



Tigard-Tualatin Community Resource Guide

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A biennial publication of the
Tigard-Tualatin Family Resource Center

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Welcome to the Tigard-Tualatin Family Resource Center's
Bilingual Community Resource Guide!

As many of you know, accessing up-to-date community resource information can be challenging and time consuming. The purpose of the TTFRC Community Resource Guide is to provide a tool for those working closely with children, youth and families in the Tigard and Tualatin area. It contains information about the most commonly needed services and how to access them. Individual pages can be copied and provided to families who are seeking help.

This booklet is not a comprehensive guide of services and agencies in Washington County. Please do not hesitate to call TTFRC for information about services that are not included. In the first section -Community Resources Overview- there are also other excellent places to acquire social service information and referral such as 211info. Please visit the Center's website at www.ttsdschools.org, and click on the quick link for "Family Resource Center" on the right hand side to find up-to-date information about upcoming events and classes and to download copies of this guide in English and Spanish.

Special thanks goes to Rebecca Padron and to our volunteers and staff for the many hours of work that went into this publication. Also, a big "thank you" to each of you who are working hard to serve and help families in our schools and community. We hope that this guide will be of help to you.

Sincerely,



Catherine West, Director
Tigard-Tualatin Family Resource Center
Tigard-Tualatin School District

Table of Contents

Community Resources Overview

Tigard-Tualatin Family Resource Center Services...1
Information and Referral...1
Culturally Specific Centers...2
Federal Poverty Guidelines...1

Abuse

Child Abuse...3
Domestic Violence, Rape, and Sexual Abuse...3-4
Emergency Shelters for Domestic Violence...4

Basic Needs

Clothing...5
Food...7-8
Furniture...5
Housing...9
Rent, Utility, and Telephone Assistance...10
Shelters...11
Showers and Laundry... 6
Transportation...6

Children, Youth & Parenting

Activities for Young Children...12-13
Parenting Groups and Support...14
Preschool, After-school, and Childcare...14
Youth Services...15
Youth Sports, Activities and Mentoring...16

Healthcare

Dental Care...17-18
Health Coverage...19
Medical Care...19-20
Pregnancy...21
Prescriptions...22
Vision and Hearing...23

Mental Health and Counseling

Counseling...24-26
Court-Mandated Classes...26
Drugs and Alcohol...27
Grief Counseling...26
Suicide...28

Other: Adult Education, Employment, Legal & Senior

Adult Education...29
Employment and Career Services...30
Legal Assistance...30-31
Senior Services...32

Community Resources Overview

Tigard-Tualatin Family Resource Center: TTFRC serves all families living within the boundaries of the Tigard-Tualatin School District. It is located behind the Aquatic Center on the campus of Tigard High School. Information & Referral: consult staff for up-to-date information on community resources in the area. Scholarships for children to participate in extracurricular activities as donations allow. Clothing for children ages 0-5; orders made through Northwest Children’s Outreach every two weeks. Computers, copy and fax machine: available for client use. Personal hygiene items for homeless families. Donated bread and pastries available regularly. Information about holiday help; applications generally available at schools in October. Monday-Thursday on school days by appointment. Staff bilingual in Spanish. **(503) 603-1585.** www.ttsdschools.org, click on the link on the right for “Family Resource Center”.

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

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

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

Tigard Self-Sufficiency/Multi-Service Center (Department of Human Services): Call for information about SNAP/food stamps, Oregon Health Plan (OHP-application drop-off); Temporary Assistance for Needy Families (TANF); Employment-Related Day Care (ERDC) and other state programs. Monday-Friday 8am-5pm. 10777 SW Cascade Ave., Tigard, OR 97223. **(503) 670-9711.** www.oregon.gov/DHS.

2018 FEDERAL POVERTY GUIDELINES

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

Gross Annual Income

Family Size	100%	150%	185%	200%	250%	300%
1	\$12,060	\$18,090	\$22,311	\$24,120	\$30,150	\$36,180
2	\$16,240	\$24,360	\$30,044	\$32,480	\$40,600	\$48,720
3	\$20,420	\$30,630	\$37,777	\$40,840	\$51,050	\$61,260
4	\$24,600	\$36,900	\$45,510	\$49,200	\$61,500	\$73,800
5	\$28,780	\$43,170	\$53,243	\$57,560	\$71,950	\$86,340
6	\$32,960	\$49,440	\$60,976	\$65,920	\$82,400	\$98,880
7	\$37,140	\$55,710	\$68,709	\$74,280	\$92,850	\$111,420
8	\$41,320	\$61,980	\$76,442	\$82,640	\$103,300	\$123,960

To determine the federal poverty guideline for families with more than eight members, find the limit for eight persons at 100% (\$41,320) and add \$4,180 for each additional person.

Culturally Specific Centers

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

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

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

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

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



Asian Health & Service Center
serving the Portland metropolitan area since 1983



OSFEC



Abuse

FOR EMERGENCY ASSISTANCE, CALL 911

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

Child Abuse

Washington County Child Abuse 24-hour Reporting Hotline: (503) 681-6917

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

Domestic Violence Resource Center: Free counseling for child survivors of domestic violence, ages 5-18. Service available in English and Spanish. **(503) 640-5352**. www.dvrc-or.org.

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

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

Domestic Violence, Rape and Sexual Abuse

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

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

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

Domestic Violence, Rape and Sexual Abuse (Continued)

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

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

Rose Haven: Advocacy and community resource referral, goal planning, clothing, hygiene items, showers, mailing address, voice mailbox, and classes. Services are for women and children. Monday-Friday 8:30am-12pm and 1pm-4pm. 627 NW 18th Ave., Portland, OR 97209. **(503) 248-6364**. www.rosehaven.org.

Sexual Assault Resource Center: No fee. Advocates on-call to meet survivors at the hospital for support through physical exam, police report, and legal process. Advocates provide legal and law enforcement accompaniment, information and referral. Free mental health services, individual counseling (in English and Spanish), support groups for survivors (adult and teen groups) and friends and family of survivors in English. Services available to both adolescent and adult survivors of sexual violence. Hours vary, generally Monday-Friday 10am-4pm. Call before visiting. 4900 SW Griffith Dr. Ste. 100, Beaverton, OR 97005. Office: (503) 626-9100. 24-hour support and crisis line: **(503) 640-5311**. www.sarcoregon.org.

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

Emergency Shelters

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

Monika's House (operated by the Domestic Violence Resource Center): No fee. Emergency shelter accommodations and other services for adults, children and their pets escaping imminent physical danger in violent situations. Advocacy, case management, and support groups. For intake/screening process for shelter space, call the office between 8am-12pm. Office: (503) 469-4580, 24-hour crisis line: **(503) 469-8620**. Spanish-speaking staff available. www.dvrc-or.org.

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

Clothing, Free

Bethlehem House of Bread: Free store including adult clothing, some children's clothing and other items. Thursdays and Sundays 1pm-3pm. 9055 SW Locust St. Tigard, OR 97223. (503) 639-3181. bethlehemhouseofbread@gmail.com.

Caring Closet: Clothing for students in the Tigard-Tualatin School District. Families must be referred by a school counselor and are seen by appointment only. Donations are welcome and accepted on Wednesdays and Thursdays 10am-4pm when school is in session. 9000 SW Durham Rd., Tigard, OR 97224 (in a portable on the campus of Tigard High). (503) 603-1576. www.tstdschools.org, scroll down and click on quick link on the right.

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

St. Francis Clothes Closet: Free clothing. Serves Sherwood, Tualatin, Newberg, and King City. Wednesday 9am-11am and 5pm-7pm and Thursday 9am-11am. St. Francis Old Hall, 15659 SW Oregon St, Sherwood, OR 97140 (behind little white church). (503) 625-7067. www.stfrancissherwood.org/social-action-ministries.

Tualatin Seventh Day Adventist Church: Clothing for low-income families. Shower and facilities to wash clothing available. Wednesdays 10am-12pm. Spanish-speaking volunteers occasionally available. 22222 SW Grahams Ferry Rd., Tualatin, OR 97062. (503) 692-2915. www.tualatinor.adventistchurch.org.

Clothing, Low-cost

Goodwill: Monday-Saturday 9am-9pm and Sunday 10am-8pm. 13920 SW Pacific Hwy, Tigard, OR 97223. (503) 624-8570. www.goodwill.org.

Salvation Army Family Thrift Store Tigard Boutique: Monday-Saturday 9am-8pm. 11847 SW Pacific Hwy, Portland, OR 97223. (503) 646-3531.

Tigard Discovery Shop (American Cancer Society): Monday-Saturday 10am-4:30pm. 11545 SW Durham Rd. Ste. B3, Tigard, OR 97224. (503) 684-9060. www.cancer.org.

Union Gospel Mission Family Thrift Store: Periodic sales throughout the week. Tuesday-Saturday 10am-5:30pm. 11611 SW Pacific Hwy, Tigard, OR 97223 (across from Tigard Cinemas, behind the Teriyaki restaurant). (503) 639-6488. www.ugmportland.org.

Value Village Thrift Store: Monday-Saturday 9am-9pm and Sunday 10am-8pm. 12060 SW Main St., Tigard, OR 97223. (503) 684-1982. www.valuevillage.com.

Furniture

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

Showers & Laundry

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

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

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

Sherwood YMCA: Call for availability of showers, \$2 fee per person (no laundry). (503) 625-9622. 23000 SW Pacific Highway, Sherwood, OR 97140. www.ymcacw.org.

St. Anthony Catholic Church: Showers available the third Sunday of the month 3pm-5pm from April - October in the St. Anthony Chapter Room (no laundry). November-March showers available when the Severe Weather Shelter is open. 9905 SW McKenzie St., Tigard, OR 97223. (503) 639-4179. Satigard.org.

Tigard United Methodist Church: Showers and laundry available the first Sunday of the month from 1pm-4pm year round. Showers on the fourth Sunday from 3pm-5pm April-October (no laundry). 9845 SW Walnut Place, Tigard, OR 97223. (503) 639-3181. www.tigardumc.com.

Tualatin Seventh Day Adventist Church: Clothing for low-income families. Shower and facilities to wash clothing available. Wednesdays 10am-12pm. Spanish-speaking volunteers occasionally available. 22222 SW Grahams Ferry Rd., Tualatin, OR 97062. (503) 692-2915. www.tualatinor.adventistchurch.org.

Transportation

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

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

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

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

Food Resources

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

Food Boxes & Produce

Bethlehem House of Bread: Shopping style food pantry. One shopping visit per month. Thursdays and Sundays 1pm-3pm. 9055 SW Locust St., Tigard, OR 97223 (across from Metzger Elementary School). **(503) 639-3181**. bethlehemhouseofbread@gmail.com.

Community Basket: For Washington County residents. Food distributed on the third Thursday of every month from 1pm-2pm. Greenburg Oaks Apartments, 11905 SW 91st Ave., Tigard, OR 97223. **(503) 293-4038**.

Free Food Ministries: Produce and canteen items. For updated schedule, visit Facebook page. 11735 SW Gaarde St., Tigard, OR 97224. www.facebook.com/freefoodministriesOregon.

Good Neighbor Family Pantry: Pantry is located on a working farm. Visit website for a required video before visiting the pantry. 21555 SW Hells Canyon Rd. Sherwood, OR 97140. **(503) 554-0630**. www.goodneighborfamilypantry.org.

King's Kindness Food Pantry (sponsored by Portland Vineyard Church): Food boxes Thursdays from 12pm-3pm. Shopping-style pantry. 14460 SW 114th Ave., Tigard, OR 97224 (on corner of Highway 99 and Bull Mountain Road in house in back parking lot of Christ the King Lutheran Church). **(503) 684-8225**. www.portlandvineyard.org.

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

Sherwood Helping Hands: Food boxes for families available third Saturday of the month 9:30am-10:30am. Call to set up appointment for emergency food assistance. Sherwood United Methodist Church, 22280 SW Washington St., Sherwood, OR 97140. **(503) 625-7975**. www.sherwoodumc.com.

St. Francis Food Pantry: Shopping style pantry that serves Sherwood, Tualatin, King City and Newberg. Seasonal produce available from Hope Garden. Wednesday 9am-11am and 5pm-7pm, and Thursday 9am-11am. St. Francis Old Hall, 15659 SW Oregon St, Sherwood, OR 97140 (behind the little white church). **(503) 625-7067**. www.stfrancissherwood.org/social-action-ministries.

St. Vincent de Paul Food Pantry: Must show proof of residence in zip codes 97223 or 97224. One food box per month. Monday, Tuesday, and Friday 12pm-2:30pm; Wednesday 1pm-3pm; Thursday 12pm-2:30pm and 4:30pm-6:30pm; and Saturday 10am-12pm. St. Anthony Catholic Church, 9905 SW McKenzie St., Tigard, OR 97223 (on corner of SW McKenzie and SW Grant). **(503) 684-8280**.

Food Boxes & Produce (continued)

Tigard Community Friends Church: Food boxes available third Saturday of the month from 11am-1pm. 15800 SW Hall Blvd. Tigard, OR 97224. (503) 620-7836. www.tigardfriends.com.

Tigard Covenant Church Food Ministry: Tuesdays 10am-12pm. Arrive early to receive a number and wait at back door. Food to last 3-4 days. One visit per month. Spanish-speaking staff available. 11321 SW Naeve St., Tigard, OR 97224. (503) 639-3084.

Tualatin School House Pantry: Tualatin, Durham, Lake Oswego, Wilsonville, and West Linn residents only. Bring proof of address. Approximately seven days of food provided once per month. Mondays 3pm-7:30pm; Wednesdays 10-3pm, Thursday 4:30-7:30pm and Fridays 10am-1pm. Usually hosts "Produce Harvest Share" the fourth Saturday of the month: produce to anyone with no address requirements. Must arrive at 9am. First-come, first-served. Rolling Hills Church, 3550 SW Borland Rd., Tualatin, OR 97062. (503) 783-0721. www.schoolhousepantry.org.

Hot Meals

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

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

Hope's Table: Dinner every Monday evening 5pm-7pm. Located in the basement of the church at the Community Life Center. Transportation available from the Tualatin Library at 4:45pm. Rolling Hills Community Church, 3550 SW Borland Rd., Tualatin, OR 97062. (503) 638-5900. Rollinghills.org/outreach.

Tigard Covenant Church: Family dinner every Tuesday at 6pm. 11321 SW Naeve St., Tigard, OR 97224. (503) 639-3084. www.tigardcovenant.org.

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

Community Café at Saint Anthony Catholic Church, Sunday 5:30-6:30pm. 9905 SW McKenzie St., Tigard, OR 97223. (503) 639-4179. satigard.org/ministry/st-vincent-de-paul.

Hope Diner: Every Sunday 5pm-6pm. St. Francis Catholic Old Hall 15659 SW Oregon St., Sherwood, OR 97140. stfrancissherwood.org/social-action-ministries.

Sherwood United Methodist Church: Every Thursday at 6pm during the school year. 22280 SW Washington St., Sherwood, OR 97140. www.sherwoodumc.com.

Housing

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

Craig's List: Website with local home and apartment rental information. Be cautious of fraud and scams. When meeting a contact made on the internet, always go with someone else for safety, and consider meeting in a public place. www.craigslist.org.

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

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

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

Let's Share Housing: Help to find a housemate. Homeowners and homeseekers can browse for a potential match, access tips about home sharing, local events, and more. www.letssharehousing.com.

Rebuilding Together Washington County: Helps low-income homeowners in Washington County with home repair at no cost. Most urgent repairs are done on an emergency basis and larger scale non-emergencies have a wait list. Resources are limited, therefore not all qualified homeowners will receive assistance. 12550 SW 3rd St., Beaverton, OR 97005. **(503) 644-4544**. www.togwc.org.

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

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

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

Rent, Utility, and Telephone Assistance

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

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

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

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

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

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

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

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

Shelters

Comprehensive Washington County shelter waiting list: (503) 640-3263

FOR FAMILIES WITH CHILDREN ONLY

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

- **Family Promise Washington County:** 183 SE 6th Ave., Hillsboro, OR 97123. (503) 844-2919. To get on the waiting list, call (503) 640-3263. www.familypromisewashingtoncountyoregon.org.
- **Family Promise of Beaverton:** Serving families in the Beaverton School District boundaries. 14986 NW Cornell Road, Portland, OR 97229. (971) 217-8949. www.familypromiseofbeaverton.org.
- **Tualatin Valley Family Promise:** For homeless families with school-aged children from the Tigard-Tualatin, Sherwood, and Lake Oswego school districts. www.familypromiseoftv.org.

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

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

YOUTH

Safe Place: 30-day emergency shelter program for youth ages 12-19. Also available for drop-in services every day from 9am-8pm: food, clothing, showers, bedrooms, and case management. Short-term shelter. 454 SW Washington St., Hillsboro, OR 97123. Office (503) 542-2717. Intake and referrals: call office or (503) 542-2389. 24-hour phone lines. Wait list is available. www.boysandgirlsaid.org. (Also see Youth Services on page 15).

SEVERE WEATHER SHELTERS

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

DAY PROGRAM

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

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

DOMESTIC VIOLENCE

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

Activities for Young Children

211info Child Care: Provides free child care referrals and other parenting and family resources. Dial **211**, text the keyword “children” to 898211, or email children@211info.org.

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

Baby and Me Group: One-time \$40 registration fee. Weekly drop-in gatherings with expert parent educator for parents of babies. Weight checks available. Depending on age of the baby: “Snugglers” (newborn through six months) meets Tuesdays 2-3:30pm and “Gigglers” (six months and beyond) meets Tuesdays 12-1:30pm. 19300 SW 65th Ave. Tualatin, OR 97062 at Community Health Education Center, east entrance on 65th Ave. **(503) 335-3500**.

Kids Unplugged: Indoor play place with six themed rooms for children. \$6 per child and \$5 for crawlers for a single visit. 11300 SW Bull Mountain Rd, Tigard, OR 97224. Monday-Thursday 9am-11:30am and 2pm-5pm, Friday 9am-11:30am, Saturday 9am-12pm. **(503) 504-7747**. www.jenniandtommyskidsunplugged.com.

MOMS Club of Tigard-Tualatin (Moms Offering Moms Support): Annual \$30 dues. Members aim to provide support and group activities for mothers who are stay-at-home moms, work part-time or work from home. The Tigard-Tualatin MOMS Club welcomes moms living with the following zip codes: 97223, 97224, 97281, 97062. Email: ttmomsclub@gmail.com.

Oaks Parks: 7805 SE Oaks Park Way, Portland, OR 97202. **(503) 233-5777**. www.oakspark.com:

- **Preschool Play and Skate:** Tuesdays and Wednesdays, early October through mid June from 10:00 -11:30am, children 6 and younger have special playtime featuring a group skate lesson and visit from Chipper the Squirrel. Shoes and strollers welcome on the skating floor. One adult free with a child's paid admission. \$7.50 per child.
- **Kid’s Morning Skate:** Saturdays, early October through early June from 10:30am - 12pm. Special skating session for kids 10 and younger features kids' music, skate games and activities, a free group lesson taught by a certified coach, and a visit from Chipper the Squirrel. One adult free with a child's paid admission. \$7.50 per child.
- **Chipper’s Preschool Rides:** Tuesdays and Wednesdays during the summer, 9:30am-11:30am children 6 and younger have special play time on kiddie rides. From 11:30am-12pm cookies, milk, and a story with Oregon Dairy Princess and Chipper the Squirrel. Adults free with a child’s paid admission. \$9.50 per child.

Home Depot Workshops: Free hands-on workshops for kids. Children get to keep their crafts. An adult must be present with his or her child or children at all times. To find the closest workshop, visit www.homedepot.com/workshops.

Activities for Young Children (Continued)

Oregon Museum of Science and Industry (OMSI): Explore the museum for only \$2 the first Sunday of every month. Includes Science Playground for kids 6 and younger with infant area for children 0-24 months, and breast-feeding room. 1945 SE Water Ave., Portland, OR 97214. (503) 797-4000. www.omsi.edu.

Oregon Zoo: Free for children age 2 and under. The *Zoo for All* program offers \$5 admission to families who qualify for a variety of income assistance programs (see website for list of programs). Open daily, hours vary seasonally. 4001 SW Canyon Road, Portland, OR 97221. (503) 226-1561. www.oregonzoo.org/zoo-all.

Parenting Together Washington County: Website to search for resources available to parents in Washington County including parent education, child care resources, family-friendly activities, and web-based resources for parenting topics organized by child's age. parentingtogetherwc.org.

PDX Parent: Offers "kids calendar" that connects families to fun activities and family friendly events in Portland and surrounding areas. www.pdxparent.com.

Portland Children's Museum: Families who receive public assistance are eligible for \$1 admission per person (up to five people). Must show proof of eligibility at time of purchase. \$15 for yearlong "Family Access Pass" available for families receiving public assistance. Check website to confirm dates. *Access Play* events for families with children experiencing disabilities is scheduled on the third Tuesday of every month from 5:30pm-7pm. 4015 SW Canyon Road, Portland, OR 97221. (503) 223-6500. www.portlandcm.org.

Tigard Indoor Play Park at Tigard United Methodist Church: Indoor play park for children 0-5 years old. Monday-Friday 9:30am-1pm (schedule varies during the summer, see Facebook page for details). Fee \$4 for single child and \$6 for up to 3 children. Discount passes also available. 9845 SW Walnut Place, Tigard OR 97223. (503) 639-3181. www.tigardumc.com. www.facebook.com/TigardIndoorPlayPark.

Tigard Public Library: Storytimes for a variety of ages. Book Bundles for new Babies: families with children one year old or younger may stop by the Children's Desk to collect their bundle of free books. 13500 SW Hall Blvd, Portland, OR 97223 (503) 684-6537. www.tigard-or.gov/library.

Tualatin Public Library: Storytimes for a variety of ages. Visit the library to sign up for 1,000 Books Before Kindergarten to receive a reading log, a free book and a book bag. 18878 SW Martinazzi Ave. Tualatin, OR 97062 (503) 691-3071. www.tualatinoregon.gov/library.

Urbanmamas: Website for family-friendly events, childcare, schools and summer camps, in or near Portland: www.urbanmamas.com.

Vroom: Nationwide early learning initiative that helps parents of children 0-5 years old turn everyday activities into brain building-moments. Download the free smartphone app or visit www.vroom.org.

Parenting Groups and Support

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

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

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

Preschool, After-school, and Childcare

Club K After School Zone: Before- and after-school programs for children 5-12 years old from 6:30am to school start and from school dismissal to 6pm. Prices vary. Some scholarships available for low-income families, funding permitting. Summer camp programs available. (503) 643-9059. www.clubkafterschool.com. Elementary schools served: Byrom: (503) 619-9156, Bridgeport: (503) 616-6214, Durham: (503) 317-2421, and Mary Woodward: (503) 583-6446.

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

Early Intervention: Special services and supports to families with children birth to 5 years of age identified as having a disability or experiencing developmental delays. Services enhance language, social and physical development through play-based interventions and parent coaching. Local office: 19500 SW 90th Ct., Tualatin, OR 97062. To be referred for a free screening or evaluation, call the intake and referral line at 503-614-1446.

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

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

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

Tigard-Tualatin School District After-School Activities: For information about possible after-school activities, call your child's school directly.

Youth Services

Boys & Girls Aid: www.boysandgirlsaid.org:

- **Safe Place:** 30-day emergency shelter program for youth ages 12-19. Also available for drop-in services every day from 9am-8pm: food, clothing, showers, bedrooms, and case management. Short-term shelter. 454 SW Washington St., Hillsboro, OR 97123. Office **(503) 542-2717**. Intake and referrals: call office or (503) 542-2389. 24-hour phone lines. Wait list is available.
- **Transitional Living Program:** For youth ages 18-24 that are currently homeless or at risk of experiencing homelessness, working or attending school, can participate in weekly check-ins and are able to pass a drug test. Program includes up to two years in a furnished apartment in central Beaverton, help advancing in education and employment, tri-met passes, financial assistance with health expenses, education, household and personal items, skills for being self-sufficient and building healthy relationships. Submit request to participate in program at www.boysandgirlsaid.org/shelterandhousing.

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

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

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

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

Youth Sports, Activities and Mentoring

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

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

City of Tigard: For updated information about local activities, summer camps, events and more, visit: www.tigard-or.gov/recreation/index.php.

City of Tualatin: For updated information about local activities, summer camps, events and more, visit: www.tualatinoregon.gov/recreation/activity-guide.

Cultural Pass to Adventure: Passes for free admission to eight local attractions including Lan Su Chinese Garden, the Oregon Garden, Pittock Mansion and museums. Each pass available for one-day checkout. Tualatin Public Library: (503) 691-3074. Reserve in advance or stop by. Tigard Public Library: (503) 684-6537. Reserve online at www.tigard-or.gov, then click on "Library" and "Cultural Passes".

Faithful Friends: Church-based mentoring program that matches volunteer singles, couples and families with children ages 6-9 for mentoring relationships. Participants in program meet with mentor 3-4 times a month for at least one year. (971) 284-6185. www.faithfulfriendspdx.org.

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

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

Southside Soccer Club: Some scholarships available. 16285 SW 85th Ave. #401, Tigard, OR 97224. (503) 968-7197. Spanish: (503) 914-9348. www.southsidesoccer.org.

Tigard Little League: Some scholarships available. Serves children who reside in the elementary and middle school boundaries of Tigard. Pee Wee (co-ed) ages 4-7, Baseball (boys) ages 7-12, Softball (girls) ages 6-16. www.tigardlittleleague.org.

Tigard-Tualatin Aquatic District: Swim lessons and exercise classes. Discounted rates for Tigard-Tualatin School District students. Tigard Pool: 8680 SW Durham Road, Tigard, OR 97224, (503) 431-5455, Tualatin Pool: 22380 SW Boones Ferry Road, Tualatin, OR 97062, (503) 431-5655. www.ttadpools.com.

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

YMCA: Financial assistance to help with fees. Programs and services for all ages. Rock wall; group exercise classes; sport court; teen center with air hockey, pool tables, gaming system, youth classes and camps; pick-up sports for teens and adult members; swim lessons and water slide. 23000 SW Pacific Hwy, Sherwood, OR 97140. (503) 625-9622. www.ymcacw.org.

Dental Care

Advantage Dental Clinic: Serves private, OHP (based on CCO assignment), self-pay and uninsured patients. Reduced fees and payment plans available for qualifying patients. Language interpreters available upon request. Hours of service with an appointment: Monday-Thursday, 8am-6pm; Friday, 8am-5pm. 9900 SW Greenburg Road, Ste. 240, Tigard, OR 97224. (971) 206-7133. www.advantagedentalclinics.com.

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

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

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

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

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

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

Portland Community College Dental Clinic (PCC): Serves uninsured adults and children. Reduced fees: exams \$5; cleanings for adults \$25-\$40, for children \$20, and for seniors (62+) \$15; simple fillings \$10; sealants \$5 per tooth; and X-rays \$10-\$25 each. No emergencies, extractions, crowns, bridges, dentures, root canals, or TMJ treatment. Cash, check, credit and debit cards accepted. By appointment only. 12000 SW 49th Ave. HT206, Portland, OR 97219. (971) 722-4909. www.pcc.edu/programs/dental-hygiene/clinic.html.

Dental Care (Continued)

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

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

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

School-Based Health Centers: Accepts uninsured and insured community members ages 0-19 in the Tigard-Tualatin School District. Sliding scale fees for uninsured. Licensed dental hygienist provides oral screenings, cleaning and sealants with potential referral to Virginia Garcia Dental Van. Tigard High Campus 9000 SW Durham Rd., Tigard, OR 97224. **(503) 431-5775.** Tualatin High Campus 22300 SW Boones Ferry Rd., Tualatin, OR 97062. **(503) 431-5975.**

Tualatin School House Pantry: No fee. Must currently be in pain to be treated. Medical Teams International provides mobile dental clinics for uninsured adults once per month. Call to be put on wait list. Often takes 2-3 months to get an appointment. Rolling Hills Community Church, 3550 SW Borland Rd., Tualatin, OR 97062. **(503) 783-0721.** www.schoolhousepantry.org.

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

Health Coverage

Financial Assistance Program: Financial assistance may be available to low-income families or families with special situations that make it difficult to pay for hospital care. In cases of financial need, this service may be available for hospital bills less than six months old. Access assistance through medical staff and/or by contacting the hospital billing office at the number listed on the hospital bill.

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

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

Private Insurance Marketplace: HealthCare.gov or **1-800-318-2596**.

Medical Care

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

Borland Free Clinic: Free adult primary care for uninsured, underinsured or those in insurance gap. Call for appointment. Leave message for call back within 48 hours. If there is a cancellation, walk-ins may be seen with a potential 2+ hour wait. Mondays 3-6:30pm. **(503) 974-8887**. Located in the lower level of Rolling Hills Community Church (adjacent to the food pantry and Community Life Center) 3550 SW Borland Road, Tualatin, OR 97062. www.borlandclinic.org.

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

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

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

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

Medical Care (Continued)

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

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

Planned Parenthood: Sliding scale. Accepts OHP and other insurance plans. Uninsured and low-income insured patients may qualify for state-funded programs. Birth control, pregnancy testing, annual exams, STD/HIV testing and treatment, abortions, and other services. 12220 SW 1st St. #200, Beaverton, OR 97005. Spanish-speaking staff available. Walk-in services available. For hours and appointments: 1-888-875-7820 or book an appointment online: www.plannedparenthood.org.

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

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

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

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

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

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

Pregnancy

All-Options: A confidential talk line for women and their loved ones regarding pregnancy, parenting, abortion, and adoption. Monday-Friday 7am-10pm and Saturday-Sunday 7am-3pm. **1-888-493-0092.** www.all-options.org.

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

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

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

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

Planned Parenthood: Sliding scale fees. Accepts OHP and other insurance plans. Uninsured and low-income insured patients may qualify for state-funded programs. Birth control, pregnancy testing, annual exams, STD/HIV testing and treatment, abortions, and other services. 12220 SW 1st St. #200, Beaverton, OR 97005. Spanish-speaking staff available. Walk-in services available. Call for hours and appointments: **1-888-875-7820.** www.plannedparenthood.org.

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

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

TTSD Pregnant/Parenting Students Program (Tigard-Tualatin School District): No fee. Support for pregnant and parenting students in the Tigard-Tualatin School District. Advocacy, counseling, life skills, and parenting education. Child care available at Durham Center while students attend school. 8040 SW Durham Rd., Tigard, OR 97224. **(503) 431-4596.** www.ttsdschools.org.

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

Prescriptions

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

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

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

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

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

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

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

Walgreens Prescription Savings Club: Annual membership fees for those with no prescription insurance or insurance that does not cover medications. Persons receiving prescription benefits from Medicare, Medicaid or Tricare are ineligible. Over 8,000 brand-name and generic medications. Some generics priced between \$10-\$30 for a 90-day supply. 13939 SW Pacific Hwy, Tigard, OR 97223. **(503) 670-9812**. www.walgreens.com.



Vision and Hearing

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

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

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

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

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

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

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



Mental Health and Counseling

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

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

Balance Center for Children and Families: Accepts most insurance including OHP. Individual, family and group therapy for children, adolescents and adults. Spanish-speaking therapists available. 7440 SW Hunziker Road, Ste. F, Tigard, OR 97223. **(503) 596-2222**. www.balanceforfamilies.com.

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

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

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

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

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

Mental Health and Counseling (Continued)

LifeWorks Northwest: Tigard site offers the following programs: adult, child and family outpatient mental health counseling, children and youth psychiatric day treatment, gambling addiction counseling, early childhood/parent-child intensive therapy and other psychiatric services. OHP and many medical insurance plans accepted. Spanish-speaking counselors available. 8770 SW Scoffins St., Tigard, OR 97223. Intake line: **(503) 645-9010**. www.lifeworksnw.org.

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

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

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

Rolling Hills Community Church: Offers a variety of support groups and classes for women, veterans, couples, singles, and parents; wholeness program; grief classes; DivorceCare, DivorceCare4Kids, and more. 3550 SW Borland Rd., Tualatin, OR 97062. **(503) 638-5900**. www.rollinghills.org.

School-Based Health Center at Tigard and Tualatin High Schools: Counseling through LifeWorks NW for uninsured and insured students in the Tigard-Tualatin School District. Tigard High Campus: 9000 SW Durham Rd., Tigard, OR 97224. **(503) 431-5775**. Tualatin High Campus: 22300 SW Boones Ferry Road, Tualatin, OR 97062. **(503) 431-5975**.

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

Mental Health and Counseling (Continued)

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

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

Grief Counseling

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

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

Court-Mandated Classes

Anger Management and Domestic Abuse

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

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

Drugs & Alcohol

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

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

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

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

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

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

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

Self-Help Groups

AA (Alcoholics Anonymous): (503) 223-8569

For assistance in Spanish: (503) 848-0102.

National: www.aa.org. Local: www.pdxaa.com.

Al-Anon Family Groups, Alateen: (503) 292-1333

For assistance in Spanish: (503) 916-9913

National: www.al-anon.org. Local: www.al-anonportlandoregon.org.

NA (Narcotics Anonymous): (503) 345-9839

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

Suicide

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

Also see: **COUNSELING** (pages 24-26)

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

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

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

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

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



Adult Education

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

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

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

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

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

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

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

Employment and Career Services

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

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

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

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

Legal Assistance

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

Child Support Helpline: Provides help to low-income persons who are having problems with getting or paying child support. Monday 1pm-4pm and Thursday 9am-12pm when staff are available. Spanish-speaking staff. **1-800-383-1222**. www.oregonlawhelp.org. For forms and answers to frequently asked questions, visit www.oregonchildsupport.gov.

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

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

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

Legal Assistance (Continued)

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

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

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

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

Sponsors Organized to Assist Refugees (SOAR): Assists refugees in becoming self-sufficient, integrated community members. Legal program for low-income refugees and immigrants in and around Portland metro area including Tigard and Tualatin. Caseload includes Deferred Action for Childhood Arrivals (DACA), naturalization, adjustment of status, family reunification, temporary protected status, parole renewal, humanitarian parole, employment authorization, asylum counseling, refugee travel documents and Cuban removal defense. \$50 per client for initial consultation by appointment. 7931 NE Halsey St., Ste. 302, Portland, OR 97213. **(503) 384-2482.** emoregon.org/soar-legal. **Hillsboro:** First come first served walk-in clinic available first Tuesday of each month 9am-4pm at United Methodist Church, 168 NE 8th Ave, Hillsboro, OR 97124. **Tigard:** First come first served walk-in first Wednesday of each month from 4pm to 8pm at the Muslim Educational Trust Community Center, 10330 SW Scholls Ferry Rd. Tigard 97223.

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

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

Senior Services

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

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

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

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

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

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

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