

MISCELLANEOUS SERVICES

Oregon Helps

This site is designed to provide information about which state benefits (food stamps, temporary assistance to needy families and the Oregon Health Plan) you and your family may be eligible for.

Website: www.oregonhelps.org

Oregon Safenet

503-988-5858 or 1-800-SAFENET

Links low-income Oregon residents with health care and social services in their communities. Services in English and Spanish with the AT&T Language Line for other languages.

Hours: Mon—Fri 8am-5pm

Website: <http://oregon.gov/DHS.ph/imm/safenet.shtml>

United Way Information and Referral

503-222-5555 621 SW Alder St. Portland, OR 97205

Comprehensive and current information and referral line for social service resources in the Metro Portland Area.

Hours: Mon—Fri 7am-8pm 8am-8pm Saturday and Sunday.

Website: <http://national.unitedway.org>

Where to Turn Guide

This book is a comprehensive family resource directory for services in East Multnomah County and can be purchased at the Mt. Hood CC bookstore for under \$10. It is updated annually.

Childcare Connect

Links parents to home-based childcare providers in NE and SE Portland who are receiving training and support. Also provides tips on locating high quality childcare.

Website: www.childcareportland.org

Oregon Food Bank

1-800-777-7427

Directs you to emergency food sites within 10 miles of zip code.

Website: <http://oregonfoodbank.org>

Oregon Law Help

Provides information on legal advocacy services and legal rights, including domestic violence, public benefits and housing rights.

www.oregonlawhelp.org

The Beehive

Provides information on money, health, school and family. It has everything from budgeting money to helping children through a divorce.

www.beehive.org

TWCL Domestic Violence

503-235-5333 24-hour line