

PORTLAND

Refugee and Immigrant Community Directory



PATHWAYS
TO
WELLNESS

Integrating Refugee Health and Well-Being

A Project of Lutheran Community Services Northwest

Content reviewed by:

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PREFACE

This Resource Directory is dedicated to those in our communities who are refugees, immigrants, their families, friends, and care providers.

Numerous culturally-specific resources in the Portland-metro community exist, but are often unknown and not utilized. Increasing providers' knowledge of these vital resources decreases ongoing health disparities that refugees and immigrants may face.

This guide is aimed at consolidating resources available to serve the needs of the refugee and immigrant community. We hope it will be a powerful tool for medical and direct-service providers, who connect refugees and immigrants to resources so they can live and thrive.

This Directory is purely for information purposes, and is not intended to provide professional advice or recommend any one resource over another. *Pathways to Wellness* hereby disclaims any liability for any damage arising, directly or indirectly, from the use of the information contained herein.

We are grateful to our colleagues, sponsors and to those who cooperated in the Directory's preparation by providing and reviewing information.

Your suggestions are welcome. Please call or send suggestions for changes or additions to:

Pathways to Wellness, Portland Program

Portland Program Coordinator

605 SE Cesar Chavez Blvd.

Portland, OR 97214

Email: pathwaysportland@lcsnw.org

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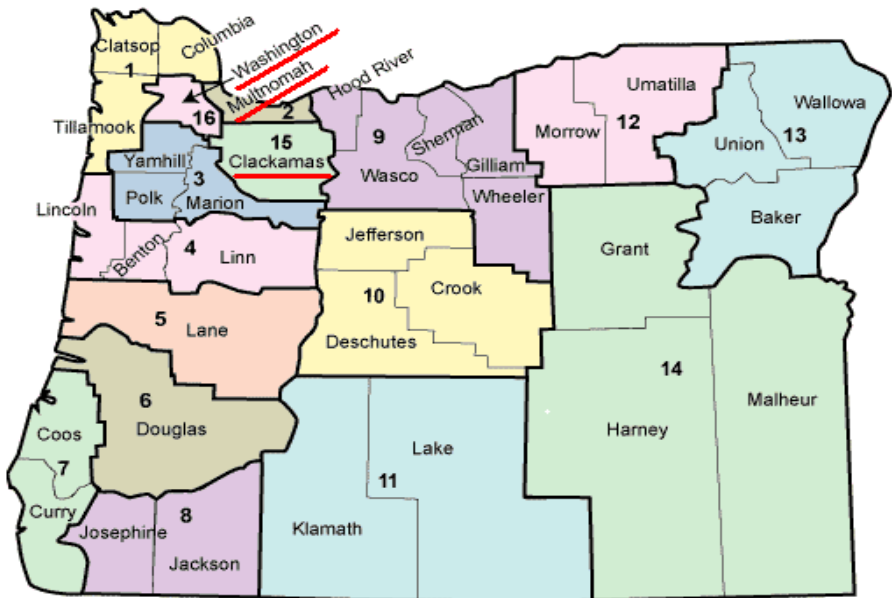
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PORTLAND METRO AREA

The majority of refugees in Oregon are initially settled in the Portland Metro area. As such, this Refugee Directory mainly provides information about resources that serve refugees and immigrants in Multnomah, Washington, and Clackamas counties (number 2), (15), and (16) in the below map.

Refugees who reside outside Multnomah, Washington, and Clackamas Counties are served at their local Department of Human Services (DHS). The DHS Children, Adults and Families Division has offices that serve each county. These programs ensure that refugees have food, cash and medical benefits.



Source: www.oregon.gov/dhs/assistance/

INTRODUCTION

Who is a Refugee?

Refugees are defined under international law as being outside their home country and having a well-founded fear of persecution based on race, religion, nationality, political opinion, or membership in a particular social group. The United Nations 1951 International Convention Relating to the Status of Refugees codified this definition and was augmented by a 1967 protocol broadening refugee recognition beyond an initial focus on Europeans displaced after World War II.

What is the difference between immigrants, refugees, and a person seeking asylum?

While immigrants voluntarily choose to leave their homes and come to other countries, refugees and asylees are forced to flee due to persecution. Immigrants may come to the U.S. with temporary visas, allowing them to remain for a certain period of time or under certain conditions.

Refugees and asylees must both meet the legal definition of having a well-founded fear of persecution due to race, religion, nationality, political opinion, or membership in a particular social group. Refugees receive legal permission to resettle in the U.S. before they arrive whereas asylees receive permission to stay in the U.S. after they arrive. Those who come to the U.S. seeking sanctuary from persecution are considered asylum-seekers. Both refugees and asylees must meet the criteria following the 1951 UN Convention in order to receive their status.

How many Refugees are in the world?

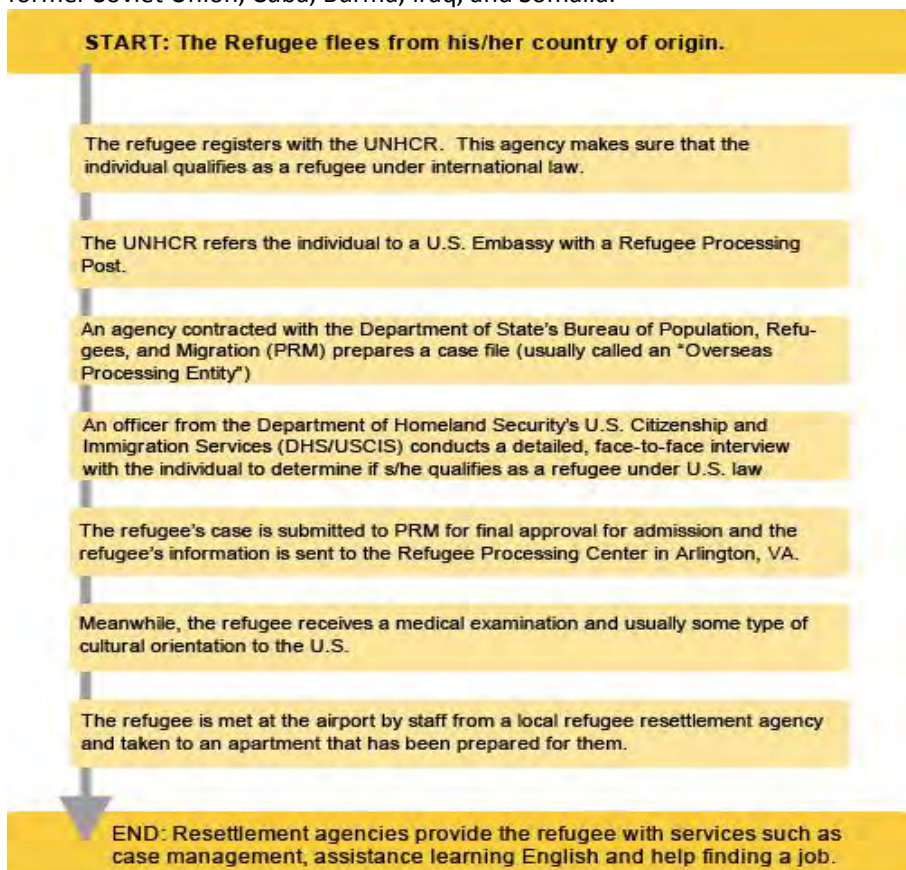
According to a 2009 report by the United Nations High Commission for Refugees (UNHCR), 42 million people were uprooted from their homes due to conflict or persecution. Of this number, 16 million were considered refugees, while 26 million were displaced within their own countries or were considered asylum-seekers in other countries. The largest refugee producing countries at present include Afghanistan, Iraq, Somali and Sudan, while Colombia, Iraq, Sudan and the Democratic Republic of the Congo have the largest internally displaced populations.

How does U.S. Refugee Resettlement work?

Over the past decade (1999-2009), the U.S. has received up to 70,000 – 91,000 refugees annually. The graphic below explains the resettlement process from the perspective of an individual refugee.

How many Refugees resettled in Oregon?

Since 1975, tens of thousands of refugees have resettled in Oregon. Most of these refugees initially settle in the greater Portland metro area. In total, 57,229 refugees arrived in Oregon between 1975 to 2009, accounting for 2% of the U.S.'s total refugee arrivals during the period, (nearly 2.9 million). Currently, the most common refugee groups arriving in Oregon are from the former Soviet Union, Cuba, Burma, Iraq, and Somalia.



(Source: www.oregon.gov and www.brycs.org)

CRISIS NUMBERS & EMERGENCIES

CRISIS NUMBERS

Most County Mental Health Departments have a central crisis line which is linked to a mobile crisis team such as [Project Respond](#) in Multnomah County, or local law enforcement such as police or the sheriff's office. Some county walk-in clinics are available for individuals in need of less acute care, but still in psychiatric distress.

MULTNOMAH COUNTY

Crisis Line: 503-988-4888 or
1-800-716-9769

24/7 Mental Health Call Center
Authorizes Walk-in Clinic Access
Mobile Crisis Team Available
Also TTY, 711, & AT&T Language Line
www.co.multnomah.or.us/dchs/mhl

Christie Care

1-888-982-2237

24-hour Sub-Acute Access for Children

Suicide Prevention Line:

1-800-273-8255

Child Abuse Hotline:

503-731-3100

Portland Women's

Crisis Line: 503-235-5333 or
1-888-235-5333

Poison Control Center:

1-800-222-1222 (emergency assistance for
immediate poisonings)

Trillium Family Services

1-888-333-6177 (Centralized Access/Crisis
Admission Line)
1-800-698-2392 (Warm Line)

CLACKAMAS COUNTY

Crisis Line: 503-655-8401

WASHINGTON COUNTY

Crisis Line: 503-291-9111

CLARK COUNTY

Crisis Line: 360-696-9560 or
1-800-626-8137

LifeWorks NW (Crisis)

1-877-304-4317 (Current clients only)
503-645-9010 (General Intake)

Cascadia's Urgent Walk-In Clinic

503-963-2575 or 503-988-4888

2415 S.E. 43rd Ave., Portland, OR 97206
Open 7 days a week. 7:00 a.m. - 10:00 p.m.
Crisis Mental health services. Provide
interpreters.

Cascadia Behavioral Healthcare

503-674-7777

Cascadia Access, Information & Referral
(CAIR)

Don't forget-Call 211!!

HOSPITAL EMERGENCY ROOMS

Emergency rooms are not the first choice for refugees and their families to go to for medical care. In order to meet refugees' needs and provide good services, providers should advise and notify clients about available resources for specific mental health and general health care services that are listed at other sections in this directory.

ADVENTIST MEDICAL CENTER EMERGENCY ROOM 10123 SE Market St., Portland, OR 97216	503-257-2500
LEGACY EMANUEL EMERGENCY ROOM 2801 N Gantenbein St., Portland, OR 97227	503-413-2200
LEGACY GOOD SAMARITAN EMERGENCY ROOM 1015 NW 22nd Ave, Portland, OR 97210	503-413-7711
LEGACY MT HOOD EMERGENCY ROOM 24800 SE Stark St., Gresham, OR 97030	503-674-1122
OREGON HEALTH & SCIENCE UNIVERSITY (OHSU) 3181 SW Sam Jackson Park Rd., Portland, OR 97239	503-494-7551
PROVIDENCE PORTLAND MEDICAL CENTER - GLISAN ST. 4805 NE Glisan St., Portland, OR 97213	503-215-1111
PROVIDENCE ST. VINCENT'S EMERGENCY ROOM 9205 SW Barnes Rd., Portland, OR 97225	503-216-1234
LEGACY MERIDIAN PARK 19300 S.W. 65th Ave. Tualatin, OR 97062	503-692-1212
TUALITY EMERGENCY & ACUTE CARE 1809 Maple St., Forest Grove	503-359-6180
KAISER WESTSIDE HOSPITAL 2875 NW STUCKI AVE. HILLSBORO, OR 97124	971-310-1000
KAISER SUNNYSIDE HOSPITAL 10180 SE Sunnyside Road Clackamas, OR 97015	503-652-2880
PROVIDENCE WILLAMETTE FALLS 1500 Division St. Oregon City, OR 97045	503-656-1631

RESETTLEMENT AGENCIES

The majority of refugees in Oregon are initially settled in the Portland Metro area (Multnomah, Clackamas, and Washington counties). The Refugee Case Services Project (RCSP) is a Public/Private Partnership between Oregon's Department of Human Services (DHS) and the Voluntary agencies (Volags) that resettle refugees. Cash assistance is administered by the resettlement agencies for the first eight months after arrival in the U.S. under a contract from Oregon's DHS. These agencies include:

- *Catholic Charities*
- *Lutheran Community Services Northwest*
- *Sponsors Organized to Assist Refugees (SOAR)*

Through resettlement and placement programming, refugees receive cultural navigation and basic services orientation such as budgeting, housing, and cash management services (obtain a Social Security card and DMV identification, open a bank account, pay rent and utility bills, enroll children in schools, and schedule a health screening and medical appointments). These services are offered in the first 3-8 months of a refugee's resettlement. In the RCSP services area, Supplemental Nutrition Assistance Program (SNAP) and medical eligibility are administered through DHS.

CATHOLIC CHARITIES

503-231-4866

www.catholiccharitiesoregon.org

2740 SE Powell Blvd., Portland, OR 97232

Supportive services to expecting mothers, such as baby and maternity supplies, and resource assistance in planning. Counseling, including relationship counseling and parenting education. Adoption services provided at no cost. Immigration Legal Services provided as well as their Project UNICA Program, a domestic violence support program. There is also a Housing Transitions Program and the Refugee Resettlement Program.

LUTHERAN COMMUNITY SERVICES NORTHWEST

www.lcsnw.org/mcs

Portland: 605 SE Cesar E Chavez Blvd., Portland, OR 97214

503-231-7480

Vancouver: 3600 Main St., Vancouver, WA 9866

360-694-5624

Beaverton: 3800 SW Cedar Hills Blvd., #230, Beaverton, OR 97005

503-924-2448

Offers a wide range of multicultural counseling services. Outpatient mental health and alcohol and drug program providing individual, couple, and family counseling. Medicaid (OHP), Medicare, private insurance, and sliding fee scale accepted. Addresses the mental health needs of low-income, and/or English-limited individuals and families for whom existing services are inaccessible due to cost, language, and/or cultural barriers.

**SOAR (SPONSORS ORGANIZED TO ASSIST REFUGEES)
ECUMENICAL MINISTRIES OF OREGON**

www.emoregon.org/soar.php

www.ethniccommunities.org

7931 NE Halsey St., Suite 314 Portland, OR 97213

Comprehensive and compassionate resettlement services, case management, advocacy, immigration and asylum counseling, legal services and volunteer recruitment to help refugees build new lives in community.

503-284-3002

soar@emoregon.org

Under a separate Oregon DHS contract, English language, vocational training and job placement services are provided through the Immigrant and Refugee Community Organization (IRCO) to refugees during their first 12 months of residence in the U.S.

Community Based Organization for Newly Arrived Refugees and Immigrants

IMMIGRANT AND REFUGEE COMMUNITY ORGANIZATION (IRCO) 503-234-1541

www.ircor.org

10301 NE Glisan, Portland, OR 97220

Assists refugees, immigrants and multi-ethnic communities to develop self-sufficiency and cultural awareness while affirming and preserving each culture within an ever-changing global environment. Services include the Asian Family Center, the International Language Bank, youth and family services, employment programs, community education, health and environmental outreach services and arts for new immigrants program. Main programs for refugees: **New Arrival Employment Services (NAES), Pre-Employment Training (PET), and Coordinated Assistance to Support Employment (CASE).** Services provided to:

- Asian Pacific Islander (API) community includes, but not limited to Mien, Hmong, Indians, Pakistanis, Samoans, Tibetans, and Burmese.
- Former Soviet Union and Eastern Europe: Russians, Ukrainians, Georgians, Belorussians, Romanians, Moldovans, Czechs, Bosnians, Kosovars.
- Africa: Ethiopia (which includes the Oromo ethnic group), Eritrea, Somalia, Sudan, Angola, Sierra Leone, Rwanda, Liberia, Congo, Nigeria, etc.
- Caribbean and Latin America: Cuba, Haiti, Mexico, Guatemala, Honduras and other Latin American countries.
- Middle East: Iran, Iraq, Afghanistan

MENTAL HEALTH CARE

CULTURALLY SPECIFIC MENTAL HEALTH CARE

Culturally specific mental health care services typically offer low cost or sliding scale fees for uninsured.

NOTE: The Alliance of Culturally Specific Behavioral Health Providers and Programs Members are listed first.

ASIAN HEALTH AND SERVICE CENTER (AHSC)

www.ahscpdx.org

info@ahscpdx.org

Portland: 3430 SE Powell Blvd., Portland, OR 97202

503-872-8822

Beaverton: 12500 Allen Blvd., Beaverton, OR 97008

503-641-4113

Health and community services including: ESL classes, recreation and cultural activities, employment information and consultation, family and youth services, Chinese immersion preschool, mental health assessment/screening, individual and group therapy, case management, addiction assessment/screening/treatment, volunteer services, family caregiver program, women's health promotion project and emergency preparedness. Mental health services are on a sliding scale. Culturally specific services: Cantonese, Mandarin, Korean, Taiwanese, and Vietnamese.

AVEL GORDLY CENTER FOR HEALING (OHSU)

503-494-4745 / agch@ohsu.edu

www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/avel-gordly-center

621 SW Alder, Suite 520, Portland, OR 97205

Specializes in providing culturally competent mental health outpatient treatment for clients identifying with African, African-American, and Southeast Asian cultures. Treats mental disorders such as depression, anxiety, panic disorder, post-traumatic stress, bipolar and psychotic disorders, substance abuse/dependence, and gambling.

CENTRAL CITY CONCERN (CCC)

503-294-1681

In addition to housing, addiction and community services, CCC offers culturally specific counseling through these programs:

Over Representation Program (ORP)

503-228-7134

33 NW Broadway Portland, OR 97209

Serves African American adults who have mental health diagnosis and have ongoing contact within the criminal justice system.

Puentes-MIOS Program

503-546-9975

Serves Latinos in Multnomah County with addiction and behavioral health concerns.

INTERCULTURAL PSYCHIATRIC PROGRAM (OHSU - IPP)**503-494-4222**

www.ohsu.edu/xd/health/services/clinics/InterculturalPsychiatricProgramIPP.cfm

OHSU Multnomah Pavilion, UHN-88

3633 SE 35th Place, Portland, OR 97202

Care to underserved refugees and immigrants. Treatment for adults, children and adolescents, particularly those affected by trauma. Accepts OHP, private insurance, and sliding scale fees for uninsured. Provides individual/ group therapy, psychiatric assessment, ongoing treatment, psycho-social therapy, medication management and case management services. Languages: Amharic, Arabic, Bosnian, Cambodian, Farsi, Kurdish, Lao, Mien, Russian, Oromo, Somali, Spanish, Swahili, and Vietnamese.

MULTICULTURAL COUNSELING SERVICES, (MCS)**LUTHERAN COMMUNITY SERVICES**

www.lcsnw.org/mcs

Portland: 605 SE Cesar E Chavez Blvd., Portland, OR 97214

503-231-7480

Vancouver: 3600 Main St., Vancouver, WA 98663

360-694-5624

Multicultural counseling services outpatient mental health and alcohol and drug program providing individual, couple, and family counseling. Medicaid (OHP), Medicare, private insurance, and sliding scale fees accepted. Addresses the mental health needs of low-income, and/or English-limited individuals and families for whom existing services are inaccessible due to cost, language, and/or cultural barriers. Languages served: Russian, Arabic, Amharic, Somali, Karen, Burmese, Nepali, and others.

Other Behavioral Health Programs with a cultural focus**BIENESTAR DE LA FAMILIA****503-988-5682 ext. 85682**

web.multco.us/sun/ortiz-center-bienestar-de-la-familia-well-being-family

6736 NE Killingsworth Ave., Portland, OR 97218

Provides culturally specific and linguistically appropriate case-management, information and referral, and service linkage. Counseling and mental health evaluations for Spanish speakers, coordination and resource recruitment to address the needs of the Latino community.

CHINESE CONSOLIDATED BENEVOLENT ASSOCIATION**503-223-9070**

www.ccbaportland.org

317 NW Davis St., Portland, OR 97209

Open Saturdays. Offers community support and other services.

CAREMARK BEHAVIORAL HEALTH SERVICES**503-413-4848**

www.adventisthealthnw.com/services-and-programs/caremark-mental-health

10123 SE Market St., Portland, OR 97216

Mental health treatment services for children, adolescents, and adults in both inpatient and outpatient settings located throughout the Portland metropolitan area. CareMark Behavioral Health Services is a joint venture between Adventist Health System/West and Legacy Health.

CASCADIA BEHAVIORAL HEALTHCARE**503-674-7777**www.cascadiabhc.org

847 NE 19th Ave., Suite 100, Portland, OR 97232

Services at three community clinics include mental health case management and counseling services, medication prescribing, and addictions treatment.

CONEXIONES**503-235-8057**www.conexionesportland.com

3500 NE MLK Blvd., Suite 200, Portland, OR 97211

Offers mental health counseling services, psychotherapy, and psychological evaluation to adults, teenagers, children, families, couples, and groups, especially for Spanish speakers. OHP, private insurance, sliding scale fee. Referral services.

EL PROGRAMA HISPANO**Gresham:** 138 NE 3rd St., Suite 140, Gresham, OR 97030**503-669-8350****Portland:** 2740 SE Powell Blvd., Portland, OR 97202**503-231-4866**

Provides counseling, social services and pastoral services to low-income individuals and families in Portland area. Provides case management for youth and families, emergency assistance and housing vouchers.

GEORGE FOX BEHAVIORAL HEALTH CLINIC**503-554-2368**www.georgefox.edu

414 N. Meridian St. #V104, Newberg, OR 97132

Minimal-cost mental health clinic designed to provide services to the uninsured and underinsured citizens of Yamhill County and the surrounding area.

LEWIS & CLARK COMMUNITY COUNSELING CENTER**503-768-6320**www.graduate.lclark.edu/clinics/community_counseling

0615 SW Palatine Hill Rd., Portland, OR 97219

Provides counseling and therapy services for individuals of all ages, as well as for couples and families experiencing distress in areas of mental health, addictions, and relationship issues. Sliding scale fee structure ranging from \$10 - \$50 per session. Counselor and therapist trainees are advanced graduate-level students under the supervision of faculty and licensed professional supervisors.

RUSSIAN OREGON SOCIAL SERVICES (ROSS)**503-777-3437**www.emoregon.org/ross.php

4033 SE Woodstock Blvd., Portland, OR 97202

Provides free or low-cost advocacy, education, translation, and social services to Russian-speaking immigrants and refugees in Oregon and Southwest Washington communities. Services: citizenship classes, ESL classes, community orientation, information and referral, translation/interpretation services, assists in obtaining dental and other medical services, landlord – tenant information, pro bono attorney services, mental health services, in home tutoring, domestic violence, law and safety, insurance information, real estate and home buying, motor vehicle laws, banking and credit and notary services.

WESTERN PSYCHOLOGICAL & COUNSELING SERVICES**503-253-4600**

www.westernpsych.com/index.php

12636 SE Stark St., Plaza 125, Building J, Portland, OR 97233

Outpatient Psychotherapy / behavioral health services, Chemical Dependency services, EAP services and Psychiatric services (child, adolescent and adult, family and marital therapy, abuse victims and anxiety based disorders). The agency serves patients with most forms of insurance, including OHP.

WILLIAM TEMPLE HOUSE**503-226-3021**

www.williamtemple.org

2023 NW Hoyt St., Portland, OR 97209

YWCA OF GREATER PORTLAND**503-294-7400**

www.ywcapdx.org

1111 SW 10th Ave, Portland, OR 97205

Provides low-cost counseling services, especially to Spanish, Russian, and Japanese speakers.

MIOS**503-223-5816**

Serves uninsured Latino families in Multnomah County.

Offers counseling, case management, psychiatry and support groups. Takes OHP, free.

FAMILY LATINO OUTREACH AND ADDICTION SERVICES (FLOAT)**503-547-9975**

Provided through Catholic Charities and Central City Concern. Offers free services to Spanish speaking adults including counseling, case management, psychiatry and addiction services.

OUTREACH AND SUPPORT TO SPECIAL IMMIGRANTS POPULATION (OSSIP) 503-688-2713

www.catholiccharitiesoregon.org/services_human_trafficking.asp

Provides assistance to victims of human trafficking.

SLAVIC SERVICE CENTER CLINIC**503-252-4955**

12414 E Burnside St., Portland, OR 97233

Preference given to uninsured immigrants. Will see undocumented immigrants. Provides mental health counseling and general medical services.

OREGON PSYCHOLOGICAL ASSOCIATION**503-253-9155**

www.opa.org

147 SE 102nd, Portland, OR 97216

Maintains an online searchable database of mental health counselors.

COUNSELING AND MEDIATION

ABRAHAM LOW SELF-HELP SYSTEMS/RECOVERY INTERNATIONAL 503-231-1334

www.recovery-inc.org

Self-help for anxiety, depression and other mental health issues. Support groups meet weekly at various times and locations throughout Portland metro area; call or visit the website for further details. All are welcome. Donations are requested but not required.

CEDAR HILLS HOSPITAL

503-944-5000 or 877-703-8880

www.cedarhillshospital.com

10300 SW Eastridge St., Beaverton, OR 97225

A private psychiatric hospital specializing in the treatment of mental health and chemical dependency; provides Inpatient, Partial Hospitalization and Intensive Outpatient Programs. All major insurance, Medicare and TRICARE are accepted. FREE Confidential Assessment 24/7.

GOOD SAMARITAN MINISTRIES

503-644-2339

www.gsmusa.org

7929 SW Cirrus Dr., Building 23, Beaverton, OR 97008

Faith based organization providing counseling, teacher training, and lay counselor training. Counseling includes: family, individual, marriage, men's, women's and teen groups and children; anger management and abuse recovery for offenders and victims.

THE GROTTO

503-261-2425

www.thegrotto.org

8840 NE Skidmore St., Portland, OR 97220

Offers low-cost counseling to persons who do not have insurance and who qualify as low income. Cost \$50-\$125 (Interns are \$25-\$50). Donations accepted. Call for appointment.

LIFEWORKS NW

503-645-3581 or 503-645-9010

www.lifeworksnw.org

14600 NW Cornell Road, Portland, OR 97229

Community-based prevention, mental health and addiction services provider agency with sites throughout Clackamas, Multnomah, and Washington counties. Provides sliding scale fee counseling and psychiatric services. Provides services to undocumented immigrants.

MEN'S RESOURCE CENTER AND WOMEN'S COUNSELING CENTER

503-235-3433

www.portlandmrc.com

12 SE 14th Ave., Portland, OR 97214

Anger management for men and women; domestic violence 48-week course with 3 month follow-ups. Alcohol and drug diversion on a sliding scale.

NATIONAL ALLIANCE FOR MENTALLY ILL (NAMI) MULTNOMAH COUNTY

www.namimultnomah.org

503-228-5692

524 NE 52nd Ave., Portland, OR 97213

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI) WASHINGTON COUNTY

www.namiwash.org

503-356-6835

18680 SW Shaw St., Aloha, OR 97007

Provides support and education to individuals with mental illness or families of youth with mental illness through classes, support groups, referral and advocacy help.

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI) OREGON

503-230-8009

www.nami.org/MSTemplate.cfm?Site=NAMI_Oregon

4701 SE 24th Ave., Suite E, Portland, OR 97202

The nation's largest grassroots mental health organization. Serves the local community, providing family support, education and advocacy. Holds regular educational events, support groups, and classes to help individuals and families better understand how to live with mental illness and sustain wellness.

- Free education programs for families and consumers (peers).
- Support groups for families and consumers.
- Community resources directory for mental health and social services.
- Important local news and upcoming events.
- Advocacy for improved mental health services.
- Clubhouse for peers looking to gain employment and life skills.

OHSU BEHAVIORAL HEALTH CLINIC

503-494-4745

www.ohsu.edu

621 SW Alder St., Suite 520, Portland, OR 97205

Outpatient psychiatry, drug and alcohol counseling and treatment, sliding scale fee.

OLD TOWN CLINIC (Central City Concern)

503-228-4533

www.centralcityconcern.org/oldtown.htm

727 W Burnside St., Portland, OR 97209

Old Town Clinic offers allopathic ("Western") and naturopathic primary care services, including eligibility assistance, pharmacy services and vaccinations, referral coordination, lab tests, acupuncture, and mental health services for primary care patients. Accepting OHP, Medicare, and sliding fee scales for self-pay/uninsured.

OPEN DOOR

503-640-6268

www.opendoorcc.net

34420 SW Tualatin Valley Hwy., Hillsboro, OR 97123

Mental health and housing counseling for homeless, advocacy, information/referral, food-boxes, day shelter, showers, laundry and community kitchen. No ID required. Boundaries: Cornelius, Banks, Forest Grove and Gaston areas only.

RESOLUTIONS NORTHWEST**503-595-4890**www.resolutionsnorthwest.org

1827 NE 44th Ave., Suite 300, Portland, OR 97213

Neighborhood and interpersonal issues. No and low-cost resolution services. Classes for mediation and conflict resolution, Spanish outreach, sliding scale.

SEQUOIA MENTAL HEALTH SERVICES**503-591-9280**www.sequoiamhs.org

4585 SW 185th Ave., Aloha, OR 97005

Serves adults with severe and persistent mental illness in Washington County. Services provided by SMHS are funded through a variety of public funds including Medicaid, OHP, Medicare and some commercial insurance. Services include Individual/Group Therapy, Family Education/Therapy, Case Management: Intensive Community Outreach, Alcohol and Drug Treatment, Psychiatric Medication Management, and Supported Employment.

SUNNYSIDE COUNSELING CENTER**503-257-7572**www.sunnysidecounseling.com

150 SE 80th Ave., Portland, OR 97215

Serves clients 6 years and older, Christian Faith Counseling. Depression, family and relationship counseling. \$25 processing fee and sliding scale for remainder of care. Personality inventories at intake.

WASHINGTON COUNTY ALCOHOL/DRUG/GAMBLING ADDICTION SERVICESwww.co.washington.or.us/HHS/Addiction**503-846-4402**

155 N 1st Ave., Suite 250, Hillsboro, OR 97124

Washington County's alcohol/drug/gambling/addiction program provides referrals to treatment, educational materials, presentations concerning addictions and information on treatment options in the county.

WASHINGTON COUNTY COMMUNITY COUNSELING SERVICES**503-846-3020**

150 N First Ave., 1st Floor Victims' Services, Hillsboro, OR 97124

Center for Victim Services offers assistance to survivors of crime and trauma, including individual, family and group counseling as well as information sessions for victims.

DOMESTIC VIOLENCE/SEXUAL ASSAULT

For more listings of general domestic violence resources, see Resources Galore at: www.nayapdx.org/about/Resources%20Galore%2008.07.pdf and view the Oregon <http://www.ocadsv.com>

STATEWIDE CRISIS HOTLINE: 1-888-235-5333

BRADLEY ANGLE HOUSE

503-281-2442

www.bradleyangle.org

Undisclosed location.

Confidential shelter for women and children, male or female, 17 and younger, leaving DV situations. Meeting attendance is required, 7-week length of stay. Case management and support groups provided. Phone screening required. 24-hour crisis line.

BEAVERTON HISPANIC RESOURCE CENTER

503-270-0272

www.beavertonhrc.org

3800 SW Cedar Hills Blvd., Suite 123, Beaverton, OR 97005

Provides English and Spanish classes, food assistance, and referrals for clothing, immigration, DV services, and counseling as well as direct advocacy and a variety of services for the Hispanic community.

CATHOLIC CHARITIES: PROJECT UNICA

503-232-4448 or 1-888-232-4448

www.catholiccharitiesoregon.org/latino_services_unica.asp

Gresham: 138 NE 3rd St., Suite 140, Gresham, OR 97030

503-669-8350

Portland: 2740 SE Powell Blvd., #9, Portland, OR 97202

503-688-2630

Project UNICA provides culturally specific crisis line and services for Latino victims of domestic violence and sexual assault.

CARES NORTHWEST

503-276-9000

www.caresnw.org

2800 N Vancouver Ave., Suite 201, Portland, OR 97227

A collaborative, community-based medical program, one of the oldest and largest child abuse assessments and treatment centers in the nation. Provides a safe, child-friendly environment for the assessment of children for whom there are concerns of physical or sexual abuse, neglect and exposure to domestic violence. Physical examinations and interviews are conducted in a comfortable environment to help children feel safe.

CHILD/ADULT INTERVENTION SERVICES, INC.

503-657-0683

12720 SW Pacific Hwy., Tigard, OR 97223

Provides counseling for victims and offenders of sexual abuse. Psychological testing and evaluation and polygraph exams. Survivors of sexual abuse are treated without charge.

CLACKAMAS WOMEN'S SERVICES**503-722-2366 or 888-654-2288***www.cwsor.org*

704 Main St., Suite 200, Oregon City, OR 97045

24-hour phone in-take. Women staying in shelter receive counseling and case management services to begin the healing process and begin planning for their future. Residents receive emergency supplies such as food, clothing and toiletries. Serves women and women with children fleeing domestic violence or recent sexual abuse. No males over 18. Case management.

DESARROLLO INTEGRAL DE LA FAMILIA**503-284-5178**2710 NE 14th Portland, OR 97212

Family violence prevention services, parenting classes, and support groups.

DOMESTIC VIOLENCE RESOURCE CENTER (DVRC)**503-469-8620 or 1-866-469-8600***www.dvrc-or.org*

P.O. Box 494 Hillsboro, OR 97123

Free and bilingual services available to survivors of domestic violence. Services offered to children ages 4-17 and adults through educational groups and individual and family counseling.

GATEWAY CENTER**503-988-6400***www.portlandonline.com/gatewaycenter*

10305 East Burnside St., Portland, OR 97216

Gateway Center for Domestic Violence Services aims to create a comprehensive, centrally located center for victims of domestic violence and their children for easier accessibility for information, referrals, resources and services.

GOOD SAMARITAN MINISTRIES**503-644-2339***www.gsmusa.org*

7929 SW Cirrus Dr., Bldg. 23, Beaverton, OR 97008

Faith based organization providing counseling, teacher training, and lay counselor training. Counseling includes: family, individual, men's, women's and teen groups and children; anger management and abuse recovery for offenders and victims.

HEALING ROOTS CENTER**503-595-9591 ext. 308***www.bradleyangle.org/services/healing-roots*

5432 N Albina Ave., Portland, OR 97217

Domestic Violence services for African and African American women and children. Programs include yoga classes, support groups, parenting classes, job preparation, and youth groups.

**OREGON COALITION AGAINST
DOMESTIC AND SEXUAL VIOLENCE (OCADSV)****503-230-1951***http://www.ocadsv.com*

1737 NE Alberta St., Suite 205, Portland, Oregon 97211

Comprehensive listing of organizations ending domestic and sexual violence in Oregon

PORTLAND WOMEN'S CRISIS LINE**1-888-235-5333**

Domestic Violence and Sexual Assault crisis line, with access to interpreters 24 hours a day (through AT&T Language Line).

RAPHAEL HOUSE OF PORTLAND**503-222-6222**

www.raphaelhouse.com

24-hour crisis line. Emergency housing for victims fleeing a domestic violence situation. Advocacy includes support groups, children's groups, referrals, and emotional support. 60-day limit.

REFUGEE AND IMMIGRANT FAMILY STRENGTHENING (IRCO)**503-234-1541**

10301 NE Glisan St., Portland, OR 97220

Support groups, advocacy, and other services for immigrant and refugee victims of domestic violence, especially Southeast Asian, Pacific Islander, and Eastern European.

RUSSIAN OREGON SOCIAL SERVICES (ROSS)**503-777-3437**

4033 SE Woodstock Ave., Portland, OR 97202

Services for Russian women and families.

SALVATION ARMY WEST WOMEN'S AND CHILDREN'S SHELTER**503-239-1254**

www.tsacascade.org

Women/children; domestic violence victims. Transitional housing for women with children that have completed the 30 day emergency shelter program: food/clothing; transportation assistance; health referrals; job search assistance; counseling; parenting skills training; and GED tutoring. Also serves traumatized children.

SALVATION ARMY FEMALE EMERGENCY SHELTER (SAFES)**503-227-8681**

11 NW 5th Ave., Portland, OR 97204

Provides a safe place for homeless women to turn to for food, shelter, shower, and guidance.

SOUTH ASIAN WOMEN'S EMPOWERMENT AND RESOURCE CENTER (SAWERA)

www.sawera.org

503-778-7386

P.O. Box 91242, Portland, OR 97291

Services for South Asian women and families.

SEXUAL ASSAULT RESOURCE CENTER (SARC)**503-640-5311 or 1-888-640-5311**

www.sarcoregon.org

4900 SW Griffith Dr., Suite 100, Beaverton, OR 97005

24-hour bilingual crisis line for victims of sexual assault. Provides hospital accompaniment within both Multnomah and Washington Counties. Case management, education and outreach programs, support groups and free mental health services.

VOLUNTEERS OF AMERICA FAMILY CENTER**503-771-5503***www.voaor.org*

537 SE Alder, Portland, OR 97214

Provides emergency services and safety planning to women and families leaving a domestic violence situation. Also provides children/teen groups, and parenting support. Spanish-speaking case managers available.

YMCA OF PORTLAND DOMESTIC VIOLENCE SERVICES**503-988-6400***www.ywcapdx.org/what-we-do/domestic-violence-services*

10305 E Burnside St., Portland, OR 97216

YOLANDA HOUSE**503-535-3269***www.ocadsv.com/looking-for-help/ywca-yolanda-house*

Confidential shelter for women and children leaving DV situations. Bilingual services available. Few required meetings. 30 day length of stay.

COUNTY MENTAL HEALTH DEPARTMENTS

In Oregon, the services offered through County Mental Health Departments/Divisions are often oriented to low income individuals who are Medicaid eligible; however, local health departments may offer some limited services for anyone. The departments are a central source for general information and a system overview.

Portland metro area County Mental Health Departments/Divisions:

MULTNOMAH COUNTY

Mental Health and Addiction Services

421 SW Oak St., Suite 520

Portland, OR 97204

- Main: **503-988-5464**
- Crisis: **503-988-4888** or **1-800-716-9769**
- Verity Member Services: **503-988-5887** or **1-888-620-4555**

CLACKAMAS COUNTY

Mental Health and Addiction Information

2051 Kaen Rd., Suite 367

Oregon City, OR 97045

- Appointments and 24-hour Emergency: **503-655-8401** or **1-888-651-2134**
- Appt Cancellations: **503-723-4921**
- TTY/TTD: **503-655-8388**

CLARK COUNTY, WA

Mental Health Program/Clark County Regional Support Network

- Main: **360-397-2130** or **1-800-410-1910**
- Crisis: **360-696-9560** or **1-800-626-8137**

WASHINGTON COUNTY

Health & Human Services

155 N First Ave., Suite 160

Hillsboro, OR 97124

- Administration: **503-846-4402**
- Admin Fax: **503-846-4490**
- Clinic: **503-846-8881**
- Clinic Fax: **503-846-4522**
- Crisis Line: **503-291-9111**
- Access Line: **503-291-1155**
- TTY: **503-846-8601**

STATE MENTAL HEALTH RESOURCES

**More specific information on State Mental Health Resources can be accessed on the Department of Human Services Addictions and Mental Health: www.oregon.gov/OHA/amh*

ADDICTIONS AND MENTAL HEALTH SERVICES DIVISION (AMH) 503-945-5763

www.oregon.gov/DHS/mentalhealth

500 Summer St. NE, Salem, OR 97301

AMH of the Oregon Health Authority provides Oregonians access to mental health and addiction services and supports meeting the needs of adults and children to live, be educated, work and participate in their communities and to help them achieve physical, mental and social well-being. This is done by working in partnership with individuals and their families, counties, other state agencies, providers, advocates and communities.

DISABILITY RIGHTS OF OREGON (Formerly Oregon Advocacy Center)

www.disabilityrightsoregon.org

503-243-2081 or 1-800-452-1694

610 SW Broadway, Suite 200, Portland, OR 97205

Each state has a protection and advocacy agency that receives funding from the Federal Center for Mental Health Services. In Oregon, this agency is DRO. DRO is mandated to protect and advocate for the rights of people with mental illnesses and to investigate reports of abuse and neglect in facilities that care for individuals with mental illnesses. Facilities under the jurisdiction of DRO may be public or private and include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails, and prisons. Agencies provide advocacy services or conduct investigations to address issues that arise during transportation or admission to such facilities, during residency in them, or within 90 days after discharge from them.

LINES FOR LIFE (Formerly Oregon Partnership) 503-244-5211 or 1-800-282-7035

5100 SW Macadam Avenue, Suite 400, Portland, OR 97239

Youth Line: 1-877-968-8491

LifeLine: 1-800-273-8255

A statewide non-profit organization promoting healthy kids and communities through drug and alcohol awareness, prevention programs, and a 24-hour crisis line for treatment referrals and suicide prevention. Works with schools and community coalitions statewide, and has a resource library open to all to educate on the dangers of substance abuse.

STATE OF OREGON HOUSING INFORMATION 503-945-9722

Office of Mental Health and Addiction Services Oregon Department of Human Services

500 Summer Street, NE, E-86, Salem, OR 97301

GENERAL MEDICAL SERVICES

COVER OREGON

1-855-268-3767

www.coveroregon.com

Cover Oregon is a new online marketplace where Oregonians can find and purchase health insurance.

MULTNOMAH COUNTY HEALTH DEPARTMENT CLINICS

<http://web.multco.us/health/primary-care-clinics>

Note: County Health Department Clinics primarily serve Medicaid recipients

Primary Care Access Appointments

Phone: 503-988-5558

Languages Served: Spanish, Russian, Ukrainian, Mandarin, Cantonese, and Vietnamese.

MID-COUNTY HEALTH CENTER

12710 SE Division Street

Portland, OR 97236

Phone: 503-988-3601

Fax: 503-988-4167

Buses: 4, 71

SOUTHEAST HEALTH CENTER

3653 SE 34th Ave.,

Portland, OR 97202

Phone: 503-988-5140

Buses: 9, 66, 75

ROCKWOOD COMMUNITY HEALTH CENTER

2020 SE 182nd Ave.,

Gresham, OR 97233

Phone: 503-988-5400

Fax: 503-988-5668

Bus: 4

LA CLÍNICA DE BUENA SALUD

6736 NE Killingsworth Street,

Portland, OR 97218

Phone: 503-988-3991

Fax: 503-988-3998

Bus: 72

NORTH PORTLAND HEALTH CENTER

9000 North Lombard Street

Portland, OR 97203

Phone: 503-988-5304

Fax: 503-988-5305

Buses: 4, 16, 17, 44, 75

NORTHEAST HEALTH CENTER

5329 NE Martin Luther King Jr. Blvd.,

Portland, OR 97211

Phone: 503-988-5183

Fax: 503-988-5182

Buses: 6, 72

EAST COUNTY HEALTH CENTER

600 NE 8th Street, 3rd Floor

Gresham, OR 97030

Phone: 503-988-5155

Fax: 503-988-5185

Buses: 1, 4, 9, 25, 26, 80

Newly arrived refugees qualify for Oregon Health Plan (Standard or Plus) during the first eight months of resettlement. As of January 2014, all refugees will receive Oregon Health Plan Plus.

www.oregon.gov

SLIDING SCALE MEDICAL CLINICS

CHILDREN'S COMMUNITY CLINIC

503-284-5239

www.coalitionclinics.org/clinic/childrens-community-clinic

27 NE Killingsworth St., Portland, OR 97211

Provides health care for children, birth to 21 years old, of families being undeserved (uninsured/under-insured), regardless of ethnicity, geographic location or ability to pay.

CLACKAMAS SERVICE CENTER

503-771-7914

www.cscoregon.org

8800 SE 80th Ave., Portland, OR 97206

Mental Health Counseling: Tuesday and Thursday, 1:00P.M. – 4:30P.M.

Bus: 72

COALITION OF COMMUNITY HEALTH CLINICS

503-546-4991

www.coalitionclinics.org

Multiple locations. Information and/or referral for community health clinics in Portland metro area. Please call or visit website for more information.

GOOD NEWS COMMUNITY HEALTH CENTER

503-489-0567

www.goodnewschc.org

18000 SE Stark St., Portland, OR 97233

Blood pressure screening, prescription assistance, and diabetes clinic. Uninsured Clackamas residents welcome. Tuesday to Friday, 9:30A.M. – 4:30P.M. (Closed on Monday.)

NORTH BY NORTHEAST COMMUNITY HEALTH CENTER

503-287-4932

www.nxneclinic.org

3030 NE Martin Luther King Jr. Blvd., Portland, OR 97212

Serves North and inner Northeast Portland. Health services (health history review, blood pressure screening, acute care for minor illness and injuries) for low-income, uninsured adult residents of the 97211, 97212, 97217, 97227 and 97203 zip codes.

OLD TOWN CLINIC (Central City Concern)

503-228-4533

www.centralcityconcern.org/oldtown.htm

727 W Burnside St., Portland, OR 97209

Old Town Clinic offers allopathic ("Western") and naturopathic primary care services, including eligibility assistance, pharmacy services and vaccinations, referral coordination, lab tests, acupuncture, and mental health services for primary care patients. Accepting OHP, Medicare, and sliding fee scales for self-pay/uninsured.

- OUTSIDE IN** **503-535-3800**
www.outsidein.org
 1132 SW 13th Ave., Portland, OR 97205
 Provides youth services and medical services, including mental health services for homeless and marginalized populations.
- OHSU HIV/AIDS PARTNERSHIP PROJECT** **503-230-1202**
www.ohsu.edu/partnership
 5525 SE Milwaukie Blvd., Portland, OR 97202
 HIV case management, advice on healthy options for prevention and risk reduction services. Referrals or help in coordinating medical, mental health and other social service systems.
- PORTLAND ADVENTIST COMMUNITY SERVICES (PACS)** **503-252-4589**
www.portlandacs.org/clinic.shtml
 11020 NE Halsey St., Portland, OR 97220
 Adult health clinic (\$10 co-pay), thrift store, gift shop, and emergency food distribution. Waiting list. Serves East Multnomah County. Call for appointment.
 Clinic Phone Hours: Monday to Friday, 9:00A.M. – 12:00P.M.
- RICHMOND CLINIC OHSU** **503-418-3900**
www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/family-medicine/residency/our-practice-sites/richmond.cfm
 3930 SE Division St Portland, OR 97202
 Provides high quality, comprehensive health care services for the community of Southeast Portland.
- ROSEWOOD FAMILY HEALTH CENTER** **503-772-4335**
www.yvfwc.com/rosewood-family-health-center-portland
 8935 SE Powell Boulevard, Portland, OR 97266
 Healthcare services are provided without regard to an individual's ability to pay. A sliding-fee scale is available for those without health insurance.
- SOUTHWEST COMMUNITY HEALTH CENTER** **503-977-0733**
www.swchc-pdx.org
 7754 SW Capitol Highway, Portland, OR 97219
 Provides health care to low income uninsured individuals (single parents, the working poor, refugees, and older neighbors). Caters to SW Portland and its surrounding areas.
 Clinic: Monday, 6:00P.M. – 8:00P.M. and Tuesday and Thursday, 4:00P.M. – 8:00P.M.
- ST. FRANCIS DINING HALL** **503-234-2028**
 330 SE 11th Ave., Portland, OR 97214
 Multnomah County Medical Doctor for basic medical care is available from 1:30P.M. – 4:00P.M. County Social Worker is available on Tuesday and Thursday, 11:00A.M. – 5:00P.M for face-to-face assistance.

VIRGINIA GARCIA MEMORIAL HEALTH CENTER

www.viriniagarcia.org

Beaverton Clinic: 2935 SW Cedar Hills Blvd., Beaverton, OR 97005 **503-352-6000**

Cornelius Clinic: 1151 N Adair, Cornelius, OR 97113 **503-359-5564**

Hillsboro Clinic: 226 SE 8th Ave., Hillsboro, OR 97123 **503-601-7400**

McMinnville Clinic: 115 NE May Lane, McMinnville, OR 97128 **503-472-1338**

Provides high quality, comprehensive and culturally appropriate primary healthcare to the communities of Washington and Yamhill Counties with a special emphasis on migrant and seasonal farmworkers and others with barriers to receiving health care.

WALLACE MEDICAL CONCERN

503-489-1760 ext. 28

www.wallacemedical.org

124 NE 181st Ave., Suite 12 , Portland, OR 97230

Provides affordable primary and urgent care: fevers, respiratory infections, bladder infections, ear infections and skin rashes. Dermatology and podiatry services twice a month.

WASHINGTON COUNTY DEPARTMENT OF HEALTH

503-846-8851

www.co.washington.or.us/HHS/

Beaverton: 12550 SW 2nd Street, Beaverton, OR 97005

Hillsboro: 226 W Main St., Hillsboro, OR 97124

Tigard: 15296 SW Royalty Parkway, Tigard, OR 97224

The department of health clinic provides birth control, annual exams and tests for sexually transmitted disease, pregnancy and HIV with counseling and immunizations.

WOMEN'S HEALTH

BREAST & CERVICAL CANCER PROGRAM (Oregon Health Authority) 971-673-0581

www.public.health.oregon.gov/PHD/Directory/Pages/program.aspx?pid=86

800 NE Oregon Street, Suite 370, Portland, OR 97232

Helps low-income, uninsured, and medically underserved women gain access to lifesaving screening programs for early detection of breast and cervical cancers.

DOWNTOWN WOMEN'S CENTER

503-224-3435

www.downtownwomenscenter.com

511 SW 10th Ave., Suite 905, Portland, OR 97205

Free pregnancy testing, abortions and counseling; parental consent needed for persons under 15. Birth control options counseling. Emergency contraception available.

MOTHER AND CHILD EDUCATION CENTER

503-249-5801 (English)

www.momchildpdx.org

503-853-4673 (Russian)

1515 NE 41st Ave., Portland, OR 97232

503-913-9360 (Espanol)

Free and confidential pregnancy tests, clothing and supplies for pregnancy and nursing mothers. Small classes and workshops learning from both instructors and peers. Monthly open house.

PLANNED PARENTHOOD

888-875-7820

www.plannedparenthood.org/health-center/centerDetails.asp?f=2410

Beaverton: 12220 SW First St., Suite 200, Beaverton, OR 97005

Portland: 3727 NE Martin Luther King Jr. Blvd., Portland, OR 97212

Portland: 3231 SE 50th Ave., Portland, OR 97206

Free or low-cost birth control and annual exams, free pregnancy test and options information, STD testing and treatment, HIV test, breast and cervical cancer screening, vasectomy, and early abortion care. All services are confidential and low cost. Funding programs available and accepts insurance.

PLANNED PARENTHOOD OF COLUMBIA WILLAMETTE

503-788-7273

www.plannedparenthood.org/ppcw/index.htm

3727 NE Martin Luther King Jr. Blvd., Portland, OR 97212

Provides a wide range of education programs and health care services, including low-cost birth control, emergency contraception, gynecological exams, breast cancer screenings, cervical cancer detection and treatment, sexually transmitted disease (STD) testing and treatment, vasectomy, and pregnancy testing and options counseling.

PREGNANCY RESOURCE HOTLINE

503-542-2392

Counseling. All options, 1-877-932-2734

ROSE HAVEN**503-248-6364**

www.rosehaven.org

627 NW 18th Ave., Portland, OR 97209

Women only: Assistance with referral for health care, nutrition, hygiene and clothing, advocacy services for housing and legal aid.

WASHINGTON COUNTY DEPARTMENT OF HEALTH**503-846-8881**

266 W. Main St., Hillsboro, OR 97124

Provides birth control, annual exams, and tests for sexually transmitted disease, pregnancy, and HIV with counseling and immunizations. The health clinic also hosts a "teen clinic" every Tuesday. Teen Clinic: Tuesday, 3:00P.M. – 7:00P.M.

WOMEN INFANTS AND CHILDREN (WIC) PROGRAM

www.public.health.oregon.gov/healthypeoplefamilies/wic/Pages/index.aspx

Clackamas: 999 Library Court, Oregon City, OR 97045

503-655-8476

Multnomah: 131 NE 102nd, Bldg. 1, Portland OR 97220

503-988-3503

Washington: 12550 SW 2nd St, Beaverton, OR 97005

503-846-3555

Special Supplemental Nutrition Program for Women, Infants and Children. Services: Nutrition education classes (individual counseling and group classes), Breastfeeding promotion and support, Breast pumps (in certain circumstances), Monthly vouchers for supplemental, specifically prescribed nutritious foods, Information about and referral to other health programs like immunizations and social service programs.

WISEWOMAN PROGRAM**971-673-0581**

www.public.health.oregon.gov/HealthyPeopleFamilies/Women/HealthScreening/wisewoman/Pages/index.aspx

800 NE Oregon Street, Suite 370, Portland, OR 97232

Aims to reduce cardiovascular and other diseases by promoting early detection, risk factor screening, risk reduction and access to medical treatment for low-income, uninsured and underinsured women aged 40 to 64.

WESTOVER HEIGHTS CLINIC**503-226-6678**

www.westoverheights.com

ALTERNATIVE MEDICINE

For a comprehensive list of complementary and alternative medicine in Portland, please view: <http://portland.medfinds.com/>

NATIONAL COLLEGE OF NATURAL MEDICINE (NCCM)

503-552-1551

Classical Chinese Medicine Clinics

www.nccm-clinic.com/community-clinics/classical-chinese-medicine-clinics

3025 SW Corbett Ave., Portland, OR 97201

In conjunction with other agencies and as a member of the Coalition of Community Clinics, National College of Natural Medicine offers low-cost medicine.

MERCY AND WISDOM HEALING CENTER

503-227-1222

www.mercyandwisdom.org

8401 SE Powell Boulevard, Portland, OR 97266

Provides health care to those who cannot afford traditional health care. Services include: naturopathic medicine, oriental medicine, acupuncture, family health care, women's health care, and lab testing.

PEOPLE'S ORGANIZATION OF COMMUNITY ACUPUNCTURE (POCA) 971-400-8739

www.pocacoop.com/#OR

3526 NE 57th Avenue, Portland, OR 97213

A cooperative of people involved in the community acupuncture movement: acupuncturists, patients, clinics, and supportive organizations.

QUEST CENTER FOR INTEGRATIVE HEALTH

503-238-5203

www.quest-center.org

2901 E Burnside, Portland, OR 97214

Mental health services, osteopathic doctor on-site, support groups, yoga and meditation classes, community groups, naturopath and massage therapy. Services available to LGBTQ.

UNIVERSITY OF WESTERN STATES, A CHIROPRACTIC COLLEGE IN PORTLAND

www.uws.edu

503-223-2213

Free services by interns from the Western States Chiropractic College.

DENTAL – VISION – HEARING SERVICES

BILLI ODEGAARD DENTAL CLINIC

503-988-5770

33 NW Broadway, Suite 380, Portland, OR 97209

EAST COUNTY DENTAL CLINIC

503-988-4900

600 NE 8th Ave., Gresham, OR 97030

MID COUNTY DENTAL CLINIC

503-988-3410

12710 SE Division St., Portland, OR 97236

ROCKWOOD DENTAL CLINIC

503-988-4988

2020 SE 182nd Ave., Gresham, OR 97233

SOUTHEAST DENTAL CLINIC

503-988-4410

3653 SE 34th Ave., Portland, OR 97202

DENTAL VAN

Medical Teams international Dental Van offers services at various locations throughout Portland. Must call specific locations for referral and scheduling.

- St. Francis Dining Hall **503-234-2028**
- William Temple House **503-226-3021**
- All Saints Episcopal Church **503-777-3829**

DENTAL HEALTH CLINIC - PACIFIC UNIVERSITY

503-352-7373

222 SE 8th, Suite 270, Hillsboro, OR 97123

Transit: Max Blue Line

Dental hygiene students perform all services under the supervision of licensed dental health professionals. Services are limited to preventative and limited basic restorative services. Dental emergencies, crowns and extractions are not available.

FRIENDS OF CRESTON DENTAL CHILDREN'S CLINIC

503-916-5808

4701 SE Bush, Portland, OR 97206

Assistance League of Portland Dental Center at Creston School: Urgent and routine care for K-12 only. Must be in Portland Public Schools, receive free/reduced lunch and have no dental insurance. Call for appointment. \$10 suggested donation.

HILLSBORO FAMILY RESOURCE CENTER

503-844-1063

www.youthcontact.org

451 SE Walnut St., David Hill Elementary School, Hillsboro

Serves residents of Washington County whose income is equal to or below 185% of poverty guidelines for Oregon. Emergency food boxes, clothing closet, ESL classes, emergency dental van, hygiene items (diapers), and seasonal programs.

MULTNOMAH COUNTY DENTAL CLINICS**503-988-3711**

www.coalitionclinics.org/dental-resources.html

Routine and urgent dental care for OHP multicare dental coverage only. Call for new patient appointments and referral to one of several community clinics. Various locations.

OHSU SCHOOL OF DENTISTRY**503-494-8867**

611 SW Campus Dr., Portland, OR 97239

Call one day in advance at 8:00A.M. for urgent care. Reduced fee, due at time of service (approximately 30 percent of private fees). Urgent care up to \$216.00. Small clinic, limited availability.

OHSU RUSSELL STREET DENTAL CLINIC**503-494-6822**

214 N Russell Street, Portland, OR 97227

OREGON LIONS SIGHT & HEARING FOUNDATION (LIONS CLUB)**503-413-7399**

www.olshf.org

1010 NW 22nd Avenue, #144, Portland, OR 97210

To screen, treat, save, and restore sight and hearing, in partnership with Lions Clubs, in order to prevent blindness and deafness for low income residents.

PACIFIC EYECLINIC PORTLAND**503-352-2500**

www.pacificu.edu/optometry/patients/clinics/portland.cfm

511 SW 10th Ave., Suite 500, Portland, OR 97205

Accepts OHP. Reduced rates for uninsured.

PROJECT DENTAL HEALTH**503-494-6822**

214 N Russell St., Portland, OR 97227

Walk in emergencies with \$100-\$200 due at time of service. Low-cost dental program for insured and uninsured people living with HIV/AIDS. Works on a sliding fee scale. Call for appointment and screening. Proof of income is requested.

SENIOR SMILE (Washington County Dental Society)**503-848-5605**

10505 SE 17th Ave., Milwaukie, OR 97222

Provides reduced fees on dental services for Washington County residents, 60 years and older, with no dental insurance and meet income guidelines. One time application fee of \$25. Fees will be 50% of private fee for services.

CATEGORIZED MEDICAL SERVICES

HIV AIDS CARE & SUPPORT

OREGON HIV/STD HOTLINE

1-800-777-2437

CASCADE AIDS PROJECT (CAP)

503-223-5907

www.cascadeaids.org

208 SW 5th. Ave., #800, Portland, OR 97204

Counseling, supportive, transitional and permanent housing programs, care services for HIV positive persons and their families. Programs designed for adults and children. Workshops and classes for developing self-sufficiency. Provides long-term support to ensure stable, healthy living. Provides donated furnishings and assistance with moving.

HIV CASE MANAGEMENT

503-230-1202

5525 SE Milwaukie Ave., Portland, OR 97202

Case Managers are linked to HIV health care providers, and most are located in provider clinics. Spanish-speaking staff and access to other language interpretation are available. Call the intake line to access services through Partnership Project; the intake can be done jointly with Partnership Project and Cascade AIDS Project.

HIV DAY CENTER/ ECUMENICAL MINISTRIES OF OREGON

503-460-3822

www.emoregon.org/HIV-day_center.php

2941 NE Ainsworth St., Portland, OR 97211

Drop-in center for low-income people living with HIV/AIDS. Services include hot breakfasts, lunches, access to phones, mail drop, computer and internet access, clothing and related hygiene needs. Counselors available by appointment.

MULTNOMAH COUNTY HIV/ STD HEALTH SERVICES CENTER

503-988-5020

web.multco.us/health/hiv-health-services-center

426 Stark St., 5th floor, Portland, OR 97204

Serves people living with HIV by providing comprehensive and compassionate medical treatment, nursing care and social services.

OHSU PARTNERSHIP PROJECT/ HIV-AIDS ADVOCACY

503-230-1202

www.ohsu.edu/partnership

5525 SE Milwaukie Ave., Portland, OR 97202

Case management for individuals living with HIV/AIDS and their families. Information, referrals or help coordinating medical, mental health and other social service systems.

OUR HOUSE**503-234-0175**www.ourhouseofportland.org

2727 SE Alder St., Portland, OR 97214

Provides healthcare, housing, and other vital services to low-income people living with HIV/AIDS. Services include 24-Hour Skilled Nursing, Social Services, Occupational Therapy, Drug and Alcohol Counseling and more.

IMMUNIZATION AND TUBERCULOSIS CLINICS

COMMUNITY IMMUNIZATION CLINIC**503-988-3406**web.multco.us/health/immunizations

426 Stark St, 3rd Floor, Portland, OR 97204

Childhood immunizations, Adult immunizations (fee based), Antibody testing blood draws (titers), and Tuberculosis testing.

TUBERCULOSIS CLINIC**503-988-3406**web.multco.us/health/tuberculosis-clinic

426 SW Stark St., 3rd Floor, Portland, OR 97204

The Tuberculosis Clinic provides evaluation and treatment of tuberculosis to high-risk populations in Multnomah County only.

TESTING (HIV, STD, TB...) & FAMILY PLANNING

ANY LAB TEST NOW**503-241-8378**www.anylabtestnow.com**CAP IN CLARK COUNTY****360-750-7964**

For men having sex with men

CLACKAMAS COUNTY PRIMARY CARE**503-655-8471****CLARK COUNTY PUBLIC HEALTH****360-397-8610**www.clark.wa.gov/public-health/hiv/hiv.html**NE COMMUNITY TEST SITE****503-988-3030**web.multco.us/health/hiv-testing**PIVOT****503-445-7699**pivotpdx.org/testing

First come, first served HIV/STD/syphilis testing for gay/bi/trans men

WESTOVER HEIGHTS CLINIC**503-226-6678**www.westoverheights.com

CHILDREN, YOUTH, ADULTS, FAMILIES AND DISABILITY SERVICES

CHILDREN AND YOUTH SERVICES

ALBERTINA KERR CENTERS

503-239-8101

www.albertinakerr.org/Home.aspx

424 NE 22nd Avenue, Portland, OR 97232

Provides mental health services for children and support for their families. Offices located in Portland, Gresham, Washington County, Lane County, and Albany.

CARES NORTHWEST

503-276-9000

www.caresnw.org

2800 N Vancouver Avenue, Suite 201, Portland, OR 97227

A collaborative, community-based medical program, one of the oldest and largest child abuse assessments, treatment centers in the nation. Provides a safe, child-friendly environment for the assessment of children for whom there are concerns of physical or sexual abuse, neglect and exposure to domestic violence. Physical examinations and interviews are conducted in a comfortable environment to help children feel safe.

CHILDREN'S COMMUNITY CLINIC

503-284-5239

www.ccc4kids.org

27 NE Killingsworth Street, Portland, OR 97211

Provides health care for children, birth to 21 years old, of families being undeserved (uninsured/under-insured), regardless of ethnicity, geographic location or ability to pay.

CHILDREN'S DEVELOPMENTAL HEALTH INSTITUTE

503-228-6479

www.childrenspdx.org

1675 SW Marlow Avenue, Suite 200, Portland, OR 97225

Provides developmental behavioral pediatrics, occupational therapy, speech language therapy, audiology, counseling and support services for parents.

DOUGY CENTER LINKLATER COMMONS - HILLSBORO

503-775-5683

www.dougy.org

866-775-5683 (Toll Free)

230 NE 2nd Ave., Hillsboro, OR 97123

Provides grief support groups for children ages 3-18 and young adults ages 19-30 and their families who have experienced the death of a parent, sibling or a significant person in their life. Donations welcome.

EMPOWERED KIDZ**503-260-7900**

www.empoweredkidz.org

In addition to programs, provides counseling services, child advocacy, and community restoration. No cost. Donations accepted.

YOUTH, RIGHTS & JUSTICE (Formerly Juvenile Rights Project)**503-232-2540**

www.youthrightsjustice.org

401 NE 19th Ave., Suite 200, Portland, OR 97232

Protects the rights of children and youth by providing information, referrals and advice on juvenile law. Offers legal services, family mediation, juvenile court petitions for abuse and neglect allegations, among other services.

MORRISON CHILD AND FAMILY SERVICES**503-258-4200**

www.morrisoncenter.org

11035 NE Sandy Boulevard, Portland, OR 97220

Provides a comprehensive continuum of mental health, substance abuse, and prevention services to children from birth through age 21 in the Portland metro area. Programs and services vary in intensity and length of treatment. Services include outpatient, day treatment, foster care, and residential.

MULTNOMAH COUNTY SCHOOL IMPACT (MCSI)**503-234-1541**

Immigrant and Refugee Community Org (IRCO)

www.irco.org

10301 NE Glisan, Portland, OR 97220

Provides newly arrived refugee children and parents with assistance in school enrollment, orientation to the U.S. school system, and summertime ESL.

NORTHWEST BEHAVIORAL HEALTHCARE SERVICES**503-722-4470**

www.northwestbhs.com/index.html

18000 SE Webster Road, Gladstone, OR 97027

Provides help to families and residential treatment for adolescents (ages 12 to 17) with emotional, behavioral, or substance abuse problems.

OREGON FAMILY SUPPORT NETWORK**503-363-8068**

www.ofsn.org

1300 Broadway St. NE, Suite 403, Salem, OR 97301

Support for families with children and adolescents with emotional, behavioral, mental and/or physical challenges and special needs. Services include toll-free health information line, support groups, resource referral, and individualized peer support for navigating multiple child-serving agencies. Offices located in Milwaukie, Eugene, and Salem.

OHSU CHILD AND ADOLESCENT PSYCHIATRY OUTPATIENT CLINIC 503-418-5775

www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/child-and-adolescent-psychiatry/clinical-services/index.cfm

7th floor Doernbecher Children's Hospital

Services include consultation, diagnostic evaluation, parent guidance (in conjunction with child's therapy), family therapy, psychopharmacological evaluation and treatment, and specialty treatment for mood disorders, anxiety disorders, and ADHD.

PARROTT CREEK CHILD AND FAMILY SERVICES 503-722-4110

www.pcreek.org

1001 Molalla Avenue, Suite 209, Oregon City, OR 97045

Provides family services in Clackamas County including the Addiction Recovery Team, which acts as advocates for parents struggling with alcohol and/or drug addiction, and parent training, including classes covering behavior management, communication, child development, stress, and anger management.

TRILLIUM FAMILY SERVICES 1-888-333-6177

www.trilliumfamily.org

3415 SE Powell Blvd., Portland, OR 97202

Provides mental and behavioral healthcare for children in Oregon. Levels of care range from preventative community-based programs to intensive residential treatment with innovative practices such as equine, canine, and horticultural therapies.

JEWISH FAMILY & CHILD SERVICE 503-226-7079

www.jfcs-portland.org

1221 SW Yamhill, Suite 301, Portland, OR 97205

Sliding scale counseling (family, couple, individual, child), services for the elderly and disabled, information and referral, case management, home care services, emergency financial assistance, information and support regarding life cycle events and living, and assistance with refugee resettlement. Portland Community Warehouse, another JFCS program, provides furniture and household items at no cost to low-income families via social service agencies.

DE PAUL OUTPATIENT SERVICES 503-535-1151

www.depaultreatmentcenters.org

Adult Center: 1312 SW Washington St., Portland, OR 97205

503-535-1151

Outpatient Services: 205 SE 3rd, Suite 100, Hillsboro, OR 97123

503-693-3104

Youth Center: 4310 NE Killingsworth St., Portland, OR 97218

503-535-1181

Offers programs for adults, youth, and families with individual and group counseling, family counseling, anger management, post-traumatic stress disorder trauma group, and assessment and referrals. Treatment is gender-specific and culturally respectful.

WASHINGTON COUNTY INTENSIVE SERVICE ARRAY FOR YOUTH 503-846-4528

www.co.washington.or.us/HHS/MentalHealth/Treatment/children-intensive-services.cfm

Care coordination and wraparound services for eligible youth. Community based treatment, treatment foster care, respite, and psychiatric residential treatment.

WIC WOMEN INFANTS AND CHILDREN PROGRAM

www.public.health.oregon.gov/HealthyPeopleFamilies/wic

Multnomah: 131 NE 102nd, Bldg. #1, Portland, OR 97220 **503-988-3503**

Clackamas: 999 Library Court, Oregon City, OR 97045 **503-655-8476**

Washington: 12550 SW 2nd St., Beaverton, OR 97005 **503-846-3555**

Special Supplemental Nutrition Program for Women, Infants and Children. Services: Nutrition education classes (individual counseling and group classes), Breastfeeding promotion and support, Breast pumps (in certain circumstances), Monthly vouchers for supplemental, specifically prescribed nutritious foods, Information about and referral to other health programs like immunization and social service programs.

SEXUAL ASSAULT RESOURCE CENTER (SARC) & SEXUAL ASSAULT LATINA SERVICES

www.sarcoregon.org

503-640-5311 or 1-888-640-5311

4900 SW Griffith Drive, Suite 100, Beaverton, OR 97005

Drop-in services, referral support. Court accompaniment, support group and individual counseling.

YOUTH CONTACT

503-640-4222

www.youthcontact.org

447 SE Baseline Street, Hillsboro, OR 97123

Counseling services for youth with substance abuse problems. Whole family orientation. Beaverton and Hillsboro youths (up to age 18) and their family, call or come in for intake; OHP and some private insurance accepted.

YOUTH EMPLOYABILITY SUPPORT SERVICES (YESS)

503-491-7641

www.mhcc.edu/yess

26000 SE Stark St., Gresham, OR 97030

Helps youth find work, acquire skills, and finish GED program. Ages 16-21 only.

FAMILY AND ADULT SERVICES

AGING AND DISABILITY RESOURCE CONNECTION

503-988-3646

www.adrcoforegon.org

421 SW Oak St., Suite 510, Portland, OR 97204

Provides information assistance and all services to support all seniors and people with disabilities and their caregivers.

BALTAZAR F. ORTIZ COMMUNITY CENTER

503-988-5682

6736 NE Killingsworth St., Portland, OR 97218

Food bags, counseling, youth programs, alcohol and drug treatment, and referral to resources and parenting classes- all available in Spanish- through program 'Bienestar de la Familia'.

BEAVERTON HISPANIC CENTER

503-270-0272

www.beavertonhrc.org

3800 SW Cedar Hills Blvd., Suite 123, Beaverton, OR 97005

English and Spanish classes, food assistance, and referrals for clothing, immigration, DV services, and counseling as well as direct advocacy and a variety of services for the Hispanic community.

CENTER FOR FAMILY SUCCESS-ROCKWOOD

503-286-0600

229 SE 181st Ave., Portland, OR 97233

Parenting Inside Out class for parents involved in the criminal justice system with children 18 or younger. Some Spanish-language classes available. Must live in Portland area. Priority given to mandated persons. Free anger management classes.

COMMUNITY ACTION OPENING DOORS

503-517-3198

9340 SW Barnes Rd., Suite 100A, Portland, OR 97225

Connects pregnant women and first time parents with prenatal care and other family services. Provides support, education and advocacy.

CATHOLIC CHARITIES PREGNANCY SUPPORT AND ADOPTION SERVICES

www.catholiccharitiesoregon.org

1-800-783-5857 or 503-238-5196

2740 SE Powell Blvd, Suite #7, Portland, OR 97202

Supportive services to expecting mothers, such as baby and maternity supplies, resource assistance in future planning, professional counseling, and parenting education. Adoption services provided at no cost. For adoptive families: child centered adoptions, home study reports and post placement supervision, special needs adoption (through state foster care). Relationship counseling offered as well.

HOSPICE AND PALLIATIVE CARE OF WASHINGTON COUNTY

1-888-968-9565

www.hospicewc.org

900 SE Oak St., Suite 202, Hillsboro, OR 97123

A home-based program designed to meet the special physical needs of terminally ill patients and their families. Care is provided regardless of ability to pay. Call to set up appointments and nurse visit.

OREGON REFUGEE SENIOR SERVICES (ORSS)

503-234-1541

Immigrant and Refugee Community Org (IRCO)

www.ircor.org

10301 NE Glisan, Portland, OR 97220

Providing refugee seniors with acculturation, citizenship and naturalization services, and other assistance geared to help refugee seniors become healthy and independent.

DISABILITY SERVICES

AGING AND DISABILITY RESOURCE CONNECTION

503-988-3646

www.adrcoforegon.org

421 SW Oak St., Suite 510, Portland, OR 97204

Provides information assistance and services to support all seniors and people with disabilities and their caregivers.

CENTRAL CITY CONCERN: Benefits And Entitlements Specialist Team (BEST)

www.centralcityconcern.org

503-228-4533

727 W Burnside, Portland, OR 97209

Helps people access the Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) benefits to which they may be entitled. For homeless individuals who are not able to gain employment and who qualify for benefits, targeted benefits assistance is essential to navigate the complex and lengthy benefits process.

CENTRAL PORTLAND VOCATIONAL REHABILITATION SERVICES

971-673-2555

www.oregon.gov/dhs/vr

3945 SE Powell Blvd., Portland, OR 97202

An employment program for people with disabilities who are interested in going to work. General orientation for new clients held every Tuesday, 1:30P.M.

DEPAUL INDUSTRIES

503-281-1289

www.depaulindustries.com

4950 NE Martin Luther King Jr. Blvd., Portland, OR 97211

Temporary staffing services specializing in employing the disabled or people in recovery. All are welcome. The programs are individualized and can accommodate those with special needs, including hearing impairment and visual impairment. Employment options for people with all kinds of disabilities, including injury and illness related disabilities. Security and clerical job training and placements.

DISABILITY COMPASS

www.disabilitycompass.org

A web-based resource for people with disabilities, their families, and their supporters.

DISABILITY RIGHTS OREGON

503-243-2081

www.disabilityrightsoregon.org

610 SW Broadway, Suite 200, Portland, OR 97205

Provides advice and information about the rights of people with disabilities, including civil rights, special education, health care, rights to public and private services, guardianship and rights in care facilities. Free legal and advocacy assistance to individuals with physical or mental disability.

EASTER SEALS LATINO CONNECTION PROGRAM**503-335-6161***www.or.easterseals.com*

3715 SE 39th St., Portland, OR 97202

Vocational rehabilitation services, including employment for Latinos with disabilities. Also ESL and computer classes in Spanish, job placement, translation and interpretation services, resume and interview workshops, information and referral.

HOME FORWARD (Formerly Portland Housing Authority)**503-802-8300***homeforward.org*

135 SW Ash Street, Portland, OR 97204

(Website in Spanish, Vietnamese, Somali, Russian, Croatian and Arabic)

Section 8 program offers subsidized/voucher housing for individuals & families. Priority to seniors, persons with disabilities, and people who are working or engaged in education or training programs.

ETHNIC COMMUNITY ORGANIZATIONS

INTERCULTURAL (MULTI-ETHNIC)

CENTER FOR INTERCULTURAL ORGANIZING

503-287-4117

www.interculturalorganizing.org

700 N Killingsworth Street, Portland, OR 97217

CIO is a diverse, grassroots organization working to build a multi-racial, multicultural movement for immigrant and refugee rights.

COALITION OF COMMUNITIES OF COLOR

503-288-8177 ext. 295

www.coalitioncommunitiescolor.org

5135 NE Columbia Blvd., Portland, OR 97218

The Coalition of Communities of Color addresses the socioeconomic disparities, institutional racism, and inequity of services experienced by our families, children, and communities. The Coalition organizes our communities for collective action resulting in social change to obtain self-determination, wellness, justice, and prosperity.

IMMIGRANT AND REFUGEE COMMUNITY ORGANIZATION

503-234-1541

www.irco.org

10301 NE Glisan Street, Portland, OR 97220

Services and integration of immigrants, refugees and the community at large into a self-sufficient, healthy, and inclusive multiethnic society.

LUTHERAN COMMUNITY SERVICES NORTHWEST

www.lcsnw.org

Portland: 605 SE Cesar E Chavez Blvd., Portland, OR 97214

503-231-7480

Vancouver: 3600 Main St., Vancouver, WA 9866

360-694-5624

Beaverton: 3800 SW Cedar Hills Blvd., #230, Beaverton, OR 97005

503-924-2448

Offers a wide range of multicultural counseling services. Outpatient mental health and alcohol and drug program provides individual, couple, and family counseling.

URBAN LEAGUE OF PORTLAND

503-280-2600

ulpdx.org/who-we-are

10 N Russell Street, Portland, OR 97227

Supports African Americans avenues of secure economic self-reliance, parity, power and civil rights.

AFRICAN

AFRICA HOUSE (IRCO)

503-802-0082

www.irco.org/programs/community-development/africa-house

631 NE 102nd, Portland, OR 97230

Provides a “one-stop” family-focused service center with the goal of raising the visibility of the African community, highlighting community achievements, and helping the community and families achieve self-sufficiency and self-determination.

AFRICAN WOMEN’S COALITION

503-972-4930

www.awcportland.org

1125 SE Madison, Suite 210, Portland, OR 97214

Seeks to create a shared dynamic vision for Portland's African refugee community and develop a plan to address community problems, based on cultural, civic and socio-economic values.

HARAMBEE CENTRE

503-819-4039

www.harambeecentre.org

P.O. Box 6617 Portland, OR 97228

To inform, educate and enlighten people in the community about the cultures of the societies of Africa; to build bonds of understanding, respect, and mutually beneficial relationships between people in the Pacific Northwest and people in Africa; and to support self-help projects in African communities by generating funds from resources in communities.

NATIONAL SOMALI BANTU PROJECT

503-725-8358

www.bantusupport.pdx.edu

PSU P.O Box 751, Portland, OR 97207

To support and educate service providers about the Somali community in Portland.

OBO ADDY LEGACY PROJECT (Homowo African Arts & Cultures)

503-288-3025

www.oboaddylegacyproject.org

7725 N Fowler Ave., Portland, OR 97217

Homowo seeks to bring African Arts and Culture to Oregon, by enhancing an understanding of African arts and cultural traditions, promoting and maintaining multi-generational interaction and community involvement.

SENEGALESE ASSOCIATION OF PORTLAND AND SW WASHINGTON

www.senegaleseassociation.org

To advance the understanding of Senegalese culture through educational activities, cultural events open to the public, and engaging in charitable volunteer activities, with the aim to provide support to Senegalese immigrants in the Northwest.

SOMALI-BAJUNI COMMUNITY SERVICES COALITION**503-595-0368**

9123 SW Barbur Blvd., Portland, OR 97129

Somali and Bajuni translation services, transportation, life skills orientation, family crisis assistance, legal aid referrals and other help.

SOMALI BANTU COMMUNITY ORGANIZATION OF OREGON**503-384-8229**www.somalibantuoregon.net

2788 SE 82nd Ave., Suite 203B, Portland, OR 97266

SOMALI WOMEN ASSOCIATIONLul Abdulle, Program Coordinator: swaofpdx@yahoo.com

To support self-help projects in African communities by generating resources.

ASIAN-PACIFIC ISLANDER

ASIAN PACIFIC AMERICAN NETWORK OF OREGON (APANO)**971-340-4861**www.apano.org

240 N Broadway, Suite 215, Portland, OR 97227

A network of leaders, activists, and allies from Oregon's Asian-Pacific Islander (API) communities working to mobilize the social, cultural and political strengths of the diverse API communities.

ASIAN FAMILY CENTER (IRCO)**503-235-9396**www.irc.org/programs/community-development/asian-family-center-afc

8040 NE Sandy Blvd., Portland, OR 97213

Assists Asian families and youth in becoming self-sufficient and contributing members to the American society.

BHUTANESE COMMUNITY of PORTLAND**503-284-3002****Project SOAR (SPONSORS ORGANIZED TO ASSIST REFUGEES)**

2906 NE Glisan, Portland, OR 97232

Contact: Som Subedi (Director) at som_subedi@yahoo.com

BURMESE COMMUNITY ASSOCIATION**503-762-7560**

16116 SE Mill Street, Portland, OR 97233

CAMBODIAN-AMERICAN COMMUNITY OF OREGON**503-567-9595**www.cacoregon.org

Seeks to unite people, preserve the past, and empower the present and future members of the Cambodian-American community. They also run a Cambodian school, which features language, history, and other subjects.

FILIPINO AMERICAN ASSOCIATION OF PORTLAND & VICINITY**503-253-7636**www.filam-portland.com

8917 SE Stark St., Portland, OR 97216

A non-profit that serves to aide Filipino Americans in their assimilation and integration; to prepare youths for future leadership roles while simultaneously providing for the retention of their rich social, cultural heritage and legacies.

LAO AMERICAN FOUNDATION

809 NE 116th Ct., Portland, OR 97220

OREGON VIETNAMESE COMMUNITY ASSOCIATION**503-345-9376**www.cdvn-oregon.org

P.O. Box 7186, Aloha, OR 97007

To promote and preserve Vietnamese history and cultural heritage through social, economic, educational and cultural outreach and to assist Vietnamese immigrants and the Vietnamese American community in Oregon.

LATINO

HACIENDA COMMUNITY DEVELOPMENT CORPORATION**503-595-2111**www.haciendacdc.org

5136 NE 42nd Ave., Portland, OR 97218

Develops affordable housing and build thriving communities in support of working Latino families and others in Oregon by promoting healthy living and economic advancement.

LATINO NETWORK**503-283-6881**www.latnet.org

240 N Broadway, Suite 214, Portland, OR 97227

Promote social change by cultivating the power of the Latino community. They strengthen community voice, cultivate financial, educational, and leadership skills, and build trusting, supportive relationships between community members and among service organizations.

EL PROGRAMA HISPANA – PROJECT UNICA (Catholic Charities)**503-232-4448 or**www.catholiccharitiesoregon.org/latino_services_unica.asp**1-888-232-4448****Gresham:** 138 NE 3rd St., Suite 140, Gresham, OR 97030**503-669-8350****Portland:** 2740 SE Powell Blvd., #9 (3rd Floor), Portland, OR 97202**503-688-2630**

Provides support, advocacy and opportunity for self-empowerment, assisting survivors to exercise free and informed life choices free of violence and oppression. Works to ensure that Latino individuals and families have equal access to community resources.

MIDDLE EAST/ EASTERN EUROPEAN

IRAQI SOCIETY OF OREGON

www.iraqisocietyoforegon.org/index.html

An intercultural and interfaith meeting ground for all people who identify as related to the Iraqi people.

ANDISHEH CENTER (IRANIAN)

www.andisheh.org

A community of Iranians in Oregon and SW Washington, whose mission is to help the Portland Greater Metropolitan area community come together and appreciate differences in gender, religion, nationality, personal attributes, and social or cultural practices.

SLAVIC COALITION OF OREGON

www.ircoengage.wordpress.com/russianslavic-coalition

SCO aims to promote advocacy, leadership and cultural awareness of the communities of Eastern and Central-European origin.

PLACES OF WORSHIP

Many places of worship are available; please see
www.missionportland.org/churches/churches-ethnic.htm
for more ethnic-based religious offerings.

AFRICAN

AMMANUEL EVANGELICAL CHURCH

(Ethiopian)

5004 NE 6th Ave., Portland, OR 97211

503-282-0491

HIGHLAND CHRISTIAN CENTER

www.highlandministries.org

7600 NE Glisan, Portland, OR 97213

503-287-9567

OROMO EVANGELICAL LUTHERAN CHURCH

1244 NE 39th Ave., Portland, OR 97232

503-234-6596

ST. MARY'S ETHIOPIAN ORTHODOX CHURCH

7715 SE 92nd Ave., Portland, OR 97266

503-356-0932

ASIAN-PACIFIC ISLANDER

SIRIMANGALA BUDDHIST MONASTERY

(Burmese)

12634 NE Russell St., Portland, OR 97230

503-253-5318

BEAVERTON KOREAN MISSION CHURCH

14755 NW Dogwood St., Portland, OR
97229

503-957-7939

CAMBODIAN/CLACKAMAS BIBLE

15655 SE Johnson Rd.,

Clackamas, OR 97015

503-655-2753

ELIM KOREAN CHURCH

6161 SE Stark St., Portland, OR 97215

503-231-1625

PORTLAND FIRST BAPTIST CHURCH

(Cambodian)

909 SW 11th Ave., Portland, OR 97205

503-228-7465

VIETNAMESE CHRISTIAN COMMUNITY CHURCH

2720 SE 17th Ave., Portland, OR 97202

503-231-9221

GOSPEL HMONG ALLIANCE CHURCH

4340 N Lombard St., Portland, OR 97203

503-964-8676

VIETNAMESE GRACE BAPTIST CHURCH

3635 SE 72nd Ave., Portland, OR 97206

503-774-1712

CHINESE GRACE BAPTIST CHURCH

6275 SW Hall Blvd., Beaverton, OR 97008

503-533-4314

ST ANTHONY CATHOLIC CHURCH & SCHOOL (Spanish and Vietnamese)

9905 SW McKenzie St., Tigard, OR
97223

503-639-4179

PORTLAND CHINESE C&MA CHURCH

7435 SE Foster Rd., Portland OR, 97206
503-775-2854

**MIRACLE LIFE CHRISTIAN CENTER
(Filipino)**

7220 SE Duke, Portland, OR 97206
503-658-2048

AMERICAN FILIPINO CHRISTIAN CHURCH

13932 SE Stark St., Portland, OR 97233
503-546-3180

INDIA INTERNATIONAL CHURCH

www.indiachurch.org
14175 NW Cornell Rd., Portland, OR 97229
503-740-7440

**AMITABHA BUDDHIST SOCIETY
OF OREGON (Vietnamese)**

3800 SW Cedar Hills Blvd., Suite 105,
Beaverton, OR 97005
503-308-8446

NAM QUANG BUDDHIST TEMPLE

www.namquangtemple.org
3337 NE 148th Ave., Portland, OR 97230
503-254-0875

BRAHMA PREMANANDA ASHRAM

www.portlandhindutemple.org
11515 SW Hall Blvd., Tigard, OR 97223
503-598-3073

LATINO

CEDAR MILL BIBLE CHURCH

12208 NW Cornell Rd., Portland, OR 97229
503-644-3156

IGLESIA AMIGOS EN LYNWOOD

835 SE 162nd, Portland, OR 97233
503-766-3360

**IGLESIA COMUNIDAD CRISTIANA
DE GRESHAM**

20841 SE Burnside Ct., Gresham, OR 97030
503-492-8561

**IGLESIA COMUNIDAD CRISTIANA
DE PORTLAND**

2700 SE 67th, Portland, OR 97206
503-775-1533

IGLESIA DE DIOS PENTECOSTAL

6240 SW Hall Blvd., Beaverton, OR 97008
503-526-0115

IGLESIA DEL DIOS VIVIENTE

1032 N Sumner St., Portland, OR 97217
503-719-6330

IGLESIA RENUENO

3201 NE 148th Ave., Portland, OR 97230
503-408-7947

MIDDLE EASTERN / EASTERN EUROPEAN

CHRISTIAN/ CATHOLIC

ARABIC CHRISTIAN CHURCH

3101 SE Orient Dr., Gresham, OR 97080
503-618-1085

UKRAINIAN BIBLE CHURCH

www.ukrainianbiblechurch.net
22820 NE Halsey St., Troutdale, OR 97024
503-661-1531

ST. GEORGE ANTIOCHIAN ORTHODOX CHURCH

2101 NE 162nd Avenue, Portland, OR 97230

503-284-2760

AHMADIYYA MOVEMENT IN ISLAM

9925 SW 35th Dr., Portland, OR 97219

503-246-0813

HOLY TRINITY GREEK ORTHODOX CHURCH

3131 NE Glisan St., Portland, OR 97232

503-234-0468

ROMANIAN ASSEMBLY OF GOD

5544 SE 128th Ave., Portland, OR 97236

503-761-5067

ST. MARY'S ROMANIAN ORTHODOX

13505 SE Stark St., Portland, OR 97233

503-258-8492

UKRAINIAN ORTHODOX CHURCH

8014 SE 16th Ave., Portland, OR 97202

503-235-7129

WORD OF LIFE SLAVIC BAPTIST CHURCH

550 NE 76th Ave., Portland, OR 97213

503-253-7774

ISLAM

BILAL MOSQUE ASSOCIATION

4115 SW 160th Ave., Beaverton, OR 97007

503-591-7233

ISLAMIC CENTER OF PORTLAND

6940 SW Hall Blvd., Beaverton OR 97008

503-526-9305

MASJID AL-NOOR

7108 NE Glisan St., Portland, OR 97213

503-477-9724

MUSLIM COMMUNITY CENTER OF PORTLAND

3801 NE MLK Jr. Blvd., Portland, OR 97212

503-281-7691

CIVIC ENGAGEMENT, EQUITY AND INCLUSION

BEAVERTON NEIGHBORHOOD INVOLVEMENT

503-526-2243

www.beavertonoregon.gov/index.aspx?NID=396

4755 SW Griffith Dr. , PO Box 475, Beaverton, OR 97076

CITY OF PORTLAND OFFICE OF EQUITY AND HUMAN RIGHTS

503-823-4433

www.portlandoregon.gov/oehr/

425 SW 6th Avenue, Suite 500, Portland, OR 97204

- New Portlander Program- involves integrating ambitious immigrants and refugees into the life of our vigorous city.

GRESHAM NEIGHBORHOOD INVOLVEMENT

<http://greshamoregon.gov/city/city-departments/neighborhoods-and-community-engagement/neighborhood-associations/>

MULTNOMAH COUNTY OFFICE OF DIVERSITY AND EQUITY

503-988-3399

web.multco.us/diversity-equity

501 SE Hawthorne, Suite 600 Portland, OR 97214

OREGON HEALTH AUTHORITY

971-673-1240

Oregon Office of Equity and Inclusion

www.oregon.gov/OHA/oei/Pages/index.aspx

421 Oak St (Suite 750) Portland, OR 97204

Policies:

- Cultural Competency
- Traditional Health Workers
- Coordinated Care Organizations
- Race, Ethnicity and Language Data Collection

Programs:

- Diversity and Inclusion
- Developing Equity Leadership for Training and Action (DELTA)
- Migrant and Seasonal Farmworker Health
- Health Care Interpreter Program
- Regional Health Equity Coalitions
- State of Equity Report Community Responses

COMMUNITY NEIGHBORHOOD PROGRAMS

PORTLAND NEIGHBORHOOD GUIDE

www.neighborhoodnotes.com/neighborhood_guide/

PDX OFFICE OF NEIGHBORHOOD INVOLVEMENT

www.portlandoregon.gov/oni/

1221 SW 4th Ave., Ste. 110 Portland, OR 97204

503-823-4519

HOUSING

Most housing resources are non-refugee/immigrant specific.

ENERGY/ RENT ASSISTANCE HOTLINE

503-405-7877

RENTERS RIGHTS HOTLINE

503-288-0130

CASCADE MANGEMENT

www.cascade-management.com/property_portfolio.html

Cascade management oversees a huge number of low-income properties, with 40% being reserved for seniors/the disabled. Visit the website for an interactive map of the properties they have. Website also has direct contact info for each property.

COMMUNITY ALLIANCE OF TENANTS

503-460-9702

www.oregoncat.org/community/alliance-of/tenants/C8

2710 NE 14th Ave., Portland, OR 97212

Provides resources and advocacy to offer safe, stable and affordable rental homes in the community.

ECUMENICAL MINISTRIES - SHARED HOUSING PROGRAM

503-225-9924

www.emoregon.org/shared_housing.php

First Baptist Church, 909 SW 11th Ave., Portland, OR 97205

Shared Housing matches people needing rooms with people providing rooms to rent in Multnomah, Clackamas, Washington and Clark Counties. Matches individuals/households to appropriate shared housing. A fee of \$10 to \$50 (income-based) is charged; Must provide three personal references and agree to release criminal conviction history to use the service.

HOME FORWARD (Formerly Portland Housing Authority)

503-802-8300

www.homeforward.org

135 SW Ash Street, Portland, OR 97204

Section 8 program offers subsidized/voucher housing for individuals and families. Priority to seniors, persons with disabilities, and people who are working or engaged in education or training programs. (Website in Spanish, Vietnamese, Somali, Russian, Croatian and Arabic)

HOUSING CONNECTIONS

www.housingconnections.org

Easy to use search engine for people to find affordable housing (30% of income) all throughout Portland, OR.

HUMAN SOLUTIONS-LIVING SOLUTIONS

www.humansolutions.org

Portland: 12350 SE Powell Blvd., Portland, OR 97236

503-548-0200

Gresham: 124 NE 181st, Gresham, OR 97230

503-405-7875

Assists low-income and homeless families and individuals gain self-sufficiency by providing affordable housing, family support services, job readiness training, and economic development opportunities.

IMPACT NW

503-988-6000 or 503-988-6545

www.impactnw.org

10055 E Burnside St., Portland, OR 97216

Impact NW offers both permanent housing and support services for families experiencing homelessness, as well as transitional housing for families, especially those dealing with substance abuse, mental illness, or DV situations. Transitional housing also offers support such as job-readiness training, parenting classes, and after-school programs. For families facing eviction, they also provide Emergency Rent Assistance.

NORTHWEST HOUSING ALTERNATIVES

503-654-1007 ext. 100

www.nwhousing.org/index.shtml

2316 SE Willard St., Milwaukie, OR 97222

The NHA offers low income rentals primarily to seniors and families. The Home Base program offers Emergency Rent Assistance to families on the verge of homelessness, as well as help with eviction and relocation. They also operate an emergency family shelter.

NORTHWEST PILOT PROJECT

503-227-5605

www.nwpilotproject.org

1430 SW Broadway, Suite 200, Portland, OR 97201

Prevents and ends homelessness for very low income and disabled seniors with holistic and supportive services that both stabilize vulnerable housing situations and address the root cause of homelessness.

PORTLAND RESCUE MISSION

503-647-7466

www.portlandrescuemission.org

111 W. Burnside St., Portland, OR 97209

Provides food, shelter, and clothing for those in need.

PUBLIC HOUSING DATATBASE

www.publichousing.com/city/or-portland

This website provides detailed information of what housing is available, and whether the listing is a non-profit housing resource, HUD apartment, and subsidized housing.

SALVATION ARMY**503-794-3200 or 1-800-481-3280**

www1.usw.salvationarmy.org/usw/www_usw_cascade.nsf

8495 SE Monterey Ave., Happy Valley, OR 97086

Six specialized programs that focus on key social issues: homelessness, domestic violence, veterans, camp, seniors, and at-risk young women, some who may be pregnant or parenting. Visit website for more information.

TRANSITION PROJECTS**503-280-4710**

www.tprojects.org/content.cfm/ABOUT-US/Programs

665 NW Hoyt, Portland, OR 97209

Provides people with the resources and tools needed to end homelessness and maintain housing. Helps people meet basic needs like shelter, clothing, food and cleanliness. They have programs specific to men and/or women.

UNION GOSPEL MISSION**503-274-4483**

www.ugmportland.org

3 NW Third Ave., Portland, OR 97209

Mission: "Feeding the hungry, restoring the addict, and loving our neighbor."

YOUR NEXT STEP**503-330-7755**

www.yournextstepgrants.org

P.O. Box 741, Beaverton, OR 97075

Provides small, one-time grants to "bridge the gap" for those in need. Grants/money is distributed directly to the creditors and merchants (i.e. utility company, landlord, auto insurance co, etc.) on behalf of eligible clients to pay their bill and restore the individual to financial independence and self-sufficiency.

REFUGEE & IMMIGRANT SPECIFIC HOUSING & ENERGY RESOURCES

CATHOLIC CHARITIES - EL PROGRAMA HISPANO**503-669-8350**

451 NW First St., Gresham, OR 97030

Serves Latinos in Multnomah County. Water/sewer, gas and electric assistance as funding.

KATERI PARK (Catholic Charities)**503-233-4701**

www.cascade-management.com/propertyportfolio/kateripark.html

3640 SE 28th Ave., Portland, OR 97202

Over half of the apartments in this complex are filled with refugee clients, and many services are offered at the apartments, such as preschool care, a women's knitting group, etc. Applications can be found online.

HACIENDA PORTLAND**503-595-2111**

www.haciendacdc.org/affordable-housing/rental-properties

5136 NE 42nd Ave., Portland, OR 97218

Hacienda's primary goal is to serve the low-income Latino population, but they also offer bicultural services to other low-income families throughout the Portland metropolitan area. They offer rental properties (and hard to find 3-4 bedrooms for large families) in the NE Portland area.

IMMIGRANT AND REFUGEE COMMUNITY ORGANIZATION (IRCO) 503-234-1541

www.ircor.org

4424 NE Glisan St., Portland, OR 97213

IRCO provides housing referrals to immigrants and refugees struggling with housing. They offer experience with clients from different cultural backgrounds, and can most often provide services in the language of origin.

ISLAMIC SOCIAL SERVICES OF OREGON**503-259-2320**

www.i-sos.org

P. O. Box 5996, Aloha, OR 97006

ISSO provides emergency rent, energy, and food assistance for refugees and community members in need.

NEIGHBORHOOD HOUSE**503-246-1663**

www.nhpx.org/WhatWeDo/transitionalhousing.html

7780 SW Capitol Hwy., Portland, OR 97219

Neighborhood House offers a transitional housing program to provide hope and stability for homeless families with children. They offer culturally specific services for African, Latino, Middle Eastern, and Russian people. Turning Point offers small one bedroom efficiency units located in Southwest Portland, as well as 'scattered site' throughout Multnomah County. Families need to be referred by a social service agency.

HIV/AIDS SPECIFIC HOUSING

CASCADES AIDS PROJECT**503-278-3827**

www.cascadeaids.org/support-services/supportive-housing-program

208 SW 5th Avenue, #800, Portland, OR 97204

CAP offers short and long-term housing support, placements, and housing case management. CAP also offers one time monthly Emergency Rent Assistance.

OUR HOUSE**503-234-0175**

www.ourhouseofportland.org

2727 SE Alder St., Portland, OR 97214

Provides healthcare, housing, and other vital services to low-income people living with HIV/AIDS. Services include 24-Hour Skilled Nursing, Social Services, Occupational Therapy, Drug and Alcohol Counseling and more.

ENGLISH AS A SECOND LANGUAGE (ESL) CLASSES

*For the most updated information, please visit:
www.portlandesl.pbworks.com/w/page/17833046/FrontPage*

DOWNTOWN

CAPSTONE ENGLISH MASTERY CENTER

503-228-6346

www.capstone.org/1/index0.php

1411 SW Morrison Street, Suite 350, Portland, OR 97205

Tuition Based Program

ENGLISH IN ACTION

503-227-8191

First Congregational Church- 1137 SW Broadway, Portland, OR 97205

English conversation practice. Free, no registration required.

Contact: Wendy Shaw at portlandenglish@gmail.com

FIRST PRESBYTERIAN CHURCH - ENGLISH LANGUAGE CENTER

503-655-0635

1200 SW Alder Street, Portland, OR 97205

Free Classes. Students attend once a week.

FOCUS - Friends of Overseas Citizens and University Students

<http://sites.google.com/site/focuspdx/activities/international-coffee-house>

First Baptist Church on SW Taylor between SW 11th and SW 12th Ave.

Talk Time is for internationals who want to practice English in small groups.

KAPLAN INTERNATIONAL COLLEGE

www.kaplaninternational.com/schools/usa/english-courses-portland-usa.aspx

600 SW 10th Avenue, Portland, OR 97205

Tuition Based.

MULTNOMAH COUNTY LIBRARY - CENTRAL LIBRARY

503-988-5123

multcolib.org/events/talktime.html

Room 2B - 801 SW 10th Ave., Portland, OR 97205

Multilevel, free. Talk Time - English Conversation Practice.

PORTLAND ENGLISH LANGUAGE ACADEMY (with Everest College)

503-226-1656

www.portlandenglish.com/english

425 SW Washington St., Suite 600, Portland OR 97204

Offers Tuition Based Programs.

PORTLAND STATE UNIVERSITY INTENSIVE ENGLISH LANGUAGE PROGRAM

ielp.pdx.edu

503-725-4088

P.O. Box 751 Portland, OR 97207

Full-time, tuition based program.

NORTH / NORTHEAST PORTLAND ESL CLASSES

BRIDGER HEAD START

503-916-5724

501 North Dixon Street, Portland, OR 97227

Free, multilevel and must have a child enrolled in Head Start. Follows elementary school year.

Monday to Friday, 12:15P.M. - 3:15P.M.

CENTRAL BIBLE CHURCH

503-252-1424 ext. 123

58815 NE Glisan St., Portland, OR 97220

Free, multilevel and open-entry.

Thursday, 6.30P.M.

CESAR CHAVEZ ELEMENTARY

5103 N. Willis Blvd., Portland, OR 97203

Free, multilevel and open-entry.

Contact: Yolanda Morales at *ymorales@pps.k12.or.us*

EASTSIDE CHURCH OF CHRIST

503-252-5192

9030 NE Glisan, Portland, OR 97200

Free, multilevel and open-entry.

1 hour private/semi-private lessons.

Child care possible if meeting during church children's classes on Wednesday, 7:00P.M.

EDUCATE YA

503-238-5790

www.educateya.org

200 NE 20th Ave., Ste. 10, Portland, OR 97232

Free one-on-one Spanish/English partner matching (start anytime)

Conversation Thursday, 7:30P.M - 9:30P.M.

ELS - PORTLAND (At Concordia University)

503-280-8552

2811 NE Holman St., Portland, OR 97211

Tuition-based classes, academic.

IRCO

503-234-1541

www.ircor.org

10301 NE Glisan St., Portland, OR 97220

Offers a variety of ESL services to qualified refugee families through referral only.

MADISON HIGH SCHOOL SUN/IRCO 2735 NE 82nd Ave., Portland, OR 97220 Free, multilevel, child care provided and registration required.	503-407-8702
MULTNOMAH COUNTY LIBRARY - NORTH PORTLAND multcolib.org/events/intercambio.html 512 N Killingsworth St., Portland, OR 97217 Spanish/English Intercambio. Free and open-entry. Tuesday, 6:00P.M. – 7:30P.M.	503-988-5394
MULTNOMAH UNIVERSITY 8435 NE Glisan Street, Portland, OR 97220 Free, multilevel and open-entry.	503-251-6412
MT HOOD COMMUNITY COLLEGE, MAYWOOD PARK CAMPUS 10100 NE Prescott, Portland, OR 97213 Quarterly classes, All levels. Tuesday and Thursday.	503-491-7406
PARKROSE HS/PEOPLE-PLACES-THINGS 12003 NE Shaver St., Portland, OR 97220 Free, multilevel and open-entry. Tuesday and Thursday, 6:00P.M. – 7:30P.M.	503-408-2640
ROOSEVELT HIGH/PSU 6941 N Central, Portland, OR 97203 Free, multilevel, open-entry and childcare available. Monday and Wednesday, 5:00P.M. - 7:00P.M.	503-916-5280 ext. 71421
TRINITY LUTHERAN CHURCH www.trinityportland.org 5520 NE Killingsworth, Portland, OR 97218 Free, open-entry and childcare available. Beginner, Intermediate, Bible Story for Kids, and Computer Basics.	Email: fdkramer@msn.com
VOZ -WORKER HIRE SITE/PEOPLE-PLACES-THINGS www.portlandvoz.org 240 NE Martin Luther King Jr. Blvd., Portland, OR 97232 Free, multilevel and open-entry. Volunteers Welcome.	503-233-6787
WORKSOURCE NORTH 30 N Webster Portland, OR 97217 Free, multilevel and must be an active Worksource Customer 7 week sessions, 3 days a week, 9:00A.M. – 12:00P.M.	503-280-6670

SOUTHEAST PORTLAND ESL CLASSES

ALL SAINTS CHURCH

503-777-3437

4033 SE Woodstock Blvd., Portland, OR 97202
ESL and Self Sufficiency Class for Women Russian speakers.
Serves all from former Soviet Union and classes are ongoing throughout the year.
Tuesday and Thursday, 10:00A.M. – 12:00P.M.

BEAUTIFUL SAVIOR LUTHERAN CHURCH - LOS NINOS CUENTAN

503-974-9882

9800 Southeast 92nd Avenue, Happy Valley, OR 97086
Free Spanish/English language and cultural exchange.
Wednesday, 6:00P.M. – 8:00P.M.

CLACKAMAS COMMUNITY COLLEGE - HARMONY CAMPUS

503-594-0638

7738 SE Harmony Road, Milwaukie, OR 97222
Contact: Gloria Castaneda

CLACKAMAS COMMUNITY COLLEGE - OREGON CITY CAMPUS

503-594-3234

www.clackamas.edu
19600 Molalla Ave., Oregon City, OR 97045
Contact: Nena Monterroza

Goodwill Services

503-238-6173 or 503-238-6196

www.meetgoodwill.org/services/esl
1943 SE 6th Ave., Portland, OR 97214
Free and multilevel. Visit Administrative offices and take a placement test to register.

<i>Beginner Level A</i>	<i>Monday</i>	<i>9:00A.M. – 12:00P.M.</i>
<i>Advanced Grammar</i>	<i>Monday</i>	<i>9:30A.M. – 11:30A.M.</i>
<i>Literacy Level</i>	<i>Monday</i>	<i>1:00P.M. – 3:00P.M.</i>
<i>Intermediate Level C</i>	<i>Wednesday</i>	<i>9:00A.M. – 12:00P.M.</i>
<i>Citizenship Interview Practice</i>	<i>Thursday</i>	<i>9:30A.M. – 11:30A.M.</i>
<i>Intermediate Level D</i>	<i>Friday</i>	<i>9:00A.M. – 12:00P.M.</i>

KELLY ELEMENTARY SCHOOL

503-916-2000 ext. 71860

9030 SE Cooper Street, Portland, OR 97266
Free, open-entry and child care available.
Wednesday, 6:30P.M. – 8:00P.M.

MULTNOMAH COUNTY LIBRARY - MIDLAND

503-988-5392

www.multcolib.org/events/talktime.html
805 SE 122nd Avenue, Portland, OR 97233
Free, multilevel and ongoing. Talk time - English Conversation Practice.

MULTNOMAH COUNTY LIBRARY – ROCKWOOD**Email: patrik@pptpdx.com**

www.multcolib.org/events/intercambio.html

17917 SE Stark Street, Portland, OR 97233

Beginner Level: Monday, Tuesday, Wednesday and Thursday, 12:00P.M – 2:00P.M.

Intermediate Level: Monday and Tuesday, 6:00P.M. – 7:30P.M.

Spanish/English Intercambio, Tuesday, 6:00P.M. – 7:30P.M.

Free and open-entry.

PCC MAP (Multicultural Academic Program)**971-722-6213**

www.pcc.edu/prepare/head-start/prep/map

2305 SE 82nd and Division, Portland, OR 97216

Outreach and Intake Coordinator: Jana Daugherty

Must be 16 to 20 years old. Participants must live in a participating school district: Portland Public, David Douglas, Beaverton, Hillsboro, Lake Oswego or Tigard/Tualatin. Must have dropped out of high school or never attended high school in the US and have a first language other than English.

In Portland area: Esperanza Beck (Spanish-speaking) 971-722-6231

- Mathilda Lee (Chinese-speaking) 971-722-6110
- Emma Zwaschka (Russian-speaking) 971-722-6029
- In Washington County: Vanessa Hernandez (Spanish-speaking) 971-722-2915

PCC SE CENTER, VOLUNTEER LITERACY TUTORING PROGRAM**971-722-6280**

2305 SE 82nd and Division, Portland, OR 97216

One on one and small group tutoring.

SE WORKS**503-772-2341**

7916 SE Foster Rd., Portland, OR 97206

Free, multilevel, and individual tutoring available.

Monday to Friday, 8:30A.M. – 5:00P.M. (all year round)

*Participation in services requires current registration with WorkSource at worksourceportlandmetro.org

ST. JOSEPH THE WORKER PARISH (Catholic Charities)**503-688-2684**

2310 SE 148th Ave., Portland, OR 97233

Free and multilevel.

Thursday Mornings.

WASHINGTON COUNTY ESL CLASSES

BARNES ELEMENTARY - IMPACT NW & PEOPLE-PLACES-THINGS

13730 SW Walker Rd., Beaverton, OR 97005

Free, multilevel, open-entry and childcare available

Contact: Cynthia Andrade at candrade@impactnw.org

BEAVERTON HISPANIC CENTER

503-270-0272

4800 SW Griffith Drive, #205 Beaverton, OR 97005

Four different classes offered and classes meet twice a week.

Monday to Friday, 6:00P.M. – 7:30P.M.

BEAVERTON LITERACY COUNCIL – Multiple locations

503-520-8764

www.beavertonliteracy.org

Separate Levels. Citizenship classes and book group included too.

Three class locations include: Beaverton Community Center, Bethel, Congregational United Church of Christ, and Murray Hills Christian Church.

All new students must take a placement test. See placement test schedule and class schedule online.

CENTRO CULTURAL

503-359-0446

110 N Adair St., Cornelius, OR 97113

For Spanish speakers only. 11 week term. Child care available.

Monday and Wednesday, 6:30P.M. – 8:30P.M.

Tuesday and Thursday, 10:00A.M. – 12:00P.M.

COMMUNITY LEARNING CENTER (CLC)

503-359-8131 ext. 5217

1777 Mt View Ln., Forest Grove, OR 97116

Computer, parenting, and ESL/literacy classes offered.

Monday, Tuesday, and Wednesday evenings at Neil Armstrong Middle School.

Ongoing registration. Call to register.

YMCA FOREST GROVE FAMILY RESOURCE CENTER

503-359-2598

3201 19th Ave., Suite. B, Forest Grove, OR 97116

Provides referrals to local ESL classes, GED, parenting and citizenship classes.

HILLSBORO UNITED METHODIST CHURCH

503-648-3072

www.hillsboroumc.org/outreach.eslprogram.shtml

168 NE 8th, Hillsboro, OR 97124

Offers Adult ESL at Separate Levels with free childcare

Wednesday and Thursday, 6:30P.M. - 8:00P.M.

New terms: January 15, 2014 - March 13, 2014 and April 9, 2014 - June 5, 2014

INGLES PARA TRABAJADORES AGRICOLAS**503-640-5496**

334 SE 5th Ave, Hillsboro, OR 97123

ESL (including Rosetta Stone and help paying for classes at PCC), job training, and employment information. For people who have worked in farm work in the last two years and their dependents. Year-round program.

PCC MAP (MULTICULTURAL ACADEMIC PROGRAM)**971-722-2915**www.pcc.edu/prepare/head-start/prep/map

241 SW Edgeway Dr., Beaverton, OR 97006

ESL, GED in Spanish and High School completion for Ages 16-20

PCC WILLOW CREEK CENTER**971-722-2516**

St. Matthew Catholic Church, SE 3rd and Oak, Hillsboro, OR 97123

Volunteer Literacy Tutor Program, serving West Washington County and Hillsboro. ESL Classes, one on one small group tutoring.

PLAZA COMMUNITARIA ENCuentro**971-269-4222**

All Saints Episcopal Church, 372 NE Lincoln St., Hillsboro, OR 97124

6th grade and 9th grade education in Spanish through the Mexican Consulate, GED, and other adult education.

Elementary Education: Monday, 6:30P.M. – 8:30P.M.

Secondary Education: Friday, 6:30P.M. – 8:30P.M.

SISTERS OF ST. MARY**503-644-9181**

4440 SW 148th Ave., Beaverton, OR 97007

English Classes: Tuesday and Thursday, 7:00P.M. - 8:30P.M.

Spanish GED classes available.

ST. BARTHOLOMEW CHURCH**503-644-3468**

11265 SW Cabot St., Beaverton, OR 97005

ESL Classes for Spanish speakers. Free childcare available.

ST. PIUS X**503-213-1446 or 503-644-5264**

1280 NW Saltzman Road, Portland, OR 97229

Open-entry, childcare available for ages 3yrs and up.

Register in class.

SUNSET PRESBYTERIAN**503-292-9293 ext. 3097**www.sunsetpres.org/#/serve/esl

14986 NW Cornell Rd, East Entrance

Multilevel, from basic to advanced. Varied term lengths: 6 - 8 weeks. Free childcare and children's classes; infants through 5th grade.

TIGARD SENIOR CENTER**503-620-4613**

8815 SW O'Mara St., Tigard, OR 97223

Free, multilevel and open-entry

Beginner I & II	Tuesday & Thursday	12:30P.M. – 2:00P.M.
Beginner I & II (Spanish Speakers only)	Monday & Friday	1:30P.M. – 3:30P.M.
Intermediate	Tuesday & Thursday	10:30A.M. – 12:00P.M.
Advanced	Monday	9:00A.M. – 10:30A.M.
Women's Conversation Group	Friday	10:00A.M. – 11:30A.M.

TIGARD-TUALATIN FAMILY RESOURCE CENTER**503-603-1585**www.ttsd.k12.or.us/ttfrc

9000 SW Durham Road, Portable #716, Tigard, OR 97224

Multilevel. Call for specific class schedule.

TIGARD UNITED METHODIST CHURCH**971-275-3775 (English)**www.tigardumc.com/www.tigardumc.com**503-635-6505 (Spanish)**

9845 SW Walnut Pl., Tigard, OR 97223

Free, multilevel and open-entry. 10 week term and free childcare provided.

VILLAGE ESOL - VILLAGE BAPTIST CHURCH**503-716-5748**www.vbconline.org/category/ministries/esol

330 SW Murray Blvd., Beaverton, OR 97005

Free, multilevel classes focusing on beginning and low-intermediate skills.

Free childcare provided.

Classes: Tuesday, 12:30P.M. – 2:00P.M. & Thursday, 6:30P.M. – 8:00P.M.

New terms: January 21, 2014 - March 20, 2014 and April 1, 2014 - May 15, 2014.

GRESHAM ESL CLASSES

E GRESHAM ELEMENTARY (Catholic Charities/People-Places-Things) 503-492-6726 ext. 248

900 SE 5th St., Gresham, OR 97080

Free, multilevel and ongoing - with Plaza Comunitaria.

Classes start in October.

Tuesday and Thursday, 10:00A.M. – 11:30A.M.

EL PROGRAMA HISPANO

503-492-6726 ext. 248

138 NE 3rd St., Suite 140, Gresham, OR 97030

Spanish Literacy and Plaza Comunitaria.

Free and ongoing.

Saturday, 2:00P.M. – 7:00P.M.

HALL ELEMENTARY (Catholic Charities/People-Places-Things)

503-492-6726 ext. 248

2505 NE 23rd St., Gresham, OR 97030

Free, multilevel and ongoing - with Plaza Comunitaria.

MT. HOOD COMMUNITY COLLEGE (Main Campus)

503-491-7333

www.mhcc.edu

26000 SE Stark St., Gresham, OR 97030

Multilevel, Registration required.

MULTNOMAH COUNTY LIBRARY – ROCKWOOD LIBRARY

503-988-5396

www.multcolib.org/library-location/rockwood

17917 SE Stark St., Portland, OR 97233

Spanish/English Intercambio.

Free and open-entry.

Tuesday, 6:00P.M. – 7:30P.M.

MULTNOMAH COUNTY LIBRARY – ROCKWOOD LIBRARY

503-988-5396

www.multcolib.org/library-location/rockwood

17917 SE Stark St., Portland, OR 97233

Free, multilevel and on-going.

Monday, Tuesday, Wednesday and Thursday, 12:00P.M. – 2:00P.M.

Monday and Tuesday, 6:00P.M. – 7:30P.M.

WILKES ELEMENTARY (Catholic Charities/People-Places-Things)

503-320-5510

17020 NE Wilkes Rd., Portland OR 97230

Free, multilevel and on-going - with Plaza Comunitaria.

Classes start October.

Tuesday and Thursday, 6:00P.M. – 7:30P.M.

CITIZENSHIP CLASSES

CUBAN & HAITIAN ASSISTANCE PROJECT (CHAP) Immigrant and Refugee Community Org (IRCO) <i>www.irco.org</i> 10301 NE Glisan, Portland, OR 97220 Provides eligible Cuban and Haitians with citizenship and naturalization assistance.	503-234-1541
MULTNOMAH COUNTY LIBRARY – MIDLAND <i>www.multcolib.org/events/citizenship.html</i> 805 SE 122nd Ave., Portland, OR 97233 Must register and attend all six sessions; register online, in the library or by calling.	503-988-5392
MULTNOMAH COUNTY LIBRARY-WOODSTOCK LIBRARY <i>www.multcolib.org/events/citizenship.html</i> 6008 SE 49th Ave., Portland, OR 97206 Must register and attend all six sessions; register online, in the library or by calling.	503-988-5399
MULTNOMAH COUNTY LIBRARY – ROCKWOOD LIBRARY <i>www.multcolib.org/events/citizenship.html</i> 17917 SE Stark St., Portland, OR 97233 Free, multilevel, must register and attend all.	503-988-5396
MULTNOMAH COUNTY LIBRARY- TROUTDALE LIBRARY <i>www.multcolib.org/events/citizenship.html</i> 2451 SW Cherry Park Rd., Troutdale, OR 97060 Free, multilevel, must register and attend all.	503-988-5355
HURTADO CENTER JESUIT HIGH SCHOOL <i>www.jesuitportland.org</i> 9000 SW Beaverton-Hillsdale Hwy, Portland, OR 97225 Citizenship classes: Wednesday, 7:00P.M. – 9:00P.M.	503-291-5482
SOAR (Sponsors Organized To Assist Refugees) ECUMENICAL MINISTRIES OF OREGON <i>www.emoregon.org/soar.php</i> <i>www.ethniccommunities.org</i> 7931 NE Halsey St. , Suite 314 Portland, OR 97213 Multilevel.	503-284-3002 (Citizenship Hotline)503-384-2482

EMPLOYMENT, TRAINING AND OTHER EDUCATIONAL SUPPORT

EMPLOYMENT AND TRAINING

CCC EMPLOYMENT ACCESS CENTER

503-226-7387

www.centralcityconcern.org

2 NW 2nd Ave., Portland, OR 97209

Provides employment workshops, job resource center, daily job announcements, career advancement and training services, employment-related housing and veterans' services, among others. Enroll to learn interviewing skills and prepare for job searches.

CENTRAL PORTLAND VOCATIONAL REHABILITATION DIVISION

971-673-2555

www.oregon.gov/dhs/vr

3945 SE Powell Blvd., Portland, OR 97202

An employment program for people with disabilities who are interested in going to work. General orientation for new clients held every Tuesday, 1:30P.M.

DEPAUL INDUSTRIES

503-281-1289

www.depaulindustries.com

4950 NE Martin Luther King Jr. Blvd., Portland, OR 97211

Temporary staffing service specializing in employing the disabled or people in recovery. All are welcome. The programs are individualized and can accommodate those with special needs, including hearing impairment and visual impairment. Employment options for people with all kinds of disabilities, including injury and illness related disabilities. Security and clerical job training and placements.

DRESS FOR SUCCESS

503-249-7300

www.dressforsuccessoregon.org

1532 NE 37th Ave., Suite B, Portland, OR 97232

By Referral only. See website/Call for referring agency.

Resources and support to help low income women successfully enter the workforce. Offers professional clothing for job interviews and the workplace, and assistance with resume preparation and job search in our career center. Also provides retention resources, training and mentoring through Professional Women's Group.

EASTER SEALS LATINO CONNECTION PROGRAM**503-335-6161**www.or.easterseals.com

3715 SE Cesar Chavez Blvd., Suite 300C, Portland, OR 97202

Vocational rehabilitation services, including employment for Latinos with disabilities, ESL and computer classes in Spanish, job development and job placement; translation and interpretation, resume and interview workshops; ESL support and referral.

EASTER SEALS SENIOR COMMUNITY SERVICES EMPLOYMENT PROGRAMwww.or.easterseals.com**503-228-5108**

5757 SW Macadam Ave., Portland, OR 97239

Senior community service employment program for persons aged 55+. Support includes money management program, post-stroke support group, therapy pool, summer camp for disabled children and adults.

ELDERS IN ACTION**503-235-5474**www.eldersinaction.org

1411 SW Morrison St., Suite 290, Portland, OR 97205

Personal advocates for adults age 60+ in the area of housing, health care, crime and elder abuse.

EPILEPSY FOUNDATION: EMPLOYMENT PLUS**503-228-7651**www.epilepsynw.org

5251 NE Glisan St., #A328, Portland, OR 97213

Employment assistance for people diagnosed with epilepsy. Call for appointment for intake meeting.

GOODWILL JOB CONNECTION**503-239-1734**

1943 SE 6th Ave., Portland, OR 97214

Jobs available at stores or donation centers, and free employment service in the community.

HUMAN SOLUTIONSwww.humansolutions.org**Portland:** 12350 SE Powell Blvd., Portland, OR 97236**503-548-0270****Gresham:** 124 NE 181st, Gresham, OR 97230**503-405-7875**

Human Solutions offers employment training for low-income families in Gresham. Services include: GED preparation classes, assistance with work searches, resume building; participants receive job coaching and career training. Orientation is required. Services available in English/Spanish.

JOB CORPS**503-326-6800**www.jobcorps.gov

1130 SW Morrison St., Suite 240, Portland, OR 97205

Provides hands-on career training in 30 trades for economically disadvantaged young adults aged 16-24. Students can also complete their GED or receive high school diplomas at the Center. Residential training program, food, clothing; informational meeting every Tuesday.

JULIA WEST HOUSE**503-916-4009**www.juliawest.org

522 SW 13th Ave., Portland, OR 97205

Reading classes and GED preparation classes. Call for class schedule, Monday and Thursday. Day access center with Computer lab.

MERCY CORPS NW MICROENTERPRISE MICROLOANS PROGRAM **503-896-5070**www.mercycorpsnw.org/what-we-do/loan-program

43 SW Naito Parkway, Portland, OR 97204

Provides micro loans to entrepreneurs starting or growing their small business (from \$500-\$20,000). Those with a business plan who don't qualify for traditional capital, can inquire. In addition to financing, borrowers benefit from technical assistance.

MERCY CORPS NW REFUGEE FARMING PROGRAM**503-896-5070**www.mercycorpsnw.org/what-we-do/refugee-farming

43 SW Naito Parkway, Portland, OR 97204

Helps recent refugees start small-scale farming enterprises by connecting them to land, supplies, and markets. Focus is on helping refugees from Burma, Bhutan and Nepal improve their livelihoods.

MICRO ENTERPRISE of OREGON (MESO)**503-841-3351**www.mesopdx.org

4008 NE MLK Jr. Blvd., Portland OR 97212

Supports underserved individuals through empowerment, education, and entrepreneurship for the benefit of families in the greater community.

PORTLAND HABILITATION CENTER NORTHWEST**503-261-1266**www.phcnw.com

5312 NE 148th Ave., Portland, OR 97230

Training and employment in janitorial, landscape and clerical work. Opportunities for disabled people. Low-cost apartments also available.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM**503-232-7684**www.doleta.gov/seniors

2101 NE Flanders St., Portland, OR 97232

A Title V training program free for senior citizens 55 and older. Promotes older workers as a solution for businesses seeking a trained, qualified, and reliable workforce. Facilitates economic self-sufficiency for older individuals and their families who are working.

WORKSOURCE CENTERS

www.worksourceoregon.org/home/worksourcecenters

- **Beaverton:** 241 SW Edgeway Drive, Beaverton, OR 97006 **503-526-2700**
- **Gresham:** 19421 SE Stark St., Gresham, OR 97233 **503-669-7112**
- **Portland:** 30 N Webster St., Suite E, Portland, OR 97217 **503-280-6046**
- **Portland:** 4610 N Trenton St., Portland, OR 97203 **503-943-5600**
- **Portland:** 7916 SE Foster Rd., #104, Portland, OR 97206 **503-772-2300**
- **Tualatin:** 7995 SW Mohawk St., Tualatin, OR 97062 **503-612-4200**

VOZ MARTIN LUTHER KING JR. WORKER CENTER

503-234-2043

www.portlandvoz.org

240 NE MLK Jr. Blvd., Portland, OR 97232

VOZ Workers' Rights Education Project is a worker-led organization that empowers immigrants and day laborers to gain control over their working conditions. VOZ operates at Martin Luther King, Jr. Worker Center, which finds jobs for local homeowners and small businesses. To find work through the Worker Center, must arrive by 7:00A.M. for paperwork and raffle. Work is assigned by raffle for general labor and requests for specializations.

OTHER EDUCATIONAL SUPPORT

AMERICAN FRIENDS SERVICE COMMITTEE

503-230-9427

afsc.org/office/portland-or

2249 E Burnside, Portland, OR 97214

Latino American/Asian Pacific Youth Program works to develop leadership skills.

THE BLACK PARENT INITIATIVE

503-284-8000

www.thebpi.org

2811 NE Holman, Portland, OR 97211

Inspiring, empowering and mobilizing Black parents to help them improve the educational outcomes of their children.

CAMP - College Assistance Migrant Program

503-614-7473

www.hepcamp.org

P.O. Box 1900, Portland, OR 97229

CAMP assists migrant/seasonal farm worker students in their first year of college with academic, personal, and financial support. The program funded through grants from the U.S. Department of Education, Office of Migrant Education and is administered by universities, colleges and non-profit organizations nationwide.

HEP - High School Equivalency Program**971-722-7680**www.pcc.edu/resources/hep

Educational program which serves students from migrant or seasonal farm worker families. HEP helps students who have dropped out of high school get their GED, and serves more than 7,000 students annually.

EASTER SEALS LATINO CONNECTION PROGRAM**503-335-6161**www.or.easterseals.com

3715 SE 39th St., Portland, OR 97202

Vocational rehabilitation services, including employment for Latinos with disabilities. Also ESL and computer classes in Spanish, job placement, translation and interpretation services, resume and interview workshops, information and referral.

PADRES CON INICIATIVA/PARENTS WITH INITIATIVE**503-352-8610****Virginia Garcia Memorial Health Clinic**

Parenting education program to help prevent child abuse and neglect and to empower parents with the skills they need to raise healthy, well-adjusted children.

PCC ADULT BASIC SKILLS PROGRAM**503-788-6230**www.pcc.edu/prepare

2850 SE 82nd Ave., Portland, OR 97216

Adult basic education (ABE), GED, and ESL classes, alternative programs and volunteer literacy.

PCC MAP (Multicultural Academic Program)**971-722-6213**www.pcc.edu/prepare/head-start/prep/map

2305 SE 82nd and Division, Portland, OR 97216

Outreach and Intake Coordinator: Jana Daugherty

Must be 16 to 20 years old. Participants must live in a participating school district: Portland Public, David Douglas, Beaverton, Hillsboro, Lake Oswego or Tigard/Tualatin. Must have dropped out of high school or never attended high school in the US and have a first language other than English.

In Portland area: Esperanza Beck (Spanish-speaking) 971-722-6231

- Mathilda Lee (Chinese-speaking) 971-722-6110
- Emma Zwaschka (Russian-speaking) 971-722-6029
- In Washington County: Vanessa Hernandez (Spanish-speaking) 971-722-2915

PCC VOLUNTEER TUTORING CENTER**503-977-4148**www.pcc.edu/resources/tutoring/volunteer

12000 SW 49th Ave., S5123 Portland, OR 97219

Tutors may work with students in ESOL levels 1 - 3, ABE or GED. ESOL students in levels 1-3 are adult refugees and immigrants whose first language is not English and who need to improve communication skills. Adult Basic Education (ABE) students may be non-native English speakers or native born students who need help in improving basic literacy and math skills. Tutors may also work with students studying for the GED.

RUSSIAN OREGON SOCIAL SERVICES (ROSS)

503-777-3437

www.emoregon.org/ross.php

4033 SE Woodstock Blvd., Portland, OR 97202

Provides free or low-cost advocacy, education, translation, and social services to Russian-speaking immigrants and refugees in Oregon and southwest Washington communities.

YWCA YOUNG FAMILIES/ FAMILIAS JOVENES

503-721-1750

5630 NE MLK Jr. Blvd., Portland, OR 97211

Support/self-advocacy programs for young families. A bilingual Spanish/English organization.

LEGAL ASSISTANCE

AMERICAN CIVIL LIBERTIES UNION OF OREGON

503-227-3186

www.aclu-or.org

Advocacy organization dedicated to preserving and advancing civil liberties and civil rights. Assistance in cases that will establish precedence on important civil liberties and civil rights principals.

CATHOLIC CHARITIES-IMMIGRATION LEGAL SERVICES

www.catholiccharitiesoregon.org/services_legal_services.asp

Portland: 2740 SE Powell Blvd., #2 (Floor 3), Portland, OR 97202

503-542-2855

Medford: 1609 E. Barnett Road, Medford, OR 9750

541-779-0803

Provides high quality immigration legal services to low income immigrants and refugees, and engages in public education, training and community outreach.

Languages: English, Spanish, and Vietnamese (Portland only).

CENTRAL CITY CONCERN Benefits and Entitlements Specialist Team (BEST)

www.centralcityconcern.org

503-228-7134

33 NW Broadway, Portland, OR 97209

Helps people access the Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) benefits to which they may be entitled. For homeless individuals who are not able to gain employment and who qualify for benefits, targeted benefits assistance is essential to navigate the complex and lengthy benefits process.

CLACKAMAS COUNTY LEGAL AID

503-655-2518

421 High St., Suite 110, Oregon City, OR 97045

Serving low-income individuals and seniors in Clackamas, Hood River, Sherman, and Wasco Counties. Advice, self-help materials and representation in court on a wide range of legal issues. Call to schedule an appointment.

DISABILITY RIGHTS OREGON

503-243-2081

www.disabilityrightsoregon.org

610 SW Broadway, Suite 200, Portland, OR 97205

Advice and information about the rights of people with disabilities, including civil rights, special education, health care, rights to public and private services, guardianship and rights in care facilities. Free legal and advocacy assistance to individuals with physical or mental disability.

DISABILITY COMPASS

503-292-4964, ext. 107

www.disabilitycompass.org

1750 SW Skyline Blvd., Suite 102, Portland, OR 97221

A web-based resource for people with disabilities, their families, and their supporters.

IMMIGRATION COUNSELING SERVICES (ISC)**503-221-1689**www.immigrationcounseling.org

519 SW Park Avenue, Suite 610, Portland, OR 97205

Non-profit law firm providing immigration legal services to persons fleeing persecution, families separated by borders and those seeking a path to citizenship. Languages spoken: Spanish, English, German and French.

LEGAL AID SERVICES OF OREGON (LASO)**503-224-4086**sites.lawhelp.org/program/1173/index.cfm

921 SW Washington, Suite 500, Portland, OR 97205

Drop-ins welcome. Free legal information for low-income Oregonians on a wide range of issues including family, administrative, housing, and some senior law. Portland Metro offices include Portland, Hillsboro, Woodburn and Salem. The Native American Program provides representation on Native American issues.

LEGAL AID: WASHINGTON & TILLAMOOK COUNTIES**503-640-4115**

230 NE 2nd Ave., Suite F, Hillsboro, OR 97124

Assistance with restraining orders for domestic violence, elder abuse, and abuse of disabled persons, stalking orders, family law, public benefits issues, housing, employment, and tax issues. Family law services for survivors of domestic violence in divorce, custody, parenting time and modification cases. Services for farm workers.

LEGAL SERVICES PROGRAM FOR FIELD WORKERS (WOODBURN)**503-981-5291**

397 N First Street, Woodburn, OR 97071

Provides free legal assistance to rural and farm workers. Offers help with labor issues such as claims of salary payments and provides assistance with tax problems, consumer services, and civil rights. Serving the counties of Marion, Polk, Clackamas and Multnomah, but can call from another county to be given reference to the appropriate office.

LEWIS & CLARK LAW SCHOOL LEGAL CLINIC**503-768-6500**www.law.lclark.edu/clinics/legal_clinic

310 SW Fourth Avenue, Suite 1018, Portland, OR 97204

Represents low-income individuals experiencing a variety of civil and administrative law problems. These legal problems include, but are not limited to: residential evictions, Chapter 7 bankruptcy, child support modifications, domestic violence cases, and tax controversies with the IRS.

LUTHERAN COMMUNITY SERVICES NORTHWESTwww.lcsnw.org**Portland:** 605 SE Cesar E Chavez Blvd., Portland, OR 97214**503-231-7480****Vancouver:** 3600 Main St., Vancouver, WA 9866**360-694-5624****Beaverton:** 3800 SW Cedar Hills Blvd., #230, Beaverton, OR 97005**503-924-2448**

Offers a wide range of multicultural counseling services, including Immigration process and procedure.

MULTNOMAH COUNTY DISTRICT ATTORNEY**503-988-3162**

www.mcda.us

1021 SW Fourth Avenue, Room 600, Portland, OR 97204

Call for general information.

SOAR Immigration Legal Services**503-384-2482**

www.emoregon.org/soar_legal.php

7931 NE Halsey St., Suite. 302, Portland, OR 97213

Provides culturally competent, immigration-related legal representation and education to low income refugees and immigrants in and around the Portland metro area. Legal Services: Adjustment of Status, Employment Authorization Documents (EAD), Removal of Conditional Residence Status, Family Reunification, Consular Processing, Deferred Action for Childhood Arrivals, Affidavit of Support, Humanitarian Parole and Renewal, Temporary Protected Status, Asylum Counseling and Citizenship.

ST. ANDREW LEGAL CLINIC (SALC)**503-281-1500**

www.salcgroup.org

807 NE Alberta Street, Portland, OR 97211

A public interest law firm that provides legal services to low-income families, in the areas of family law, adoption, child custody and support, protection orders, guardianship, parenting time, and spousal support. Three office locations in Multnomah, Washington, Clackamas, and Columbia counties.

OREGON CHILD SUPPORT PROGRAM**503-947-4388**

www.oregonchildsupport.gov/offices/Pages/index.aspx

1162 Court Street NE Salem, OR 97301

A division of the Multnomah County District Attorney's office.

Child Support Collection: payment information, out-of-state orders, modifying an order, locating the parent, establishing paternity, enforcing support, disbursement and accounting.

SWANSON THOMAS, COON AND NEWTON**503-228-5222**

www.stc-law.com

820 SW 2nd Ave., Suite 200, Portland, OR 97204

Social security and workers compensation legal services for injured and disabled people. Free phone consultation. Fair benefits and full compensation.

TEL-LAW (RECORDED INFO)**503-620-3000**

www.osbar.org

State-wide legal referrals. The client will be given the name and phone number of an attorney in the area where they need assistance.

SOCIAL SECURITY ADMINISTRATION

www.ssa.gov

Portland: 1538 SW Yamhill St.,

Oregon City: 194 Beverly Drive,

Beaverton: 11975 SW 2nd St., Suite
100,

1-800-772-1213

**OREGON SENIOR HEALTH INSURANCE
BENEFITS ASSISTANCE (SHIBA)**

www.oregon.gov/DCBS/SHIBA

P.O. BOX 14480, 350 Winter St. NE,
Suite 330, Salem, OR

1-800-722-4134

**MULTNOMAH COUNTY AGING AND
DISABILITY SERVICES**

421 SW Oak St, Suite 510, Portland, OR
97204

503-988-3646

**MULTNOMAH COUNTY – SENIOR
HEALTH INSURANCE BENEFITS
ASSISTANCE (SHIBA)**

421 SW Oak St, Suite 510, Portland,
OR 97204

Free Medicare information and
advocacy

INTERPRETER & MEDICAL TRANSPORTATION

INTERPRETER SERVICES

*Title VI of the Civil Rights Act requires recipients of Federal assistance to have their programs and activities accessible to persons with limited English proficiency.
These services are free to the recipients.*

FACE-TO-FACE/ OVER THE PHONE INTERPRETING

• IRCO Language Bank	503-234-0068
• Certified Languages International	800-225-5254
• CTS Language Link	855-295-9177
• Columbia Language Services	360-896-3881
• Northwest Interpreters Inc.	206-971-0000
• Tele Language Inc.	503-535-2186
• Linguava Interpreters	503-265-8515
• Passport to Languages	503-297-2707

SIGN LANGUAGE INTERPRETING

• American Sign Language	503-447-5000
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OTHER NATIONAL COMPANIES

• Language Line	800-752-6096
• Pacific Interpreters	800-311-1232

MEDICAL TRANSPORTATION

Persons in need of transportation assistance and who are on Medicaid OHP Plus may qualify for medical transportation. For more information about eligibility for Medical Transportation, please visit: <http://trimet.org/mtp/>

TRIMET'S MEDICAL TRANSPORTATION PROGRAM **503-802-8700**

OREGON HEALTH PLAN PLUS/MEDICAID **503-945-5772**
P.O. Box 10054, Portland, OR 97210

*For more information about Medicaid eligible services for interpretation and/or transportation please visit:
http://www.oregon.gov/oha/healthplan/pages/data_pubs/faqs/benefits.aspx*

ARTS, GARDENING & RECREATION

COLORED PENCILS ART AND CULTURE COUNCIL

info@coloredpencilsart.org

www.cpacc.blogspot.com

619 SW 11th Ave., Suite 129, Portland, OR 97205

Colored Pencils Art and Culture Night, was created as the result of ongoing community gatherings among diverse communities with need for intentional space to display and promote traditional arts and cultures.

COMMUNITY GARDENING – The City of Portland

503-823-1612

www.portlandoregon.gov/parks/58562

Contact to sign up for a garden plot.

FRIENDS OF PORTLAND COMMUNITY GARDENS

971-599-3724

www.PortlandCommunityGardens.org

6437 SE Division Street, Portland, OR 97206

Supports and expands community gardening opportunities for all Portland-area residents to grow healthy food and build community.

GROW PORTLAND

503-477-2333

www.growportland.org

4706 NE 10th Ave., Portland, OR 97211

HARAMBEE CENTRE

503-819-4039

www.harambeecentre.org

P.O. Box 6617, Portland, OR 97228

To inform, educate, and enlighten people in community about the cultures of the societies of Africa; to build bonds of understanding, respect, and mutually beneficial relationships between people in the Pacific Northwest and people in Africa; and to support self-help projects in African communities by generating funds from resources in communities.

MERCY CORPS NW REFUGEE FARMING PROGRAM

503-896-5070

www.mercycorpsnw.org/what-we-do/refugee-farming

43 SW Naito Parkway, Portland, OR 97204

Helps recent refugees start small-scale farming enterprises by connecting them to land, supplies, and markets. Focus is on helping refugees from Burma, Bhutan, and Nepal improve their livelihood, but is open to all refugees.

OUTGROWING HUNGER

503-784-6879

www.outgrowinghunger.org/Vision.php

LIBRARIES

CLACKAMAS COUNTY LIBRARY

www.clackamas.us/lib

For libraries hours and locations in the county, please visit the website.

MULTNOMAH COUNTY CENTRAL LIBRARY

503-988-5123

www.multcolib.org

801 SW 10th Ave., Portland, OR 97205

Most metro area libraries have "cultural passes" where patrons can check out museum and cultural events for free with their library card. Please visit the website for libraries hours and locations in Multnomah County.

WASHINGTON COUNTY LIBRARY

503-644-2197

www.wcccls.org

For a list of libraries Maps and locations in Washington County, please visit the website and look for "Your Libraries" on the tab menu.

RECREATION

OREGON ZOO

503-226-1561

www.oregonzoo.org

4001 SW Canyon Road, Portland, OR 97221

On the Second Tuesday of each month admission to the zoo is \$2.00.

WRITE AROUND PORTLAND

503 796 9224

www.writearound.org

133 SE 2nd St., #304, Portland, OR 97204

Nonprofit organization for writers. Provides facilitated workshops in safe, accessible and respectful environments for people to write and share. Holds community readings to promote the exchange of stories. Publishes anthologies to connect writers and readers.

FOOD RESOURCES

Most food resources are non-refugee/immigrant specific. Please visit Rose City Resource and Resources Galore Portland's websites for many other foods, clothing, and housing etc. resources. Links are provided on the "Useful websites" page at the end of this directory.

CULTURALLY SPECIFIC

ISLAMIC SOCIAL SERVICES OF OREGON

503-259-2320

i-sos.org

P.O. Box 5996, Aloha, OR 97006

ISSO provides emergency rent, energy, and food assistance to refugees and community members in need.

BALTAZAR ORTIZ FAMILY CENTER

503-988-4119

6736 NE Killingsworth St., Portland, OR 97218

Food bags available the third Tuesday of each month, at 10:00A.M. First come, first served.

BEAVERTON HISPANIC RESOURCE CENTER

503-270-0272

www.beavertonhrc.org

3800 SW Cedar Hills Blvd., Beaverton, OR 97005

Provides English and Spanish classes, food assistance, and referrals for clothing, immigration, DV services, and counseling as well as direct advocacy and a variety of services to the Hispanic community.

Open Monday to Wednesday, 9:00A.M. - 12:00P.M. and Wednesday, 6:00P.M. - 8:00P.M.

NEIGHBORHOOD HOUSE

503-246-1663

www.nhpdx.org

7780 SW Capitol Hwy., Portland, OR 97219

Food boxes available; need ID and proof of address. They offer culturally specific services for African, Latino, Middle Eastern, and Russian communities.

GENERAL FOOD RESOURCES

OREGON DEPARTMENT OF HUMAN SERVICES

503-491-1979

www.oregon.gov/DHS/assistance

www.oregonhelps.org

50 SW 2nd Ave., Portland, OR 97204

Benefits are available through the Oregon Trail Card, which works like a bank debit card at the grocery store. **www.Oregonhelps.org** is free and confidential and estimates food stamp benefits, provides downloadable applications, and includes detailed information on other useful programs.

More information about food stamps and other state benefits is available at www.oregon.gov/DHS/assistance.

PHONE NUMBERS FOR AREA OFFICES

- **Downtown (SW 2nd):** 971-673-1400
- **Alberta (N Webster):** 971-673-6900
- **Maywood (NE 102nd):** 971-673-0909
- **Northeast Portland (NE Broadway):** 971-673-5722
- **Gresham (NE Kelly):** 503-491-1979
- **Southeast Portland (SE Powell):** 971-673-2550
- **St. Johns (N Lombard):** 971-673-5500

SNAP (The Supplemental Nutrition Assistance Program)

1-800-723-3638

Call for nearest office and how to apply.

SNAP, formerly known as food stamps, helps low-income people and families buy food. Benefits are provided on a debit card and are accepted at most grocery stores.

THE TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (TANF)

1-800-723-3638

Call for nearest office and how to apply.

TANF provides cash assistance to low-income families with children while they strive to become self-sufficient.

OREGON FOOD BANK

503-282-0555

www.oregonfoodbank.org

7900 NE 33rd Drive, Portland, OR 97211

Emergency food assistance. Information about Community Basket supplemental food and free produce days.

FOOD BOXES

ALLEN TEMPLE EMERGENCY AID CENTER

503-289-6615

4214 NE 8th Ave., Portland, OR 97211

Food boxes with ID or proof of current address. Services areas from Wielder to Lombard, and Greely to NE 42nd. Must meet USDA income guidelines.

Tuesday, 5:00P.M. – 7:00P.M., Wednesday and Saturday, 11:00A.M. – 2:00P.M.

Closed 1st and 2nd Tuesday and 1st Wednesday and Saturday.

BEAVERTON COMMUNITY BASKET PROGRAM

503-439-6510 ext. 320

St. Bartholomew Episcopal Church, 11265 SW Cabot, Beaverton, OR 97005

A volunteer run membership program that distributes surplus supplemental food once a month to low income individuals and families along with a monthly newsletter that includes nutritional information, recipes and volunteer opportunities.

BEAVERTON COMMUNITY BASKET PROGRAM

503-719-9890

St. Bartholomew Episcopal Church, 11265 SW Cabot, Beaverton, OR 97005

Food boxes distributed once a month from Beaverton Resource.

Every 2nd Friday of the month, 1:00P.M. – 3:00P.M.

BEAVERTON POLICE DEPT.

503-526-2264

4755 SW Griffith Dr., Beaverton, OR 97005

503-591-9025

Food boxes on holidays and weekends.

CARE TO SHARE

503-591-9025

www.caretosharehelp.org

Coordinates assistance to families and individuals seeking emergency food and other basic needs. Care To Share serves Beaverton, Aloha, and Portland area residents who live within the following zip codes: 97005, 97006, 97007, 97008, 97225 and 97229.

Monday to Friday, 9:00A.M. – 12:00P.M. & 12:30P.M. to 3:00P.M.

CARPENTER'S FOOD BANK

503-289-5626

6809 N Armour St., Portland, OR 97203

Food boxes provided on the 3rd Friday of the month, 9:00A.M. – 2:00P.M.

CLACKAMAS SERVICE CENTER

503-771-7914

8800 SE 80th, Portland, OR 97206

Two-day food box for homeless clients once a month. Clients with residence, five-day food box every other month. Must have current piece of mail.

Lunch, 10:00A.M. – 12:00P.M.

Monday to Thursday Food Boxes, 1:00P.M. – 3:30P.M.

Free Bread, 10:30A.M. – 12:00P.M.

COMMUNITY TABLE FOOD PANTRY**503-828-7444**

1095 S Beech Ave., Cornelius, OR 97113

Emergency food boxes. Walk-ins welcome, but you may call for urgent appointments.

Every 3rd Saturday, 10:00A.M. – 12:00P.M.**CROSSROADS CUPBOARD****503-257-9345**

2407 NE 102nd Ave., Portland, OR 97220

Food provided once a month. Proof of residency and photo ID required.

Thursday and Friday, 9:00A.M. – 12:00P.M.

ST. ANDRE BASSETTE CATHOLIC CHURCH**503-228-0746**

601 W. Burnside St., Portland, OR 97209

Food boxes provided once every 30 days. Must live between Willamette River and W. 10th Ave. First come first served. Please bring proof of address.

Monday to Thursday, 1:00P.M. – 2:30P.M.

ESTACADA FAMILY RESOURCE CENTER**503-630-2888**www.estacadaareafoodbank.com

272 Broadway St., Estacada, OR 97023

Two-day food box for homeless clients once a month. Clients w/residence, five-day food box every other month. Must have photo ID or current piece of mail.

Tuesday and Friday, 10:00A.M. – 3:45P.M. (closed 11:45A.M. – 12:30P.M. for lunch)

ESTHER'S PANTRY/TOD'S CORNER**503-349-4699**www.ourhouseofportland.org10202 SE 32nd Ave., Suite 601 and 502, Milwaukie, OR 97222

Supplemental food for HIV+ clients each month. Clients must have a referral from a case manager.

Monday, 12:00P.M. – 4:00P.M. and Tuesday and Thursday, 2:30P.M. – 6:30P.M.

FAITH CAFÉ AT BEAVERTON FIRST UNITED METHODIST CHURCH**503-646-7107**www.beavertonumc.org

12555 SW 4th St., Beaverton, OR 97005

Emergency food boxes, No appointment necessary.

Monday to Thursday, 9:00A.M. – 2:00P.M.

FIRST BAPTIST CHURCH**503-228-7465**www.fbc-portland.orgwww.dinnerandamoviepdx.org

909 SW 11th Ave., Portland, OR 97205

Voucher required. Food box only.

Monday and Thursday, 2:00P.M. – 4:00P.M.

For Youths under the age of 24, Dinner and a movie Tuesday, 6:00P.M. – 8:00P.M.

FISH EMERGENCY SERVICES**503-233-5533**

1335 SE Hawthorne Blvd., Portland, OR 97214 (Transit: 14, 10)

One time every four months, depending on availability.

Monday to Friday, 9:30A.M. – 2:00P.M.

FOREST GROVE COMMUNITY BASKET PROGRAM**503-357-6712**

2224 15th Ave., Forest Grove, OR 97116 (Transit: 57)

A volunteer run membership program that distributes surplus supplemental food once a month to low income individuals and families along with a monthly newsletter that includes nutritional information, recipes and volunteer opportunities.

FOREST GROVE FOURSQUARE CHURCH AND FOOD PANTRY**503-357-4400**

1719 Cedar St., Forest Grove, OR 97116 (Transit: 57)

Emergency food boxes for low income residents of Dilley, Cornelius, Forest Grove, Gales Creek, Gaston and Laurelwood.

FOREST GROVE SEVENTH DAY ADVENTIST FOOD PANTRY**503-992-0778**

4021 19th Ave., Forest Grove, OR 97116 (Transit: 57)

Emergency food boxes for low income residents of Cornelius and Forest Grove zip codes 97113 and 97116.

FRANCIS CENTER**503-775-6784**

6535 SE 82nd Ave., Portland, OR 97266

Food boxes once a month.

Boundaries: 39th-136th, Clatsop to Powell, Powell to Glisan, 60th-82nd.

Monday to Thursday, 10:00A.M. – 2:00P.M.

GLEANERS OF CLACKAMAS COUNTY**503-665-8740**

www.gleanersofclackamascounty.org

13821 Fir Street, Oregon City, OR 97045 (Transit: 33, 35, 153, 154)

Emergency food boxes (first one-month box is free). Must sign up and pay \$20 each month for weekly food boxes.

Monday to Friday, 8:00A.M. – 3:00P.M.

GREENSBURG OAKS APARTMENT COMMUNITY ROOM**503-439-6510**

11905 SW 91st Ave, Tigard, OR 97223

Call for more information

Every 3rd Thursday of the month, 1:00P.M. – 2:30P.M.

HEARTWORK MINISTRIES/RICHMOND COMMUNITY CHURCH**503-236-6069**

www.richmondccog.org

3941 SE Division St., Portland, OR 97202

Canned food, personal hygiene items and bibles. Warm clothing mostly for people living on the streets. No boundaries, free services. Shopping once per week, per family.

Tuesday and Thursday, 11:00A.M. – 1:00P.M.

HELPING HANDS FOOD PANTRY**503-625-7537**

22280 SW Washington St., Sherwood, OR 97140 (Transit: 12, 94)

Emergency food boxes for low income residents of Durham, Tigard, Tualatin and Sherwood areas. Only zip codes accepted are 97223, 97224, 97026, and 97140.

HILLSBORO FAMILY RESOURCE CENTER**503-844-1688**

www.youthcontact.org (Transit: 46, 57, MAX Blue line)

451 SE Walnut St., David Hill Elementary School, Hillsboro, OR 97124

Food pantry, food boxes, clothing closet and other services.

Monday to Wednesday, 9:30A.M. – 6:30P.M.

Thursday, 9:30A.M. – 1:30P.M.

HILLSBORO SEVENTH DAY ADVENTIST CHURCH**503-648-3922**

367 NE Grant St., Hillsboro, OR 97124

Provides food boxes and clothing to all Washington County residents.

Thursday, 6:30P.M. – 8:00P.M.

HOLY TRINITY**503-641-1842**

www.h-t.org

13715 SW Walker Road, Beaverton, OR 97005

Food pantry, recipients are referred to the ministry and may receive assistance once a month.

Tuesday, Wednesday and Friday, 10:00A.M. – 12:00P.M.

LIFT URBAN PORTLAND**503-221-1224**

www.nwpm.org

1808 NW Irving, Portland, OR 97209

Emergency food pantry for low-income NW and downtown Portland residents, once per month, with proof of residency. Call in advance for delivery options for homebound.

Tuesday and Friday, 12:00P.M. – 2:00P.M.

Harvest Share (free produce distribution) every 2nd Wednesday of the month, 10:00A.M. – 10:30A.M.

Lottery for spot in line begins 9:00A.M.

MEALS ON WHEELS (LOAVES AND FISHES CENTER)**503-736-6325**

www.mealsonwheelspeople.org

7710 SW 31st Ave., Portland, OR 97219

Assists seniors in maintaining independence by making nutritious food, social contacts and other resources accessible. Also serves the disabled and institutionalized individuals and other nutritionally at-risk populations.

Delivered Monday to Friday, 11:00A.M. – 1:00P.M.

NAZARENE MINISTRY OF HELP**503-777-9039**

5805 SE Gladstone St., Portland, OR 97206

Harvest Share Produce, every 4th Thursday.

Food boxes distribution: Tuesday, 11:00A.M. – 3:00P.M.

NE EMERGENCY FOOD PROGRAM**503-284-5470**www.emoregon.org/NE_food_program.php4800 NE 72nd, Portland, OR 97218

Please bring ID for one person in household. Bring own grocery bags. Clothing also available.

Tuesday, Thursday and Saturday, 1:00P.M. – 4:00P.M.

NEIGHBORHOOD HOUSE**503-246-1663**www.nhweb.org

7780 SW Capitol Highway, Portland, OR 97219

A family or household may receive one emergency food box per month.

Monday, 1:30P.M. – 5:00P.M.

Wednesday, 10:00A.M. – 12:00P.M. and 1:30P.M. – 5:00P.M.

Thursday, 4:00P.M. – 8:00P.M.

NEW HOPE BAPTIST MISSIONARY CHURCH**503-282-8960**

3837 N. Gantenbein Ave., Portland, OR 97227

Food distributed on the last two Wednesdays for general population. Senior curbside service last two Thursdays of the month. Share food boxes last Wednesday of month.

IMPACT NORTHWEST (SE) COMMUNITY BASKET**503-988-6000**

10055 E Burnside St Portland OR 97216

OREGON FOOD BANK**503-282-0555**www.oregonfoodbank.orgNE 33rd Dr., Portland, OR 97211

Emergency food box program partners with food pantries throughout the state to ensure that food boxes are available for those in need. Oregon Food Bank does NOT have food boxes on site. It is an information and referral center only. Call for referral to local food pantry or choose from pantry sites listed in the appropriate regional section.

PORTLAND ADVENTIST COMMUNITY SERVICES**503-252-8500**www.portlandacs.org/food

11020 NE Halsey Blvd., Portland, OR 97220

Must show evidence of Oregon address (photo ID, mail or utility bill), know overall household income and names and birthdates of any additional household members you are gathering food for.

Monday to Friday, 9:00A.M. – 11:00A.M.

PORTLAND POLICE SUNSHINE DIVISION**503-823-2102**www.sunshinedivision.org

687 N. Thompson St., Portland, OR 97227

Call for an appointment. Provides emergency food relief to individuals and families. Must bring own grocery bags.

Monday to Friday, 9:30A.M. – 11:00A.M. and 12:30P.M. – 3:30P.M.

Saturday, 9:00A.M. – 1:00P.M.

PORTLAND VINEYARD CHURCH FOOD PANTRY**503-684-8225**www.portlandvineyard.org

14460 SW 114th Ave., Tigard, OR 97224

Food boxes available.

Thursday, 12:00P.M. – 3:00P.M.

ROCK CREEK CHURCH FOOD PANTRY**503-645-2525**www.rockcreekchurch.com

4470 NW 185th Ave., Portland, OR 97229

Food will be given based on household size.

Tuesday, 9:00A.M. – 12:00P.M. and Saturday, 10:00A.M. – 12:00P.M.

ROCKWOOD SDA HARVEST SHARE**503-282-0555**

1910 SE 182nd Ave., Portland OR 97233

SALVATION ARMY GRESHAM**503-661-2704**

473 SE 194th Ave., Portland, OR 97233

Monday to Thursday, 9:00A.M. - 3:00P.M. Closed for lunch from 12:00P.M. - 1:00P.M.

Closed 1st Wednesday of the month. Does not deliver.

SALVATION ARMY**503-239-1264**

1712 NE Sandy Blvd., Portland, OR 97232

Food box, no more than once a month, three times total in the course of a year.

Monday to Friday, 9:00A.M. – 11:00A.M. (Closed on Thursday)

SALVATION ARMY FAMILY SERVICE OFFICE**503-661-2704**

473 SE 194th Ave., Portland, OR 97233

Food boxes three times per year only once every 30 days.

Tuesday to Friday, 8:30A.M. – 11:30A.M. and 1:00P.M. – 3:00P.M.

Produce distribution every 1st Wednesday of the month at 9:00A.M.**SHERWOOD SENIOR CENTER, LOAVES AND FISHES****503-625-5644**

21907 SW Sherwood Blvd., Tualatin, OR 97140

Provides congregated meals at 12:00P.M. and delivers meals to homebound elders. Social activities, periodic health screening, exercise classes, blood pressure tests, hearing aid checks, legal aid services. Information and referral for other services.

SNOW-CAP <i>www.snowcap.org</i> 17805 SE Stark St., Portland, OR 97233 Emergency food distribution. Must bring proof of address to determine eligibility (current month's utility bill). Weekdays, 10:00A.M. – 2:00P.M.	503-674-8785
SNOW-CAP COMMUNITY BASKET AT ROCKWOOD SDA 1910 SE 182nd Ave., Portland OR 97233	503-674-8785
SONRISE CHURCH 6701 NW Campus Way, @ 231st and Cornell, Hillsboro, OR 97124 Food pantry. Thursday, 12:00P.M. – 1:30P.M.	503-640-2449
SONRISE SHELTER at Banks Fire Department #13 Food Pantry 300 S. Main St., Banks, OR 97106 Emergency food boxes for low income residents of Banks School District.	503-324-5686
ST. ALEXANDER'S CATHOLIC CHURCH FOOD PANTRY 170 N 10th Ave., Cornelius, OR 97113 Food pantry provided with proof of residency for city of Cornelius. Monday, 5:30P.M. – 7:30P.M. Wednesday, 12:00P.M. – 2:30P.M. Friday and Saturday, 6:00P.M. – 8:00P.M.	503-359-0304
ST. ANDREW'S EMERGENCY SERVICES 806 NE Alberta, Portland, OR 97124 Food pantry. Service boundaries: MLK Blvd. to NE 25 th , I5 out to 25 th East/West boundaries), Killingsworth to Shaver (North/South) and Ainsworth to Mason (East of MLK). Photo ID required. Monday, Wednesday, Thursday and Friday, 9:00A.M. – 1:00P.M.	971-244-0339
ST. MARK'S LUTHERAN CHURCH 5415 SE Powell Blvd., Portland, OR 97206 Hours vary. Call to confirm.	503-777-1443
ST. MICHAEL'S & ALL ANGELS CHURCH <i>www.stmichaelportland.org</i> 424 SW Mill St., Portland, OR 97201 Food boxes. Bring something to carry food in and proof of mailing address. Monday, Wednesday and Friday, 1:00P.M. – 2:30P.M. (except for holidays)	503-228-0842

ST. VINCENT DE PAUL FOREST GROVE FOOD PANTRY**503-357-9647**

1660 Elm St., Forest Grove. OR 97116

Emergency food boxes for low income residents of Forest Grove, Gaston and Gales Creek.

ST. VINCENT DE PAUL HILLSBORO FOOD PANTRY**503-693-7528**

442 SE 3rd Ave., Hillsboro, Portland, OR 97123

Emergency food boxes and minimal rent and utility assistance for residents of Hillsboro zip codes 97123, 97124. Must show proof of address.

ST. VINCENT DE PAUL TIGARD FOOD PANTRY**503-684-8280**

St. Anthony Church, 12630 SW Grant St., Tigard, OR 97233

Emergency food boxes for low income residents of Tigard zip codes 97223 and 97224 with proof of residence. Hot meals are also provided.

Monday, Tuesday, and Friday, 12:00P.M. – 2:30P.M.

Wednesday, 1:00P.M. – 3:00P.M.

Thursday, 12:00P.M. – 2:30P.M. and 4:30P.M. – 6:30P.M.

Saturday, 10:00A.M. – 12:00P.M.

ST. VINCENT DE PAUL- PORTLAND**503-233-5589**

5120 SE Milwaukie Ave., Portland, OR 97202

Food pantry serves Multnomah and Clackamas County.

Hours may vary. Call to confirm.

ST. VINCENT DE PAUL- ST. ANDREW**503-235-8431**www.standrewchurch.com

806 NE Alberta, Portland, OR 97211

Food baskets provided once every 30 days, fresh food pickups on 4th Thursday of the month. Serves people living in the immediate 100 square blocks. Boundaries from I-5 to 25th Ave., and Killingsworth and Shaver.

Monday, Wednesday, Thursday and Friday, 9:00A.M. – 1:00P.M.

SUMMIT VIEW COVENANT CHURCH**503-601-5395**

15900 SW Regatta Lane, Beaverton, OR 97006

Emergency food boxes to families referred. Accepts walk-in families.

Thursday, 3:30P.M. – 5:00P.M.

SUNSHINE PANTRY**971-506-7827**10895 SW 5th St., Beaverton, OR 97005

Emergency food boxes, clothing and toiletries for low income people.

Monday to Friday, 10:00A.M. – 2:00P.M.

SUN SCHOOL AT DAVID DOUGLAS HIGH (MFS)

David Douglas school district

1001 SE 135th Ave Portland OR 97233

Every other Thursday

THE COMMUNITY TABLE FOOD PANTRY**503-828-7444**

1095 S Beech Ave., Cornelius, OR 97113
Emergency food boxes.

THE LORD'S CUPBOARD**503-357-8873**

9170 NW Sargent Rd., Gales Creek, OR 97117
Food boxes available with proof of ID. Call to confirm.
1st and 3rd Thursday of the month, 9:00A.M. – 12:00P.M.

THE SALVATION ARMY CORPS**503-640-4311**

351 SE Oak St., Hillsboro, OR 97123
For free meals. Weekdays (except Wednesday), 1:00P.M. – 3:00P.M.

TREE OF LIFE FOOD PANTRY

3075 234th SW Suite 110, Hillsboro, OR 97123
Distributes emergency food boxes.
Friday, Saturday and every other Wednesday, 9:00A.M. – 12:00P.M. (closed on Friday when open on Wednesday the same week).

TRINITY EPISCOPAL CATHEDRAL**503-358-9057**

www.trinity-episcopal.org
147 NW 19th Ave., Portland, OR 97209
Food pantry and Wednesday Community Meal.
Monday to Friday, 11:00A.M. – 1:00P.M.
Saturday, 10:00A.M. – 12:00P.M.

TRUE LIFE FELLOWSHIP**503-645-7426**

www.tlfchurch.com/i-need-food
1895 NW 169th Place, Beaverton, OR 97006
Emergency food boxes (1 day supply of food), Monday and Friday, 12:30P.M. – 2:30P.M.
Regular food distribution (5 day supply of food), 2nd and 4th Saturday, 10:00A.M. – 2:00P.M.

TUALATIN SCHOOL HOUSE FOOD PANTRY**503-783-0721**

3550 SW Borland Road, Tualatin, OR 97062
Emergency food provided to those living in the Tualatin, Durham, Lake Oswego and West Linn areas. Must bring photo ID for verification of address.
Monday, 3:00P.M. – 8:00P.M.
Wednesday, 10:00A.M. – 3:00P.M.
Friday, 10:00A.M. – 3:00P.M.

UNITY OF BEAVERTON**503-646-3364**

www.unityofbeaverton.org/food-pantry.html
2650 SW 5th St., Beaverton, OR 97005
Emergency food boxes for low income Beaverton residents.

VERNONIA CARES FOOD BANK**503-429-1414**www.vernoniacares.org

627 Adams Ave., Vernonia, OR 97064

Emergency food boxes provide a 3-day supply of groceries to low income residents in and around the Vernonia areas.

Tuesday and Thursday, 10:00A.M. – 2:00P.M.

WAPATO VALLEY CHURCH FOOD PANTRY**503-985-3351**

202 Front St., Gaston, OR 97119

Emergency food boxes for low income residents of Forest Grove, Gales Creek, Gaston, Laurelwood and Cherry Grove.

Thursday, 5:00P.M. – 7:00P.M.

WILLIAM TEMPLE HOUSE**503-226-3021**www.williamtemple.org

2023 NW Hoyt St., Portland, OR 97209

Provides 3 to 5 days of food to individuals and families. Clients select own food. First come, first served.

Tuesday and Wednesday, 10:00A.M. – 3:00P.M.

WILLOWBROOK FOOD PANTRY**971-832-1688**

19200 SW Edy Rd., Sherwood, OR 97140

Emergency food boxes for low income residents of Washington County.

Tuesday, 4:00P.M. – 6:00P.M.

Saturday, 9:00A.M. – 11:00A.M.

CLOTHING

BEAVERTON HISPANIC RESOURCE CENTER

503-270-0272

www.beavertonhrc.org

3800 SW Cedar Hills Blvd., Suite 123, Beaverton, OR 97005

English and Spanish classes; assistance for food, employment, and emergency needs. Referrals for clothing, immigration, medical care, domestic violence, and counseling. Translation services and help filling out forms.

BEAVERTON SCHOOL DISTRICT CLOTHES CLOSET

503-591-4443

www.beaverton.k12.or.us/home/community/clothes-closet

16550 SW Merlo Rd., Beaverton, OR 97006

Free clothing for students in grades K-12 from families with limited income.

Open daily, 10:00A.M. – 7:00P.M.

BEAVERTON SEVENTH-DAY ADVENTIST

503-646-9828

www.beavertonsda.com

14645 SW Davis Road, Beaverton, OR 97007

Clients can walk in during open hours to access clothes closet.

Tuesday, 9:00A.M. – 12:00P.M. and 12:30P.M. – 2:00P.M.

BIRTHRIGHT OF HILLSBORO

503-648-6766

www.birtheright.org

232 NE Lincoln St., Suite F, Hillsboro, OR 97124

Maternity and baby clothes. Free confidential pregnancy tests; help finding medical care, financial assistance, housing, continuing education and relocation. Call for hours of operation.

CANBY CENTER

503-266-2920

www.thecanbycenter.org/programs/Warmth/

681 SW 2nd Ave., Canby, OR 97013

Families and individuals are allowed to shop for all the basics: pants, shirts, shoes, socks, coat, etc. Clients are encouraged to return to the Clothing Exchange and are permitted to access the resources of the Clothing Exchange every 2 months. Call for hours of operation.

COMMUNITY WAREHOUSE

503-235-8786

www.communitywarehouse.org

3969 NE MLK Jr. Blvd., Portland, OR 97212

8380 SW Nyberg St, Tualatin, OR 97062

Non-profit organization that collects donated household goods and furnishings and redistributes them to neighbors in need.

DORCAS SOCIETY-TUALATIN**503-692-2915**

22222 SW Grahams Ferry Road, Tualatin, OR 97062

Provides clothing, bedding and linens for residents of Wilsonville, Tualatin or other nearby towns. Showers available for homeless persons.

Wednesday, 10:00A.M. – 12:00P.M.

FISH EMERGENCY SERVICE**503-233-5533**www.fishemergency.org

1335 SE Hawthorne Blvd. Portland, OR 97214

Clothing for families in need. Items provided include emergency food boxes, clothing, and personal care products. Call for hours of operation.

FRANCIS CENTER**503-775-6784**

6535 SE 82nd Ave., Portland, OR 97266

Free clothing and emergency assistance within boundary area: Clatsop to Powell, 39th-136th; Powell to Glisan, 60th-82nd.

Monday to Thursday, 10:00A.M. – 1:00P.M.

GOD'S CLOTHING CENTRAL (GALES CREEK CHURCH)**503-357-8873**

9170 NW Sargent Rd., Gales Creek, OR 97117

Clothing for all ages and sizes; shoes, coats, and some blankets. On-call appointments only.

Leave a message and your call will be returned.

Tuesday and Friday, 9:00A.M. – 12:00P.M.

HELPING HANDS (SUNSET PRESBYTERIAN CHURCH)**503-292-9293**helpinghandspdx.org/about-us/

14986 NW Cornell Rd., Portland, OR 97229

Provides clothing for all comers.

Wednesday, 9:30A.M. – 12:00P.M.

Thursday, 4:00P.M. – 6:30P.M.

HILLSBORO FAMILY RESOURCE CENTER**503-844-1688**www.youthcontact.org

451 SE Walnut St., Hillsboro, OR 97123

Food pantry, food boxes, clothing closet, other services. Call for hours.

HOLY TRINITY CATHOLIC CHURCH**503-641-1842**

13715 SW Walker Rd., Beaverton, OR 97005

Come to church and request access to clothes closet.

OUR PLACE CLOTHES CLOSET**503-726-0773 ext. 101**www.ourplacechurch.com

1400 NE 48th Ave., Hillsboro, OR 97124

Provides quality new and used clothing to persons and families in need in the Hillsboro community; clothing available when church has supplies on hand.

PORTLAND POLICE SUNSHINE DIVISION**503-823-2117**www.sunshinedivision.org

687 N Thompson St., Portland, OR 97227

The THREADZ Clothing Store allows clients to browse and take home a grocery sized paper bag full of clothes, a coat and a pair of shoes for each member of their household. Hours vary. Please call for more information.

PORTLAND RESCUE MISSION**503-906-7690**www.portlandrescuemission.org

111 W. Burnside St., Portland, OR 97209

24-hours a day. Clean clothing available to overnight guests and in emergency situations.

PREGNANCY RESOURCE CENTER**503-659-3336**www.prcofportland.com

13053 SE 84th Ave., Clackamas, OR 97015

Baby and maternity clothes, baby toys and furnishings. Additional services include pregnancy tests, ultra-sounds, ongoing peer-counseling, pregnancy and fetal development information, information on abortion risks, procedures and alternatives, adoption information and referrals, parenting classes, referrals for medical care, housing, legal aid, others.

ROSE HAVEN**503-248-6364**www.rosehaven.org

627 NW 18th Ave., Portland, OR 97209

Women only. Eligible to shop, at no cost for much needed clothing and hygiene items every 30 days.

Monday to Friday, 9:00A.M. – 12:00P.M.

SNO-CAP COMMUNITY CHARITIES**503-674-8785**www.snowcap.org

17805 SE Start St., Portland, OR 97233

Clothing for children (up to age 14). Photo ID, proof of address (mail addressed to you within the last 30 days.), and income verification required.

ST. ANDRÉ BESSETTE CATHOLIC CHURCH**503-228-0746**

601 W Burnside St., Portland OR 97209

Clothing once every 30 days.

Monday to Friday, 9:30A.M. – 11:30A.M

Saturday, 9:00A.M. – 11:00A.M.

TIGARD-TUALATIN FAMILY RESOURCE CENTER**503-603-1585**

9000 SW Durham Road, Tigard, OR 97224

Small clothing closet and limited amount of baby diapers and formula. Call for information and appointments. Information and referral service available via Tigard/Tualatin School.

Monday to Friday, 9:00A.M. – 12:00P.M. and 1:00P.M. – 3:00P.M.

TIGARD-TUALATIN SCHOOL DISTRICT-CARING CLOSET**503-603-1576**

9000 SW Durham Road, Tigard, OR 97224

Provides shoes, clothes and school supplies at no charge to Tigard and Tualatin students in need.

Wednesday and Thursday, 10:00A.M. – 4:00P.M.

TOD'S CORNER**503-349-4699**

www.ourhouseofportland.org/programs/tods-corner

10202 SE 32nd Ave., Suite 502, Milwaukie, OR 97222

Clothing, household goods, cleaning supplies, personal care items and pet food and other services as requested. Clients must be HIV+ and have a referral from a case manager.

Monday, 12:00P.M. – 4:00P.M.

Tuesday and Thursday, 2:00P.M. – 5:00P.M.

UNION GOSPEL MISSION**503-274-4483**

www.ugmportland.org

3 NW Third Ave., Portland, OR 97209

Offers a Clothing Room that houses a variety of clothes, coats, shoes and blankets.

Monday to Friday, 10:00A.M. – 12:00P.M. and 2:00P.M. – 4:00P.M.

Saturday, 2:00P.M. – 4:00P.M.

USEFUL WEBSITES

211 Community Resource	<i>211info.org</i>
Archived World Refugee Surveys (USCRI)	<i>www.refugees.org/resources</i>
Administration for Children & Families	<i>www.acf.hhs.gov</i>
Bhutanese Refugees	<i>www.bhutanese Refugees.com</i>
Bridging Refugee Youth & Children's Services	<i>www.brycs.org</i>
Bureau of Population, Refugees, and Migration (PRM)	<i>www.state.gov/j/prm</i>
Center for Applied Linguistics Refugee Orientation	<i>www.cal.org</i>
Center for Disease Control and Prevention	<i>www.cdc.gov</i>
Center for Victims of Torture	<i>www.cvt.org</i>
Community Action's Information & Referral	<i>caowash.org</i>
Cultural Orientation Resource Center	<i>www.culturalorientation.net</i>
ETHNOMED - Ethnic Medicine web for refugees	<i>www.ethnomed.org</i>
Heal Torture	<i>www.healtorture.org</i>
Health and Human Services Global Health	<i>www.globalhealth.gov</i>
Healthy Roads Media	<i>www.healthyroadsmedia.org</i>
Homeland Security, Data and Statistics	<i>www.dhs.gov</i>
MedLine PLUS	<i>www.nlm.nih.gov/medlineplus</i>
Migration Information Source	<i>www.migrationinformation.org</i>
Multnomah County	<i>web.multco.us</i>

USEFUL WEBSITES

NAMI Oregon	www.nami.org
NAMI Resource Guide (NAMI Multnomah)	namimultnomah.org
Oregon DHS Refugee Program	www.oregon.gov/dhs/assistance/Pages/refugee/index
Oregon DHS Family Services Manual	www.dhs.state.or.us/policy/selfsufficiency/em_firstpage
Refugee Council USA	www.rcusa.org
Refugee Studies Centre	www.rsc.ox.ac.uk
RHIN - Refugee Health Information Network	rhin.org
RHTAC - Refugee Health Technical Assistance Center	www.refugeehealthta.org
Rose City Resource	rosecityresource.org
U.S. Citizenship and Immigration Services (USCIS)	www.uscis.gov
U.S. Office of Refugee Resettlement (ORR)	www.acf.hhs.gov/programs/orr
US Committee for Refugees & Immigrants	www.uscis.gov/portal/site/uscis
U.S. State Department Refugee Processing Center	www.wrapsnet.org
U.S. Department of State	www.state.gov
UNHCR. The UN Refugee Agency	www.unhcr.org
USA for UNHCR. (2012)	www.unrefugees.org

Refugee & Immigrant Resource Directory

UPDATE & ADDITION FORM

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

Submitted by (name): _____

Phone: _____ Email: _____

PLEASE PROVIDE ALL APPLICABLE INFORMATION BELOW

Agency name: _____

Address: _____ State _____ Zip _____

Phone: _____ Fax: _____

Email: _____ Website: _____

Days/ Hours of Operation: _____

Agency/ Program Overview:

Application procedures/Fees for service/Qualification criteria:

Additional Info/Comments

***Please send update information or any questions to:
pathwaysportland@lcsnw.org***



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