

COMMUNITY RESOURCE LIST

ALCOHOL, DRUG AND ADDICTIONS HELP

- Access to Recovery (A program of Impact NW)**
10055 E. Burnside 503-988-6000 x254 (for appts)
Support services for 18+ with current or past A&D issues. Mult residents. Counseling, acupuncture, education, employment, etc.
- Alcohol & Drug Helpline** 1-800-923-4357
- Alcoholic Anonymous (AA)** 503-223-8569
En Español 503-257-0893
- Cascadia Behavioral Health** 503-230-9654
- CCC/FLOAT** 503-546-9975
Addiction & mental health help for homeless/at-risk Latinos
- CCC Health Services/Old Town Clinic**
727 W Burnside 503-228-4533
- CHANGEPOINT**
1949 SE 122nd Ave. 503-253-5954
Adult meth treatment for Multnomah residents. Accept OHP.
- CODA** 1027 E. Burnside 503-239-8400
- De Paul Treatment Centers, Inc.**
1312 SW Washington 503-535-1151
Residential/outpatient treatment for adults and youth.
- Gambling Anonymous** 503-233-5888
- Gambling Program** 503-239-5952
- Hooper Detox**
1535 N. Williams Ave 503-238-2067
Detox for 18+. Open 6:45. Intake: 7:45am daily
- LifeWorks NW** 503-645-9010/888-645-1666
A&D and Mental Health treatment and counseling
- Narcotics Anonymous (NA)(24 hrs)** 503-345-9839
- Native American Rehabilitation Assn (NARA)**
1631 SW Columbia 503-231-2641
- Needle Exchange Info Line** 503-280-1611
- NW Bible Training Center**
2724 N. Ainsworth St. 503-289-7758
Free Christian-based residential treatment for those 18+
- Project Network**
2631 N Mississippi 503-528-2140
Residential A&D and Mental Health treatment for women
- Sex Addicts Anonymous (SA)** 503-452-5961
- Tobacco Quit Line** 1-877-270-STOP (7867)
En Español 1-877-2NO-FUME
- Victory Outreach** 16022 SE Stark 503-335-3264
Up to one year faith-based A&D, violence, gang treatment for individuals 18+.

CLOTHING ASSISTANCE

- Downtown Chapel**
601 W Burnside St. 503-228-0746
Call or visit for availability and services
- Fish Emergency Services**
1335 SE Hawthorne Blvd 503-233-5533

DENTAL, VISION AND HEARING

- Lions Club** 866-623-9053
Hearing and vision help for low income Oregon residents. Leave message.
- Multnomah Dental Access** 503-988-6942
- NW Medical Teams Int'l- Free Dental**
- Van Services** 503-624-1026
William Temple House 503-226-3021 x297 (for appt.)
- Pacific Eye Care** 360-942-5501
Sliding fee. Call for info.

DOMESTIC VIOLENCE AND ASSAULT SERVICES

- Bradley Angle House** 503-595-9591
Transitional, community based, and LGBTQ services for survivors. 24 hr crisis line 503-281-2442
- ChangePoint** 503-253-5954
Outpatient A&D and DV treatment for anyone
- Healing Roots Center** 503-595-9591
Services for African American Women
- Portland Bad Date Line** 503-535-3901
- Proyecto UNICA** 1-888-232-4448
Un nuevo inicio para concluir el abuso
- Sexual Assault Resource Center** 503-640-5311
- Portland Women's Crisis Line** 503-235-5333
24-hour - Toll-free 1-888-235-5333
- VOA Home Free (Hotline M-F 8am-6pm)** ... 503-771-5503

EMPLOYMENT AND RE-ENTRY SERVICES

- Better People** 3711 NE MLK Jr. Blvd
Job readiness for those 18+ with legal history. Need minimum 30 days sober.
- Re-Entry Transition Center (RTC)**
1818 NE MLK Jr. Blvd 971-225-0547
Resources for folks recently released from jail/prison.
- WorkSource Center**
503-280-6046 (N), 503-772-2300 (SE)
Job leads, resources and skill classes.

FOOD ASSISTANCE

- Blanchet House**
340 NW Glisan, Portland 503-226-3911
Meals served Monday-Saturday.
- Fish Emergency Services**
1335 SE Hawthorne Blvd 503-233-5533
- Grace Memorial Church**
1535 NE 17th Ave., Portland 503-287-0418
Lunch T/W/TH 11am. Dinner every Friday 6pm.
- Portland Adventist Community Services (PACS)**
11020 NE Halsey St 503-252-8500
Food Pantry M-F, 9-11am.
- Rahab's Sister Episcopal Church** SE 82nd/Ash
Women only-Friday 7-10pm.
- Sisters of the Road Cafe**
133 NW Sixth Avenue, Portland 503-222-5694
Low cost meals, resource referrals, barter services
- SNAP (formerly "food stamps")** 503-945-5600
snap.policy@state.or.us
- St. Francis Dining Hall** 330 SE 11th Ave., Portland
Meals served M-F 5:30pm, Sunday 3:30pm.

GAY-LESBIAN-BI-TRANS SUPPORT

- Manifest Men's Wellness** 503-223-8822
All inclusive support and social events
- Outside In Trans Clinic** 503-535-3828
Call to find out if taking new patients
- Pivot/CAP** 503-445-7699
Social and support services for men loving men
- www.man2manpdx.us website for gay, bi, trans guys

Project Equal www.projectequal.com
Counseling, support and recovery groups

Q Center
4115 N Mississippi Ave. 503-234-7837
Social, educational, support groups & community space.
www.pdxqcenter.org

Sexuality Minority Youth Resources (SMYRC) 503-872-9664

Triangle Project/Cascadia 503-230-9654
Alcohol & drug treatment for the GLBTQ community

HEALTH/MEDICAL

****Not all clinics taking new patients: call for info**

CCC Health Services/Old Town Clinic
727 W. Burnside 503-228-4533
Insurance required

Children's Community Clinic
27 NE Killingsworth St. 503-284-5239
Medical care for 0-21 yr olds. Call for appt. & fees.

Chronic Disease Management Classes
www.healthoregon.org/livingwell 1-888-576-7414

Coalition of Comm. Health Clinics
www.coalitionclinics.org
Online list of safety net health clinics

Hep C Education 503-988-3030

Multnomah County Health Clinics 503-988-5558
Primary care services. Call at 8am M-F for appt.

NCNM Clinics 503-552-1515
Español 503-552-1502
Naturopathic medical clinics for low income/uninsured. Call for locations and appointments.

North by NE Health Center
3030 NE MLK Jr. Blvd 503-287-4932
Basic medical for uninsured adults in N/NE. Thurs only. Check in at 4:30pm; Clinic 6-8:30pm

Outside In
1132 SW 13th 503-223-4121 or 503-535-3800

OHSU - Center for Women's Health 503-418-4500
Free Pap tests, breast and pelvic exams. Call for appt. and eligibility.

OHSU - Richmond Clinic
3930 S.E. Division 503-418-3900
Medical care on a sliding fee scale. Open to area homeless & uninsured.

Oregon Health Plan
Client services 1-800-273-0557
Application center 1-800-359-9517

Portland Adventist Community Services (PACS)
11020 NE Halsey St 503-252-8500
Family Health Clinic

Prescription Drug Assistance 1-800-913-4146
Discounts for OR residents with no insurance coverage.

Rosewood Family Health Center
8935 SE Powell Blvd 503-772-4335

Southwest Community Health Center
7754 SW Capitol Hwy. 503-977-0733
Basic medical care for low income, uninsured in SW Portland area. Appt required. Sliding fee. M: 6-8pm & T/Th: 4-8pm

Wallace Medical Concern 503-489-1760
Appointment Required:
• Downtown Portland: 727 W. Burnside
Urgent health care for the uninsured and low income people over 15 years old.

Continued on Back

Call 211 for general listings

HIV/AIDS MEDICAL & SUPPORT

General Information

Oregon AIDS/STD Hotline..... 1-800-777-2437
En Español..... 1-800-449-6940
www.oregonaids hotline.com
Partnership Project.....503-230-1202
Case Management

Medical Services

Multnomah County HIV Clinic.....503-988-5020
OHSU Internal Medicine Clinic.....503-494-8562

Support Services

Cascade AIDS Project.....503-223-5907
Testing, Education, Housing, Employment, Family Services
HIV Day Center.....503-460-3822
Drop in. Meals, laundry, & support. Intake required.
9-3 Mon, Tues, Thurs, Friday

Our House.....503-234-0175
Housing, food, pantry, clothing.

Quest Center for Integrative Health

2901 E. Burnside.....503-238-5203
Mental health counseling.

Russell Street Dental.....503-494-6822
For persons living with HIV/AIDS

SHOP/Partnership Project.....503-230-1202
Prevention for those with HIV & those at risk.

Women of Wisdom (WOW)

(a program with Quest).....503-238-5203
Advocacy/support for HIV+ women. Child care.

HOUSING

A&D Recovery Based Housing

Central City Concern..... 503-525-8483
City Team Ministries (MEN ONLY)

526 SE Grand Ave..... 503-231-9334
Mon-Sat. \$5/night. Check-in 5:45-6:30pm.
Have 7 days to get TB card.

Home Forward (formerly Housing Authority of PDX)

135 SW Ash..... 503-802-8300
Housing assistance. M-Th. 7:30-5pm F-7:30-4:30pm

Housing Connections ..www.housingconnections.org
Search for housing and Rent Well classes

JOIN

1435 NE 81st Ave. 503-232-2031
Day Center 10am-3pm
Outreach, basic services, and re-housing

Oxford House..... 503-227-0777

Portland Rescue Mission (MEN ONLY).

111 W. Burnside..... 503-227-0859
Check-in/dinner around 5:30pm.
Need TB card for shelter.

Recovery Association Project..... 503-489-0470

Salvation Army Female Emergency Shelter (SAFES)
11 NW 5th Ave 503-227-0810
Shelter, showers, phone, laundry, referral, support

Transition Projects

650 NW Irving..... 503-280-4700
Housing for men and women. Shower, laundry and
community voice mail access.

PARENTING

Black Parent Initiative.....503-680-8316
Low or no cost parenting classes and support
for black families.

Pathfinders-Center for Family Success

Rockwood..... 503-286-0600
Support for criminal-justice involved families.

LEGAL (Immigration, child support, court)

Catholic Charities..... 503-542-2855
Immigration services, el programa hispano, counseling

Child Support Help..... 1-800-383-1222
Mondays 1-4, Thursdays 9-12

Dept. of Motor Vehicles (DMV)..... 503-299-9999

Human Solutions..... 503-548-0200
Limited housing, rent and energy assistance.

Immigration Counseling Svcs..... 503-221-1689
Legal Aid Services of Oregon..... 503-224-4086
Lutheran Community Svcs NW..... 503-233-0042
Social Security Admin..... 1-800-772-1213
For people with disabilities. Apply for assistance.

MENTAL HEALTH SUPPORT

24-hr Suicide Prevention Hotline..... 1-800-273-8255

Cascadia Behavioral Health

2415 SE 43rd..... 503-674-7777
Walk-in services. 7am-10:30pm daily 503-963-2575

Crisis Line (Multnomah)..... 503-988-4888
or Toll free: 1-800-716-9769 (24 hr)

EI Programa Hispano/MIOS..... 503-489-6820
Ayuda salud mental para Latinos

National Assoc. of Mental Illness (NAMI)

Multnomah..... 503-228-5692
Education, support and resources for those affected.

New Options for Women/Lifeworks NW

17214 SE Division, Portland..... 503-761-5272
Support for women wanting to exit the sex industry

Oregon Warmline..... 1-800-698-2392
Talk to someone for general support.

Pacific Psychology Clinic

1411 SW Morrison St Suite 205..... 503-352-2400
Sliding scale for services

Portland Harm Reduction Therapy

4225 NE Tillamook St..... 503-914-6397
Sliding fee scale available.

Portland Women's Crisis Line..... 1-888-235-5333

Quest Center for Integrative Health..... 503-238-5203

Suicide Crisis Line, Español..... 888-628-9454

William Temple House

2023 NW Hoyt..... 503-226-3021
Fee scale begins at \$10/visit. New clients must apply.

TESTING (Hep, HIV, STD, TB, Preg) AND FAMILY PLANNING

Any Lab Test Now

714 SW Washington St. Portland..... 503-241-8378
Cascade AIDS Project..... 503-278-3879

Rapid HIV testing for anyone M-F 10am-4pm.

Walk in or appts. Suggested donation of \$50

Clackamas County Primary Care..... 503-655-8471

Clark County CAP..... 360-750-7964

HIV testing only. For men having sex with men.

Tues 11am-1pm, Thurs 4-8pm

Clark Co. Public Health..... 360-397-8182

Needle exchange and HIV/Hep C testing

for injection drug users

Downtown Women's Center

511 SW 10th, Suite 905..... 503-224-3435
Abortion services. Call for fees.

Multnomah County Health Clinics

426 SW Stark Street, Portland

• HIV/STD testing – 6th FL..... 503-988-3700

• Immunizations..... 503-988-3828

• TB Clinic – 3rd FL..... 503-988-3417

NE Community Test Site

5329 NE MLK, Jr. Blvd. 1st Fl 503-988-3030
Tues. 5:30-7:15pm. Rapid HIV tests for eligible clients.

Outside In

1132 SW 13th 503-223-4121 or 503-535-3800

Pivot 503-445-7699

1st come, 1st served testing for gay/bi/trans guys.

HIV/STD: Tues. 5-9pm & Wed. 1-3pm

HIV only: Sat. 5-9pm

Planned Parenthood Call Center..... 503-788-7273

HIV/STD/pregnancy tests & pap smears.

Call for fees & locations

Pregnancy Resource Center

1626 NE 9th Ave 503-284-1977
Call for services and other locations

Westover Heights Clinic

2330 NW Flanders, Suite 207 503-226-6678

HIV/STD/Hep/preg testing. Anal/cervical paps.

Full service medical clinic. Reduced rates available

<http://westoverheights.com/handbook.html>

www.justgettested.com

Online STD test ordering & lab services

EAST COUNTY/ CLACKAMAS COUNTY

Alcohol/Drug and Mental Health Support

Allied Health Services East

16141 E. Burnside, Portland..... 503-252-3949
Outpatient methadone treatment

M- F 6am-12:30pm & Sat. 6-9:30am

Change Point Diversion Assoc..... 503-253-5954

A&D and domestic violence treatment.

Outpatient A&D and DV treatment

Lifeworks NW..... 503-645-9010

A&D and mental health treatment.

Call for appointment and locations.

Morrison Center-Family Outpatient

2951 NW Division, Suite 200, Gresham..... 503-258-4381

Mental health and A&D support for kids 0-18 & families.

Western Psych/Counseling Svcs

1700 NW Civic Dr. Gresham..... 503-666-8832

Mental health services. Call for info/fees.

880 SE 82nd Dr. Gladstone..... 503-659-5515

Mental health services and A&D treatment

Medical/Dental Care

Clackamas Service Center

8800 SE 80th Avenue..... info/intake 503-771-7914
Services only for Clackamas County residents.

East County Health Center

600 NE 8th St Gresham 503-988-5155
Medical, STD, family planning & prenatal care for low
income adults/kids. WIC & OHP screening.

Gresham Urgent Care

2850 SE Powell Valley Rd. Gresham..... 503-666-5050
Walk-in medical/emergency care for insured/uninsured.
Open 8am-9pm every day.

Legacy Mt. Hood Medical-Gresham..... 503-674-1580

Office Bldg 3-24988 SE Stark Street, Suite 220.

Primary medical for insured & uninsured. M-F 8-5pm

Financial assistance available.

Mt. Hood CC Dental Clinic

36000 SE Stark Street, Gresham..... 503-491-7176
Dental & hygiene care at reduced rate. Call for info.

Wallace Medical Concern-Gresham

181 NE Couch St. Gresham 503-489-1760
Basic medical for uninsured.

Basic Needs/Housing/Food

Ambleside

600 NE 8th, Room 155..... 503-953-8201
Meal center for those 60 yrs.+
M-F, 11:30-1pm, \$3 suggested donation.

Bridges to Change..... 503-465-2749 503-348-9595
Transitional housing and classes for those
re-entering community from jail/prison.

Clackamas Service Center

8800 SE 80th Avenue..... info/intake 503-771-7914
Medical/Dental only for Clackamas Co. residents.

East Area Aging & Disability

600 NE 8th St. Suite 100 Gresham 503-988-3840
Assistance for older and disabled residents.
Or call 24 helpline - 503-988-3646

EI Programa Hispano..... 503-669-8350

Emergencia, legal, empleo, y ayuda adicional
para Latinos

Gresham Self-Sufficiency Office

912 NE Kelly Ave..... 503-491-1979
Food stamps/financial help & OHP applications.

Loaves and Fishes- E. County 503-736-6325

Home delivered meals for at risk persons 60+.

Snow Cap Community Charities..... 503-674-8785

17805 SE Stark (behind Church), Portland

M-F 10-2pm: Showers, food pantry, diapers/formula
for low/no income folks. Bring a piece of current mail
for proof of address. Call for eligibility.