

COMMUNITY RESOURCE LIST

ALCOHOL – DRUG – ADDICTIONS

- Alcohol & Drug Helpline** 1-800-923-4357
- Alcoholic Anonymous (AA)** 503-223-8569
971-327-5523 (Español)
- Allied Health Services** 503-252-3949
6601 NE 78th Ct - *Methadone outpatient treatment.*
OHP/Insurance accepted.
- Cascadia Behavioral Healthcare** 503-238-0769
- CCC Recovery Center** 503-944-4410
726 W Burnside - *A&D outpatient treatment.*
- CCC/Letty Owings Center** 503-235-3546
2545 NE Flanders - *A&D treatment for women with children 5 yrs or under or pregnant.*
- CCC/Puentes** 503-546-9975
1949 SE 122nd - *Outpatient A&D/mental health services for Latino peoples.*
- Cocaine Anonymous (CA)** 503-256-1666
Call or visit www.caonwa.org for meeting schedule.
- CODA** 503-239-8400
- De Paul Treatment Centers, Inc.** 503-535-1151
1312 SW Washington - *Detox, adults only. Residential treatment for adults & youth.*
- Gamblers Anonymous** 1-855-2CALLGA (222-5542)
- Hooper Detox** 503-238-2067
1535 N. Williams - *For 18+. Insurance & sliding scale. Oregon resident only. Opens 6:45am, arrive before 7:45am.*
- Iron Tribe** 503-847-4880 / 503-913-9585 (Housing)
Peer support & help for Native Americans.
www.irontribenetwork.org
- LifeWorks NW** 503-645-9010 / 888-645-1666
A&D/mental health services for youth and adults.
- Narcotics Anonymous (NA)** 503-345-9839 (24/7)
- Native American Rehab. Assn (NARA)** 503-231-2641
- Needle Exchange Info Line** 503-280-1611
- NW Bible Training Center** 503-289-7758
Free Christian-based residential treatment for 18+.
- Portland Metro Treatment** 503-762-3130
- Problem Gambling Services Program** 503-239-5952
- Project Network** 503-528-2140
Residential A&D & mental health treatment for women.
- Quest Center for Integrative Health** 503-238-5203
- Sex Addicts Anonymous (SA)** 503-452-5961
- SMART Recovery** www.smartrecovery.org
A&D support meetings in the Portland metro area.
- Tobacco Quit Line** 1-800-QUIT NOW (784-8669)
- En Español** 1-877-2NO-FUME
- Victory Outreach** 503-335-3264
16022 SE Stark - *Faith-based A&D violence, gang treatment support.*

CLOTHING – FOOD

- Blanchet House** 503-241-4340
310 NW Glisan - *Meals served M-Sat: Breakfast 6:30-7:30am. Lunch, 11:30-12:30pm. Dinner, 5-6pm.*
A&D support & transitional housing.
- Crossroads Food Bank** 503-257-9345
2407 NE 102nd Ave - *Food provided once a month. Proof of residency & photo ID, TH & F. 9am-12am.*
- Francis Center** 503-775-6784
6535 SE 82nd - *Food box and/or clothing. M-TH: 10-2pm.*
- Grace Memorial Church** 503-287-0418
1535 NE 17th Ave - *Sack lunches, TU/W/TH: 11am-1pm. Dinner, Fri: 6pm.*

- Meals on Wheels** 503-736-6325
Meals for 60+ in Multnomah, Washington & Clark County.
- Oregon Food Bank** 503-282-0555
7900 NE 33rd, Portland.
- Portland Dress for Success** 503-249-7300
1532 NE 37th - *Business clothes for women enter the job market.*
- Portland Adventist Community Services** 503-252-8500
11020 NE Halsey St - *Food Pantry, M-F: 9-11am. Proof of residency & ID required.*
- Rahab's Sister Episcopal Church** SE 82nd and Ash
Women only meals, Fri: 7-10pm. Support for women who have experienced violence.
- Rose Haven** 503-248-6364
627 NW 18th Ave - *Drop in center for anyone identifying as female, M-F: 8:30-3pm.*
- Sisters of the Road Cafe** 503-222-5694
133 NW 6th and Davis - *Low cost meals, M-F: 10-2pm. Barter or work for services.*
- SNAP/Food Stamps/Oregon Safenet** 1-800-723-3638
Apply at www.oregon.gov/dhs/assistance/pages/foodstamps/snap-info.aspx#apply.
- St. Andre Bessette Catholic Church** 503-228-0746
601 W Burnside - *Clothing, hygiene, food, M-F: 9-11am. Food & fellowship, TH-F: 7-8:30pm.*
- St. Francis Church** 503-232-5880
1131 SE Oak - *Food Boxes. No ID or requirements.*
- St. Francis Dining Hall** 503-234-2028
311 SE 11th - *Meals served, M-F: 12:30pm & 5pm, Sun: 3:30pm. Hygiene supplies.*

DOMESTIC VIOLENCE – ASSAULT

- Bradley Angle House** 503-595-9591 or 503-281-2442
Shelter & services for African American & LGBTQ.
- DHS/Child Abuse/Oregon Safenet** 1-855-503-SAFE (7233)
Reporting child abuse/neglect.
- DV Resource Center** 1-866-469-8600 (24/7)
- Gateway Center for DV Services** 503-988-6400
- Portland Bad Date Line** 503-535-3901
A&D reporting for sex workers.
- Portland Women's Crisis Line** 1-888-235-5333 (24/7)
- Projecto UNICA** 1-888-232-4448
Un nuevo inicio para concluir el abuso.
- Raphael House** 503-222-6507 / 503-222-6222 (crisis 24/7)
Shelter services for women & children escaping DV.
- Sexual Assault Resource Center** 503-640-5311 (24/7)
- VOA Home Free** 503-771-5503

ENERGY – RENT – EMERGENCY HELP

- Heat Oregon** www.heatoregon.org
Help with paying natural gas, apply online.
- Human Solutions Assistance Hotline** 503-405-7877
- Impact NW** 503-988-6020
- Low Income Energy Assistance Program**
www.oregon.gov/ohcs/pages/sos_low_income_energy_assistance_oregon.aspx
- Neighborhood House** 503-246-1663
- Oregon Lifeline (Telephone Assistance Program)** 1-800-848-4442
Apply online at www.rspf.org
- SEI Community Services** 503-285-0493
- Your Next Step** www.yournextstepgrants.org
One-time bill pay assistance.

EMPLOYMENT – RE-ENTRY

- Mercy Corps Re-Entry Transition Center** 971-255-0547
1818 NE MLK Jr. Blvd, Suite C - *M-Th: 9-5pm, Fri 9-4pm.*
- Vocational Rehabilitation** 971-673-2555
Training & employment for individuals with disabilities.
- WorkSource Center** 503-280-6046(N)
503-772-2300(SE)
Job leads, training & resources, M-F: 8am-5pm.

GAY – LESBIAN – BI – TRANS

- Outside In/Trans Clinic/ID Project (name change help)** 503-535-3828
- Pivot/CAP** 503-445-7699
209 SW 4th - *Support services for MSM & transgender persons who identify as male.*
- Q Center** 503-234-7837
Social, support and events. www.pdxqcenter.org
- Resources PDX** www.resourcespdx.org
Local health directory for LGBTQ community.
- SMYRC** 503-872-9664
2450 NE Sandy Blvd, Suite 100 - *Serving youth 12-23 years old.*
- Triangle Project/Cascadia** 503-230-9654
2415 SE 43rd Suite 200 - *A&D/mental health treatment for LGBTQ community.*

HEALTH – MEDICAL – DENTAL

**** Call for eligibility, cost and other details**

- Ageing and Disability Helpline** 503-988-3646
- Billi Odegaard Dental Clinic** 503-988-5770
33 NW Broadway, Suite 380 - *Dental care for the homeless, M-F: 8:30am-6:30pm.*
- CCC Health Services/Old Town Clinic** 503-228-4533
- Children's Community Clinic** 503-284-5239
27 NE Killingsworth St - *Medical care for 0-21 yrs old. Call for appt. & fees.*
- Chronic Disease Self-Management Classes** 1-888-576-7414
www.healthoregon.org/livingwell
- Community Clinics** www.coalitionclinics.org
Directory of clinics for low income/uninsured.
- Cover Oregon** 1-855-268-3767
Apply for OHP or other coverage at www.coveroregon.com
- Medical Teams Int'l** 503-624-1026
Free urgent van dental care per eligibility. Extractions only.
- Multnomah County Health Clinics** 503-988-5558
Primary care call 8am-4:45pm for appt.
- Multnomah Dental Access** 503-988-6942
Dental emergencies only, M-F: 8am-4:45pm. Call for appt.
- NCNM Clinics** 503-552-1515 / 503-552-1502 (Español)
Naturopathic medical clinics for low income/uninsured.
- North by NE Health Center** 503-287-4932
3030 NE MLK Jr. Blvd - *Basic medical uninsured adults, M-F: 9am-5pm.*
- Outside In** 503-535-3800
1132 SW 13th - *Medical for 25 & under. Homeless/OHP. New patient walk-in 8:30am. Call for appt, M-F: 9-5pm.*
- OHSU – Richmond Clinic** 503-418-3900
3930 SE Division - *Primary medical care for homeless or uninsured, M-F: 8am-8pm / Sat: 9am-1pm.*
- OHSU Walk-in Clinic** 503-418-1500
4212 SE Division - *M-F: 8am-8pm / Sat: 9am-1pm.*
- Oregon Health Plan** 1-800-273-0557
- Oregon Poison Control Center** 1-800-222-1222

Continued on Back

Suicide Hotline (24/7)
1-800-273-8255

Crisis Line
503-988-4888

Call 211 for info