

Call 211 Referral line or download phone app for more info. Numbers subject to change (Note: “*” indica que se habla español)

Actualizado en Febrero 2017

| Closet de Ropa (Gratis) | |
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| Beaverton 7th Day Adventist | 503.646.9828 |
| Beaverton Love Inc. | 503.336.5946 |
| Beaverton School District | 503.356.4500 |
| Birthright Hillsboro (maternity,bb) | 503.648.6766 |
| Dress for Success | 503.249.7300 |
| Francis Center | 503.775.6784 |
| Helping Hands (Sunset Presby. Ch.) | 503.292.9293 |
| Hillsboro Family Resource Center (WaCo) | 503.844.1688 |
| Our Place (Hillsboro) | 503.726.0773 |
| Portland Rescue Mission | 503.647.7466 |
| Salvation Army (Mult) | 503.270.0272 |
| Forest Grove Adventist Community Service | 503.357.9797 |
| Love Inc. of Greater Hillsboro * | 503.648.0700 |
| Sonrise Church | 503.640.2449 |
| Hope Church of Nazerne | 503.656.0493 |

| Asesoramiento/Salud Mental | |
|--|--------------|
| (Free)Good Samaritan Ministries | 503.644.2339 |
| Caremark Behavioural Health Ser. | 503.413.4848 |
| Cascadia Behavioural Health | 503.674.7777 |
| Center for Victim Services | 503.846.3020 |
| Child/Adult Intervent.Ser.(Sexual Abuse) | 503.657.0683 |
| Child's Youth Behavioral Services | 503.640.0334 |
| Allies in Change (DV) | 503.297.7979 |
| Iris Clinic (Portland) | 503.297.3371 |
| Iris Clinic (Tualatin) | 503.691.9777 |
| Lewis and Clark Community Counseling | 503.768.6321 |
| LifeWorks NW | 503.645.9010 |
| Morrison & Family Services | 503.258.4381 |
| Pacific Psychology Clinic (WaCo) | 503.352.7333 |
| Recovery International | 503.231.1334 |
| Sequoia Mental Health Services (WaCo) | 503.640.9280 |
| Sexual Assault Resource Center (24 Hour) | 503.626.5311 |
| Trillium Family Services (child) | 888.295.6996 |
| Youth Contact(Bilingual, A&D, Mental) | 503.640.4222 |

| Consejería para Parejas | |
|---|--------------|
| Allies in Change (DV) | 503.297.7979 |
| Center for Victim Services (WaCo) | 503.846.3020 |
| PSU Community Counseling | 503.725.4620 |
| Wo/men's Counseling Ctr (WaCo) | 503.235.3433 |
| SunnySide Counseling (PDX, Religious) | 503.257.7572 |
| Western Psychological Counseling: Hillsboro: | 503.439.9531 |
| Tigard: 503.624.2600 Beaverton: 503.626.9494 | |

| Líneas de Crisis | |
|---|--------------|
| Aging/Disability Hotline | 503.988.3646 |
| AIDS/HIV Hotline | 800.777.2437 |
| Alcohol/Drug Hotline | 800.923.4357 |
| Center for Hope & Safety | 503.399.7722 |
| Clackamas Women's Crisis L. | 503.654.2288 |
| Elder Abuse/Disability/Aging | 503.640.3489 |
| Latino DV Crisis Line (UNICA)* | 503.232.4448 |
| Multnomah C. Mental Health Crisis Line | 503.988.4888 |
| Washington C. Mental Health Crisis Line | 503.291.9111 |
| National Child Abuse Hotline | 800.422.4453 |
| National DV Crisis Line | 800.799.7233 |
| National Suicide Helpline | 800.273.8255 |
| Portland Women's Crisis Line | 503.235.5333 |
| Sexual Abuse Hotline | 800.656.4673 |
| Sexual Assault Resource Center | 503.640.5311 |
| Washington State DV Crisis Line | 800.562.6025 |
| Youth Crisis Line | 877.968.8491 |
| Monika's House Crisis Line | 503.469.8620 |
| Russian Oregon Social Services | 503.777.3437 |
| Immigrant & Refugee Community Org. | 503.445.1446 |
| West Women's and Children's Shelter | 503.731.3900 |

| Programas Culturalmente Específicos | |
|--|--------------|
| Adelante Mujeres (Forest Grove, Education) | 503.992.0078 |
| Asian Family Center | 503.235.9396 |
| Bradly Angle (LGBTQ, Black & African American) | 503.595.9591 |
| El Enfoque de la Familia Centro de Consejería | 503.681.4870 |
| Immigrant & Refugee Community Org. (IRCO) | 503.234.1541 |
| Korean Society of Oregon | 503.977.2617 |
| Los Ninos Cuentan | 503.974.9882 |
| Washington County Centro Cultural | 503.359.0446 |
| Jewish Family & Child Services | 503.226.7079 |
| Latino Youth Program (13-18)(ChangePoint) | 503.350.2758 |
| Mexican Consulate | 503.274.1442 |
| Native American Family Healing | 503.288.8177 |
| El Programa Hispano, Project UNICA | 503.688.2631 |
| Russian Oregon Social Services | 503.221.1054 |
| Russian Program (treatment, Change Point) | 503.253.5954 |
| Sponsors Organized to Assist Refuggess (SOAR) | 503.284.3002 |
| Native American Rehab Association | 503.224.1044 |

| Departamento de Servicios Humanos (DHS) | |
|--|--------------|
| Child Abuse Hotline (WaCo) | 503.681.6917 |
| Child Welfare (WaCo) | 503.681.6917 |
| Child Welfare Beaverton | 503.646.7234 |
| Child Welfare Hillsboro | 971.673.5100 |
| Disability Services Beaverton | 503.627.0362 |

| Departamento de Servicios Humanos (DHS) | |
|--|--------------|
| Disability Services Hillsboro | 503.640.3489 |
| Self-Sufficiency Beaverton | 503.646.9952 |
| Self-Sufficiency Hillsboro | 503.693.4555 |
| Self-Sufficiency Tigard | 503.670.9711 |
| S.N.A.P. (foodstamps) | 800.221.5689 |
| Social Security Admin | 800.772.1213 |
| WorkSource Beaverton/Hillsboro | 503.526.2700 |
| DHS Assistance for Domestic Violence Survivors | 971.673.2748 |

| Recursos para Personas Mayores o con Discapacidades | |
|--|--------------|
| Washington County Aging/Disability Hotline | 503.846.3060 |
| Oregon State Elder Abuse/Disability/Aging | 971.673.5200 |
| Elders in Action (60+) | 503.235.5474 |
| NW Pilot Project (housing, 55+) | 503.227.5605 |

| Programs de Intervención para Agresores | |
|--|--------------|
| Abuse Recovery Ministries | 503.846.9284 |
| Allies in Change | 503.297.7979 |
| Cedar Counseling Center* | 503.641.0963 |
| Change Point (men only)* | 503.350.2758 |
| Choices | 503.530.8927 |
| Enfoque de la Familia Ctro Cons. (WaCo)* | 503.681.4870 |
| Options Counseling Service | 503.352.3260 |
| Men's Resource Center | 503.235.3433 |

| Refugios de Violencia Doméstica | |
|---|--------------|
| Bradley Angle (wo/men, children)* | 503.281.2442 |
| Los Ninos Cuentan * | 503.974.9882 |
| Clackamas Women's Services* | 503.654.2288 |
| Gateway Center (Mult) | 503.988.6400 |
| Henderson House (Yamhill) | 503.472.1503 |
| Home Free, (Portland) | 503.239.3929 |
| Center for Hope & Safety Hotline (Marion) | 503.399.7722 |
| Monika's House (Waco)* | 503.469.4580 |
| Portland Women Crisis Line* | 503.235.5333 |
| Raphael House (Mult)* | 503.222.6222 |
| Safe Choice YWCA (Vancouver, wo/men)* | 800.695.0167 |
| SAFE (Columbia) | 503.397.7110 |
| St. Francis Social Action | 503.625.7067 |
| VOA* (Safety & Stability Assessment) | 503.771.5503 |
| West Women's & Children (Mult) | 503.224.7718 |
| YWCA of greater Portland Crisis Line | 503.535.3269 |

| Grupo de Apoyo/Consejeria (Sobrevivientes) | |
|---|-------------------|
| ARMS: Her Journey | 503.846.9284 |
| Bradley Angle (groups) | 503.595.9591 x300 |
| Domestic Violence Resource Center (WaCo) | 503.640.5352 |
| Clackamas Women's Services (groups) | 503.655.8600 |
| El Programa Hispano, UNICA | 503.231.4866 |
| Pathways Therapy Services DV Support Groups | 503.714.5814 |

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| The Gateway Center | 503.988.6400 |
| Volunteers of America Home Free | 503.771.5503 |
| Rolling Hills Community Church | 503.638.5900 |

| Consejería de Familia | |
|---------------------------------------|-------------------------|
| Iris Clinic (Pacific University) | 503.352.7333 |
| LifeWorks NW Youth & Family | 503.645.9010 |
| LifeWorks Strengthening Families | 503.627.9194 |
| Center for Victim Services | 503.846.3020 |
| Morrison & Family Services | 503.258.4526 |
| SunnySide Counseling (PDX, Religious) | 503.257.7572 |
| Western Psychological Services | Beaverton: 503.626.9494 |
| Hillsboro: 503.439.9531 | Tigard: 503.624.2600 |

| Cajas de comida | |
|---------------------------------------|--------------|
| Beaverton 7th Day Adventist | 503.591.9025 |
| Beaverton Love Inc | 503.336.5946 |
| Care to Share (Beav./Aloha) | 503.591.9025 |
| Clackamas Service Center | 503.771.7914 |
| Forest Grove Community Basket | 503.357.6712 |
| Harry's Mother (Runaway Youth) | 503.233.8111 |
| Helping Hands (Sunset Presby. Ch.) | 503.292.9293 |
| Hillsboro Adventist Community Service | 503.648.3922 |
| Hillsboro Resource Center | 503.844.1688 |
| Holy Trinity Social Services | 503.641.1842 |
| Open Door Counseling | 503.640.6689 |
| Oregon Food Bank | 503.282.0555 |
| Salvation Army (Mult) | 503.493.3925 |
| Sonrise Church Hillsboro | 503.640.2449 |
| St. Vincent De Paul (Multnomah) | 503.235.7837 |
| St. Francis Social Action | 503.625.7067 |
| Sunshine Pantry Beaverton | 503.277.7600 |

| Refugio Para Familias Sin Hogar | |
|--|--------------|
| Community Action Network (WaCo)* | 503.640.3263 |
| Friendly House (transitional apartments) | 503.228.4391 |
| Goose Hollow Family Shelter (Mult) | 503.915.8306 |
| Human Solutions (Pay 30% of income) | 503.548.0200 |
| Impact NW: Homeless Resource* | 503.988.6000 |
| My Fathers House Family Shelter(Mult) | 503.492.3046 |
| Neighborhood House(lowincome & homeless) | 503.246.1663 |
| NW Housing Alternatives (Clack) | 503.654.1007 |
| Thirteen Salmon Shelter | 503.915.8306 |
| Community Action Family Shelter | 503-648-6646 |

| Refugio Para Hombres Sin Hogar | |
|---------------------------------------|--------------|
| Blanchet Farm Shelter | 503.226.3911 |
| City Team Ministries | 503.231.9334 |
| Impact NW: Homeless Resource* | 503.294.7400 |
| Men's Shelter-Transition Projects | 503.823.4930 |
| Portland Rescue Mission | 503.906.7690 |
| Salvation Army Harbor Light | 503.239.1259 |

| Refugio Para Hombres Sin Hogar | |
|---------------------------------------|--------------|
| Transition Projects | 503.280.4700 |
| Salvation Army Veterans Shelter | 503.731.3951 |

| Refugio Para Mujeres Sin Hogar | |
|---|--------------|
| Salvation Army Female Emergency Shelter | 503.227.0810 |
| West Women's Emergency Shelter | 503.731.3900 |
| Transition Projects | 503.280.4700 |
| Salvation Army Veterans Shelter | 503.731.3951 |
| Impact NW: Homeless Resource* | 503.988.6000 |

| Recursos de Vivienda | |
|------------------------------------|--------------|
| Community Alliance of Tenants | 503.280.5401 |
| Community Connect/Community Action | 503.640.3263 |
| Clackamas County Development | 503.655.8591 |
| Fair Housing (WaCo) | 503.223.8197 |
| Housing Authority of (WaCo) | 503.846.4794 |

| Aplicación de la Ley | |
|-----------------------------------|--------------|
| Clackamas Sheriff's Office | 503.655.8211 |
| Clackamas Victim Assit. 24hr C.L. | 503.655.8616 |
| Mult. Non-Emergency | 503.823.3333 |
| Mult. Sheriffs Office | 503.988.4300 |
| WaCo County Jail | 503.846.6826 |
| WaCo District Attorney | 503.846.8671 |
| WaCo Non-Emergency | 503.629.0111 |
| WaCo Sheriffs Office | 503.846.2700 |

| Recursos Legales | |
|---|-----------------|
| American Civil Liberties Union (Civil Rights) | 503.227.3186 |
| Catholic Charities (DV) | 503.231.4866 |
| Catholic Charities Immigration | 503.542.2855 |
| Community Alliance of Tenants (evictions) | 503.288.0130 |
| Disability Abuse/Assault Response Team | 503.725.4150 |
| Disability Rights Oregon | 800.452.1694 |
| Elder Safe Program (WaCo, 65+) | 503.846.6048 |
| Fair Housing Hotline | 800.424.3247 x3 |
| Family Law (WaCo, custody, R/Os, divorce) | 503.846.2898 |
| ICS Immigration Legal Services | 503.221.1689 |
| Immigration Counseling Services Lutheran | 503.731.9580 |
| Independent Police Review Division | 503.823.0146 |
| International Refugee Center | 503.234.1541 |
| Juvenile Rights Project | 866.608.1212 |
| Oregon Lawyer Referral Services | 800.452.7636 |
| Oregon Law Center Child Support Helpline | 800.383.1222 |
| Legal Clinic (Lewis & Clark) | 503.768.6500 |
| Legal Clinic, St. Andrews Hillsboro | 503.648.1600 |
| Oregon Crime Victims Law Center | 503.208.8160 |
| Oregon Law Center: Legal Aid Waco | 503.640.4115 |
| Oregon State Bar: Modest Means Program | 503.684.3763 |

| Recursos Legales | |
|---|-----------------|
| Public Benefits Hotline (legal, DHS Services) | 800.520.5292 |
| Renters Rights | 503.288.0130 |
| Victim Information & Notification Every Day | 877.674.8463 |
| Victim Rights Law Center | 503.274.5477 x6 |

| LGBTQ Específico eespecífico (Violencia Doméstica) | |
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| Bradley Angle | 503.595.9591x305 |
| Center for Hope and Safety | 503.378.1572 |
| National Coalition of Anti-Violence Program | 212.714.1171 |
| Northwest Network | 206.568.7777 |
| Safe Choice | 360.696.0167 |

| Recursos de Salud Medico | |
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| Breast and Cervical Cancer Program | 877.255.7070 |
| CARE Assist HIV Testing | 971.673.0144 |
| Family Health Insurance Assistance Program | 503.373.7419 |
| La Clinica de Buena Salud Portland | 503.988.3991 |
| Mountain View Medical Center | 503.359.4773 |
| Natural College of Natural Medicine | 503.552.1515 |
| Neighborhood Health Center Beaverton | 503.848.5861 |
| OSHU Center for Women's Health English: | 503.418.4500 |
| OSHU Center for Women's Health Spanish: | 503.494.2800 |
| Planned Parent Hood | 800.576.7526 |
| Sequoia Mental Health Services Aloha | 503.591.9280 |
| Sequoia Mental Health Services Hillsboro | 503.213.1302 |
| Social Security Administration | 800.772.1213 |
| Virginia Garcia Memorial Health Center | 503.352.6000 |
| Beaverton:503.352.6000 Cornelius:503.359.5564 Hillsboro:503.601.7400 | |
| WaCo Beaverton Clinic | 503.846.8851 |

| Centros de Tratamiento Ambulatorio | |
|---|--------------|
| Change Point (wo/men, Latinos) | 503.350.2758 |
| CODA, Drug Treatment-methadone | 503.239.8400 |
| LifeWorksNW, DUI and addiction | 503.645.9010 |
| St.Vincent DePaul Treatment Center | 503.535.1151 |
| Treatment Services NW (WaCo) | 503.372.5452 |

| Programs para los Padres | |
|-----------------------------------|--------------|
| ARMS: Family Impact (parenting) | 503.846.9284 |
| Choices | 503.539.8927 |
| Center for Victim Services (WaCo) | 503.846.3020 |
| Hillsboro Family Resource Center | 503.844.1688 |

| Recursos Para Padres | |
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| Breast Feeding Support Group | 503.846.4402 |
| Community Action (child care resources) | 971.223.6100 |
| Enfoque de la Familia Ctro Cons.(WaCo)* | 503.681.4870 |
| Hillsboro Family Resource Center | 503.844.1688 |
| Mother & Child Edu. Center | 503.249.5801 |
| Mother and Child Edu. Center Espaniol: | 503.913.9360 |
| Mother and Child Edu. Center Russian: | 503.853.4673 |

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| WIC (WaCo) | 503.846.3555 |
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| Centros Residenciales/Tratamiento de Drogas | |
| Avel Gordly Center (OHSU) | 503.418.5311 |
| Cascadia Addiction Treatment | 503.238.0705 |
| Central City Concern | 503.944.4410 |
| Centros Residenciales de Tratamiento de Drogas y | |
| CODA: Tigard Recovery Center | 503.624.8304 |
| CODA: Hillsboro Family Recovery Ctr | 503.648.0753 |

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| Recursos de Autoayuda de Abuso de Sustancias | |
| Alcoholics Anonymous | 503.223.8569 |
| Belmont Comprehensive Treatment Center | 503.239.5738 |
| Cocaine Anonymous | 503.256.1666 |
| Drug Rehab 24 Hr Hotline | 877.624.1022 |
| LifeWorks NW Older Adult Treatment | 503.645.9010 |
| Luke Dorf (WaCo) | 503.726.3690 |
| Mothers Against Drunk Driving | 503.908.1509 |
| Narcotics Anonymous | 503.345.9839 |
| Native American Rehabilitation Center | 503.231.2641 |
| Pacific Alcohol & Drug Counseling (Tigard) | 503.624.9545 |
| Pacific Alcohol & Drug Counseling (Forest Grove) | 503.357.3391 |
| Rosemont Treatment Center | 503.777.8090 |
| Substance Abuse Treatment Facility Locator | 800.662.4357 |
| Serenity Lane | 503.244.4500 |
| Shepherd's Door (women-children) | 503.906.7650 |
| St. Vincent De Paul Treatment Center | 503.535.1151 |
| Volunteers of America | 503.228.9229 |

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| Recursos de Suicidio | |
| Clackamas County | 503.655.8585 |
| Multnomah County | 503.988.4888 |
| National Suicide Prevention Lifeline | 800.273.8255 |
| Washington County | 503.291.9111 |

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| Consejería para Trauma | |
| OHSU Child & Adolescent Psychiatry Clinic | 503.494.6176 |
| Portland Trauma Recovery | 503.715.0910 |
| SARC (Sexual Assault Resource Center) | 503.626.9100 |

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| Asistencia de Utilidad | |
| Care to Share (WaCo) Utility: 503-726-0407 Water: 503.924.3129 | |
| Community Action (WaCo) | 503.615.0771 |
| Friendly House (Mult/trans. housing) | 503.228.4391 |
| Human Solutions (Mult/rental lottery) | 503.548.0200 |
| Impact NW (Mult) | 503.294.7444 |
| NW Housing Alternatives | 503.645.1007 |
| OR Opportunity Network (housing) | 503.223.4041 |
| OR Telephone Assistance | 800.848.4442 |
| St. Vincent De Paul (Mult) | 503.235.8431 |
| WaCo Housing Services | 503.846.4794 |

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|---|--------------|
| Servicios Para Jovenes | |
| Safe Place (WaCo) 19 & Under | 503.542.2389 |
| Volunteers of America (Teen Service) | 503.239.3929 |
| Boys & Girls Aid | 503.222.9661 |
| Boys and Girls Aid (pregnant teens) | 503.542.2392 |
| De Paul Treatment/Youth Program (12-18) | 503.535.1151 |
| Home Plate (meals/showers) Hillsboro | 503.867.7762 |

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| Centros Residenciales/Tratamiento de Drogas | |
| Janus Youth/Access Center (18-24) | 503.432.3986 |
| Native American Youth & Fam. Services | 503.288.8177 |
| pear (15-23, GED, rec. program) | 503.228.6677 |
| Boys & Girls Aid Safe Place (WaCo) | 503.542.2389 |
| White Shield (pregnant teens) | 503.239.1248 |
| Youth Contact | 503.640.4222 |
| Yellow Brick Road | 503.314.5716 |

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| Refugio Para Jovenes | |
| Janus Youth/Access Center (18-24 yo) | 503.432.3986 |
| Oak Bridge Youth Shelter | 360.891.2634 |
| Outside In (outreach/shelter) | 503.535.3800 |
| Safe Place (WaCo) 19 & Under | 503.542.2389 |
| Street Light Youth Shelter (13-20) | 503.224.5988 |
| Porch Light Youth Shelter (13-20) | 503.222.5933 |