

SCAN ME

Welcome

Bienvenida добро пожаловать Karibu

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Last Updated 5-19-23

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the housing authority of portland

Section 8 – Wait List Opening Soon in Multnomah County!

Monday, June 5th at 9:00 AM and closing 11:59 PM on Friday, June 9th, 2023.

- The process is NOT first come, first serve
- All applications have an equal chance of being selected
 - A lottery will randomly select 2,000 applications
 - Visit www.homeforward.org for details!
 - Visit the <u>eligibility page</u>!

Check SNAP Benefits Online

SNAP recipients...

- Access your EBT account at <u>www.ebtEDGE.com</u>, or
- Log into your ONE account at <u>Benefits.oregon.gov</u>

Questions about your SNAP benefits can also be directed to the ONE Customer Service Center at 800-699-9075 (Monday – Friday from 7 AM-6 PM)

SNAP benefits are added to EBT cards between the first and the ninth day of the month.



Were your SNAP benefits stolen from your EBT card?

Starting May 22, 2023, you may be eligible for replacement benefits if you were a victim of electronic theft.

Visit bit.ly/replacebenefits

If you were the victim of electronic theft and had benefits stolen from your EBT card...

- **CANCEL YOUR CARD**: Call the 24-hour toll-free customer service line at 1-888-997-4447
- **REPLACE YOUR CARD**: Call the toll-free replacement card line at 1-855-328-6715 to order a replacement card.

Additional information about ODHS Replacement Benefits can be found here: Replacement Benefits

For information about ODHS Replacement Benefits, visit: Replacement Benefits





Protect your Benefits!

www.ebtEDGE.com

- Freeze your card!
- Block Online Transactions!
- Block Out-of-State Transactions!

Have you heard?!

• Skip the line!

Apply for ODHS benefits online at:

ONE.Oregon.gov



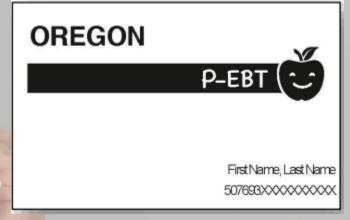


Ways to Apply for ODHS benefits...

- Create an account and apply online: one.oregon.gov
- Call 1-800-699-9075 Monday-Friday 7:00am-6:00pm
- In Person: Visit a local office Monday-Friday 8:00am-5:00pm
 - ☐ Tips for Applying / (Español)
 - ☐ Information to have when applying
 - ☐ How to use the ONE Applicant Portal

Summer P-EBT

- Retroactive issuance of 2022 Summer P-EBT will happen in Mid-March
- Households will receive a lump sum of \$391 for each eligible child
- Eligible households will receive a notice in the mail in mid-March (one for each child)
- Pandemic EBT (P-EBT) webpage, PEBT.Oregon.Gov
- Summer P-EBT call center: 1-844-673-7328 (1-844-ORE-PEBT)



Summer P-EBT recipients will receive this P-EBT card in the mail between mid-March and the end of May to access food benefits

Stay

in-the-know

Important changes are coming to your benefits









Oregon Health Plan Redeterminations

- Starting in April 2023!
- Watch your mail!
- Check your applicant portal!
- Watch this video in <u>English</u> or <u>Spanish</u> for more information

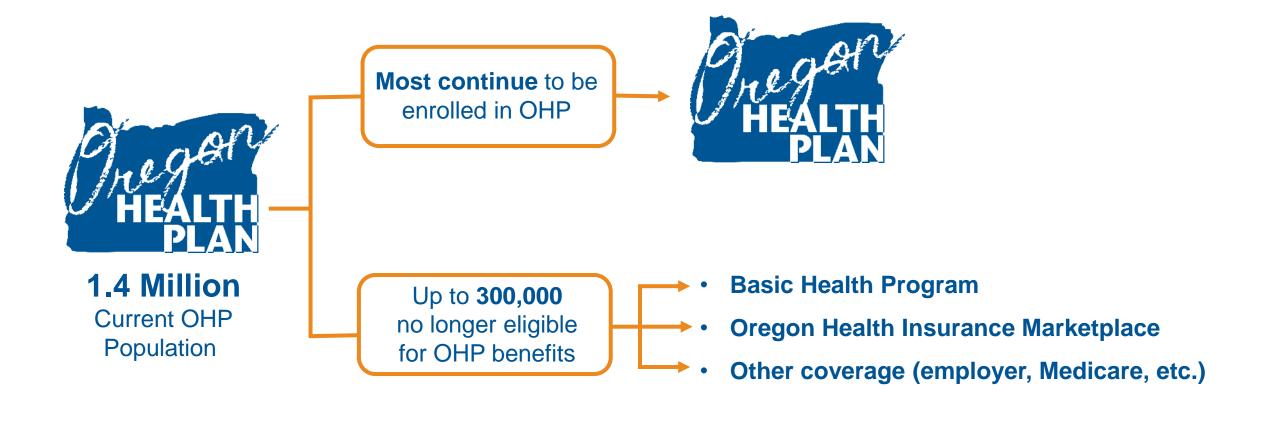
Changes to OHP

What is changing in 2023:

- OHP renewals began on April 1, 2023, as a result of the recent federal funding bill
- Once members are renewed for OHP:
 - Children under age 6 will not need to renew each year
 - Children ages 6 and over and adults will only need to renew every two years
- Oregon will permanently cover postpartum individuals on OHP for 12 months, except for those who are on Citizen Waived Medical Plus (CWM+) program who will only have 60 days postpartum coverage.

View information about the End of the Public Health Emergency https://www.oregon.gov/oha/PHE/Pages/index.aspx

How OHP Members May be Affected





No longer eligible for OHP? The Marketplace can help you find other coverage, likely with financial help. Learn more at https://orhim.info/transition.

Find Local Help!

English: OregonHealthCare.gov/GetHelp

Spanish: orhim.info/encuentreayuda

Information Sheet in **English** and **Spanish** offers: Unwinding resources; Help Center contact information; how to find help locally and a health insurance plans comparison tool.



Are you helping people receiving benefits?

- Sign up for the <u>"Keep Covered" newsletter</u>
- Visit the ODHS <u>partner webpage</u> for updates and materials to share



The Portland Community College Dental Clinic provides dental care to community members just like you.

Beginning Monday, April 5, 2021, our new clinic will be open in downtown Portland.

Cost of Services **FREE AT THIS TIME!**

Our students provide low-cost dental services under the supervision of licensed professionals:

- Free Dental Exams
- Dental Cleanings
 - \$20-25 Adult
 - -\$15 Child
 - -\$10 Senior (age 62+)
- \$5-25 Dental X-rays
- \$10 Simple Dental Fillings

What to Expect

Appointments are 3 – 4 hours long each and may require multiple visits.

Please note: We are unable to provide emergency care, root canals, extractions, or large cavity fillings.

Let us help care for your oral health and save you money.

To make an appointment:

Call: 971-722-4909 or email: dentalclinic@pcc.edu

PCC Dental Clinic (Entrance on 5th Ave) Vanport Building, 3rd Floor 1810 SW 5th Ave Portland, Oregon 97201 In addition to PCC Dental Services, try:

Medical Teams International – Mobile Dental Clinics

Virginia Garcia Hillsboro

Oregon Dental Association lowcost options



Hop Card - \$28/month!

If you are low-income, you likely qualify for an Honored Citizen Hop card with reduced fare.

To apply, submit:

- •A benefit summary letter from ODHS
- •Photo ID

To see where to apply in person:

https://trimet.org/income/index.htm#inperson



Apply online:

https://trimet.org/income/application.htm









https://foodfinder.oregonfoodbank.org



Find Free Food Markets, Pantries, and Food Boxes.

List of Free Food Markets in WA County:

Hillsboro Free Food Market



Free Food Market

Next Market:

- June 13th 1:30 3:30
- Every 2nd Tuesday

where?

Hillsboro Self Sufficiency 5300 NE Elam Young Pkwy, Hillsboro OR 97124

when?

1:30pm—3:30pm

Every 2nd Tuesday of the month

who?

Open to any one

Shopping at Free Food Market is simple:

- This food is free and anybody is welcome
- No ID, name, or address needed.
- Please bring bags or boxes

Visit us on the 2nd Tuesday of each month to access **free**, fresh, and healthy fruits and vegetables and pantry staples for you and your family.

Tigard Free Food Market

Next Market:

- May 22nd 1:30 3:30
- Every 4th Monday



Free Food Market

Where?

Tigard Self-Sufficiency 10777 SW Cascade AVE Tigard OR 97223

When?

1:30 PM-3:30 PM

 Every 4th Monday of the month

Who?

Open to anyone!

Shopping at the Free Food Market is simple:

- The food is free and anybody is welcome
- No ID, name, or address needed
- Please bring bags or boxes
- Visit us on the 4th Monday of each month to access free, fresh, and healthy fruits and vegetables and pantry staples for you and your family!



Free Food Market

FIRST WEEK:

Virginia Garcia Beaverton at Cedar Hills Park
 First Thursday 2:00 PM — 3:00 PM
 2300 SW Cedar Hills Blvd, Beaverton 97005

SECOND WEEK:

- Free Food Market @ South Park Blocks
 Second Monday 9:30 AM 11:00 AM
 1914 SW Park Ave., Portland 97201
- Aloha Huber Park K8 School FFM
 Second Tuesday 8:00 AM 9:00 AM
 5000 SW 173rd AVE, Beaverton 97078
- Hillsboro ODHS Self-Sufficiency Office
 Second Tuesday 1:30 PM 3:30 PM
 5300 NE Elam Young Pkwy Hillsboro 97124

Merlo Station Free Food Market
 Second Thursday 2:30 – 4:00 PM
 2032 SW Merlo Ct, Beaverton 97006



FOURTH WEEK:

- Tigard ODHS Self-Sufficiency Office Fourth Monday 1:30 PM – 3:30 PM 10777 SW Cascade Ave. Tigard 97223
- Vose Elementary School Free Food Market Fourth Tuesday: 10:00 AM – 11:00 AM 11350 SW Denney Rd. Beaverton 97008
- Hillside Free Food Market
 Fourth Tuesday: 8:30 AM 1:10 PM
 10203 SE Hillside Ct. Milwaukie 97222
- Beaverton First United Methodist Free Food Market Second Monday 2:30 PM – 4:00 PM Fourth Thursday 2:30 PM – 4:00 PM 12555 SW 4th St., Beaverton 97005
- Lift Urban/Legacy Good Samaritan Free Food Market
 Fourth Wednesday 11:00 AM 12:00 PM
 1200 NW 23rd, Portland 97210
- https://foodfinder.oregonfoodbank.org/



Other Food Resources...

WIC offers healthy food and nutrition and breastfeeding support for families with kids under age 5 and for pregnant women.

- Go to healthoregon.org/wic and click the WIC Interest Form button.
- You can also call 2-1-1 and ask to speak with a maternal and child health specialist. New participants are welcome!

Need meals if you're 60+ or live with a disability? The Aging and Disability Resource Connection (ADRC) of Oregon's Older Adult Meals Program ("Meals on Wheels") provides meals for people across Oregon.

Anyone 60+ can receive these meals.

- · There are no income requirements and no charge for meals.
- The ADRC can also help connect people with disabilities, regardless of age, to food resources.
- Visit adrcoforegon.org or call 1-855-673-2372.





NEED FOOD?

There are new and expanded resources available to help meet your essential needs.



Need food right now?

During school closures and over the Summer, free meals are available. Children 18 years and younger may receive free meals and snacks through the Summer Food Service Program (SFSP) and Seamless Summer Option (SSO). To find a summer meals site nearest to you visit www. summerfoodoregon.org, text "Food" or "Comida" to 877-877, or call 2-1-1.



SNAP (formerly food stamps) helps you buy groceries. Apply today. Find all the information you need at govstatus.egov.com/or-dhs-benefits where you can apply for SNAP, cash, insurance, childcare and domestic violence assistance all in one place. Dial 211 or call your local DHS office with questions. Receive food assistance while waiting for your unemployment insurance.



Food pantries, pick-up sites and delivery options: Oregon Food Bank's network of 1,400+ partner pantries and food assistance sites are open across Oregon and Southwest Washington. Many offer drive/walk-up or direct delivery options. Visit <u>oregonfoodfinder.org</u> for local locations, or call 2-1-1 for help.



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Need more information on resources?

For more information on food and other resources, including health care and unemployment information, visit govstatus.egov.com/or-covid-19.

You can contact 2-1-1 info by calling 2-1-1, texting your ZIP code to 898211, or visiting 211 info.org.

You can also contact the Aging and Disability Resource Connection of Oregon at 1-855-673-2372 or visit adrcoforegon.org.



You can get this document in other languages, large print, braille or a format you prefer. Contact 2-1-1 at 1-866-698-6155 or email help@211info.org. We accept all relay calls or you can dial 711.

DHS 2360 (6/2020)

Connecting People with food resources in their community

NEEDFOOD.OREGON.GOV

- Website available in English & Spanish
- Toolkit with downloadable resources in multiple languages

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Double your SNAP benefits!

At participating farmers markets, grocery stores, Farm Share (CSA), and home delivery.

For every \$2 of SNAP benefits, you'll get \$2 to spend on fruits and vegetables!

Up to \$20 for FREE!

https://doubleuporegon.org/





FOOD BUCKS

Fruits & Vegetables Only * No Change Giv Solamente Para Frutas y Vegetales No Se Da Cambio



 Hillsboro: Orenco Station – Opens April 30th Downtown Hillsboro – Opens April 29th https://hillsboromarkets.org/

Forest Grove – Opens May 3rd
 12375 SW 5th St, Beaverton, OR
 nttps://www.adelantemujeres.org/farmers-markets

Beaverton – April - November, 8:30AM - 1:30PM
 12375 SW 5th St, Beaverton, OR

 https://www.beavertonfarmersmarket.com/

Aloha – Opens May 6th
 Corner of NW Cornell & Murray Roads

http://www.cedarmillfarmersmarket.org/

- Tigard Opens May 7th
- SW Main St & SW Burnham St.

https://www.tigardfarmersmarket.org/







OSU Extension Food Hero Program

Food Hero has resources for everyone!

https://foodhero.org/

- Healthy recipes that are tasty, quick, easy and low-cost.
- Gardening tips that are simple, timely and low-cost.
- Materials developed by cultural workgroups.
- Tips for community partners supporting gardening and healthy food and activity environments.
- Food Hero Monthly with tips about featured foods.
- All information is available in Spanish and in English.
- Online registration is open for Grow This!





If you live in Washington County and are currently in crisis Call 503-291-9111

- If you are in immediate, life-threatening danger, call 911.
- Hawthorn Walk-in Center 5240 NE Elam Young Parkway, Suite 100 Hillsboro, Oregon 97124
- Notice: Hawthorn is re-open to limited walk-in hours from 9am-2pm on Monday Friday. Walk-in services are available on a limited basis. Individuals who need help are still encouraged to call the Washington County Crisis Line at 503-291-9111. The line is answered by trained professionals who can help decide the best option for care.
- How to get help if you live in Washington County:
- If you have a provider, please contact them first for support.
- Hawthorn is available if you do not have a provider or need help sooner than your provider can offer. Appointments are not necessary. Please call our crisis line at 503-291-9111 for assistance.
- All ages are welcome at the center. A special family waiting area is available for young children or youth. Larger counseling rooms can accommodate family and friends.

Talk with us.











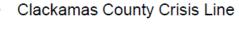


Need Support Now?

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.

Where to get help & learn more about giving help





503-655-8585 (available 24 hours a day and 7 days a week)

· Multnomah County Call Center

503-988-4888 (available 24 hours a day and 7 days a week)

Washington County Crisis Line

503-291-1111 (available 24 hours a day and 7 days a week)

National Suicide Prevention Lifeline 1-800-273-TALK (available 24 hours a day and 7 days a week)

Oregon Youth Line: 1-877-968-8491 (text teen2teen at 839863) (specific hours)

Trevor Project for LGBTQ Youth: 1-866-488-7386 (available 24 hours a day and 7 days a week)

Dave Romprey Oregon Warm Line: 1-800-698-2392 (Toll Free) 9 am - 11 pm daily

Crisis Text Line: Text HOME to 741741 (free, available 24 hours a day and 7 days a week)

National Alliance for Mental Illness https://namior.org

https://www.GetTrainedtoHelp.com/ - free mental health & suicide prevention first aid trainings

(over for additional resources)



COUNTY









Mental health matters for all



The easiest way to find health and social services



Text

Zip code to 898211



Dial

211



Visit 211info.org



App Search 211info



Email

help@211info.org

Find resources online: 211info.org

Q Guided Search



Crisis Hotlines



Housing & Shelter



Utility Assistance



Child Care & Parenting



Food



Basic Needs



Foster Families



Health Care



COVID-19



Mental & Behavioral Health



Transportation



Legal & Public Safety



Education







Youth Services



Disaster Services

Winter Shelters



When Washington County activates the severe weather shelters -- Interested individuals can walk up to one of the locations listed below:

The Salvation Army Building

1440 SE 21st Ave, Hillsboro, OR 97123

Accessible via **TriMet** route number 57

Shelter Operator: Project Homeless Connect

Beaverton Community Center

12350 SW 5th St, Beaverton, OR

Accessible via TriMet route numbers 52, 76, and 78

Shelter Operator: **Just Compassion**

The shelter will remain open 24 hours throughout the severe weather event. Hot meals are provided for guests, **no one will be turned away**, and pets are okay.

Winter Shelters | Washington County, OR (washingtoncountyor.gov)



To access shelter...

Call Community Connect: 503-640-3263

Or email: communityconnect@caowash.org

24 Hour Crisis Line

503-469-8620 | 1-866-469-8600

Domestic Violence Resource Center

 Located at the Family Justice Center 735 SW 158th Ave Suite 100 Beaverton, OR 97006

https://www.dvrc-or.org/

DVRC Advocates located in Self-Sufficiency Offices!

• Hillsboro: 503-863-1533

• **Beaverton**: 971-724-8063

• **Tigard**: 503-309-0273



Professional Counseling

We offer counseling services at no cost to adults and children who are survivors of domestic violence.

Transitional Housing

Survivors who are ready to focus on economic stability and permanent housing can receive extended support through Mary Mac House.

Day Centers and other Houseless Resources

https://www.washingtoncountyor.gov/housing/efforts-end-homelessness/homeless-resources

Just Compassion of East Washington County

<u>Just Compassion</u> is open 10 am to 2 pm, Tuesday, Wednesday and Thursday. Showers and laundry are offered on the first Sunday of the month from 1:00 to 3:00 pm.

HomePlate Youth Services - (503) 320-8965

HomePlate offers drop-in services and street outreach for young people age 24 years and younger.

Open Door Counseling Center (ODCC) - (503) 640-6689

<u>ODCC</u> is open 9 am to 3 pm, Monday through Friday, and offers drop-in daytime services for homeless persons including hot meals, showers, laundry, phone and mailbox use. Emergency food boxes available.

Project Homeless Connect (PHC)

PHC offers outreach services and drop-in daytime services for homeless persons Monday through Friday, 10 a.m. to 5 p.m. The Center is located at 363 SE 6 Avenue, Hillsboro (near the 8th Street Max Stop).

Safe Place for Youth - (503) 542-2389

<u>Safe Place</u> serves youth age 12 - 20 years experiencing homelessness or at risk of becoming. Safe Place also serves youth who need to spend a period of time away from their home and family to address behavioral issues with the help of our specialized staff.

211 Info - 2-1-1 or (503) 222-5555

211 Info is an Information and Referral services that connects people in Oregon and Southwest Washington with community resources.

Community Connect - (503) 640-3263 or email communityconnect@caowash.org

Seeking prevention or homeless assistance? Contact the Community Connect homeless response system. More information is available online.





Resource Center-Tigard Overnight
Shelters-Tigard
and Beaverton

Learn more

<u>Learn more</u> <u>Learn more</u>

Learn more

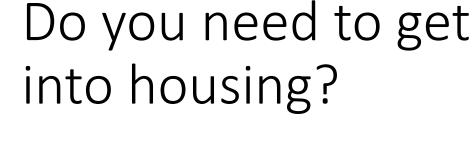




Just Compassion

https://justcompassionewc.com/home





- Call Community Connect!
- 503-640-3263
- communityconnect@caowash.org



COMMUNITY CONNECT is a coordinated entry system that helps people experiencing (or at imminent risk of) houselessness to find housing resources in Washington County.



Go to 'Find Help'

UTILITY ASSISTANCE

- Once per year!Low-income
- Call: 503-615-0771

• Call on the 8th or

- 15th
- 9:00 AM
- Call: 503-615-0770

https://caowash.org/welcome.html









https://caowash.org/welcome.html

Meet with an Advocate in your local Self-Sufficiency Office!

- Ask for a referra
- Get assistance c
- Help Me Grow
- Child Care Resource &
- Weatherization
- Head Start
- Energy Assistance
- Housing Resources
- Family Shelter
- OHP Enrollment
- Income Eligible TriMet Enrollment

Sorry, Temporarily Unavailable!







https://caowash.org/programs/utility-assistance/waco-solid-waste.html



Reduced Rate Program for garbage and recycling services

Starting January 1, 2023, eligible households in unincorporated Washington County can benefit from a reduced monthly rate for standard garbage and recycling collection.

Do you live in a single-family home a duplex, triplex or a fourplex in unincorporated Washington County and have an income at or below 185% of the federal poverty level? Do you pay your garbage bill directly? If so, you can receive a 75% discount on standard garbage and recycling collection service rates.

Application for the Reduced Rate Program



Head Start is ENROLLING NOW!



Free pre-school programs that support children's language, literacy, social and emotional development.

- Ages 3-5 = Pre-kindergarten programs
- Ages 0-3 = Early Head Start

Questions? Ask a Head Start Enrollment Specialist:

- 503-693-3262
- HeadStart@caowash.org

Apply to Head Start -

- Download an Application
- Solicitud de Head Start en Español



Head Start main offices located at: Community Action Organization 1001 SW Baseline Street Hillsboro, OR 97123





Free Preschool

Get Connected Today

- **#** DISTRICT PREK
- * HEAD START
- ***** PRESCHOOL PROMISE
- ★ JUNTOS APRENDEMOS
- *** EARLY CHILDHOOD SPECIAL EDUCATION**
- *** EARLY LEARNING WASHINGTON COUNTY**
- * IRCO (KINDERGARTEN TRANSITION PROGRAM



* TTSD Preescolar Gratuito

Conéctese Hoy

- # PREKINDER DEL DISTRITO
- HEAD START
- *** PROMESA PREESCOLAR**
- * JUNTOS APRENDEMOS
- * EDUCACIÓN ESPECIAL PARA TEMPRANA EDAD
- * EDUCACIÓN TEMPRANA WASHINGTON COUNTY
- * IRCO (PROGRAMA DE TRANSICIÓN AL KINDER)

FOR MORE INFORMATION CONTACT US: (503) 431-4580 TTSDSCHOOLS.ORG PRESCHOOLINFO@TTSD.K12.OR.US











We can provide free guidance and information about:

- child care
- behavioral strategies
- school readiness & tips
- early childhood development
- family stress & anxiety
- parenting classes & support
- local play groups
- foster care support
- basic family resources...
 and much more!





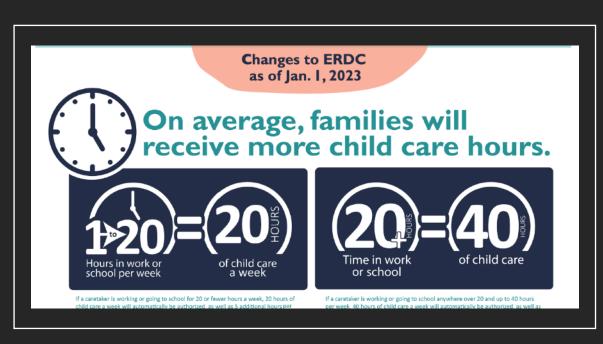
Mon-Fri 7am-11pm | Sat-Sun 8am-8pm

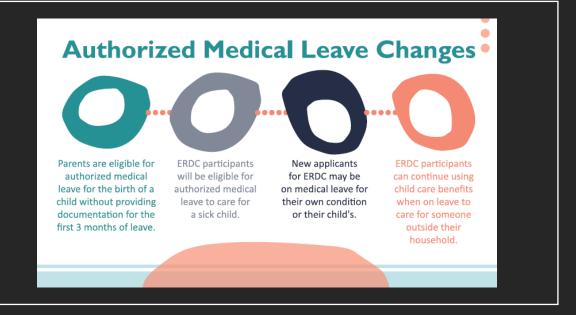
Dial 211 | Text the keyword *children* to 898211

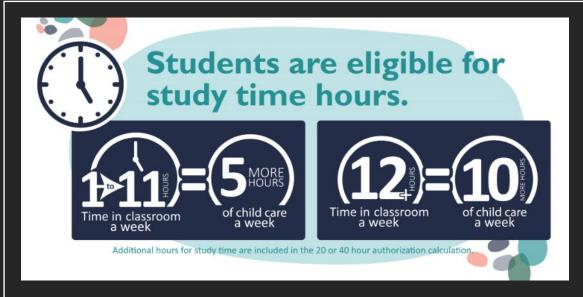
Email children@211info.org | Visit 211info.org

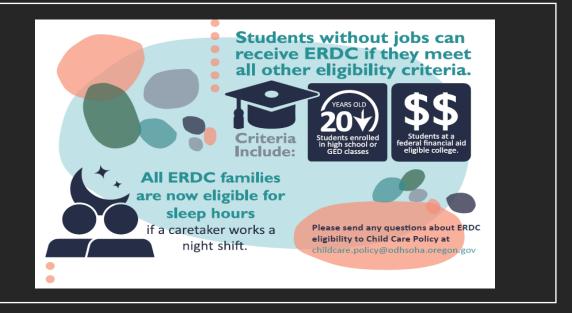


https://findchildcareoregon.org/











Employment Related Daycare (ERDC) Changes Coming July 1st, 2023

- 12-Month Protected Eligibility for ERDC
- TANF Families eligible for ERDC

TANF families will be categorically eligible for ERDC

Expected July 1, 2023, ERDC will be available to families receiving TANF through "Categorical Eligibility" - eligibility that will not change with shifts in work/school activities.

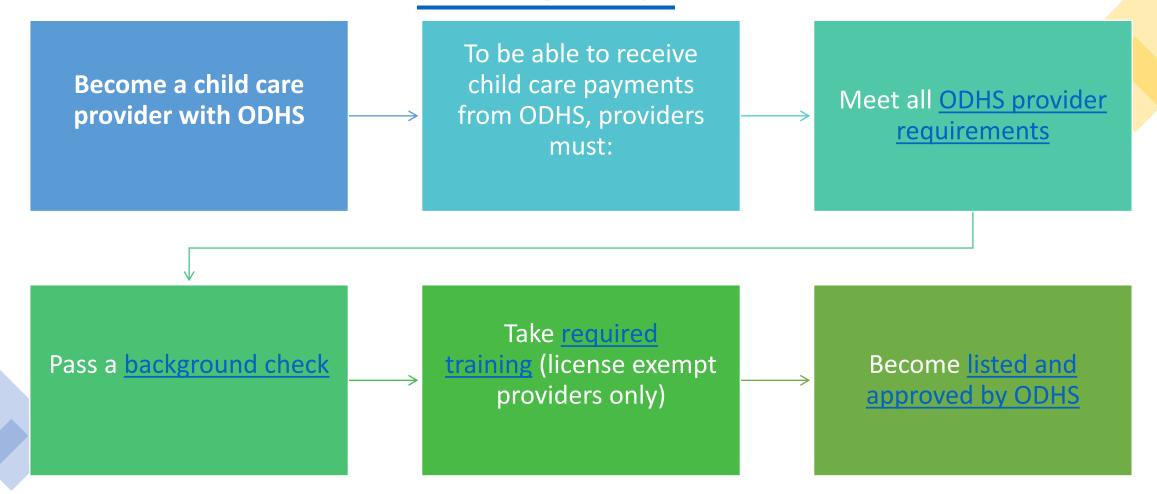
This means that families will be able to receive both cash support through TANF and child care assistance through ERDC at the same time with no interruption to either benefit.

TANF families will be eligible* for a part-time monthly allocation of hours. A full-time hour authorization (or greater) may be requested by TANF families who need more child care hours to complete family well-being and/or JOBS activities.

*Families must request child care benefits to be evaluated for ERDC Categorical Eligibility. This could be at TANF application or during their TANF certification period. Certain federal requirements still apply, such as immunizations.

How to become a child care provider with ODHS!





Child Care Provider Guide

This guide explains what you need to know to become a listed and approved ODHS child care provider.

English | Español / Spanish | 简体中文 / Chinese | Русский / Russian | Русский / Vietnamese

The **ODHS Direct Pay Unit** (**DPU**) coordinates billing and payments. They also process billing and listing forms. Please reach out to DPU with concerns or questions.

Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m.

By phone: 800-699-9074

By email: For general questions:

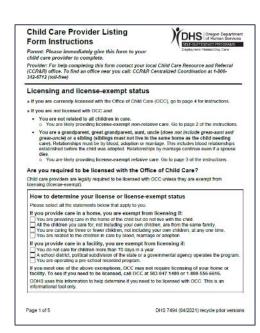
customerservice.dpu@odhsoha.oregon.gov

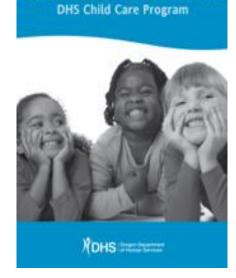
•Submit billing and listing forms (PDF only) to:

dpu.childcarebilling@odhsoha.oregon.gov

Download the Child Care Provider Listing form

English | Español / Spanish | Pyccкий / Russian | Tiếng Việt / Vietnamese





Child Care Provider Guide

ODHS 7492





A free Zoom class for caregivers and children 10-14



https://parentingtogetherwc.org/

To Register, Call Kelsey: 503-901-7488



This program is coordinated by

LifeWorks NW

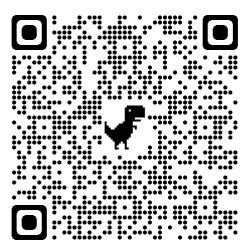
& funded by

Parenting Together Washington
County.

Calling all Dads, Grandpas and Uncles!

- Are you raising children from birth to 6-years-old?
- Are you interested in meeting-up and connecting?
- Your ideas and wishes matter!
- Click link below to begin the interest survey https://forms.gle/kH8kooV7am1LNyMt7







Early Learning Washington County

Programs & Resources





PregnancyExpecting Parents

Click here



Babies

o-3 Years

Click here



Preschool

3-5 Years

Click here



School Age

6+ Years

Click here



Click here

All Ages

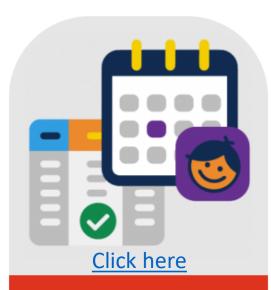
No Limitations



Preschool Promise

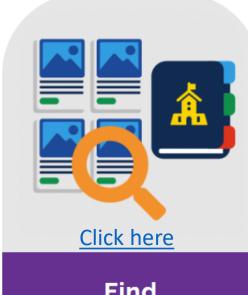
The Preschool Promise Program is a high-quality, publicly funded, preschool program that serves children ages three (3) and four (4) in families living at or below 200% of the Federal Poverty Level, children in foster care, and children from other historically underserved populations. The Preschool Promise Program is delivered in a variety of settings including centers, homes, and schools.

https://earlylearningwashingtoncounty.org/preschool-promise/



Am I Eligible?

Check Age & Income



Find Providers

View Directory Listings



How to Apply

Application & Checklist



More Free Parent Resources

And Free Preschool
Options

Maternal Child & Family Program – Nurse Home Visiting

Nurse Home Visiting Referral Form

Our team of home visitors includes experienced registered nurses and certified community health workers. They can visit you regularly in your home, at no cost, while you are pregnant until your child is five years old.

For more information:

Call (503) 846 – 4872 or Email mcf@washingtoncountyor.gov

You may be eligible for a home visitor if you live in Washington County and:

- You are pregnant or recently gave birth
- You have a newborn to five-year-old
- You have a child with special health needs





NURTURING PARENTING & SCHOOL READINESS WORKSHOPS

WASHINGTON COUNTY









Register Now! There are limited Seats!

Kerri Meelia (Parent Educator – **For Latino Community**) 503-867-9110 kerrim@irco.org

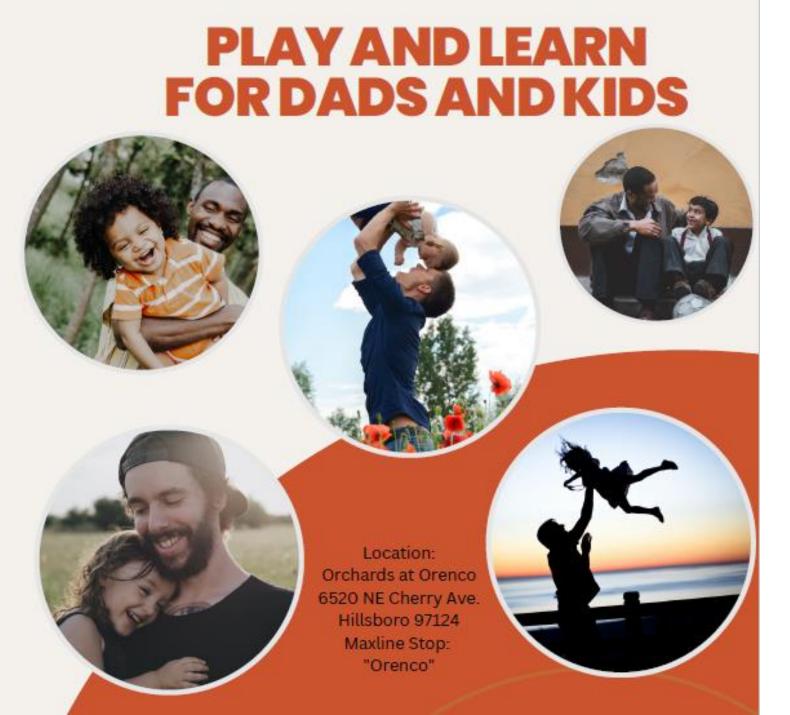
Natalia Pak (Parent Educator – **For Slavic Community**) 818-825-5345 **nataliap@irco.org**

\$240 gift card for attending the 12 sessions!

Parenting education sessions are offered virtually and in person, to the Latino and Slavic Communities!

For parents of kids 3 to 5 years -- strengthen your parenting skills in a welcoming, safe, and interactive environment!

Play Groups will be held at Kalapuya Early Learning



Join us the 1st Saturday of month between 10am-12pm (drop-in anytime) for this fun 'play and learn' event.

thisisfatherhoodllc@gmail.com or (209) 819-7229 to sign up or scan the QR Code on this page for more information...



Parents Anonymous



- Connect with other parents!
- Non-judgmental support group!
- You are not alone!
- Reduce stress!
- Drop in at any point!
- Groups are open to anyone in a parenting role!
- For questions regarding meetings --

Call Jamie: 503-250-3714 or Dustin: 971-202-6413

- Parent Support Line 503-258-4416
- Virtual and In-Person Support Groups, including:
 - Thursday 12:00pm-1:30pm -- Moms and Dads -- In-Person Group
 Hillsboro United Methodist Church O 168 NE 8th Avenue, Hillsboro, OR 97124
 - Tuesday 6:00pm-7:30pm -- Dads Only -- In-Person Group
 Volunteers of America Men's Recovery Center: O 2318 NE MLK Jr. Blvd., Portland OR 97212







Family Support and Connections

How to request help

Contact your local Self-Sufficiency Programs office. There are two ways you can find the office nearest you:

- www.oregon.gov/dhs
- Contact 211 Info: DIAL 211 toll free; text your ZIP code to 898211 or email: help@211info.org





Family Support and Connections services are designed to strengthen families and support effective parenting.



https://www.oregon.gov/dhs/assistance/pages/fsc.aspx

Airway Science

Summer Camps

Join us this summer for an exciting new round of STEAM summer day camps for all ages! 6 weeks of summer camps, 3 cities, and an entire sky to explore.

Learn more at: https://airsci.org

TeenFlight

In the <u>Teenflight program</u>, students work together to build a two-seat RV-12 aircraft under the guidance of a team of Mentors. This project requires a two year commitment of every Saturday during the school year, from 9am to 3pm. During this program, students will take part in hands-on project based learning and developing both technical and interpersonal skills.

Learn more at: https://airsci.org/program/teenflight/

Request more information at info@airsci.org









artsforallpdx.org

Arts for All: A Question & Answer Guide

I want to attend an event. Who has \$5 tickets?

A. All the organizations listed here, and more. Check www.artsforallpdx.org for more groups offering tickets.

Who can buy \$5 tickets?

 A. Anyone who gets food stamps (SNAP) and has the Oregon Trail Card.

How many tickets can I buy for \$5 each?

A. Two per Oregon Trail Card, but ask the organization if you can buy more.

How do I know if \$5 tickets are available for the event I'm interested in?

A. Contact the organization directly. They will tell you which events are eligible for \$5 tickets and tell you how you can buy tickets.

How do I pay for the tickets?

A. You can pay with cash or credit and show your Oregon Trail Card at time of purchase or when you pick up your tickets. SNAP credit on the Oregon Trail Card cannot be used to buy tickets.

More questions? info@racc.org





Show your Oregon Traff Card and you can buy \$5 tickets

allelassical.org 503.943.5828

Artists Repertory Theatre artistsrep.org 503-241-1278

Aurora Chorus aurorachonus ord 503-287-6721

Back Fence PDX backfencepdx.com 323-309-3985

> Bag & Baggage 503-345-9590

bodyvox.com 503-229-0627

Broadway Rose Theatre broadwayrose.org 503.620.5262

Cantico Singers 650-208-1243

Capoeira Angola Palmares capoeira-pdx.com 503-449-9091

Cappella Romana cappellaromana.org 503-236-8202

Chamber Music Northwest cmnw.org 503-223-3202

Choral Arts Ensemble portlandschoir.org 503-477-0700

Clackamas Comm College clackamas edu/theatre 503-594-6489

Consonare Choral consonarechorale.org 360-609-7146

Entertainment for People newshitshow.com 325-309-3985

First Presbyterian Church: Celebration Works firstpresportland.org 503-228-5855

Friends of Chamber Music form.org 503-224-9842

Gallery Theater gallerytheater.org 503-472-2227

Hand2Mouth Theatre hand2mouththeatre.org 503-235-5284

Heidi Duckler Dance Theater heididuckler.org/northwest. 503-465-5302

Lakewood Theatre Company lakewood-center.org 503-635-3901

Live Wire! Radio livewireradio.org

503-222-4480

nwfilm.org 503-221-1156

503-222-5538

Northwest Film Center

Oregon Ballet Theatre

Mask & Mirror Comm Theatre maskandmirror.com 503-333-1139

503-241-1802 Metropolitan Youth Symphony Portland Piano International portlandpiano.org

Miracle Theatre Group Portland Playhouse portlandplayhouse or a 503-236-7253 503-488-5822

Northwest Children's Theater **Portland Revels** portlandrevels.org 503-274-4654

Portland Rose Festival Fdn

adxinetroarts.org 503-408-0604

Portland Opera

503-228-1388

portlandopera.org

rosefestival ora 503-227-2861

Portland Story Theater pdxstorytheater.org 503-284-2226

Portland Taiko

503 288-2456

503-223-5939

Post5 Theater

971.258.8584

Profile Theatre

503-242-0080

503-4278701

profiletheatre.org

Resonance Ensemble

resonancechoral.org

Stumptown Stages

stumptownstages.org

post5theatre.org

portlandtaiko.org

Portland Youth Philharmonia

portlandyouthphil.org

Oregon Children's Theatre Portland Symphonic Choir pschoir.org 503-223-1217 503-228-9571

Oregon Symphony orsymphony.org 503-228-1353

Pacific Youth Choir pacificyouthchoir.org 503-780-1675

Pendulum Aerial Arts pendulumaerialarts.org 503-319-5486

Performance Works Northwest pwmw-pdx.org 503-777-1903

Polaris Dance Theatre polarisdance.org 503-929-0791

pbp.org

502-222-6000

Portland Actors Conservatory actorsconservatory.com 503-274-1717

503-381-8686 Portland Art Museum The Ensemble portlandartmuseum org

theensemble.org 503-226-2811 503-753-8368 Portland Baroque Orchestra

The Portland Ballet theportlandballet.org 503-452-8448

Portland Center Stape Third Angle New Music thirdangle.org 503-331-0301 503-445-3700

Portland Children's Museum Third Rail Repertory Theatre waysy portlandom one thirdrailrep.org 503-471-9914

Portland Choirs Triangle Productions portlandchoirs.org tripro.org 503-239-5919 503-697-7464

Portland Columbia Symphony White Bird 503-234-4077

Portland Gay Men's Chorus pdxgmc.org 503 226 2588

Portland Japanese Garden

whitebird.org 503-245-1600

wisdomoftheelders.org 503-775-4014

World Affairs Council of Oregon 503-306-5252



Join us for STORYTIME!











iÚnete a nosotros para la hora de cuentos!





Free coffee & light breakfast.

Coffee & Conversation









Public Library

A Midsummer Celtic Celebration

Sunday, July 9 2-3 PM



One-on-One Resource Connection for Seniors

2nd & 4th Mondays 11 AM-1 PM



Seniors can make a 30-minute appointment for support.

Aprenda Cómo Empezar Su Negocio (en español)



jueves, 22 de junio | 5:30-6:30 PM







Summer Reading Kickoff with Chicamarimba

Thursday, June 1 | 6:30-7:30 PM



EnTaiko

a youth drumming and percussion ensemble



Sunday, August 6 2-3 PM



OREGON DEPARTMENT OF EDUCATION ~ WASHINGTON COUNTY

McKinney-Vento Program

The McKinney-Vento Act is a federal law that protects the educational rights of students experiencing housing instability.



Any child experiencing housing instability qualifies for McKinney–Vento services

Support may include:

- Immediate school enrollment
- Transportation to school
- Ability to remain at the same school for the entire year
- · Community resources

Hillsboro School District

Courtney Gibb; Ilse Gonzalez 503-844-1753 (English) 503-844-1556 (Spanish) mckinneyvento@hsd.k12.or.us

Beaverton School District

Sara Palestino : 503-356-5072 helpcenter@beaverton.k12.or.us

Tigard-Tualatin School District

Heidi Reang ; 503-431-4144 hreang@ttsd.k12.or.us



Tigard-Tualatin School District

Community Resource Guide

https://www.ttsdschools.org/Page/130

Available in Many Languages

Tigard-Tualatin Family Resource Center

9550 SW Murdock Street, Tigard, Oregon 97224 (503) 603-1585

The Tigard-Tualatin Family Resource Center is part of the Tigard-Tualatin School District. It's located on the campus of Templeton Elementary School tucked behind the Kalapuya Early Learning Center and helps families throughout the entire school district with a variety of direct services and connection to other community resources.









COMMUNITY RESOURCE GUIDE

An annual publication of the Beaverton Resource Center

View online here!



The Beaverton Resource Center offers a central hub for individuals and families living in the Beaverton area to more easily find help.

Beaverton Resource Center

https://beavertonresourcecenter.org/

13565 SW Walker Road, Bldg 2 Beaverton, OR 97005

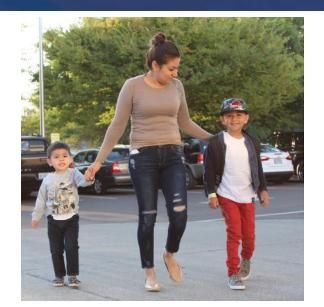
Email: admin@beavertonresourcecenter.org Website: www.beavertonresourcecenter.org 503-207-5670



RESOURCES FOR FAMILIES RECURSOS PARA LAS FAMILIAS

Clothing | Ropa ● Counseling | Consejería ● Dental | Servicios dentales ● Family Education | Educación familia ■ Food and Pantries | Banco de comida

General Health and Nutrition | Servicios generales de salud y nutrición ● Housing | Vivienda ● Utility Assistance Ayuda para servicios públicos ● Legal | Servicios legales ● Prenatal/Preschool Other Resources | Servicios prenatales preescolares



Resource for Families/Recursos para Familias

In this booklet, you will find resources available in the Hillsboro community that provide services you may need for you and your family. Hillsboro School District staff also are available to help guide and assist you.





ROSE CITY RESOURCE





Street Roots -- Rose City Resource Guide (PDF)

2023 Jan-June.pdf

A comprehensive guide to the public services and assistance programs in the Portland-metro area.

Online version: Where to Get Help

Washington County (Starts on page 112):

Clothing	112-113
Counseling/Mediation	113-114
Domestic Violence, Assaul	t116-117
Employment/Social Securi	ty.117-118
Food Boxes	119-120
Health Care/OHP	119-122
Legal Services	122-123

Meals	124-125
Recovery Services	126-127
Rent Assistance and	Utilities127-128
Shelters	128-129
Utilities	130
Veterans	135
Youth Services	135-138

Apply Now!!





Oregon Student Aid

Oregon Promise is a state grant that helps cover tuition at any Oregon community college for recent high school and GED® test graduates.



Recent Oregon high school or GED® test graduate



2.0 cumulative GPA or higher



Attend Oregon community college within 6 months of graduation



Oregon resident at least 12 months prior to attending college

Your eligibility may also be determined by your Expected Family Contribution (EFC). The EFC criteria are subject to change. Check website for details.

Find Your Deadline:



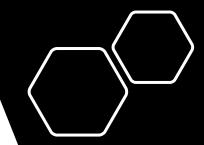
Deadline is 5pm (PST or PDT).

If deadline falls on a weekend or holiday, it automatically extends to 5pm on the following business day.

	I am graduating from:	I am graduating during this time:	DEADLINE to complete both: Oregon Promise App. & FAFSA or ORSAA	You must start community college by this term:
	High School	March 1 – June 30	June 1	Fall
	or Home School	July 1 – Nov. 30	Nov. 1	Winter
		Oct. 1 – Feb. 29	Feb. 1	Spring
		March 1 – June 30	July 10	Fall
	GED [®] Program	July 1 – Nov. 30	Dec. 10	Winter
		Oct. 1 – Feb. 29	March 10	Spring



Rev. March 2022



OregonStudentAid.gov

PCC Opportunity Centers

- NO COST
- Open to ALL
- All ages and backgrounds welcome!
- Register now!

https://www.pcc.edu/opportunity-center/

Calendar for February and March

PCC Opportunity Center classes and skill-building workshops!



Here to help you:

- Explore Careers
- Build Skills
- Connect to Education
- Navigate Resources
- Get Hired
- Do college YOUR way



Workforce Development

Opportunity Centers at PCC



- Build Confidence
- Make a Plan
- Improve Your Skills





Opportunity Centers at PCC



- Build Confidence
- Make a Plan
- Improve Your Skills



Workforce Developmen

Registration can be done online or over the phone.

We're here to help!

Sign up for classes and workshops that match with YOUR goals.

pcc.edu/opportunity-center

(971) 722-2688

wccopportunities-group@pcc.edu



Discover Classes: An On-Ramp to PCC

2-3 week classes to **explore careers and training opportunities**, **build skills** for student success, and get support with **onboarding to PCC.** Offered in:

- Technology
- Manufacturing
- Construction Trades
- Healthcare
- Artificial Intelligence (coming soon!)

Meet employers, connect with PCC program staff and network with other students!

Program for Immigrants, Refugees and Non-native English Speakers

Upcoming classes at Willow Creek: --View info on website

Need help registering or have questions?

Email us at: careerlaunch@pcc.edu

or contact one of our instructors directly.

Location:

PCC Willow Creek
Opportunity Center
241 SW Edgeway Dr
Beaverton, OR 97006
Katie Weibel | 971-722-2747



https://www.pcc.edu/opportunity-center/jobs/special-programs/



Contact Information

Kali Giaritta mfgonramp-group@pcc.edu 971-722-2175

2 Week class to help you

- · Explore careers in manufacturing and construction trades
- Learn about PCC degrees and certificates
- Get support with on-boarding to PCC
- · Gain resources for student success
- Connect with employer & industry guests

For more info & to Register: pcc.edu/on-ramp-manufacturing

- Offered at Willow Creek **Opportunity Center**
- No cost to participants
- · View more info on website





This program is funded through the Title III RISES Grant. Portland Community College is an Affirmative Action, Equal Opportunity Institution. If you have a disability that requires services, please contact pcc.edu/disability-services.



10-day training provided by PCC

at Willow Creek Opportunity Center

https://www.pcc.edu/opportunity-center/jobs/semiconductor/

- SCHEDULE: MON-FRI, 8AM-NOON
- Complete interest form for more information: https://tinyurl.com/ycyf3jka
- This program is intended to increase opportunities for community members who have been historically underrepresented in semiconductor manufacturing jobs.
- People of color and women are strongly encouraged to apply.



Enrolling Now!





Quick Start Semiconductor Technician Paid Training

Need help?

If you would like to talk to someone about your situation, please <u>schedule an appointment</u>. We can help you connect to resources. Contact <u>gethelp@pcc.edu</u> or call 971-722-6555.

GET HELP Basic Needs Support

House Bill 2835 requires Oregon public colleges and universities to employ Benefits Navigators to help students connect with basic needs and benefit programs.

Areas of basic needs can include: •childcare •food •housing

- financial stability •legal services •transportation •social connection
- access to technology •mental and physical health •access to hygiene services and supplies.

Everyone needs help sometimes, and we're here for you. If you're struggling to meet your basic needs, we can help you find resources and benefit programs. Contact gethelp to schedule an appointment.

email gethelp@pcc.edu or call 971-722-6465



GET HELP Basic Needs Support



START YOUR ADVANCED MANUFACTURING CAREER

FOR NEW-TO-COLLEGE, GED STUDENTS, AND NON-NATIVE ENGLISH SPEAKERS

MEDIAN SALARY

\$56,954

https://www.pcc.edu/career-pathways/



INTEGRATED EDUCATION AND TRAINING (IET) PROGRAM

- In person classes, Monday Friday 8am-4:15pm at the OMIC Training Center in Scappoose
- Individualized coaching and job search assistance
- Students must have completed at least 2 GED tests or score CASAS reading 235/math 221 or higher
- No cost to participants
- · Classes taught in English





GET CONNECTED

Visit pcc.edu/cp

Email cp@pcc.edu

Call 971-722-6218

23



START YOUR WELDING CAREER

FOR NON-NATIVE ENGLISH SPEAKERS, IMMIGRANTS AND REFUGEES



MEDIAN SALARY

\$53,686

https://www.pcc.edu/career-pathways/



GET CONNECTED

Visit pcc.edu/cp

Email cp@pcc.edu

Call 971-722-6218

Need to tackle some Legal issues?

- PCC "CLEAR CLINIC"
- Currently available at:
- Cascade Campus
- 705 N. Killingsworth St.
- Portland, OR 97217
- 971-722-6111



<u>Fill out our intake form</u> to get started.



COMMUNITY LEGAL & EDUCATIONAL ACCESS & REFERRAL CLINIC

Clinic hours

The CLEAR Clinic is now offering in-person legal clinic hours!

- . Location: PCC Cascade, Terrell Hall, Room 203 (map here) free parking in PCC lots
- Walk-in Clinic Hours:
- o DACA Renewals and Immigration Legal Screenings: Tuesdays 12 to 4pm
- o Expungements: Fridays 12 to 4pm

 $\label{lem:conditional} \mbox{Additional services available through the PCC CLEAR Clinic:}$

- To get navigated into the Equity Corps of Oregon program and access the CLEAR Clinic's limited scope deportation defense legal services, please call our partner Pueblo Unido at: 503-360-0324
- To access the CLEAR Clinic's eviction defense legal services (if you have been issued a
 termination notice by your landlord, or if you have an eviction court case pending,)
 please contact the Eviction Legal Defense Project as soon as possible, by filling out
 the Eviction Legal Defense Project web form or calling 888-585-9638

https://www.pcc.edu/clear-clinic/

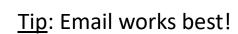
Need help? This team provides one-on-one help for people applying for unemployment!



State of Oregon Employment Department Equitable Access to Unemployment Insurance

Toll Free: 877-345-3484

UIAccessTeam@employ.oregon.gov



ODHS

STEP Program

SNAP Training and Employment Program

- Reach your employment and training goals!
- No cost!
- Help available for work clothing, work tools, and more!
- Ask for a referral to an ODHS STEP Navigator today!

You can do it!
We can help!

Self-referrals OK!

Email:

ODHS-SSP-D16.SNAPNavigators @dhsoha.state.or.us

SNAP Able Bodied Adults Without Dependents (ABAWD)

- If you get an ABAWD notice in the mail, you need to take action to keep your SNAP benefits. Letters will be mailed the last week of April 2023.
- Starting July 1, 2023, some people will need to start meeting work-related requirements to keep their SNAP benefits.
- If you are between 18 and 49 years old and don't have a child under 18 on your SNAP
 case, the requirements might apply to you. However, you might be <u>exempt</u> from the
 requirements.
- Starting October 1, 2023, if you haven't received an exemption or started meeting work requirements, you will stop receiving SNAP benefits.
- You can choose to participate in the <u>ABAWD program</u> as a way to meet your work requirements.

SNAP Recipients with Able-bodied Adults Without Dependents (ABAWD) Status

Overview: SNAP Recipients with ABAWD Status

Able-bodied Adults Without Dependents, or ABAWDs, are people who receive SNAP benefits and are at least 18 but not yet 50-years-old and do not have a child under the age of 18 receiving SNAP benefits with them.

Federal rules limit SNAP benefits to three months in a three-year period for people with ABAWD status unless they are exempt or participate in verified work activities. <u>Learn more about ABAWD exemptions and work requirements.</u>

Due to COVID-19, Oregon suspended federal SNAP time limits and work requirements for people with ABAWD status. When the COVID-19 Public Health Emergency (PHE) ends in May 2023, these SNAP time limits and work requirements will begin again on July 1, 2023.

Time limits and work requirements resume for SNAP recipients with ABAWD status starting July 1, 2023.

Only people with ABAWD status who are not exempt will receive advance notice of these changes and need to act immediately.

Learn more about ABAWD here. Orientation videos are available in several languages. Call an ODHS staff member at **(833) 947-1694** to learn about your next steps

ODHS's ABAWD Team

is available now to:

- Answer questions
- Complete screenings for exemptions
 - Refer you to OED if needed

Email: SNAP.ABAWDTeam@ODHSOHA.Oregon.gov

Call: 833-947-1694 Monday-Friday 8 AM - 6 PM

You can connect with an interpreter in 16 different languages before being transferred to the ABAWD Team by selecting a <u>dedicated</u>, <u>toll-free number</u>.

Additional resources for people with ABAWD status:

ABAWDS - Partners for a Hunger-Free Oregon (oregonhunger.org)

State of Oregon: Food Benefits - Food Benefits

State of Oregon: Job Seekers - SNAP E&T Program



May 2023



Virtual / In-Person Workshop Calendar

Updated 4/21/2023

Click <u>here</u> for
a short
tutorial on
registering
with
WorkSource.

Or scan:



Monday Tuesday Wednesday Thursday	
	Friday
Career Boost Information Session (in Person) Wis Beaverton-Hillsboro, room 107 (Virtual) Wis Tigard May 2pt 12:30-2:30pm Register emait: Tiv@coowash.org Ph: (971)563-8024 Career Mapping Lite (In-Person) Wis Beaverton-Hillsboro, room 108 May 9p, 9:00-11:00am Navigating Job Search (Virtual) Wis Beaverton-Hillsboro om May 2pt 9p, 16p, 2pt 8, 31pt 9; 30-12pm Wis Person om May 2pt 9p, 16p, 2pt 8, 31pt 9; 30-12pm 2pt 10pt 10pt 10pt 10pt 10pt 10pt 10pt 10	May 5 ⁿ , 12 ⁿ ,19 ⁿ , 8.26 ⁿ 9:30–11:00am See Topics on Back critical, the swing,

High Tech Networking Group!

Register through your WorkSource account: worksourceportlandmetro.org

Click <u>here</u> for a short tutorial on how to register for WorkSource.

Or scan:





Navigating Job Search

This weekly virtual job search group helps individuals develop skills needed to effectively search for work. All are welcome. In a supportive online environment, we will look at job search materials and strategies with a focus on what will be most effective

Virtually Every Tuesday 9:30 AM - 11 AM

High Tech Networking Group

Weekly job search group to support individuals from all industries in the process of finding employment. Weekly topics and guest speakers, Job search skills and job leads shared weekly In Person Every Friday 9:30 AM - 11 AM

WorkSource Beaverton-Hillsboro 241 SW Edgeway Drive, Beaverton, OR

WorkSource customers, register through your account at worksourceportlandmetro.org Click here for a short tutorial.



WorkSource is an equal opportunity employer/program. Auxiliary aids and services available upon request to individuals with disabilities. To place a free relay call in Oregon dial 711. This program is financed in whole or in part with funds provided by the U.S. Department of Labor.









JUMPSTART YOUR CAREER IN BANKING

Apply for this 8-week, no cost training to get you prepared for a long term career in banking.





WHAT WE OFFER

- · Job training in the Banking industry
- · Hiring event for graduates
- Coaching for career advancement

TYPICAL ROLES

- Teller
- Customer Service Representative
- Relationship Banker
- Personal Banker
- And more...

APPLY NOW! TRAINING STARTS SOON!

To submit your application, **CLICK HERE**

Or Scan:



Questions? Phone: 503-964-4326 Email: BankWork\$@seworks.org





JOB SEARCH BASICS VIRTUAL CLASSES

HOW IT WORKS:

- First Four Wednesdays of the month
- 9:30 AM 12:00 PM
- Offered each month!
- Take one or more classes in the series

Questions? Contact Kim

Workforce Development Manager kimd@dressforsuccessoregon.org 503.249.7300 x102

ARE YOU A WOMAN* LOOKING FOR WORK?

*ALL WOMEN AND GENDER EXPANSIVE FOLKS

SCAN TO SIGN UP:



YOU CAN ALSO SIGN UP with:

Beaverton WorkSource

503-280-6046



"Fast Track" JOB SEARCH CLASSES for Women*

*ALL WOMEN AND GENDER EXPANSIVE PEOPLE

HOW IT WORKS:

- Thursdays, 10:00 AM 3:00 PM, <u>In Person</u>
- Location: Willow Creek PCC/Beaverton WorkSource 241 SW Edgeway Drive Beaverton, OR
- Classes repeat each month, Start any Thursday!

Questions?

Contact Kim

Workforce Development Manager

kimd@dressforsuccessoregon.org

503.249.7300 x102

SIGN UP with:

Beaverton WorkSource

503-280-6046







241 SW Edgeway DR. Beaverton, OR 97006d



For Advanced Level English Students



OF THE COLUMBIA WILLAMETTE

meetgoodwill.org

THURSDAYS

5:00PM - 6:30PM

No registration necessary. For questions, contact Colt Kranig

ckranig@gicw.org or call 971.276.3912





Start earning a competitive salary in 12 weeks!

- Dental Assistant training in three locations!
- Scholarships available!
- New cohorts begin three times per year.
- Small class sizes to ensure your success!
- View more information online at <u>OceanPointe Dental Assisting Academy</u> and <u>Accelerated Assisting</u>.
- Call: 971-323-1800 or email: <u>OceanPointePortland@gmail.com</u>
- Three Locations:
 - Hollywood District, Portland
 - Hillsboro, OR
 - Gresham, OR (Coming Soon)

**Contact WorkSource Oregon FIRST if interested in scholarship opportunities. Call 503-280-6046 (option 8) to schedule an appointment with WorkSource Staff.

Building Careers in Healthcare





Pre-requisite Funding Assistance Available

Do you need to take pre-requisite courses for one of these training programs?

- Patient Access Specialist (Portland Community College)
- AAPC Medical Coding Online (Portland Community College)
- Medical Assisting (PCC or MHCC)
- Dental Assisting or Hygiene (PCC or MHCC)
- Nursing (PCC or MHCC)
- Health Information Management (PCC)

You may qualify if you are working with a Career Coach from one of these partner organizations:

- Bridges to Change
- Community Action Organization
- Community Partners for Affordable Housing
- Domestic Violence Resource Center
- IRCO Washington County EOP
- Good Neighbor Center
- REACH CDC

- HomePlate Youth Services
- NextGen
- SE Works/PREP (Pre Release Exit Program)
- Sexual Assault Resource Center
- Centro de Prosperidad
- CODA Inc
- Easterseals SCSEP

For more Information contact
Washington County Skills and Training:
wcskills-training-group@pcc.edu or 971-722-2602





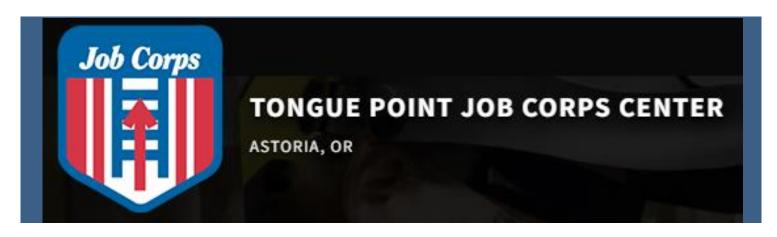
CLINICAL MEDICAL ASSISTANT

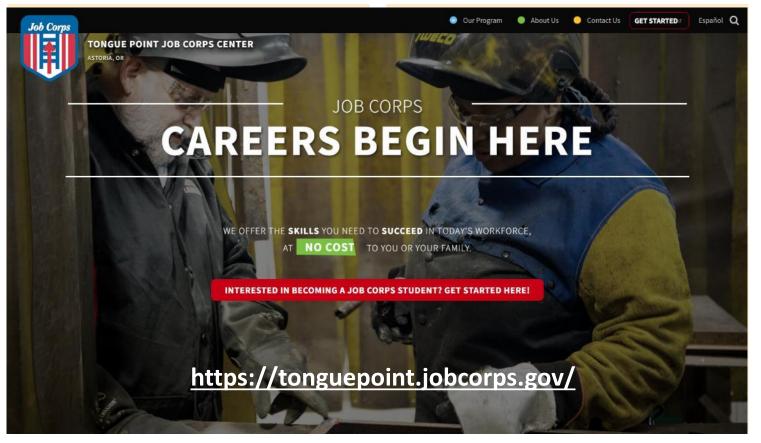
WITH PHLEBOTOMY AND EKG TECHNICIAN CERTIFICATION

https://tonguepoint.jobcorps.gov/

For more information please contact
Admissions Counselor Troy Madrid
Call/Text: 971-988-9099

Email: madrid.troy@jobcorps.org





- Students can earn a high school diploma or the equivalent, and college credits.
- Tongue Point Job Corps is a residential program that offers tuition-free training, housing, meals, basic health care, a living allowance, and career transition assistance.
- Contact:
- Admissions Counselor
- Troy Madrid
- Call/Text: 971-988-9099
- marid.troy@jobcorps.org

JOB CORPS IS THE NATION'S LARGEST FREE EDUCATION
AND JOB TRAINING PROGRAM FOR YOUNG ADULTS.

Fully funded by the Department of Labor,
Job Corps is the largest free residential
education and job training program for
young adults. We offer a wide variety of
career vocational training in the areas of:





http://tinyurl.com/tpjccorientation



Job Corps Infosession

Learn more about the Job Corps program and how you can benefit from it!



Tuesdays 2pm



PCC - Willow Creek 241 SW Edgeway Drive, Beaverton, OR 97006



971-988-9099

http://tinyurl.com/tpjccorientation



100

IRCO Economic Opportunity Program

EOP Program will assist you in improving your skills, to find a long lasting career in a high demand industry.

Services offered:

- Job Application Assistance
- Resume & Cover Letter Writing
- Job Coaching and Career Counseling
- Interview Preparation
- Referrals to employment
- Job Placement and Advancement
- Tuition assistance
- Accessing WorkSource Services
- Childcare assistance



Program Eligibility

- Seeking employment or career advancement
- Washington County Resident
- Snap Recipient
- 18 years or older

Industries

Construction

CDL Training

Information Technology

Manufacturing

Health Care

CONTACT OUR CAREER COACH TODAY!

Kombai Nonnarath kombain@irco.org 503-841-0446

Catalina Luna catalinal@irco.org 503-740-5006

WorkSource Beaverton-Hillsboro

241 Sw Edgeway Dr. Beaverton, OR 97006





In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability.

This Program is financed in whole or in part with funds provided through Worksystems from the U.S. Department of Labor, U.S. Department of









REASONS TO JOIN NEXTGEN

- Personal career coaching to explore career options.
- Access to free career trainings to get you started in a high-growth industry.
- Get help with reinforcing employment skills through Work Readiness Training classes and workshops.
- Have opportunities to participate in paid internships to gain work experience.
- Get help with your educational goals in GED, ESOL, or college.

OFFICE LOCATIONS

1RCO Main 10301 NE Glisan St. Portland, OR 97220

4915 SW Griffith Dr # 216 Beaverton, OR 97005

CONTACT FOR MORE INFORMATION

Hassania Larichi 971-222-4133/hassanial@irco.org

Rekha Koirala 971-271-6464/rekhak@irco.org

EMAIL

NextGen@irco.org

This program is financed in whole or in part with funds provided through Worksystems from the U.S. Department of Labor, Prosper Portland, State of Oregon Higher Education Coordinating Commission and U.S. Department of Agriculture. In accordance with Federal Law providers are prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. Providers are an equal opportunity program/employer. Auxiliary aids are available upon request to individuals with disabilities. TTY 1-800-735-2900. To place a free relay call in Oregon, dial 711.

RCO is an equal opportunity program/employer. Auxiliary aids are available upon request to individuals with

disabilities. To place a free relay call in Oregon, dial 711







Immigrant and Refugee Community
Organization







Southwest Corridor Economic Development Program

Questions?:

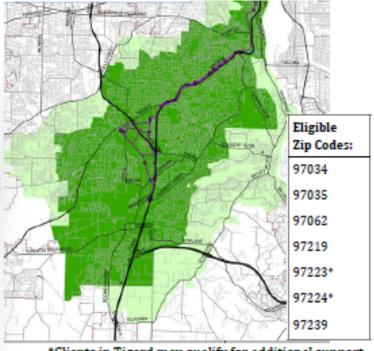
alyssah@irco.org OR 971.517.5134



Who are we?

The Southwest Corridor Program (SWED) connects residents of the Southwest Corridor to short-term training, skills development, and job placement support.

Our Career Coaches work individually with participants to create clear career objectives by building a career plan that includes their skills, interests, and individual goals. Microentrepreneurs can also access small business technical assistance.



*Clients in Tigard may qualify for additional support

Eligibility:

- Lives or works in the Southwest Corridor (verified by zip code)
- Interested in short term training, job search, or skills remediation
- · Priority given to immigrants, refugees, and

COACHING

- One-on-one career coaching
- Resource guidance and referrals
- Support services: Transportation, textbooks, uniforms, work tools, etc.

TRAINING

- Tuition assistance for short-term training
- Guidance in finding courses to help update your skills

JOB SEARCH

- Resume and interview preparation
- · Job application guidance
- · Connection to employers

Career Opportunities Readiness & Exploration (CORE)

Upcoming cohorts for Washington and Multnomah County:

 SUMMER 2023 (June-August)



Career Opportunities Readiness & Exploration (CORE)



<u>Impact NW: Preventing Homelessness</u> - Contact us <u>(503) 721-1740</u> for info about programs and services.



Find your last career!

Training Provided!

We are looking to hire motivated and eager-to-learn flaggers and TCS's to monitor and direct traffic!

- ♦ No experience required!
- ◆ Training provided!
- We offer services 24-hours, hours dependent on job needs
- Valid driver's license, High school diploma/GED and flagger certification required
- ◆ Starting pay \$20/hour plus overtime
- ◆ Shift Differential for Night and weekend work
- Opportunities for advancement
- ♦ Clean MVR to drive company vehicle
- ◆ Availability required Monday-Friday from 6 am-6 pm
- ◆ Must be able to lift 35 lbs
- Must be able to pass background check
- ♦ Jeans and boots required at all job sites

© CALL US 833-FLAG-4-U-2

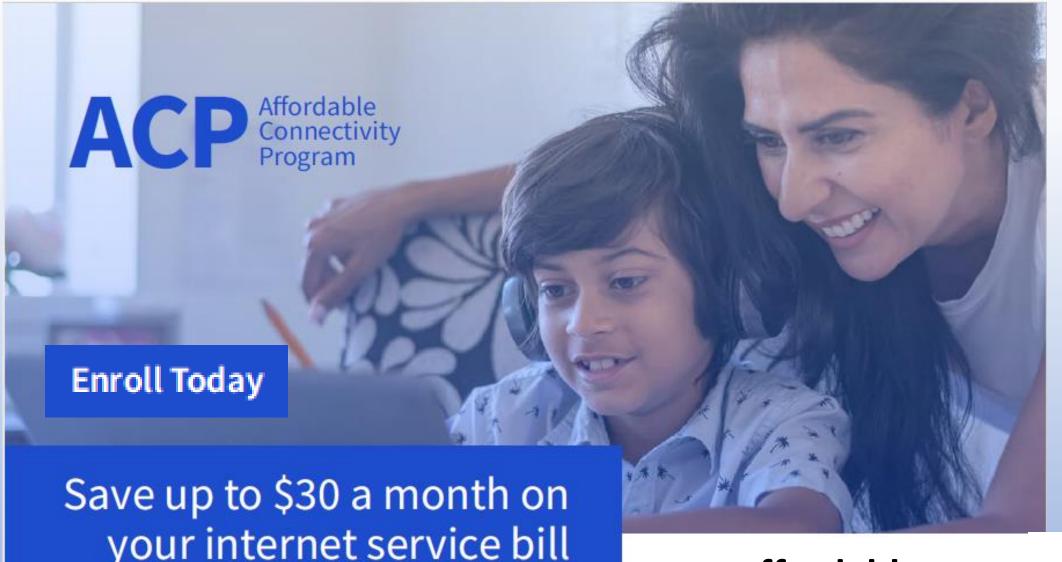
≅ EMAIL US admin@ExpertTrafficControl.com





Direct Traffic -- Work as a flagger!

https://www.experttrafficcontrol.com/



For assistance. call the ACP **Support Center** at:

(877) 384-2575

your internet service bill

www.affordableconnectivity.gov

The Affordable Connectivity Program (ACP) is a new federal program that helps low income families afford the cost of having internet service at home.



How to enroll in the Affordable Connectivity Program (ACP)

Two Steps to Enroll Apply Now



- 1. Go to <u>AffordableConnectivity.gov</u> to submit an application or print out a mail-in application.
- 2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

Find an ACP/Lifeline company in your area!

 This tool can help you find companies in your area that offer <u>Lifeline</u> and the <u>Affordable Connectivity Program</u> (<u>ACP</u>) service. These programs can reduce the cost of phone or internet service by providing a monthly discount.

https://cnm.universalservice.org/

Find a Company Enter Your Zip Code OR Example: 12345 Select A Program: ACP Lifeline

Search

Clear Results

A few examples... when selecting "ACP"

Company Name	Phone	Type of Service
ECOMOBILE, INC.	<u>855-825-8855</u>	Home Internet
Cricket Wireless	<u>844-246-8364</u>	Mobile Internet
Clear Wireless, LLC	<u>888-341-3471</u>	Home Internet
Reliance Connects	503-630-4213	Home Internet
Ziply Fiber*	<u>866-699-4759</u>	Home Internet
Spot On Networks, LLC	<u>877-768-6687</u>	Home Internet
Clear Wireless, LLC	<u>888-341-3471</u>	Mobile Internet
AT&T Mobility LLC*	<u>866-986-0963</u>	Mobile Internet

Don't miss out!! Low-cost Internet is Available!

<u>The Affordable Connectivity Program</u> -- Provides discounts on Devices + Monthly Service

Households on SNAP, Medicaid, SSI, WIC, Pell Grant, or Free & Reduced-Price Lunch

LTE WIRELESS

https://infinitimobile.com/

- Enroll in ACP with a <u>participating provider that offers connected devices</u>!
- (Not every internet company offers device discounts.) Your internet company will provide the discount to you.



Rural4G

https://www.selectelwireless.com/





OREGON LIFELINE PROGRAM

Online Application

https://apps.puc.state.or.us/rspf/otap
app.asp



Print Application

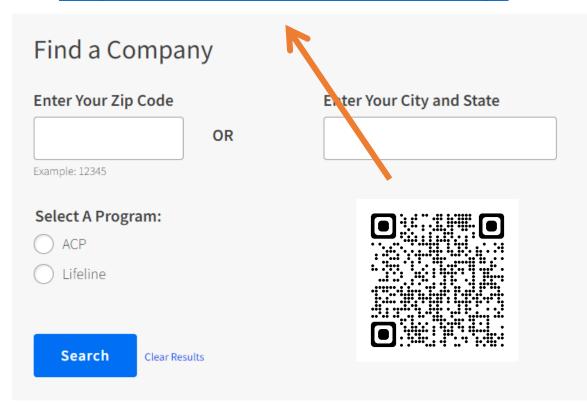
https://www.oregon.gov/puc/forms/Forms%20and%20Reports/Lifeline-OTAP-FM784ENG.pdf



Find an ACP/Lifeline company in your area!

 This tool can help you find companies in your area that offer <u>Lifeline</u> and the <u>Affordable Connectivity Program</u> (<u>ACP</u>) service. These programs can reduce the cost of phone or internet service by providing a monthly discount.

https://cnm.universalservice.org/



A few examples... when selecting "Lifeline"

Company Name	Phone	Type of Service
Access Wireless	866-594-3644	Wireless
Assurance Wireless	888-898-4888	Wireless
AT&T Mobility	800-377-9450	Wireless
enTouch Wireless	866-488-8719	Wireless
CenturyLink	800-407-5411	Wireline
Ziply Fiber	800-921-8101	Wireline
		112



Find a Laundry Love Start a Laundry Love

Start a Laundry Love Effort in Your City

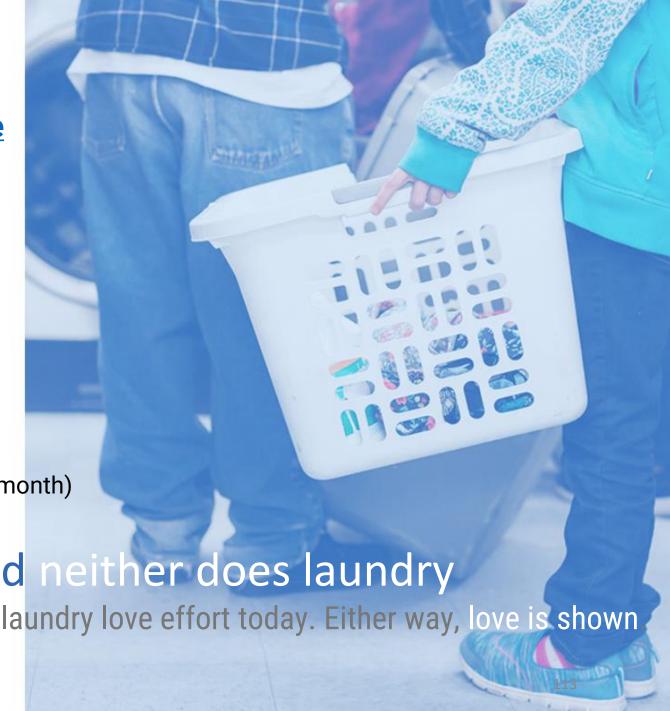
Clean clothes matter

Nearest location:

Woodstock Laundry 4740 SE Woodstock Blvd. 10:00am - 12:00pm (1st & 3rd Wednesday of the month)

Love never ends and neither does laundry

Partner with us by giving directly or starting a laundry love effort today. Either way, love is shown





Priority will be given to those who are impacted by the COVID-19 Pandemic, which includes any subsequent variant.

Rent assistance seekers must live in either Multnomah Co. or Washington Co.

Assistance available in:

Arabic - Burmese - English - Farsi/Dari - Pashto - Rohingya Somali - Swahili









5035796621

Muslim Educational Trust (MET) Rental Assistance Now Available!

This program provides temporary financial assistance to those who are struggling to pay their rent due to the ongoing economic impact of the COVID-19 pandemic.

If you or someone your know is in need of rental assistance, call 503-579-6621.

To learn more about the Muslim Educational Trust, visit their website.



CCO Flexible Services

Flexible services are items and services that can help you stay healthy or become healthier. These items or services are not usually included with your Oregon Health Plan medical benefits.

Coordinated Care Organizations (CCOs) can directly purchase AC units and assist with any increased electric bill costs for their enrolled OHP members through their flexible services offerings.

Members enrolled in a CCO can call member services to inquire about flexible services.

OHP Client Services: 800-273-0557



Links to Community Resources...

- <u>Tigard-Tualatin Community Resource Guide</u>
- Beaverton Community Resource Guide
- Street Roots 'Resource Guide'
- Need Food?
- Oregon Food Bank 'Food Finder'
- WIC Oregon
- Farmers Markets: Double Your SNAP Dollars
- Affordability Connect Program + Find a Provider Here!
- Oregon Lifeline application
- PCC Opportunity Centers
- WorkSource
- Childcare Provider Guide for Employment Related Day Care
- Community Action
- Day Centers/Houseless Resources
- Winter Shelters
- Tri-Met HOP Pass application
- PCC Clear Clinic
- Oregon Health Plan Contacts
- Aging and Disability Resource Connection (ADRC)

- Oregon Employment Department
- 211 Community Resources
- <u>Domestic Violence Resource Center + Family</u>
 <u>Justice Center (WA County)</u>
- <u>Domestic Violence Resources</u> (Multnomah Co)
- Gateway Center & Call to Safety (Multnomah Co)
- <u>Central City Concern</u> (Multnomah Co)
- Multnomah County 'Community Resource List'
- Free Geek
- PDX Diaper Bank
- <u>Culturally-Specific Resources</u> (Multnomah Co)
- Entertainment: \$5 Arts for All
- Women's Clothing: Dress for Success
- Re-entry Transition Center: Mercy Corps (Criminal Background)

Get Support from ODHS Self-Sufficiency Partners...

SNAP participants can self-refer to:

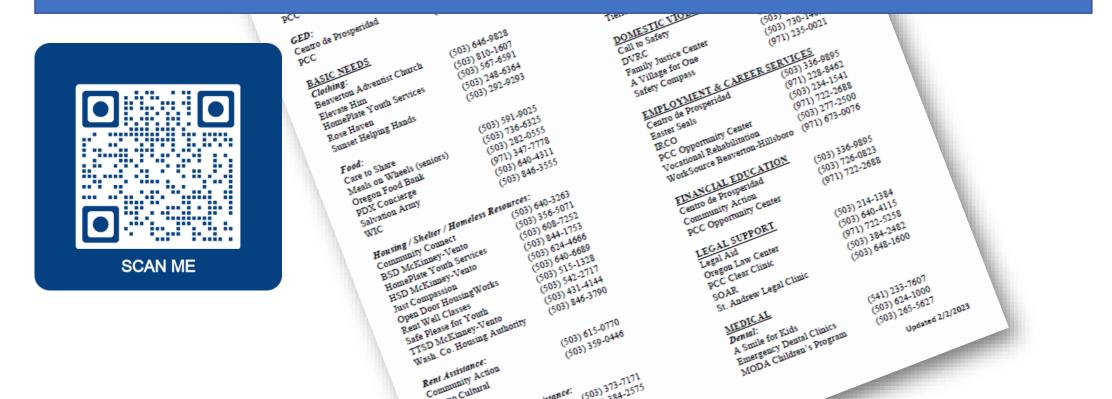
- STEP Program
- ODHS-SSP-D16.SNAPNavigators@dhsoha.state.or.us

TANF participants are eligible for referrals to:

- Family Support and Connections
- Parent Mentor Program
- Centro Cultural



PHONE List of Community Resources in WA County



Please share your feedback on this resource slideshow!



We value your input! Thank you!

For corrections or additions, please contact the Community Partnership Coordinator at your local ODHS Self-Sufficiency office.