COLUMBIA COUNTY RESOURCE GUIDE
17TH EDITION

Community Action Team
“Building Bridges to Self-Sufficiency”
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COMMUNITY ACTION TEAM, INC. is a private, non-profit corporation. Our goals are to reduce the incidence of poverty and to provide services in a manner that will make families and individuals more self-reliant.

COMMUNITY ACTION TEAM, INC.’S PROGRAMS INCLUDE -

**HUMAN INVESTMENT PROGRAMS**

- Housing Solutions
- Veterans Services
- Energy/Utility Programs
- Senior Services
- COMMUNITY INVESTMENT PROGRAMS
  - Self-Help Housing
  - Housing Rehabilitation
  - Lend-A-Hand
  - Healthy Homes
  - Weatherization
  - CAT Housing Center

**CHILD & FAMILY DEVELOPMENT PROGRAMS**

- Head Start
- Healthy Families
- Parent Education and Support

We want to thank ALL the agencies and groups listed in this directory for their partnership in helping the citizens of Columbia County. You make a difference in people’s lives.

Henry Heimuller, Board Chair
Dan Brown, Executive Director

For additional information, please call our office at 503.397.3511, or access our website at www.cat-team.org.

Office hours are 8:30 AM—5:00 PM, Monday—Friday
Closed for lunch from 12:30—1:30 PM
125 N 17th Street, St. Helens, OR 97051

This reference book has been prepared in an effort to better acquaint Columbia County residents with the resources and services available to them. We hope it will be a useful and convenient tool.
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If you are having an emergency, ALWAYS call 9-1-1.
ALCOHOL/DRUGS/TOBACCO

DRUG HELP HOTLINE—SAMHSA
Substance Abuse & Mental Health Services
Administration National Hotline
(800) 662-HELP (4357)
www.samhsa.gov
Referral line. Treatment recovery and support services. (US Department of Health & Human Services)

MADD—Mothers Against Drunk Driving
Columbia County Chapter
PO Box 933
St. Helens, OR 97051
(503) 397-6159
(541) 343-8115—State Office
www.madd.org
E-mail: or.state@madd.org
Victim’s services/advocacy, public awareness regarding underage drinking, and connection to support groups

NARA NORTHWEST—NATIVE AMERICAN
REHABILITATION ASSOCIATION OF THE NORTHWEST
17645 NW St. Helens Highway
Portland, OR 97231
(503) 621-1069
www.naranorthwest.org
Residential addiction-treatment facility for Native Americans and others as space is available. Children up to age five may stay with parents who are in the program. To obtain complete information on eligibility, contact the admissions department. Dual diagnosis not admitted.

NARCOTICS ANONYMOUS
Lower Columbia Area NA
Longview/Kelso, WA
(360) 749-6965
www.na.org
www.lcana.net
Twelve-step self-help recovery program for drug abusers.

NICOTINE ANONYMOUS
(877) TRY-NICA
www.nicotine-anonymous.org
Support groups and resources to gain freedom from nicotine addiction

OREGON QUIT NOW
Oregon Health Authority
1-800-QUIT NOW (794-8669)
www.quitnow.net/oregon
Call or go online to enroll in this FREE tobacco quitting program.

PATHWAYS
Columbia Community Mental Health
185 N 4th Street
St. Helens, OR 97051
(503) 366-4540
(503) 438-2163
www.ccmh1.com
Residential Treatment Facility for substance addiction, abuse, and other dependency issues. Assists clients who may require more intensive treatment than outpatient services provide.

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CHILD CARE/CHILD ABUSE/YOUTH DEVELOPMENT

4-H YOUTH DEVELOPMENT PROGRAM
OSU Extension Service—Columbia County
505 N Columbia River Highway
St. Helens, OR 97051
(503) 397-3467 / FAX (503) 397-3467

4-H YOUTH DEVELOPMENT PROGRAM—SUMMER CAMP
4-H overnight and day camps offer recreational
& educational opportunities in a camp setting.

AMANI CENTER—COLUMBIA COUNTY
Child Abuse Assessment
1621 Columbia Blvd / PO Box 1001
St. Helens, OR 97051
(503) 356-4005

BOYS AND GIRLS AID SOCIETY
9320 SW Barbour Blvd, Suite 200
Portland, OR 97219
(503) 222-9661
(877) 932-2734 / FAX (503) 224-5960
TEXT "ASK ME" to (503) 941-2672

CUMMUNITY MENTAL HEALTH
58546 McNulty Way
St. Helens, OR 97051
(503) 297-2411 / (800) 294-5211
(503) 782-4449—Dris Line
www.ccmh1.com

Monday-Thursday, 8 AM—7 PM
Friday, 8 AM—5 PM
Comprehensive, client-centered, mental health services for all ages—individual, family, group counseling, walk-in crisis intervention, drug & alcohol treatment, and a developmental disabilities program. Off-campus appointment locations in St. Helens, Scappoose, Clatskanie, Rainier, Vernonia, and others.

Support services for individuals with developmental disabilities and their families.

www.extension.oregonstate.edu/4h

Monday—Friday, 8 AM—5 PM (office hours)
A network of educators and highly trained volunteers help youth find & build on their interests, & strengthen their leadership and life skills.

Subscribe online to receive a monthly newsletter with up-to-date information on classes and activities.

www.amanicenter.org
E-mail: info@amanicenter.org
Advisory Services—provides assessment, sup-
port, and connection to therapy services for child
abuse victims and victims of domestic violence
age 0-18 years. Call for more information.

www.boysandgirlsaid.org
E-mail: info@boysandgirlsaid.org
Provides counseling and other services to women who are pregnant and in need of help. Adoption
and Foster Care services also provided.

www.ccmh1.com

Monday—Thursday, 8 AM—7 PM
Friday, 8 AM—5 PM
A network of educators and highly trained vol-
unteers help youth find & build on their interests,
& strengthen their leadership and life skills.

Subscribe online to receive a monthly newsletter with up-to-date information on classes and activities.

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Provides counseling and other services to women who are pregnant and in need of help. Adoption
and Foster Care services also provided.

www.ccmh1.com

Support services for individuals with developmental
disabilities and their families.
**CHILD CARE/CHILD ABUSE/YOUTH DEVELOPMENT**

**CHILD ABUSE REPORTING SAFELine—OREGON**

DHS—CHILD WELFARE
Department of Human Services
500 N Columbia River Hwy, Suite 220
St. Helens, OR 97051
(503) 397-3292 / FAX (503) 397-1092
(800) 428-8336

DHS—SELF-SUFFICIENCY
Department of Human Services
500 N Columbia River Hwy, Suite 210
St. Helens, OR 97051
(503) 397-1784 / FAX (503) 397-0942
(800) 243-4987 / TTY (503) 397-0942

**EARLY INTERVENTION & EARLY CHILDHOOD**

**SPECIAL EDUCATION**
NW Regional Education Service District
800 Port Ave
St. Helens, OR 97051
(503) 366-4100 / 4122—Office Line
FAX—(503) 397-0796

**HEALTHY FAMILIES**
Northwest Oregon Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6556
(503) 397-3290—FAX

**Teen Line**
(800) 443-8336
(800) 735-2942 (TT/TTY)

(855) 503-7323
For children and adults.
www.oregon.gov
Monday-Friday, 8 AM—5 PM
DHS Child Welfare offers assistance with adoption, foster care, foster parents and relative caregivers, child abuse and neglect, and independent living.
www.oregon.gov
E-mail: 0501.sthelen@state.or.us
Monday-Friday, 8 AM—5 PM
SNAP (Supplemental Nutrition Assistance Program)
TANF—Temporary Assistance for Needy Families (cash assistance for very low-income families with children, while they work toward self-sufficiency).
ERDC—Employment-Related Day Care
Call for more information.
www.nwresd.org
Monday-Friday, 8 AM—4 PM
Specialized services for children—birth to 5 years who are experiencing developmental disabilities or delays. These free programs, which are provided through the NW Regional Education District, help the children and their parents succeed. Call for more information.
www.twoads.org
www.cat-team.org
Monday-Friday, 8:30 AM—5 PM
Closed, 2:30—1:30 PM
A free family support and parent education home visiting program. Services focus on child development, parent supports, and strengthening positive relationships. Serves Columbia, Clatsop, and Tillamook counties.
www.extension.istate.edu/teenline/
Available 24/7. Confidential and free service of Iowa State University Extension Office.

**VETERANS SERVICES**

**OREGON VETERAN’S HOME—THE DALLES**
Skilled Nursing Facility
700 Veterans Drive, The Dalles, OR 97058
(541) 296-7190

**VA HOME LOANS**
(877) 827-3702

**VETERAN ID CARD**

**VETERANS SERVICE OFFICE—COLUMBIA COUNTY**
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6580
(503) 397-3290—FAX

**VETERANS AFFAIRS PROGRAM OF COMPREHENSIVE ASSISTANCE FOR FAMILY CAREGIVERS**
2957 Clairmont Road NE, Suite 200
Atlanta, Georgia 30329
(855) 260-3274—Caregiver Support Line
(877) 222-8387—Veterans Health Care

**VETERANS CRISIS LINE**

**VETERANS HOSPITAL**
VA Portland Health Care System
3710 SW US Veterans Hospital Rd / PO Box 1034
Portland, OR 97239
(503) 220-8262 / (800) 949-1004
(503) 721-1496—Primary Care Clinic
(503) 273-5187—Mental Health Division

**WORKSOURCE OREGON—DISABLED VETERANS’ OUTREACH PROGRAM SPECIALIST (DVOP)**
Oregon Employment Department
500 N Columbia River Hwy, Suite 320
St. Helens, OR 97051
(503) 397-4995 x225

www.oregon.gov/odva/Vets-Homes
An earned benefit available to veterans, their spouses, & parents who had a child die while serving in the U.S. Armed Forces.
www.benefits.va.gov
Provides home loan guaranty benefits & other housing-related programs to eligible Veterans or their survivors.
www.va.gov/records/get-veteran-id-cards/vic/
www.cat-team.org
Monday-Friday, 8:30 AM—5 PM
Provides accurate and up-to-date Veteran’s Administration information and referral services, advocacy, claims support, & representation.
www.va.gov/health-care/family-caregiver-benefits/comprehensive-assistance/
Support for family caregivers of Veterans
www.oregon.gov/odva/Vets/Crisis-Line
(800) 273-8255—(Then, Press 1)

www.portland.va.gov
VA Portland Health Care System offers a variety of health services to meet the needs of our nation’s Veterans.
For TDD services— Dial 711

www.oregon.gov/EMPLOY/jobseekers/Pages/Veterans.aspx
For information regarding employment within Columbia County. Specialists develop job & training opportunities for veterans, special emphasis on veterans with service-connected disabilities.
**Veterans Services**

**Adapted Housing Grants for Disabled Veterans**
(800) 827-1000
For a list of eligible conditions & modifications, email: sakeinfo.vbaco@va.gov

**Disabled American Veterans**
100 SW Main St., Floor 2, Portland, OR 97204
(503) 412-4750

**Elks Veterans Bunker**
125 S 13th Street / PO Box 1061
St. Helens, OR 97051
(503) 410-5225

**Military Helpline—24/7/365**
(888) 457-8387
TEXT: HELPLINE to 839863

**National Cemeteries**
**Willamette National Cemetery**
11800 SE Mil. Scott Blvd, Portland, OR 97086
(503) 273-5250

**Rosenburg National Cemetery**
1770 Harvard Blvd, Roseburg, OR 97471
(541) 677-3152

**Oregon Department of Veterans’ Affairs—Salem Office (ODVA)**
700 Summer Street NE, Salem, OR 97301
(503) 373-2085
(800) 692-9666 / (800) 828-8801

**Oregon Veterans Home Loans**
(888) 673-8387

**Oregon Veteran’s Home—Lebanon**
Skilled Nursing Facility
600 N 5th Street, Lebanon, OR 97355
(541) 497-7205

www.va.gov
www.oregon.gov/odva
VA offers monetary assistance for the purpose of home modification/ construction to meet the needs of Veterans with specific service-connected physical disabilities.

www.dav.org
Advocacy and support resources

www.elksveteransbunker.org
E-mail: info@elksveteransbunker.org
Provides resources and referral services to veterans, dependents, and military members.

Support for service members, veterans, and their families. Independent of any branch of the military or government.

www.cem.va.gov/cem/cms/state.asp?State=OR

**Eagle Point National Cemetery**
2763 Riley Road, Eagle Point, OR 97524
(541) 826-2511

www.oregon.gov/odva
Helping Oregon veterans get connected with their county service offices and resources. Information and referral, Veterans home loans services, assistance with filing medical claims, and more.

www.oregon.gov/odva
An additional and distinctively separate benefit from the federal VA Home Loan Guaranty program.

www.oregon.gov/odva/Vets-Homes
An earned benefit available to veterans, their spouses, & parents who had a child die while serving in the U.S. Armed Forces.

**Child Care/Child Abuse/Youth Development**

**Head Start**
Community Action Team, Inc.
Administrative Office
108 W “B” Street / PO Box 10
Rainier, OR 97048
(503) 556-3736 / FAX (503) 556-9705

www.rnwvheadstart.org
www.cat-team.org
A free comprehensive preschool program for families within the federal poverty guidelines. Children must be three or four years old by September 1st to be considered. The program serves Columbia, Clatsop, and Tillamook counties. Please call for more information.

**Teen Line—Cedars Sinai**
800-TLC-TEEN (852-8336)
(310) 855-HOPE (4673)
Text 72EE to 839863

Teen Line
Cedars-Sinai, PO Box 48750
Los Angeles, CA 90048

**WIC—Women, Infants, & Children**
Columbia Health Services
2370 Gable Rd.
St. Helens, OR 97051
(503) 397-4651 x7
(800) 244-4970 x7
Text Line—(503) 610-0WIC

**Youthline**
(877) 553-8336 / (877) 968-8491
TEXT teen2teen to 839863

**St. Helens Head Start**
(503) 397-4114
2750 Columbia Blvd
PO Box 239
St. Helens, OR 97051

**Scappoose & Lewis & Clark**
Call St. Helens office for classroom locations.

**Clatskanie Head Start**
(503) 728-2940
365 SW High School Drive
PO Box 2
Clatskanie, OR 97016

**Rainier**
Call Clatskanie office for classroom location.

**Vernonia Head Start**
(503) 429-9243
500 California Way
PO Box 242
Vernonia, OR 97064

7 days a week, 6 PM—10 PM (PT)
Helping troubled teenagers address their problems

www.teenlineonline.org

**Teen to teen crisis and help line.**

**Columbia County Resource Guide 2020**
COUNSELING/Self-Help

ALZHEIMER’S SUPPORT GROUP—AVAMERE
2400 Gable Rd.
St. Helens, OR 97051
(503) 366-8070
www.avamere.com
Dementia support group meetings—2nd Wednesday of each month at 3 PM.

AMANI CENTER—COLUMBIA COUNTY
Child Abuse Assessment
1621 Columbia Blvd / PO Box 1001
St. Helens, OR 97051
(503) 366-4000
www.amanicenter.org
E-mail: info@amanicenter.org
Advocacy Services—provides assessment, support, and connection to therapy services for child abuse victims and victims of domestic violence age 0-18 years. Call for more information.

AMERICAN CONSUMER CREDIT COUNSELING, INC.
(800) 769-3866
www.consumercredit.com
Oregon residents can call ACCC certified credit counselors to receive free credit counseling, budgeting advice, and free financial education materials and guidance. Sessions are free of charge with no obligation.

ANNUAL FREE CREDIT REPORT REQUEST SERVICE
(877) 322-8228
www.annualcreditreport.com
The only official site explicitly directed by Federal law to provide a FREE credit report every 12 months at your request.

BETTER BUSINESS BUREAU
(503) 212-3027
MAIN OFFICE—NORTHWEST
PO Box 140015, Boise, ID 83714
12639 W Explorer Drive, Ste. 200
Boise, ID 83713
www.bbb.org
A consumer resource that provides business reviews and their ratings, scams, and accepts complaints. Serves Statewide and SW Washington.

BOYS AND GIRLS AID SOCIETY
9320 SW Barbour Blvd, Suite 200
Portland, OR 97219
(503) 222-9661
(877) 932-2734 / (503) 224-5960—FAX
TEXT “ASK ME” to (503) 841-2672
www/boysandgirlsaid.org
E-mail: info@boysandgirlsaid.org
Provides counseling and other services to women who are pregnant and in need of help. Adoption and Foster Care services also provided.

COLUMBIA COUNTY RESOURCE GUIDE 2020

UTILITIES

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

WATER/Sewer—City of Rainier
106 West B Street / PO Box 100
Rainier, OR 97048
(503) 556-7301
(503) 556-3200—FAX
www.cityofrainier.com
Monday-Friday, 8 AM—5 PM
AFTER-HOURS URGENT MATTERS—(503) 397-1521

WATER/Sewer—City of Scappoose
33568 E Columbia Ave
Scappoose, OR 97056
(503) 543-7146 ext. 221—Utilities/Billing
(503) 543-7182—FAX

WATER/Sewer—City of St. Helens
275 Strand Street
St. Helens, OR 97051
(503) 397-6272
(503) 397-4016—FAX
www.ci.sthelens.or.us/cityhall/page/utility
After-Hours Urgent Matters—(503) 397-1521

WATER/Sewer—City of Vernonia
1001 Bridge Street
Vernonia, OR 97064
(503) 429-5291
(503) 429-4232—FAX
www.vernonia.or.gov
E-mail: cityhall@vernonia.or.gov
Monday-Friday, 8 AM—5 PM
AFTER-HOURS URGENT MATTERS—(503) 397-1521

WEST OREGON ELECTRIC COOPERATIVE
652 Rose Ave / PO Box 69
Vernonia, OR 97064
(503) 429-3021 / 1 (800) 777-1276
(971) 294-3246—For Care to Share assistance
www.westoregon.org
Oregon Energy Fund, St. Vincent DePaul, and WOEC’s “Care to Share” energy assistance funds are available to qualifying members.
Some utility providers are able to grant discounts to seniors and/or low-income households. Please talk with your provider to find out what money-saving options are available to you.

Oregon Telephone Assistance Program
Oregon Lifeline
Oregon Public Utility Commission
201 High Street SE Ste. 100, Salem, OR 97301
PO Box 1088, Salem, OR 97308-1088
(503) 373-7171 / (800) 846-4442
TTY: (800) 646-3468 or (503) 378-6962
FAX: (877) 567-1977 or (503) 378-6047
www.rspf.org
www.puc.state.or.us
Monday-Friday, 9 AM—4 PM
To Qualify—You may qualify if you receive one (1) of the following benefits: SNAP, Medicaid, Supplemental Security Income, Federal Public Housing Assistance, Veterans or Survivors Pension Benefit, or your total household income is at or below 135% of federal poverty guidelines.
Oregon Lifeline Program—If eligible, one of the following may be received: 1) $12.75 reduction in monthly phone bill, 2) $9.25 monthly discount on broadband bill, or 3) FREE phone or broadband service.
www.facebook.com/hopeofrainier1988/
www.cpfoodbank.org
Mon. & Tues., 10 AM—4 PM & Fri., 11 AM—4 PM
Administers Clatskanie PUD’s Share the Warmth energy assistance program for Clatskanie residents.

Turning Point Community Services
220 E Columbia River Hwy
Clatskanie, OR 97016
(503) 728-3126

Warren Water Association
56910 Hazen Rd, Warren, OR 97053
PO Box 1014, St. Helens, OR 97051
(503) 739-3280

Water/Sewer—City of Clatskanie
75 S Nehalem Street, Suite D / PO Box 9
Clatskanie, OR 97016
(503) 728-2621—Reception/Bill Payment
(503) 728-3297—FAX

Water/Sewer—City of Columbia City
1480 2nd Street / PO Box 189
Columbia City, OR 97018
(503) 397-4010—Bill Payment/Reception
(503) 366-0454—Public Works
(503) 366-2870—FAX
www.cpfoodbank.org

Utilities

Counseling/ Self-Help

Buried in Treasures
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6584—Call for workshop information.

Cash Oregon
(503) 243-7765

Cat Housing Center
Community Action Team, Inc.

CCMH—Columbia Community Mental Health
58646 McNulty Way
St. Helens, OR 97051
(503) 397-5211 / (800) 294-5211
(503) 762-4499—Crises Line

Columbia County Juvenile Department
230 Strand Street
Old Courthouse
St. Helens, OR 97051
(503) 397-0275

Columbia Pregnancy Center—Rainier
305 W 3rd Street, Suite C
Rainier, OR 97048
(503) 556-4590

Columbia Pregnancy Center—St. Helens
970 Columbia Blvd
St. Helens, OR 97051
(503) 397-6047

www.mutual-support.com
www.cat-team.org
16-week workshop is a facilitated support group that is highly structured for those needing help with compulsive acquiring, saving, and hoarding.

www.cashoregon.org/free-tax-sites/
Free tax preparation and financial education for low-income Oregonians. Locations listed online.

See Housing category (page 42)
Counseling/coaching for low-income homebuyers
www.ccmh1.com

Earn While You Learn
Comprehensive, client-centered, mental health services for all ages—individual, family, group counseling, walk-in crisis intervention, drug & alcohol treatment, and a developmental disabilities program. Off-campus appointment locations in St. Helens, Scappoose, Clatskanie, Rainier, Vernon, and others.

www.columbiaountyor.gov/departments/ Juvenile
Protecting the public and reducing delinquency by holding youth accountable to their victims and to their community.

www.columbiapregnancycenter.com
Tuesday, 1 PM—5 PM / Thursday, 10 AM—2 PM

Pregnancy tests, peer-counseling on abortion, parenting, and adoption. STD & abstinence education; “Earn While You Learn” program. Bible studies.

www.columbiapregnancycenter.com
Monday & Thursday, 1 PM—5 PM
Wednesday, 10 AM—2 PM

Pregnancy tests, peer-counseling on abortion, parenting, and adoption. STD & abstinence education; “Earn While You Learn” program. Bible studies.
Counseling/Self-Help

Consumer Credit Counseling Service—CCCS
(800) 431-8157—Speak to a Coach Now
(800) 479-7117

Dealing with Dementia
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6584—Call for workshop information.

Diabetes Prevention Program (DPP)
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6584—Call for workshop information.

Integrated Services Network
ISN Support Services Brokerage
621 Columbia Blvd, St. Helens, OR 97051
(971) 304-4001—Referral Line

Living Well With Chronic Conditions
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6584—Call for workshop information.

www.cat-team.org
www.selfmanagementresource.com
www.oregon.gov/oha/ph/diseasesconditions/chronicdisease/livingwell

Meals Made Easy for Diabetes
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6584—Call for workshop information.

www.credit.org
E-mail: info@credit.org (for existing clients)
Monday-Friday, 7 AM—7 PM (PST)

www.cat-team.org
Four-hour workshop for caregivers of people living with dementia. Designed to increase knowledge & confidence to manage dementia behaviors. Comprehensive reference guide included.

www.cat-team.org
One-year program that helps adults at risk for type 2 diabetes improve their overall health and well-being. Sixteen weekly sessions, then 15 bi-weekly sessions.

Monday-Thursday, 8:30 AM—5 PM
Case management for adults who experience intellectual and developmental disabilities.

These six-week workshops/classes are open to all older adults, adults living with disabilities, and people who care for them, who want to learn and improve their health. There is little or no charge to attend.

Chronic Disease Self-Management Workshops

Living Well with Chronic Conditions
Living Well with Diabetes
Living Well with Chronic Pain
Therapy: Thriving and Surviving
Workplace Living Well with Chronic Conditions

www.cat-team.org
Six-week workshop that provides mutual support and helps build participants’ confidence in their ability to manage their health and maintain active fulfilling lives.

Utilities

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

Hope of Rainier
404 East A Street / PO Box 448
Rainier, OR 97048
(503) 556-0701
www.hopeofrainier.com
www.facebook.com/hopeofrainier1988/
Mon. & Thurs. Noon—5 PM & Tues. 1 PM—5 PM
Administers Clatskanie PUD’s SWS: The Wonder energy assistance program for Rainier residents.

Internet Essentials by Comcast
(855) 8-INTERNET (855-846-8376)
www.internetessentials.com
Provides low-cost access to high-speed internet service and aid in purchasing a laptop computer.

To qualify:
1) Comcast Internet service must be available in your area
2) Be eligible for public assistance programs (National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI, and others)
3) Have no outstanding debt to Comcast that is less than a year old

E-mail: marshandwater18@gmail.com
Monday-Friday, 8 AM—4 PM

McNulty Water PUD
34240 Millard Rd, Warren, OR 97053
PO Box 260, St. Helens, OR 97051
(503) 397-1301
www.mcnultywater.com
Monday-Friday, 9 AM—2 PM

NW Natural Gas
220 NW 2nd Ave.
Portland, Oregon 97209
(503) 226-4211
(800) 422-4012
www.nwnatural.com
Monday-Friday, 7 AM—6 PM

Smell Gas? Call—(800) 882-3377

Oregon Public Utility Commission
201 High Street SE, Suite 100
Salem, OR 97308
(503) 373-7394 / (800) 522-2404
www.oregon.gov/puc
E-mail: puc.consumer@state.or.us
Monday-Friday, 8 AM—5 PM
Ensuring Oregon utility customers have access to safe & high quality utility services at reasonable rates.

To find out more information, visit www.oregon.gov/oha/ph/diseasesconditions/livingwell
### Utilities

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

<table>
<thead>
<tr>
<th>Provider</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Assurance Wireless</strong>&lt;br&gt;(888) 321-5880</td>
<td><a href="http://www.assurancewireless.com">www.assurancewireless.com</a></td>
</tr>
<tr>
<td><strong>Clatskanie PUD</strong>&lt;br&gt;495 E Columbia River Hwy / PO Box 216&lt;br&gt;Clatskanie, OR 97016&lt;br&gt;(503) 728-2163 / FAX (503) 728-2812</td>
<td><a href="http://www.clatskaniepud.com">www.clatskaniepud.com</a></td>
</tr>
<tr>
<td><strong>Columbia River PUD (CR PUD)</strong>&lt;br&gt;64001 Columbia River Hwy&lt;br&gt;Deer Island, OR 97054&lt;br&gt;PO Box 1193&lt;br&gt;St. Helens, OR 97051&lt;br&gt;(503) 397-1044—Reception/Outages&lt;br&gt;(503) 397-0590—Customer Accounts/GLOW Assistance Line</td>
<td><a href="http://www.crpud.net">www.crpud.net</a></td>
</tr>
<tr>
<td><strong>GLOW—The Neighbor’s GLOW Fund</strong>&lt;br&gt;(Give Light, Offer Warmth) provides emergency bill payment assistance to low-income PUD customers.</td>
<td><a href="http://www.crpud.net/customer-service/low-income-assistance/donate-to-glow/">DONATE TO GLOW ONLINE: www.crpud.net/customer-service/low-income-assistance/donate-to-glow/</a></td>
</tr>
<tr>
<td><strong>Energy/Utility Assistance Programs</strong>&lt;br&gt;Community Action Team, Inc.&lt;br&gt;125 N 17th Street&lt;br&gt;St. Helens, OR 97051&lt;br&gt;(503) 397-3511&lt;br&gt;(503) 397-3290—FAX</td>
<td><a href="http://www.cat-team.org">www.cat-team.org</a></td>
</tr>
</tbody>
</table>

### Counseling/Self-Help

<table>
<thead>
<tr>
<th>Provider</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Medicine Wheel Recovery Services, Inc.</strong>&lt;br&gt;58147 Columbia River Hwy, Suite C&lt;br&gt;St. Helens, OR 97051&lt;br&gt;(503) 396-5322&lt;br&gt;(503) 753-5618—Random Call-In Line</td>
<td><a href="http://www.medicinewheelrecovery.org">www.medicinewheelrecovery.org</a> Monday—Friday, 8 AM—5 PM Saturday, 9 AM—3 PM Services include—mental health, outpatient A&amp;D, DUII education, gambling treatment, transitional housing for homeless veterans, and case management.</td>
</tr>
<tr>
<td><strong>Memory Café—Forget-Me-Not Memory Café</strong>&lt;br&gt;Community Action Team, Inc.&lt;br&gt;125 N 17th Street&lt;br&gt;St. Helens, OR 97051&lt;br&gt;(503) 366-6545</td>
<td><a href="http://www.cat-team.org">www.cat-team.org</a> 3rd Tuesday of each month, 2 PM—3:30 PM A FREE event at ST. HELENS SENIOR CENTER for those with memory loss and their family care partners and friends.</td>
</tr>
<tr>
<td><strong>Morrison Child &amp; Family Services</strong>&lt;br&gt;(503) 258-4200—General Inquiries</td>
<td><a href="http://www.morrisonkids.org">www.morrisonkids.org</a> Partnering with families and communities to provide effective and responsive services for children and youth coping with adversity and trauma. Office throughout Oregon and the Portland Metro area.</td>
</tr>
<tr>
<td><strong>Multiple Sclerosis Self-Help Group</strong>&lt;br&gt;375 S 18th Street, Ste. A&lt;br&gt;St. Helens, OR 97051&lt;br&gt;(503) 410-0752</td>
<td><a href="http://www.msfhelplines.org">www.msfhelplines.org</a> Monthly meetings: 3rd Monday, 1 PM Meeting Location: St. Helens Public Library</td>
</tr>
<tr>
<td><strong>National Parent Helpline</strong>&lt;br&gt;Operated by Parents Anonymous, Inc.&lt;br&gt;1 (855) 4A PARENT (1-855-424-7736)</td>
<td><a href="http://www.parentsanonymous.org">www.parentsanonymous.org</a> Monday—Friday, 10 AM to 7 PM (PST) Confidential and emotional support from trained advocates.</td>
</tr>
</tbody>
</table>
Counseling/Self-Help

**Northwest Human Services**
Salem, OR 97301
(800) 560-5535—Crisis Hotline
(503) 588-5833—770
E-mail: info@nwhumanservices.org
24-Hour crisis intervention. Confidential and anonymous suicide and risk assessments. Provides reassurance and solution-focused services & referrals.

**Parents Place—Community Caring Project**
928 23rd
Longview, WA 98632
(360) 414-9212
www.parentsplacelv.org
E-mail: kathiegriffin50@hotmail.com
Dedicated to strengthening families and ensuring the well-being of children of all ages. Provides curriculum-based parenting classes for anybody who wants new ideas on raising children. Also offers home visits, referrals, and support groups. Call for more info.

**Pearls**
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6584—Call for more information.

**Powerful Tools for Caregivers**
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6584—Call for workshop information.

**RCI Reach**
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6584

**Riverside Training Centers**
105 Port Ave
St. Helens, OR 97051
(503) 397-1922 / FAX (503) 397-1527
www.rci-roseburg.org
Six-month in-home program designed to reduce depressive symptoms and empower individuals to take action and make lasting changes.

Transportation Services

**CCRider—Columbia County Rider**
1155 Deer Island Road / PO Box 230
St. Helens, OR 97051
(503) 366-0159 / FAX (503) 366-4270
www.nworegontransit.org
E-mail: ccriderinfo@columbiacountyor.gov
Provides public transportation across Columbia County with connections to neighboring transit providers.

**Greyhound Information**
(800) 231-2222
www.greyhound.com
Stations in Portland, OR and Longview, WA (Kelso Train Station—561 1st Ave S, Kelso, WA)

**Metro West Ambulance**
5475 NE Dawson Creek Drive
Hillsboro, OR 97124
(503) 648-6658—Business Office
(503) 648-6656—Non-Emergency Transportation
www.metrowest.us.com
Emergency and non-emergency ambulance service in the Vernonia Ambulance Service Area. Dispatched out of Vernonia Fire Station.

**Northwest Rides**
(503) 861-0657
(888) 793-0439
www.colpachoice.org/for-members/transportation
Non-emergency medical transportation for clients of Columbia Pacific CCO.
**Senior Services**

**Senior Centers**

*Where older adults can go to eat meals, socialize, and enjoy activities together*

**Clatskanie**
620 SW Tichenor Street / PO Box 383
Clatskanie, OR 97016
(503) 728-3608
(503) 728-3608—Fax

**Rainier**
48 W 7th Street
Rainier, OR 97048
(503) 556-3889
(503) 556-2751—Fax

**Scappoose**
3342 SW Meadow Drive / PO Box 797
Scappoose, OR 97056
(503) 543-2047
(503) 543-3480—Fax

**St. Helens**
375 S 15th Street / PO Box 692
St. Helens, OR 97051
(503) 397-3377
(503) 397-4795—Fax

**Vernonia**
Vernonia Senior Citizens
939 Bridge Street—Bargains on Bridge Street
Vernonia, OR 97064
(503) 429-3912

**Vernonia Senior Center**
547 Weed Ave—construction site of new center
Vernonia, OR 97064

www.clatskaniecastle.com

**Congregate Meals**
Monday/Wednesday/Friday—Served at 12 Noon

www.rainierseniors.com
E-mail: rainiersenior.com
Congregate Meals
Monday—Friday—Served at 12 Noon

www.scapposecommunitycenter.org
Monday—Friday, 8 AM—5 PM
Lunch served at 12 Noon (for a fee)

www.shseniorcenter.org

**Congregate Meals**
Monday—Friday—Served at 12 Noon

E-mail: vernoniaseniorcenter@gmail.com

Congregate Meals—Call for meal program information.

For senior center matters (e.g., home-delivered & congregate meals), please call BARGAINS ON BRIDGE STREET.

Vernonia’s new senior center is currently under construction on Weed Ave.

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**Counseling/Self-Help**

**SAFE of Columbia County—The Safe Shelter**

PO Box 22
St. Helens, OR 97051
(503) 397-7110—Office
(503) 397-6161—24-Hour Crisis Line
(866) 397-6161—Toll-Free Crisis Line

**SID’S—First Candle/SDS Alliance**

(800) 221-7437/24/7 Support Line

**Taking Off Pounds Sensibly (TOPS)**

2400 Gable Rd,
St. Helens, OR 97051 (Avamere)
(503) 397-4660

**Walk with Ease**

Community Action Team, Inc.
125 N 17th Street, St. Helens, OR 97051
(503) 366-6584

www.safeofcolumbiacounty.org
Monday—Friday, 9 AM—5 PM (excluding legal holidays)
Emergency shelter and support services for victims of domestic violence and/or sexual assault, and their children. Legal advocacy, support groups, parenting, domestic violence, & life skills classes.

www.firstcandle.org
Providing bereavement support to those who have experienced a loss.

www.tops.org
Meets weekly—Mondays at 5 PM
Call for more information.

www.cat-team.org
An exercise program designed to reduce pain and improve overall health. Call for more information.

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**Education**

**Head Start**

Community Action Team, Inc.

Administrative Office
108 W “B” Street / PO Box 10
Rainier, OR 97048
(503) 556-3736 / FAX (503) 556-0705

www.mrheadstart.org

www.cat-team.org

A free comprehensive preschool program for families within the federal poverty guidelines. Children must be three or four years old by September 1st to be considered. The program serves Columbia, Clatsop, and Tillamook counties. Please call for more information.

**St. Helens Head Start**—(503) 397-4114
2750 Columbia Blvd
PO Box 239
St. Helens, OR 97051

**Scappoose & Lewis & Clark**—

Call St. Helens office for classroom locations.

**Clatskanie Head Start**—(503) 728-2940
365 SW High School Drive
PO Box 2
Clatskanie, OR 97016

**Rainier**—

Call Clatskanie office for classroom location.

**Vernonia Head Start**—(503) 429-9243
500 California Way
PO Box 242
Vernonia, OR 97064
HEALTHY FAMILIES Northwest Oregon
Community Action Teams, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6556
(503) 397-3290—FAX

LEARNING DISABILITIES ASSOCIATION OF OREGON
(503) 968-0140

LOWR CUMBER COLLEGE
1600 Maple Street
Longview, WA 98632
(360) 442-3462

NW REGIONAL EDUCATION SERVICE DISTRICT
Early Intervention & Childhood Special Education
800 Port Ave
St. Helens, OR 97051
(503) 366-4100 / 4122—Office Line
FAX—(503) 397-0796

OREGON SCHOOL OF THE DEAF
999 Locust Street NE, Salem, OR 97301
(503) 378-3825 / (503) 400-6180—Video Phone

OSU EXTENSION SERVICE—COLUMBIA COUNTY
Oregon State University
505 N Columbia River Highway
St. Helens, OR 97051
(503) 397-3462 / FAX (503) 397-3467

www.nworeheadstart.org
www.cat-team.org
Monday-Friday, 8:30 AM—5 PM
A free family support and parent education home visiting program. Services focus on child development, parent supports, and strengthening positive relationships. Serves Columbia, Clatsop, and Tillamook counties.

www.lowercolumbia.edu
E-mail: info@lowercolumbia.edu
Monday-Friday, 8 AM—5 PM
Offers—reciprocal fee agreement, two-year transfer degrees, two-year vocational degrees, adult basic Ed/GED, and continuing education

www.nwresd.org
Monday-Friday, 8 AM—4 PM
Specialized services for children—birth to 5 years—who are experiencing developmental disabilities or delays. These free programs help the children and their parents succeed. Call for more information.

www.osd.k12.or.us
www.oregon.gov/osd
E-mail: info@osd.k12.or.us

www.extension.oregonstate.edu/Columbia
Monday-Friday: 8 AM—5 PM
Subscribe online to receive a monthly newsletter with up-to-date information on local classes and activities. Offers a variety of programs, which include 4-H Youth Development, Home Gardening, Agriculture & Small Farms, Family & Community Health, Forestry & Natural Resources, and Master Gardeners. Also offers volunteer opportunities.
**Senior Services**

See Counseling/Self-Help for specific classes & workshops.

-**National Hospice & Palliative Care Organization Helpline (NHPCO)**
  www.nhpc.org
  (800)658-8898

-**Oregon Continental Home Health Care**
  www.oregonhhc.com/
  Provides skilled nursing and therapy in-home services.
  (503) 245-5305 / FAX (503) 245-5303

-**Oregon Home Care Commission**
  www.or-hcc.org
  Monday-Friday, 8 AM—5 PM
  Oregon Home Care Commission Registry and Referral System.
  676 Church Street NE
  Salem, OR  97301
  1 (877) 867-0077

-**Oregon Senior Peer Outreach**
  (833) 736-4676—Toll-Free Referral Line
  www.communitycounselingsolutions.org/senior-outreach
  Are you, or someone you know—lonely, over 55/disabled, or living in rural Oregon. Call now to connect with a Senior Peer Support Specialist for a weekly telephone conversation.

-**Retirement Connection**
  PO Box 820067, Portland, OR  97282
  205 SE Spokane St., Suite 375
  Portland, OR 97202
  www.retirementconnection.com
  Resource Guide lists facilities & services for older adults in Oregon. Click "Print Guide" on website home page to view an online. Copies may also be ordered.

-**Senior Loneliness Line**
  (503) 200-1633 / (800) 282-7035
  www.linesforlife.org
  Support for seniors who are feeling lonely, and having difficulty connecting.

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**Education**

-**Parent Education & Support Program**
  Community Action Team, Inc.
  Child & Family Development Programs
  108 W B Street / PO Box 10
  Rainier, OR  97048
  (503) 556-3746

-**Portland Community College**
  PO Box 19000, Portland, OR  97280
  (971)-722-6111 / (866)-922-1010
  www.pcc.edu
  Call for information on—Admission, Registration, Classes/Schedules, Academic Calendars, Majors, & Programs, & more. Five campuses in the Portland Metro area.

**School Districts—Columbia County**

-**District 8 — Clatskanie**
  471 SW Bel Air Drive
  Clatskanie, OR  97016
  (503) 728-0587
  www.csd.k12.or.us

-**District 13 — Rainier**
  28168 Old Rainier Road
  Rainier, OR  97048
  (503) 556-3777 / FAX (503) 556-3778
  www.rainier.k12.or.us

-**District 13 — Scappoose**
  33589 SE High School Way
  Scappoose, OR  97056
  (971) 300-8000
  www.scappoose.k12.or.us

-**District 502 — St. Helens**
  474 N 16th Street
  St. Helens, OR  97051
  (503) 397-3085
  www.sthelens.k12.or.us

-**District 473 — Vernonia**
  1000 Missouri Ave.
  Vernonia, OR  97064
  (503) 429-1333
  www.vernonia.k12.or.us
  Mailing Address:  120 Texas Ave.
  Vernonia, OR  97064
### Emergency Services

If you are having an emergency, **ALWAYS** call 9-1-1.

- **9-1-1**
  - **COLUMBIA 911 COMMUNICATIONS DISTRICT**
    - **NON-EMERGENCY**
      - Dispatch FAX: (503) 397-7797
      - Dispatch FAX: (503) 397-7797
    - **ADMINISTRATIVE OFFICE**
      - (503) 397-7285
      - FAX (503) 366-7196
  - **AMERICAN RED CROSS**
    - 1-800-RED CROSS (733-2767)
  - **AMERICAN RED CROSS—BLOOD DONATION**
    - Portland Blood Donation Center
    - 3131 N Vancouver Ave, Portland, OR 97227
    - (503) 284-1234 / 800-RED CROSS (733-2767)
  - **CCMH—COLUMBIA COMMUNITY MENTAL HEALTH**
    - 58466 McNulty Way
    - St. Helens, OR 97051
    - (503) 397-5211 / (800) 294-5211
    - (503) 782-4499—Crisis Line
  - **CERT—COMMUNITY EMERGENCY RESPONSE TEAM**
    - 150 S 31th Street,
    - St. Helens, OR 97051
    - (503) 397-3333 / FAX (503) 397-0619
  - **EMERGENCY—911**
    - After-Hours Non-Emergency Dispatch (503) 397-1521

### Senior Services

See **Counseling/Self-Help** for specific classes & workshops.

- **FOOT CARE**
  - Call Senior Centers for more information
  - www.homeinstead.com/606
- **HOME INSTEDT SENIOR CARE**
  - 1400 NE 48th Ave, Suite 107
  - Hillsboro, OR 97124
  - (503) 530-1527
- **MEALS ON WHEELS**
  - Community Action Team, Inc.
  - 125 N 17th Street
  - St. Helens, OR 97051
  - (503) 366-6584 / (503) 397-3511
  - FAX (503) 397-3290

### Medicaid In-Home Services

- **MEDICAID**
  - 1-800-Medicaid (1-800-633-4227)
  - www.medicaid.gov
- **SENIOR HEALTH INSURANCE**
  - Benefits Assistance (SHIBA)
  - WA County Disability, Aging, & Veterans Services
  - 5240 NE Elam Young Pkwy, #300
  - Hillsboro, OR 97124
  - (800) 722-4134
- **UNDERSTANDING MY MEDICARE**
  - Beth Moffett, Medicare Broker
  - PO Box 859
  - Scappoose, OR 97056
  - (503) 987-1113 / (800) 424-1199
  - (503) 987-1769—FAX

### Medicare Information

- **MEDICARE**
  - www.medicare.gov
- **SENIOR HEALTH INSURANCE**
  - Benefits Assistance (SHIBA)
  - www.oregonshiba.org
  - Trained volunteers providing free counseling and assistance with all aspects of Medicare. Representatives serve Columbia County residents during monthly visits to St. Helens Senior Center. Call for scheduling information.
- **UNDERSTANDING MY MEDICARE**
  - Beth Moffett, Medicare Broker
  - PO Box 859
  - Scappoose, OR 97056
  - (503) 987-1113 / (800) 424-1199
  - (503) 987-1769—FAX

- **See DHS—Aging & People with Disabilities (APD)**
  - listing on previous page for contact information.
## Senior Services

**See Counseling/Self-Help for specific classes & workshops.**

**Benefits Checkup—National Council on Aging**
(800)-424-9046

- [www.benefitscheckup.org](http://www.benefitscheckup.org)
- [www.ncoa.org](http://www.ncoa.org)

Online resource/application. Follow the prompts to “find one’s benefits”. Get basic information on programs & eligibility.

**Comfort Makers**

PO Box 1566
St. Helens, OR 97051
(503) 369-2460

**Community Services and Supports Unit (CSSU)**

Oregon Department of Human Services
(Formerly known as the State Unit on Aging)
500 Summer Street NE E-15
Salem, OR 97301
1-855-ORE-ADRC (673-2372)

**Aging and People with Disabilities (APD)**

Department of Human Services
500 N Hwy 30, Suite 240
St. Helens, OR 97051
(503) 397-5863 / FAX (503) 397-0389
TTY (503) 397-2797

**Adult Protective Services Reporting Line**
(503) 366-6719

**Elder Options**

872 15th Ave
Longview, WA 98632
(360)636-1000 / (800) 608-2388

**Eldercare Locator**

1112-16th St., NW, Suite 100
Washington, DC. 20036-4823
(800) 677-1116—Hotline

**Oregon Department of Human Services**

www.oregon.gov/dhs

Medicaid In-Home services, SNAP benefits (food stamps), insurance enrollment (OHP), placement in adult foster homes/nursing enrollment (OHP), placement in nursing homes, protective services, and abuse investigation.

**Eldercare Options**

www.eldercare.org

Email: info@eldercare.org

In-home care, medical alert technology, caregiver training, housekeeping service, care management, advocacy, nursing home safety assessments, senior housing information, and more.

**Eldercare of Oregon**

(503) 397-2636

Emergency—911

**Community Action Team, Inc.**

125 N 17th Street
St. Helens, OR 97051
(503) 397-3511
(503) 397-3200 / FAX

Offers services to address homelessness, affordable housing, weatherization, housing rehabilitation, veteran’s benefits, disaster recovery, early childhood development, utility assistance, and more.

**Emergency Services**

**Community Action Team, Inc.**

125 N 17th Street
St. Helens, OR 97051
(503) 397-3511
(503) 397-3200 / FAX

Offers services to address homelessness, affordable housing, weatherization, housing rehabilitation, veteran’s benefits, disaster recovery, early childhood development, utility assistance, and more.

**Fire Departments**

**Clatskanie Rural Fire Protection Dist.**

503-728-2025 / BURN LINE: 503-728-2131
EMERGENCY—911

**Clatskanie Rural Fire Protection Dist.**

503-728-2025 / BURN LINE: 503-728-2131
EMERGENCY—911

**CFR—Columbia Fire & Rescue**

(503) 397-2990 / BURN LINE: 503-397-4800
EMERGENCY—911

**CFR—Rainier**

Columbia Fire & Rescue
(503) 397-2990 / BURN LINE: 503-397-4800
EMERGENCY—911

**CFR—St. Helens**

Columbia Fire & Rescue
(503) 397-2990 / BURN LINE: 503-397-4800
EMERGENCY—911

**Mist—Birkenfeld Rural Fire Protection**

(503) 755-2710 / BURN LINE: (503) 755-0121
EMERGENCY—911

**Clatskanie Rural Fire Protection Dist.**

503-728-2025 / BURN LINE: 503-728-2131
EMERGENCY—911

**Oregon Dept. of Forestry**

(503) 397-2636
EMERGENCY—911

**Scappoose Rural Fire Protection Dist.**

(503) 543-5026 / BURN LINE: 503-543-3590
EMERGENCY—911

**Vernonia Rural Fire Protection Dist.**

(503) 429-8252
EMERGENCY—911

**Clatskanie Rural Fire Protection Dist.**

503-728-2025 / BURN LINE: 503-728-2131
EMERGENCY—911

**Oregon Dept. of Forestry**

(503) 397-2636
EMERGENCY—911

**Scappoose Rural Fire Protection Dist.**

(503) 543-5026 / BURN LINE: 503-543-3590
EMERGENCY—911

**Vernonia Rural Fire Protection Dist.**

(503) 429-8252
EMERGENCY—911
If you are having an emergency, ALWAYS call 9-1-1.

**Emergency Services**

**POLICE SERVICES—COLUMBIA COUNTY**

**Clatskanie Police Department**
(503) 366-4611 / EMERGENCY—911
Non-Emergency Dispatch—(503) 397-1521
Non-Emergency Toll Free Line—(800) 696-7795

**Columbia City Police Department**
(503) 397-4010 / EMERGENCY—911
Non-Emergency Dispatch—(503) 397-1521

**Columbia County Corrections**
(503) 366-4630—JAIL

**Columbia County Sheriff**
(503) 366-4611 / EMERGENCY—911
Non-Emergency Dispatch—(503) 397-1521
Toll-Free Dispatch—(800) 696-7795

**Parole & Probation—Call:**
DEPARTMENT OF COMMUNITY JUSTICE (503) 397-6253

**Rainier Police Department**
(503) 556-3644 / EMERGENCY—911
Non-Emergency Dispatch—(503) 397-1521

**Scappoose Police Department**
(503) 543-3114 / EMERGENCY—911
Non-Emergency Dispatch—(503) 397-1521

**St. Helens Police Department**
(503) 397-3333 / EMERGENCY—911
Non-Emergency Dispatch—(503) 397-1521

**EMERGENCY SERVICES**

**Senior Services**

See **COUNSELING/SELF-HELP** for specific classes & workshops.

**AARP Foundation Tax-Aide**
(888) OUR-AARP / (888) 687-2277
(877) 434-7596—Toll-Free TTY

**Tax-Aide Sites**
~ St. Helens Senior Center
~ Scappoose Community & Senior Center

**ADEO In-Home Care**
1560 Columbia Blvd, St. Helens 97051
PO Box 599, St. Helens, OR 97051
(503) 366-1806

**ADRC of Columbia County**
Community Action Teams, Inc.
(555) 673-2372

**Alzheimer’s Association**
Oregon & SW Washington Chapter
1650 NW Naught Parkway, Suite 190
Portland, OR 97209
(800) 272-3900—24/7 Helpline

**Area Agency on Aging**
Community Action Teams, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6584
(503) 397-3511
(503) 397-3290—FAX

**Senior Centers**
~ Respite Care (Family Caregiver Support Program)
~ Senior Nutrition Programs
~ Wellness Education

[www.adrcfoforegon.org](http://www.adrcfoforegon.org)
E-mail: ADRC_info@dshsoa.state.or.us
Offers free information and help on issues affecting older people and people with disabilities.

[www.alz.org/orswa](http://www.alz.org/orswa)
Provides confidential support and information to all affected. Helpline is staffed by clinicians and specialists.

[www.cat-team.org](http://www.cat-team.org)
E-mail: resources@cat-team.org
Monday-Friday, 8:30 AM—5 PM
(Closed 12:30—1:30 PM)
Information and services on a range of assistance for older adults and those who care for them.

**Services Include—**
~ OPI (Oregon Project Independence)
~ Respite Care (Family Caregiver Support Program)
~ Senior Nutrition Programs
~ Wellness Education

**WASHINGTON**

[www.columbia.or.us/sheriff](http://www.columbia.or.us/sheriff)
www.co.columbia.or.us
St. Helens, OR 97051

3650 NW Naito Parkway, Suite 190
Portland, OR 97209
(503) 272-3900—24/7 Helpline

[www.ource.org](http://www.ource.org)
Offers free information and help on issues affecting older people and those who care for them.

[www.aarp.org](http://www.aarp.org)
www.facebook.com/aarpfoundation
Free tax preparation for low – to moderate-income households. For non-AARP members, as well.

[www.aarp.org](http://www.aarp.org)
E-mail: aarp_resources@cat-team.org
Monday-Friday, 8:30 AM—5 PM
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Information and services on a range of assistance for older adults and those who care for them.

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~ OPI (Oregon Project Independence)
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~ Wellness Education

[www.agedatahelp.org](http://www.agedatahelp.org)
www.agedatahelp.org
Provides confidential support and information to all affected. Helpline is staffed by clinicians and specialists.

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[www.facebook.com/aarpfoundation](http://www.facebook.com/aarpfoundation)
Free tax preparation for low – to moderate-income households. For non-AARP members, as well.

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Provides confidential support and information to all affected. Helpline is staffed by clinicians and specialists.

[www.cat-team.org](http://www.cat-team.org)
E-mail: resources@cat-team.org
Monday-Friday, 8:30 AM—5 PM
(Closed 12:30—1:30 PM)
Information and services on a range of assistance for older adults and those who care for them.

**SERVICES INCLUDE—**
~ OPI (Oregon Project Independence)
~ Respite Care (Family Caregiver Support Program)
~ Senior Nutrition Programs
~ Wellness Education
OSU EXTENSION SERVICE—COLUMBIA COUNTY
Oregon State University
505 N Columbia River Highway
St. Helens, OR 97051
(503) 397-3462 / FAX (503) 397-3467

OSU MASTER GARDENERS
Oregon State University
505 N Columbia River Highway
St. Helens, OR 97051
(503) 397-3462 / FAX (503) 397-3467

ST. HELENS COMMUNITY GARDEN
375 S 15th Street
St. Helens, OR 97051
(503) 366-6793 / (503) 397-9708

VERNONIA COMMUNITY GARDEN
1000 Missouri Ave
Vernonia, OR 97064

www.extension.oregonstate.edu/Columbia
Monday-Friday: 8 AM—5 PM
Subscribe online to receive a monthly newsletter with up-to-date information on local classes and activities.

Offers a variety of programs, which include 4-H Youth Development, Home Gardening, Agriculture & Small Farms, Family & Community Health, Forestry & Natural Resources, and Master Gardeners. Also offers volunteer opportunities.

www.extension.oregonstate.edu/mg
Monday-Friday, 8 AM—5 PM
Trained volunteers, who create and manage community gardens (plus more) and host workshops and classes in their communities.

Subscribe online to receive a monthly newsletter with up-to-date information on classes and activities.

www.cpfoodbank.org
E-mail: scottbauska@gmail.com
Volunteers work with a master gardener to grow food for the community. Harvested produce goes to the Columbia Pacific Food Bank. Located behind St. Helens Senior Center.

Volunteers work with a master gardener to raise food for Vernonia Cares food bank.

VERNONIA POLICE DEPARTMENT
(503) 429-7335 / EMERGENCY—911
Toll-Free Dispatch—(800) 696-7795

WASHINGON COUNTY SHERIFF
(503) 846-2700 / EMERGENCY—911
Non-Emergency Dispatch—(503) 629-0111

Emergency Services

VERNONIA POLICE DEPARTMENT
(503) 429-7335 / EMERGENCY—911
Toll-Free Dispatch—(800) 696-7795

CLATSOP COUNTY SHERIFF
(503) 325-8635 / EMERGENCY—911
Non-Emergency Dispatch—(503) 325-2061

COLUMBIA COUNTY ANIMAL CONTROL
901 Port Ave
St. Helens, OR 97051
(503) 366-4614—Animal Control Officer

OREGON STATE POLICE—ST. HELENS PATROL OFFICE
(503) 397-0325 / EMERGENCY—911
Columbia County Dispatcher—(503) 397-3131

PORTLAND POLICE DEPARTMENT
(503) 823-0000
EMERGENCY—911
Non-Emergency Response Line—(503) 823-3333

TILLAMOOK COUNTY SHERIFF
(503) 842-2561
EMERGENCY—911
Non-Emergency Dispatch—(503) 815-1911

WASHINGTON COUNTY SHERIFF
(503) 846-2700 / EMERGENCY—911
Non-Emergency Dispatch—(503) 629-0111

POLICE SERVICES—Other

CLATSOP COUNTY SHERIFF
Monday-Friday, 8 AM—5 PM
Address—1190 SE 19th St., Warrenton, OR 97146
PO Box 658, Astoria, OR 97103

COLUMBIA COUNTY ANIMAL CONTROL
www.columbiacountyor.gov/departments/animalcontrol
Dog licensing is handled by the Columbia County Sheriff’s Office. See web page for additional information.

OREGON STATE POLICE—ST. HELENS PATROL OFFICE
(503) 397-0325 / EMERGENCY—911
Columbia County Dispatcher—(503) 397-3131

PORTLAND POLICE DEPARTMENT
(503) 823-0000
EMERGENCY—911
Non-Emergency Response Line—(503) 823-3333

TILLAMOOK COUNTY SHERIFF
(503) 842-2561
EMERGENCY—911
Non-Emergency Dispatch—(503) 815-1911

WASHINGTON COUNTY SHERIFF
(503) 846-2700 / EMERGENCY—911
Non-Emergency Dispatch—(503) 629-0111

POLICE SERVICES—Other

CLATSOP COUNTY SHERIFF
Monday-Friday, 8 AM—5 PM
Address—1190 SE 19th St., Warrenton, OR 97146
PO Box 658, Astoria, OR 97103

COLUMBIA COUNTY ANIMAL CONTROL
www.columbiacountyor.gov/departments/animalcontrol
Dog licensing is handled by the Columbia County Sheriff’s Office. See web page for additional information.

OREGON STATE POLICE—ST. HELENS PATROL OFFICE
(503) 397-0325 / EMERGENCY—911
Columbia County Dispatcher—(503) 397-3131

PORTLAND POLICE DEPARTMENT
(503) 823-0000
EMERGENCY—911
Non-Emergency Response Line—(503) 823-3333

TILLAMOOK COUNTY SHERIFF
(503) 842-2561
EMERGENCY—911
Non-Emergency Dispatch—(503) 815-1911

WASHINGTON COUNTY SHERIFF
(503) 846-2700 / EMERGENCY—911
Non-Emergency Dispatch—(503) 629-0111

Contact information for additional details.

NOTE: Information is correct at time of publication. Please check websites for current information.
## Employment Services/Training

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Contact Information</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Access Services</td>
<td>1815 NW 169th Place, Suite 1060, Beaverton, OR 97006</td>
<td>(503) 533-4373 / FAX (503) 533-5833</td>
<td><a href="http://www.communityaccessservices.org">www.communityaccessservices.org</a></td>
<td>Group homes, community day support activities, and vocational services for the developmentally disabled. Programs available in Clatskanie, St. Helens, and Scappoose.</td>
</tr>
<tr>
<td>DHS Vocational Rehabilitation</td>
<td>500 N Columbia River Hwy, Suite 230, St. Helens, OR 97051</td>
<td>(503) 366-6383 / FAX (503) 366-0215</td>
<td>(800) 237-6495 x200</td>
<td>VR assists individuals with disabilities in getting and keeping a job that matches their skills, interests, and abilities.</td>
</tr>
<tr>
<td>Easter Seals—SCSEP</td>
<td>500 N Columbia River Hwy, St. Helens, OR 97051</td>
<td>(503) 397-6495 x200</td>
<td><a href="http://www.easterseals.com">www.easterseals.com</a></td>
<td>On-the-job training experience for low-income older workers whose goal is to gain permanent employment. Offers training in resume development, interview techniques, workplace experience, job leads, career coaching, internships, and more.</td>
</tr>
<tr>
<td>Food Handlers Permit</td>
<td>c/o Lane County, 151 W 7th Ave, Eugene, OR 97401</td>
<td></td>
<td></td>
<td>Online training to acquire a certified food handlers license.</td>
</tr>
<tr>
<td>Goodwill—Job Connections</td>
<td>Columbia County</td>
<td>51651 SE 2nd Street, Scappoose, OR 97056</td>
<td>(503) 543-2954</td>
<td>Job search and referrals program. Offers skills review assessments, computer classes, resume development, interview training, and employment search assistance.</td>
</tr>
<tr>
<td>Oregon Employment Dept.—Central Office</td>
<td>875 Union Street NE, Salem, OR 97311</td>
<td>(503) 237-3710—Hotline (800) 237-3710—Toll-Free Hotline (503) 947-1472—FAX</td>
<td><a href="http://www.oregon.gov/employ">www.oregon.gov/employ</a></td>
<td>Monday-Friday, 8 AM—5 PM</td>
</tr>
<tr>
<td>Riverside Training Centers</td>
<td>105 Port Ave, St. Helens, OR 97051</td>
<td>(503) 397-1922 / FAX (503) 397-1527</td>
<td><a href="http://www.facebook.com/RTCsince1974">www.facebook.com/RTCsince1974</a></td>
<td>Supports adults with intellectual and developmental disabilities in residential and community settings.</td>
</tr>
</tbody>
</table>

## Libraries (continued)

<table>
<thead>
<tr>
<th>Library</th>
<th>Address</th>
<th>Contact Information</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scappoose City Library</td>
<td>52469 SE 2nd / PO Box 400, Scappoose, OR 97056</td>
<td>(503) 543-7123</td>
<td><a href="http://www.scappoolibrary.org">www.scappoolibrary.org</a></td>
<td>Mon. &amp; Fri., 10 AM—6 PM Tues.—Thurs., 10 AM—8 PM Sat., 10 AM—3 PM</td>
</tr>
<tr>
<td>St. Helens Library</td>
<td>375 S 18th Street, Suite A, St. Helens, OR</td>
<td>(503) 397-4544 Ext 1</td>
<td><a href="http://www.ci.st-helens.or.us/library">www.ci.st-helens.or.us/library</a></td>
<td>Mon.—Thurs., 10 AM—7 PM Fri., 10 AM—5 PM Sat., 10 AM—2 PM</td>
</tr>
<tr>
<td>Vernonia Library</td>
<td>701 Weed Ave, Vernonia, OR 97064</td>
<td>(503) 429-1818</td>
<td><a href="http://www.vernonia-or.gov">www.vernonia-or.gov</a></td>
<td>Mon., Wed., Fri., 10 AM—5 PM Tues., Thurs., 12 Noon—7 PM Sat., 12 Noon—5 PM</td>
</tr>
<tr>
<td>Talking Book &amp; Braille Library</td>
<td>250 Winter Street NE, Salem, OR 97301</td>
<td>(800) 452-0292</td>
<td><a href="http://www.oregon.gov/library/">www.oregon.gov/library/</a></td>
<td>Monday-Friday, 9 AM—4 PM (Closed, Noon—1 PM)</td>
</tr>
</tbody>
</table>

### Libraries

- **Community Access Services**
  - 1815 NW 169th Place, Suite 1060, Beaverton, OR 97006
  - (503) 533-4373 / FAX (503) 533-5833

- **DHS Vocational Rehabilitation**
  - Department of Human Services
  - 500 N Columbia River Hwy, Suite 230, St. Helens, OR 97051
  - (503) 366-6383 / FAX (503) 366-0215

- **Easter Seals—SCSEP**
  - Senior Community Service Employment Prog.
  - 500 N Columbia River Hwy, St. Helens, OR 97051
  - (503) 397-6495 x200

- **Food Handlers Permit**
  - c/o Lane County, 151 W 7th Ave, Eugene, OR 97401

- **Goodwill—Job Connections**
  - Columbia County
  - 51651 SE 2nd Street, Scappoose, OR 97056
  - (503) 543-2954

- **Oregon Employment Dept.—Central Office**
  - 875 Union Street NE, Salem, OR 97311
  - (503) 237-3710—Hotline (800) 237-3710—Toll-Free Hotline (503) 947-1472—FAX

- **Riverside Training Centers**
  - 105 Port Ave, St. Helens, OR 97051
  - (503) 397-1922 / FAX (503) 397-1527

### Libraries (continued)

- **Scappoose City Library**
  - 52469 SE 2nd / PO Box 400, Scappoose, OR 97056
  - (503) 543-7123

- **St. Helens Library**
  - 375 S 18th Street, Suite A, St. Helens, OR
  - (503) 397-4544 Ext 1

- **Vernonia Library**
  - 701 Weed Ave, Vernonia, OR 97064
  - (503) 429-1818

- **National Library Service for the Blind & Physically Handicapped—Library of Congress**
  - (800) 424-8567

- **Talking Book & Braille Library**
  - Oregon State Library for the Blind
  - 250 Winter Street NE, Salem, OR 97301
  - (800) 452-0292
RECREATIONAL ACTIVITIES

BRIARCLIFF SWIMMING POOL
28168 Old Rainier Road
Rainier, OR 97048
(503) 556-4217

The pool is temporarily closed to the public, but Friends of Rainier Pool hope that swimming lessons will be available this coming summer.

www.sthelenspool.com
E-mail: epool@eswim.net
Open Monday-Saturday
A public swimming pool with programs to facilitate swim lessons, lap swim, swim team, fitness classes, and lifeguarding classes. Call or check online for current schedule.

www.girlscoutsosw.org

GIRL SCOUTS OF OREGON & SW WASHINGTON
Girl Scouts of America
9620 SW Barbur Blvd, Portland, OR 97219
(503) 977-6800 / (800) 338-5248

www.girlscoutsosw.org

Libraries

CLATSKANIE CITY LIBRARY
11 Lillich Street / PO Box 577
Clatskanie, OR 97016
(503) 728-3732

www.cityofclatskanie.com
Mon.—Wed., 10 AM—7 PM
Thurs.—Sat., 10 AM—5:30 PM
Free library cards for residents within the district.

COLUMBIA CITY COMMUNITY LIBRARY
2000 2nd Street / PO Box 189
Columbia City, OR 97018
(503) 365-8020

www.columbia-city.org
E-mail: clibrary@live.com
Mon. & Tues., 10 AM—2 PM
Wed. & Thurs., 3 PM—6 PM
Sat., 10 AM—2 PM

RAINIER CITY LIBRARY
City Hall
106 West B Street
Rainier, OR 97048
(503) 556-7301

www.cityofrainier.com
Tues.—Wed., 12 Noon—7 PM
Thurs., 10 AM—7 PM
Fri., 12 Noon—5 PM
Sat., 10 AM—5 PM
Closed for Lunch 12:00 PM - 1:00 PM

EMPLOYMENT SERVICES/TRAINING

WORKERS’ COMPENSATION DIVISION—OREGON
350 Winter St. N.E.
PO Box 14480
Salem, OR 97309
(503) 947-7585—Information Line
(800) 452-0288—Toll-Free Information Line

The state agency that administers, regulates, and enforces the laws and administrative rules governing the Oregon Workers’ Compensation system.

www.wcd.oregon.gov/

WORkSOUrCe Oregon
Oregon Employment Department
500 N Columbia River Hwy, Suite 320
St. Helens, OR 97051
(503) 397-4995
1-877-345-3484—Unemployment Claims

www.worksource.oregon.org

EMPLOYMENT SERVICES/TRAINING

WORKSOURCE OREGON—DISABLED VETERANS’ REACH PROGRAM SPECIALIST (DVOP)
Oregon Employment Department
500 N Columbia River Hwy, Suite 320
St. Helens, OR 97051
(503) 397-4995 x225

For information regarding employment within Columbia County. Specialists develop job and training opportunities for veterans, with special emphasis on veterans with service-connected disabilities.

www.worksource.oregon.org

www.oregon.gov/employ/jobseekers/Pages/Veterans.aspx
FOOD PANTRIES/THRIFT STORES

BARBARA BULLIS MEMORIAL HELP FOOD PANTRY
Columbia Pacific Food Bank
474 Milton Way
St. Helens, OR 97051
(503) 397-9708

www.cpfoodbank.org
Monday afternoons
Tuesday-Thursdays mornings
A supplemental food distribution program that provides monthly food boxes for those at or below 185% of the poverty level. Open to all low-income persons or families needing extra help.

BARGAINS ON BRIDGE STREET
Vernonia Senior Citizens
939 Bridge Street
Vernonia, OR 97064
(503) 429-3972

www.scappoosecommunitycenter.org
Located next to Scappoose Senior Thrift Store on SW Dutch Canyon Road in Scappoose;

THE BREAD PLACE
Scappoose Community & Senior Center
No phone on site. Call Scappoose Senior Thrift Store for information—(503) 397-9708

www.cpfoodbank.org
FOOD BOX distribution—Last Wednesday of the month, 1 PM — 3 PM
FREE LUNCH served on distribution day from 1 PM - 2 PM (available to anyone)

COLUMBIA PACIFIC FOOD BANK
474 Milton Way
St. Helens, OR 97051
(503) 397-9708

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

DHS—AGING & PEOPLE WITH DISABILITIES
Department of Human Services
500 N Hwy 30, Suite 240
St. Helens, OR 97051
(503) 397-5863 / FAX (503) 397-0389

www.oregon.gov/dhs
Monday-Friday, 8 AM-5 PM
Supplemental Nutrition Assistance Program (SNAP) for seniors and people with disabilities.

PRESCRIPTION ASSISTANCE ONLINE INFORMATION (continued)

Rx Assistance Program
www.rxassistantprograms.com
1-888-344-8915 x227
Patient advocacy. Assistance in applying for Patient Assistance Programs and getting brand name medications at little or not cost.
9 AM—5 PM (EST)

Rx Outreach—The Nonprofit Pharmacy
www.rxoutreach.org
1-888-796-1234 / 1-800-769-3880
Nonprofit mail order pharmacy

SHIBA—SENIOR HEALTH INSURANCE BENEFITS ASSISTANCE
www.oregonshiba.org
SHIBA is a statewide network of volunteers who educate, assist, and serve as advocates for people with Medicare.

RECREATIONAL ACTIVITIES

4-H YOUTH DEVELOPMENT PROGRAM
OSU Extension Service—Columbia County
505 N Columbia River Highway
St. Helens, OR 97051
(503) 397-3462 / FAX (503) 397-3467

www.extension.oregonstate.edu/4h
Monday-Friday, 8 AM—5 PM (office hours)
A network of educators and highly trained volunteers help youth find & build on their interests, & strengthen their leadership and life skills.
Subscribe online to receive a monthly newsletter with up-to-date information on classes and activities.

4-H YOUTH DEVELOPMENT PROGRAM SUMMER CAMP
4-H overnight and day camps offer recreational & educational opportunities in a camp setting.

BOY SCOUTS OF AMERICA
CASCADe PACIFiC COUNCiL
2145 SW Naalto Parkway, Portland, OR 97201
(503) 226-3423

www.cpcbsa.org
www.cpcbsa.org/joinscouts
Call or email the CHINOOK DISTRICT DIRECTOR for locations of packs & troops in Clatskanie, Rainier, St. Helens, & Scappoose (also Longview area).
"It’s a choice no one should have to make—pay rent and buy food, or get prescriptions filled. Yet, all too often, it’s a choice Americans, particularly older Americans, have to make.”

Dr. Richard Sagall, co-founder of www.needymeds.com

Prescription Assistance Plans (PAP)

All PAPs are designed to help those in need obtain their medicines. Although no two Prescription Assistance programs are exactly the same, most require a completed application form. The amount of required information varies. All require a doctor’s signature. Certain programs require that the doctor complete a portion of the form, while others may only need a signed prescription. If you can’t afford your medicines, a Patient Assistance Program may be able to help you.

www.oregon.gov Department of Human Services
500 N Columbia River Hwy, Suite 210
St. Helens, OR 97051
(503) 397-1784 / (800) 243-4987

www.needymeds.com
A service of the National Council on Aging
Email: info@needymeds.com
A resource center with information about patient assistance programs. Does not operate any medication programs. Please contact the company directly.

www.familywize.org
FamilyWize—Prescription Discount Card
Prescription Savings Card that offers immediate discounts on prescription drugs at participating pharmacies. Apply online. Simply present your card with each prescription from your doctor at the time of purchase to receive your discounts.

www.rxassist.org/pap
A resource center with information about patient assistance programs. Does not operate any medical programs.

www.meddataservices.com/prescription-assistance-program/
888-246-1085—24/7 Information Access Line

Medicines Assistance Tool
A supplemental food distribution program for Rainier residents that provides monthly food boxes for those at or below 185% of the poverty level. Call for information about the Share the Wealth energy payment assistance program.

First Lutheran Church Community Meals
360 Wyeth Street
St. Helens, OR 97051
(503) 397-0090

Goodwill Retail Store—Columbia County
51651 SE 2nd Street
Scappoose, OR 97056
(503) 543-2150

Hope of Rainier
Columbia Pacific Food Bank
404 East A Street
Rainier, OR 97048
(503) 556-0701

No Fixed Address
Columbia Pacific Food Bank
750 Main St.
Vernonia, OR 97064
(503) 397-0090

Serves a delicious and FREE dinner every Tuesday, 5:30 PM—6 PM

Serves a choice no one should have to make—pay rent and buy food, or get prescriptions filled. Yet, all too often, it’s a choice Americans, particularly older Americans, have to make.”

Dr. Richard Sagall, co-founder of www.needymeds.com

www.oregon.gov
Department of Human Services
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www.needymeds.com
A service of the National Council on Aging
Email: info@needymeds.com
A resource center with information about patient assistance programs. Does not operate any medication programs. Please contact the company directly.

www.familywize.org
FamilyWize—Prescription Discount Card
Prescription Savings Card that offers immediate discounts on prescription drugs at participating pharmacies. Apply online. Simply present your card with each prescription from your doctor at the time of purchase to receive your discounts.

www.rxassist.org/pap
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Department of Human Services
500 N Columbia River Hwy, Suite 210
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(503) 397-1784 / (800) 243-4987

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A service of the National Council on Aging
Email: info@needymeds.com
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www.familywize.org
FamilyWize—Prescription Discount Card
Prescription Savings Card that offers immediate discounts on prescription drugs at participating pharmacies. Apply online. Simply present your card with each prescription from your doctor at the time of purchase to receive your discounts.

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St. Helens, OR 97051
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Goodwill Retail Store—Columbia County
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www.oregon.gov
Department of Human Services
500 N Columbia River Hwy, Suite 210
St. Helens, OR 97051
(503) 397-1784 / (800) 243-4987

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A service of the National Council on Aging
Email: info@needymeds.com
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www.familywize.org
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Prescription Savings Card that offers immediate discounts on prescription drugs at participating pharmacies. Apply online. Simply present your card with each prescription from your doctor at the time of purchase to receive your discounts.

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A resource center with information about patient assistance programs. Does not operate any medical programs.

www.meddataservices.com/prescription-assistance-program/
888-246-1085—24/7 Information Access Line

Medicines Assistance Tool
A supplemental food distribution program for Rainier residents that provides monthly food boxes for those at or below 185% of the poverty level. Call for information about the Share the Wealth energy payment assistance program.
FOOD PANTRIES/THRIFT STORES

SCAPPOOSE FOURSQUARE CHURCH FOOD PANTRY
Columbia Pacific Food Bank
33404 SW JP West Road
Scappoose, OR 97056
(503) 543-9069

SCAPPOOSE SENIOR THRIFT STORE
Scappoose Community & Senior Center
33511 SW Dutch Canyon Road
Scappoose, OR 97056
(503) 543-3281

ST. VINCENT DE PAUL—FOOD PANTRY
Columbia Pacific Food Bank
St. Wenceslaus Church
51555 SW Old Portland Rd
Scappoose, OR 97056
(503) 543-7495 x15—Food Pantry & Assistance Line

TOP NOTCH THRIFT STORE
1844 Columbia Blvd
St. Helens, OR 97051
(503) 397-5386

TURNING POINT COMMUNITY CENTER
Columbia Pacific Food Bank
220 E Columbia River Hwy
Clatskanie, OR 97016
(503) 728-3126

VERNONIA CARES
Columbia Pacific Food Bank
627 Adams Ave / PO Box 126
Vernonia, OR 97044
(503) 429-1414

www.cpfoodbank.org
www.vernoniacares.org
www.scappoosefoursquare.org
www.scappoosecommunitycenter.org
www.cpfoodbank.org
www.topnotchthriftstore.com

WASHINGTON STATE

COLUMBIA COUNTY RESOURCE GUIDE
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 397-3511
To receive a Resource Guide, call (503) 397-3511, or view it online at www.cat-team.org.

COMMUNITY ACTION RESOURCE ENTERPRISES (CARE)
2310 1st St., Suite 2
Tillamook, OR 97141
(503) 842-5261 / (800) 735-2900—TTY

COMMUNITY ACTION TEAM, INC.
125 N 17th Street
St. Helens, OR 97051
(503) 397-3511
(503) 397-3290—FAX

COMMUNITY RESOURCES RESIDENTIAL DIRECTORY
Oregon Youth Authority
530 Center Street NE, Suite 500
Salem, OR 97301
(503) 373-7205 / (503) 373-7622

COMMUNITY YOUTH SERVICES
711 State Ave, NE
Olympia, WA 98506
(360) 943-0780 / (888) 698-1816

UNITED WAY OF COLUMBIA COUNTY
305 W 3rd Street / PO Box 538
Rainier, OR 97048
(503) 556-3614

UNITED WAY INFORMATION & REFERRAL—211 INFO
(503) 222-5555
(866) 698-6155—24/7

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305 W 3rd Street / PO Box 538
Rainier, OR 97048
(503) 556-3614

UNITED WAY INFORMATION & REFERRAL—211 INFO
(503) 222-5555
(866) 698-6155—24/7

Columbia County Resource Guide 2020

www.cat-team.org
Monday-Friday, 8:30 AM—5 PM
(Closed for lunch from 12:30—1:30 PM)

Community Action Team’s Resource Directory provides comprehensive information about resources & services available to Columbia County residents.

www.cat-team.org
Monday-Friday, 8:30 AM—5 PM
(Closed from 12:30—1:30 PM)

Offers services to address homelessness, affordable housing, weatherization, housing rehabilitation, veteran’s benefits, disaster recovery, early childhood development, utility assistance, and more.

www.oregon.gov/oya/docs/residential_directory.pdf
www.oregon.gov/oya

E-mail: oya.info@oya.state.or.us
Staff-secure & transitional placements for at-risk youth.

www.communityyouthservices.org/resources_directory
Monday-Friday, 8 AM—5 PM
Resource directory for shelter/services in Pierce County.

www.unityedwayofcolumbiacounty.com
E-mail: uwcc@hotmail.com

www.211info.org
mail: help@211info.org
Information and Referral
MULTISERVICE RESOURCES

211 INFO
United Way Information & Referral
(503) 222-5555
7535 NE Ambassador Place, Portland, OR 97205
(503) 226-3099—Administration Line

CHAMBER OF COMMERCE—CLATSKANIE
PO Box 635
Clatskanie, OR 97016
503-728-2502

TOURISM OFFICE—CLATSKANIE RIVER INN
600 Columbia River Hwy
Clatskanie, OR 97016

CHAMBER OF COMMERCE—RAINIER
101 E C Street / PO Box 1085
Rainier, OR 97048
(503) 333-8790

CHAMBER OF COMMERCE—SOUTH COLUMBIA COUNTY
St. Helens, Scappoose, Columbia City, & Vernonia
2194 Columbia Blvd
St. Helens, OR 97051
(503) 397-0685

CLATSOP COMMUNITY ACTION TEAM (CCA)
364 9th Street
Astoria, OR 97103
(503) 325-1400 / FAX (503) 325-1153

CCA REGIONAL FOOD BANK
(503) 861-FOOD (3663)
2010 SE Cheekberry Ave
Warrenton, OR 97146
www.211info.org
211 connects you with appropriate & available referrals to find the help you need (food, shelter, employment, health care).

www.clatskaniechamber.com
E-mail: info@clatskaniechamber.com
Monthly meetings—2nd Thursday, 12 Noon-1 PM
Promoting and advocating for the Clatskanie business community, and connecting citizens to local businesses.

www.rainierchamberofcommerce.com
E-mail: rainierchamberofcommerce@gmail.com
Monthly meetings—2nd Thursday, 12 Noon-1 PM
Promoting and advocating for the Rainier business community, and connecting citizens to local businesses.

www.sccchamber.org
E-mail: mgr@sccchamber.org
Mon. & Tues., 9 AM–4 PM & Wed., 9 AM—Noon
Visitor center for local tourism. Working to support local businesses and increase the economic vitality of our region.

www.cca-services.org
Monday-Friday, 9 AM–4 PM (Closed, Noon–1PM)
Emergency food; assistance with prescriptions, rent, & energy bills; gas vouchers; referrals; case management. Call for more information.

CCA FOOD BANK HOURS:
Mon.-Thurs., 8 AM–4 PM; Fri., 7 AM–Noon

See COUNSELING/Self-Help for specific classes & workshops.

ABORTION HOTLINE
National Abortion Federation
(800) 772-9100—Hotline
(877) 257-0012—Referral Line
www.prochoice.org
Confidential information about abortion

ADVENTIST MEDICAL CENTER—PORTLAND
Adventist Health
10123 SE Market Street
Portland, OR 97213
(503) 257-2500
www.adventisthealth.org

ADVENTIST HEALTH—VERNONIA MEDICAL OFFICE
Adventist Health
1005 Cougar Street
Vernonia, OR 97064
(503) 429-1953
(503) 429-1956—FAX
www.adventisthealth.org

ALZHEIMER’S ASSOCIATION
Oregon & SW Washington Chapter
1650 NW Nautilus Parkway, Suite 190
Portland, OR 97209
(800) 272-3960—24/7 Helpline
www.alz.org/orswa
Provides confidential support and information to all affected. Helpline is staffed by clinicians and specialists.

AMERICAN CANCER SOCIETY
(800) 227-2345—24/7 Hotline
www.cancer.org/cancer/leukemia.html

CASCADE AIDS PROJECT
520 NW Davis Street, Suite 215
Portland, OR 97209
(503) 223-5967 / FAX (503) 223-6437
www.cascadeaids.org
E-mail: info@cascadeaids.org
Monday–Thursday, 9 AM–5 PM & Friday, 9 AM–3 PM
Offers a broad range of supportive services for those affected by HIV/AIDS.
See **Counseling/Self-Help** for specific classes & workshops.

**CCMH—Columbia Community Mental Health**
58046 McNulty Way
St. Helens, OR 97051
(503) 397-5211 / (800) 294-5211
(503) 782-4499—Crisis Line

**Children’s Clinic**
9555 SW Barnes Road, Suite 301
Portland, OR 97225
(503) 297-3371

**Clatskanie Health Center**
Columbia Health Services
471 SW Bel Air
Clatskanie, OR 97016
(503) 728-5181

**Columbia County Public Health**
Oregon Health Authority
Columbia County Courthouse Annex
230 Strand Street, St. Helens, OR 97051
(503) 397-7247—24/7
(888) 204-8568—FAX

**Columbia Health Services**
2370 Gable Road
St. Helens, OR 97051
503-397-4651 / (800) 244-4670

**Columbia Pregnancy Center—Rainier**
305 W 3rd Street, Suite C
Rainier, OR 97048
(503) 556-4590

www.ccmh1.com
E-mail: contact@ccmh1.com
Monday-Thursday, 8 AM—7 PM & Friday, 8 AM—5 PM
Mental health services for all ages—individual, family, group counseling, walk-in crisis intervention, drug & alcohol treatment, and a developmental disabilities program.

www.childrens-clinic.com
E-mail: info@childrens-clinic.com
Monday-Friday, 8:30 AM—5:30 PM
24-Hour Advice Nurse; After Hours Care; Behavioral Health Consulting; In-House Lab, etc.

www.columbia-health.org
Tuesday & Thursday, 8 AM—4:30 PM
(Closed from 12:30—1:30 PM)
School-based health clinic for staff and students.
Primary and acute care.

www.columbiahealth.org
Monday-Friday, 8 AM—4:30 PM
(Closed from 12:30—1:30 PM)
Non-profit public health services in Columbia County. Family planning, immunizations, home visits (nurse), STD testing, TB testing, women’s health. Clinics throughout the county.

www.columbiapregnancycenter.com
Tues., 1 PM—5 PM & Wed., 3 PM—7 PM
Provides counseling, education, information & referrals, pregnancy testing, maternity & baby clothing, and more. Call for more information.

**Lutheran Community Services Northwest**
**Washington County**
3800 SW Cedar Hills Blvd, Suite 288
Beaverton, OR 97005
(503) 924-2448

**Multnomah County**
605 SE Cesar Chavez Blvd, Portland, OR 97214
(503) 231-7480

www.lcsw.org
Monday-Friday, 8:30 AM—4:30 PM
Immigration counseling, advocacy program & multicultural counseling services. Refugee resettlement

www.nwirp.org
Monday-Friday, 9:30 AM—4 PM
Defending and advancing the rights of immigrants through direct legal services, advocacy, & community education

www.adf.hhs.gov/ofa/programs/tribal/new
Program funding supports education, training, & employment activities for Native Americans

www.wesd.org/omesc
Provides support for regional programs serving eligible migrant students

www.oregonimmigrationresource.org
For legal advice about public benefits and Public Charge.

www.uniteforegon.org
Monday-Friday, 10 AM—5 PM
Advocacy, information, resources. Formerly known as Center for Intercultural Organizing (CIO).
MULTICULTURAL SERVICES

**Catholic Charities**
2740 SE Powell Blvd
Portland, OR 97202
(503) 231-4866
(503) 542-2855—Immigration Legal Services

**Centro De Servicios Para Caiminos (PCUN)**
300 Young Street
Woodburn, OR 97071
(503) 982-0243

**Ethnic Support Council Center**
311 Oak Street, Kelso, WA 98626
(360) 636-2791

**Farm Workers Program—Oregon Law Center**
Trabajadores Agrícolas—Servicios Legales de Oregon
(888) 245-4091

**Immigration Counseling Service (ICS)**
519 SW Park Ave, Ste. 610
Portland, OR 97205
(503) 221-1689

**IRCO—International Language Bank**
Immigrant & Refugee Community Organization
10301 NE Glisan, Portland, OR 97220
(503) 234-0068—International Language Bank
(503) 234-1541—Main Office

**Jewish Family & Child Services**
1221 SW Yamhill Street, Portland, OR 97205
(503) 226-7079 / (503) 226-1130—FAX

www.catholiccharitiesoregon.org
Monday-Friday, 8:30 AM—4:30 PM
(Closed: 12-12:45 PM)
Counseling services, immigration legal aid, pregnancy/parenting program, adoption program, refugee resettlement, financial wellness, transitional housing, and more. Call for more information.

www.pcun.org
Mon. & Thurs., 1PM—6 PM
Tues. & Fri., 11 AM—5 PM
Legal representation for immigrant matters, referral services, translations, public notary services, and more. Members only

www.ethnicsupportcouncil.org
Monday-Friday, 9 AM—5 PM
Information and resources to assist immigrants, refugees, and people with limited English skills.

www.oregonlawcenter.org
For those involved in all aspects of food production—fishery workers, cannery employees, etc.

www.ics-law.org/services
Tuesday-Friday, 9 AM—5 PM
(Closed: Noon—1 PM)
Independent non-profit law firm

www.irco.org

**Kaiser Permanente Longview-Kelso Medical Office**
1230 7th Ave
Longview, WA 98632
(503) 813-2000 or (800) 813-2000

**Kaiser Permanente Westside Medical Center**
2875 NE Stucki Ave
Hillsboro, OR 97124
(503) 813-2000 or (800) 813-2000

www.kp.org
Monday-Friday, 8 AM—9 PM
Saturday, 9 AM—6 PM

www.columbiapregnancycenter.com
Mon. & Thurs., 1 PM—5 PM & Wed., 10 AM—2 PM
Provides counseling, education, information & referrals, pregnancy testing, maternity & baby clothing, and

www.cowlitzfamilyhealth.org
E-mail: comments@cowlitzhealth.org
Full-service medical and dental services—family planning, behavioral health, pregnancy counseling, physicians referrals, and STD's HIV/AIDS testing & counseling. Sliding scale fee.

www.oregon.gov/dhs
Medicaid In-Home services, SNAP benefits (food stamps), insurance enrollment (OHP), placement in adult foster homes/nursing homes/alternatives to nursing homes, protective services, and abuse investigation.

www.oregon.gov/dhs
Monday-Friday, 8 AM—5 PM
FAX (503) 397-0389

www.oregon.gov/dhs
Monday-Friday, 8 AM—5 PM
FAX: (503) 581-6198

Call Senior Centers for information.

www.columbiapregnancycenter.com
www.cowlitzfamilyhealth.org
www.oregon.gov/dhs
www.kp.org

See **Counseling/Self-Help** for specific classes & workshops.
**Health/Wellness**

See **Counseling/Self-Help** for specific classes & workshops.

**Lactation Specialists**

Legacy Health
(503) 413-2800—Legacy Emmanuel
(503) 413-7533—Legacy Good Samaritan

**Legacy Emanuel Medical Center**

2801 N Gantenbein Ave
Portland, OR  97227
(503) 413-2200

**Legacy Good Samaritan Medical Center**

1015 NW 22nd Ave
Portland, OR  97210
(503) 413-7111

**Legacy Medical Group—St. Helens**

475 S Columbia River Hwy, Suite 100
St. Helens, OR  97051
(503) 397-9471

**Legacy Urgent Care—St. Helens**

475 S Columbia River Hwy
St. Helens, OR  97051
(503) 397-7119

**Leukemia & Lymphoma Society**

6915 SW Macadam, #100
Portland, OR  97219
(503) 245-9866 or (800) 466-6572

**Leukemia**

**Lions—Sight & Hearing**

**Mobile Dental Clinics—Oregon**

Medical Teams International
14150 SW Milton Court
Tigard, OR  97224
(503) 624-1026—Dental Information Line
(800) 959-HEAL (4325)

See **American Cancer Society**

See **Oregon Lions Sight & Hearing Foundation**

www.medicalteams.org
E-mail: info@medicalteams.org
Monday-Friday, 8 AM—5 PM
Emergency Mobile Dental Clinic provides free dental care for those who are uninsured & have no other options. Fillings & extractions only. Serves Columbia County.

**Somerset Retirement Home & Assisted Living**

2025 Tibbetts Drive
Longview, WA  98632
(360) 423-7392

**St. Vincent de Paul Society**

1222 Baltimore Street
Longview, WA  98632
(360) 577-0662

**The Arc of Cowlitz County**

906 New York Street
Longview, WA  98632
(360) 425-5494

**WorkSource—Cowlitz/Wahkiakum**

305 S Pacific Ave, Suite 101, Kelso, WA  98626
(360) 577-2250

**YMCA—Longview, WA**

766 15th Ave
Longview, WA  98632
(360) 423-4770

www.senior-living-assisted-living-longview-wa.com
Monday-Friday, 8:30 AM—5 PM
Tours—Weekdays, 9 AM—4:30 PM

Mon./Wed./Fri., 8:30 AM—11:30 AM
Food, clothing. Thrift store. Donations welcome (clean & in good repair).

www.lifeworkswa.org/arc

Advocating for, and serving people with intellectual and developmental disabilities—and their families. Support groups available.

www.worksourcewa.com
Monday-Thursday, 8 AM—5 PM
Friday, 9:30 AM—5 PM

Mon.— Fri., 5 AM—9 PM & Sat., 8 AM—7 PM
Sun., 11 AM—6 PM
Promoting healthy living in Northern Oregon and SW Washington.

**Swimming Pool**
closes 1/2 hour before center closes. Call for information on day passes and memberships.
LONGVIEW SERVICES

LOWER COLUMBIA HEAD START
1600 Maple Street
Longview, WA 98632
(360) 442-2800

E-mail: headstart.info@lowercolumbia.edu
Early childhood education for income-eligible children and families, prenatal to five years.

SHARE Program—COMMUNITY CARING PROJECT
928 23rd Ave
Longview, WA 98632
(360) 414-9212

PeaceHealth St. John Medical Center
PeaceHealth Medical Centers
1615 Delaware, Longview, WA 98632
(360) 414-2800 / (800) 438-7562

PeaceHealth Women’s Center
PeaceHealth Medical Centers
1660 Delaware, Longview, WA 98632
(360) 414-3000

Salvation Army
1639 10th Avenue
Longview, WA 98632
(360) 423-3992 / (360) 423-3990

SHARE Program
(360) 442-5000

Social Security Administration
Longview, WA
840 Ocean Beach Hwy, Suite 150
Longview, WA 98632
(800) 772-1213 / TTY 1-800-325-0778

www.lowercolumbia.edu/head-start
www.peacehealth.org
www.peacehealth.org
www.peacehealth.org
www.peacehealth.org
www.ssa.gov
www.ohsu.edu

HEALTH/WELLNESS

MOTHER & CHILD EDUCATION CENTER
1515 NE 41st Street
Portland, OR 97232
(503) 249-5801

www.momchildpx.org
Monday-Thursday, 10 AM—5 PM
Friday, 10 AM—3 PM & Saturday, 10 AM—1 PM
Offering support and guidance to pregnant women.
Prenatal and parenting classes, practical help for anyone (diapers, clothing, & food). Donations welcome.
Call for more information.

NAMI Oregon
National Alliance on Mental Health
700 SW Campus Drive
Portland, OR 97239
(503) 494-8311—Main Switchboard
(503) 494-3600—Appointment Line
(888) 222-6478

www.namioregon.org
E-mail: namioregon@nami.org
Monday-Friday, 9 AM—5 PM
Advocacy organization for individuals living with mental, as well as their families and loved ones. Information, referral, and education.

www.suicidepreventionlifeline.org
Crisis line is open 24 hours a day, 7 days a week.

www.ohsu.edu
Monday-Friday, 8 AM—5 PM (general phone hours, excluding holidays).

OHSU South Waterfront Campus
3303 SW Bond Ave, 11th Floor
Portland, OR 97239
(503) 494-7672

www.ohsu.edu
Provides comprehensive pediatric care for newborns through young adults.

www.suicidepreventionlifeline.org
See COUNSELING/SELF-HELP for specific classes & workshops.
See Counseling/Self-Help for specific classes & workshops.

OHSU FAMILY MEDICINE—SCAPPOOSE
Oregon Health & Science University
51377 Old Portland Rd., Suite C
Scappoose, OR 97056
(503) 418-4222

OHSU HILLSBORO MEDICAL CENTER—TUALITY
Oregon Health & Science University
335 SE 8th Ave
Hillsboro, OR 97123
(503) 681-1111

OHSU HOSPITAL
Oregon Health & Science University
3181 SW Sam Jackson Park Road
Portland, Oregon 97239
(503) 494-8311—Main Switchboard
(503) 494-7551—Emergency Department

OHSU POISON CENTER
Oregon Health & Science University
(800) 222-1222—Emergencies

OHSU—OCEAN PARK CENTER
3181 SW Sam Jackson Park Road
Portland, OR 97239
(503) 494-8600—Office

OHSU SCHOOL OF DENTISTRY
Oregon Health & Science University
OHSU DENTAL CLINIC (Waterfront)
2730 SW Moody Ave
Portland, OR 97201
(503) 494-8867

RUSSELL STREET DENTAL CLINIC
214 N Russell Street
Portland, OR 97227
(503) 494-6822

www.ohsu.edu
Monday-Friday, 7:30 AM—8 PM
Family medicine

www.ohsu.edu
www.tuality.org

Call for information regarding poison and poison control.

Dial 911 in an emergency

www.ohsu.edu

www.ohsu.edu/oregon-poison-center
www.poisonhelp.org

Kaiser Permanente
Longview-Kelso Medical Office
1230 7th Ave, Longview, WA 98632
(503) 813-2000 or (800) 813-2000

Life Works
906 New York Street
Longview, WA 98632
(360) 577-9093

Longview Housing Authority
820 11th Ave
Longview, WA 98632
(360) 423-0140

Lower Columbia College
1600 Maple Street
Longview, WA 98632
(360) 442-2322

www.goodwillwa.org
Monday-Saturday, 9 AM—8 PM
Sunday, 10 AM—7 PM
Thrift store and donation center

www.goodwillwa.org
Job search and referrals program. Offers GED & computer classes, resume development, interview training, and employment search assistance.
Monday-Friday, 8 AM—4:30 PM
Program interviews—Tuesdays, 2 PM—3 PM

North Columbia County residents—Call to inquire about eligibility for certain programs.

www.greyhound.com
Bus station at Kelso Train Station—501 1st Ave S, Kelso, WA

www.kp.org
Monday-Friday, 8 AM—9 PM
Saturday, 9 AM—6 PM

www.lifeworkska.org
Helps children and adults with developmental disabilities find what they need in the community (vocational and residential opportunities, etc.)
Support groups for families available at The Arc.

www.longviewwa.org
Monday-Thursday, 10 AM—4:30 PM
Housing assistance programs. Section 8 Rental Assistance for disabled or low-income persons.

www.lowercolumbia.edu
E-mail: info@lowercolumbia.edu
Monday-Friday, 8 AM—5 PM

Offers—reciprocal fee agreement, two-year transfer degrees, two-year vocational degrees, adult basic Ed/GED, and continuing education.
**COLUMBIA COUNTY RESOURCE GUIDE 2020**

**LONGVIEW SERVICES**

**COWLITZ FAMILY HEALTH CENTER**
1057 12th Ave.
Longview, WA 98632
(360) 636-3892—Office
(888) 528-7364
(866) 418-1002—24/7 Nurse’s Advice Line

**DEPARTMENT OF SOCIAL & HEALTH SERVICES**
711 Vine
PO Box 330
Kelso, WA 98626
(360) 501-2400 / (877) 501-2233

**EMERGENCY SUPPORT SHELTER**
1330 11th Ave
Longview, WA 98632
(360) 425-1176—Services/CRISIS LINE
(360) 353-5777—Reception/Administrative Offices

**ETHNIC SUPPORT COUNCIL CENTER**
311 Oak Street
Kelso, WA 98626
(360) 636-2791

**FISH OF COWLITZ COUNTY**
PO Box 135
Longview, WA 98632
(360) 636-1100

**FRONTIER REHABILITATION & EXTENDED CARE CENTER**
1500 3rd Ave
Longview, WA 98632
(360) 423-8800 / FAX (360) 636-3421

**GIRL SCOUTS OF WESTERN WASHINGTON**
1 (800) 541-9852

www.cowlitzfamilyhealth.org
E-mail: comments@cfamhc.org
Full-service medical and dental services—family planning, behavioral health, pregnancy counseling, physicians referrals, and STD’s HIV/AIDS testing & counseling. Sliding scale fee
www.dhs.wa.gov
Monday-Friday, 8 AM—5 PM
Food stamps, Welfare, Medical, etc.

www.ethnicsupportcouncil.org
Services to victims/survivors (and families) of domestic and sexual violence. Serves Cowlitz and Columbia counties.

www.fishofcowlitzcounty.org
Monday-Friday, 9 AM—5 PM
Information and resources to assist immigrants, refugees, and people with limited English skills.

Afternoons—help with prescriptions/health related needs and utility bills
www.empres.com/location/frontier-rehab-care-center/
Office Hours: 7 AM—4:30 PM
Services range from short-term rehabilitation to long-term care.

www.girlscoutsww.org
E-mail: customercare@girlscoutsww.org
For girls in Longview/Kelso and surrounding areas

**HEALTH/WELLNESS**

**OREGON ASSOCIATION OF NATUROPATHIC PHYSICIANS**
PO Box 5876
Portland, OR 97228
(503) 262-6856

**OREGON ASSOCIATION OF THE DEAF, INC.**
PO Box 8054
Salem, OR 97303

**OREGON COMMISSION FOR THE BLIND**
PORTLAND OFFICE
535 SE 12th Ave
Portland, OR 97214
(971) 673-1588 / (888) 202-5463

**OREGON DEAF AND HARD OF HEARING SERVICES**
St. Helens DHS
(503) 397-5863—APD Office
(503) 397-1784—Self-Sufficiency Office

**OREGON HEALTH PLAN**
Oregon Health Authority
(503) 699-9075—Application Center
(800) 273-0557—Client Services
(800) 336-6016—Provider Services
TTY—711

**OREGON LIONS SIGHT & HEARING FOUNDATION**
1010 NW 22nd Ave, #144
Portland, OR 97210
(503) 413-7399 / FAX (503) 413-7631

See COUNSELING/Self-Help for specific classes & workshops.

**OREGON DEPARTMENT OF bliND**
www.oldhsp.org
Email: info@OLSHF.org
Monday-Friday, 8 AM—4:30 PM
Low-cost eye exams, eye glasses, & hearing aids

www.cowlitzfamilyhealth.org
E-mail: comments@cfamhc.org
Full-service medical and dental services—family planning, behavioral health, pregnancy counseling, physicians referrals, and STD’s HIV/AIDS testing & counseling. Sliding scale fee
www.dhs.wa.gov
Monday-Friday, 8 AM—5 PM
Food stamps, Welfare, Medical, etc.

www.ethnicsupportcouncil.org
Services to victims/survivors (and families) of domestic and sexual violence. Serves Cowlitz and Columbia counties.

www.fishofcowlitzcounty.org
Monday-Friday, 9 AM—5 PM
Information and resources to assist immigrants, refugees, and people with limited English skills.

www.girlscoutsww.org
E-mail: customercare@girlscoutsww.org
For girls in Longview/Kelso and surrounding areas

See COUNSELING/Self-Help for specific classes & workshops.

www.cowlitzfamilyhealth.org
E-mail: comments@cfamhc.org
Full-service medical and dental services—family planning, behavioral health, pregnancy counseling, physicians referrals, and STD’s HIV/AIDS testing & counseling. Sliding scale fee
www.dhs.wa.gov
Monday-Friday, 8 AM—5 PM
Food stamps, Welfare, Medical, etc.

www.ethnicsupportcouncil.org
Services to victims/survivors (and families) of domestic and sexual violence. Serves Cowlitz and Columbia counties.

www.fishofcowlitzcounty.org
Monday-Friday, 9 AM—5 PM
(Closed from Noon—1 PM)
Mornings—food distribution

Afternoons—help with prescriptions/health related needs and utility bills
www.empres.com/location/frontier-rehab-care-center/
Office Hours: 7 AM—4:30 PM
Services range from short-term rehabilitation to long-term care.

www.girlscoutsww.org
E-mail: customercare@girlscoutsww.org
For girls in Longview/Kelso and surrounding areas

**OREGON DEPARTMENT OF bliND**
www.oldhsp.org
Email: info@OLSHF.org
Monday-Friday, 8 AM—4:30 PM
Low-cost eye exams, eye glasses, & hearing aids

www.oregon.gov/DHS/SENIORS
www.oregon.gov/BLIND
www.oregon.gov/DHS/SENIORS-DISABILITIES/SPPD/Pages/OODHSP.aspx
E-mail: odhhsp.info@state.or.us
E-mail: request.odhhsp@state.or.us

www.oregon.gov/blind
Monday-Friday, 8 AM—5 PM
Alternative communication techniques, canes, counsel, adjustment to blindness, independent living, daily living skills, vocational rehab, career counseling, &

www.oregon.gov/DS/SENIORS-DISABILITIES/SPPD/Pages/OODHSP.aspx
E-mail: odhhsp.info@state.or.us
E-mail: request.odhhsp@state.or.us

www.oregon.gov/blind
Monday-Friday, 8 AM—5 PM
Alternative communication techniques, canes, counsel, adjustment to blindness, independent living, daily living skills, vocational rehab, career counseling, &

www.oregon.gov/blind
Monday-Friday, 8 AM—5 PM
Alternative communication techniques, canes, counsel, adjustment to blindness, independent living, daily living skills, vocational rehab, career counseling, &

www.oregon.gov/blind
Monday-Friday, 8 AM—5 PM
Alternative communication techniques, canes, counsel, adjustment to blindness, independent living, daily living skills, vocational rehab, career counseling, &
**HEALTH/WELLNESS**

See Counseling/Self-Help for specific classes & workshops.

**PEACEHEALTH ST. JOHN MEDICAL CENTER**
PeaceHealth Medical Centers
1615 Delaware
Longview, WA 98632
(360) 414-2000 / (800) 438-7562

www.peacehealth.org

Monday-Friday, 8:30 AM—5 PM
OBGYN Care

**PEACEHEALTH WOMEN’S CENTER**
PeaceHealth Medical Centers
1660 Delaware
Longview, WA 98632
(360) 414-2800

www.peacehealth.org

Monday-Friday, 8:30 AM—5 PM
OBGYN Care

**PROVIDENCE PORTLAND MEDICAL CENTER**
Providence Health & Services
4805 NE Glisan Street
Portland, OR 97213
(503) 215-1111

www.oregon-providence.org

**PROVIDENCE ST. VINCENT MEDICAL CENTER**
Providence Health & Services
9205 SW Barnes Road
Portland, OR 97225
(503) 216-1234

www.oregon-providence.org

**PUBLIC HEALTH DIVISION—PORTLAND**
Oregon Health Authority
800 NE Oregon Street
Portland, OR 97232
(971) 673-1222 OR (800) 422-6012
TTY—711
FAX (971) 673-1299

www.healthoregon.org

Monday-Friday, 8 AM—5 PM (except national holidays)
Vital records, information on diseases, immunizations, and more. Contact local county public health dept. for information on Food Handlers Cards and registering a restaurant complaint.

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**LONGVIEW SERVICES**

**AREA AGENCY ON AGING & DISABILITIES**
SOUTHWEST WASHINGTON
1338 Commerce Ave, # 309
Longview, WA 98632
(360) 577-4929 / (800) 682-2406

www.birthright.org

Free and confidential services and support for women facing unplanned pregnancies.

**BIRTHRIGHT INTERNATIONAL**
(360) 423-2900
(800) 550-4900

**CANTERBURY PARK INDEPENDENT LIVING COMMUNITY**
1335 3rd Ave
Longview, WA 98632
(360) 846-2720 / (360) 846-2739

www.birthright.org

Free and confidential services and support for women facing unplanned pregnancies.

**CAP—LOWER COLUMBIA COMMUNITY ACTION PROGRAMS**
1526 Commerce Ave
Longview, WA 98632
(360) 425-3430 / (800) 383-2101

www.birthright.org

Free and confidential services and support for women facing unplanned pregnancies.

**CARING PREGNANCY CENTER**
1010 Fir Street
Longview, WA 98632
(360) 636-3333

www.birthright.org

Free and confidential services and support for women facing unplanned pregnancies.

**COMMUNITY HOME HEALTH & HOSPICE**
LONGVIEW HOSPICE CARE CENTER
1035 11th Ave / PO Box 2067
Longview, WA 98632
(360) 425-8510—General Inquiries
(800) 378-8510

Monday-Friday, 8 AM—5 PM (PST)
Home health and hospice care—24/7 availability. Community-based, non-profit agency. Serves Columbia, Cowlitz, Clark and Wahkiakum counties.

**COMMUNITY HOUSE ON BROADWAY**
1105 Broadway / PO Box 403
Longview, WA 98632
(360) 425-8679
(360) 998-3050—Support Center

www.birthright.org

Free and confidential services and support for women facing unplanned pregnancies.

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** collaborating agencies**

**COLUMBUS COMMUNITY ACTION PROGRAM**
1105 Broadway / PO Box 403
Longview, WA 98632
(360) 425-8679
(360) 998-3050—Support Center

www.birthright.org

Free and confidential services and support for women facing unplanned pregnancies.

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** Lower Columbia’s Community Action Programs**
1526 Commerce Ave
Longview, WA 98632
(360) 425-3430 / (800) 383-2101

www.birthright.org

Free and confidential services and support for women facing unplanned pregnancies.

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** Safe Harbor**
1625 Broadway
Longview, WA 98632
(360) 425-8679
(360) 998-3050—Support Center

www.birthright.org

Free and confidential services and support for women facing unplanned pregnancies.

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** Support Center**
1625 Broadway
Longview, WA 98632
(360) 425-8679
(360) 998-3050—Support Center

www.birthright.org

Free and confidential services and support for women facing unplanned pregnancies.

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** Youth Outreach**
1625 Broadway
Longview, WA 98632
(360) 425-8679
(360) 998-3050—Support Center

www.birthright.org

Free and confidential services and support for women facing unplanned pregnancies.
LEGAL ASSISTANCE/ADVOCACY

PUBLIC BENEFITS HOTLINE—STATEWIDE
(800) 520-5292
Call Legal Aid/Oregon Law Center for legal advice about public benefits and Public Charge. To find an immigration attorney, go to: www.oregonimmigrationresource.org

THE ARC OF OREGON
2405 Front Street NE, Suite 120, Salem, OR 97301
(503) 581-2726

VETERANS SERVICE OFFICER—COLUMBIA COUNTY
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6580

VICTIMS OF SEX OFFENDERS OREGON STATE SEX OFFENDER REGISTRATION VICTIM ASSISTANCE LINE
(800) 551-2934

VICTIMS ASSISTANCE PROGRAM—COLUMBIA COUNTY

VICTIM & SURVIVOR SERVICES DIVISION
VITAL RECORDS—CERTIFICATION UNIT
Oregon Center for Health Statistics
800 NE Oregon Street, Suite 205
Portland, OR 97232
PO Box 14050, Portland, OR 97293
(971) 673-1190
(888) 896-4988—For Online & Phone Orders
(971) 673-1203—FAX

WORKERS’ COMPENSATION DIVISION—OREGON
350 Winter St. NE / PO Box 14480
Salem, OR 97309
(503) 947-7585—Information Line
(800) 452-0288—Toll-Free Information Line
www.osbar.org
www.oregonlawcenter.org
Tues. & Wed., 9 AM—Noon & Mon. & Thurs., 1—4 PM
Legal aid regarding benefits—welfare, food stamps, medical assistance, SSI, Social Security, & unemployment compensation.
www.thearc.org
E-mail: info@thearcoregon.org
Advocating for Oregonians with cognitive, intellectual, and developmental disabilities.
www.cat-team.org
Monday-Friday, 8:30 AM—5 PM
Provides accurate and up-to-date Veteran’s Administration information and referral services, advocacy, claims support, & representation.
Offers victims information on offenders. Must have victim ID #. Call to find out how to get an ID #.

See COLUMBIA COUNTY DISTRICT ATTORNEY VICTIMS ASSISTANCE PROGRAM

See CRIME VICTIM & SURVIVOR SERVICES DIVISION
www.oregon.gov/oha/Ph/BirthDeathCertificates/GetVitalRecords
www.vitalcheck.com/vital-records/Oregon/Oregon-vital-records
E-mail: health.webmaster@state.or.us
Monday-Friday, 9 AM—4 PM (walk-in hours)
Provides birth, death, marriage, and divorce certificates.
www.wcd.oregon.gov/
Monday-Friday, 8 AM—5 PM
The state agency that administers, regulates, and enforces the laws and administrative rules governing the Oregon Workers’ Compensation system.

Public Benefits Hotline—Statewide
(800) 520-5292
Call Legal Aid/Oregon Law Center for legal advice about public benefits and Public Charge. To find an immigration attorney, go to: www.oregonimmigrationresource.org

The Arc of Oregon
2405 Front Street NE, Suite 120, Salem, OR 97301
(503) 581-2726

Veterans Service Officer—Columbia County
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6580

Victims of Sex Offenders
Oregon State Sex Offender Registration Victim Assistance Line
(800) 551-2934

Victims Assistance Program—Columbia County

Victim & Survivor Services Division
Vital Records—Certification Unit
Oregon Center for Health Statistics
800 NE Oregon Street, Suite 205
Portland, OR 97232
PO Box 14050, Portland, OR 97293
(971) 673-1190
(888) 896-4988—For Online & Phone Orders
(971) 673-1203—FAX

Workers’ Compensation Division—Oregon
350 Winter St. NE / PO Box 14480
Salem, OR 97309
(503) 947-7585—Information Line
(800) 452-0288—Toll-Free Information Line
www.osbar.org
www.oregonlawcenter.org
Tues. & Wed., 9 AM—Noon & Mon. & Thurs., 1—4 PM
Legal aid regarding benefits—welfare, food stamps, medical assistance, SSI, Social Security, & unemployment compensation.
www.thearc.org
E-mail: info@thearcoregon.org
Advocating for Oregonians with cognitive, intellectual, and developmental disabilities.
www.cat-team.org
Monday-Friday, 8:30 AM—5 PM
Provides accurate and up-to-date Veteran’s Administration information and referral services, advocacy, claims support, & representation.
Offers victims information on offenders. Must have victim ID #. Call to find out how to get an ID #.

See Columbia County District Attorney Victims Assistance Program

See Crime Victim & Survivor Services Division
www.oregon.gov/oha/Ph/BirthDeathCertificates/GetVitalRecords
www.vitalcheck.com/vital-records/Oregon/Oregon-vital-records
E-mail: health.webmaster@state.or.us
Monday-Friday, 9 AM—4 PM (walk-in hours)
Provides birth, death, marriage, and divorce certificates.
www.wcd.oregon.gov/
Monday-Friday, 8 AM—5 PM
The state agency that administers, regulates, and enforces the laws and administrative rules governing the Oregon Workers’ Compensation system.

See Columbia County Public Health

PUBLIC HEALTH OF COLUMBIA COUNTY
Oregon Health Authority
www.columbia-health.org
Rainier Health Center
Columbia Health Services
28168 Old Rainier Road
Rainier, OR 97048
(503) 556-2178

SUSANNAHEALTH CENTER
Columbia Health Services
1060 Eisenhower Lane
St. Helens, OR 97051
(503) 366-7645

Shriners Hospital for Children Portland
3101 SW Sam Jackson Park Road
Portland, OR 97239
(503) 241-5090

SIDS—National SUID/SIDS Resource Center
Sudden & Unexpected Infant/Child Death and Pregnancy Loss Consortium
www.sidscenter.org
www.mchlibrary.org/collections/suid-sids/
E-mail: mchevidence@ncemch.org

Spencer Health & Wellness Center
Columbia Health Services
1000 Missouri Ave
Vernonia, OR 97064
(503) 429-1399

See Counseling/Self-Help for specific classes & workshops.

PUBLIC HEALTH OF COLUMBIA COUNTY
Oregon Health Authority
www.columbia-health.org
Rainier Health Center
Columbia Health Services
28168 Old Rainier Road
Rainier, OR 97048
(503) 556-2178

SUSANNAHEALTH CENTER
Columbia Health Services
1060 Eisenhower Lane
St. Helens, OR 97051
(503) 366-7645

Shriners Hospital for Children Portland
3101 SW Sam Jackson Park Road
Portland, OR 97239
(503) 241-5090

SIDS—National SUID/SIDS Resource Center
Sudden & Unexpected Infant/Child Death and Pregnancy Loss Consortium
www.sidscenter.org
www.mchlibrary.org/collections/suid-sids/
E-mail: mchevidence@ncemch.org

Spencer Health & Wellness Center
Columbia Health Services
1000 Missouri Ave
Vernonia, OR 97064
(503) 429-1399

See Counseling/Self-Help for specific classes & workshops.
See COUNSELING/SELF-HELP for specific classes & workshops.

**HEALTH/WELLNESS**

**TEEN LINE—CEDARS-SINAI**
800-TLC-TEEN (852-8336)
(310) 855-HOPE (4673)
Text TEEN to 839863

**TEEN LINE**
(800) 443-8336
(800) 735-8000

**VERNONIA MEDICAL CLINIC**

**VETERANS HOSPITAL**
VA Portland Health Care System
3710 SW US Veterans Hospital Road
PO Box 1034
Portland, OR 97239
(503) 220-8262 / (800) 949-1004
(503) 721-1498—Primary Care Clinic
(503) 273-5187—Mental Health Division

**WALLACE MEDICAL CONCERN**
ROCKWOOD MEDICAL CLINIC
124 NE 181st Ave
Portland, OR 97230
(503) 489-1760

**GREENWOOD MEDICAL CLINIC**
254 NW Burnside Road
Gresham, OR 97030
(503) 489-1760

**WIC—WOMEN, INFANTS, & CHILDREN**
Columbia Health Services
2370 Gable Rd.
St. Helens, OR 97051
(503) 397-4651 x7
(800) 244-6670 x7
Text Line—(503) 610-0WIC

**VA Portland Health Care System** offers a variety of health services to meet the needs of our nation’s Veterans.

For TDD services—Dial 711

See ADVENTIST HEALTH—VERNONIA MEDICAL OFFICE

**ROCKWOOD DENTAL CLINIC**
18139 NE Couch Street
Portland, OR 97230
(503) 489-1760

www.teenlineonline.org
7 days a week, 6 AM—10 PM (PT)
Helping troubled teenagers address their problems.

www.extension.iastate.edu/teenline/
Available 24/7. Confidential and free service of Iowa State University Extension Office.

www.portland.va.gov

For TDD services—Dial 711

www.mywallace.org
Monday-Friday, 8 AM—6 PM
Primary care and dental clinics. Serving low-income and uninsured residents. Columbia County residents welcome.

www.fns.usda.gov/wic
www.columbia-health.org
Monday-Friday, 8 AM—4:30 PM
(Closed from 12:30—1:30 PM)
Supplemental and nutritious foods; nutrition education and counseling; screening & referrals to other health, welfare, and social services.

www.oregonlawcenter.org
Provides legal help to low-income people on matters related to their homes, livelihoods, medical care, & physical safety against domestic violence.

www.osbar.org/public/
Legal Information Topics online
www.osbar.org/public/ris/
Monday—Friday, 8 AM—5 PM
Provides information & referral for people in need of legal assistance. Landlord Tenant Law

www.oregonlawcenter.org

www.vinelink.com
www.doj.state.or.us/crime-victims/
Allows crime victims to obtain timely & reliable information about criminal cases & the custody status of offenders.
**LEGAL ASSISTANCE/ADVOCACY**

**CONSUMER PROTECTION HOTLINE—ATTORNEY GENERAL**
Oregon Department of Justice
(877) 877-9392

E-mail: help@oregonconsumer.gov
Monday-Friday, 8:30 AM–4:30 PM
File complaints and report scams and fraud

**COURT APPOINTED SPECIAL ADVOCATE—CASA**
2514 Sykes Road
St. Helens, OR 97051
(503) 410-5097

Volunteers acting to support the best interests of children who are in the court system as a result of abuse and neglect. Call for more information.

www.casahelpkids.org
Monday-Friday, 8:30 AM–5 PM
(excluding legal holidays)

**CRIME VICTIM & SURVIVOR SERVICES DIVISION (CVSSD)**
Oregon Department of Justice
(503) 378-5348
(503) 378-5738—FAX

www.doj.state.or.us/crime-victims/
E-mail: cvssd@doj.state.or.us
Promoting and protecting victims’ rights. Resources and support to help reduce the impact of crime on victims’ lives.

**DEPARTMENT OF COMMUNITY JUSTICE**
Columbia County
901 Port Ave
St. Helens, OR 97051
(503) 397-6253
(503) 397-6645—FAX

www.columbiacounty.or.gov/departments/
CommunityJustice
Monday-Friday, 8 AM–5 PM
Parole and probation. Working with Oregon Dept. of Corrections, Oregon Youth Authority, and local criminal justice agencies.

**FAIR HOUSING COUNCIL OF OREGON**
1221 SW Yamhill Street, # 305
Portland, OR 97205
(503) 223-8197 / (800) 424-3247 x2

www.fhco.org
Advocacy agency for civil rights in housing

**FARM WORKERS PROGRAM—OREGON LAW CENTER**
Trabajadores Agrícolas
Servicios Legales de Oregon
(888) 245-4091

www.oregonlawcenter.org
For those involved in all aspects of food production—fishery workers, canner employees, etc.

**IMMIGRATION COUNSELING SERVICE (ICS)**
519 SW Park Ave, Ste. 610
Portland, OR 97205
(503) 221-1689

www.ics-law.org/services
Tuesday-Friday, 9 AM–5 PM (Closed, Noon–1 PM)
Independent non-profit law firm

**LEGEL ASSISTANCE/ADVOCACY**

**HELP line/Hotline Directory**

If you are having an emergency, ALWAYS call 9-1-1.

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>211 Info</td>
<td>211</td>
</tr>
<tr>
<td>AARP (American Association of Retired Persons)</td>
<td>888-687-2277</td>
</tr>
<tr>
<td>Abortion Hotline (National Abortion Federation)</td>
<td>800-772-9100</td>
</tr>
<tr>
<td>Active Parenting</td>
<td>800-825-0060</td>
</tr>
<tr>
<td>AIDS Hotline</td>
<td>800-448-0440</td>
</tr>
<tr>
<td>Alano Club</td>
<td>503-397-9530</td>
</tr>
<tr>
<td>Alcohol &amp; Drug Helpline (Oregon)</td>
<td>800-923-4357</td>
</tr>
<tr>
<td>Alcohol &amp; Drug Text Line: TEXT RecoveryNow to 839863</td>
<td>503-244-1312</td>
</tr>
<tr>
<td>Alcoholics Anonymous (Columbia County Message Line)</td>
<td>503-366-0667</td>
</tr>
<tr>
<td>Alzheimer’s Association</td>
<td>800-272-3900</td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>800-227-2345</td>
</tr>
<tr>
<td>American Diabetes Association</td>
<td>888-342-2383</td>
</tr>
<tr>
<td>American Heart Association/American Stroke Association</td>
<td>800-242-8721</td>
</tr>
<tr>
<td>American Lung Association</td>
<td>800-586-4872</td>
</tr>
<tr>
<td>American Red Cross</td>
<td>800-733-2767</td>
</tr>
<tr>
<td>American SIDS Institute</td>
<td>800-232-7437</td>
</tr>
<tr>
<td>Arthritis Foundation</td>
<td>844-571-4357</td>
</tr>
<tr>
<td>Birthright International</td>
<td>800-550-4900</td>
</tr>
<tr>
<td>Boys &amp; Girls Aid Society (Oregon)</td>
<td>877-932-2734</td>
</tr>
<tr>
<td>Braille &amp; Talking Book Library (Oregon State Library for the Blind)</td>
<td>800-452-0292</td>
</tr>
<tr>
<td>Call to Safety (Formerly Portland Women’s Crisis Line)</td>
<td>503-235-5333</td>
</tr>
<tr>
<td>Candlelighters for Children With Cancer</td>
<td>800-366-2223</td>
</tr>
<tr>
<td>Cascade AIDS Project</td>
<td>503-223-5907</td>
</tr>
<tr>
<td>CMH 24-Hour Crisis Line (Columbia Community Mental Health)</td>
<td>503-782-4499</td>
</tr>
<tr>
<td>Centers for Disease Control &amp; Prevention (CDC)</td>
<td>800-232-4636</td>
</tr>
<tr>
<td>Cerebral Palsy Association of Oregon and SW Washington</td>
<td>800-473-4581</td>
</tr>
<tr>
<td>Chamber of Commerce—Clatskanie</td>
<td>503-728-2502</td>
</tr>
<tr>
<td>Chamber of Commerce—Rainier</td>
<td>503-333-8790</td>
</tr>
</tbody>
</table>
**Columbia County Resource Guide 2020**

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### HELPLINE/HOTLINE DIRECTORY

**If you are having an emergency, ALWAYS call 9-1-1.**

- **Chamber of Commerce—South Columbia County** .................................................. 503-397-0685
- **Child Abuse Reporting SafeLine—Oregon (For Both Children & Adults)** .......... 855-503-7233
- **Child Find of America** .................................................................................. 800-426-5678
- **Child Help—National Child Abuse Hotline** .................................................. 800-422-4453
- **Consumer Protection Hotline (Oregon Attorney General)** ....................... 877-877-9392
- **Consumer Products Safety Commission** .................................................. 800-638-2772
- **Cystic Fibrosis Foundation** ........................................................................ 800-344-4823
- **Department of Human Services Referrals** ................................................. 800-243-4987
- **DHS—Adult Protective Services (Columbia County Reporting Line)** .......... 503-366-6719
- **DHS—Aging & People with Disabilities (Columbia County)** ..................... 503-397-5863
- **DHS—Child Welfare (Columbia County)** .................................................. 503-397-3292
- **DHS—Self-Sufficiency (Columbia County)** .................................................. 503-397-5863
- **Domestic Violence "Call to Safety" (formerly Portland Women’s Crisis Line)** .... 503-235-5333
- **Drug Help Hotline (SAMSHA)** ................................................................. 800-662-4357
- **ElderCare Location Information & Referral Line** ....................................... 800-677-1116
- **Elder Abuse Safeline** .................................................................................. 855-503-7233
- **Emergency Support Shelter** .................................................................... 360-425-1176
- **Employment Division Hotline (Oregon Employment Dept.)** ...................... 800-237-3710
- **Epilepsy Foundation of America** ............................................................... 800-332-1000
- **Fair Housing & Equal Opportunity (Seattle HUD Office)** ......................... 800-877-0246
- **Federal Housing & Urban Development—Discrimination Hotline (HUD)** .... 800-669-9777
- **Federal Student Aid Information Center (Dept. of Education)** ....................... 800-433-3243
- **Fire** ............................................................................................................. 911
- **Habitat for Humanity International** ......................................................... 800-422-4828
- **Injured Worker Hotline (Worker’s Compensation Division)** ....................... 800-452-0288
- **JDRF Diabetes Research Foundation (for both Juveniles and Adults)** .......... 503-643-1995
- **Juvenile Justice Clearing House (NJCS)** .................................................. 800-851-3420
- **Leukemia & Lymphoma Society (Oregon)** .............................................. 800-466-6572

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### LEGAL ASSISTANCE/ADVOCACY

See **Counseling/Self-Help** for money management and consumer services listings.

- **Citizen’s Representative Office**
  - **Governor’s Office**
    - **Address:**
      - 900 Court Street NE, Salem, OR 97301
      - 503-378-4582
      - www.oregon.gov/gov/Pages/request-assistance.aspx
    - Public access for questions, opinions about problems with state agencies, and information.
  - **Columbia County District Attorney**
    - **Address:**
      - 230 Strand St, Rd 318, St. Helens, OR 97051
      - 503-397-1105 / (800) 850-0228
      - 503-397-4920—TDD
      - www.oregonchildsupport.gov
    - The Division of Child Support (DCS) is dedicated to establishing paternity and child support orders, and enforcing child support obligations in cases involving families who are non-assistance cases.

For public assistance cases:
- 5193 NE Elam Young Parkway, Ste. B
  - Hillsboro, OR 97124
  - 503-640-7070

- **Columbia County District Attorney**
  - **Victims Assistance Program**
    - **Address:**
      - 230 Strand Street, Room 365
      - St. Helens, OR 97051
      - 503-366-3914
    - www.columbiacountyor.gov/departments/DistrictAttorney/victims-assistance
    - Monday-Friday, 8:30 AM—5 PM
    - Information & assistance/referral. Helping crime victims navigate the criminal justice system.

- **Community Alliance of Tenants**
  - **Oregon (CAT)**
    - **Address:**
      - 288-0130—Renters Rights Hotline
      - 503-288-0130
    - www.oregoncat.org
    - Mon., Wed., Fri., Sat., 1 PM—5 PM
    - Information about tenant rights & help to protect those rights. Membership dues required.

- **Consumer Financial Protection Bureau**
  - **Address:**
    - (855) 411-2372
    - (855) 729-2372—TTY/TDD
  - www.consumerfinance.gov
  - Monday-Friday, 8 AM—8 PM (ET)
  - Ensuring that consumers get the information they need to make the financial decisions they believe are best for themselves and their families.

- **Consumer Products Safety Commission**
  - **Address:**
    - 800-638-2772
  - www.cpsc.gov
  - www.facebook.com/uscpsc/am
  - Enforces federal safety laws & regulations. Investigates complaints.
## Housing—Apartment Complexes

<table>
<thead>
<tr>
<th>Name of Apartment Complex</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrowsmith Apartments</td>
<td>503-397-6046</td>
</tr>
<tr>
<td>Big River/Woodland Trail Apartments</td>
<td>503-397-4938</td>
</tr>
<tr>
<td>Blue Heron Hollow Apartments</td>
<td>503-429-6052</td>
</tr>
<tr>
<td>Brookshire Apartments</td>
<td>503-543-6541</td>
</tr>
<tr>
<td>Creekside Apartments</td>
<td>503-543-2003</td>
</tr>
<tr>
<td>Forest Park Apartments</td>
<td>503-397-4142</td>
</tr>
<tr>
<td>Franklin Manor Apartments</td>
<td>503-366-3812</td>
</tr>
<tr>
<td>Gable Park Apartments</td>
<td>503-397-3990</td>
</tr>
<tr>
<td>Hidden Oaks Apartments</td>
<td>503-366-3088</td>
</tr>
<tr>
<td>High Low Apartments</td>
<td>503-396-3275</td>
</tr>
<tr>
<td>Kerns Apartments</td>
<td>503-543-7711</td>
</tr>
<tr>
<td>Lincoln Square Apartments</td>
<td>503-396-4137</td>
</tr>
<tr>
<td>Meadowlark Apartments</td>
<td>503-396-0800</td>
</tr>
<tr>
<td>McCormick Apartments</td>
<td>503-397-2983</td>
</tr>
<tr>
<td>NorthCrest Apartments</td>
<td>503-397-4938</td>
</tr>
<tr>
<td>Northfork Apartments</td>
<td>503-397-4938</td>
</tr>
<tr>
<td>River City Rentals</td>
<td>503-543-4440</td>
</tr>
<tr>
<td>Riverview Place Apartments</td>
<td>503-312-5521</td>
</tr>
<tr>
<td>Sawyer Pointe Apartments</td>
<td>503-543-5272</td>
</tr>
<tr>
<td>Solhavn Apartments</td>
<td>503-728-3169</td>
</tr>
<tr>
<td>Sycamore View Apartments</td>
<td>503-543-4017</td>
</tr>
<tr>
<td>The Crest Apartments</td>
<td>503-397-4938</td>
</tr>
</tbody>
</table>

## Helpline/Hotline Directory

**If you are having an emergency, ALWAYS call 9-1-1.**

<table>
<thead>
<tr>
<th>Name of Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Library for the Blind &amp; Physically Handicapped</td>
<td>800-424-8567</td>
</tr>
<tr>
<td>Lupus Foundation of America</td>
<td>800-558-0121</td>
</tr>
<tr>
<td>Make-A-Wish Foundation</td>
<td>800-722-9474</td>
</tr>
<tr>
<td>March of Dimes</td>
<td>503-222-9434</td>
</tr>
<tr>
<td>Medicare Helpline (1-800-MEDICARE)</td>
<td>800-633-4227</td>
</tr>
<tr>
<td>Mental Health &amp; Addiction Training &amp; Resource Center (SAMHSA)</td>
<td>877-726-4727</td>
</tr>
<tr>
<td>Mental Health America</td>
<td>800-969-6642</td>
</tr>
<tr>
<td>Military Helpline (24/7/365)</td>
<td>888-457-4838</td>
</tr>
<tr>
<td>Mothers Against Drunk Driving (MADO)</td>
<td>541-343-8115</td>
</tr>
<tr>
<td>Multiple Sclerosis Society of Oregon</td>
<td>800-344-4867</td>
</tr>
<tr>
<td>Muscular Dystrophy Society of Oregon</td>
<td>503-223-3177</td>
</tr>
<tr>
<td>NAMI Oregon (National Alliance on Mental Health)</td>
<td>800-343-6264</td>
</tr>
<tr>
<td>National Cancer Institute</td>
<td>800-422-6237</td>
</tr>
<tr>
<td>National Center for Missing &amp; Exploited Children</td>
<td>800-843-5678</td>
</tr>
<tr>
<td>National Child Abuse Hotline (See CHILD HELP)</td>
<td>800-422-4453</td>
</tr>
<tr>
<td>National Child Support Enforcement Association (NCSEA)</td>
<td>703-506-2880</td>
</tr>
<tr>
<td>National Council on Aging (NCOA)</td>
<td>800-424-9046</td>
</tr>
<tr>
<td>National Domestic Violence Hotline—24/7</td>
<td>800-799-7233</td>
</tr>
<tr>
<td>National Headache Foundation (NHF)</td>
<td>888-643-5552</td>
</tr>
<tr>
<td>National Hearing Test</td>
<td>866-217-0857</td>
</tr>
<tr>
<td>National Hospice &amp; Palliative Care Organization Helpline (NHPCO)</td>
<td>800-658-8898</td>
</tr>
<tr>
<td>National Lead Information Center</td>
<td>800-424-5323</td>
</tr>
<tr>
<td>National Organization for Rare Disorders (NORD)</td>
<td>800-999-6673</td>
</tr>
<tr>
<td>National Parent Helpline</td>
<td>855-427-2736</td>
</tr>
<tr>
<td>National Problem Gambling Helpline</td>
<td>800-522-4700</td>
</tr>
<tr>
<td>National Resource Center on Domestic Violence</td>
<td>800-537-2238</td>
</tr>
<tr>
<td>National Runaway Safeline</td>
<td>800-621-4000</td>
</tr>
</tbody>
</table>
HELINE/HOTLINE DIRECTORY

If you are having an emergency, ALWAYS CALL 9-1-1.

NATIONAL SAFETY COUNCIL (CUSTOMER RELATIONS) ................................................................. 800-621-7619
NATIONAL TEEN DATING ABUSE HOTLINE (LOVE IS RESPECT) .............................................. 866-331-9474
NICOTINE ANONYMOUS .............................................................................................................. 877-879-6422
NORTHWEST HUMAN SERVICES (CRISIS HOTLINE) ................................................................. 800-560-5535
OREGON ALCOHOL & DRUG HELPLINE ...................................................................................... 800-923-4357
OREGON HEALTH PLAN ................................................................................................................. 800-699-9075
OREGON HIV/STD/SEXUAL HEALTH HOTLINE ........................................................................... 800-777-2437
OREGON OPTOMETRIC ASSOCIATION ......................................................................................... 800-922-2045
OREGON PROBLEM GAMBLING HOTLINE .................................................................................... 800-233-8479
OREGON PUBLIC HEALTH DIVISION ............................................................................................. 800-422-6012
OREGON QUIT NOW (TOBACCO) .................................................................................................. 800-784-8669
OREGON STATE BAR’S LAWYER REFERRAL SERVICE ................................................................. 800-452-7636
OREGON STATE POLICE MISSING CHILDREN/ADULTS HOTLINE .................................................. 800-282-7155
OREGON STATE VICTIM NOTIFICATION SERVICE (VENE) ........................................................... 877-674-9463
OREGON STATE VICTIMS OF SEX OFFENDERS ............................................................................ 800-551-2934
OREGON YOUTH AUTHORITY (JUVENILE JUSTICE—OREGON) .................................................... 503-373-7205
OREGON’S ABUSE REPORTING SAFELINE (FOR CHILDREN AND ADULTS) .................................... 855-503-7233
PARENTS WITHOUT PARTNERS ..................................................................................................... 800-637-7974
PARKINSON’S DISEASE—NW CHAPTER (AMERICAN PARKINSON’S DISEASE ASSOC.) ................... 206-695-2905
PARKINSON’S FOUNDATION ........................................................................................................... 800-473-8636
PLANNED PARENTHOOD .................................................................................................................. 800-230-7526
POISON CONTROL (OHSU POISON CENTER) .................................................................................. 800-222-1222
PREGNANCY HOTLINE—CARE PREGNANCY CENTER (LONGVIEW, WA) ................................. 360-636-3333
PRODUCT SAFETY ............................................................................................................................ 800-638-2772
PUBLIC BENEFITS HOTLINE (OREGON LAW CENTER/LEGAL AID) ........................................ 800-520-5292
PUBLIC BENEFITS HOTLINE SPANISH (RECORDING) ................................................................. 888-245-4091
SAFE OF COLUMBIA COUNTY (WOMEN’S RESOURCES CENTER 24 HOUR CRISIS LINE) ........ 866-397-6161
SAFE PLACE (24 HOUR REFERRAL LINE) ........................................................................................ 503-542-2389

HOUSING—SENIORS

See LONGVIEW SERVICES for additional listings.

AVAMERE ASSISTED LIVING
2400 Gable Rd., St. Helens, OR  97051
(503) 366-8070
www.avamereatsthelens.com
Office Hours: Daily, 9 AM—5 PM
Assistance with personal care to compliment an independent lifestyle. Memory care unit on campus.

BROOKDALE ROSE VALLEY ASSISTED LIVING
33800 SE Frederick St., Scappoose, OR  97056
503-543-4646 / 844-389-6226
www.brookdale.com
Office Hours: Monday-Saturday, 8 AM—5 PM

COLUMBIA CARE CENTER
33910 E Columbia Ave, Scappoose, OR  97056
(503) 543-7113 / FAX (503) 543-5220
www.columbiacare.com
E-mail: info@columbiacare.com
Intermediate Care Center

COLUMBIA HILLS RETIREMENT CENTER
36050 Pittsburg Road, St. Helens, OR  97051
(503) 397-6113
www.columbiahillsretirementcenter.org
Office Hours: Monday—Friday, 8:30 AM—5:30 PM
Independent living for low-income seniors

COLUMBIA PARK SENIOR APARTMENTS
47 West 7th Street, Rainier, OR  97048
(503) 556-1029
Affordable housing for seniors 55+, located near Rainier Senior Center.

MEADOW PARK HEALTH & SPECIALTY CARE
75 Shore Drive, St. Helens, OR  97051
(503) 397-2713
www.meadowparkskillednursing.com
Office Hours: Monday-Friday, 9 AM—6 PM
Skilled nursing live-in facility—Open 24/7

SPRING MEADOWS ASSISTED LIVING
36070 Pittsburg Road, St. Helens, OR  97051
(503) 397-0401
www.springmeadowsafl.org
E-mail: director@springmeadowsafl.org
Office Hours: Monday-Friday, 8 AM—4 PM

THE AMBER ASSISTED LIVING
365 SW Bel Air Drive, Clatskanie, OR  97016
(503) 728-2744
www.theamber.net
Office Hours: Monday-Friday, 8 AM—4 AM
Walk-in and scheduled tours available

VICTORIAN/Olive court senior apartments
33878 E Columbia Ave, Scappoose, OR  97056
(503) 987-1842
Low-income housing for seniors & disabled individuals, 55 years & older.
**Housing**

**Self-Help Housing**

Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 397-3511

USDA Rural Development—State Office
US Department of Agriculture
1220 SW 3rd Avenue, Suite 1801
Portland, OR 97204
(503) 414-3300 or (866) 923-5626 x 1
(855) 824-6182—AA

**Veterans Services—Supportive Services for Veteran Families (SSVF)**

Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6580

**Weatherization**

Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 366-6587—Weatherization Desk

www.cat-team.org
Mon.-Fri., 8:30 AM—5 PM
(Closed, 12:30–1:30 PM)
Families work with CAT staff to leverage resources to preserve their housing.

www.rd.usda.gov/or
Monday—Friday, 8 AM—4:30 PM
(excluding federal holidays)
Rural home loan programs, rural energy, and rural business development

www.cat-team.org
Monday—Friday, 8:30 AM—5 PM
(Closed, 12:30–1:30 PM)
Provides accurate and up-to-date Veteran’s Administration information and referral services, advocacy, claims support, & representation.

www.cat-team.org
Mon.-Fri., 8:30 AM—5 PM
(Closed, 12:30–1:30 PM)
Provides grant-funded measures to reduce energy costs for low-income households in Columbia.

**Helpline/Hotline Directory**

If you are having an emergency, ALWAYS call 9-1-1.

SAMHSA (Substance Abuse & Mental Health Services Administration) ........................................ 800-662-4357
Senior Loneliness Line .................................................................................................................. 800-282-7035
Sheriff’s Department (Columbia County) .................................................................................. 503-366-4611
SIDS—American SIDS Institute (Sudden Infant Death Syndrome) ........................................... 800-232-7437
SIDS—Safe Place to Sleep (Sudden Infant Death Syndrome) ..................................................... 800-505-2742
SNAP Information Line (Supplemental Nutrition Assistance Program) ....................................... 800-221-5689
Social Security Administration .................................................................................................... 800-772-1213
State Child Care Resource & Referral—Central Coordination for Childcare ............................ 800-342-6712
Stop Abuse for Everyone (SAFE) ................................................................................................. 800-992-3039
Suicide Prevention Lifeline (National Suicide Prevention Lifeline) ........................................... 800-273-8255

.......................................................... TEXT—273TALK TO 839863
SPANISH Suicide Prevention Lifeline (Ayuda En Español) ......................................................... 888-628-9454
Talking Book & Braille Library (Library of Congress) ................................................................. 800-424-8567
Talking Book & Braille Library (Oregon State Library for the Blind) ........................................ 800-452-0292
Tourette’s Syndrome ..................................................................................................................... 800-237-0717
United Cerebral Palsy Association .............................................................................................. 866-579-8495
US Dept. of Health and Human Services—Substance Abuse & Mental Health .......................... 800-662-4357
Veterans Crisis Line (“Press 1” After Message) .......................................................................... 800-273-8255
VINE (See Oregon State Victim Notification Service) ................................................................. 877-674-8463
Vital Records (Oregon Public Health Division) ........................................................................... 971-673-1222
Vital Check (Vital Records Phone Order Line) ........................................................................... 888-896-4988
Vocational Rehabilitation Services (Oregon DHS) ...................................................................... 800-243-4987
WIC Food Assistance (Women, Infants, & Children) ................................................................. 800-244-4870
Women’s Resource Center Crisis Hotline (SAFE of Columbia County) ................................. 866-397-6161
Workers’ Compensation Information Helpline ............................................................................ 800-452-0288
Youthline .................................................................................................................................... 877-968-8491
............................................................... TEXT—TEEN2TEEN TO 839863
HOUSING

ADULT FOSTER HOMES
(503) 397-5863—Aging & People with Disabilities

ASTORIA RESCUE MISSION
62 West Bond Street
Astoria, OR 97103
(503) 325-6243 / (503) 440-0789

BRADLEY ANGLE
5432 N Albina Ave
Portland, OR 97217
(503) 281-2442—for shelter-specific information
(503) 235-5333—“Call to Safety” line

COLUMBIA COUNTY WARMING CENTER
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 410-5800

FAIR HOUSING COUNCIL OF OREGON
1221 SW Yamhill Street, Suite 305
Portland, OR 97205
(503) 223-8197 / FAX (503) 223-3396
(503) 424-3247

FAIR HOUSING COUNCIL OF OREGON—RESTORE
164 Little Street / PO Box 921
St. Helens, OR 97051
(503) 366-1400

HOUSING CENTER
Community Action Team, Inc.
1154 Commercial St., Suites A& B
PO Box 566
Astoria, OR 97103
(503) 325-8098 / (800) 325-8098

See DHS—AGING & PEOPLE WITH DISABILITIES for a current list of homes in Columbia County. All Adult Foster Homes are licensed through the Department of Human Services.

www.astoriarestoremission.com
E-mail: armission@gmail.com
Services offered: meals, clothing, laundry facilities, showers, Bible studies, chapel services, discipleship program

www.bradleyangle.org
Shelter and services for victims of domestic or sexual abuse. "Call to Safety"—formerly known as the Portland Women’s Crisis Line.

www.cat-team.org
E-mail: cvcc@cat-team.org
The Warming Center opens its doors on nights when the temperature drops below 32 degrees, between December 1st—March 1st, provided there is an adequate amount of volunteers and staff available to operate the center.

www.fnco.org
Legal counsel for those believing they have been discriminated against.

www.habitatcolumbia county.org
www.habitat.org
Builds simple, affordable homes in partnership with those in need. Find building supplies and home furnishings at the ReStore.

www.cat-team.org
Monday-Friday, 8:30 AM—5 PM
Provides affordable housing opportunities, foreclosure prevention counseling, financial coaching, and first-time homebuyer education for families of modest means. Classes include ABCs of Home Buying and Ready to Rent.

HOUSING REHABILITATION
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 397-3511

HOUSING SOLUTIONS
Community Action Team, Inc.
125 N 17th Street
St. Helens, OR 97051
(503) 397-3511

JANUS YOUTH PROGRAMS—YOUTH SHELTERS
1635 SW Alder Street
Portland, OR 97205
(503) 432-3986—Access Center (8 AM—6 PM)
(503) 222-5933—Porch Light Shelter
(503) 224-5986—Street Light Shelter

NOHA—NW OREGON HOUSING AUTHORITY
147 S Main Ave / PO Box 1149
Warrenton, OR 97146
(503) 861-0119 / (888) 887-4990

SAFE OF COLUMBIA COUNTY—THE SAFE SHELTER
PO Box 22
St. Helens, OR 97051
(503) 397-7110—Non-Crisis Business Line
(503) 397-6161 or (866) 397-6161—Crisis Line

SAFE PLACE
454 SE Washington Street
Hillsboro, OR 97123
(503) 542-2717 / (503) 327-4255 Cell Phone
(503) 542-2389—24-Hour Referral Line
(877) 932-2734—Boys and Girls Aid

www.cat-team.org
Monday—Friday, 8:30 AM—5 PM
0% Deferred payment loans to qualified homeowners for eligible repairs: Roof, windows, plumbing, electrical, heating, foundations, accessibility, septic, siding, weatherization, and other critical structural repairs.

www.cat-team.org
Monday—Friday, 8:30 AM—5 PM
Offers deposit assistance, eviction prevention, transitional and permanent housing programs for households at risk of becoming homeless. Call for an appointment.

www.janusyouth.org
E-mail: feedback@janusyouth.org
Access Center—8 AM—6 PM (Call for immediate assistance with shelter.)
PORCH LIGHT/STREET LIGHT SHELTERS—phones answered after 9 PM

www.nwoha.org
E-mail: receptionist@nwoha.org
Provides Section 8 rental assistance for low-income families, seniors, and the disabled. Email or call for an appointment.

www.safeofcolumbiacounty.org
Monday—Friday, 9 AM—5 PM (excluding holidays)
Emergency shelter and support services for victims of domestic violence and/or sexual assault, and their children. Crisis lines 24 hours.

www.boysandgirlsaid.org
info@boysandgirlsaid.org
A 24/7 drop-in shelter for youth where they can access essential services while longer-term housing is found.