

Tigard-Tualatin Community Resource Guide

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An annual publication of the
Tigard-Tualatin Family Resource Center

www.ttsdschools.org

Phone: (503) 603-1585

Fax: (503) 603-1587

Address:

Tigard High School
Portable #716
9000 SW Durham Rd.
Tigard, OR 97224



Welcome to the Tigard-Tualatin Family Resource Center
Community Resource Guide for school year 2016-2017!

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 (click on the "District" tab and then "Family Resource Center") 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

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Community Resources Overview

Tigard-Tualatin Family Resource Center Services

TTFRC serves all families living within the boundaries of the Tigard-Tualatin School District. It is one of three resources for school district families located in the staff and visitor parking lot at Tigard High School. The other two resources are the Caring Closet and the School-Based Health Center. Applications available for: Employment-Related Day Care, Head Start, Supplemental Nutrition Assistance Program (SNAP/food stamps), Kaiser Children's Health Program Plus, Temporary Assistance for Needy Families (TANF) and others. Clothing for children ages 0-5. Clothing orders made through Northwest Children's Outreach for pick up the following week. Copy/Fax Machine: available for client use. Personal hygiene items available on an emergency basis for homeless families. Donated bread and pastries available regularly. Holiday/ Christmas Help Coordination: Applications available in October. Information & Referral: Consult Center staff for up-to-date information on community resources in the area. Scholarships for children to participate in extracurricular activities as donations allow. Monday-Thursday 9am-12pm and 1pm-3pm. **(503) 603-1585**. www.ttsdschools.org/pages/ttsd/District/ttfrc.

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, and a Chinese immersion preschool. Staff speak Mandarin Chinese, Cantonese Chinese, Taiwanese, Korean and Vietnamese. Monday-Friday 8:30am-5pm. 12500 SW Allen Blvd., Beaverton, OR 97008. (503) 641-4113. 3430 SE Powell Blvd., Portland, OR 97202. For questions and appointments, call the Portland office at **(503) 872-8822**. www.ahscpdx.org.

Immigrant and Refugee Community Organization (IRCO): Supports immigrants, refugees and mainstream community members to become self-sufficient by providing more than 100 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.

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 and Saturday 11am-1pm. 2032 SW Merlo Ct., Beaverton, OR 97006. **(503) 662-1039**. www.osfec.org.

Russian Oregon Social Services: Works exclusively with the Russian-speaking population. Interpretation and translation, case management, cross-cultural orientation, special services (for domestic violence, sexual assault, mental health, and youth), support groups for survivors of domestic violence and sexual assault, self-sufficiency classes, medical referrals, and dental vans for all ages. Monday-Friday 8:30am-5pm. 4033 SE Woodstock Blvd., Portland, OR 97202. **(503) 777-3437**. www.emoregon.org.

Additional Information and Referral

211info: “Need help finding help?” For Washington County, dial **211**, text your zip code to 898211, or visit the website at www.211info.org.

Family Resource Centers: Services vary by center. Call for details. Banks: **(503) 324-5686**, Hillsboro: **(503) 844-1688**, Sherwood SHARE: **(503) 825-5480**, Tigard-Tualatin: **(503) 603-1585**.

Love INC Tigard-Tualatin-Sherwood: Works to connect local Christian churches, church volunteers, and community organizations to help residents of Tigard, Tualatin, and Sherwood during times of need. Some services are for Love INC clients only such as essentials pantry, bus tickets, over-the-counter medical supplies, linens, emergency food boxes, furniture, haircuts, budgeting and job coaches, parenting class 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 help from 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.

2016 FEDERAL POVERTY GUIDELINES

To be eligible for many programs, families and individuals 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.

Gross Annual Income

| Family Size | 100% | 150% | 185% | 200% | 250% | 300% |
|-------------|-----------------|----------|----------|----------|-----------|-----------|
| 1 | \$11,880 | \$17,820 | \$21,978 | \$23,760 | \$29,700 | \$35,640 |
| 2 | \$16,020 | \$24,030 | \$29,637 | \$32,040 | \$40,500 | \$48,060 |
| 3 | \$20,160 | \$30,240 | \$37,296 | \$40,320 | \$50,400 | \$60,480 |
| 4 | \$24,300 | \$36,450 | \$44,955 | \$48,600 | \$60,750 | \$72,900 |
| 5 | \$28,440 | \$42,660 | \$52,614 | \$56,880 | \$71,110 | \$85,320 |
| 6 | \$32,580 | \$48,870 | \$60,273 | \$65,160 | \$81,450 | \$97,740 |
| 7 | \$36,730 | \$55,095 | \$67,951 | \$73,460 | \$91,825 | \$110,190 |
| 8 | \$40,890 | \$61,335 | \$75,647 | \$81,780 | \$102,225 | \$122,670 |

To determine the federal poverty guideline for families with more than eight members, find the limit for eight persons at 100% (\$40,890) and add \$4,160 for each additional person.

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: 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. Spanish-speaking staff available. Monday-Friday 8am-5pm. 2800 N. Vancouver Ave. Suite 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**.

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. Spanish and Russian-speaking staff. Monday-Friday 8am-5pm. **1-800-556-6616**. www.oregon.gov/occ.

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: 1-855-427-2736.

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. Parenting and court-mandated programs available for a small fee. Free youth programs: "Groundwork" for young men and "Foundations" for young women to help them experience healthy relationships. All programs taught from a biblical perspective. 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. Sessions are moderated by a male and female facilitator team. Participants may be accompanied by a support person. Survivor Impact Panel: a panel of DV survivors speak about the effects of abuse. **(971) 319-4874**. www.dvsdprogram.com.

Domestic Violence, Rape and Sexual Abuse (Continued)

Home Free (Volunteers of America Oregon): No fee. Domestic and sexual violence intervention program. Long-term transitional support as well as referrals to Department of Human Services, police department, and child welfare. Advocates assist in placing families in selected motels or other temporary safe housing. Spanish-speaking staff available. Monday-Friday 8am-6pm. **(503) 771-5503**. www.voaor.org.

Portland Women's 24-hour Crisis Line: Serves survivors of domestic violence and sexual assault. Crisis intervention, safety planning, information about emergency housing, local and long-distance danger-to-safety transportation assistance, language-line service for any language, and support groups. **(503) 235-5333** or 1-888-235-5333. www.pwcl.org.

Rose Haven: Advocacy and community resource referral, goal planning, clothing, hygiene items, 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 referrals. 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 and options for healing for survivors and children escaping domestic violence. Support groups. LGBTQ support. Spanish-speaking staff available. Office: (503) 232-1528. The Shelter Access Line: **(503) 281-2442**. Bradley Angle Resource Center: (503) 595-9591. 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. Spanish-speaking staff available. Office: (503) 469-4580, 24-hour crisis line: **(503) 469-8620**. www.dvrc-or.org.

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

Clothing, Free

Bethlehem House of Bread: Free store including adult clothing, some children's clothing and other items. Sundays 1pm-3pm. 9055 SW Locust Street 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 (the middle portable in the staff and visitor parking lot at Tigard High). **(503) 603-1576**. www.thecaringcloset.org.

Divine Threads: By referral only. Clothing, job search assistance, and spiritual support to disadvantaged women. 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 divinethreadsinfo@ymail.com.

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

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-7pm. 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-6pm. 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. \$50 fee for appointment. Clients responsible for bringing help to load items and vehicle to transport items home. Delivery available for \$200. Monday-Friday 10am-4pm. 8380 SW Nyberg St., Tualatin, OR 97062. **(503) 347-2147**. www.communitywarehouse.org.

Food

Bethlehem House of Bread: No fee. Shopping style food pantry. One shopping visit per month. 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 3rd Thursday of every month from 1pm-2pm. Spanish-speaking volunteers occasionally available. Greenburg Oaks Apartments, 11905 SW 91st Ave., Tigard, OR 97223. **(503) 293-4038**.

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. For information email: info@faithcafeor.org or visit www.faithcafeor.org.

Hall Blvd. Baptist Church: No fee. Food boxes Monday and Friday 9am-12pm. Call first for availability. 14145 SW Hall Blvd., Tigard, OR 97224. **(503) 684-0804**. www.hallbbc.com.

King's Kindness Food Pantry (sponsored by Portland Vineyard Church): No fee. 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.

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".

St. Vincent de Paul Food Pantry: No fee. 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, 9055 SW McKenzie St., Tigard, OR 97223 (off SW Grant). **(503) 684-8280**.

Tigard Community Friends Church: No fee. 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: No fee. 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.

Tualatin School House Pantry: No fee. Tualatin, Durham, Lake Oswego, and West Linn residents only. Bring proof of current address. Approximately five days of food provided once per month. Mondays 3pm-8pm; Wednesdays and Fridays 10am-3pm. Hope's Table on Mondays 5pm-7pm free dinner. Rolling Hills Community Church, 3550 SW Borland Rd., Tualatin, OR 97062. Also usually hosts "Harvest Share" the 4th Saturday of the month: produce provided to anyone who earns up to 200% of poverty level (see page 2). No address requirements. Must arrive at 9am. First-come, first-served. **(503) 783-0721**. www.schoolhousepantry.org.

Tualatin Valley Gleaners: \$15 and three hours volunteer service monthly. Food distributed Saturdays 3pm-4:30pm. Line starts at 3pm. Numbers not given after 4pm. Bring bags and cooler bag to carry food. 12350 SW Allen Blvd., Beaverton, OR 97006. **(503) 719-9890**. www.tvgleaners.org.

Housing

HOUSING SEARCH RESOURCES

Housing & Shelter (211info): Dial **211** or www.211info.org/housing.

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.

APARTMENT COMPLEXES

Community Partners for Affordable Housing: Nonprofit 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.

GUIDANCE AND SPECIAL PROGRAMS

Fair Housing Council of Oregon: Investigates claims of housing discrimination. Monday, Tuesday and Thursday 1pm-4pm. **(800) 424-3247 extension 2**, email: information@fhco.org, website: www.fhco.org.

Habitat for Humanity-Willamette West: Builds affordable housing and promotes homeownership as a means to break the cycle of poverty. Homeowner repair program also available. For information and an application call: **(503) 844-7606, extension 103** or visit the website at: www.habitatwest.org.

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

Rent Well: Free 15-hour tenant education classes to improve housing record in order to access affordable housing. www.211info.org/housing, click "Rent Well".

Safe Families for Children: Services to homeless families and/or families in crisis situations. Prescreened community volunteers provide a variety of supports including safe and temporary housing for children so parents can reach a point of stability, respite child care, parent training, mentoring, and more. For more information, or to apply, call **(503) 906-1027** or email: info@safefamiliespdx.org. www.safefamiliespdx.org.

Tenant Hotline (Legal Aid Services of Oregon): For low- and moderate-income earners and seniors. Spanish-speaking staff available. Monday and Wednesday 9am-12pm. **(503) 648-7723**. For lockouts or water/electricity shut-off by landlord call (503) 640-4115.

GOVERNMENT ASSISTANCE

- **Low-Rent Public Housing:** Units owned by Department of Housing. Renters pay about 30% of their gross monthly income. (Waiting list currently closed as of publishing.)
- **Section 8 Vouchers:** Valid nationwide. Clients rent from any owner who agrees to work with the Department of Housing to access the Section 8 subsidy. (Waiting list currently closed as of publishing.)
- **Project Based Vouchers:** Applications are currently being accepted. Applicants who have already applied for the Housing Choice Voucher or Public Housing may also apply for Project-Based Vouchers. A list of the Project-Based Voucher sites available at: www.co.washington.or.us/housing/programs. Monday-Friday 8:30am-5pm. **(503) 846-4794**.

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 on the 1st of the month (or the following Monday if the 1st falls on a weekend). Call on the 1st at 8am and leave information. 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 8am the morning of the 8th. Calls are handled in the order that they are received. Assistance is not guaranteed. Voice messages left before 8am are not recorded. Messages must contain your phone number and zip code. Documents needed: 72-hour eviction notice (not a court order) or new rental agreement for the month you are applying for assistance and income verification for all household members. Monday-Friday 8:30am-5pm. Voicemail only: **(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. Web: 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 **1-855-846-8376** or for Spanish call 1-855-765-6995 to request an application. www.internetessentials.com.

Oregon Telephone Assistance Program: The maximum reduction on a phone bill is \$12.75 per month. 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. Applications available at TTFRC or online at www.rspf.org. For more information, call **1-800-848-4442**.

SafeLink Wireless: A free SafeLink Wireless phone and monthly cell phone service through SafeLink. Qualifying customers are generally low-income and receive state services. Limited to one person per household. **1-800-723-3546**, www.safelinkwireless.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

Annie Ross House: Will accept families from other counties in the shelter, but Clackamas County families are prioritized. Northwest Housing Alternatives, Inc., 2316 SE Willard St., Milwaukie, OR 97222. Intake line: (503) 655-8575. info@nwhousing.org. www.nwhousing.org.

Family Promise of Washington County: Day house amenities and night placement at churches. Families with children stay up to six weeks, sleeping at participating churches on a rotating schedule and spending one week at each church. Some churches transport to the Family Promise day facility for breakfast, showers, and laundry. Three families at a time. Case management provided. Interpreters available. 183 SE 6th Ave., Hillsboro, OR 97123. (503) 844-2919. To get on the waiting list, call (503) 640-3263. www.familypromisewashingtoncountyoregon.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: For youth ages 14-19. Must not be eligible for services from Department of Human Services, Oregon Youth Authority, or Juvenile Departments. Food, clothing, showers, bedrooms, and case management. Short-term shelter. 454 SE Washington St., Hillsboro, OR 97123. Office: (503) 542-2717. Intake and referrals: Call office or (503) 542-2389. 24-hour phone lines. There is a waiting list. www.boysandgirlsaid.org.

SEVERE WEATHER SHELTERS

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

DAY PROGRAM

Just Compassion Day Center: Serving the needs of homeless adults. Tigard Foursquare Church. Thursdays from 10am-2pm. 13720 SW Pacific Hwy, Tigard, OR 97223.

Open Door Counseling Center (day shelter): Day services for homeless clients. Bathrooms with personal hygiene products, day room to stay out of the elements, phone, mail, employment and housing services. Foreclosure intervention, reverse mortgage counseling, homebuyer education. Hot meals Monday-Friday 12pm. Food boxes 1pm-3pm for people living in or west of Cornelius (Forest Grove, Banks, Gaston, North Plains, and the homeless). Monday-Friday 9am-5pm. 34420 SW TV Hwy, Hillsboro, OR 97123. (503) 640-6689. www.opendoorcc.net.

DOMESTIC VIOLENCE

Portland Women's 24-hour Crisis Line: Daily domestic violence shelter vacancy information. (503) 235-5333 or 1-888-235-5333. www.pwcl.org.

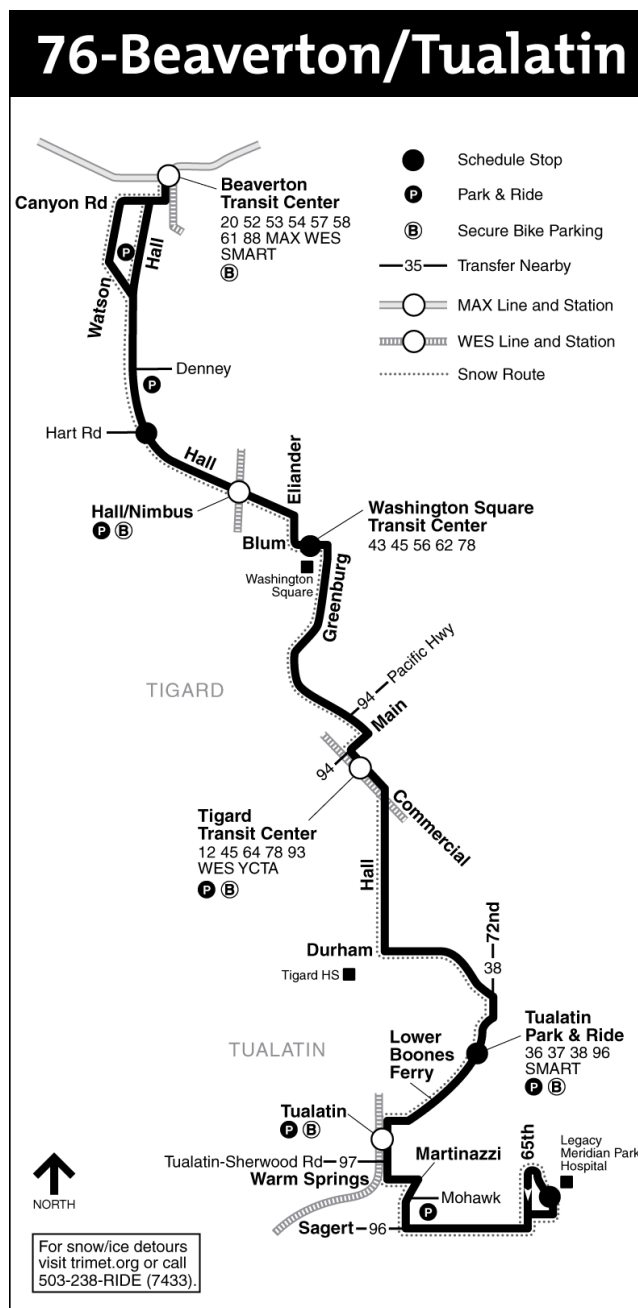
Transportation

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 extension 101.** 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 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 any purpose and community connector deviated-route service. Donation-based. Service center hours: Monday-Friday 8:30am-5pm. **(503) 226-0700** or info@rideconnection.org. www.rideconnection.org.

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



Early Childhood

211info Family: For anyone connected to children birth to 8 years old. Master's level professionals available to discuss such topics as child development and behavioral strategies, school readiness and success, family stress and anxiety, parent support groups, playgroups, basic family resources and more. Dial **211**, extension 5. Text the keyword children to 898211 or email children@211info.org.

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 "Giggles" (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**.

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**.

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: Annual \$30 dues. Members aim to provide support for mothers who have chosen to stay home and raise their children, providing a forum for relevant topics, engaging in regular group activities, and performing service projects to benefit other mothers and children. Email: ttmomsclub@gmail.com.

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 items for children 0-5 years old, call TTFRC at **(503) 603-1585**.

Oaks Parks: Tuesdays and Wednesdays during the summer, children 6 and younger have special play time on kiddie rides plus cookies, milk, and a story with Oregon Dairy Princess and Chipper the Squirrel. Adults (16 and older) free. \$8 per child. Rides: 9:30am-11:30am. Snack and story time 11:30am-12pm. Discount days for kid's morning skate. 7805 SE Oaks Park Way, Portland, OR 97202. **(503) 233-5777**. www.oakspark.com.

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.

Early Childhood (Continued)

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. Must show proof of eligibility at time of purchase. \$15 for yearlong “Family Access” membership available for families receiving public assistance. First Friday of every month is free from 4pm-8pm. On occasion the date is moved to another day; check the museum website calendar for the most up-to-date information. Access Play events for families with children experiencing disabilities. 4015 SW Canyon Road, Portland, OR 97221. **(503) 223-6500**. www.portlandcm.org.

Portland Family Magazine: Available in libraries and many other community locations. Download for free from website. Information on parenting, child care, local attractions, events and other family topics. 6320 SW Macadam Ave., Portland, OR 97239. **(503) 336-0250**. www.portlandfamily.com.

Sky High Sports: Wall to wall trampolines. Munchkin Mondays 10am-1pm children 5 and under jump for \$6 for a 2 hour block. “Adventureland” indoor play structure for young children: \$5 dollars per child for all day access. Monday 10am-8pm, Tuesday-Thursday 3pm-8pm., Friday 12pm-10pm, Saturday 11am-10pm and Sunday 11am-7pm. 11131 SW Greenburg Rd, Tigard, OR 97223. **(503) 924-5867**. www.por.jumpskyhigh.com

Tigard Indoor Play Park at Tigard United Methodist Church: Indoor play park for children 0-5 years old. Monday-Friday 9:00am-12:30pm. Fee \$4 for single child and \$6 for up to 3 children. Monthly passes also available. 9845 SW Walnut Place, Tigard OR 97223. (503) 639-3181. www.tigardumc.com.

Tigard Public Library: Story times 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: Story times for a variety of ages. 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 application at www.joinvroom.org.

Parenting Groups and Support

National Parent Helpline: For emotional support from a trained advocate. Monday-Friday 10am-7pm. **1-855-427-2736**. 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 Help Line: 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

Child Care Resource & Referral in Washington and Columbia Counties (Community Action): No fee. For childcare providers: referrals to support business, training and resources on education and business management, community events, and scholarships. Spanish-speaking staff available. Monday-Friday 8:30am-5pm. 1001 SW Baseline St., Hillsboro, OR 97123. Referral line hours: Monday, Wednesday and Friday 9am-3pm, and Tuesday 12pm-3pm. **(971) 223-6100**.

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: Provides 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 2). For families with incomes above 150%, inquire about Preschool Promise slots. 1001 SW Baseline St., Hillsboro, OR 97123. **(503) 693-3262**. caowash.org/what_we_do/head-start.

Employment Related Day Care (Tigard Self-Sufficiency/Multi-Service Center, DHS): Call for information about childcare subsidies for working families with income below 185% of the Federal Poverty Level (see page 2). Spanish-speaking staff available. Monday-Friday 8am-5pm. 10777 SW Cascade Ave., Tigard, OR 97223. **(503) 670-9711**. www.oregon.gov/dhs/assistance/child-care.

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: Alberta Rider Elementary: (503) 431-4900, Bridgeport Elementary: (503) 431-4200, Byrom Elementary: (503) 431-4300, C.F. Tigard Elementary: (503) 431-4400, Deer Creek Elementary: (503) 431-4450, Durham Elementary: (503) 431-4500, Metzger Elementary: (503) 431-4600, Templeton Elementary: (503) 431-4850, Tualatin Elementary: (503) 431-4800, Woodward Elementary: (503) 431-4700, Fowler Middle School: (503) 431-5000, Hazelbrook Middle School: (503) 431-5100, Twality Middle School: (503) 431-5200, Durham Education Center: (503) 431-4580, Tigard High School: (503) 431-5400, Tualatin High School: (503) 431-5600.

Youth Sports, Activities and Mentoring

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

Cultural Pass to Adventure: Passes for free admission to eight local attractions including Japanese and Chinese Gardens, Pittock Mansion and museums. Each pass available for one-day checkout. Reserve in advance. Tigard Public Library: **(503) 684-6537**. Tualatin Public Library: **(503) 691-3074**.

Faithful Friends: Church-based urban 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. Office: 632 NE Going Street, Portland, Oregon 97212. **(971) 284-6185**. www.faithfulfriendspdx.org.

Family of Friends Mentoring Program: Connects children ages 6-9 with mentor families, couples, or individuals for year-long mentoring relationships. Children learn social-emotional skills linked to academic success. Mentors and children typically meet for a few hours, once a week on evenings or weekends. Mentors must pass mandatory background checks and training prior to matching. Mailing address: 3415 SE Powell Blvd., Portland, Oregon 97202. **(503) 813-7723**. www.family-of-friends.org.

Scouts: For boys, call **(503) 226-3423** or email: info@cpcbsa.org. www.cpcbsa.org. For girls, call **(503) 977-6800**. www.girlscoutsosw.org.

Southside Soccer Club: Some scholarships available. Fall outdoor, spring indoor, and summer outdoor recreational soccer. 16285 SW 85th Ave. #401, Tigard, OR 97224. **(503) 968-7197**. Spanish: **(503) 914-9348**. www.southsidesoccer.org.

Student Alliance Project: Youth-led collaboration to cultivate multicultural young leaders ages 14-23. Camps, leadership, and mentoring. **(971) 244-4954**. www.momentumalliance.org.

Tigard Little League: 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. Practices and games held in Tigard. Email: registrar@tigardll.org. www.tigardll.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. Wildlife 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 programming for grades 6-12, youth classes and camps, pick-up sports for teens and adult members, swim lessons, 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. There is also a \$99 special that includes a problem focused exam, x-rays, and simple extraction or filling. Language interpreters available upon request. Hours of service, based on appointment: Monday-Thursday, 8am-6pm; Friday, 8am-5pm. 9900 SW Greenburg Road, Suite 240, Tigard, OR 97224. **1-888-468-0022**. www.advantagedentalclinics.com.

Advantage Smiles for Kids: Serves youth 12-16 years old who show potential at-risk behavior, are economically disadvantaged and without adequate dental insurance coverage to provide for necessary specialized orthodontic treatment such as braces. For referral information call **541-504-3982**. Advantagesmilesforkids.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: **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 this program by a school representative. Services include preventative, diagnostic, relief of pain, and basic restorative services. Plan covers up to \$500 to be used in a one-year period. If an expensive treatment is needed beyond the \$500 amount, that treatment can be requested by the provider and submitted for approval. **(503) 265-5627**. www.modahealth.com/dental.

Oregon Health and Science University School of Dentistry (OHSU): Accepts OHP+, Capitol, and MODA. Reduced fee of 30-40%. Fees are set. General dentistry, pediatrics, orthodontics, periodontics, and root canals. No wisdom tooth extractions. 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. Call at 8am to schedule an appointment (not on the same day). No walk-ins; by appointment only. Monday-Friday 8am-5pm. 2730 SW Moody Ave., Portland, OR 97301. **(503) 494-8867**. www.ohsu.edu/sod.

Pacific University Dental Health Clinic: Accepts OHP (MODA or Open Card only), MODA, 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. 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.

Dental Care (Continued)

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

Project Dental Health at Russell St. Dental Clinic (OHSU): Routine dental care by appointment and walk-in urgent/emergency dental care for children and adults with OHP+ Open Card, Capitol Dental, ODS, and private insurance plans. Dental care for HIV patients. \$155-\$275 for exam and x-rays. Fee for uninsured patients based on income and dental procedure required. Full payment due on day of service. Extractions, pain relief, and temporary fillings. Patient must arrive between 7:30am-2:00pm for urgent dental care. Five walk-in patients can be seen per day. Arrive at 7:30am to be added to the sign-up sheet. There will be a notification posted on the door if walk-in services are not available on a certain day. An alternate resource list is available. 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, MODA, private insurance, and the uninsured. \$50 payment due upfront. Sliding scale fee for those who qualify: 25%-50% for entire appointment (must show income proof). Spanish-English interpreters onsite. Monday-Friday 7:30am-5pm. 1175 Mt. Hood Ave., Woodburn, OR 97071. **(503) 982-2010**.

School-Based Health Center: Accepts uninsured and insured students 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. Emergencies only; must currently be in pain to be treated. Medical Teams International provides mobile dental clinics for uninsured adults two times per month. Call to be put on the waiting list for an appointment. It can take 2-4 weeks 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 with certain OHP coverage, (call for details). Serves new patients with or without insurance on an emergency basis only, at least two patients per morning. Must arrive by 7:30am with proof of income level. Also serves Salud Dental Center patients and pregnant women. Spanish-speaking staff available. Monday, Wednesday, and Friday 7am-6pm, Tuesday and Thursday 7:30am-6:30pm. 12600 SW Crescent Street, Suite 190, Beaverton OR 97005. **(503) 718-3675**. www.virginiagarcia.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.

Kaiser Children's Health Program Plus: For undocumented school-aged children who do not qualify for the Oregon Health Plan. Parents or legal guardians must not make over 350% of the federal poverty level (see page 2). Call TTFRC for help signing up at 503-603-1585.

Oregon Health Plan:

- 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: HealthCare.gov or 1-800-318-2596

Medical Care

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

Coalition of Community Health Clinics: A partnership of safety net providers. For a list of resources for those who are low-income or uninsured, 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: **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.

Neighborhood Health Center: Accepts OHP, Medicaid and private insurance plans. No insurance required. To qualify for sliding fee, bring: one month's worth of pay stubs, previous year's tax return or unemployment statement. Primary care, women's health, men's health, family planning, STD testing, vaccines. Spanish speaking staff. Monday-Friday 8am-5pm. 17175 SW Tualatin Valley Hwy Suite A & B, Aloha, OR 97006. **(503) 848-5861**. www.nhcoregon.org.

Medical Care (Continued)

Old Town Clinic: Health care on a sliding fee scale. Primary and naturopathic care, preventive exams, injury treatment, minor procedures, 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: **(503) 788-7273**. www.plannedparenthood.org.

Project Access Now: Connects low-income, uninsured people to donated care across the Portland metropolitan area. 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. Spanish-speaking interpreters on-site. Monday-Thursday 7:30am-7pm; Friday 7:30am-5pm; Saturday 8am-12:45pm and 1:45pm-5pm. 1175 Mt. Hood Ave., Woodburn, OR 97071. **(503) 982-2000**.

School-Based Health Center: For uninsured and insured students 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**. Monday-Friday 8am-12pm and 1pm-4:30pm. Tualatin High Campus: 22300 SW Boones Ferry Road, Tualatin, OR 97062. **(503) 431-5975**. Monday-Friday 8am-12pm and 12:30pm-4:30pm.

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 and Wednesday 6pm-8pm; Tuesday and Thursday 4pm-8pm. 7754 SW Capitol Hwy, Portland, OR 97219. **(503) 977-0733**. **Hillsboro Clinic:** Monday and Thursday 5:30pm-8:30pm. Immunization Clinic on Wednesdays once a month, call for more details and appointments. 266 W Main Street, Hillsboro, OR 97123. **(503) 846-4418**. www.swchc-pdx.org.

Virginia Garcia Memorial Health Center: Accepts OHP and most private insurance plans. Sliding scale; must bring most recent pay stub for a reduced fee. Not accepting new uninsured patients. Spanish-speaking staff and many other languages available. Hillsboro: Monday-Friday 8am-7pm, except 1st, 3rd and 5th Wednesday of the month, closed from 1pm-2pm. 226 SE 8th Ave. Hillsboro, OR 97123. **(503) 601-7400**. Beaverton: Monday-Friday 8am-7pm except 1st and 3rd Wednesday of the month, closed from 1pm-2pm. 2935 SW Cedar Hills Blvd., Beaverton, OR 97005. **(503) 352-6000**. www.viriniagarcia.org.

Wallace Medical Concern: For all ages. Insurance accepted: OHP (Care Oregon and Family Care) and some private insurance (Pacific Source, Lifewise). For uninsured patients, fees are determined on a sliding scale. By appointment only; arrive 15 minutes early. Services include primary care, well-child visits, women's health exams and chiropractic. 124 NE 181st Ave, Portland, OR or 254 NW Burnside Rd, Gresham, OR. **(503) 489-1760**. www.wallacemedical.org.

Pregnancy

Backline: 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.yourbackline.org.

Child Safety Seat Resource Center: 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.

Healthy Families: No fee. Prenatal and postnatal services for parents in Washington County who are having a baby or who have just had a baby. Support for pregnant women to access prenatal care, OHP and/or in home support. Intensive home visiting parent education and support services available for enrolled families until child is 3 years old. This program is for all parents - first time parents or parents with multiple children. Basic and intensive support services, referrals, prenatal access, advocacy, and home visits. Spanish-speaking staff available. Program provided through staff at Community Action and at LifeWorks NW. Screening/Intake hours: Monday-Friday 8am-4pm. **(503) 517-5798** or **(503) 517-3198**.

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 (OA&FS): Free 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. Monday-Friday 9am-5pm. 5200 SW Macadam Ste. 250, Portland, OR 97239. **(503) 226-4870**. www.openadopt.org.

Opening Doors: No fee. Prenatal services for low-income pregnant women in Washington County. Assistance with OHP applications and connection to prenatal care provider. Referrals to WIC and other services. Spanish-speaking staff available. Monday-Friday 8am-4:30pm. **(503) 517-3198**, email: healthyfamilies@caowash.org. http://caowash.org/what_we_do/family-support.

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: **(888) 875-7820**. www.plannedparenthood.org.

Pregnancy (Continued)

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; and Tuesday 1:30pm-6:15pm. 4975 SW Watson Ave., Beaverton, OR 97005. **(503) 643-4503**. www.prcofportland.com

Saint Child: Serves young women, 14-24 years old, who are in need of support during their pregnancy. Young women from all cultural, ethnic, and religious backgrounds are welcome. Offering 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. There is a \$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**. Email: office@saintchild.org. Web: 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.ttsschools.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. Telephone hours: Monday, Tuesday, Thursday, and Friday 8:30am-11:50am and 1pm-4:30pm; and Wednesday 1pm-4:30pm. WIC: **(503) 846-3555**. www.co.washington.or.us/WIC.

- **Beaverton WIC Office:** 12550 SW 2nd St. Beaverton, OR 97005 (between Watson and Hall). Monday 10am-6:30pm and Tuesday, Wednesday, Thursday, and Friday 8am-4:30pm

- **Hillsboro WIC Office:** 155 N 1st Ave. Hillsboro, OR 97124 (1st floor). Monday 10am-6:30pm and Tuesday, Wednesday, Thursday, and Friday 8am-4:30pm

- **Tigard WIC Office:** 7360 SW Hunziker Rd., Suite 200, Tigard, OR 97224 (2nd floor). Monday 10am-11:30am and 1pm-6:30pm and Tuesday, Wednesday, Thursday, and Friday 8am-11:30am and 1pm-4:30pm



Prescriptions

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.

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 Generic Prescription Discounts: No enrollment fee. More than 300 generic drugs. Approximately \$4 for a 30-day supply or approximately \$10 for a 90-day supply. Tigard: 11565 SW Pacific Hwy. **(503) 293-7085**. Tualatin: 19200 SW Martinazzi Ave. **(503) 691-4233**. www.fredmeyer.com/generic.

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. Average savings of 50%. No paperwork required and no age or income limit. Enroll by phone, via mail, or online. **1-800-913-4146**. 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 2). Non-profit mail-order pharmacy with 300+ medications for issues such as arthritis, asthma, cholesterol, diabetes, depression, hypertension, acid reflux dysfunction, and tamoxifen. Fees starting at \$9 for a 180-day supply. Enroll on the phone, online or by mail. US citizenship not required. Service in Spanish available. Monday-Friday 5am-3:30pm. **1-800-769-1234**. 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 or Medicaid 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. **1-866-485-0808**. 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. See website for more information. **1-973-376-4903**. www.new-eyes.org.

Oregon Foundation for Vision Awareness: A nonprofit charity that helps ensure that Oregon's children (up to age 18) 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 2). 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 175% of the federal poverty level (see page 2) and be uninsured or underinsured. Contact TTFRC for more information and a voucher application at **(503) 603-1585**.

Vision USA (American Optometric Association): Must apply through a social service agency, such as TTFRC. Provides free eye exams to those who are uninsured and low-income. Must not have had an eye exam in the past 24 months. Must not have received a doctor referral through Vision USA in the past two years. Must be a US citizen or resident. **1-800-766-4466**. www.aoa.org/visionusa. Email: visionusa@aoa.org.

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 other services. Monday-Friday 8:30am-5pm. 12500 SW Allen Blvd., Beaverton, OR 97008. (503) 641-4113. For questions and appointments, call the Portland office at **(503) 872-8822**. www.ahsncpyd.org.

Balance Center for Children and Families: Spanish-speaking therapists available. Accepts most insurance. Individual, family and group therapy for children, adolescents and adults. Immigration evaluations. 7440 SW Hunziker Road, Suite 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 and psycho-educational seminars to groups. \$20 per session. 5200 SW Macadam Ave, Suite 160, Portland, OR 97239. **(503) 236-6218**.

Good Samaritan Ministries: Donation-based. Individual, couples, and family counseling and therapy groups. Faith-based counseling available, but not required. No Spanish-speaking 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-9pm. 4445 SW Barbur Blvd., Portland, OR 97239. **(503) 768-6320**.

Mental Health and Counseling (Continued)

LifeWorks Northwest: Services vary by location. OHP and some medical insurance plans accepted. Limited sliding scale for drug and alcohol abuse programs only. Mental health counseling for youth and adults. No fee for gambling abuse program. 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 voluntary anger management and domestic abuse. Not accepting drug and alcohol clients. Monday-Friday 9am-8pm. By appointment only. 12 SE 14th Ave., Portland, OR 97214. **(503) 235-3433**. www.portlandmrc.com.

Military Helpline (Oregon Partnership): 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. **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. Spanish-speaking staff available. Monday-Friday 9am-5pm. 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. Sliding scale available. Child, adolescent, individual, and family/couples therapy and medication evaluation and management programs. Psychological testing and evaluations, drug and alcohol abuse assessment and treatments available in Beaverton (call for locations and hours). 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. Suite 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 Crisis, Counseling, and Referral Line (Oregon Partnership): Phones answered by and online chat with volunteer youth counselors Monday-Sunday 4pm-10pm. Adults are available 24 hours a day, seven days a week. Advice and referrals regarding problems at home, alcohol/drug abuse, eating disorders, physical and sexual abuse, shelter, medical and dental needs, etc. **1-877-968-8491**. Text option: "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 (Oregon Hospice Association): No fee. Eight-week support groups for children (ages 5 and up), teens, and adults who have experienced the death of a family member or friend. Public and community lectures provided for free. 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 insurance and OHP/Family Care. 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-Thursday 9am-7pm and Friday 9am-5pm. Some evening classes. Main office: 1675 SW Marlow Ave. Ste. 110, Portland, OR 97225. **(503) 297-7979**. www.alliesinchange.org.

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

Drugs & Alcohol

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

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

Change Point: Sliding scale available for uninsured. Outpatient addiction treatment services. 1700 NW 167th Place, Ste. 240, Beaverton, OR 97006. **(503) 350-2758.**
www.changepointinc.com.

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.

YouthLine 24-hour Crisis, Counseling, and Referral Line (Oregon Partnership): Phones answered by and online chat with volunteer youth counselors Monday-Sunday 4pm-10pm. Adults available 24 hours a day, seven days a week. Advice and referrals regarding problems at home, alcohol/drug abuse, eating disorders, physical and sexual abuse, shelter, medical and dental needs, etc. **1-877-968-8491.** Text option: “teen2teen” to 839863.
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 23-25)



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.

National Hopeline Network: Connects people who are depressed or suicidal, or those who are concerned about someone they love, automatically to a certified crisis center. **1-800-SUICIDE** (1-800-784-2433). www.hopeline.com

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 five locations including Portland. **(503) 200-0382**. For specific location information go to www.sbsnw.org.

YouthLine 24-hour Crisis, Counseling, and Referral Line (Oregon Partnership): Phones answered by and online chat with volunteer youth counselors Monday-Sunday 4pm-10pm. Adults are available 24 hours a day, seven days a week. Advice and referrals regarding problems at home, alcohol/drug abuse, eating disorders, physical and sexual abuse, shelter, medical and dental needs, etc. **1-877-968-8491**. Text option: "teen2teen" to 839863. www.oregonyouthline.org.

Adult Education

Computer Classes at the Tigard Public Library: in the Technology Room on 2nd 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 \$60 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. No fee. Call TTFRC for schedules. **(503) 603-1585**. Classes take place at St. Anthony Catholic Church: 9905 SW McKenzie St., Tigard, OR 97223. (503) 639-4179, Tigard Senior Center: 8815 SW O’Mara, Tigard, OR 97224 (off Hall Blvd., near Tigard Library) (503) 620-4613, and Tigard United Methodist Church: 9845 SW Walnut Place, Tigard, OR 97223 (behind Jiffy Lube). (503) 639-3181.

English and Spanish Classes at the Tualatin Public Library: For schedule, call **(503) 691-3072**. For Spanish, call (503) 691-3077.

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.

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. Family-based immigration, naturalization, waivers, consular processing, U-visas, T-visas, VAWA self-petitions, special immigrant juvenile status, Deferred Action for Childhood Arrivals (DACA), adjustment to status of lawful permanent residency. To become a client, call **(503) 542-2855** Monday-Friday 9am-5pm to schedule a consultation. Services in English, Spanish and Vietnamese. 2740 SE Powell Blvd. #2 (Floor 3), Portland, OR 97202. www.catholiccharitiesoregon.org.

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

Community Alliance of Tenants: \$10 annual fee. 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.

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. Suite 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-Thursday 9am-5pm and Friday 8am-2pm. (closed for lunch from 12pm-1pm). 3800 SW Cedar Hills Blvd. #288, Beaverton, OR 97005. **(503) 231-7480**. www.lcsnw.org.

Legal Assistance (Continued)

Community Advocacy Program (DVRC): 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. 180 E Main St. Ste. 201, Hillsboro, OR 97123. **(503) 640-5352**. www.dvrc-or.org.

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. \$45 per client for initial consultation by appointment. 7931 NE Halsey St., Ste. 302, Portland, OR 97213. **(503) 384-2482**. http://emoregon.org/soar_legal.php. First come first served walk-in clinic also available first Tuesday of each month at 9am at United Methodist Church, 168 NE 8th Ave, Hillsboro, OR 97124.

St. Andrew Legal Clinic: Lawyers help with family law problems only such as adoption, custody, divorce, support, paternity, and visitation. Virtually all clients must come through “night clinic” program which generally takes place on Wednesday evenings. Fee (cash only) for the consult which lasts 20-30 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. Suite H, Hillsboro, OR 97124. **(503) 648-1600**.

Tenant Hotline (Legal Aid Services of Oregon): For low- and moderate-income persons and seniors. Spanish-speaking staff available. Monday and Wednesday 9am-12pm (except the last Wednesday of the month) **(503) 648-7723**. If you have been locked out or lack an essential service, call 503-640-4115 for assistance.



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.

Juanita Pohl Center (Tualatin's Active Older Adult 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 at the lunch hour. 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.

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 any purpose and community connector deviated-route service. Donation-based. Service center hours: Monday-Friday 8:30am-5pm. **(503) 226-0700** or info@rideconnection.org. 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. Spanish-speaking and other languages available by appointment. Monday-Friday 8am-5pm. 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. Loaves and Fishes 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.