

F = Family Friendly (Services available for entire families) **A** = Adult Friendly **Y** = Youth Friendly

Food Assistance

Name	Website	Address	Description
NE Emergency Food Prog (EMO) F	https://emoregon.org/nefp/	Luther Memorial Lutheran Church, 4800 NE 72nd Ave., Portland, OR 97218 Phone: (503)-284-5470	-3 to 5 days of nutritious groceries -Weekly distribution of food (Boxes valued up to \$200 in food) -Open Tues, Thurs, Sat 1-4pm, arrive before 4 pm and you will receive help, please bring something with your name ID, mail, also ideally bring something for your children, insurance info or something from school (no one is turned away due to lack of ID) -Provides gently used clothing, & an initiative which focuses on job training, skill building, exposure to nonprofit services -Serves families, unemployed, people with special needs, disabilities or elderly immigrants and refugees, or people experiencing crisis
Blanchet House A	https://blanchethouse.org/	310 NW Glisan St Portland, OR 97209 Phone: (503)-241-4340	-To-go containers are okay to bring -Breakfast 6:30 am – 7:30 am, Lunch 11:30-12:30, Dinner 5:00-6:00pm
Sunshine Division (Disability friendly, boxes can be delivered when requested) F	https://sunshinedivision.org/programs/	687 N Thompson St, Portland, OR 97227 Phone: (503) 823-2102	- “grocery” shopping available -Must have one of the following: a dependent 18yo or younger, receive SSC or disability benefits, veterans, over the age of 62, those who receive SNAP benefits -Must bring own bags -Emergency Food boxes available if you call non-emergency police, they will drop off a box
Crossroads Food Bank F	https://www.crossroadsportland.com/crossroads-food-bank	2407 NE 102nd Ave, Portland, OR 97220 Phone: (503) 257-9345	-No eligibility requirements, just need to have an ID -Open Thurs & Fri 9 -12 pm, closed holidays and day after
William Temple F	https://www.williamtemple.org/our-services/social-services/	2023 NW Hoyt Street Portland, Oregon 97209 Phone: (503)-226-3021 X1298	-Tues Wed Thurs 10-3pm -Shopping style open pantry with healthy food options as well as prepared meals -Toiletries available as well -Households can visit food pantry 2x monthly
Downtown Catholic Chapel F	http://saintandrechurch.org/	601 W Burnside Portland Or 97209 Phone: Phone: (503)-228-0746	-Open Monday to Friday, 1 pm - 3 pm. -Clients may have 1 food box per month at no charge. Bring proof of address.
Portland Rescue Mission A	https://www.portlandrescuemission.org/	111 W Burnside St Portland OR 97209 Phone: (503)-906-7690	-Hot meals breakfast at 7 am dinner at 6pm Mon-Sun -Lunch is served Sat & Sun 12:30 PM

Housing Assistance

Name	Website	Location	Description
Housing First F	http://www.pdxhfs.org/housing-first	6220 SE 92 nd Ave, Portland OR 97266 Phone: (503)-915-8306	-Quick emergency housing for families, usually within a few months (helps pay security deposits and up to 12 months of rent assistance) -Provides case management to ensure families stay on the right path
Central City Concern F/A/Y	https://www.centralcityconcern.org/services/housing	Central City Concern Housing Office 523 NW Everett Street Portland, Oregon 97209 Phone: (503)-525-8483	-Provides Recovery Housing (clean and sober living) -Affordable housing for those recovering from mental illness or hospitalization -Affordable housing for recently reunified families & those recently employed to help work toward self-sufficiency -Contact housing office for availability for permanent housing; transitional only offered to clients
Hacienda CDC F	https://haciendacdc.org/housing-development/	6700 NE Killingsworth St. Portland, OR 97218 Phone: (503)-595-2111	-Provides 9 affordable housing units for low income families -Check online for available properties; dedicated to helping families in need -> apply online
NW Housing Alternatives F/Y	https://nwhousing.org/resident-services/	13819 SE McLoughlin Blvd, Milwaukie, Oregon 97222 Phone: General Info: (503) 654-1007 ext. 100 Residential Services: (503) 654-1007 ext. 105	-Provides housing for low-income (most make \$16,000 annually) -Connects residents with community resources for psychical and mental health -Provides household stability services, opportunity and advancement services, multi-family properties hold financial ed and adult ed workshops as well as youth services
Human Solutions F/A/Y	https://humansolutions.org/services/affordable-housing/	12350 SE Powell Blvd. Portland, OR 97236 (Portland Office) Phone: Portland: (503)- 548-0200 124 NE 181st Ave. Gresham, OR 97230 (Gresham Office) Phone: Gresham: (503) 405-7875	-Provides low income housing, homeless programs, employment progs & stability progs via education - Houses in E. Portland, Gresham & Fairview -Contact listing directly to be placed on waiting list -Utility assistance for low-income people; serves Portland and E Mult County.
NW Pilot Project A (seniors)	https://www.nw-pilotproject.org/find-housing/	1430 SW Broadway Ste 200 Portland, OR 97201 United States Phone: (503) 227-5605	-Seniors only; serves Mult County -> those experiencing instability, homelessness -Provides resources for finding houses, financial assistance with rent & deposits, assistance navigating resources
REACH F/A/Y	https://reachcdc.org/our-work/our-housing	4150 SW Moody Avenue Portland Oregon 97239 Phone: (503)-501-5733	-Provides affordable housing to families, food assistance, free home repairs -Provides community rooms where people can cook meals, watch movies etc -Supports families, veterans and seniors

Homeless Youth Services

Name	Website	Location	Description
Porch Light Shelter (Janus Youth Services) Y	http://www.janusyouth.org/programs/homeless-youth	1635 SW Alder Street, Portland, Oregon 97205 Phone: (503) 222-5933	-30 bed crisis shelter for ages 15-23 -Provides meals, shower and laundry services for 15 nights -Almost always full to capacity each night
Bridge House (Janus Youth Services) Y	http://www.janusyouth.org/programs/homeless-youth	4015 SE Madison, Portland, OR 97214. Phone: (503) 238-1702	-Supervised home for ages 16-20 who meet homeless criteria -Also serves pregnant and parenting youth (w/ children under the age of 2) -Incorporates resident participation to work towards fulfilling employment and education needs -Fill out application, email or return in person
New Avenues Y	http://newavenues.org/supportive-housing	The Joyce N. Furman Building 1220 SW Columbia Street Portland, OR 97201 Phone: (503)-432-3986	-Provides transitional housing with 30 hour participation in support services -Community-based housing to help transition youth into permanent housing -LGBTQ housing for homeless members (Unity House) and offers LGBTQ specific services -Helps youth recently out of foster care

LGBTQ Services

Name	Website	Location	Description
Outside In Y	https://outsidein.org/young-adult-services/	1132 SW 13th Ave, Portland, OR 97205 Phone: (503)-535-3800	-Free of cost, serves homeless youth -Provides support with education, employment, health care, meals, art, safety on streets, housing, counseling -Serves 16-24 year olds
SAGE Metro Portland A	https://www.friendlyhouseinc.org/	1737 NW 26th Avenue (at Thurman St.) Portland, OR Phone: (503) 228-4391	-Services LGBTQ adults through advocacy and education -Provides diversity Trainings -Housing assistance for seniors -Provides playgroups for young kids, after school care, preschool, summer programs for preschool/kindergarten readiness
New Avenues (SMYRC) Sexual & Gender Minority Youth Resource Center Y	http://www.smyrc.org/	Downtown: 1220 SW Columbia, Portland OR 97201 East: 16570 SE Oak, Portland OR 97230 Phone: (503)-872-9664	-Safe space for minority (gender) youth 13-23 -Provides activities like art, music, community organizing, counseling, education, case management, support groups -Drop in mental health services; Mondays at downtown location, Wednesdays at East location

Culturally Relevant Resources

Name	Website	Location	Description
Coalition of Communities of Color Y	https://www.coalitionofcommunitiesofcolor.org/	221 Northwest 2nd Avenue, Suite 303, Portland, OR Phone: (503) 200-5722 (503)-288-8177 (Leadership #)	-Represents African, African American, Asian, Latino, Middle Eastern, N African, Native American, Pacific Islander and Slavic -Bridges: Leadership Development for POC -Provides culturally specific leadership development, leadership placement, community networking
Catholic Charities' El Programa Hispano Proyecto UNICA F/A/Y	https://www.projectunica.org/	Phone: (503)-232-4448 Free Support Line	-Bilingual Support line provides 24hr/7days a week support for interpersonal violence -Offers crisis intervention, emotional support, info and referrals for services
Bradley Angle Healing Roots Program (Black, African American) F/A/Y	https://bradleyangle.org/get-help/programs/healing-roots/	Bradley Angle 5432 N. Albina Ave Portland, OR 97217 Phone: 24 HR Crisis line: (503)-235-5333 Non-crisis line: (503)-232-1528	-Culturally specific services for Black and African American survivors of domestic violence (DV) -One on one support for survivors to create indiv. safety plans -Safe space to access resources in the community -Support groups -One-on-one support for children who have witnessed DV
NAYA (Native Americans) MANY different programs F/Y	https://naya.pdx.org/services/	NAYA Family Center 5135 NE Columbia Boulevard Portland, OR 97218 Phone: (503) 288-8177	-Works with Native children in foster care by connecting them with community resources -Sibling and family nights, community events -Requires referral from DHS -Pathways to Adulthood is an independent living program for ages 14-24; monthly skills workshops, providers meet with youth to work on employment, education, healthy relationships, housing, transportation etc. -Drug and alcohol support for youth (culturally-relevant harm reduction) -Homeless youth & housing support
IRCO; Immigrants and Refugees F/A/Y	https://irco.org/what-we-do/children/	10301 NE Glisan St. Portland, OR 97220 Phone: (503) 234-1541	-Provides family programs through workshops; multilingual and multicultural services -Provides families with case management, life skills training, relationship building, anti-poverty assistance -Youth services (6+), tutoring, after school activities to prevent at-risk youth from crime, works to ease language gaps -Services for kids 0-5, skill building activities, developmental screenings, kindergarten readiness, community referrals

Disability Services

Name	Website	Location	Description
Alberta Kerr F/A/Y	https://www.albertinakerr.org/idd/	424 NE 22nd Avenue Portland, OR 97232 Phone: (503)-239-8101	-Adult group homes in Clackamas, Marion, Mult and WA counties -Youth group homes, offers life-skills training for teens 7-18 -Youth homes work with staff and family members to support the child's development -Matches employers with clients; gives job coaching, resume development, job club -Art and Learning Studios (PALS) creates space for creative growth
FACT Oregon F	https://factoregon.org/what-we-do/	Phone: (503)-786-6082	-Provides trainings for families with children with disabilities (online) -Hosts community events for children with disabilities
Swindells Resource Center F/A	https://oregon.providence.org/our-services/s/swindells-resource-center/	Phone: (503)-215-2429	-Resource center for families with children with disabilities, provides online information, resources, education training etc

Addiction Services

Name	Website	Location	Description
De Paul Treatment Center F/A/Y	https://depaultreatmentcenters.org/programs/youth/youth-residential/	1312 SW Washington St, Portland, OR 97205 Phone: (503)-535-1151	-24/7 supervision; group and individual counseling, academic programs, recreation programs -Scheduled school, activities, individual counselor, 12 step program used -Insurance accepted, co-pays and deductibles, self-pay residents is \$350 per day for 30 days -Those on OHP are covered -Provides familial support as well; group counseling, parenting groups, & help maintaining healthy relationships post treatment
CODA Treatment F/A	https://codainc.org/	<u>Clackamas Outpatient:</u> 10822 SE 82nd Ave. Suite K Happy Valley, OR 97086 <u>Gresham Outpatient:</u> 18088 SE Market St. Portland, OR 97233 <u>Portland Recovery Center:</u> 1030 NE Couch Portland, OR 97232 Phone: 855-SEE-CODA (855-733-2632)	-Provides medication, community support, behavioral health resources -Helps those we have relapsed, those struggling to maintain jobs, relationships, housing, those in need of stability, pregnant women -Need SSC #, Phone #, OHP or insurance (can pay out of pocket but call for pricing), they treat alcohol, cocaine/crack, heroin, marijuana, meth, opioids and other prescription drugs -Walk-in services; priority given to pregnant woman, at Recovery center on 11 th
Central City Concern F/A/Y	https://www.centralcityconcern.org/services/health-recovery/ccr-recovery-center/	<u>Blackburn Center</u> 12121 E Burnside St, Portland, OR 97216 Phone: (971)-361 7700	-Federally qualified health center providing services for homeless -Provides medical care as well as addiction recovery services -Alcohol, opioids & meth -Counseling, peer support, group therapy and medication supported recovery -OHP, Medicare, self-pay (assistance available for patients living on low incomes), some private insurance, assistance for signing up for medicare/OHP, uninsured patients are welcome
Serenity Lane SE F/A	https://serenitylane.org/location/portland-south-east/	12662 SE Stark, Plaza 125 Bldg. A. Portland, OR 97233 Phone: (503)-546-7677	-Intensive outpatient treatment -Free consultation, level 1 and 2 intensive outpatient treatment, daytime and evening programs, education sessions, family program, employment services -Patient monitoring services -Special inpatient services available in N Eugene, clinical assessments, medically manage withdrawal, detox rehab, medication assisted treatment, mental health therapy

Family Services

Name	Website	Location	Description
JOIN F/Y	https://joinpdx.org/get-help/	1435 NE 81st Avenue, Suite 100 Portland, OR 97213 Phone: (503)-232-2031	-An organization that provides a day space or “House” Mon-Fri 10am-3pm; services include restrooms, showers, internet access, mail services, phone access, hygiene items, dedicated family area/family shower -Created to help families who are transitioning or experiencing homelessness
Mother & Child Education Center F	http://www.momchildpdx.org/	1515 NE 41st Ave Portland, OR 97232 Phone: (503)-249-5801	-Provides help for mothers during and after pregnancy or w/ children ages 0-5 years, all services are free -Visit/Intake required, on the 1 st , 4 th and 5 th week of each month during regular business hours; takes 15-30 minutes no longer than 45 -Pregnancy testing and prenatal vitamins, maternity clothing (up to 7 items each month) provided -Education services for caring for the baby and childbirth -Counseling and wellness coaching for Moms -Client Care Days allow you to access clothes, baby supplies and more (moms 20 weeks +); register online they are 2 nd sat 10:45am-11:15am and following Monday 1:30-2pm
Rose Haven F/Y (Women only)	https://rosehaven.org/services/	627 NW 18th Ave. Portland, OR 97209 Phone: (503) 248-6364	-Advocates provided to give resources, referrals, financial aid on a case by case basis -Community shelter & space for families and mothers dealing with disruptive situations such as loss of home, job, domestic violence etc -Provides living room, dining room, meals, activities, day shelter & community shelter -Once every 30 days women are able to “shop” for free donated clothing for themselves and two of their children -They provide complete outfits, a hygiene kit, pair of shoes and an accessory (emergency shopping available as needed) -Offers classes on nutrition, support groups, budgeting, yoga, writing, sewing, creative arts -Back to school supplies offered in August -Meals from 8:30-12 pm and 1-4 pm Mon-Fri, showers, holiday events, diapers.
PDX Diaper Bank F/A/Y	https://www.pdxdiaperbank.org/services/	info@pdxdiaperbank.org	-Provides free diapers and diapering supplies to low-income families with children, older adults and indiv with disabilities (provided ONLY through community partners, see online for where you can pick up diapers) -Free cloth diapering on a budget classes -Visit partner locations to receive diapers, some require appointments or do not take walk-in, some do; call ahead in most cases

Emergency/Crisis Services

Name	Website	Location	Description
Crisis Assessment & Treatment Center (CATC) A/Y	https://multco.us/mhas/crisis-assessment-and-treatment-center-catc	30 NE Martin Luther King Jr. Blvd. Portland, OR 97232 Phone: (503)-988-4888	-Emergency help for mental health -16-Bed, secure facility where people can stay for 4-14 days as mental health symptoms stabilize -Admissions are voluntary & involuntary -Provides basic medical services & prescribing as needed -Provides resources for stabilization such as housing, basic needs assistance, care for psychical health -Peer support, advocacy and mentoring -Contact call center for assistance in locating the proper services for you; operates 24-hours, 7 days a week
Washington County Crisis Line F/A/Y	https://www.co.washington.or.us/hs/mentalhealth/gettinghelp/crisis-services.cfm	Phone: (503)-291-9111	-Help available 24/7 for people experiencing a mental health crisis, friends and families concerned can call as well -Provides experienced help from counselors with a minimum of a master's degree -Services include face-to-face assessments in clinic (Beaverton), assistance with referrals for ongoing treatment, brief
Harry's Mother and Garfield House Emergency Shelter (Janus Youth) Y/ F	http://www.janusyouth.org/programs/runaway-youth	738 NE Davis Street, Portland, Oregon 97232 Phone: (503) 233-8111	-24-hour crisis intervention, emergency shelter and individual and family counseling ages 9-17 -Provides a 24 hour youth and family help line which provides immediate support and information and referrals
Unity Center for Behavioral Health A	https://unityhealthcenter.org/	1225 NE 2nd Ave, Portland Phone: (503) 944-8000	-ONLY serves individuals 18 and older -24-hour behavioral and mental health services providing immediate psychiatric help -Provides a safe environment for crisis stabilization, intervention, medication management, crisis counseling, social work and family/peer support -Unity does provide inpatient care for youth (9 yo-17 yo) and adults
National Suicide Prevention Lifeline F/A/Y	https://suicidepreventionlifeline.org/	Phone: 1-800-273-8255	-Free & confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week -Provides referrals for local care and resources for those in need -Hotline only, no physical location
Project Respond via Cascadia Behavior Health A/Y	https://cascadiabhc.org/services/crisis-intervention/	Urgent Walk-In Clinic: 4212 SE Division, Suite 100, Portland OR 97206 Phone: (503) 988-4888	-Mobile mental health crisis response team; provides crisis specialized & culturally aware services -Helps individuals or families regain a sense of control over their thoughts, feelings, and events -Available 24/7 -Additionally; Urgent Walk-In Clinic available, open 7 days a week 7 AM – 10:30 PM; all welcome regardless of income/insurance

Immigration Services

Name	Website	Location	Description
ICS Immigration Law (Non-Profit) F/A/Y	https://www.ics-law.org/services/legal-services/	519 SW Park Ave, Suite 610 Portland, OR 97205 Phone: (503)-221-1689	-A non-profit of immigration attorneys who serve low-income immigrants on a variety of issues -Download online consultation application or call in, consultations require a nominal fee -Services include family unification, protection from persecution, victims of domestic violence, U & T Visas, DACA, support with LGBTQ immigrants, deportation defense, know your rights -Services for victims of human trafficking; provides social services advocacy, case management and referral services for survivors. Provides assistance shelter, food, clothes, job training and ESL classes, medical referrals, safety planning
Asian Immigration Services (Fubon Market) F/A	https://www.fubon.com/store-directory/	2850 SE 82nd Ave, Portland, OR 97266 Phone: (503) 808-9086	-Asian Immigration services located inside the Asian Mall, Fubon -Open 9 AM – 5 PM Mon-Thurs & 9 AM – 2 PM Friday-Sat, closed Sun
ICRO F/A/Y	https://irco.org/	10301 NE Glisan St. Portland, OR 97220 Phone: Main #: (503) 234-1541 Legal Services: (503)-235-9396	-Provides a wide variety for services to help immigrants and refugees become self-sufficient through programming, outreach, education -200 culturally and linguistically specific social services, from employment, vocational training, English language learning, community development, early childhood & parenting education, youth academic support and gang prevention -Provides application-based legal services, community education & navigation services & community clinics -Legal services include refugee adjustment of status and citizenship, naturalization, VAWA, T & U Visas
SOAR Immigration Services (Ecumenical Ministries of Oregon) F/A/Y	https://emoregon.org/soar-legal/	7931 NE Halsey St., Ste. 302, Portland, OR 97213 Phone: (503) 384-2482	-A variety of services for Immigrants and Refugees such as providing nutritious meals, affordable housing, social support & integrated services -SOAR provides legal services for low-income individuals and families -SOAR provides help with applications for US citizenship, asylum, deportation defense, DACA renewals, employment authorization, family-based visas, lawful permanent residency (Green Cards), temporary protection status, U-Visa, violence against women act -Translation services for legal documents as well as interpreters for a fee -To become a client one must attend a consultation which is on a first come first serve basis; held 4 th Thursday of every month 9 AM – 4 PM 7931 NE Halsey St