



SHIBA Counseling Sites
Multnomah County

These services are BY APPOINTMENT ONLY.

Call ahead, and ask the receptionist for a “SHIBA Appointment”.

<u>Site</u>	<u>Schedule</u>
NW- Friendly House Senior Center 1737 NW 26 th Ave, Portland 97210 (503) 224-2640 (Carol Beals)	2nd & 4th Thurs/mo mornings
NE- Hollywood Senior Center 1820 NE 40 th , Portland 97212 (503) 288-8303 (Michelle Wilson)	1st & 3rd Wed/mo mornings
N - Hollywood/Urban League New Columbia Office 9009 N Foss – Charles Jordan Community Center (503) 288-8303 (Michelle Wilson)	2nd & 4th Fri/mo mornings
NE- NE Multicultural Sr. Center (Urban League) 5325 NE MLK Jr Blvd, Portland 97211 (503) 280-2600 x 632 (Cecelia Carlson) (on-site, Arleta Ward-Christain)	Wednesday mornings
SW- Neighborhood House Senior Center 7688 SW Capitol Hwy, Portland 97219 503-246-1663 ext 6101 Janice Jones	1st & 3rd Thurs/mo afternoons possibly additional
SW – Multnomah Co – Lincoln Building 421 SW Oak, 1 st floor, Portland 97204 (503) 988-3646 (Helpline Staff/Janet Bowman)	Friday mornings
SE- SE Multicultural Senior Center 4610 SE Belmont, Portland 97215 (503) 988-6300, option 3, ext 28322 (Abbie Rogers)	2nd, 3rd, 4th, 5th Monday mornings and early afternoon
Mid- IRCO Cherry Blossom Senior Program Office 740 SE 106 th Ave., Portland 97216 (503) 988-6073 (Rachel Bowen, Hazel Kaliloa)	Wednesday mornings some Tues afternoons
East- East County YWCA	Wednesday mornings

600 NE 8th St, Gresham 97030
(503) 988-3840 ext 29989 (Cyndy Smith)

Thursday mornings

(Names in parentheses are Site Coordinators)