

# Care Link

A newsletter for CareOregon members and friends

Summer 2009

## Where to go in Oregon for help.

Many Oregonians are out of work this year. And a lot of folks need help.

Erinn Kelley-Siel, interim director of the state's Children, Adults and Families Division, says the

### *You've got a friend*

*When times are tough, it's good to have friends who can lend a hand. As Oregonians, we can be proud of so many community groups willing to give people a hand with basic needs.*

*In this issue of CareLink, we're happy to tell you about some of them. They're among the reasons we at CareOregon know that Oregon cares.*

*- Karen, Customer Service Manager*

number of people seeking help is breaking records for the second straight year.

People "continue to need support to feed their families and keep them safe" she says. "We don't see demand decreasing any time soon."

CareOregon wants to help, too. We've put together a list of organizations close to where you live that can help. This issue of CareLink includes a directory of some of these organizations.

There are many more groups and agencies than those listed here. Each organization

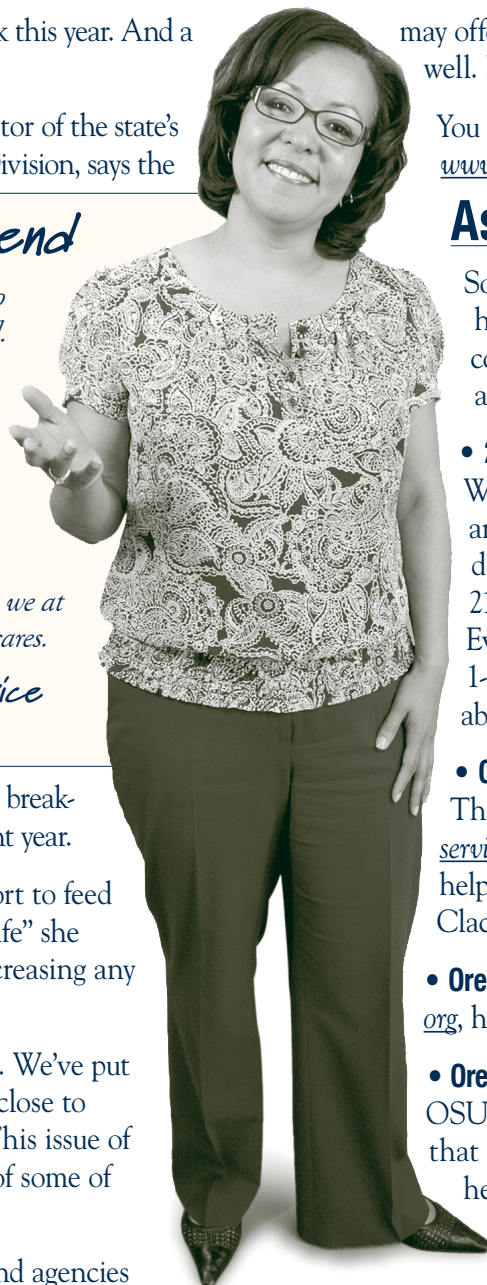
may offer many more services than those listed, as well. But you'll find these a good place to start.

You can see a longer list on our web site, [www.careoregon.org/carelink](http://www.careoregon.org/carelink).

### Ask us

Some organizations are dedicated to always having the most up-to-date information about community help for people who need it. Here are some of the best:

- **211 info** – Dial 2-1-1 from Clackamas, Washington, Multnomah, Deschutes, Crook and Jefferson counties. Or use the online directory at [www.211info.org](http://www.211info.org). Eventually, 211info will be able to help all Oregonians. Even now, this group will answer calls to 1-800-SAFENET (723-3638) and can tell about some limited resources in other areas.
- **Clackamas County Social Services Guide** – This site, [www.co.clackamas.or.us/socialservices/rguide/](http://www.co.clackamas.or.us/socialservices/rguide/), provides information about help throughout the Metro area, not just Clackamas County.
- **Oregon Helps** – This web site, [www.OregonHelps.org](http://www.OregonHelps.org), has resources throughout Oregon.
- **Oregon State University Extension Service** – OSU Extension has statewide links to help that range from writing resumes to eating healthily on a tight budget. Visit [extension.oregonstate.edu/emergency/tough\\_times.php](http://extension.oregonstate.edu/emergency/tough_times.php).



## Clothing (no cost or thrift stores)

- **Community Action Agency of Washington County**—Hillsboro; 503-648-6646
- **Goodwill Industries**—18 thrift stores in Metro area; 503-238-6100; [www.meetgoodwill.com](http://www.meetgoodwill.com)
- **Salvation Army**—Seven thrift stores in Metro area, including Hillsboro store, opened June 4; 1-800-728-7825; [www.tsacascade.org](http://www.tsacascade.org)



- **Helping Hands**—Portland; 503-517-029
- **Value Village Thrift Stores**—[www.valuevillage.com](http://www.valuevillage.com):

Milwaukie.....503-653-7333  
Southeast Portland.....503-771-5472  
Tigard .....503-684-1982

- **William Temple House**—503-226-302; [www.williamtemple.org](http://www.williamtemple.org); Portland Thrift Store, 503-222-3328

## Financial emergency

- **Clackamas County Social Services**—503-655-8640; [www.co.clackamas.or.us/socialservices](http://www.co.clackamas.or.us/socialservices)
- **Jewish Family and Child Service**—Portland; 503-226-7079; [www.jfcs-portland.org](http://www.jfcs-portland.org)
- **Junior League of Portland**—Portland; 503-297-6364; [www.juniorleagueofportland.com](http://www.juniorleagueofportland.com)

## Food or meals, free/low cost

- **Albina Ministerial Alliance**—Northeast Portland; 503-285-0493
- **Bethel Congregational Food Cupboard**—Beaverton; 503-646-1191; [www.bethelbeaverton.org](http://www.bethelbeaverton.org)
- **Community Action Agency of Washington County**—Hillsboro; 503-648-6646
- **North Portland Family Center**—Portland; 503-285-0627
- **Oregon Food Bank**—The hub of a network of 915 hunger-relief agencies throughout Oregon and Clark County, Wash; 503-282-0555; [www.oregonfoodbank.org/ofb\\_services/statewide\\_services](http://www.oregonfoodbank.org/ofb_services/statewide_services)



- **Farm Direct Nutrition Programs for Women, Infants, Children (WIC) and seniors**—Statewide; 503-731-4546; connects WIC families and seniors with fresh produce from local growers
- **Sisters of the Road Café**—Downtown Portland; 503-222-5694; [www.sistersoftheroad.org](http://www.sistersoftheroad.org)
- **Women, Infants, Children (WIC)**—Statewide; 1-800-723-3638; [www.oregon.gov/DHS/ph/wic/index.shtml](http://www.oregon.gov/DHS/ph/wic/index.shtml)

## Rental assistance

- **Human Solutions, Inc.**—503-548-0200; [www.HumanSolutions.org](http://www.HumanSolutions.org)

## Youth shelter

- **Outside In**—Portland; 503-223-4121; [www.outsidein.org](http://www.outsidein.org)

## Mission shelter

- **Friendly House, Inc.**—Northwest Portland; 503-228-4335; [www.friendlyhouseinc.org](http://www.friendlyhouseinc.org)
- **Impact Northwest**—East Portland; 503-988-6000; [www.impactnw.org](http://www.impactnw.org)
- **Neighborhood House, Inc.**—Southwest Portland; 503-246-1663; [www.nhweb.org](http://www.nhweb.org)
- **Portland Rescue Mission Burnside Men's Shelter**—Old Town/Chinatown Portland; 503-227-0421; [www.portlandrescuemission.org](http://www.portlandrescuemission.org)
- **Portland Rescue Mission Shepherd's Door Women's Shelter**—Northeast Portland; 503-256-2353; [www.portlandrescuemission.org](http://www.portlandrescuemission.org)
- **Salvation Army**—Southwest Portland; 503-239-1259; [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

## Counseling

- **Cascadia Gateway**—Portland; 503-674-7777; [www.cascadiabhcc.org](http://www.cascadiabhcc.org)
- **Clackamas County Mental Health**—503-722-6900 [www.clackamas.us/community\\_health/behavioral/](http://www.clackamas.us/community_health/behavioral/); 24-hour consultation and evaluation for people in crisis, 503-655-8401
- **Sequoia Mental Health Services**—Washington County; 503-591-9280; [h-bt.org/about.htm](http://h-bt.org/about.htm)

## Adult education

- **Clackamas Community College**—503-657-6958 ext. 3230; [www.clackamas.cc.or.us](http://www.clackamas.cc.or.us)
- **Mt. Hood Community College Community Skills Center**—Maywood Park; 503-491-6122; [www.mhcc.edu/pages/466.asp](http://www.mhcc.edu/pages/466.asp)

- **Portland Community College:**  
[www.pcc.edu](http://www.pcc.edu)

Cascade Center..... 503-244-6111  
 Rock Creek Center ..... 503-788-6111  
 Southeast Center ..... 503-788-6111  
 Sylvania Center ..... 503-788-6111  
 Central Portland Workforce  
 Training Center ..... 503-731-6600

## Job programs

- **Central City Concern (CCC) Employment Access Center**—Portland; 503-226-7387; [www.centralcityconcern.org/employment-access-center.htm](http://www.centralcityconcern.org/employment-access-center.htm)
- **Experience Works**—(Job placement and training program for senior citizens.) [www.experienceworks.org](http://www.experienceworks.org)  
 Hillsboro Field Office .... 503-681-0206
- **Job Corps**—Statewide; 1-800-733-5627  
**Partners in Vocational Opportunity Training**, Portland; 503-274-7343; [pivot.jobcorps.gov](http://pivot.jobcorps.gov)  
 Springdale, Troutdale; 503-695-2245; [springdale.jobcorps.gov](http://springdale.jobcorps.gov)  
 Timber Lake, Estacada; 503-834-2291; [timberlake.jobcorps.gov](http://timberlake.jobcorps.gov)
- **Oregon Employment Department**—  
[www.employment.oregon.gov](http://www.employment.oregon.gov)  
 Beaverton Employment  
 Office ..... 503-644-1229  
 Gresham Employment  
 Office ..... 503-669-7112  
 Hillsboro Employment  
 Office ..... 503-681-0219  
 North Portland  
 Employment Office ..... 503-280-6046  
 Oregon City One  
 Stop Center ..... 503-657-2071  
 Portland Downtown Employment  
 Office ..... 503-731-4139  
 Molalla Kiosk ..... 503-657-2071  
 Sandy Kiosk ..... 503-657-2071  
 Tualatin Kiosk..... 503-644-1229

WorkSource Centers, [www.worksource.oregon.org/index.php/worksource-centers](http://www.worksource.oregon.org/index.php/worksource-centers)

## Family resources

- **Parents Anonymous of Oregon**—Statewide; parent hotline; 503-258-4557
- **Urban League of Portland**—North Portland; 503-280-2600; [www.ulpdx.org](http://www.ulpdx.org)
- **Children's Relief Nursery**—North Portland; 503-283-4776; [www.crn4kids.org](http://www.crn4kids.org); respite day care for babies and infants; parenting classes.



- **VOA Child Development Center**  
**Portland Family Relief Nursery**—Southeast Portland; 503-236-8492; [www.voaor.org/Programs/ChildrenFamilyPrograms/FamilyReliefNursery/tabid/3038/Default.aspx](http://www.voaor.org/Programs/ChildrenFamilyPrograms/FamilyReliefNursery/tabid/3038/Default.aspx)

## Public assistance/welfare

- **Children, Adults and Families Division, self-sufficiency and child safety offices**—[www.oregon.gov/DHS/aboutdhs/structure/caf.shtml](http://www.oregon.gov/DHS/aboutdhs/structure/caf.shtml)  
 Albina ..... 503-280-6781  
 Gresham ..... 503-491-1979  
 Hillsboro..... 503-693-1833  
 Oregon City ..... 503-657-2043  
 Portland, East ..... 503-257-4200  
 Portland, Metro ..... 503-731-8383  
 Portland, New Market  
 Theater ..... 503-731-3336  
 Portland, Northeast ..... 503-280-6683  
 Portland, Outer  
 Southeast ..... 503-257-4226  
 Portland, St. Johns ..... 503-731-4646  
 Portland, Southeast ..... 503-731-3181

## Homeless services

- **Central City Concern (CCC) Housing and Resident Services**—Northwest Portland; 503-525-8483; [www.centralcityconcern.org](http://www.centralcityconcern.org)
- **Open Door Counseling Center**—Hillsboro; 503-640-6689, toll free 1-866-640-6689; [www.opendoorcc.net/OD/Homeless\\_Services.html](http://www.opendoorcc.net/OD/Homeless_Services.html)
- **Northwest Housing Alternatives**—Milwaukie; 503-654-1007  
[www.nwhousing.org](http://www.nwhousing.org)

## Public libraries

- **Clackamas County Library Information Network**—12 locations; 503-266-3394  
[www.lincc.lib.or.us](http://www.lincc.lib.or.us)
- **Multnomah County Library System**—17 locations; 503-988-5402; [www.multcolib.org](http://www.multcolib.org)
- **Washington County Cooperative Library Services**—16 libraries, including Tuality Health Resource Center; 503-846-3222; [www.wcccls.org](http://www.wcccls.org)

## Multi-cultural services

- **IRCO (Immigrant and Refugee Community Organization)**—East Portland; 503-234-2541; [www.irc.org/locate](http://www.irc.org/locate); includes Africa House, Asian Family Center, Senior Center and Skill Center
- **Ecumenical Ministries of Oregon, Sponsors Organized to Assist Refugees (SOAR)**—Northeast Portland; 503-284-3002; [www.emoregon.org/soar.php](http://www.emoregon.org/soar.php)
- **Catholic Charities Refugee Resettlement Program**—503-231-4866
- **Lutheran Community Services Northwest**—Clatsop, Crook, Klamath, Lake, Multnomah, Washington and Yamhill counties; 503-231-7480; [www.lcsnw.org/portland/index.html](http://www.lcsnw.org/portland/index.html)



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## To Stay Healthy

# There's help in the community

It's not easy to stay healthy when you're struggling to find the basics of life, like food or shelter, says Christina



Gordon. Christina is a health care guide for CareOregon. Her job includes helping CareOregon members with chronic illnesses get help in the community for these other needs that make getting well hard to do.

And there is a lot of need for help these days.

“We have people lined up outside of our office every Monday morning looking for assistance,” says George Sabel, director of the Clatsop Community Action in Astoria.

Clatsop Community Action is one of the many community groups in Oregon that help people when they are going through difficult times financially.

We have dedicated this issue of CareLink to a directory of these groups. Although it is not a complete list, it's a good start for people who are in need of a little help.

### CareLink online: Your direct connection

When you read CareLink online, you'll have hot links to the web sites of the help listed in this directory, and many more. See this issue at [www.careoregon.org/carelink](http://www.careoregon.org/carelink). If you sign up at [www.careoregon.org/carelink/subscribe.html](http://www.careoregon.org/carelink/subscribe.html), we will send you an e-mail notice when each new issue of CareLink is available.