



Resource and Referral List
(Updated 03-19-2010)

INFORMATION AND REFERRAL

For up to date information about agencies and services in the Portland Metro Area:

211 Info 211 or (503) 222-5555

CASH ASSISTANCE/FOOD STAMPS

State of Oregon: Department of Human Services

Beaverton – 12901 SW Jenkins Road, Suite B, Beaverton 503-646-9952 or 503-641-2319 TTY

Hillsboro – 5350 NE Elam Young Pkwy. Hillsboro 503-648-8951 or 503-648-0542 TTY

Tigard – 10777 SW Cascade Ave, Tigard 503-670-9711 or 503-670-0246 TTY

CRISIS LINES

Bradley-Angle House Domestic Violence Hotline 503-281-2442
Domestic Violence Resource Center 24 Hour Hotline 503-469-8620
Immigrant and Refugee Community Org. (IRCO) Crisis Line 503-445-1446
National Domestic Violence Hotline 1-800-799-7233
National Runaway Switchboard 1-800-786-2929
Northwest Human Services Crisis & Information 1-800-560-5535
Oregon SAFENET 1-800-723-3638
Poison Control 1-800-222-1222
Portland Women's Crisis Line 503-235-5333
RAIN (Rape, Abuse & Incest National Network) 1-800-656-4673
Rape Crisis Center 503-640-5311
Sexual Assault Resource Center 503-640-5311
Suicide Crisis Line 1-800-560-5535
Washington County 24 Hour Crisis Line 503-291-9111

HELP LINES and INFORMATION & REFERRAL

24-hour Providence Nurse Line 503-216-6520
Adult & Family Services 503-693-1833
Alcohol and Drug Helpline 1-800-621-1646
Clackamas County Social Services I&R 503-794-8066
Clark County Human Service Council I&R 360-694-8899
Community Action Organization 503-648-6646
Domestic Violence Resource Center 24 Hour Hotline 503-469-8620
HIV/AIDS Hotline (Cascade AIDS Project) 1-800-777-2437
Parents Anonymous 503-258-4557
Pregnancy Talk Line 1-800-342-6688
SU FAMILIA – National Hispanic Family Health Helpline 1-866-783-2645

This list has been provided as a public service by:

Department of Housing Services

111 NE Lincoln Street, Suite 200-L, MS 63, Hillsboro, OR 97124-3072

(503) 846-4794 • fax (503) 846-4795 • TTY dial 711

www.co.washington.or.us/housing

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CHILDREN’S SERVICES & CHILD CARE

A Child’s Place – Bilingual Child Care	503-648-8413
Boys & Girls Aid Society	503-641-7820
Child Care Resource & Referral of Washington County	971-223-6100
Child Development and Rehabilitation Center	503-494-8095
Early Head Start	503-693-3262
Early Intervention	503-262-4250
Hillsboro Boys and Girls Club	503-640-4558
National Child Abuse Hotline	1-800-422-4453
New Parent Network	503-846-4746
Services to Children and Families	503-648-8951

CLOTHING

Beaverton 7th Day Adventist Church	503-646-9828
Catholic Charities	503-231-4866
Community Action Organization	503-648-6646
Forest Grove 7th Day Adventist Church	503-357-9797
Hillsboro 7th Day Adventist Church	503-648-3922
Play it Again Clothing (CAO)	503-644-7692
Sunset Presbyterian Church	503-292-9293

COMMUNITY SERVICE CENTERS/MULTI-SERVICE CENTERS

Beaverton Family Resource Center	503-649-0367
Centro Cultural	503-359-0446
Forest Grove Family Resource Center	503-359-2598
Hillsboro Family Resource Center	503-844-1063
Immigrant and Refugee Community Organization (IRCO)	503-234-1541
Lutheran Community Services	503-294-2447
Outside-In	503-535-3860
William Temple House	503-226-3021

COUNSELING & GUIDANCE

Cascadia Behavioral Healthcare	503-648-0753
Domestic Violence Resource Center	503-469-8620
Lutheran Community Services Northwest	503-924-2447
Men’s Resource Center	503-235-3433
Open Door Counseling Center	503-640-6689
Pacific University Clinic	503-352-2400
Portland State University: Counseling Clinic	503-725-4620
Services to Children and Families	503-648-8951
LifeWorks Northwest	503-645-3581
Washington County Conciliation Services	503-648-3428
Women’s Psychiatric Resource Center	503-629-2131
Youth Contact	503-640-4222

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DOMESTIC VIOLENCE and STALKING – Shelters, Hotlines & Support

Bradley-Angle House – Portland	503-281-2442 or 503-232-1528
Clackamas Women’s Services 24 Hour Crisis Line	503-654-2288
Domestic Violence Resource Center - Washington County	503-469-8620 or 866-469-8600
National Domestic Violence Hotline	800-799-7233
Portland Women’s Crisis Line	503-235-5333 or 888-235-5333
Salvation Army West Women’s and Children’s Shelter	503-224-7718
Sexual Assault Resource Center Crisis Line	503-640-5311
Stalking Resource Center Victim Assistance Line	800-394-2255
Oregon Coalition Against Domestic & Sexual Violence	503-235-5333 or 888-235-5333

DRUG & ALCOHOL – Treatment & Support

Al-Anon/Alateen	503-292-1333
Alcoholics Anonymous (AA)	503-223-8569
ChangePoint	503-350-2758
CODA	503-239-8400
Families Anonymous	1-800-736-9805
Gambler’s Anonymous	503-233-5888
Mountaindale Recovery Center	503-647-0165
Narcotics Anonymous	503-727-3733
Network Behavioral Healthcare	503-641-2058
Providence Health System	503-215-1550
Tigard Recovery Center	503-624-0312
Tualatin Valley Centers	503-645-3581
Youth Contact	503-640-4222

FOOD

Brown Bag/Tualatin Valley Gleaners	503-439-6510
Care to Share	503-292-4094
Community Action Organization (after 6pm & weekends)	503-640-3263
Loaves and Fishes	503-643-8352
Neighborshare	503-598-0505
Oregon Food Bank	503-439-6510
Salvation Army	503-640-4311
St. Anthony’s Church (Forest Grove)	503-357-9647
Sunshine pantry	503-646-6856
SVDP Aloha	503-648-5097
Tree of Life Food Pantry	503-848-2420

FOOD & CLOTHING

Holy Trinity Clothes and Food Closet	503-641-1842
St. Francis Church (Sherwood)	503-625-7067
St. Matthew’s Catholic Church (Hillsboro)	503-648-1693

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HEALTH

American Cancer Society	503-295-6422
American Heart Association	503-233-0100
American Lung Association	503-545-5864
Cascadia Behavioral Healthcare	503-648-0753
Cascade AIDS Project	503-223-5907
Oregon Health Plan	1-800-359-9517
Planned Parenthood	503-646-8222
Pregnancy Talk Line	1-800-342-6688
SU FAMILIA – National Hispanic Family Health Helpline	1-866-783-2645
Tuality Health Education Center	503-681-1700
Veteran’s Medical Center	503-220-8262
Virginia Garcia Memorial Health Center	503-359-5564
Washington County Health & Human Services (immunizations)	503-846-8851
WIC (Women, Infants & Children)	971-673-0040

Dental:

Dental Access Program	503-988-6942
Virginia Garcia Dental Clinic	503-359-8505

Disability/Mental Health:

Albertina Kerr Center, Inc.	503-255-4205
ARC of Washington County	503-649-6110
NAMI (National Alliance for the Mentally Ill)	503-356-6835
Oregon Disabilities Commission	503-945-5949
Oregon Senior and Disabled Services	503-627-0362
Quiet Waters Outreach	503-620-8288
Tualatin Valley Mental Health Crisis Line	503-291-9111
Washington County Adult Mental Health	503-846-8881
Washington County Developmental Disabilities	503-846-4737
Women’s Psychiatric Resource Center	503-629-2131

Suicide Prevention and Mental Health 24 Hour Crisis Lines

Clackamas County	503-655-8401
Multnomah County	503-988-4888 or 800-716-9769
Washington County	503-291-9111
National Suicide Prevention Hotline	800-273-TALK (8255)

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HOUSING

Emergency Assistance to Avoid Eviction

Community Action Emergency Rental Assistance 503-615-0770

Home Buying, Rehabilitation, and Other Housing Help

Adult Choices Living Referral 503-684-1800

CASA of Oregon 503-537-0319

Department of Housing and Urban Development (HUD) 971-222-2600

Habitat for Humanity 503-287-9529

Home Access - Repair for the Disabled and Elderly 503-846-8897

HUD Home Buying Programs 503-326-2671

Rebuilding Together 503-644-4544

Shared Housing 503-225-9924

Washington County Department of Housing Services 503-846-4794

Weatherization Program (CAO) 503-693-3258

Landlord/Tenant Issues:

Dispute Resolution Center 503-526-2523

Fair Housing 503-223-8295

HUD Housing Discrimination Hotline 1-800-424-3247

Landlord/Tenant Hotline 503-648-7723

Legal Aid Services of Oregon (LASO) 503-648-7163

Renter's Rights Hotline (Community Alliance of Tenants) 503-288-0130

Tel-Law Oregon State Bar Association 1-800-452-4776

Shelters and Transitional Housing:

Bradley-Angle House 503-281-2442

Good Neighbor Center 503-443-6084

Hillsboro Family Shelter (CAO) 503-640-3263

Interfaith Hospitality Network 503-640-3263

Monika's House 503-469-8620

Portland Rescue Mission 503-227-0421

Raphael House 503-222-6222

Rose Haven 503-248-6364

Straight Ahead Shelter 503-357-7543

Transition Projects, Inc. 503-823-4930

Volunteers of America Family Center Shelter 503-232-6562

West Women's Shelter – Salvation Army 503-224-7718

HopeSpring 503-924-2449

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LEGAL SERVICES

Child Support Enforcement	503-229-6565
Court Appointed Special Advocates	503-846-8307
Dispute Resolution Center	503-526-2523
Legal Aid Services of Oregon (LASO)	503-648-7163
Legal Aid Public Benefits Hotline	503-241-4111
Oregon Human Rights Coalition	503-771-9308
Oregon Legal Services	503-648-7163
St. Matthew’s Legal Clinic	503-648-1600
Restraining Orders	503-846-3830
Tel-Law Oregon State Bar Association	1-800-452-4776

LAW ENFORCEMENT

Emergencies

911

Beaverton Police	503-526-2260
Hillsboro Police	503-681-6190
Washington County Sheriff’s Office	503-846-2700

TRANSPORTATION

Red Cross Transportation	503-280-1445
Ride Connections	503-528-1720
Tri-Met	503-238-RIDE
U-Ride	503-226-0700

UTILITIES

Energy Assistance Program (CAO)	503-648-6646
Low Income Energy Assistance Program (LIEAP)	503-615-0771
NW Natural Temporary Payment Agreements	1-800-422-4012
PGE Time Payment Assistance	503-228-6322
Salvation Army	503-640-4311
St. Vincent DePaul	503-648-5097

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