

RESOURCE GUIDE



To ensure that county government is efficient, effective, equitable, transparent, and accountable to all who live in our county.



**MULTNOMAH COUNTY
AUDITOR'S OFFICE**

LAND ACKNOWLEDGEMENT

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

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

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

A MESSAGE FROM MULTNOMAH COUNTY AUDITOR JENNIFER McGUIRK



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

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

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

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Stay Connected with Multnomah County Auditor's Office

THANK YOU

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

THE PURPOSE

The purpose of this resource guide is to:

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



WHAT IS THE AUDITOR'S OFFICE?

Get to know the Auditor's Office

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

Through our work, we:

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

How we are a resource to the community

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

As a resource to the community, we:

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

For more information about our office, check out our website: <https://www.multco.us/auditor-mcguirk>





OMBUDSPERSON

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

FREQUENTLY ASKED QUESTIONS (FAQs)

What is the Ombudsperson?

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

What does the Ombudsperson do?

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

When should I ask for help from the Ombudsperson?

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

Why does the county have an Ombudsperson?

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

TRAUMA INFORMED PRACTICE STATEMENT

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

RACIAL EQUITY STATEMENT

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



SPEAK

UP

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

All reporters remain confidential.

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

Email ombudsperson@multco.us

Call 503-988-1234

Scan



Ombudsperson FAQ:

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



Scan



SPEAK

UP

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

All reporters remain confidential.

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

Online goodgovhotline.com

Email mult.auditor@multco.us

Call 888-289-6839

Concerns we can help with:

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



An aerial photograph of a city at sunset. The sky is a mix of orange, pink, and purple. In the foreground, a river flows through the city. On the left bank, there is a marina with several boats docked. A large, modern building with a glass facade is prominent on the left. In the background, a bridge spans the river, and the city skyline is visible with various buildings and structures. The overall scene is a vibrant and detailed representation of an urban waterfront.

COMMUNITY RESOURCES

PARKS

	Locations
<i>Blue Lake Regional Park</i>	21224 NE Blue Lake Road, Fairview
<i>Broughton Beach</i>	4356 NE Marine Drive, Portland
<i>Canemah Bluff Nature Park</i>	815 Fourth Ave., Oregon City
<i>Chehalem Ridge Nature Park</i>	38263 SW Dixon Mill Road, Cornelius
<i>Cooper Mountain Nature Park</i>	18892 SW Kemmer Road, Beaverton
<i>Farmington Paddle Launch</i>	9665 SW River Road, Hillsboro
<i>Glendoveer Golf Course and Nature Trail</i>	14015 NE Glisan St., Portland
<i>Graham Oaks Nature Park</i>	11825 SW Wilsonville Road, Willsonville
<i>Howell Territorial Park</i>	13901 NW Howell Park Road, Portland
<i>Killin Wetlands Nature Park</i>	46280 NW Cedar Canyon Road, Banks
<i>Mason Hill Park</i>	Northwest Johnson and Munson Roads, Portland
<i>Mount Talbert Nature Park</i>	10695 SE Mather Road, Clackamas
<i>Newell Creek Canyon Nature Park</i>	485 Warner Milne Road, Oregon City
<i>Orenco Woods Nature Park</i>	7100 NE Birch St., Hillsboro
<i>Oxbow Regional Park</i>	3010 SE Oxbow Parkway, Gresham
<i>Scouters Mountain Nature Park</i>	11000 SE Honorable Way, Happy Valley
<i>Smith and Bybee Wetlands Nature Area</i>	5300 N. Marine Drive, Portland

COMMUNITY GARDENS

Volunteer Opportunities Available

	Location	Contact Information
<i>Adams Community Garden</i>	4300 NW Cornell Rd., Portland, OR 97210	Portland Community Gardens: 503-823-1612 pkcomgard@portlandoregon.gov
<i>Beach Community Garden</i>	4629 N Campbell Ave., Portland, OR 97217	
<i>Berrydale Community Garden</i>	9004 SE Taylor St., Portland, OR 97216	
<i>Blair Community Garden</i>	3235 SE Alder Court Portland, OR 97214	
<i>Brentwood Community Garden</i>	SE 57th Ave., & Bybee Blvd., Portland, OR 97206	
<i>Buckman Community Garden</i>	SE 18th Ave., & Oak St., Portland, OR 97214	
<i>Centennial Park Community Garden</i>	17630 SE Main St., Portland, OR 97233	
<i>Cesar Chavez Community Garden</i>	NE Corner of SE Cesar Estrada Chavez Blvd. & Ellis St., Portland, OR 97202	
<i>Clarendon Community Garden</i>	9235 N Van Houten Ave., Portland, OR 97203	
<i>Clinton Community Garden</i>	SE 18th Ave. & Clinton St., Portland, OR 97214	
<i>Colonel Summers Community Garden</i>	SE 20th Ave. & Taylor St., Portland, OR 97214	
<i>Crossroads Community Garden</i>	6948 SW Capitol Highway Portland, OR 97219	
<i>David Douglas Community Garden</i>	1400 SE 130th Ave., Portland, OR 97233	

<i>Earl Boyles Community Garden</i>	SE 110th Ave. & Francis St., Portland, OR 97266	
<i>Eastminster Community Garden</i>	12505 NE Halsey St., Portland, OR 97230	
<i>Ed Benedict Community Garden</i>	10441 SE Bush St., Portland, OR 97266	
<i>Errol Heights Community Garden</i>	4841 SE Tenino Court Portland, OR 97206	
<i>Everett Community Garden</i>	2698 NE Everett St., Portland, OR 97232	
<i>Floyd Light Community Garden</i>	599 SE 111th Ave., Portland, OR 97216	
<i>Frazer Community Garden</i>	NE 52nd Ave. & Pacific St., Portland, OR 97213	
<i>Front and Curry Community Garden</i>	20 SW Curry St., Portland, OR 97201	
<i>Fulton Community Garden and Display Garden</i>	SW 3rd Ave. & Miles St., Portland, OR 97219	
<i>Furey Community Garden</i>	11820 SE Reedway St., Portland, OR 97266	
<i>Gabriel Community Garden and Orchard</i>	4151 SW Canby St., Portland, OR 97219	
<i>Gilbert Heights Community Garden</i>	4209 SE 130th Ave., Portland, OR 97236	Native Gathering Garden Coordinator: parks.ngg@portlandoregon.gov
<i>Native Gathering Garden at Cully Park</i>	North of NE 72nd Ave. & Killingsworth St., Portland, OR 97218	
<i>NAYA Community Garden – Wapas Na Née Shaku</i>	NAYA Family Center – 5135 NE Columbia Blvd., Portland, OR 97218 (located behind NAYA's main campus)	
<i>The Snowcap Community Garden</i>	17805 SE Stark St., Portland, OR 97233 (West side of the SnowCap warehouse)	

NAYA Garden Coordinator, Bonz Wykman: wykmanb@nayapdx.org

<https://www.snowcap.org/comm-unity-garden.html>

COMMUNITY CENTERS

	Location	Contact Information	Hours
<i>Charles Jordan Community Center</i>	9009 N Foss Ave., Portland, OR 97217	Building Supervisor: Larena.Dawson@portlandoregon.gov 503-823-3631	Mon-Fri: 6:30 a.m.-8 p.m. Sat: 9 a.m.-5p.m.
<i>Community Music Center</i>	3350 SE Francis St., Portland, OR 97202	cmc@portlandoregon.gov 503-823-3177	Mon-Fri: 1 p.m.-6 p.m.
<i>East Portland Community Center</i>	740 SE 106th Ave., Portland, OR 97216	Building Supervisor: Garland.Brown@portlandoregon.gov 503-823-3450	Mon-Fri: 5:30 a.m.-8 p.m. Sat: 7 a.m.-5 p.m. Sun: 8 a.m.-5 p.m.
<i>Impact Northwest Slavic Community Centers</i>	4610 SE Belmont St., Portland, OR 97215	Contact Form: https://impactnw.org/about-us/contact-us/ (503) 721-6760 Fax: (503) 719-7120	Mon-Fri: 9 a.m.-5 p.m.
<i>Linnton Community Center</i>	10614 NW St Helens Rd., Portland, OR 97231	Contact Form: https://linntoncommunitycenter.org/contact-us 503-286-4990	Mon-Fri: 8 a.m.-5 p.m. Sat-Sun: Closed

<i>Matt Dishman Community Center</i>	77 NE Knott St., Portland, OR 97212	Building Supervisor: evan.lilly@portlandoregon.gov 503-823-3673	Mon-Fri: 5:30 a.m.-8 p.m. Sat: 9 a.m.-5 p.m. Sun: 8 a.m.-5 p.m.
<i>Montavilla Community Center</i>	8219 NE Glisan St., Portland, OR 97220	Building Supervisor: Robert.Donaldson@portlandoregon.gov 503-823-4101	Mon-Fri: 9 a.m.-7 p.m. Sat: 9 a.m.-3 p.m. Sun: Closed
<i>Mt. Scott Community Center</i>	5530 SE 72nd Ave., Portland, OR 97206	Building Supervisor: Adam.McGowan@portlandoregon.gov 503-823-3183	Mon-Fri: 5:30 a.m.-8 p.m. Sat: 7 a.m.-5 p.m. Sun: 12 p.m.-5 p.m.
<i>Multnomah Arts Center</i>	7688 SW Capitol Highway Portland, OR 97219	MAC@portlandoregon.gov 503-823-2787	Mon-Thurs: 9 a.m.-9 p.m. Fri-Sat: 9 a.m.-12 p.m.
<i>Peninsula Park Community Center</i>	700 N Rosa Parks Way Portland, OR 97217	Building Supervisor: Jennie.Birt@portlandoregon.gov 503-823-3620	Mon-Fri: 8 a.m.-6 p.m. Sat-Sun: Closed

<i>Sellwood Community Center</i>	1436 SE Spokane St., Portland, OR 97202	info@sellwoodcommunityhou u se.org 503-894-9496	Mon-Thurs: 8:30 a.m.-8:30 p.m. Fri: 8:30 a.m.-6 p.m. Sat: 9 a.m.-1 p.m.
<i>Southwest Community Center</i>	6820 SW 45th Ave., Portland, OR 97219	Building Supervisor: Craig.Vanderbout@portlandoregon.gov 503-823-2840	Mon-Fri: 5:30 a.m.-8 p.m. Sat: 7 a.m.-5 p.m. Sun: 8 a.m.-5 p.m. (Indoor pool hours vary)
<i>St. Johns Community Center</i>	8427 N Central St., Portland, OR 97203	Building Supervisor: monica.nettle@portlandoregon.gov 503-823-3192	Mon, Tues, Wed, Fri: 8 a.m.-6 p.m. Thurs: 8 a.m.-8 p.m. Sat: 9 a.m.-12 p.m. Sun: Closed
<i>Woodstock Community Center</i>	5905 SE 43rd Ave., Portland, OR 97206	Building Supervisor: Adam.McGowan@portlandoregon.gov 503-823-3633	Mon-Fri: 8 a.m.-1 p.m. Sat-Sun: Closed

HEALTH CENTERS

	Location	Contact Information	Hours
<i>East County Health Center</i>	600 NE 8th St., 3rd Floor Gresham, OR 97030	503-988-5558 Fax: 503-988-5185	Mon-Thurs: 8 a.m.-7 p.m. Fri: 8 a.m.-5 p.m.
<i>La Clínica de Buena Salud</i>	6736 NE Killingsworth St., Portland, OR 97218	503-988-5558 Fax: 503-988-3998	Mon-Fri: 7:30 a.m.-5 p.m.
<i>Mid County Health Center</i>	12710 SE Division St., Portland, OR 97236	503-988-5558 Fax: 503-988-4167	Mon-Thurs: 8 a.m.-7 p.m. Fri: 8 a.m.-5 p.m.
<i>Native American Rehabilitation Association</i>	1776 SW Madison St., Portland, OR 97205	503-224-1044 Fax: 503-274-4251	Mon-Fri: 8 a.m.-5 p.m.
<i>North by Northeast Community Health Center</i>	714 NE Alberta St., Portland, OR 97211	503-287-4932 Fax: 503-287-7480	Mon-Fri: 9 a.m.-5 p.m.
<i>North Portland Health Center</i>	9000 N Lombard St., Portland, OR 97203	503-988-5558 Fax: 503-988-5305	Mon-Fri: 8 a.m.-6 p.m.
<i>Northeast Health Center</i>	5329 NE MLK Jr Blvd., Portland, OR 97211	503-988-5558 Fax: 503-988-5182	Mon-Fri: 8 a.m.-6 p.m.
<i>Prism Health</i>	2236 SE Belmont St., Portland, OR 97214	503-445-7699	Mon-Fri: 8:30 a.m.-5 p.m.
<i>Rockwood Community Health Center</i>	2020 SE 182nd Ave., Portland, OR 97233	503-988-5558 Fax: 503-988-5668	Mon-Fri: 8 a.m.-5 p.m.
<i>Southeast Health Center</i>	3653 SE 34th Ave., Portland, OR 97202	503-988-5558 Fax: 503-988-5580	Mon-Fri: 8 a.m.-5 p.m.

DENTAL CLINICS

	Location	Contact Information	Hours
<i>Billi Odegard Dental Clinic</i>	33 NW Broadway, Suite 380 Portland, OR 97209	503-988-5770 Fax: 503-988-5442	Mon-Fri: 7:30 a.m.-6:30 p.m.
<i>East County Dental Clinic</i>	600 NE 8th St., Gresham, OR 97030	503-988-4900 Fax: 503-988-5803	Mon-Fri: 7:30 a.m.-6:30 p.m.
<i>Mid County Dental Clinic</i>	12710 SE Division St., Portland, OR 97236	503-988-3410 Fax: 503-988-5903	Mon-Sat: 7:30 a.m.-6:30 p.m.
<i>NARA Dental Clinic</i>	12750 SE Stark, Bldg. E, Portland, OR 97233	971-347-3009	Mon-Fri: 7:30 a.m. - 6 p.m.
<i>North Portland Dental Clinic</i>	9000 N Lombard St., Portland, Oregon 97203	503-988-5990 Fax: 503-988-5305	Mon, Tues, Thurs, Fri: 7:30 a.m.-6:30 p.m. Closed Wednesday
<i>Northeast Dental Clinic</i>	5329 NE MLK Jr. Blvd., Portland, OR 97211	503-988-3664 Fax: 503-988-5700	Mon-Fri: 7:30 a.m.-6:30 p.m.
<i>Rockwood Dental Clinic</i>	2020 SE 182nd Ave., Portland, OR 97233	503-988-4988 Fax: 503-988-4879	Mon-Fri: 7:30 a.m.-6:30 p.m.
<i>Southeast Dental Clinic</i>	3653 SE 34th Ave., Portland, OR 97202	503-988-4410 Fax: 503-988-5642	Mon-Fri: 7:30 a.m.-6:30 p.m.

STUDENT HEALTH CENTERS

Serves Grades K-12

	Locations	Contact Information	Hours
<i>Centennial High School</i>	3505 SE 182nd Ave., Gresham	503-988-5488 Fax: 503-988-5484	Mon, Tues, Wed, Fri: 7:45 a.m.-3:45 p.m. Thurs: 9:15 a.m.-5:15 p.m.
<i>Cleveland High School</i>	3400 SE 26th Ave., Portland	503-988-3350 Fax: 503-988-4892	Mon, Wed-Fri: 7:45 a.m.-3:45p.m. Tues: 8:45 a.m.-4:45 p.m.
<i>David Douglas High School</i>	Health Clinic Building – 1034 SE 130th Ave., Portland	503-988-3554 Fax: 503-988-4225	Mon, Tues, Thurs, Fri: 7:45 a.m.-3:45 p.m. Wed: 7:45 a.m. to 5:45 p.m.
<i>Franklin High School</i>	5405 SE Woodward St., Portland	503-988-3370 Fax: 503-988-6120	Mon, Tues, Thurs, Fri: 7:45 a.m.-3:45 p.m. Wed: 9:15 a.m.-5:15 p.m.

<i>Jefferson High School</i>	5210 N Kerby St., Portland	503-988-3360 Fax: 503-988-5780	Mon: 8:45 a.m.-4:45 p.m. Tues, Wed, Fri: 7:45 a.m.-3:45 p.m. Closed Thursday
<i>McDaniel High School</i>	2735 NE 82nd Ave., Portland	503-988-3382 Fax: 503-988-3167	Mon: 8:45 a.m.-4:45 p.m. Tues-Fri: 7:45 a.m.-3:45 p.m.
<i>Parkrose High School</i>	12003 NE Shaver St., Portland	503-988-3392 Fax: 503-988-3580	Mon, Tues, Wed, Fri: 7:45 a.m.-3:45 p.m. Thurs: 9:15 a.m.-5:15 p.m.
<i>Reynolds High School</i>	1698 SW Cherry Park Rd., Troutdale	503-988-3340	Mon: 9:15 a.m.-5:15 p.m. Tues-Fri: 7:45 a.m.-3:45 p.m.
<i>Roosevelt High School</i>	6941 N Central St., Portland	503-988-3909 Fax: 503-988-5907	Mon, Wed-Fri: 7:45 a.m. -3:45 p.m. Tue: 9:15 a.m.-5:15 p.m.

MENTAL/BEHAVIORAL HEALTH SERVICES

	Locations	Contact Information	Hours
<i>211 Info – Oregon and Southwest Washington services</i>		www.211info.org help@211info.org 24/7 Phone Line: 2-1-1 Text zip code to 898211	
<i>City of Portland and Multnomah County services – 311</i>		Call 3-1-1 or 503-823-4000 311@portlandoregon.gov	7 days a week: 7 a.m. - 8 p.m. (excluding federal holidays)
<i>Asian Health Service Center</i>	9035 SE Foster Rd., Portland, OR 97266	info@ahscpdx.org Contact Form: https://ahscpdx.org/contact-us 503-872-8822	Mon-Fri: 8:30 a.m.-5 p.m. Sat-Sun: Closed
<i>Behavioral Health Resource Center</i>	SW Park Ave. & Oak St., Portland	bhrc-info@multco.us 503-988-4100	Daily: 8 a.m.-8 p.m. Closed the fourth Friday of every month from 12 p.m.-3 p.m.
<i>Black Emotional and Mental Health Collective (BEAM)</i>	Online Services	https://beam.community/	
<i>Black, Indigenous, and People of Color (BIPOC) Mental Health Resource Guide</i>	Online Services	https://ncaaorg.s3.amazonaws.com/ssi/mental/SSI_BIPOCMHResourceGuide.pdf	

<i>Cascadia Health – Mental Health Urgent Walk-In Clinic</i>	4212 SE Division St., Suite 100, Portland, OR 97206	info@cascadiahealth.org (503) 230-9654 24/7 Client Access, Information & Referral: 503-674-7777 Administrative Offices: 503-238-0769	Mon-Fri: 7 a.m.-9 p.m. Sat-Sun: 9 a.m.-9 p.m. Admin Offices: Mon-Fri: 8:30 a.m.-5 p.m.
<i>Clackamas County Mental Health Crisis Line</i>		503-655-8401	
<i>Clark County Mental Health Crisis Line</i>		1-800-626-8137 or 360-696-9560	
<i>Familias en Accion</i>	2710 NE 14th Ave., Portland, Oregon 97212	info@familiasenaccion.org 503-201-9865 Fax: 503-200-2976	
<i>Indigenous Circle of Wellness – Mental Health Trainings & Wellness Circles</i>	Online Services	http://icowellness.com/	
<i>Mental Health First Aid</i>		Prevention Coordinator, Mandy Kubisch: 503-988-2282	
<i>24/7 Multnomah County Crisis Line</i>		503-988-4888	
<i>NAMI (National Alliance for Mentally Ill) Multnomah County</i>	524 NE 52nd Ave., Portland, OR 97213	info@namimultnomah.org 503-228-5692	The NAMI Multnomah office is closed to the public, but the HelpLine is open Mon-Fri: 8 a.m. - 4 p.m.
<i>National Queer and Trans Therapists of Color Network (NQTCN)</i>	Online Services	https://nqtcn.com/en/	

<i>Oregon Latino Health Coalition</i>	245 S Bancroft St., Suite E, Portland, OR 97239	info@orlhc.org (971) 229-0482	Mon-Fri: 9 a.m.-5 p.m. Sat-Sun: Closed
<i>Rosewood Family Health Center</i>	8935 SE Powell Blvd., Portland, OR 97266	(503) 772-4335	Mon-Thurs: 7:30 a.m.-7 p.m. Fri-Sat: 7:30 a.m.- 5 p.m. Sun: Closed
<i>Self Care resources from the National Museum of African American History & Culture</i>	Online Services	https://nmaahc.si.edu/learn/talking-ab-out-race/topics/self-care	
<i>The Association of Black Psychologists</i>	Online Services	https://www.abpsi.org/	
<i>The National American Indian and Alaska Native MHTTC</i>	Online Services	https://mhttcnetwork.org/centers/national-american-indian-and-alaska-native-mhttc/home	
<i>Unity Center for Behavioral Health</i>	1225 NE 2nd Ave., Portland, OR 97232	503-944-8000 Fax: 503-944-8011 Access Information and Referral Team: 503-944-8009 After hours medical records: 503-413-4100	Open 24 Hours, 7 days a week. After hours medical records Hours: Mon-Fri: 6:30 a.m.-10 p.m. Sat-Sun: 8 a.m.-10 p.m. Holidays: 8:30 a.m.–7:30 p.m.
<i>Washington County Mental Health Crisis Line</i>		503-291-9111	

COUNSELING/MEDIATION

	Location	Contact	Hours
<i>Baby Blues Connection</i>		www.babybluesconnection.org 24-hour Message Line: 800-557-8375	Open 24 Hours
<i>Catholic Charities – Family Support and Counseling</i>	2740 SE Powell Blvd, Portland, OR 97202	www.catholiccharitiesoregon.org 503-238-5196	Mon-Thurs: 9:00 a.m.-6 p.m. Fri: 9 a.m.- 1 p.m. Closed on holidays.
<i>Center for Family Success – Rockwood</i>	7305 NE Glisan St, Portland, OR 97213	www.thepathfindernetwork.org 503-286-0600	Mon- Fri: 9 a.m.-5 p.m.
<i>David Romprey Oregon Warmline</i>		Free telephone peer support line: 1-800-698-2392	Daily: 9 a.m.-11 p.m.
<i>Dougy Center Linklater Commons</i>		www.dougy.org 503-775-5683 or 866-775-5683	Mon-Fri: 9 a.m.-5 p.m.
<i>Jewish Family and Child Service</i>	1221 SW Yamhill, Suite 301, Portland, OR 97205	jfcs-portland.org 503-226-7079	Mon-Thurs: 9 a.m.-5 p.m. Fri: 9 a.m.-2 p.m.
<i>Lewis & Clark Problem Gambling Services</i>		www.graduate.lclark.edu/clinics/problem_gambling/ 503-768-6325 Para Citas en Español: 503-646-4600	Mon: 11 a.m.-7 p.m. Tues & Fri: 9 a.m.-7 p.m. Sat-Sun: 9 a.m.-4 p.m.
<i>Mother and Child Education Center</i>	1515 NE 41st Ave., Portland, OR 97232	www.momchildpdx.org 503-249-5801 Spanish Line: 503-913-9360	Mon-Thurs: 10 a.m.-5 p.m. Fri: 10 a.m.- 3 p.m.

<i>Northwest Family Services</i>	6200 SE King Rd., Milwaukie, OR 97222 (Remote counseling, workshops, and classes)	www.nwfs.org 503-546-6377	Mon.- Fri: 8 a.m.-4:30 p.m.
<i>Pregnancy Resource Center</i>	5117 SE Powell Blvd., #3 Portland, OR 97206	www.prcofportland.com 503-777-7097	Mon.-Fri: 10 a.m.-5 p.m. Tues: 1:30-7 p.m.
<i>Racial Equity Support Line</i>		503-575-3764	Mon.-Fri: 10 a.m.-7 p.m.
<i>Rose Haven</i>	1740 Northwest Glisan St., Portland, OR 97209	www.rosehaven.org 503-248-6364	Mon.- Fri: 9 a.m.-12 p.m.
<i>Senior Loneliness HelpLine</i>		Available 24 hours: www.seniorlonelinessline.org www.linesforlife.org Available 24 hours: 1-800-282-7055 503-200-1633	
<i>William Temple House</i>	2023 NW Hoyt Street Portland, OR 97209	https://www.williamtemple.org/ 503-226-3021	Mon-Sat: 10 a.m.–6 p.m. Sun: 11 a.m.–6 p.m Closed 3rd Monday of each month.

DISABILITY COMMUNITY ORGANIZATIONS

	Contact Information
<i>Aging & Disability Services Multnomah County</i>	24-hour information and assistance Aging and Disability Resource Connection (ADRC): 503-988-3646 or adrc@multco.us https://www.multco.us/ads
<i>Disability Justice Dreaming</i>	https://disabilityjusticedreaming.org/about/
<i>Club Everyone, Me and U (Club EMU)</i>	info@clubemu.org https://clubemu.org/
<i>Disability Rights Oregon</i>	503-243-2081 welcome@droregon.org https://www.droregon.org/
<i>FACT Oregon (Families)</i>	503-786-6082 or 541-695-5416 Toll free 1-888-988-3228 support@factoregon.org or apoyo@factoregon.org https://factoregon.org/
<i>INCIGHT</i>	971-244-0305 Education: piag@incight.org Employment & Volunteer: gracec@incight.org Donations: scott@incight.org https://www.incight.org/

<i>Independent Living Resources</i>	503-232-7411 Fax: 503-232-7480 General Inquiries: info@ilr.org Executive Director, Barry Fox-Quamme: barry@ilr.org https://www.ilr.org/
<i>Info on Disability Awareness Resource Team (Project DART)</i>	503-988-6481 dartcounseling1@outlook.com
<i>Office of Community & Civic Life's Disability Program</i>	503-823-4519 civiclifep@portlandoregon.gov To request translation, interpretation, modifications, accommodations, or other auxiliary aids or services, contact 503-823-4000, Relay: 711 https://www.portland.gov/officeofequity/disability
<i>Oregon Disability Commission</i>	1-800-358-3117 https://www.oregon.gov/DHS/SENIORS-DISABILITIES/ADVISORY/ODC/Pages/index.aspx
<i>Portland Bureau of Human Resources</i>	503-823-3572 Benefits Line: 503-823-6031 https://www.portlandoregon.gov/bhr/
<i>Real Choice Initiative</i>	 allen@realchoiceoregon.com https://realchoiceoregon.com/

<i>Request an ASL interpreter</i>	503-823-4519 civiclifep@portlandoregon.gov www.portland.gov/civic/disability/hiring-interpreter
<i>The Americans with Disabilities Act (ADA)</i>	https://www.portland.gov/officeofequity/disability/ada-part-1
<i>US Department of Justice - ADA Helpline</i>	800-514-0301 (voice) 1-833-610-1264 (TTY) Mon., Tues., Wed., and Fri: 9:30 a.m. to 12:00 p.m.

DISABILITY-SPECIFIC ORGANIZATIONS

<i>Autism Society of Oregon</i>	1-888-Autism-1 (1-888-288-4761) info@AutismSocietyOregon.org https://autismsocietyoregon.org/
<i>Brain Injury Alliance of Oregon</i>	1-800-544-5243 or 503-961-5675 biaor@biaoregon.org https://www.biaoregon.org/
<i>Cascade AIDS Project</i>	503-223-5907 info@capnw.org https://www.capnw.org/
<i>CymaSpace DHH Access Services</i>	971-319-4954 info@cymaspace.org https://www.cymaspace.org/
<i>Easterseals Oregon</i>	503-228-5108 Fax: 503-228-1352 https://www.easterseals.com/oregon/
<i>Hearing Loss Association of Oregon</i>	1-800-413-0691 (voice) info@HearingLossOR.org https://www.hlaa-or.org/

<i>Multnomah County Intellectual & Developmental Disabilities Services</i>	<p>Five Oak Building: 503-988-3658, Mon. – Fri.: 8 a.m. - 5 p.m.</p> <p>Multnomah County East: 503-988-2535, Mon. – Fri.: 8 a.m. - 5 p.m.</p> <p>https://www.multco.us/dd</p>
<i>Multnomah County Mental Health Services</i>	https://www.multco.us/behavioral-health/mental-health-services
<i>National Alliance on Mental Illness (NAMI) Multnomah</i>	<p>503-228-5692</p> <p>info@namimultnomah.org</p> <p>https://www.namimultnomah.org/</p>
<i>National Federation of the Blind, Oregon Chapter</i>	<p>Affiliate office telephone, voice or text, 541-653-9153, Mon. – Fri.: 8:00 a.m. - 5:00 p.m.</p> <p>https://www.nfb-oregon.org/</p>
<i>Northwest Down Syndrome Association</i>	https://www.nwdsa.org/
<i>Oregon Association of the Deaf</i>	<p>Oregon Association of the Deaf - List of contacts</p> <p>https://www.oad1921.org/</p>
<i>Oregon Commission for the Blind</i>	<p>971-673-1588 or 888-202-5463</p> <p>Fax: 503-234-7468</p> <p>ocb.mail@ocb.oregon.gov</p> <p>https://www.oregon.gov/BLIND/Pages/index.aspx</p>
<i>Oregon Mental Health Consumers Association</i>	<p>Oregon Mental Health Consumers Association c/o Kevin Fitts, Executive Director: lonafir@gmail.com</p> <p>http://omhca.org/</p>

<i>Oregon Self Advocacy Coalition</i>	503-308-1310 gabrielle.guedon@askosac.org https://www.askosac.org/
<i>Oregon Spinal Cord Injury Connection</i>	contact@oregonsci.org https://www.oregonsci.org/
<i>United Cerebral Palsy of Oregon</i>	503-777-4166 Fax: 503-771-8048 https://www.ucpaorwa.org/

INDEPENDENT LIVING

<i>How to apply for Social Security Disability (SSD)</i>	1-800-772-1213 (TTY 1-800-325-0778) between 8 a.m.-7 p.m., Mon.-Fri. https://www.ssa.gov/disability/disability.html
<i>Multnomah County Aging & Disability Services</i>	24-hour information and assistance Aging and Disability Resource Connection (ADRC): 503-988-3646 or adrc@multco.us https://www.multco.us/ads
<i>Oregon ABLE Disability Savings Accounts</i>	Mon. through Fri., at 1-844-999-2253 from 9 a.m.-5 p.m. https://www.oregonablesavings.com/
<i>Real Choice Oregon</i>	allen@realchoiceoregon.com https://realchoiceoregon.com/

HOUSING, HOME MODIFICATION, & REPAIR

<i>Certified Aging in Place Specialists (CAPS)</i>	1-800-368-5242 https://www.nahb.org/Education%20and%20Events/Education/Designations/Certified%20Aging-in-Place%20Specialist%20CAPS
<i>City of Portland Renter Services Office</i>	503-823-1303 RentalServices@portlandoregon.gov https://www.portland.gov/phb/rental-services
<i>Community Energy Project</i>	503-284-6827 hello@communityenergyproject.org https://www.communityenergyproject.org/
<i>Fair Housing Council of Oregon</i>	Fair Housing Questions & Complaints (Interpreters Available): 503-223-8197 Ext. 2 800-424-3247 Ext. 2 Or contact the U.S. Department of Housing and Urban Development (HUD): 800-877-0246 Landlords: 800-424-3247 Ext. 5 inquiries@fhco.org https://fhco.org/
<i>National Resource Center on Home Modification</i>	https://homemods.org/
<i>Rebuilding Together Portland</i>	503-206-7993 info@rtpdx.org https://www.rtpdx.org/

Unlimited Choices	503-234-6167 info@unlimitedchoices.org https://www.unlimitedchoices.org/
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TRANSPORTATION SERVICES, PARKING, PEDESTRIAN RESOURCES, & PUBLIC TRANSPORTATION

In the event of local or regional weather emergencies or natural disasters, 2-1-1 and the Aging and Disability Resource Connection will have the most up to date information on transportation to shelters or safe locations.

Accessible parking spaces standards PDF	https://www.oregon.gov/ODOT/Engineering/DOCS_ADA/ADA_Standards-Accessible-Parking.pdf
Disability and Accessible Parking in Portland (PBOT Website)	503-823-2777 PBOTParkingPermits@portlandoregon.gov https://www.portland.gov/transportation/parking/disability-parking
Guide to Transportation Options for Medicaid Consumers in the Tri-County Area	Word Doc Transportation Guide
Ride Connection	503-528-1720 Transportation Support: 503-226-0700 TTY: 711 info@rideconnection.org https://rideconnection.org/

<i>Portland Bureau of Transportation Pedestrian Resources</i>	503-823-7233 City of Portland general information hotline: 3-1-1 safe@portlandoregon.gov https://www.portland.gov/transportation/823-safe
<i>TriMet: Accessibility and Disability Services</i>	503-962-2455 Fax: 503-962-2370 TTY: 7-1-1 accessible@trimet.org https://trimet.org/access/index.htm
<i>TriMet: Committee on Accessible Transportation (CAT)</i>	cat@trimet.org https://trimet.org/cat/index.htm

BUSINESS & EMPLOYMENT

<i>ADA Primer for small businesses</i>	https://www.ada.gov/resources/title-iii-primer/
<i>Ask Job Accommodation Network (JAN)</i> <i>Resources for employers, job seekers, Oregon Small Business, and entrepreneurs</i>	800-526-7234 (VOICE) or 877-781-9403 (TTY) https://askjan.org/ or https://askjan.org/guides/oregon.cfm
<i>Incight Job Fairs</i>	971-244-0305 https://www.incight.org/employment
<i>Self-Employment tips for people with disabilities (Easter Seals)</i>	503-228-5108 https://www.easterseals.com/programs-and-services/employment-training/
<i>Vocational Rehabilitation Oregon</i>	503-945-5600 TTY: 503-945-6214 Fax: 503-581-6198 odhs.info@odhsoha.oregon.gov https://www.oregon.gov/odhs/Pages/default.aspx

RECREATION & FUN

<i>Accessible Recreation Resources</i>	<p>City of Portland general information hotline: 3-1-1 503-823-4000 7-1-1 Oregon Relay Service</p> <p>311@portlandoregon.gov</p> <p>https://www.portland.gov/officeofequity/disability/accessible-recreation</p>
<i>Adaptive & Inclusive Recreation: Portland Parks and Recreation</i>	<p>Adaptive and Inclusive Recreation: 503-823-2883</p> <p>Durelle Singleton, Recreation Strategies and Initiatives Supervisor: durelle.singleton@portlandoregon.gov or 503-823-3585</p> <p>Jane Doyle, Program Coordinator: jane.doyle@portlandoregon.gov or 503-307-4131</p> <p>Dawn Hubbard, Senior Center Project Coordinator: dawn.hubbard@portlandoregon.gov or 971-284-1867</p> <p>https://www.portland.gov/parks/air</p>
<i>Adaptive Sports Northwest</i>	<p>(503) 241-0850</p> <p>info@adaptivesportsnw.org</p> <p>https://adaptivesportsnw.org/</p>

SERVICE ANIMALS

<i>ADA National Network guide to service animals and emotional support animals</i>	1-800-949-4232 https://adata.org/guide/service-animals-and-emotional-support-animals
<i>Assistance Animals in Housing (Fair Housing Council of Oregon)</i>	Fair Housing Questions & Complaints (Interpreters Available): 503-223-8197 Ext. 2 800-424-3247 Ext. 2 Or contact the U.S. Department of Housing and Urban Development (HUD): 800-877-0246 Landlords: 800-424-3247 Ext. 5 inquiries@fhco.org https://fhco.org/
<i>Financial Assistance for Pets</i>	https://www.humanesociety.org/resources/are-you-having-trouble-affording-your-pet
<i>Right to Emotional Support Animals in "No Pet" Housing</i>	https://www.bazelon.org/wp-content/uploads/2017/04/2017-06-16-Emotional-Support-Animal-Fact-Sheet-for-Website-final.pdf
<i>Service and Assistance Animals in Oregon (Disability Rights Oregon guide)</i>	https://static1.squarespace.com/static/5d645da3cf8e4c000158e55a/t/5ea652ea42897a78305588b5/1587958507437/DRO-Service-Animals.pdf
<i>Service and Emotional Support Animals overview (Access Tip)</i>	City of Portland general information hotline: 3-1-1 503-823-4000 7-1-1 Oregon Relay Service 311@portlandoregon.gov https://www.portland.gov/officeofequity/disability/service-animals

<i>Service Animals Frequently Asked Questions (US Department of Justice)</i>	<p>ADA Information Line 800-514-0301 (Voice) and 1-833-610-1264 (TTY)</p> <p>Mon.-Wed., and Fri.: 9:30 a.m. – 12 p.m. and 3 p.m. - 5:30 p.m. Thurs.: 2:30 p.m. – 5:30 p.m. (Eastern Time) to speak with an ADA Specialist. Calls are confidential.</p> <p>https://www.ada.gov/resources/service-animals-faqs/</p>
<i>Service animals on Flights (Air Carrier Access Act, US Department of Transportation)</i>	<p>(202) 366-2220</p> <p>https://www.transportation.gov/individuals/aviation-consumer-protection/service-animals</p>

DISASTER PREPAREDNESS

<i>Emergency Plan Ideas for People with Disabilities</i>	https://www.ready.gov/disability
<i>Emergency Self-Preparedness for People with Disabilities Training</i>	<p>ADA Title II and Disability Equity Manager, Nickole Cheron: nickole.cheron@portlandoregon.gov</p> <p>https://www.portland.gov/officeofequity/disability/emergency-prep</p>
<i>Neighborhood Emergency Teams</i>	<p>City of Portland general information hotline: 3-1-1 503-823-4000 7-1-1 Oregon Relay Service</p> <p>311@portlandoregon.gov</p> <p>https://www.portland.gov/pbem/neighborhood-emergency-teams</p>

FOOD ACCESS

	Details	Locations	Contact Information
Blanchet House	<p>Breakfast: 6:30 a.m.-7:30 a.m. – Hot coffee, oatmeal or grits, pastry, and fruit.</p> <p>Lunch: 11:30 a.m.-12:30 p.m. – Entree with salad, bread, fruit, and dessert. Variety of drinks. On Saturdays, they offer sack lunches to take with you.</p> <p>Dinner: 5 p.m.-6 p.m. Hot entree with bread, salad, fruit, and dessert. Variety of drinks.</p> <p>Meals are served indoors by volunteer servers at 310 NW Glisan, Monday to Saturday. Closed Sunday. Guests are welcome to multiple servings. Dogs are welcomed if they are well-behaved and on a leash. On-street pay to park.</p>	310 NW Glisan St. Portland, OR 97209	info@blanchethouse.org 503-241-4340
Equitable Giving Circle	<p>Weekly from 10 a.m.-2 p.m. on Thursdays.</p> <p>Black led org providing BIPOC families with food from BIPOC owned farms.</p>	4212 NE Prescott St., Portland, OR, 97212	www.equitablegivingcircle.org info@equitablegivingcircle.org
Food Pantries through Oregon Food Bank	<p>Phone hours – Mon-Fri: 8 a.m.-5 p.m.</p> <p>Helps individuals find perishable and non-perishable food to anyone in need.</p>	Various locations	https://foodfinder.oregonfoodbank.org/ 503-282-0555
Food Stamps (SNAP) - Department of Human Services	The Supplemental Nutrition Assistance Program (SNAP) provides monthly food benefits to help you buy healthy food.	Various locations	https://www.oregon.gov/odhs/food/page/s/snap.aspx 971-673-1400
Free Food Market	<p>Takes place on the 4th Wednesday of every month: 11 a.m.-12 p.m.</p>	Parking lot of the Legacy Good Samaritan Clinic – 1200 NW 23rd Ave.	Teresa Steichen, Program Manager: Teresa@LiftUrbanPortland.org 503-221-1224 ext. 105
Free Food Market by and Cooking Demonstrations by Chef Jacobsen Valentine	<p>Last Tuesday of the month: 3:30 p.m.-6:30 p.m.</p> <p>Shopping at the Free Food Market is simple:</p> <ul style="list-style-type: none"> • The food is free and anybody is welcome • No ID, name, or address needed • Please bring boxes or bags <p>Visit Randall Children's Hospital the last Tuesday of the month to access free, fresh, locally grown fruits and vegetables from Mudbone Grown</p>	Randall Children's Hospital – 2801 N Gantenbein Ave., Portland. Free parking in Parking Lot 4	

<i>Hand Up Project</i>	<p>Mon. & Tues: 12 p.m.- 4 p.m</p> <p>Provides a shopping style food pantry service in which people can choose the food that works best for them.</p>	<p>4115 N Mississippi Ave. Suite D, Portland, OR 97217, (Q-Center)</p>	<p>https://www.handupproject.org/</p> <p>503-451-0715</p>
<i>Jewish Family and Child Service</i>	<p>Mon-Thurs: 9:00 a.m.-5 p.m. Fri: 9 a.m.-2 p.m.</p> <p>Emergency Aid: Crisis counseling, care management, advocacy, referrals, help accessing community resources, food vouchers, and financial aid for housing, food, utilities, transportation, medication, clothing, and school supplies.</p>	<p>1221 SW Yamhill, Suite 301, Portland, OR 97205</p>	<p>info@JFCS-Portland.org</p> <p>503-226-7079</p>
<i>Lift Urban Portland (Lift UP)</i>	<p>Tues, Thurs, and Fri: 3 p.m.-6 p.m.</p> <p>Preston's Pantry: Pantry visitors may visit our shopping-style pantry twice a month and select from fresh produce, yogurt and dairy, dry and canned goods, meat, and eggs. If you live in the following zip codes, you may be eligible for services: 97201, 97204, 97205, 97209, 97210, 97239</p>	<p>1838 SW Jefferson St., Portland, OR 97201</p>	<p>info@LiftUrbanPortland.org</p> <p>503-221-1224 ext. 110</p>
<i>Mainspring</i>	<p>Tues: 9:30 a.m.-12:30 p.m.</p> <p>Weekly food pantry. Bring own bag. Access once weekly. Personal hygiene items upon request and availability.</p>	<p>3500 NE 82nd Ave., Portland, OR 97220</p>	<p>https://mainspringpdx.org/</p> <p>(503) 233-5533</p>
<i>Multnomah County SNAP Outreach Program</i>	<p>Mobile team providing on-site SNAP application assistance in Mult. Co. area to individuals and families.</p> <p>Schedule appts. by phone (call or text).</p>		<p>snap@multco.us</p> <p>503-320-6658</p>

Neighborhood House	Neighborhood House strengthens our community by bringing neighbors together to reduce hunger and homelessness and educate both young and old.	7780 SW Capitol Hwy., Portland, OR 97219	503-246-1663
Northeast Emergency Food Program	Thurs & Sat: 10:30 a.m. -1 p.m. Emergency food boxes. Three times every 6 months. If no car is available, bring a bag or cart. Lottery system starts at 1 p.m. No geographic boundaries. Provide verification for all members of household.	Luther Memorial Lutheran Church, 4800 NE 72nd Ave., Portland, OR 97218	nefp@emoregon.org 503-284-5470
Oregon Food Bank	Mon-Fri: 8 a.m.-5 p.m. Best referral for someone trying to access emergency food/food boxes is 211 Info. Find Free Food for Your Community: https://foodfinder.oregonfoodbank.org/	7900 NE 33rd Dr., Portland, OR 97211 Mailing Address: PO Box 55370, Portland, OR 97238-5370	postoffice@oregonfoodbank.org 503-282-0555
PDX Free Fridge	A community-based and informed mutual aid effort to increase access to free food and vital supplies by creating a network of independent fridges and pantries in Portland, Oregon.	PDX fridge locations (various locations): https://sites.google.com/view/pdx-free-fridge/home	pdxfridge@gmail.com
Preston's Food Pantry	A partnership between First Church and Lift Urban Portland, whose mission is to reduce hunger and improve the lives of lower-income residents in the Downtown Portland area.	1838 Southwest Jefferson St., Portland Oregon 97201	teresa@lifturbanportland.org 503-221-1224 ext. 105
SnowCap Community Charities	Client Services Open Weekdays from 10 a.m.-2 p.m. Mon & Wed: 6 p.m.-8 p.m. SnowCap Community Charities (Partner of Oregon Food Bank) is a philanthropic organization created to provide food, clothing, advocacy and other services to our neighbors in need. Food assistance is available at SnowCap's pantry every weekday.	17805 SE Stark St., Portland, OR 97233 (Directly behind Rockwood Center)	info@snowcap.org Contact Form: https://www.snowcap.org/contact.html 503-674-8785

	<p>To visit the pantry, you will need to bring proof of address (POA) that is dated within the last 30 days. Usually, this is a utility bill or other postmarked mail received by the person at the address they list on their application. Please bring your own bags or boxes.</p> <p>SnowCap serves people who live east of 82nd and within Multnomah County, so POA is required for every visit.</p>		
<i>Sunshine Division</i>	<p>Food pickup and primary business office hours: Mon-Fri: 9:30 a.m.-11 a.m. 12:30 p.m.-3:30 p.m.</p> <p>Sunshine Division's mission is to provide emergency food and clothing relief year-round to Portland families and individuals in need. They rely solely on donations to fund the collection and distribution of food and clothes.</p>	<p>North: 687 N Thompson St., Portland, OR 97227</p> <p>East: 12436 SE Stark St., Portland, OR 97233</p> <p>Mailing Address: 687 N Thompson Street, Portland, OR 97227</p>	<p>North: 503-823-2102</p> <p>East: 971-255-0834</p> <p>Food Assistance/Clothing Message Line: 503-823-2102</p> <p>Contact Form: https://sunshinedivision.org/contact</p>
<i>The Francis Center</i>	<p>Mon-Thurs: 10 a.m.-2 p.m.</p> <p>A non-profit food and clothing pantry started by Catholic Franciscan priests over 50 years ago.</p>	<p>6535 SE 82nd Ave., Portland, OR 97266</p>	<p>503-775-6784</p> <p>franciscenterpdx@gmail.com</p>
<i>The Salvation Army</i>	<p>Food boxes once every 30 days for select zip codes. Proof of address required, unless unhoused. Call locations for applicable codes.</p>	Various Locations	
<i>Trinity Episcopal Cathedral</i>	<p>Mon-Fri: 11 a.m.-1:00 p.m. Sat: 10 a.m.-12 p.m.</p> <p>Bags of groceries, grab and go food, personal hygiene items.</p>	<p>147 NW 19th Ave., Portland, OR 97209</p>	<p>www.trinity-episcopal.org</p>
<i>Union Gospel Mission</i>	<p>Boxes served at 11:30 a.m.- 12 p.m. on Fri.</p> <p>Food boxes until supplies last. Eligible every 30 days. Signature, photo ID and questionnaire required upon receipt of food.</p> <p>Food boxes for first 25 people, arrive before numbers passed out at 11 a.m.</p>	<p>3 NW 3rd Ave., Portland, OR 97209</p>	<p>https://ugmportland.org/</p> <p>info@ugmportland.org</p> <p>(503) 274-4483</p>

<i>Urban Gleaners</i>	A Portland, Oregon nonprofit that collects delicious, fresh food before it can go to waste. And we get it to people who need it.	Mailing Address: PO Box 6344, Portland, OR 97228 Warehouse: 15 SE 6th Ave., Portland, OR 97214	503-226-8061 info@urbangleaners.org
<i>William Temple House</i>	Tues-Thurs: 11 a.m.-2 p.m. Food pick-up twice each month, all year. Includes health and hygiene items.	2023 NW Hoyt St., Portland, Oregon 97209	https://www.williamtemple.org/ 503-226-3021
<i>Women, Infants and Children (WIC)</i>	Mon-Fri: 8 a.m.-5 p.m. Provides monthly healthy food benefits, growth monitoring and referral to other programs for pregnant and post-partum women, infants and children up to age 5.	Various Locations	https://www.multco.us/wic 503-988-3503
<i>Zarephath Pantry</i>	Hours: 10 a.m.-1 p.m. Emergency food boxes for low-income residents living in East Mult. Co. ID requested to verify residency. Closed on major holidays.	59 NW Ava Ave., Gresham, OR 97030	https://feedeastcounty.org/ 503-667-7932

Council
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WHAT DOES ACCOUNTABILITY MEAN TO YOU?

Living by

Requiring

relationship

Take Responsibility

Reliable

Honore your business

Free all political prisoners
Free 'em all!

Policy supporting
social-justice
to stick to them

Take
Responsibility
for your
actions and
being able
to be counted
on

taking
responsibility
...for all

Don't let others
cover your voice
Like Paint!

Take
Accountability
for your actions

No chasing
being held responsible

Speak

Saying
When you
something wrong

Oregon Coalition

BIPOC ORGANIZATIONS/SERVICES

	Details
<i>African American Alliance for Homeownership</i>	African American Alliance for Homeownership is to increase homeownership and economic stability for African Americans and other underserved individuals.
<i>Asian Health Service Center</i>	Asian Health Service Center works to bridge Asian and American culture and build a harmonious community. Their vision is to reduce health inequity and improve healthcare quality for all Asians.
<i>Black Parent Initiative (BPI)</i>	Black Parent Initiative (BPI) is a culture-specific, community-centered organization that co-designs and collaborates with our families to ensure that they create innovative, culturally-relevant and sustainable interventions and opportunities to help them thrive. They use a culturally-responsive continuous improvement approach to monitor our progress and to ensure that we are delivering the services and support that the community has identified.
<i>Asian Pacific American Network of Oregon (APANO)</i>	Asian Pacific American Network of Oregon (APANO) unites Asians and Pacific Islanders to build power, develop leaders, and advance equity through organizing, advocacy, community development, and cultural work.
<i>Catholic Charities</i>	Catholic Charities' mission is to assure that essential, life-saving services and supports are accessible to the most vulnerable Oregonians. The services they provide across the state of Oregon include affordable and supportive housing, financial empowerment, mental health & counseling, pregnancy and parenting support, legal services, intensive case management and more.
<i>Coalition of Communities of Color</i>	Coalition of Communities of Color's mission is to address the socioeconomic disparities, institutional racism, and inequity of services experienced families, children and communities; and to organize communities for collective action resulting in social change to obtain self-determination, wellness, justice and prosperity.
<i>El Programa Hispano</i>	El Programa Hispano is a social service nonprofit that serves the entire lifespan to address the social determinants of health. They have five main programming areas: education, from early childhood to adulthood, housing, community wellness, UNICA, the first bilingual/bicultural domestic violence/sexual assault prevention and intervention program, and economic opportunities.
<i>Familias en Accion</i>	Familias en Accion was founded in 1998, in response to the need for a culturally specific organization to promote health for Latinos in Oregon. Their services include Community Health Work, Food Equity Advocacy, and HIV/STI's Sexual Health Education.
<i>Hispanic Metropolitan Chamber</i>	Dedicated to working with all members of the community to increase the economic advancement of Hispanic-owned businesses in Oregon and SW Washington.

<i>Immigrant and Refugee Community Organization (IRCO)</i>	Immigrant and Refugee Community Organization (IRCO) serves the holistic needs of Oregon's immigrants, refugees, and mainstream community members. They empower children, youth, families and elders from around the world to build new lives and become self-sufficient by providing more than 200 culturally and linguistically specific social services.
<i>Immigrant & Refugee Legal Services</i>	Visit https://oregonlawhelp.org/find-legal-help for more information. If you are at risk of deportation, you may be eligible for free legal representation through Equity Corps: https://equitycorps.org/obtain-help/
<i>Latino Network</i>	Latino Network is a Latino-led education organization, grounded in culturally-specific practices and services, that lifts up youth and families to reach their full potential.
<i>National Domestic Workers Alliance</i>	National Domestic Workers Alliance is a community of nannies, house cleaners, and care workers, connecting in person and online to make work and lives better. They work to win rights and respect for domestic workers.
<i>Native American Rehabilitation Association of the Northwest, Inc (NARA)</i>	The mission of NARA NW is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need.
<i>Native American Youth Association (NAYA)</i>	Founded by the community, for the community, NAYA is a family of numerous tribes and voices who are rooted in sustaining tradition and building cultural wealth. They provide culturally-specific programs and services that guide their people in the direction of personal success and balance through cultural empowerment. Our continuum of lifetime services create a wraparound, holistic healthy environment that is Youth Centered, Family Driven, Elder Guided.
<i>Oregon Immigration Legal Services Directory</i>	Oregon Immigration Legal Services Directory offers a list of organizations offering legal services: https://www.immigrationadvocates.org/nonprofit/legaldirectory/search?state=OR
<i>Oregon Latino Health Coalition</i>	Oregon Latino Health Coalition is dedicated to eliminating health disparities affecting Oregon Latinas and Latinos through leadership, collaboration and advocacy.
<i>Pacific Islander and Asian Family Center (PIAFC)</i>	Established in 1994, IRCO Pacific Islander Asian Family Center (PIAFC) was the very first culturally and linguistically specific one stop community center focused on the diverse needs of Pacific Islanders and Asians.

<i>Portland Refugee Support Group</i>	Portland Refugee Support Group empowers refugees through social support and education. They help their clients navigate a path to a successful life in the US.
<i>Poder Latino</i>	PODER's mission is to convene Latinos from across Oregon to build collective power and capacity to facilitate people-driven solutions to achieve social, economic, and civic prosperity for all.
<i>Russian Oregon Social Services (Part of Ecumenical Ministries of Oregon)</i>	Assists Russian-speaking refugees and immigrants through advocacy and educational programs aimed at increasing self-sufficiency.
<i>SOAR Immigration Legal Services</i>	SOAR Immigration Legal Services provides culturally competent, immigration-related legal representation and education to refugees and immigrants with limited income throughout Oregon.
<i>Unite Oregon</i>	Unite Oregon is led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. They work across Oregon to build a unified intercultural movement for justice.
<i>Urban League of Portland</i>	Urban League of Portland is one of Oregon's oldest civil rights and social service organizations, empowering African-Americans and others to achieve equality in education, employment, health, economic security and quality of life.

ACKNOWLEDGING RISE IN HATE CRIMES & RESOURCES

<i>Bias Crime Hotline</i>	1-844-924-BIAS 1-844-924-2427
<i>Bias Response Emergency Fund</i>	
<i>Lines for Life</i>	Racial Equity Support Line: (503-575-3764)

BIPOC-OWNED COMPANIES

	Details	Location
<i>Aesthete Tea</i>	<p>Aesthete is an organic loose-leaf tea and herbal blend brand that sources only the highest quality ingredients. Owner, Briana Thornton got the idea to begin selling tea blends since her mom is an herbalist and sent Briana teas while she was feeling stressed.</p> <p>Briana's generational passion for herbal medicine and tea is evident in every one of her curated products. If you haven't had the chance to try Aesthete Tea before, start with their Golden Milk — caffeine-free, cozy, and great for gut health!</p>	3530 SW Multnomah Blvd.
<i>Birds and Bees Nursery</i>	<p>A small nursery dedicated to selling locally-sourced and sustainable plants and gardening supplies. Co-owners Caitlin Gaul and Amanda Simard are considered "plantfluencers" thanks to their large social media following.</p> <p>Birds and Bees has unique houseplants, outdoor plants, succulents, and wonderful staff to help you choose the right species for your home environment.</p>	3327 SE 50th Ave.
<i>Bison Coffee House</i>	<p>Portland's only Native-owned coffee shop; they pay reference to Native ancestry and traditions.</p> <p>Loretta Guzman, owner of Bison Coffee House, is a local legend. Her bright, positive energy shines over Portland! Bison Coffee House has become a beacon for local PDX indigenous and the community as a whole!</p>	3941 NE Cully Blvd.
<i>Blendidly Botanical Kitchen</i>	<p>Zero waste, hand-picked skin care made from organic and locally-sourced ingredients.</p> <p>Blendidly Botanical Kitchen's founder, Ivy Chuang, is an avid cyclist and is a board member of the Portland Society, an organization female-identified cyclists who aim to make Portland a better place to live, work, and ride.</p> <p>Living a zero waste lifestyle is a huge feat, but supporting businesses who commit to environmental responsibility is an easy first step. Ivy sources everything in her skin care line from fresh, organic, and wild ingredients found locally and sourced sustainably, and each product is handcrafted in small batches in their botanic kitchen.</p>	1532 NE Alberta St.

<i>Chochu Local Island BBQ</i>	<p>A food truck and catering service featuring delicious spreads from Guam, Rota, Saipan, and Tinian cuisine.</p> <p>Joy San Nicholas and her husband, Michael, started Chochu as a way to share their favorite Chamoru dishes with the community.</p>	5235 NE Sandy Blvd.
<i>Dean's Beauty And Barber Shop</i>	<p>Beauty salon and barber shop specializing in natural hair.</p> <p>Shop owner Kim is the third generation to run the salon. The salon is Oregon's oldest African American salon, and the state's oldest Black-owned business. As of 2022, it is listed on the National Register of Historic Places.</p> <p>No matter your hair texture or type, Dean's beauty is committed to accommodating you and having you leave the salon looking good!</p>	Where: 215 NE Hancock St.
<i>Either/Or</i>	<p>A fun little spot that features coffee and cocktails.</p> <p>Ro Tam and Natasha Miks discovered the Sellwood neighborhood where Either/Or is located while on a thrifting excursion.</p> <p>Either/Or is a charming coffee shop with a limited, curated menu and a curious namesake. Ironically, there's no pressure to opt between coffee or cocktails because the barista-bartenders offer a little of everything.</p>	Where: 4003 N Williams Ave.
<i>Everybody Eats</i>	<p>A unique blend of Southern and Pacific Northwest cooking.</p> <p>Everybody Eats partners with local nonprofits to make sure everybody gets a meal.</p>	17120 SE Powell Blvd.
<i>Larkspur Portland</i>	<p>Their shop features plants, local art, horticultural therapy, and friendly faces!</p> <p>A portion of all Larkspur Portland's proceeds go directly to fund local horticultural therapy programming.</p> <p>The Larkspur team offers comprehensive care instructions with every plant purchased, offer friendly advice, and genuinely want to send you home with the confidence to care for your new plant!</p>	6317 SE Holgate Blvd.

<i>Mimi's Fresh Tees</i>	<p>Social justice t-shirt store that encourages people to “wear their truth.”</p> <p>Kamelah Adams gives back to the community by coordinating community engagement events and is the PTA vice president of equity and inclusion.</p>	222 NW Davis St.
<i>N'Kossi Boutique</i>	Boutique featuring African couture fashion.	Pioneer Place Mall Suite 1180, 700 SW 5th Ave.
<i>Orox Leather Co</i>	<p>Handcrafted leather goods including, briefcases, backpacks, wallets, and belts that will last forever – seriously, their products are guaranteed for life!</p> <p>Orox Leather Co is owned by a 4th generation leather-making family that got their start in Oaxaca, Mexico. The family biz got started when Don Felipe Martinez Audelo began making custom baseball gear for his own team, eventually coaching his son into the trade!</p>	450 NW Couch St.

YOUTH SERVICES

	Details	Locations	Contact Information
<i>Albina Early Head Start</i>	<p>Mon-Fri: 8:30 a.m.-5 p.m.</p> <p>For children 6 weeks to 3 years and prenatal services. Provides school readiness; family advocacy; and educational, health, nutritional, social and other services. Home-based education program available.</p> <p>Multiple locations; call for more information</p>	911 N. Skidmore St., Portland, OR 97217	<p>www.albinahs.org</p> <p>ehsfrontdesk@albinaheadstart.org</p> <p>503-236-9389</p>
<i>Albina Head Start</i>	<p>Mon.-Fri: 8 a.m.-4:30 p.m.</p> <p>Classroom Hours – Mon-Fri: 7 a.m.-4:30 p.m.</p> <p>Free preschool for qualifying families with children 3-5 that provides school readiness; family advocacy; and educational, health, nutritional, social and other services.</p> <p>Families can also apply online.</p>	3417 N.E. 7th Ave., Portland, OR 97212	<p>www.albinahs.org</p> <p>503-282-1975</p>
<i>Boys and Girls Aid</i>	<p>Mon-Fri.: 8:30 a.m.-5 p.m.</p> <p>Foster care and adoption services, homeless youths shelter program and all-options counseling for pregnant women.</p>	9320 SW Barbur Blvd. #200, Portland, OR 97219	<p>www.boysandgirlsaid.org</p> <p>503-222-9661</p>
<i>Child Care Resource and Referral of Mult. Co.</i>	<p>Phone hours – Mon-Fri: 8 a.m.-4:30 p.m.</p> <p>Assistance for qualifying families to pay for child care services through Community Childcare Initiative (CCI) program. Parents searching for child care, call 211.</p>		<p>www.ccr-mc.org</p> <p>503-491-6205</p> <p>Child Behavior Specialist: 503-491-6219</p>

<i>Community Transitional School</i>	Free private, nonprofit Pre-K to eighth grade school for children whose families are homeless, in housing transition or children at risk of school failure. Call for information. Enroll over the phone.	6601 NE Killingsworth St., Portland, OR 97218	www.transitionalschool.org 503-249-8582
<i>Insights Young Parents Services</i>	Mon-Fri: 9 a.m.-5 p.m. Services and support for teen parents, and their partners who are younger than 24, including case management, information and recreation. Call for screening/referral. Resource closet of children's items and diapers available by appt.	4900 NE Glisan St., Portland, OR 97213	www.insightstpp.org 503-239-6996 4900
<i>Janus Youth – Access Center</i>	18-24 years old experiencing homelessness. Screenings 365 days a year. Call between 9 a.m.-5 p.m. to talk to a screener. After 5 p.m., go to Porch Light Crisis Shelter 1635 SW Alder St., at 8:45 p.m. for a safe place to stay. After 6 p.m., call Porch Light: 503- 380-7200.	1635 SW Alder St., Portland, Oregon 97205	www.janusyouth.org 503-432-3986
<i>Janus Youth – Street Light/Porch Light Youth Shelter</i>	Street light hours: 9 p.m.-9 a.m. Mon.-Sun. Porch Light hours: 8:45 p.m.-8:45 a.m. Street Light provides 30 short-term shelter beds and Porch Light provides 30 long-term beds for homeless youths, ages 15-23. Emergency shelter to those new to the streets or in immediate need of shelter available at 8:45 p.m. Beds distributed on first-come, first-served basis nightly. Street Light requires reservation from case manager.	1635 SW Alder St, Portland, Oregon 97205	www.janusyouth.org 503-380-7200


<i>Janus Youth – Yellow Brick Road Outreach</i>	<p>On the street from 6 p.m.-9 p.m. every night.</p> <p>First aid and hygiene supplies, resource information, and crisis information available. Nightly street outreach program focuses on providing street-based information, referral and crisis intervention services directly to street-dependent youths ages 15-24.</p>	1635 SW Alder St, Portland, Oregon 97205	<p>www.janusyouth.org</p> <p>503-789-4123</p>
<i>Lines for Life YouthLine</i>	<p>Texting available 4 p.m.-10 p.m.</p> <p>Peer-to-peer crisis and help line for teens. Support to youths regarding anything bothering you. No problem too big or small. Line answered 24/7. Staffed by teens.</p>		<p>www.theyouthline.org/</p> <p>YouthL@linesforlife.org</p> <p>1-877-968-8491</p> <p>Chat online: Text teen2teen to 839863.</p>
<i>Multnomah Early Childhood Program</i>	<p>Mon-Fri: 8 a.m.-4 p.m.</p> <p>Early intervention and early childhood special education services to children, birth to age 5. Services are individually designed to address the special needs of young children with developmental delays or disabilities free of charge.</p>	5208 NE 122nd Ave., Portland, OR 97230	<p>https://www.ddouglas.k12.or.us/departments/multnomah-early-childhood/</p> <p>503-261-5535</p>
<i>NARA Gresham Youth Center</i>	<p>Child and Family Program: Child and family services include Mental Health assessments, services and counseling.</p> <p>Youth Program: Groups, outings, life skills training, suicide prevention.</p> <p>Youth Residential Treatment: Holistic and culturally specific outpatient and advocacy services.</p>	620 NE 2nd St., Gresham, OR 97030	<p>Main: 971-274-3757</p> <p>Youth Program: 971-279-4838</p>

<i>Native American Youth and Family Center (NAYA)</i>	<p>Mon-Thurs: 3 p.m. - 5 p.m. No walk-ins, call for appt.</p> <p>Culturally specific wraparound and educational advocacy, tutoring and career skills development for Native-American youths. Domestic violence prevention and intervention services.</p> <p>Access to homeless youth services, including shelter and basic needs for all youths ages 16-24.</p>	<p>5135 NE Columbia Blvd., Portland, OR 97218</p>	<p>www.nayapdx.org</p> <p>503-288-8177</p>
<i>New Avenues for Youth</i>	<p>Mon-Fri Meal Hours: 9 a.m.-10 a.m. 1 p.m.-2 p.m. 5 p.m.-6 p.m.</p> <p>Sat: 1 p.m.-2 p.m. and 5 p.m.-6 p.m.</p> <p>Mon, Wed, and Sat Open hours: 1 p.m.-6 p.m.</p> <p>Alternative School, transitional housing, day services, job-readiness training for youths ages 16-24. Drop-in day services for youths ages 18-24.</p>	<p>Youth Opportunity Center (Appointment Only) – 314 SW 9th Ave., Portland, OR 97205</p>	<p>www.newavenues.org</p> <p>503-224-4339</p>
<i>p:ear</i>	<p>Tues-Fri: 9 a.m.-2 p.m.</p> <p>Food, mentoring, art, education, recreation and job training program for homeless young people ages 15-24.</p>	<p>338 NW 6th Ave., Portland, OR 97209</p>	<p>www.pearmentor.org</p> <p>503-228-6677</p>

<i>Portland Youth Builders</i>	<p>Mon-Fri: 8 a.m.-4 p.m.</p> <p>Info sessions occur at 3:30 p.m. every Wednesday.</p> <p>Helps students 17-24 complete high school, hands-on job training in construction or technology. Enrolls year round.</p>	4816 SE 92nd Ave., Portland, OR 97266	<p>https://pybpdx.org/</p> <p>503-286-9350</p>
<i>SEI Community & Family Programs</i>	<p>Mon-Fri: 8 a.m.-5 p.m.</p> <p>Parent support groups. Childcare provided. Call for updates.</p>	2205 NE Columbia Blvd., Portland, OR 97211	<p>www.selfenhancement.org</p> <p>503-285-0493</p>
<i>Transitional Youth</i>	<p>Outreach, support and housing with a faith-based approach. Housing for youths ages 18 to 24 (male and female) and pregnant or parenting females, ages 18 to 24.</p> <p>See website for meal location days and times.</p>	1500 NW 167th Pl., Beaverton, OR 97006	<p>www.transitionalyouth.org</p> <p>hello@transitionalyouth.org</p> <p>503-350-7215</p>





A blurred background image showing a crowd of people at a Pride event. Many individuals are holding small rainbow flags on sticks. The scene is out of focus, emphasizing the collective atmosphere of the gathering. The text is overlaid in the center of the image.

LGTBQIA2S+ ORGANIZATIONS & SERVICES

ADULT	Contact Information
<i>50+ (Lesbian Potluck)</i>	503-286-3575
<i>35+ Funny Ladies Tea & Posey Society (FLATAPS)</i>	FLATAPS@yahoo.com 503-760-0816
<i>Friendly House</i>	info@fhpdx.org 503-228-4391
<i>Lesbian & Gay Aging Issues Network (LGAIN)</i>	www.asaging.org 415-974-9600
<i>Old Lesbians Organizing For Change (OLOC)</i>	https://oloc.org/ 1-888-706-7506
<i>Portland Metro Prime Timers (Mature Gay Social Group)</i>	https://chapters.theprimetimersww.com/portland/ 503-807-6574

GENERAL RESOURCES

Basic Rights Oregon	info@basicrights.org www.basicrights.org 503-222-6151
Black and Beyond the Binary Collective	info@bbbcollective.org 971-258-1713
Brave Space	www.bravespacellc.com 503-486-8936
Equi Institute	info@equi-institute.org 503-459-2584
Equity Foundation	www.equityfoundation.org 503-231-5759
Imperial Sovereign Rose Court	www.rosecourt.org
NAYA Two Spirit Safe Space Alliance	https://nayapdx.org/services/youth-and-education/2sssa/
Oregon Pride in Business	https://www.orpib.com 971-442-3224
Outside In's Transgender Services	www.outsidein.org 503-535-3860

PFLAG - Portland	www.pflagpdx.org 503-232-7676
Portland Gay Men's Chorus	www.pdxgmc.org 503-226-2588
Portland Lesbian Choir	www.plchoir.org 503-727-3306
Pride Northwest	www.pridenw.org 503-295-9788
Rose City Gay Freedom Band	www.rcgfb.org 503-790-2170
Services and Advocacy for LGBTQ Elders (SAGE)	www.fhpdx.org 503-224-2640
Sexual and Gender Minority Youth Resource Center	www.smyrc.org 503-872-9664
Rose City Softball Association	www.rosecitysoftball.org 503-552-4769



HEALTH

<i>African American Health Coalition</i>	http://www.aahc-portland.org/ 503-413-1850
<i>CAREAssist</i>	https://www.oregon.gov 971-673-0144
<i>Cascade AIDS Project (Non-Med)</i>	www.cascadeaids.org 503-223-5907
<i>HIV Day Center</i>	hivcenter@emoregon.org https://emoregon.org/hiv-services 503-460-3822
<i>Our House of Portland (HIV Hospice)</i>	nsellers@teleport.com http://members.portlanddirect.info/p/our-house-portland-portland-2727-se-alder/website 503-234-0175
<i>Prism Health</i>	info@prismhealth.org https://www.prismhealth.org/ 503-445-7699

LEGAL/DISCRIMINATION/SUPPORT

<i>ACLU of Oregon</i>	www.aclu-or.org 503-227-3186
<i>Bureau of Labor and Industries</i>	https://www.oregon.gov/boli/civil-rights/Pages/default.aspx 971-673-0761
<i>Citizens Commission on Human Rights (CCHR)</i>	www.cchroregon.org 503-228-3279
<i>Fair Housing Council of Oregon</i>	www.fhco.org 503-223-8197
<i>Immigration Equity</i>	https://immigrationequality.org/
<i>Lambda Legal (LA Regional Office)</i>	www.lambdalegal.org 1-213-382-7600
<i>Stop Abuse For Everyone (SAFE)</i>	503-853-8686
<i>The Trevor Project Crisis Line (LGBTQ)</i>	1-866-488-7386



SPIRITUALITY

First Unitarian Church	www.firstunitarianportland.org 503-228-6389
Interfaith Spiritual Center	http://interfaithspiritualcenter.com 503-233-2026
Jewish Pride – Greater PDX	https://www.jewishportland.org/pdxjewishpride
Metropolitan Community Church PDX	www.mccportland.com 503-281-8868
Trinity Lutheran Church	https://tlcgresham.com/ 503-665-3197

YOUTH

GLSEN/Oregon	oregon@chapters.glsen.org https://www.glsen.org/chapter/oregon 503-936-5614
LGBTQ Friendly Colleges & Student Resources	www.affordablecollegesonline.org/lgbtq-college-e-student-guide
LGBTQ Student Resources & Support	www.accreditedschoolsonline.org/resources/lgbtq-student-support
Oregon Safe Schools Communities Coalition	www.oregonsafeschools.org 503-954-4865
Sexual Minority Youth Resource Center – SMYRC	www.smyrc.org 503-872-9664



**MULTNOMAH COUNTY
AUDITOR'S OFFICE**



CULTURAL MONTHS & INCLUSION DAYS

The background of the image features a solid teal color on the left, which transitions into a series of vibrant, multi-colored wavy lines on the right. These lines, resembling a stylized rainbow or a series of overlapping brushstrokes, curve upwards and to the right, adding a dynamic and colorful element to the design.

January

NATIONAL MENTORING MONTH

INCLUSION DAYS

JAN
01

New Year's Day

Martin Luther King Jr Day
3rd Monday of January

JAN
27

International Holocaust Remembrance

EVENTS

Chinese New Year Cultural Fair

Passing the Torch - Still We Rise, Dr. Martin Luther King Jr Tribute

Domingos Juntos (Sundays Together)

Rev. Dr. Martin Luther King Jr. Film Tribute

Lunar New Year Celebration

Vietnamese Lunar New Year Festival

Martin Luther King Jr. Breakfast

Winter Diversity Dinner

For more information about the events, visit www.travelportland.com or www.portland.gov.



February

BLACK HISTORY MONTH

INCLUSION DAYS

FEB
01

National Freedom Day

EVENTS

*Albina Black History Month:
Black Environmentalism*

*NAACP Black History Month:
Celebration of Freedom*

Partners in Diversity: Say Hey!

BIAMP PDX Jazz Festival

NW Regional Equity Conference

Cascade Festival of African Films

People's Party: BIPOC Affinity Night

Domingos Juntos (Sundays Together)

PitchBlack



March

WOMEN'S HISTORY MONTH

INCLUSION DAYS

MAR
08

International Women's Day

MAR
25

International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade

MARCH IS ALSO...

Irish American Heritage Month

Greek American Heritage Month

Ethnic Equality Month

Employee Appreciation Month

Gender Equality Month

EVENTS

Asian Pacific American Women's Leadership Institute (APAWLI): Leadership Stories from AAPI Women

Muslim Educational Trust (MET) Gala & Cultural Night

Domingos Juntos (Sundays Together)

NAYA Spring Marketplace

Empowering Leaders of Color in Business

Urban League of Portland: Get to Know Your County



April

ARAB AMERICAN HERITAGE MONTH

INCLUSION DAYS

Burmese New Year

Lao New Year

Cambodian New Year

Thai New Year

Earth Day

APRIL IS ALSO...

Celebrate Diversity Month

National Volunteer Month

EVENTS

*Arab American Cultural Center of
Oregon (AACCO) Gala*

Domingos Juntos (Sundays Together)



May

ASIAN & PACIFIC AMERICAN HERITAGE MONTH

INCLUSION DAYS

Public Service Recognition Week
1st week

MAY 12 *World Day for Cultural Diversity
for Dialogue and Development*

MAY 29 *Memorial Day*

MAY IS ALSO...

Jewish American Heritage Month

Older Americans Month

EVENTS

*Asian Pacific American Network of Oregon
(APANO): Voices of Change Celebration*

Domingos Juntos (Sundays Together)

*Immigrant & Refugee Community
Organization (IRCO) Gala*

OK Challenge Celebration

Portland Cinco de Mayo Fiesta

Partners in Diversity: Say Hey!

*Stand Against Hate: AANHPI
Month Kickoff*

State of Black Affairs Summit

Vanport Mosaic Festival



June

LGBTQ+ PRIDE MONTH

INCLUSION DAYS

JUNE
19

Juneteenth

JUNE
20

World Refugee Day

JUNE
24

Pride Day

MAY IS ALSO...

Caribbean American Heritage Month



EVENTS

8 Seconds Juneteenth Rodeo

Juneteenth Freedom Celebration

Career Connections Job Fair

Latino Health Equity Conference

Delta Park Powwow

Lents International Farmers Market

Rosewood Initiative: Saturday Celebration

Domingos Juntos (Sundays Together)

My People's Market

The People's Market at Rockwood

Good in the Hood Multicultural Music and Food Festival

Portland Indigenous Marketplace

Word is Bond: In My Shoes Juneteenth Walking Tour

July

DISABILITY PRIDE MONTH

INCLUSION DAYS

JUL
26

National Disability
Independence Day

EVENTS

	Montavilla Street Fair	Rainbow Ride
A Celebration of Somali	Multi-Cultural Showcase	Rosewood Initiative: Saturday Celebration
American Communities	Portland Independent Book and Art Fair	Tanabata, the Star Festival
Beaverton Night Market	Portland Indigenous Marketplace	The People's Market at Rockwood
Cathedral Park Jazz Festival	Portland Pride Waterfront Festival & Portland Pride Parade	Tiger Tiger: A Celebration of Our AANHPI Communities
Domingos Juntos (Sundays Together)	Pride Beach Take Over	We Outside
Lents International Farmers Market	Rainbow Night Market	WET: A Pride Pool Party



August

NATIONAL BLACK BUSINESS MONTH

INCLUSION DAYS

AUG
09

*International Day of the Worlds
Indigenous People*

AUG
26

Women's Equality Day

EVENTS

APANO: Jade International Night Market

Domingos Juntos (Sundays Together)

Barber Battle

Festa Italiana

Beaverton Night Market

Get Your Rear in Gear – Portland 5K

Chinese Festival

Hood to Coast

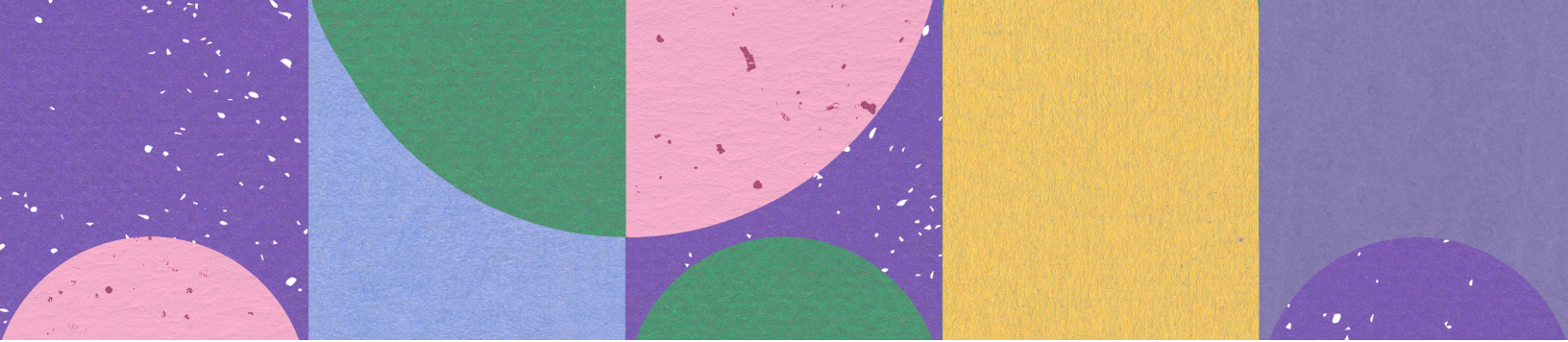
*Come Thru: Black & Indigenous
Market*

India Festival

*Community Day at Rose City
Golf Course*

Lents International Farmers Market





EVENTS CONTINUED

<i>Multicultural Kids Festival NW</i>	<i>Soul2Soul</i>	<i>Washington Park Summer Festival</i>
<i>Portland Hip Hop Week</i>	<i>Sunday Parkways</i>	
<i>Portland Indigenous Marketplace</i>	<i>The Kidz Outside Festival</i>	
<i>Rosewood Initiative: Saturday Celebration</i>	<i>The People's Market at Rockwood</i>	
<i>Reclaiming Black Joy Festival</i>	<i>Tonga Day Festival</i>	
<i>Partners in Diversity: Say Hey!</i>	<i>Vanport Jazz Festival</i>	



September

LATINÉ & HISPANIC HERITAGE MONTH

Sept 15 - Oct 15

INCLUSION DAYS

Labor Day

First Monday of September

SEPTEMBER IS ALSO...

Deaf Awareness Month



EVENTS

Arab Mahrajan Festival

Lents International Farmers Market

Portland Indigenous Marketplace

Belmont Street Fair

MLK Dream Run

Southwest Portland Sunday Parkways

Come Thru: Black & Indigenous Market

Oregon Black Pioneers Gala

Support the Girls 5k Run/Walk

Domingos Juntos (Sundays Together)

Oregon & SW Washington
More Than Pink Walk

The People's Market at Rockwood

Hispanic Heritage Dinner by Hispanic
Metropolitan Chamber

Portland Arab Mahrajan Festival

Urban League: Equal Opportunity Day

October

LGBTQ+ HISTORY MONTH

INCLUSION DAYS

OCT
16

World Food Day

OCTOBER IS ALSO...

National Disability Employment Awareness Month

EVENTS

Come Thru: Black & Indigenous Market

Portland Argentinian Festival

Domingos Juntos (Sundays Together)

Portland Indigenous Marketplace

JOIN: Connecting The Street Home

Q Center: Shine! Gala

Latino Network: Noche Bella Gala

The People's Market at Rockwood

Lents International Farmers Market

For more information about the events, visit www.travelportland.com or www.portland.gov.



November

NATIVE AMERICAN HERITAGE MONTH

INCLUSION DAYS

Veterans Day

Thanksgiving

NOV
20

*Transgender Day of
Remembrance*

EVENTS

*Community Garden Volunteer Day
(Every Mon. and Sat.)*

*NAYA Unthanksgiving: Mourning Genocide &
Celebrating Survival*

Domingos Juntos (Sundays Together)

Portland Indigenous Marketplace

Lents International Farmers Market

Partners in Diversity: Say Hey!

NAYA Gala



December

PRESENTS

INCLUSION DAYS

DEC
03

*International Day for People
with Disabilities*

Kwanza

Dec 26 - Jan 1

DEC
05

International Volunteer Day

DEC
25

Christmas

EVENTS

NAYA Winter Marketplace

*Happy
Holidays*







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STAY CONNECTED & INFORMED



*Multnomah County Auditor
Jennifer McGuirk*



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RESOURCE GUIDE

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