

Last updated January 2026 — Please let the Family Resource Center know if any info is incorrect

Tigard-Tualatin School District Community Resource Guide

A publication of the
Tigard-Tualatin Family Resource Center,
a program of the Tigard-Tualatin School District

Tigard-Tualatin Family Resource Center
9550 SW Murdock St, Tigard, OR 97224



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

The purpose of this guide is to assist families and service-providers in the Tigard-Tualatin area. We hope you find this guide helpful in connecting with community resources this year. TTFRC will continue updating our guide as we learn new information, so keep an eye out for updates! We do not recommend any one resource over another or guarantee the quality of the services provided by the organizations in this guide.

We are also not perfect—if you found errors, please contact us at resourcecenter@ttsd.k12.or.us.

To translate this guide into different languages, please visit our website at www.ttsdschools.org/resources/family-resource-center.

Sincerely,

Family Resource Center Team

Scan for digital guide



Crisis Lines, Emergency Help & Support

Emergency	911
988 Suicide & Crisis Lifeline 24/7	988
Alcohol & Drug Helpline 24/7	(800) 923-4357
Crisis Line of Washington County 24/7	(503) 291-9111
Crisis Text Line 24/7	Text: "HOME" to 741741
David Romprey Oregon Warmline Peer-Run Community Counseling 24/7	1-800-698-2392
Domestic Violence Crisis Line 24/7	(866) 469-8620
Hawthorn Walk-In Center Mental health or substance abuse support 5240 NE Elam Young Parkway, Suite 100 Hillsboro, OR 97124	(503) 291-9111 (Crisis Line) <i>Walk-In</i> Monday – Friday 9:00 AM – 2:00 PM Sunday 12:00 PM – 4:00 PM
Military Helpline 24/7	(888) 457-4838
Oregon Child Abuse Hotline 24/7	(855) 503-7233
Oregon YouthLine 24/7 Confidential teen crisis helpline	(877) 968-8491 Text: "teen2teen" to 839863
Reach Out Oregon Parent Warmline Behavior, mental health, crisis services	(833) 732-2467
Poison Control	(800) 222-1222
Safe Oregon Tip Line 24/7	Call or Text: (844) 472-3367 Email: tip@safeforegon.com
Sexual Assault Resource Center 24/7	Call or Text: (888) 640-5311 Online Chat
Trevor Line for LGBTQIA2S+ Youth 24/7	(866) 488-7386 Text: "START" to 678678 Online Chat

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How to Stay Safe in Cold Weather

From [Washington County Cold Weather Info](#)

Stay warm inside

- Stay inside as much as possible. If you have to be outside, take frequent breaks indoors in warm areas and dress appropriately to ensure you stay warm.

If you go outside

- Protect the ears, face, hands and feet.

Wear:

- A hat
- A scarf or knit mask to cover face and mouth
- Sleeves that are snug at the wrist
- Mittens (they are warmer than gloves)
- Water-resistant coat
- Waterproof and insulated boots or shoes
- Layers of clothing provide better insulation. Layers can also be removed if you become too hot.
- Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce loss of body heat caused by wind. When there are high winds, serious weather-related health problems are more likely, even when temperatures are only cool.
- Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton.
- Stay dry. Wet clothing chills the body rapidly. Excess sweat will increase heat loss, so remove extra layers of clothing whenever you feel too warm.
- Move into warm locations periodically. Limit the amount of time outside on extremely cold days.
- Move around. Physical activity raises body temperature.
- Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.
- Alcoholic beverages cause your body to lose heat more rapidly.



Warming Centers

- [TriMet](#) may offer free rides to warming centers under emergency declarations
- Ride to Care may be able to provide rides to cooling centers upon request.
Call 855-321-4899

Local Places to Stay Warm

- **Tigard Public Library** (Temporarily closed Feb 6 – May 1, 2026)
[13500 SW Hall Blvd.](#)
503-684-6537
Regular Hours
10 AM – 8 PM Monday–Thursday
10 AM – 6 PM Friday, Saturday, Sunday
- **Tualatin Public Library**
[18878 SW Martinazzi Ave.](#)
503-691-3074
Regular Hours
10 AM – 8 PM Monday–Thursday
10 AM – 6 PM Friday, Saturday, Sunday
- Several communities have established **warming centers** during cold weather events. See <https://www.washingtoncountyor.gov/public-health/cold-weather> for complete, updated information.

How to Stay Safe in the Heat

From [Washington County Hot Weather Info](#)



Stay cool indoors

- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids (water is best), even if you don't feel thirsty.
- Take cool showers or baths.
- Close your blinds and curtains to keep sunlight out.
- If the temperature falls at night, open your windows to let the cool air in (if it is safe to do so).
- Use fans but do not rely on a fan as your primary cooling device when it is very hot. Instead, mist yourself with a spray bottle, and then use the fan to get the cooling benefits of evaporation.
- Do not use your oven or do laundry on very hot days.
- Eat small, light meals.

If you go outside

- Drink plenty of fluids. Choose Gatorade or another sports drink if you are sweating a lot.
- Wear loose, lightweight, light-colored clothing.
- Use sunscreen.
- Exercise in the early morning when it's cooler.
- Avoid strenuous activity in the heat of the day.
- Never leave children or pets in cars. [Read more](#) about keeping pets safe in hot weather.
- Get a baby pool or play in a sprinkler. Visit a local sprayground or fountain.
- If you choose to swim or recreate in a local river or lake, be sure to wear a personal flotation device (life jacket) and take other safety precautions. More information on [Red Cross](#) page.

Cooling Centers & Water

- [TriMet](#) may offer free rides to cooling centers under emergency declarations or when the heat reaches 100 degrees or more
- Ride to Care may be able to provide rides to cooling centers upon request.
Call 855-321-4899

Local Places to Stay Cool

- **Tigard Public Library**
[13500 SW Hall Blvd.](#)
503-684-6537
Regular Hours
10 AM – 8 PM Monday–Thursday
10 AM – 6 PM Friday, Saturday, Sunday
- **Tualatin Public Library**
[18878 SW Martinazzi Ave.](#)
503-691-3074
Regular Hours
10 AM – 8 PM Monday–Thursday
10 AM – 6 PM Friday, Saturday, Sunday
- **Juanita Pohl Center**
[8513 SW Tualatin Rd.](#) inside Community Park
Only specific days during the summer
Call ahead 503-691-3061
- Several communities have established **cooling centers with extended hours**. See [Staycoolwashingtoncounty.com](#) for complete, updated information.

Water Bottle Filling Stations/Water Fountains

- **Tigard PW Operations Building**
[8777 SW Burnham St, Tigard, OR 97223](#)
8 AM – 5 PM Monday–Thursday in the lobby
24/7 outside front door (permanently placed)
- **Tigard Public Library**
Regular Hours
Monday–Thursday 10 AM – 8 PM
Friday, Saturday, Sunday 10 AM – 6 PM

- **Tualatin Public Library**

Regular Hours

Monday–Thursday 10 AM – 8 PM

Friday, Saturday, Sunday 10 AM – 6 PM

Local Fountains and Splash Pads

<https://pdxparent.com/splash/>

Tigard/Tualatin

- **Universal Plaza**

Interactive water feature and splash pad.

[9100 Burnham Street, Tigard, OR 97223](#)

- **Tualatin Lake at the Commons**

Interactive splash pad with concrete surface.

[8325 SW Nyberg Street, Tualatin, OR 97062](#)

Beaverton

- **City Park Fountain**

Typically open during farmers market season.

SW 5th and Hall Blvd, Beaverton OR 97005

- **Conestoga Recreation and Aquatic Center**

Outdoor splash pad adjacent to indoor pool facility. Must pay for entry to the aquatic center.

[9985 SW 125th Ave, Beaverton OR 97008](#)

- **Cedar Hills Park**

Interactive splash pad with concrete surface.

[2300 SW Cedar Hills Blvd, Beaverton, OR 97005](#)

Hillsboro

- **53rd Avenue Community Park (Hidden Creek Park East)**

The southeast portion of the park has multi-sport fields, restrooms, water play fountain, tennis courts, basketball court, creative children's play area and parking.

[300 NE 53rd Ave Hillsboro OR 97123](#)

- **Magnolia Park**

Zero-depth water feature with spray jets, rain garden, sports courts, playground, paved paths and more.

[1810 NW 192nd Ave Hillsboro OR 97124](#)

- **Walnut Street Park**

This splash pad features brightly colored above ground elements that spray and mist and are user activated. Water is recycled into the park's rain garden.

[1717 SE Walnut St Hillsboro OR 97123](#)

- **Butternut Creek Park**

Sprayground at this Hillsboro park.

[7830 SE Deline Street, Hillsboro, OR 97123](#)

Tualatin Water Access Points

Check ahead for closures and availability

Brown's Ferry Park Boat Dock

[5855 SW Nyberg Ln, Tualatin, OR 97062](#)

Jurgens Park Boat Dock

[17255 SW Jurgens Ave, Tualatin, OR 97062](#)

Tualatin Community Park Boat Launch

[8513 SW Tualatin Rd, Tualatin, OR 97062](#)

Community Resource Hubs

These are places you can go to for referrals and resource information.

211info: Helps people identify, navigate, and connect with local resources. To speak with a community information specialist about resources in your area...

- Dial 211
 - Toll-free number: 1-866-698-6155
 - Email: help@211info.org
 - Text your zip code to 898211
Monday – Friday 9:00 AM – 5:00 PM
 - Download the free 211info mobile app
 - Visit the web at www.211info.org to search for resources on the online database
-

Beaverton Resource Center

With a physical drop-in center and online resources, we offer a central hub for the community struggling with hunger, housing insecurity, and poverty.

[13565 Southwest Walker Road, Beaverton, Oregon 97005](#)

503-207-5670

Monday Closed

Tuesday 9:00 AM – 1:00 PM

Wednesday 9:00 AM – 1:00 PM

Thursday Closed

Friday 9:00 AM – 1:00 PM

Saturday & Sunday Closed

Community Action Multi-Service Centers

In-person program referral: Early Head Start, Head Start, Community Connect housing support, Housing family advocacy program, supportive services for veteran families, financial education classes, WIC, OHP assistance, Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), Employment-Related Day Care (ERDC), and other state programs.

Tigard Multi-Service Center

[11515 SW Durham Rd. Ste. E8, Tigard, OR 97224](#)

503-648-6646

Monday–Friday 8:30 AM – 5:00 PM

Beaverton Multi-Service Center

[5050 SW Griffith Dr., Suite 100, Beaverton, OR 97005](#)

503-648-6646

Monday–Friday 8:30 AM – 5:00 PM

Hillsboro Multi-Service Center
[1001 SW Baseline St, Hillsboro, OR 97123](#)
503-648-6646
Monday–Friday 8:30 AM – 5:00 PM

Oregon Department of Human Services (ODHS)

Self-sufficiency program access: Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), refugee services, domestic violence survivor programs, Youth Experiencing Homelessness Program (YEHP), help applying for or renewing benefits.

Tigard Self Sufficiency Office
[10777 SW Cascade Ave, Tigard, OR 97223](#)
503-670-9711
Toll-free: 800-759-1076
Monday–Friday 8:00 AM – 5:00 PM

SNAP: SNAP.outreach@odhsoha.oregon.gov
SNAP Employment & Training: SNAP.employmentandtraining@odhsoha.oregon.gov
SNAP Able Bodied Adults Without Dependents (ABAWD): SNAP.ABAWDteam@odhsoha.oregon.gov
Refugee Programs: refugee.policy@odhsoha.oregon.gov
TANF: TANF.policy@odhsoha.oregon.gov

Oregon Public Benefits Hotline: Legal Aid programs throughout Oregon help low income people with Safety Net benefits, such as the Oregon Health Plan, Coordinated Care health benefits, Unemployment Insurance, TANF, SNAP (formerly food stamps), Social Security, and many more. We also answer questions about how immigration status affects eligibility for public benefits. Open Monday–Thursday. **1-800-520-5292.**

Tigard-Tualatin School District Family Resource Center

Serves all families with children 0–18 living within the boundaries of the Tigard-Tualatin School District. Basic needs and school to home connection.

9550 SW Murdock St, Tigard, OR 97224
Building closed during the summer break; will reopen in August when staff return
resourcecenter@ttsd.k12.or.us
503-603-1585

Federal Poverty Guidelines

[2026 Federal Poverty Guidelines full chart](https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines)

(<https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>)

Dollars Per Month					
Household/ Family Size	50%	75%	100%	125%	130%
1	665.00	997.50	1,330.00	1,662.50	1,729.00
2	901.67	1,352.50	1,803.33	2,254.17	2,344.33
3	1,138.33	1,707.50	2,276.67	2,845.83	2,959.67
4	1,375.00	2,062.50	2,750.00	3,437.50	3,575.00
5	1,611.67	2,417.50	3,223.33	4,029.17	4,190.33
6	1,848.33	2,772.50	3,696.67	4,620.83	4,805.67
7	2,085.00	3,127.50	4,170.00	5,212.50	5,421.00
8	2,321.67	3,482.50	4,643.33	5,804.17	6,036.33
9	2,558.33	3,837.50	5,116.67	6,395.83	6,651.67
10	2,795.00	4,192.50	5,590.00	6,987.50	7,267.00
11	3,031.67	4,547.50	6,063.33	7,579.17	7,882.33
12	3,268.33	4,902.50	6,536.67	8,170.83	8,497.67
13	3,505.00	5,257.50	7,010.00	8,762.50	9,113.00
14	3,741.67	5,612.50	7,483.33	9,354.17	9,728.33
Household/ Family Size	200%	225%	250%	275%	300%
1	2,660.00	2,992.50	3,325.00	3,657.50	3,990.00
2	3,606.67	4,057.50	4,508.33	4,959.17	5,410.00
3	4,553.33	5,122.50	5,691.67	6,260.83	6,830.00
4	5,500.00	6,187.50	6,875.00	7,562.50	8,250.00
5	6,446.67	7,252.50	8,058.33	8,864.17	9,670.00
6	7,393.33	8,317.50	9,241.67	10,165.83	11,090.00
7	8,340.00	9,382.50	10,425.00	11,467.50	12,510.00
8	9,286.67	10,447.50	11,608.33	12,769.17	13,930.00
9	10,233.33	11,512.50	12,791.67	14,070.83	15,350.00
10	11,180.00	12,577.50	13,975.00	15,372.50	16,770.00
11	12,126.67	13,642.50	15,158.33	16,674.17	18,190.00
12	13,073.33	14,707.50	16,341.67	17,975.83	19,610.00
13	14,020.00	15,772.50	17,525.00	19,277.50	21,030.00
14	14,966.67	16,837.50	18,708.33	20,579.17	22,450.00

Dollars Per Year (Yearly Gross Income)

Household/ Family Size	50%	75%	100%	125%	130%
1	7,980.00	11,970.00	15,960.00	19,950.00	20,748.00
2	10,820.00	16,230.00	21,640.00	27,050.00	28,132.00
3	13,660.00	20,490.00	27,320.00	34,150.00	35,516.00
4	16,500.00	24,750.00	33,000.00	41,250.00	42,900.00
5	19,340.00	29,010.00	38,680.00	48,350.00	50,284.00
6	22,180.00	33,270.00	44,360.00	55,450.00	57,668.00
7	25,020.00	37,530.00	50,040.00	62,550.00	65,052.00
8	27,860.00	41,790.00	55,720.00	69,650.00	72,436.00
9	30,700.00	46,050.00	61,400.00	76,750.00	79,820.00
10	33,540.00	50,310.00	67,080.00	83,850.00	87,204.00
11	36,380.00	54,570.00	72,760.00	90,950.00	94,588.00
12	39,220.00	58,830.00	78,440.00	98,050.00	101,972.00
13	42,060.00	63,090.00	84,120.00	105,150.00	109,356.00
14	44,900.00	67,350.00	89,800.00	112,250.00	116,740.00

Household/ Family Size	200%	225%	250%	275%	300%
1	31,920.00	35,910.00	39,900.00	43,890.00	47,880.00
2	43,280.00	48,690.00	54,100.00	59,510.00	64,920.00
3	54,640.00	61,470.00	68,300.00	75,130.00	81,960.00
4	66,000.00	74,250.00	82,500.00	90,750.00	99,000.00
5	77,360.00	87,030.00	96,700.00	106,370.00	116,040.00
6	88,720.00	99,810.00	110,900.00	121,990.00	133,080.00
7	100,080.00	112,590.00	125,100.00	137,610.00	150,120.00
8	111,440.00	125,370.00	139,300.00	153,230.00	167,160.00
9	122,800.00	138,150.00	153,500.00	168,850.00	184,200.00
10	134,160.00	150,930.00	167,700.00	184,470.00	201,240.00
11	145,520.00	163,710.00	181,900.00	200,090.00	218,280.00
12	156,880.00	176,490.00	196,100.00	215,710.00	235,320.00
13	168,240.00	189,270.00	210,300.00	231,330.00	252,360.00
14	179,600.00	202,050.00	224,500.00	246,950.00	269,400.00

Note: Each individual program (SNAP, Medicaid, etc.) determines how to round various multiples of the poverty guidelines, what income is to be included, and how the eligibility unit is defined. For more information about the poverty guidelines visit: <http://aspe.hhs.gov/poverty>.

Food Resources

SNAP (Supplemental Nutrition Assistance Program formerly Food Stamps): Food benefits for eligible, low-income individuals and families. Benefits are issued on an Electronic Benefit Transfer (EBT) card, also called an Oregon Trail Card. It can be used like a debit card to buy food anywhere EBT is accepted to purchase things like fresh fruits and vegetables; meat, poultry and fish; dairy products; breads and cereals, and more. ♦ Tigard Self Sufficiency Office: 10777 SW Cascade Ave, Tigard, OR 97223 ♦ Monday–Friday 8:00 AM – 5:00 PM ♦ **(503) 670-9711** ♦ Toll-free: 800-759-1076 ♦ SNAP: SNAP.outreach@odhsoha.oregon.gov ♦ SNAP Employment & Training: SNAP.employmentandtraining@odhsoha.oregon.gov ♦ SNAP Able Bodied Adults Without Dependents (ABAWD): SNAP.ABAWDteam@odhsoha.oregon.gov

Oregon Food Finder: Food bank locator for food banks in Oregon. Food banks can be filtered by distance from home address as well as by days of the week and times open. Available in multiple languages including: Spanish, Chuukese, Vietnamese, and Russian. ♦ <https://foodfinder.oregonfoodbank.org/>

Tigard Free Food Market: The food is free, everyone is welcome, no names or ID needed, please bring bags. ♦ Tigard Self-Sufficiency 10777 SW Cascade Ave, Tigard OR 97223 ♦ Every 4th Monday 1:30 PM – 2:30 PM

Food Pantry & Hot Meal Schedule

Days & times are subject to change: for the most accurate information, please call ahead

If you notice an error, please contact the Tigard-Tualatin Family Resource Center (resourcecenter@ttsd.k12.or.us; 503-603-1585)

 Produce/Frozen Food Available

Monday	
Food Pantries	Tualatin Food Pantry  <i>Every Monday</i> 10:00 AM – 1:00 PM 4:00 PM – 7:00 PM Bethel Congregational Church Food Cupboard <i>Every Monday</i> 11:30 AM – 1:00 PM St. Vincent de Paul Food Pantry <i>Every Monday</i> 12:00 PM – 2:30 PM Tigard Free Food Market Tigard ODHS Self-Sufficiency Office Bring your own bags <i>Every 4th Monday</i> 1:30 PM – 2:30 PM Tigard Grange Food Pantry  Bring your own bags \$5 required admission fee <i>Every Monday</i> 2:00 PM – 4:30 PM
Hot Meals	Beaverton Home Plate Drop In Center (age 12-24 only) <i>Every Monday</i> 3:00 PM – 5:00 PM 6:00 PM – 8:00 PM Hope's Table Rolling Hills Community Church <i>Every Monday</i> 5:00 PM – 6:30 PM

Tuesday

Food Pantries	Tigard Covenant Church Food Pantry (one visit per month) <i>Every Tuesday</i> 9:00 AM – 12:00 PM Packed with Pride 🍏 CTK Lutheran Church <i>Every Tuesday</i> 1:00 PM – 3:30 PM Bethlehem House of Bread <i>1x every other week</i> <i>(based on assigned "color card")</i> <i>Every Tuesday</i> 4:00 PM – 6:00 PM Willowbrook Food Pantry <i>Every Tuesday</i> 4:00 PM – 6:00 PM
Hot Meals	Beaverton Home Plate Drop In Center (age 12-24 only) <i>Every Tuesday</i> 2:00 PM – 5:00 PM Tigard Covenant Church Community Dinner <i>Every Tuesday</i> 6:00 PM – 7:00 PM

Wednesday

Food Pantries	St. Francis Food Pantry <i>Every Wednesday</i> 9:00 AM – 11:00 AM 5:00 PM – 7:00 PM Tualatin Food Pantry 🍏 <i>Every Wednesday</i> 10:00 AM – 1:00 PM St. Vincent de Paul Food Pantry
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	<i>Every Wednesday</i> 12:00 PM – 2:30 PM Bethel Congregational Church Food Cupboard <i>Every Wednesday</i> 6:00 PM – 7:00 PM
Hot Meals	Beaverton Home Plate Drop In Center (age 12-24 only) <i>Every Wednesday</i> 3:00 PM – 5:00 PM 6:00 PM – 8:00 PM

Thursday	
Food Pantries	St. Francis Food Pantry <i>Every Thursday</i> 9:00 AM – 11:00 AM King's Kindness Food Pantry <i>Every Thursday</i> 12:00 PM – 3:00 PM Bethlehem House of Bread 1x every other week <i>(based on assigned "color card")</i> <i>Every Thursday</i> 1:00 PM – 3:00 PM Tigard Grange Food Pantry 🍏 Bring your own bags \$5 required admission fee <i>Every Thursday</i> 2:00 PM – 4:30 PM Tualatin Food Pantry 🍏 <i>Every Thursday</i> 3:00 PM – 6:00 PM St. Vincent de Paul Food Pantry <i>Every Thursday</i> 4:30 PM – 6:00 PM

	Packed with Pride 🍏 CTK Lutheran Church <i>Every Thursday</i> 5:00 PM – 7:30 PM
Hot Meals	Faith Cafe Hot Meals Bethel Congregational Church <i>Last Thursday of every month</i> 4:15 PM Hillsboro Home Plate Drop In Center (age 12-24 only) <i>Every Thursday</i> 6:00 PM – 8:00 PM

Friday	
Food Pantries	Tualatin Food Pantry 🍏 <i>Every Friday</i> 10:00 AM – 1:00 PM St. Vincent de Paul Food Pantry <i>Every Friday</i> 12:00 PM – 2:30 PM Tigard Community Friends Church Free Store Bring 2 regular sized grocery bags; or will be provided <i>Third Friday of every month</i> 2:00 PM – 4:30 PM
Hot Meals	N/A

Saturday	
Food Pantries	Willowbrook Food Pantry <i>Every Saturday</i> 9:00 AM – 11:00 AM Sherwood United Methodist Church Food Boxes <i>Third Saturday of each month</i>

	9:00 AM – 10:00 AM St. Vincent de Paul Food Pantry <i>Every Saturday</i> 10:00 AM – 12:00 PM Tigard Community Friends Church FoodShare (Grocery Drive Thru) <i>Third Saturday of every month</i> 10:00 AM – 12:00 PM Trinity Community Church Food Pantry <i>Third Saturday of every month</i> 10:00 AM – 12:00 PM Tigard Grange Food Pantry 🍏 Bring your own bags \$5 required admission fee <i>First & Third Saturdays of every month</i> 10:00 AM – 2:00 PM True Life Fellowship Food Pantry <i>Second & Fourth Saturdays of every month</i> 10:00 AM – 1:00 PM
Hot Meals	N/A

Sunday	
Food Pantries	Bethlehem House of Bread <i>1x every other week</i> <i>(based on assigned "color card")</i> <i>Every Sunday</i> 1:00 PM – 3:00 PM
Hot Meals	Wash & Worship breakfast and showers Rolling Hills Community Church <i>Every Sunday</i> 8:30 AM – 10:30 AM Faith Cafe Hot Meals Bethel Congregational Church <i>(may include additional donated fruits, vegetables, and baked goods)</i>

	<i>Every Sunday</i> 4:15 PM St. Francis Catholic Church Community Meal <i>Every Sunday</i> 5:00 PM – 6:30 PM
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[Google Maps Food Pantries & Hot Meals List](#)



[Bethlehem House of Bread](#)

9055 SW Locust Street, Tigard
503-639-3181, Ext. 1

[Cascade Vineyard King's Kindness Food Pantry](#)

14460 SW 114th Ave, Tigard, OR 97224

Go through the back parking lot of Christ the King Lutheran Church:
11305 SW Bull Mountain Rd, Tigard, OR 97224

[Faith Cafe & Bethel Congregational Church Food Cupboard](#)

5150 SW Watson Ave, Beaverton

[Weekly Menus](#)

[HomePlate](#)

Beaverton Drop-In:

12685 SW 4th St. Beaverton, OR 97005

Hillsboro Drop-In:

494 E Main St, Hillsboro, OR 97123

[Packed with Pride](#)

Packed with Pride has moved to Christ the King Lutheran Church (CTK)!

11305 SW Bull Mountain Rd, Tigard, OR 97224

Be sure to follow us on Facebook or Instagram for other news or sign up for our emails.

Email packedwithpridecommunity@gmail.com

[Rolling Hills Community Church](#)

3550 SW Borland Rd, Tualatin, OR 97062

503-638-5900

[Sherwood United Methodist Church](#)

22280 SW Washington St, Sherwood, OR 97140

[St. Francis Food Pantry](#)

St. Francis Community Hall

15659 SW Oregon Street, Sherwood, OR 97140
(behind the little white church)
503-625-7067

[St. Vincent De Paul](#)

Serving families within the Tigard community zip codes (97223 and 97224)
9905 SW McKenzie Street, Tigard, OR 97223
Located across from the Church on the corner of McKenzie and Grant streets.

[Tigard Covenant Church Food Pantry](#)

11321 SW Naeve St., Tigard, OR 97224
503-639-3084

[Tigard Friends Community Church Foodshare](#)

15800 SW Hall Blvd, Tigard, OR 97224

[Tigard Grange Community Food Project](#)

13770 SW Pacific Hwy, Tigard, OR 97223
860-921-7923

\$5 required admission fee
Bring your own bags for food

Hours can change due to volunteer ability, delivery delays, and weather (over 90 degrees).
Check Facebook for updates on hours.

[Trinity Community Church](#)

10900 SW 121st Ave, Tigard, OR 97223
503-590-5683

[True Life Fellowship Church](#)

1895 NW 169th Pl, Beaverton, OR 97006
Located at the Youth Center

[Tualatin Food Pantry](#)

3550 SW Borland Rd, Tualatin, OR 97062
503-783-0721

(located in the lower level of Rolling Hills Community Church)

Twice per month only, Tualatin (97062), Durham (only 97224), Lake Oswego (97034/97035), West Linn (97068), and Wilsonville (97070)

[Willowbrook Food Pantry](#)

19200 SW Edy Rd, Sherwood, OR 97140
971-832-1688

Child Care

211info Child Care: 211info Child Care provides free, customized referrals to child care providers and strategies for finding quality child care in Oregon. To speak with a Parent Educator about child care resources, call 211 or 1-866-698-6155. You can also text the keyword “children” or “ninos” to 898211, or email children@211info.org. Web: <https://www.211info.org/get-help/child-care-parenting/>

Employment-Related Day Care (Tigard Self-Sufficiency): Helps parents pay for daycare who are working, in school, or on TANF. Children must be 13 or below, or 13-17 with special circumstances. Can apply online, over the phone, or in person. Spanish-speaking staff available. ♦ Monday–Friday 7:00 AM – 6:00 PM ♦ 10777 SW Cascade Ave., Tigard, OR 97223 ♦ **800-699-9075** ♦ <https://www.oregon.gov/delc/programs/pages/erdc.aspx>

Car Seats

Injury Prevention Program: Free educational materials and sales of low-cost safety supplies such as helmets, lifejackets, smoke alarms, safety gates, etc. Support for qualifying low income families to access reduced cost resources. Connect with a Health Educator for questions or purchases. ♦ 503-418-5666 ♦ safety@ohsu.edu ♦ www.doernbecher.com/childsafety ♦ Access the Safety Resource Center Catalog: www.ohsu.edu/sites/default/files/2023-12/DCH-Safety-Resource-Center-Catalog.pdf

Legacy Health Car Seat Assistance: Car Safety Seat Station—offers free car seat education sessions via FaceTime, Skype, and Zoom. Free educational services for all community members. To book a virtual car seat education session, visit the booking platform <https://rchvirtualcarseathelp.youcanbook.me>. If you are in need of a no/low cost car seat or experience barriers to participating in a virtual session, please contact us via email or phone. Proof of SNAP or WIC needed to receive a \$20 booster seat (cash or money order accepted). ♦ 503-413-4005 ♦ rchinjuryprevention@lhs.org ♦ <https://www.legacyhealth.org/Children/prevention-and-wellness/emergency-prevention>

Activities for Young Children

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

Baby and Me Group: Groups meet virtually every week. All parents are welcome. Free to all families. Email Legacy Health Center at HavingABaby@LHS.org to find a group near you ♦ www.legacyhealth.org/Services-and-Resources/resources/classes-events

Home Depot Workshops: Offering free hands-on workshops for kids every first Saturday of each month from 9:00 AM–12:00 PM. For schedule and registration, visit: www.homedepot.com/workshops

Oaks Parks: Preschool rides for kids ages 6 and younger every Tuesday and Wednesday 10:00 AM–12:30 PM; Story time at 12:00 PM ♦ 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 \$5 the first Sunday of every month. Up to four \$5 general admission tickets can be purchased by showing Oregon Train Card and ID at the front desk. 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.oms.edu

Parenting Together Washington County: Search for resources available to parents in Washington County including parent education, child care resources, family-friendly activities, and web-based resources for parenting topics organized by child's age. ♦ (503) 846-4556 ♦ parentingtogetherwc.org

City of Tigard: on their website you can find information on events and activities going on in the city of Tigard during the month. They do movies in the park, summer camps (scholarships available), art in the park and many more activities for children of all ages and adults. ♦ (503) 718-2591 ♦ <https://www.tigard-or.gov/your-government/departments/public-works/parks-recreation/recreation-events>

SkyHawks: Tigard residents visit City of Tigard website for scholarship application www.tigard-or.gov. ♦ (503) 718-2697 ♦ Email: recreation@tigard-or.gov ♦ www.skyhawks.com/kids-sports/multi-sport/oregon/tigard/97223

Soccer Shots: Tigard residents visit City of Tigard website for scholarship application: <https://pdx.soccershots.com/search?loc=34&txt=tigard> ♦ 503-718-2697 ♦ Email: recreation@tigard-or.gov ♦ www.soccershots.com

Tigard Indoor Play Park at Tigard United Methodist Church: Refer to website for up-to-date schedule. Fee \$5 first visit registration. \$7 single child drop-in. \$12 family drop-in. Ages 0–5 years old. Discounted passes available. ♦ 9845 SW Walnut Pl., Tigard, OR 97223 ♦ (503) 639-3181 ♦ www.tigardumc.com and www.facebook.com/TigardIndoorPlayPark

Tigard Public Library: Storytimes are available for babies, toddlers, and families. Use library cards to access books, movies, games, homework help, streaming video, eBooks, eAudio, and other tools online 24/7 at wccls.org ♦ Monday–Thursday 10:00 AM–8:00 PM and Friday–Sunday 10:00 AM–6:00 PM ♦ 13500 SW Hall Blvd., Tigard, OR 97223 ♦ (503) 684-6537 ♦ www.wccls.org/libraries/tigard

Tualatin Public Library: Storytimes are available for babies, toddlers, and families. Use library cards to access books, movies, games, homework help, streaming video, eBooks, eAudio, and other tools online 24/7 at www.wccls.org. ♦ Monday–Thursday 10:00 AM–8:00 PM and Friday–Sunday 10:00 AM–6:00 PM ♦ 18878 SW Martinazzi Ave., Tualatin, OR 97062 ♦ (503) 691-3074 ♦ www.wccls.org/libraries/tualatin

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

Immigration Resources / Culturally Specific Centers

Immigration

Portland Immigrant Rights Coalition (PIRC): At PIRC, we respond flexibly and quickly to the needs of communities facing detention and deportation through our statewide hotline. We train allied communities to support their neighbors. We show up each day to hold immigration agents accountable. Call the PIRC hotline with urgent concerns. Text the PIRC hotline with nonurgent issues. Hotline: 1-888-622-1510 ♦ Regular Phone: 971-940-9053 ♦ pircpdx@gmail.com ♦ pircoregon.org

Centro Cultural: Provides multigenerational and culturally-specific services through: K-12 STEAM education, workforce development, small business technical assistance, public engagement, civic advocacy, community health and wellness, transitional housing, and community-wide arts and cultural events. Monday–Thursday 8:30 AM–1:00 PM and 2:00PM–6:00 PM; Friday 8:30 AM to 12:30 PM ♦ Cornelius Location: 1110 N Adair St, Cornelius, OR 97113 ♦ **(503) 359-0446** ♦ Hillsboro Location: 265 SE Oak Street, Suite A, Hillsboro, OR 97123 ♦ **(503) 336-9895**. ♦ www.centrocultural.org

Equity Corps of Oregon (ECO): Connecting immigrants and refugees with free legal assistance, government applications, filing DACA fees, immigration work permits. ♦ **1-888-274-7292** ♦ 333 SW 5th Ave. #250, Portland, OR 97204 ♦ Monday–Friday 9:00 AM–6:00 PM ♦ equitycorps.org.

Pueblo Unido: Connecting communities with vulnerable immigration status to legal, social, and Indigenous language interpretation services. ♦ **(503) 360-0324** ♦ 3439 SE Hawthorne Blvd, #327, Portland, OR 97214 ♦ www.pueblounidopdx.org.

Interfaith Movement for Immigrant Justice (IMIrJ): IMIrJ advances immigrant justice through the accompaniment of immigrants facing detention and deportation, advocacy, and collective action. ♦ **503-550-3510** ♦ accompaniment@imirj.org ♦ imirj.org

Immigrant and Refugee Community Organization (IRCO): Supports immigrants, refugees, and mainstream community members to become self-sufficient by providing more than 200+ culturally and linguistically specific programs. Rental assistance, COVID 19 outreach/contact tracing/wraparound support, employment/training, domestic violence/sexual assault intervention and prevention, early learning/preschool, Language School, culturally specific community violence intervention, youth workforce development, and academic support programs. ♦ 10301 NE Glisan St., Portland, OR 97220 ♦ **(503) 234-1541** ♦ www.irco.org

Lutheran Community Services Northwest: Fees vary by service. Mental health and immigration counseling, intensive case management, peer support services, and medication management for refugees and immigrants. For asylum seekers looking for assistance, contact asylumservicespdx@lcsnw.org ♦ 3800 SW Cedar Hills Blvd. #288, Beaverton, OR 97005. ♦ **(503) 924-2448** ♦ lcsnw.org/office/beaverton

Pacific Refugee Support Group (PRSG): We provide refugees, asylum seekers, and community members newly arriving in the Pacific Northwest the social capital necessary to transition into a successful life in the U.S.

through five response areas: Community Wellness, Community Aid (food, shelter, housing, economic mobility), and Community Education, and Community Legal Clinic. Each of these areas is strengthened by the volunteer and partner organizations fostered through our focus on Community Connection. ♦ info@pnwrsq.org ♦ pnwrsq.org

Latinx/e

Centro Cultural: Provides multigenerational and culturally-specific services through: K-12 STEAM education, workforce development, small business technical assistance, public engagement, civic advocacy, community health and wellness, transitional housing, and community-wide arts and cultural events. Monday–Thursday 8:30 AM–1:00 PM and 2:00PM–6:00 PM; Friday 8:30 AM to 12:30 PM ♦ Cornelius Location: 1110 N Adair St, Cornelius, OR 97113 ♦ (503) 359-0446 ♦ Hillsboro Location: 265 SE Oak Street, Suite A, Hillsboro, OR 97123 ♦ (503) 336-9895. ♦ www.centrocultural.org

Latino Network: Latino-led education organization, grounded in culturally-specific practices and services, empowering the Latino community to participate meaningfully in the decisions that affect their lives and the lives of their families. ♦ (503) 283-6881 ♦ info@latnet.org ♦ www.latnet.org

Adelante Mujeres: Adelante Mujeres provides holistic education and empowerment opportunities to marginalized Latina women and families to ensure full participation and active leadership in the community. Adult education, early childhood education, small business development, clinica esperanza, health and wellness. ♦ 265 SE Oak Street, Hillsboro, OR 97123 ♦ (503) 992-0078 ♦ info@adelantemujeres.org ♦ adelantemujeres.org

African-American / Black

Africa House: culturally and linguistically specific one stop center for African immigrants and refugees. (503) 802-0082. 709 NE 102nd Ave. Portland, OR 97220. Web: <https://irco.org/who-we-are/africa-house.html>

Center for African Immigrants and Refugees Organization (CAIRO): Advocates for and acts to increase equity and social justice through programs, services, community organizing and collaborative leadership that create equitable opportunities for African refugees and immigrant children, youth and families to thrive. ♦ cairopdx.org ♦ contact@cairopdx.org

Urban League of Portland: The Urban League of Portland's mission is to empower African-Americans and others to achieve equality in education, employment, health, economic security and quality of life. We work to empower Black communities through advocacy, services to seniors, family health and wellness, youth and workforce development. ♦ 10 N Russell St, Portland, OR 97227 ♦ 503-280-2600 ♦ ulpdx@ulpdx.org ♦ ulpdx.org

African Youth & Community Organization (AYCO): African Youth & Community Organization (AYCO) is a culturally specific, community-based nonprofit organization led by and for the East African immigrant and refugee community in the Portland Metropolitan Area. ♦ 2110 SE 82nd Ave Portland Oregon 97216 ♦ (971) 254-8916 ♦ info@aycoworld.org ♦ aycoworld.org

AfroVillage PDX: The AfroVillage PDX Movement fosters equity, dignity, and sustainability in Portland's Black and Brown communities, with a focus on women, immigrants, and people experiencing homelessness and housing insecurity. Community CSA & pop-up market, wellness center, 40 for 40 reparations. ♦

admin@afrovillagepdx.org ♦ www.afrovillagepdx.org

Black Family Resource Center: Part of the Black Parent Initiative (BPI). The Family Resource Center is centered around providing culturally specific tools and resources to individuals and families ensuring success and independence. The objective is to offer opportunities for goal setting and growth, allowing participants to feel ownership over their achievements. We are here to work with program participants through short-term and or long-term progress. Together we will identify and remove barriers to their success. Health, financial independence, family engagement, family/individual sustainability, crisis support. ♦ 901 NE Glisan Street, Suite 250 Portland OR 97232 ♦ (503) 284-8000 ♦ BlackFamilyResourceCenter@thebpi.org ♦ thebpi.org/black-family-resource-center

Brown Hope: Brown Hope is building a movement of interdependence, working with neighbors from all different backgrounds to inspire the racial justice and healing our communities need and deserve. Black Resilience Fund is a fund dedicated to fostering healing and resilience by providing immediate and direct financial assistance to Black Portlanders. Power Hour is an intentional space for Black, Brown, and Indigenous people to build community, experience learning and personal growth, and heal from racial trauma. Equity and Beyond does just that-- this program takes work toward racial equity a step further into deliberately instigating healing from racial trauma through community and experiential learning. ♦ brownhope.org

Pacific Islander / Native Hawaiian

IRCO Pacific Islander and Asian Family Center: Culturally and linguistically specific one stop community center focused on the diverse needs of Pacific Islanders and Asians. ♦ (503) 235-9396 ♦ 8040 NE Sandy Blvd. Portland, OR 97213 ♦ <https://irco.org/connect-with-us>.

Ka 'Aha Lāhui O 'Olekona Hawaiian Civic Club: Promotes native Hawaiian cultures and values within the community through events, programs, and resources. 9725 SW Beaverton-Hillsdale Hwy. Suite 212, Beaverton, OR 97005 ♦ Monday–Friday 9:00 AM – 5:00 PM ♦ info@kalohcc.org ♦ (503) 858-0830 ♦ www.kalohcc.org

Native American / American Indian

Native American Rehabilitation Association: Provides integrated health, mental health, substance abuse treatment, and social services to Native American and Alaska Native people who are homeless or have low incomes. ♦ 211 SE Caruthers St. Portland, OR 97214 ♦ 503-224-1044info@naranorthwest.org ♦ naranorthwest.org

NAYA Family Center: Founded by the community, for the community, NAYA is a family of numerous tribes and voices who are rooted in sustaining tradition and building cultural wealth. We provide culturally-specific programs and services that guide our people in the direction of personal success and balance through cultural empowerment. ♦ 5135 NE Columbia Boulevard Portland, OR 97218 ♦ (503) 288-8177 ♦ Info@nayapdx.org ♦ nayapdx.org

American Indian College Fund: Provides scholarships and other support for American Indian students. Also provides support for tribal college needs ranging from capital support to cultural preservation activities. ♦ 303-426-8900 ♦ collegefund.org

American Indian Education Fund: American Indian Education Fund, a program of PWNA (Partnership with Native Americans), offers scholarships, literacy programs, and school supplies to help end the cycle of poverty. ♦ 1-800-416-8102 ♦ info@nativepartnership.org ♦ nativepartnership.org

Asian American

Asian Health and Service Center: Provides culturally and linguistically appropriate services to Asian Americans, including mental health services, health education, and case management, cancer resource center, family caregiver support, senior programs, reproductive health program, Oregon Health Plan and Marketplace application assistance, health navigation and volunteer program. ♦ For Behavioral health support in English: 503-772-5893 ♦ Mandarin: 503-772-5895 ♦ Cantonese: 503-772-5894 ♦ Korean: 503-772-5896 ♦ Vietnamese: 503-772-5897 ♦ For Community programs in English: 503-772-5888 ♦ Cantonese: 503-772-5889 ♦ Mandarin: 503-772-5890 ♦ Korean: 503-772-5891 ♦ Vietnamese: 503-772-5892 ♦ Beaverton office: 3800 SW Cedar Hill Blvd. #196, Beaverton, OR 97005 ♦ (503) 872-8822 ♦ www.ahscpdx.org

Filipino Bayanihan Center: The work of the Center aims to create a space where Filipinos can find a home amongst each other and create opportunities to connect with, and to advocate for, our motherland and fellow kababayan. The center aims to connect community members to essential resources, while building capacity to engage with the issues we face as a Filipino community towards positive change. Community based health program, Kalusugan Community Pantry & Lutong Bahay, workers advocacy program, youth program and summer camp, Talakayan at Kapehan. ♦ 1537 SE Morrison St. Portland, OR, 97214 ♦ kamusta@bayanihanoregon.org ♦ www.bayanihanoregon.org

Southwest Asia, North Africa (SWANA) / Middle Eastern American

IRCO's Greater Middle East Center (GMEC): GMEC is a cultural center established to empower and support communities from the Middle East, North Africa, and South Asia living in Oregon and S.W. Washington. GMEC is proudly led by an advisory council of community leaders. We connect communities to available resources and provide culturally and linguistically specific services including career coaching, English literacy classes, job skills training for Afghan employees, and refugee youth mentoring. ♦ GMEC@irco.org ♦ (971) 716-2116 | 4915 ♦ SW Griffith Dr. Suite #216 Beaverton, OR 97005 ♦ irco.org/locations/greater-middle-east-center

Muslim Educational Trust (MET): MET was founded in 1993 with a mission to enrich the public's understanding of Islam and dispel common myths and stereotypes, while serving the Muslim community's educational, social, and spiritual needs in order to develop generations of proud and committed Muslims who will lead our community to the forefront of bridge building dialogue, faith-based community service, and stewardship of Earth and humanity. ♦ 10330 SW Scholls Ferry Rd Tigard, Oregon 97223 ♦ (503) 579-6621 ♦ admin@metpdx.org ♦ metpdx.org

Islamic Social Services of Oregon State (ISOS): ISOS collaborates with a network of non-profit organizations and community service groups to assist those facing periods of challenge in gaining self reliance through

financial assistance and access to public assistance targeted to their needs and goals. Following are the primary areas of service rendered by ISOS: refugee services, needy assistance, family crisis, alliance support.

♦ 10175 SW Barbur Boulevard, Suite 100BA, Portland, OR, 97219 ♦ (503) 259-2320 ♦ info@i-sos.org ♦ <https://www.i-sos.org>

Islamic Center of Portland: Our mission is to provide the highest quality of religious, educational, and social services to our entire community, support and promote a comprehensive Islamic complete way of life. ♦ 6940 SW Hall Blvd Beaverton, OR 97008 ♦ icopportland@gmail.com ♦ 503-526-9305 ♦ icop.info

Slavic

Slavic Oregon Social Services: Works with the Russian-speaking population. Services provided include support to survivors of domestic violence and sexual assault, community orientation and cross-cultural education, English classes and tutoring, culturally-appropriate health education, information and referrals, assistance obtaining emergency dental services. ♦ 245 S Bancroft St., Suite B Portland, OR 97239 ♦ (503) 777-3437 ♦ sooss@emoregon.org ♦ <https://emoregon.org/ross/>

Legal Services

Oregon Law Help (website): Oregon Law Help connects people with civil legal information and legal help. The information on this site is written by Oregon attorneys for people with civil legal issues in Oregon. You can use this page to search for free and low-cost lawyers and legal help in Oregon. For personalized referrals, based on your income, location, and legal problem, you can use our [Guided Help tool](#) instead. ♦ oregonlawhelp.org

Equity Corps of Oregon (ECO): Connecting immigrants and refugees with free legal assistance, government applications, filing DACA fees, immigration work permits. ♦ **1-888-274-7292** ♦ 333 SW 5th Ave. #250, Portland, OR 97204 ♦ Monday–Friday 9:00 AM–6:00 PM ♦ equitycorps.org

Oregon Law Center: Oregon Law Center (OLC) is a non-profit organization that provides free legal help to people struggling to make ends meet. The mission of the Oregon Law Center is to achieve justice for the low-income communities of Oregon by providing a full range of the highest quality civil legal services. ♦ **(503) 640-4115** ♦ **1-877-296-4076** ♦ Hillsboro Regional Office: 230 NE 2nd Avenue, Suite F Hillsboro, OR 97124 ♦ Find more locations on the website. ♦ oregonlawcenter.org

Immigrant and Refugee Community Organization (IRCO): Supports immigrants, refugees, and mainstream community members to become self-sufficient by providing more than 200+ culturally and linguistically specific programs. Rental assistance, legal services, employment/training, domestic violence/sexual assault intervention and prevention, early learning/preschool, Language School, culturally specific community violence intervention, youth workforce development, and academic support programs. ♦ 10301 NE Glisan St., Portland, OR 97220 ♦ **(503) 234-1541** ♦ irco.org/services/community-safety-and-wellbeing-services/#legal

Lutheran Community Services Northwest: Fees vary by service. Mental health and immigration counseling, intensive case management, peer support services, and medication management for refugees and immigrants. For asylum seekers looking for assistance, contact asylumservicespdx@lcsnw.org ♦ Monday–Friday 8:30 AM–4:30 PM ♦ 3800 SW Cedar Hills Blvd. #288, Beaverton, OR 97005. ♦ **(503) 924-2448** ♦ lcsnw.org/office/beaverton

Pueblo Unido: Connecting communities with vulnerable immigration status to legal, social, and Indigenous language interpretation services. ♦ **(503) 360-0324** ♦ 3439 SE Hawthorne Blvd, #327, Portland, OR 97214 ♦ www.pueblounidopdx.org.

Domestic Violence, Sexual Abuse, & Assault

Family Peace Center of Washington County (*Previously Family Justice Center*): We are a one-of-a-kind, collaborative hub where survivors of domestic violence, sexual assault, child abuse, elder abuse, and human trafficking can access the full range of services they need, all under one roof. More than 20 partner agencies work side-by-side, providing trauma-informed care, legal advocacy, medical support, therapy, housing assistance, early childhood services, and more. ♦ Monday–Friday 8:30 AM – 4:00 PM ♦ 1100 NE Compton Dr. Hillsboro OR, 97006 ♦ (503) 430-8300 ♦ www.fpcwc.org

Domestic Violence Resource Center: Provides advocacy and empowerment, counseling services, confidential shelter, transitional housing, 24-hour crisis line, community education, and safety planning. ♦ 1100 NE Compton Dr Hillsboro, OR 97006 ♦ (503) 640-5352 ♦ **24-hour crisis line:** (503) 469-8620 ♦ www.dvrc-or.org

Abuse Recovery Ministry and Services (ARMS): Free victim recovery groups for women who have been affected by domestic abuse. Domestic violence intervention groups for both men and women (fees apply), open to voluntary and court-ordered clients. Programs are taught from a biblical perspective but open to all. ♦ (503) 846-9284 ♦ www.abuserecovery.org ♦ info@abuserecovery.org

Call to Safety: Serves all impacted by domestic violence. Offers a 24/7 crisis line, safety planning and emotional support, information and referrals for survivor services and emergency housing, free and confidential support groups, medical advocacy for sexual assault survivors, interpretation services for crisis line callers ♦ (503) 235-5333 or 1-888-235-5333 ♦ www.calltosafety.org

Home Free (Volunteers of America Oregon): Domestic violence intervention program with long-term support and advocacy. This includes outside resource assistance, safety planning, and financial planning. Spanish-speaking staff available for the crisis line and other languages available upon request. ♦ 3910 SE Stark St., Portland, OR 97214 ♦ (503) 235-8655 ♦ Emergency hotline: (503) 771-5503 ♦ <https://www.voaor.org/find-services/adults-children-and-families/home-free/>

Rose Haven: A day shelter and community center for women, children and other marginalized genders offers clothing, hygiene items, nutritious meals, showers, laundry, mail service, wellness activities, a first aid clinic, and advocacy services (emotional support, limited financial assistance, and connection to community organizations) ♦ Monday–Friday 9:00 AM–12:00 PM, and Tuesday, Wednesday, Thursday 1:00 PM–4:00 PM (Wednesday afternoons designated for families) ♦ 1740 NW Glisan St. Portland, OR 97209 ♦ (503) 248-6364 ♦ www.rosehaven.org

Sexual Assault Resource Center: Various advocacy services located within the Family Peace Center (above). Also provides individual counseling services, case management advocacy services, group healing and support service, among other services. ♦ (503) 626-9100 ♦ 1100 NE Compton Dr Hillsboro, OR 97006 ♦ www.sarcoregon.org

Única: Domestic violence advocacy line in English and Spanish with interventions, mental health services, housing, and legal support, as well as other services. ♦ 24-hour crisis line: (503) 232-4448 or 800-232-4448 ♦ Monday–Thursday ♦ www.elprograma.org.unica

Rent & Utility Assistance

Paused indefinitely (as of September 2025)

Community Action Emergency Rent Assistance: Provides limited assistance with past due rent. Assistance is limited and not guaranteed.

Please check Community Action's website regularly for updates:

<https://caowash.org/programs/housing-stability/renter-support.html>

How to Apply for Emergency Rent Assistance

~~You must call **503-615-0770** on the **15th of the month, hit dial at exactly 9:00 AM**. Rental assistance slots fill up in seconds. As soon as you hear a recorded outgoing message, press 1 for English or 2 for Spanish. Once the next message starts, press 1 for rental assistance. Do not wait for the outgoing messages to finish, or you will miss the window for assistance.~~

Be prepared to provide the following information:

- ~~Full names (for everyone in the household)~~
- ~~Dates of birth (for everyone in the household)~~
- ~~Social security number (for everyone in the household that has one)~~
- ~~An estimated annual or monthly GROSS income amount the household has received in the past 12 months or the past 30 days~~
- ~~Be prepared to provide/upload a copy of your current nonpayment of rent notice from your landlord~~

To qualify you must:

- ~~Have a notice for nonpayment of rent from your landlord for the current month you are applying for~~
- ~~Household has not received emergency rental assistance in the past twelve months~~
- ~~Are below the 50% Area Median Income~~

Community Action Utility Assistance: Utility Assistance program offers financial assistance to low-income families in Washington County, Oregon. If your household income is at or below 60% of Oregon's median income, you may qualify for help with electricity, natural gas, bulk fuel, water, garbage, and high-speed internet. A past-due notice or disconnection is not required to apply for assistance. You are encouraged to fill out an application before you receive a utility notice. All applications are completed and processed on a first-come, first-serve basis.

If you are within 24 hours of disconnection, please call **503-615-0771** and leave a voicemail.

Assistance with energy bills is available to all qualified Washington County residents. Residents can receive direct bill assistance on electricity, gas, or bulk fuels one time per year. Most programs have the same or similar eligibility requirements, so we strongly encourage you to apply for all assistance you may be eligible for.

<https://caowash.org/programs/utility-assistance/utility-assistance.html>

Community Action Utility Assistance Income Guidelines as of January 31, 2026

Household Unit Size	Annual Gross Income	Monthly Gross Income
1	\$38,385	\$3,198.75
2	\$50,196	\$4,183.00
3	\$62,006	\$5,167.17
4	\$73,817	\$6,151.42
5	\$85,627	\$7,135.58
6	\$97,438	\$8,119.83
7	\$99,652	\$8,304.33
8	\$101,867	\$8,488.92
9	\$104,081	\$8,673.42
10	\$106,296	\$8,858.00
11	\$108,510	\$9,042.50
12	\$110,725	\$9,227.08
Each Additional Member	\$2,115	\$184.58

Garbage Bill Discount and Water Assistance: Garbage bill discount programs and water assistance programs are available for income-qualified residents. These programs are for residents who pay directly for water and garbage, are not paying a third party, or are not in collection services. You can receive assistance once a year. Click the buttons below for what may be available in your area.

- City of Tualatin Utilities: <https://caowash.org/programs/utility-assistance/city-of-tualatin-water.html>
- Tualatin Valley Water District: <https://caowash.org/programs/utility-assistance/tvwd-water.html>
- City of Beaverton Garbage and Water:
<https://caowash.org/programs/utility-assistance/beavertonwater-assistance.html>
- City of Hillsboro Garbage Discount & Water and Internet Assistance:
<https://caowash.org/programs/utility-assistance/hillsborowater-assistance.html>
- Unincorporated Washington County Garbage Discount:
<https://caowash.org/programs/utility-assistance/waco-solid-waste.html>

General Renter Support & Housing Stability Information: Emergency rent, Washington County Eviction Court & process, first appearances in eviction court, legal resources, and housing mediation.

<https://caowash.org/programs/housing-stability/renter-support.html>

Eviction Defense Project: call 888-585-9638 with case number and court date to receive free legal help at eviction court, available regardless of immigration status ♦

<https://oregonlawcenter.org/eviction-defense-project/>

Always attend eviction hearings; your case will be lost if you don't show up.

Shelters

Community Connect Coordinated Entry System: Community Connect is a coordinated entry system that helps people experiencing homelessness or at imminent risk of homelessness find community resources in Washington County.

- People who want help with community resources, including possible housing options, can call Community Connect at **503-640-3263** or email communityconnect@caowash.org to discuss their situation and find out if help is available.
- If you are sent to voicemail, please leave a message with your name and phone number to receive a call back. Our staff will schedule a one-hour assessment appointment with clients to determine the community resources and programs that might best support the needs of their households.
- The Community Connect appointment is not a guarantee of housing or a financial appointment. If a client is eligible, referrals will be made to partner agencies based on the need assessment and available housing beds/units.

You must complete a **Community Connect Assessment** in order to be referred to a shelter or to be placed on a shelter waitlist.

This is Step 1 if you are currently homeless or at-risk of becoming homeless.

For assistance, call Community Connect at **503-640-3263** or email communityconnect@caowash.org.

Community Action Multi-Service Centers

Staff can complete a Community Connect Phase 1 Assessment on-site. Please call ahead to ensure staff are there.

Tigard Multi-Service Center

[11515 SW Durham Rd. Ste. E8, Tigard, OR 97224](#)

503-648-6646

Monday–Friday 8:30 AM – 5:00 PM

Beaverton Multi-Service Center

[5050 SW Griffith Dr., Suite 100, Beaverton, OR 97005](#)

503-648-6646

Monday–Friday 8:30 AM – 5:00 PM

Hillsboro Multi-Service Center

[1001 SW Baseline St, Hillsboro, OR 97123](#)

503-648-6646

Monday–Friday 8:30 AM – 5:00 PM

For Families with Children

Family Promise of Tualatin Valley: FPTV offers short-term emergency shelter, food, case management, and housing navigation services. ♦ 11460 Pacific Hwy W, Tigard, OR 97223 ♦ **(503) 427-2768** ♦ help@familypromiseoftv.org ♦ www.familypromiseoftv.org/

Family Promise of Greater Washington County: FPGWC offers stable, short-term housing, food, case management, and housing navigation services. ♦ 5625 SW Erickson Ave, Beaverton, OR 97007 ♦ (971) 217-8949 ♦ info@fpgwc.org ♦ www.familypromisegwc.org

Good Neighbor Center: Provides a safe environment and needed resources while assisting families experiencing housing insecurity in finding permanent housing and stability. Services include family shelter wait list, shelter resident support, housing stabilization program, and rapid rehousing. ♦ 11130 SW Greenburg Rd, Tigard, OR 97223 ♦ **(503) 443-6084**

Youth Only

Alba Collaborative (New Avenues for Youth): 24/7 Youth Opportunity Center for youth ages 9–17 in crisis or in need of a place to stay. Meals, beds, showers, hygiene supplies, case management, mentorship, help with school, work, and finding affirming LGBTQIA2S+ services ♦ newavenues.org/alba ♦ (971) 754-4350 ♦ New Avenues Youth Opportunity Center (YOC) 470 SE 165th Ave., Portland, OR 97233

Homeplate Youth Services: For youth ages 12–24 experiencing housing instability or in need of extra support to achieve self-defined success. To-go meals and access to necessary resources like hygiene supplies and clothes closet. ♦ outreach@homeplateyouth.org ♦ www.homeplateyouth.org/program-drop-in ♦ Community Line **(503) 608-7252** ♦ Youth Line **(503) 567-6591** ♦ Beaverton Drop-In: 12685 SW 4th St. Beaverton, OR 97005 ♦ Hillsboro Drop-In: 494 E Main St, Hillsboro, OR 97123

Janus Youth Access Center/Porch Light Crisis Center: If you are 18-24 years old and currently experiencing homelessness, call the Access Center. Screenings can be accommodated 365 days a year between the hours of 9 am and 5 pm. Call first to speak to a screener. If it is after 5 pm and you need a safe place to stay, you can go to Porch Light Crisis Shelter at 1635 SW Alder Street at 8:45 pm. In the morning you will be connected with an intake worker. ♦ **(503) 432-3986** ♦ janusyouth.org ♦ 1635 SW Alder Street, Portland, Oregon 97205

Safe Place (Boys & Girls Aid): Safe Place shelter in Washington County is a 24/7 drop-in program where youth can access essential services while longer-term housing is found. Services include: emergency shelter for youth ages 12 through 20; 24/7 access and hours of operation; basic needs, educational support, and help finding stability; self-referrals and walk-ins are welcome; referrals can also be made by families, community members, law enforcement, and providers. ♦ 454 SE Washington St. Hillsboro, OR 97123 ♦ Drop-in hours: Every Day 9:00 AM–12:00 PM and 4:00 PM–8:00 PM ♦ www.boysandgirlsaid.org/safe-place-shelter ♦ **(503) 542-2717** or **(503) 542-2389**

Yamhill Community Action Partnership (Youth Safe Shelter): Drop-In Centers in Newberg and McMinnville. Safe Shelter is state-licensed and offers a temporary short-term emergency shelter for up to 21 days to homeless or runaway youth in crisis, ages 11–17. Youth must meet eligibility requirements and all placements

are voluntary for the youth and, except under rare circumstances, require parental permission. ♦ (503) 472-0457 ♦ 719 E 1st St, Newberg, OR 97132 ♦ 1317 NE Dustin Court, McMinnville, OR 97128 ♦ yamhillcap.org/youth-safeshelter ♦ safeshelter.yo@yamhillcap.org

Adults Only

Just Compassion: Programs and services include shelters, case management, rapid re-housing, safe parking, street outreach, and others. ♦ info@justcompassionewc.com ♦ <https://www.justcompassionewc.com/shelter> ♦ Tigard: 12280 SW Hall Blvd. Tigard, OR 97223. 503-624-4666 ♦ Beaverton: 12350 SW 5th St, Beaverton, OR 97005. 503-367-3498.

Safe Parking

Just Compassion Safe Parking Program: Our safe parking program provides individuals or families with a safe and legal place to park their vehicle, while also providing access to sanitation services and consultations with case managers. ♦ safeparking@justcompassionewc.com ♦ <https://www.justcompassionewc.com/safe-parking-program> ♦ (503) 624-4666 ♦

Information for Beaverton: <https://www.beavertonoregon.gov/378/Safe-Parking-Program>

Information for Tigard: <https://www.tigard-or.gov/community-support/housing/safe-parking>

Affordable Housing

Community Partners for Affordable Housing: Community Partners for Affordable Housing (CPAH) is dedicated to building quality affordable housing opportunities with services and programs in all of Washington County from Hillsboro to Beaverton, as well as SW Portland. ♦ info@cpahoregon.org ♦ cpahoregon.org ♦ (503) 293-4038 ♦ TTY/VCO: 800-735-2900

Greenburg Oaks: Located at 11905 SW 91st Avenue, Tigard OR 97223. 84 apartments, ranging from one – to three-bedroom units. Amenities include a community room with a kitchen (and a small library for children), a half-court basketball area, a playground, a community garden where residents can grow healthy food, and close proximity to transit and jobs. ♦ (503)639-6514 ♦ greenburg_oaks@ipmco.com

Metzger Park: Located at 10025 SW 85th Avenue, Tigard OR 97223. A 32-unit housing community that serves families and individuals. The apartments range from one to three bedrooms, and amenities include a children's play structure and nearby transit access. ♦ (503)892-2340 ♦ metzgerpark@ipmco.com

Oleson Woods: Located at 9140 SW 91st Avenue, Tigard OR 97223. A 32-unit affordable housing community offering stable housing at low rents, services from CPAH and partner agencies, ideal transit access, and close proximity to jobs. ♦ (503)245-6990 ♦ olesonwoods@ipmco.com

Red Rock Creek Commons: Located at 11090 SW 68th Parkway, Tigard, OR 97223. It is among the first new developments within the Tigard Triangle Urban Renewal Area. The site has convenient access to high-frequency transit, grocery stores, Portland Community College Sylvania Campus, many potential employers, natural areas, and other amenities. ♦ (503)875-5312 ♦ redrock@ipmco.com

Village at Washington Square: Located at 11159 SW Hall Blvd, Tigard OR 97223. A 26-unit affordable housing community located in Tigard. It is within walking distance of schools, childcare, shopping, four transit lines, and jobs. Unit sizes range from one to four bedrooms, varying between single-floor flats and two-floor townhouses. ♦ (503)784-9575 ♦ village.wsquare@ipmco.com

Tenant Help

Rent Well: A comprehensive tenant education course. Helps people become successful, stable tenants in a home that suits their needs. All are welcome. This class can also help future tenants who have past evictions, criminal history, poor credit, or past debt. The course is available in-person at nonprofits or online in seven different languages. ♦ rentwell.org/tenants/classes ♦ (503) 515-1328

Safe Parking

Just Compassion Safe Parking Program: Our safe parking program offers individuals or families a safe and legal place to park their vehicle, while also providing access to sanitation services and consultations with case managers. ♦ safeparking@justcompassionewc.com ♦

<https://www.justcompassionewc.com/safe-parking-program> ♦ (503) 624-4666 ♦

Beaverton Information: <https://www.beavertonoregon.gov/378/Safe-Parking-Program>

Tigard Information (coming soon): <https://www.tigard-or.gov/community-support/housing/safe-parking>

LGBTQIA2S+ Services

Asian Pacific Island Pride: Non-profit organization that serves LGBTQ API communities in greater Portland and provides safe and supportive environments to celebrate, educate and bring communities together. ♦ apipride@gmail.com ♦ <https://www.facebook.com/APIPRide>

Homeplate Youth Services: For youth ages 12–24 experiencing housing instability or in need of extra support to achieve self-defined success. To-go meals and access to necessary resources like hygiene supplies and clothes closet. ♦ outreach@homeplateyouth.org ♦ <https://www.homeplateyouth.org/program-drop-in> ♦ Community Line (503) 608-7252 ♦ Youth Line (503) 567-6591 ♦ *Beaverton Drop-In:* 12685 SW 4th St. Beaverton, OR 97005 ♦ *Hillsboro Drop-In:* 494 E Main St, Hillsboro, OR 97123

Native American Youth and Family Center (NAYA): A multi-service agency that provides a wide range of services and supports for Native American children, youth, adults and families, including Two-Spirit and LGBTQ support groups and events. ♦ <https://nayapdx.org>

Oregon LGBTQ Youth & Family Resources: This website is a collaboration between Oregon Family Support Network (OFSN) and the Family Acceptance Project to increase family support for LGBTQ children and youth in Oregon to decrease health and mental health risks and to promote well-being. The website includes selected resources that provide services and support to reduce mental health risks and promote well-being for LGBTQ young people. ♦ (503)-368-8068 ♦ info@ofsn.net ♦ <https://oregonlgbtqresources.org>

PDX Latinx Pride: Pride events in Portland for the Latinx LGBTQ community, families and allies. Central facebook page provides a space to connect throughout the year. ♦ <http://www.facebook.com/PDXlatinxpide>

Portland Two-Spirit Society: P2SS is a social, cultural, educational, resource group for the LGBTIQ Native American/Alaskan Natives and their families; to come together and share, connect, reclaim, and restore culture and community. ♦ <https://www.facebook.com/Portland2Spirits/>

Sankofa Collective Northwest: Sankofa provides support, education and advocacy for Black families, friends and LGBTQ people through monthly support groups, faith outreach, mini-grants and an annual Portland Black Pride celebration. ♦ <http://www.sankofanw.wordpress.com>

Utopia PDX–United Territories of Pacific Islanders Alliance Portland: Portland chapter of a nonprofit organization by and for queer and trans Pacific Islanders that provides support, community organizing, political engagement, and cultural stewardship. ♦ <https://www.utopiaportland.org> or <https://www.facebook.com/utopiaportland>

Medical Care

FOR MEDICAL EMERGENCIES: CALL 911

POISON CONTROL: 1-800-222-1222

Borland Free Clinic: Free adult and child primary care for uninsured, underinsured, or those in the insurance gap. ♦ Call for an appointment: **503-974-8887**

Oregon Health Plan: Now open to more children and teens, as well people 19-25 or 55 and older regardless of immigration status. Free health coverage for Oregonians who meet income and other criteria, covering services like check-ups, tooth fillings, prescriptions, labs, x-rays, and hospital care. Apply to find out eligibility. To request an application, for free help applying from an OHP-certified community partner, for eligibility and coverage questions or for general information: Call **1-800-699-9075** or 711 (TTY) ♦ Apply online at <https://one.oregon.gov> ♦ www.oregon.gov/oha/healthplan ♦ Client services: **1-800-273-0557**

Oregon Public Benefits Hotline: Legal Aid programs throughout Oregon help low income people with Safety Net benefits, such as the Oregon Health Plan, Coordinated Care health benefits, Unemployment Insurance, TANF, SNAP (formerly food stamps), Social Security, and many more. We also answer questions about how immigration status affects eligibility for public benefits. ♦ Open Monday–Thursday ♦ **1-800-520-5292**

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. Spanish-speaking staff available. Walk-in services are available. ♦ 12220 SW 1st St. #200, Beaverton, OR 97005 ♦ For hours and appointments: **(888) 875-7820** ♦ Book an appointment online www.plannedparenthood.org

Project Access Now: Connects low-income, uninsured people with health insurance. Also helps with connection to donated care through referral. ♦ 650 NE Holladay St, Suite 1700, Portland, OR 97232 (by appointment only) ♦ **(503) 345-6553** ♦ info@projectaccessnow.org ♦ www.projectaccessnow.org

Tigard High School Based Health Center (SBHC): For uninsured and insured students ages 2-21 in the Tigard-Tualatin School District. Schedule is by appointment, but generally there is some same day access for more urgent needs. Sliding scale for uninsured students. Diagnosis/treatment of minor illness, infection, and injury. Immunizations, lab tests, physical exam/sports physicals, and mental health assessment and referrals. Coordinated by Virginia Garcia. ♦ Monday, Tuesday, and Thursday 8:00 AM–12:00 PM and 12:30 PM–4:30 PM ♦ 9000 SW Durham Rd., Tigard, OR 97224 ♦ **(503) 431-5775** ♦ <https://viriniagarcia.org/locations/tigard-high-school>

Tualatin School Based Health Center at Tualatin High School with Neighborhood Health Center (SBHC): For uninsured and insured students in the Tigard-Tualatin School District. Walk-in urgent medical care and non-urgent care by appointment and sliding fee scale for uninsured students. Services include treatment of minor illnesses and injuries, wellness exams, sports physicals, immunizations, vision and blood pressure screenings, dental care, sexual health, and referrals. This clinic also serves siblings of Tigard-Tualatin school district students ages 0–19 ♦ 22300 SW Boones Ferry Rd., Tualatin, OR 97062 ♦ **(503) 941-3180** ♦ www.nhcoregon.org/clinics/nhc-tualatin-school-based-health-center

Virginia Garcia Memorial Health Center: Accepts OHP and most private insurance plans. Sliding scale; must bring proof of ID and most recent pay stub for a reduced fee. Primary health care for families with a special emphasis on migrant and seasonal farmworkers and others with barriers to receiving healthcare. Focus on prevention and health maintenance, including physicals, well-child exams, immunizations, and family planning. Spanish-speaking staff and many other languages available. ♦ 2725 SW Cedar Hills Blvd. Suite 200, Beaverton, OR 97005 ♦ *Beaverton Clinic:* Monday–Friday 8:00 AM–5:00 PM except for the 1st and 3rd Wednesday of the month; closed from 1:00 PM–2:00 PM ♦ (503) 352-6000 ♦ www.virginiagarcia.org

Dental Care

Advantage Dental Clinic: Accepts most insurances including Medicaid (OHP). Also assists with OHP enrollment. ♦ Hours for appointments: Monday–Friday 8:00 AM–5:00 PM ♦ 9900 SW Greenburg Rd. #240 ♦ 971-206-7133 ♦ <https://www.advantagedental.com/locations/oregon/tigard>

Coalition of Community Health Clinics: A coalition of nonprofit clinics, that provide a range of health and preventive services including dental referrals for low-income, uninsured, and underserved community members ♦ (503) 546-4991 ♦ www.coalitionclinics.org

MODA Children's Program: Provides basic dental services for children 5-18 who are not covered by any dental plan (OHP is a dental plan). Children may be referred to this program by a representative from the child's school, county health department, ER, or pediatrician's office. Patients have zero responsibility or out-of-pocket costs for services covered. ♦ (503) 265-5627 ♦ childrensprogram@modahealth.com ♦ www.modahealth.com/about/childrens.shtml

Portland Community College Dental Clinic (PCC): Provides free dental exams and other low-cost dental services for children and adults including: teeth cleaning, dental x-rays, simple fillings, and more. Does not provide emergency care, crowns or bridges, dentures, root canals, TMJ treatment, or extraction. Cash, check, credit and debit cards accepted. By appointment only. ♦ Located at the PCC Dental Clinic (Entrance on 5th Ave) Vanport Building, 3rd Floor 1810 SW 5th Ave Portland, Oregon 97201 ♦ (971) 722-4909 ♦ www.pcc.edu/programs/dental-hygiene/clinic.html

Vision

The KEX Kids Fund: The KEX Kids Fund is a non-profit organization that provides students with free comprehensive eye exams, eyeglasses and/or hearing aids. For over 20 years, the Oregon Lions Sight & Hearing Foundation has collaborated with the 1190 AM radio station's KEX Kids Fund by managing support for their vision program. <https://olshf.org/kex>

Pregnancy

All-Options: A confidential talk line for women and their loved ones regarding pregnancy, parenting, infertility, abortion, and adoption. Monday–Friday 10:00 AM–1:00 PM and Saturday–Sunday 10:00 AM–6:00 PM est
1-888-493-0092 ♦ www.all-options.org

Community Action Help Me Grow: No fee. Services for families with children prenatal to 5 years old. Connection to prenatal care providers, assistance with Oregon Health Plan applications, and eligibility screening for in-home support. Intensive home visiting parent education and support services. English, Arabic, and Spanish-speaking staff. ♦ Intake hours: Monday–Friday 8:00AM–4:30PM ♦ (503) 215-2429 ♦ hello@helpmegroworegon.org ♦ <https://www.helpmegroworegon.org/>

Northwest Children's Outreach: A faith-based, non-profit organization dedicated to helping families by providing used clothing (NB-teen), infant care products, diapers, formula, and other necessities. This service is **by referral only** from a community partner. To access items for children 0–5 years old and you live in the TTSD boundary, contact your home school's **Family Partnership Advocate** ♦ info@nwchildrens.org <https://nwchildrens.org/> ♦ (Tualatin location) located at Rolling Hills Church 3550 SW Borland Rd Tualatin, OR. 97062

Tigard-Tualatin School District Pregnant & Parenting Program: For Tigard-Tualatin students only. The TTSD Pregnant and Parenting Program offers family-centered resources and education to student parents. Services are provided from pregnancy until the child turns 5 years of age. If you are a pregnant or parenting student, we are here to support you and your child. ♦ 503-603-1582 ♦ vcollier@ttsd.k12.or.us <https://www.ttsdschools.org/resources/ttsd-pregnant-and-parenting-program>

Open Adoption and Family Services: Free unbiased counseling for pregnant mothers as they consider all their options: abortion, parenting, or adoption. They facilitate fully open adoptions (open adoptions include ongoing visits and lifelong services) For parenting or abortions they are connected with trusted resources and providers. ♦ Counselors are available via phone seven days a week from 7:00 AM–9:00 PM ♦ 5200 S Macadam Suite 250, Portland, OR 97239 ♦ (800) 772-1115, text (503)-300-6130 ♦ Fill out the online contact form or email info@openadopt.org ♦ Monday–Friday 9:00 AM–5:00 PM ♦ www.openadopt.org

Oregon Impact Child Passenger Safety: Certified Child Passenger Safety technicians provide free safety programs/courses. See schedules and locations at oregonimpact.org ♦ (503) 303-4954 ♦ **Spanish:** 1-800-289-1082 ♦ 16239 SE McLoughlin Blvd Ste 204 Milwaukie, OR 97267

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. Spanish-speaking staff available. Walk-in services are available. ♦ 12220 SW 1st St. #200, Beaverton, OR 97005 ♦ Monday/Wednesday 10:00 AM–5:30 AM and Tuesday/Thursday/Friday 8:00 AM–3:30 PM ♦ For appointments: (888) 875-7820 ♦ www.plannedparenthood.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. To sign up for WIC, call, email, or complete an online interest form at www.co.washington.or.us/HHS/WIC/wic-web-referral-form.cfm. ♦ Text WCWIC to 61222 ♦ <https://www.washingtoncountyor.gov/wic> ♦ For an in-person appointment, call (503) 846-3555 or email wic@co.washington.or.us before visiting.

Washington County Family Health, Pregnancy and babies: Team of registered nurses and certified community health workers that make in-home visits at no cost while you are pregnant and until your child is 5 years old. Speak English and Spanish and have interpretation for other languages at no cost. They do screenings and assessments, education on nutrition and child development, and more. They also help connect with local resources (WIC, OHP, etc.) ♦ (503)-846-4872 ♦ mcf@washingtoncountyor.gov

Road 2 Hope Maternity Home: Provides housing, help and hope to pregnant mothers in crisis. They provide stable, secure and nurturing care for young women ages 18+ and their infants. They help prepare mothers for birth and plan for parenting or adoption. Offer access to prenatal care, education, employment. ♦ 2850 SW Cedar Hills Blvd #55 Beaverton, OR 97005 ♦ (503)-648-4227 ♦ office@road2hopepdx.org ♦ road2hopepdx.org

Mother + Child Education Center: Free services offered to anyone who is parenting, expecting and single parents and families facing challenges such as lack of housing, poverty, fleeing domestic violence or other hardships. Offer classes, prenatal services, maternity clothing, education on childbirth and newborn care. Supplies for nursing, formula, clothing, diapers and other baby items. ♦ (503)-249-5801 ♦ **Spanish** (503)-913-9360 ♦ mauraw@momchildpdx.org ♦ Monday–Thursday 10:00 AM–5:00 PM and Friday 10:00 AM–3:00 PM ♦ 1515 NE 41st Ave Portland, OR 97232

AVA Health: Provide services such as pregnancy tests, ultrasounds, STD testing and treatment at no cost. Walk-ins welcome. ♦ 5117 SE Powell Blvd. #3 Portland, OR. 97206 ♦ Monday–Friday 10:00 AM–5:00 PM ♦ (971)-358-3797 ♦ Text: (503)-852-5602 ♦ <https://avahealthpdx.org>

Nursing Mothers Counsel of Oregon: Free breastfeeding support via phone or email. Counselors that can help with breastfeeding questions, breast pump sales and rentals or assistance planning your return to work. ♦ (503)-282-3338 ♦ info@nursingmotherscounsel.org

Saving Grace Maternity Home: A residential home experience for single young homeless women (ages 18-25) in an unplanned or crisis pregnancy or parenting a child under 1. Birth and parenting classes, assistance in connecting with adoption options, various life skills classes, assistance with prenatal and medical doctor appointments. They also help facilitate their enrollment in the local school district to finish high school or earn a GED. Help with finding employment and researching suitable housing. All at no cost. ♦ (971)-415-7763 ♦ Jennifer@savinggracematernityhome.org ♦ Monday–Friday 9:00 AM–5:00 PM ♦ <http://savinggracematernityhome.org>

Baby Blues Connection: Provide free and confidential support for parents and families coping with pregnancy and postpartum. Help provide information, resources such as counseling, and help connect with communities. ♦ Help Line: call or text 1-800-557-8375 ♦ In case of emergency National Suicide prevention hotline 1-800-273-8255 free and available 24/7.

Mental Health and Counseling

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

Asian Health and Service Center: Provides culturally and linguistically appropriate services to Asian Americans, including mental health services, health education, and case management, cancer resource center, family caregiver support, senior programs, reproductive health program, Oregon Health Plan and Marketplace application assistance, health navigation and volunteer program. ♦ *For Behavioral health support* in English: 503-772-5893 ♦ Mandarin: 503-772-5895 ♦ Cantonese: 503-772-5894 ♦ Korean: 503-772-5896 ♦ Vietnamese: 503-772-5897 ♦ *For Community programs* in English: 503-772-5888 ♦ Cantonese: 503-772-5889 ♦ Mandarin: 503-772-5890 ♦ Korean: 503-772-5891 ♦ Vietnamese: 503-772-5892 ♦ Beaverton office: 3800 SW Cedar Hill Blvd. #196, Beaverton, OR 97005 ♦ **(503) 872-8822** ♦ www.ahscpdx.org

National Suicide Prevention Lifeline-988: Free and confidential line available 24/7 ♦ **800-273-8255** ♦ Text "OREGON" to 741741 ♦ <https://www.crisistextline.org/>

Hawthorn Walk-In Center: Provides urgent services for mental health and substance use concerns. Call before you go. ♦ Sunday 12:00 PM–4:00 PM and Monday–Friday 9:00 AM–2:00 PM ♦ 5240 NE Elam Young Parkway, Hillsboro, OR. 97124 ♦ **503-291-9111** ♦ <https://www.washingtoncountyor.gov/behavioral-health/hawthorn-walk-center>

Counseling and Victims Services: Individual, family and couples counseling. No fees. You do not need to be a victim of crime to access counseling services. ♦ **503-846-3020** ♦ 160 SW Washington St. MS 57, Hillsboro, OR. 97123 ♦ <https://www.washingtoncountyor.gov/victim-services>

Rolling Hills Community Church: Offers a variety of support groups and classes for women, veterans, couples, singles and parents. Includes Divorce care group, weekly meetings (\$30 for 13 weeks), grief support, and more. ♦ **503-638-5900** ♦ 3550 SW Borland Rd. Tualatin, OR. 97062 ♦ <https://rollinghills.org/care/>

Good Samaritan Ministries: Donation based. Offers different types of therapy. Individual, marriage, family, children, trauma recovery, spiritual development and group therapy. Faith based counseling available but not required. ♦ Monday–Thursday 9:00 AM–8:00 PM and Friday 9:00 AM–5:00 PM ♦ 7929 SW Cirrus Dr. Bldg. 23 (off Hall Blvd) Beaverton, OR. 97008 ♦ **503-664-2339** ♦ <https://www.gsmusa.org/counseling>

Lewis and Clark College's Community Counseling Center: Community counseling center that provides high quality, low cost mental health services by advanced therapist trainees (under supervision of faculty and licensed clinicians). Offer individual, couples, family, and addiction therapy. ♦ 4445 SW Barbur Blvd. Portland, OR. 97239 ♦ **503-768-6320** ♦ https://graduate.lclark.edu/clinics/community_counseling/about/

Life Works NW: In person and virtual adult, child and family mental health counseling. Children and youth psychiatric day treatment, gambling addiction counseling, early childhood/parent-child intensive therapy and other psychiatric services. OHP and many insurance plans accepted. Spanish speaking counselors are available. ♦ 8770 SW Scoffins St. Tigard, OR. 97223 ♦ **503-645-9010** ♦ <https://www.lifeworksnw.org/>

Morrison Child and Family Services: Accepts OHP. Provide mental health and substance use recovery services. Also offer prevention and education services. Spanish speaking staff are available. ♦ Monday–Friday

9:00 AM–5:00 PM ♦ 15455 NW Greenbrier Pkwy Suite 200, Beaverton, OR. 97006 ♦ **503-258-4495** ♦ <https://morrisonkids.org>

Sequoia: A non profit organization that provides an array of behavioral health services to children, adults and their families in Washington County. Accepts OHP and other insurance. ♦ Monday–Thursday 9:00 AM–7:00 PM and Friday 9:00 AM–5:00 PM ♦ 4585 SW 185th Aloha, OR, 97078 ♦ **503-591-9280** ♦ <https://www.sequoiamhs.org/about/>

TAYIS (Transition Age Youth Intensive Services): Program of Lifeworks. Mental health treatment and skill building for transition age youth at no cost regardless of insurance. ♦ **503-619-9007** ♦ <https://www.washingtoncountyor.gov/behavioral-health/transition-age-youth-services>

Puentes/Esperanza Juvenil: Works with Latino adults to provide appropriate mental health and substance use disorder services. Also work with Latino youth (ages 14-21) who are struggling with alcohol and/or substance use. Bilingual team provides addiction treatment, individual and family counseling, in-home family support and education. ♦ 12672 SE Stark St. Portland, OR. 97233 ♦ Monday–Friday 9:00 AM–5:00 PM ♦ **503-546-9975** ♦ <https://centralcityconcern.org/contact-us/>

Transportation

Ride Connection: Private, non-profit organization dedicated to linking individuals with accessible transportation, primarily serving people age 60 and older and people with disabilities. Services include information and referral for transportation options, travel training, and support, door-to-door rides for any purpose, and community connector deviated-route service. Service center hours: Monday–Friday 8:30 AM–5:00 PM ♦ **(503) 226-0700** ♦ info@rideconnection.org ♦ www.rideconnection.org

Ride to Care: No fee. Available to those on OHP Health Share of Oregon with no other way to get to their medical, dental, mental health or substance abuse appointment. Call at least two business days before the appointment to schedule a ride. ♦ 8:00 AM–5:00 PM ♦ **(503) 416-3955** ♦ ridetocare.com

TriMet: Riders with qualifying incomes (or participation in an assistance program) are eligible for half-price fares: \$1.25 for 2.5 hours. Riders can get the first month free when signing up for Trimet’s reduced fare based on income and will have access to unlimited rides on buses and trains anywhere Trimet goes for \$28 a month. Apply online or in person at various locations including Worksource Portland Metro: Tigard at 11950 SW Garden Pl., Suite 100, Tigard, OR 97223 ♦ Monday–Friday 8:00 AM–5:00 PM ♦ <https://trimet.org/income/>

LIFT: Trimet Lift is a shared ride service for people who are unable to use regular buses and trains due to a disability or disabling health condition. Service generally available from 3:30 AM–2:30 AM seven days a week ♦ To book a trip, call **503-962-8000, option 1** ♦ Book online <https://trimet.org/lift/reservation.htm> ♦ Reservations are taken Monday–Friday 9:00 AM–5 PM and Saturday–Sunday 10:00 AM–5:00 PM