

Multnomah County  
Auditor's Office

# RESOURCE GUIDE

promoting accountable, equitable county government



# LAND ACKNOWLEDGEMENT

---

With gratitude we acknowledge that the land on which we reside, work, and gather is the traditional territory of numerous Indigenous peoples who have stewarded this land for thousands of years. Today, this land is known as Multnomah County, Oregon.

We recognize and honor the original inhabitants of this land, including the Multnomah, Kathlamet, Clackamas, Chinook, Tualatin Kalapuya, and other tribes and bands who call this area home. We pay our respects to their elders, past and present, and extend our gratitude for their ongoing contributions to this community and the world. Their deep connections to the rivers, mountains, forests, and valleys of this region continue to shape the identity and spirit of Multnomah County today.

We acknowledge the historical and ongoing injustices that have been inflicted upon Indigenous people, including forced removals, broken treaties, and systemic erasure of their languages, cultures, and traditions. We understand that this acknowledgment alone is not enough to address these past wrongs, but it is a vital step towards building a more inclusive and equitable future.

# A MESSAGE FROM MULTNOMAH COUNTY AUDITOR JENNIFER MCGUIRK

---



As your Multnomah County Auditor, I am dedicated to speaking truth to power on your behalf. My team and I do this through audits and investigations that let you know what is working well in our county government, and what needs to change. We want to see changes that make county government more effective, equitable, transparent, and accountable to you.

My hope is that you can use my office's reports as trusted resources that you can use to advocate for improvements to our county government, our region, and our state.

This resource guide is an extension of my office's commitment to serving the public interest – in this case, we are striving to provide information that you can use to access important services, obtain support, and enjoy our county. I am thrilled to be able to provide this resource guide to you, and I am honored to be your Multnomah County Auditor.

# INDEX

---

The Purpose

What is the Auditor's Office

Ombudsperson Informational

Trauma Informed Practice Statement

Racial Equity Statement

Invite Multnomah County Auditor Jennifer McGuirk

Provide Us Some Feedback

Ombudsperson Contact Information

Good Government Hotline Contact Information

Community Resources

- Parks
- Community Gardens
- Community Centers
- Health Centers
- Dental Clinics

- Student Health Centers
- Mental Health, Behavioral Health, & Counseling Services
- Disability Services
- Food Access
- BIPOC Organizations/Services
- Top 10 BIPOC-Owned Businesses Highlights
- Youth Services
- LGBTQIA2S+ Community Groups & Resources

Cultural Months & Inclusion Days

References

Stay Connected with Multnomah County Auditor's Office

# THANK YOU

---

Together, we've created a comprehensive resource guide to empower and inspire our community to foster self care and resilience. Special thanks to College-to-County (C2C) intern Gelsi Tuz who developed and designed this resource guide in collaboration with Multnomah County Auditor's staff Raymond De Silva, Michelle Greene, Mandi Hood, Sura Sumareh, Cheryl Taylor, and Mical Yohannes. Sincerest appreciation to City of Portland 311's Kelsey Easterbrooks who researched invaluable resources.

# THE PURPOSE

---

The purpose of this resource guide is to:

- share information on resources in Multnomah County - things to do, places to go, and resources to access. The information in this guide is for everyone and emphasizes resources for BIPOC and LGBTQ+ communities to support self care, resiliency, and improved wellness as an act against racism.
- share information about what the Auditor's Office does and resources we provide the community.



# WHAT IS THE AUDITOR'S OFFICE?

---

## Get to know the Auditor's Office

The Auditor's job is to find out how well our county government is working and recommend how it can better serve everyone in our community.

### Through our work, we:

- See and acknowledge the value and importance of county programs, including the dedication of county employees.
- Look critically to identify barriers and obstacles that impede the county's mission to help its residents.
- Elevate employee voices. Employees are often the first to know where a system needs to change so that people can be served better.
- Give voice to problems that people may feel most comfortable ignoring. The Auditor's work is critically important because it is only by being honest about the problems we face that we can truly improve our government for all of us.

### How we are a resource to the community

The Auditor's Office uses an equity lens and a trauma-informed approach in all stages of their work. Our office includes three critical functions to support government accountability - audits; the fraud, waste, and abuse hotline; and our ombudsperson. Anyone who works or lives in Multnomah County can share audit ideas with us. We review audit ideas through a risk matrix to determine areas that may need our attention.

### As a resource to the community, we:

- Promote efficiency, effectiveness, equity, and accountability in our contacts with county personnel, elected officials, and the public.
- Affect change when needed and support existing good practices with technical assistance, advocacy, special studies, and audits.
- Engage with the people who live or work in the county at community events and meetings.

Visit our website: <https://www.multco.us/auditor-mcguirk> for more information.



# WHAT IS THE OMBUDSPERSON?

---

People in Multnomah County have a resource for investigating complaints and finding ways to resolve issues with county programs and departments. The Ombudsperson is here to ensure that residents are treated fairly in their interactions with the county. As a part of the County Auditor's office, the Ombudsperson is impartial and independent.

## FREQUENTLY ASKED QUESTIONS (FAQs)

### **What is the Ombudsperson?**

An Ombudsperson helps individuals resolve problems with an organization, such as Multnomah County.

### **What does the Ombudsperson do?**

The Ombudsperson is tasked with protecting the rights of county residents and promoting fairness, efficiency, and transparency in county government. The Ombudsperson can assist the public by conducting independent, impartial investigations into administrative acts of county agencies and recommending changes.

### **When should I ask for help from the Ombudsperson?**

You should first try to resolve your issue directly with the county agency or department involved. This is the quickest way to resolve most issues between individuals and the county. The Ombudsperson can refer you if you are unsure who to call. If you are unable to resolve the issue directly with the agency or department, then contact the Ombudsperson.

### **Why does the county have an Ombudsperson?**

In November 2022, more than 85% of county voters passed a charter amendment establishing the Ombudsperson as a role in the County Auditor's Office.



**Multnomah County  
Ombudsperson**



## TRAUMA INFORMED PRACTICE STATEMENT

---

The way we do a lot of our work in the Auditor's Office is by learning from others. Because we know most people in the U.S. have had at least one traumatic experience, we want to learn from others in ways that are trauma informed: We try to build trust, support people's safety, communicate clearly, give people choices in how we will work together, and work with people in ways that are culturally responsive. Connecting with the community in ways that are trauma informed helps us get the best information to improve government without perpetuating harm.

## RACIAL EQUITY STATEMENT

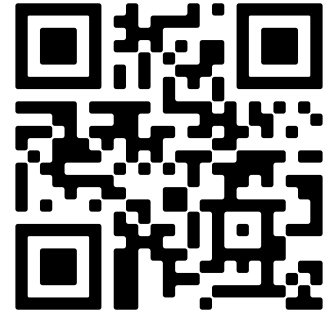
---

The Government Alliance on Race and Equity defines racial equity as meaning that race can no longer be used to predict life outcomes and outcomes for all groups of people are improved. The Auditor's Office likes this definition because it states important facts, 1) that White people in our nation tend to have better life outcomes than Black, Indigenous, and other people of color, and 2) that a focus on racial equity can result in better outcomes for all people. Through our work, the Auditor's Office shines a light on racial disparities and other inequities so that people in government and in our communities can be aware of these problems and address them – and develop systems that benefit all people.

# INVITE MULTNOMAH COUNTY AUDITOR JENNIFER MCGUIRK

---

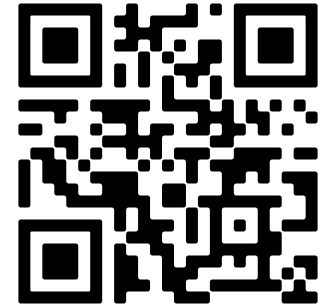
Would you like Auditor McGuirk to attend your next event or meeting? Submit a request and a staff person from the Auditor's Office will follow up with you as soon as possible. Auditor McGuirk's schedule can fill up quickly, so please be sure to submit your request at least three weeks before the event.



# PROVIDE US SOME FEEDBACK

---

Tell us what you think about our website, audit reports, or suggest an audit. If you have a suggestion for an area of county services that would benefit from an audit, please describe the program or problem as specifically as possible. Although you can submit an anonymous comment, if you provide us with your name and telephone number we can follow up in case we need more information. We welcome all of your comments and suggestions.





Multnomah County  
Ombudsperson



The Multnomah County Ombudsperson investigates complaints or assists in resolving issues with county agencies and departments.

**All reporters remain confidential.**

**Reports can be made 24 hours a day, 7 days a week.**

**Email** [ombudsperson@multco.us](mailto:ombudsperson@multco.us)

**Call** (503) 988-1234

**For more information**



### Ombudsperson FAQ:

The Ombudsperson is tasked with protecting the rights of county residents and promoting fairness, efficiency, and transparency in county government.

The Ombudsperson can assist the public by conducting independent, impartial investigations into administrative acts of county agencies and recommending changes. The Ombudsperson is here to ensure that residents are treated fairly in their interactions with the county.

**Multnomah County Auditor's Office**

501 SE Hawthorne Blvd., Room 601, Portland, OR 97214



MULTNOMAH COUNTY

# GOOD government HOTLINE

**All reporters remain confidential.**

**Reports can be made 24  
hours a day, 7 days a week.**

### Concerns we can help with:

Theft of Cash or Materials | Waste | Bribery Bid  
Rigging | Kickbacks | Conflicts of Interest |  
Manipulation of Statements or Records | False Billing  
| Payroll or Purchasing Schemes | Ethical Violations

Make a report to the Good Government Hotline if you see fraud, waste, or abuse of position in Multnomah County Government.

**Email** [mult.auditor@multco.us](mailto:mult.auditor@multco.us)

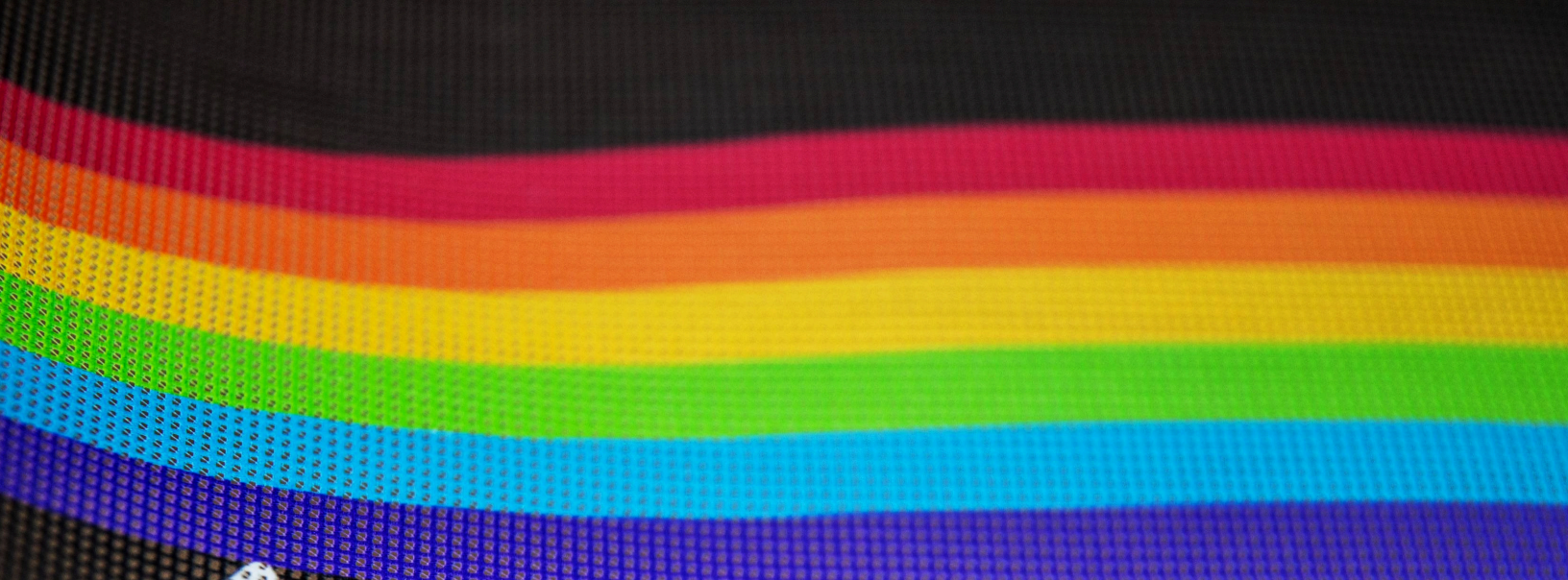
**Call** (888) 289-6839

**For more  
information**



**Multnomah County Auditor's Office**

501 SE Hawthorne Blvd., Room 601, Portland, OR 97214



Wilmonah  
County



**COMMUNITY  
RESOURCES**

# PARKS

---

	LOCATION
COLUMBIA PARK AND ANNEX	N Lombard Street and Woolsey Avenue, Portland, OR 97203
CRESTON PARK	SE 44th Avenue and Powell Blvd, Portland, OR 97206
CULLY PARK	5810 NE 72nd Avenue, Portland, OR 97218
ERROL HEIGHTS PARK	SE 52nd Avenue and Tenino Street, Portland, OR 97206
FIELDS PARK	1099 NW Overton Street, Portland, OR 97209
GABRIEL PARK	SW 45th Avenue and Vermont Street, Portland, OR 97219
GATEWAY DISCOVERY PARK	10520 NE Halsey Street, Portland, OR 97220
K <sup>h</sup> UNAMOKWST PARK	5200 NE Alberta Street, Portland, OR 97218
LAURELHURST PARK	NW Corner of SE César E. Chávez Blvd and Stark Street, Portland, OR 97214
LENTS PARK	SE 92nd Avenue and Holgate Blvd, Portland, OR 97266
LUUWIT VIEW PARK	NE 127th Avenue and NE Fremont Street, Portland, OR 97230
MCCOY PARK	N Trenton Street and Newman Avenue, Portland, OR 97203



<b>MONTAVILLA PARK</b>	NE 82nd Avenue and Glisan Street, Portland, OR 97220
<b>MT. SCOTT PARK</b>	SE 72nd Avenue and Harold Street, Portland, OR 97206
<b>MT. TABOR PARK</b>	SE 60th Avenue and Salmon Street, Portland, OR 97215
<b>OREGON PARK</b>	NE 30th Avenue and Oregon Street, Portland, OR 97232
<b>PIER PARK</b>	N Lombard Street and Bruce Avenue, Portland, OR 97203
<b>VENTURA PARK</b>	460 SE 113th Avenue, Portland, OR 97216
<b>VERDELL BURDINE RUTHERFORD PARK</b>	SE 165th Avenue and Market Street, Portland, OR 97233
<b>WALLACE PARK</b>	NW 25th Avenue and Raleigh Street, Portland, OR 97210

Visit <https://www.portland.gov/parks> for more information.

# COMMUNITY GARDENS

---

	LOCATION
ADAMS COMMUNITY GARDEN	4300 NW Cornell Road, Portland, OR 97210
BEACH COMMUNITY GARDEN	4629 N Campbell Avenue, Portland, OR 97217
BERRYDALE COMMUNITY GARDEN	9004 SE Taylor Street, Portland, OR 97216
BLAIR COMMUNITY GARDEN	3235 SE Alder Court Portland, OR 97214
BRENTWOOD COMMUNITY GARDEN	SE 57th Avenue and Bybee Blvd, Portland, OR 97206
BUCKMAN COMMUNITY GARDEN	SE 18th Avenue and Oak Street, Portland, OR 97214
CENTENNIAL PARK COMMUNITY GARDEN	17630 SE Main Street, Portland, OR 97233
CESAR CHAVEZ COMMUNITY GARDEN	SE César E. Chávez Blvd and Ellis Street, Portland, OR 97202
CLARENDON COMMUNITY GARDEN	9235 N Van Houten Avenue, Portland, OR 97203
CLINTON COMMUNITY GARDEN	SE 18th Avenue and Clinton Street, Portland, OR 97214
COLONEL SUMMERS COMMUNITY GARDEN	SE 20th Avenue and Taylor Street, Portland, OR 97214
CROSSROADS COMMUNITY GARDEN	6948 SW Capitol Highway Portland, OR 97219

Volunteer opportunities available. Visit <https://www.portland.gov/parks> for more information.

<b>DAVID DOUGLAS COMMUNITY GARDEN</b>	1400 SE 130th Avenue, Portland, OR 97233
<b>EARL BOYLES COMMUNITY GARDEN</b>	SE 110th Avenue and Francis Street, Portland, OR 97266
<b>EASTMINSTER COMMUNITY GARDEN</b>	12505 NE Halsey Street, Portland, OR 97230
<b>ED BENEDICT COMMUNITY GARDEN</b>	10441 SE Bush Street, Portland, OR 97266
<b>ERROL HEIGHTS COMMUNITY GARDEN</b>	4841 SE Tenino Court, Portland, OR 97206
<b>EVERETT COMMUNITY GARDEN</b>	2698 NE Everett Street, Portland, OR 97232
<b>FLOYD LIGHT COMMUNITY GARDEN</b>	599 SE 111th Avenue, Portland, OR 97216
<b>FRAZER COMMUNITY GARDEN</b>	NE 52nd Avenue and Pacific Street, Portland, OR 97213
<b>FRONT AND CURRY COMMUNITY GARDEN</b>	20 SW Curry Street, Portland, OR 97201
<b>FULTON COMMUNITY GARDEN</b>	SW 3rd Avenue and Miles Street, Portland, OR 97219
<b>FUREY COMMUNITY GARDEN</b>	11820 SE Reedway Street, Portland, OR 97266
<b>GABRIEL COMMUNITY GARDEN AND ORCHARD</b>	4151 SW Canby Street, Portland, OR 97219
<b>GILBERT HEIGHTS COMMUNITY GARDEN</b>	4209 SE 130th Avenue, Portland, OR 97236
<b>GLENHAVEN COMMUNITY GARDEN</b>	7900 NE Siskiyou Street, Portland, OR 97213
<b>GRANT COMMUNITY GARDEN</b>	2245 NE 36th Avenue, Portland, OR 97212

Volunteer opportunities available. Visit <https://www.portland.gov/parks> for more information.

<b>HAZELWOOD COMMUNITY GARDEN</b>	1017 NE 117th Avenue, Portland, OR 97220
<b>HELENSVIEW COMMUNITY GARDEN</b>	8678 NE Sumner Street, Portland, OR 97220
<b>IVON COMMUNITY GARDEN</b>	3817 SE Ivon Street, Portland, OR 97215
<b>JOHNS COMMUNITY GARDEN</b>	N Edison Street and John Avenue, Portland, OR 97203
<b>KENNEDY COMMUNITY GARDEN</b>	NE 35th Avenue and Jessup Street, Portland, OR 97211
<b>KENTON COMMUNITY GARDEN</b>	N Houghton Street and Burrage Avenue, Portland, OR 97217
<b>KINGSLEY PARK COMMUNITY GARDEN</b>	11498 NW Street Helens Road, Portland, OR 97231
<b>KNOTT COMMUNITY GARDEN</b>	11510 NE Knott Street, Portland, OR 97220
<b>LENTS COMMUNITY GARDEN</b>	5208 SE 88th Avenue, Portland, OR 97266
<b>LUUWIT VIEW COMMUNITY GARDEN</b>	One Block East of NE 134th Avenue and Failing Court Portland, OR 97230
<b>MCCOY COMMUNITY GARDEN</b>	9399 N Newman Avenue, Portland, OR 97203
<b>MT. TABOR COMMUNITY GARDEN</b>	SE 64th Avenue and Lincoln Street, Portland, OR 97215
<b>NATIVE GATHERING GARDEN AT CULLY PARK</b>	North of NE 72nd Avenue and Killingsworth Street, Portland, OR 97218
<b>NAYA COMMUNITY GARDEN - WAPAS NA NÉE SHAKU</b>	NAYA Family Center: 5135 NE Columbia Blvd, Portland, OR 97218 (located behind NAYA's main campus)

Volunteer opportunities available. Visit <https://www.portland.gov/parks> for more information.

<b>OLIVER-PARKLANE COMMUNITY GARDEN</b>	15811 SE Main Street, Portland, OR 97233
<b>PATTON COMMUNITY GARDEN</b>	N Michigan Avenue and Blandena Street, Portland, OR 97217
<b>PEACE COMMUNITY GARDEN</b>	12727 SE Market Street, Portland, OR 97233
<b>PIER COMMUNITY GARDEN</b>	10198 N Iris Way Portland, OR 97203
<b>PORTSMOUTH COMMUNITY GARDEN</b>	8702 N Courtenay Avenue, Portland, OR 97203
<b>POWELL BUTTE COMMUNITY GARDEN</b>	3615 SE 174th Avenue, Portland, OR 97236
<b>RIGLER COMMUNITY GARDEN</b>	NE 52nd Avenue and Prescott Street, Portland, OR 97218
<b>SABIN COMMUNITY GARDEN</b>	NE 19th Avenue and Skidmore Street, Portland, OR 97212
<b>SE 150TH AND DIVISION STREET COMMUNITY GARDEN</b>	SE 148th Avenue and Taggart Street, Portland, OR 97236
<b>SELLWOOD COMMUNITY GARDEN</b>	2033 SE Harney Street, Portland, OR 97202
<b>SENNS COMMUNITY GARDEN</b>	NE 112th Avenue and Prescott Street, Portland, OR 97220
<b>SEWALLCREST COMMUNITY GARDEN</b>	SE 31st Avenue and Market Street, Portland, OR 97214
<b>SNOWCAP COMMUNITY GARDEN</b>	17805 SE Stark Street, Portland, OR 97233 (West side of the SnowCap warehouse)
<b>SUMNER STREET COMMUNITY GARDEN</b>	4624 NE Sumner Street, Portland, OR 97218

Volunteer opportunities available. Visit <https://www.portland.gov/parks> for more information.

<b>VERMONT HILLS COMMUNITY GARDEN</b>	6053 SW 55th Drive Portland, OR 97221
<b>VESTAL COMMUNITY GARDEN</b>	NE 81st Avenue and Everett Street, Portland, OR 97215
<b>WATER AND GIBBS COMMUNITY GARDEN</b>	S Gibbs between Naito Parkway and Water Avenue, Portland, OR 97201
<b>WOODLAWN COMMUNITY GARDEN</b>	7098 NE 11th Avenue, Portland, OR 97211

Volunteer opportunities available. Visit <https://www.portland.gov/parks> for more information.

# COMMUNITY CENTERS

---

	CONTACT INFORMATION	MORE DETAILS
<b>CHARLES JORDAN COMMUNITY CENTER</b>	<p>(503) 823-3631</p> <p>Larena Dawson, CJCC Building Supervisor: (503) 823-0203 Larena.Dawson@portlandoregon.gov</p>	<p>9009 N Foss Avenue, Portland, OR 97217</p> <p>Monday-Friday: 6:30am–9pm Saturday: 9am–5pm</p> <p><a href="https://www.portland.gov/parks/charles-jordan-community-center">https://www.portland.gov/parks/charles-jordan-community-center</a></p>
<b>COMMUNITY MUSIC CENTER</b>	<p>(503) 823-3177</p> <p>cmc@portlandoregon.gov</p>	<p>3350 SE Francis Street, Portland, OR 97202</p> <p>Tuesday-Friday: 1pm–6pm</p> <p><a href="https://www.portland.gov/parks/community-music-center">https://www.portland.gov/parks/community-music-center</a></p>
<b>EAST PORTLAND COMMUNITY CENTER</b>	<p>(503) 823-3450</p> <p>Neal Brown, EPCC Building Supervisor: (503) 823-3455 garland.brown@portlandoregon.gov</p>	<p>740 SE 106th Avenue, Portland, OR 97216</p> <p>Monday-Friday: 5:30am–9pm Saturday: 7am–5pm Sunday: 8am–5pm</p> <p><a href="https://www.portland.gov/parks/east-portland-community-center">https://www.portland.gov/parks/east-portland-community-center</a></p>

Visit <https://www.portland.gov/parks> for more information.

<p><b>FULTON PARK COMMUNITY CENTER</b></p>		<p>68 SW Miles Street, Portland, OR 97219</p> <p><a href="https://www.portland.gov/parks/fulton-park-community-center#toc-renting-fulton-park-community-center">https://www.portland.gov/parks/fulton-park-community-center#toc-renting-fulton-park-community-center</a></p>
<p><b>INTERSTATE FIREHOUSE CULTURAL CENTER</b></p>	<p>Soo Pak, Art, Culture, and Special Events</p> <p>Manager: (971) 280-2214</p> <p>soo.pak@portlandoregon.gov</p>	<p>5340 N Interstate Avenue, Portland, OR 97217</p> <p><a href="https://www.portland.gov/parks/interstate-firehouse-cultural-center">https://www.portland.gov/parks/interstate-firehouse-cultural-center</a></p>
<p><b>MATT DISHMAN COMMUNITY CENTER</b></p>	<p>(503) 823-3673</p> <p>Evan Lilly, Matt Dishman Community Center Building Supervisor: evan.lilly@portlandoregon.gov</p>	<p>77 NE Knott Street, Portland, OR 97212</p> <p>Monday-Friday: 5:30am–8pm Saturday: 9am–5pm Sunday: 8am–5pm</p> <p><a href="https://www.portland.gov/parks/matt-dishman-community-center">https://www.portland.gov/parks/matt-dishman-community-center</a></p>
<p><b>MONTAVILLA COMMUNITY CENTER</b></p>	<p>(503) 823-4101</p> <p>Robert Donaldson, Montavilla CC Building</p> <p>Supervisor: (503) 823-0979</p> <p>robert.donaldson@portlandoregon.gov</p>	<p>8219 NE Glisan Street, Portland, OR 97220</p> <p>Monday-Friday: 9am–7pm Saturday: 9am–3pm</p> <p><a href="https://www.portland.gov/parks/montavilla-community-center">https://www.portland.gov/parks/montavilla-community-center</a></p>

Visit <https://www.portland.gov/parks> for more information.



<p><b>MULTNOMAH ARTS CENTER</b></p>	<p>(503) 823-2787 MAC@portlandoregon.gov</p>	<p>7688 SW Capitol Highway, Portland, OR 97219 Monday-Thursday: 9am–9:30pm Friday-Saturday: 9am–5pm <a href="https://www.portland.gov/parks/multnomah-arts-center">https://www.portland.gov/parks/multnomah-arts-center</a></p>
<p><b>PENINSULA PARK COMMUNITY CENTER</b></p>	<p>(503) 823-3620 Jennie Birt, Peninsula Park Community Center Building Supervisor: (503) 823-3155 jennie.birt@portlandoregon.gov</p>	<p>700 N Rosa Parks Way, Portland, OR 97217 Monday-Friday: 9am–7pm Saturday: 9am–3pm <a href="https://www.portland.gov/parks/peninsula-park-community-center">https://www.portland.gov/parks/peninsula-park-community-center</a></p>
<p><b>SELLWOOD COMMUNITY CENTER</b></p>		<p>1436 SE Spokane Street, Portland, OR 97202 <a href="https://www.portland.gov/parks/sellwood-community-center">https://www.portland.gov/parks/sellwood-community-center</a></p>
<p><b>SOUTHWEST COMMUNITY CENTER</b></p>	<p>(503) 823-2840 Craig Vanderbout, Southwest Community Center Building Supervisor: craig.vanderbout@portlandoregon.gov</p>	<p>6820 SW 45th Avenue, Portland, OR 97219 Monday-Friday: 5:30am–9pm Saturday: 7am–5pm Sunday: 8am–5pm <a href="https://www.portland.gov/parks/southwest-community-center">https://www.portland.gov/parks/southwest-community-center</a></p>

Visit <https://www.portland.gov/parks> for more information.

<b>ST. JOHNS COMMUNITY CENTER</b>	(503) 823-3192 Monica Nettle, St. Johns CC Building Supervisor: monica.nettle@portlandoregon.gov	8427 N Central Street, Portland, OR 97203 Monday-Friday: 7:30am–6pm <a href="https://www.portland.gov/parks/st-johns-community-center">https://www.portland.gov/parks/st-johns-community-center</a>
<b>WOODSTOCK COMMUNITY CENTER</b>	(503) 823-3633 Adam McGowan, Mt. Scott CC Building Supervisor: adam.mcgowan@portlandoregon.gov	5905 SE 43rd Avenue, Portland, OR 97206 Monday-Friday: 8:30am–12:30pm <a href="https://www.portland.gov/parks/woodstock-community-center">https://www.portland.gov/parks/woodstock-community-center</a>

Visit <https://www.portland.gov/parks> for more information.

# HEALTH CENTERS

---

	CONTACT INFORMATION	MORE DETAILS
<b>CLACKAMAS SERVICE CENTER</b>	info@cscoregon.org	Direct Service Location (Open to the Public): 8800 SE 80th Avenue, Portland, OR 97206 Tuesday, Wednesday, Thursday: 10am–2:30pm Sunday: 3pm–4pm <a href="https://www.cscoregon.org/">https://www.cscoregon.org/</a>
<b>EAST COUNTY HEALTH CENTER</b>	(503) 988-5558	600 NE 8th Street, 3rd Floor, Gresham, OR 97030 Monday-Thursday: 8am–7pm Friday: 8am–5pm
<b>LA CLÍNICA DE BUENA SALUD</b>	(503) 988-5558	6736 NE Killingsworth Street, Portland, OR 97218-3317 Monday-Friday: 8am–5pm

Visit <https://www.multco.us/services/primary-care-clinics> for more information.

<p><b>MEDICAL TEAM INTERNATIONAL</b></p>	<p>(503) 624-1000 Toll Free: (800) 959-4325</p> <p>info@medicalteams.org</p> <p>Visit <a href="https://www.medicalteams.org/">https://www.medicalteams.org/</a> to find your nearest location's contact information.</p>	<p>Several Locations.</p> <p>International Headquarters: 14150 SW Milton Court, Tigard, OR 97224</p> <p>Monday-Friday: 8am–5pm</p> <p>Visit <a href="https://www.medicalteams.org/">https://www.medicalteams.org/</a> to find the nearest location near you.</p>
<p><b>MID COUNTY HEALTH CENTER</b></p>	<p>(503) 988-5558</p>	<p>12710 SE Division Street, Portland, OR 97236-3134</p> <p>Monday-Thursday: 8am–7pm Friday: 8am–5pm</p>
<p><b>NATIVE AMERICAN REHABILITATION ASSOCIATION</b></p>	<p>Visit <a href="https://www.naranorthwest.org/">https://www.naranorthwest.org/</a> to find your nearest location's contact information.</p>	<p>Several Locations.</p> <p>Visit <a href="https://www.naranorthwest.org/">https://www.naranorthwest.org/</a> to find the nearest location near you.</p>
<p><b>NORTH BY NORTHEAST COMMUNITY HEALTH CENTER</b></p>	<p>(503) 287-4932</p>	<p>714 NE Alberta Street, Portland, OR 97211</p> <p>Monday-Friday: 9am–5pm</p> <p><a href="https://nxneclinic.org/">https://nxneclinic.org/</a></p>

Visit <https://www.multco.us/services/primary-care-clinics> for more information.

<p><b>NORTH PORTLAND HEALTH CENTER</b></p>	<p>(503) 988-5558</p>	<p>9000 N Lombard Street, Portland, OR 97203-3006</p> <p>Monday-Friday: 8am–6pm</p>
<p><b>NORTHEAST HEALTH CENTER</b></p>	<p>(503) 988-5558</p>	<p>5329 NE MLK Jr Blvd, Portland, OR 97211-3237</p> <p>Monday-Friday: 8am–6pm</p>
<p><b>OUR HOUSE</b></p>	<p>(503) 234-0175</p> <p>info@ourhouseofportland.org</p>	<p>Our House provides integrated health and housing services to people with HIV. Guided by compassion, collaboration and respect, providing 24-hour specialized care, supportive services and independent housing with support services.</p> <p>2727 SE Alder Street, Portland, OR 97214</p> <p>24-hour specialized care.</p> <p><a href="https://www.ourhouseofportland.org/">https://www.ourhouseofportland.org/</a></p>
<p><b>OUTSIDE IN - HEALTH SERVICES</b></p>	<p>(503) 535-3860</p> <p>info@outsidein.org</p>	<p>Outside In is a social-service agency that offers primary care and other programs for underserved individuals.</p> <p>Several Locations.</p> <p>Visit <a href="https://outsidein.org/health-services/">https://outsidein.org/health-services/</a> to find the nearest location near you.</p>

Visit <https://www.multco.us/services/primary-care-clinics> for more information.

<p><b>PRISM HEALTH</b></p>	<p>(503) 445-7699</p> <p>Need assistance after hours? Call (503) 445-7699</p> <p>info@prismhealth.org</p>	<p>Monday, Tuesday, Wednesday, Friday: 8:30am–5pm Thursday: 9am–5pm</p> <p>Several Locations. Visit <a href="https://www.prismhealth.org/">https://www.prismhealth.org/</a> to find the nearest location near you.</p>
<p><b>ROCKWOOD COMMUNITY HEALTH CENTER</b></p>	<p>(503) 988-5558</p>	<p>2020 SE 182nd Avenue, Portland, OR 97233</p> <p>Monday-Friday: 8am–5pm</p>
<p><b>ROSEWOOD FAMILY HEALTH CENTER</b></p>	<p>(503) 772-4335 (Available for after Hours Medical Care)</p>	<p>3530 SE 88th Avenue, Portland, OR 97266</p> <p>Medical Hours, Dental, Pharmacy, and WIC hours vary.</p> <p><a href="https://www.yvfwc.com/locations/rosewood-family-health-center/">https://www.yvfwc.com/locations/rosewood-family-health-center/</a></p>
<p><b>SOUTHEAST HEALTH CENTER</b></p>	<p>(503) 988-5558</p>	<p>3653 SE 34th Avenue, Portland, OR 97202-3034</p> <p>Monday-Friday: 8am–5pm</p>
<p><b>VIRGINIA GARCIA MEMORIAL HEALTH CENTERS</b></p>	<p>Visit <a href="https://viriniagarcia.org/">https://viriniagarcia.org/</a> to find your nearest location's contact information.</p>	<p>Several Locations. Visit <a href="https://viriniagarcia.org/">https://viriniagarcia.org/</a> to find the nearest location near you.</p>

Visit <https://www.multco.us/services/primary-care-clinics> for more information.

<b>WALLACE MEDICAL CONCERN - ROCKWOOD MEDICAL CLINICS</b>	(503) 489-1760	Several Locations. Visit <a href="https://mywallace.org/">https://mywallace.org/</a> to find the nearest location near you.
---	----------------	--

Visit <https://www.multco.us/services/primary-care-clinics> for more information.

# DENTAL CLINICS

---

	CONTACT INFORMATION	MORE DETAILS
<b>BILLI ODEGAARD DENTAL CLINIC</b>	(503) 988-5770	33 NW Broadway, Suite 380, Portland, OR 97209  Monday-Friday: 7:30am-6:30pm
<b>EAST COUNTY DENTAL CLINIC</b>	(503) 988-4900	600 NE 8th Street, Gresham, OR 97030  Monday-Friday: 7:30am-6:30pm
<b>MID COUNTY DENTAL CLINIC</b>	(503) 988-3410	12710 SE Division Street, Portland, OR 97236  Monday-Saturday: 7:30am-6:30pm
<b>NARA NW DENTAL CLINIC</b>	(971) 347-3009	12750 SE Stark Street, Building E, Portland, OR 97233  Monday-Friday: 7:30am-6pm  <a href="https://www.naranorthwest.org/projects/dental-clinic/">https://www.naranorthwest.org/projects/dental-clinic/</a>

Visit <https://www.multco.us/primary-care-and-dental/dental-clinic-locations-hours> for more information.



<b>NORTH PORTLAND DENTAL CLINIC</b>	(503) 988-5990	9000 N Lombard Street, Portland, OR 97203  Monday, Tuesday, Thursday, Friday: 7:30am–6:30pm
<b>NORTHEAST DENTAL CLINIC</b>	(503) 988-3664	5329 NE MLK Jr Blvd, Portland, OR 97211  Monday-Friday: 7:30am–6:30pm
<b>OHSU - DENTAL CLINICS</b>	Visit <a href="https://www.ohsu.edu/dental-clinics">https://www.ohsu.edu/dental-clinics</a> to find your nearest location's contact information.	Several Locations. Visit <a href="https://www.ohsu.edu/dental-clinics">https://www.ohsu.edu/dental-clinics</a> to find the nearest location near you.
<b>ROCKWOOD DENTAL CLINIC</b>	(503) 988-4988	2020 SE 182nd Avenue, Portland, OR 97233  Monday-Friday: 7:30am–6:30pm
<b>SOUTHEAST DENTAL CLINIC</b>	(503) 988-4410	3653 SE 34th Avenue, Portland, OR 97202  Monday-Friday: 7:30am–6:30pm
<b>WALLACE MEDICAL CONCERN - DENTAL CLINICS</b>	(503) 489-1760	Several Locations. Visit <a href="https://mywallace.org/">https://mywallace.org/</a> to find the nearest location near you.

Visit <https://www.multco.us/primary-care-and-dental/dental-clinic-locations-hours> for more information.

LOVE is LOVE is LOVE  
is LOVE is LOVE is  
LOVE is LOVE is LOVE  
is LOVE is LOVE

BASIC RIGHTS OREGON



APPROXIMATELY  
FIRE APPARATUS

NW 6th Av

MAX

# DISABILITY SERVICES

---

	CONTACT INFORMATION	MORE DETAILS
<b>ACCESS COMMUNITY CARE (ACC) INTELLECTUAL AND DEVELOPMENTAL DISABILITY SERVICES</b>	(503) 751-2040  info@accesscommunitycare.com	Employment services, social services, and support for people with disabilities and their families in and around Portland, Oregon.  6700 SW 105th Avenue, Suite 305, Beaverton, OR 97008  Monday-Friday: 9am-5pm  <a href="https://www.accesscommunitycare.com/">https://www.accesscommunitycare.com/</a>
<b>DISABILITY RIGHTS OREGON (DRO)</b>	(503) 243-2081 or (800) 452-1694  welcome@droregon.org	Disability Rights Oregon helps people with disabilities with their disability-related legal issues in Oregon.  <a href="https://www.droregon.org/">https://www.droregon.org/</a>
<b>FACT OREGON</b>	(503) 786-6082 or (541) 695-5416  support@factoregon.org or apoyo@factoregon.org	FACT Oregon empowers families and transforms how communities perceive disability. FACT Oregon's peer support, trainings, and resources equip and empower families, transform how they see disability, and help them have high expectations and dream big dreams for their children.  <a href="https://factoregon.org/">https://factoregon.org/</a>

<b>INCIGHT</b>	(971) 244-0305 Education: piag@incight.org Employment & Volunteer: gracec@incight.org Donations: scott@incight.org	Expecting Great Contributions with People Experiencing Disabilities.  <a href="https://www.incight.org/">https://www.incight.org/</a>
<b>INDEPENDENT LIVING RESOURCES (ILR)</b>	(503) 232-7411  info@ilr.org	Promote the philosophy of independent living by creating opportunities, encouraging choices, advancing equal access and furthering the level of independence for all people with disabilities. Independent Living Resources (ILR) value personal growth and self-determination. ILR aims to provide a supportive and encouraging environment for every stage of life.  <a href="https://www.ilr.org/">https://www.ilr.org/</a>
<b>MULTNOMAH COUNTY - AGING &amp; DISABILITY SERVICES</b>	24-hour information and assistance: (503) 988-3646  adrc@multco.us	Get needs assessed, identify services and connect with providers of those services.  <a href="https://www.multco.us/ads">https://www.multco.us/ads</a>
<b>OREGON DISABILITY COMMISSION (ODC)</b>	Toll Free and TTY: (800) 282-8096  oregondisabilities.commission@odhsoha.oregon.gov	The Oregon Disabilities Commission (ODC) is a Governor-appointed commission that is administered by the Oregon Department of Human Services. ODC acts as a coordinating link between and among public and private organizations serving individuals with disabilities.  <a href="https://www.oregon.gov/odhs/agency/pages/odc.asp">https://www.oregon.gov/odhs/agency/pages/odc.asp</a>

<p><b>PROJECT DART (DISABILITY AWARENESS RESOURCE TEAM)</b></p>	<p>(503) 988-6481 ext. 86481</p>	<p>Project DART (Disability Awareness Resource Team) is a group of advocates and volunteers joining together to provide direct services to people with disabilities in the Portland Tri-county area.</p> <p><a href="https://projectdartpdx.org/">https://projectdartpdx.org/</a></p>
<p><b>REQUEST AN ASL INTERPRETER</b></p>	<p>Oregon Relay Service: 711</p> <p>ADA Title II Policy Analyst, Sue Minder Sue.Minder@portlandoregon.gov</p>	<p>Need to choose and schedule an interpreter in response to a disability accommodation request? While this tip focuses on American Sign Language (ASL) interpreters, many of the tips shared here also apply to other cultural and language interpreters.</p> <p><a href="http://www.portland.gov/civic/disability/hiring-interpreter">www.portland.gov/civic/disability/hiring-interpreter</a></p>
<p><b>THE AMERICANS WITH DISABILITIES ACT (ADA)</b></p>		<p><a href="https://www.portland.gov/officeofequity/disability/ada-part-1">https://www.portland.gov/officeofequity/disability/ada-part-1</a></p>
<p><b>U.S. DEPARTMENT OF JUSTICE CIVIL RIGHTS DIVISION - ADA HELPLINE</b></p>	<p>Voice: (800) 514-0301 TTY: (833) 610-1264</p>	<p>The Americans with Disabilities Act (ADA) protects people with disabilities from discrimination.</p> <p><a href="https://www.ada.gov/">https://www.ada.gov/</a></p>

# DISABILITY-SPECIFIC ORGANIZATIONS

---

	CONTACT INFORMATION	MORE DETAILS
<b>AUTISM SOCIETY OF OREGON</b>	(888) 288-4761 info@AutismSocietyOregon.org	Create connections, empowering everyone in the Autism community with the resources needed to live fully.  9320 SW Barbur Blvd, Suite 240, Portland, OR 97219  Monday-Friday: 9am-6pm  <a href="https://autismsocietyoregon.org/">https://autismsocietyoregon.org/</a>
<b>BRAIN INJURY ALLIANCE OF OREGON</b>	(800) 544-5243 or (503) 961-5675 biaor@biaoregon.org	Create a better future through brain injury prevention, advocacy, education, research, and support.  <a href="https://www.biaoregon.org/">https://www.biaoregon.org/</a>
<b>CASCADE AIDS PROJECT (CAP)</b>	(503) 223-5907 info@capnw.org	CAP promotes well-being and advance equity by providing inclusive health and wellness services for LGBTQ+ people, people affected by HIV, and all those seeking compassionate care.  520 NW Davis Street, Suite 215, Portland, OR, 97209  Monday-Thursday: 9am-5pm  <a href="https://www.capnw.org/">https://www.capnw.org/</a>

<p><b>CYMASPACE</b></p>	<p>(971) 319-4954  info@cymaspace.org</p>	<p>CymaSpace Make Arts, Cultural &amp; Media Events Accessible &amp; Inclusive To The Deaf &amp; Hard of Hearing Through Technology, Education &amp; Outreach.</p> <p>To visit and view the facilities outside of the hours of event programming, an advance appointment is strongly recommended.</p> <p>1732 SE Haig Street, Portland, OR 97202  <a href="https://www.cymaspace.org/">https://www.cymaspace.org/</a></p>
<p><b>EASTERSEALS OREGON</b></p>	<p>Visit <a href="https://www.easterseals.com/oregon/">https://www.easterseals.com/oregon/</a> to find your nearest location's contact information.</p>	<p>Easterseals Oregon creates and delivers disability services, workforce development and housing programs that result in 100% included and empowered participants in their communities.</p> <p>Several Locations.  Visit <a href="https://www.easterseals.com/oregon/">https://www.easterseals.com/oregon/</a> to find the nearest location near you.</p>
<p><b>HEARING LOSS ASSOCIATION OF OREGON</b></p>	<p>info@HearingLossOR.org</p>	<p>Hearing Loss Association of America-Oregon (HLAA-OR) opens the world of communication to people with hearing loss by providing information, education, support and advocacy</p> <p><a href="https://www.hlaa-or.org/">https://www.hlaa-or.org/</a></p>

<p><b>MULTNOMAH COUNTY - INTELLECTUAL &amp; DEVELOPMENTAL DISABILITIES SERVICES</b></p>	<p>Case Management for Adults with Intellectual &amp; Developmental Disabilities: (503) 988-3658  Mid-County Office: (503) 988-5480  Southeast Office: (503) 988-3660  East Area Offices:</p> <ul style="list-style-type: none"> <li>• Seniors and people with disabilities living: (503) 988-3840</li> <li>• Intellectual and developmental disabilities (by appointment only): (503) 988-2535</li> </ul> <p>North/Northeast Office: (503) 988-5470  • Bienestar de La Familia: (503) 988-3509</p> <p>West Area Office: (503) 988-5460</p>	<p>Multnomah County is a case management agency that hires Service Coordinators to provide individually focused care coordination and planning to children and adults with Intellectual and/or Developmental Disabilities.</p> <p><a href="https://www.multco.us/dchs/dchs-contacts-locations#offices">https://www.multco.us/dchs/dchs-contacts-locations#offices</a></p>
<p><b>MULTNOMAH COUNTY - MENTAL HEALTH SERVICES</b></p>	<p>(503) 988-4888  Toll Free: (800) 716-9769  Hearing-impaired dial: 711</p>	<p><a href="https://www.multco.us/behavioral-health/mental-health-services">https://www.multco.us/behavioral-health/mental-health-services</a></p>
<p><b>NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) MULTNOMAH</b></p>	<p>(503) 228-5692  Helpline Hours Monday-Thursday: 8am-12pm</p> <p>info@namimultnomah.org</p>	<p>NAMI Multnomah is the Multnomah County affiliate for the National Alliance on Mental Illness. NAMI's mission is to improve the quality of life for people with mental health conditions and their families through support, education, and advocacy. NAMI aims to provide a platform that allows persons living with mental health conditions to have a powerful voice in the local mental health community.</p> <p><a href="https://www.namimultnomah.org/">https://www.namimultnomah.org/</a></p>



<p><b>NATIONAL FEDERATION OF THE BLIND - OREGON</b></p>	<p>Affiliate office telephone (voice or text): (541) 653-9153</p>	<p>The National Federation of the Blind (NFB) is a non-profit volunteer membership organization comprised of blind people, their families, and friends.</p> <p><a href="https://www.nfb-oregon.org/">https://www.nfb-oregon.org/</a></p>
<p><b>NORTHWEST DOWN SYNDROME ASSOCIATION</b></p>	<p>info@nwdisabilitysupport.org</p>	<p>NWDSA has been a parent-driven family support network since 1997. NWDSA's mission is to create and nurture a loving and inclusive community celebrating every person with a disability including Down syndrome.</p> <p><a href="https://www.nwdsa.org/">https://www.nwdsa.org/</a></p>
<p><b>OREGON ASSOCIATION OF THE DEAF</b></p>	<p></p>	<p>Promote, protect, and preserve the civil rights, and advocate to enhance the quality of life for Deaf and Hard of Hearing Oregonians.</p> <p><a href="https://www.facebook.com/OAD1921/">https://www.facebook.com/OAD1921/</a></p>

<p><b>OREGON COMMISSION FOR THE BLIND</b></p>	<p>(971) 673-1588 Toll Free: (888) 202-5463  ocb.mail@ocb.oregon.gov</p>	<p>Oregon's Commission for the Blind (OCB) provides services to Oregonians who experience vision loss and need specialized training and support to live full and productive lives. The agency receives policy direction and oversight from a seven-member Commission representing consumer organizations, education, ophthalmology/optometry, business, and individual citizens.</p> <p>535 SE 12th Avenue, Portland, OR 97214</p> <p>Monday-Friday: 8am–5m</p> <p><a href="https://www.oregon.gov/BLIND/Pages/index.aspx">https://www.oregon.gov/BLIND/Pages/index.aspx</a></p>
<p><b>OREGON MENTAL HEALTH CONSUMERS ASSOCIATION</b></p>	<p>Oregon Mental Health Consumers Association c/o Kevin Fitts, Executive Director: lonefir@gmail.com</p>	<p>The Oregon Mental Health Consumers Association (OMHCA) brings opportunities for mental health consumer voice to inform community partners at all levels.</p> <p><a href="http://omhca.org/">http://omhca.org/</a></p>

<p><b>OREGON SELF ADVOCACY COALITION</b></p>	<p>(503) 308-1310  gabrielle.guedon@askosac.org</p>	<p>Oregon Self Advocacy Coalition is a self-advocacy organization fighting for the rights of people with intellectual and developmental disabilities. As a 501(c)(3) organization operated by people with disabilities, Oregon Self Advocacy Coalition organizes and advocates for full inclusion in society. Oregon Self Advocacy Coalition works to reverse the assumption that people with disabilities deserve only limited roles in society.</p> <p>919 NE 19th Avenue, Suite 275-n, Portland, OR 97232</p> <p>Monday, Tuesday, Thursday, Friday: 9am–2pm</p> <p><a href="https://www.askosac.org/">https://www.askosac.org/</a></p>
<p><b>OREGON SPINAL CORD INJURY CONNECTION</b></p>	<p>contact@oregonsci.org</p>	<p>Oregon Spinal Cord Injury Connection promotes health, builds community and creates opportunity for people affected by spinal cord injury. Oregon Spinal Cord Injury Connection’s goal is to ensure everyone who sustains a spinal cord injury has the care and community they need to thrive.</p> <p>6645 NE 78th Ct C6, Portland, OR 97218 Monday-Friday: 9am–5pm</p> <p><a href="https://www.oregonsci.org/">https://www.oregonsci.org/</a></p>

<p><b>UNITED CEREBRAL PALSY OF OREGON</b></p>	<p>(503) 777-4166 (press Extension 0 for Front Desk)</p>	<p>UCP Oregon has been supporting adults and children who experience developmental disabilities since 1955.</p> <p>305 NE 102nd Avenue, Suite 100, Portland, OR 97220</p> <p>Monday-Friday: 9am–4:30pm</p> <p><a href="https://www.ucpaorwa.org/">https://www.ucpaorwa.org/</a></p>
---	--	---

# INDEPENDENT LIVING

---

	CONTACT INFORMATION	MORE DETAILS
<b>HOW TO APPLY FOR SOCIAL SECURITY DISABILITY (SSD)</b>	(800) 772-1213 TTY: (800) 325-0778	<a href="https://www.ssa.gov/disability/disability.html">https://www.ssa.gov/disability/disability.html</a>
<b>MULTNOMAH COUNTY - AGING &amp; DISABILITY SERVICES</b>	24-hour information and assistance: (503) 988-3646  adrc@multco.us	Call or email to receive help with, searching for resources, enrolling in government programs, investigating possible abuse, finding guardianship services, locating adult care homes, connecting with culturally-specific services, or support for unpaid family caregivers.  <a href="https://www.multco.us/ads">https://www.multco.us/ads</a>
<b>OREGON ABLE SAVINGS PLAN</b>	(844) 999-2253 TRS or TTY: 711 Available for phone calls Monday-Friday: 9am-5pm	Oregon Able Savings Plan provides tools needed to achieve financial empowerment and help prepare for a more independent and secure future through a simple, intuitive online platform.  <a href="https://www.oregonablesavings.com/">https://www.oregonablesavings.com/</a>
<b>REAL CHOICE INITIATIVE</b>	<a href="mailto:allen@realchoiceoregon.com">allen@realchoiceoregon.com</a>	Led by and for people with disabilities, Real Choice Initiative facilitates sustainable independent living opportunities for communities.  <a href="https://realchoiceoregon.com/">https://realchoiceoregon.com/</a>

# HOUSING, HOME MODIFICATION, AND REPAIR

---

	CONTACT INFORMATION	MORE DETAILS
<b>CITY OF PORTLAND - RENTER SERVICES OFFICE (RSO)</b>	(503) 823-1303 Oregon Relay Service: 711 Available for phone calls Monday, Wednesday, Friday: 9am–11am and 1pm–4pm  RentalServices@portlandoregon.gov	Call or email the helpline for technical assistance and information on landlord-tenant laws and policy. RSO staff can provide referrals and information, however, they cannot offer legal advice.  <a href="https://www.portland.gov/phb/rental-services/office">https://www.portland.gov/phb/rental-services/office</a>
<b>COMMUNITY ENERGY PROJECT</b>	(503) 284-6827  hello@communityenergyproject.org	Community Energy Project provides free home services focused on safety, health, and energy efficiency. Community Energy Project provides free community education and supplies, as well as direct home energy upgrades and repairs.  2705 E Burnside Street, Suite 112, Portland, OR  97214 Monday-Friday: 9:30am–5pm  <a href="https://www.communityenergyproject.org/">https://www.communityenergyproject.org/</a>

<p><b>FAIR HOUSING COUNCIL OF OREGON</b></p>	<p>Fair Housing Questions &amp; Complaints (Interpreters Available):  (503) 223-8197 Ext. 2 or  (800)424-3247 Ext. 2  U.S. Department of Housing and Urban Development (HUD): (800) 877-0246  Landlords: (800) 424-3247 Ext. 5    information@fhco.org</p>	<p>The Fair Housing Council of Oregon (FHCO) is a statewide civil rights organization that proactively promotes housing justice, equity, and inclusion. FHCO's mission is to end illegal housing discrimination and promote equal access to housing choice through education and enforcement of fair housing law.</p> <p><a href="https://fhco.org/">https://fhco.org/</a></p>
<p><b>HOUSING OREGON</b></p>	<p>(503) 475-6056    brian@housingoregon.org</p>	<p>Housing Oregon works to ensure all Oregonians have a healthy and stable place to live.</p> <p><a href="https://housingoregon.org/">https://housingoregon.org/</a></p>
<p><b>NATIONAL ASSOCIATION OF HOME BUILDERS - CERTIFIED AGING IN PLACE SPECIALISTS (CAPS)</b></p>	<p>NAHB Learning Helpline:  (800) 368-5242 ext. 8154    Learning@nahb.org</p>	<p>The Certified Aging-in-Place Specialist (CAPS) designation program teaches the technical, business management, and customer service skills essential to competing in the fastest growing segment of the residential remodeling industry: home modifications for the aging-in-place.</p> <p><a href="https://www.nahb.org/Education%20and%20Events/Education/Designations/Certified%20Aging-in-Place%20Specialist%20CAPS">https://www.nahb.org/Education%20and%20Events/Education/Designations/Certified%20Aging-in-Place%20Specialist%20CAPS</a></p>

<p><b>NATIONAL RESOURCE CENTER ON HOME MODIFICATION</b></p>	<p>homemods@usc.edu</p>	<p>The home modification field has resources from many sectors: housing, aging, disability, and health care. It can be a little overwhelming.</p> <p>That's why <a href="http://www.homemods.org">www.homemods.org</a> has compiled a variety of resources right at your fingertips. These materials can be used for research, education and training, service delivery strategies, or for your own home modification needs.</p>
<p><b>PORTLAND HOUSING BUREAU</b></p>	<p>(503) 823-2375  Available for phone calls Monday to Friday:  8am–5pm</p> <p>PHBinfo@portlandoregon.gov</p>	<p>Portland Housing Bureau works toward the vision that all Portlanders can find affordable homes and have equitable access to housing. To this end, PHB is tasked with developing citywide housing policy, increasing affordable housing, promoting stable homeownership, and managing resources.</p> <p><a href="https://www.portland.gov/phb/about">https://www.portland.gov/phb/about</a></p>
<p><b>REBUILDING TOGETHER PORTLAND</b></p>	<p>(503) 206-7993</p> <p>info@rtpdx.org</p>	<p>Rebuilding Together Portland is a nonprofit organization that assists low-income homeowners with safety and livability home repairs at no cost. Rebuilding Together Portland primarily helps adults aged 65 and greater, veterans, and people with disabilities who are unable to financially and/or physically make repairs themselves throughout Portland.</p> <p><a href="https://www.rtpdx.org/">https://www.rtpdx.org/</a></p>
<p><b>UNLIMITED CHOICES</b></p>	<p>(503) 234-6167</p> <p>info@unlimitedchoices.org</p>	<p>Unlimited Choices is a community based, private, non-profit corporation providing housing rehabilitation services.</p> <p><a href="https://www.unlimitedchoices.org/">https://www.unlimitedchoices.org/</a></p>



# TRANSPORTATION SERVICES, PARKING, PEDESTRIAN RESOURCES, & PUBLIC TRANSPORTATION

---

	CONTACT INFORMATION	MORE DETAILS
<b>ACCESSIBLE PARKING SPACES STANDARDS</b>	<p>Contact the ADA Engineering Team: (503) 986-3568</p> <p>Program Contacts: Taundra Mortensen, PE, ACTCP Senior ADA Standards Engineer: (503) 400-4256</p> <p>Pam Johnson, PE ADA Standards Engineer: (503) 354-7213</p>	<p><a href="https://www.oregon.gov/odot/ada/pages/parking-ev-engineering.aspx">https://www.oregon.gov/odot/ada/pages/parking-ev-engineering.aspx</a></p>
<b>DISABILITY AND ACCESSIBLE PARKING IN PORTLAND (PBOT WEBSITE)</b>	<p>(503) 823-2777</p> <p>PBOTParkingPermits@portlandoregon.gov</p>	<p><a href="https://www.portland.gov/transportation/parking/disability-parking">https://www.portland.gov/transportation/parking/disability-parking</a></p>
<b>PORTLAND BUREAU OF TRANSPORTATION PEDESTRIAN RESOURCES</b>	<p>(503) 823-7233</p> <p>Information and Customer Service: 311</p> <p>safe@portlandoregon.gov</p>	<p><a href="https://www.portland.gov/transportation/823-safe">https://www.portland.gov/transportation/823-safe</a></p>

In the event of local or regional weather emergencies or natural disasters, 2-1-1 and the Aging and Disability Resource Connection will have the most up to date information on transportation to shelters or safe locations. To contact a local ADRC, call (855) 673-2372.

<p><b>RIDE CONNECTION</b></p>	<p>(503) 226-0700  TTY: 711   info@rideconnection.org</p>	<p>Ride Connection provides accessible, responsive transportation alternatives in Clackamas, Multnomah, and Washington counties.</p> <p><a href="https://rideconnection.org/">https://rideconnection.org/</a></p>
<p><b>RIDE TO CARE (FREE NON-EMERGENCY MEDICAL TRANSPORTATION)</b></p>	<p>(503) 416-3955  Toll Free: 855-321-4899  TTY: 711</p>	<p>Ride to Care helps Health Share members get to their health care appointments.</p> <p><a href="https://ridetocare.com/">https://ridetocare.com/</a></p>
<p><b>SENIOR COMPANIONS</b></p>	<p>(503) 655-8875   scp@clackamas.us</p>	<p>Senior Companion Program offers support to homebound seniors and adults with disabilities in Clackamas County. There is no charge for services. The program helps individuals live independently and safely for as long as possible.</p> <p><a href="https://www.clackamas.us/socialservices/transportation">https://www.clackamas.us/socialservices/transportation</a></p>

In the event of local or regional weather emergencies or natural disasters, 2-1-1 and the Aging and Disability Resource Connection will have the most up to date information on transportation to shelters or safe locations. To contact a local ADRC, call (855) 673-2372.

<p><b>TRANSPORTATION REACHING PEOPLE (TRP)</b></p>	<p>(503) 655-8208 trpclackamas@clackamas.us</p>	<p>Transportation Reaching People is for Clackamas County residents who are 65+ or have a disability. Rides are given free of charge to medical appointments, grocery shopping and other essential errands. Unassisted, door-to-door service is provided by volunteer drivers using their private vehicles. The goal of the program is to assist individuals by promoting independent living.</p> <p><a href="https://www.clackamas.us/socialservices/transportation">https://www.clackamas.us/socialservices/transportation</a></p>
<p><b>TRIMET LIFT PARATRANSIT</b></p>	<p>(503) 962-8000 Toll Free: (800) 621-5438</p>	<p>LIFT is a shared-ride service for people who are unable to use regular buses and trains due to a disability or disabling health condition.</p> <p><a href="https://trimet.org/lift/">https://trimet.org/lift/</a></p>
<p><b>TRIMET: ACCESSIBILITY AND DISABILITY SERVICES</b></p>	<p>(503) 962-2455 TTY: 711 accessible@trimet.org</p>	<p><a href="https://trimet.org/access/index.htm">https://trimet.org/access/index.htm</a></p>

In the event of local or regional weather emergencies or natural disasters, 2-1-1 and the Aging and Disability Resource Connection will have the most up to date information on transportation to shelters or safe locations. To contact a local ADRC, call (855) 673-2372.

<b>TRIMET: COMMITTEE ON ACCESSIBLE TRANSPORTATION (CAT)</b>	cat@trimet.org	<p>The primary purpose of this community advisory body is to provide TriMet with ongoing input on topics related to accessibility. CAT also serves by providing TriMet staff a communications link to key stakeholder groups representing persons with disabilities and seniors. The committee's advisory role broadly covers topics related to transportation accessibility and improvements; using member's lived experience and practical familiarity with the Americans with Disabilities Act (ADA) to provide insight on important decisions impacting mobility options in the Tri-County area.</p> <p><a href="https://trimet.org/cat/index.htm">https://trimet.org/cat/index.htm</a></p>
---	----------------	---

In the event of local or regional weather emergencies or natural disasters, 2-1-1 and the Aging and Disability Resource Connection will have the most up to date information on transportation to shelters or safe locations. To contact a local ADRC, call (855) 673-2372.

# BUSINESS & EMPLOYMENT

---

	CONTACT INFORMATION	MORE DETAILS
<b>ASK JOB ACCOMMODATION NETWORK (JAN) RESOURCES</b>	(800) 526-7234 TTY: (877) 781-9403	JAN helps employers recognize the valuable contributions that qualified workers with disabilities add to the workforce by providing accommodation solutions, trusted strategies, and practical guidance on the Americans with Disabilities Act (ADA). Job accommodations play a vital role in creating inclusive workplaces, advancing the goals of the ADA, and increasing employment opportunities for people with disabilities.  <a href="https://askjan.org/">https://askjan.org/</a>
<b>BENEFICIAL STATE BANK</b>	(503) 287-7537	Beneficial State Bank's mission and vision is to create a new banking system that is environmentally regenerative and equitable for all.  <a href="https://www.beneficialstatebank.com/">https://www.beneficialstatebank.com/</a>

<p><b>EASTER SEALS - SELF-EMPLOYMENT TIPS FOR PEOPLE WITH DISABILITIES</b></p>	<p>(503) 228-5108</p>	<p>Easter Seals works to expand employment for underserved communities, including people with disabilities, by helping to identify job skills necessary for today's workforce with a person-centered approach. Easter Seals connects job seekers and employers while providing assistive technology and accessible transportation support.</p> <p><a href="https://www.easterseals.com/programs-and-services/employment-training/">https://www.easterseals.com/programs-and-services/employment-training/</a> or <a href="https://www.easterseals.com/oregon/">https://www.easterseals.com/oregon/</a></p>
<p><b>INCIGHT JOB FAIRS</b></p>	<p>Jobs Now: Grace Corrigan (971) 244-0305 Opt. 4 Incight: (971) 244-0305</p> <p>gracec@incight.org info@incight.org</p>	<p>Expecting Great Contributions with People Experiencing Disabilities.</p> <p><a href="https://www.jobsnow.org/">https://www.jobsnow.org/</a></p>
<p><b>OREGON ASSOCIATION OF MINORITY ENTREPRENEURS (OAME)</b></p>	<p>(503) 249-7744</p> <p>oame@oame.org</p>	<p>OAME is a non-profit with the mission to promote and develop entrepreneurship and economic development for ethnic minorities in the State of Oregon &amp; SW Washington. OAME focuses on providing support services to small businesses.</p> <p>731 N Hayden Meadows Drive, Portland, OR 97217</p> <p>Monday-Friday: 8am-5pm</p> <p><a href="https://oame.org/">https://oame.org/</a></p>

<b>OREGON ONABEN</b>	(503) 968-1500	<p>ONABEN provides curriculum, training and organizational capacity building focused on developing entrepreneurship in Native and Indigenous communities. ONABEN serves business development organizations and entrepreneurs across the United States and beyond with its Indianpreneurship curriculum.</p> <p>Parking lot, 6441 SW Canyon Ct #104, Portland, OR 97221</p> <p>Monday-Friday: 9am–4pm</p> <p><a href="https://onaben.org/">https://onaben.org/</a></p>
<b>OREGON SMALL BUSINESS ADMINISTRATION (SBA)</b>	Appointment Only: (503) 326-2682	<p>SBA provides services including funding programs, counseling, federal contracting certifications, and disaster recovery. SBA can also connect you to partner organizations, lenders, and other community groups that help small businesses succeed.</p> <p>Appointment Only: 419 SW 11th Avenue, Suite 310, Portland, OR 97205</p> <p>Monday-Friday: 8am–4:30pm</p> <p><a href="https://www.sba.gov/district/portland">https://www.sba.gov/district/portland</a></p>

<p><b>OREGON SMALL BUSINESS DEVELOPMENT CENTER NETWORK</b></p>	<p>(971) 722-5080 portland@oregonsbdc.org</p>	<p>Oregon Small Business Development Center Network offers consulting services for small business owners throughout Oregon.</p> <p><a href="https://oregonsbdc.org/center/Portland-SBDC/">https://oregonsbdc.org/center/Portland-SBDC/</a></p>
<p><b>OREGON, CASCADES WEST BUSINESS LENDING</b></p>	<p>(541) 812-1920 Loans@ocwcog.org</p>	<p>Cascades West Business Lending (CWBL) aims to encourage new employment opportunities and promote a stable and diversified economy in the tri-County Region of Benton, Lincoln, and Linn Counties.</p> <p><a href="https://www.ocwcog.org/economic-development/cascades-west-business-lending/">https://www.ocwcog.org/economic-development/cascades-west-business-lending/</a></p>
<p><b>OREGON, LANE SMALL BUSINESS DEVELOPMENT CENTER</b></p>	<p>(541) 463-6200 Lanesbdc@lanecc.edu</p>	<p>Lane Small Business Development Center support anyone who owns or operates a business or is planning to start a business.</p> <p><a href="https://lanesbdc.com/">https://lanesbdc.com/</a></p>
<p><b>STATE OF OREGON EMPLOYMENT DEPARTMENT: SELF EMPLOYMENT ASSISTANCE (SEA) PROGRAM</b></p>	<p>UI Special Programs Center: (503) 947-1800 or (800) 436-6191</p>	<p>Do you have professional expertise or passion that could turn into a business? The Self-Employment Assistance (SEA) program could be your opportunity to make it happen while you continue to receive unemployment insurance benefits.</p> <p><a href="https://unemployment.oregon.gov/self-employment">https://unemployment.oregon.gov/self-employment</a></p>



<p><b>U.S. DEPARTMENT OF JUSTICE CIVIL RIGHTS DIVISION: ADA PRIMER FOR SMALL BUSINESSES</b></p>	<p>(800) 514-0301 TTY: (833) 610-1264</p>	<p><a href="https://www.ada.gov/resources/title-iii-primer/">https://www.ada.gov/resources/title-iii-primer/</a></p>
<p><b>VOCATIONAL REHABILITATION OREGON</b></p>	<p>(503) 945-5880 Toll Free: (877) 277-0513  vr.employmentteam@odhsoha.oregon.gov</p>	<p>If you have a disability that makes it hard to find or keep a job, Vocational Rehabilitation (VR) may be able to help. VR helps people with all kinds of disabilities find jobs that match their skills, interests and abilities.</p> <p>For businesses, VR helps you connect with skilled talent. VR offers recruitment support, training, consultation and more.</p> <p><a href="https://www.oregon.gov/odhs/vr/pages/default.aspx">https://www.oregon.gov/odhs/vr/pages/default.aspx</a></p>
<p><b>WORKSOURCE PORTLAND METRO</b></p>	<p></p>	<p>WorkSource Portland Metro helps job seekers make career plans, become more employable, improve job search skills, and find work.</p> <p>Several Locations. <a href="https://www2.worksourceportlandmetro.org/Default.aspx">https://www2.worksourceportlandmetro.org/Default.aspx</a></p>

# RECREATION AND FUN

---

	CONTACT INFORMATION	MORE DETAILS
<b>ADAPTIVE SPORTS NORTHWEST</b>	<p>(503) 241-0850</p> <p>info@adaptivesportsnw.org</p>	<p>In order to lead communities to a greater state of health and wellness, Adaptive Sports Northwest provide access and support to anyone with physical and visual disabilities so that they may nurture the mind, body, and spirit through sports and recreation.</p> <p><a href="https://adaptivesportsnw.org/">https://adaptivesportsnw.org/</a></p>
<b>CITY OF PORTLAND - ADAPTIVE AND INCLUSIVE RECREATION (AIR)</b>	<p>Adaptive and Inclusive Recreation: (503) 823-2883</p> <p>Durelle Singleton, Recreation Strategies &amp; Initiatives Supervisor: (503) 823-3585</p> <p>durelle.singleton@portlandoregon.gov</p> <p>Jane Doyle, Program Coordinator: (503) 307-4131</p> <p>jane.doyle@portlandoregon.gov</p> <p>Dawn Hubbard, Senior Center Project Coordinator: (971) 284-1867</p> <p>dawn.hubbard@portlandoregon.gov</p>	<p>Offering community-based recreation activities and leisure services specially designed for children, teens, and adults who have a disability and/or special needs. Adaptive And Inclusive Recreation (AIR) services are designed to assist people in developing and using their leisure time.</p> <p><a href="https://www.portland.gov/parks/air">https://www.portland.gov/parks/air</a></p>

<p><b>CITY OF PORTLAND - ACCESSIBLE RECREATION RESOURCES/INFORMATION</b></p>	<p>City of Portland general information hotline: 311 or (503) 823-4000</p> <p>Oregon Relay Service: 711</p> <p>311@portlandoregon.gov</p>	<p><a href="https://www.portland.gov/officeofequity/disability/accessible-recreation">https://www.portland.gov/officeofequity/disability/accessible-recreation</a></p>
<p><b>CLUB EVERYONE, ME AND U (CLUB EMU)</b></p>	<p>info@clubemu.org</p>	<p>Club Everyone, Me and U is a nonprofit social group for neurodivergent individuals. Club EMU provides fun activities and social events for people 16 through adult. “Where you can be a friend and make a friend with acceptance, understanding, and kindness”. Offering a safe place to be yourself, build friendships, and help advocate for one another.</p> <p><a href="https://clubemu.org/">https://clubemu.org/</a></p>

# SERVICE ANIMALS

---

	CONTACT INFORMATION	MORE DETAILS
<p><b>ADA NATIONAL NETWORK GUIDE TO SERVICE ANIMALS AND EMOTIONAL SUPPORT ANIMALS</b></p>	<p>(800) 949-4232</p>	<p>Individuals with disabilities may use service animals and emotional support animals for a variety of reasons. This guide provides an overview of how major Federal civil rights laws govern the rights of a person requiring a service animal. These laws, as well as instructions on how to file a complaint, are listed in the last section of this publication. Many states also have laws that provide a different definition of service animal. You should check your state’s law and follow the law that offers the most protection for service animals. The document discusses service animals in a number of different settings as the rules and allowances related to access with service animals will vary according to the law applied and the setting.</p> <p><a href="https://adata.org/guide/service-animals-and-emotional-support-animals">https://adata.org/guide/service-animals-and-emotional-support-animals</a></p>
<p><b>CITY OF PORTLAND - SERVICE AND EMOTIONAL SUPPORT ANIMALS OVERVIEW</b></p>	<p>City of Portland general information hotline: 311 or (503) 823-4000 Oregon Relay Service: 711  311@portlandoregon.gov</p>	<p>City of Portland shares the real deal on service and emotional support animals, including what they do, protections for handlers and businesses, and tips for the animal lovers and leavers among us.</p> <p><a href="https://www.portland.gov/officeofequity/disability/service-animals">https://www.portland.gov/officeofequity/disability/service-animals</a></p>

<p><b>DISABILITY RIGHTS OREGON GUIDE - SERVICE AND ASSISTANCE ANIMALS IN OREGON</b></p>	<p>(503) 243-2081 or (800) 452-1694</p> <p>welcome@droregon.org</p>	<p>The purpose of this publication is to provide general information to individuals regarding their rights and protections under the law. This publication is not a substitute for legal advice. Federal and state law can change at any time. Contact Disability Rights Oregon or consult with an attorney in your community if you need additional help.</p> <p><a href="https://www.droregon.org/disability-rights-oregon-resources/service-and-assistance-animals-in-oregon">https://www.droregon.org/disability-rights-oregon-resources/service-and-assistance-animals-in-oregon</a></p>
<p><b>FAIR HOUSING COUNCIL OF OREGON - ASSISTANCE ANIMALS IN HOUSING</b></p>	<p>Fair Housing Questions &amp; Complaints (Interpreters Available):</p> <p>(503) 223-8197 Ext. 2 or (800)424-3247 Ext. 2</p> <p>U.S. Department of Housing and Urban Development (HUD): (800) 877-0246 Landlords: (800) 424-3247 Ext. 5</p> <p>information@fhco.org</p>	<p>The Fair Housing Council of Oregon (FHCO) is a statewide civil rights organization that proactively promotes housing justice, equity, and inclusion. FHCO's mission is to end illegal housing discrimination and promote equal access to housing choice through education and enforcement of fair housing law.</p> <p><a href="http://fhco.org/renters/#protectedclasses">http://fhco.org/renters/#protectedclasses</a></p>
<p><b>NORTHWEST ADA CENTER - SERVICE AND ASSISTANCE ANIMAL FAQ, INCLUDING FEDERAL AND STATE LAWS FROM DISABILITY RIGHTS OREGON</b></p>	<p>(425) 248-2480</p> <p>nwadactr@uw.edu</p>	<p><a href="https://nwadacenter.org/sites/adanw/files/files/Fact%20Sheet_Service%20Animal%20FAQs%20LCK2019.pdf">https://nwadacenter.org/sites/adanw/files/files/Fact%20Sheet_Service%20Animal%20FAQs%20LCK2019.pdf</a></p>

<b>THE HUMANE SOCIETY OF THE UNITED STATES - FINANCIAL ASSISTANCE FOR PETS</b>	(202) 452-1100 or (866) 720-2676	If you or someone you know is struggling to afford pet care basics, help is out there.  <a href="https://www.humanesociety.org/resources/are-you-having-trouble-affording-your-pet">https://www.humanesociety.org/resources/are-you-having-trouble-affording-your-pet</a>
<b>U.S. DEPARTMENT OF JUSTICE CIVIL RIGHTS DIVISION - SERVICE ANIMALS FREQUENTLY ASKED QUESTIONS</b>	(800) 514-0301 TTY: (833) 610-1264	<a href="https://www.ada.gov/resources/service-animals-faqs/">https://www.ada.gov/resources/service-animals-faqs/</a>
<b>U.S. DEPARTMENT OF TRANSPORTATION - SERVICE ANIMALS ON FLIGHTS (AIR CARRIER ACCESS ACT)</b>	(202) 366-2220 Relay Services: 711	<a href="https://www.transportation.gov/individuals/aviation-consumer-protection/service-animals">https://www.transportation.gov/individuals/aviation-consumer-protection/service-animals</a>

# DISASTER PREPAREDNESS

---

	CONTACT INFORMATION	MORE DETAILS
EMERGENCY PLAN IDEAS FOR PEOPLE WITH DISABILITIES	(800) 621-3362	<p>Disability intersects every demographic group—there are people with disabilities of all ages, races, genders or national origin. And, disabilities can impact a person in a variety of ways—both visible and invisible. For people with disabilities and their families, it is important to consider individual circumstances and needs to effectively prepare for emergencies and disasters.</p> <p><a href="https://www.ready.gov/disability">https://www.ready.gov/disability</a></p>
EMERGENCY PREPAREDNESS FOR PEOPLE WITH DISABILITIES RESOURCES	<p>City of Portland general information hotline: 311 or (503) 823-4000 Oregon Relay Service: 711 311@portlandoregon.gov</p>	<p><a href="https://www.portland.gov/officeofequity/disability/emergency-prep">https://www.portland.gov/officeofequity/disability/emergency-prep</a></p>
EMERGENCY PREPAREDNESS ONLINE TRAINING AND WORKBOOK	(503) 823-9970	<p>Emergencies and disaster happen quickly and without warning, forcing people to evacuate or shelter in their home. This can be challenging for anyone but for a person with a disability it can be a matter of life and death.</p> <p><a href="https://www.portland.gov/officeofequity/disability/documents/emergency-preparedness-people-disabilities-workbook/download">https://www.portland.gov/officeofequity/disability/documents/emergency-preparedness-people-disabilities-workbook/download</a></p>

<b>NEIGHBORHOOD EMERGENCY TEAMS</b>	(503) 823-4375  NET@portlandoregon.gov or	If you are a person with a disability and would like to be trained and certified as a member of your Neighborhood Emergency Team (NET), contact the Portland Bureau of Emergency Management (PBEM).  <a href="https://www.portland.gov/pbem/neighborhood-emergency-teams">https://www.portland.gov/pbem/neighborhood-emergency-teams</a>
---	---	--





# STUDENT HEALTH CENTERS

---

SERVES GRADES K-12	CONTACT INFORMATION	MORE DETAILS
<b>CENTENNIAL HIGH SCHOOL</b>	(503) 988-5488	3505 SE 182nd Avenue, Gresham 97030 Monday, Tuesday, Wednesday, Friday: 7:45am-3:45pm Thursday: 9:15am-5:15pm
<b>CLEVELAND HIGH SCHOOL</b>	(503) 988-3350	3400 SE 26th Avenue, Portland 97202 Monday: 9:15am-5:15pm Tuesday-Friday: 7:45am-3:45pm
<b>DAVID DOUGLAS HIGH SCHOOL</b>	(503) 988-3554	1034 SE 130th Avenue, Portland 97233 Monday, Tuesday, Thursday, Friday: 7:45am-3:45pm Wednesday: 7:45am-5:15pm
<b>FRANKLIN HIGH SCHOOL</b>	(503) 988-3370	5405 SE Woodward Street, Portland 97206 Monday, Tuesday, Thursday, Friday: 7:45am-3:45pm Wednesday 9:15am-5:15pm
<b>JEFFERSON HIGH SCHOOL</b>	(503) 988-3360	5210 N Kerby Street, Portland 97217 Monday: 9:15am-5:15pm Tuesday, Wednesday, Friday: 7:45am-3:45pm

<b>MCDANIEL HIGH SCHOOL</b>	(503) 988-3382	2735 NE 82nd Avenue, Portland 97220  Monday: 9:15am–5:15pm Tuesday-Friday 7:45am–3:45pm
<b>MOBILE STUDENT HEALTH CLINIC</b>	The Student Health Clinic alternates weeks at Gresham High School and Sam Barlow High School. Please call (971) 373-1883 to check the clinic schedule and make your appointment.	Gresham High School (Located in the parking lot in front of the Main Administration Office): 1200 N Main Avenue, Gresham, OR 97030  Sam Barlow High School (Located in the parking lot in front of the Main Entrance): 5105 SE 302nd Avenue, Gresham, OR 97080  Tuesdays & Thursdays: 9am–3pm  Visit <a href="https://mywallace.org/health-and-care-centers/mobile-medical-clinic/">https://mywallace.org/health-and-care-centers/mobile-medical-clinic/</a> for more information.
<b>PARKROSE HIGH SCHOOL</b>	(503) 988-3392	12003 NE Shaver Street, Portland 97220  Monday, Tuesday, Wednesday, Friday: 7:45am–3:45pm Thursday: 9:15am–5:15pm
<b>REYNOLDS HIGH SCHOOL</b>	(503) 988-3340	1698 SW Cherry Park Road, Troutdale 97060  Monday: 9:15am–5:15pm Tuesday-Friday: 7:45am–3:45pm

<b>ROOSEVELT HIGH SCHOOL</b>	(503) 988-3909	6941 N Central Street, Portland 97203 Monday, Tuesday, Wednesday, Friday: 7:45am-3:45pm Thursday: 9:15am-5:15pm
----------------------------------	----------------	--

# BEHAVIORAL HEALTH & COUNSELING SERVICES

	CONTACT INFORMATION	MORE DETAILS
<b>24/7 MULTNOMAH COUNTY CRISIS LINE</b>	(503) 988-4888 Toll Free: (800) 716-9769 Hearing-impaired dial: 711	Visit <a href="https://www.multco.us/behavioral-health/mental-health-crisis-intervention">https://www.multco.us/behavioral-health/mental-health-crisis-intervention</a> for more information.
<b>ASIAN HEALTH &amp; SERVICE CENTER</b>	Visit <a href="https://ahscpx.org/">https://ahscpx.org/</a> to find your nearest location's contact information.	Several Locations. Visit <a href="https://ahscpx.org/">https://ahscpx.org/</a> to find the nearest location near you.
<b>ASSOCIATION OF BLACK PSYCHOLOGISTS (ONLINE SERVICES)</b>	(301) 449-3082	Visit <a href="https://www.abpsi.org/">https://www.abpsi.org/</a> for more information.
<b>AVA HEALTH - PREGNANCY RESOURCE CENTER</b>	(971) 358-3797 info@avahealthpdx.org Toll	Several Locations. Visit <a href="https://avahealthpdx.org/">https://avahealthpdx.org/</a> to find the nearest location near you.
<b>BABY BLUES CONNECTION</b>	Free: (800) 557-8375 info@babybluesconnection.org	<a href="https://www.babybluesconnection.org/">https://www.babybluesconnection.org/</a>
<b>BEHAVIORAL HEALTH RESOURCE CENTER</b>	(503) 988-4100 bhrc-info@multco.us	Daily: 8am–8pm Closed the fourth Friday of every month from 12pm–3pm  <a href="https://www.multco.us/behavioral-health/behavioral-health-resource-center">https://www.multco.us/behavioral-health/behavioral-health-resource-center</a>

<p><b>BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE (BEAM)</b></p>		<p>Visit <a href="https://beam.community/programs/">https://beam.community/programs/</a> for online resources, trainings, wellness tools, and more.</p> <p>Also, view BEAM's BIPOC Mental Health Resource Guide  <a href="https://ncaaorg.s3.amazonaws.com/ssi/mental/SSI_BIP_OCMHResourceGuide.pdf">https://ncaaorg.s3.amazonaws.com/ssi/mental/SSI_BIP_OCMHResourceGuide.pdf</a></p>
<p><b>CASCADIA HEALTH - MENTAL HEALTH URGENT WALK-IN CLINIC</b></p>	<p>(503) 238-0769  info@cascadiahealth.org</p>	<p>Lloyd Corporate Plaza Building, 847 NE 19th Avenue, Suite 100, Portland, OR 97232  (Enter parking lot at NE Irving Street, and 18th Avenue; look for the LLOYD PLAZA awning)</p> <p>Monday-Friday:  8:30am-5pm  <a href="https://cascadiahealth.org/">https://cascadiahealth.org/</a></p>
<p><b>CATHOLIC CHARITIES - FAMILY SUPPORT AND COUNSELING</b></p>	<p>(503) 231-4866  Family Support: (503) 238-5196  Housing Transitions: (971) 222-1880  Immigration Legal Services: (503) 542-2855  Refugee Services: (971) 222-1883  For all other services: (503) 231-4866</p>	<p>2740 SE Powell Blvd, Portland, OR 97202</p> <p>Monday-Friday: 8:30am-5pm  <a href="https://www.catholiccharitiesoregon.org/">https://www.catholiccharitiesoregon.org/</a></p>
<p><b>CENTER FOR FAMILY SUCCESS - ROCKWOOD</b></p>	<p>(503) 892-5396  info@thepathfindernetwork.org</p>	<p>1445 SE 122nd Avenue, Portland, OR 97233</p> <p>Monday-Friday: 9am-5pm  <a href="https://www.thepathfindernetwork.org/">https://www.thepathfindernetwork.org/</a></p>

<b>CITY OF PORTLAND AND MULTNOMAH COUNTY SERVICES - 311</b>	311 or (503) 823-4000  311@portlandoregon.gov	<a href="https://www.portland.gov/311/about311#:~:text=Start%20with%20311%3A,at%201120%20Southwest%20Fifth%20Avenue.">https://www.portland.gov/311/about311#:~:text=Start%20with%20311%3A,at%201120%20Southwest%20Fifth%20Avenue.</a>
<b>CLACKAMAS COUNTY - URGENT MENTAL HEALTH WALK-IN CENTER</b>	(503) 655-8585	11211 SE 82nd Avenue, Suite O, Happy Valley, OR 97086  Monday-Friday: 9am-7pm  <a href="https://www.clackamas.us/behavioralhealth/urgentmentalhealth">https://www.clackamas.us/behavioralhealth/urgentmentalhealth</a>
<b>CLACKAMAS COUNTY MENTAL HEALTH CRISIS LINE</b>	24/7 Crisis Line: (503) 655-8585 Toll Free: (888) 414-1553 Non-emergency: (503) 742-5335 TTY: 711 or (800) 735-1232	11211 SE 82nd Avenue, Suite O Happy Valley, OR  Monday-Friday: 9am-7pm  <a href="https://www.clackamas.us/behavioralhealth/urgentmentalhealth">https://www.clackamas.us/behavioralhealth/urgentmentalhealth</a>
<b>CLARK COUNTY MENTAL HEALTH CRISIS LINE</b>	(800) 626-8137 TTY: (866) 835-2755	<a href="https://clark.wa.gov/community-services/clark-county-crisis-services">https://clark.wa.gov/community-services/clark-county-crisis-services</a>
<b>DAVID ROMPREY OREGON WARMLINE</b>	Oregon Warmline 24/7 Intentional Peer Support Toll Free: (800) 698-2392	Visit <a href="https://ccswebsite.org/warmline/">https://ccswebsite.org/warmline/</a> for more information.
<b>DOUGY CENTER FOR GRIEVING CHILDREN &amp; FAMILIES</b>	(503) 775-5683  help@dougy.org	3909 SE 52nd Avenue, Portland, OR 97206  Monday-Friday: 9am-5pm  <a href="https://www.dougy.org/">https://www.dougy.org/</a>
<b>FAMILIAS EN ACCION</b>	(503) 201-9865  info@familiasenaccion.org	2710 NE 14th Avenue, Portland, OR 97212  <a href="https://www.familiasenaccion.org/">https://www.familiasenaccion.org/</a>

<b>FOLK TIME</b>	(503) 238-6428  admin@FolkTime.org	232 SE 80th Avenue, Portland, OR 97215  Visit <a href="https://www.folktime.org/">https://www.folktime.org/</a> for peer connection centers, training options, and more.
<b>GET TRAINED TO HELP - MENTAL HEALTH FIRST AID</b>		Several Training Locations. Visit <a href="https://gettrainedtohelp.com/trainings/amhfa/">https://gettrainedtohelp.com/trainings/amhfa/</a> to find the nearest location near you.
<b>GOOD SAMARITAN MINISTRIES</b>	(503) 644-2339  frontdesk@gsmusa.org	7929 SW Cirrus Dr. #23, Beaverton, OR 97008  Monday-Thursday: 9am–8pm Friday: 9am–5pm  <a href="https://www.gsmusa.org/">https://www.gsmusa.org/</a>
<b>JEWISH FAMILY AND CHILD SERVICES</b>	(503) 226-7079  info@JFCS-Portland.org	1221 SW Yamhill, Suite 301, Portland, OR 97205  Monday-Thursday: 9am–5pm Friday: 9am–2pm  <a href="https://www.jfcs-portland.org/">https://www.jfcs-portland.org/</a>
<b>LEWIS &amp; CLARK PROBLEM GAMBLING SERVICES</b>	(503) 768-6325  pgsappointments@lclark.edu	4445 SW Barbur Blvd, Suite 205, Portland, OR 97239  Monday, Tuesday, Friday: 9am–7pm Saturday & Sunday: 9am–4pm  <a href="https://graduate.lclark.edu/clinics/problem_gambling/">https://graduate.lclark.edu/clinics/problem_gambling/</a>



<b>MORRISON CHILD AND FAMILY SERVICES</b>	(503) 258-4200  Info@morrisonkids.org	Several Locations. Visit <a href="https://morrisonkids.org/">https://morrisonkids.org/</a> to find the nearest location near you.
<b>MOTHER AND CHILD EDUCATION CENTER</b>	English: (503) 249-5801 Spanish: (971) 913-9360  info@momchildpdx.org	1515 NE 41st Avenue, Portland, OR 97232  Monday-Thrusday: 10am–5pm Friday: 10am–3pm  <a href="https://www.momchildpdx.org/">https://www.momchildpdx.org/</a>
<b>MULTNOMAH COUNTY - FAMILY RESOLUTION SERVICES</b>	Currently offering all Mediation by phone, while Parent Education will be offered via Zoom or Google Meet.  Please call (503) 988-3189 or visit <a href="https://www.multco.us/family-resolution">https://www.multco.us/family-resolution</a> for more information.  Family.resolution@multco.us	1200 SW 1st Avenue, Suite 3400 97204 (Ring the doorbell)  Services hours vary.  Visit <a href="https://www.multco.us/family-resolution">https://www.multco.us/family-resolution</a> for more information.
<b>NAMI (NATIONAL ALLIANCE FOR MENTALLY ILL) MULTNOMAH</b>	(503) 228-5692  info@namimultnomah.org	524 NE 52nd Avenue, Portland, OR 97213  Monday-Thursday: 8am–12pm  <a href="https://www.namimultnomah.org/">https://www.namimultnomah.org/</a>

<p><b>NAMI OF CLACKAMAS COUNTY</b></p>	<p>(503) 344-5050 info@namicc.org</p>	<p>10202 SE 32nd Avenue, Suite 501 Milwaukie, OR 97222  Monday-Friday: 10am-6pm  <a href="https://www.namicc.org/">https://www.namicc.org/</a></p>
<p><b>NAMI OF WASHINGTON COUNTY</b></p>	<p>(503) 356-6835</p>	<p>18680 SW Shaw Street, Aloha, OR 97007  Monday-Thursday: 10am-6pm Friday: 10am-4pm  <a href="https://www.washconami.org/">https://www.washconami.org/</a></p>
<p><b>NATIONAL AMERICAN INDIAN AND ALASKA NATIVE MHTTC (ONLINE SERVICES)</b></p>	<p>(650) 721-8692 networkoffice@mhttcnetwork.org</p>	<p><a href="https://mhttcnetwork.org/center/northwest-mhttc/">https://mhttcnetwork.org/center/northwest-mhttc/</a></p>
<p><b>NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY &amp; CULTURE -SELF CARE TIPS AND RESOURCES</b></p>	<p></p>	<p><a href="https://nmaahc.si.edu/learn/talking-about-race/topics/self-care">https://nmaahc.si.edu/learn/talking-about-race/topics/self-care</a></p>
<p><b>NATIONAL QUEER AND TRANS THERAPISTS OF COLOR NETWORK (ONLINE SERVICES)</b></p>	<p>info@nqttcn.com</p>	<p><a href="https://nqttcn.com/en/">https://nqttcn.com/en/</a></p>

<p><b>NAYA'S HEALTH EQUITY PROGRAM</b></p>	<p>Natalyn Begay, Health Equity Program Manager: NatalynB@nayapdx.org</p> <p>Devin Dugi, Lead Community Health Worker: (503) 288-8177 ext. 376</p> <p>DevinD@nayapdx.org</p> <p>Alicia Evan, Health Educator: (503) 288-8177 ext. 356</p> <p>AliciaE@nayapdx.org</p> <p>Victor Wilson, Community Health Worker: (503) 288-8177 ext. 359</p> <p>VictorW@nayapdx.org</p>	<p>5135 NE Columbia Blvd, Portland, OR 97218</p> <p><a href="https://nayapdx.org/services/health-equity/">https://nayapdx.org/services/health-equity/</a></p>
<p><b>NORTHWEST FAMILY SERVICES</b></p>	<p>(503) 546-6377</p> <p>service@nwfs.org</p>	<p>6200 SE King Road, Milwaukie, OR 97222</p> <p>Monday-Friday: 8am-4pm</p> <p><a href="https://nwfs.org/">https://nwfs.org/</a></p>
<p><b>OPEN DOOR HOUSINGWORKS</b></p>	<p>(503) 640-6689</p> <p>Toll Free: (866) 640-6689</p> <p>info@odhw.org</p>	<p>3440 SW Tualatin Valley Hillsboro, OR 97123</p> <p>Monday-Friday: 8am-4pm</p> <p><a href="https://www.odhw.org/">https://www.odhw.org/</a></p>

<p><b>OREGON AND SOUTHWEST WASHINGTON SERVICES - 211 INFO</b></p>	<p>24-hour information and assistance: 211 or (866) 698-6155 TTY: 711 or (866) 698-6155</p> <p>help@211info.org</p>	<p><a href="http://www.211info.org">www.211info.org</a></p>
<p><b>OREGON LATINO HEALTH COALITION</b></p>	<p>(971) 229-0482</p> <p>info@orlhc.org</p>	<p>245 S Bancroft Street, Suite E, Portland, OR 97239</p> <p>Monday-Friday: 9am-5pm</p> <p><a href="https://orlhc.org/">https://orlhc.org/</a></p>
<p><b>OUTSIDE IN - BEHAVIORAL HEALTH SERVICES</b></p>	<p>(503) 535-3800</p> <p>info@outsidein.org</p> <p>delaniep@outsidein.org</p>	<p>1132 SW 13th Avenue, Portland, OR 97205</p> <p>Monday, Thursday, Friday: 8:30am-5pm</p> <p>Tuesday &amp; Wednesday: 8:30am-7:30pm</p> <p><a href="https://outsidein.org/behavioral-health-services/">https://outsidein.org/behavioral-health-services/</a></p>
<p><b>RACIAL EQUITY SUPPORT LINE</b></p>	<p>(503) 575-3764</p> <p>Available weekdays from 10am-7pm (PT)</p> <p>equity@linesforlife.org</p>	<p>Visit <a href="https://www.linesforlife.org/get-help-now/services-and-crisis-lines/racial-equity-support-line/">https://www.linesforlife.org/get-help-now/services-and-crisis-lines/racial-equity-support-line/</a> for more information.</p>
<p><b>RESOLUTIONS NORTHWEST</b></p>	<p>(503) 595-4890</p> <p>Info@Resolutionsnorthwest.org</p>	<p>4531 SE Belmont Street, Suite 120, Portland, OR 97215</p> <p>Monday-Friday: 8:30am-5pm</p> <p><a href="https://resolutionsnorthwest.org/">https://resolutionsnorthwest.org/</a></p>

<p><b>ROSE HAVEN</b></p>	<p>(503) 248-6364</p> <p>info@rosehaven.org</p>	<p>1740 NW Glisan Street, Portland, OR 97209</p> <p>Monday &amp; Friday: 9am–12pm Tuesday-Thursday: 9am–4pm</p> <p>Note: pm hours for guests with minor children registered with Rose Haven only</p> <p><a href="https://rosehaven.org/">https://rosehaven.org/</a></p>
<p><b>ROSEWOOD FAMILY HEALTH CENTER</b></p>	<p>Available for after Hours Medical Care: (503) 772-4335</p>	<p>3530 SE 88th Avenue, Portland, OR 97266</p> <p>Medical Hours: Monday-Thursday: 8am–7pm Friday-Saturday: 8am–5pm</p> <p>Dental, Pharmacy, and WIC hours vary.</p> <p><a href="https://www.yvfwc.com/locations/rosewood-family-health-center/">https://www.yvfwc.com/locations/rosewood-family-health-center/</a></p>
<p><b>SENIOR LONELINESS HELP LINE</b></p>	<p>(503) 200-1633 or (800) 282-7035</p> <p>Free helpline is available to Oregon adults 55 and older from 5:30am–11:30pm every day.</p>	<p><a href="https://www.linesforlife.org/get-help-now/services-and-crisis-lines/senior-loneliness-line/">https://www.linesforlife.org/get-help-now/services-and-crisis-lines/senior-loneliness-line/</a></p>
<p><b>SEQUOIA MENTAL HEALTH SERVICES</b></p>	<p>(503) 619-1560</p> <p>Visit <a href="https://www.sequoiamhs.org/">https://www.sequoiamhs.org/</a> to find your nearest location's contact information.</p>	<p>Several Locations. Visit <a href="https://www.sequoiamhs.org/">https://www.sequoiamhs.org/</a> to find the nearest location near you.</p>

<b>UNITY CENTER FOR BEHAVIORAL HEALTH</b>	Accessing Unity Center: (503) 944-8009 Unity Center for Behavioral Health: (503) 944-8000	Several Locations. Visit <a href="https://unityhealthcenter.org/">https://unityhealthcenter.org/</a> to find the nearest location near you.
<b>VOLUNTEERS OF AMERICA - FAMILY RELIEF NURSERY</b>	(503) 972-9643  <a href="mailto:information@voaor.org">information@voaor.org</a>	2609 SE 136th Avenue, Portland, OR 97236  Monday-Friday: 8am–4pm  <a href="https://www.voaor.org/family-relief-nursery/">https://www.voaor.org/family-relief-nursery/</a>
<b>WASHINGTON COUNTY - ADDICTION SERVICES</b>	(503) 846-4528	5240 NE Elam Young Parkway Suite 150 Hillsboro, OR 97124  Monday-Friday: 8am–5pm  <a href="https://www.washingtoncountyor.gov/behavioral-health/addictions">https://www.washingtoncountyor.gov/behavioral-health/addictions</a>
<b>WASHINGTON COUNTY - COUNSELING &amp; VICTIMS' SERVICES PROGRAM</b>	(503) 846-3020  <a href="mailto:sarah_baker@washingtoncountyor.gov">sarah_baker@washingtoncountyor.gov</a>	160 SW Washington Street, Hillsboro, OR 97123  Monday-Friday: 8am–5pm  <a href="https://www.washingtoncountyor.gov/victim-services">https://www.washingtoncountyor.gov/victim-services</a>
<b>WASHINGTON COUNTY - MENTAL HEALTH SERVICES FOR ADULTS AND CHILDREN</b>	(503) 846-4528 Crisis Line: (503) 291-9111	5240 NE Elam Young Parkway Suite 150 Hillsboro, OR 97124  Monday-Friday: 8am–5pm  <a href="https://www.washingtoncountyor.gov/behavioral-health/mental-health-services">https://www.washingtoncountyor.gov/behavioral-health/mental-health-services</a>

<p><b>WASHINGTON COUNTY MENTAL HEALTH CRISIS LINE</b></p>	<p>(503) 291-9111</p>	<p><a href="https://www.washingtoncountyor.gov/behavioral-health/crisis-line">https://www.washingtoncountyor.gov/behavioral-health/crisis-line</a></p>
<p><b>WILLIAM TEMPLE HOUSE - COUNSELING</b></p>	<p>(503) 226-3021</p>	<p>2023 NW Hoyt Street, Portland, OR 97209</p> <p>Hoyt location is open during food pantry hours and by appointment.</p> <p>Tuesday, Wednesday, and Thursday: 11am–2pm (drop-in)</p> <p>Visit <a href="https://www.williamtemple.org/our-services/counseling/">https://www.williamtemple.org/our-services/counseling/</a> for more information.</p>
<p><b>YOUTH CONTACT</b></p>	<p>(503) 640-4222</p>	<p>447 SE Baseline Hillsboro, OR 97123</p> <p>Monday, Wednesday, Thursday: 9am–5pm Tuesday is open by appointment only</p> <p><a href="https://youthcontact.org/">https://youthcontact.org/</a></p>

# FOOD ACCESS

---

	CONTACT INFORMATION	MORE DETAILS
<b>BLANCHET HOUSE</b>	<p>(503) 241-4340</p> <p>info@blanchethouse.org</p>	<p>Free food and meals. One main dish (meat or vegetarian) with side dishes during meal times Monday through Saturday.</p> <p>310 NW Glisan Street, Portland, OR 97209</p> <p>Monday-Saturday: 6:30am-6pm</p> <p><a href="https://blanchethouse.org/free-food-meal-services/">https://blanchethouse.org/free-food-meal-services/</a></p>
<b>DEPARTMENT OF HUMAN SERVICES - SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)</b>	<p>(800) 699-9075</p> <p>Monday-Friday: 7am-6pm PT</p>	<p>Provides monthly food benefits to help buy healthy food, pay for groceries, learn about nutrition, and get job training and support. SNAP helps you stretch your food budget, but may not meet all your food needs.</p> <p>Visit <a href="https://www.oregon.gov/odhs/food/pages/snap.aspx">https://www.oregon.gov/odhs/food/pages/snap.aspx</a> for eligibility, resources, and more.</p>
<b>EQUITABLE GIVING CIRCLE - CSA PROGRAM</b>	<p>Info@equitablegivingcircle.org</p>	<p>Weekly free market for Black &amp; Brown folks to get fresh produce, pantry items, proteins, and more!</p> <p>4212 NE Prescott Street, Portland, OR 97218</p> <p>Weekly from 10am-2pm on Thursdays.</p> <p><a href="https://www.equitablegivingcircle.org/">https://www.equitablegivingcircle.org/</a></p>



<p><b>FRANCIS CENTER</b></p>	<p>(503) 775-6784</p> <p>franciscenterpdx@gmail.com</p>	<p>The Francis Center is a non-profit food and clothing pantry started by Catholic Franciscan priests over 50 years ago. The Francis Center strives to feed and clothe the most vulnerable in society.</p> <p>6535 SE 82nd Avenue, Portland, OR 97266</p> <p>Monday-Thursday: 10am-2pm</p> <p><a href="https://www.franciscenterpdx.org/">https://www.franciscenterpdx.org/</a></p>
<p><b>HAND UP PROJECT -THE PEOPLE'S PANTRY</b></p>	<p>(503) 451-0715</p>	<p>Provides a shopping style food pantry service in which people can choose the food that works best for them. Welcomed to shop the pantry once per week.</p> <p>4115 N Mississippi Avenue, Suite D, Portland, OR 97217</p> <p>Mondays &amp; Tuesdays: 12pm-4pm 4th Saturday of the month 10am-1pm</p> <p><a href="https://www.handupproject.org/">https://www.handupproject.org/</a></p>

<p><b>LIFT URBAN PORTLAND (LIFT UP)</b></p>	<p>(503) 221-1224  Teresa Steichen: (503) 221-1224 x 105    info@LiftUrbanPortland.org</p>	<p>A free food pantry that shoppers may visit up to twice a month. Choose from a wide selection of fresh food to take home, including meat and eggs, fresh produce, dry and canned goods, and dairy products.</p> <p>1838 SW Jefferson Street, Portland, OR 97201</p> <p>Tuesday, Thursdays, Friday: 3pm–6pm</p> <p>Tuesdays by appointment only</p> <p><a href="https://www.lifturbanportland.org/prestons-pantry-and-free-food-market">https://www.lifturbanportland.org/prestons-pantry-and-free-food-market</a></p>
<p><b>MAINSRING</b></p>	<p>(503) 233-5533    Kyle Urban, Executive Director: kurban@mainspringpdx.org</p>	<p>Provides food, clothing, senior program, personal care items, restorative justice, and more.</p> <p>3500 NE 82nd Avenue, Portland, OR 97220</p> <p>Monday-Thursday: 9am–3pm</p> <p><a href="https://mainspringpdx.org/">https://mainspringpdx.org/</a></p>
<p><b>MEALS ON WHEELS</b></p>	<p>(503) 736-6325    info@mowp.org</p>	<p>Meals on Wheels delivers nutritious meals to seniors in Multnomah or Washington counties in Oregon &amp; Clark County in Washington. Each meal is \$10.50, and participants are asked to contribute. Participants must be at home to receive meals.</p> <p>7710 SW 31st Avenue, Portland, OR 97219</p> <p>Mondays-Thursdays: 8am–4pm</p> <p><a href="https://www.mowp.org/">https://www.mowp.org/</a></p>

<p><b>MULTNOMAH COUNTY - SNAP OUTREACH PROGRAM: APPLICATION ASSISTANCE EXPERTS</b></p>	<p>Call or text: (503) 320-6658</p> <p>snap@multco.us</p>	<p>Need help with the SNAP Paperwork or have general SNAP questions? Learn how the Multnomah County SNAP Outreach Program can help you:</p> <p>One-on-one SNAP application and renewal paperwork assistance from experienced application assistors.</p> <p>Services provided in Spanish and English, with telephonic or in-person interpreters used for other languages as needed.</p> <p>Weekend and evening availability by appointment.</p> <p><a href="https://www.multco.us/food-assistance/multnomah-county-snap-outreach-program">https://www.multco.us/food-assistance/multnomah-county-snap-outreach-program</a></p>
<p><b>NEIGHBORHOOD HOUSE</b></p>	<p>(503) 246-1663</p> <p>development@nhpdx.org</p>	<p>Neighborhood House strengthens communities by bringing neighbors together to reduce hunger and homelessness and educate both young and old.</p> <p>7780 SW Capitol Highway, Portland, OR 97219</p> <p>Monday-Friday: 9am-5pm</p> <p><a href="https://nhpdx.org/">https://nhpdx.org/</a></p>

<p><b>NORTHEAST EMERGENCY FOOD PROGRAM (NEFP)</b></p>	<p>(503) 284-5470</p> <p>nefp@emoregon.org</p>	<p>NEFP distributes a three- to five-day (or more) supply of nutritious groceries to neighbors in need. A unique self-service shopping experience for neighbors, allowing them to select their choice of fresh fruits and vegetables, dairy, bread, meat and more.</p> <p>NEFP also develops community solutions to secure access to adequate, affordable and healthy food.</p> <p>Luther Memorial Church, 4800 NE 72nd Avenue, Portland, OR 97218</p> <p>Tuesday: 4pm–6:30pm Thursday &amp; Saturday: 9:30am–12pm</p> <p><a href="https://emo-nefp.org/">https://emo-nefp.org/</a></p>
<p><b>OREGON FOOD BANK</b></p>	<p>For assistance, dial 211.</p> <p>Visit <a href="https://foodfinder.oregonfoodbank.org/">https://foodfinder.oregonfoodbank.org/</a> to find your nearest location's contact information.</p>	<p>Find free groceries, meals, or places to double your SNAP EBT benefits near you.</p> <p>Damage from wildfires and evacuations have disrupted food assistance services at several sites in Oregon and Southwest Washington. If possible, please call to verify hours and availability before visiting.</p> <p>Several Locations. Visit <a href="https://foodfinder.oregonfoodbank.org/">https://foodfinder.oregonfoodbank.org/</a> to find the nearest location near you.</p>

<p><b>PDX FREE FRIDGE</b></p>	<p>Non-urgent matters: pdxfridge@gmail.com  Urgent matters (Instagram): @pdxfreefridge</p>	<p>A community based and informed mutual aid effort to increase access to free food and vital supplies by creating a network of independent fridges and pantries in Portland, OR.</p> <p>Several Locations.  Visit <a href="https://sites.google.com/view/pdx-free-fridge">https://sites.google.com/view/pdx-free-fridge</a> to find the nearest location near you.</p>
<p><b>PORTLAND STATE UNIVERSITY FOOD PANTRY - FREE FOOD MARKET</b></p>	<p>(503) 725-3000  pantry@pdx.edu</p>	<p>The Pantry is accessible to everyone (including PSU students and faculty). However, bags are not provided, please bring your own bag, box, or way to transport your food home.</p> <p>Smith Memorial Student Union 48, 1825 SW Broadway, Portland, OR 97201</p> <p>The 2nd Monday of every month:  9:30am–11am or until food runs out</p> <p><a href="https://psufp.com/free-food-market#:~:text=The%20PSU%20Food%20Pantry%20runs,2nd%20Monday%20of%20every%20month.">https://psufp.com/free-food-market#:~:text=The%20PSU%20Food%20Pantry%20runs,2nd%20Monday%20of%20every%20month.</a></p>

<p><b>SALVATION ARMY: PORTLAND METRO</b></p>	<p>(503) 794-3200</p> <p>Portland Offices: portland@usw.salvationarmy.org</p> <p>Visit <a href="https://portland.salvationarmy.org/">https://portland.salvationarmy.org/</a> to find your nearest location's contact information.</p>	<p>Providing programs that serves the body, mind and soul, The Salvation Army helps alleviate the symptoms of poverty -and works to address the root issues that cause it.</p> <p>Several Locations. Visit <a href="https://portland.salvationarmy.org/">https://portland.salvationarmy.org/</a> to find the nearest location near you.</p>
<p><b>SNOWCAP COMMUNITY CHARITIES</b></p>	<p>(503) 674-8785</p> <p>info@snowcap.org</p>	<p>A philanthropic organization created to provide food, clothing, advocacy and other services to neighbors in need.</p> <p>17805 SE Stark Street, Portland, OR 97233</p> <p>Monday &amp; Wednesday: 10am–2pm and 6pm–8pm Tuesday, Thursday, Friday: 10am–2pm</p> <p><a href="https://www.snowcap.org/">https://www.snowcap.org/</a></p>
<p><b>SUNSHINE DIVISION</b></p>	<p>(503) 823-2119</p> <p>Food &amp; Clothing Assistance Message Line: (503) 823-2102</p> <p>info@sunshinedivision.org</p>	<p>Provides food and clothing relief to Portland families and individuals in need.</p> <p>12436 SE Stark Street, Portland, OR 97233</p> <p>Tuesday-Friday: 9:30am–11am and 12:30pm–3:30pm Saturday: 9am–1pm</p> <p><a href="https://sunshinedivision.org/">https://sunshinedivision.org/</a></p>

<p><b>TRINITY EPISCOPAL CATHEDRAL - OUTREACH: THE TRINITY FOOD PANTRY</b></p>	<p>Judy Stone: trinityepiscopalfoodpantry@gmail.com</p>	<p>Outreach offers hospitality and emergency food to hungry neighbors, in addition to toiletry items and hot coffee.</p> <p>147 NW 19th Avenue, Portland, OR 97209</p> <p>Monday-Saturday: 11am-1pm</p> <p><a href="https://www.trinity-episcopal.org/outreach-hunger">https://www.trinity-episcopal.org/outreach-hunger</a></p>
<p><b>UNION GOSPEL MISSION - SERVICES: MEALS, CLOTHING, &amp; REFERRALS</b></p>	<p>(503) 274-4483 info@ugmportland.org</p>	<p>Open life-changing pathways to people experiencing homelessness, hunger, addictions, and abuse.</p> <p>3 NW Third Avenue, Portland, OR 97209</p> <p>Hours Vary. Visit <a href="https://ugmportland.org/services">https://ugmportland.org/services</a> for more information.</p>
<p><b>URBAN GLEANERS - FOOD DISTRIBUTION CENTER</b></p>	<p>(503) 226-8061 info@urbangleaners.org</p>	<p>A small, volunteer organization that picks up edible food from farmers markets, restaurants, grocery stores, event sites and delivers it to local agencies that feed the hungry.</p> <p>15 SE 6th Avenue, Portland, OR 97214</p> <p>Monday-Saturday: 9am-3pm</p> <p><a href="https://urbangleaners.org/about-us/">https://urbangleaners.org/about-us/</a></p>

<p><b>WILLIAM TEMPLE HOUSE - FOOD PANTRY</b></p>	<p>(503) 226-3021</p>	<p>Households may visit the shopping-style food pantry twice a month. The food pantry offers fresh produce, meat and dairy, bread, spices, grab-and-go meals, and staple ingredients. Essential items like soap, toilet paper, toothpaste, clothing, and more are available upon request.</p> <p>2023 NW Hoyt Street, Portland, OR 97209</p> <p>Tuesday, Wednesday, and Thursday: 11am–2pm (drop-in)</p> <p>Visit <a href="https://www.williamtemple.org/our-services/social-services/">https://www.williamtemple.org/our-services/social-services/</a> for more information.</p>
<p><b>WOMEN, INFANTS AND CHILDREN (WIC)</b></p>	<p>WIC Customer Service: (503) 988-3503 Monday-Friday: 8am–5pm</p>	<p>WIC provides healthy foods, nutrition education and breastfeeding support to low-income families in Multnomah County.</p> <p>Several Locations. Visit <a href="https://www.multco.us/wic">https://www.multco.us/wic</a> to find the nearest location near you.</p>
<p><b>ZAREPHATH KITCHEN AND PANTRY</b></p>	<p>Kitchen Phone: (503) 667-2692 Pantry Phone: (503) 667-7932</p> <p><a href="mailto:info@feedeastcounty.org">info@feedeastcounty.org</a></p>	<p>59 NW Ava Avenue, Gresham, Oregon 97030</p> <p>Kitchen: Monday, Tuesday, Wednesday, Friday: 11am–1pm</p> <p>Pantry: Thursday: 10am–1pm</p> <p><a href="https://feedeastcounty.org/">https://feedeastcounty.org/</a></p>





Living by your morals,  
auditing your actions  
and not harming.

**Relationship**

Be accountable to your community when you are working.

Free all political prisoners  
Free (em ul)!

Justice for marginalized victims

**WHAT DOES ACCOUNTABILITY MEAN TO YOU?**

**HONESTY**

Don't let others cover your voice like pain!

No changing things that are responsible

Take Accountability for your actions

Show up & speak up

**SPEAK UP**

The Multnomah County District Attorney investigates complaints of sexual harassment and sexual assault and determines if there is a public safety risk.

All employees are held accountable.

Reports can be made in private.

Confidentiality: If you are a victim.

**SPEAK UP**

# BIPOC ORGANIZATIONS/SERVICES

---

	CONTACT INFORMATION	MORE DETAILS
<p><b>AFRICAN AMERICAN ALLIANCE FOR HOMEOWNERSHIP (AAAH)</b></p>	<p>(503) 595-3517</p> <p>info@aaah.org</p>	<p>The African American Alliance for Homeownership services support homeowners seeking estate plans, resource navigation, home repairs, and energy efficiency upgrades.</p> <p>825 NE 20th Avenue, Suite 100, Portland, OR 97232 (Inside The Oregon Plaza Building)</p> <p>Monday-Friday: 9am–6pm</p> <p><a href="https://www.aaah.org/">https://www.aaah.org/</a></p>
<p><b>ASIAN HEALTH &amp; SERVICE CENTER</b></p>	<p>Vist <a href="https://ahscpdx.org">https://ahscpdx.org</a> to find your nearest location's contact information.</p>	<p>AHSC provides services to support your health and well-being.</p> <p>Several Locations.</p> <p>Visit <a href="https://ahscpdx.org/">https://ahscpdx.org/</a> to find the nearest location near you.</p>
<p><b>ASIAN PACIFIC AMERICAN NETWORK OF OREGON (APANO)</b></p>	<p>(503) 922-3898</p> <p>info@apano.org</p>	<p>APANO unites Asians and Pacific Islanders to build power, develop leaders, and advance equity.</p> <p>8188 SE Division Street, Portland, OR 97206</p> <p>Monday-Friday: 9am–5pm</p> <p><a href="https://www.apano.org/">https://www.apano.org/</a></p>

<p><b>BLACK PARENT INITIATIVE (BPI)</b></p>	<p>(503) 284-8000  info@thebpi.org</p>	<p>BPI is the only culturally-specific, community-based, non-profit organization in Oregon focused solely on supporting Black/African American families with children 0-10 in the State of Oregon. Majority of families are from low to moderate-income communities and have complex issues that BPI addresses with expertise, compassion and love. Through BPI's unique and culturally specific approaches, they focus on optimal health, cultural identity development, parent education, and ensuring parents and caregivers have the necessary resources to help their children succeed.</p> <p>901 NE Glisan Street, Suite #25, Portland, OR 97232</p> <p>Monday-Friday: 9am-5pm</p> <p><a href="https://www.thebpi.org/">https://www.thebpi.org/</a></p>
<p><b>CATHOLIC CHARITIES</b></p>	<p>(503) 231-4866 Family Support: (503) 238-5196 Housing Transitions: (971) 222-1880 Immigration Legal Services: (503) 542-2855 Refugee Services: (971) 222-1883 For all other services: (503) 231-4866</p>	<p>Catholic Charities assure that essential, life-changing services and supports are accessible to the most vulnerable Oregonians. The services provided across the state of Oregon include affordable and supportive housing, legal services, intensive case management, refugee resettlement and more.</p> <p>2740 SE Powell Blvd, Portland, OR 97202</p> <p>Monday-Friday: 8:30am-5pm</p> <p><a href="https://www.catholiccharitiesoregon.org/">https://www.catholiccharitiesoregon.org/</a></p>

<p><b>COALITION OF COMMUNITIES OF COLOR</b></p>	<p>(503) 200-5722</p> <p>info@coalitioncommunitiescolor.org</p>	<p>The Coalition of Communities of Color's mission is to address the socioeconomic disparities, institutional racism, and inequity of services experienced by families, children and communities; and to organize communities for collective action resulting in social change to obtain self-determination, wellness, justice and prosperity.</p> <p>221 NW 2nd Avenue, Suite 303, Portland, OR, 97209</p> <p><a href="https://www.coalitioncommunitiescolor.org/">https://www.coalitioncommunitiescolor.org/</a></p>
<p><b>ECUMENICAL MINISTRIES OF OREGON - SLAVIC OREGON SOCIAL SERVICES (SOSS)</b></p>	<p>(503) 777-3437 24/7</p> <p>Crisis Line: (503) 381-7757</p> <p>sooss@emoregon.org</p>	<p>SOSS successfully integrates Slavic-speaking immigrants and refugees into Oregon and southwest Washington communities by providing services that increase independence, enable economic self-sufficiency, and improve mental and physical well-being.</p> <p>7931 NE Halsey Street, Unit 304, Portland, OR 97213</p> <p>Monday-Friday: 8:30am-5pm</p> <p><a href="https://emoregon.org/ross/">https://emoregon.org/ross/</a></p>

<p><b>ECUMENICAL MINISTRIES OF OREGON - SOAR IMMIGRATION LEGAL SERVICES</b></p>	<p>(503) 384-2482</p> <p>soarlegal@emoregon.org</p>	<p>SOAR Immigration Legal Services provides culturally competent, immigration-related legal representation and education to refugees and immigrants with limited income throughout Oregon.</p> <p>7931 NE Halsey Street, Suite 302, Portland, OR</p> <p>Monday: 1pm–4pm Tuesday, Wednesday, Thursday: 9am–12pm and 1pm–4pm</p> <p><a href="https://soarlegal.org/">https://soarlegal.org/</a></p>
<p><b>EL PROGRAMA HISPANO CATÓLICO</b></p>	<p>(503) 669-8350</p> <p>communications@elprograma.org</p>	<p>El Programa Hispano Católico's vision is a thriving Latine Community living to their fullest potential.</p> <p>333 SE 223rd Avenue, #100, Gresham, OR</p> <p>97030 Monday-Thursday: 8:30am–4:45pm</p> <p><a href="http://elprograma.org/">http://elprograma.org/</a></p>

<p><b>EQUITY CORPS OF OREGON (ECO)</b></p>	<p>(888) 274-7292  Call Center available Monday-Friday: 9am-6pm   Info@equityCorps.org</p>	<p>ECO supports Oregon CBOs to support and solve the immigration problems people face everyday so that everyone can thrive and prosper. Through a universal, prioritized system that provides free access to immigration legal services, access to funding for filings fees, technical &amp; strategic support services, deportation defense, interpretation &amp; translation services and more, ECO empowers community-based organizations to create successful interventions to solve immigration problems.</p> <p>333 SW 5th Avenue, #250, Portland, OR 97204</p> <p>Visit <a href="https://equitycorps.org/">https://equitycorps.org/</a> for more information.</p>
<p><b>FAMILIAS EN ACCION</b></p>	<p>(503) 201-9865   info@familiasenaccion.org</p>	<p>Familias en Accion strengthens the health and well-being of Latino families and communities in Oregon.</p> <p>2710 NE 14th Avenue, Portland, Oregon 97212</p> <p><a href="https://www.familiasenaccion.org/">https://www.familiasenaccion.org/</a></p>

<p><b>HISPANIC METROPOLITAN CHAMBER</b></p>	<p>(503) 222-0280 info@hmccoregon.com</p>	<p>The Hispanic Metropolitan Chamber’s mission is to lead the economic advancement, wealth creation and equity for Latinos in Oregon and SW Washington. Their vision is to close the Latino economic equity gap and create intergenerational wealth.</p> <p>1618 SW 1st Avenue, Suite 250, Portland, OR 97201</p> <p>Monday-Friday: 9am – 5:30pm</p> <p><a href="https://hmccoregon.com/">https://hmccoregon.com/</a></p>
<p><b>IMMIGRANT AND REFUGEE COMMUNITY ORGANIZATION (IRCO)</b></p>	<p>(503) 234-1541 info@irco.org</p>	<p>Empowering immigrants and refugees from around the world in Oregon and SW Washington. Immigrant and Refugee Community Organization (IRCO) provides a wide array of culturally specific services that help immigrants, refugees, and other diverse community members thrive.</p> <p>10301 NE Glisan Street, Portland, OR 97220</p> <p>Monday-Friday: 8:30am – 5pm</p> <p><a href="https://irco.org/">https://irco.org/</a></p>
<p><b>IMMIGRATION ADVOCATES NETWORK - OREGON/NATIONAL IMMIGRATION LEGAL SERVICES DIRECTORY</b></p>		<p>Immigration Advocates Network harnesses the power of technology and collaboration to support immigrants and their allies.</p> <p>Visit <a href="https://www.immigrationadvocates.org/legaldirectory/search?state=OR">https://www.immigrationadvocates.org/legaldirectory/search?state=OR</a> for more information.</p>

<b>IRCO - AFRICA HOUSE</b>	(503) 802-0082 Djimet Dogo:  djimetd@irco.org	Serving all African and African-descent immigrants, refugees and their families by creating a community focal point that provides community-building opportunities and direct family services.  709 NE 102nd Avenue, Portland, OR 97220  Monday-Friday: 8:30am-5pm  <a href="https://irco.org/locations/africa-house/">https://irco.org/locations/africa-house/</a>
<b>IRCO - PACIFIC ISLANDER AND ASIAN FAMILY CENTER (PIAFC)</b>	(503) 235-9396  Sokho Eath, Director: sokhoe@irco.org piafc-info@irco.org	PIAFC welcomes, serves, and empowers refugees, immigrants, and people across cultures and generations to reach their full potential.  8040 NE Sandy Blvd, Portland, OR  97213 Monday-Friday: 8:30am-5pm  <a href="https://irco.org/locations/pacific-islander-asian-family-center/">https://irco.org/locations/pacific-islander-asian-family-center/</a>



<b>LATINO NETWORK</b>	Visit <a href="https://www.latnet.org/">https://www.latnet.org/</a> to find your nearest location's contact information.	<p>At Latino Network, they believe in the power of education and community. Latino Network is a Latine-led organization deeply rooted in culturally specific practices, dedicated to uplifting youth, their families, and their community to achieve their fullest potential.</p> <p>Their programs provide transformative opportunities, services, and advocacy for youth, families, and communities' education, leadership, and civic engagement.</p> <p>Several Locations. Visit <a href="https://www.latnet.org/">https://www.latnet.org/</a> to find the nearest location near you.</p>
<b>NATIONAL DOMESTIC WORKERS ALLIANCE (NDWA)</b>	(646) 360-5806  info@domesticworkers.org	<p>The National Domestic Workers Alliance (NDWA) works for the respect, recognition, and rights for more than 2.2 million nannies, housecleaners, and home care workers who do the essential work of caring for loved ones and homes.</p> <p>Visit <a href="https://www.domesticworkers.org/">https://www.domesticworkers.org/</a> for more information.</p>

<p><b>NATIVE AMERICAN REHABILITATION ASSOCIATION</b></p>	<p>NARA NW Administration Oyate Building: (503) 224-1044</p> <p>Vist <a href="https://www.naranorthwest.org/">https://www.naranorthwest.org/</a> to find your nearest location's contact information.</p>	<p>The mission of NARA NW is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need.</p> <p>NARA NW Administration Oyate Building: 1776 SW Madison, Portland, OR 97205</p> <p>Several Locations. Vist <a href="https://www.naranorthwest.org/">https://www.naranorthwest.org/</a> to find the nearest location near you.</p>
<p><b>NATIVE AMERICAN YOUTH ASSOCIATION (NAYA) FAMILY CENTER</b></p>	<p>(503) 288-8177</p> <p>info@nayapdx.org</p>	<p>Founded by the community, for the community, NAYA is a family of numerous tribes and voices who are rooted in sustaining tradition and building cultural wealth. NAYA provides culturally-specific programs and services that guides people in the direction of personal success and balance through cultural empowerment. Their continuum of lifetime services create a wraparound, holistic healthy environment that is Youth Centered, Family Driven, Elder Guided.</p> <p>5135 NE Columbia Blvd, Portland, OR 97218</p> <p>Monday-Friday: 9am–6pm</p> <p><a href="https://nayapdx.org/">https://nayapdx.org/</a></p>

<p><b>NATIVE ARTS &amp; CULTURES FOUNDATION</b></p>	<p>By appointment only: (503) 388-3443</p> <p>info@nativeartsandcultures.org</p>	<p>The Native Arts and Cultures Foundation advances equity and cultural knowledge, focusing on the power of arts and collaboration to strengthen Native communities and promote positive social change with American Indian, Native Hawaiian, and Alaska Native peoples in the United States.</p> <p>800 SE 10th Avenue, Portland, OR 97214</p> <p>Monday-Friday: 8:30am–5:30pm</p> <p><a href="https://www.nativeartsandcultures.org/">https://www.nativeartsandcultures.org/</a></p>
<p><b>OREGON LATINO HEALTH COALITION</b></p>	<p>(971) 229-0482</p> <p>info@orlhc.org</p>	<p>Oregon Latino Health Coalition advances the health of Latinos through policy, advocacy, and prevention.</p> <p>245 S Bancroft Street, Suite E, Portland, OR 97239</p> <p>Monday-Friday: 9am–5pm</p> <p><a href="https://orlhc.org/">https://orlhc.org/</a></p>
<p><b>OREGON LAW HELP</b></p>		<p>Oregon Law Help connects people with civil legal information and legal help. The information on this site is written by Oregon attorneys for people with civil legal issues in Oregon.</p> <p>Visit <a href="https://oregonlawhelp.org/">https://oregonlawhelp.org/</a> for more information.</p>

<p><b>PODER OREGON'S LATINO LEADERSHIP NETWORK</b></p>	<p>(503) 877-3460 info@poderoregon.org</p>	<p>PODER's mission is to bring together Latinos across Oregon to build collective power and capacity to facilitate people-driven solutions that promote social, economic, and civic prosperity for all.</p> <p>255 N Arney Road, #210, Woodburn, OR 97071</p> <p>Monday-Friday: 9am-6pm</p> <p><a href="https://olln.org/">https://olln.org/</a></p>
<p><b>PORTLAND REFUGEE SUPPORT GROUP (PRSG)</b></p>	<p>info@pdxrsg.org</p>	<p>Pacific Refugee Support Group focuses on re-empowering refugees, asylum seekers, and newcomers to the community through a trauma-informed care, culturally responsive, and human-centered approach.</p> <p>10725 SW Barbur Blvd, #350, Portland, OR 97219</p> <p><a href="https://pnwrsg.org/">https://pnwrsg.org/</a></p>

<p><b>ROSEWOOD INITIATIVE</b></p>	<p>(503) 208-2562  <a href="mailto:info@rosewoodinitiative.org">info@rosewoodinitiative.org</a></p>	<p>The Rosewood Initiative fosters community building and serves as a resource hub for East Portlanders most impacted by systemic exclusion. The Rosewood Initiative strives to improve access to support systems that foster economic stability and upward mobility, health and wellness, and community resilience across East Portland neighborhoods.</p> <p>14127 SE Stark Street, Portland OR, 97233</p> <p><a href="https://www.rosewoodinitiative.org/">https://www.rosewoodinitiative.org/</a></p>
<p><b>SELF ENHANCEMENT, INC.</b></p>	<p>(503) 249-1721</p>	<p>SEI is a comprehensive, one-stop resource for youth and families, primarily African Americans and others living in poverty or seeking culturally responsive services. It is also one of the city's leading multi-service organizations, providing thousands of youth, families, and adults with a wide array of education and social services on an annual basis. SEI's strength is in its ability to meet the complex needs of the children and families it serves, including helping people to overcome cultural, educational and economic barriers.</p> <p>3920 N Kerby Avenue, Portland, OR 97227</p> <p>Monday-Friday: 9am-5pm</p> <p><a href="https://www.selfenhancement.org/">https://www.selfenhancement.org/</a></p>

<p><b>THE BLACK GALLERY</b></p>	<p>(503) 444-7101</p> <p>info@theblackgallerypdx.com</p>	<p>Black woman owned gallery centering Black artists. The Black Gallery focuses on promoting arts and education as a way to build community. With a dedication to building a more inclusive and diverse society, the gallery showcases artists whose work addresses social justice issues and explores themes of identity, culture, and history.</p> <p>916 NW Flanders Street, Portland, OR 97209</p> <p>Open to the public by appointment only. Thursday-Sunday: 12pm–5pm</p> <p><a href="https://www.theblackgallerypdx.com/">https://www.theblackgallerypdx.com/</a></p>
<p><b>UNITE OREGON</b></p>	<p>(503) 287-4117</p>	<p>Unite Oregon is a membership organization led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. Unite Oregon works across Oregon to build a unified, intercultural movement for justice.</p> <p>1390 SE 122nd Avenue, Portland, OR 97233</p> <p>Monday-Friday: 10am–5pm</p> <p><a href="https://www.uniteoregon.org/">https://www.uniteoregon.org/</a></p>

<b>URBAN LEAGUE OF PORTLAND</b>	(503) 280-2600 <a href="mailto:ulpdx@ulpdx.org">ulpdx@ulpdx.org</a>	Urban League of Portland is one of Oregon's oldest civil rights and social service organizations, empowering African-Americans and others to achieve equality in education, employment, health, economic security and quality of life.  10 N Russell Street, Portland OR 97227  Monday-Friday: 8:30am-5pm  <a href="https://ulpdx.org/">https://ulpdx.org/</a>
<b>WORD IS BOND</b>	<a href="mailto:Lakayana@mywordisbond.org">Lakayana@mywordisbond.org</a>	Word is Bond is a Portland-born, Black-led nonprofit leadership incubator for young Black men sprouted in 2017. Word is Bond empowers young Black men ages 15-19 years as they transition from boys into young men and find themselves navigating a world that provides very few answers to unlocking their highest selves. Harnessing the soul force of Black boy joy and the power of storytelling we create dynamic programming to provide an answer to our mission statement;  <a href="https://www.mywordisbond.org/">https://www.mywordisbond.org/</a>

# TOP 10 BIPOC-OWNED BUSINESSES HIGHLIGHTS

---

	CONTACT INFORMATION	MORE DETAILS
<b>AESTHETE TEA</b>	(503) 862-3336  info@aesthetetea.com	<p>Aesthete Tea is a community-focused, woman-owned brand that champions conscious living. Aesthete Tea offers a hub for workshops, classes, and events designed to promote a sustainable and mindful lifestyle. Aesthete Tea offerings honor the wisdom of their ancestors, who instilled a deep respect for nature and traditional folk healing practices across African, Native American and Celtic cultures. Created as a mother-daughter venture, Aesthete Tea aims to weave ancient teachings into the fabric of modern life through high-quality herbs, teas, and community engagement. Fostering movements towards mindful and ethical living.</p> <p><a href="https://aesthetetea.com/">https://aesthetetea.com/</a></p>
<b>BIRDS AND BEES NURSERY</b>	(503) 788-6088	<p>A small, women and Black owned Plant Shop and Nursery, dedicated to selling locally sourced, sustainable products, for indoor and outdoor urban gardens.</p> <p>3327 SE 50th Avenue, Portland, Oregon</p> <p>Open Daily: 11am–5pm</p> <p><a href="https://birdsandbeespx.com/">https://birdsandbeespx.com/</a></p>



<p><b>BISON COFFEE HOUSE</b></p>	<p>(503) 288-3941 bisoncoffeehouse@yahoo.com</p>	<p>Portland's only Native-owned coffeehouse, serving the Cully neighborhood with a carefully curated roster of Native and local roasters, locally sourced beverages, and a selection of delicious baked goods lovingly created on premises.</p> <p>3941 NE Cully Blvd, Portland, OR 97213</p> <p>Monday-Friday: 6am-4pm Saturday-Sunday: 8am-4pm</p> <p><a href="https://www.bisoncoffeehouse.com/">https://www.bisoncoffeehouse.com/</a></p>
<p><b>CHOCHU LOCAL ISLAND BBQ</b></p>	<p>(971) 347-4958</p>	<p>Chochu Local Island BBQ brings you flavors and favorites from the Mariana Islands (including Guam, Rota, Saipan, &amp; Tinian). Find Chamoru food and island hospitality at this family owned/operated Portland food cart.</p> <p>5235 NE Sandy Blvd, Portland, OR 97213</p> <p>Wednesday: 11am-3pm Thursday-Saturday: 11am-7pm Sunday: 12pm-3pm</p> <p><a href="https://chochulocal.square.site/?location=11ea6b913ab99be9a2130cc47a2ae378">https://chochulocal.square.site/?location=11ea6b913ab99be9a2130cc47a2ae378</a></p>
<p><b>DB DESSERT COMPANY.</b></p>	<p>(503) 954-3045 Info@DBDessertCompany.com</p>	<p>Black-owned and family-owned Global Luxury Dessert Company specializing in custom cakes, cupcakes &amp; cookies</p> <p><a href="https://www.dbdessertcompany.com/">https://www.dbdessertcompany.com/</a></p>

<p><b>DEAN'S BEAUTY SALON &amp; BARBER SHOP</b></p>	<p>Salon: (503) 282-3379          Barber Shop: (503) 288-3388          After hours: (503)975-5507</p>	<p>Oldest Family Owned African-American Salon and Barbershop in the State of Oregon! A wonderful community based space where Beauty Style and Grace is their trademark.</p> <p>215 NE Hancock Street, Portland, OR 97212</p> <p>Tuesday-Friday: 9am-6pm          Saturday: 8am-6pm</p> <p><a href="https://www.deansbeautysalon.com/">https://www.deansbeautysalon.com/</a></p>
<p><b>LARKSPUR PORTLAND</b></p>	<p>(971) 710-6004</p>	<p>Larkspur Portland is owned and operated by a lifelong plant enthusiast, who is also a registered horticultural therapist. Larkspur Portland acknowledges the inherent nourishing benefits of the plant-people relationship, and this belief is infused into the daily operations of retail business, and therapeutic horticulture community programming.</p> <p>6317 SE Holgate Blvd, Portland, OR 97206</p> <p>Monday, Wednesday, Thursday, Friday:          12pm-6pm          Saturday: 11am-6pm          Sunday: 11am-5pm</p> <p><a href="https://larkspurportland.com/">https://larkspurportland.com/</a></p>

<p><b>MERMOSA PDX</b></p>	<p>(503) 446-3596</p>	<p>Black woman-owned wine company with award winning Oregon-made wines. The restaurant features a menu with Southern and Caribbean fusion cuisine.</p> <p>1422 NW 23rd Avenue, Portland, OR 97210</p> <p>Thursday-Friday: 4pm–9pm  Saturday: 10am–9pm  Sunday: 10AM–4PM</p> <p><a href="https://mermosapdx.com/">https://mermosapdx.com/</a></p>
<p><b>MIMI'S FRESH TEES</b></p>		<p>Mimi's Fresh Tees is a social conscious-women empowerment apparel company promoting social justice and women empowerment.</p> <p><a href="https://www.mimisfreshteesspdx.com/">https://www.mimisfreshteesspdx.com/</a></p>
<p><b>OROX LEATHER CO.</b></p>	<p>(503) 954-2593</p> <p>hello@oroxleather.com</p>	<p>4th Generation Mexican-American Leather Crafters since 1933. Creating high quality durable goods that, while stylish, don't go in and out of style. Orox hopes that their products will be used and loved for years, and eventually passed on to the next generation. Scratches and scuffs, a physical record of experiences and adventures, will add character and beauty.</p> <p>450 NW Couch Street, Portland, OR 97209</p> <p>Tuesday-Saturday: 9am–5pm</p> <p><a href="https://www.oroxleather.com/">https://www.oroxleather.com/</a></p>

# YOUTH SERVICES

---

	CONTACT INFORMATION	MORE DETAILS
<b>BOYS AND GIRLS AID</b>	<p>(503) 222-9661</p> <p>Toll Free: (877) 932-2734</p> <p>info@boysandgirlsaid.org</p>	<p>More than 5,000 children in Oregon live in foster care. Boys and Girls Aid are committed to ensuring every child grows up with a family of their own.</p> <p>9320 SW Barbur Blvd, #200, Portland, OR 97219</p> <p>Monday-Friday: 8:30am-5pm</p> <p><a href="https://www.boysandgirlsaid.org/">https://www.boysandgirlsaid.org/</a></p>
<b>CHILD CARE RESOURCE AND REFERRAL OF MULTNOMAH COUNTY</b>	<p>(503) 491-6205</p> <p>CCRRinfo@mhcc.edu</p>	<p>Supporting early childhood professionals, providing leadership in the field and by promoting access to high quality child care experiences for all children and families inclusive of every race, ethnicity, language, gender, age, ability or income level.</p> <p>4510 NE 102nd Avenue, Portland, OR 97220</p> <p>Monday-Friday: 8:30am-4:30pm</p> <p><a href="https://crr-mc.org/">https://crr-mc.org/</a></p>
<b>COMMUNITY TRANSITIONAL SCHOOL (CTS)</b>	<p>(503) 249-8582</p> <p>ctschool@comcast.net</p>	<p>Provide at-risk children with a stable educational environment that promotes their academic and personal growth.</p> <p>6601 NE Killingsworth Street, Portland, OR 97218</p> <p>Monday-Friday: 8am-4:30pm</p> <p><a href="https://www.transitionalschool.org/">https://www.transitionalschool.org/</a></p>


<p><b>JANUS YOUTH - INSIGHTS YOUNG PARENTS SERVICES</b></p>	<p>(503) 239-6996</p>	<p>Insights Young Parent Services is one of the few organizations in the country devoted exclusively to the needs of parenting adolescents and their children.</p> <p>Insights Young Parent Services mission has been to provide positive options for young families while empowering young parents to take positive control over their lives.</p> <p>4900 NE Glisan Street, Portland, OR 97213</p> <p><a href="https://insightstpp.org/">https://insightstpp.org/</a></p>
<p><b>JANUS YOUTH - SHELTER &amp; HOUSING</b></p>	<p>Access Center: (503) 432-3986 Screenings (call to schedule a time to meet with a Youth Specialist): 9am–5pm</p> <p>Porch Light Shelter: (503) 380-7200 Street Light Shelter: (503) 914-9100 Transitional Living Program – Bridge House (application required): (503) 341-0839</p>	<p>Every year, Janus Youth Programs provides more than 43,000 meals to homeless youth. Part of Portland’s Homeless Youth Continuum, Janus Youth shelter and housing services include street outreach, assessment, emergency and short-term shelter, transitional and independent housing and case management.</p> <p>1635 SW Alder Street, Portland, Oregon 97205</p> <p><a href="https://janusyouth.org/homeless-youth/">https://janusyouth.org/homeless-youth/</a></p>
<p><b>LINES FOR LIFE YOUTHLINE</b></p>	<p>(877) 968-8491 Text: “teen2teen” to 839863 teen2teen@linesforlife.org YouthL@linesforlife.org</p>	<p>YouthLine is a service for youth in crisis run by Lines for Life. It operates a national crisis line offering support and referrals via calls, texts, and chats, with teen volunteers and young adult interns daily from 4pm–10pm PT (and by adults at all other times).</p> <p><a href="https://www.theyouthline.org/">https://www.theyouthline.org/</a></p>

<p><b>NARA YOUTH PROGRAM</b></p>	<p>(971) 274-3757</p>	<p>The NARA NW Youth Program is prevention oriented and family focused. Through group activities, events, and staff support, the Youth Program strives to strengthen the resiliency of the youth. This program empowers youth to have a positive identity by teaching Native American/Alaska Native culture and values. 620 NE 2nd, Gresham, OR 97030</p> <p>Monday-Friday: 8am–5pm</p> <p><a href="https://www.naranorthwest.org/projects/youth-services/">https://www.naranorthwest.org/projects/youth-services/</a></p>
<p><b>NATIVE AMERICAN YOUTH ASSOCIATION (NAYA) FAMILY CENTER</b></p>	<p>(503) 288-8177 info@nayapdx.org</p>	<p>Founded by the community, for the community, NAYA is a family of numerous tribes and voices who are rooted in sustaining tradition and building cultural wealth. NAYA provides culturally-specific programs and services that guide people in the direction of personal success and balance through cultural empowerment. Their continuum of lifetime services create a wraparound, holistic healthy environment that is Youth Centered, Family Driven, Elder Guided.</p> <p>5135 NE Columbia Blvd, Portland, OR 97218</p> <p>Monday-Friday: 9am–6pm</p> <p><a href="https://nayapdx.org/">https://nayapdx.org/</a></p>

<p><b>NEW AVENUES FOR YOUTH</b></p>	<p>(503) 224-4339</p> <p>info@newavenues.org</p> <p>Visit <a href="https://newavenues.org/">https://newavenues.org/</a> to find your nearest location's contact information.</p>	<p>New Avenues' programs and services have impacted more than 30,000 young people as they work to overcome barriers, pursue their goals, and realize their potential. From supporting basic needs like meals and counseling to providing opportunities for education, job training, employment, and housing, New Avenues for Youth meet youth where they are and help them get where they want to go.</p> <p>Several Locations: Visit <a href="https://newavenues.org/">https://newavenues.org/</a> to find the nearest location near you.</p>
<p><b>OUTSIDE IN - YOUNG ADULT SUPPORT</b></p>	<p>(503) 535-3800</p> <p>info@outsidein.org</p>	<p>Outside In is a social-service agency that offers primary care and other programs for underserved individuals.</p> <p>1132 SW 13th Avenue, Portland, OR 97205</p> <p>Monday, Thursday, Friday: 8:30am–5pm Tuesday &amp; Wednesday: 8:30am–7:30pm</p> <p><a href="https://outsidein.org/young-adult-services/">https://outsidein.org/young-adult-services/</a></p>
<p><b>P:EAR - CREATIVELY MENTORING HOMELESS YOUTH</b></p>	<p>(503) 228-6677</p> <p>info@pearmentor.org</p>	<p>P:ear is a place of self discovery for brilliant and resilient young people moving through and beyond homelessness.</p> <p>338 NW 6th Avenue, Portland, OR 97209</p> <p>Tuesdays-Friday: 9am–2pm</p> <p><a href="https://www.pearmentor.org/">https://www.pearmentor.org/</a></p>

<p><b>PORTLAND YOUTH BUILDERS (PYB)</b></p>	<p>(503) 286-9350 TTY/TDD: (800) 735-2900</p>	<p>PYB's YouthBuild program offers a full range of services to low-income youth aged 17-24 who want to finish high school, learn a trade, and get help finding a job and launching a career in construction or computer technology.</p> <p>4816 SE 92nd Avenue, Portland, Oregon 97266</p> <p>Monday-Friday: 8:30am-4pm</p> <p><a href="https://pybpdx.org/">https://pybpdx.org/</a></p>
<p><b>SELF ENHANCEMENT, INC. - COMMUNITY &amp; FAMILY PROGRAMS</b></p>	<p>(503) 285-0493</p>	<p>Self Enhancement, Inc.'s Community and Family Programs (CFP) provide resources, supports, and services to help families be safe, stable, and have their needs met. They address economic disparities by offering anti-poverty, family stabilization, and employment services tailored for African American families and responsive to other families in need.</p> <p>2205 NE Columbia Blvd, Portland, OR 97211</p> <p>Monday-Thursday: 8:30am-5:30pm Friday: 8:30am-12pm</p> <p><a href="https://www.selfenhancement.org/cfp">https://www.selfenhancement.org/cfp</a></p>
<p><b>TRANSITIONAL YOUTH</b></p>	<p>(503) 350-7215 hello@transitionalyouth.org</p>	<p>Transitional Youth is a non-profit organization actively working to reduce youth homelessness in NW Oregon and SW Washington.</p> <p>Contact Transitional Youth today if you are in need of immediate housing or just want to get connected with a representative to learn more</p> <p>1500 NW 167th Place, Beaverton, Oregon 97006</p> <p><a href="https://www.transitionalyouth.org/">https://www.transitionalyouth.org/</a></p>





**LGBTQIA2S+  
COMMUNITY GROUPS  
AND RESOURCES**

# LGBTQIA2S+ COMMUNITY ORGANIZATIONS

---

	CONTACT INFORMATION	MORE DETAILS
<b>BLACK AND BEYOND THE BINARY COLLECTIVE</b>	<p>(971) 258-1713</p> <p>info@bbbcollective.org</p>	<p>Black &amp; Beyond the Binary Collective builds the leadership, healing, and safety of Black-African transgender, queer, nonbinary, two-spirit, and intersex (TQN2SI+) Oregonians.</p> <p>5633 SE Division Street, Portland, OR 97206</p> <p>Monday-Thursday: 9am–4pm</p> <p><a href="https://www.blackbeyondthebinarycollective.org/">https://www.blackbeyondthebinarycollective.org/</a></p>
<b>BRADLEY ANGLE</b>	<p>(503) 232-1528</p> <p>If you are experiencing domestic violence and are in need of urgent help, please call the Call to Safety Crisis Line at (503) 235-5333. If you are in life threatening danger, call 911.</p>	<p>Since 1975, this domestic violence shelter has offered safety, healing and hope – they work to be inclusive of “a range of genders, sexualities, identities, relationships and experiences.”</p> <p>5432 N Albina Avenue, Portland, OR 97217</p> <p>Monday-Friday: 9am–5pm</p> <p><a href="https://bradleyangle.org/">https://bradleyangle.org/</a></p>

<p><b>FRIENDLY HOUSE - ELDER PRIDE SERVICES</b></p>	<p>(503) 228-4391</p> <p>info@fhpx.org</p>	<p>Friendly House Elder Pride Services works to enhance the lives of older lesbian, gay, bisexual and transgender (LGBTQ+) community members through education, advocacy, outreach and resource development.</p> <p>1737 NW 26th Avenue, Portland, OR 97210 (Corner of NW 26th Ave. &amp; Thurman Street)</p> <p><a href="https://fhpx.org/for-adults-seniors/elder-pride-services/#:~:text=Friendly%20House%20Elder%20Pride%20Services,advocacy%2C%20outreach%20and%20resource%20development.">https://fhpx.org/for-adults-seniors/elder-pride-services/#:~:text=Friendly%20House%20Elder%20Pride%20Services,advocacy%2C%20outreach%20and%20resource%20development.</a></p>
<p><b>NORTHWEST GENDER ALLIANCE (NWGA)</b></p>	<p>info@nwgenderalliance.org</p>	<p>The Northwest Gender Alliance is for transgender persons living in the Pacific Northwest area.</p> <p><a href="https://www.nwgenderalliance.org/">https://www.nwgenderalliance.org/</a></p>
<p><b>OLD LESBIANS ORGANIZING FOR CHANGE (OLOC): AN INTERNATIONAL COMMUNITY OF LESBIAN ELDERS</b></p>	<p>(888) 706-7506</p> <p>info@oloc.org</p>	<p>OLOC represents Lesbian Elders in a spirit of inclusiveness to promote Lesbian visibility. OLOC comes together to preserve herstory, to confront social injustice, and to give and receive support for later years.</p> <p><a href="https://oloc.org/">https://oloc.org/</a></p>
<p><b>OREGON PRIDE IN BUSINESS (ORPIB)</b></p>	<p>(971) 442-3224</p> <p>info@orpib.com</p>	<p>ORPIB is the LGBTQ+ Chamber of Commerce for Oregon and SW Washington and is composed of a group of businesses, volunteers, and staff that support the interests of its members and champions opportunity, development, and advocacy for Oregon's LGBTQ+ and Allied business community.</p> <p><a href="https://www.orpib.com/">https://www.orpib.com/</a></p>

<p><b>OUTSIDE IN - TRANSGENDER AND GENDER DIVERSE SERVICES</b></p>	<p>(503) 535-3860 <a href="mailto:info@outsidein.org">info@outsidein.org</a></p>	<p>Outside In is a social-service agency that offers primary care and other programs for underserved individuals.</p> <p><a href="https://outsidein.org/health-services/transgender-and-gender-non-conforming/">https://outsidein.org/health-services/transgender-and-gender-non-conforming/</a></p>
<p><b>PFLAG PORTLAND</b></p>	<p>(503) 232-7676 <a href="mailto:info@pflagpdx.org">info@pflagpdx.org</a> Support Circles Team: <a href="mailto:supportcircles@pflagpdx.org">supportcircles@pflagpdx.org</a></p>	<p>PFLAG is people, LGBTQ and straight, parents, friends, and allies, working together to make a better future for LGBT youth and adults.</p> <p><a href="https://pflagpdx.org/">https://pflagpdx.org/</a></p>
<p><b>PORTLAND DYKES ON BIKES MOTORCYCLE CONTINGENT</b></p>	<p><a href="mailto:presidentdobpdx@gmail.com">presidentdobpdx@gmail.com</a></p>	<p>Portland Dykes on Bikes Motorcycle Contingent is dedicated to increase the visibility of LGBTQ everywhere. Portland Dykes on Bikes Motorcycle Contingent's mission is to support philanthropic endeavors in the lesbian, gay, bisexual, transgender and women's communities, and reach out to empower a community of diverse women through rides, charity events, Pride events and education.</p> <p><a href="http://www.dykesonbikespdx.org/">http://www.dykesonbikespdx.org/</a></p>
<p><b>PORTLAND FRONTRUNNERS</b></p>	<p>(503) 389-3170</p>	<p>Portland Frontrunners is a running and walking club for lesbians, gays, bisexuals, transgender, queer, intersex, and asexual individuals, and their friends. Portland Frontrunners mission is to promote good health and provide an opportunity for positive social interaction through running, walking, and club events in a supportive, LGBTQIA community in Portland, Oregon. Portland Frontrunners largest events include hosting the annual Portland Pride Run &amp; Walk and the Bridge to Bridge Fun Run &amp; Walk.</p> <p><a href="https://pdxfrontrunners.com/">https://pdxfrontrunners.com/</a></p>

<p><b>PORTLAND GAY MEN'S CHORUS</b></p>	<p>(503) 226-2588  pgmc@pdxgmc.org</p>	<p>The Portland Gay Men's Chorus aspires to expand, redefine, and perfect the choral art through eclectic performances that honor and uplift community and affirm the worth of all people.</p> <p>921 SW Washington Street, Suite 222, Portland, OR 97205 Monday-Friday: 9am–5pm</p> <p><a href="https://www.pdxgmc.org/pgmc-season-45/">https://www.pdxgmc.org/pgmc-season-45/</a></p>
<p><b>PORTLAND LESBIAN CHOIR</b></p>	<p>publicity@plchoir.org</p>	<p>The Portland Lesbian Choir builds harmony and community through compelling musical performances. Portland Lesbian Choir elevates LGBTQ+ voices, emphasize equity, and encourage collaboration, growth and service.</p> <p><a href="https://www.plchoir.org/">https://www.plchoir.org/</a></p>
<p><b>PRIDE FOUNDATION</b></p>	<p>(800) 735-7287</p>	<p>Pride Foundation fuels transformational movements to advance equity and justice for LGBTQ+ people in all communities across the Northwest.</p> <p><a href="https://pridefoundation.org/region/oregon/">https://pridefoundation.org/region/oregon/</a></p>
<p><b>PRIDE NORTHWEST</b></p>	<p>info@pridenw.org Debra Porta,  Executive Director:  debra.porta@pridenw.org</p>	<p>Pride Northwest, Inc's mission is to encourage and celebrate the positive diversity of the lesbian, gay, bisexual, and trans communities, and to assist in the education of all people through the development of activities that showcase the history, accomplishments, and talents of these communities.</p> <p><a href="https://www.pridenw.org/">https://www.pridenw.org/</a></p>

<p><b>Q CENTER</b></p>	<p>(503) 234-7837 (Voicemail Only)  Info@pdxqcenter.org</p>	<p>Q Center is a safe and friendly space dedicated to supporting and celebrating LGBT diversity and visibility. They offer multi-generational programming, monthly art exhibits and free public Wi-Fi.</p> <p>4115 N Mississippi Avenue, Suite D, Portland, OR 97217</p> <p>Monday-Friday: 12pm-4pm</p> <p><a href="https://www.pdxqcenter.org/">https://www.pdxqcenter.org/</a></p>
<p><b>ROSE CITY SOFTBALL ASSOCIATION (RCSA)</b></p>	<p>jec@rosecitysoftball.org</p>	<p>The Rose City Softball Association (RCSA) is Oregon's largest LGBTQ+ sports organization. RCSA welcomes all adult slow-pitch softball players, regardless of sexual orientation or gender identity.</p> <p><a href="http://www.rosecitysoftball.org/">http://www.rosecitysoftball.org/</a></p>
<p><b>ROSE HAVEN</b></p>	<p>(503) 248-6364  info@rosehaven.org</p>	<p>Rose Haven is a day shelter and community center serving women, children and gender non-conforming people in Portland.</p> <p>1740 NW Glisan Street, Portland, OR 97209  Monday &amp; Friday: 9am-12pm  Tuesday-Thursday: 9am-4pm</p> <p>Note: pm hours for guests with minor children registered with Rose Haven only</p> <p><a href="https://rosehaven.org/">https://rosehaven.org/</a></p>

**TREVOR PROJECT  
CRISIS LINE**

(866) 488-7386  
Text 'START' to 678-678

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. The Trevor Project provides information & support to LGBTQ+ young people 24/7, all year round.

<https://www.thetrevorproject.org/>

# KNOW YOUR RIGHTS

---

	CONTACT INFORMATION	MORE DETAILS
<b>ACT, CHALLENGE, LOVE, UNITE (ACLU) OF OREGON</b>	info@aclu-or.org	<p>The ACLU of Oregon works in courts, in the legislature and in communities to protect and advance civil rights and liberties.</p> <p>ACLU of Oregon are committed to centering the individuals and intersectional communities historically disenfranchised by institutions and systems: Black people, Indigenous people, people of color, gender non-conforming people, people with disabilities, LGBT+, low-income people, immigrants, incarcerated people, refugees and all other historically-targeted groups.</p> <p><a href="https://www.aclu-or.org/en">https://www.aclu-or.org/en</a></p>
<b>BASIC RIGHTS OREGON</b>	(503) 222-6151 info@basicrights.org	<p>Our mission is to ensure that all LGBTQ2SIA+ Oregonians experience equality by building a broad and inclusive politically powerful movement, shifting public opinion, and achieving policy victories.</p> <p><a href="http://www.basicrights.org">www.basicrights.org</a></p>
<b>CITIZENS COMMISSION ON HUMAN RIGHTS (CCHR)</b>		<p>The Citizens Commission on Human Rights (CCHR) is a non-profit organization that works to expose and reform human rights violations in the field of mental health.</p> <p><a href="https://www.cchr.org/about-us/what-is-cchr.html">https://www.cchr.org/about-us/what-is-cchr.html</a></p>



<p><b>FAIR HOUSING COUNCIL OF OREGON</b></p>	<p>Fair Housing Questions &amp; Complaints (Interpreters Available): (503) 223-8197 Ext. 2 or (800) 424-3247 Ext. 2</p> <p>U.S. Department of Housing and Urban Development (HUD): (800) 877-0246 Landlords: (800) 424-3247 Ext. 5</p> <p>inquiries@fhco.org</p>	<p>The Fair Housing Council of Oregon (FHCO) is a statewide civil rights organization that proactively promotes housing justice, equity, and inclusion. FHCO's mission is to end illegal housing discrimination and promote equal access to housing choice through education and enforcement of fair housing law.</p> <p><a href="https://fhco.org/">https://fhco.org/</a></p>
<p><b>IMMIGRATION EQUALITY</b></p>	<p>If you are in detention, call: (917) 654-9696 Monday-Wednesday: 9:30am-5:30pm Thursday: 1pm- 5:30pm Calls from people outside of detention will not be accepted.</p> <p>communications@immigrationequality.org</p>	<p>Immigration Equality have worked to secure safe haven, freedom, and equality for the LGBTQ and HIV-positive communities. Through direct legal services, policy advocacy, and impact litigation, Immigration Equality support immigrants who face discrimination based on who they are and whom they love.</p> <p><a href="https://immigrationequality.org/">https://immigrationequality.org/</a></p>
<p><b>OREGON BUREAU OF LABOR &amp; INDUSTRIES</b></p>	<p>(971) 245-3844 TTY Relay: 711</p> <p>boli_help@boli.oregon.gov</p>	<p>Oregon Bureau of Labor &amp; Industries protects employment rights, advances employment opportunities, and ensures access to housing and public accommodations free from discrimination.</p> <p><a href="https://www.oregon.gov/boli/civil-rights/pages/gender-identity-at-work.aspx">https://www.oregon.gov/boli/civil-rights/pages/gender-identity-at-work.aspx</a></p>

# HEALTH & WELLNESS

---

	CONTACT INFORMATION	MORE DETAILS
<b>CAREASSIST - AIDS DRUG ASSISTANCE PROGRAM (ADAP)</b>	<p>(971) 673-0144 TTY: 711</p> <p>Clients can be served in person by appointment only. Please contact your CAREAssist caseworker directly, call: (971) 673-0144, Option 2</p> <p>care.assist@odhsoha.oregon.gov</p>	<p>CAREAssist provides access to life-saving medications used to treat Human Immunodeficiency Virus (HIV) and improve the overall health of people living with HIV who have limited resources or no health insurance coverage.</p> <p>Portland State Office Building, 800 NE Oregon Street, Suite 1105, Portland, OR 97232</p> <p><a href="https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARE/RETR/RETR/EATMENT/CAREASSIST/Pages/index.aspx">https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARE/RETR/RETR/EATMENT/CAREASSIST/Pages/index.aspx</a></p>
<b>CASCADE AIDS PROJECT (CAP)</b>	<p>(503) 223-5907</p> <p>info@capnw.org</p> <p>Visit <a href="https://www.capnw.org/">https://www.capnw.org/</a> to find your nearest location's contact information.</p>	<p>CAP promotes well-being and advance equity by providing inclusive health and wellness services for LGBTQ+ people, people affected by HIV, and all those seeking compassionate care.</p> <p>Several Locations. Visit <a href="https://www.capnw.org/">https://www.capnw.org/</a> to find the nearest location near you.</p>

<p><b>ECUMENICAL MINISTRIES OF OREGON - HIV DAY CENTER</b></p>	<p>(503) 460-3822 hivcenter@emoregon.org</p>	<p>The HIV Day Center provides a community that strives to address basic needs of individuals living with HIV/AIDS with respect, compassion and safety. The Day Center is a drop-in center for low-income individuals living with HIV/AIDS. The Daily Bread Express provides meal delivery for low-income, home-bound individuals living with HIV/AIDS.</p> <p>2941 NE Ainsworth, Portland, OR 97211</p> <p>Monday-Friday: 9am-4pm</p> <p><a href="https://hivdaycenter.org/">https://hivdaycenter.org/</a></p>
<p><b>OUR HOUSE</b></p>	<p>(503) 234-0175 info@ourhouseofportland.org</p>	<p>Our House provides integrated health and housing services to people with HIV. Guided by compassion, collaboration and respect, providing 24-hour specialized care, supportive services and independent housing with support services.</p> <p>2727 SE Alder Street, Portland, OR 97214 24-hour specialized care</p> <p><a href="https://www.ourhouseofportland.org/">https://www.ourhouseofportland.org/</a></p>

<p><b>OUTSIDE IN - LGBTQIA+ SERVICES</b></p>	<p>(503) 535-3828          QueerZone and On-site Housing:          (503) 432-3986           info@outsidein.org</p>	<p>Outside In is a social-service agency that offers primary care and other programs for underserved individuals.</p> <p>1132 SW 13th Avenue, Portland, OR 97205</p> <p>Monday, Thursday, Friday: 8:30am–5pm          Tuesday &amp; Wednesday: 8:30am–7:30pm</p> <p><a href="https://outsidein.org/young-adult-services/lgbtqia-plus/">https://outsidein.org/young-adult-services/lgbtqia-plus/</a></p>
<p><b>PRISM HEALTH</b></p>	<p>(503) 445-7699           Need assistance after hours?          Call (503) 445-7699           info@prismhealth.org</p>	<p>Affirming, high-quality healthcare—specializing in the unique needs of the LGBTQ+ community.</p> <p>Monday, Tuesday, Wednesday, Friday:          8:30am–5pm          Thursday: 9am–5pm</p> <p>Several Locations.          Vist <a href="https://www.prismhealth.org/">https://www.prismhealth.org/</a> to find the nearest location near you.</p>

# YOUTH SUPPORT

---

	CONTACT INFORMATION	MORE DETAILS
<b>ACCREDITED SCHOOLS ONLINE - LGBTQ+ STUDENT RESOURCES &amp; SUPPORT</b>		<p>Creating More Welcoming Environments For LGBTQ+ Teens And College Students.</p> <p><a href="https://www.accreditedschoolsonline.org/resources/lgbtq-student-support/">https://www.accreditedschoolsonline.org/resources/lgbtq-student-support/</a></p>
<b>AFFORDABLE COLLEGES: LGBTQ COLLEGE CULTURE GUIDE &amp; STUDENT RESOURCES</b>		<p>This guide discusses some of the most common challenges that LGBTQ college students face, both in school and elsewhere. These challenges include coming out, mental health issues, family issues, and interpersonal violence. This guide also highlights LGBTQ learners' rights, introduces resources for LGBTQ college students, and summarizes the key features of LGBTQ-friendly college cultures.</p> <p><a href="https://www.affordablecollegesonline.org/lgbtq-college-student-guide/">https://www.affordablecollegesonline.org/lgbtq-college-student-guide/</a></p>

<p><b>NEW AVENUES FOR YOUTH - THE SEXUAL MINORITY YOUTH RECREATION CENTER (SMYRC)</b></p>	<p>(503) 872-9664 smyrcinfo@newavenues.org</p>	<p>The Sexual &amp; Gender Minority Youth Resource Center (SMYRC) provides a safe, supervised, harassment-free space for LGBTQ+ youth ages 13–24. Activities include art, music and open-mic nights; services include counseling, school support and more.</p> <p>1220 SW Columbia Street, Portland, OR 97201</p> <p>Friday: 4pm–7pm</p> <p><a href="https://newavenues.org/smyrc/">https://newavenues.org/smyrc/</a></p>
<p><b>OREGON SAFE SCHOOLS COMMUNITIES COALITION (OSSCC)</b></p>	<p>info@oregonsafeschools.org</p>	<p>OSSCC believes that all youth deserve to feel safe and welcome in all schools and communities.</p> <p><a href="https://www.oregonsafeschools.org/">https://www.oregonsafeschools.org/</a></p>

# LGTBQIA2S+ SPIRITUAL SPACES

---

	CONTACT INFORMATION	MORE DETAILS
<b>FIRST UNITARIAN CHURCH</b>	(503) 228-6389	<p>First Unitarian Church affirms and includes people who are lesbian, gay, bisexual, transgender, and queer at every level of congregational life—in worship, in program, and in social occasions—welcoming them as whole people.</p> <p>1211 SW Main Street, Portland, OR 97205</p> <p>Monday-Thursday: 9am-4pm</p> <p>Sunday: Closed, but open during 10:15am service</p> <p><a href="https://www.firstunitarianportland.org/">https://www.firstunitarianportland.org/</a></p>
<b>JEWISH FEDERATION OF GREATER PORTLAND</b>	<p>(503) 245-6219</p> <p>info@jewishportland.org</p>	<p>The Jewish Federation of Greater Portland is the support system for your Jewish journey. The Jewish Federation has helped nourish Jewish life, enrich community, and keep Jewish culture strong in Portland and around the world. The Jewish Federation of Greater Portland is a direct route to true services that make the most effective and meaningful impact.</p> <p>9900 SW Greenburg Road, Suite 220, Tigard, OR 97223</p> <p>Monday-Friday: 8:30am-4pm</p> <p><a href="https://www.jewishportland.org/pdxjewishpride">https://www.jewishportland.org/pdxjewishpride</a></p>

<p><b>METROPOLITAN COMMUNITY CHURCH PORTLAND (MCCP)</b></p>	<p>(503) 281-8868  admin@mccportland.com</p>	<p>MCCP is committed to being a vital, relevant and public voice for the full inclusion of all people with special outreach to gay, lesbian, bisexual, straight and transgendered people in the rights and benefits of the city, state and nation as well as the Church. Combining faith with action, MCCP support and uphold other organizations that seek justice for all people.</p> <p>3880 SE Brooklyn Street, Portland, OR 97202</p> <p>Tuesday, Thursday, Friday: 11am–6pm Sunday: 8:30am–1pm</p> <p><a href="http://www.mccportland.com">www.mccportland.com</a></p>
<p><b>TRINITY EPISCOPAL CATHEDRAL</b></p>	<p>(503) 222-9811  cathedral@trinity-episcopal.org</p>	<p>As an Open and Welcoming Congregation, Trinity Episcopal Cathedral open their doors wide to welcome everyone, regardless of ethnicity, sexual orientation, gender identity or expression, socio-economic circumstance, or religious background or beliefs.</p> <p>147 NW 19th Avenue, Portland, Oregon 97209 (at NW Everett)</p> <p>Several Sunday Service Hours. Office &amp; Welcome Center Hours: Tuesday-Thursday: 10am–3pm Sundays: 8:30am–12pm</p> <p><a href="https://www.trinity-episcopal.org/about-trinity">https://www.trinity-episcopal.org/about-trinity</a></p>



**TRINITY LUTHERAN  
CHURCH**

(503) 665-3197

office@tlcgresham.com

Trinity Lutheran Church is committed to being a loving and welcoming community.

507 W Powell Blvd, Gresham, OR 97030-7046

Sunday Service: 9:30am and 5pm

Office Hours

Tuesday-Thursday: 10am-3pm

<https://tlcgresham.com/>

A collage of various national flags and a map, with the text "CULTURAL MONTHS & INCLUSION DAYS" overlaid in the center. The flags include the European Union flag, the United Kingdom flag, the Romanian flag, and the flag of the Republic of Moldova. A map of Europe is visible in the top left corner.

**CULTURAL  
MONTHS &  
INCLUSION DAYS**

\* Events may be rescheduled, postponed, or moved to a different date.  
Please refer to the organization's website for any updates.

# JANUARY

## INCLUSION DAYS

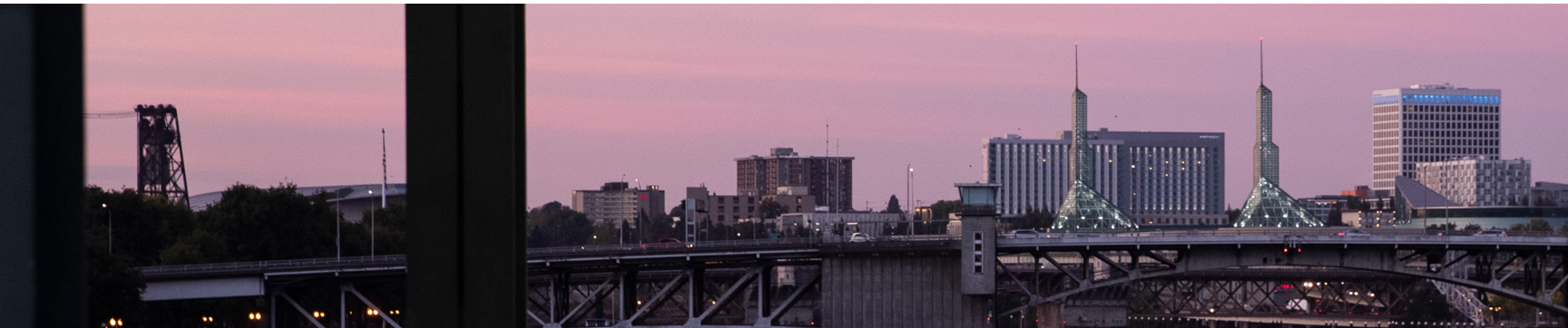
JAN 01	New Year's Day	JAN 21	World Religion Day
JAN 04	World Braille Day	JAN 24	International Day of Education
JAN 07	Coptic Orthodox Christmas	JAN 25	Mahayana New Year
JAN 13	Maghi	JAN 26	International Customs Day
	Martin Luther King Jr Day 3rd Monday of January	JAN 27	International Holocaust Remembrance Day

## ANNUAL EVENTS

- Chinese New Year Cultural Fair
- Lunar New Year Celebration
- Martin Luther King Jr. Breakfast
- Passing the Torch - Dr. Martin Luther King Jr Tribute
- Rev. Dr. Martin Luther King Jr. Film Tribute
- Vietnamese Lunar New Year Festival
- Winter Diversity Dinner

## MONTH-LONG OBSERVANCES

- National Mentoring Month
- Slavery and Human Trafficking Awareness Month



\* Events may be rescheduled, postponed, or moved to a different date.  
Please refer to the organization's website for any updates.

# FEBRUARY

## INCLUSION DAYS

**FEB 01** National Freedom Day

**FEB 02** Groundhog Day

**FEB 04** Rosa Parks Day

**FEB 06** Safer Internet Day

**FEB 10** Lunar New Year  
(Year of the Dragon)

**FEB 11** International Day of  
Women & Girls in Science

**FEB 12** International Epilepsy Day

**FEB 13** Mardi Gras

**FEB 14** Ash Wednesday

**FEB 14** Valentine's Day

**FEB 15** Nirvana Day

**FEB 15** International Childhood  
Cancer Day

**FEB 17** Random Acts of  
Kindness Day

**FEB 19** Family Day

**FEB 19** President's Day

**FEB 20** World Day of  
Social Justice

## ANNUAL EVENTS

- Albina Black History Month
- BIAMP PDX Jazz Festival
- Cascade Festival of African Films
- NAACP Black History Month
- NW Regional Equity Conference
- People's Party: BIPOC Affinity Night
- PitchBlack PDX
- Partners in Diversity: Say Hey!

## MONTH-LONG OBSERVANCES

- American Heart Month
- Black History Month



\* Events may be rescheduled, postponed, or moved to a different date.  
Please refer to the organization's website for any updates.

# MARCH

## INCLUSION DAYS

MAR 01	Employee Appreciation Day	MAR 14	Equal Pay Day	MAR 24	Palm Sunday	MAR 31	Easter
MAR 08	International Women's Day	MAR 15	International Day to Combat Islamophobia	MAR 25	International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade	MAR 31	César Chávez Day
MAR 08	Maha Shivarati	MAR 17	St. Patrick's Day	MAR 25	Holi		
MAR 10	Harriet Tubman Day	MAR 21	World Down Syndrome Day	MAR 29	Good Friday		
MAR 14	Pi π Day	MAR 23	Purim	MAR 31	International Transgender Day of Visibility		

## ANNUAL EVENTS

- Empowering Leaders of Color in Business
- Muslim Educational Trust (MET) Gala & Cultural Night
- NAYA Spring Marketplace

## MONTH-LONG OBSERVANCES

- Developmental Disabilities Awareness Month
- Ethnic Equality Month
- Gender Equality Month
- Greek-American Heritage Month
- Irish-American Heritage Month
- National Colon Cancer Awareness Month
- National Kidney Month
- National Multiple Sclerosis Awareness and Education Month
- National Women's History Month



\* Events may be rescheduled, postponed, or moved to a different date.  
Please refer to the organization's website for any updates.

# APRIL

## INCLUSION DAYS

APR 02 World Autism Awareness Day

APR 05 Laylat al-Qadr

APR 07 World Health Day

APR 09 Eid-al-Fitr/End of Ramadan

APR 12 National Day of Silence

APR 21 Start of Ridvan

APR 22 Passover begins

APR 22 Earth Day

APR 24 Administrative Professionals Day

APR 28 World Day for Safety and Health at Work

APR 30 Passover ends

## ANNUAL EVENTS

- Arab American Cultural Center of Oregon (AACCO) Gala

## MONTH-LONG OBSERVANCES

- Arab-American Heritage Month
- Autism Awareness Month
- Celebrate Diversity Month
- Earth Month
- National Child Abuse Prevention Month
- National Volunteer Month



\* Events may be rescheduled, postponed, or moved to a different date.  
Please refer to the organization's website for any updates.

# MAY

## INCLUSION DAYS

- |        |  |        |   |        |                          |
|--------|--|--------|---|--------|--------------------------|
| MAY 05 | Cinco de Mayo  | MAY 20 | Victoria Day  | MAY 29 | Ascension of Baha'u'llah |
| MAY 05 | Yom Hashoah  | MAY 21 | World Day for Cultural Diversity for Dialogue and Development |        |                          |
| MAY 12 | Mother's Day   | MAY 23 | Declaration of the Bab  |        |                          |
| MAY 17 | International Day Against Homophobia, Transphobia and Biphobia | MAY 26 | Arbor Day   |        |                          |
| MAY 19 | Malcolm X Day  | MAY 27 | Memorial Day  |        |                          |

## ANNUAL EVENTS

- Asian Pacific American Network of Oregon (APANO): Voices of Change Celebration
- Immigrant & Refugee Community Organization (IRCO) Gala
- OK Challenge Celebration
- Portland Cinco de Mayo Fiesta
- Partners in Diversity: Say Hey!
- Stand Against Hate: AANHPI Month Kickoff Event
- Vanport Mosaic Festival

## MONTH-LONG OBSERVANCES

- ALS Awareness Month
- Haitian Heritage Month
- Indian Heritage Month
- Jewish-American Heritage Month
- Mental Health Awareness Month
- National Asian American and South Pacific Islander Heritage Month
- Older Americans Month
- South Asian American Heritage Month



\* Events may be rescheduled, postponed, or moved to a different date.  
Please refer to the organization's website for any updates.

# JUNE

## INCLUSION DAYS

JUN 05	World Environment Day	JUN 19	Juneteenth	JUN 24	St-Jean-Baptiste Day
JUN 09	Race Unity Day	JUN 20	World Refugee Day	JUN 27	Helen Keller Day
JUN 12	Loving Day	JUN 20	Litha, Summer Solstice	JUN 28	Pride Day
JUN 16	Eid al-Adha	JUN 21	National Indigenous Peoples Day		
JUN 16	Father's Day	JUN 23	Public Service Day		

## ANNUAL EVENTS

- 8 Seconds Juneteenth Rodeo
- Career Connections Job Fair
- Delta Park Powwow
- Free Yoga at Director Park
- Good in the Hood Multicultural Music and Food Festival
- Juneteenth Freedom Celebration
- Latino Health Equity Conference
- Lents International Farmers Market
- My People's Market
- Portland Indigenous Marketplace
- Portland Independent Book and Art Fair
- Rosewood Initiative: Saturday Celebration
- Word is Bond: In My Shoes Juneteenth Walking Tour

## MONTH-LONG OBSERVANCES

- Alzheimer's and Brain Awareness Month
- Black Music Month
- National Caribbean American Heritage Month





\* Events may be rescheduled, postponed, or moved to a different date.  
Please refer to the organization's website for any updates.

# JULY

## INCLUSION DAYS

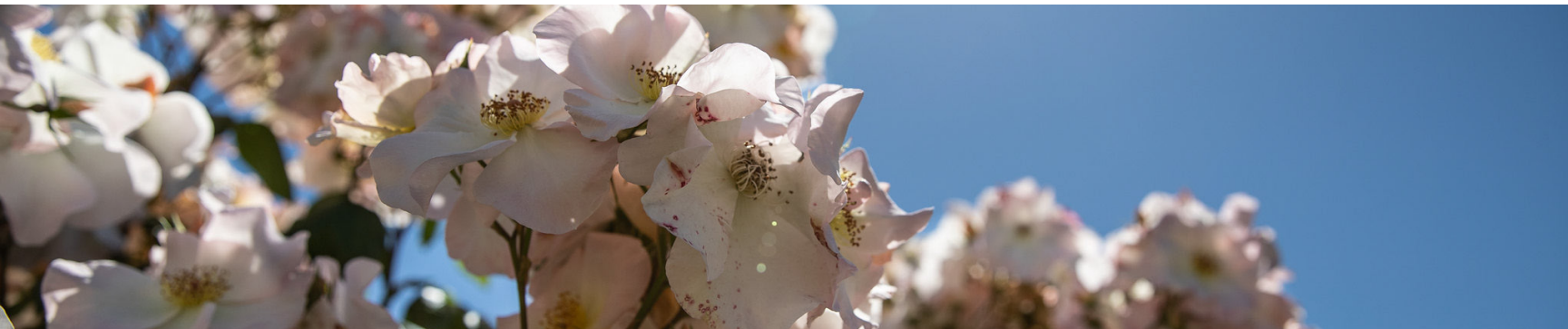
- |        |                      |        |                                      |        |                                 |
|--------|----------------------|--------|--------------------------------------|--------|---------------------------------|
| JUL 01 | Canada Day           | JUL 14 | Bastille Day                         | JUL 28 | Parents' Day                    |
| JUL 04 | Independence Day     | JUL 18 | International Nelson Mandela Day     | JUL 30 | International Day of Friendship |
| JUL 07 | Al-Hijra begins      | JUL 24 | Pioneer Day                          |        |                                 |
| JUL 09 | Martyrdom of the Bab | JUL 18 | International Self-Care Day          |        |                                 |
| JUL 11 | World Populace Day   | JUL 26 | National Disability Independence Day |        |                                 |

## ANNUAL EVENTS

- A Celebration of Somali
- Barber Battle
- Beaverton Night Market
- Cathedral Park Jazz Festival
- Lents International Farmers Market
- Montavilla Street Fair
- Multi-Cultural Showcase
- Portland Indigenous Marketplace
- Portland Pride Waterfront Festival & Portland Pride Parade
- Rainbow Night Market
- Rainbow Ride
- Rosewood Initiative: Saturday Celebration!
- Tanabata, the Star Festival
- The People's Market at Rockwood
- We Outside

## MONTH-LONG OBSERVANCES

- French-American Heritage Month



\* Events may be rescheduled, postponed, or moved to a different date.  
Please refer to the organization's website for any updates.

# AUGUST

## INCLUSION DAYS

- |        |  |        |                        |
|--------|--|--------|------------------------|
| AUG 07 | Purple Heart Day                                   | AUG 19 | World Humanitarian Day |
| AUG 09 | International Day of the World's Indigenous People | AUG 21 | Senior Citizens Day    |
| AUG 13 | Left-Handers Day                                   | AUG 26 | Women's Equality Day   |
| AUG 17 | Marcus Garvey Day                                  | AUG 26 | Krishna Janmashtami    |

## MONTH-LONG OBSERVANCES

- National Civility Month

## ANNUAL EVENTS

- APANO: Jade International Night Market
- Beaverton Night Market
- Chinese Festival
- Come Thru: Black and Indigenous Market
- Festa Italiana
- Get Your Rear in Gear – Portland 5K
- Hood to Coast
- India Festival
- Lents International Farmers Market
- Portland Hip Hop Week
- Portland Indigenous Marketplace
- Rosewood Initiative: Saturday Celebration
- Reclaiming Black Joy Festival
- Partners in Diversity: Say Hey!
- Soul2Soul
- Sunday Parkways
- The Kidz Outside Festival
- The People's Market at Rockwood
- Tonga Day Festival
- Vanport Jazz Festival
- Washington Park Summer Festival



\* Events may be rescheduled, postponed, or moved to a different date.  
Please refer to the organization's website for any updates.

# SEPTEMBER

## INCLUSION DAYS

SEPT 02	Labor Day	SEPT 15	International Day of Democracy	SEPT 22	American Business Women's Day
SEPT 05	International Day of Charity	SEPT 16	Mexican Independence Day	SEPT 26	HR Appreciation Day
SEPT 10	World Suicide Prevention Day	SEPT 18	International Equal Pay Day	SEPT 26	National Native American Day
SEPT 10	Grandparents' Day	SEPT 21	International Day of Peace	SEPT 27	National Day for Truth & Reconciliation
SEPT 11	Patriot Day	SEPT 21	World Gratitude Day		

## ANNUAL EVENTS

- Arab Mahrajan Festival - Arab American Cultural Center of Oregon (AACCO)
- Belmont Street Fair
- Come Thru: Black & Indigenous Market
- Hispanic Heritage Dinner by Hispanic Metropolitan Chamber
- Labor Day Picnic
- Lents International Farmers Market
- MLK Dream Run
- Multicultural Kids Festival NW
- Oregon & SW Washington More Than Pink Walk
- Portland Indigenous Marketplace
- Southwest Portland Sunday Parkways
- Support the Girls 5k Run/Walk
- The People's Market at Rockwood
- Urban League: Equal Opportunity Day

## MONTH-LONG OBSERVANCES

- Hispanic Heritage Month
- National Guide Dog Month
- Suicide Prevention Month



\* Events may be rescheduled, postponed, or moved to a different date.  
Please refer to the organization's website for any updates.

# OCTOBER

## INCLUSION DAYS

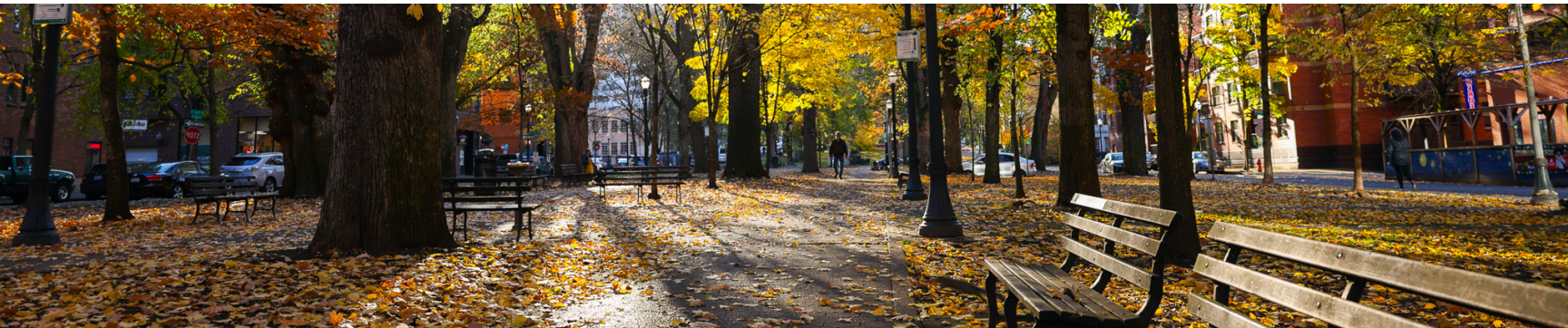
OCT 02	International Day of Nonviolence	OCT 11	Yom Kippur	OCT 20	Birth of the Bab	OCT 31	Halloween
OCT 02	Rosh Hashanah begins	OCT 14	National Indigenous Peoples' Day	OCT 19	Spirit Day	OCT 31	Diwali
OCT 03	Navrati begins	OCT 14	Thanksgiving Day	OCT 20	Sikh Holy Day		
OCT 10	World Mental Health Day	OCT 16	Sukkot	OCT 21	Waste Reduction Week		
OCT 11	National Coming Out Day	OCT 16	Bosses' Day	OCT 22	International Stuttering Awareness Day		

## ANNUAL EVENTS

- Come Thru: Black & Indigenous Market
- Latino Network: Noche Bella Gala
- Lents International Farmers Market
- Portland Argentinian Festival
- Portland Indigenous Marketplace
- Q Center: Shine! Gala
- The People's Market at Rockwood

## MONTH-LONG OBSERVANCES

- Breast Cancer Awareness Month
- Bullying Prevention Month
- Domestic Violence Awareness Month
- Filipino-American Heritage Month
- German-American Heritage Month
- Italian-American Heritage Month
- LGBTQ History Month
- National Work and Family Month
- Polish-American Heritage Month
- Family History Month



\* Events may be rescheduled, postponed, or moved to a different date.  
Please refer to the organization's website for any updates.

# NOVEMBER

## INCLUSION DAYS

NOV 1-2	Día de Muertos	NOV 09	World Freedom Day	NOV 13	World Kindness Day	NOV 25	Day of the Covenant
NOV 01	All Saints' Day	NOV 09	World Adoption Day	NOV 16	International Day for Tolerance	NOV 27	Ascension of Abdu'l-Baha
NOV 01	National Stress Awareness Day	NOV 11	Remembrance Day	NOV 19	International Men's Day	NOV 28	Thanksgiving
NOV 02	All Souls' Day	NOV 11	Veterans Day	NOV 20	Transgender Day of Remembrance		
NOV 05	Election Day	NOV 12	Birth of Baha'u'llah	NOV 20	World Children's Day		

## ANNUAL EVENTS

- NAYA Community Garden Volunteer Day
- Lents International Farmers Market
- NAYA Gala
- NAYA Unthanksgiving: Mourning Genocide & Celebrating Survival
- Portland Indigenous Marketplace
- Partners in Diversity: Say Hey!

## MONTH-LONG OBSERVANCES

- Diabetes Awareness Month
- National Native American Heritage Month



\* Events may be rescheduled, postponed, or moved to a different date.  
Please refer to the organization's website for any updates.

# DECEMBER

## INCLUSION DAYS

- DEC 01 World AIDS Day
- DEC 03 International Day for People with Disabilities
- DEC 03 Giving Tuesday
- DEC 05 International Volunteer Day
- DEC 07 Pearl Harbor Remembrance Day

- DEC 09 International Genocide Prevention Day
- DEC 10 International Human Rights Day
- DEC 18 International Migrants Day
- DEC 21 Yule Winter Solstice
- DEC 25 Christmas

- DEC 25 Hanukkah  
(Begins at sunset)
- DEC 26 Kwanzaa week
- DEC 26 Boxing Day
- DEC 31 New Year's Eve

## ANNUAL EVENTS

- NAYA Winter Marketplace

## MONTH-LONG OBSERVANCES

- HIV/AIDS Awareness Month
- Universal Human Rights Month



The *Rosewood*  
Initiative

**bike  
works**  
by p:ear

**FAMILY  
TIRES**

141st Ave

**STOP**

MARKET



## REFERENCES

---

### Adobe Stock Images

---

*Cover Page, 02, 12, 13, 65, 130, 133, 136, 138, 139, 141*

### Multnomah County Auditor's Office Images

---

*04, 10, 11, 14, 15, 34, 89, 137, 140, 142, 143*

### MultCo Communications Flickr Images

---

*06, 113, 131, 132, 135*



# STAY CONNECTED



Multnomah County  
Auditor's Office



*@Multnomah County  
Auditor Jennifer McGuirk*



*@multcoauditor*



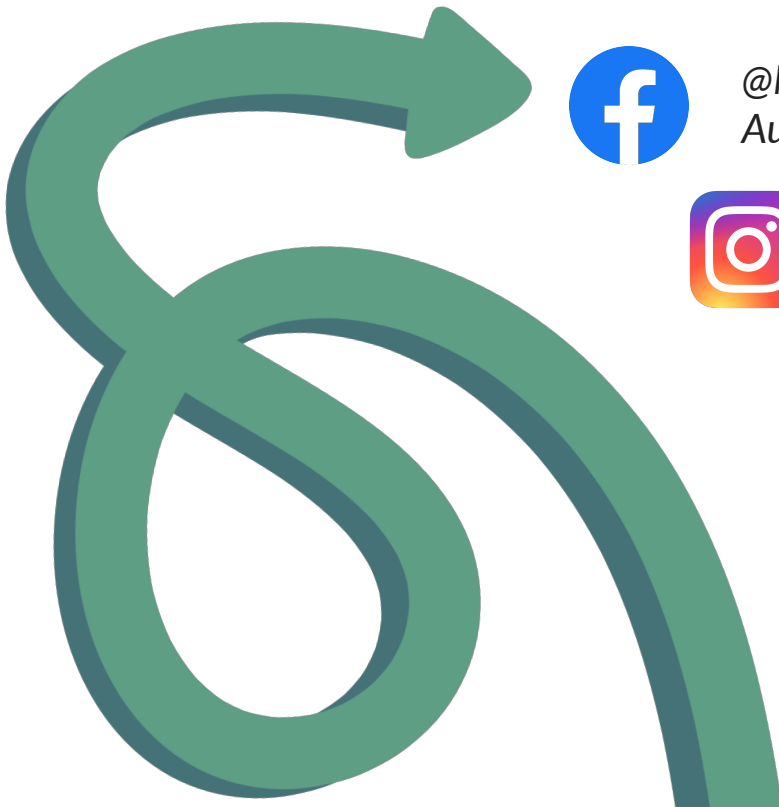
*@Multnomah County  
Auditor's Office*



*@multcoauditor*



*Multnomah County  
Auditor's Office Website*





Multnomah County  
Auditor's Office

# RESOURCE GUIDE

**Multnomah County Auditor's Office**  
501 SE Hawthorne Blvd., Room 601, Portland, OR 97214