

ROSE CARE COMMUNITY RESOURCES

Housing

- My Father's House

Recovery

- Portland Rescue Mission
- Shepherd's Door (Women's Recovery)
- The Harbor (Men's Recovery)
- Pure Desire Ministries (Sexual Addiction Recovery)

Furniture Assistance

- Community Warehouse
- Habitat for Humanity

Suicide Prevention

- Stay Here Network

Rent Assistance

- Multnomah Stability Initiative (MSI)
- Community Action (Washington County) – Emergency rental assistance (limited; requires 72-hour eviction notice)
- Home Forward
- St. Vincent de Paul (Multnomah County)
- Camas Family Resource Center (must have a child in Camas School District)
- Salvation Army (Camas/Vancouver): 360-835-3171
- St. Vincent de Paul (Camas/Vancouver): 360-834-2126 ext. 2
- Family Promise (Camas/Vancouver): 360-210-5165
- SEI Community Services (NE): 503-285-0493 (eviction prevention, homeless housing services, case management, African American advocacy)
- Rent Well

Low-Income Housing

- Central City Concern – Recovery housing, low-barrier housing, HIV-specific housing, Section 8 options
- Transition Projects (NW): 503-280-4700 (short- and long-term housing support in the Portland metro area)

Shelters & Centers

- City Team Portland (SE): 503-231-9334 (men only; sobriety required)
- Community Action (Hillsboro): 503-726-0812 (women, children, pregnant mothers)
- Coordinated Housing Access: 503-655-8575
- DV Resource Center and Restraining Orders: 503-640-5352 (crisis line: 1-866-469-8600)
- Family Promise (SW): 971-217-8949 (families with children; up to 6 weeks) children must be in school or in head start and clean drug screen and background check
- Good Neighbor Center (Tigard) : 503-443-6084 (families only; up to 6 weeks)
- Portland Rescue Mission (New Life) (W Burnside): 503-906-7690
- Multnomah Downtown Shelter: 503-358-0519
- My Father's House: 503-492-3046 (6-month family program)
- Our Just Future: 503-548-0200
- Portland Homeless Family Solutions (SE): 503-915-8306
- Transition Projects (NW Irving): 503-280-4700
- Blanchet House (NW): 971-337-8747 (men; 7-month program)
- Cascade AIDS Project: 503-223-5907
- Cascadia: 503-232-6971 (Affordable, subsidized housing and tax-credit apartments designed for individuals with disabilities or co-occurring mental health and substance use conditions.)
- Catholic Charities (SE): 971-222-1880 (women 25+, no children)
- NW Pilot Project (SW): 503-227-5605 (seniors 55+)
- Oxford Houses of Oregon: 971-998-4223

Dental Services

- Luke-Dorf (Tigard): 503-726-3690 - Provides outpatient mental health services, including counseling, case management, and medication management. Not a walk-in clinic. Call 503-726-3742 to schedule an intake appointment.
- Clackamas Service Center (SE): 503-771-7914
- Medical Teams International (Tualitan): 503-624-1213 (emergencies only)
- NARA (SE): 971-347-3009 - Basic and preventative dental care for the whole family, (appt. only.)
- OHSU Dental Clinics: 503-494-8867 - Urgent care services available; fees start at \$250 or more depending on treatment needed. No free services, but reduced-cost care is available. Accepts OHP.
- OHSU Russell Street Dental: 503-494-6822 - Low-cost dental program for insured and uninsured patients, including those living with HIV/AIDS. Offers a sliding fee scale for enrolled patients. Emergency exams and X-rays range from \$76–\$128, with additional treatment costs typically \$100–\$200 per tooth, due at the time of service. Call to confirm availability; no walk-ins.
- Virginia Garcia Memorial Health Centers: 503-352-2354 (Hillsboro), 503-718-3675 (Beaverton)
- Wallace Medical Concern: 503-489-1760 Provides assistance with enrolling in health insurance.
- Path Home – Homeless Prevention Program
Application: <https://www.path-home.org/prevention-application>

Medical Services

- Borland Free Clinic: 503-974-8887 (Tualatin)
- Cascadia (NE): 503-253-6754
- Central City Concern: 503-228-7134 (includes primary and naturopathic care, preventative exams, injury treatment, minor procedures, mental health and addiction treatment)
- Children's Community Clinic: 503-284-5239 (healthcare center for low-income, uninsured, or underinsured families and youth up to 21 years old only; accepts OHP; maximum \$200 out-of-pocket)
- Clackamas County Health Clinics: 503-655-8471
- Clackamas County WIC
- Clackamas County Mental Health Crisis Line: 503-655-8585
- Clackamas Service Center: 503-771-7914
- Coalition of Community Health Clinics: 503-546-4991
- Hope 360 Pregnancy Clinic: 503-908-0817 (free testing, ultrasounds, prenatal care, parenting classes, abortion support groups, etc.)
- Mercy & Wisdom Community Health Clinic: 503-227-1222 (naturopathic medicine, medication assistance, acupuncture, Chinese medicine, labs)
- Multnomah County Aging, Disability, and Veteran Services: 503-988-3646 (for ages 60+; 24/7 help hotline)
- Multnomah County Call Center: 503-988-4888 (24-hour mental health resource and crisis support)
- Multnomah County Primary Care Clinic: 503-988-5558 (7 different locations)
- NARA: 503-307-7775
- North by Northeast Community Health Center: 503-287-4932 (focus on African Americans and management of hypertension and diabetes; helps enroll in OHP)
- OHSU Avel Gordly Center for Healing: 503-494-4746 (outpatient psychiatry, counseling, culturally specific services; sliding scale)
- OHSU Family Medicine Walk-In: 503-418-1700
- Operation Nightwatch: 503-220-0438 (RN health room provides enhanced first aid and referrals as appropriate; charging stations for electronics; basic hygiene items; to-go sandwiches and coffee; limited services)
- OHP Medicaid / Oregon Health Marketplace: 1-800-273-0557
- Quest Center for Integrative Health: 503-238-5203 (Finding and Sustaining Recovery [FSR] is an integrated behavioral health treatment program designed to help those dealing with addiction build sober and healthy lifestyles. Wellness center provides multidisciplinary and integrative health care in a community-based setting for all people, including those living with chronic illness and pain.)
- Ride to Care: 503-416-3955 (provides transportation for OHP Health Share members to any appointment or service covered by Health Share; flex trips available Monday–Saturday for grocery stores, pharmacies, etc.; call or schedule online)
- Salvation Army: 503-239-1224 (discount prescriptions for seniors 60+ for 12 months; assistance for up to a 90-day supply, up to \$500)
- Senior Health Insurance Benefits Assistance: 503-655-8269 (helps seniors with insurance and benefits)

- The Founders Clinic: 503-722-4400 (free medical care for uninsured and underinsured individuals; primary care, non-emergency care, preventative care, and education)
- Transition Projects: 503-280-4700 (acute care clinic)
- Virginia Garcia Memorial Health Clinic: 503-352-6000
- Wallace Medical Concern: 503-489-1760 (provides primary and urgent care, pediatric care, well-child visits/immunizations, chronic disease management, women's health, and dental care; accepts insurance, helps enroll in insurance if eligible, or offers sliding scale for uninsured patients)

Transportation

- Ride Connection: 503-226-0700 - Nonprofit organization that works with community partners to provide free transportation options, primarily for older adults and people with disabilities in Multnomah and Washington Counties.

Food & Grocery Assistance

- DHS SNAP (Portland): 503-945-1400
- DHS SNAP (Clackamas): 503-731-3400
- DHS SNAP (Oregon City): 971-673-7300
- Multnomah County SNAP Outreach: 503-928-9689
- Women of Wisdom: 503-988-3503

Food Boxes & Pantries

- Allen Temple Emergency Aid Center
- Beaverton Seventh-day Adventist (grocery-style pantry)
- Bethel Congregation United Church of Christ (Beaverton)
- Church of the Nazarene (Oregon City)
- Colton Helping Hands (food boxes on Mondays)
- Ecumenical Ministries of Oregon (emergency food boxes; shop once weekly; no geographic boundary)
- Faith Café (dine-in/takeout hot meals and donated produce and baked goods every Sunday)
- First Baptist Church (Oregon City) (food boxes)
- Firth Baptist Church (hot meals and carryout groceries with clothing, hygiene items, and pastoral counseling)
- Francis Center (food boxes every 30 days, as well as hygiene and clothing, for ZIP codes 97206, 97215, 97216, 97266)
- Good Roots Community Church (food boxes and clothing closet)
- Helping Hands Food Pantry @ Sunset Presbyterian Church
- Lift Urban Portland (1st United Methodist Church) (food pantry for low-income and downtown residents; delivered food boxes with referral; can shop twice a month)
- Mainspring
- Metro Church of Christ (emergency food boxes)
- Neighborhood House (West Side; two boxes of healthful food options per month; limited free food delivery available; themarket@nhpdx.org)

- Oregon Food Bank (produce and pantry staples free to anyone)
- Portland Adventist Community Services (3–5 day supply food boxes once a month)
- Richmond Community Church / Healthwork Ministries (canned food, hygiene items, clothing, and services for houseless individuals; shop once a week per family; no geographic boundaries)
- Rock Creek Church Food Pantry (shopping-style pantry; Tuesdays 4–6 PM)
- Salvation Army (food box every 30 days for select ZIP codes; proof of address required unless homeless)
- Sandy Activity Night Community Dinner (clothing, hygiene, shelter from weather, and hot meal at 6 PM; take-home meals available)
- Sherwood Helping Hands (food boxes)
- SnowCap Community Charities (east side of 82nd; food boxes once a month with proof of address; limited energy assistance available)
- SE Community Food Pantry and Clothing Closet (food pantry once a month; no ID required; produce giveaway on the 4th Thursday of the month)
- St. Andrew Emergency Services (emergency food pantry for ZIP code 97211 once a month; delivery available)
- St. Francis Food Pantry / Hope Diner / Shelter (shopping-style pantry for low-income residents of Tualatin, Sherwood, Newberg, and King City; dental van available)
- St. John the Apostle (food pantry in Oregon City)
- St. Mark’s Lutheran Church / Bethlehem Children’s Closet (food pantry; all ZIP codes; no ID required; Fridays 2–5 PM)
- St. Stephen’s Episcopal Church (food pantry; 4th Thursday of the month)
- St. Vincent de Paul (Multnomah County) (food boxes for Clackamas and Multnomah Counties; Fridays 1–3:30 PM)
- St. Vincent de Paul (Washington County) (shopping-style food pantry once a month; also offers rent, furniture, and utility assistance)
- Sunshine Division (emergency food relief for households with children under 18, seniors over 62, or single adults receiving SSI, SSDI, VA pension, or SNAP; must have a Portland address)
- Tualatin Schoolhouse Pantry (shopping-style pantry twice a month for low-income residents of Durham, Lake Oswego, Tualatin, West Linn, and Wilsonville; proof of address required; dental van available)
- Union Gospel Mission (sack lunches at 7 AM on Mondays, Tuesdays, and Thursdays)
- West Linn Food Pantry (proof of address required; curbside pickup only)
- William Temple House (food pickup twice a month with health and hygiene items)
- If you want, I can condense this into a super scannable wall version (like 6–8 categories max) so people don’t get overwhelmed at the resource table.

Utility Assistance

- 211 Info
- Clackamas Social Services Energy Assistance Program: 503-650-5640
- Community Action (Washington County): 503-615-0771
- NW Natural – financial assistance options based on income
- El Programa Hispano Católico: 503-489-6842

- Impact NW: 503-721-1740
Call or check 211 for availability.
Early Childhood and Parenting: 503-721-6777
Senior and Disability Services: 503-721-6760
- IRCO (Immigrant and Refugee Community Organization) – Africa House and Asian Family Center: 503-235-9396
Legal and housing support available.
Energy Hotline: 503-235-4912
No walk-ins unless power has already been shut off.
- Oregon Telephone Assistance: 800-848-4442
Provides discounts on monthly phone or broadband internet service (landline or wireless) for eligible low-income Oregonians. Call or visit the website for information or to apply.
- Our Just Future: 503-548-0217
No walk-ins. Provides assistance with gas, wood, propane, and electric bills.
24-hour Energy Hotline: 503-405-7877 (call to check funding availability)
24-hour Water Discount (and one-time crisis) Hotline: 503-548-0217
Same documentation required for both. Call 211 to check if funding is available.
- Salvation Army: 503-640-4311
Water bill assistance for Hillsboro residents only.
Washington County residents should call to verify PGE assistance availability and schedule an appointment.
Proof of address, photo ID, and income required.
A shut-off notice is required for water assistance. Must have contacted the water company regarding payment arrangements.
- SEI Community Services: 503-285-0493
Call the Energy Hotline for current availability.
Provides energy assistance for PGE, Pacific Power, NW Natural, and heating fuels.
Required documentation must be provided.
- St. Andrew Emergency Services: 971-244-0339
All services, except food distribution, are handled remotely.
Provides partial rent assistance with a 72-hour eviction notice.
Assistance is limited to individuals within the parish boundary and available once every 12 months.
- St. Vincent de Paul (Clackamas & Multnomah County)
- Washington County Housing Services: 503-846-4794
Rental assistance and affordable housing opportunities for low-income families in Washington County, including Section 8 and public housing programs.

Domestic Violence Support/Safety

- Clackamas Women's Services (Oregon City): 503-655-8600
- Safe Place Justice Center (Oregon City): 503-655-8600
Support and safety planning for anyone experiencing family violence, sexual violence, stalking, or abuse against older adults and people with disabilities.
- Undisclosed: 503-974-9882
Culturally specific, trauma-informed group home providing free temporary housing, case

coordination, and advocacy for women affected by domestic violence.

- DV Resource Center (Clackamas County): 503-640-5352 (advocacy or restraining orders)
Main line: 503-521-7997 (counseling services for adult survivors of interpersonal violence and their children)
Call to schedule an intake appointment. Services also available in Spanish.
Provides individual counseling and group support for adults who have experienced intimate partner or domestic violence.
Also provides individual counseling for children and youth ages 5–18 who have witnessed family violence.
Non-offending parental education and support encouraged.
All services are free of charge.
After-hours crisis line: 503-469-8620
- Sexual Assault Resource Center (SARC): 503-640-5311 (crisis line)
Main line: 503-626-9100
Provides immediate 24-hour response and support to survivors of sexual assault.
Offers case management, education and outreach programs, support groups, and free mental health services.
- Multnomah County Domestic Violence and Sexual Assault Services:
503-281-2442, 503-777-3437, 503-288-8177, 503-972-3698 (African American advocacy)
- Call to Safety: 503-235-5333
- Portland Public Schools Confidential Student Hotline: 503-809-4357 (call or text)
A confidential hotline for Portland Public Schools high school students, staffed by advocates at Home Free and Raphael House during school and regular business hours.
- Emergency Services Crisis Hotline: 503-771-5503
Provides crisis support, safety planning, and access to motel vouchers when available for survivors fleeing domestic or sexual violence.
Also provides support with safety and stabilization assessments for referrals into domestic and sexual violence shelters and housing programs, as capacity allows.
- Restraining Order Services: 503-802-0506
- Immigrant and Refugee Support (DV/SA survivors): 503-445-1446
- Oregon Crime Victims Law Center: 503-208-8160
- Children’s Center of Clackamas County: 503-655-7725
Child advocacy center specializing in medical assessments and forensic interviews for children who have experienced abuse, neglect, or drug exposure.
Family support services available. Referrals accepted from DHS, law enforcement, primary care providers, parents, and school staff.
- Love INC: 503-650-0153
Provides personalized care based on needs, including infant and children’s items, cleaning supplies, personal hygiene items, furniture, and household goods.
Also offers classes, workshops, and vocational support.

Childcare & Family Support

- Todos Juntos: 503-341-3381 - Kindergarten readiness, After-school programs, Parenting education, Family engagement

