



**Resource and Referral List**  
(Updated 10/01/2012)

**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](http://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                   | 503-640-5352   |
| 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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