



Columbia County Resource Guide

16th Edition

Spring 2018

Community Action Team

“Building Bridges to Self Sufficiency”



This reference book has been prepared to better acquaint Columbia County residents with available resources and services. We hope you find this useful and convenient.

Community Action Team's programs include:

Energy Services
Housing Solutions
Affordable Housing & Community Development
Housing Rehabilitation & Weatherization
Self-Help Housing
Senior Services
Veterans Services
Healthy Families
Head Start
Parenting Education & Support Services

We would like to thank Columbia River PUD, ORPET, Cascade and CareOregon for their assistance in printing this guide. We would also like to thank ALL the agencies and groups listed in this directory for their partnership in helping the citizens of Columbia County. You make a difference in people's lives.

Please feel free to call our office at 503.397.3511 or access our web site at www.cat-team.org for additional information.

Keith Locke, Board Chair
Dan Brown, Executive Director

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Please note that this guide is only intended to make readers aware of some of the resources available. We are not endorsing any specific resources listed in this guide but invite you to research and determine if any will meet your needs.

If you represent an entity that provides information or services like the ones listed in the following pages, and would like to have your information included or if you would like your information updated or removed please contact us:

Community Action Team
125 N 17th St
St Helens, OR 97051
resources@cat-team.org
503-397-3511 or 800-404-3511

BASIC NEEDS

Food

EMERGENCY FOOD

BARBARA BULLIS
MEMORIAL HELP
FOOD PANTRY

503-397-9708

www.cpfoodbank.org

474 Milton Way, St Helens, OR 97051

COLUMBIA PACIFIC
FOOD BANK

503-397-9708

www.cpfoodbank.org

474 Milton Way, St Helens, OR 97051

Providing food to emergency food pantries and
hunger-relief agencies in Columbia County.

GRACE BAPTIST
CHURCH BROWN BAG

503-397-9708

www.gracebaptistcc.com

58690 Ross Rd., Warren, OR 97053

\$15/annual fee; applications at Grace Baptist Church
or Columbia Pacific Food Bank

HOPE OF RAINIER

503-556-0701

www.hopeofrainier.com

404 East "A" Street, Rainier, OR 97048

SCAPPOOSE
FOURSQUARE

503-543-5069

www.scappoosefoursquare.org

33404 SW JP West Road, Scappoose, OR 97056

ST VINCENT DEPAUL
FOOD PANTRY

503-543-7495

www.cpfoodbank.org

51555 SW Old Portland Rd, Scappoose, OR 97056

(Behind Fred Meyer, next to St Wenceslaus Catholic)

TURNING POINT
COMMUNITY SERVICE
CENTER
www.clatskanieturningpoint.org
220 E Columbia River Hwy, Clatskanie, OR 97016
503-728-3126

VERNONIA CARES
www.vernoniacares.org
627 Adams Ave, Vernonia, OR 97064
503-429-1414

FARMERS MARKETS

CLATSKANIE
FARMERS' MARKET
clatskaniefarmersmarket.wordpress.com
Cope's Park – 11 Lillich St, Clatskanie, OR 97016
Saturdays June - September

RAINIER FARMERS'
MARKET IN THE PARK
Riverfront Park on "A" Street, Rainier, OR 97048
May - September

SCAPPOOSE FARMERS'
MARKET
www.scappoosefarmermarket.com
Adjacent to Heritage Park, behind Scappoose City Hall
Saturdays May - September

VERNONIA OPEN AIR
MARKET
Park Drive, Vernonia, OR 97064
Fridays June - October

COMMUNITY GARDENING & INFORMATION

OSU MASTER
GARDENERS
extension.oregonstate.edu/gardening
505 N Columbia River Hwy, St Helens, OR 97051
Trained volunteers offering information and
education.
503-397-3462

ST HELENS
COMMUNITY GARDEN
375 S 15th St, St Helens, OR 97051
Behind the Senior Center.
Email: sthelensgarden@hotmail.com
503-397-3343

VERNONIA
COMMUNITY GARDEN 1000 Missouri Ave, Vernonia, 97064
Garden plots and greenhouse space for rent.
971-998-3705

COMMUNITY MEALS

COMMUNITY MEALS www.cmeals.org
First Lutheran Parish Hall
Corner of 4th and Wyeth, St Helens, OR 97051
503-397-0090 Dinner served at no charge.
TUESDAY AND THURSDAY 5:30PM - 6:00PM

SOUP MINISTRY www.gracebaptistcc.com
www.cpfoodbank.org
503-397-0405 58690 Ross Rd., Warren, OR 97053
Last Wednesday of each month, 1-2 PM

SUSANNAH'S SUPPER Rainier United Methodist Church
101 E. C St/ PO Box 188, Rainier, OR 97048
503-556-3440 Free community meal.
Fourth Friday of each month, 6 PM

CONGREGATE & HOME DELIVERED MEALS FOR SENIORS

CLATSKANIE SENIOR CENTER www.clatskaniecastle.com
620 Tichenor, Clatskanie, OR 97016
503-728-3608 PO Box 383, Clatskanie, OR 97016

MEALS ON WHEELS www.cat-team.org
503-397-3511 Meals to homebound seniors over 60, their
spouses or dependent, disabled adult children.

RAINIER SENIOR CENTER www.rainierseniors.com
48 W. 7th, Rainier, OR 97048
503-556-3889

ST HELENS SENIOR CENTER www.sthseniorcenter.com
375 S. 15th, St Helens, OR 97051
503-397-3343 PO Box 692, St Helens, OR 97051

VERNONIA SENIOR CENTER www.vernonia-or.gov
503-429-3912

SUMMER FOOD SERVICE

*Generally available to youth age 18 and younger who live in designated areas, to provide nutritional meals during the summer when school is not in session.
Call the school district for meal site information and times.*

www.summerfoodoregon.org

CLATSKANIE, RAINIER & WEST PORT 503-556-4215 x 4

ST HELENS 503-366-7234 x7234

VERNONIA 503-429-5891 x1308

Housing/ Shelter

EMERGENCY SHELTER

ASTORIA RESCUE www.astoriamission.org
MISSION 62 W Bond St, Astoria OR 97103
503-325-6243 Men's shelter, call for bed availability

BRADLEY ANGLE www.bradleyangle.org
HOUSE 5432 N Albina Ave, Portland, OR 97217
503-235-5333 Shelter and services for victims of domestic or sexual
abuse.

COLUMBIA COUNTY Open annually during winter.
WARMING CENTER Email: ccwc@cat-team.org
503-410-5800

COMMUNITY HOUSE www.choblv.org
ON BROADWAY 1107 Broadway, Longview WA 98632
360-425-8679 Emergency Shelter home for adults and families.

EMERGENCY SUPPORT SHELTER 360-353-5777	www.esshelter.com 1330 11 th Ave, Longview WA 98632 Services to victims and survivors of domestic and sexual violence, as well as their family. 888-425-1176 24 Hr Crisis Line
SAFEPLACE 877-932-2734	www.boysandgirlsaid.org 454 SE Washington Street in Hillsboro Homeless and runaway youth.
JANUS YOUTH PROGRAMS 503-233-8111	www.janusyouth.org Crisis shelter for youth 800-914-9706 24 Hr Crisis Line
THE SAFE SHELTER 503-397-6161	www.safeofcolumbiacounty.org PO BOX 22, St Helens, OR 97051 Emergency shelter and support services for victims of domestic violence and/or sexual assault & their children. 866-397-6161 24 Hr Crisis Line
HOME IMPROVEMENT/ACCESSIBILITY	
ADAPTED HOUSING GRANTS FOR DISABLED VETERANS 800-827-1000	www.benefits.va.gov VA offers monetary assistance to Veterans with specific service-connected physical disabilities, so they can construct or modify a home to best meet their needs. For a list of eligible conditions and modifications Email: sahinfo.vbaco@va.gov
HOUSING REHABILITATION 503-397-3511	www.cat-team.org 125 N 17 th St, St Helens, OR 97051 0%, deferred payment loans to qualified homeowners for eligible repairs.
WEATHERIZATION 503-325-8098 or 800-325-8098	www.cat-team.org PO Box 566, Astoria OR 97103 Providing grant funded measures to reduce energy costs.

LOW COST BUILDING MATERIALS/SUPPLIES

HABITAT FOR HUMANITY RESTORE 503-366-1400	www.habitatcolumbiacounty.org 164 Little St, St Helens, OR 97051 Home improvement, building supplies and furniture. Proceeds fund Columbia County Habitat for Humanity
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HOME PURCHASE FINANCING/REFINANCING

CAT HOUSING CENTER 800-325-8098 503-366-6595	www.cat-team.org 125 N 17 th St, St Helens, OR 97051 Assists homeowners that are having trouble paying their mortgage or are at risk of foreclosure apply for a modification.
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OREGON VETERAN HOME LOANS 888-673-8387	www.orvethomeloans.com Additional and distinctively separate benefit from the Federal VA Home Loan Guaranty Program.
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USDA RURAL HOME LOANS 866-923-5626	www.rurdev.usda.gov
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VA HOME LOANS 888-768-2132	www.benefits.va.gov Eligible Veterans or their survivors obtain a Certificate of Eligibility to provide to lenders.
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HOUSING COUNSELING

CAT HOUSING CENTER 800-325-8098	www.cat-team.org ABCs of Home buying, Ready to Rent and other classes to prepare you for a home.
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HOUSING EXPENSE ASSISTANCE & SWEAT EQUITY PROGRAMS
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HABITAT FOR HUMANITY COLUMBIA COUNTY 503-366-1400	www.habitatcolumbiacounty.org PO Box 921, St Helens, OR 97051 Builds simple, affordable home in partnership with those in need. Families purchase the houses at no profit through interest-free loans.
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HOUSING SOLUTIONS 503-397-3511	www.cat-team.org 125 N 17 th St, St Helens, OR 97051 Case management, rent and shelter assistance, long term rental, low income housing list, advocacy.
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NORTHWEST OREGON HOUSING AUTHORITY (NOHA) 503-861-0119 or 888-887-4990	www.nwoha.org 503-861-0220 FAX 147 S Main St, Warrenton OR 97146 PO BOX 1149, Warrenton OR 97146 Provides Section 8 rental assistance for low income families, seniors and the disabled.
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SELF HELP HOUSING 503-397-3511	www.cat-team.org 125 N 17 th St, St Helens, OR 97051 Families work with CAT staff to leverage resources to preserve housing.
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SUPPORTED HOUSING

The Oregon Department of Human Services licenses long-term care facilities including nursing homes, assisted living and residential care facilities, memory care settings and adult foster homes. These facilities must meet requirements specified by Oregon Administrative Rules, State and Federal law.

<https://ltclicensing.oregon.gov>

AVAMERE ASSISTED LIVING 503-366-8070	www.avamereatsthelens.com/ 2400 Gable Road, St Helens, OR 97051
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COLUMBIA HILLS
RETIREMENT
CENTER 36050 Pittsburg Road, St Helens, OR 97051

503-397-6131

BROOKDALE ROSE
VALLEY ASSISTED www.emeritus.com
LIVING 33800 SE Frederick St, Scappoose, OR 97056

503-543-4646

SPRING MEADOWS www.springmeadowsalf.org
ASSISTED LIVING 36070 Pittsburg Rd, St Helens, OR 97051

503-397-0401

Material Goods

THRIFT SHOPS

GOODWILL www.goodwill.org
503-543-2150 51651 SE 2nd St, Scappoose, OR 97056
Supporting the work of Goodwill Industries.

SCAPPOOSE
COMMUNITY www.scappoosecommunitycenter.org
CENTER THRIFT 33511 Dutch Canyon Rd, Scappoose, OR 97056
STORE PO Box 797, Scappoose, OR 97056
Supporting the Scappoose Community Center

503-543-3281

TOP NOTCH www.tnthriftstore.com
THRIFT SHOP 1844 Columbia Blvd, St Helens, OR 97051
Supporting the St Helens Senior Center
503-397-5386 Donations accepted any time during store hours

TURNING POINT www.clatskanieturningpoint.org
THRIFT STORE 220 E Columbia River Highway, Clatskanie
Supporting Turning Point Community Services
503-728-3126

Transportation

COLUMBIA COUNTY RIDER	www.nworegontransit.org Transit Center: 1155 Deer Island Rd, St Helens Mailing: 230 Strand Street St Helens, OR 97051
(503) 366-0159	

GREYHOUND INFORMATION	www.greyhound.com Stations in Portland and Longview, WA
800-231-2222	

METRO WEST AMBULANCE	metrowest.fm/services/non-emergency.html Non-emergency medical transportation in the Vernonia Ambulance Service Area
503-648-6658	

NORTHWEST RIDE CENTER	www.ridethebus.org Non-emergency medical transportation for clients of OHP Plus.
866-811-1001	Alternate Phone: 503-861-0657

Utilities

UTILITY ASSISTANCE

Some utility providers are able to grant discounts to Senior and/or low-income households, please talk with your provider to find out what money saving options are available to you.

ASSURANCE WIRELESS	www.assurancewireless.com Virgin Mobile's Lifeline Cell service option offering one handset and service with 250 Minutes and 250 Texts per month.
888-321-5880	

CAT ENERGY ASSISTANCE	www.cat-team.org 125 N 17 th St, St Helens, OR 97051 Provides assistance to low income households with their primary heat utility.
503-397-3511	

CENTURYLINK INTERNET BASICS	www.centurylink.com Low income households may qualify for low cost internet. Some restrictions apply, call or go online for application and requirements.
866-541-3330	

HOPE OF RAINIER
503-556-0701

www.hopeofrainier.com
404 East "A" St, Rainier, OR 97048
Applications for Share-The-Warmth, a Clatskanie PUD program; wood lot offering donated firewood as available.

INTERNET
ESSENTIALS FROM
COMCAST
855-8-INTERNET

www.internetessentials.com
You may qualify if your child is eligible for the National School Nutrition Program.

OREGON
TELEPHONE
ASSISTANCE
(LifeLine)
1-800-848-4442
or 503-373-7171

www.puc.state.or.us
Oregon Public Utility Commission
PO Box 1088, Salem OR 97308-1088
Reduces monthly phone bill by \$12.75.
Application is available on webpage.
TTY: 1-800-648-3458 or (503) 378-6962

SAFELINK WIRELESS

www.safelinkwireless.com
TracFone's Lifeline Cell service option offering one handset and service with 250 Minutes and 1000 Texts per month.

UTILITY PROVIDERS

COLUMBIA RIVER
PUD
503-397-1844

www.crpud.net
64001 Hwy 30, Deer Island, OR 97054
PO Box 1193, St Helens, OR 97051
Electric service provider for southern Columbia County.

CLATSKANIE PUD
503-728-2163

www.clatskaniepud.com
495 E Columbia River Hwy, Clatskanie, OR 97016
PO Box 216, Clatskanie, OR 97016
After Hours Emergency 503-728-4626

WEST OREGON
ELECTRIC
COOPERATIVE
503-429-3021

www.westoregon.org/
652 Rose Ave., Vernonia, OR 97064
PO Box 69, Vernonia, OR 97064
Toll Free - 1-800-777-1276

NW NATURAL GAS www.nwnatural.com
 800-422-4012 **Smell Gas? Get out and call 800-882-3377**

MCNULTY WATER PO Box 260, St Helens, OR 97051
 503-397-1301 **Emergency Pager: 503-366-8119**

CITY OF ST HELENS www.ci.st-helens.or.us
 WATER City Hall, 265 Strand Street, St Helens
 503-397-6272 P.O. Box 278, St Helens, OR 97051

CITY OF SCAPPOOSE www.ci.scappoose.or.us
 WATER 33568 E Columbia Ave, Scappoose, OR 97056
 503-543-7146

CITY OF RAINIER www.cityofrainier.com
 WATER 106 West B St, Rainier, OR 97048
 503-556-7301 PO Box 100, Rainier, OR 97048

CITY OF COLUMBIA www.columbia-city.org
 CITY WATER PO Box 189, Columbia City, OR 97018
 503-366-0454

CITY OF VERNONIA www.vernonia-or.gov
 WATER City Hall
 503-429-5291 **After hours emergencies: 1-800-696-7795**

CONSUMER, CRIMINAL JUSTICE & LEGAL SERVICES

Consumer Assistance and Protection

BETTER BUSINESS www.alaskaoregonwesternwashington.bbb.org
 BUREAU 4004 SW Kruse Way Pl; Suite 375, Lake Oswego, OR
 503-226-3981 97035

Consumer Regulation

FOOD HANDLER'S
PERMITS

www.orfoodhandlers.com

Training materials and test available online

888-397-7210

CONSUMER
PRODUCTS SAFETY
COMMISSION

www.cpsc.gov/

Consumer product recalls and safety laws.

Report complaints, check for recalls and review safety regulations for consumer

800-638-2772

Money Management

ANNUAL FREE
CREDIT REPORT

www.annualcreditreport.com

Each of the three nationwide consumer credit reporting companies must give you a free credit report every 12 months if you ask for it.

877-322-8228

CLEARPOINT
CREDIT
COUNSELING

www.clearpointccs.org/

4800 SW Griffith Dr #102 Beaverton, OR 97005

9955 SE Washington St #301 Portland, OR 97216

Non-profit budget and debt counseling center. Many services free, others at low cost.

800-750-2227

CONSUMER
FINANCIAL
PROTECTION
BUREAU

www.consumerfinance.gov/

Ensuring that consumers get the information they need to make the financial decisions they believe are best for themselves and their families.

855-411-2372

Tax Organizations and Services

AARP
FOUNDATION TAX-
AIDE

www.aarp.org

Free tax preparation for low to moderate income households.

888-OUR-AARP

TTY 877-434-7598

CASH OREGON	www.cashoregon.org
503-243-7765	Free tax preparation and financial education for low income Oregonians.

Judicial Services

DISTRICT ATTORNEY	www.co.columbia.or.us
503-397-0300	230 Strand St, Rm 328; Columbia County Courthouse, St Helens, OR 97051

COURT APPOINTED SPECIAL ADVOCATES FOR CHILDREN	www.casaforkidsinc.org
503-366-4133	800 Port Ave, St Helens, OR 97051 Volunteers acting to support the best interests of children who are in the court system as a result of abuse or neglect.

Law Enforcement Agencies

Dial 9-1-1 In Emergencies

NEHALEM VALLEY SUBSTATION	www.co.clatsop.or.us
503-755-2359	79532 Oregon Highway 202, Jewell A substation of the Clatsop County Sheriff

CLATSKANIE POLICE DEPARTMENT	www.cityofclatskanie.com
503-728-2145	195 SE 2 nd Street, Clatskanie, OR 97016 Contracted with the Columbia County Sherriff's Office Non-Emergency Dispatch: 800-696-7795

CLATSOP COUNTY SHERIFF	co.clatsop.or.us
503-325-8635	355 Seventh St., Astoria, OR 97103 For non-emergencies or to report crimes, traffic problems or road hazards, call (503) 325-2061 .

COLUMBIA CITY POLICE DEPARTMENT	www.columbia-city.org
503-397-4010	1840 2 nd St, Columbia City, OR 97018 PO Box 189, Columbia City, OR 97018

COLUMBIA COUNTY
CORRECTIONS

co.columbia.or.us

901 Port Avenue, St Helens, OR 97051

503-366-4630

COLUMBIA COUNTY
SHERIFF

www.co.columbia.or.us

901 Port Ave., St Helens, OR 97051

503-366-4611

OREGON STATE
POLICE

www.oregon.gov/osp

35851 Industrial Way, Suite A, St Helens, OR 97051

Columbia County Dispatcher: 503 397-3131

503 397-0325

RAINIER POLICE
DEPARTMENT

www.cityofrainier.com

106 West "B" St, Rainier, OR 97048

Non-Emergency Dispatch 503-397-1521

503-556-3644

SCAPPOOSE POLICE
DEPARTMENT

www.scappoosepolice.com

33568 E Columbia Ave, Scappoose, OR 97056

Fingerprints: Wednesdays between the hours of 8 to
Noon & 1 to 4pm. \$10.00/ card charge.

Non-Emergency Dispatch 503-397-1521

503-543-3114

ST HELENS POLICE
DEPARTMENT

www.ci.st-helens.or.us

150 S 13th St, St Helens, OR 97051

Non-Emergency Dispatch 503-397-1521

503-397-3333

VERNONIA POLICE
DEPARTMENT

vpd.vernonia-or.gov

1001 Bridge St, Vernonia, OR 97064

Toll Free Dispatch: 800-696-7795

503-429-7335

WASHINGTON
COUNTY SHERIFF

www.co.washington.or.us

215 SW Adams, Hillsboro, OR 97123

503-629-0111

Legal Education, Information & Services

ATTORNEY GENERAL'S CONSUMER HOTLINE 877-877-9392	doj.state.or.us Consumer-related issues, filing complaints against a business; not able to offer legal advice counsel to individuals, we are able to help many informally resolve consumer issues.
CRIME VICTIM'S SERVICES DIVISION 503-366-3914	www.doj.state.or.us If you are a victim of crime, trained advocates can help you navigate the criminal justice system, understand your rights and refer you to resources that can offer support.
FEDERAL VETERANS ADMINISTRATION 800-827-1000	www.va.gov Information related to Veterans benefits, direct deposit, etc.
ODVA PORTLAND CLAIMS AND COUNSELING 503-412-4777	oregon.gov 100 SW Main St 2nd Floor, Portland, OR 97204
OREGON LAW CENTER COLUMBIA COUNTY SATELLITE OFFICE 503-397-1628	sites.lawhelp.org 270 S. 1st St., St Helens, OR 97051 PO Box 1090, St Helens, OR 97051 Provide free legal assistance to low income clients with noncriminal problems, family law in Oregon, pamphlets and information
OREGON VICTIM INFORMATION AND NOTIFICATION EVERYDAY (VINE) 877-OR 4 VINE (877-674-8463)	www.oregon.gov To register with VINE go to www.vinelink.com Allows crime victims to obtain timely and reliable information about criminal cases and the custody status of offenders 24 hours a day.

	www.cat-team.org
VETERANS SERVICE OFFICER 503-366-6580	125 N 17 th St, St Helens, OR 97051 Provides accurate and up to date Veteran's Administration information and referral services, advocacy, claims support and representation. Email: rclark@cat-team.org
WORKER'S COMPENSATION 503-947-7810 or 800-452-0288	www.cbs.state.or.us/wcd/ 350 Winter St NE, Salem, OR 97309-0405 PO Box 14480, Salem, OR 97309-0405 The state agency that administers, regulates, and enforces the laws and administrative rules governing the Oregon workers' compensation system.

DISCRIMINATION ASSISTANCE

FAIR HOUSING COUNCIL OF OREGON 800-424-3247 or 503-223-8197	www.fhco.org/ 1020 SW Taylor St; Suite 700, Portland, OR 97205 Legal counsel and referrals for those believing they have been discriminated against for any of the following reasons: family status, gender, marital status, race, color, religion, national origin, disabilities, source of income, veteran/military status or status as a domestic violence victim.
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FAMILY LAW

SUPPORT AND ADVOCACY SERVICES – AMANI CENTER 503-366-4005	www.amanicenter.org 1621 Columbia Blvd., St Helens, OR 97051 PO Box 1001, St Helens, OR 97051 Medical Evaluations for Children Suspected to be Abused, Child Forensic Interviews, Peer and Crisis Counseling Services, Information and Referrals, Safety Planning, Assistance Filing Crime Victims Compensation, Support & Advocacy Services
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CHILD SUPPORT www.oregonchildsupport.gov
 ENFORCEMENT TTY: 800-735-2900
 Portland: 971-673-1677
 800-850-0228

LANDLORD/TENANT ASSISTANCE

HOUSING TENANT A paralegal or attorney is available to answer questions
 HOTLINE regarding fair housing, evictions and other tenant issues
 with the possibility of further legal representation.
 503-648-7723 *Can call collect for emergency situations*
 MONDAY AND WEDNESDAY 9:AM - 12:NOON

RENTERS RIGHTS www.oregoncat.org
 HOTLINE Giving tenants detailed information about their rights
 and practical suggestions to help protect those rights.
 503-288-0130 The hotline operates most afternoons and some
 evenings and weekends.

EDUCATION

Educational Institutions/Schools

EARLY CHILDHOOD EDUCATION

ADMINISTRATIVE www.nworheadstart.org
 OFFICE FOR CHILD 108 W "B" St, Rainier
 & FAMILY PO Box 10, Rainier, OR 97048
 DEVELOPMENT A free comprehensive preschool program for families
 PROGRAMS within the federal poverty guidelines. Children must be
 three or four years old by September 1st to be
 503-556-3736 considered. Please call for more information.

CLATSKANIE HEAD www.nworheadstart.org
 START CENTER 365 SW High School Drive, Clatskanie
 PO Box 2, Clatskanie, OR 97016
 503-728-2940 503-728-2225 FAX

ST HELENS HEAD www.nworheadstart.org
 START CENTER 2750 Columbia Blvd, St Helens
 PO Box 239, St Helens, OR 97051
 503-397-4114 503-397-0906 FAX

VERNONIA HEAD www.nworheadstart.org
 START CENTER 500 California Ave, Vernonia
 PO Box 242, Vernonia, OR 97064
 503-429-9243 503-429-4103 FAX

SCHOOL DISTRICTS

DISTRICT 13 – www.rainier.k12.or.us
 RAINIER 5th & E East, Rainier, OR 97048
 PO Box 160, Rainier, OR 97048
 503-556-3777

DISTRICT 1J – www.scappoose.k12.or.us
 SCAPPOOSE 33589 SE High School Wy.,
 PO Box V Scappoose, OR 97056
 503-543-6374

DISTRICT 47J – www.vernonia.k12.or.us
 VERNONIA 1000 Missouri Ave, Vernonia, OR 97064
 503-429-1333

DISTRICT 502 – www.sthelens.k12.or.us
 ST HELENS 474 N. 16th Street, St Helens, OR 97051
 503-397-7273

DISTRICT 8 – www.csd.k12.or.us
 CLATSKANIE 555 SW Bryant St., Clatskanie, OR 97016
 503-728-0587

Educational Programs and Support Services

NWESD www.nwresd.org
 800 Port Ave., St Helens, OR 97051
 503-366-4122 GED testing, Early Intervention and Early Childhood
 Special Education

HEALTH CARE

Emergency Medical Care

If someone is being hurt, or is in danger right now call 911 immediately

DOERNBECHER

PEDIATRIC

EMERGENCY

503 494-8311

www.ohsu.edu

3181 S.W. Sam Jackson Park Road
Portland, OR 97239-3098

GOOD SAMARITAN

503-413-7711

legacyhealth.org

1015 NW 22nd Ave., Portland, OR 97210

KAISER SUNNYSIDE

503-652-2880

www.kaiserpermanente.org

10180 SE Sunnyside Road, Clackamas, OR 97015

LEGACY EMANUEL

503-413-2200

legacyhealth.org

2801 N. Gantenbein, Portland, OR 97227

OHSU

503 494-7551

ohsu.edu

3181 S.W. Sam Jackson Park Rd.
Portland, OR 97239

PEACE HEALTH

360-414-2000

peacehealth.org

1615 Delaware Street, Longview, WA 98632

PORTLAND

ADVENTIST

503-257-2500

www.adventisthealthnw.com

10123 SE Market Street, Portland, OR 97216

PROVIDENCE

PORTLAND

503-215-1111

oregon.providence.org

4805 NE Glisan St., Portland, OR 97213

ST VINCENT oregon.providence.org
 503-216-1234 9205 SW Barnes Road, Portland, OR 97225

TUALITY www.tuality.org
 503-681-1860 335 SE 8th Ave., Hillsboro, OR 97123

General Medical Care

COWLITZ FAMILY cowlitzfamilyhealth.org
 HEALTH CENTER 1057 12th Avenue, Longview, WA 98632
 MEDICAL CLINIC Sliding scale fee medical clinic
 888-528-7364 360-636-3892

LEGACY CLINIC www.legacyhealth.org
 503-397-0471 500 N Hwy 30, Ste 6, St Helens, OR 97051

OHSU SCAPPOOSE www.ohsu.edu
 FAMILY MEDICINE 51377 Old Portland Rd., Ste C,
 503-418-4222 Scappoose, OR 97056
 Alternate Phone Number 503-543-3181

RAINIER SCHOOL www.rainier.k12.or.us
 BASED HEALTH 26168 Old Rainier Rd, Rainier, OR 97048
 CENTER Appointments appreciated but not necessary.
 503-556-2178

SACAGAWEA sacagaweahealthcenter.org
 SCHOOL BASED 1060 Eisenschmidt Lane, St Helens, OR 97051
 HEALTH CENTER Providing care to all students who need it
 503-366-7645

SPENCER HEALTH www.tphfcc.org
 & WELLNESS IN 1000 Missouri Ave, Vernonia
 VERNONIA
 503-429-1399

WALLACE MEDICAL CONCERN www.wallacemedical.org
 Rockwood Building 124 NE 181st Ave Suite 103
 Portland, OR 97230
 503-489-1760 Downtown and Mobile Clinic locations also.

Health Screening/Diagnostic Services

CHILD ABUSE ASSESSMENT www.amanicenter.org
 1621 Columbia Blvd., St Helens, OR 97051
 PO Box 1001, St Helens, OR 97051
 503-366-4005 Medical evaluations and forensic interviewing

COLUMBIA HEARING CENTER www.columbiahearingcenter.org
 369 Columbia River Hwy, St Helens, OR 97051
 503-397-1960

Health Supportive Services

ABC FOR LIFE TRAINING CENTER www.abcforlifetraining.net
 503-709-1878 CPR, AED (automated external defibrillator), first aid and choking on-site training and certification for individuals, corporations, industrial work sites, assisted living facilities, long term care facilities, medical offices, private residential care and foster homes.

CASCADE AIDS PROJECT cascadeaids.org
 800-777-2437 208 SW 5th Ave, Ste 800, Portland, OR 97204
 Broad range of supportive services for those affected by HIV/AIDS.
 (800) 499-6940 en español

MAKE-A-WISH FOUNDATION oregon.wish.org
 503-802-7002 Children with life-threatening medical conditions between the ages of 2½ & 18 may be eligible to have a wish granted. To refer a child in Oregon or Clark County, Washington directly to our local chapter, or for questions about our referral process, please contact:
magic@orwish.org

<p>MULTIPLE SCLEROSIS SOCIETY OF PORTLAND</p> <p>800-344-4867 or 503-297-9544</p>	<p>www.msoregon.org 2901 SE 122nd Ave., Portland, OR 97236</p> <p>Oregonians diagnosed with Multiple Sclerosis may be eligible to participate in programs that provide medical equipment, air conditioners, acupuncture, caregiver classes and other services. Must have documentation of diagnosis. Email: programs@msoregon.org</p>
<p>MUSCULAR DYSTROPHY SOCIETY</p> <p>503 223-3177</p>	<p>mda.org/office 4800 SW Macadam Ave, #205 Portland, OR 97239</p> <p>Advocacy, information, medical equipment, summer camp and other programs for Oregonians affected by Muscular Dystrophy.</p>
<p>POISON CONTROL</p> <p>800-222-1222</p>	<p>www.oregonpoison.org</p> <p>Call 911 in an emergency</p>
<p>SHIBA (SENIOR HEALTH INSURANCE BENEFITS ASSISTANCE)</p> <p>800-722-4134</p>	<p>www.oregonshiba.org</p> <p>Statewide program providing free, unbiased help to understand your Medicare options and benefits.</p>

Reproductive Health

<p>BOYS AND GIRLS AID SOCIETY PREGNANCY COUNSELING</p> <p>877-932-2734 or Text "ASKME" to 503-862-8108</p>	<p>boysandgirlsaid.org</p> <p>If you make a parenting or abortion plan, we can connect you with the community resources that you may need. If you choose adoption, we will help guide you through the adoption process and will be with you before, during, and after the birth.</p>
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COLUMBIA PREGNANCY CENTER 503-397-6047	www.columbiapregnancycenter.com 430 Columbia Blvd, St Helens, OR 97051 Pregnancy Tests, Peer-Counseling on Abortion, Parenting and Adoption, STD and Abstinence Education, Earn While You Learn Program, Bible Studies.
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LA LECHE LEAGUE	lalecheleagueoregon.webs.com Meets monthly in St Helens, call for info.
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LEGACY LACTATION SPECIALISTS 503-413-7533	www.legacyhealth.org Specialized nursing staff to work with you and your care team. At Emanuel Medical Center 503-413-2800
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NAF HOTLINE 877- 772-9100	prochoice.org Answering any questions you may have about abortion, unintended pregnancy, or related issues. Free, anonymous, offering services to everyone, regardless of their situation, can assist with funding.
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NAF HOTLINE REFERRAL LINE 877-257-0012	www.prochoice.org If you have been diagnosed with a fetal anomaly, require specialized later abortion care, or are a medical professional looking for a referral, please call the NAF Hotline Referral Line
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OREGON CONTRACEPTIVE CARE (FORMERLY FAMILY PLANNING) 503-397-4651	www.tphfcc.org 2370 Gable Rd. St Helens, OR 97051 Sliding scale fee for services such as: cervical, testicular and breast cancer screening, pregnancy testing and contraception.
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PLANNED PARENTHOOD COLUMBIA WILLAMETTE 888-875-7820	www.plannedparenthood.org Health Services including: vasectomies, colonoscopies, Pap and LEEP tests, birth control, abortion, STD and HIV testing and counseling.
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Inpatient & Outpatient Health Facilities

LEGACY URGENT
CARE – ST HELENS www.legacyhealth.org
500 N Columbia River Hwy, Ste 7, St Helens
503-397-7119

PORTLAND
VETERANS
MEDICAL CENTER www.portland.va.gov
3710 SW US Veterans Hospital Rd,
Portland, OR 97239
800-949-1004 Alternate Phone Number: 503-220-8262

SHRINER'S
HOSPITAL www.shrinershospitalsforchildren.org
3101 SW Sam Jackson Park Rd, Portland, OR 97239
503-241-5090 Care for children with a host of orthopedic and neuro-
musculoskeletal disorders and diseases.

VA HILLSBORO
COMMUNITY BASED
CLINIC www.portland.va.gov
1925 Amber Glen Parkway Suite #300
Hillsboro, OR 97006
503-220-8262

Habilitation/Rehabilitation Services

CCMH ccmh1.com
DEVELOPMENTALLY
DISABLED SUPPORT Services for individuals with developmental disabilities
include case management, transition planning,
503-397-5211 advocacy and transportation.

INTEGRATED
SERVICES NETWORK www.isnbrokerage.org
621 Columbia Blvd, St Helens, OR
503-397-1165 Personal agents work with developmentally disabled
individuals to get support plans developed and
implemented.

Specialized Treatment

COMMUNITY HOME HEALTH AND HOSPICE	www.chhh.org The 12-bed homelike center provides around-the-clock medical care for hospice patients who need help managing their symptoms or for respite care. Family, friends and pets are always welcome—and they may stay overnight with the patient in their private room. Each patient suite has access to the kitchen and family room.
360-425-8511	

Specialty Medicine

LOW COST DENTAL CARE

COWLITZ FAMILY HEALTH CENTER LONGVIEW DENTAL CLINIC	www.cowlitzfamilyhealth.org 1057 12 th Ave, Longview WA 98632 Sliding scale fee. Primary preventative care, restorative services, emergency services.
360-414-1300	

MOBILE DENTAL CLINIC	www.medicalteams.org Providing dental services through community partners, free or low cost services.
503-624-1026	

OHSU SCHOOL OF DENTISTRY	www.ohsu.edu 611 S.W. CAMPUS DRIVE, Portland, OR 97239 Fee for service, reduced costs, student practitioners.
503-494-8867	

PCC DENTAL CLINIC	www.pcc.edu 12000 SW 49th Ave. Portland, OR 97219 Fee for service, reduced costs, student practitioners.
971-722-4909	

Environmental Protection

SOIL & WATER CONSERVATION DISTRICT
503-397-4555

www.columbiaswcd.com
35285 Millard Rd; St Helens, OR 97051
Free technical assistance to local residents and landowners regarding water and land use.

INCOME SUPPORT AND EMPLOYMENT

Employment

COMMUNITY ACCESS SERVICES
503-533-437

communityaccessservices.org
1815 NW 169th Place, Suite 1060,
Beaverton, OR 97006
Vocational services for the developmentally disabled.

DHS VOCATIONAL REHABILITATION
503-366-8383 or 800-243-4987

www.oregon.gov
500 N. Hwy 30, Ste. 230 , St Helens, OR 97051-1200
We assist individuals with disabilities in getting and keeping a job that matches their skills, interests and abilities.

EXPERIENCE WORKS
503-366-2877 or 877-779-7905

www.experienceworks.org
2005 St Helens St, St Helens, OR 97051
On-the-job training experience for low-income older workers whose goal is to gain permanent employment.

GOODWILL
503-543-2306

www.meetgoodwill.org
51651 SE 2nd Ave, Scappoose, OR 97056
Job search and referral program.

OREGON STATE EMPLOYMENT DEPARTMENT
503-397-4995

www.workinginoregon.org
500 N Hwy 30, Ste 320, St Helens, OR 97051
***Unemployment Claims Toll Free
1-877-FILE-4-UI (1-877-345-3484)***

RIVERSIDE TRAINING CENTER
503-397-1922

www.facebook.com/RTCsince1974
105 Port Ave, St Helens, OR 97051
PO Box 280, St Helens, OR 97051
Job Development and Coaching for Adults with
Developmental Disabilities

Public Assistance Programs

BASIC INCOME MAINTENANCE PROGRAMS & HOUSEHOLD RELATED EXPENSES

TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (TANF)
503-397-1784

www.oregon.gov/DHS
500 N Hwy 30, Ste 210; St Helens, OR 97051
Cash assistance for very low income families with children, while they work towards self-sufficiency.

MEDICAL ASSISTANCE

MEDICARE
1-800-633-4227

www.medicare.gov
Health coverage for Seniors.

OREGON HEALTH PLAN
800-527-5772

www.oregon.gov
Health coverage for low-income Oregonians.

NUTRITION RELATED PROGRAMS

SNAP
503-397-1784
800-243-4987

www.oregon.gov
500 N Hwy 30, Ste 210, St Helens, OR 97051
Supplemental Nutrition Assistance Program, formerly known as Food Stamps.

	www.tphfcc.org
	2370 Gable Rd, St Helens, OR 97051
WIC	Supplemental food program that provides nutritious foods, milk, juice, formula and other items to low income pregnant or breastfeeding women, infants and children up to the age of five.
503-397-4651	

Social Insurance Programs

	www.socialsecurity.gov
	1538 SW Yamhill St, Portland, OR 97205
SOCIAL SECURITY	TTY 1-800-325-0778
1-800-772-1213	Many services, including applying for benefits, available online

	www.oregon.gov/dhs
EMPLOYMENT RELATED DAYCARE	500N Hwy 30, Ste 210; St Helens, OR 97051
503-397-1784	Assists low income families with the cost of childcare for the hours they are working.

INDIVIDUAL AND FAMILY LIFE

Birth and Death Certificates

STATE OF OREGON VITAL RECORDS	public.health.oregon.gov
888-896-4988	

WASHINGTON VITAL RECORDS	www.doh.wa.gov
360-236-4313	

CALIFORNIA VITAL RECORDS	www.cdph.ca.gov
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Individual and Family Support Services

ADOPTION SERVICES

BOYS AND GIRLS www.boysandgirlsaid.org
 AID SOCIETY 018 SW Boundary Court, Portland, OR 97239
 800-342-6688 Infant and foster care adoption

OPEN ADOPTION & www.openadopt.org
 FAMILY SERVICES Available Text "open" to 971-266-0924
info@openadopt.org
 800-772-1115 Support pregnant women and couples in making
 Para Español decision about their pregnancy options in an
 800-985-6763 atmosphere of dignity and respect.
MONDAY - FRIDAY 9:AM - 5:PM Text Chat

BENEFITS SCREENING

www.benefits.gov www.benefitscheckup.org/
www.oregonhelps.org www.211info.org

CASE/CARE MANAGEMENT

HEALTHY FAMILIES www.nworheadstart.org
 503-366-6556 125 N 17th St, St Helens, OR 97051
 Provides information about prenatal, infant care and
 development, and services in the community for families
 with young children.

INTEGRATED www.isnbrokerage.org
 SERVICES 621 Columbia Blvd., St Helens, OR 97051
 NETWORK Support services brokerage for developmentally delayed
 503-397-1165 adults.

OPTIONS www.cat-team.org
 COUNSELLING 125 N. 17th St, St Helens, OR 97051
 503-397-3511 Assistance creating a long term care plan for seniors and
 disabled adults.

PUBLIC HEALTH FOUNDATION www.tphfcc.org
 2370 Gable Rd, St Helens, OR 97051
 503-397-4651 Babies First/Cocoon, Maternity Case Management

FAMILY SUPPORT RECRUITMENT/REFERRAL

CHILD CARE REFERRALS

CHILD CARE RESOURCE AND REFERRAL 211 www.211info.org
 Child care referrals and information to Parents & Families; enrollment and training information to Child Care providers; assists employers with developing employee-responsive child care programs and resources.

INTERPRETERS / TRANSLATORS

IRCO INTERNATIONAL LANGUAGE BANK www.irco.org
 Translation and interpretation for fee.
 503-234-0068

IN HOME CARE REGISTRY

OREGON HOME CARE WORKER REGISTRY www.or-hcc.org
 676 Church Street NE, Salem, OR 97301-2401
 Office of Oregon Home Care Commission
 877-867-0077

IN HOME ASSISTANCE

ADEO IN HOME CARE www.adeohomecare.com
 1560 Columbia Blvd, St Helens, OR 97051
 503-366-1806 Homemaking/Companionship, Personal Care, Bathing Assistance, Nurse Supervised Medication Management, High Acuity Care, Foot Care, In Home Dental Hygiene.

COMMUNITY HOME HEALTH AND HOSPICE
 360-425-8477

www.chhh.org
 1035 11th Ave, Longview WA 98632
 Personal Care, Bathing Assistance, Housekeeping, Companionship (including travel, gardening assistance and reading), Medical appointments, Medication reminders, Pre-and-post surgery care, Shopping, Pet assistance, Meal preparation, 24-hour care available

PARENTING EDUCATION

NATIONAL PARENTING HELPLINE
 855-427-2736

www.nationalparenthelpline.org
 Emotional support from a trained Advocate.

NW OREGON PARENTING EDUCATION
 503-556-3736

www.nworparenting.org
 108 West "B" St, Rainier, OR 97048
 Offering a variety of classes across the county.

PROTECTIVE SERVICES

If someone is being hurt, or is in danger right now call 911 immediately

COLUMBIA COUNTY AGING & PEOPLE WITH DISABILITIES
 503-397-5863
 TTY 503-397-2797

www.oregon.gov
apps.state.or.us/Forms/Served/de9373.pdf
 500 N Hwy 30, Ste 240, St Helens, OR 97051
 For reporting suspected abuse or neglect of seniors.

COLUMBIA COUNTY ANIMAL CONTROL
 503-397-3935

www.co.columbia.or.us
 2084 Oregon St, St Helens, OR 97051
 For reporting suspected animal abuse or neglect.

DHS CHILD ABUSE & NEGLECT
 877-302-0077

www.oregon.gov
 500 N Hwy, Ste 220, St Helens, OR 97051
 For reporting suspected abuse or neglect of minors.

Leisure Activities and Recreation

CLATSKANIE

SWIMMING POOL www.cityofclatskanie.com

503-728-0000

COLUMBIA COUNTY

PARKS www.co.columbia.or.us

503-397-2353

EISENSCHMIDT

POOL www.sthelenspool.com
1070 Eisenschmidt Lane, St Helens, OR 97051

503-397-2283

Mutual Support

SUPPORT GROUPS

Support groups advertise their meetings in a variety of ways. Please check your local paper or call a related national association to find a group that meets your needs.

ALZHEIMER'S

503-366-8070

Group meets monthly in St Helens
Please call for more information

MULTIPLE SCLEROSIS

503-543-2517

Group meets monthly in Scappoose
Please call for more information

NATIONAL ALLIANCE ON MENTAL
ILLNESS, FRIENDS AND FAMILY

503-556-9135

Group meets twice monthly in
Rainier
Please call for more information

OVEREATERS ANONYMOUS

503-369-4607

Group meets weekly in St Helens
Please call for more information

TAKING OFF POUNDS SENSIBLY CHAPTER
OR0642

503-397-4660

www.tops.org
Meets weekly, in St Helens
Call for more information

ADDICTION/DEPENDENCIES SUPPORT GROUPS

ALANO CLUB 503-397-9530	215 N 6 th St, St Helens, OR 97051 Hosts 12 step recovery meetings in a safe and friendly environment. Over 30 meetings per week. Please call for the time of a group that meets your needs.
AL-ANON & AL-ATEEN 888-4ALANON	www.oregonal-anon.org Support groups for the families of alcoholics. Call or go online to find a meeting near you.
ALCOHOLICS ANONYMOUS 503-366-0667	www.aa.org Call, or go online to find meetings near you.
YANKTON RECOVERY GROUP 503-397-1473	Weekly Meetings at Yankton Grange Call for more information Or 503-366-0667

Volunteer Development and Opportunities
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COLUMBIA COUNTY RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP) 503-397-5655	www.oregonvolunteers.org 270 Columbia Blvd, St Helens, OR 97051 Provides adults 55 and older with volunteer opportunities in their communities.
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VOLUNTEERS OF AMERICA - OREGON 800-899-0089	www.voaor.org 3910 SE Stark Street, Portland, OR 97214
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MENTAL HEALTH, CRISIS AND SUBSTANCE ABUSE SERVICES

COLUMBIA COMMUNITY MENTAL HEALTH	www.ccmh1.com 58646 McNulty Way, St Helens, OR 97051 PO Box 1234, St Helens, OR 97051 Comprehensive mental health services for all ages, individual, family, group counseling. Walk in crisis intervention.
503-397-5211	
MEDICINE WHEEL RECOVERY SERVICES	www.medicinewheelrecovery.org 58147 Columbia River Highway Suite C St Helens, OR 97051 Assessment and many services available.
503-396-5322	
PORTLAND VET CENTER	www.va.gov 1505 N.E. 122nd Ave., Portland, OR 97230 Services for combat Veterans and their families.
877-927-8387	Please call 1-800-273-8255 if you are in crisis.

HELPLINE, WARM-LINE AND ONLINE CRISIS INTERVENTION
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ALCOHOL & DRUG HELPLINE	800-621-1646
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ALCOHOL ABUSE & ACTION HOTLINE	800-207-9998
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CCMH 24 HR CRISIS LINE	866-866-1426
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DRUG HELP LINE (REFERRAL LINE)	800-662-HELP (4357)
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LINES FOR LIFE (SUBSTANCE ABUSE AND SUICIDE PREVENTION)	800-282-7035
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MENTAL HEALTH AMERICA	800-969-6642
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NATIONAL ALCOHOLISM & SUBSTANCE
ABUSE INFORMATION CENTER

800-787-6776

NATIONAL PROBLEM GAMBLING
HOTLINE

800-522-4700

NICOTINE ANONYMOUS

877-TRY-NICA

OREGON PARTNERSHIP DRUG &
ALCOHOL HELPLINE

ADULTS: 800-923-4357
YOUTH: 877-553-8336
SUICIDE LINE: 800-784-2433
ESPAÑOLA: 877-515-8336

OREGON TOBACCO QUIT LINE

877-270-STOP (7867)

NATIONAL ALLIANCE ON MENTAL
ILLNESS OF OREGON

800-343-6246

NATIONAL HOPELINE

800-442-HOPE(4673)

SUICIDE PREVENTION LIFELINE

800-273-TALK(8255)
En Español : 888-628-9454
TTY 800-799-4889

VETERAN'S CRISIS LINE

800-273-8255 Press 1
Or Text to 838255 for Help NOW

PROBLEM GAMBLING

1-877-MY LIMIT (877-695-4648)

Crisis Intervention

DOMESTIC VIOLENCE HOTLINE 800-799-7233	www.thehotline.org Lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.
NORTHWEST HUMAN SERVICES 800-560-5535	www.northwesthumanservices.org Confidential and anonymous suicide and risk assessments, provides reassurance and solution-focused services, and helps callers overcome whatever problem or concern prompted them to call.
CALL TO SAFETY 888-235-5333	www.calltosafety.org Support for survivors of domestic and sexual violence as well as non-offending family members, friends, and community partners
SAFE OF COLUMBIA COUNTY 503-397-6161	www.safeofcolumbiacounty.org 24 Hour crisis line

Substance Abuse Services

ASSESSMENT & TREATMENT FOR SUBSTANCE ABUSE

CCMH – ADULT ADDICTION 800-294-5211	www.ccmh1.com Locations in St Helens, Scappoose, Clatskanie and others. Please call to schedule evaluation at the center nearest you.
NATIVE AMERICAN REHABILITATION ASSOCIATION OF THE NORTHWEST 503-621-1069	www.naranorthwest.org 17645 NW St Helens Highway, Portland, OR 97231 Child(ren) up to age 5 may stay with parents who are in residential treatment. To obtain complete information on eligibility, contact the admissions department.

NORTHWEST BEHAVIORAL HEALTHCARE
800-527-3303

www.northwestbhs.com
18000 SE Webster Rd, Gladstone, OR 97027
Adolescent, residential treatment program for mental health and substance abuse problems.

PATHWAYS
503-366-4540

www.ccmh1.com
185 N 4th St, St Helens, OR 97051
Short term residential alcohol and drug treatment center.

MEDICINE WHEEL RECOVERY SERVICES
503-396-5322

www.medicinewheelrecovery.org
58147 Columbia River Highway Suite C
St Helens, OR 97051
Assessment and many services available.

SMOKING CESSATION

AMERICAN LUNG ASSOCIATION
800-586-4872

www.lung.org
Variety of smoking cessation resources.

SMOKEFREE OREGON
800-QUIT NOW

www.quitnow.net
Call or go online to enroll in this free tobacco quitting program.

ORGANIZATIONAL & COMMUNITY SERVICES

Chambers of Commerce

CLATSKANIE
503-728-0000

www.clatskanie.org/chamber.html

RAINIER
503-556-7212

PO Box 1085, Rainier, OR 97048

SOUTH COLUMBIA COUNTY www.sccchamber.org
 2194 Columbia Blvd, St Helens, OR 97051
 503-397-0685

VERNONIA www.vernoniachamber.org
 1001 Bridge St, Vernonia, OR 97064
 503-429-6081

Community Economic Development and Finance

(SHEDCO)
 ST HELENS ECONOMIC DEVELOPMENT CORPORATION www.shedc.org
 A volunteer organization dedicated to improving the economic vitality of St Helens.

Community Groups & Government/Administrative Offices

211 www.211info.org
 Trouble reaching us by dialing 211? Call 866-698-6155

AMERICAN LEGION www.legion.org
 503-369-1313 Meets monthly in St Helens, call for more information

AREA AGENCY ON AGING www.o4ad.org
 503-397-3511 Advocating for dignity and choice for Oregon's Seniors and disabled.

CITY OF CLATSKANIE www.cityofclatskanie.com
 95 S. Nehalem Street, Clatskanie, OR 97016
 503-728-2622

CITY OF COLUMBIA CITY www.columbia-city.org
 1840 Second St, Columbia City, OR 97018
 PO Box 189, Columbia City, OR 97018
 503-397-4010

CITY OF RAINIER 503-556-7301	www.cityofrainier.com 106 West B Street, Rainier, OR 97048 PO Box 100, Rainier, OR 97048
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CITY OF SCAPPOOSE 503-543-7146	www.ci.scappoose.or.us 33568 E Columbia Ave, Scappoose, OR 97056
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CITY OF ST HELENS 503-397-6272	www.ci.st-helens.or.us 265 Strand Street, St Helens, OR 97051 PO Box 278, St Helens, OR 97051
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CITY OF VERNONIA 503-429-5291	www.vernonia-or.gov 1001 Bridge St., Vernonia, OR 97064
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COLUMBIA COUNTY 888-397-7210	www.co.columbia.or.us Most administrative offices located at the Columbia County Courthouse: 230 Strand Street, St Helens, OR 97051
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COLUMBIA COUNTY SHRINE CLUB 503-369-1503	www.alkadershriners.org/clubs/columbia-county-shrine-club.aspx
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KIWANIS DAYBREAKERS 503-397-2696	www.kiwanisdaybreakers.com
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LIONS CLUBS	directory.lionsclubs.org Vernonia – Meets twice monthly Scappoose – Meets twice monthly St Helens – 503-397-0407 – Meets twice monthly
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MOTHERS AGAINST DRUNK DRIVING – VICTIM’S SERVICES 877.MADD.HELP 24 Hour Hotline	www.madd.org PO Box 933, St Helens, OR 97051 Victim’s services, support group connection, public awareness regarding underage drinking
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STATE UNIT ON AGING 800-282-8096	www.oregon.gov 500 Summer St. NE E12, Salem, OR 97301-1073 Services and programs for seniors and people with physical disabilities.
UNITED WAY OF COLUMBIA COUNTY 503-556-3614	www.unitedwayofcolumbiacounty.com 305 W 3 rd St, Rainier, OR 97048 We support programs related to Children, People with Disabilities & Special Needs, Seniors, Emergency & Basic Needs.
VETERANS OF FOREIGN WARS	www.vfw.org
VFW LADIES AUXILIARY 503-397-2147	www.ladiesauxvfw.org Meets monthly, please call for more information

Disaster Services

AMERICAN RED CROSS 503-284-1234	www.redcross.org 3131 N. Vancouver Ave, Portland, OR 97227 Providing for people's immediate emergency needs following disasters, as well as providing support for emergency workers in cases of special need.
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Information Services

INFORMATION AND REFERRAL LINES

211	www.211info.org
AGING AND DISABLED RESOURCE CONNECTION (ADRC) 855-673-2372	www.adrcforegon.org Resource directory for Oregon families, caregivers and consumers seeking information about long-term supports and services.

ALZHEIMER'S
ASSOCIATION
800-272-3900

www.alz.org
Education and support for people diagnosed, their families, and caregivers.

AMERICAN CANCER
SOCIETY
800-227-2345

www.cancer.org
Information and resources

AMERICAN
DIABETES
ASSOCIATION
800-342-2383

www.diabetes.org
Information, support, recipes and referrals

AMERICAN HEART
& STROKE
ASSOCIATION
800-242-8721

www.heart.org
Information, education

AMERICAN LUNG
ASSOCIATION
800-586-4872

www.lungoregon.org
Information, referrals

ARC
877-581-2726

www.thearcmult.org
For individuals with physical or mental disabilities.

ARTHRITIS
FOUNDATION
888-391-9389

www.arthritis.org/oregon/
Information and tools to help live a better life with arthritis and related conditions.

ASSOCIATION OF
NATUROPATHIC
PHYSICIANS
503-262-8586

www.oanp.org/?page=physiciansearch
PO Box 5876, Portland, OR 97228
Find a naturopathic physician, information about naturopathy.

CEREBRAL PALSY ASSOCIATION 503-777-4166	www.ucpaorwa.org Individualized supports, information, and advocacy for people with cerebral palsy and other disabilities and their families.
COMMUNITY ACTION TEAM – SENIOR AND RESPITE 503-397-3511	www.cat-team.org 125 N 17 th St, St Helens, OR 97051 Information, referral and advocacy for Seniors in Columbia County, as well as screening for other agency programs.
CYSTIC FIBROSIS FOUNDATION 800-448-8404	www.cff.org/chapters/oregon Information
DBTAC NW ADA INFO CENTER 800-949-4232	www.dbtacnorthwest.org Information for businesses, governments, architects and contractors as well as disabled individuals seeking information about the Americans with Disabilities Act.
EPILEPSY FOUNDATION NORTHWEST 888-828-7651	www.epilepsynw.org Advocacy, support groups, summer youth camp, information and referral.
EPILEPSY FOUNDATION OF AMERICA 800-332-1000	www.epilepsyfoundation.org Find local programs, doctors and support.
LEUKEMIA & LYMPHOMA SOCIETY 800-955-4572	www.lls.org Information and support services.
MARCH OF DIMES 503-222-9434	www.marchofdimes.com/oregon Information and referral, grants to programs.

MULTIPLE SCLEROSIS SOCIETY OF PORTLAND
 800-344-4867 or 503-297-9544

www.msoregon.org
 2901 SE 122nd Ave., Portland, OR 97236
 Information and Referral for caregivers and patients.
 Many programs for those with documented diagnosis of MS.
 Email: programs@msoregon.org

MUSCULAR DYSTROPHY SOCIETY
 503 223-3177

mda.org/office/portland-metro
 4800 SW Macadam Ave, #205 Portland, OR 97239
 Information, resources and advocacy for patients, their caregivers and families.

NATIONAL ALLIANCE ON MENTAL ILLNESS
 800-343-6264

www.nami.org
 4701 SE 24th St., Suite E, Portland, OR 97202
 Education, support and advocacy to improve the quality of life of individuals living with mental illness and their families and loved ones.

OREGON COMMISSION FOR THE BLIND
 888-202-5463

www.oregon.gov
 535 SE 12th Avenue, Portland, OR 97214
 Resources for Oregonians who are blind as well as their families, friends, and employers.

OREGON SCHOOL FOR THE DEAF
 503-378-3078

www.osd.k12.or.us
 999 Locust St. NE, Salem, OR 97303
 Information and referral related to deafness and education.
Videophone line: 503-400-6162

PARKINSON'S RESOURCES OF OREGON
 800-426-6806

www.parkinsonsresources.org
 3975 Mercantile Dr, #154, Lake Oswego, OR 97035
 Information and referral. Please call before visiting us in person, very limited staff.

SIDS RESOURCE CENTER
 866-866-7437

www.sidscenter.org
 Resources for reducing risk as well as grief and bereavement

NATIONAL HUNGER HOTLINE
866-3HUNGRY www.whyhunger.org/findfood
Call for more information regarding food and nutrition programs, help finding a food pantry, SNAP benefits, etc.

LIBRARIES

CLATSKANIE LIBRARY
503-728-3732 cityofclatskanie.com
11 NE Lillich Street, Clatskanie, OR 97016
PO Box 577, Clatskanie, OR 97016

COLUMBIA COUNTY LAW LIBRARY
503-397-1628 www.occll.org/directory.php
270 S 1st St, St Helens, OR 97051
PO Box 1400 St Helens, OR 97051

RAINIER CITY LIBRARY
503-556-7301 www.cityofrainier.com
106 "B" St Rainier, OR 97048

SCAPPOOSE LIBRARY
503-543-7123 www.scappooselibrary.org
52469 SE 2nd St, Scappoose, OR 97056
PO Box 400, Scappoose, OR 97056

ST HELENS PUBLIC LIBRARY
503-397-4544 x 1 www.ci.st-helens.or.us
375 S 18th St, Suite A; St Helens, OR 97051

TALKING BOOKS AND BRAILLE SERVICES LIBRARY
800-452-0292 or 503-378-5389 www.tbabs.org Email: tbabs.info@state.or.us
250 Winter St, Salem OR 97301
Special format books and books on tape provided via download or postage-provided (free return) mail. You must apply and show need. Please call or email for more information.

TELE-LAW TAPE LIBRARY
800-452-4776 www.osbar.org/public/legalinfo
Automated prompts direct the caller to plain English explanations of common legal issues, ability to request printed copies.

VERNONIA LIBRARY www.vernonia-or.gov

503-429-1818

COLUMBIA CITY
COMMUNITY
LIBRARY

www.freewebs.com/cccomlibrary

2000 2nd Street, Columbia City, OR 97018

PO Box 189, Columbia City, OR 97018

503-366-8020

PUBLIC HEALTH & SAFETY

Public Health

THE PUBLIC
HEALTH
FOUNDATION OF
COLUMBIA COUNTY

503-397-4651

www.tphfcc.org

Public Health's Communicable Disease Program monitors the reporting and investigation of communicable diseases, as well as offering tracking and treating to exposed individuals. We also provide tuberculosis testing and medication.

After hours & weekend reporting line

503-396-2072

Public Safety

FIRE STATIONS

Dial 9-1-1 in Emergencies

BIRKENFIELD/MIST

503-755-2710

12525 Hwy. 202, Mist, OR 97016

CLATSKANIE FIRE

503-728-2025

www.clatskaniefire.org

280 SE Third St, Clatskanie, OR 97016

PO Box 807, Clatskanie, OR 97016

Burn Line: 503-728-2131

COLUMBIA RIVER
FIRE & RESCUE –
ADMINISTRATION
OFFICE

www.crfrr.com
270 Columbia Blvd, St Helens, OR 97051

Email us at: info@crfr.com for more information about
our stations or services.

503-397-2990

CRFR – RAINIER

www.crfrr.com/rainier-station
211 2nd Street West, Rainier, OR 97048

503-556-0406 **Burn Line: 503-397-4800**

CRFR – ST HELENS
STATION

www.crfrr.com/st-helens-station
105 12th St, St Helens, OR 97051
Fairgrounds station: 503-397-4711

503-397-1014 **Burn Line: 503-397-4800**

SCAPPOOSE FIRE
DISTRICT

www.srfd.us
52571 Columbia River Hwy, Scappoose, OR 97056
PO Box 625, Scappoose, OR 97056

503-543-5026 **Burn Line: 503-543-3590**

VERNONIA FIRE
DISTRICT

www.vernoniafire.us
555 E. Bridge St., Vernonia, OR 97064

503-429-8252

OREGON DEPT OF
FORESTRY

www.oregon.gov
405 E Street, Columbia City, OR 97018

503-397-2636

SAFETY ADVISORIES

OREGON ROAD CONDITIONS www.tripcheck.com

800-977-ODOT (6368)

WASHINGTON ROAD CONDITIONS www.wsdot.com/traffic

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