

2024

18th edition



Columbia County Resource Guide

**Your Gateway to Community
Services, Solutions, and
Essential Resources.**



Community Action Team

Serving Columbia, Clatsop, and Tillamook Counties



Community Action Team

Welcome to the 2024 Columbia County Resource Guide, your gateway to essential services and community supports in our community and beyond. Whether you are seeking assistance with healthcare, education, housing, or emergency services, this guide provides clear, easy-to-access information designed to connect you and your family to the resources you need to thrive.

This guide is an indispensable tool for all residents, empowering you with knowledge and support right at your fingertips. For in-depth information about the programs in this printed booklet, visit cat-team.org/guide

At CAT, our goals are to reduce the incidence of poverty and to provide services that support resilience in our community.

We want to thank the agencies and groups listed in this directory for their partnership and commitment to a thriving community for all.

You make a difference in people's lives.

Erin Skaar, Board Chair

Dan Brown, Executive Director

For additional
information call
(503) 397-3511
cat-team.org

Family Resource Center
125 N 17th Street
Saint Helens, OR 97051

Office Hours:
Monday—Friday
8:30 AM - 5:00 PM
closed 12:30-1:30 PM

CAT Programs & Services

CAT has been dedicated to empowering individuals and strengthening our community since 1966. Beginning with impactful, federally-funded Head Start programs, our services have expanded to address pressing issues like homelessness, affordable housing, early childhood development, disaster recovery, and utility assistance. Our core values of empowerment, compassion, collaboration, and equity drive our commitment to creating equal access to opportunities and resources for everyone in NW Oregon.

Guided by a community-based Board of Directors, CAT ensures that our decisions reflect the community's needs and interests. In response to Oregon's call for comprehensive Community Action Partnership representation, we established advisory boards in Tillamook and Clatsop counties, leading to the formation of Community Action Resource Enterprises (CARE) in Tillamook and Clatsop Community Action (CCA) in Astoria.

We are dedicated to providing access to safe housing, educational opportunities, and the necessary support for individuals to achieve self-sufficiency. As we continue to adapt to the evolving needs of our community, we are committed to alleviating poverty, enhancing self-reliance, and building thriving, resilient, and inclusive communities.

Human Investment

Housing Solutions

Veterans Services

Senior Services

Housing Center

Energy/Utility Programs

Community Investment

Self-Help Housing

Housing Rehabilitation

Lend-A-Hand

Healthy Homes

Weatherization

Child & Family Development

Healthy Families

Head Start



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Addiction & Recovery Resources

Alcohol & Drug Helpline

Alcohol & Drug Helpline in Oregon offers confidential help 24/7 for addiction issues, treatment referrals, and suicide prevention for all ages. Youth line exclusively for teens.

(800) 923-4357 ^{24/7}
(503) 244-1312
oregon.gov/oha

Al-Anon Portland

Al-Anon Portland provides support groups and resources for families and friends of alcoholics.

oregonal-anon.org
(503) 292-1333
(503) 297-3551 ^{Admin}

Alano Club - Saint Helens

Provides a safe and friendly environment for over 30 weekly 12-step recovery meetings. Download the Meeting Guide app to find nearby groups & times. Westside Office maintains area meeting directory & distributes literature.

westsidecentraloffice.com
meetingguide.org
(503) 397-9530
215 N. 6th St.
Saint Helens, OR 97051

Alcoholics Anonymous

Alcoholics Anonymous is a 12-step self-help recovery program for anyone struggling with alcohol addiction.

aa-oregon.org
(503) 366-0667

American Lung Association

American Lung Association of Oregon provides statewide services to educate people about lung cancer and to help individuals quit smoking.

lung.org
(800) 586-4872
16037 SW Boones Ferry
Tigard, OR 97224

CCMH - Alcohol & Drug Services

Outpatient services include counseling, groups, and crisis intervention. Pathways is a residential program in Saint Helens for those who require more assistance than outpatient services. Bridge to Pathways provides detox and intensive treatment.

ccmh1.com
(503) 397-5211 ^{Clinic}
(503) 782-4499 ^{Crisis Line}
58646 McNulty Way,
St. Helens, OR 97051

Cedar Hills Hospital

Cedar Hills Hospital provides adult behavioral health services, including crisis intervention and various treatment options for mental health, substance abuse, and co-occurring disorders.

cedarhillshospital.com
(503) 944-5000
10300 SW Eastridge St.
Portland, OR 97225

Addiction & Recovery Resources

Co-Dependents Anonymous (CoDA)

Online & inperson resource that connects individuals with local 12-step support groups for co-dependency.

coda.org
(602) 277-7991
(888) 444-2359 Toll-free

Drug Help Hotline - SAMHSA

Substance Abuse & Mental Health Services Administration
SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Website features referrals and local treatment search.

samhsa.gov
(800) 662-4357 Helpline

Gamblers Anonymous

Gamblers Anonymous provides 24-hour hotline and groups for recovering compulsive gamblers. Membership is open to all with a desire to stop gambling.

gamblersanonymous.org
(855) 222-5542 Hotline

Inner Journey Healing Arts Center

Inner Journey Healing Arts Center, certified for outpatient substance abuse treatment, supports individuals seeking recovery. Services are provided at their center during scheduled times.

innerjourneyhealingarts.com
(971) 777-0756
161 Saint Helens St.
Saint Helens, OR 97051

Mothers Against Drunk Driving

MADD provides victim's services and advocacy, raises public awareness about underage drinking, and connects people to support groups.

madd.org
(503) 397-6159
(541) 343-8115 State Office

Medicine Wheel Recovery Services

Medicine Wheel Recovery Services is a certified provider of Outpatient Substance Use Disorder Services and DUII Services with a focus on healing and growth.

medicinewheelrecovery.org
(503) 396-5322 Phone
58147 Columbia River Hwy
Saint Helens, OR 97051

Native American Rehabilitation Association

NARA provides education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need.

naranorthwest.org
(503) 231-2641 Outpatient
(503) 953-6598 Intake

Narcotics Anonymous

Narcotics Anonymous is a self-help recovery program for drug abusers that follows a 12-step approach. Alcohol & Substance Abuse Addiction Recovery Resources

na.org
(360) 749-6965

Nicotine Anonymous

Assists individuals who seek to quit tobacco and nicotine products. It provides an online locator tool to help find local support groups for those who need them.

nicotine-anonymous.org
(469) 737-9304 Admin
(877) 879-6422 Toll-free

Oregon Council on Problem Gambling

Offers statewide services, including information on responsible gambling and resources for problem gambling .

oregoncpg.org
(877) 695-4648 Helpline
(971) 361-9333 Local Office

Oregon Problem Gambling Resource

Offers a range of services to help problem gamblers and their families, including referrals to local treatment services, anonymous meetings, and a counseling program.

opgr.org
877-MY-LIMIT

Oxford Houses Oxford of Oregon State Association

Self-run recovery homes offering an affordable, substance-free living environment for people in recovery.

oxfordvacancies.com
 PO Box 66699
 Portland, OR 97290

Parents Anonymous Parent Mentor Program

Morrison Child and Family Services

Free, confidential parent support groups for anyone, including those recovering from substance abuse and involved with Child Welfare. Parent Mentors help parents access resources and connect with the recovery community.

morrisonkids.org
(503) 258-4568
(971) 221-5180 Intake

QuitNow Oregon Health Authority

QuitNow is a statewide program that provides personalized support for tobacco addiction. It offers a dedicated coach, withdrawal symptom management, and habit-changing strategies to help individuals live tobacco-free.

quitnow.net/oregon
(800) QUIT-NOW
(866) 784-8454

Recovery Network of Oregon

Recovery Network of Oregon is an online directory providing access to support services, providers, peers, and meetings.

recoverynetworkoforegon.org

Community Organizations & Resources

Clatskanie Chamber of Commerce

Promotes and advocates for local businesses while helping connect citizens to those businesses.

clatskaniechamber.com
(503) 728-2502

Local Organizations

Rainier Chamber of Commerce

The Rainier Chamber of Commerce promotes and supports local businesses while connecting citizens to the resources they need.

rainierchamber.org

(503) 333-8790

Columbia Pacific Economic Development District

Non-profit organization established to assist in diversifying and strengthening the economy and livability of Northwest Oregon.

nworegon.org

(503) 397-3099

Keep it Local Columbia County

The Rainier Chamber of Commerce promotes and supports local businesses while connecting citizens to the resources they need.

keepitlocalcc.com

PO Box 1653

St. Helens, Oregon 97051

OSU Extension Service

Wide array of educational programs and resources focused on agriculture, community vitality, food systems, and youth development. The extension provides practical advice and workshops aimed at improving local agricultural practices,

extension.oregonstate.edu/columbia

(503) 397-3462

505 N Columbia River Hwy

St Helens, OR 97051

Columbia County Public Libraries

Clatskanie City Library

cityofclatskanie.com

(503) 728-3732

11 Lillich St. Clatskanie, OR 97016

Columbia City Community Library

columbiacitylibrary.com

(503) 366-8020

2000 2nd St. Columbia City, OR 97018

Oregon State Library

oregon.gov/library

Talking Book and Braille Services

(800) 452-0292

Rainier City Library

cityofrainier.com/rainier-city-library

(503) 556-7301

106 West B Street, Rainier, OR 97048

Saint Helens Library

sthelensoregon.gov/library

(503) 397-4544

375 S 18th Street, St. Helens, OR

Scappoose City Library

scappooselibrary.org

(503) 543-7123

52469 SE 2nd St, Scappoose, OR 97056

Vernonia Library

vernonia-or.gov

(503) 429-1818

701 Weed Ave, Vernonia, OR 97064

Children & Families

4-H Youth Program

OSU Extension Services

Provides leadership and skills training in subjects as varied as robotics, food and nutrition, public speaking, and more.

extension.oregonstate.edu/4h

(503) 397-3462

505 N Columbia River Hwy
St. Helens, OR 97051

Amani Center

Provides Forensic Child Abuse Assessments and support for children and families affected by abuse or neglect. They offer family support, safety planning, and forensic interviews.

amanicenter.org

(503) 366-4005

1621 Columbia Blvd.
St. Helens, OR 97051

Boys and Girls Aid Society

Foster care adoption, safe place shelter, housing services, family engagement, adoption trainings, and pregnancy counseling to ensure children find secure, and long-term families.

boysandgirlsaid.org

(503) 222-9661

9320 SW Barbur Blvd.
Portland, OR 97219

Child Passenger Safety Oregon Impact

Offers child seat inspections, safety checks locator, car seat assistance for low income families, and info on safety laws, recalls, and more

oregonimpact.org

(503) 303-4954

Oregon Child Abuse Hotline

Call to report abuse or neglect of a child or adult in Oregon. If someone is being hurt or is in danger right now, call 911.

(855) 503-SAFE (7233)

oregon.gov/DHS

ChildCare.gov HHS

Online resource that helps parents across the United States find local child care options, providing comprehensive information on state regulations, financial assistance, and tips for choosing care.

childcare.gov

Childhelp National Child Abuse Hotline

A 24/7 service available to individuals facing confusion related to abuse and neglect.

childhelp.org

(800) 422-4453 Hotline

Developmental Disabilities Program

Columbia Community Mental Health

The program offers intake and eligibility determination, case management, protective services, foster care recruitment, and crisis management for individuals with developmental disabilities.

ccmh1.com

(503) 396-4134 Admin

(503) 397-5211 Intake

58523 Old Portland Rd.
St. Helens, OR 97051

Children & Families

DHS Child Welfare Office - St. Helens

Assists individuals and families with adoption, foster care, relative caregiving, and prevention services, including programs for youths transitioning from foster care.

oregon.gov/DHS
(503) 397-3292

500 N. Columbia River Hwy
St. Helens, OR 97051

Foster Child Park Pass Program

Provides free camping and day-use to guardians of Oregon's foster children for up to 14 nights in a 30 day period.

stateparks.oregon.gov
(503) 986-0707
(800) 551-6949 Info line

Healthy Families Community Action Team

Healthy Families seeks to ensure that all of Oregon's communities have nurturing, caring families where children are healthy and thriving by enhancing family functioning and promoting positive parent-child relationships during home visits.

cat-team.org/families
(503) 325-4455
(503) 366-6556
125 N 17th St.
St. Helens, OR 97051

Help Elevate Learning Processing

HELP Offers a 24-session cognitive therapy program that assists with learning and information processing, as well as concussion and stroke victims.

helpadd.org
(503) 635-3389

Inclusive Partners

Council on Developmental Disabilities

Provides technical assistance, training, and support to child care providers to help children succeed.

oregon.gov/delc/
(866) 837-0250

March of Dimes

Works to improve the health of mothers and babies through research, education, advocacy, and programs.

marchofdimes.com
(503) 222-9434

Center for Missing & Exploited Children

Line for reporting missing and exploited children, as well as info on recognizing and reporting exploitation.

missingkids.org
(703) 224-2150
(800) 843-5678 24/7

National Runaway Safeline

National Runaway Safeline offers a crisis helpline, information and referral services, advocacy, message service, and free bus tickets.

1800runaway.org
(800) 786-2929 24/7

Child Development & Rehab Center

Specializes in providing diagnostic, assessment, and intervention services for children with special health needs. Clinics use a family-centered, team approach to care for patients and families.

ohsu.edu/doernbecher
(503) 494-8095
 700 SW Campus Dr.
 Portland, OR 97239

Columbia County Juvenile Department

focuses on public safety and reducing delinquency by holding youth accountable to their community and victims. Juvenile Court Counselors work with youths who have committed crimes, providing supervision, creating plans to prevent re-offense.

columbiacountyor.gov
(503) 397-0275
 230 Strand St.
 Saint Helens, OR 97051

Oregon Child Support Program

Oregon Department Of Justice

Program provides services for establishing paternity, modifying orders, and enforcing payments.

doj.state.or.us/child-support
(503) 373-7300
(800) 735-2900 TTY/TDD

Oregon Family Support Network

Offers statewide support services for families with children facing mental, emotional, or behavioral challenges through peer support groups, disability education, system navigation, advocacy, warm line, and e-library.

ofsn.org
(503) 363-8068

Oregon Family-to-Family

Offers free support, referrals, and resources including tip sheets, tool kits, and information about family support programs for families and caregivers of children with special health needs, links to programs used by kids with special health needs.

oregonfamilytofamily.org
(855) 323-6744
(503) 931-8930 spanish
 707 SW Gaines St.
 Portland, OR 97036

Oregon School of the Deaf

Provides education and support services to deaf and hard-of-hearing students in Oregon. They work with students, families, and educators to provide a comprehensive education program

osd.k12.or.us
(503) 378-3825
(503) 400-6180 ASL

National Parent Helpline

Operated by Parents Anonymous® offering emotional support and advocacy for parents and caregivers.

nationalparentyouthhelpline.org
(855) 427-2736

Parents Anonymous

Provides weekly support groups, advocacy, and a helpline for parents and caregivers as part of its commitment to strengthening families.

parentsanonymous.org
(909) 621-6184

Children & Families

REACH Family Institute

Provides online services for parents and family members of children with developmental difficulties. They also offer private consultations, workshops, and training programs.

reachfamilyinstitute.org
(541) 690-8747

Safe to Sleep Public Education Campaign

National Institutes of Health

Provides nationwide education for reducing the risk of Sudden Infant Death Syndrome and other sleep-related infant deaths, targeting parents, caregivers, and health care providers of any age.

nichd.nih.gov/sts
(800) 505-2742
(888) 320-6942 TTY/TDD

Teen Dating Abuse Hotline Love is Respect

Love is Respect is a nationwide service that provides education, support, and resources to prevent unhealthy relationships and domestic violence..

loveisrespect.org
(866) 331-9474

Teen Line

Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

teenline.org
(800) TLC-TEEN (852-8336)
TXT TEEN to 839863

WIC - Women, Infants, & Children

Provides supplemental and nutritious foods, nutrition education and counseling, and screening & referrals to other health, welfare, and social services for Women, Infants, & Children. You are eligible for WIC if you live in Oregon, are a pregnant, postpartum or breastfeeding woman, an infant or child under 5 years of age, have a nutritional need, have a household income that is less than or equal to the income guidelines for the program or receive TANF, SNAP or the Oregon Health Plan (OHP).

columbia-health.org/wic
(503) 610-0942
(800) 244-4870 option 3
1560 Columbia Blvd
St Helens OR 9705

Youthline

Youthline is a teen-to-teen crisis and help line that provides support to young people in need of someone to talk to. Teens are available to help daily from 4-10pm PST (adults are available by phone at all other times!). YouthLine is confidential to a point- while they will never share conversations had on the lines, they are mandatory reporters.

theyouthline.org
TXT teen2teen to 839863
(877) 968-8491

Youth Residential Programs Directory Oregon Youth Authority

Oregon's juvenile justice system, OYA Residential Directory lists staff-secure and transitional residential placement programs for at-risk youth.

oregon.gov/oya
(503) 373-7205

Early Intervention/Early Childhood Special Ed.

nwresd.org

NW Regional Education Service District (ESD)
Columbia Service Center

(503) 366-4100

800 Port Ave
Saint Helens, OR 97051

Provides speech, language, and physical therapy services to children between the ages of 0-3 who have special needs.

Head Start & Early Head Start
org

Community Action Team

nwheadstart.org

Head Start offers a free, comprehensive preschool program for low-income families with children aged 3-5. Head Start programs are throughout Columbia, Clatsop, and Tillamook counties.

Administrative Office

(503) 556-3736
108 West B Street
Rainier, OR 97048

Saint Helens Center

(503) 397-4114
2750 Columbia Blvd.
St. Helens, OR 97051

Scappoose Center

(503) 396-5631
34555 Berg Road
Warren, OR 97053

Clatskanie Center

(503) 728-2940
365 SW High School Dr
Clatskanie, OR 97016

Saint Helens ELC

(503) 397-4114
2375 Gable Road
St. Helens, OR 97051

Warren Center

(503) 396-5631
34555 Berg Road
Warren, OR 97053

Rainier Center

(503) 369-7086
305 3rd West St.
Rainier, OR 97048

Vernonia Center

(503) 429-9243
500 California Way
Vernonia, OR 97064

Clatskanie School District

csd.k12.or.us

District Office

(503) 728-0587
660 SW Bryant St
Clatskanie, OR 97016

Middle & High School

(503) 728-2146
471 SW Bel Air Dr.
Clatskanie, OR 97016

Elementary

(503) 728-2191
815 S Nehalem Street
Clatskanie, OR 97016

Rainier School District

rainier.k12.or.us

District Office

(503) 556-3777
28168 Old Rainier Rd
Rainier, OR 97048

Hudson Park

(503) 556-0196
28176 Old Rainier Rd.
Rainier, OR 97048

Rainier Jr/Sr

(503) 556-4215
28170 Old Rainier Rd.
Rainier, OR 97048

Schools & School Districts

Saint Helens School District

sthelens.k12.or.us

District Office

(503) 397-3085
301 St Helens St.
St Helens, OR 97051

High School

(503) 366-3207
474 N 16th St,
St Helens, OR 97051

Middle School

(503) 366-7300
354 N 15th St
St Helens, OR 970518

Lewis and Clark

Elementary
(503) 366-7603
111 S 9th St.
St Helens, OR 97051

McBride Elementary

(503) 366-7700
2774 Columbia Blvd.
St Helens, OR 97051

Columbia City Elementary

(503) 366-7700
2000 2nd St.
Columbia City, OR 97018

Arthur Academy Charter

(503) 366-7030
33035 Pittsburg Rd.
St. Helens, OR 97051

Scappoose School District

scappoosek12.org

District Office

(971) 200-8000
33589 SE High School Way
Scappoose, OR 97056

High School

(971) 200-8005
33700 SE High School Way
Scappoose, OR 97056

Scappoose Middle School

(971) 200-8004
52265 S Columbia River Hwy
Scappoose, OR 97056

Otto Petersen Elementary

(971) 200-8003
52000 SE 3rd St.
Scappoose, OR 97056

Grant Watts Elementary

971-200-8002
5200 SE 3rd Pl
Scappoose, OR 97056

Warren Elementary

(503) 397-2959
34555 Berg Rd
Warren, OR 97053

Sauvie Island Charter

(503) 621-3426
14445 NW Charlton Rd
Portland, OR 97231
sauvieislandschool.org

South Columbia Family

Charter School
(503) 366-9009
34555 Berg Rd
Warren, OR 97053
scfamilyschool.net

Vernonia School District 47

vernonia.k12.or.us

District Office

(503) 429-5891
1000 Missouri Ave.
Vernonia, OR 97064

Vernonia K-12

(503) 429-1333
1000 Missouri Ave
Vernonia, OR 97064

Mist Grade School

(503) 755-2486
69163 Hwy. 47
Mist, OR 97016

Counseling & Mental Health Resources

American Psychological Association

American Psychological Association offers mental health information and tools to find local mental health services.

apa.org/helpcenter
(800) 374-2721 Toll-free

American Psychiatric Association

Offers nationwide services to provide information on mental disorders including symptoms, risk factors, and treatment options.

oregonpsychiatric.org
(888) 357-7924 Toll-free
(503) 406-2526 Local Office

Applied Suicide Intervention Skills Training

Community Action Team

ASIST - A two-day workshop that teaches caregivers how to recognize suicide risk, and how to intervene to prevent immediate risk.

cat-team.org

Attention Deficit Disorder Association

ADDA provides information, resources, virtual support groups, and workshops to help people cope with Attention Deficit Disorder.

add.org
(800) 939-1019

Buried in Treasures Community Action Team

Buried in Treasures is a clutter management workshop that offers skills to overcome compulsive hoarding behaviors.

cat-team.org
(503) 366-6584

Center for Geriatric Psychiatry OHSU

The inpatient geriatric psychiatry facility provides coordinated care for the unique needs of older adults need of short term crisis stabilization to improve their quality of life and well-being.

tuality.org
(503) 681-1919
335 SE 8th Ave.
Hillsboro, OR 97123

HelpGuide.Org

HelpGuide.org is a non-profit online database that provides resource guides for mental health, healthy living, aging well, and family. General Mental Health Education.

helpguide.org

National Alliance on Mental Illness

NAMI offers education, community, and support & family groups on mental health and recovery. A Open to anyone dealing with mental health challenges.

namior.org
(503) 230-8009
4701 SE 24th Ave. #E
Portland, OR 97202

Columbia Community Mental Health

ccmh1.com

(503) 397-5211 Main

(503) 782-4499 Crisis Line

CCMH Provides mental health counseling services. A range of programs available to area residents include Youth & Family Counseling, a Walk-in Clinic, Crisis Intervention, Addiction & Substance Abuse Treatment, and Residential & Community Services

Walk-In Intake Clinic

(503) 782-4499

58646 McNulty Way
St. Helens, OR 97051

Developmental Disabilities

(503) 396-4134

58523 Old Portland Road
Saint Helens OR 97051

Pathways: Drug and

Alcohol Residential Facility

(503) 366-4540

185 N. 4th St.
Saint Helens OR 97051

Cornerstone: Psychiatric

Residential Treatment

Facility

(503) 397-5211

271 Columbia Blvd.
Saint Helens OR 97051

National Mental Health Info Center

Offers resources and information about mental health and substance abuse treatment options with a 24/7 suicide and crisis hotline.

samhsa.gov

(800) 662-4357

Crisis & Suicide Prevention Lifeline

The 988 Lifeline is available for everyone, is free, and confidential. If you're in crisis or distress call the Lifeline at any time to talk.

Call or txt 988

988lifeline.org

OHSU Avel Gordly Center for Healing

Provides trauma informed mental health care for African and African-American community members, outpatient treatment, and a range of counseling services.

ohsu.edu/brain-institute

(503) 418-5311 Intake

Psychology & Comprehensive Health Clinic

Pacific University

Pacific Psychology & Comprehensive Health Clinic offers outpatient assessment, therapy, and speech language pathology services to all age groups and families in Portland and Hillsboro.

pacificu.edu

(503) 352-2400 Portland

(503) 352-7333 Hillsboro

PEARLS - Columbia County Community Action Team
 PEARLS teaches self-management techniques to older adults or people with disabilities who have depression, anxiety, or substance use issues.

cat-team.org
(503) 397-3511

Safe + Strong Oregon Health Authority - Public Health
 Safe + Strong offers free, round-the-clock emotional support and referral services to anyone in need. Operating statewide, they provide a safe and strong support system for those struggling with emotional or mental health issues.

safestrongoregon.org

Trauma Survivors Network American Trauma Society
 The Trauma Survivors Network offers nationwide support for trauma patients and their families through education, information, and support groups. Their website also includes a locator tool for trauma centers

traumasurvivorsnetwork.org
(800) 556-7890 Toll-free
(703) 538-3544 Local Office

Employment & Job Training Resources

Food Handlers Permit

Food handlers permits are often required of volunteers as well as anyone working in the food service industry. Online training for individuals to acquire a certified food handlers card.

orfoodhandlers.com

Job Connection Scappoose

Goodwill Industries of the Columbia Willamette Goodwill Job Connection offers free job search services, career skills development, and English classes.

meetgoodwill.org
(503) 543-2150
 51651 SE 2nd St.
 Scappoose, OR 97056

Job Accommodation Network

JAN provides information on job accommodations to assist employers and individuals with disabilities. t

askjan.org
(800) 526-7234
(304) 216-8189 TXT

Oregon Unemployment Insurance

Provides information and assistance for filing unemployment insurance claims, job training and search support, claim denial appeal process.

oregon.gov/EMPLOY
(877) 345-3484

Financial Counseling & Money Management

Oregon Workers Compensation

Provides statewide services to ensure timely and appropriate medical treatment, time loss benefits, and return-to-work programs for injured workers.

wcd.oregon.gov
(503) 947-7585
(800) 452-0288 Spanish

Work Incentives Network

WIN offers free benefits counseling to Oregonians with disabilities who are interested in working. Counselors help people with SSI or SSDI understand how working may affect their benefits and can help them meet their job goals.

oregon.gov/dhs
(503) 661-2571

American Consumer Credit Counseling

Provides consumer credit counseling, debt management services, and financial education to help consumers manage and pay off their debt.

consumercredit.com
(800) 769-3571

Annual Free Credit Report Request

Website mandated by Federal law offering a free credit report to consumers once every 12 months upon request.

annualcreditreport.com
(877) 322-8228

CASH Oregon

Offers free tax preparation services for families and individuals earning \$60,000 or less annually, providing assistance with current and past year tax returns, ITIN applications, and more.

cashoregon.org
(503) 243-7765
1010 SE Stark Street
Portland, OR 97214

Credit.org

A nonprofit service providing personal finance education and counseling to help individuals improve their financial literacy and manage debt.

credit.org
(800) 431-8157

Financial Planning Association

The Financial Planning Association of Oregon and SW Washington offers statewide financial planning information and a search toolbar to connect users with local financial planners.

fpa-or.org
(503) 286-8350

Guardian/Conservator Association of Oregon

GCA provides referrals and a search tool for guardianship, conservatorship, trust admin, and estate admin professional services throughout Oregon.

gcaoregon.org

Integrated Services Network (ISN)

Provides support services brokerage assisting individuals with disabilities through case management. They facilitate personal agents who help in planning, accessing their support services.

goisn.org
(503) 390-2600
 621 Columbia Blvd.
 Saint Helens, OR 97051

MyFreeTaxes

MyFree Taxes is a free online tax preparation service that enables individuals and households earning less than \$66,000 to file their federal and up to three state taxes, and provides online chat support for any tax-related queries.

myfreetaxes.com

Money Management International (MMI)

Provides a wide range of financial counseling services, including debt and budget counseling, as well as community-wide educational programs.

moneymangement.org
(866) 889-9347

Oregon Department of Revenue

The Oregon Department of Revenue offers information on state taxes and free federal tax filing preparation referrals during the federal tax season.

oregon.gov/DOR
(503) 378-4988
(800) 452-0288 Spanish

Oregon Individual Development Account Initiative

IDA is a matched savings account, where the money you save is matched for goals including homeownership, small business start-up, education or job training, vehicle, and more.

oregonIDAinitiative.org
(503) 226-3001

Oregon Money Management Program

Community Action Team

Offers personalized assistance with money management tasks to older adults and people with disabilities, including budgeting, banking, bill paying, savings, and debt management.

cat-team.org/OMMP
(503) 397-3511

Property Tax Deferral Program

Oregon Department of Revenue

The Property Tax Deferral Program in Oregon offers loans to senior citizens and disabled individuals to pay their property taxes to the county.

oregon.gov/DOR
(800) 356-4222

Tax Aide Program AARP Foundation

Tax Aide provides free tax preparation services with the help of volunteers or through their online portal.

taxaide.aarpfoundation.org

Law Enforcement & Emergency Response

In case of emergency dial 911

Columbia 9-1-1 Comms District columbia911.com	(503) 397-1521 58611 McNulty Way Saint Helens 97051
Columbia City Police Department columbia-city.org	(503) 397-4010 1840 2nd St. Columbia City, OR 97018
Columbia County Animal Control sheriff.columbiacountyor.gov	(503) 366-4614 901 Port Ave. Saint Helens, OR 97051
Columbia County Corrections co.columbia.or.us	(503) 366-4611 901 Port Ave. Saint Helens, OR 97051
Columbia County Sheriff co.columbia.or.us/sheriff	(503) 366-4611 901 Port Ave. Saint Helens, OR 97051
Community Emergency Response Team (CERT) ci.st-helens.or.us/police	(503) 397-3333
Rainier Police Department cityofrainier.com	(503) 556-3644 106 W B St. PO Box 399
Saint Helens Police Department sthelensoregon.gov/police	(503) 397-3333 150 S 13th St. Saint Helens, OR 97051
Vernonia Police Department vernonia-or.gov	(503) 429-7335 1001 Bridge St. Vernonia, OR 97064
Clatskanie Police Department co.columbia.or.us/sheriff	(503) 366-4611 195 SE 2nd St. Clatskanie, OR 97016
Oregon State Police oregon.gov/osp	(503) 397-0325 Saint Helens Patrol Office
Clatsop County Sheriff co.clatsop.or.us/sheriff	(503) 325-8635 1190 SE 19th Saint Warrenton 97146
Portland Police Department portlandoregon.gov/police	(503) 823-0000 1111 SW 2nd Ave. Portland, OR 97204
Tillamook County Sheriff tillamooksheriff.com	(503) 842-2561 5995 Long Prairie Rd Tillamook 97141
Washington County Sheriff & Jail co.washington.or.us/Sheriff	(503) 846-2700 215 SW Adams Ave. Hillsboro, OR 97123

Disaster Recovery

Disaster Relief - Red Cross redcross.org/oregon	(503) 284-1234 3131 N. Vancouver Ave. Portland 97227
Individuals and Households Program - FEMA	disasterassistance.gov
Vital Records - Wildfire Recovery oregon.gov/oha/ph/birthdeathcertificates	(888) 896-4988 800 NE Oregon St. #205 Portland 97232

Fire & Rescue

CRFR Columbia Fire & Rescue crfr.com Ranier Station Saint Helens Station	(503) 397-2990 CRFR Admin Office 270 Columbia Blvd 211 2nd West St. Rainier 105 S 12th St. Saint Helens, OR
Scappoose Rural Fire Protection Dist. srfd.us	(503) 543-5026 52751 Columbia River Hwy Scappoose
Vernonia Rural Fire Protection Dist. vernonia-or.gov	(503) 429-8252 555 E Bridge St. Vernonia, OR 97064
Clatskanie Rural Fire Protection Dist. clatskaniefire.org	(503) 728-2025 280 SE 3rd St. Clatskanie, OR 97016
Mist-Birkenfeld Rural Fire Protection mistbirkenfeldrfd.org	(503) 755-2710 Main Station 12525 Hwy 202
Oregon Dept. of Forestry oregon.gov/odf	(503) 397-2636 405 E St. Columbia City, OR 97018

Food Pantries & Thrift Shops

Bargains on Bridge Street

Vernonia Senior Citizens

Offering re-saleable clothing, household goods, and furniture. They accept donations and proceeds support Vernonia Senior's programs.

(503) 429-3912

939 Bridge St.
Vernonia, OR 9706

Brown Bag Program Grace Baptist Church

Program provides food on the last Wednesday of the month from 1-3pm and a free lunch on the day of food distribution.

(503) 397-0405

58690 Ross Road
Warren, OR 97053

Community Meals First Lutheran Church

First Lutheran Church Community Meals offers a free dinner service every Tuesday at 5pm.

(503) 397-0090

360 Wyeth St.
St. Helens, OR 97051

Goodwill Retail Store

Offers a wide range of affordable items such as clothing, furniture, and electronics for the local community. Goodwill JobConnections helps with employment preparedness & job search.

meetgoodwill.org

(503) 543-2150

51651 SE 2nd St.
Scappoose, OR 97056

Rainier United Methodist Church

Rainier United Methodist Church offers a free community meal on the 4th Friday of every month at 6 PM.

(503) 556-3440

101 E C St.
Rainier, OR 97048

Seniors Program Food Boxes Community Action Team

Offers homebound seniors with disabilities or illnesses to receive food distributions

cat-team.org

(503) 397-3511

The Bread Place & Senior Thrift Store

Offers a wide range of re-saleable items including clothing, household goods, and small furniture. The Bread Place is a bakery that serves freshly baked bread and pastries. They work with local farmers to source ingredients.

facebook.com/ScappooseCSC

(503) 543-3281

33511 SW Dutch Canyon Rd
Scappoose, OR 97056

Top Notch Thrift Store

Top Notch Thrift Store accepts donations & proceeds go to support Saint Helens Senior Center's programs.

tnthriftstore.com

(503) 397-5386

1844 Columbia Blvd
St. Helens, OR 97051

Aging & People with Disabilities

The Supplemental Nutrition Assistance Program (SNAP) provides food assistance to eligible seniors and people with disabilities the community.

oregon.gov/dhs

(503) 397-5863

Columbia Pacific Food Bank

Columbia Pacific Food Bank is a non-profit organization dedicated to providing food to emergency food pantries and hunger-relief agencies, helping to fight food insecurity and hunger in the local community.

cpfoodbank.org
(503) 397-9708

474 Milton Way
St. Helens, OR 97051

Barbara Bullis Memorial Food Pantry

1421 Columbia Blvd.
St. Helens, OR 97051
(503) 397-9708

Mon-Thurs: 9am – 1pm

Wed Eve: 6pm – 8pm

HOPE of Rainier Food Pantry

404 East A St.
Rainier, OR 97048
(503) 556-0701

Mon & Wed: 12pm - 4pm

Natal Grange Pantry - Mist-Birkenfeld

67542 Nehalem Hwy N.
Vernonia, OR 97064
(503) 568-6163

2nd Wed of month: 12pm - 3pm

Foursquare Church Food Pantry

33404 SW JP West Rd.
Scappoose, OR 97056
(503) 543-5069

Wed: 12pm - 1pm

St. Vincent DePaul Food Pantry

stwenceslaus-scappoose.com
51555 Old Portland Rd.

Scappoose, OR 97056
(503) 543-7495 ext 15

Tue & Thurs: 1pm – 3pm

Turning Point Community Food Pantry

220 Columbia River Hwy
Clatskanie, OR 97016
(503) 728-3126

Mon, Tue, Thurs: 11am - 2pm

Vernonia Cares - Food Pantry

facebook.com/VernoniaCares
547 Weed Ave.

Vernonia, OR 97064
(503) 429-1414

Tue & Thurs: 10am - 2pm

Double Up Food Bucks Farmers Market Fund

SNAP recipients purchase more locally grown fruits and vegetables at participating farmers markets, grocery stores, CSA's, and farm stands.

doubleuporegon.org

(503) 241-0032

240 N. Broadway St.
Portland, OR 97227

Food Pantries

OregONE Benefits

Website offers residents the ability to apply for, renew, and manage benefits such as medical coverage, food assistance, cash benefits, and child care online.

one.oregon.gov

Meals on Wheels Community Action Team

Meals on Wheels offers a home delivery service providing nutritious meals to seniors (60+) and their dependents.

cat-team.org/seniors

(503) 397-3511

(800) 404-3511 Toll-free

Oregon Food Bank

Oregon Food Bank provides food assistance to hunger-relief agencies in Oregon through various services.

oregonfoodbank.org

(800) 777-7427

Oregon Trail (EBT) Card Replacement

Phone service that helps replace lost or stolen Oregon Trail (EBT) cards.

dhs.state.or.us/caf

855-328-6715

Partners for a Hunger-Free Oregon

Partners for a Hunger-Free Oregon raises awareness about hunger, connects people to nutrition program.

oregonhunger.org

(503) 595-5501

Self Sufficiency - St. Helens

St. Helens' Self-Sufficiency offices provide services including SNAP, TANF, child care assistance, and more.

oregon.gov/dhs

(503) 397-1784

500 N. Columbia River Hwy
St. Helens, OR 97051

Senior Farm Direct Nutrition Program

Oregon seniors can get vouchers for locally grown produce at farm stands and markets from June to October. Farmers markets also match SNAP purchases for seniors 62 and older.

oregon.gov/DHS

(866) 299-3562

Health & Wellness

ADA Mediation Program US Department of Justice

Program offers nationwide services to help resolve disputes related to the Americans with Disabilities Act.

ada.gov/mediate.htm

(800) 514-0301 National Office

(800) 514-0383 TTY/TDD

Gay and Lesbian Medical Association

Online tool enables LGBT patients to easily search for specialized health care providers across the United States.

glma.org

(213) 736-1334

Health Care Licensure and Certification Program

Oregon Department of Human Services

Provides licensing and certification services for healthcare providers, restaurants, smoke shops, tattoo and piercing specialty, salons/barbering, EMS and other businesses.

oregon.gov/oha

(971) 673-1222

(800) NE Oregon St.
Portland, OR 97232

Medicare Rights Center

Works to ensure access to affordable health care for older adults and people with disabilities.

medicarerights.org

(202) 637-0961

(800) 333-4114 Helpline

Nursing Facility Survey and Complaint Intake

Takes statewide calls on nursing facility complaints and concerns, screening, triaging, investigating calls as needed.

oregon.gov/DHS

(877) 280-4555

Association of Naturopathic Physicians

Offers referral and information services, outreach, advocacy, & education

oanp.org

(503) 262-8586

Oregon Council on Developmental Disabilities

Offers comprehensive resources for individuals with disabilities, including guides on voting, disability services, and parenting.

ocdd.org

(971) 204-8824

Oregon Dental Association

Provides oral health education and charitable care for children and communities throughout Oregon.

oregondental.org

(503) 218-2010

Oregon Health Care Association

Provides an online tool for finding local care facilities and information on long-term care planning and types of care.

ohca.com

(503) 726-5260

11740 SW 68th Parkway
Portland, OR 97223

Oregon Health Licensing Office

Oversees multiple health professions, ensuring only qualified applicants are authorized to practice to protect the health, safety, and rights of Oregon consumers.

oregon.gov/oha
(503) 378-8667 Info line
1430 Tandem Ave. #180
Salem, OR 97301

Oregon Health Plan

The Oregon Health Plan (OHP) is Oregon's medical assistance program. It provides health care coverage for people from all walks of life. This includes working families, children, pregnant adults, single adults and seniors.

oregon.gov/oha/hsd/ohp
(800) 273-0557 members
(800) 699-9075 apply

Oregon Medical Board

Investigates complaints against licensed medical professionals and offers an online tool to help consumers find providers, verify licenses, and find alerts or topics of interest related to medicine.

oregon.gov/omb
(877) 254-6263 Toll-free
(971) 673-2700 Admin

Centers for Medicare & Medicaid

CMS provides comprehensive information, including links and fact sheets, on their website to help people navigate the healthcare system.

cms.gov
(877) 486-2048 TTY/TDD
(800) 633-4227 Toll-free

Nursing Home Compare

US Centers for Medicare & Medicaid Services

An online platform that offers information about nursing homes nationwide, allowing people to compare homes and file complaints.

medicare.gov/nursinghomecompare

OHA Ombuds Program Oregon Health Authority

Advocates for Oregon Health Plan members to ensure quality healthcare. Contact them for concerns or compliments about OHP services.

oregon.gov/oha

Oregon Office on Disability and Health

Oregon Health and Science University

Provides statewide public health services that promote wellness among people with disabilities through community engagement, policy development, and health promotion.

ohsu.edu/xd
(503) 494-1205
707 SW Gains St.
Portland, OR 97239

Oregon Public Health Division

Provides public health services in both their Portland and Salem offices, working with individuals and communities to promote and protect health through education, prevention, and preparedness measures.

healthoregon.org
(971) 673-1222

Columbia Health Services provides non-profit healthcare and public health services across Columbia County. Locations provide primary care, mental health, school-based care, family planning, immunizations, WIC, home-visiting nurses, and more.

columbia-health.org**(503) 397-4651****(800) 244-4870**

2370 Gable Road
St. Helens, OR 97051

Clatskanie School-Based Center**columbia-health.org/clatskanie****(503) 728-5181**

471 SW Belair Dr.
Clatskanie, OR 97016

Rainier Health Center**(503) 556-2178**

28168 Old Rainier Road
Rainier, OR 97048

Sacagawea Health Center- Saint Helens**(503) 366-7645**

1060 Eisenschmidt Lane
St. Helens, OR 97051

Vernonia School-Based Health Center**Adventist Medical Center - Portland**

A non-profit health care facility that provides a range of medical services, including cancer care, cardiovascular services, women's health, and orthopedics.

(503) 429-1953

1005 Cougar St.
Vernonia, OR 97064

Children's Clinic

The Children's Clinic offers a range of services including 24-hour advice nurse, after-hours care, behavioral health consulting, and in-house lab facilities. Locations in Portland, Tualitin, and Newberg. Hospitals, Clinics, Services

childrens-clinic.com**(503) 297-3371**

9555 SW Barnes Rd. #301
Portland, OR 97225

Cowlitz Family Health Center

Provides comprehensive medical and dental care, including family planning, mental health services, pregnancy counseling, physician referrals, and STD/HIV/AIDS testing and counseling.

cowlitzfamilyhealth.org**(866) 418-1002** Nurse Line**(888) 528-7364**

1057 12th Ave. Longview, WA

Exceptional Needs Dental Services

ENDS Provides basic dental services to patients that are non-ambulatory, have severe mental disabilities or impairment.

endsor.com**(800) 644-1859****(503) 295-1201**

Hillsboro Medical Center

Provides medical services to patients in the Hillsboro area through its partnership with OHSU & Tuality Healthcare.

tuality.org

(503) 681-1111

335 SE 8th Ave.
Hillsboro, OR 97213

Legacy Health

legacyhealth.org

Legacy Health is a nonprofit health system consisting of six hospitals, a children's hospital, mental and behavioral health services and more.

Legacy Saint Helens Clinic

(503) 415-5600

475 S Columbia River Hwy
St. Helens, OR 97051

Legacy Emanuel Medical Center

(503) 413-2200

2801 N. Gantenbein Ave.
Portland, OR 97227

Legacy Good Samaritan

(503) 413-7711

1015 NW 22nd Ave.
Portland, OR 97210

Kaiser Permanente

Offers healthcare services and work with individuals, families, and organizations to provide care and coverage options.

kp.org

(800) 813-2000

Mobile Dental Clinics - Oregon

Emergency Mobile Dental Clinic in Oregon provides free fillings and extractions for uninsured individuals.

medicalteams.org

(503) 624-1026

PeaceHealth St. John Medical Center

A non-profit healthcare organization that provides medical services to patients in Longview, Washington.

peacehealth.org

(360) 414-2000

1615 Delaware, Longview WA

Vernonia Medical Clinic

Adventist Health - Vernonia Medical Office provides medical services to the Vernonia community, offering primary care, behavioral health, lab, and radiology services.

adventisthealth.org

(503) 429-1953

1005 Cougar St.
Vernonia, OR 97064

Veterans Hospital

The VA Portland Health Care System includes a main hospital in Portland, a facility in Vancouver, Washington, and ten outpatient clinics. It provides a wide range of health services.

portland.va.gov

(503) 220-8262

3710 SW US Veterans Rd.
Portland, OR 97239

OHSU is a healthcare facility known for its commitment to advanced medical research, patient care, and education. It focuses on innovation and collaboration in various medical fields.

(503) 494-8311 Switchboard
(503) 494-7551 ER

Casey Eye Institute (503) 494-3000

3181 SW Sam Jackson Park Portland, OR 97239 comprehensive eye care services, advanced diagnostics, and modern treatments.

Dental Clinic Recieve comprehensive care including cleanings, checkups, exams, x-rays, and specialty care offered at reduced costs. By appointment only.

Waterfront Dental Clinic 2730 SW Moody Ave, Portland, OR 97201 **(503) 494-8867**

Russell Street Dental Clinic 214 N Russell Street, Portland, OR 97229 **(503) 494-6822**

Doernbecher Children's Hospital

(503) 346-0640 provides a full spectrum of pediatric care, catering to the health needs of newborns to young adults, with a focus on holistic well-being.

Family Medicine in Scappoose

(503) 418-4222 51377 Old Portland Rd. Scappoose, OR 97056 offers a broad range of family medicine services, addressing the health needs of the entire family unit from a community-based setting.

Primary Care Clinic (503) 494-8562

3270 SW Pavilion Loop Portland, Oregon 97239 Delivers extensive care for adults, encompassing health screenings, preventative care, and management of complex, chronic conditions.

Poison Center (800) 222-1222 Call for information about poison and poison control. Call 911 in an emergency.

ArrayRx Prescription Discount Card

Oregon Dept. of Administrative Services

Card is a valuable resource for Oregon residents, offering a prescription drug discount card and an online pharmacy look-up tool to help save money on prescription medication costs.

ArrayRxCARD.com
(800) 913-4284

CareOregon Advantage Care Oregon

Offers Medicare plans with free diabetic supplies, tests, vision exams, and eyeglasses. health care plan combines the benefits of Medicaid and Medicare and adds extra benefits for anyone who qualiacrefies for both plans. Prescription Discount Programs & Financial Assistance

careoregonadvantage.org
(503) 416-4279
(888) 712-3258 Toll-free

MAT - Medicine Assistance Tool

Provides a search engine to help patients, caregivers, and healthcare providers find resources and programs for financial assistance with prescription medicines through various biopharmaceutical industry initiatives.

mat.org

Health & Wellness

SHIBA - Senior Health Insurance Benefits Assistance

Oregon Department of Consumer and Business Services

SHIBA provides counseling and assistance in selecting Medicare plans and applying for Medicare Savings Programs.

shiba.oregon.gov

(800) 722-4134

Arthritis Foundation - Oregon

Offers a comprehensive resource for people with arthritis providing info on the condition, treatment options, local resources, and pain management techniques

arthritis.org/oregon

(844) 571-4357 Helpline

(503) 946-6715 Local Office

CAREAssist Oregon Healthy Authority

CAREAssist, is responsible Oregon's AIDS Drug Assistance Program. CAREAssist provides access to life-saving medication and improve the overall health of people living with HIV who have limited resources or no health insurance coverage

oregon.gov/oha

(971) 673-0144

800 NE Oregon St. #1105

Portland, OR 97232

Multiple Sclerosis Society Portland

They offer various support programs such as medical equipment, social events, caregiver classes, air conditioners, and massage therapy. Also offers one-time financial aid for urgent needs like rent, utilities, or medication.

msoregon.org

(503) 297-9544

10117 SE Sunnyside Road #709

Clackamas, OR 97015

Oregon Spinal Injury Connection

Offers a wide range of services and supports including community health workers, educational forums, wheelchair maintenance workshops, recreational activities, peer mentoring, and more.

oregonsci.org

contact@oregonsci.org

Oregon Deaf & Hard of Hearing Services oregon.gov/odhs/aging-disability-services

Provides resources and support to ensure programs and services are accessible, including offering communication services such as interpreting and captioning.

(503) 397-5863 APD Office

(503) 397-1784 Self Sufficiency

Cerebral Palsy Family Support

Provides nationwide family support services, including information, support groups, recreational outings, and respite services. They offer information about adaptive equipment, transition, childcare, transportation, and therapy.

ucpaorwa.org

(503) 777-4166

305 NE 102nd Ave. #100

Portland, OR 97220

Housing

Bradley Angle

“Call to Safety” (formerly Portland Women’s Crisis Line) provides support and resources for survivors of domestic and sexual violence.

bradleyangle.org

(503) 281-2442 Shelter

(503) 235-5333 Crisis Line

Columbia County Warming Center

Community Action Team

The Columbia County Warming Center offers shelter to those in need during nights when the temperature drops below 32 degrees December 1st to March 1st.

cat-team.org/winter

(503) 410-5800

Janus Youth Programs - Youth Shelters

Janus Youth Programs operate youth shelters for homeless and at-risk youth. They also offer Porch Light and Street Light shelters

janusyouth.org

(503) 432-3986

Raphael House of Portland

Raphael House of Portland provides emergency shelter, crisis line, advocacy programs, and healthcare advocacy for survivors of domestic violence.

raphaelhouse.com

(503) 222-6222 Crisis Line

4110 SE Hawthorne Blvd. # 503
Portland, OR 97214

SAFE of Columbia County

SAFE- Support, Advocacy, Freedom, Empowerment- is an emergency shelter and support service for victims of domestic violence, stalking, and/or sexual assault, and their children.

safeofcolumbiacounty.org

(503) 397-7110

(503) 397-6161 24/7

Safe Place

Safe Place is a 24/7 drop-in shelter for youth that offers access to essential services while longer-term housing is found.

boysandgirlsaid.org

(503) 542-2717

(503) 327-4255 Cell

Astoria Rescue Mission

Offers meals, clothing, laundry facilities, showers, Bible studies and a discipleship program to those in need.

astoriarescuemission.com

(503) 325-6243

(503) 440-0789

Cascade AIDS Project

Cascade AIDS Project provides essential services such as housing assistance, medical care, life skills training, and emotional support to individuals dealing with HIV/AIDS.

capnw.org

(503) 223-5907

520 NW Davis St. #215
Portland, OR 97209

Housing

Fair Housing Council of Oregon

Works to eliminate illegal housing discrimination and ensure equal access to housing choice through education and enforcement of fair housing law.

fhco.org
(503) 223-8197

Office of Fair Housing & Equal Opportunity

US Department of Housing and Urban Development

The Office of Fair Housing and Equal Opportunity accepts fair housing complaints and offers information and assistance on housing discrimination due to race, color, religion, national origin, sex, disability, or familial status.

hud.gov/fairhousing
(800) 669-9777 Report Line
(971) 222-2600 Local Office

General Assistance Program

Oregon Department of Human Services

The General Assistance Program provides housing, utility, and cash assistance to individuals with severe disabilities who are homeless or at risk of becoming homeless. The program offers monthly payments up to \$545 for housing, \$90 for utilities, and \$60 in cash assistance.

oregon.gov/DHS
(866) 535-8431 Info line
500 Summer St. NE E-15
Salem, OR 97301

Housing Solutions Program

Community Action Team

Provides eviction prevention, case management, and supportive services to those in need of housing assistance. They also offer rental assistance for short to long-term rapid rehousing or permanent housing

cat-team.org
(503) 397-3511
(800) 404-3511 Toll-free
125 North 17th St.
St. Helens, OR 97051

Manufactured and Marina Communities Resource Center

Oregon Housing and Community Services

Manufactured and Marina Communities Resource

Center provides services to individuals that own their manufactured home or dwelling and rent the space from the property owner. The Resource Center offers information on tenant and landlord laws, dispute resolution, park rules and regulations, and park closures.

oregon.gov/ohcs
(800) 453-5511 Hotline
(503) 986-2145 TTY/TDD

Manufactured Home Park Directory

Oregon Housing and Community Services

Manufactured Home Park Directory - Locate registered park locations in Oregon and find basic information and tract demographics about each park.

oregon.gov/ohcs/mmcrc

National Coalition for Homeless Veterans

Offers 24/7 services to help veterans create plans to identify necessary services such as housing and financial assistance.

nchv.org
(877) 424-3838

NW Oregon Housing Authority

NOHA offers housing programs for various groups, including families, adults, seniors, and individuals with disabilities. These programs encompass Section 8 Rental Assistance, Housing Choice Vouchers, and Low Income Housing Tax Credit Affordable Housing Units.

nwoha.org
(503) 861-0119
(800) 927-9275 TTY/TDD
147 South Main Ave.
Warrenton, OR 97146

OneApp Guarantee OneApp Oregon

Renters in need of a cosigner benefit from a service that acts as a cosigner, enhancing their ability to secure housing while providing property managers with a Rent Guarantee that covers up to three months of rent at no cost and with no long-term commitments.

oneappguarantee.com
(503) 558-6319

Oregon Human Development Corp.

Offers a broad range of services to farmworkers and low-income individuals including housing assistance, job training and placement, counseling, and case management.

ohdc.org
(503)245-2600
Offices statewide including
in Hillsboro & Tillamook,

Rent Well Transition Projects, Inc

Rent Well's 15-hour tenant education course equips individuals with rental screening, credit repair, and eviction process knowledge. Offering up to \$5000 to landlords renting to graduates with past rent, damages, or eviction.

rentwell.org
(503) 515-1328
7916 SE Foster Rd
Portland, OR 97206

Self Sufficiency - St. Helens Office**Oregon Department of Human Services**

Saint Helens Self-Sufficiency offices offer financial aid, food benefits, child care assistance, refugee services to families in need, and help to victims of domestic violence.

oregon.gov/dhs
(503) 397-1784
(800) 243-4987 Toll-free
500 N. Columbia River Hwy
St. Helens, OR 97051

Habitat for Humanity & ReStore

Builds affordable homes in partnership with low-income families and provides access to resources for shelter improvement. Services include home purchase savings, affordable mortgages, home construction, rehabilitation, and repairs. ReStore sells upcycled & used building supplies & furniture,

habitatcolumbiacounty.org
(503) 366-1400
(971) 203-0020 IDA
164 Little St.
St. Helens, OR 97051

Housing

Home Weatherization Program Community Action Team

Weatherization is a program that offers grant-funded services to help low-income households in Columbia, Clatsop, and Tillamook counties reduce their energy costs.

cat-team.org/wx
(503) 366-6587

Housing Rehabilitation Program

Community Action Team

Clatsop, Columbia, and Tillamook homeowners can apply for 0% deferred payment loans for home repairs. Repairs include roofs, plumbing, and heating systems

cat-team.org/rehab
(503) 366-6562
(800) 404-3511

Making Home Affordable

Making Home Affordable is a program designed to help homeowners reduce their monthly mortgage payments to a more affordable rate.

makinghomeaffordable.gov
(888) 995-4673
1220 SW Third Ave. #400
Portland, OR 97204

Oregon Veterans' Assistance Programs

Oregon Department of Veterans Affairs

The Oregon Veterans' Emergency Financial Assistance Program provides one-time emergency aid for housing, medical, and transportation costs. The ODVA Home Loan Program offers fixed-rate financing for purchasing owner-occupied, single-family residences.

oregon.gov/odva
(800) 692-9666 Main
(800) 633-6826 Home Loans

Homeownership Stabilization Initiative

Oregon Housing and Community Services

Oregon Homeownership Stabilization Initiative offers financial and support services to homeowners struggling with mortgage or property tax payments.

oregonhomeownerhelp.org
(503) 986-2025

Self-Help Housing

Self-Help Housing is a program where families collaborate with CAT & volunteers to rehab/improve their home.

cat-team.org/DIY
(503) 397-3511

USDA Rural Development - Oregon

Offers home loan programs, energy, and business development services to eligible communities, individuals, and businesses in rural areas.

rd.usda.gov
(503) 414-3300
(866) 923-5626

Immigrant & Refugee Programs

Centro De Servicios Para Galesinos

PCUN provides legal representation for immigrant matters, referral services, translations, public notary services, and more.

pcun.org
(503) 982-0243

Farmworker Program Legal Aid Services of Oregon

The Farm Workers Program offered by Oregon Law Center provides legal assistance and representation to workers involved in food production.

oregonlawhelp.org
(503) 214-1384
(888) 245-4091

Immigration Counseling Service

Immigration Counseling Service (ICS) is an independent non-profit law firm that provides counseling services for immigration-related problems. .

ics-law.org
(503) 221-1689

IRCO - International Language Bank

IRCO's International Language Bank provides interpretation and translation services to refugees and immigrants helping them overcome communication barriers and better integrate into their new communities.

irco.org
(503) 234-0068

Lutheran Community Services

Lutheran Community Services Northwest provides immigration counseling, advocacy program, and multicultural counseling services. They offer refugee resettlement services.

lcsnw.org
(503) 924-2448 Beaverton
(503) 231-7480 Portland

Northwest Immigrant Rights Project

Northwest Immigrant Rights Project offers legal services, advocacy, and community education to defend and advance the rights of immigrants.

nwirp.org
(206) 587-4009
(800) 445-5771

Oregon Migrant Education Service Center

Oregon Migrant Education Service Center provides support to regional programs that serve eligible migrant students.

wesd.org/omesc
(503) 588-5330

US Citizenship and Immigration Services

Provides information about the lawful immigration process to the United States. Apply for citizenship, a green card, and other immigration-related matters by appointment only.

uscis.gov
(800) 375-5283
1455 NW Overton St.
Portland, OR 97209

Hotlines & Crisislines

- 211 INFO..... (503) 222-5555** **211info.org**
Connects individuals with appropriate and available referrals for food, shelter, employment, and healthcare needs. The service is available to anyone in need of assistance and can be accessed at any time.
- Alcohol and Drug Helpline (800) 923-4357** **linesforlife.org**
24/7 confidential crisis and referral services, including intervention and treatment infonto individuals seeking help with addiction.
- Boys Town National Hotline (800) 448-3000** **boystown.org**
Information and advice to youth who have left or plan to leave their guardian's home.
- Call Blackline (800) 604-5841** **callblackline.org**
Safe space for BIPOC and LGBTQ+ individuals to report harmful encounters with police or vigilantes. Volunteers listen, affirm experiences, and provide referrals to resources
- Cancer Lifeline (206) 297-2500** **cancerlifeline.org**
Support groups, nutrition and exercise classes, personal expression, stress reduction, and emotional support for cancer patients nationwide, regardless of age, via phone and online chat.
- CASH Oregon..... (503) 676-3324** **cashoregon.org**
Free tax preparation programs and resources to individuals of all ages throughout the state.
- Child Find of America (800) 426-5678** **childfindofamerica.org**
Prevent and resolve child abduction and family conflicts that lead to abduction and abuse through location services, parent help, public education, and professional training.
- Crisis Text Line Txt HOME to 741741** **crisistextline.org**
Free, 24/7 emotional support through text or Facebook Messenger. Trained volunteers offer a safe space to discuss issues like depression, self-harm, and suicide.
- David Romprey Warmline (800) 698-2392** **ccswebsite.org**
Provides a phone line to talk about life issues and offers communication for socially isolated seniors experiencing loneliness.
- FACT Oregon..... (503) 786-6082** **factoregon.org**
FACT Oregon empowers families and communities to support people with disabilities. They offer free peer-delivered services, including a support line, trainings, resources, and advocacy
- LGBT Elder Hotline (877) 360-5428** **sageusa.org**
Provides a listening ear and conversation for LGBT elder individuals. The service is available nationwide and statewide.
- LGBT National Senior Hotline..... (888) 234-7243** **lgbthotline.org**
Confidential support for seniors 50+ on gender, sexuality, relationships, living conditions, HIV/AIDS, safer sex, suicide prevention, community, and isolation.
- Hispanic Health Helpline..... (866) 783-2645** **healthyamericas.org**
Free, confidential health info and referrals to healthcare services nationwide.

- Domestic Violence Coalition..... (800) 799-7233** **ncadv.org**
Education on various forms of domestic violence, ways to escape an abusive relationship, and provides info on how to contact law enforcement and hire an attorney.
- Domestic Violence Hotline..... (800) 799-7233** **thehotline.org**
National Domestic Violence Hotline: Free, confidential support and resources for domestic violence victims nationwide. Online chat available.
- Eating Disorders Association..... (800) 931-2237**
NationalEatingDisorders.org Helpline for providing information and support regarding eating disorders. They help with treatment, offer local resources and support groups.
- Network to End Domestic Violence (800) 799-7233** **womenslaw.org**
Offers basic legal information, referrals, and emotional assistance for individuals affected by domestic violence or sexual assault. Legal inquiries are answered by an attorney or law student volunteer.
- National Stroke Association (888) 478-7653** **stroke.org**
Provides stroke patients with information, rehabilitation services, and a resource library. Helpline, online support forums, and a support group locator for survivors and caregivers.
- Racial Equality Support Line (503) 575-3764** **linesforlife.org**
Racial Equity Support Line offers emotional support for victims of racist violence, microaggressions, immigration struggles, and cross-cultural issues.
- Rape, Abuse, Incest National Network(800) 656-4673** **rainn.org**
Offers phone counseling, safety/prevention info, and a national assault hotline for victims of rape, abuse, and incest.
- StrongHearts Native Helpline (844) 762-8483** **strongheartshelpline.org** Confidential, anonymous domestic violence and dating violence support to American Indians and Alaska Natives.
- Substance Abuse Facility Info (877) 726-4727** **samhsah.gov**
Substance Abuse Facility Information offers substance abuse program referral and hotline information.
- The Compassionate Friends (877) 969-0010** **CompassionateFriends.org** National self-help bereavement organization that provides emotional support during the natural grieving process after the death of a child.
- Trans Lifeline (510) 771-1417** **translifeline.org**
Trans led organization that provides community, support, and resources to trans people, along with a crisis hotline available to anyone in need of someone to talk to.

Legal Assistance & Advocacy

ADA Center Oregon Disabilities Commission

Provides ADA information through phone, website, training, and surveys to businesses and individuals in Oregon.

nwadacenter.org
(800) 949-4232

Address Confidentiality Program

Oregon Department Of Justice

A free mail forwarding service that provides a substitute address for crime victims such as survivors of domestic violence, sexual assault, stalking or human trafficking to shield their physical address.

doj.state.or.us/crime-victims
(503) 373-1323
(888) 559-9090

Arc of Oregon

Offers resources for disabled individuals to partake in abroad programs and provides travel info and stories from experienced travelers with disabilities.

thearcoregon.org
(503) 581-2726

ADvancing States National Association for Aging and Disabilities

ADvancing States: improving national policies for long-term services and support programs for older adults and individuals with disabilities, providing information on Aging and Disability.

advancingstates.org
(202) 898-2578

Attorney General Oregon Department of Justice

Office of the Attorney General provides justice services to the community and the state government.

doj.state.or.us
(503) 378-4400

Bias Response Hotline Oregon Department of Justice

Offers support, assistance and information for anyone who has been impacted by a bias crime or incident.

doj.state.or.us
(844) 924-BIAS
(844) 924-2427

Consumer Product Safety Commission

Provides info and resources on consumer products to protect from hazards, a reporting form & search for unsafe products.

cpsc.gov
(800) 638-2772 Hotline
(800) 638-8270 TTY/TDD

Columbia County Legal Aid

Provides legal help and information to individuals in the areas of family law, housing, and public benefits issues, with a focus on domestic violence, discrimination, and advice to tenants.

oregonlawcenter.org
(503) 397-1628
270 S 1st St.
St Helens, OR 97051

Consumer Protection Hotline Oregon Department Of Justice

Consumer Protection services include assisting consumers with complaints, preventing fraud, enforcing consumer protection laws, and providing consumer education. oregonconsumer.gov
(877) 877-9392

Crime Victims & Survivor Services Division

Oregon Department of Justice doj.state.or.us/crime-victims
(503) 378-5348
Provides information on victim services, rights, and an emergency fund for sexual assault victims. (503) 378-5938 TTY/TDD

Consumer Complaint Center

Consumers can file informal complaints about problems with the communications services. Complaints can be filed through the FCC’s Consumer Complaint Center, which educates consumers about communications issues and guides them through the complaint process. consumercomplaints.fcc.gov
(888) 225-5322 Hotline
(888) 835-5322 TTY/TDD

Clatsop Community Action Team (CCA)

Offers services to individuals and families in need, including assistance with housing, food, and energy bills. ccaservices.org
(503) 325-1400

Columbia County District Attorney

Provides information and assistance to crime victims, helping them navigate the criminal justice system. Divisions in the District Attorney’s Office include Criminal, Child Support Enforcement, and the Crime Victims Assistance Program. columbiacountyor.gov
(503) 366-3914
230 Strand St # 328
St Helens, OR 97051

Community Action Resource Enterprises (CARE)

CARE provides a wide range of social services to low-income families and individuals such as affordable housing, energy assistance, and job training. careinc.org
(503) 842-5261
(800) 735-2900 TTY

Consumer Identity Theft Protection

Oregon Division of Financial Regulation IdentityTheft.gov
(877) 877-9392
Safeguard against identity theft and mandates businesses in the state to ensure the safety of personal information. doj.state.or.us/consumer-protection

Department of Community Justice

People and propation. Working with Oregon Dept of Corrections Oregon Youth Authority, and local agencies. columbiacountyor.gov
(503) 397-6253
901 Port Ave Saint Helens

Legal Assistance & Advocacy

Disability Rights Oregon

Advocates for legal rights and independent living of people with disabilities through litigation, education, and policy.

droregon.org
(503) 243-2081

Disability Rights Legal Center

Offers free legal assistance to anyone nationwide who has experienced a violation of their legal rights.

drlcenter.org
(213) 736-1334
(866) 999-3752

Fraud Hotline US Senate Special Committee on Aging

Fraud Hotline offers investigative services to seniors and the elderly nationwide who may have been victims of fraud concerning retirement savings, identity theft, phone scams, Medicare, Social Security, and other consumer issues.

aging.senate.gov/fraudbook
(855) 303-9470 Hotline

US Office of Inspector General

Reporting services for suspected cases of fraud, waste, compliance violations, or abuse in federal programs including child support, grants, Medicare, and Medicaid.

oig.hhs.gov/fraud
(800) 447-8477 Hotline
(800) 377-4950 TTY/TDD

Governor's Citizens' Representative Office

Governor's Citizen's Representative Office offers a platform for people to voice their concerns and provide feedback about state agencies and government functions.

oregon.gov/gov
(503) 378-4582

Oregon Advocacy Commission Office

Provides statewide support to the Commissions on Asian, Black, Hispanic, and Women's affairs to promote economic, social, legal, and political equality for minority group.

oregon.gov/OAC
(503) 302-9725
421 SW Oak St. #770
Portland, OR 97204

US Department of Health & Human Service

Provides healthcare access and human services with local resource finders and tools available nationwide on their website.

hhs.gov
(877) 696-6775

Report a Crime US Department of Justice

Report crimes like violent acts, child exploitation, domestic abuse, human trafficking, terrorism, drug offenses, and hate crimes.

justice.gov/actioncenter
(202) 514-2000 Info line
(202) 353-1555 Admin

Governor’s Advocacy Office

GAO helps people with concerns about Department of Human Services (DHS) services, including elder abuse, foster parent issues, and customer service complaints.

oregon.gov/odhs
(503) 945-6904
(800) 442-5238

Oregon Law Center - Hillsboro Office

Legal Aid Services of Oregon (LASO)

Provides legal services in housing, public benefits, family, seniors, employment, consumer, education, and immigration law to low-income clients and seniors.

oregonlawcenter.org
(503) 640-4115
(877) 296-4076 Toll-free

Legal Shield

Legal service that offers aid for all types of legal needs across the United States, requiring membership to access services.

wearelegalshield.com
(971) 363-6534
(503) 463-8330 2

Life Insurance Finder Tool

www4.cbs.state.or.us/exs/ins/lift/

Oregon Department of Consumer and Business Services

Assists in locating life insurance policies or annuity contracts of deceased family members statewide.

Mobility International USA

USA offers resources for disabled individuals to partake in abroad programs and provides travel info and stories from experienced travelers with disabilities.

miusa.org
(541) 343-1284

Money Management National Council of Aging

Guidance for reducing expenses and building a savings plan, while Economic Checkup provides support for financial management, housing, health, employment, training, and debt/credit management.

ncoa.org
(571) 527-3900

Oregon Department of Fish & Wildlife

Information on fish and wildlife programs, permits, licenses, and events for all ages.

dfw.state.or.us
(503) 947-6000
(800) 720-6339

Oregon State Bar

Online legal information on various topics. Lawyer Referral Service offers information and referrals to individuals seeking legal assistance, including guidance on Landlord Tenant Law.

osbar.org
(800) 452-7636 Referral
(800) 452-8260 Main

Oregon State Legislature Information

Comprehensive resource that provides citizens with easy access to information about current legislative bills, laws, and committees, making it a valuable tool for anyone interested in state politics.

oregonlegislature.gov

(800) 332-2313 Toll-free

900 Court St. NE
Salem, OR 97301

Oregon State Police Sex Offender Registry

Provides general information about registered sex offenders in Oregon, including their names, addresses, and criminal history.

sexoffenders.oregon.gov

(503) 934-1258

Oregon State Victim Notification Service

Offers crime victims reliable and timely information about criminal cases and offender custody status.

vinelink.com

(877) 674-8463

OregonLawHelp.org

Oregon Law Center and Legal Aid Services of Oregon

A comprehensive online resource for free civil legal services and legal information in Oregon. It provides relevant information and contact details of legal assistance programs.

oregonlawhelp.org

(503) 224-4086

(888) 610-8764 Toll-free

Public Health Division Oregon Health Authority

Guidance on diseases, environmental hazards, healthy habits, and health services. It provides essential tips and insights during outbreaks or hazards.

oregon.gov/OHA

712 TTY/TDD

(800) 422-6012

US Postal Inspection Service US Postal Service

The US Postal Inspection Service provides a platform to report mail theft, fraud, and financial schemes offered through the mail, as well as mailbox tampering and vandalism.

postalinspectors.uspis.gov

(877) 876-2455

Longview Washington Programs & Organizations

Housing Opportunities of SW WA

HOSWVA offers housing support including rental assistance, Section 8, HCV homeownership, and veteran services, focusing on the elderly, disabled, and low-income families for stable living and financial growth.

hoswwa.org
(360) 423-0140
(888) 424-7145
820 11th Ave.
Longview, WA 98632

Area Agency on Aging & Disabilities

The Area Agency on Aging & Disabilities provides information and assistance services for seniors, adults with disabilities, and their caregivers.

helpingelders.org
(360) 577-4929
(800) 682-2406
1338 Commerce Ave #309

Canterbury Park Independent Living Community

Canterbury Park and Delaware Plaza are independent and assisted living communities offering tours to interested individuals.

(360) 501-5100
1335 3rd Ave
Longview, WA 98632

Community House on Broadway

Community House on Broadway is an emergency shelter that provides meals, classes, and other services for adults and families in need

choblv.org
(360) 425-8679
1105 Broadway Street
Longview, WA 98632

Community Youth Services

Community Youth Services provides a resource directory for shelter and services They work with youth in the community, offering support and assistance in finding essential resources.

communityyouthservices.org
(360) 943-0780
(888) 698-1816

Eden Hospice Longview

Community Home Health & Hospice is a non-profit agency providing community-based home health and hospice care services.

chhh.org
(360) 425-8510
1700 Hudson St.
Longview WA 98632

Emergency Support Shelter

Emergency Support Shelter provides services and support to victims and survivors of domestic and sexual violence, as well as their families.

esshelter.com
(360) 425-1176 Crisis Line
(360) 726-1003 Text

Ethnic Support Council Center

The Ethnic Support Council Center provides information and resources to assist immigrants, refugees, and people with limited English skills.

ethnicsupportcouncil.org
(360) 636-2791
1330 11th Ave.
Longview, WA 98632

FISH of Cowlitz County

FISH of Cowlitz County provides assistance with prescriptions, health-related needs, and utility bills in the afternoons.

fishofcowlitzcounty.org
(360) 636-1100

Frontier Rehabilitation & Extended Care

Frontier Rehabilitation & Extended Care Center provides a range of services from short-term rehabilitation to long-term care, catering to individuals of all ages.

empres.com
(360) 423-8800
1500 3rd Ave.
Longview, WA 98632

Girl Scouts of Western Washington

Girl Scouts of Western Washington offers a unique program for girls in Longview, Kelso, and surrounding areas.

girlscoutswa.org
(800) 541-9852

Goodwill - Work Opportunity Center

Goodwill's Work Opportunity Center offers various programs.

goodwillwa.org
(360) 501-8340

Greyhound Information

Greyhound Information provides bus station services at Kelso Train Station.

greyhound.com
(800) 231-2222
501 1st Ave S. Kelso, WA.

Kelso Community Services Office

Department of Social & Health Services

Provides assistance to low-income individuals and families in the form of food stamps, welfare, medical care, and other services aimed at improving their quality of life.

dshs.wa.gov
(360) 501-2400
(877) 501-2233
711 Vine St
Kelso, WA 98626

Life Works

Assists individuals with developmental disabilities in finding vocational and residential opportunities within their community.

The Arc also provides support groups for families looking for assistance and guidance.

lifeworkswa.org
(360) 577-9093

Longview Housing Authority

Provides housing assistance programs, including Section 8 Rental Assistance, to disabled or low-income persons in Longview, Texas.

longviewha.org
(360) 423-0140

Lower Columbia College

Offers a range of academic services including two-year transfer degrees, vocational degrees, adult basic education, and continuing education programs.

lowercolumbia.edu
(360) 442-2322

Lower Columbia Head Start

Provides early childhood education services for families and children from prenatal to five years old who are eligible based on income.

lowercolumbia.edu/head-start
(360) 442-2800

Lower Columbia CAP

Offering tax help, education, energy aid, financial independence, food, healthcare, homeless services, housing, senior care, and transportation.

lowercolumbiacap.org
(360) 425-3430
 1526 Commerce Ave.
 Longview, WA 98632

Parents Place Community Caring Project

Offers curriculum-based parenting classes for families of all ages, home visits, referrals, and support groups, all dedicated to strengthening families and ensuring the well-being of children.

parentsplacelv.org
(360) 414-9212

Premier Choice for Women

Non-profit womens health clinic providing a safe, non-judgmental place for women to access evidence-based education regarding all pregnancy options and learn about available resources.

pc4women.org
(360) 636-3333
 2145 Tibbetts Dr

Salvation Army

Offers services to meet human needs, working with communities worldwide.

salvationarmyusa.org
(360) 423-3990
 1639 10th Ave. Longview

SHARE Program

Self-Help And Rehab Equity Program provides home-ownership support and technical assistance for renovations, rehab projects, and more.

mylongview.com
(360) 442-5000

Social Security Administration

Provides information and services related to Social Security Benefits and Supplemental Security Income.

ssa.gov
(800) 772-1213
(800) 325-0778 TTY

Somerset Retirement & Assisted Living

Retirement and assisted living community in Longview.

somerset-assisted-living.com
(360) 423-7392
 2025 Tibbetts Dr. Longview

St. Vincent de Paul Society

St. Vincent de Paul Society provides food and clothing services, operates thrift stores, and welcomes donations that are clean and in good condition

svdplongview.org
(360) 577-0662

Longview Washington Programs & Organizations

The Arc of Cowlitz County

Provides advocacy and support services for individuals with intellectual and developmental disabilities, as well as their families. Support groups are available to those in need.

lifeworkswa.org/arc
(360) 425-5494

Representative Payee Program

Washington Gorge Action Programs

Program provides financial services for those who cannot manage their money due to physical or mental incapability and offers authorized Social Security and/or SSI .

wagap.org
(509) 493-2662 Admin
(800) 775-1192 Toll-free

WorkSource - Cowlitz/Wahkiakum

Provides job search assistance, training opportunities, and unemployment benefits information to job seekers in the Cowlitz and Wahkiakum counties.

worksourcewa.com
(360) 577-2250

YMCA - Longview, WA

The YMCA in Longview, WA offers swimming pool services and closes half an hour before the center closes. They provide information on day passes and memberships, which you can inquire about by calling them.

longviewymca.org
(360) 423-4770

Transportation

Metro West Ambulance

Metro West Ambulance is a dispatch service located at Vernonia Fire Station that provides emergency medical transport to patients in need.

metrowest.us.com
(503) 648-6656 Transportation
(503) 648-6658 Admin Office

Non-Emergency Medical Transport Yellow Cab Medical Transport

Offers statewide transportation services for individuals with wheelchairs, crutches, and stretcher needs.

ycmedicaltransport.com

OHP Non-Emergent Medical Transportation

Arranges travel for Oregon Health Plan members with OHP Plus benefits to access covered health care services.

oregon.gov/oha
(866) 692-3864

Northwest Rides Columbia Pacific Coordinated Care Organization

Provides non-emergency medical transportation services for CCO members in Clatsop, Columbia, and Tillamook counties at the lowest possible cost. Various options, including bus fare, mileage reimbursement, wheelchair lift/ramp van, sedan/taxi, or stretcher van.

colpachealth.org
(888) 793-0439 Toll-free
(503) 861-0657 Local Office

NW Connector

A coordinated regional transit system that includes five individual transit agencies in NW Oregon. The transit system provides travel between the Willamette Valley and Oregon Coast from Astoria to Yachats.

nwconnector.org

Oregon Transit and Taxi Providers Oregon Department of Transportation

Oregon Transit and Taxi Providers is a comprehensive platform that provides information about transportation and taxi providers throughout Oregon.

oregon.gov/ODOT
(888) 275-6368

Public Utilities & Utility Assistance Programs

Community Action Team Energy Program

The Energy Services Program aims to ensure that all households have access to affordable and continuous home energy by leveraging assistance from federal and state programs such as LIHEAP and OEAP. This program offers a variety of services, including energy education, weatherization materials, and furnace repair, all delivered with respect and cultural sensitivity to effectively reduce energy burdens and assist during emergencies.

cat-team.org/energy
(503) 397-3511
(800) 404-3511 Toll-free
125 North 17th St.
Saint Helens, OR 97051

Oregon Energy Fund

Oregon Energy Fund is a nonprofit organization that offers one-time energy assistance to low-income Oregonians in crisis situations. They work with a number of community nonprofit organizations and are funded in part by PGE, Pacific Power, and West Oregon Electric Cooperative,

oregonenergyfund.org
(971) 386-2124
1020 SW Taylor Saint #620
Portland, OR 97205

Oregon Public Utility Commission

The Oregon Public Utility Commission provides oversight and regulation of utility services in Oregon.

oregon.gov/puc
(503) 373-7394
(800) 522-2404

Turning Point Community Services

Turning Point Community Services in Clatskanie offers utility bill aid, rental aid, gas vouchers, food boxes, and a thrift store.

clatskanieturningpoint.org

(503) 728-3126

220 E Columbia River Hwy
Clatskanie, OR 97016

Affordable Internet AT&T

Access from AT&T provides discounted home internet to low-income households who participate in SNAP or receive SSI benefits. The service is available 24/7 statewide, without age restrictions.

att.com/internet

Assurance Wireless

Assurance Wireless by Virgin Mobile provides a Lifeline cell service option with a range of features including phone, data, voice minutes, texts, and access to 911 & 211.

assurancewireless.com

(888) 321-5880

Connect2Compete Cox Communications

Connect2Compete offers affordable internet services to students and families in need across the entire state, 24/7.

cox.com/residential

Internet Essentials from Comcast

Comcast's Internet Essentials offers \$30/month internet service with no age limits and 24/7 availability, providing reliable connectivity to households across the state.

internetessentials.com

Oregon Telephone Assistance Program

Oregon Lifeline

Offers eligible Oregon residents a variety of benefits such as a reduction in monthly phone and broadband bills, or even free phone or broadband services.

rspf.org

(503) 373-7171

(800) 848-4442

PCs for People

PCs for People offers low-cost computers and internet service to nonprofits and low income individuals, as well as e-waste recycling for individuals and businesses.

pcsforpeople.org

(651) 354-2552

Spectrum Internet Assist Charter Communications

Spectrum Internet Assist offers free internet access to eligible families who are already enrolled in SNAP benefits or Supplemental.

spectrum.com/internet

(541) 971-4426 Local Office

(855) 243-8892 Toll-free

Gas Assistance Program (GAP) NW Natural

Gas Assistance Program (GAP) provides energy assistance grants to NW Natural customers in need.

nwnatural.com
(503) 226-4211
(800) 422-4012 Toll-free

Low Income Energy Assistance Program (LIHEAP)

Community Action Team

LIHEAP aids low-income households with energy costs, including electric, gas, propane, firewood, pellets, oil, and minor furnace repairs/replacements.

cat-team.org/energy
(503) 397-3511

Oregon Department of Energy

Oregon Department of Energy offers information on reducing energy costs, tax credits for installing home energy efficient devices and how to cope during a power outage, accessible to residents of all ages statewide.

oregon.gov/energy
(503) 378-4040
(800) 221-8035 Toll-free

West Oregon Electric Cooperative

Qualifying members of West Oregon Electric Cooperative can receive assistance with their energy bills through the Oregon Energy Fund, St. Vincent DePaul, and WOEC's "Care to Share" energy assistance funds.

westoregon.org
(503) 429-3021
(800) 777-1276

Clatskanie PUD

Clatskanie PUD provides electricity services for northern Columbia County in Oregon.

clatskaniepud.com
(503) 728-2163
(503) 728-2812 fax

Columbia River PUD (CR PUD)

CR PUD offers a Low-Income Assistance program called GLOW, which helps eligible customers pay their electric bills.

crpud.net
(503) 397-1844 Outages
(503) 397-0590 Accounts

Marshland Water Association

The Marshland Water Association provides water services to its customers in a professional and timely manner.

(503) 369-4001

McNulty Water PUD

The McNulty Water Public Utility District is open for business Monday through Friday from 9 AM to 2 PM.

mcnultywater.com
(503) 397-1301

Public Utilities & Utility Assistance Programs

Warren Water Association

(503) 397-3280

Warren Water Association offers after-hours urgent assistance for urgent water matters. They can be reached at (503) 410-2792.

Water/Sewer - City of Clatskanie

cityofclatskanie.com

The Water/Sewer service offered by the City of Clatskanie handles after-hours urgent matters that are related to water and sewer systems.

(503) 728-2622 Reception
(503) 728-3297 fax

Water/Sewer - City of Columbia City

columbia-city.org

This program provides urgent water and sewer services to residents in the City of Columbia City outside of normal business hours.

(503) 366-0454 Public Works
(503) 397-1521 Water Emergencies

Water/Sewer - City of Rainier

cityofrainier.com

Urgent Matters program provides a dedicated phone number, (503) 397-1521, for residents to report urgent issues.

(503) 556-7301
(503) 556-3200 fax

Water/Sewer - City of Saint Helens

www.ci.st-helens.or.us

The City of Saint Helens offers water and sewer services with an after-hours urgent matters hotline available at (503) 397-1521.

(503) 397-6272
(503) 397-4016 fax

Water/Sewer - City of Scappoose

www.ci.scappoose.or.us

The Water/Sewer service provided by the City of Scappoose. Urgent matters service that can be reached at (503) 397-1521.

(503) 543-7146 x221

Water/Sewer - City of Vernonia

vernonia-or.gov

The City of Vernonia provides water and sewer services. For more information, you can contact them at (800) 696-7795.

(503) 429-5291
(503) 429-4232 fax

Programs for Older Adults

Aging and Disability Resource Connection

The ADRC helps individuals, families and professionals find resources to address current or future long-term needs. ADRC's free information and referral services connect Oregonians to the information and services they need most.

adrcforegon.org
(855) 673-2372

Columbia CountyArea Agency on Aging

Community Action Team

Provides support and advocacy services for seniors, including information, outreach, case/care management, meal assistance, elder abuse prevention, legal aid, health promotion, and senior center programs.

cat-team.org
(503) 397-3511
(855) 673-2372 TTY/TDD
125 N. 17th St.
Saint Helens, OR 97051

Eldercare Locator

National Association of Area Agencies on Aging

Connects adults and caregivers to local support resources with local and state agencies on aging. Services include home care transportation, meal prep, caregiver training, education, or a break from caregiving responsibilities.

eldercare.acl.gov

National Association of Senior Move Managers

Connects older adults and their families with local moving services to help them navigate the physical and emotional challenges of moving.

nasmm.org
(877) 606-2766 Toll-free

Options Counseling Community Action Team

Provides support for long-term care decision-making with trained staff offering assistance and resources for both public and private pay options.

cat-team.org
(503) 397-3511
(800) 404-3511 Toll-free
125 N. 17th St.
Saint Helens, OR 97051

Oregon Senior Referral Agency Association

Provides a helpline for individuals aged 55 and above to connect with their members, who offer senior referral and placement services to help individuals find suitable senior housing .

osraa.com
(503) 305-3878

Retirement Connection

An online resource guide that lists facilities and services for older adults in Oregon. Users can view and print the guide from the website, or order physical copies if needed.

retirementconnection.com

Aging and People with Disabilities

Oregon Department of Human Services

Offers information about Medicaid, Medicare, and assistance programs, and provides reporting services for abuse or neglect allegations for individuals who are aging or have a disability.

oregon.gov/DHS

(866) 790-5650 Toll-free

(503) 397-5863 Admin

500 N. Columbia River Hwy
Saint Helens, OR 97051

Compassion and Choices

Provides information and assistance for end-of-life planning and options on death with dignity. They also offer help in finding an attorney if the care recipient disagrees with the care they are given.

compassionandchoices.org

(800) 247-7421 Toll-free

101 SW Madison St. #8009
Portland, OR 97207

Elder Abuse and Neglect

Oregon Department of Human Services

Comprehensive resource that educates about elder abuse and neglect and helps report offenders.

oregon.gov/ODHS

(855) 503-SAFE

National Asian Pacific Center on Aging

Offers culturally and linguistically competent services and resources, including access to employment opportunities for seniors and their families.

napca.org

(800) 336-2722 Info line

(206) 624-1221

National Council on Aging

Offers a variety of services to seniors and their caregivers, including Benefits Checkup, Economics Checkup, and My Medicare Matters. Aims to improve the quality of life for older Americans through job security, better benefits and health, and encouraging independent and active living.

ncoa.org

Older Americans Act

US Department of Health and Human Services

Provides essential funding for a range of services aimed at promoting the health, independence, and well-being of older adults, including meals, job training, caregiver support, and transportation.

usaging.org

ww.acl.gov

US Senate Committee on Aging

Provides oversight of Medicare, Social Security, and the Older Americans Act while offering a fraud hotline. Their efforts include examining issues such as nursing home conditions, age discrimination protection, and prescription drug pricing practices

aging.senate.gov

(202) 224-5364

(202) 224-1852

AARP Foundation Tax-Aid

Provides free tax preparation services to low-to moderate-income seniors. Contact your local senior center for more information or call the designated phone number for appointment scheduling.

aarp.org
(888) 687-2277

Benefits Checkup National Council on Aging

An online resource that helps users find their benefits by providing basic information on programs and eligibility.

benefitscheckup.org
(800) 424-9046

HELPS Nonprofit Law Firm Help Eliminate Legal Problems for Seniors and Disabled

A nonprofit law firm providing seniors and disabled individuals who receive Social Security, disability, VA benefits, and pensions with ongoing assistance for unpaid debts. Educates on financial rights and assists with various financial issues.

helpshere.org
(855) 435-7787
(310) 807-4103 fax

Legal Assistance for the Protection of Elder Rights

Oregon Department of Human Services

Offers legal services to seniors with social or economic needs, statewide, specializing in issues such as income and public benefits, housing, long-term care, and age discrimination. Age range: 60 and above.

oregon.gov/DHS
(855) 673-2372 Info line

Low Income Caregiver Credit

Oregon Department of Revenue

A statewide program that offers a credit to pay expenses for the care of a person 60 or older, ensuring they are not placed in a nursing home. Eligibility requirements must be met by both parties.

oregon.gov/DOR
(503) 378-4988

Social Security Administration

Provides social security benefits, supplemental security income, and related information to eligible individuals in the area. Services include retirement, disability, and survivor benefits, as well as assistance with Medicare enrollment and appeals.

ssa.gov

(800) 772-1213
(800) 325-0778

Beaverton

11975 SW 2nd St
Beaverton, OR 97005

Longview

840 Ocean Beach Hwy
Longview, WA 98632

Portland

1538 SW Yamhill St
Portland, OR 97205

Wills, Trusts and Elder Law Oregon State Bar

Oregon State Bar offers online resources for wills, trusts, estate planning, and elder law inquiries, providing general legal information without age restriction throughout the state.

osbar.org
(503) 620-0222
(800) 452-8260 Toll-free

16037 SW Upper Boones Ferry
Tigard, OR 97224

Legal Issues for Older Adults Oregon State Bar

2017 Publication providing information to identify issues older adults may come across as they age. It's not legal advice but offers a starting point for conversations with ideas and meanings. osbar.org/public/legalissuesbook.html

You Gave, Now Save Guide to Benefits for Seniors

National Council of Aging (NCOA)

A nationwide program that provides comprehensive information on benefits and programs that can help seniors pay for health care, prescriptions, food, and utilities, along with further information and application assistance on housing, transportation, income, taxes, and legal support.

ncoa.org/economic-security
(571) 527-3900

LeadingAge Oregon

Advances and empowers aging through education, resources, and connection. They offer policies, practices, and research for individuals to live fully and trainings for local Independent Living Administrators.

leadingageoregon.org
(503) 684-3788

7340 SW Hunziker #104
Tigard, OR 97223

Parkinson's Resources

Parkinson's Resource of Oregon

Offers statewide services to people living with Parkinson's disease, including counseling, case management, education, support groups, exercise programs, and assistance with legal and public services.

parkinsonsresources.org
(800) 426-6806 Helpline
(503) 594-0901

8880 SW Nimbus Ave. #B
Beaverton, OR 97008

Forget-Me-Not Memory Cafe

Community Action Team

A social event for those with memory loss, their family care partners, and friends to enjoy music, dance, games, laughter, and refreshments.

shseniorcenter.org
(503) 397-3511

375 S 15th St.
Saint Helens, OR 97051

Meals On Wheels Community Action Team

Offers a home delivery service providing nutritious meals to seniors (60+) and their dependents who are unable to prepare meals themselves.

cat-team.org
(503) 366-6584
(503) 397-3511

Oregon Senior Peer Outreach

Provides a weekly telephone conversation with a Senior Peer Support Specialist to combat loneliness for those over 55, disabled, or living in rural areas.

ccswebsite.org
(833) 736-4676

SAGEConnect SAGE National

A LGBTQ+-focused service that connects elders with their community through weekly 30-minute friendly calls for six weeks.

sageusa.org
(929) 484-4160 Info line
(877) 360-5428 Hotline

Clatskanie Senior Center

Flippin House Castle National Historic Site Senior Center provides social, recreational, health & wellness, education. Also provides internet access, some physical activity classes and a meals-on-wheels program

clatskaniecastle.com
(503) 728-3608
620 Tichenor
Clatskanie, OR 97016

Rainier Senior Center

Offers various services including activities, medical equipment, meals on wheels and congregant meals on site, foot care clinic, and blood pressure checks with no age restrictions.

rainierseniors.com
(503) 556-3889
48 W 7th St.
Rainier , OR 97048

Saint Helens Senior Center

Offers a meal service and welcomes members 60+ or retired due to disability. Provides lunch services from Monday to Friday at noon.

shseniorcenter.org
(503) 397-3377
375 S 15th St.
Saint Helens, OR 97051

Scappoose Senior Center

Come join us at the Scappoose Senior Center for a delicious lunch served promptly at noon every day for a nominal fee.

(503) 543-2047
33342 SW Meadow Dr.
Scappoose, OR 97056

Vernonia Senior Center

Services and activities for seniors, including meal services and recreational opportunities. A key resource for seniors in Vernonia, providing a supportive and active community environment.

vernoniaseniorcenter.org
(503) 429-3327
547 Weed Ave.
Vernonia, OR 97064

Senior Loneliness Line Lines for Life

Offers a talkline for adults aged 55 and above experiencing loneliness, isolation, depression, or anxiety, providing compassionate support, resources, or simply a listening ear.

seniorlonelinessline.org
(503) 200-1633

Senior Services

Sing Here Now Alzheimer's Association Oregon Chapter

A nationwide choir that offers people in the early stages of memory loss and their care partners the chance to socialize and enjoy music, regardless of their age.

alz.org/orswwa

(800) 272-3900 Helpline

1650 NW Naito Parkway #190
Portland, OR 97209

Columbia Hills Retirement Center

Provides independent living services for low-income seniors.

(503) 397-6131

36050 Pittsburg Rd.
Saint Helens, OR 97051

Victorian/Olive Court Senior Apartments

Offers low-income housing services to seniors and disabled individuals aged 55 and above. It is a reliable option for those seeking affordable housing.

victorianolivecourt.com

(503) 987-1842

33878 E Columbia Ave
Scappoose, OR 97056

ADEO In-Home Care

Provides health care management services for individuals who wish to remain in the comfort of their own homes.

adeohomecare.com

(503) 366-1806

Comfort Makers Positive Journey In-Home Care Agency

Provides assistance to individuals of any age with their daily needs, including bathing, grooming, dressing, toileting, mobility, and hydration/feeding.

comfort-makers.com

(503) 369-2460

139 N. 21st St.
Saint Helens, OR 97051

Elder Options

Provides a wide range of services including in-home care, medical alert technology, caregiver training, and advocacy to seniors and their families. Offers nursing and home safety assessments, housekeeping services, and information on senior housing.

elderoptions.com

(360) 636-1000

(800) 608-2388

Employer Resource Connection Oregon Home Care Commission

A free program for individuals who have been approved for in-home services through Medicaid or Oregon Project Independence. Get support to hire a home care worker and become an employer.

oregon.gov/odhs

(877) 867-0077

Home Instead Senior Care

Provides in-home care services to seniors, ensuring their comfort, safety, and well-being through personalized care plans and compassionate caregivers.

homeinstead.com

(503) 530-1527

Housing Plus - Aging in Place Habitat for Humanity habitat.org

Enhances homes for seniors, modifying spaces for safety and accessibility. They partner with local organizations to provide social services addressing age-related challenges.

Oregon Continental Home Health Care

Provides in-home skilled nursing and therapy services to patients in Oregon.

oregonchhc.com
(503) 245-5305

Home Care Registry & Referral Oregon Home Care Commission

The Oregon Home Care Commission Registry and Referral System is a 24/7 service connecting employers with homecare workers across the state.

or-hcc.org
(877) 867-0077

AARP - Family Caregiving Information

Provides information on family caregiving, covering basics, legal issues, health concerns, and local resource lists. Offers an online community for caregivers to connect with others and receive expert advice.

aarp.org/caregiving
(877) 333-5885 Toll-free

ALZConnected Alzheimer's Association Oregon Chapter

An online support community for anyone affected by Alzheimer's or other dementia diseases, providing support for caregivers, family members, and individuals who have lost someone to Alzheimer's.

alzconnected.org

Alzheimer's and Dementia Caregiver Information Center

Alzheimer's Association Oregon Chapter

Offers nationwide 24/7 support to caregivers of Alzheimer's and Dementia patients. Topics covered include daily care, stages, behaviors, safety, care options and financial and legal planning.

,alz.org
(800) 272-3900 Helpline
(866) 403-3073 TTY/TDD

Caregivers Action Network

Offers nationwide services to family members and caregivers of individuals with chronic conditions, disabilities, diseases, or old age, providing vital information, education, peer support, and resources.

caregiveraction.org
(202) 454-3970 Admin
(855) 227-3640 Helpline

Caring for Your Parents - Handbook

An online handbook that offers financial, healthcare, and caregiver advice for individuals taking care of elderly parents or friends.

pbs.org/wgbh/caringforyourparents

Family Caregiver Alliance

Provides information and education to individuals providing long term care at home, offering fact sheets and support groups for caregivers of all ages across the United States.

caregiver.org
(800) 445-8106
(415) 434-3388 Admin

Senior Services

Lewy Body Dementia Association

Provides support and raises awareness for individuals and families affected by Lewy body dementia.

lbda.org

(800) 539-9767 Toll-free

(404) 935-6444 National

LGBT Caring Community Online Support Group

Family Caregiver Alliance

Provides a platform for caregivers of adults with chronic health issues in the LGBTQ+ community to discuss their unique concerns. The group is open nationwide and has no age restrictions.

caregiver.org

(415) 434-3388

(800) 445-8106 Toll-free

National Alliance for Caregiving

Provides national caregiving resources, connects caregivers with local coalitions, and offers special support for those caring for veterans.

caregiving.org

(202) 918-1013

National Association of Home Care and Hospice

Advocates for in-home caregivers of the chronically ill and disabled, and offers a database search locator for home care and hospice agencies nationwide.

nahc.org

(202) 547-7424

Next Step in Care United Hospital Fund

An online guide designed to aid caregivers and health care workers in planning and implementing safe transitions for chronically and seriously ill patients, with easy-to-use tools and resources.

nextstepincare.org

ALS Support Groups

Providence Medical Center

Offers statewide information about support group meetings for individuals with ALS, their families, and caregivers.

als.org/oregon

(503) 238-5559

700 NE Multnomah St. #210
Portland, OR 97232

Oregon Care Partners

Offers in-person and online training to families and professional caregivers in Oregon, enabling them to improve the quality of life for older adults and those with Alzheimer's.

oregoncarepartners.com

RCI REACH Community Action Team

Provides dementia education and training for family caregivers, including stress management, problem solving, and self care techniques.

cat-team.org

(503) 307-3511

125 N. 17th St.
Saint Helens, OR 97051

Respite Program Community Action Team

Issues vouchers to caregivers, covering up to 20 hours of respite care services from approved providers. It allows caregivers to take time off, reduce stress, and prevent burnout.

cat-team.org

(503) 397-3511

125 N. 17th St.
Saint Helens, OR 97051

Rosalynn Carter Institute for Caregiving

Offers information, education, and training programs for caregivers and caregiver self-help, including the RCI Reach program for dementia caregivers and the Dealing with Dementia workshop for family caregivers.

rosalynncarter.org

(229) 928-1234

Savvy Caregiver Community Action Team

A 12-hour training program designed for caregivers of family members with Alzheimer's disease, providing them with the necessary knowledge, skills, and attitudes to manage stress and carry out their caregiving role effectively.

cat-team.org

(503) 397-3511

125 N. 17th St.
Saint Helens, OR 97051

Well Spouse Association

Offers advocacy, peer to peer support groups, and online resources for spousal caregivers of chronically ill and/or disabled partners.

wellspouse.org

(732) 577-8899

Avamere Assisted Living

Provides personal care services to support a self-sufficient lifestyle, with a dedicated memory care unit on site.

avamereatsthelens.com

(503) 366-8070

2400 Gable Rd
Saint Helens, OR 97051

Brookdale Rose Valley Assisted Living

Brookdale Rose Valley Scappoose provides assisted living and independent living services.

brookdale.com

(503) 543-4646

33800 Frederick St. Scappoose

Columbia Care Center

An Intermediate Care Center that provides medical and rehabilitation services.

columbiacare.com

(503) 543-7131

33910 E Columbia Ave. Scappoose

Meadow Park & Specialty Care

A skilled nursing live-in facility that provides services 24/7. They work with patients who require specialized care & attention.

meadowparkskillednursing.com

(503) 397-2713

Oregon Licensed Long-term Care Facilities Search

Oregon Department of Human Services

A comprehensive database of all licensed long-term care facilities in Oregon, offering basic information and compliance history, including any violations, penalties, or substantiated abuse/neglect allegations associated with the facility.

ltlicensing.oregon.gov

Public Utilities & Utility Assistance Programs

Oregon Long-Term Care Ombudsman

Long Term Care Ombudsman

Provides advocacy and complaint resolution for individuals residing in licensed care settings such as nursing homes, assisted living facilities, and adult foster homes throughout the state of Oregon.

oltco.org/programs

(800) 522-2602 Toll-free

(503) 378-6533 Local Office

Spring Meadows Assisted Living

An assisted living residence that offers private apartment-style accommodations with specialized amenities and personal care services.

springmeadowsalf.org

(503) 397-0401

36070 Pittsburg Rd
Saint Helens, OR 97051

The Amber Senior Living Sapphire at The Amber, LLC

An assisted living facility that offers private apartment-style accommodations and personalized care services to maximize residents' functioning and autonomy in a homelike environment.

theamber.net

(503) 728-2744

365 Bel Air Dr.
Clatskanie, OR 97016

Eden Hospice

Provides comprehensive hospice care ensuring patients can approach the end of life with dignity and comfort. The hospice team is available 24/7 to provide support, clinical care, counseling,

eden-health.com

(971) 256-6642

365 Bel Air Dr.
Clatskanie, OR 97016

Kindred Hospice

Offers hospice and palliative care services to individuals with end-stage illnesses in Clackamas, Columbia, Marion, Multnomah, and Washington counties.

kindredhealthcare.com

(888) 983-3836 Toll-free

4500 Kruse Way #100
Lake Oswego, OR 97035

National Hospice and Palliative Care Organization

Offers nationwide resources to help people of all ages understand, prepare, and plan for end-of-life care and the available resources.

caringinfo.org

(703) 837-1500

Oregon Hospice and Palliative Care Association

Provides information about hospice and palliative care, caregiving, family grief support groups, and death with dignity options. Website offers a facility finder & care comparison tool.

oregonhospice.org

(503) 228-2104

Veteran Services

Veterans Crisis Line



Free and confidential. When you call a qualified responder will listen and help. You decide how much information to share. Support doesn't end with your conversation, responders can connect you with the resources you need.

Call 988 then press 1
[VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)
TXT 838255

Veteran Services Office Community Action Team

The Veteran Services Office offers comprehensive support to veterans and their families by providing accurate VA information, claims support, and representation. The VSOs are trained and accredited to identify all available state and federal benefits and assist in filing claims.

cat-team.org/VSO
(503) 366-6580
(503) 397-3290 fax

American Legion Auxiliary

Serves veterans and their families. They offer referrals to clothing and food resources, provide rental assistance and other financial aid by referring to the National Office, and offer friendly visitation to veterans in hospitals

alaoregon.org
(503) 682-3162 x2

American Legion Post 42 - Warren

American Legion Post 42 in Warren provides a range of services including benefit and career assistance, education, health financial and veteran employment and community.

legion.org
(503) 543-3629

American Legion Oregon

A community organization for veterans and their families, offering information, referral, mutual support and community programs. Service officers help with VA paperwork and obtaining DD-214s

orlegion.org
(503) 685-5006

Elks Veterans Bunker

Elks Veterans Bunker offers referral services and resources to military members, dependents, and veterans.

elksveteransbunker.org
(503) 410-5225

VFW Post 4362 - Scappoose

Meetings held at the Moose Lodge at 7:00 pm first Thursday of each month.

(503) 380-5609 Scappoose
(503) 412-4757 Oregon

Blinded Veterans Association

Blinded Veterans Association provides funding, advocacy, and assistance for blinded veterans to understand the Department of Veterans Affairs claims process.

bva.org
(800) 669-7079

Veteran Services

Disabled American Veterans

Provides advocacy and support resources for disabled veterans and their families, including benefit claims assistance, transportation to medical appointments, and assistance accessing health care resources.

dav.org

(503) 412-4750
(877) I AM A VET

Homeless Veterans Reintegration Program

Easter Seals Oregon

The Homeless Veterans Reintegration Program (HVRP) provides homeless and at-risk veterans with employment services, financial literacy, computer training, job search training, and interview guidance to help them reintegrate into their communities.

easterseals.com

(503) 228-5108

Returning Veterans Project

Returning Veterans Project offers free and confidential mental health and wellness services to post 9/11 war zone veterans and their families in Oregon and SW Washington through a team of independent health care practitioners.

returningveterans.org

(503) 954-2259

Supportive Services for Veteran Families

Community Action Team

Promotes housing stability with a range of supportive services to eligible Veteran families residing in or transitioning to permanent housing

cat-team.org

(503) 366-6580

125 N. 17th Street
St. Helens, OR 97051

S.T.A.R. Military Program Cedar Hills Hospital

The S. T. A. R. Military Program offers comprehensive care and treatment to active duty military, veterans, and their families through a team of behavioral health and substance abuse professionals

cedarhillshospital.com

(877) 601-5303

The Fallen Outdoors

The Fallen Outdoors offers free hunting and fishing experiences for veterans with disabilities, providing them with opportunities to connect with nature and other veterans.

thefallenoutdoors.com

Military Index and Records

Online directory that offers links to valuable military indexes and records for genealogy research. It includes rosters, soldier databases, draft card database, and information on war casualties.

militaryindexes.com

Military.com

military.com

Military.com is a comprehensive online platform that caters to the needs of veterans, military personnel, and their families by providing daily defense news, veteran employment resources, and information on government benefits, scholarships, and discounts.

Paralyzed Veterans of America

pva.org

Paralyzed Veterans of America offers information and assistance to veterans with benefits, medical services, legal rights, accessibility rights, accessible design, and caregivers support.

(800) 424-8200

USA Cares

usacares.org

USA Cares provides financial assistance and post-service skills training to post 9/11 military veterans, service members, and their families to help create long-term stability and reduce factors contributing to veteran suicide.

(800) 773-0387

VETNET.NET Reveille Foundation

vetnet.net

VETNET.NET is an online search tool that provides free services for transitioning military, guard, reservists, veterans, spouses, and families across the state.

Oregon Department of Veterans' Affairs

Assists Oregon veterans in connecting with county service offices and resources. Their services include information and referral, Veterans home loans, support and advocacy for aging Veterans, assistance with filing medical claims, and more.

oregon.gov/odva
(800) 692-9666

Oregon Veteran Home Loans

Oregon Veteran Home Loans is a unique benefit program that provides Oregon veterans with access to affordable home loans. These loans are separate from the federal VA Home Loan Guaranty program.

oregon.gov/odva
(888) 673-8387

Oregon Veterans Homes

Organized around the idea of an intentional community or neighborhood, this new veterans' home offers residents a way to maximize normal living environments and routines and provides autonomy, a sense of community, and quality of life.

oregon.gov/odva
(541) 497-7265

Lebanon
600 N 5th St,
Lebanon, OR
(541) 570-7477

The Dales
700 Veterans' Dr.
The Dalles, OR 97058
(541) 296-7190

ODVA Special Advocacy

oregon.gov/odva

Veteran Services

Oregon Department of Veterans Affairs

ODVA has special programs that help different groups of veterans based on their specific needs. Each group has a coordinator who focuses on the unique challenges they face, such as finding housing, continuing education, dealing with legal issues, and improving overall well-being.

Women Veterans (503) 373-2389

Incarcerated Vets (503) 373-2098

LGBTQ+ veterans (971) 720-9016

Tribal Veterans (971) 239-6673

State Veteran License Plates Oregon Department of Transportation

Provides permanent vehicle registration for disabled veterans, military veteran recognition license plates, and veteran designation on Oregon driver licenses.

oregon.gov/odot

(503) 373-2085

(800) 692-9666

State Veteran Outdoor Recreation

Oregon Department of Fish and Wildlife

Provides Resident Disabled Veteran Combination and Shellfish licenses, while the United States Geological Service offers free America the Beautiful National Park and Federal Recreation Lands pass.

oregon.gov/odva

(503) 373-2085

(800) 692-9666

State Veteran Benefits - Taxation

Oregon offers tax exemptions for veterans, including Disabled Veteran or Surviving Spouse Property Tax Exemption and an Active-Duty Military Exemption.

oregon.gov/DOR

(503) 378-4988

(800) 356-4222

Disabled Vets Outreach Program WorkSource Oregon oregon.gov/EMPLOY

The WorkSource Oregon program offers employment services to disabled veterans in Columbia County. DVOP specialists provide tailored job and training opportunities to veterans, with a focus on those with service-connected disabilities.

(503) 397-4995 x225

Burial and Memorial Benefits

VA National Cemetery Administration

Offers burial and memorial benefits, gravesite locators, and funeral services to veterans and their families without any age restrictions.

cem.va.gov

(800) 827-1000

CHAMP Civilian Health and Medical Program

US Department of Veterans Affairs

Providing information on various programs, the Civilian Health and Medical Program offers services to family members of veterans.

va.gov/healthbenefits

(800) 733-8387

US Court of Appeals for Veterans Claims

Offers judicial review for administrative decisions on service-connected disabilities, survivor benefits, education payments, and indebtedness waivers, promoting equality and public trust among veterans.

uscourts.cavc.gov
(202) 501-5970

VA Benefits Administration

Offers nationwide services to veterans and their families, including educational and career counseling, information about Vocational Rehabilitation and Employment programs, support for veteran-owned businesses, and assistance for dependent family members of veterans.

benefits.va.gov
(800) 827-1000 Toll-free
(844) 698-2411 Helpline

VA Caregiver Support Services US Department of Veterans Affairs

Program of General Caregiver Support Services (PGCSS) that provides education, resources, and support to caregivers of Veterans who do not need to have a service-connected condition.

caregiver.va.gov
(855) 260-3274

VA Home Loans

VA Home Loans offers eligible Veterans and their survivors home loan guaranty benefits and housing-related programs.

benefits.va.gov

VA Caregiver Support Program

CSP Offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA health care system. The program's mission is to promote the health and well-being of family caregivers who care for Veterans, through education, resources, support, and services provisioned through Program of General Caregiver Support Services (PGCSS) and the Program of Comprehensive Assistance for Family Caregivers.

caregiver.va.gov
(855) 260-3274
 Caregiver Support

VA Willamette National Cemetery

Willamette National Cemetery provides military honors services through the Oregon National Guard. Local organizations can also perform these honors statewide.

cem.va.gov
(503) 273-5250 Local Office
 11800 SE Mt. Scott Blvd.
 Portland, OR 97086

Veterans in Agriculture & Agribusiness

usda.gov
(202) 720-2791

Volunteer Opportunities

USDA Veterans and Entrepreneurship Initiatives

Veterans in Agriculture and Agribusiness offers financial, educational, and training resources, as well as business planning support to Veterans interested in pursuing a career in farming, ranching, and other agricultural opportunities.

Stop Oregon Litter and Vandalism - SOLVE

Stop Oregon Litter and Vandalism (SOLVE)

SOLVE (Stop Oregon Litter and Vandalism) is an environmental organization that focuses on cleaning up beaches, removing invasive plants, planting native trees, and other maintenance projects in Oregon.

solveoregon.org

(503) 844-9571 Admin
(800) 333-7658 Toll-free

VolunteerMatch

VolunteerMatch connects volunteers with local public opportunities through an online search tool.

volunteermatch.org

(415) 241-6868

Social Call Front Porch Communities and Services

Social Call is a program that connects elderly individuals with volunteers for regular phone calls providing companionship and support for those who may be feeling isolated or alone.

frontporch.net

(877) 797-7299
(877) 400-5867 spanish

Unite Oregon

Unite Oregon provides advocacy, information, and resources to individuals and communities in Oregon. It was formerly known as the Center for Intercultural Organizing (CIO).

uniteoregon.org

(503) 287-4117
(503) 828-9736

Nutrition Program Volunteers

Community Action Team

Volunteers for the Nutrition Program assist in meal delivery for homebound seniors and preparation and serving of Congregate Meals at Senior Centers. They work with CAT and background checks are required

cat-team.org

(503) 366-6584

Columbia Humane Society

Columbia Humane Society is dedicated to finding forever homes for cats and dogs through responsible adoptions.

columbiahumane.com

(503) 397-4353
2084 Oregon Street
St. Helens, OR 97051

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