

PARENTING SUPPORT

Baby Blues Connection

503-797-2843 24-hour line 7239 SW 34th Ave. Portland, OR 97214

Telephone support for postpartum depression, “baby blues”. Mom-to-mom support groups, resources, also provide speakers for education.

Website: www.babybluesconnection.org

Bethany Christian Services

1-800-Bethany or 503-533-2002

A private non-denominational agency providing free counseling to help birthparents: Explore both options of parenting or making adoption plans, identify resources to support them. Transitional housing for birthmothers is available.

Website: www.bethany.org

Cascadia Behavioral Healthcare Child & Family Program

503-674-7777 131 NE 102nd Ave. Portland, OR 97220

Family therapy and parenting support. A variety of groups with varying levels of parent participation. Individual therapy when indicated. Accepts only OHP and Veriety.

Website: www.cascadiabhc.org

Common Bond NE Parent Child Development Center

503-280-1616 3910 SE Stark St. Portland, OR 97214

Provides family support services including parent training, child development services, parent/child play groups, home visiting and information and referral. Serves families with children, birth to five years old living in northeast Portland.

Dougy Center

503-775-5683 3909 SE 52nd Ave. Portland, OR 97206

Peer support groups in which kids interact with other kids with similar death experiences through play, art, games, talking, and other group activities. The Dougy Center also provides training, education and outreach on grief support and publishes a series of helpful guidebooks available for sale. Serves children and teens, ages 3-18 and their families who have experienced a death of a parent, sibling, teen friend, or adult caregiver. No fee, voluntary donations encouraged if families can afford it. Young adult group 19-30 years.

Website: www.dougy.org

East County Caring Community

503-492-6767

Meets with families in crisis who are in connection with Multnomah County agencies. Referral service. Offer Human Solutions.

SIDS Institute

1-800-232-7437

509 Augusta Dr. Marietta, Georgia 30067

National hotline helps you find a parent support group in your area. Provides crisis counseling. Counseling services and consultation for families who have an “at risk” infant.

Website: www.sids.org

PARENTING SUPPORT (CONT.)

Volunteers of America Parenting Class

503-236-3033

Must have open case with DHS Community Human Services – Child Welfare. Offers classes in English and Spanish and groups for parents with teenagers.

Website: www.voaoor.org

Well Child Clinics

503-988-3816

Information and referrals for health issues. Information on well-child exams, free immunizations, WIC and OHP. Information also in Spanish and Russian.

WIC

503-988-3503 12710 SE Division St. Portland, OR 97236

Serves pregnant women and children. Nutrition education program that provides some food supplements. Automatically income eligible for WIC if you currently receive TANF, Food Stamps or OHP.

Website: www.wic.org

Birth Right Center of Portland

(503)249-5801 1515 NE 41st St. Portland OR. 97232 (near Hollywood Transit Center)

Free pregnancy tests, free maternity clothes, nutrition classes, open house second Sat of each month. www.birthrightpdx.org.