
COUNSELING / MENTAL HEALTH
ORIENTACIÓN PSICOPEDAGÓGICA/SALUD
MENTAL
КОНСУЛЬТАЦИИ / ПСИХИЧЕСКОЕ
ЗДОРОВЬЕ

Catholic Charities El Programa Hispano

(503) 669-8350

Lifeworks NW - Family Support

Connections (503) 234-3400 ext 5914

Outreach Specialist

Dougy Center (503) 775-5683 or 1 (866) 775-

5683

Eastside Schooling Health Center

(503) 988-5488

Morrison Child & Family Services (West

Gresham) (503) 258-4381

(503) 258-4628 Intake call center

(503) 258-4420 Spanish Line

Asian Health and Service Center

(503) 872-8822

Russian Oregon Social Services

(503) 777-3437

IRCO / Immigrant & Refugee Community

Organization (503) 234-1541

IRCO / Asian Family Center

(503) 235-9396

Volunteers of America - Family Recov-

ery Support (503) 972-7670

Center for Family Success

(503) 286-0600

Parents Anonymous of Oregon

(503) 258-4568 or (503) 258-4555

DOMESTIC VIOLENCE
VIOLENCIA DOMÉSTICA
НАСИЛИЕ В СЕМЬЕ

Gateway Center for Domestic Violence

(503) 988-6400

DHS TA-DVS (temporary assistance for

Domestic violence survivors) - (971) 673-2748

TA-DVS Information Line (971) 673-2748

La Línea Única

(503) 232-4448 or 1 (800) 232-4448

Portland Women's Crisis Line

(503) 235-5333 or (888) 235-5333

ADULT EDUCATION / JOB TRAINING
EDUCACIÓN PARA ADULTOS / ENTRENAMIENTOS
PARA TRABAJOS
ОБУЧЕНИЕ ВЗРОСЛЫМ / ОБУЧЕНИЕ РАБОТЕ

DHS East Portland TANF JOBS Services

(971) 673-5566

Worksource Portland Southeast & SE Works

(503) 772-2300

Better People (503) 281-2663

Mt. Hood Community College at Maywood
Park (503) 491-6100

Community Skills Center (503) 491-6122

Mt. Hood Community College

(503) 491-6422 - (503) 491-6923 **V/TDD**

(503) 491-7670 **Disabilities**

ESL Classes (503) 491-7333

Spanish Line - (en ESPAÑOL) (503) 491-7675

GED (503) 491-7333

GED-Spanish (503) 491-7675

Human Resources (503) 491-7645

Learning Success Center (503) 491-7108

Project YESS (503) 491-7641

Transiciones /Transitions Program

(503) 491-7680

Volunteer Literacy Tutoring Program

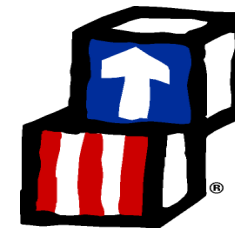
(503) 491-6948

a program of



MT. HOOD COMMUNITY COLLEGE
CHILD DEVELOPMENT AND
FAMILY SUPPORT PROGRAMS

Community Resources
for MHCC Head Start &
Early Head Start
Families
2013-2014



10100 NE Prescott St.
Portland, OR 97220

Tel: (503) 491-6111

Fax: (503) 491-6112

HOTLINES & WEBSITES

**LÍNEAS DIRECTAS Y SITIOS DE INTERNET
ЭКСТРЕННЫЕ ТЕЛЕФОНЫ, СПИСКИ
ВЕБСАЙТОВ**

211 Info or 211

(503) 222-5555 www.211info.org

Baby Blues Connection

(503) 797-2843 or 1 (866) 616-3752

Child Abuse Hotline

(503) 731-3100

Disability Rights Oregon

(503) 243-2081 or 1 (800) 452-1694

Disability Compass

(503) 292-4964 ext. 101 www.disabilitycompass.org

Multnomah County Crisis Line

(503) 988-4888 or 1 (800) 716-9769

Narcotics Anonymous (NA)

(503) 345-9839

(503) 727-3733

Oregon HIV / STD Hotline

1 (800) 777-2437 or (503) 223-2437

1 (800) 499-6940 Spanish

Oregon Alcohol & Drug Helpline

(503) 244-1312 or 1 (800) 923-HELP (4357)

1 (877) 515-7848 Spanish Helpline (La Línea de Ayuda)

1 (877) YOUTH-911 (877) 968-8491

1 (800) 273-8255 Suicide Lifeline

Oregon Poison Center

1 (800) 222-1222 Nationwide

Renters Rights Hotline

(503) 288-0130 or www.oregoncat.org

Housing Connections

(503) 802-8562 www.housingconnections.org

RX Hope www.rxhope.com**Oregon Tobacco Quit Line**

(800) 784-8669 (QUIT NOW) (877) 266-3863 Spanish

Aging and Disabilities Helpline

(503) 988-3646 www.co.multnomah.or.us/ads

Mother and Child Education Center

(503) 249-5801

(503) 913-9360 Spanish

(503) 853-4673 Russian

**CHILD CARE
CUIDADO DE NIÑOS
ОХРАНА ДЕТСТВА / ДЕТСКИЕ САДЫ**

Child Care Resource & Referral of Multnomah County

(503) 548-4400 or (866) 227-5529

Shepherd's Door - Women's Ministry of the Portland Rescue Mission

(503) 906-7669

Albina Early Head Start & Head Start

(503) 282-1975

Oregon Child Development Coalition

(503) 663-0896

Portland Public Schools Head Start Program

(503) 916-5724

**HEALTH / NUTRITION
SALUD / NUTRICIÓN
ЗДОРОВЬЕ / ПИЦА**

ACTS Oregon Child Seat Safety Resource Center

(503) 643-5620 or 1 (877) 793-2608

Oregon Health Plan Medicaid Enrollment Team (503) 988-5558**Planned Parenthood of the Columbia / Willamette** 1 (888) 875-7820**Wallace Medical Concern** (503) 489-1760**WIC** (503) 988-3503 (102nd) - (503) 988-3503

(Gresham)- (503) 988-3816 (info & referral)

Partnership for Prescription Assistance

1 (888) 4PPA-NOW (477-2669)

Well Child Clinics (503) 988-3816**Good News Community Health Clinic**

(503) 489-0567

**LEGAL SERVICES / ADVOCACY
SERVICIOS LEGALES/CONSEJERIA
ЮРИДИЧЕСКИЕ УСЛУГИ / АДВОКАТУРА**

Legal Aid Services / Law Center Public Benefits Hotline (800) 520-5292 - (503) 224-4086 Spanish

Fair Housing Council of Oregon

(503) 223-8197 ext. 101 (Intake) or

1 (800) 424-3247

Family Court Services (503) 988-3189

(503) 988-3037 Parenting class phone number

Catholic Charities Immigration Legal Services (503) 542-2855**Consulado de México** (503) 274-1442**Immigration Counseling Service**

(503) 221-1689

**EMERGENCY SERVICES
SERVICIOS DE EMERGENCIA
ЧРЕЗВЫЧАЙНЫЕ СЛУЧАИ**

DHS Self Sufficiency Benefit Branch

(503) 491-1979 (Gresham) or (971) 673-0909 (122nd)

Human Solutions

(503) 405-7875 or (503) 548-0200

Volunteers of America Home Free

(503) 232-6562 - (503) 771-5503 Hotline

Impact Northwest (503) 988-5961 Brentwood

Darlington Community Center

(503) 988-6000 Financial assistance

(503) 988-6020 Energy assistance

Pregnancy Resource Center

(503) 666-6527

Salvation Army Family Services - Gresham

(503) 661-2704 ext. 205

Salvation Army Family Services - Portland

(503) 239-1264 *Messages will be returned*

Snow Cap Community Charities

(503) 674-8785

Society of St. Vincent de Paul

(503) 235-8431

Sunshine Division / Portland Police

Bureau (503) 823-2102

Francis Center (503) 775-6784**Crossroads Cupboard** (503) 257-9345**Northeast Emergency Food Program**

(503) 284-5470

Zarephath Kitchen (503) 667-2692