



Beaverton Resource Center

COMMUNITY RESOURCE GUIDE *An annual publication of the Beaverton Resource Center*

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Introduction

Founded on the understanding that economic insecurity is often the result of interlaced issues, the Beaverton Resource Center offers a central hub for individuals and families living in the Beaverton area to more easily find help. With a broad range of social service partners in one place, we empower those dealing with hunger, homelessness, and poverty to create stability for a better tomorrow.

About this BRC Community Resource Guide:

- A tool for those working with individuals and families in the Beaverton and Washington County Area;
- Offers information about commonly needed services and how to access them;
- Designed to be easily printed or electronically shared as needed;
- Not comprehensive and always growing - please contact us to add services to this list.

Disclaimer:

All information, content, and materials available in this document are for general informational purposes only. Information in this document may not constitute the most up-to-date or other information. This document contains links to other third-party contacts. Such information are only for the convenience of the reader, user or browser. Please contact the agency for the most current information on their services.

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Community Resources Overview

Beaverton Resource Center (BRC): The BRC serves all families living within the boundaries of the Beaverton School District. It is located on the Beaverton Foursquare campus on Walker Road.

- Information & Referral: consult staff for up-to-date information on community resources in the area.
- Clothing for children ages 0-5; orders made through Northwest Children's Outreach.
- Computers, copy, and fax machine: available for client use.
- Personal hygiene items for homeless families.
- Donated bread and pastries available regularly.
- Information about holiday help.
- Oregon Health Plan assistance.
- On-site services through our partner network; Love INC, Safe Families, Second Home, Metro Shared Housing, Catholic Charities, Care to Share, and Project Access Now. We will be open Monday-Friday on school days by appointment. Staff bilingual in Spanish. <https://beavertonresourcecenter.org/>.

211info: Helps people identify, navigate and connect with local resources. Dial **211**, text your zip code to 898211, download the free 211info mobile app, or visit the website at www.211info.org.

Love INC Tigard-Tualatin-Sherwood-Beaverton: Helps people with resources such as clothing, food, rides, diapers, essentials pantry, bus tickets, over-the-counter medical supplies, linens, emergency food boxes, furniture, haircuts, budgeting and job coaches, parenting classes and spiritual direction. Tuesday and Wednesday 9:30am-12:30pm. **(503) 443-6888**. Email: admin@loveinc-tts.org.

Oregon Helps: Website that helps determine eligibility for 33 different services, such as SNAP/food stamps; Oregon Health Plan (OHP); Women, Infants, and Children Nutrition Program (WIC); Temporary Assistance for Needy Families (TANF); Employment-Related Day Care (ERDC); and others. www.oregonhelps.org.

Beaverton Self-Sufficiency/Multi-Service Center (Department of Human Services): Call for information about SNAP/food stamps, Oregon Health Plan (OHP-application drop-off); Temporary Assistance for Needy Families (TANF); Employment-Related Day Care (ERDC)

and other state programs. Monday-Friday 8am-5pm. 15425 NW Greenbrier Parkway, Beaverton OR 97006.

(503) 646-9952. www.oregon.gov/DHS.

FEDERAL POVERTY GUIDELINES: To be eligible for many programs, families must earn below a predetermined annual income. The income limit varies by program. The limit is usually described as a certain percentage of the Federal Poverty Guidelines based on gross annual income.

For the most current income guidelines, please visit:

<https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines> 6

Culturally Specific Centers

Asian Health and Service Center: Provides culturally and linguistically appropriate services to Asian Americans, including mental health services, health education and case management, cancer prevention and screening, senior programs, Oregon Health Plan application assistance, and a Chinese immersion preschool. Staff speak Mandarin Chinese, Cantonese Chinese, Taiwanese, Korean and Vietnamese. Monday-Friday 8:30am-5pm. 3800 SW Cedar Hill Blvd. #196, Beaverton, OR 97005. 3430 SE Powell Blvd., Portland, OR 97202. For questions and appointments, call the Portland office at **(503) 872-8822** or Beaverton office at **(503) 641-4113**. www.ahscpdx.org.

Immigrant and Refugee Community Organization (IRCO): Supports immigrants, refugees and mainstream community members to become self-sufficient by providing more than 140 culturally and linguistically specific social services. Programs in Washington County include refugee employment/training, refugee childcare training, domestic violence/sexual assault intervention and prevention, culturally specific gang intervention, youth workforce development and academic support programs. 10301 NE Glisan St., Portland, OR 97220. **(503) 234-1541**. www.irco.org.

Lutheran Community Services Northwest: Fees vary by service. Staff speak more than 45 languages. Mental health and immigration counseling for refugees and immigrants. Monday-Friday 8:30am-4:30pm. (closed for lunch from 12pm-1pm). 3800 SW Cedar Hills Blvd. #288, Beaverton, OR 97005. **(503) 924-2448**. www.lcsnw.org/office/beaverton.

Oregon Somali Family Education Center: Works with Somali immigrants in the areas of parent education and support, sports and recreation, skill building, tutoring/mentoring, gang awareness and support, scholarship programs, community events, early intervention programs, and health education. Monday-Friday 9am-4pm, Saturday 11am-1pm and Sunday by appointment only. Menlo Station Apartments, 2032 SW Merlo Ct., Beaverton, OR 97006. **(503) 662-1039**. www.osfec.org.

Russian Oregon Social Services: Works with the Russian-speaking population. Services provided include support to survivors of domestic violence and sexual assault, community orientation and cross-cultural education, English (ESL) classes and ESL tutoring, culturally-appropriate health education, information and referral, assistance obtaining emergency dental services. Monday-Friday 8:30am-5pm. 7931 NE Halsey St., Ste 304, Portland, OR 97213. **(503) 777-3437**. www.emoregon.org/ross.php.

Abuse

FOR EMERGENCY ASSISTANCE, CALL 911

Washington County Non-Emergency Police: **(503) 629-0111**

Child Abuse

Oregon Child Abuse Hotline (Department of Human Services): Report child abuse by calling 1-855-503-SAFE (7233) available 24 hours a day, 7 days a week, 365 days a year. You can also report child abuse by calling a local police department, county sheriff, county juvenile department, or Oregon State Police.

Washington County, Oregon: Call the non-emergency dispatch at (503) 629-0111. <https://www.co.washington.or.us/Sheriff/FightingCrime/CriminalInvestigations/child-abuse-unit.cfm>.

CARES Northwest (Child Abuse Response and Evaluation Services): For children who have experienced physical or sexual abuse, neglect, and/or exposure to domestic violence. Medically- based assessment, treatment, and prevention of child abuse. Expenses can be covered by insurance, Oregon Health Plan, or Crime Victims Compensation. Monday-Friday 8am-5pm. Spanish-speaking staff available. 2800 N. Vancouver Ave. Ste. 201, Portland, OR 97227. Medical Building 1 across from Legacy Emanuel Medical Center **(503) 276-9000**. www.caresnw.org.

Early Learning Division of the Department of Education: Call to report possible child abuse that has taken place in a licensed childcare facility, to check compliance and complaint history, and to check criminal history registry. Monday-Friday 8am-5pm. Spanish and Russian-speaking staff. **1-800-556-6616**. www.oregonearlylearning.com.

Parents Anonymous of Oregon (Morrison Child and Family Services): No cost parent support groups available to anyone in a parenting role. Groups co-led by parents and a professional facilitator trained in evidence-based, child abuse prevention Parents Anonymous model. Specialized parent support groups for men and women in recovery from substance abuse and who may have had involvement with Department of Human Services Child Welfare. Parent Mentor program: peer mentoring to parents impacted by addiction involved with DHS-Child Welfare system. **(503) 258-4568**. National Parent Helpline for support between groups: **(855) 427-2736**.

Domestic Violence, Rape & Sexual Abuse

Abuse Recovery Ministry and Services (ARMS): Free victim recovery groups for women who have or are experiencing domestic abuse. Domestic violence intervention groups and Parenting for both men and women (fees apply), open to voluntary and court order clients. Programs are taught from a biblical perspective, but are open to all. Mailing address: P.O. Box 663, Hillsboro, OR 97123. **(503) 846-9284**. www.armsonline.org.

Domestic Violence Resource Center: Provides survivors of domestic violence with free and bilingual services for prevention, intervention, and empowerment including protective order advocacy, professional counseling, confidential shelter, safety planning, resource referrals and community training. Office: (503) 640-5352. 24-hour crisis line: **(503) 469-8620**. www.dvrc-or.org.

Domestic Violence Safe Dialogue: Supports voluntary dialogue in a safe setting between survivors and offenders of domestic violence who are qualified candidates and have no previous relationship with each other. Sessions are moderated by a male and female facilitator team. Participants may be accompanied by a support person. Survivor Impact Panel: a panel of domestic violence survivors speak about the effects of abuse. **(971) 319-4874**. www.dvdsdprogram.com.

Family Justice Center: Providing Safety, Healing, and Hope for Families Impacted by Domestic Violence. Monday -Thursday 8:30 AM – 4:00 PM and Friday 8:30 AM – 3:00 PM. Address: 735 SW 158th Ave, Suite 100, Beaverton, OR 97006. **(503) 430-8300**. <https://www.fjwc.org/>.

Home Free (Volunteers of America Oregon): No fee. Domestic violence intervention program. Long-term transitional support as well as advocacy based in Multnomah County Court, DHS Child Welfare, Portland Police Bureau, and a health clinic. Advocates assist in placing families in selected motels or other temporary safe housing. Monday-Friday 8am-6pm. Spanish-speaking staff available. **(503) 771-5503**. www.voar.org.

Call to Safety: Serves survivors of domestic violence and sexual assault. Offers a 24-hour crisis line, safety planning and emotional support, information and referral for survivor services and emergency housing, local and long-distance danger-to-safety transportation assistance, follow up advocacy and case management, free support groups. Language line service for any language; community outreach and education. **503-235-5333** or **1-888-235-5333**. www.calltosafety.org.

Rose Haven: Advocacy and community resource referral, goal planning, clothing, hygiene items, showers, mailing address, voice mailbox, and classes. Services are for

women and children. Monday-Friday 8:30am-12pm and 1pm-4pm. 627 NW 18th Ave., Portland, OR 97209. **(503) 248-6364**. www.rosehaven.org.

Sexual Assault Resource Center: No fee. Advocates on-call to meet survivors at the hospital for support through physical exam, police report, and legal process. Advocates provide legal and law enforcement accompaniment, information and referral. Free mental health services, individual counseling, support groups for survivors (adult and teen groups) and friends and family of survivors in English. Services available to both adolescent and adult survivors of sexual violence. Phone: (503) 626-9100. 24-hour support and crisis line: **(503) 640-5311**. www.sarcOregon.org.

Project Única: Domestic violence advocacy line in English and Spanish with interventions, housing and legal support. 24-hour crisis line: **(503) 232-4448**.

Emergency Shelters

Community Connect: Phone: **503-640-3263**. Community Connect Is a coordinated entry system that helps people experiencing homelessness or at imminent risk of

homelessness to find housing resources in Washington County. People experiencing homelessness will be scheduled to attend a one-hour assessment appointment to determine the housing and service program that best supports the needs of the household. Referrals will be made to the following Community Connect partner agencies based on household assessment and available housing/beds/units.

- ASSIST Program
- Bridges To Change
- Boys & Girls Aid
- Cascade AIDS Project
- Community Action
- Domestic Violence Resource Center
- Ecumenical Ministries of Oregon
- Family Promise of Beaverton
- Family Promise of Tualatin Valley
- Family Promise of Washington County
- Fresh Start Recovery Homes
- Good Neighbor Center
- Housing Authority of Washington County
- Housing Independence
- Just Compassion of East Washington County
- LifeWorks Northwest
- Luke-Dorf, Inc.
- Open Door Counseling Center
- Sequoia Mental Health Services Inc.
- The Salvation Army
- U.S. Department of Veteran Affairs
- Washington County Department of Housing Services

For Families With Children Only

Family Promise: Families are pre-screened for entry into the program. Day house amenities and overnight stays at local churches/ civic organizations. Families with children sleep alternating weeks at participating locations in their own room or partitioned space. Transportation provided to the Family Promise day facility for breakfast, showers, and laundry. Three to four families at a time. Case management and community resources are provided.

- **Family Promise Washington County:** 183 SE 6th Ave., Hillsboro, OR 97123. (503) 844-2919. To get on the waiting list, call **(503) 640-3263**.
www.familypromisewashingtoncountyoregon.org.

- **Family Promise of Beaverton:** Serving families in the Beaverton School District boundaries. 14986 NW Cornell Road, Portland, OR 97229. **(971) 217-8949**. www.familypromiseofbeaverton.org.
- **Tualatin Valley Family Promise:** For homeless families with school-aged children from the Tigard- Tualatin, Sherwood, and Lake Oswego school districts. www.familypromiseoftv.org.

Good Neighbor Center: Family shelter for up to six weeks, three meals a day, and case management. 11130 SW Greenburg Rd., Tigard, OR 97223. **(503) 443-6084**. www.goodneighborcenter.org. To get on the waiting list, call **(503) 640-3263**.

Hillsboro Family Shelter: Emergency shelter for up to five weeks with case management services. 210 SE 12th Ave., Hillsboro, OR 97123. To get on the waiting list, call **(503) 640-3263**.

Youth (Also see Youth Services on page 31)

Safe Families for Children: A network of volunteer host families that provide parents with a respite home where they can safely place children in times of crisis. Parents are encouraged to maintain contact with their children during program participation, with the goal of being reunited as soon as possible. Host families are screened, trained and serve without compensation. For more information, or to see if Safe Families is the right fit for your situation call **(503) 906-1027**. www.safefamiliespdx.org.

Safe Place: 30-day emergency shelter program for youth ages 12-19. Also available for drop-in services every day from 6am-8pm: food, clothing, showers, bedrooms, and case management. Short- term shelter. 454 SW Washington St., Hillsboro, OR 97123. Office **(503) 542-2717**. Intake and referrals: call office or **(503) 542-2389**. 24-hour phone lines. Wait list is available. www.boysandgirlsaid.org.

Second Home: Matches volunteer host homes with unaccompanied high school students experiencing homelessness, assuring they have stable housing and ongoing support so that they can focus on completing their secondary education and discover and realize their gifts and potential. For Washington County youth contact: [Amy Brownell](#):

abrownell@emoregon.org, Eastern Regional Coordinator for Beaverton, Tigard and Sherwood or [Celeste Goulding: cgoulding@emoregon.org](mailto:celestegoulding@emoregon.org) Western Regional Coordinator for Banks, Gaston, Hillsboro and Forest Grove. <https://emoregon.org/second-home/>

Safe Parking/ Camping Programs

Safe Car Parking-Beaverton: Providing a safe, legal space to park for people experiencing homelessness and living out of their vehicles. Just Compassion of East Washington County manages this program for the City of Beaverton. Phone: **(503) 624-4666**. Email: safeparkingbeaverton@gmail.com

Website: <http://justcompassionewc.com/safe-parking-program>

Safe Sleep Village: The Safe Sleep Village consists of 50 campsites located in the paved west parking lot of Westside Commons. The Cloverleaf Building adjacent to the parking lot offers meals, restroom and shower facilities. Open August 4 through December 1. Adults only over the age of 18.

<https://www.co.washington.or.us/CAO/safe-sleep-village.cfm>

This is a program managed by Project Homeless Connect. For more information, email: kim@phcwashco.org.

Severe Weather Shelters

Severe Weather/Warming Centers (Washington County): For shelter openings, dial **211** or go to www.co.washington.or.us and search for "Severe Weather Shelters."

Domestic Violence Shelters

Call to Safety's 24/7 Crisis Line: Call to Safety makes calls to all the local shelters at 9am to get a count of openings. Survivors may call the crisis line in order to check vacancies locally at **(503) 235-5333**.

Bradley Angle: Emergency shelter, support and healing for adults and children who are experiencing or have survived domestic violence. Programs include culturally specific support for LGBTQ and Black/African American survivors. Office: **(503) 232-1528**. 24-hour crisis line **(503) 235-5333**. Bradley Angle Resource Center: **(503) 595-9591**. www.bradleyangle.org.

Monika's House (operated by the Domestic Violence Resource Center): Emergency shelter accommodations and other services for adults, children and their pets escaping imminent physical danger in violent situations. Advocacy, case management, and support

groups. Call the office between 8am-12pm. Office: **(503) 469- 4580**, 24-hour crisis line: **(503) 469-8620**. www.dvrc-or.org.

Raphael House of Portland: Emergency shelter for families and individuals fleeing domestic violence, case management, support groups and other programming available for current and past shelter residents. Spanish-speaking staff available. Shelter access line: **(503) 222-6222**. General questions: **(503) 222-6507**. www.raphaelhouse.com.

Women's LifeChange Center: Union Gospel Mission's LifeChange for Women and their Children provides a safe, healing home to recover from the trauma and impact of domestic violence, addiction or homelessness. **503-802-2271**.
<https://ugmportland.org/help-for-women>

Day Programs

Just Compassion Resource Center: Serving the needs of homeless adults. Wednesdays and Thursdays from 10am-2pm. 12280 SW Hall Blvd., Tigard, OR 97223. **(503) 624-4666**. justcompassionewc.com.

Open Door: Day services for homeless clients. Bathrooms with personal hygiene products, phone, mail, employment and housing services. Showers and Laundry also available. Hot meals at 12pm. Monday, Tuesday, Thursday, Friday 9am-4pm (closed Wednesday, and weekends). Other agency services: Mortgage Foreclosure Intervention, Financial Education, Reverse Mortgage Counseling, Homebuyer Education. 34420 SW TV Hwy, Hillsboro, OR 97123. **(503) 640-6268**. www.odhw.org.

Clothing, Furniture & Household Goods

Beaverton School District Clothes Closet: Clothing for students enrolled in the Beaverton School District. Appointments are required. To schedule, please use the [appointment calendar](#) or call **(503) 356-4322**. Visits are limited to one adult with four children or two adults with 8 children. Clothes Closet is located in the portable on the West side of the District Administration Center, 16550 SW Merlo Road, Beaverton, OR 97003. <https://www.beaverton.k12.or.us/departments/communications-community-involvement/volunteer/clothes-closet>

Northwest Children's Outreach: A faith-based, non-profit organization dedicated to helping families by providing used clothing, infant care products, diapers, formula and other necessities. To request a layette or other items for children 0-5 years old, call Love INC. **(503) 443-6888**. Email: admin@loveinc-tts.org. <https://nwchildrens.org/>.

Divine Threads: By referral only. Makeovers/clothing, help with resume writing and interview skills, and "Mending the Soul" groups offered for those who have suffered abuse. Women may contact BRC to request a referral, fill out an application and mail to P.O. Box 3524, Tualatin, OR 97062 or email divinethreads.hope@gmail.com.

Sunset Presbyterian Church- Helping Hands Clothes Closet: Open twice a week, provides clothing donated through the congregation. There are other Free Clothing Closet in our area for students, but the Sunset Clothing closet is unique in Washington county, providing clothing for all ages. Address: 14986 NW Cornell, Portland, OR 97229. Call the church at **(503) 292-9293** for information and hours. Volunteers serve receiving and sorting donations, merchandising and assisting shoppers. <https://sunsetpres.org/outreach/local>.

Cedar Hills Goodwill: 12975 SW Westgate Dr. Beaverton, OR 97005 **(503) 643-6099**
Griffith Park Goodwill: 4700 SW Griffith Dr. Beaverton, OR 97005 **(503) 574-4802**
Cornell Goodwill: 16157 NW Cornell Rd. Beaverton, OR 97006 **(503) 533-9935**
Baseline Goodwill: 775 SW 185th Ave. Hillsboro, OR 97321 **(503) 906-7350**
<https://meetgoodwill.org/>

The Assistance League Thrift Shop: 4000 SW 117th Ave. Beaverton, OR 97005 Phone: **(503) 526-1718**. <https://portland.assistanceleague.org/>.

Gung Ho Ministries Boutique: A women's clothing resale shop that generates income to help serve the homeless, needy and underprivileged. Women's clothing sizes 0-3X, shoes, purses, belts and jewelry. 4775 SW Main Ave. Beaverton, OR 97005 Phone: **(503) 265-8613**. <http://www.gunghoministries.org/ghm-boutique>.

Second Edition: Cedar Mill & Bethany Community Libraries Resale Shop featuring quality men's, women's and children's clothing as well as household items. 12505 NW Cornell Road Portland, Or 97229. Phone: **(503) 644-6395**.

<https://library.cedarmill.org/second-edition-resale/>.

Community Warehouse: Gently used household goods and furniture for families in need. Appointment required. \$75 fee for appointment. Clients responsible for bringing help to load items and vehicle to transport items home. Delivery available for \$250. Monday-Thursday 10am-4pm. 8380 SW Nyberg St., Tualatin, OR 97062. **(503) 347-2147**.

www.communitywarehouse.org.

Showers & Laundry

Calvin Presbyterian Church: One load of laundry by appointment only (no showers). 10445 SW Canterbury Lane, Tigard, OR 97224. **(503) 639-3273**. www.calvinpresbyterian.org.

Just Compassion: The first Sunday of every month 1pm-3:30pm, arrive before 2:30pm. Maximum of two loads of laundry, showers at a local church for the homeless and sandwiches. Unity Laundromat, 11696 SW 88th Ave., Tigard, OR 97223 (behind the Dollar Tree). justcompassionewc.com.

Rolling Hills Church: "Wash and Worship" each Sunday from 8:30am-10:30am at their Community Life Center. Includes a hot breakfast, shower and laundry for those in need. Hot meal and laundry if needed also available on Mondays from 5pm-7pm with a shuttle leaving from the Tualatin Library at 4:45pm. 3550 SW Borland Road, Tualatin, OR 97062. **(503) 638-5900**. Rollinghills.org.

Open Door Day Center: Showers and laundry available Monday through Friday 9:00 am to 2:00 pm. 34420 SW TV Hwy, Hillsboro, OR 97123. **(503) 640-6268**. www.odhw.org.

Transportation

Metropolitan Family Service: Ways to Work is a national program for qualified working parents who are unable to get loans for car purchases, repairs or refinancing. **(503) 232-0007, ext. 127.** www.metfamily.org.

Ride to Care: No fee. Available to those on OHP with no other way to get to their medical appointment. Call at least two business days before medical appointment. **(503) 416-3955.** www.ridetocare.healthcare.

Ride Connection: Private, non-profit organization dedicated to linking individuals with accessible transportation, primarily serving people age 60 and older and people with disabilities. Services include information and referral for transportation options, travel training and support, door-to-door rides for any purpose and community connector deviated-route service (pick-up or drop-off within a half mile of the regular bus route in rural Washington County). Donation-based. Service center hours: Monday-Friday 8:30am-5pm. **(503) 226-0700.** www.rideconnection.org.

TriMet: Bus passes can be purchased at various locations: Safeway, Fred Meyer, WinCo, New Seasons, Plaid Pantry, 7-Eleven and a variety of other stores in the Portland Metro area. **(503) 238-7433.** www.trimet.org.

Food Resources

Beaverton First United Methodist Free Food Market: 12555 SW 4th Street Beaverton, OR 97005. Phone: **503-282-0555**. Thurs 3:00 pm-5:00 pm 4th Thursday of every month from 3:00 - 5:00 pm. Starting 8/3/20, also open 1st, 2nd and 3rd Monday of the month starting at 1:30pm. Open to anyone in need of food assistance, no income verification required. Please bring your own bags.

Care To Share: Coordinating assistance to families and individuals who seek emergency food and other basic necessities. Phone: **(503) 591-9025** Referrals for emergency food. 97003, 97005, 97006, 97007, 97008, 97078, 97123, 97124, 97223, 97225, and 97229 <http://www.caretosharehelp.org/>.

Merlo Station Free Food Market: 2032 SW Merlo Ct. Beaverton, OR 97006. Phone: **(503) 746-6346**. Thursday 2:30 p.m. - 4:00 p.m. Open the second Thursday of the month only. Open to anyone in need of food assistance, no income verification required. Please bring your own bag.

Oregon Food Bank Food Finder: <https://www.oregonfoodbank.org/find-help/find-food/>

Saint Vincent DePaul @ St Elizabeth Ann Seton: 3145 SW 192nd St. Aloha, OR 97006. Phone: **503-649-5841**. Areas Served: Aloha. Tues 1:00 pm-3:00 pm, Fri 1:00 pm-3:00 pm You must make an appointment. Call to schedule an appointment between 8am - 12pm, Mon-Fri.

Saint Vincent DePaul @ St Pius X: 1170 NW 123rd Avenue Portland, OR 97229. Phone: **(503) 591-9025** Areas Served: 97229 Monday 10:00 a.m. - 12:00 p.m., Wednesday 10 a.m. - 12:00 p.m., Friday 10:00 a.m. - 12:00 p.m. Please call for an appointment.

School Backpack Programs: Inquire at your child's school for a potential backpack program where food is sent home each week in child's backpack.

SNAP/Food Stamps: To schedule an appointment, bring completed applications and copies of requested documentation to the Cascade Multi-Service Center at 10777 SW Cascade Ave., Tigard, OR 97223. Monday-Friday 8am-5pm. **(503) 670-9711**. WA Co. Processing Center: **(503) 693-4769**. Applications at BRC, Department of Human Services or on the web at www.oregon.gov, then search for "SNAP".

Sunshine Pantry: Food box items that fulfill family dietary needs (this includes Kosher diets), Hygiene & toiletries, Baby formula. Hours: 11:00 am - 2:00 pm Monday – Friday. Address: 13600 S.W. Allen Blvd. Beaverton, OR – 97008. Phone: **(503) 841-9418** Email: sunshine.pantry@gmail.com and website: <https://sunshinepantry.org/need-help/>

Tualatin Valley Gleaners: 9100 SW Wilshire Street Portland, OR 97225 USA **(971) 409-6823** Website: <https://tualatinvalleygleaners.org/>. Saturday 2:00 p.m. - 3:30 p.m.

Virginia Garcia Beaverton Free Food Market at Cedar Hills Park: 2300 SW Cedar Hills Blvd. Beaverton OR 97005 Phone: **(503) 282-0555**. Areas Served: All. Thurs 2:00 pm-3:00 pm Open at a new site starting 4/2/2020 2300 SW Cedar Hills Blvd. 1st Thursday of the month from 2:00 pm - 3:00 pm. Open to anyone in need of food assistance, no income verification required.

Hot Meals

Cedar Mill Bible Church - The Jesus Table: Home cooked meal and friendship every Tues 6:00-7:00pm. All are welcome. 12208 NW Cornell Rd. Portland, OR 97229. **503-644-3156**.

Community Café (St. Anthony Community Center): Warm meals provided on Sundays, 5:30pm-7:00pm., including holidays. 9905 SW McKenzie St, Tigard, OR 97223. **(503) 639-4179**.

Faith Café: Hot meals Sundays and the last Thursday of the month at 5pm. Bethel Congregational Church, 5150 SW Watson Ave., Beaverton, OR 97005. Saturday lunches: 11:30am-12:30pm, St. Matthew's Lutheran Church, 10390 SW Canyon Rd., Beaverton, OR 97005. www.faithcafeor.org.

Just Compassion Resource Center: Lunch every Thursday 12pm-1pm. 12280 SW Hall Blvd, Tigard, OR 97223. **(503) 624-4666**. justcompassionewc.com.

Washington County Nutrition Program: provides both onsite and home-delivered meal options for adults aged 60 or older. The program also serves individuals under 60 who have a physical disability and are receiving Medicaid or are enrolled in the Oregon Project Independence program. There is no cost for meals although donations are accepted. This program partners with Meals on Wheels to provide most meal services. Hot lunches are served at 11 different locations in Washington County. Meals on Wheels can be delivered to those who register. For more information on the meal programs, please visit www.mealsonwheelspeople.org or call **(503) 736-6325**. Anyone under the age of 60 or without a disability is welcome with a donation of \$7.50 per meal. **Meal Sites:**

Sonrise Church - 6701 NE Campus Dr., Hillsboro (Monday through

Thursday) **Hillsboro Senior Center** - 750 SE 8th Ave. Hillsboro

Elsie Stuhr Center - 5550 SW Hall Blvd., Beaverton

Forest Grove Senior Center - 2037 Douglas St., Forest Grove

Edwards Center - 4375 SW Edwards Place, Aloha (Mondays)

Centro Cultural de Washington County - 1110 N. Adair St., Cornelius

North Plains Senior Center - 31450 NW Commercial Street

Sherwood Senior Center - 21907 SW Sherwood Blvd., Sherwood

Tigard Senior Center - 8815 SW O'Mara St., Tigard

Juanita Pohl Center - 8513 SW Tualatin Rd., Tualatin

Phat Quang Buddhist Temple - 4760 SW 160th Ave., Beaverton (Wednesdays and Thursdays)

Housing Resources

211info: Dial **211**, text your zip code to 898211, email help@211info.org or search online at 211info.org.

Community Alliance of Tenants: Community Alliance of Tenants (CAT) is Oregon's only statewide, grassroots, tenant-controlled, tenant-rights organization. CAT educates, organizes and develops the leadership of low-income tenants. • **know your rights** • **tenant education** • **tenant advocacy** • **tenant organizing** Address: 1320 NE 63rd Ave, Portland, OR 97213. **(503) 460-9702** <https://www.oregoncat.org/>.

Community Partners for Affordable Housing: Non-profit housing developer with eight complexes in Tigard and Beaverton, including two properties for seniors 55+. Serves individuals and families with the greatest need who live or work in Tigard, Tualatin, or SW Portland. Family-friendly, summer youth program, computer lab, and homework club. **(503) 293-4038**. www.cpahinc.org.

Government Assistance: Low-Rent Public Housing, Section 8 and Project Based Vouchers: www.co.washington.or.us/housing/programs. Monday-Friday 8:30am-5pm. **(503) 846-4794**.

Habitat for Humanity-Willamette West: Using volunteer labor, Habitat builds homes and sells them to income-qualifying families with an affordable mortgage. For those with living situations that are substandard, or for homes in need of unaffordable exterior or critical repairs. Visit www.HabitatWest.org to learn about home ownership program or call **(503) 844-7606 ex. 103** or repair program **(503) 844-7606 ex. 104**.

Metro Shared Housing: Ecumenical Ministries of Oregon's Metro Home Share helps Home Providers stabilize and retain their housing by developing the unused portions of their home into affordable rentals for Home Seekers. Office Address: 10011 SE Division St., Suite 314, Portland, OR 97266. Phone **(971) 271-5195**. Website: <https://emoregon.org/mhs/>. Email metrohomeshare@emoregon.org.

OneApp Oregon: Services can make it easier and more efficient for someone to find housing they can afford. Utilizing one simple rental application, we offer a free experience for people of all backgrounds to rent a new home and strives to eliminate barriers by matching renters with property owners. www.oneapporegon.com.

Rebuilding Together Washington County: Helps low-income homeowners in Washington County with home repair at no cost. Most urgent repairs are done on an 23

emergency basis and larger scale non-emergencies have a wait list. Resources are limited, therefore not all qualified homeowners will receive assistance. 12550 SW 3rd St., Beaverton, OR 97005. **(503) 644-4544**. www.togwc.org.

Renter's Rights Hotline: Monday, Wednesday, Friday and Saturday 1pm-5pm; Tuesday 6pm-8pm. Spanish speaking staff available. **(503) 288-0130**.
www.oregoncat.org.

Rent Well: Tenant education classes to improve housing record. Dial **211**, text zip code to 898211, send email to help@211info.org, or search online at 211info.org.

The Salvation Army - Veterans and Family Center:

The Salvation Army Veterans and Family Center is a transitional housing center that provides a therapeutic environment for 50 veterans and their families daily. Through intensive case management and collaboration with the Veterans Administration, clients are provided with the tools necessary to become self-sufficient.

Address: 14825 SW Farmington Rd, Beaverton, OR 97007

(503) 239-1259. <https://veterans.salvationarmy.org/>.

Rent, Utility & Telephone Assistance

Emergency Rent Assistance (Community Action): Must be low-income and Washington County resident. Help for the homeless with new rental agreements is handled through Community Connect. Call **(503) 640-3263** at any time of the month to be screened for an assessment. For a 72-hour eviction notice, appointments start on the 8th of the month (or the following Monday if the 8th falls on a weekend). Call at 9am the morning of the 8th. Calls are handled in the order that they are received. Documents needed: 72-hour eviction notice (not a court order) or new rental agreement for the month of application assistance and income verification for all household members. **(503) 615-0770**.

Energy Assistance (Community Action): Operates year-round, depending on available funds. Must have income verification and identification for all adult household members, copy of utility bill, and dates of birth and social security numbers for all household members. Shut-off notice not required. Call Monday-Thursday 9am-12pm or request an appointment online. Interpretation services available. Beaverton office: 5050 SW Griffith Dr. Ste. 100, Beaverton, OR 97005 or Hillsboro office: 1001 SW Baseline Hillsboro, OR 97123. **(503) 615-0771**. Email: energy@caowash.org. www.communityaction4u.org.

Comcast Internet Essentials: Provides Internet service for \$9.95/month and computers for \$149.99. To qualify, a family must have at least one child receiving free or reduced lunch and must not have been a Comcast Internet subscriber in the past 90 days. Call **(855) 846-8376** or for Spanish call **(855) 765-6995** to request an application. www.internetessentials.com.

Oregon Telephone Assistance Program: The maximum reduction on a phone bill is \$12.75 per month and \$9.25 per month on internet services. The basic rate on a phone bill may be reduced for those who receive SNAP/food stamps, TANF, Supplemental Security Income (SSI), or certain state medical programs or state Medicaid. **1-800-848-4442**. www.rspf.org.

Free & Low-cost Cell Phone Options through Lifeline Services: (call or click on "Lifeline" links at the following websites for details):

- **Access Wireless by i-wireless:** New customers **1-888-900-5899**, existing customers **1-866-594-3644** or visit www.accesswireless.com.
- **Assurance Wireless by Virgin Mobile:** **1-888-898-4888** or www.assurancewireless.com.
- **enTouch by Boomerang:** **1-866-488-8719** or www.entouchwireless.com.

St. Vincent de Paul (St. Anthony Catholic Church): Limited rent/utility assistance available to residents of zip codes 97223 and 97224. Message phone: **(503) 684-8280**.

Telecommunication Devices Access Program: Loans specialized telephone equipment at no cost and with no income restrictions to eligible Oregonians who have at least one of the following impairments: hearing (moderate to severe, severe, or profound), vision, speech, mobility, or cognitive. **(503) 373-7171**. TTY: **(503) 378-6962**. www.rspf.org.

Parenting Groups & Support

National Parent Helpline: For emotional support from a trained advocate. Monday-Friday 10am- 7pm. **(855) 427-2736**. www.nationalparenthelpline.org.

Parents Anonymous of Oregon (Morrison Child and Family Services): No cost parent support groups to anyone in a parenting role. Groups co-led by parents and a professional facilitator trained in evidenced-based, child abuse prevention Parents Anonymous model and specialized parent support groups for men and women in recovery from substance abuse and who may have had involvement with Department of Human Services Child Welfare. Parent Mentor program, peer mentoring to parents impacted by addiction who are involved with DHS-Child Welfare system. **(503) 258-4568**.

Parent Helpline: A program to assist parents in helping their children stay safe, healthy, and happy. Trained volunteers listen to parents' concerns, offer support, help problem solve, and give referrals. Available seven days a week from 8am-8pm. **1-888-727-5889**. www.parenthelpline.org.

Washington County Family Development:

- **Home Visiting Support:** We know that families and communities thrive when people are connected and able to support one another. Our intensive home visiting support programs connect families in need with trained Family Advocates. Family Advocates meet with families in their home to help them define goals, learn new skills and connect to people and resources in the community. The support of a Family Advocate provides the opportunity for families to thrive long after they have received assistance from Community Action.

- **Healthy Families:** A nationally recognized program that promotes child well-being through parenting support and skill development. Specially trained advocates work with expecting families or parents of newborns in their homes for the first three years of their child's life. Participation in the program is voluntary. To help parents get off to a strong start, Family Advocates can begin working with a family as soon as they know they are expecting. Prenatal services include help communicating with prenatal care providers and preparing for childbirth and parenthood. Advocates also connect families to WIC and other supportive community programs. Healthy Families is especially helpful for parents who want to develop the skills and knowledge to provide their children with the best possible parenting. Parents learn how to create a nurturing environment for their children using positive parenting techniques. They are provided with the skills to build their support network using information about community resources with an emphasis on health and well-being. To apply through Help Me Grow, visit

<https://caowash.org/programs/early-childhood-development/ec-app.html> ●

- **Strengthening, Preserving and Reunifying Families:** In partnership with the Department of Human Services, Family Advocates provide support and resources to strengthen and reunify families. When a lack of safe and affordable housing is the only barrier keeping families apart and children in foster care, the SPRF programs assist families in reaching their goal of finding a safe place to call home. In addition, Family Advocates help families continue to thrive by supporting them to achieve goals related to employment, financial stability, health, and education. If you are interested in the SPRF program, please speak to your Child Welfare Caseworker.

Preschool, After-School & Childcare

Beaverton School District Early Learning Preschool: Early Learning in BSD means historically underserved populations; Children of Color; Emerging Bilinguals; Children Experiencing Poverty (200% below poverty level); Full Inclusion; Neurodiversity; Developmental Delays; Behavior Challenges; Disability. Any child who will be four (4) years of age on or before September 1 is eligible to apply for Pre-K at their designated home school. <https://www.beaverton.k12.or.us/departments/early-learning/pre-k/application>

Community Action Head Start: A variety of pre-K learning programs for children ages 3-5 years old. Home-based services and Early Head Start programs for children ages 6 weeks to 3 years old. For families whose family income is within 150% of the current federal poverty guidelines (see page 1). For families with incomes above 150%, inquire about Preschool Promise. 1001 SW Baseline St., Hillsboro, OR 97123. **(503) 693-3262**. caowash.org/what_we_do/head-start.

Early Intervention: Special services and supports to families with children birth to 5 years of age identified as having a disability or experiencing developmental delays. Services enhance language, social and physical development through play-based interventions and parent coaching. Contact information: Phone: **(503) 614-1446**. Email: referral@nwresd.k12.or.us. <http://www.nwresdeiecse.org/intake--referral3.html>.

Employment Related Day Care (Tigard Self-Sufficiency/Multi-Service Center, DHS): Information about childcare subsidies for working families with income below 185% of the Federal Poverty Level (see page 1). Monday-Friday 8am-5pm. Spanish-speaking staff available. 10777 SW Cascade Ave., Tigard, OR 97223. **(503) 670-9711**. www.oregon.gov/dhs/assistance/child-care.

Oregon Department of Education Early Learning Division: Filter search options to find child care and preschool programs. <https://oregonearlylearning.com/>.

Child Care Resource & Referral of Washington County: 60% of families in Washington county with children under six are likely to need child care due to parental employment, so high quality child care is a vital piece of our community's infrastructure. Our Child Care Resource & Referral program provides training, professional development opportunities, and coaching to anyone involved in early childhood education. This ensures high quality child care experiences to the families they serve. **(971) 223-6100**, Email: ccrr@caowash.org. <https://caowash.org/programs/early-childhood-development/ccrr/child-care-resource-referral.html>.

Help Me Grow: Connecting families to the resources needed to give ALL kids their best start. Having a baby can be one of the most rewarding and challenging experiences life can offer. So that your family has access to the tools to grow and thrive, Help Me Grow will link you to communities of support for you and your baby. If you have any worries about parenting or just want some new parenting ideas, call Help Me Grow. All services are free and voluntary. For more information, call **(503) 726-0879**. Parents may apply directly or be referred by their health care provider or other agency. Referrals are accepted from friends, families, prenatal clinics and pediatricians. If they qualify, families may be referred to Healthy Families, Nurse Family Partnership, WIC or other early childhood support services. Apply at: <https://caowash.org/programs/early-childhood-development/ec-app.html>

Parent Child Preschools Organization: Referrals to cooperative preschools, in which parents participate in the operation of the preschool. **(503) 293-6161**.
www.parentchildpreschools.org.

Youth Services

Safe Place Youth Shelter: 30-day emergency shelter program for youth ages 12-19. Also available for drop-in services every day from 9am-8pm: food, clothing, showers, bedrooms, and case management. Short-term shelter. 454 SW Washington St., Hillsboro, OR 97123. Office **(503) 542-2717**. Intake and referrals: call office or **(503) 542-2389**. 24-hour phone lines. Waitlist is available.

<https://www.boysandgirlsaid.org/shelterandhousing>.

Transitional Living Program: For youth ages 18-24 that are currently homeless or at risk of experiencing homelessness, working or attending school, can participate in weekly check-ins and are able to pass a drug test. Program includes up to two years in a furnished apartment in central Beaverton, help advancing in education and employment, tri-met passes, financial assistance with health expenses, education, household and personal items, skills for being self-sufficient and building healthy relationships. Submit request: www.boysandgirlsaid.org/shelterandhousing.

HomePlate: For youth ages 12-24 years old experiencing housing instability or in need of extra support to achieve self-defined success. Drop-in locations, meals and access to necessary resources like hygiene supplies, clothes closet, shower, arts and recreation. Mondays from 6-8pm and Tuesdays from 2-5pm at 12520 SW 3rd St., Beaverton, OR 97005. Thursdays from 6-8pm at 494 E. Main St., Hillsboro, OR 97123. Office: 12520 SW 3rd St., Beaverton, OR 97005. Call **(503) 320-8965**. Spanish speaking staff available. www.homeplateyouth.org/drop-in.

Job Corps: Provides free career technical training and education for youth to begin a career or advance in higher education. Students live on site and earn a stipend while enrolled in Job Corp. All education and living expenses are paid by Job Corps. For low-income youth ages 16-24 who are US citizens or legal residents of the US in need of additional education and/or training and who agree to abide by a zero-tolerance policy on drugs, alcohol, violence and harassment with limited court involvement or serious behavioral issues. Local office: 241 SW Edgeway Drive, Beaverton, OR 97006. **(503) 526-2739**. www.jobcorps.gov.

Safe Families for Children: A network of volunteer host families that provide parents with a respite home where they can safely place children in times of crisis. Parents are encouraged to maintain contact with their children during program participation, with the goal of being reunited as soon as possible. Host families are screened, trained and serve without compensation. For more information, or to see if Safe Families is the right fit for your situation call **(503) 906-1027**. www.safefamiliespdx.org.

Second Home: Matches volunteer host homes with unaccompanied high school students experiencing homelessness, assuring they have stable housing and ongoing support so that they can focus on completing their secondary education and discover and realize their gifts and potential. For Washington County youth contact: [Amy Brownell: abrownell@emoregon.org](mailto:abrownell@emoregon.org) Eastern Regional Coordinator for Beaverton, Tigard and Sherwood or Celeste Goulding: cgoulding@emoregon.org Western Regional Coordinator for Banks, Gaston, Hillsboro and Forest Grove. <https://emoregon.org/second-home/>.

Youth Villages: Specialists help former foster youth and other vulnerable youth ages 17-22 to identify their goals and guide them as they: strive to finish high school or earn a GED, apply for college and scholarships, find housing, learn money management skills, find and maintain employment, apply for medical insurance, seek physical and mental health services, access community resources, and more. Specialists meet with participants at least once a week in a variety of settings including their homes, school, on the job or wherever is most convenient for the young person. Young people typically participate in the program for six to 12 months, based on individual needs. **(503) 635-3416.** www.youthvillages.org/about-us/locations/oregon.

Youth Sports, Activities & Mentoring

Arts for All by the Regional Arts & Culture Council: Show your Oregon Trail Card and get tickets for \$5 to many of Portland's arts events such as music, theater, dance and attractions. For a complete list of participating organizations, visit: racc.org/artsforall.

Big Brothers Big Sisters: One-to-one mentoring program serving children ages 6-18. Matches youth with adult mentors. Monday-Friday 8:30am-7pm. Spanish-speaking support staff available. 1827 NE 44th Ave Ste. 100, Portland, OR 97213. **(503) 249-4859**. www.bbbsnorthwest.org.

Cultural Pass to Adventure: Passes for free admission to eight local attractions including Lan Su Chinese Garden, the Oregon Garden, Pittock Mansion and museums. Each pass available for one-day checkout. Tualatin Public Library: **(503) 691-3074**. Reserve in advance or stop by. Tigard Public Library: **(503) 684-6537**. Reserve online at: <https://www.wccls.org/culturalpass>.

PDX Parent: provides kids' calendar with many kid and family-friendly events as well as a summer camp guide for kids of all ages, after-school guide and more. www.pdxparent.com.

Scouts: Boys: **(503) 226-3423**. www.cpcbsa.org. Girls: **(503) 977-6800**. www.girlscoutsosw.org.

Sports Physicals: Randall Children's Urgent Care offers low cost sports physicals with heart screening for only \$15 for children ages 13-19. For your convenience, appointments are available during evenings and weekends. **Please note:** a parent or guardian must attend the entire appointment. Registration is required and online scheduling cannot be used for these appointments. **Call (503) 738-1649** to make an appointment.

Sports Physicals: Beaverton School District School-Based Health Center (open to all BSD students) 1300 SW 2nd St. Beaverton, OR 97005. Hours M-F 8:00 a.m. - 4:30 p.m. (closed 12:00 - 12:30 p.m. for lunch) Summer Hours Mon./Thurs./Fri. 8:00 a.m. - 4:30 p.m. (closed 12:00 - 12:30 p.m. for lunch) For more information & Scheduling: **503-356-3985**. <https://www.beaverton.k12.or.us/departments/student-services/community-resources/beaverton-school-based-health-center>

Tualatin Hills Park & Recreation District (THPRD): The largest special park district in Oregon, spanning 50 square miles and serving about 250,000 residents in and around Beaverton, Or. THPRD provides high-quality park and recreation facilities, camps, classes, programs, services, and natural areas that meet the needs of the diverse communities we serve. Phone: **(503) 645-6433**. Address: 15707 SW Walker Rd., Beaverton, OR 97006. <http://www.thprd.org/>. Financial Aid Application: <http://cdn1.thprd.org/pdfs2/document4096.pdf>

Tualatin River National Wildlife Refuge: Home to many species of birds, mammals, reptiles, amphibians, insects, fish and plants. Free exhibits, trails, events, exploration, discovery packs, volunteer opportunities and more. Refuge trails open daily. Visitor Center and nature store open Tuesday-Sunday 10am-4pm. 19255 SW Pacific Highway, Sherwood OR 97140. **(503) 625-5944**. www.fws.gov/refuge/tualatin_river.

Dental Care

Advantage Smiles for Kids: By professional referral only. Orthodontics to improve the quality of life for kids. **(541) 497-0020**. asmileforkids.org.

Coalition of Community Health Clinics: A coalition of nonprofit clinics, including dental referrals. **(503) 546-4991**. www.coalitionclinics.org.

Compassion Clinics: No cost. Yearly health clinics offering medical, dental, and other healthcare services. General information at www.compassionconnect.com. For Tigard clinics: www.compassiontigard.com. For SW Portland clinics: www.compassionsw.org. For Beaverton clinics: www.compassionbeaverton.org.

MODA Children's Program: Children ages 5-18 without insurance may be referred to program by a school representative. Services include preventative, diagnostic, relief of pain, and basic restorative services. Plan covers up to \$800 to be used in a one-year period (no longer able to accommodate extensive treatment requests). **(503) 265-5627**. www.modahealth.com/about/childrens.shtml.

Oregon Health and Science University Dental Clinics at the School of Dentistry: Accepts OHP+, Capitol, and MODA. Reduced fee of 30-40%. Fees are set. General dentistry, pediatrics, orthodontics, periodontics, and root canals. Cases accepted on the basis of teaching value. Next-day urgent care for adults; \$250 at time of appointment, additional costs may occur depending on treatment. Urgent care clinic treatment is for pain and is limited to one tooth or problem and does not offer wisdom tooth extractions. Call at 8am to schedule an appointment (not on the same day). By appointment only. Monday-Friday 8am-5pm 2730 SW Moody Ave., Portland, OR 97301. **(503) 494-8867**. www.ohsu.edu/dentist.

Pacific University Dental Hygiene Clinic: Accepts OHP (MODA only), private insurance, and considers discounted rates and payment plans for low-income, uninsured patients. Call for rates for X-rays, exams, and cleanings. Services limited to preventative and basic restorative care only. No crowns, extractions, or dental emergencies. Spanish-speaking staff available. No walk-in services. Call for hours of operation. 222 SE 8th Ave. Ste. 271, Hillsboro, OR 97123. **(503) 352-7373**. www.pacificu.edu.

Portland Community College Dental Clinic (PCC): Serves uninsured adults and children. Reduced fees: exams \$5; cleanings for adults \$25-\$40, for children \$20, and for seniors

(62+) \$15; simple fillings \$10; sealants \$5 per tooth; and X-rays \$10-\$25 each. No emergencies, extractions, crowns, bridges, dentures, root canals, or TMJ treatment. Cash, check, credit and debit cards accepted. By appointment only. 12000 SW 49th Ave. HT206, Portland, OR 97219. **(971) 722-4909**. www.pcc.edu/programs/dental-hygiene/clinic.html.

Project Dental Health at Russell St. Dental Clinic (OHSU): Routine dental care by appointment and walk-in urgent/emergency dental care for children and adults with OHP+ Open Card, Capitol Dental, ODS, and private insurance plans. Dental care for HIV patients. \$155-\$275 for exam and x-rays. Fee for uninsured patients based on income and dental procedure required. Full payment due on day of service. Extractions, pain relief, and temporary fillings. Patient must arrive between 7:30am-2:00pm for urgent dental care. Five walk-in patients can be seen per day. Arrive at 7:30am to be added to the sign-up sheet. There will be a notification posted on the door if walk-in services are not available on a certain day and alternate resource list. Interpretation services available. Monday-Friday 7:30am-5pm. 214 N Russell St., Portland, OR 97227. **(503) 494-6822**.

Salud Dental Center: Emergency dental care. Must arrive by 7:30am. Accepts OHP, Capitol, ODS, private insurance, and the uninsured. \$50 payment due upfront. Discount based on income: 25%, 50%, 75% or 80% (must show income proof). Monday-Friday 7:30am-5pm. Spanish-English interpreters onsite. 1175 Mt. Hood Ave., Woodburn, OR 97071. **(503) 982-2010**.

Smiles Change Lives: Orthodontic program helping families with the cost of braces. www.smileschangelives.org.

Virginia Garcia Dental Clinic: Provides comprehensive care for children and young adults under 21, pregnant women, and those assigned by insurance. Serves new patients with or without insurance on an emergency basis only, at least two patients per morning depending on dentist availability and priority dental needs. Must arrive by 7:30am with photo identification, insurance card or proof of income. Payment in full at time of visit. Monday, Wednesday, and Friday 7am-6pm, Tuesday and Thursday 7:30am-6:30pm. Spanish-speaking staff. 12600 SW Crescent St., Ste. 190, Beaverton OR 97005. **(503) 718-3675**. www.virginiagarcia.org.

Health Coverage

Oregon Health Plan (OHP): The Oregon Health Plan is now open to more children and teens, regardless of immigration status. OHP is free health coverage for Oregonians who meet income and other criteria. It covers services like check-ups, tooth fillings, prescriptions, labs, x-rays and hospital care. Apply to find out eligibility. For more information or to get free help applying from an OHP-certified community partner, call **1-800-699-9075** or 711 (TTY), or visit [OHPnowCOVERSme.org](https://www.oregon.gov/oha/ohps/covermyinfo/). #OHPnowCOVERSme.

- Eligibility and coverage questions or for general information: **1-800-699-9075** •
- To request an application: www.oregon.gov/oha/healthplan or **1-800-699-9075** •
- Client services: **1-800-273-0557**
- Website: [OregonHealthCare.gov](https://www.oregon.gov/oha/ohps/covermyinfo/)

Private Insurance Marketplace: [HealthCare.gov](https://www.healthcare.gov/) or **1-800-318-2596**.

Beaverton School District Project Access Now Insurance Specialist: Sofia Pacheco de Paez "Yo hablo español" KPCHCP & Outreach, Enrollment & Access Program Specialist

Project Access NOW: 714 SW 20th Place, Portland, OR 97205. Direct Line: **(971) 266-2925** - Main Office Line: **503-345-6553** Ext 520. OEA Office Line: **(503) 345-7031**.

<https://www.projectaccessnow.org/>.

Medical Care

FOR MEDICAL EMERGENCIES, CALL 911 • POISON CONTROL: 1-800-222-1222

Borland Free Clinic: Free adult primary care for uninsured, underinsured or those in insurance gap. Call for appointment. Leave message for call back within 48 hours. If there is a cancellation, walk-ins may be seen with a potential 2+ hour wait. Mondays

3-6:30pm. **(503) 974-8887**. Located in the lower level of Rolling Hills Community Church (adjacent to the food pantry and Community Life Center) 3550 SW Borland Road, Tualatin, OR 97062. www.borlandclinic.org.

Coalition of Community Health Clinics: A partnership of safety net providers. For a list of resources for those who are low-income or uninsured, call **(503) 546-4991** or visit www.coalitionclinics.org.

Compassion Clinics: No cost. Annual Medical, dental, and other healthcare services. General information: www.compassionconnect.com. Tigard clinics: www.compassiontigard.com. Portland clinics: www.compassionsw.org. Beaverton clinics: www.compassionbeaverton.org.

Diabetes Testing Supplies: Wholesale diabetic testing supplies at a discounted price. Meters for \$10 and 50 test strips for \$15. www.teststripsdirect.com

Familias en Acción (Families in Action): Promotes holistic family well-being for Latino communities. Provides community health education, training for health professions and patient navigation services including help for individuals with or without insurance who have been diagnosed with cancer, diabetes, hypertension, kidney failure, HIV, substance abuse, any chronic disease and/or other health conditions. A "Patient Navigator" facilitates access to doctors, pharmacies, and other health care services, assesses medications with patients, identifies barriers for improving health, offers advice, counseling and support, provides classes and support groups for patients and their families and resource connection. **(503) 201-9865**. www.familiasenaccion.org.

Neighborhood Health Center: Accepts OHP and private insurance plans. No insurance required. To qualify for sliding fee, bring: last two (2) pay stubs, previous year's tax return or unemployment statement. Primary care, women's health, men's health, family planning, STD testing, vaccines. Monday-Thursday 7am-6pm and Friday 8am-5pm. Spanish speaking staff. 18650 NW Cornell Rd, Ste. 220, Hillsboro, OR 97124. **(503) 848-5861**. www.nhcoregon.org.

Old Town Clinic: Accepts OHP, and sliding fee scale. Primary and naturopathic care, preventive exams, injury treatment, minor procedures, women's health services, connection to mental health and chemical dependency services. Patients must be 18 or older. 727 W. Burnside, Portland, OR 97209. **(503) 228-4533**.

www.centralcityconcern.org/services/health-recovery/old-town-clinic.

Project Access Now: Connects low-income, uninsured people to donated care across the Portland metropolitan area. Premium assistance, health literacy and navigation services. PO Box 10953, Portland, OR 97296. Monday-Friday 9am-5pm. **(503) 200-1245**.

www.projectaccessnow.org.

Salud Medical Center: Sliding scale. Serves children with or without insurance. Bring most recent tax return or pay stub for discount. Monday-Thursday 7:30am-7pm; Friday 7:30am-5pm; Saturday 8am- 11:45pm and 12:45pm-5pm. Spanish-speaking interpreters on-site. 1175 Mt. Hood Ave., Woodburn, OR 97071. **(503) 982-2000**.

School-Based Health Centers: For uninsured and insured community members ages 0-19 in the Tigard- Tualatin School District. Walk-in urgent medical care. Non-urgent care by appointment. Sliding scale for uninsured students. Diagnosis/treatment of minor illness, infection, and injury. Immunizations, lab tests, physical exam/health screening, and mental health assessment/referrals. Tigard High Campus: 9000 SW Durham Rd., Tigard, OR 97224. **(503) 431-5775**. Tualatin High Campus: 22300 SW Boones Ferry Road, Tualatin, OR 97062. **(503) 431-5975**.

Southwest Community Health Center: Appointment required. Sliding scale based on monthly pre-tax income and family size. Basic healthcare for low-income, uninsured individuals. Interpretation available. **Portland Clinic:** Monday 6pm-8pm; Tuesday and Thursday 4pm-8pm. 7754 SW Capitol Hwy, Portland, OR 97219. **(503) 977-0733**.

www.swchc-pdx.org.

Virginia Garcia Memorial Health Center: Accepts OHP and most private insurance plans. Sliding scale; must bring proof of identification and most recent pay stub for a reduced 39 fee. Primary health care for families with a special emphasis on migrant and seasonal farm workers and others with barriers to receiving healthcare. Focus on prevention and health maintenance, including physicals, well-child exams, immunizations and family planning. Beaverton Clinic: Monday-Friday 8am-7pm except first and third Wednesday of the month, closed from 1pm-2pm. 2935 SW Cedar Hills Blvd., Beaverton, OR 97005. Spanish-speaking staff and many other languages available. **(503) 352-6000**.

www.virginiagarcia.org.

Wallace Medical Concern: For all ages. Accepts OHP and most private insurance. For uninsured patients, fees are determined on a sliding scale. By appointment only. Services include primary care, well-child visits, and women's health exams, immunizations and mental health evaluations. English, Spanish and Ukrainian speaking staff. Interpretation for other languages by arrangement. Rockwood Medical Clinic: Monday- Thursday 8am-6:30pm and Friday 8am-5pm. 124 NE 181st Ave, Portland, OR. **(503) 489-1760**.
www.wallacemedical.org.

Pregnancy

Early Connections (Community Action): No fee. Pre- and postnatal services for families who are having a baby or who have just had a baby. Connection to prenatal care providers, assistance with OHP applications and eligibility screening for in-home support. Intensive home visiting parent education and support services. Spanish-speaking staff. Intake hours: Monday-Friday 8:30am- 4:30pm. **(503) 726-0879**. caowash.org/ec.

Northwest Children's Outreach: A faith-based, non-profit organization dedicated to helping families by providing used clothing, infant care products, diapers, formula and other necessities. To request a layette or other items for children 0-5 years old, call BRC at **(503) 603-1585**. <https://nwchildrens.org>.

Car Seat Safety: Certified Child Passenger Safety technicians provide free safety seat clinics. See schedules and locations at www.oregonimpact.org, then click "car seat information" and click on "assistance programs" for resources regarding financial assistance in acquiring a car seat or for information regarding low-cost car seats, call **(503) 413-4005**.

Open Adoption and Family Services: All-options pregnancy counseling to women and couples. If their choice is adoption, they choose, meet and form an ongoing relationship with the adoptive parents. Program provides lifelong services to clients. Counselors on-call 24/7. Services in Spanish available. 5200 SW Macadam Ste. 250, Portland, OR 97239. **(503) 226-4870**. Call 1- 800-772-1115 anytime, text "open" to (971) 226-0924 Monday-Friday 9am-5pm or email info@openadopt.org. www.openadopt.org.

Pregnancy Resource Center: No fee. Christian-based organization for women, teens, and families who are unprepared for pregnancy. Pregnancy tests, peer counseling, parent counseling (including options counseling), community referrals, and maternity and baby clothing. Monday, Wednesday, Thursday, and Friday 10am-5pm (walk-ins till 4:15pm); and Tuesday 1:30pm-7pm (walk-ins till 6:15pm). 4975 SW Watson Ave., Beaverton, OR 97005. **(503) 643-4503.** www.prcofportland.com.

Saint Child: Serves young women, 18 and older, who are in need of support during their pregnancy. Residential care and comprehensive programming to prepare young women for parenting or adoption. Young women may enter the home at any time during their pregnancy and stay up to a year after giving birth. \$150 monthly resident contribution, but no one is ever turned away for an inability to pay. Mailing address: 2850 SW Cedar Hills Blvd. PMB #55, Beaverton, OR 97005. **(503) 648-4227.** www.saintchild.org.

Women, Infants, and Children (WIC): No fee. Monthly supplemental food benefits, health care referrals, nutrition education, and breastfeeding support for low to moderate-income pregnant and postpartum women, infants and children up to age five. Spanish-speaking staff available. **(503) 846-3555.** www.washingtoncountywic.com.

Prescriptions

Benefits Checkup (National Council on Aging): No fee. Helps seniors 55+ search for a variety of public and private benefits to help pay for health care, prescription drugs, food, housing, utility assistance, etc. www.BenefitsCheckUp.org.

Costco: Frequent low prices for prescription drugs. It is not necessary to be a member to use the pharmacy. Monday-Friday 10am-8:30pm and Saturday 9:30am-6pm. 7850 SW Dartmouth Rd., Tigard, OR 97223. **(503) 639-0722**. www.costco.com.

Fred Meyer Inside Rx: Prescription savings program offering low-cost access to brand and generic medications. No enrollment fee. Tigard: 11565 SW Pacific Hwy. **(503) 293- 7085**. Tualatin: 19200 SW Martinazzi Ave. **(503) 691-4233**.

Needymeds.org: Website that provides information on options to receive assistance with the cost of medicine.

Oregon Prescription Drug Program: No enrollment fee. All Oregon residents are eligible and can save up to 80% on their prescriptions. No paperwork required and no age or income limit. Enroll by phone, via mail, or online. **1-800-913-4284**. www.opdp.org.

Partnership for Prescription Assistance: No enrollment fee. Website for low-income, uninsured Oregon residents to learn about more than 400 company patient assistance programs and more than 2,500 medicines for free or at a low cost for those who qualify. Services available in Spanish. www.pparx.org.

Rx Outreach: No enrollment fee. Available to anyone with an income at or below 300% of the federal poverty guidelines (see page 1). Non-profit mail-order pharmacy with 600+ medications for ongoing medical concerns and chronic illnesses, including cancer, asthma, diabetes, migraines, hypertension, high cholesterol, seizures, depression, and more. Ships 90 to 180-day supply of discount prescriptions. Enroll by phone, online or by mail. US citizenship not required. Monday-Friday 5am-3:30pm. Service in Spanish available. **1-888-796-1234**. www.rxoutreach.org.

Walgreens Prescription Savings Club: Annual membership fees for those with no prescription insurance or insurance that does not cover medications. Persons receiving prescription benefits from Medicare, Medicaid or Tricare are ineligible. Over 8,000 43 brand-name and generic medications. Some generics priced between \$10-\$30 for a 90-day supply. www.walgreens.com.

Vision & Hearing

America's Best: Frequent discounted prices for eye exams and glasses. 9225 SW Hall Blvd, Tigard OR 97223. **(503) 598-8884**. www.americasbest.com.

Cheap Glasses 123: For those who already have a prescription, order glasses online starting as low as \$29. **(855) 598-2020**. www.cheapglasses123.com.

InfantSEE: A public health program designed to ensure the early detection of eye conditions in babies. No cost regardless of family income or insurance availability. American Optometric Association member optometrists provide free, comprehensive infant eye assessments for babies 6-12 months old. **1-888-396-3937** or email: infantsee@aoa.org. www.infantsee.org.

LensCrafters "Gift of Sight" Program: Free exam and eyeglasses for low-income children and adults. Generally six month wait for appointment. To access this program you must be referred by a school or charitable organization. Contact BRC for more information and a referral **(503) 603-1585**. Lenscrafters is located at: Washington Square (next to Sears), 9730 Washington Square Rd., Tigard, OR 97223. Monday-Saturday 10am-9pm and Sunday 10am-6pm. **(503) 620-4850**.

New Eyes for the Needy: Must apply online through a social service agency, such as BRC, or school nurse. Provides new eyeglass vouchers to those who cannot afford glasses. Does not pay for eye exams; website has information on where to find free or low-cost exams. Applicant must have had an eye exam within the past year. Applicants must provide an overview of monthly income/expenditures and their prescription information. **(973) 376-4903**. www.new-eyes.org.

Oregon Foundation for Vision Awareness: A nonprofit charity that helps ensure that Oregon's children (up to age 18 and not graduated from high school) receive the eye exams and glasses they need. To qualify, family income must be no more than 200% of the federal poverty level (see page 1). Must not have vision insurance. Most affiliated providers and assistance programs require a valid social security number for the parent or child. Application accessible online at www.ofva.org.

Oregon Lions Sight and Hearing Foundation/ KEX Kids Fund: Vouchers for eye exams, eyeglasses, and hearing aids for children and youth ages 0-21 (18- 21 only if in school). Must earn no more than 200% of the federal poverty level (see page 1) and be uninsured or underinsured. Contact BRC for more information and a voucher application at **(503) 603-1585**. <https://olshf.org/>

Mental Health & Counseling

Washington County Mental Health 24-hour Crisis Line: (503) 291-9111

Asian Health and Service Center: Culturally and linguistically relevant care for Asian Americans, including mental health and consultation for adult and children's services. Bilingual and bicultural clinicians and psychiatrists deliver services in Mandarin and Cantonese Chinese, Korean and Vietnamese. Monday-Friday 8:30am-5pm. 3800 SW Cedar Hill Blvd. #196, Beaverton, OR 97005. 3430 SE Powell Blvd., Portland, OR 97202. For questions and appointments, call the Portland office at **(503) 872-8822**. www.ahscpx.org.

Counseling and Victims' Services (Washington County): No fees. Individual, family and couples counseling. Monday-Friday 11:30am-4:30pm or by appointment. 160 SW Washington St. MS 57, Hillsboro, OR 97123. **(503) 846-3020**.

Evergreen Clinical: Individual psychotherapy for adults. \$20 per session. 5200 SW Macadam Ave, Ste. 160, Portland, OR 97239. **(503) 236-6218**.
www.evergreenclinical.org.

Good Samaritan Ministries: Donation-based. Individual, marriage and family, children and adolescent, trauma recovery, spiritual development and groups. Faith-based counseling available, but not required. No bilingual counselors available. Monday Thursday 9am-8pm and Friday 9am-4pm. 7929 SW Cirrus Dr. Bldg. 23 (off Hall Blvd.), Beaverton, OR 97008. **(503) 644-2339**. Download a request for counseling form at: www.goodsamaritanministries.org/counseling.

Individual and Family Matters (Graduate School of Counseling at George Fox University): Provides individual, family, couples, youth, and group counseling on an income-based sliding scale, \$5-\$40 per session. Charge is per session, not per hour. No income verification required. Payment due at time of service. Monday, Tuesday, and Thursday from 9am-9pm. 12570 SW 69th Ave., Portland, OR 97223. **(503) 554-6060**.
www.georgefox.edu/counseling-programs.

Lewis and Clark College's Community Counseling Center: Counseling for a variety of mental health needs provided by counselors-in-training (under supervision of faculty and licensed clinicians) for individual, couples, family, and addiction therapy. Initial intake \$15, then \$10-\$50 sliding scale per session. Cash or check only. Monday-Friday 8am-8pm and Saturday 10am-3pm. 4445 SW Barbur Blvd., Portland, OR 97239. **(503) 768-6320**.

LifeWorks Northwest: Beaverton site offers the following programs: adult, child and family outpatient mental health counseling, children and youth psychiatric day treatment, gambling addiction counseling, early childhood/parent-child intensive therapy and other psychiatric services. OHP and many medical insurance plans accepted. Spanish-speaking counselors available. 8770 10700 SW Beaverton Hillsdale Hwy. Bld.#1, Beaverton, OR Ph: **(503) 641-1475**, 12350 SW 5th Street, Suite 110, Beaverton, OR Ph: **(503) 627-9194**. Intake line:503-645-9010 or (Toll-Free) 888-645-1666, or Email: intake@lifeworksnw.org. <https://www.lifeworksnw.org/>.

Men's Resource Center: Accepts most insurance plans. Does not accept OHP. Reduced fee for payment at time of service. Individual, couples, family, and group counseling and classes for men regarding domestic abuse. Not accepting drug and alcohol clients. Monday, Tuesday, Thursday, and Friday 9am-6:30pm. By appointment only. 12 SE 14th Ave., Portland, OR 97214. **(503) 235-3433**. www.portlandmrc.com.

Military Helpline (Lines for Life): Free and confidential crisis intervention and sensitivity to military-specific issues. Referral line and online chat available 24/7. Helps service members, veterans, and their families navigate military benefit and resource systems. **1- 888-457-4838** or text MIL1 to 839863. www.militaryhelpline.org.

Morrison Child and Family Services: Accepts OHP. Low-income families may qualify for assistance. Treatment provided for a variety of mental health issues, substance abuse, and prevention and education services. Monday-Friday 9am-5pm. Spanish-speaking staff available. 14025 SW Farmington Rd. Ste. 160, Beaverton, OR 97005. To schedule an intake or make a referral: **(503) 258-4381**. Beaverton Office: **(503) 258-4495**. www.morrisonkids.org.

NAMI Washington County: NAMI is a community, volunteer-based non-profit service organization dedicated to improving the quality of life for individuals and families impacted by mental illness through education, support and advocacy. Address: 18680 SW Shaw Street, Aloha, Oregon, 97007. **(503) 356-6835**. <https://www.washconami.org/>.

Western Psychological and Counseling Services: Most insurance plans and OHP accepted. Discounted fee available. Individual, group, couples, and family therapy for 47 children, adolescents, and adults. Medication evaluation and management available for clients who are active in therapy. Substance Use Disorder treatment available at the Beaverton location on Beaverton-Hillsdale Highway. Psychological testing may be available. Autism program offered at Tualatin location. Monday-Friday; hours vary. Tigard Office: 7455 SW Beveland St., Tigard, OR 97223. **(503) 624-2600**. Tualatin Office: 18765 SW Boones Ferry Rd. Ste. 100, Tualatin, OR 97062. **(503) 612-1000**. www.westernpsych.com.

Youth Contact: Sliding scale available for uninsured. OHP and some private insurance accepted. Counseling services for children, youth and families who are experiencing difficulties with emotional and behavioral issues and/or alcohol and drug abuse. Emphasis on serving the whole family. Spanish-speaking clinicians available. Interpretation services for other languages. Main office: 447 SE Baseline St., Hillsboro, OR 97123. **(503) 640-4222**. www.youthcontact.org.

YouthLine: 24-Hour Help, Support and Crisis Line (Lines for Life): Phone calls, texts and chats are answered by youth Peer Crisis Intervention Specialist volunteers seven days a week from 4pm-10pm. Adult Crisis Intervention Specialist volunteers available by phone 24 hours a day, seven days a week. YouthLine offers support and referrals to youth experiencing various crises. The topics discussed on the lines range from family arguments, school stressors, alcohol/drug abuse, eating disorders, physical and sexual abuse, mental health struggles, and homelessness, up to and including struggles with self injury and suicide. There is no problem too big or too small. **1-877-968-8491**. Text: teen2teen to 839863. www.oregonyouthline.org.

Grief Counseling

The Dougy Center: Free. Peer support groups, education, and training in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. Spanish peer groups available upon request. 3909 SE 52nd Ave., Portland, OR 97206. Peer support groups also available in Hillsboro and Canby. Call for appointments and intake: **(503) 775-5683**. www.dougy.org.

Me, Too: Supporting Children & Families in Grief (Legacy Hospice, Oregon Hospice & Palliative Care Association and Providence Portland Hospices): No fee. Professionally-facilitated support groups offered in the fall and winter for the whole family including children, teens, and adults who have experienced the death of someone close to them. Intake application required for support groups that take place in the Portland Metro area. **(503) 228-2104**. Email: metoo@oregonhospice.org. www.oregonhospice.org.

Providence Grief Support: Providence Hospice grief support groups are open to individuals who are seeking extra support as they grieve the death of a significant person in their lives. Professionally trained facilitators create a supportive space where participants may share their feelings and experiences as they give and receive mutual support. All groups and classes are offered free of charge. 9205 SW Barnes Rd Portland, OR 97225 Phone: (503) 216-1234.

<https://oregon.providence.org/our-services/g/grief-support-groups/>.

GriefShare: Groups meet weekly to help you face these challenges and move toward rebuilding your life. GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. <https://www.griefshare.org/>.

Beaverton Police Department Resource Handbook: This guide is provided by the Beaverton Police Department Victim Services. Please call or visit the website of any listed resources to confirm hours and availability of services.

<https://www.beavertonpolice.org/DocumentCenter/View/607/2017-Beaverton-Police-Resource-Guide?bidId=>.

Court-Mandated Classes

Allies in Change: Accepts most insurances. Sliding-scale fees for uninsured if court mandated. For adults with a variety of issues, including depression, stress, anxiety, and changes and transitions in life. Both mandatory and voluntary classes and counseling for men and women with anger management, abusive behavior, or domestic violence issues. Monday-Friday 9am-7pm. Evening classes and groups available. Main office: 1675 SW Marlow Ave. Ste. 110, Portland, OR 97225. **(503) 297-7979**.
www.alliesinchange.org.

Cedar Counseling Center: Comprehensive and culturally specific assessment, rehabilitative and bilingual community support services including individual and family programs, forensics, re-entry and others. No insurance plans accepted. Service available in Spanish. 5040 SW Griffith Dr., Ste. 100, Beaverton, OR 97005. **(503) 641-0963**.
www.cedarcounseling.com.

Washington County Court Provided Programs:

<https://courtoorderedclasses.com/States/Oregon/Washington>

Domestic Violence:

<https://courtoorderedclasses.com/domesticviolence.html> Batterers

Intervention:

<https://courtoorderedclasses.com/batterersinterventionprogram.html> Anger

Management: <https://courtoorderedclasses.com/angermanagement.html> High

Conflict Parenting: <https://courtoorderedclasses.com/high-conflictparenting.html>

Diversion DEJ, Drug & Alcohol: <https://courtoorderedclasses.com/diversion.html>

Family Violence: <https://courtoorderedclasses.com/familyviolence.html> Juvenile Teen

Programs: <https://courtoorderedclasses.com/juvenilecourtprograms.html>

Kids' Turn: Offered through Youth Contact Kids' Turn is an educational program for Washington County families and children in the process of reorganization due to separation, divorce, or changes in custody or visitation. Children and their parents attend a series of four 90-minute workshops that meet once a week for four consecutive weeks. Phone: (503) 846-0665. Website: <https://kidsturn.youthcontact.org/our-program/>.

Drugs & Alcohol

Alcohol and Substance Helpline: **1-800-923-4357**. Spanish: **1-877-515-7848**.

Poison Control (overdose of drugs or alcohol): **1-800-222-1222**.

CODA: Evidence-based alcohol, drug and mental health treatment and research. 11970 SW Greenburg Road, Tigard, OR 97223 **(503) 624-8304**. www.codainc.org.

David P. Hooper Detoxification Center: Patients receive 4-10 days of medical treatment for early withdrawal symptoms and counseling. Spanish-speaking staff available. 1535 N Williams Ave., Portland, OR 97227. **(503) 238-2067**.

www.centralcityconcern.org/services/health-recovery/hopper-detoxification-center.

Puentes/Esperanza Juvenil: Works with Latino adults to provide linguistically appropriate mental health and substance use disorder services. Also works with Latino youth who are struggling with alcohol and/or substance use disorders. A bilingual team provides addiction treatment, individual and family counseling, in-home family support and education. 12672 SE Stark St., Portland, OR 97233. Monday-Friday 9am-5pm. **(503) 546-9975**. www.centralcityconcern.org/services/health-recovery/puentes.

YouthLine: 24-hour Help, Support and Crisis Line (Lines for Life): Phone calls, texts and chats answered by youth Peer Crisis Intervention Specialist volunteers seven days a week from 4pm-10pm. Adult Crisis Intervention Specialist volunteers available by phone 24 hours a day, seven days a week. YouthLine offers support and referrals to youth experiencing various crises. The topics discussed on the lines range from family arguments and school stressors, alcohol/drug abuse, eating disorders, physical and sexual abuse, mental health struggles, homelessness, up to and including struggles with self injury and suicide. There is no problem too big or too small. Call **1-877-968-8491**, text: teen2teen to 839863 or chat: www.oregonyouthline.org.

Self-Help Groups

AA (Alcoholics Anonymous): (503) 223-8569. For assistance in Spanish: **(503) 848-0102.**
National: www.aa.org. Local: www.pdxaa.com.

Al-Anon Family Groups, Alateen: (503) 292-1333. For assistance in Spanish:
(503) 916-9913. National: www.al-anon.org. Local: www.al-anonportlandoregon.org.

NA (Narcotics Anonymous): (503) 345-9839. National: www.na.org. Local:
www.portlandna.com. In Spanish: "Rompiendo la Cadena"("Breaking the Chain")
support group. Call for dates, times and location.

Suicide

Washington County Mental Health 24-Hour Crisis Line: (503) 291-9111.

Boys Town National Hotline: Provides teens and families with short-term crisis intervention, counseling, and referrals to local community resources. Counsels on suicide, depression, school, abuse, anger, chemical dependency, runaways, parenting, relationship problems, and other issues. Spanish-speaking counselors and interpretation services for other languages available. Operates 24 hours a day, seven days a week. **1-800-448-3000**. www.boystown.org/hotline.

IMAlive: Suicide intervention, prevention, awareness and education. Online crisis chat, college campus and high school events and other educational programs. Chat (instant messaging) to help those in crisis: www.imalive.org.

National Suicide Prevention Lifeline: Connects callers to a skilled, trained counselor at a local crisis center, anytime 24 hours a day, seven days a week. **1-800-273-TALK** (1-800-273-8255). For Veteran's Crisis Line, press 1. www.veteranscrisisline.net. Spanish: **1-888-628-9454**. TTY: **1-800-799-4889**. www.suicidepreventionlifeline.org.

Suicide Bereavement Support: Support groups for people bereaved by the suicide of a friend, spouse, parent, child, co-worker, sibling, or other. Monthly support meetings held in 11 locations including Portland. **(503) 200-0382**. For specific location information go to www.sbsnw.org.

YouthLine: 24-hour Help, Support and Crisis Line (Lines for Life): Phone calls, texts and chats answered by youth Peer Crisis Intervention Specialist volunteers seven days a week from 4pm-10pm. Adult Crisis Intervention Specialist volunteers available by phone 24 hours a day, seven days a week. YouthLine offers support and referrals to youth experiencing various crises. The topics discussed on the lines range from family arguments and school stressors, alcohol/drug abuse, eating disorders, physical and sexual abuse, mental health struggles, homelessness, up to and including struggles with self injury and suicide. There is no problem too big or too small. Call **1-877-968-8491**, text: teen2teen to 839863 or chat: www.oregonyouthline.org.

Adult Education

Computer Classes at the **Tigard Public Library**: in the Technology Room on second floor, first-come, first-served. Tickets available at reference desk. Spanish-speaking volunteers sometimes available to interpret for classes. 13500 SW Hall Blvd., Portland, OR 97223. **(503) 718-2517**. Schedule online at: www.tigard-or.gov/library. Select "programs" and then "computer classes."

English Classes at **Portland Community College**: Students must take a placement test and attend a program orientation before registering for classes and should plan to take the test one quarter before they wish to enroll. Fees range from around \$66 per class (beginning) to around \$96 per credit (advanced). Some class fees can be waived for students participating in certain programs. 12000 SW 49th Ave., Portland, OR 97219. Video instructions in multiple languages at www.pcc.edu/prepare/esol. **(971) 722-4463**.

English Classes in **Tigard**: Adult English classes offered in partnership with Portland Community College (PCC): Beginning, intermediate, and advanced classes available at three locations in Tigard. Classes follow PCC's quarterly schedule. Conversation classes offered at some locations. Register in class. Classes take place at St. Anthony Catholic Church: 9905 SW McKenzie St., Tigard, OR 97223. Tigard Senior Center: 8815 SW O'Mara, Tigard, OR 97224 (off Hall Blvd., near Tigard Library), and Tigard United Methodist Church: 9845 SW Walnut Place, Tigard, OR 97223 (behind Jiffy Lube). Download updated flyer at tigardseniorcenter.org/events.html.

GED CLASSES at **Portland Community College**: Adult Basic Education classes for anyone 16 and older to prepare for the GED exam. Focus on improvement of basic skills in reading, writing, and math, from non-literate to pre-collegiate level. Costs range: \$35-\$135. Daytime and evening classes available at all PCC campuses. Sylvania Campus: **(971) 722-4468**. www.pcc.edu/prepare/basic. For information about the Spanish GED program, call **(971) 722-6219** or visit www.pcc.edu/resources/spanish-ged.

Mission Citizen: Free citizenship classes in the Portland Metro Area including the Tualatin and Beaverton Libraries. Students who attend all eight classes are eligible to receive \$275 scholarships from Mission Citizen. These scholarships help pay for part of the \$725 naturalization fee. For an updated schedule of classes, visit: www.missioncitizen.org.

Portland ESL Network: website to search for English classes in the Portland metro area: www.portlandesl.com.

Rolling Hills Community Church: Beginning and intermediate English language classes that also offers children's program on Monday evenings from 6:30-8pm. (Hope's Table offers free meal from 5-7pm prior to classes) at Rolling Hills Community Church. 3550 SW Borland Road, Tualatin, OR 97062. **(503) 638-5900**. Rollinghills.org.

Employment & Career Services

Goodwill Job Connection: Free job search, resume creation and referral program for jobs throughout the community. 13920 SW Pacific Hwy, Tigard, OR 97223 **(503) 746-5070** or **(503) 639-9482**.

Office of Vocational Rehabilitation Services: Develops employment opportunities for people with disabilities. Programs are custom-designed for each individual. 8880 SW Nimbus Ave. Ste. D, Beaverton, OR 97008. **(503) 277-2500**.

www.oregon.gov/DHS/employment/vr.

Beaverton Resource Center: Computer, phone, fax and copy machine use to assist with job search. **(503) 603-1585**.

WorkSource Portland/Metro-Tualatin (Employment Department): Career advising/counseling, resume and cover letter writing, interviewing skills, iMatchskills system, Job Corps information, computer system tutorials, job fairs, job search assistance, resource room, and veteran services. Access to Internet, phones, fax, and copy machines. Monday-Friday 8am-5pm. 7995 SW Mohawk St., Tualatin, OR 97062. **(503) 612-4200**. www.worksourceoregon.org.

Legal Assistance

Catholic Charities Immigration Legal Services: \$50 consultation fee. Fees for immigration matters vary by service needed. Professional legal representation, advice, and advocacy for low-income immigrants to protect and advance rights. Focus on family unification and assistance to the most vulnerable immigrants, including victims of crimes such as domestic violence and human trafficking. Public education, training and community outreach to inform immigrants about their rights and options for immigration relief. **(503) 542-2855**. Monday-Friday 8:30am-4pm. Services in English, Spanish and Vietnamese. 2740 SE Powell Blvd. #2 (Floor 3), Portland, OR 97202.

www.catholiccharitiesoregon.org.

Child Support Helpline: Provides help to low-income persons who are having problems with getting or paying child support. Monday 1pm-4pm and Thursday 9am-12pm when staff are available. Spanish-speaking staff. **1-800-383-1222**.

www.oregonlawhelp.org. For forms and answers to frequently asked questions, visit www.oregonchildsupport.gov.

Community Advocacy Program (Domestic Violence Resource Center): Advocacy for those in need of restraining orders, stalking protective orders, or elder/disabled abuse protective orders. Monday-Thursday 8:30am-11:30pm and 12:30pm-4pm and Friday 8:30am-11:30pm and 12:30pm-2pm. 735 SW 158th Ave Ste. 100 Beaverton, OR 97006. **(503) 640-5352**. www.dvrc-or.org.

Community Alliance of Tenants: Informational workshops and resources for tenants who become members. No legal advice given. Spanish-speaking staff available. Renters Rights Hotline: Mondays, Wednesdays, Fridays and Saturdays 1-5pm, and Tuesdays 6-8pm. **(503) 288-0130**. www.oregoncat.org.

Fair Housing Council of Oregon: Investigates claims of housing discrimination. Monday, Tuesday and Thursday 1pm-4pm. **(503) 223-8197 ext. 2** (Portland metro area) or **1-800-424-3247 ext. 2**, email: information@fhco.org. www.fhco.org.

Immigration Counseling Services: A non-profit immigration law firm. Tuesday-Friday 9am-12pm and 1pm-5pm. The first step to becoming a client is to fill out a Consultation Request Form which can be downloaded from: www.ics-law.org, or picked up at: 519 SW Park Ave. Ste. 610, Portland, OR 97205. **(503) 221-1689**.

Legal Aid Services of Oregon: No fee. Monday-Thursday 9am-12pm and 2pm-5pm and Friday 9am-12pm (closed the 4th Friday of the month). Spanish-speaking staff available. **(503) 640-4115.** www.oregonlawhelp.org. 230 NE Second Ave. Ste. F, Hillsboro, OR 97124.

Lutheran Community Immigration Counseling and Advocacy Program: Fees vary by service. Low-cost immigration counseling for refugees and immigrants. Services available in various languages. Monday-Friday 8:30am-4:30pm. (closed for lunch from 12pm-1pm). 3800 SW Cedar Hills Blvd. #288, Beaverton, OR 97005. **(503) 924-2448.** www.lcsnw.org.

Safe Oregon: Oregon State Police provides a way for students, staff or other members of the public to anonymously report and share confidential information of a threat or a potential threat to student safety. Trained staff are available 24/7/365 through a phone call, text message, mobile application or website. Tips can be submitted through the website SafeOregon.com, email tip@safeoregon.com, SafeOregon mobile application, or by calling or texting **1-844-472-3364**. Tips are promptly analyzed and routed for the most appropriate follow up. This may be to school officials, law enforcement, community mental health programs or other appropriate local or state agencies. For more information: <http://safeoregon.com/resources/parent-resources>.

Sponsors Organized to Assist Refugees (SOAR): Assists refugees in becoming self-sufficient, integrated community members. Legal program for low-income refugees and immigrants in and around Portland metro area including Tigard and Tualatin. Caseload includes Deferred Action for Childhood Arrivals (DACA), naturalization, adjustment of status, family reunification, temporary protected status, parole renewal, humanitarian parole, employment authorization, asylum counseling, refugee travel documents and Cuban removal defense. \$50 per client for initial consultation by appointment. 7931 NE Halsey St., Ste. 302, Portland, OR 97213. **(503) 384-2482.** emoregon.org/soar-legal.

Hillsboro: First come first served walk-in clinic available first Tuesday of each month 9am-4pm at United Methodist Church, 168 NE 8th Ave, Hillsboro, OR 97124. **Tigard:** First come first serve walk-in first Wednesday of each month from 4pm to 8pm at the Muslim Educational Trust Community Center, 10330 SW Scholls Ferry Rd. Tigard 97223.

St. Andrew Legal Clinic: Serves low-income families with family law needs such as adoption, custody, divorce, child support, domestic violence intervention, guardianship, restraining orders and spousal support. Virtually all clients must come through "night clinic" program which generally takes place on Wednesday evenings from 6:30pm-9pm. Fee is \$40 (cash only) for the consult which lasts 30-40 minutes. Future fees will be assessed based on case details and income. The lowest sliding scale rate is \$40 per hour. Services available in Spanish. Legal representation and advice for family law. Monday-Friday 9am-12pm and 1pm-5pm. 232 NE Lincoln St. Ste. H, Hillsboro, OR 97124. **(503) 648-1600.** www.salcgroup.org.

Tenant Hotline (Oregon Law Center): Tenant rights telephone assistance for low-income residents of Washington County. Monday and Wednesday 9am-12pm except first Wednesday of the month 3-6pm; closed 4th Wednesday of the month. Recorded informational message outside of call-in hours. **(503) 648-7723.** For lockouts or water/electricity shut-off by landlord call **(503) 640-4115.**

Senior Services

Benefits Checkup (National Council on Aging): No fee. Helps seniors 55+ search a variety of public and private benefits to help pay for health care, prescription drugs, food, housing, utility assistance, etc. www.BenefitsCheckUp.org.

Elder and Vulnerable Adult Abuse: For suspected abuse, neglect or financial exploitation of an elderly person or an adult with disabilities, report abuse or neglect to the local Department of Human Services office. Monday-Friday 8am-5pm. Spanish-speaking and other languages available by appointment. 11515 SW Durham Rd. Tigard, OR 97224. **(503) 968-2312**. www.oregon.gov/DHS.

Juanita Pohl Center (Tualatin's Active Aging Center): Promotes wellness and successful aging in the community by providing activities, programs, and classes that encourage active older adults to stay active and healthy. Monday-Friday 8am-5pm. 8513 SW Tualatin Rd., Tualatin, OR 97062. For recreation program information call **(503) 691-3061**. Meals on Wheels People offers hot, nutritious meals for anyone age 60 and older Monday-Friday 11:30am-1pm. Donations of \$7 per meal are encouraged. "Meals on Wheels" service is also available for homebound seniors: **(503) 692-6767**.

Oregon Senior Farm Direct Nutrition Program (Department of Agriculture): No fee. Must be 62 or older, receiving food stamps or Medicaid as of April 1st of the current year, meet income guidelines, and be living in a situation in which food is not provided. (Eligibility guidelines change from year to year. Call number provided for current guidelines.) Recipients receive coupons to buy fresh fruits, vegetables, and herbs at approved farmers markets and roadside stands. Must be referred to program by SNAP (food stamp) worker. **1-866-299-3562**. www.oregonfarmersmarkets.org. www.oregon.gov/DHS/SENIORS-DISABILITIES/SUA/Pages/SFDNP.aspx.

Ride Connection: Private, non-profit organization dedicated to linking individuals with accessible transportation, primarily serving people 60 years of age and older, and people with disabilities. Services include information and referral for transportation options, travel training and support, door-to-door rides for outings such as medical appointments, grocery shopping and visiting a loved one. Donation-based. Scheduling hours: Monday- Friday 7:30am-5pm. **(503) 226-0700** www.rideconnection.org.

Tigard Department of Human Services Seniors and People with Disabilities: No fee. Assistance for seniors 60+ and adults with disabilities. If eligible, help in identifying and accessing needed services, such as medical, SNAP/food stamps, mental health, home care workers, and placement in assisted living. Monday-Friday 8am-5pm. Spanish speaking and other languages available by appointment. 11515 SW Durham Rd. Tigard, OR 97224. **(503) 968-2312**. www.oregon.gov/DHS.

Tigard Senior Center: Donation-based for those over 60. Serves seniors from Tigard, King City, and surrounding areas with programs, classes, and speakers to promote health and wellness. Meals on Wheels People serve lunch from 11:30am-1pm (donation base to those over 60). Monday-Friday 8am-4pm. 8815 SW O'Mara St., Tigard, OR 97223. **(503) 620-4613.** www.tigardseniorcenter.org.