY

CRISIS LINES

Bradley-Angle House Domestic Violence Hotline

Domestic Violence Resource Center 24 Hour Hotline

Immigrant and Refugee Community Org. (IRCO) Crisis Line

National Domestic Violence Hotline

National Runaway Switchboard

Northwest Human Services Crisis & Information

Oregon SAFENET

Poison Control

Portland Women's Crisis Line

RAIN (Rape, Abuse & Incest National Network)

Rape Crisis Center

Sexual Assault Resource Center

Suicide Crisis Line

Washington County 24 Hour Crisis Line

503-281-2442

503-469-8620

503-445-1446

1-800-799-7233

1-800-786-2929

1-800-560-5535

1-800-723-3638

1-800-222-1222

503-235-5333

1-800-656-4673

503-640-5311

503-640-5311

1-800-560-5535

503-291-9111

HELP LINES and INFORMATION & REFERRAL

24-hour Providence Nurse Line

Adult & Family Services

Alcohol and Drug Helpline

Clackamas County Social Services I&R

Clark County Human Service Council I&R

Community Action Organization

Domestic Violence Resource Center 24 Hour Hotline

HIV/AIDS Hotline (Cascade AIDS Project)

Parents Anonymous

Pregnancy Talk Line

SU FAMILIA – National Hispanic Family Health Helpline

503-216-6520

503-693-1833

1-800-621-1646

503-794-8066

360-694-8899

503-648-6646

503-469-8620

1-800-777-2437

503-258-4557

1-800-342-6688

1-866-783-2645

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Department of Housing Services

111 NE Lincoln Street, Suite 200-L, MS 63, Hillsboro, OR 97124-3072

(503) 846-4794 • fax (503) 846-4795 • TTY dial 711

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CHILDREN'S SERVICES & CHILD CARE

A Child's Place – Bilingual Child Care	503-648-8413
Boys & Girls Aid Society	503-641-7820
Child Care Resource & Referral of Washington County	971-223-6100
Child Development and Rehabilitation Center	503-494-8095
Early Head Start	503-693-3262
Early Intervention	503-262-4250
Hillsboro Boys and Girls Club	503-640-4558
National Child Abuse Hotline	1-800-422-4453
New Parent Network	503-846-4746
Services to Children and Families	503-648-8951

CLOTHING

Beaverton 7th Day Adventist Church	503-646-9828
Catholic Charities	503-231-4866
Community Action Organization	503-648-6646
Forest Grove 7th Day Adventist Church	503-357-9797
Hillsboro 7th Day Adventist Church	503-648-3922
Play it Again Clothing (CAO)	503-644-7692
Sunset Presbyterian Church	503-292-9293

COMMUNITY SERVICE CENTERS/MULTI-SERVICE CENTERS

Beaverton Family Resource Center	503-649-0367
Centro Cultural	503-359-0446
Forest Grove Family Resource Center	503-359-2598
Hillsboro Family Resource Center	503-844-1063
Immigrant and Refugee Community Organization (IRCO)	503-234-1541
Love INC Greater Beaverton	503-336-5946
Love INC Greater Hillsboro	503-648-0700
Love INC Tigard, Tualatin and Sherwood	503-443-6888
Lutheran Community Services	503-294-2447
Outside-In	503-535-3860
William Temple House	503-226-3021

COUNSELING & GUIDANCE

Cascadia Behavioral Healthcare	503-648-0753
Domestic Violence Resource Center	503-469-8620
Lutheran Community Services Northwest	503-924-2447
Men's Resource Center	503-235-3433
Open Door Counseling Center	503-640-6689
Oregon Family Support Network	503-363-8068
Pacific University Clinic	503-352-2400
Portland State University: Counseling Clinic	503-725-4620
Services to Children and Families	503-648-8951
Trauma Intervention Program (TIP)	503-823-3937
LifeWorks Northwest	503-645-3581

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Washington County Conciliation Services	503-648-3428
Women's Psychiatric Resource Center	503-629-2131
Youth Contact	503-640-4222

DOMESTIC VIOLENCE and STALKING – Shelters, Hotlines & Support

Bradley-Angle House – Portland	503-281-2442 or 503-232-1528
Clackamas Women's Services 24 Hour Crisis Line	503-654-2288
Domestic Violence Resource Center - Washington County	503-469-8620 or 866-469-8600
National Domestic Violence Hotline	800-799-7233
Portland Women's Crisis Line	503-235-5333 or 888-235-5333
Salvation Army West Women's and Children's Shelter	503-224-7718
Sexual Assault Resource Center Crisis Line	503-640-5311
Stalking Resource Center Victim Assistance Line	800-394-2255
Oregon Coalition Against Domestic & Sexual Violence	503-235-5333 or 888-235-5333

DRUG & ALCOHOL – Treatment & Support

Al-Anon/Alateen	503-292-1333
Alcoholics Anonymous (AA)	503-223-8569
ChangePoint	503-350-2758
CODA	503-239-8400
Families Anonymous	1-800-736-9805
Gambler's Anonymous	503-233-5888
Mountaindale Recovery Center	503-647-0165
Narcotics Anonymous	503-727-3733
Network Behavioral Healthcare	503-641-2058
Providence Health System	503-215-1550
Tigard Recovery Center	503-624-0312
Tualatin Valley Centers	503-645-3581
Youth Contact	503-640-4222

FOOD

Brown Bag/Tualatin Valley Gleaners	503-439-6510
Care to Share	503-292-4094
Community Action Organization (after 6pm & weekends)	503-640-3263
Loaves and Fishes	503-643-8352
Neighborshare	503-598-0505
Oregon Food Bank	503-439-6510
Salvation Army	503-640-4311
St. Anthony's Church (Forest Grove)	503-357-9647
Sunshine pantry	503-646-6856
SVDP Aloha	503-648-5097
Tree of Life Food Pantry	503-848-2420

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FOOD & CLOTHING

Holy Trinity Clothes and Food Closet	503-641-1842
St. Francis Church (Sherwood)	503-625-7067
St. Matthew's Catholic Church (Hillsboro)	503-648-1693

HEALTH

American Cancer Society	503-295-6422
American Heart Association	503-233-0100
American Lung Association	503-545-5864
Cascadia Behavioral Healthcare	503-648-0753
Cascade AIDS Project	503-223-5907
Oregon Health Plan	1-800-359-9517
Planned Parenthood	503-646-8222
Pregnancy Talk Line	1-800-342-6688
SU FAMILIA – National Hispanic Family Health Helpline	1-866-783-2645
Tuality Health Education Center	503-681-1700
Portland Veteran's Medical Center	503-220-8262
Hillsboro Veteran's Community-Based Outpatient Clinic	503-906-5000
Virginia Garcia Memorial Health Center	503-359-5564
Washington County Health & Human Services (immunizations)	503-846-8851
WIC (Women, Infants & Children)	971-673-0040

Dental:

Dental Access Program	503-988-6942
Virginia Garcia Dental Clinic	503-359-8505

Disability/Mental Health:

Albertina Kerr Center, Inc.	503-255-4205
Imagine Possibilities	503-649-6110
NAMI (National Alliance on Mental Illness)	503-356-6835
Oregon Disabilities Commission	503-945-5949
Oregon Senior and Disabled Services	503-627-0362
Quiet Waters Outreach	503-620-8288
Tualatin Valley Mental Health Crisis Line	503-291-9111
Washington County Adult Mental Health	503-846-8881
Washington County Developmental Disabilities	503-846-4737
Women's Psychiatric Resource Center	503-629-2131

Suicide Prevention and Mental Health 24 Hour Crisis Lines

Clackamas County	503-655-8401
Multnomah County	503-988-4888 or 800-716-9769
Washington County	503-291-9111
National Suicide Prevention Hotline	800-273-TALK (8255)

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HOUSING

Emergency Assistance for Homeless or at Risk of Homelessness

Community Connect 503-640-3263

Home Buying, Rehabilitation, and Other Housing Help

CASA of Oregon 503-537-0319
 Clean Energy Works 855-870-0049
 Department of Housing and Urban Development (HUD) 971-222-2600
 Habitat for Humanity 503-287-9529
 Home Access - Repair for the Disabled and Elderly 503-846-8897
 HUD Home Buying Programs 503-326-2671
 Portland Housing Bureau 503-823-2375
 Portland Housing Center 503-282-7744
 Rebuilding Together 503-644-4544
 Washington County Department of Housing Services 503-846-4794
 Weatherization Program (CAO) 503-693-3258
 Willamette West Habitat For Humanity 503-844-7606
 Willamette West Habitat: A Brush With Kindness 503-844-7606

Landlord/Tenant Issues:

Community Alliance of Tenants (CAT) 503-288-0130
 Dispute Resolution Center 503-526-2523
 Fair Housing 503-223-8295
 HUD Housing Discrimination Hotline 1-800-424-3247
 Landlord/Tenant Hotline 503-648-7723
 Legal Aid Services of Oregon (LASO) 503-648-7163
 Renter's Rights Hotline (Community Alliance of Tenants) 503-288-0130
 Tel-Law Oregon State Bar Association 1-800-452-4776

Shelters and Transitional Housing:

Bradley-Angle House 503-281-2442
 Good Neighbor Center 503-443-6084
 Hillsboro Family Shelter (CAO) 503-640-3263
 Interfaith Hospitality Network 503-640-3263
 Monika's House 503-469-8620
 Portland Rescue Mission 503-227-0421
 Raphael House 503-222-6222
 Rose Haven 503-248-6364
 Straight Ahead Shelter 503-357-7543
 Transition Projects, Inc. 503-823-4930
 Volunteers of America Family Center Shelter 503-232-6562
 West Women's Shelter – Salvation Army 503-224-7718
 HopeSpring 503-924-2449

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LEGAL SERVICES

Child Support Enforcement	503-229-6565
Court Appointed Special Advocates	503-846-8307
Dispute Resolution Center	503-526-2523
Legal Aid Services of Oregon (LASO)	503-648-7163
Legal Aid Public Benefits Hotline	503-241-4111
Oregon Human Rights Coalition	503-771-9308
Oregon Legal Services	503-648-7163
St. Matthew's Legal Clinic	503-648-1600
Restraining Orders	503-640-5352
Tel-Law Oregon State Bar Association	1-800-452-4776

LAW ENFORCEMENT

Emergencies	911
Beaverton Police	503-526-2260
Hillsboro Police	503-681-6190
Washington County Sheriff's Office	503-846-2700

TRANSPORTATION

Red Cross Transportation	503-280-1445
Ride Connections	503-528-1720
Tri-Met	503-238-RIDE
U-Ride	503-226-0700

UTILITIES

Energy Assistance Program (CAO)	503-648-6646
Low Income Energy Assistance Program (LIEAP)	503-615-0771
NW Natural Temporary Payment Agreements	1-800-422-4012
PGE Time Payment Assistance	503-228-6322
Salvation Army	503-640-4311
St. Vincent DePaul	503-648-5097

VETERAN'S SERVICES

Department of Veterans, Aging and Disability Services	503-846-3060
Portland Veteran's Medical Center	503-220-8262
Hillsboro Veteran's Community-Based Outpatient Clinic	503-906-5000
Veteran Community Resource and Referral Center	503-808-1256

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