

Community Services Resource Guide

In Case of Emergency

Police, Fire, Ambulance	911
Poison Control	800-222-1222

To Talk to Someone Immediately (Hotlines, HelpLines, Crisis Lines)

211 Info & Referral Line	For information	503-222-5555
Alcohol and Drug Helpline	24-Hour crisis intervention, referral and chemical dependency info	800-923-HELP
Baby Blues Connection	24-Hour line for women experiencing prenatal, postpartum or pregnancy loss	866-616-3752
Bradley Angle	24-Hour line for domestic violence for African-Americans	503-281-2442
Catholic Charities: El Programa Hispano – Project UNICA	24-hour Spanish-speaking line for domestic violence	503-232-4448
Multnomah County Child Abuse Hotline/DHS Child Welfare Hotline	Report suspected child abuse.	503-731-3100 800-509-5439
Janus Youth Programs: Harry's Mother Helpline	24-Hour crisis intervention, emergency shelter and counseling for runaway youth	503-233-8111
Multnomah County Mental Health Call Center	24-Hour crisis counseling, help finding mental health providers and non-crisis community resources	503-988-4888 800-716-9769 TTY: 503-988-5866
National Domestic Violence Hotline	24-Hour line for domestic violence help	800-799-SAFE TTY: 800-787-3224
National Suicide Prevention Lifeline	24-hour suicide prevention	800-273-TALK
Open Adoption & Family Services	24-Hour all-options pregnancy counseling	800-772-1115
Oregon HIV/STD Hotline	Mon. – Fri. 9am to 6pm Sat. 12pm to 6pm Referral for HIV/STD services and listens to concerns	503-223-2437 800-777-2437 800- 499-6940 (en Español)
Oregon Partnership Lines for Life	24-Hour crisis help	800-273-8255 (suicide intervention) 800-923-4957 (crisis intervention) 877-968-8491 (youthline)
Portland Women's Crisis Line	24-Hour resources and help with domestic violence	503-235-5333

Raphael House of Portland	24-Hour domestic violence crisis line	503-222-6222
Runaway Hotline	24-Hour crisis line for youth thinking of running away, want to go back home or know a runaway	800-RUNAWAY
Report - Runaway/Missing Juveniles Portland Police Bureau	There is no waiting period. Contact the police as soon as possible. Non-emergency number 503 823-3333 or 911 depending on the circumstances	For additional information or follow-up contact Runaway Juvenile PPB Officer Julia Rico @ 503 823-5784.
Sexual Assault Resource Center Support Line	24-Hour crisis intervention, support, and referral line	503-640-5311
Suicide Hotline	24-Hour suicide prevention	800-SUICIDE
Oregon Tobacco Quit Line	4am to 12am Tips and planning on how to stop tobacco use	800-QUIT-NOW 877-2NO-FUME (En Espanol)
The Trevor (LGBTQ) Lifeline	24-Hour crisis, suicide intervention and support line	866-488-7386
Volunteers of America Oregon	Mon. – Fri. 8am to 6pm Domestic violence help	503-771-5503
YWCA of Greater Portland: Yolanda House	24-Hour crisis line and information and referrals	503-535-3269
Oregon Youthline	24-hour teen-to-teen crisis, counseling and referral on everything including alcohol + drugs, family, relationships and depression	877-553-TEEN

RESOURCE SERVICE (Alphabetic: Service Category, Service Groups)

Addiction/Substance Abuse			
Type of Service Provided	Service Type/Focus	Contact	Number
Acadia Northwest	Comprehensive outpatient substance abuse treatment		503-245-6262
Al-Non Family Groups: Al-anon/Alateen	For those seeking help for alcoholism and for those affected by someone else's substance abuse.		503-292-1333
Alcoholics Anonymous of Portland	Peer support to solve alcoholism. AA meetings are available.		503-223-8569
Cascadia Behavioral Healthcare	Provides low-cost housing for low-income individuals who are in recovery from addictions and-or mental health problems.		503-674-7777
Center for Family and Adolescent Research	Outpatient treatment center for drug-abusing teens and their families. Services are free to qualifying clients.		503-243-1065

Changepoint	Outpatient alcohol-drug treatment, Hispanic outpatient program, a family-based youth program and a violence intervention program for men.		503-253-5954
CODA	Outpatient and residential drug and alcohol treatment for men and women separately. Childcare for patients.		503-239-8400
De Paul Treatment Centers	Provides family-friendly residential and outpatient drug and alcohol treatment for those 18 and older, including family therapy. Latino and African-American programs also available.		503-535-1151
Impact NW	Connects People who are struggling with drug and-or alcohol addiction to the support they want. Services include family, marital and faith-based counseling, transportation, education support and job skills training. Participants will be screened to determine if they appropriate for the program.	Jana Hakova	503-988-6000 ext.254
Lifeworks NW	Culturally specific teen alcohol and drug, adult alcohol, drug and gambling addictions. Combined addiction and mental health counseling, including services for persons with serious mental illness.		503-645-9010
Morrison Child & Family Services Breakthrough	Provides outpatient substance abuse treatment for adolescent boys and girls ages 13-18. Day treatment services for adolescents referred through Oregon Youth Authority, Juvenile Probation or Parole only.		503-736-6565
Portland Area Narcotics Anonymous	A fellowship of recovering addicts who meet regularly to stay clean.		503-345-9839
Quest Center for Integrative Health	Support for those dealing with chronic illness, mental health-addiction issues and recovering from addiction. Services include acupuncture, counseling, educational resources, yoga, etc.		503-238-5203
Serenity Lane, INC	Treatment for chemical dependency on alcohol and drugs, including prescription drugs. Evaluation, assessment and intervention. Detoxification. Residential, outpatient and family treatment available.		503-244-4500
Siloam International Substance Abuse Counseling and Recovery Management	A multidisciplinary and culturally diverse and culturally competent team of professionals who implement a collaborative and integrative approach to promote long-term wellness and recovery management skills for individuals and families struggling with substance abuse and mental health behavioral issues.		503 975 5844 angermgtsiloam@gmail.com
Volunteers of America Oregon	Outpatient alcohol and drug and problem gambling treatment. Naturopathic physician services, mental health treatment and DUII treatment are available.		503-228-9229

Child Abuse			
CARES Northwest	Assessment and intervention program for children for whom there are concerns of physical or sexual abuse, neglect and exposure to domestic violence.		503-276-9000
Morrison Child & Family Services: Hand in Hand	Various services for children who have been exposed to severe abuse and trauma.		503-736-6500

Community Organizing / Assistance Services

City of Portland Office of Neighborhood Involvement	Promoting a culture of civic engagement by connecting and supporting all Portlanders working together and with government to build inclusive, safe and livable neighborhoods and communities. Services include: Community Neighborhood Involvement Center; Disability Program; Graffiti Abatement; Liquor Licensing Notification; Neighborhood Program; Crime Prevention; Diversity and Civil Leadership; Information and Referral; Neighborhood Mediation; Noise Control	Service description information web page: https://www.portlandoregon.gov/oni/28381	(503) 823-4000 Information and Referral #
The Rotary Club of Portland – and Peace Committee Mission Statement	Rotary is a club of business professionals who can offer leadership and sponsorship of scholarships and other grant opportunities. Members can partner with non-profit organizations to help them get connected with resources to help sustain programs. The Peace Committee's mission is to encourage and empower all members of our communities to exercise mutual respect, understanding, and cooperation, and to advocate globally and locally for peace and the non-violent resolution of conflict.	Leslie Brunker	503.756.5599

Counseling/Mental Health

A Better Way Counseling	Provides individual, couples, family and group counseling. Offers people with eating disorders and their families a free support group.		503-226-9061
Albertina Kerr Access Center	A community program offering a range of treatment, counseling, residential placement, and education for children who are experiencing crisis because of mental health issues, developmental disabilities, or traumatic events.		503-255-4205 503-408-4705
Avel Gordly Center for Healing	A special program for African-Americans, but serves all populations in Oregon. Adults, couples and families can get help with depression, anxiety, post-traumatic stress disorder, and adjustment to major life events, bipolar and psychotic disorders, adjustment to chronic medical problems, substance abuse, DUI treatment and problem gambling. This program is available to Multnomah County residents lacking any kind of insurance, with income at or below 200% of Federal Poverty Limit.		503-494-4745

Boys & Girls Club of Portland Metropolitan Area	Program provides counseling and guidance to youth and their families. This prevention-based program focuses on members' individual needs and youth development. Services include initial assessments, individualized planning, and after-school programming designed to meet social, behavioral and academic needs.		503-232-0077
Cascade AIDS Project	Counseling for individuals with HIV-AIDS and those who are affected by HIV-AIDS, including children. Kids Connection and teen program provides disclosure counseling, education, support and medical support for families infected or affected by HIV.	Bevan Hurd	503-278-3845 503-278-3822 503-223-5907
CareMark Behavioral Health Service	Comprehensive inpatient psychiatric services at Adventist Medical Center. Assessment, diagnosis, medical treatment and counseling.		503-413-4848
Cascadia Behavioral Healthcare	Provides low-cost housing for low-income individuals who are in recovery from addictions and-or mental health problems.		503-674-7777
Catholic Charities: Between Us	Free healthy relationship classes for teens, singles, couples and families.	Rebecca Phillips	503-688-2613
Conexiones Center for Trauma Recovery	Mental health therapy and evaluations, family therapy, couples counseling, treatment groups, parenting evaluations and individual and family trauma treatment. Bilingual (Spanish-English) staff.		503-235-8057
Dougy Center	The Dougy youth and their families who are grieving a death through peer support groups, education and training.		503-775-5683
Impact NW	Connects people who are struggling with drug and-or alcohol addiction to family and marital counseling, spiritual and faith-based support and pastoral family-marital counseling.		503-988-5961 ext. 234
Lewis & Clark Community Counseling Center	Offers low-cost counseling and therapy for people facing mental health, addiction, and-or relationship challenges. Services are available for children, adults, couples and families.		503-768-6320
Lifeworks NW	Adult alcohol and drug addiction treatment and mental health counseling. Also, services for persons with serious mental illness.		503-645-9010
Luke-Dorf East	Provides array of mental health services covering therapy, treatment, employment training, assistance obtaining benefits and entitlements, housing, money management, etc.		503-726-3820
The Men's Resource Center and Women's Counseling Center	Professional counseling for men, women, their partners and families. Anger Management and Domestic Violence Intervention group counseling for voluntary men. Counseling services for gay men and HIV-related issues. Counseling for men physically-sexually abused as children or adults. No treatment for sex offenders.		503-235-3433
Morrison Child & Family Services	Provides individual and family therapy for adolescent ages 13-18 abusing substances.		503-258-4555 503-736-6500

Multnomah County Mental Health & Addictions Early Assessment and Support Alliance (EASA)	Crisis counseling by phone and helps callers decide where to go for immediate assistance. Provides information and referral services for mental health and addiction treatment services. EASA is an outreach and treatment program for young people who are experiencing the first symptoms of psychosis. Employs clients with a team including medical professionals, mental health therapists and vocational and occupational therapists.		503-988-3272
New Avenues for Youth	Serves homeless teens, at-risk youth, and young adults. Services include a day service center to meet basic needs of youth at risk, outreach, A and D treatment, mental health counseling , case management, transitional housing, alternative high school, GED, career training and development, life skills training, family reunification and family counseling.		503-224-4339
The Northwest Catholic Counseling Center	Professional counseling for all ages -- individuals, couples and families. Typical issues are abuse, anger, anxiety, behavioral, grief, depression, self-esteem, sexuality and stress.		503-253-0964
Northwest Behavioral Healthcare Services	Provides residential treatment for adolescents (ages 12 to 17) with emotional, behavioral, and/or substance abuse problems (especially for youth with a dual diagnosis who require a secure setting for their care) http://www.northwestbhs.com/		Intake Department: 503-722-4470
Pacific University Psychology Clinic (Portland)	Provides mental health services to the community through individual, couples, family, child, and group therapy. Prospective clients are interviewed by telephone and then an appointment is provided for an intake assessment.		503-352-2400
Portland Vet Center	Provides free readjustment counseling to combat veterans, sexual trauma counseling to veterans and counseling for family members who lost an armed services member during combat.		503-688-5361
Quest Center for Integrative Health	Intensive outpatient program for those who have struggled with substance abuse, dealing with chronic illness and/or mental health-addiction issues.		503-289-5203
Trillium Family Services	Outpatient services for children that need ongoing support and therapy to manage their mental health condition. Also, secure residential care for youth with more advanced cases of common mental health conditions (ADD, bipolar disorder, severe depression, schizophrenia, and other conditions caused by genetic biology, environment and abuse). These children receive 24-hour support that includes therapy and medications management.		503-234-7532
The Salvation Army Cascade Division	Provides short-term counseling.		503-239-1264

William Temple House	Provides short-term counseling services to individuals, families, and couples including relationship counseling, family counseling, depression and anxiety, and bereavement counseling. Stipends may be available for some psychotropic medications.		503-226-3021
YMCA of Columbia-Willamette	Referrals for counseling.		503-721-6760
YWCA of Greater Portland	Referrals for counseling.		503-535-3266
Domestic Violence/Sexual Assault			
Gateway Center For DV Services	Provides or connects people with alcohol and drug counseling, counseling, culturally specific advocacy, financial planning, legal aid and resources. Walk-in/ drop in services for survivors of domestic violence and their children including restraining orders, counseling, safety planning, advocacy, public safety and criminal justice and a variety of services for children. Child care on site during drop in hours.		503-988-6400 Walk in M-F 9-4 10305 E. Burnside Portland, Oregon 97216
Human Solutions	Provides a no-cost group to help women who have lived through domestic violence stay safe and improve their situations. Free on-site child care is offered during the groups.		503-548-0200 503-405-7875
Janus Youth: Insights Teen Parent Services	Offers services for pregnant or parenting teens that are in harmful or unsafe, intimate relationships. Including case management, assistance in receiving victim's assistance and-or restraining orders, domestic violence support group that provides child care while a parent attends the meeting and educational parenting groups in English and Spanish.		503-239-6996
Listen to Kids	Groups and home visiting services to children and the non-offending parent who have left domestic violence situations.		503-280-1388
Salvation Army Cascade Division	Services for women and children escaping domestic violence. Crisis intervention services include emergency shelter, advocacy, children's programs and support groups. Self-sufficiency programming includes transitional housing and advocacy, information and referral and life skills training. Provides community education and educational materials.		503-224-7718
Self Enhancement INC	Domestic violence support group.		503-285-0493
Volunteers of America Oregon	Children's Services (one-on-one support for children, support groups, parenting support, teen services): Transitional Services (long-term advocacy and support, help finding and maintaining safe housing, home visits). Support groups for adult domestic violence survivors are offered in Spanish and English, and there are support groups for children ages four through teens as well.		503-236-8492

Educational Support			
Impact NW: Social Services for Educational Success	Connects People who are struggling with drug and-or alcohol to education-GED support. SSES provides services for youth and their families so that youth remain in or return to school.		503-988-5961
Neighborhood House: Youth & Family Services	Educational support and afterschool programming, serving students at schools in Southwest and North Portland. Working with youth, their families, local schools and community groups, the agency delivers services that help struggling students succeed in school and life. Mentoring programs at select SUN School sites, and academic case management services for high-school aged youth at Wilson HS and Roosevelt HS.		503-246-1663 ext. 8213
New Avenues for Youth	Serves homeless teens, at-risk youth, and young adults. Services include alternative high school, GED, career training and development, life skills training, family reunification and family counseling.		503-224-4339
Portland Public Schools: Direction Services	The team serves students who have been absent from school for at least 20 consecutive days and are being discharged from a residential mental health and-or alcohol and drug treatment program, being discharged from a DARTS or other day treatment program, or have been involved in the juvenile justice system.		503-916-3956
Portland Public Schools Multiple Pathways to Graduation	Alternative Schools, Charter Schools, Day and Residential Treatment Schools, Virtual Scholars online course learning, and Credit Recovery options are available in the Multiple Pathways to Graduation Department at Portland Public Schools. There is a place for every student within Portland Public Schools and Multiple Pathways to Graduation educates students and their families as to the many school options within PPS.	http://www.pps.k12.or.us/departments/education-options	503-916-3299
Portland Public Schools – Alliance Alternative High School (2 Campus Locations)	2 small school campuses designed to provide individual and small classroom support to students who will benefit from a small high school program. Joseph Meek School Campus students, 14 and older, are exposed to four hands-on Career Technical Education programs. Benson HS Campus students, ages 16-21, work to complete their requirements for high school graduation. Students benefit from auto, robotics, digital media, counseling, group activities, field trips, daily advisory small group support and college / career planning. Alliance on the Benson Campus operates from 9:30 am – 7:00 pm.	Lorna Fast Buffalo Horse	503-916-6486 Benson HS Campus 503-916-5747 Joseph Meek Campus

Portland Opportunities Industrialization Center	Serving over 560 students and work trainees annually, across three programs: Rosemary Anderson High School, Rosemary Anderson Transitions, and Work Opportunities Training. In addition employs workers serving the Multnomah County Community Healing Initiative, Portland / Multnomah County Gang Impacted Family Team Program and Portland / Gresham Street Level Gang Outreach Program.		(503) 797-7222
The Rosewood Initiative	Community center (@ 16126 SE Stark) offering various activities, events and resources for young people and families. Employment services are offered at our site through SE Works, as well as free computer access and wi-fi for individuals in the neighborhood. Our partner organizations use our space for orientations, meetings, classes and groups. The schedule changes weekly and can be accessed through the website: rosewoodinitiative.org and by visiting or calling the center	Jenny Glass, Director	503.208.2562
Self Enhancement INC	Working with schools, families, and community organizations, SEI provides opportunities for personal and academic success. SEI offers a year-round program of preventive education that includes classroom instruction, counseling, support groups, tutoring, extra-curricular activities, cultural enrichment and career development.		503-285-0493
Trauma Nurses Talk Tough (TNTT)	Teaches reasons for 'risk avoidance' integrated with asset/skill building and provide empowerment education. TNTT Program meets most of the 40 Developmental Assets and integrates PMT (Protection-Motivation-Threat) Control Best Practice Methodology. Classes consist of slide/lecture presentations designed for elementary children through adult audiences by graduating levels of information structured in age appropriate stages and intensified presentation style.	Simone Carter BS, MS srcarter@lhs.org	(503) 413-2826 (503) 413-2661

Employment/Financial Services			
Cascade AIDS Project	Workshops, individual meetings, assistance and more.	Heather Salek	503-278-3812
Human Solutions	Helps a participant learn job skills, connects them with employers and secure permanent employment with livable wage jobs.		503-548-0220 503-405-7875
Innovative Changes	Helps low income individuals/families in learning to manage short term financial needs to achieve and maintain household stability, financial education, responsible small dollar loans and credit building opportunities		503-249-5205

Job Corps – Oregon	Job Corps is a free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible young people at least 16 years of age that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career and in life.	Smith.Grace@jobcorps.org	If you or someone you know is interested in joining Job Corps, call (800) 733-JOBS or (800) 733-5627
Luke-Dorf East	Provides array of mental health services covering therapy, treatment, employment training, assistance obtaining benefits and entitlements, housing, money management, etc.		503-726-3820
Open Meadow Alternative School	Three-year career development program for Portland residents (ages 18-24) who are interested in exploring professional careers and-or college. During a ten-week professional training program.		503-488-5181
Self Enhancement INC	Provides case management, self-sufficiency planning, life skill development and transitional housing. Information and referral to other services in North Portland area. Also provides culturally-specific services to African-Americans, including domestic violence support group.		503-285-0493
Youth Employment Institute	Offers a variety of career opportunities for those interested in the areas of youth development and nonprofit work.	Bennie Bogan	503-280-1058
Family Preservation			
Children's Relief Nursery	Services include early childhood, early intervention, social, emotional and family support. Also, provides mental health and trauma services. Parenting classes are available.		503-283-4775 503-564-0164
Impact NW	Works with families with children ages birth to five who are in foster care. Provides intensive home visits and individualized case management and connects families with resources, works in partnership with birth parents, foster parents, DHS-Child Welfare, and mental health professionals.		(503) 988-5961 ext: 234
Self Enhancement INC	Provides outreach services to families with at-risk children, including counseling, case management, parenting classes, and referrals to outside resources. Parent coordinators work with family service staff to help parents find housing, employment, and counseling in order to provide a safe environment for their children.		503-285-0493
Health/Health Education			
Alameda Naturopathic Clinic	Primary and acute care. Men's, women's and children's health care, vaccinations, minor surgery, emergencies, STD testing, and general health care.		503-282-9222
Cascade AIDS Project	This program provides peer and community educational prevention programs primarily for youth and at-risk adults to prevent HIV. Kids Connection provides education materials (myths and facts of HIV).	Bevan Hurd	503-278-3845 503-278-3822 503-223-5907

OHSU Partnership Project	HIV/AIDS; Services to men, women and children. Services available for family members, community members and service providers who need basic information and referral.	Julia Lager-Mesulam	503-230-1202 ext. 235
Center for Women's Health	Services and specialties in areas of women's health. Family planning services include sterilization, contraception and termination of pregnancy.		503-418-4506
Janus Youth Programs	Provides no-cost, low-cost and full-cost health coverage options for uninsured Oregon children and teens. Covers medical needs including dental, prescriptions, visions and mental health. Children won't be turned away or put on a waiting list for preexisting conditions.		503-432-3986
Outside In	Primary Care clinic. Provides diagnosis, treatment and-or referral for acute and chronic medical care as appropriate. Also, school physicals, pregnancy testing, birth control, STI, HIV-AIDS testing and counseling, abscess treatment and treatment of other common illnesses.		503-535-3800
Rosewood Family Health Center	Primary care facility for residents of Multnomah and Clackamas Counties provides comprehensive family medicine, prenatal care and delivery, immunizations, care for children and adolescents, women's health care and school and sports physicals.		503-772-4335
Southwest Community Health Center	Provides basic health care including preventive care, acute care and chronic disease management to uninsured low-income families.		503-977-0733
Housing			
Cascadia Behavioral Healthcare	Provides low-cost housing for low-income individuals who are in recovery from addictions and-or mental health problems. Levels of support vary from independent housing for singles to licensed residential facilities with 24-hour staff support.		
Janus Youth: Insights Teen Parent Services	Transitional housing and short term rent assistance.		503-239-6996
Luke-Dorf East	Provides array of mental health services covering therapy, treatment, employment training, assistance obtaining benefits and entitlements, housing, money management, etc.		503-726-3820
Home Forward	Housing Assistance – Adm Offices 135 SW Ash St, Portland, OR http://www.homeforward.org	Public Housing Hotline recording: (503) 280-3760 Section 8: (503) 802-8333 Main: (503) 802-8300	
Homeless and Runaway Youth			
Janus Youth Programs: Access Center	Services for homeless and runaway youth who are seeking intake assessment and referral. Provides for basic needs including food, clothing, basic medical supplies and shelter. Youth receive an		503-432-3986

	assessment to determine if they meet homeless youth services requirements.		
New Avenues for Youth	Serves homeless teens, at-risk youth, and young adults. Services include a day service center to meet basic needs of youth at risk, outreach, A and D treatment, mental health counseling, case management, transitional housing, alternative high school, GED, career training and development, life skills training, family reunification and family counseling.		503-224-4339
Individual and Family Support			
Boys & Girls Club of Portland Metropolitan Area	Program provides counseling and guidance to youth and their families. This prevention-based program focuses on members' individual needs and youth development. Services include initial assessments, individualized planning, and after-school programming designed to meet social, behavioral and academic needs.		503-232-0077
Cascade Pacific Council Boy Scouts of America	The Boy Scouts of America will prepare every eligible youth in America to become a responsible, participating citizen and leader who is guided by the Scout Oath and Law.	Walter Robinson II	W 503.225.5758 C 626.689.1014
OHSU Partnership Project	Services to men, women and children through our HIV Case Management and Prevention program (SHOP). In addition to these client services, we are available through our Intake Line to family members, community members and service providers who need basic information and referral.	Julia Lager-Mesulam	503-230-1202 ext. 235
Self Enhancement INC	Provides case management, self-sufficiency planning, life skill development and transitional housing. Information and referral to other services in North Portland area. Also provides culturally-specific services to African-Americans, including domestic violence support group.		503-285-0493
Straightway Services	Provides food, clothing, employment assistance and mentorship to at-risk teens and families.	Dwight Minnieweather	503-960-9431
YMCA of Columbia-Willamette	Provides various services for youth and families, referrals and information about other services.		503-721-6760
YWCA of Greater Portland	Provides various services for youth and families, referrals and information about other services.		503-535-3266
Legal Information			
Catholic Charities Immigration Legal Services	Services for immigrants/refugees including visas, naturalization, removal defense,	(Open first Tuesday of every month at 9:00 am)	503-542-2855
Community Alliance of Tenants	A tenant-facilitated, tenant-membership organization. Provides information concerning renter rights and landlord obligations and empowers tenants to advocate for affordable, stable and safe rental		503-288-0130

	homes. It provides information concerning environmental health in rental homes, such as mold and bed bugs. It also coordinates legislative campaigns, tenant organizing, renter's rights forums and renter's rights hotline.		
Multnomah County Department of Community Justice: Juvenile Services	Enhances community safety and reduce criminal activity by holding youth and adults accountable in a fair and just manner, assisting them to develop skills necessary for success, and effectively using public resources . Programs include the RISE Unit and Adult Gang Team and School Partnerships Program.	Don Lincoln (JSD), Kate Desmond (ASD), Sheryl Goodman (School Partnerships)	503-988-3460 503-988-3978
Lewis & Clark Legal Clinic	Cases are generally handled by Lewis & Clark Law School students acting under the supervision of the clinical faculty, all of whom are attorneys. Assistance is generally provided in various areas.		503-768-6500
Lutheran Community Services Northwest	Provides services for behavioral health, family and community support, immigrants and refugees, violence intervention and prevention and child welfare.	Kelli Harrison	503-231-7480 ext. 589
Oregon State Bar Lawyer Referral Service	Cannot provide legal advice or answer legal questions. Referral to a lawyer that can help.		503-684-3763
Pregnancy and Parenting			
Albertina Kerr Access Center	Offers home-based services to teach effective parenting strategies and home-based and community-based individual skills training.		503-255-4205 503-408-4705
Boys & Girls Aid	Programs for youth that provide permanent homes and safe temporary places.	Sally Guyer	503-542-2392
Catholic Charities – Pregnancy Support and Adoption Services	Free counseling, support, information about parenting and adoption and assistance.	Robin Neal	503-238-5196
Child Care Resource and Referral of Multnomah County	Provides child care referrals, education on child care, child care consultations and information on children's development and connects families to sources of financial assistance for childcare.		503-548-4400
Children's Relief Nursery	Parent-infant and parent-toddler classes, art and music therapy, weekly parenting classes utilizing "Making Parenting a Pleasure Curriculum."		503-283-4775 503-564-0164
Impact NW: Early Childhood	Provides early childhood developmental activities with families of children ages birth to age five. Includes weekly to bi-weekly parent-child groups, monthly home visits, screening and monitoring of child's health & development, and referral to additional resources. Uses Parents as Teachers (PAT) curriculum, offering materials and activities that promote physical, cognitive and emotional development. Wait times may be up to six months to receive service.		503-988-5961

Janus Youth: Insights Teen Parent Services	Wait times may take up to 1-2 weeks. Evidence-based home visiting program providing hands-on parenting and child development education using the "Parents as Teachers (PAT) curriculum." Also, provides a weekly parent education and support group in English and Spanish. Wait times may take up to 2 weeks.	Sasha Brown	503-239-6996 ext. 215
Metropolitan Family Service	Provides research-based parent and family services that strengthen families, help children succeed, and create strong connections to the community. Services include parenting classes.	Laura Knechtges	503-232-0007 ext. 121
Morrison Child & Family Services Hand in Hand	This program provides parenting trainings, educational home visitations, groups on general parenting issues, parenting materials to help children prepare for school, referrals, case management, and developmental screening. It also provides parents with guidance on how to deal with a child's tantrums, questions about a child's developmental stages, and alternatives to spanking.	Lucrecia Farias	503-258-4381 503-736-6519
Neighborhood House INC.	Provides early childhood developmental activities with families of children ages birth to age five. ESL classes and culturally specific services.		971-244-0148
Planned Parenthood Columbia-Willamette Call Center	Planned Parenthood provides a wide range of free or low-cost sexual and reproductive health care services.		503-788-7273
Portland Public Schools Teen Parent Services Program	Provides individual and family support for pregnant and parenting teenage mothers and teenage fathers. Teen Parent Counselors meet individually with students to create an individualized support plan to assist with education including school placement, tutoring, teen parent groups, support attaining health and housing assistance and college and career planning. Home Instruction is provided for students on bed rest or with newborns. Assistance with child care is available at Roosevelt and Madison High School Teen Parent Child Care Centers through a partnership with Albina Early Head Start. Services are available for infants and toddlers ages 6 weeks to pre-kindergarten.	Cheryl James	503-916-5858
Pregnancy Resource Centers of Greater Portland	Free pregnancy tests and limited ultrasounds. Pro-life pregnancy counseling, abstinence information, referral to legal aid, medical care, housing, parenting classes, prenatal classes, adoption information and referral. Provides assistance with maternity clothing, baby clothing, and baby furnishings when available.		503-666-6527
Salvation Army cascade Division	Provides various services for youth and families, referrals and information about other services.	Diana Brandsma	503-239-1248

Self Enhancement, INC. (SEI)	Provides early childhood developmental activities with families of children ages birth to age five. Includes weekly to bi-weekly parent-child groups, monthly home visits, screening and monitoring of child's health & development, and referral to additional resources. Uses Parents as Teachers (PAT) curriculum, offering materials and activities that promote physical, cognitive and emotional development.		503-249-1721 503-285-0493
Youth Violence & Gang Prevention			
Ceasefire Oregon	Arrange to give unwanted guns to a law enforcement officer no questions asked.		503-220-1669
City of Portland Office of Youth Violence Prevention	Offers research, resource and support to the prevention youth gang violence and criminal behavior. Provides programming coordination with Portland's Street Level Gang Outreach Program, Black Male Achievement Technical Service Grant Program, Portland / Multnomah County Gang Impacted Family Team Program (GIFT), Gang Violence Task Force (bi-weekly meetings open to the public, Multnomah County's Court Bench Probation Mentoring Program etc.. http://www.portlandonline.com/safeyouth	Tom Peavey	503-823-4180
Emmanuel Community Service	Re-direction program for youth at risk of gang involvement. Services include personal and family counseling, moral support, motivation, self esteem workshops and recreational activities. Must be referred through Juvenile Court or the Oregon Youth Authority.		503-287-2223 ext. 100
G.R.E.A.T (Gang Resistance Education and Training for youth)	Gang violence and prevention program built around schools and law-enforcement. Teaches lessons on life skills and problem solving. Partnered with Boys & Girls Club and National Association of Police Athletic Leagues.	Joann Alminiana	503-823-4123
City of Portland Graffiti Abatement Program	Supports neighborhood livability by decreasing graffiti in partnership with the Portland Police Bureau, neighborhood and business associations, community partners and volunteers.	Dennis LoGiudice	503-823-4824
Multnomah County Health Department: Youth Violence Prevention Partnership	Aims to reduce gang violence. Striving to Reduce Youth Violence Everywhere (STRYVE) initiative helps communities prevent youth violence.	Pam Hiller	503-988-6250
Portland Police Bureau: Crisis Response Team	A service for victims of traumatic incidents and their families. A partnership between the Portland Police Bureau and its communities.	Officer Marci Jackson	503-823-2095
Portland Public Schools Reconnection Center	For students ages 13-21; The Reconnection Center provides individual outreach, home visits and school visits to assist students and their families to connect with and enrolling in a school which	Dennis Fournier Reconnect@pps.net	503-916-3956

	students and their family believe will be a good fit with their educational and individual support needs of each student.		
Resolutions Northwest: Family Mediation	Various services in the area of mediation, restorative justice and youth conflict prevention and facilitation.	<i>Stuart Watson</i>	503-595-4890 ext. 104
Resource Intervention Services to Empower (RISE)	Provides probation supervision to high risk, gang-involved offenders using strategies that are tailored to each youth's issues, strengths, needs, culture and environmental influences	<i>Jan Bishop</i>	503-988-3978
Youth Employment Institute	Offers a variety of career opportunities for those interested in the areas of youth development and nonprofit work.	<i>Bennie Boggan</i>	503-280-1058
Youth, Rights & Justice Attorneys at Law (formerly Juvenile Rights)	Youth, Rights & Justice is court-appointed to represent children in foster care, parents in the child dependency system and youth in the juvenile court system.		503-232-2540

Population Specific Resources

Asian Health & Service Center	Community and senior services include ESL classes, recreation and cultural activities, employment information, consultation and volunteer opportunities. Women's health, family and youth, mental health and addiction treatment services are available. The Mental Health program is a culturally- competent and linguistically-appropriate program offering service in Cantonese, Mandarin Chinese, Korean, Taiwanese, and English.		503-872-8822
Bienestar de la Familia	Provides one on one counseling services. Works closely with Hispanic and African immigrant populations. Services available in Spanish and English. Services areas available: Addiction/Substance Abuse; Mental Health Counseling; Domestic Violence / Sexual Assault; Education Support; Youth and Family Support; Pregnancy and Parenting Support; and Youth and Gang Violence Prevention.		Youth Services: 503-988-5686 All Services: 503- 988-3509
Black Parent Initiative	Intensive 8 week parenting program to prevent removal of children- placement in foster care. Various parenting support and educational services aimed at mobilizing Black parents to ensure their children achieve educational excellence.		503-284-8000
Bradley Angle	Provides support groups and a domestic violence drop-in center which focuses on the African and African American community. Connects clients to resources for housing, employment, education, medical, legal assistance and other nonprofit and public services. .		503-595-9591

Cascade AIDS Project	Provides peer and community support and educational prevention programs targeted towards youth and at-risk adults to prevent HIV. Counseling for individuals with HIV-AIDS and those who are affected by HIV-AIDS, including children. Kids Connection provides disclosure counseling, education materials (myths and facts of HIV).	Bevan Hurd	503-278-3845 503-278-3822 503-223-5907
Catholic Charities: El Program Hispano	Provides information and referral to the Hispanic community and a comprehensive array of social and mental health services to low-income Latino families. Services include: housing, employment/job skills, medical clinics, and referral. Healthy Kids provides no-cost, low-cost and full-cost health coverage options for uninsured Oregon Children. Rental and utility assistance not available to clients residing outside of Multnomah County. Project UNICA provides services for Spanish-speaking individuals and families affected by domestic violence and-or sexual assault. Intensive 8 week parenting program to prevent removal of children-placement in foster care. ESL tutoring classes for recent immigrant families and culturally specific services.		503-489-6826 (503) 688-2630 (project UNICA) (503) 489-6801 (school-based)
Central City Concern: Puentes, Float and Esperanza Juvenil	Puentes provides bilingual-bicultural alcohol and drug treatment and mental health services to Hispanic individuals and families. Provides case management, mentoring, access and referral to housing resources, and continuing care when treatment is finished.		503-546-9975
Ecumenical Ministries of Oregon: Russian Oregon Social Services	This program provides culturally-specific domestic violence and sexual assault services and mental health services to Russian-speaking victims. Services include mental health and physical health, legal aid, information and referral to other services.		503-777-3437
Edúcate Ya	Conducts health education sessions on HIV-AIDS prevention and education upon request, with focus on Latino community.		503-238-5790
Hacienda Community Development Corporation	Provides services for youth and their families so that youth remain in or return to school. These services are for youth attending regular and-or alternative schools who are at risk of academic failure. Services by Hacienda CDC are Bilingual and bicultural and only serves elementary and middle schools. Provides early childhood education to parents.		503-459-7504
InAct:	Culturally-specific treatment services in Spanish for Latino families and individuals who have either alcohol and drug or gambling problems. Help with resolving DUIs. There is no charge for problem gambling treatment.	Problem Gambling Services: 503-501-9939 Alcohol & Drug Treatment: 503-501-9939	

IRCO Africa House	Africa House provides family-focused service center: interpretation services, as well as job and English language skills development are offered. Culturally-specific services available to African refugee families. Mediation and health education services. Provides early childhood developmental activities to families with children ages birth to age five. ESL tutoring classes for recent immigrant families and culturally specific services. Provides services for youth and their families so that youth remain in or return to school. Services are for youth attending regular and-or alternative schools who are at risk of academic failure.	Djimet Dogo	503-802-0082 503-577-7416
IRCO Asian Family Center	Healthy Kids provides no-cost, low-cost and full-cost health coverage options for uninsured Oregon children and teens. Coverage lasts for one full year and covers all health needs, including doctor visits, dental care, vision, mental or behavioral health services, prescriptions, and more. Children will not be turned away due to pre-existing conditions or be put on a waiting list.	Pamala Richardson	503-235-9396
IRCO (Immigrant and Refugee services)	Legal advocacy and various services for refugee and immigrant survivors of domestic violence and sexual assault. Provides services for youth and their families so that youth remain in or return to school. Provides early childhood developmental activities to families with children. ESL tutoring classes for recent immigrant families and culturally specific services.	Margaret Malarkey	503-234-1541
Jewish Family & Child Service (JFCS)	Individual, couple, family and group counseling. Peer counseling. Counseling and workshop services for job search support. JFCS serves people with high behavioral health needs, including those with co-occurring disorders. Treatment includes cognitive and dialectical behavior therapies.		503-226-7079
Lutheran Community Services Northwest	This program provides low-cost counseling and mental health assessments to refugee and immigrant populations low-income and minority groups. Culturally sensitive services available in Russian, Arabic and Somali. Free counseling, case management services for Eastern European immigrants.	Kelli Harrison	503-231-7480 ext. 589
Legal Aid Services of Oregon (LASO) Native American Program (NAPOLS)	Represents Indian Tribes and groups under the following priorities: treaty rights, water rights, land claims, Indian child welfare, religious freedom, protection of burial and archaeological sites. Represent Indian Children-Families involved with Multnomah Juvenile Court.		503-224-4086 503-223-9483
Native American Rehabilitation	Provides wide range of general clinic health including mental health and physical exams.		

Association of the Northwest, INC. (NARA)	Residential, holistic alcohol-drug treatment for Native American Indians and Alaskan Indians as well as non-Native people. Native American and Alaskan Native culturally-specific alcohol and drug treatment services from intensive outpatient to aftercare services for adults. Individual, couple, family and group counseling. Includes gender-specific and parenting groups.		
NAYA (Native-American Youth and Family Center)	Employment planning and job training for American Indian and Alaskan Native in the workplace. Provides immediate crisis intervention services for domestic violence victims. Group for women to learn safety tools. Academic, educational and wellness support for youth. Offers a parenting class for Native American parents as well as non-Native American foster parents of Native American children. Parent-child playgroups. Gang prevention programs. Intensive 8-week program to prevent removal of children.	Ava Hansen Nicomi Levine (pregnancy & parenting)	503-288-8177 ext. 294 ext. 328
National Indian Child Welfare Association	Child abuse and neglect services for Native American Indian children.	Native-American Community	503-222-4044
<i>OHSU Partnership Project</i>	HIV/AIDS; Services to men, women and children. Services available for family members, community members and service providers who need basic information and referral.	<i>Julia Lager-Mesulam</i>	503-230-1202 ext. 235
Sexual Assault Resource Center (SARC)	The Commercially Sexually Exploited Children(CSEC) Unit works to meet the individual and systemic needs of sexually exploited youth in Multnomah and Washington Counties by providing a victim-centered approach through our 24-hour emergency response advocates and long-term support case managers. The two programs housed in CSEC unit are the STRYDE Program serving 12-18year olds and the RYSE Program serving 18-25year olds.		503-626-9100 http://www.sarcoregon.org
Sexual Minority Youth Resource Center (SMYRC)	This program provides support and advocacy for lesbian, gay, bisexual, transgender, queer, questioning and allied youth in Washington County, ages 14 through 21. Services include school support and meetings.		503-872-9664
Somali Bantu Community Organization of Oregon	Provides workshops for financial literacy, support groups for women and youth, cultural awareness, individual and family support, life skills and service access workshops, translation services, community referral, and transportation to services.		503-384-8229
Trans Active	TransActive provides a comprehensive array of counseling and medical services, child and family advocacy and support services to transgender and gender non-conforming children and youth, their families, allies, community organizations and helping professionals.		503-252-3000

Re-entry Programming / Support (for Offenders)

Mercy Corps Reentry Transition Center	Assist formerly incarcerated individuals in connecting with communities by providing for their immediate needs and navigation to essential services		971-255-0547 RTC@mercy-corpsnw.org
Volunteer of America Community Partners Reinvestment Project (CPR)	CPR is a collaboration of experienced, community-based service providers who are committed to offering professional intervention and support for young adult offenders. Together, the CPR team of private and public partners provides integrated case management		503-235-8655

School-Based Health Centers (For questions or concerns, call Tom Eby 503-988-4424)

The Multnomah County Health Department operates School-Based Health Centers at 10 PPS schools. School Based Health Centers provide the following services for school-aged children: physical exams, including sports physicals, early detection, diagnosis, and treatment of illness and injury, Vision, dental, and blood pressure screenings, immunizations, mental health services, age-appropriate reproductive health care, routine lab tests, prescription medications, health education, counseling, and wellness promotion, fitness and nutrition education and counseling.

César Chávez K-8	503-988-3815
Cleveland HS	503-988-3350
David Douglas HS	503-988-3554
Eastside School-Linked Health Center	503-988-5488
Franklin HS	503-988-3370
George MS	503-988-3829
Grant HS	503-988-3372
Harrison Park K-8	503-988-4577
Jefferson HS	503-988-3360
Lane MS	503-988-5640
Madison HS	503-988-3382
Parkrose HS	503-988-3392
Roosevelt HS	503-988-3909

Additional Categories

Motivational - Training

Coaching Leaders for Results.	Coaching one on one and group facilitation. Works with leaders on structure and motivational speaking	CEO, Cynthia Harris	503 764-7582 harris.cynthia18@gmail.com https://www.facebook.com/DrCynthiaHarris/info
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