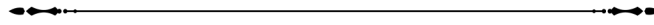


# Resource List



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# Childcare and Preschool

Program	Contact	Hours	Location	Services
<b>211 Info</b>	2-1-1 or 1-866-698-6155	24/7	<a href="#">Website Link</a>	Support with Resources including affordable childcare
<b>Albina Head Start</b>	<b>Early Head Start</b> (503) 236-9389  <b>Head Start</b> (503) 282-1975	<b>Early Head Start</b> Mon - Fri 8:30am -5pm  <b>Head Start -</b> Mon - Fri 8am - 4:30pm	<a href="#">Website Link</a>  <b>Early Head Start</b> 911 N. Skidmore St. Portland, OR  <b>Head Start</b> 3417 N.E. 7th Ave Portland, OR	<b>Early Head Start</b> (Prenatal Moms, Teen Parents, Children birth to 3 years); <b>Head Start</b> (Children 3-5 years) Both in home support and other support for low income families
<b>Brooklyn Co-op Preschool</b>	(503) 234-7103  membership@brooklyncooppreschool.org	<b>Classroom hours</b>  Mon - Fri 9:30am-12:30pm	<a href="#">Website Link</a>  <b>Reedwood Friends Church</b> 2901 SE Steele St, Portland, OR	Cooperative Preschool, where parents are involved/volunteer. Scholarships and Financial Aid available
<b>Friends of the Children</b>	503.820.0903 or Toll-Free 1.800.348.3105  info@friendsofthechildren.org	Mon - Fri 8am-5pm	<a href="#">Website Link</a>  44 NE Morris St #3015, Portland, OR	Mentorship program from ages 4-High School Graduation
<b>Inclusive Partners</b>	(866) 837-0250  DELC.InclusivePartners@ode.oregon.gov	Contact for Hours	<a href="#">Website Link</a>  600 NW 14th Ave #100, Portland, OR	Supports Child Care Providers and Families with Inclusive Treatment of Children with additional needs
<b>Mt. Hood Community College Head Start</b>	(503) 491-6111	Mon- Fri 8 am - 5 pm	<a href="#">Website Link</a>  10100 NE Prescott St, Portland, OR	Child Development and Support for Low Income families. Children ages 3-5
<b>Childcare Assistance</b>	children@211info.org	<b>Mon-Fri</b> 7am-11pm; <b>Sat &amp; Sun</b> 8am-8pm	<a href="#">Website Link</a>	Extra Childcare/Preschool Resources

# Clothing and Household

Program	Contact	Hours	Location	Services
<b>Mother and Child Education Center</b>	<p><b>English</b> (503) 249-5801</p> <p><b>Espanol</b> (503) 913-9360</p> <p>mauraw@momchildpdx.org</p>	<p><u>Mon – Thurs</u> 10am – 5pm</p> <p><u>Fri</u> 10am – 3pm</p>	<p><u>Website Link</u></p> <p>1515 NE 41st Ave Portland, OR</p>	<p>Maternity clothing is available to all pregnant parents depending on the supply donated amongst other free services for anyone parenting.</p>
<b>Pregnancy Resource Center</b>	<p><b>Beaverton</b> (503) 643-4503</p> <p><b>SE Portland</b> (503) 777-7097</p> <p><b>Gresham</b> (503) 666-6527</p> <p><b>Rockwood</b> (503) 666-6527</p>	<p><b>Beaverton &amp; SE PDX</b> Mon-Fri: 10am–5pm*, *appointments available until 4pm.</p> <p><b>Gresham -</b> Call for details.</p> <p><b>Rockwood -</b> Monday (ONLY) 10am-5pm</p>	<p><u>Website Link</u></p> <p><b>Beaverton :</b> 4975 Southwest Watson Ave, Beaverton, OR</p> <p><b>SE PDX</b> 5117 SE Powell Blvd. #3 Portland, OR</p> <p><b>Gresham</b> 104 NW 11th St. Gresham, OR</p> <p><b>Rockwood</b> 17938 SE Stark St, Portland, OR</p>	<p>Provides resources/care to women and families facing unplanned pregnancy in a safe, confidential, judgment-free environment.</p>
<b>PDX Diaper Bank</b>	<p>info@pdxdiaperbank.org</p>	<p>Contact for Hours</p>	<p><u>Website Link</u></p> <p><b>Mailing</b> P.O. Box 22613, Portland OR</p> <p><b>Diaper Donation Shipping</b> 17788 SE Pine St, Portland, OR</p>	<p>Provides diapers/diapering supplies to low-income families with young children, older adults, and individuals with disabilities living in Portland and the surrounding areas. Access through partnered agencies.</p>
<b>Community Warehouse</b>	<p><b>PDX</b> (503) 235-8786</p>	<p><b>PDX Phone Hours</b> Mon – Fri, 9am– 4pm</p> <p><b>Donation Drop-off</b> Mon – Fri, 10 – 4; Sat, 11-4</p>	<p><u>Website Link</u></p> <p><b>Portland Furniture Bank</b> 3961 NE MLK Jr Blvd, Portland, OR</p>	<p>Furniture banks offer furniture and other household basic needs to low-income families.</p>

<p><b>Dress for Success</b></p>	<p>(503) 249-7300 oregon@dressforsuccess.org</p>	<p>Client Service Hours are by <b>appointment only.</b> <u>Mon-Thurs</u> 9am-5pm <u>Fri</u> 12pm-5pm</p>	<p><u>Website Link</u> 1532 NE 37th Ave. STE B Portland, OR</p>	<p>Provides support for women seeking employment. Offers professional attire.</p>
<p><b>Piccolina</b></p>	<p>(503) 505-5045</p>	<p>Mon-Fri 11am-4pm</p>	<p><u>Website Link</u> 4416 SE Woodstock Blvd Portland, OR</p>	<p>Second hand store for clothing and other children's needs, diapers, maternity, strollers etc.</p>
<p><b>PTA Clothing Center</b></p>	<p>(503) 234-3928</p>	<p><b>Clothing Center Hours</b> <b>Sept. 8th - April 27th</b> Mon - Thurs 10am - 1pm</p>	<p><u>Website Link</u> <b>Marshall High School Campus</b> 3905 SE 91st Ave, Rm B-60, Portland, OR</p>	<p>Free clothing and shoes available for students during the school year</p>
<p><b>Salvation Army</b></p>	<p>(971) 230-5300 Portland.BOH@usw.salvationarmy.org</p>	<p>Mon - Fri 9am - 4pm</p>	<p><u>Website Link</u></p>	<p>Online Thrift Store</p>
<p><b>St. Mark's Lutheran Church</b></p>	<p>(503) 777-1443</p>	<p><b>4th Saturday of each month</b>  12pm - 2pm</p>	<p><u>Website Link</u> 5415 SE Powell Blvd. Portland, Oregon</p>	<p>Children's Clothing Closet</p>
<p><b>Project Lemonade</b></p>	<p><b>General</b> (503) 395-3976 info@projectlemonadepdx.org  <b>Store, WISH and scheduling</b> schedule@projectlemonadepdx.org (503) 395-3976  <b>Internship and L+EARN</b> rebecca@projectlemonadepdx.org.</p>	<p><b>Tue - Fri</b> 10am - 5pm <b>Sat</b> 10am - 1pm</p>	<p><u>Website Link</u>  <b>Store &amp; Office</b> 1008 Lloyd Center Portland, OR <b>Lloyd Center Mall, 2nd Floor next to Visionworks</b></p>	<p>Services for youth in the foster care system. Clothing, back to school shopping, job training, and wish services - help fund activities such as attending camp or learning an instrument etc.</p>

## Domestic Violence and Sexual Assault

Program	Contact	Hours	Location	Services
<b>Bradley Angle House</b>	(503) 232-1528	Not available	<a href="#">Website Link</a> 5432 N. Albina Ave. Portland, OR	Supports survivors escape domestic violence and rebuild safe lives. Culturally specific services, LGBTQIA+ services, housing and financial services.
<b>The Gateway Center</b>	(503) 988-6400	Mon- Fri 9am - 4pm	<a href="#">Website Link</a> 10305 E Burnside St, Portland, OR	Offers one-on-one support virtually for those experiencing domestic violence.
<b>Call to Safety</b>	<p><b>Crisis Line (free and confidential)</b>            (503) 235-5333 or            1-888-235-5333            support@calltosafety.org</p> <p><b>SMS:</b> Text START to            88788</p> <p><b>Business Line:</b>            (503) 232-9751 (<b>other services, not confidential</b>)            info@calltosafety.org</p>	<b>Crisis Line 24/7 (confidential)</b>	<a href="#">Website Link</a> PO Box 42610 Portland, OR	<b>Crisis line (free and confidential)</b> , housing support, shelter, and other services to support those experiencing Domestic and/or Sexual violence
<b>Raphael House of Portland</b>	(503) 222-6507	<b>Office Hours:</b> Mon - Fri 9am - 5pm	<a href="#">Website Link</a> 4110 SE Hawthorne Blvd. #503 Portland, OR ***Mailing address only, our physical location is confidential.	Offers immediate safety services, shelters, and support services for survivors of domestic violence and/or sexual violence.
<b>Sexual Assault Resource Center (SARC)</b>	<p><b>Office:</b>            (503) 626-9100</p> <p><b>24 hour Support Line:</b>            503-640-5311 or            1-888-640-5311</p>	Support Line 24/7 (confidential)	<a href="#">Website Link</a> 4900 SW Griffith Dr, Ste 129 Beaverton, OR	Offers counseling, 24 hour support line, prevention education, latinx services, for survivors of sexual assault.

<p><b>Volunteers of America: Home Free</b></p>	<p><b>Main Office</b> (503) 235-8655 <a href="mailto:information@voaor.org">information@voaor.org</a></p> <p><b>Emergency Services Crisis Line</b> (503) 771-5503 <b>Toll Free</b> (888) 771-5503 emergencyservices@voaor.org</p> <p><b>Restraining Order Services</b> (503) 802-0506 <a href="mailto:homefreecourt@voaor.org">homefreecourt@voaor.org</a></p>	<p><b>Emergency Services Crisis Line</b> Mon - Fri 9am - 5pm</p> <p><b>Restraining Order Services</b> Mon - Fri</p>	<p><a href="http://voaor.org/home-free">voaor.org/home-free</a></p> <p>Mailing Address: 3910 SE Stark St, Portland, OR</p>	<p>Crisis line has Spanish and English speaking advocates. Restraining order services, support services, legal services, emergency services, housing etc. for Domestic Violence and Sexual Violence.</p>
<p><b>Victim Rights Law Center</b></p>	<p><b>Portland/Statewide</b> (503) 274-5477</p> <p><b>Toll Free</b> (855) 411-5477</p> <p><u>Legal assistance</u> intake line: x6 (extension)</p>	<p><b>Live intake hours:</b></p> <p><b>Mondays</b> 11am - 1pm <u>(English and Español)</u></p> <p><b>Tuesdays</b> 3pm - 5pm <u>(English)</u></p> <p><b>Wednesdays</b> 2 pm - 4pm <u>(English and Español)</u></p> <p><b>Fridays</b> 9am - 11am <u>(English)</u></p>	<p><a href="http://victimrights.org">victimrights.org</a></p> <p>610 SW Broadway, Ste 308 Portland, OR</p>	<p>Provides free, comprehensive legal services for sexual assault victims with civil legal issues</p>
<p><b>West Women and Children's Shelter (Salvation Army)</b></p>	<p>(503) 731-3900</p> <p><b>Hotline:</b> west.womens@gmail.com</p>	<p>Office Hours: 12am - 11:59pm, Sunday</p>	<p><a href="#">Website Link</a></p>	<p>Emergent and Non-emergency services for Women and Children experiencing Domestic Violence</p>

# Food Assistance

Program	Contact	Hours	Location	Services
<b>211 Info</b>	2-1-1 or 1-866-698-6155	24/7	<a href="#">Website Link</a>	Support with Resources including Food Assistance
<b>Baltazar Ortiz Family Center</b>	(503) 988-3509	Mon-Fri 8:30am-5pm	<a href="#">Website Link</a>  6736 NE Killingsworth St. Portland, OR Bldg ID:338 aka Ortiz Center <a href="#">Bus: #72</a>	Community Center
<b>Francis Center</b>	(503) 775-6784  franciscenterpdx@gmail.com	<b>Food Boxes available</b> Mon - Thurs 10am-2pm	6535 SE 82nd Ave, Portland, OR  <a href="#">Website Link</a>	Non-Profit Food and Clothing Pantry - All Free Services for people residing in zip codes : 97266, 97206, 97215, 97216
<b>Mainspring (Fish emergency Services)</b>	(503) 233-5533  kurban@mainspringpdx.org	<b>1st Tue 10am - 12pm</b> Dawson Park (Westside Gazebo near N Vancouver)  <b>2nd Weds at 9am-11am</b> East Portalnd Community Center  <b>3rd Tue 10am -12pm</b> Victory Outreach parkign lot 16022 SE Stark  <b>4th Tue 9am-12pm</b> Main Location  <b>Overnight Box Pick-Up - Mon-Thurs 9am -1pm</b> Main Location	<a href="#">Facebook Link</a>  <a href="#">Website</a>  <b>Main Location</b> 3500 NE 82nd Ave, Portland, OR <a href="#">Bus Lines</a> #24 and #72	Food Pantry offering pick up locations on 1st Tuesday, 2nd Wednesday, 3rd & 4th Tuesdays of the month at varying locations and times. pre-made overnight food boxes upon request at main location.
<b>Northeast Emergency Food Program</b>	(503) 284-5470  nefp@emoregon.org	**Limited due to COVID-19 Thurs - Sat 10:30 am- 1:30pm	<a href="#">Website Link</a>  <b>Luther Memorial Lutheran Church</b> 4800 NE 72nd Ave., Portland, OR <a href="#">Bus Lines</a> #71 & #72	Free food boxes

<p><b>Oregon Food Bank</b></p>	<p><b>Main Location</b> (503) 282-0555</p>	<p>Services and Locations Vary (check website)</p>	<p><u><a href="#">Website Link</a></u>  <b>Main Location</b> 7900 NE 33rd Dr. Portland, OR</p>	<p>Free Groceries, hot meals, Summer Meals for kids, Meals on Wheels, SNAP, etc. at varying locations (found on website)</p>
<p><b>Salvation Army Family Services</b></p>	<p><b>Salvation Army Moore Street Corps</b> (Portland Metro) (971) 340-4010</p> <p><b>Portland Tabernacle Corps</b> (503) 239-1224</p>	<p><b>Portland Metro</b> Weds-Fri 9am -1pm</p> <p><b>Portland Tabernacle Corps</b> Free Food Market 3rd Fri 12-1pm</p>	<p><u><a href="#">Website Link</a></u>  <b>(more locations listed here)</b></p> <p><b>Portland Metro</b> 5325 N Williams Ave, Portland, OR</p> <p><b>Portland Tabernacle Corps</b> 8495 SE Monterey Ave, Happy Valley, OR</p>	<p>Free Weekly Food Boxes/Food Markets Monthly</p>
<p><b>Temporary Assistance for Needy Families (TANF)</b></p>	<p>Help w/ Application call 211</p> <p>or at your local DHS office</p>	<p>varies by location</p>	<p><u><a href="#">Website Link</a></u>  Can access at your local DHS office</p>	<p>TANF provides cash benefits to low-income families with children for food, clothing, rent and utilities while they work toward self-sufficiency.</p>



## Health/Medical Care

Program	Contact	Hours	Location	Services
<b>211 Info</b>	2-1-1 or 866-698-6155	24/7	<a href="http://211.org">211.org</a>	Support with Resources including health and medical resources
<b>Children's Community Clinic</b>	(503) 284-5239	<b>Office Hours</b> Mon - Fri 9am - 5pm  <b>Walk-In Appts Available</b> Mon - Thurs 10am - 2pm (Please call first)  <b>Asthma/Allergy Specialty Clinic</b> 4pm-7pm on 2nd/4th Weds  <b>Young Adult Clinic</b> 1pm - 4pm on Weds	<b>Website Link</b>  2252 Lloyd Center, Portland, OR  <b>Lloyd Center Mall, 3rd floor</b> between Gentle Dental & Sears	Provides healthcare to children, 0-21 years, of families who are underserved (uninsured and underinsured), regardless of ethnicity, geographic residency or ability to pay. (see website for costs)
<b>Coalition of Community Health Clinics</b>	(503) 546-4991  info@coalition-clinics.org	n/a	<b>Website Link</b>  PO Box 40010, Portland, OR	Health and Housing, Advocacy, OHP Enrollment and support in access to health care
<b>Multnomah County Primary Care Clinics</b>	<b>Appointments</b> (503) 988-5558	Mon - Fri 7:30am - 5:30pm	<b>Website Link</b>  (see site for locations and hours)	Multnomah County provides low-cost family health care at 7 locations. We provide care to all residents, including those who are low-income and uninsured.
<b>Old Town Clinic (Central City Concern)</b>	<b>Clinic:</b> (503) 228-4533 <b>Pharmacy:</b> (503) 944-4465 <b>Appointments:</b> (971) 361-7888	<b>Clinic Hours:</b> <u>Mon, Tue, Thurs, Fri</u> - 8am-5pm <u>Weds</u> 9am-5pm  <b>Pharmacy Hours:</b> <u>Mon, Tue, Thurs, Fri</u> 8:30am - 5:30pm <u>Weds</u> 9:30am-5:30pm	<b>Website Link</b>  727 W Burnside St Portland, OR  <b>MAX</b> Green, Orange and Yellow lines <b>bus lines</b> 1, 2, 4, 8, 9, 12, 17, 19, 20, 30, 35, 36, 44, 54, 56, 94 or 99	Providers & treatment for acute and chronic health concerns/primary care, mental health support, care for substance use disorders and an on-site pharmacy

<p><b>Outside In Clinic</b></p>	<p><b>Medical Clinics</b> (503) 535-3860</p> <p><b>Pharmacy</b> (503) 535-3888 pharmacy@outsidein.org</p> <p><b>School Based Health Center – Milwaukie HS</b> (503) 353-5847 Ext. 38700</p> <p><b>Mobile Medical Outreach</b> (503) 535-3860</p> <p><b>Needle Exchange Downtown Portland</b> (503) 535-3826</p> <p><b>General</b> info@outsidein.org</p>	<p><b>Mon, Thurs, Fri</b> 8:30am-5pm</p> <p><b>Tues, Weds</b> 8:30am-7:30pm</p>	<p><b>Website Link</b></p> <p><b>Medical Clinic Downtown Portland Clinic</b> 1132 SW 13th Ave Portland, OR</p> <p><b>East Portland Clinic</b> 16144 E. Burnside St. Portland, OR</p> <p><b>School Based Health Center – Milwaukie HS</b> 2301 SE Willard St Milwaukie, OR</p> <p><b>Pharmacy Downtown Portland</b> 1132 SW 13th Ave Portland, OR</p> <p><b>Needle Exchange Downtown Portland</b> 1219 SW Main St Portland, OR</p>	<p>Provides medical services including transgender and gender non-conforming individuals, Physical, mental health, youth services including LGBTQIA+ youth. Pharmacy on site. Needle exchange.</p>
<p><b>Partnership for Prescription Assistance → Medicine Assistance Tool</b></p>	<p>(571) 350-8643</p> <p><a href="#">Contact Link</a></p>	<p>n/a</p>	<p><a href="#">Website Link</a></p>	<p>MAT, the Medicine Assistance Tool, matches patients with resources and cost-sharing programs that may help lower out-of-pocket costs, regardless of insurance status.</p>
<p><b>Planned Parenthood</b></p>	<p><b>Appointments</b> (888) 875-7820</p> <p>plannedparenthood.org</p>	<p><b>NE Portland</b> <u>Tues</u> 10am-4:30pm <u>Weds-Sat</u> 7:30am - 3:30pm</p> <p><b>Elsie H. Hillman</b> <u>Mon, Fri, Sat</u> 8am-3:30pm <u>Tues, Thurs</u> 10am-5:30pm <u>Weds</u> 9am-3:30pm</p>	<p><a href="#">Website Link</a></p> <p><b>NE Portland Clinic</b> 3727 NE Martin Luther King Jr Blvd, Portland, OR</p> <p><b>Elsie H. Hillman East Clinic</b> 14601 SE Division St, Portland, OR</p>	<p>Provides basic health care needs, reproductive health care.</p>
<p><b>Quest Center for Integrative Health - Multnomah</b></p>	<p>(503) 238-5203</p> <p>info@quest-center.org</p>	<p>Mon-Fri 8am-5pm</p>	<p><a href="#">Website Link</a></p> <p>2901 E. Burnside Portland, OR bus line #19 &amp; #20</p>	<p>Integrated behavioral and physical health services; HIV services, pain management, medical care and mental health care.</p>

<b>Ride to Care</b>	(503) 416-3955	<b>24</b> hours a day, <b>7</b> days a week, <b>365</b> days a year	<a href="#">Website Link</a>	Provides free non-emergent (not for an emergency) medical transportation. include vehicle-provided shared rides, public transportation passes or mileage reimbursement
<b>Wallace Medical Concern</b>	<b>Administrative Office</b> (503) 489-1760  <b>Nurse Line</b> (503) 489-1760	Mon-Fri 8am-5pm	<a href="#">Website Link</a>  <b>Rockwood Dental &amp; Medical Clinic</b> 18633 SE Stark St., Ste. 401 Portland, OR  <b>Rosewood Dental Clinic</b> 18139 NE Couch St. Portland, OR	Low-cost medical and dental care

# Housing

Program	Contact	Hours	Location	Services
<b>Community Alliance of Tenants</b>	<b>Renter's Rights Hotline</b> (503) 288-0130 hotline@oregoncat.org	<b>Hotline Hours</b> <u>Mon, Weds, Fri, Sat</u> 1pm-5pm <u>Tue</u> 6pm-8pm	<a href="#">Website Link</a>	Oregon's only statewide, grassroots, tenant-controlled, tenant-rights organization. CAT educates, organizes and develops the leadership of low-income tenants through education and advocacy
<b>Habitat for Humanity</b>	<b>Habitat Office</b> (503) 287-9529 info@habitatportlandregion.org <b>ReStore Donation Hotline</b> (971) 229-8888 <b>Restore Office</b> (503) 283-6247	Mon. – Fri 8:30am – 4:30pm	<b>Habitat for Humanity</b> <a href="#">Website Link</a> P.O.Box 11527 1478 NE Killingsworth St Portland, OR <b>Portland ReStore</b> <a href="#">Website Link</a> 10445 SE Cherry Blossom Dr Portland, OR	Provides affordable homeownership and home repair opportunities to individuals and families across the Portland region. ReStore is renovation materials, furniture etc.
<b>Hacienda Community Development Corporation</b>	<b>Office</b> (503) 595-2111 <b>Housing</b> (503) 961-6432 <b>Real Estate Development</b> (971) 373-8514 <b>Youth &amp; Family Services</b> (503) 961-6419	Mon - Thurs 9am-5pm	<a href="#">Website Link</a> 6700 NE Killingsworth St. Portland, OR	Hacienda CDC is a Latino Community Development Corporation that strengthens families by providing affordable housing, homeownership support, economic advancement and educational opportunities
<b>Our Just Future (formerly Human Solutions)</b>	<b>Portland</b> (503) 548-0200 <b>Gresham</b> (503) 405-7875	<b>General</b> Mon-Fri 8am-5pm	<a href="#">Website Link</a> <b>Gateway Office (PDX) &amp; Mailing</b> 10550 NE Halsey St Portland, OR <b>Rockwood Office in (Gresham)</b> 124 NE 181st Ave. Ste 109 Gresham, OR	Develops affordable rental housing, manages real estate assets comprehensive resident services including utility assistance, housing, shelters, and job support

<p><b>Home Forward (Housing Authority)</b></p>	<p><b>Main</b> (503) 802-8300 info@homeforward.org</p> <p><b>Property Management</b> (503) 280-3750</p> <p><b>Rent Assistance</b> (503) 802-8333</p>	<p><b>New Market West</b> Mon-Thurs 8am-4pm</p> <p><b>Hollywood East</b> Mon-Fri 9am-4pm</p>	<p><u>Website Link</u></p> <p><b>New Market West</b> 135 SW Ash St, Portland, OR</p> <p><b>Hollywood East</b> 1605 NE 45th Ave, Portland, OR</p>	<p>Housing assistance, rental assistance, low income housing, housing vouchers, and fair housing.</p>
<p><b>Impact NW</b></p>	<p><b>General Questions &amp; Housing</b> (503) 721-1740</p> <p><b>Energy Assistance</b> (503) 294-7444</p> <p><b>Youth &amp; Family</b> (503) 721-6777</p> <p><b>Senior Services</b> (503) 721-6760</p>	<p>Mon-Thurs 8am-6pm</p>	<p><u>Website Link</u></p> <p><b>Dancing Tree Family Center</b></p> <p><u>Physical Address</u> 10055 E Burnside Portland, OR</p> <p><u>Mailing Address</u> PO Box 33530, Portland, OR 97292</p>	<p>Preventing Homelessness through, housing assistance, recovery assistance, utility assistance, and food access,</p>
<p><b>Rose Community Development</b></p>	<p>(503) 788-8052 info@rosecdc.org</p>	<p>Mon-Fri 9am-5pm</p>	<p><u>Website Link</u></p> <p>5215 SE Duke St. Portland, OR</p>	<p>Builds affordable homes and community to make outer SE neighborhoods strong and equitable. Housing listings available, and other assistance.</p>
<p><b>Transition Projects, Inc.</b></p>	<p>Main (503) 280-4700</p>	<p>Mon-Fri 9am-5pm</p>	<p><u>Website Link</u></p> <p><b>In Bud Clark Commons bldg.</b> 665 NW Hoyt St Portland, OR</p> <p><u>Service Locations List</u></p>	<p>Housing assistance, houseless services, shelters, transitional housing, supporting families, services to approach barriers from homelessness to housing</p>

## Low-Cost Counseling Services

Program	Contact	Hours	Location	Services
<b>Allies in Change Counseling Center</b>	(503) 297-7979 Allies@AlliesinChange.org	<b>West &amp; East</b> <u>Mon-Thurs</u> 9am-7pm <u>Fri</u> - 9am-5pm	<u>Website Link</u>  <b>West Portland</b> 1675 SW Marlow Ave, Ste 110, Portland, OR  <b>East Portland</b> 335 NE 18th Ave, Portland, OR	Offers individual counseling, couples counseling, and group counseling for men and women struggling with a variety of issues, including relationship issues, rebuilding trust, anger, depression, stress, anxiety, significant life transitions, PTSD, etc.
<b>Asian Health Center and Service Center</b>	info@ahscpdx.org  <b>PDX</b> (503) 872-8822  <b>Beaverton</b> (503) 772-5880	Mon-Fri 8:30am-5pm	<u>Website Link</u>  <b>Portland Office</b> 9035 SE Foster Rd. Portland, OR  <b>Beaverton Office</b> 3800 SW Cedar Hills Blvd. #196 Beaverton, OR	Reduce health inequity and improve health care quality for all Asians. Including, Community health and wellness, Asian Cancer Support, and Mental health.
<b>Avel Gordly Center for Healing</b>	<b>New patients</b> (503) 418-5311  <b>Returning patients</b> (503) 494-4745	Mon-Fri 8am-5pm	<u>Website Link</u>  621 SW Alder St. Ste 520, Portland, OR	Mental health center culturally specific to African American and African communities. individual, group, marital, couples, and family therapy. Trauma informed, medication management.
<b>Catholic Charities - Intercultural Counseling Center</b>	(503) 238-5196  counseling@ccoregon.org	Mon-Fri 8:30am-5pm	<u>Website Link</u>  2740 SE Powell Blvd, Portland, OR	Supports families in creating lasting change and healthy relationships through trauma-informed and culturally sensitive mental and emotional support

<p><b>Cascadia Behavioral Healthcare</b></p>	<p><b>General</b> (503) 238-0769 info@cascadiabhc.org</p> <p><b>Mental Health Crisis Line</b> (503) 988-4888</p> <p><b>Cascadia Access, Information &amp; Referral (CAIR)</b> (503) 674-7777</p> <p><b>Plaza Health Center SE Portland</b> (503) 230-9654</p> <p><b>Garlington Health Center - NE Portland</b> (503) 283-3763</p> <p><b>Clackamas Health Center – Milwaukie</b> (503) 303-4000</p> <p><b>Woodland Park</b> (503) 253-6754</p>	<p><b>Mental Health Crisis Line 24/7</b></p> <p><b>Plaza Health Center SE Portland</b> <u>Mon</u> 9am-6pm <u>Tues-Fri</u> 9am-5pm <b>Plaza Mental Health Urgent Walk in Clinic</b> <u>Open 7 days a week</u> 9am-9pm</p> <p><b>Garlington Health Center - NE Portland</b> <u>Mon &amp; Tues</u> 8:30am-6pm <u>Weds &amp; Thurs</u> 8:30am - 6:45pm <u>Fri</u> 8:30am-5pm</p> <p><b>Clackamas Health Center – Milwaukie</b> <u>Mon &amp; Fri</u> 8:30am-5:30pm <u>Tues-Thurs</u> 8:30am-6:30pm <u>Sat.</u> 8:30am-2pm</p> <p><b>Woodland Park</b> Mon-Fri 8:30am-5pm</p>	<p><u>Website Link</u></p> <p><b>Cascadia Plaza Health Center - SE Portland</b> 4212 SE Division St. (SE 43rd and Division) <b>Mental Health Urgent Walk in Clinic</b> (Ste 101)</p> <p><b>Cascadia Garlington Health Center - NE Portland</b> 3036 NE Martin Luther King, Jr. Blvd.</p> <p><b>Cascadia Clackamas Health Center – Milwaukie</b> 17070 SE McLoughlin Blvd.</p> <p><b>Cascadia Woodland Park Health Center</b> 10373 NE Hancock St., Ste 200</p>	<p>Mental health services, walk in services, crisis intervention, recovery services, primary care and peer wellness. Sliding scale pricing available for uninsured based on income.</p>
<p><b>Conexiones</b></p>	<p>(503) 327-8205</p>	<p>Mon-Fri 9am-5pm</p>	<p><u>Website Link</u></p> <p>3500 NE Martin Luther King Jr Blvd Ste 200, Portland, OR 97212</p>	<p>Team of bilingual (Spanish-English) mental health providers who offer multicultural counseling and trauma healing services outpatient counseling. Individual and family therapy Couples therapy. Group therapy. Psychiatric evaluations and medication management in both English and Spanish. Clinical Support Services.</p>

<p><b>Family Medicine at Richmond OHSU</b></p>	<p>(503) 418-3900</p>	<p>Mon - Fri 8am-8pm Sat 9am-1pm</p>	<p><a href="#">Website Link</a> 3930 S.E. Division St Portland OR</p>	<p>Primary care clinic that offers mental health support amongst other health care services</p>
<p><b>Lifeworks NW</b></p>	<p><b>New Appointments</b> (503) 645-9010 (Toll-Free) (888) 645-1666 intakereferrals@lifeworksnw.org.</p> <p><b>NE Portland – MLK</b> (503) 288-8066</p> <p><b>Project Network</b> (503) 335-0855</p> <p><b>Rockwood</b> (971) 727-8026</p> <p><b>St. Johns</b> (503) 283-4776</p> <p><b>Sylvan</b> (503) 645-3581</p>	<p><b>NE Portland – MLK</b> <u>Mon.-Thurs.</u> 8am-6pm <u>Fri</u> - 8am-5pm</p> <p><b>Project Network</b> Residential site 24 hours daily</p> <p><b>Rockwood</b> <u>Mon-Fri</u> - 8am-6pm</p> <p><b>St. Johns</b> <u>Mon-Thurs</u> 8am-1pm</p> <p><b>Sylvan</b> <u>Mon.-Fri</u> 8am-4:30pm Closed for lunch 12pm-12:30pm</p>	<p><a href="#">Website Link</a></p> <p><b>NE Portland – MLK</b> 3716 NE MLK Jr. Blvd Portland, OR</p> <p><b>Project Network</b> 3655 NE Garfield Portland, OR</p> <p><b>Rockwood</b> 18417 SE Oak Street Portland, OR</p> <p><b>St. Johns</b> 8425 N. Lombard St Portland, OR</p> <p><b>Sylvan</b> 5415 SW Westgate Dr, Portland, OR</p>	<p>Offers mental health services for children-adult ages, individual and family therapy. Offer holistic health care in addition. Inpatient mental health services(Project Network) for Women culturally specific for African American women, with or without children.</p>
<p><b>OHSU Intercultural Psychiatry Program</b></p>	<p>(503) 494-4222</p>	<p>Mon - Fri 8am to 5pm</p>	<p><a href="#">Website Link</a> 2214 Lloyd Center, Portland, OR</p>	<p>culturally sensitive mental health services to immigrant and refugee communities. individual and group therapy as well as psychiatric evaluations, medication management, and case management in collaboration with primary care providers, and various community services.</p>
<p><b>Umbrella LGBTQ Community Counseling</b></p>	<p>(503) 234-7837 Info@pdxqcenter.org</p>	<p>Tues-Sat - 9:30am-5:30pm Mon - 12pm-4pm</p>	<p><a href="#">Website Link</a> 4115 N. Mississippi Ave Portland, OR</p>	<p>Community Center for LGBTQ2SIA+, support and peer groups for .Clubs, support groups, events, senior services.</p>



# Multicultural Services

Program	Contact	Hours	Location	Services
<p><b>EI Programa Hispano</b></p>	<p>(503) 669-8350 communications@ elprograma.org</p>	<p>Mon-Fri 8:30am- 4:45pm</p>	<p><a href="#">Website Link</a> 333 SE 223rd Ave #100, Gresham, OR</p>	<p>Programming areas: education, from early childhood to adulthood, housing, community wellness, UNICA, the first bilingual/bicultural domestic violence/sexual assault prevention and intervention program, and economic opportunities. Serves Multnomah, Clackamas, and Washington counties.</p>
<p><b>IRCO</b></p>	<p><b>Main Office</b> (503) 234-1541</p> <p><b>Africa House</b> (503) 802-0082</p> <p><b>Pacific Islander and Asian Family Center</b> (503) 235-9396</p> <p><b>Sokhom Tauch Community Center</b> (971) 271-6441</p> <p><b>IRCO COVID-19 HOTLINE:</b> (503) 374-9500</p> <p><b>Vietnamese, Russian, Ukrainian, French and Sango</b> <u>Mon-Fri</u> 8:30AM-5:00PM</p> <p><b>Tigrinya</b> <u>Mon &amp; Wed</u> 8:30AM-3:00PM <u>Friday</u> 8:30AM-5:00PM</p>	<p>Mon-Fri 8:30am- 5pm</p> <p>(see specific locations for further info)</p>	<p><a href="#">Website Link</a></p> <p><b>Main Office</b> 10301 NE Glisan St. Portland, OR</p> <p><b>Africa House</b> 709 NE 102nd Ave Portland, OR</p> <p><b>Pacific Islander &amp; Asian Family Center</b> 8040 NE Sandy Blvd. Portland, OR</p> <p><b>Sokhom Tauch Community Center</b> 10323 NE Glisan St. Portland, OR</p>	<p>Immigrant and Refugee Community Organization providing more than 200 culturally and linguistically specific social services, employment, vocational training, English language learning, community development, early childhood and parenting education, youth academic support and gang prevention *** COVID-19 TESTING</p>
<p><b>ImpactNW</b></p>	<p><b>General Questions &amp; Housing</b> (503) 721-1740</p> <p><b>Energy Assistance</b> (503) 294-7444</p> <p><b>Youth &amp; Family</b> (503) 721-6777</p> <p><b>Senior Services</b> (503) 721-6760</p>	<p>Mon-Fri 9am – 5pm</p>	<p><a href="#">Website Link</a> 4610 SE Belmont St Portland, OR</p>	<p>Multicultural services offered - service to end homelessness, through family services, community services, youth, senior, housing etc.</p>

<p><b>Jewish Family and Child Services</b></p>	<p>(503) 226-1130 info@JFCS-Portland.org</p>	<p><u>Mon-Thurs</u> 9am-5pm <u>Friday</u> 9am-2pm</p>	<p><u>Website Link</u> 1221 SW Yamhill, Ste 301 Portland, OR</p>	<p>Holocaust survivor services, counseling, emergency assistance, disability support services,</p>
<p><b>Lines for Life</b></p>	<p><b>Lines for Life</b> info@LinesForLife.org (503) 244-5211</p> <p><b>Racial Equity Support Line</b> (503) 575-3764</p> <p><b>988 LIFELINE</b> Call &amp; Text 988</p> <p><b>Oregon Behavioral Health Support Line</b> (800) 923-4357</p> <p><b>Alcohol &amp; Drug Helpline</b> (800) 923-4357 Text RecoveryNow to 839863</p> <p><b>YOUTHLINE</b> Call (877) 968-8491 Text teen2teen to 839863 Chat at www.oregonyouthline.org</p> <p><b>SENIOR LONELINESS LINE</b> Call (503) 200-1633</p>	<p><b>Lines for Life</b> 24/7</p> <p><b>Racial Equity Support Line</b> 10am-7pm</p> <p><b>988 LIFELINE</b> Call &amp; Text 24/7/365</p> <p><b>Oregon Behavioral Health Support Line</b> 24/7/365</p> <p><b>Alcohol &amp; Drug Helpline</b> Call - 24/7/365 Text Mon-Fri 2-6pm</p> <p><b>Youthline</b> Teens available from 4-10pm PT (off-hour calls answered by Lines for Life)</p>	<p><u>Website Link</u></p> <p><b>Administrative Office</b> 5100 S Macadam Ave, Ste 400 Portland, OR</p>	<p>Dedicated to preventing substance abuse and suicide. Culturally specific services available.</p>
<p><b>Language Line Solutions</b></p>	<p>(800) 752-6096 CustomerCare@LanguageLine.com</p> <p><u>Contact Online (click here)</u></p> <p><b>Translation call</b> (800) 878-8523</p> <p><b>Translation Email</b> Translation@LanguageLine.com</p>	<p>n/a</p>	<p><u>Website Link</u></p>	<p>Access to more than 11,000 trained and qualified interpreters in more than 240 languages anywhere, anytime in voice and video. Expert translation and localization services, as well as interpreter testing and training</p>

**NARA (Native American Rehabilitative Association)**

**NARA Administration  
Oyate Building**  
(503) 224-1044  
mail:info@naranorthwest.org

**NARA Indian Health  
Clinic**  
(503) 230-9875

**NARA Outpatient  
Treatment**  
(503) 231-2641

**NARA Residential  
Treatment Center**  
(503) 621-1069

**NARA Dental Clinic**  
(971) 347-3009

**NARA Wellness  
Center and Youth  
Center**  
(971) 279-4800

**NARA  
Administration, Child  
& Family Services**  
(503) 224-1044

**NARA  
Administration  
Oyate Building**

**NARA Indian  
Health Clinic**  
Mon-Fri - 8am-5pm

**NARA Outpatient  
Treatment**  
Mon-Fri - 8am-5pm

**NARA Residential  
Treatment Center**  
24/7

**NARA Dental  
Clinic**  
Mon-Fri 7am-6pm

**NARA Wellness  
Center and Youth  
Center**  
Mon-Fri 8am-5pm

**NARA  
Administration,  
Child & Family  
Services**  
Mon-Fri 8am-5pm

Website Link

**NARA Administration  
Oyate Building**  
1776 SW Madison  
Portland, OR

**NARA Indian Health  
Clinic**  
703 NE Hancock St,  
Portland, OR

**NARA Outpatient  
Treatment**  
1631 SW Columbia St,  
Portland, OR

**NARA Residential  
Treatment Center**  
17645 NW St Helens Rd,  
Portland, OR

**NARA Dental Clinic**  
12750 SE Stark St. Bldg  
E, Portland, OR

**NARA Wellness Center  
and Youth Center**  
12360 E Burnside St,  
Portland, OR

**NARA Administration,  
Child & Family Services**  
620 NE 2nd St,  
Gresham, OR

Provides education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need

**NAYA (Native American Youth and Family Center)**

(503) 288-8177

**WINTER HOURS:**  
Mon-Fri  
9am-4:30pm

Website Link

5135 NE Columbia Blvd,  
Portland, OR

Buildings closed due to COVID-19 - Services held virtually

College and Career Services, Community Economic Development, Community Engagement, Critical Services, Elder Services, Foster Care Support, Health Equity Housing, Homeownership, Many Nations Academy, Youth and Education for Native/Indigenous People

**SEI (Self  
Enhancement  
Institute)**

**Community & Family  
Programs**

(503) 285-0493

**Center for Self-  
Enhancement**

(503) 249-1721

**Anti Domestic and Sexual  
Violence Hotline**

(503) 972-3698

healingspace@self  
enhancement.org

**Energy Appointment Line**

(503) 713-5590

**Short Term Rent  
Assistance Line**

(503) 713-5590

**Energy Resource Line**

(503) 240-0828

**Community &  
Family Programs**

**Mon. - Thurs**

8:30am - 5:30pm

**Fri.**

8:30am - 12pm

**Center for Self-  
Enhancement**

Mon - Fri.

9am - 5pm

Website Link

**Community &  
Family Programs**

2205 NE Columbia  
Blvd.

Portland, OR

**Center for Self-  
Enhancement**

3920 North Kerby  
Ave

Portland, OR

SEI is a c resource  
for youth and  
families, primarily  
African Americans  
and others living in  
poverty or seeking  
culturally responsive  
services,  
utility/housing  
support family and  
youth programs etc.

# Recovery Services

Program	Contact	Hours	Location	Services
<p><b>Alcohol and Drug 24-Hour Helpline</b></p>	<p><b>Call</b> (800) 923-4357</p> <p><b>Text</b> RecoveryNow to 839863</p>	<p><b>Call</b> 24/7</p> <p><b>Text</b> Mon-Fri 2pm- 6pm</p>	<p><a href="#">Website Link</a></p>	<p>Hotline for those experiencing/experienced substance dependency.</p>
<p><b>Alcoholics Anonymous</b></p>	<p><b>Portland Area Intergroup</b> (503) 223-8569 – 24 hours office@pdxaa.org</p> <p><b>Reuniones en Español Oficina Intergruppal de Portland</b> (503) 395-7188</p>	<p><b>Business Hours</b></p> <p>Mon-Fri 9am-5pm,  closed holidays</p>	<p><a href="#">Website Link</a></p> <p><b>ALL ACTIVE MEETINGS/LOCATIONS</b></p> <p><a href="#">Alcoholicos Anonimos En Oregon</a></p> <p><b>Portland Area Intergroup</b> 825 NE 20th Ave., Ste 200 Portland, OR</p>	<p>Support group/community for those who have found a solution to their drinking problem. Anonymous, no paid counselors, self-supporting, inclusive, non-political, not promoting a specific religion, available almost anywhere in the US.</p>
<p><b>Cascadia Behavioral Healthcare</b></p>	<p><b>Make an Appointment or Referral</b> (503) 674-7777</p>	<p>Mon-Fri 9am-5pm</p>	<p><a href="#">Website Link</a></p> <p><b>Clackamas</b> 17070 SE McLoughlin Blvd., Portland, OR</p> <p><b>Garlington Health Center</b> 3036 NE Martin Luther King, Jr. Blvd. Portland, OR</p> <p><b>Plaza Health Center</b> 4212 SE Division St. Portland, OR</p> <p><b>Woodland Park Health Center</b> 10373 NE Hancock St, Ste 200, Portland, OR</p>	<p>Substance Abuse support, recovery, medication supported recovery.</p>
<p><b>FORA Health (previously De Paul Treatment)</b></p>	<p>(503) 535-1151</p>	<p>Mon-Fri 8:00am- 5:30pm</p>	<p><a href="#">Website Link</a></p> <p><b>Adult Services &amp; Admin</b> 10230 SE Cherry Blossom Dr. Portland, OR</p> <p><b>Hillsboro Outpatient</b> 205 SE 3rd Avenue, Ste 100 Hillsboro, OR</p>	<p>Provides a variety of services regarding recovery including in patient, outpatient, family therapy, medication therapy, medically monitored, same day services etc.</p>

<p><b>Quest Center for Integrative Health - Flanders</b></p>	<p>(503) 238-5203</p> <p>info@quest-center.org</p> <p><b>Referrals</b> FSRreferral@quest-center.org</p>	<p>Mon-Fri 8:30am-5pm</p>	<p><u>Website Link</u></p> <p><b>Finding and Sustaining Recovery Program</b> 2720 NE Flanders St. Portland, OR</p>	<p>Services include alternative medicine/treatment, peer support, support groups and individual therapy, wellness movement, sober housing</p>
<p><b>Salvation Army ARC (Adult Rehabilitation Center) - Bridgeway of Hope</b></p>	<p>(971) 230-5300</p> <p>Portland.BOH@usw.salvationarmy.org</p>	<p>Mon-Fri 9am - 4pm</p>	<p><u>Website Link</u></p> <p>6855 NE 82nd Ave Portland, OR</p>	<p>Provide up to 24 months of safe, sober and supportive living for those with limited housing opportunities. This program is for those who have gone through a recovery program and want to move to the next step of their recovery journey.</p>
<p><b>Serenity Lane</b></p>	<p>1-800-543-9905</p>	<p><b>SE Portland Location</b></p> <p><b>Office Hours</b> <u>Mon-Thurs</u> by appt only <u>Friday</u> 9am-5pm</p> <p><b>SW Portland Location</b> <u>Mon-Fri</u> appointment only</p> <p>***see website for specific days/times</p>	<p><u>Website Link</u></p> <p><b>SE Portland</b> 12662 SE Stark, Plaza 125 Bldg. A. Portland, OR</p> <p><b>SW Portland</b> 10920 SW Barbur Blvd, Portland, OR</p>	<p>Different forms of outpatient treatment for substance dependency.</p>
<p><b>CODA Drug Treatment Services</b></p>	<p>(855) SEE-CODA (855) 733-2632</p> <p><u>Get Help Form</u></p>	<p>see location info</p>	<p><u>Website Link</u></p> <p><u>Click here for Location Info</u></p>	<p>Residential treatment, opioid treatment program, outpatient treatment, supported housing.</p>
<p><b>Letty Owings Center (Central City Concern)</b></p>	<p>(971) 352-8740</p> <p>(503) 235-3546</p>	<p>n/a</p>	<p><u>Website Link</u></p> <p>Location not disclosed</p>	<p>Residential treatment for recovery while pregnant, children can live onsite with the parent. services include group/individual counseling, medical staff to help with pregnancy and birth plans, medication management, education resources such as parenting ed. and more.</p>

**Central City  
Concern  
(Recovery  
Services)**

**Main**  
(971) 361-7888

**Blackburn Center:  
Recovery  
Services**  
(971) 361-7700

**CCC Recovery  
Center**  
(503) 944-4410

**Hooper  
Detoxification  
Stabilization  
Center**  
(503) 238-2067

**Imani Center**  
(503) 226-4060

**Old Town  
Recovery**  
(503) 228-7134

**Puentes**  
(503) 546-9975

**Blackburn Center:  
Recovery Services**  
Mon, Tues, Thurs, Fri -  
8am-5pm  
Weds - 9am-5pm

**CCC Recovery Center**  
Mon-Fri  
8:30am-4:30pm

**Hooper Detoxification  
Stabilization Center**  
**Inpatient:**

Admission is from  
**Mon-Fri**  
**6:45 to 7:45am**

**Outpatient:**  
**Mon-Fri**  
1-4pm  
**Business hours: Mon-  
Fri**  
10am to 4pm

**Imani Center**  
Mon-Fri -  
8am-4:30pm  
closed noon-1pm

**Old Town Recovery**  
**Phone hours:**  
Mon-Fri  
8:30 am-5 pm  
**Walk-in hours:**  
Mon-Fri 9am-5pm

**Puentes**  
Mon-Fri - 9am-5pm

[Website Link](#)

**Blackburn Center:  
Recovery Services**  
12121 E Burnside St.  
Portland, OR

**CCC Recovery  
Center**  
726 W Burnside St.  
Portland, OR

**Hooper  
Detoxification  
Stabilization Center**  
1535 N Williams Ave.  
Portland, OR

**Imani Center (Black  
and AA comm.)**  
709 NW Everett St.  
Portland, OR

**Old Town Recovery**  
33 NW Broadway  
Portland, OR

**Puentes  
(Latinx/Hispanic  
comm.)**  
Location not  
disclosed

Variety of recovery  
services and  
treatment

**Lifeworks NW**

**New  
Appointments**  
(503) 645-9010  
(Toll-Free)  
(888) 645-1666  
intakereferrals@  
lifeworksnw.org.

**NE Portland –  
MLK**  
(503) 288-8066

**Project Network**  
(503) 335-0855

**Rockwood**  
(971) 727-8026

**St. Johns**  
(503) 283-4776

**Sylvan**  
(503) 645-3581

**NE Portland – MLK**  
Mon.-Thurs. 8am-6pm  
Fri. 8am-5pm

**Project Network**  
Residential site  
24 hours daily

**Rockwood**  
Mon-Fri - 8am-6pm

**St. Johns**  
Mon-Thurs 8am-1pm

**Sylvan**  
Mon.-Fri  
8am-4:30pm  
Closed for lunch 12pm-  
12:30pm

[Website Link](#)

**NE Portland – MLK**  
3716 NE MLK Jr. Blvd  
Portland, OR

**Project Network**  
3655 NE Garfield  
Portland, OR

**Rockwood**  
18417 SE Oak Street  
Portland, OR

**St. Johns**  
8425 N. Lombard St  
Portland, OR

**Sylvan**  
5415 SW Westgate  
Dr,  
Portland, OR

Youth and Adult  
recovery services

## Youth and Family Services

Program	Contact	Hours	Location	Services
<b>Access Center (Janus Youth)</b>	(503) 432-3986	365 days/year 9am-5pm by phone	<a href="#">Website Link</a> 1635 SW Alder Street, Portland, Or	Single point-of-entry for youth ages 16 to 24 who are experiencing homelessness in Multnomah County. Provides immediate crisis support and access to a wide array of community services. Youth seeking services have immediate access to basic needs and safe shelter off the streets
<b>Albertina Kerr Center</b>	<b>Access Services</b> (503) 408-4705  <b>General Info</b> (503) 239-8101	Mon - Fri 8am-5pm	<a href="#">Website Link</a> 424 NE 22nd Avenue Portland, OR	Offers children, teens and family mental health services and services for people with Intellectual & Developmental Disabilities (I/DD) Including residential services for those with I/DD.
<b>Bridge House (Janus Youth)</b>	(503) 341-0839  Send application to <a href="mailto:bridgehouse@janusyouth.org">bridgehouse@janusyouth.org</a>	24/7  Office Hours Mon-Fri 9am-5pm	<a href="#">Website Link</a>	Transitional Living Program. Provides a 24/7 supervised home environment for seven youth ages 16 to 22 who are experiencing homelessness in Multnomah County. Bridge House also serves pregnant or parenting youth with children under the age of two. <b>(typically a one to two month wait list)</b>
<b>CARES NW</b>	(503) 276-9000	Mon-Fri 8am-5pm	<a href="#">Website Link</a> 2800 N. Vancouver Avenue, Ste 201 Portland, OR	Child Abuse Response and Evaluation Services (CARES). stop child abuse and neglect through multidisciplinary prevention, medical evaluation, and ongoing treatment



<p><b>Insights Teen Parent Service</b></p>	<p>(503) 239-6996</p>	<p>Mon-Fri 9am-5pm</p>	<p><a href="#">Website Link</a> 4900 NE Glisan St. Portland, OR</p>	<p>Healthy Families &amp; SEEDS home visiting programs, child welfare and foster care program, housing programs, Christina Project - parents under age 22 who have experienced intimate partner violence and school programs.</p>
<p><b>Impact NW</b></p>	<p><b>General</b> (503) 721-6766 <b>Early Childhood Dev.</b> (503) 721-6777 <b>Community Schools</b> (503) 721-6778 <b>Job Training for Teens</b> (503) 721-6750 <b>Programs for Youth Ages 5-21</b> (503) 721-6752</p>	<p>Mon-Fri 9am-4pm</p>	<p><a href="#">Website Link</a> <b>Brentwood-Darlington Community Center</b> 7211 SE 62nd Ave Portland, OR</p>	<p>Offers support services for youth to graduate high school/transition into adult life successfully. See range of programs on website. Youth and Family services and Early Development.</p>
<p><b>Juvenile Rights Project, Inc.</b></p>	<p>(503) 232-2540</p>	<p>Mon - Fri 8:30am-12pm, 1pm-5PM</p>	<p><a href="#">Website Link</a> 1785 NE Sandy Blvd, Suite 300 Portland, OR</p>	<p>Non-profit law firm for youth and families. Support: Community Resources, Delinquency, Emancipation, Expunction for Juvenile Records, Family Defense Project Find a Lawyer, Foster Care</p>
<p><b>Kinship House</b></p>	<p>(503) 460-2796 <b>Intake Coordinator</b> (503) 724-1086 Intake@KinshipHouse.org.</p>	<p>Mon-Fri 8am-5pm</p>	<p><a href="#">Website Link</a> 1823 NE 8th Ave. Portland, OR</p>	<p>provides comprehensive outpatient therapy and advocacy for children experiencing foster care and adoption. Therapy, Advocacy and Psychiatry</p>
<p><b>Morrison Child and Family Services</b></p>	<p><b>General (Sandy)</b> (503) 258-4200 <b>General (Portland)</b> (503) 258-4555 <b>Clinic-Based Outpatient Central Intake Department</b> 503-258-4381 or centralintake@morrisonkids.org <b>Counterpoint Day Treatment</b> (503) 736-6634</p>	<p>Mon-Fri 8am-5pm</p>	<p><b>Sandy Boulevard Offices (Portland)</b> 11035 NE Sandy Blvd Portland, OR <b>Portland Office</b> 1507 NE 122nd Portland, OR</p>	<p>Trauma-informed, culturally-responsive programs, prevention, outpatient, community &amp; school programming, Day treatment, foster care and respite, residential, shelter and unification services.</p>

<p><b>Multnomah Early Childhood Program (MECP)</b></p>	<p>(503) 261-5535</p>	<p>n/a</p>	<p><u><a href="#">Website Link</a></u> 5208 NE 122nd Ave, Portland, OR 97230</p>	<p>(MECP), under the David Douglas School District, provides early intervention and early childhood special education services to children birth to age five in Multnomah County. serves families in all eight school districts</p>
<p><b>New Avenues for Youth (NAFY)</b></p>	<p><b>Main</b> (503) 224-4339 info@newavenues.org  <b>Youth Opportunity Center</b> (971) 754.4350</p>	<p><b>Main Location Hours</b> <u>Mon &amp; Wed</u> 9-10am 1-6pm  <u>Tue, Thurs, Fri</u> 9-10am 1-2pm 5-6pm  <u>Sat</u> 1-6pm</p>	<p><u><a href="#">Website Link</a></u>  <b>Mailing Address</b> The Joyce N. Furman Bldg 1220 SW Columbia St Portland, OR  <b>Transitional Housing, SMYRC, Finance, &amp; Admin</b> 1220 SW Columbia St Portland, OR  <b>Drop-In Day Center, PAVE, Education, PDX-Connect, and Development</b> 314 SW 9th Ave Portland, OR  <b>Youth Opportunity Center On the Campus of the Rockwood Boys &amp; Girls Club</b> 470 SE 165th Ave Portland, OR</p>	<p>Provides services for youth including food assistance, housing, counseling, job training, education opportunities, drop in services, supports for youth experiencing sex trafficking, addiction services, LGBTQIAS2+ services, support for youth in/out of foster care, pregnant and parenting support, and legal services.</p>
<p><b>OHSU Child Development and Rehabilitation Center</b></p>	<p>(503) 346-0640</p>	<p>Mon-Fri 9am-5pm</p>	<p><u><a href="#">Website Link</a></u>  <b>Doernbecher Children's Hospital</b> 7th floor 700 S.W. Campus Dr Portland, OR</p>	<p>Staff specializes in diagnosis, assessment, and intervention related to disorders affecting development. Comprehensive, multidisciplinary, integrated evaluations, Individualized treatment planning Educational and behavioral consultation, Medical and psychopharmacologic interventions <b>Clinical Programs in:</b> Autism, Behavioral pediatrics, child development, cleft palate and craniofacial disorders, congenital brain anomalies Developmental Evaluation Clinic, Down syndrome, Feeding and swallowing disorders, Genetics and birth defects, Hemophilia, Metabolics, Neurodevelopmental Disabilities, Pediatric psychology, &amp; Spina bifida.</p>

<p><b>Outside In</b></p>	<p>(503) 535-3800 info@outsidein.org</p>	<p><b>Mon, Thurs, Fri</b> 8:30am-5pm  <b>Tue &amp; Weds</b> 8:30am-7:30pm</p>	<p><a href="#">Website Link</a>  1132 SW 13th Ave, Portland, OR</p>	<p>Support services for young adults ages 16-24, experiencing homelessness. Individualized support includes, Housing, Education, Employment, Counseling, Health care, Healthy meals, Recreation and art, Safety off the streets.</p>
<p><b>Parry Center Trillium Family Services</b></p>	<p>(888) 295-6996 info@trilliumfamily.org</p>	<p>Mon-Fri 8am-5pm</p>	<p><a href="#">Website Link</a>  3415 SE Powell Blvd Portland, OR</p>	<p>Mental health services for children ages 5-17, young adults ages 18-24. Intensive in patient, subacute treatment, psychiatric residential program, voluntary residential program for youth with severe mental health transitioning to independent living</p>
<p><b>p:ear</b></p>	<p><b>Main &amp; Coffee Works</b> 503-228-6677 info@pearmentor.org  <b>Coffee Works</b> coffee@pearmentor.org  <b>Bike Works</b> (971) 867-2965</p>	<p><b>Main</b> Tue - Fri 9am - 2pm  <b>Coffee Works</b> Mon-Fri 7-10am  <b>Bike Works</b> <u>Tues</u> 10am-5pm <u>Weds-Fri</u> 11am-5pm <u>Sat</u> 10am-4pm</p>	<p><a href="#">Website Link</a>  <a href="#">Coffee Works</a>  <a href="#">Bike Works</a>  <b>Main &amp; Coffee Works</b> 338 NW 6th Ave. Portland, OR  <b>Bike Works</b> 14127 SE Stark St Portland, OR</p>	<p>p:ear builds positive relationships with homeless youth through education, art, recreation and job training. includes p:ear barista school - Coffee Works and Bike Works; youth receive job training. Also offered pregnancy/parenting support, meals/cooking classes, arts/music, recreation.</p>
<p><b>Portland Youth Builders (PYB)</b></p>	<p>(503) 286-9350 info@pybpd.org</p>	<p>Mon-Fri 8:30am-4pm</p>	<p><a href="#">Website Link</a>  4816 SE 92nd Ave, Portland, OR</p>	<p><b>Youthbuild Program :</b> offers services to low-income youth aged 17-24 who want to finish high school, learn a trade, and get help finding a job and launching a career in construction or computer technology. <b>Bridge Program</b> provide high school graduates between the ages of 18-26 with a short-term intensive construction training program</p>

<p><b>Project Lemonade</b></p>	<p><b>General</b> (503) 395-3976 info@projectlemonadepdx.org</p> <p><b>Store, WISH and scheduling</b> schedule@projectlemonadepdx.org (503) 395-3976</p> <p><b>Internship and L+EARN</b> rebecca@projectlemonadepdx.org.</p>	<p><b>Tue - Fri</b> 10am - 5pm <b>Sat</b> 10am - 1pm</p>	<p><u>Website Link</u></p> <p><b>Store &amp; Office</b> 1008 Lloyd Center Portland, OR in the Lloyd Center Mall, 2nd Floor next to Visionworks</p>	<p>Services for youth in the foster care system. Clothing, back to school shopping, job training, and wish services - help fund activities such as attending camp or learning an instrument etc.</p>
<p><b>SMYRC (Sexual and Gender Minority Youth Resource Center)</b></p>	<p>smyrcinfo@newavenues.org or (503) 872-9664</p> <p><b>Instagram</b> @smyrcpdx</p>	<p>Mon-Fri 10am-6pm</p>	<p><u>Website Link</u></p> <p>In Portland State University 1220 SW Columbia St, Portland, OR</p>	<p>Culturally specific support for LGBTQIA2S+ youth. harassment-free space for queer and trans youth ages 13-23, where you can create art, play music, and join in on our open mic nights, drag shows, and support groups. Services available :Food Pantry, Hygiene Supplies, Clothing Closet, Gender-Affirming Clothing, Virtual/In Person Check-Ins, Virtual/In Person Groups, Mental Health Support</p>
<p><b>Street Light/ Porch Light Youth Shelter (Janus Youth)</b></p>	<p>nsand@janusyouth.org</p> <p><b>Porch Light</b> (503) 380-7200</p> <p><b>Street Light</b> (503) 914-9100</p> <p><b>Access Center</b> (503) 432-3986</p>	<p><b>Janus Youth Main</b> Mon-Sun 9am-4pm</p> <p><b>Porch Light</b> Every night of the year 8:45pm-8:45am</p> <p><b>Street Light</b> Every night of the year 9pm-9am</p>	<p><u>Website Link</u></p> <p><b>Porch Light &amp; Street Light</b> 1635 SW Alder St, Portland, OR</p>	<p><b>Porch Light</b> Youth-friendly shelter for ages 16-24 who are experiencing homelessness in Multnomah Co. Provides nourishing meals, socially distanced beds, showers and basic hygiene amenities. Provides support services as well. services are LGBTQ affirmative. <b>Call first to confirm bed availability.</b></p> <p><b>Street Light</b> Youth-friendly shelter for ages 16-24 who are experiencing homelessness in Multnomah Co. "Reservations" at the shelter for up to four months include a bed and locker. Provides support services as well. All services are LGBTQ affirmative. <b>Please call the Access Center for more information.</b></p>

<p><b>Transitional Youth</b></p>	<p><b>Main</b> (503) 350-7215 hello@transitionalyouth.org</p> <p><b>Housing</b> Jason@TransitionalYouth.org</p> <p><b>Breaking Cycles</b> (971) 229-1674</p>	<p><b>Breaking Cycles</b> Tue-Fri 8am-4pm Sat 9am-2pm</p>	<p><a href="#">Website Link</a></p> <p><a href="#">Breaking Cycles</a></p> <p><a href="#">Housing Info</a></p> <p>1500 NW 167th Pl, Beaverton, OR</p> <p><b>Breaking Cycles</b> 3354 SE Powell Blvd Portland, OR</p>	<p>Faith based organization. Job skills, housing, support services. Housing is separated by gender. Breaking cycles - bike shop/coffee shop job training. See housing information and locations through the link "Housing Info"</p>
<p><b>Women, Infants, &amp; Children's Program (WIC)</b></p>	<p><b>Call to Apply</b> (503) 988-3503</p> <p><a href="#">Text Info Link</a> English and Español</p>	<p><a href="#">Location and Hours Link</a></p> <p><a href="#">Customer Service</a></p> <p>Mon-Fri 8am - 5pm</p> <p>Often have same-day or next-day appointments</p>	<p><a href="#">Website Link</a></p> <p><a href="#">Referral Form</a></p>	<p>Provides healthy foods, nutrition education and breastfeeding support to low-income families in Multnomah Co. You might qualify for WIC if you're pregnant, a new mom, or if you have a baby or young children under 5 years old.</p>
<p><b>Yellow Brick Road Street Outreach</b></p>	<p>nsand@janusyouth.org (503) 233-6090</p>	<p><b>Janus Youth Main</b> Mon-Sun 9am-4pm</p>	<p><a href="#">Website Link</a></p>	<p>Community volunteer teams and professional staff walk the streets of downtown Portland help with homeless youth, helping meet their immediate needs and linking youth with services to help them get off the streets. A one-day a week stationary outreach location provides youth to basic services. Shower and laundry facilities, telephone and internet connection and additional supportive services.</p>