

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

Actualizado en Junio 2017

Closet de Ropa (Gratis)	
Beaverton 7th Day Adventist	503.646.9828
Kindred Partners	503.906.1026
Beaverton School District	503.356.4443
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
Portland Rescue Mission	503.647.7466
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 Behavioral Health Ser.	503.413.4848
Cascadia Behavioral Health	503.674.7777
Center for Victim Services	503.846.3020
Child's Youth Behavioral Services	503.640.0334
Allies in Change (DV)	503.297.7979
The Children's Clinic (Portland)	503.297.3371
The Children's 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)	503.213.1302
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

Consejeria 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	

Lineas 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

Lineas de Crisis	
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
Call to Safety	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 Consejeria	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	503.777.3437
Russian Program (treatment, Change Point)	503.253.5954
Sponsors Organized to Assist Refugess (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	503.681.6917
Disability Services Beaverton	503.627.0362
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

Departamento de Servicios Humanos (DHS)	
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)*	503.232.1528
Los Ninos Cuentan *	503.974.9882
Clackamas Women's Services*	503.655.8600
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
Call to Safety*	503.235.5333
Raphael House (Mult)*	503.222.6222
Safe Choice YWCA (Vancouver, wo/men)*	800.695.0167
SAFE (Columbia)	503.397.6161
St. Francis Social Action	503.625.7067
VOA* (Safety & Stability Assessment)	503.771.5503
West Women's & Children (Mult)	503.224.7718

Grupo de Apoyo/Consejería (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
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	503.258.4381
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	503.640.9828
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)	971.409.1766
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 (low income & homeless)	503.246.1663
NW Housing Alternatives (Clack)	503.654.1007
Thirteen Salmon Shelter	503.595.9350
Community Action Family Shelter	503-648-6646

Refugio Para Hombres Sin Hogar	
Blanchet Farm Shelter	971.337.8745
City Team Ministries	503.231.9334
Impact NW: Homeless Resource*	503.721.1740
Men's Shelter-Transition Projects	503.823.4930
Portland Rescue Mission	503.906.7690
Salvation Army Harbor Light	503.239.1259
Transition Projects	503.280.4700
Salvation Army Veterans Shelter	503.239.1259

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

Refugio Para Mujeres Sin Hogar	
Salvation Army Veterans Shelter	503.239.1259
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.	503.654.2288
Mult. Non-Emergency	503.823.3333
Mult. Sheriff's Office	503.988.4300
WaCo County Jail – Inmate Info	503.846.6826
WaCo District Attorney	503.846.8671
WaCo Non-Emergency	503.629.0111
WaCo Sheriff's 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 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 eespecifico (Violencia Doméstica)	
Bradley Angle	503.595.9591x305
Center for Hope and Safety	503.378.1572

LGBTQ Específico eespecifico (Violencia Doméstica)	
National Coalition of Anti-Violence Program	212.714.1141
Northwest Network	206.568.7777
Safe Choice	360.696.0167

Recursos de Salud Medico	
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	
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
WIC (WaCo)	503.846.3555

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	
CODA: Tigard Recovery Center	503.624.8304

Centros Residenciales de Tratamiento de Drogas

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, InAct	503.228.9229

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

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

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

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	503.789.4123

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
Port Light Youth Shelter (13-20)	503.222.5933